



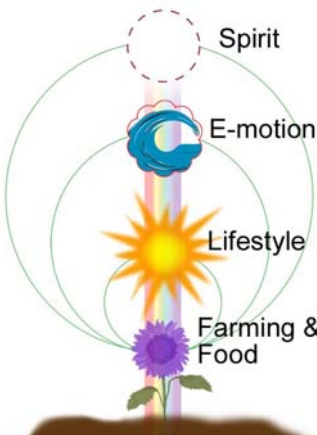
Lesson 2: Managing Your “Self”

2-A, Farming, Food and You

Welcome to Lesson 2 and congratulations on completing your first lesson! By now I hope you have some vision of your legacy and a better understanding of your Self. The crucial first step in reaching that legacy is learning to take care of your Self so that you have the vitality, will and mental/emotional resources to create your dream. This lesson is devoted to teaching you how to manage your Self so that you’re at your peak vitality and creativity.

What is the Self?

There’s a lot written today about what it means to be healthy. But much of what’s out there ignores the relationship between spiritual, emotional, mental and physical health. You can’t be truly healthy in one facet of your life without being healthy in the others. Ill health in one of these aspects usually means ill health in the others. This lesson offers a primer on the relationship between these four parts of your life as well as the foundational principles on how to maintain a healthy physical, emotional, mental and spiritual lifestyle.



If you look at the diagram to the left, you will see that I have broken the Self into four components: Spirit, E-motion, Lifestyle, and Farming and Food. Each of these represents an important factor in your overall wellbeing. In this chapter, we’re going to focus on Farming and Food. Just as the soil provides the basic building blocks for a healthy plant, your food provides the basic building blocks for a healthy human life. The soil and the food that comes from it impact every facet of your life. This is why many of the food and chemical companies work so hard to craft their meme-laden

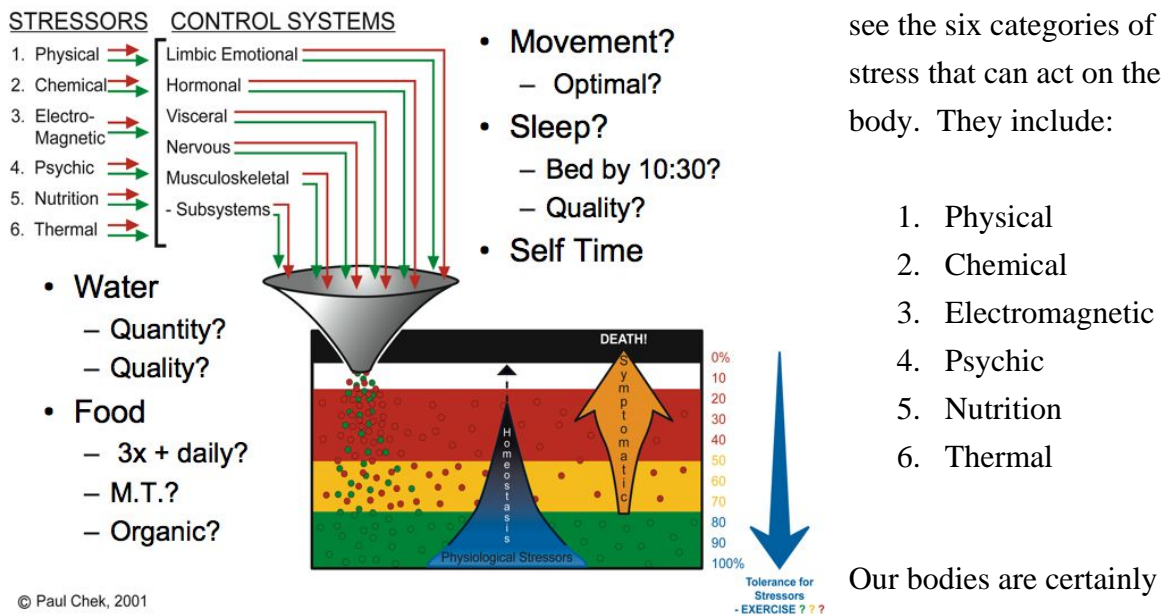
advertising campaigns. Before we move on to talk about food though, let me first say a little about the other components of the Self. Your Lifestyle shapes your wellbeing since



it shapes your breathing, metabolic rate, musculo-skeletal health and more. A lifestyle that does not support these aspects of your life only detracts from your ability to achieve your dreams. I called the second component “E-motion” to show you that *emotions are energy in motion*. Emotions are the energies that drive us and make it possible for us to genuinely experience the world. Understanding how to balance your emotions and thoughts is incredibly important if you are to reach your legacy, because they provide the framework through which you perceive and behave in the world. Finally, a healthy spiritual life enables you to understand your place in the world and to navigate through apparent stresses with ease. In the last chapter of this lesson we’ll explore some key spiritual insights that can help you to bring your legacy to life.

The Stress Bucket

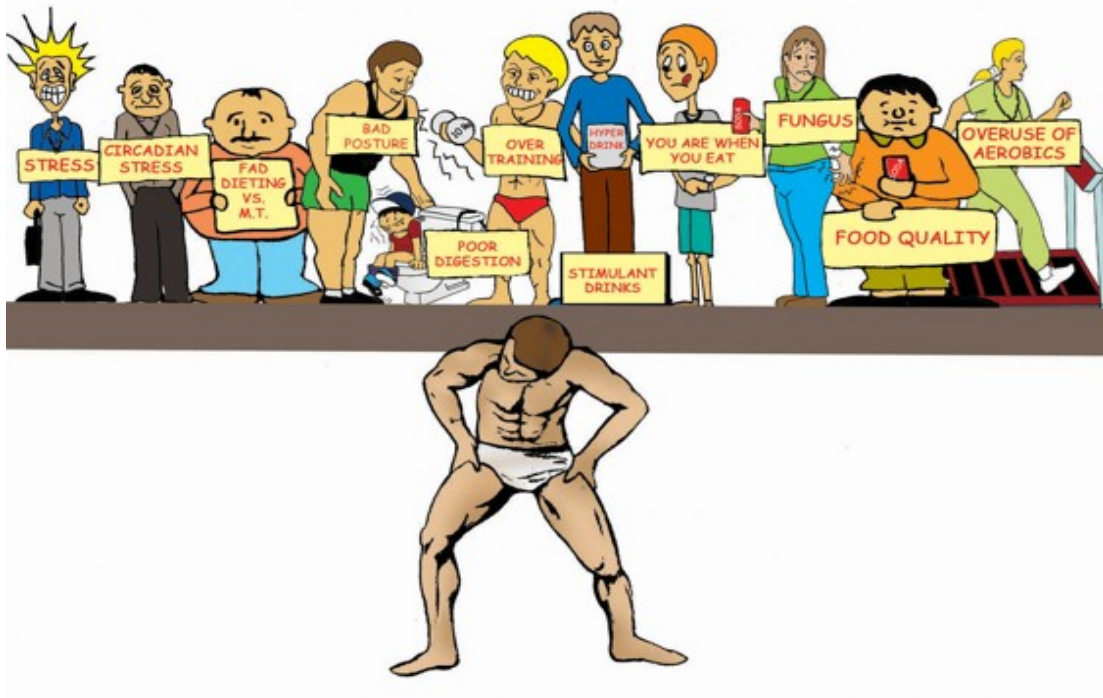
There are many sources of stress in our lives. Unmonitored and unchecked, these stresses can create all sorts of illnesses, deplete your energy and generally get in the way of reaching your goals. So we need to find a way to relieve the burden created by these lifestyle factors by managing a number of different lifestyle factors. Before we can do this it is important to understand the sources of stress and how they can affect the body. I call the diagram below the stress bucket because it shows how the stressors in your life interact and summate. If you begin at the upper left hand corner of the diagram, you will





equipped to deal with stresses. In fact, some amount of stress is good for the body and helps it to grow strong. The green arrows emerging from the stressor categories represent this optimal amount of stress. On the other hand, too much of those stressors can damage the body. Red arrows represent damaging levels of stress.

These stressors enter the body through biological control systems that include the limbic system, hormonal system, visceral system, nervous system, musculoskeletal system and the energetic subsystems. The funnel at the top of the diagram represents your body's control systems and the chart represents your body. All of these systems interpret stressors and possess homeostatic control mechanisms. The control systems work to maintain a certain level of function to keep their system balanced. The more stresses that pass through the funnel the more your body moves away from homeostasis and the more you will experience the symptoms of stress. Eventually your body has to make decisions about which systems to shut down and this is never good for the body. So you need to get very good at managing the stressors in your life. In this chapter we're going to look at two of those sources of stress: Food and Water.





How to Kill a Strong Man

I call the diagram on the previous page “How to Kill a Strong Man.” Below you can see our strong man as he is crushed under the weight of commercial farming. As we’ll see, food produced by commercial farming techniques tend to be devoid of nutrition, sprayed with many pesticides, preservatives and chemical stabilizers and is, in general, just plain bad for you. This diagram catalogs just some of the ways that commercial farming can disrupt your physiology and in that way distort your consciousness.

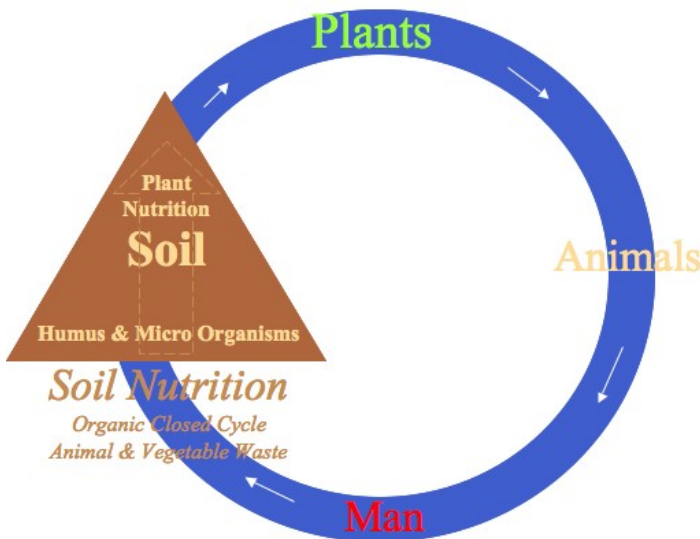
Poor quality food causes stress because its lack of nutrition fails to support your body. It contributes to poor sleep. Because commercial food leaves your body in an energy crisis, many of you need to start your day with a caffeinated beverage. You may even need caffeine to keep you energized throughout the day. Coffee causes your body to increase its levels of cortisol, a stress hormone. This hormone is an awakening hormone, which does the trick when it comes to sustaining your awareness throughout the day, but it also disrupts the body’s natural rest and repair cycle. It also stays in your system for quite a while and this disrupts your ability to sleep. The commercial farming industry supports a number fad diets including the Atkins Diet, the South Beach diet and others. The commercial farming industry also supports such fast food giants as McDonalds, since they purchase much of their products. And, despite the fact that the Federal Government has endorsed the Food Pyramid, this too appears to have been influenced by commercial food interests. In fact, it has been called the ‘Feed Lot Pyramid’ by Barry Sears, because the proportions of food recommended are exactly the same kinds and ratios of food used to fatten farm animals. Commercial foods create bad posture and poor digestion. This is why 90-95% of Americans are constipated. Commercial foods even lead to over training in the gym as people struggle to improve themselves and the changes in their bodies brought about by nutrient poor food. The problem is that with so little vitality and poor diet people experience over-training effects with even low levels of exercise. Their bodies simply cannot withstand much training in the face of the stress induced by poor quality food. The market is crowded with various stimulant drinks that not only disrupt sleeping patterns but eating patterns as well. The consequence is not eating frequently enough or skipping meals. Poor food quality can leave us susceptible to all sorts of



fungal and parasitic infections that a healthy body would not normally suffer from. Why don't we see all of this? The problem is that commercial food is wrapped up in a pretty package. We need to look past the packaging and see this garbage for what it is!

The Truth about Commercial Food

The foundation of nutritious food is the soil. In fact, the foundation of physical life in general is the living, organic soil. Real soil contains millions of microorganisms that create humus – a nutrient rich material consisting of dead and decaying organic matter. Humus provides plants with the proper nutrition to grow healthy and strong. This in turn provides herbivorous animals with food and so on up the food chain until we reach human beings. Remove the soil foundation and the whole food chain suffers. I've captured this idea in the diagram of the closed organic cycle on the next page.



As you can see, the soil is both the beginning and the end of the cycle. It provides the nutrition for plants and contains the microorganisms that decompose animals and turn them into humus. In short, failing to take care of our soil is failing to take care of our own health.

Modern farming techniques ignore the microorganisms and

humus in favor of chemical fertilizers. However simply pouring nitrogen and potassium on the soil doesn't replicate all that the soil does for the plants that grow in it. The soil is actually a microcosmic reproduction of what goes on in the nature that we observe with our naked eyes. In healthy soil you will find fungi, which provide food for herbivorous nematodes and other organisms, which in turn provide food for predatory nematodes and other carnivorous microorganisms. This microscopic organic cycle benefits plants in so many ways. Here is just a short list of the effects of a healthy microflora and fauna:



- Many fungi can liquefy minerals and convert non-organic compounds into organic compounds for the plants
- Micro-organisms produce amino acids, organic acids, organometallic nutrients
- 40-80% of bacteria in a plants rhizosphere – the area of soil made up by the roots of the plants – produce vitamins
- Micro-organisms produce numerous enzymes that contribute to plant health and add to the nutritive value of the plants

While conventional farming can contribute some of the minerals needed by plants, it certainly doesn't provide the other advantages offered here. In fact, many commercial fertilizers actually transform the soil into an inhospitable environment for many beneficial organisms.

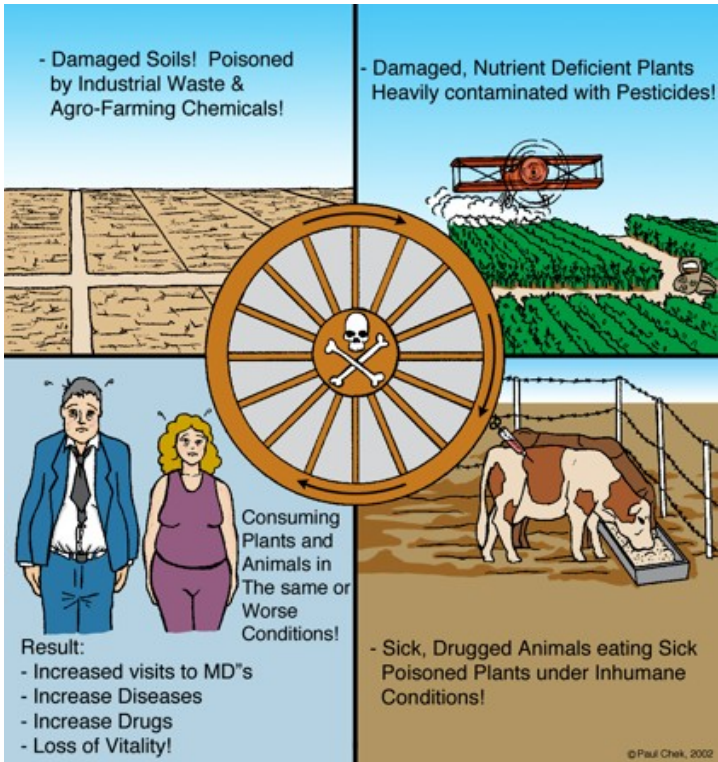
The way to ensure that your food originated in living, organic soil is to choose food that is certified organic. A 21 year study comparing organic and non-organic farming presented in the British Soil Association's report entitled *Organic Farming Food Quality and Human Health*, showed that the microorganism population responsible for soil fertility and delivering nutrients to the plant roots was 85% higher in organically managed fields than in the non-organically managed fields. This means that plants grown under commercial circumstances aren't getting adequate amounts of fats, proteins, enzymes, vitamins and minerals in order to produce their hormones. As a result the plants don't have the ability to grow and produce nutrition within their own tissues. In short commercial produce won't provide much in the way of nutrition to any other organism that eats them.



One consequence of poor soil nutrition is a crippled immune system. In short, commercially grown crops are far more susceptible to pests than organically raised plants. A reduced immune capacity stimulates the need for pesticides and other



potentially harmful chemicals in order to prevent the crops from being destroyed in their weakened state. In the U.S., the Federal Government has done very little to keep an eye on the chemicals being used by commercial farming and food industry. Many of the ingredients that were once present on the Food and Drug Administration’s GRAS (Generally Regarded As Safe) List were removed when it was discovered that they were harmful in one way or another. This hasn’t made the government more stringent about its safety guidelines. In fact, it has become *easier* for ingredients to be registered on this GRAS list. This lapse in government watchfulness is happening globally as well. The government of New Zealand is generally regarded as having some of the strictest farming and pesticide regulations in the world, but a recent study of children’s school lunches found over 19 pesticide residues in the school’s food. Many of these residues were present at several times the safe limit. The moral of the story here is that each of us must take the responsibility for our own eating habits and look carefully at what we’re putting into our bodies.



As I’ve pointed out, the failure of the commercial food industry begins with the soil. As you can see in the diagram to the left, any damage to the soil cascades upwards through the plants that draw their life from the soil, into the lives stock and people that consume the livestock and produce. The result is sickly plants, animals and people. This is great for the chemical and pharmaceutical industry as they produce drugs and fertilizers for plants and

animals alike. Drug companies support chemical companies since poor soil means more visits to medical doctors.



This union between pharmaceutical companies and chemical companies has proved to be powerful. The number one reason for visits to the doctor is now *fatigue*. We are replacing our very life force with both medical and recreational drugs just to make it through the day. These drugs push us even further into energetic decline and expose us to infection and inflammation. In fact, inflammation is a common reaction to commercial foods since the body attacks it as though it were a foreign substance. Eating food that your body is allergic to or can't digest can cause your gut to leak. Inflammation damages the small intestine and the cells separate and allow undigested food into blood and overload liver. This causes a body wide immune reaction and you'll feel fatigue, aching joints and aching muscles. Given the diet of the average American, it is no surprise that the number one selling class of drugs is anti-inflammatory drugs. Unfortunately, these drugs don't cure the problem, they only treat the symptoms and the longer the inflammation lasts the more exhausted your systems become. This is what I call *burnout*. Our systems become so taxed by the lack of nutritive food and the inflammatory reaction to the commercial junk passing through our system that they don't function particularly well. By the age of 35 most people are walking corpses – their bodies are bereft of energy, they suffer from a number of chronic illness and they are less and less conscious of their surroundings. These people have gone beyond simple burnout, they are experiencing *brownout* – they are devoid of life force.

The Four White Devils

Commercial farming and food processing has led us into unprecedented health problems. The percentage of obese people in the industrial world is rising every year. More frightening is the rapidity with which obesity occurs. We now have the highest level of childhood obesity and diabetes in human history. While there are many causes for statistics such as these, many of our health problems could be avoided if we simply



stopped consuming what I call the four white devils: pasteurized and homogenized dairy products, processed sugar, processed wheat and table salt. All of these substances have been altered in ways that strips them of whatever nutritional value that they possessed in nature. Here is just a short list of the problems associated with these so-called ‘foods.’

Milk

1. Pasteurization denatures helpful enzymes and destroys vitamins.
2. Homogenization destroys fat cells and causes milk to go rancid.
3. Dairy products are difficult to digest past the age of three due our inability to produce rennin.
4. It’s a commercial myth that we need milk for calcium. We can get this through leafy greens, meats and bones.

Sugar

1. Processed white sugar has no nutrition.
2. Sugar is a class two drug, equivalent to heroine according to Candace Pert, author of *Molecules of Emotion*.

Wheat

1. As with the other white devils, white wheat has been bleached and is devoid of nutritive value.
2. Wheat and many other grains contain gluten. Approximately 50-60% of all people of European descent are gluten intolerant. This intolerance can cause inflammatory reactions, leaky gut syndrome and a number of other symptoms.

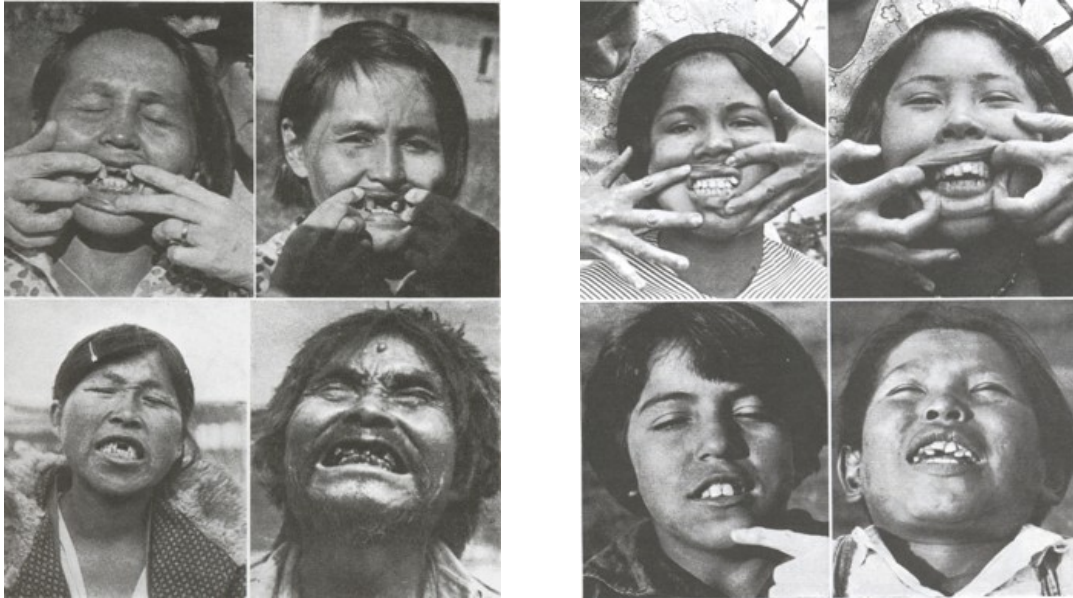
Table Salt

1. Commercial table salt has been processed to remove many of the minerals with which it naturally occurs.



2. In nature, salt is the result of seawater dehydration. Unprocessed, sea salt contains 40-42 trace minerals, many of which are beneficial to the human body. 97% of salt is used in chemical manufacturing. These same companies produce the salt that winds up on most dinner tables.
3. Table salt is a displacing food – it creates a nutritive debt because it takes more energy to digest it than it contributes to the body.

Weston Price first noticed many of the ill effects of consuming the four white devils and other commercial foods in his studies of native peoples around the world. As a dentist, Price first noted the effects on the teeth and cranium of people as they began to consume commercial products. Those people who continued to live on their native diets possessed strong, cavity free teeth. In adults that ate commercial diets, Price noticed that teeth began to rot and suffered from dental caries. In children, the effects were even worse. Children who ate the commercial diets showed real developmental deformities where they weren't present before. These children often suffered from crowding of the upper teeth and a shortened nasal passage.

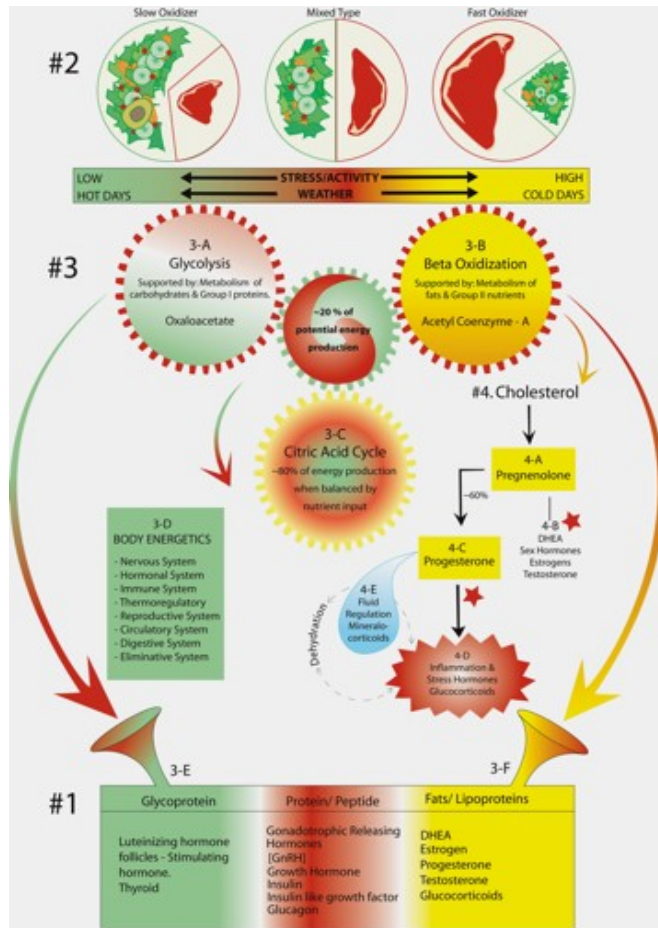


Because the deformities make breathing and chewing more difficult, they detract from the health of the child. Industrialized countries are often able to mask these deformities through cosmetic surgeries, but the body doesn't lie. Commercial food is just not good



for your body and you can go a long way towards improving your health and wellbeing simply by avoiding these four white devils.

Food and Emotional Health



In light of all that we've seen about the effects of food on your vitality, it's not hard to see how your food can affect your consciousness. Think back to a time when you were exhausted and how that affected your awareness of your environment. Now imagine the exhaustion persisting for days or weeks, punctuated by waves of caffeine-induced energy. Think you could see the world or yourself clearly? But food can alter your psychology even more directly through your hormones. Amongst other functions, hormones play a very important role in your brain chemistry and are at the root of your emotional make up. In order to manufacture hormones and

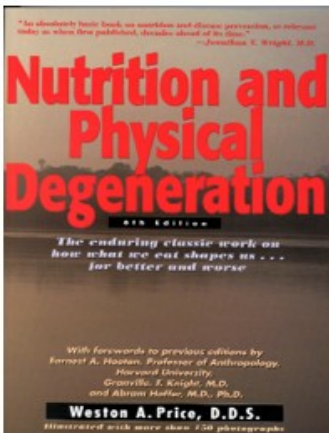
balance our emotional states, our bodies rely on a steady source of fat. Unfortunately, many of the fad diets out there cause us to avoid eating fats. Combine this with nutritionally deficient commercial foods and you've hit on an effective way of disrupting the body's ability to produce hormones. This means that many people just won't be able to self manage because their hormonal system is in a state of chaos.

Your diet can alter your psychology in other ways as well. Everything that we eat contains energy and that energy is imprinted with information. If your food is processed



and energetically chaotic, this chaos will appear in your thought patterns as well. Put another way, if the information that you eat isn't in synch with your biological system, your body won't function at optimum levels as the food creates stress and chaos. For this reason it is *crucial* to learn to eat the right foods in the right ratios for your body chemistry. A simple change to your diet can have a tremendous effect on your emotional balance.

Don't Feed Lions Leaves and Don't Feed Giraffes Meat!



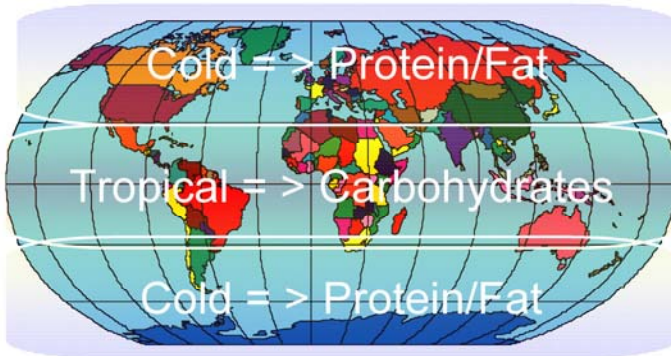
As you've seen there's a lot to think about when it comes to what your food and how that food affects your body. It's important to know where it came from, how it was raised and produced, how it affects your immune system, your hormonal system, your energy levels and your general health. The importance of food hasn't been lost on the commercial world and the issue of diet has come to occupy a central place in our social consciousness. What you eat is certainly a hot topic today and there are lots of conflicting ideas out there about food and diet. You've probably heard of the Atkins Diet, the South Beach Diet, Jenny Craig, The Zone Diet, Weight Watchers and many more. Each of these has their own view about what you should eat, how much you should eat and when you should eat it. Beyond the fad diets, there are countless people whose diets are influenced by religious or Spiritual beliefs. In short, it's hard to know just who to listen to today about what to eat.

In the photo on the previous page, you'll see the cover of one of the most important books ever written on diet: *Nutrition and Physical Degeneration* by Weston A. Price. Price traveled the world in the 30's and 40's studying diet and lifestyle factors of native peoples. Based upon his extensive assessments of the physical health of those people he drew a number of very important conclusions about food and physical health. The information and the studies in this book are essential to P~P~S success and health.



Price’s primary discovery was that healthy people ate what is called a *whole food diet*. This means that there was minimal food processing. There was no homogenization, pasteurization of dairy products or use of nitrates and nitrites to cure meats. The result is a minimal destruction of the nutrition in food. Moreover, most native societies consumed the entire animal that they caught. This meant meat, organs, and bones. By eating many different parts of the animal, we were able to access different nutritive sources and obtain many of the minerals and vitamins that we need. Organ meats in particular contain many of the fat-soluble vitamins that are necessary for digesting muscle meat, which takes a good deal of energy to process. To give you an idea of why its so important to eat a whole foods diet, your body produces 2,000,000 red blood cells every second. Moreover you replace every cell in your body every seven years. If you are eating nutrition deficient foods your body will be producing millions of deficient cells.

Price’s discoveries led to a number of important insights. Primary among these insights is the development of *Metabolic Typing*. Metabolic Typing begins with Price’s revelation that the amount of animal protein eaten by native people was limited, with very rare exception, by availability. Diet was very rarely dictated by religious or Spiritual beliefs. Price does note one vegetarian tribe of people in Africa who chose to be vegetarians



because of Spiritual beliefs. However he continued on to describe another tribe living very close to the vegetarians who consumed meat and were significantly healthier. If one were to chart the amount of animal matter consumed by

humans relative to carbohydrates on a global scale, you would see the trend represented in the diagram to the left.

The trend is simple. The band around the equator is labeled *Carbohydrates*. This is because in those regions of the planet, most native people didn’t have access to big game animals, thereby limiting their access to animal proteins. What they did have access to in



abundance were plant foods such as pineapples and bananas. In general, these people ate a diet high in carbohydrates.

On the other hand, if you move towards either the North or South Pole on the globe, the diet changes from carbohydrates to protein and fat. In part this is because of the presence of more readily accessible sources of meat. It’s also a consequence of the climate.

Wherever it gets cold, people consume a greater percentage of protein and fat because very little plant matter grows in an ice field. We quite simply didn’t have the option of using refrigeration to store vegetable foods in the winter until the mid 20th century. This meant that during the winter, humans had to survive on fish and animals, roots, nuts and seed. If you’re interested in learning more about anthropological studies like these, I highly recommend Jared Diamond’s book *Guns, Germs and Steel*.

These dietary limitations have been in place for 99% of our human evolutionary history.



They have shaped our genome and as such it has certain requirements. The genetic heritage that you bear, the



genetic heritage shaped by these dietary limitations is your *metabolic type*. Knowing your metabolic type is important, because our genes don’t really give a damn about what religion you’re in and they don’t really care about fad diets or how quickly you want to lose weight. If you have a certain requirement for fish oil caused by a Celtic heritage that lived off of certain foods for thousands of years, you best pay attention to those needs. If you start to eat a diet similar to that of Hawaiian people,



you're going to run into physical problems. The consequences of denying your dietary heritage include damage to the physical body, hormonal fluctuations which in turn cause psychological difficulties. If you have physical, hormonal and psychological troubles, there's no way you can achieve your legacy or your Spiritual potential.

On the previous page, you can see pictures of some of the people that Price studied. These people naturally followed their metabolic type and you can see that in them. They are toned, clear skinned and from their smiles you can see they have healthy, straight teeth. Your teeth and the shape of your cranium shape are actually very accurate indicators of your overall health. If you look at Price's pictures, you will see that all of these people have wide maxillary arches and a beautifully developed cranium. Their skull shapes all follow The Rule of Thirds. This rule says that you can divide the face into three *equal* sections. The first section consists of the length of the forehead, the second includes the length of the nose and the last section is everything below the nose. As I said, these sections should be equal in length, if the person is healthy. If one ate an unhealthy diet as a child, the result is usually a shortening of the nose and crowding of the upper teeth. This is rule very telling when we consider that the number of children with braces is at an all time high.

It is especially important to be mindful of the problems I have been discussing here if you are thinking of following the path of vegetarianism for whatever reason. Humans need to get protein from animal sources because the protein in plant sources is trapped in fiber and we simply do not have the digestive systems to properly process protein in that form. Cows have four stomachs so they can ferment protein out of fiber. Humans *do* have a great deal of variance in intestinal length – interestingly the humans who typically have longer intestines come from equatorial regions, so they are better suited to processing plant matter. These people were essentially on the way to evolving a digestive system much more like a ruminant. But don't let this fool you – humans are not herbivores and we don't have the digestive equipment to live that way. Eating incorrectly for your metabolism, regardless of the reason, is going to be stressful on your body. This will only promote Spiritual health by allowing you to learn through pain and the destruction of the physical body and this just isn't the best way to learn.



Organic Foods

So the first step in assuring yourself a healthy diet is to eat according to your metabolic type. The second step in assuring yourself of a healthy diet is to eat certified, organic food. This is the best way to avoid most of the processing and chemical additives that are present in commercial foods. 'Organic' may sound like an odd label for food and produce since tend to think that pretty much everything we eat is organic matter. But the organic label really does mean something specific when you see it on the food you buy in the store.

In general, all organic farmers hold to the following tenets when growing their crops and livestock:

- 1) They avoid the use of toxic, synthetic pesticides and fertilizers, irradiation, sewage sludge, genetic engineering, growth regulators, antibiotics, and hormone stimulants. In the US, in order to be certified as an Organic Farm, No harmful chemicals can have been applied for at least 3 years.
- 2) Organic farms seek to protect the long-term fertility of soils by maintaining organic matter levels, encouraging soil biological activity and careful mechanical intervention.
- 3) Organic farms provide crop nutrients indirectly through the action of soil microorganisms.
- 4) Organ farms practice nitrogen self-sufficiency through the use of legumes and biological nitrogen fixation, as well as effective recycling of organic materials including crop residues and livestock manures in place of synthetic fertilizers.
- 5) Weed, disease and pest control on organic farms relies primarily on crop rotations, natural predators, diversity, organic manuring, and the use of resistant varieties.
- 6) Where livestock is concerned, organic farms pay full regard to their evolutionary adaptations, behavioral needs and animal welfare issues with respect to nutrition,



housing, health, breeding and rearing. This means, in part, that organic livestock are themselves fed organic crops.

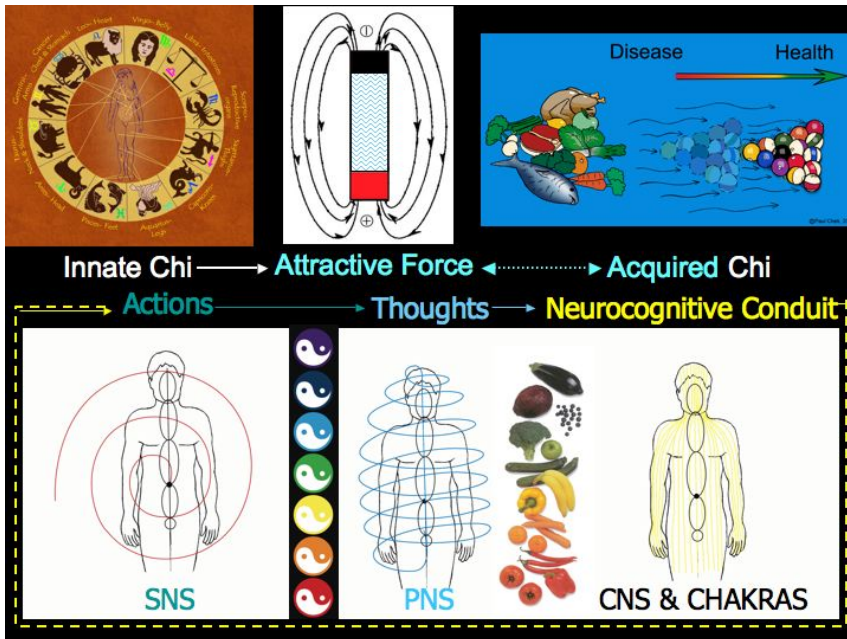
7) Organic farms pay careful attention to the impact of the farming system on the wider environment and the conservation of wildlife and natural habitats. More importantly, organic farmers use numerous techniques to promote life within existing ecosystems and minimize pollution that occurs with virtually all conventional farming practices.

8) Organic Farmers who grow crops generally prefer to use renewable resources and recycle when they can in order to support a healthy soil ecosystem.

In short, organic farming rejects the use of synthetic chemicals, seeks to create a healthy soil through natural means and pays much closer to attention to the environment as it does so. This means that many of the harmful chemicals found in your commercial products will not be present in their organic equivalent. Moreover, because organic farming supports all of the micro-organisms that we discussed earlier in this chapter, the organic food that you eat is much more likely to benefit from the offerings of those organism. This means more nutritious food for you. And finally, organic food may contribute indirectly to your sense of wellbeing insofar as all organic foods are produced in a way that is not damaging to the environment.

The Subtle Importance of Food

Now we all have some basic idea about why it is important to eat a healthy diet. Many of us just don't understand the extent to which the food we eat affects our life force. Throughout this lesson and in Lesson 1, I have described the importance of Chi, or life force, for the body. What I want to discuss now is the relationship between the food that you eat and your life force.

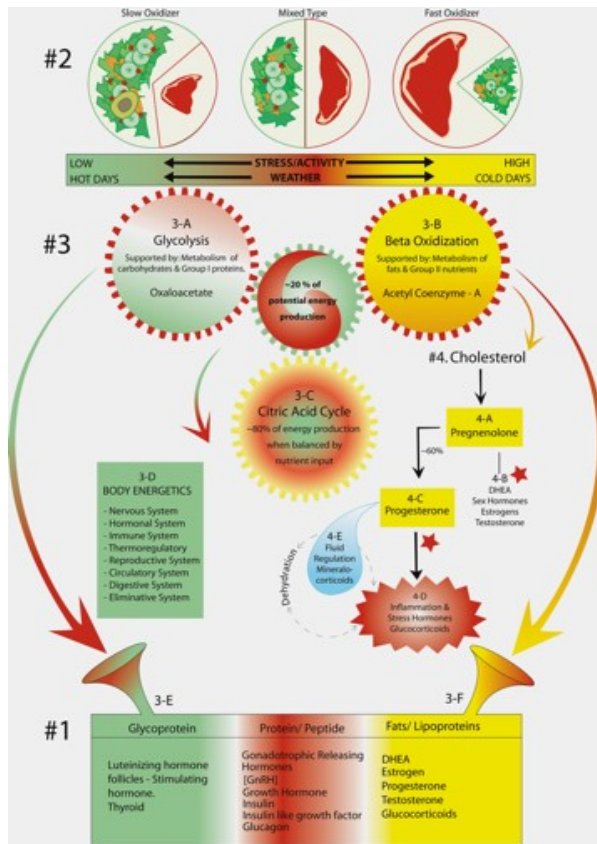


If you look at the diagram to the left, you will see that there are two general sources of Chi or life force: innate and acquired. Your innate Chi is an endowment, granted to you at your birth. It's a gift of life force. Think of this as a sort of savings account with no future deposits. When it

runs out, it's gone. Running out of innate Chi is not a good thing. If you burn it up too quickly, you become a sort of walking dead. Your heart beats but there is no life running through you. Your lifestyle factors determine how quickly you burn this off. Through proper diet and lifestyle practices you lower your respiratory and heart rate and therefore eat away at your life force energies more slowly.

How does food contribute to Chi? Once again, if you look at the diagram above, you will see foods of different colors – colors that coordinate with the seven Chakras of the body. We'll talk a good deal more about the Chakras in later chapters, however for the purposes of this chapter, it is important to know that each Chakra is coordinated with certain glands, tissues and bodily/psychological functions. The foods in the diagram contribute to and support the glands, tissues and functions associated with those Chakras and in this way support and enhance the flow of energy in and through your body.

Food also resonates at different frequencies. As I've illustrated below, the three different nervous organizations – Sympathetic, Parasympathetic and Central Nervous System – all resonate at certain frequencies as well. This means that the foods we consume can support these systems and therefore ensure that we don't burn our innate life force.



In addition, as I described earlier your diet also has powerful effects on your hormonal system. The primary dietary influence on your hormonal levels is the proteins that you consume. Hormones are primarily constructed out of proteins and for humans the main source of protein is through animal foods. Without an adequate source of protein, we create hormonal imbalances. These imbalances impact our system of Chakras. Hormones serve as an interface between the Chakras and their coordinated organs and tissues. If your

hormones are out of balance, your organs and glands associated with those Chakras won't receive information properly and therefore won't function correctly. Hormones are also deeply involved in your emotions. They drive emotions. Hormonal imbalances can cause radical emotional shifts then as well. If your emotions are out of balance, so is your thinking. These shifts in mood affect your perception of the world and create further stress and damage to the body. Hormones greatly influence a number of other body functions as well, but I wanted to give you an idea of just two of those important functions here.

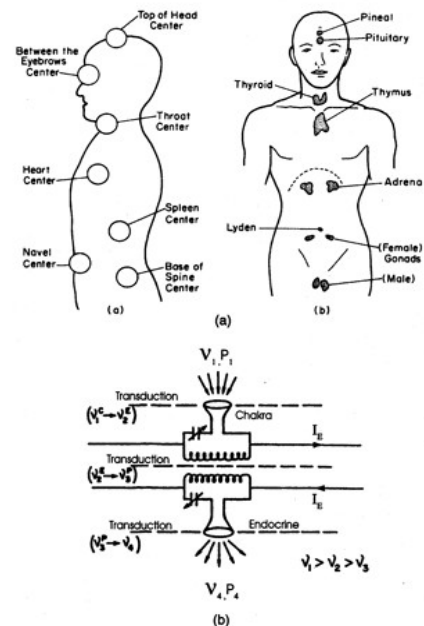


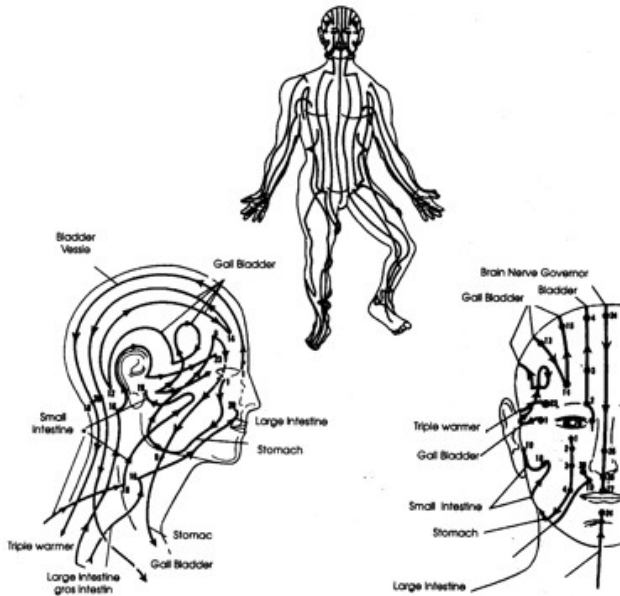
Fig.3.16 (a) Location of the seven major chakras at the etheric level of substance and the seven major endocrines at the physical level of substance and (b) a schematic illustration of tuning and transduction aspects of a chakra/endocrine pair for tapping power from the cosmos.

This influence of food on the system of Chakras cannot be underestimated. In addition to bolstering your hormones, the interface between the Chakras and the animal body, your



diet affects that Chakra system in other ways. Diet contributes to the health of your organs and these organs affect your perceptions through your Chakra system. Energy and information gathered through the Chakras flows along meridians and these meridians are connected to all of the organs in the body. As this energy flows through the organs, they record information and actually contribute to your consciousness through sensitivities to this energy. Thus an unhealthy body affects your consciousness through the sensitivities of its organs. The long and short of it is that if you don't manage your diet properly, you run the risk of harming yourself emotionally, psychologically and physically.

(Images from *Science and Human Transformation* by William A. Tiller)



The effects of a poor diet are wider than your own body as well. The Chakra system is not just a receptive system. It emits energy into the environment as well and this is energy and information that can be picked up by other organisms. If your body is unhealthy, this affects your mood and your perceptions, and your altered moods and health are then broadcast into the environment through the system of

Chakras to be picked up by and influence other organisms. This means that your ill health contributes to the stresses and ill health of other organisms. The moral of the story is that your diet does not just affect you. Eat right for your Self, for your family and those around you.

The CHEK Approach to Nutrition in a Nutshell

I want to end this chapter with eleven tips about food. Most of the guidelines are about foods to *avoid*, but there are also positive suggestions here as well. These are



recommendations about foods that you can eat which will enhance your health and vitality.

- 1) **If it's white, don't eat it!** There is nothing that is white that is good for you in a grocery store anywhere. I call the main villains the four *white devils*. These devils are white flour, white sugar, sodium chloride, also known as table salt, and milk that has been processed by pasteurization and homogenization. Pasteurization kills healthy enzymes in the milk and makes it harder to digest. This is why you suffer so much if you drink milk when you are lactose intolerant. If you must use a dairy product and can't acquire raw dairy, always choose *Certified Organic* as your first choice. Additionally, those that are milk (lactose) sensitive will do best to use full fat cream, which is very low in lactose and high in fat. Additionally, you can use a high quality yogurt, in which the lactose is predigested.

- 2) **Avoid any food made from any of the white devils!** This isn't easy. Almost everything in the grocery store contains one or more of those substances. Many types of meat have sugar added to them as a preservative and a sweetener. This is often done as a way to hook people on the product. Anything sweet encourages further consumption. Many processed meats and lunchmeats contain wheat as well. Anything made with any of the four white devils is what we call a *displacing food*. Displacing foods take more energy to process than they deliver. This is why people often finish meals with coffee and teas. Their body uses so much in the way of its resources to process food that it is exhausted. Anything with caffeine will give a temporary boost of energy and mask the deficiencies that are left by eating the displacing food. In short, avoid the four white devils and you avoid displacing foods.

- 3) **If you can't pronounce a word on the label, don't eat it.** Most of the ingredients that you can't pronounce are chemical concoctions that are stressful to the body. Anything that is easy to pronounce was designed to be eaten by the body. Think of the materials that come in your food as drugs to your body. You shouldn't take medical drugs without knowing what they are or what effects they have on your body. The ingredients found in food should be no different.



- 4) **If it wasn't here 10,000 years ago, don't eat it!** I put many people on the caveman eating plan. Those of my clients on this eating plan only consume meat, veggies and water.

- 5) **If it's not freshly squeezed juice, it's sugar water!** Don't drink it. Juices are high carbohydrate with no nutritive value. Any pasteurized juice is dead. When you pasteurize something you denature many of the beneficial proteins and destroy much of the nutritional value. This is lucrative for many industries – grocery, pharmaceutical, shipping – but not good for health or for small farmers. It's even more important to keep your children from drinking processed juices. The lack of nutrition and high amounts of sugar will be especially harmful to your young ones.

- 6) **The longer the shelf life, the more harmful it is likely to be to your body!** A long shelf life means that the food has been subjected to pasteurization or irradiation. Both of these destroy the nutritional value of the food. The dosage used to irradiate foods is incredibly high. For example meatpacking companies will irradiate chicken with a dosage of radiation 4 million times that used for a chest x-ray. Irradiation alters the chemical structure of the food that you are eating in many ways. If you want to know more about how irradiation affects your food, I recommend that you visit www.theecologist.com and search for irradiation. You can also find information about the effects of irradiating food at www.mercola.com.

Avoid food that is packaged in plastic. The longer the food has been in the package, the more toxic it will be! Plastic is full of xenoestrogens. Xenoestrogens are estrogen-like molecules that enter your body and attach to special receptors in cells and trick your body into thinking your estrogen level is high. Men with high levels of xenoestrogens will find it more difficult to build muscle since estrogens are antagonistic to muscle building hormones. In females this disrupts the menstrual cycle. This confuses the hormonal system even more when you are taking birth control pills. It can also cause water retention in tissues of women as well. As soon as you get food from store, take it out of plastic and put it in glass. That way, you'll avoid any harmful effects from the pseudoestrogens.



- 7) **Drink half your body weight in pounds in ounces of water daily.** For example, a 200-pound man needs to drink 100 oz.
- (a) Nothing substitutes for water – not tea, not juice or beer! Any drink that you make, such as tea, has a solute that dissolves in the water. You can see residue left over when you're finished drinking it. Pure water doesn't have many solutes in it and for this reason it naturally cleans the body. Any drink with much dissolved material in it can't do this. In addition, solutes may alter the pH of water. Water helps neutralize acid and many of the beverages that people drink are actually acidic. Because of this any drink besides water may contribute to the acidity of the body. Excess acidity can cause fatigue and disrupt chemical reactions in the body. Always choose the top selling brands such as *Evian*, *Fiji*, *Trinity* and *Volvic* because they sell the fastest and therefore have the least exposure to plastic bottles. Don't store your water in a place where it can be exposed to sun for long period of time. Sunlight drives the xenoestrogens present in plastic bottles into the water.
- (b) Cold water needs to be warmed. Your body must warm the water to its own temperature before it releases that water into the intestinal tract. Cold water released into small intestine would trigger rapid acceleration of peristalsis and cause bowel movement. Consequently, drinking cold water requires energy to warm it and slows the rate of absorption of that water into your system.
- (c) The most health-giving waters have a hardness factor of 170 mg or greater per liter. This means that the amount of calcium and magnesium in the water can be measured at 170 milligrams per liter. Healthy waters will also have a Total Dissolved Solids (TDS) measurement of 300 or more. This tells you about the mineral content of your water. Research by Martin Fox presented in *The Water Book* found that cities with the softest water have the highest cancer rates.



The combination of minerals and water acts as detoxifying agents in the body.

(d) If your water doesn't have the recommended hardness level, you can add a pinch or two of quality sea salt to water to replace your electrolytes. Don't add so much that it causes a salty taste. Adding sea salt will harden otherwise good, but soft waters and will significantly increase the TDS. Dr. Robert Rowkowski is known for saying that the "Best Solution for Pollution is Dilution." One of the most critical steps to health you can make is to drink good, clean water.

8) **If you are eating a food that is *clear* – *disease grows ever near!*** For example, clear apple juice, clear honey and clear hydrogenated oils are all garbage foods to be avoided. Clear food is typically highly processed, very damaged and devoid of nutrition. Nothing in nature is clear except for water. Natural honey is dirty looking, but is loaded with natural nutrition. Honey producers have to heat treat and process honey to get it clear. The bees themselves do the only processing that is really needed!

9) **Choose produce and meats in this order:**

1. Certified Organic produce and Certified Organic, Free Range meats
2. Organic produce and Organic, Locally Farmed meat - Often local farmers don't want to pay thousands of dollars for organic certification, but they do farm by organic principles. Call your local farmers and ask them about their farming practices. You may find that they are growing their crops or raising their livestock according to organic principles and you can save yourself a great deal of money while increasing your health and vitality by purchasing their produce.
3. Locally Farmed produce that is not Certified Organic, Free Range Meat - Local produce, even if not organic, are more likely to be free of certain chemicals. Fruits and vegetables that have to be shipped long distances are often sprayed with chemicals that slow the ripening process and prevent rotting. You eat these



chemicals when you eat the fruit (this is why it's so important to drink water – to flush out these chemicals).

4. If you must: Commercial produce and Commercial, Hormone Free meats and dairy – the hormone free label is often misleading. Farmers often just stop feeding hormones to animals in their last 90 days. These hormones and their effects will often linger in the organism even after those 90 days.

5. If self torture is at hand, Commercial produce and Commercial meats.

10) **Always season foods and water with 100% unprocessed sea salt.** The best is Celtic or French, followed by sea salt from NZ because heavy metal toxicity is least there.

11) **Follow 80/20 Rule: *If you live right 80% of the time, you can absorb the other 20%!*** These principles may sound strict, but I don't want anyone to abstain from living. I just want people to live their lives so that when they do occasionally break from good living, they don't get ill. If you can live Monday through Friday according to the principles I've listed above, you can enjoy yourself over the weekend without suffering ill effects.

These eleven principles capture my approach to nutrition in a nutshell. If you follow those principles you'll find that you have increased health and vitality and the stresses in your life will be greatly reduced.

In Sum

In this chapter, we've begun to look at the relationship between food, farming and your health. We've learned that:

- ❖ Your genetic heritage is extremely important to your dietary requirements.
- ❖ The consumption of animal protein was historically limited only by the availability of game to hunt.



- ❖ This historical fact has shaped our genetic heritage in the following way:
 - People who inhabited the area around the equator ate a higher carbohydrate diet.
 - As one moves closer to either pole on the planet, the ratio of protein in the diet increased.

- ❖ Thus our dietary requirements are shaped by the dietary limitations of our ancestors. This dietary history determines our *metabolic type*.

- ❖ Maintaining a healthy soil, complete with an abundance of microorganisms and humus, is vital to keeping the nutrition levels of our food high.

- ❖ Commercial farming techniques tend to kill off soil microorganisms and thereby prevent the formation of humus.

- ❖ Organic farming recognizes the importance of the soil and therefore is best suited to providing us with nutritious food.

- ❖ Diet affects your hormonal system and this influences:
 - Your emotions
 - Your thoughts
 - Your immune reactions (including the inflammation reaction)

- ❖ Diet affects your Chakra system by:
 - Either enhancing or inhibiting the interface between the Chakras and the body.
 - Affecting the sensitivities of the organs in your body to information in the environment. In this way diet affects your perceptions.



- Causing you to project the state of your body into the environment through the Chakra system. If you are unhealthy, you radiate that information and cause added stress to those around you.

- ❖ We can reduce the stresses on our lives caused by diet by following the eleven CHEK nutrition principles:
 - If it's white, don't eat it!
 - Don't eat anything that contains any of the four white devils.
 - If you can't pronounce a word on your food label, don't eat it!
 - If it wasn't there 10,000 years ago, don't eat it!
 - If it's not freshly squeezed juice, it's sugar water.
 - If it has a long shelf life, don't eat it!
 - Drink half your weight in ounces of water every day.
 - If your food is clear, don't eat it!
 - Always eat certified organic products – only eat commercial foods as a last resort.
 - Always season food or water with 100% unprocessed sea salt.
 - Follow the 80/20 rule.

In the next chapter of Lesson 2, we will look more closely at other lifestyle factors, such as movement, breathing and sleep that can have an important influence on your stress levels. I look forward to building a healthy foundation for your legacy in the next chapter. See you there!