



Love it

or

Lose it!

The four health builders vs. the four health destroyers

and MORE!

by Bryant Meyers

So when it comes to diet, whom should we listen to? I-tell-you the Hunza

Did you know that there are areas in the world where people continuously live over one hundred years of age remaining healthy and active into their final hours? I don't know about you but when it comes to health and diet I'd rather listen to what these centenarians (people who live over one hundred) have to say then the doctors, dieticians, and other so called experts who do not even live to see four scores. Examples of these remarkable people are the Hunza's in the Himalayas, the Soviet Georgians, and the Vilcabamba Indians in Ecuador. There are also well-documented individuals who have lived over 100, 120, 150, and even over 200 years old!

Ancient Chinese Secret

Lu Chung Yung was a Chinese herbalist who was well documented to live 256 years (1677-1933). He had 23 wives and lectured to students with great energy even when 252 years old! How did he do it? It is said that he used a special mix of herbs all his life.

Toxemia is the only Disease

The reason that we do not live to our potential (120-140 years) is simple - Toxemia. Toxemia is a toxic build-up from all the chemicals and poisons found in unnatural food, unclean and unsafe water, impure and polluted air, and the many other drugs and poisons that flood our bodies daily. Different diseases are simply manifestations of this toxic build-up in different parts of the body. The type of disease and its location depend on the nature of the toxin and our genetic and emotional-psychological weaknesses. But toxemia is the mother cause of all illnesses. The good news is that we can reverse and remove this toxic build-up (obviously the earlier the better!) at any time by fasting (I highly, highly recommend the *Master Cleanser* by Stanley Burroughs) and consuming food, water and air that is CLEANSING and NUTRITIOUS.

CLEANSING means removing impurities from the body such as inorganic minerals, pesticides, heavy metals, residues from unnatural foods, dead cells (believe it or not about 400 billion cells in you body die each day and are fortunately replaced with 400 billion new cells), radioactive compounds, chlorine, fluoride, carbon monoxide, tar, caffeine; and also the myriad chemicals and toxins found in processed foods, tap water, and polluted air. NUTRITIOUS means consuming natural foods that are high in enzymes, vitamins, minerals, carbohydrates, some protein, and some essential fatty acids. It also means getting optimal amounts of sunlight (yes sunlight is an essential nutrient that when lacking results in a disease called Seasonal Affective Disorder) and don't forget water and oxygen which are the two most essential nutrients.

This may sound simple but it actually takes much conscious effort and understanding to put into practice. It is the goal of this book to help in the understanding, but it is up to you to make the effort! Please keep in mind that this represents the IDEAL diet. Be REAListic. Make a slow transition by gradually reducing clogging food and substituting healthy foods. This means to GRADUALLY increase the amount of living, organic, vegetarian food and decreasing the amount of cooked food, processed food, salt, meat, dairy, as well as any drugs such as alcohol, caffeine and tobacco.

When we are young our bodies are approximately in the ratio of three parts cartilaginous matter one part bone matter. When we are old the ratio is reversed to three parts bone matter to one part cartilaginous! What this means is that in our youth we remain soft and supple, but as we age we literally turn to stone. We fill up like a cement bag from all the impurities that we dump into our system which results in arthritis, hardening of the

arteries, osteoporosis, ossification of the brain, kidney stones, gallstones, etc, etc. But this does not have to happen. In fact it does not happen to the Hunza's, the Georgians, the Vilcabamba's and certain other long-lived populations. They remain active and radiate a healthful glow even into their hundreds! What is their secret when it comes to diet?

Some of the common factors of the diets these folks lived on include the following (keep in mind that there are other factors such as clean air and water, good sense of humor, positive attitude, etc., but this chapter is addressing the *diet* of these remarkable people):

Living and R-A-W
Organic and F-R-E-S-H
Vegetarians eat P-L-A-N-T-S
Eat Less and L-I-V-E

I shall call these The Four Health Builders. By eating live, organic, vegetarian (or mostly vegetarian), and eating less food in general you are L-O-V-Eing your body. These foods are both CLEANSING and NUTRITIOUS. The dark side of the moon is the Four Health Destroyers and is listed below (Again remember that this is pertaining to diet only as there are other Health Destroyers such as smoking, drinking too much caffeine, drugs, lack of exercise, nervousness, etc.).

Low fiber, high glycemic foods like S-U-G-A-R
Oils that are T-R-A-N-S
Salt is H-A-R-D
Eating too much Dairy and M-E-A-T

So you do have a choice. You can L-O-V-E your body and live to your full potential of 120 years and remain active and strong until the end or you can L-O-S-E your body to one of the leading killers in this country Heart Disease, Cancer, Stroke, or Diabetes (these are the top four killers). So lets now take a closer look at how we can L-O-V-E our body.

Living and R-A-W

Rich in enzymes. Enzymes control every reaction in your body. Enzymes are at the heart of life itself from one-celled organism to the amazingly complex human body. Your body contains at least 1200 different enzymes, 24 of which digest and break down food. Like little "pac-men" enzymes chop up our proteins, carbohydrates and fats into little pieces that the body can absorb and utilize. Here is the key point: Raw foods contain "pre-packaged" live enzymes which break down and digest the particular food that contains them. Enzymes are destroyed at temperatures above 118 degrees so cooked foods are literally dead foods. Your body must use its own precious energy to produce enzymes to break down and digest cooked foods. This weakens the immune system and saps the body of vitality, energy and good health (Energy=Health). This explains why one feels tired after eating cooked foods and fully energized after eating raw fruits, vegetables and their juices (freshly juiced).

A*lkalizes the body.* The Human body should maintain a pH of 6.4-7.0 (water has a pH of 7). Just like temperature (the body's ideal temperature is 98.6), if the body's pH is above or below this range than ill health results. In our country almost everyone is too acid. The reason is simple. Only fruits and vegetables (and their juices) are alkalizing and everything else is acid forming especially carbonated soft drinks, coffee, meat, dairy, processed foods, etc.

W*ater Content is highest.* This is an extremely important point. 70% of planet earth is water and 70% of your body is also water. Chemists call water the "Universal Solvent" because it will dissolve more substances than any other compound known to man. This makes it both the best carrier of nutrients to the cells and the best medium or cleanser of waste and toxic substances away from the cells. Consuming foods, beverages and air saturated with toxins severely impairs the body's ability to transport nutrients and remove waste. The best drinking water is distilled or reverse osmosis (spring water, mineral water, well water and especially tap water are not as good because the minerals are inorganic and only add to the bodies toxic build-up). But even better is the water found in fresh fruits, vegetables and their juices. These foods have a lower surface tension and therefore hydrate the body even better than the best filtered water. So remember this: Try to quench your thirst first with your food (fresh fruits and vegetables average about 80% water!) and then drink plenty of distilled or reverse osmosis water (at least a half a gallon a day).

Organic and F-R-E-S-H

F*ree of pesticides.* In our country Farmers use about 2.6 BILLION pounds of pesticides on our food every year. In total 110 different pesticides are used to spray our food and of the 25 most commonly used pesticides 9 have been shown without a doubt to cause cancer.

R*icher source of vitamins and minerals.* A recent study a Rutgers university showed that organic fruits and vegetables are *on average* 87% higher in vitamins and minerals. That means you have to eat almost twice as much commercial produce to get the same amount of vitamins and minerals as organic. And remember dieters; your body craves NUTRIENTS not calories (we will discuss this in detail later).

E*dible with peel.* Organic foods can be eaten peel and all. Commercial produce is not only sprayed with pesticides but also waxed to produce freshness. The wax actually seals in the pesticides and makes it difficult to wash; so with certain fruits and vegetables like apples and cucumbers, one is almost forced to peel the skin off. But the skin and the area directly beneath the skin contain the highest concentration of nutrients. It is still good to wash even organic produce, but you can eat an organic apple -peel and all- without worry of pesticides. I bet Newton's apple was organic!

S*eeds less likely to be genetically altered and food less likely to be irradiated.* Over thirty foods on the market are genetically altered . Scientists are playing god by splicing pig genes, insect genes, hepatitis virus genes, plus many others into our food. One of the reasons they do this to make plants more resistant to pesticides. Then they can spray our food more heavily with carcinogenic chemicals! Not only that but the long term affects of genetic engineering on our health are unknown. European countries do not genetically alter their food and refuse to buy any American produce which has been genetically altered. Also, organic produce is not irradiated with radioactive waste like much commercial produce is. Irradiation is suppose to make our food safer but it actually further destroys the nutritional value.

Foods that are genetically altered (As of 1997)

Soybeans
Corn (except blue)
Canola
Papaya
Potatoes
Tomatoes
Yellow crook neck squash
Cotton
Radicchio
Dairy and Meat from cows injected with rBGH

H*elp the environment.* Organic farming preserves our precious topsoil which is being stripped of many important minerals by commercial farming practices. Also Organic farming saves the environment from the 2.6 billion pounds of pesticides that commercial farming uses. These pesticides not only contaminate our food but also our water and the surrounding ecosystem.

Vegetarians eat P-L-A-N-T-S

P*rotein is plentiful.* The plant kingdom supplies all the protein we need for good health and strength. In fact our bodies need very little protein. Mother's milk is only 2-3% protein and babies grow at a much faster rate than us adults (who more or less remain the same body weight). Current studies indicate that we need only about 10-20% calories from protein. Protein deficiencies are virtually non-existent in this country. Because vegetarian food is high in fiber and has less fat and no cholesterol (unlike meat and dairy products) it is best to consume mainly fruits, vegetables, grains, raw nuts and legumes. Getting a good variety of these foods ensures that you get all the essential amino acids that the body needs. As a transition, try to use meat, chicken, fish and dairy products more as a flavoring or side dish than as a main course.

L*ess pesticides.* This is a very important point. Americans get 95-99% of their pesticides not from fruits and vegetables but from animal products! Not only that but of the list of 110 known pesticides, almost all are found in meat and dairy products in some amount. This means we should go out of our way to buy organic meat and dairy products first and foremost (since organic food is expensive). Many grocery stores and health food stores sell organic meat and dairy. The next most important items (in order of importance) to get organic are peanuts (peanuts have by far the highest pesticide residue out of all vegetarian foods - so buy Organic Peanut Butter!), raisins (also very high), peaches, potatoes, spinach. All nuts (except peanuts) and grains are acceptable as are most fruits and vegetables (But organic is more nutrient dense).

A*ntibiotics and Growth Hormones are in our meat and dairy products.* Commercial farmers load up their animals with antibiotics because the animals are crammed into a large warehouse, so if one animal gets a disease they all do (sometimes up to 200,000 chickens are loaded into one warehouse debeaked and locked in a cage for its short life). These antibiotics weaken our immune system, cause liver damage, and destroy our beneficial bacteria. Animals are also fed genetically altered growth hormones to grow up faster and produce more milk or eggs. These growth hormones have been linked to breast cancer in women and prostate cancer in men (growth hormones tell cancer cells to GROW!). Also early development in children is a result of these growth hormones.

N*o Cholesterol!* This point is very simple and can easily be proved by deductive reasoning. A liver is needed to produce cholesterol. Plants do not have livers.

High Pesticide Foods Number of Residues

Unsafe Foods

Peanuts (183)
Raisins (110)
Peaches (97)
Potatoes (96)
Spinach (95)
Collards (87)
Strawberries (86)
Green Peppers (83)
Summer Squash (81)
Apples (80)
Pears (79)
Celery (78)
Plums (68)
Cucumbers (67)
Grapes (63)
Prunes (62)
Cherries (61)

Therefore plants contain no cholesterol. Also plants are high in fiber. The Surgeon General, the American Heart Association and even the American Medical Association are telling us that in order to prevent or reverse heart disease we need a diet high in fiber and low in cholesterol. Guess what sports fans: meat and dairy products contain no fiber and plenty of cholesterol (fat free dairy and lean cuts of meat are better but still have no fiber).

T*ransition is best taken slowly.* Now I am not saying that we should all become strict vegetarians (but it wouldn't hurt!). But the problem is that the average American gets over seventy percent of his or her protein from animal products. In areas of the world where heart disease, obesity, diabetes, osteoporosis are virtually non-existent, these people use fish, chicken, and meat more as a flavoring and side dish. The same is true with dairy. So this does not mean we must be strict vegetarians but it does mean that we should *go in the direction of vegetarianism* and make fruits, vegetables, whole grains, raw nuts, and legumes the bulk of our diet.

They were Vegetarians
Pythagoras
Socrates
Plato
Aristotle
Leonardo da Vinci
Isaac Newton
Ben Franklin
Thomas Edison
Henry Ford
Albert Einstein
Mahatma Gandhi

S*aves our planet.* By eating more vegetarian foods you help save our land, water and air. **LAND-** The current population of cows in America exceeds the total number of people. You need twelve times the amount of land to produce one pound of beef as you do one pound of the average fruit, vegetable or grain. This means that for every pound of beef produced *12 pounds of whole grains could be produced instead!* Twelve pounds of grain equals twelve loaves of bread or 54 bowls of corn flakes. Another fact is that the Cattle consume 80% of our country's corn and almost 90% of our country's soy beans. If the whole world would eat vegetarian nobody would go hungry! Besides being able to feed the millions that go hungry every day, a vegetarian diet saves our precious forests. Vast regions of forest are being cleared each day to raise livestock and the food for livestock. This includes America's own forest but even more importantly acres and acres of rain forest are being cleared each day in Central America and South America specifically to raise livestock (for meat and dairy products)! **WATER-** In our country over 50% of ALL the precious fresh water goes to either the livestock or the food to feed livestock. Also the manure from livestock which breaks down into nitrates and other toxins has entered our water supply in dangerously high amounts. Nitrates are carcinogenic and have been linked to birth defects. In fact for every person in our country there is 6000 pounds of manure. **AIR-** the methane released by cows is one of the primary factors of the current global warming crisis.

Eat Less and L-I-V-E

L*ongevity Studies point to Caloric Restriction.* Dr. Ray Walford, one of the pioneers of longevity research, has said, "Undernutrition is thus far the only method we know of that consistently retards the aging process and extends the maximum life span of warm blooded animals." In fact some animals live two to three times longer by simply cutting their daily calories in half. This was the only method that worked for all species of animals studied. That means that calorie restriction (eating less) is the most important dietary rule to live by if we want to reach our maximum lifespan. This is further validated when we look at the long-lived populations of the world such as Soviet Georgia, Hunzaland, and the Vilcabamba Indians in Ecuador. In Soviet Georgia, for example, the average male consumes 1700 calories/day whereas in America the average male consumes about 3500 calories/day.

I*ngest nutrient dense food.* As stated earlier one of the most important laws of nutrition is the proclamation that YOUR BODY CRAVES NUTRIENTS, NOT CALORIES. The hypothalamus, located in the brain stem, is your body's appetat. This means that the hypothalamus is responsible for signaling hunger and satiety. It carefully monitors the nutrient needs of your 40 trillion cells. If nutrients (vitamins, minerals, carbohydrates, fats, and proteins) are lacking it broadcasts the signal "I'm hungry!". If the body has adequate amounts of nutrients then it broadcasts, "I'm full". Now here is the punchline: The Standard American Diet (S.A.D.) consists of highly processed foods virtually devoid of nutrition so the hypothalamus keeps sending those hunger signals and the result is that one needs to eat more refined food to get the nutrients one needs.

V*egetables, fruits, sprouts, whole grains, raw nuts and seeds, legumes,* with small amounts of organic meat and dairy (if any) are the nutrient dense foods your body needs. If you eat these foods, you will not need to eat as much.

E*ating is an art.* There is some truth in the saying "it is not so much what you eat but how you eat it". There are seven golden steps to Conscious Eating which will both enhance the pleasure of eating and also help with digestion and overeating. Also by following these tips you will never experience acid indigestion again. Say goodbye forever to R-O-L-A-I-D-S and Tums. The seven steps are:

1. When you eat sit down. Do not eat on the run or standing up.
2. Do nothing else but eat. Try not to read, watch T.V., drive a car, etc. Focus on eating.
3. Be like a train and choo, choo, choo! Your stomach has no teeth so chew, chew, chew your food well (especially raw vegetables and raw nuts). Then wait for the food to reach the stomach before taking another bite. One of the main reasons

people experience an upset stomach is that they eat too fast without properly chewing.

4. Limit your portions. Generally two handfuls of food is enough for most adults. When finished wait five minutes before getting seconds. After five minutes the body has time to register that it is "full".
5. Drink a tall glass of purified water 15 minutes prior to eating. Drink only small amounts while eating (but don't "wash" your food down, try to drink between bites). Also try not to drink anything for at least an hour after you eat. Water dilutes your digestive enzymes and impairs digestion. Also avoid taking antacids which will also foul up digestion (because you neutralize the very acid necessary to break food down).
6. Eat simple, *well combined* meals. This means eating only a couple of different foods at one time and eating foods in the right combinations. Improper food combining and eating a lot of different foods at the same meal is the other major cause of acid indigestion (Avoid "all-you-can-eat buffets" like the plague). The two most important food combining rules are: avoid eating proteins (beef, turkey, cheese, milk, fish, chicken) with starches (rice, potatoes, bread, pasta). Simple chemistry validates the importance of this rule. Proteins require an acid digestive medium while starches an alkaline one. Remember your chemistry: $ACID + BASE = SALT + WATER$. If you forgot I will translate this into English- They neutralize each other! This means no digestion takes place. The starches will ferment and the proteins will putrefy. Vegetable proteins (like beans and tofu) seem to be the exception to the rule (yet one more reason to be a vegetarian). The other important food combining rule is to eat fruit by itself. Fruit only combines well with other fruit. If combined with a starch or a protein it will almost surely ferment and create acid. Refer to the book *Fit For Life* for more on food combining - it really works!
7. Last and most important is to make sure that you bless your food and give Thanks to our most loving Creator. Gratitude is by far the most important digestive aid.

Now we come to the dastardly health destroyers. These four arch-enemies, when they succeed, make us L-O-S-E our health and ultimately our bodies. Let us take a closer look at this terrible foursome.

Low Fiber, High Glycemic Foods like S-U-G-A-R

S*sugar.* The average American consumes a whopping 125 pounds of table sugar a year! No wonder dentists make such a good living. Processed table sugar has no nutritional value; in fact it is negative nutrients because your body requires certain enzymes, vitamins and minerals to convert sugar into energy. READ FOOD LABELS because this bandit goes by many names such as sucrose, dextrose, high fructose corn syrup, maltodextrin, glucose, glucose polymers, maltose, honey, brown sugar, molasses, and many more! Fructose is the best refined sweetener because it has a much lower glycemic index than any other simple sugar. Stevia (found at most health food stores) is far and away the best natural sugar-free sweetener (make sure you get the pure stevia extract without maltodextrin). Stevia is the ONLY sugar-free sweetener that I could find with no side effects. This is because stevia is a natural herb that is one hundred times sweeter than sugar. It even helps reverse diabetes and blood sugar disorders. Sucralose, maltitol, xylitol, sorbitol and every other artificial sweetener I looked up seems to have one side effect or another. AVOID Aspartame/Nutrasweet and saccharin like the plague as these two artificial sweeteners cause cancer in lab mice. In fact nutrasweet has been shown to be the second most carcinogenic food additive - only the nitrates found in hot dogs and lunch meats were worse. Also Aspartame can cause severe migraine headaches and liver damage. Nutrasweet (used in Equal) breaks down into formaldehyde, methyl alcohol (wood alcohol) which is a deadly poison, and a few other toxic substances. Nutrasweet/Aspartame/Equal also interferes with serotonin so it can also effect your mood and increase your sugar cravings. Your safest bet is to stick to fruit, dried fruit, 100% pure fruit juice(not from concentrate) or the herb Stevia to satisfy your sweet tooth.

U*nstable Blood Sugar.* Studies indicate that eating too much refined sugar can create emotional instability, panic attacks, drowsiness late in the morning or mid-afternoon, low energy and concentration lapses.

G*lycemic Index.* Forget about words like simple and complex, sugar and starch; the glycemic index is revolutionizing the way we look at sugar. Simply put, the glycemic index is a number assigned to each food which measures how quickly that food is converted to sugar in the body. Low glycemic foods such as nuts, beans, certain whole grains like rye, barley, and oats, plain yogurt, most vegetables(especially all green veggies), and most fruits (especially grapefruit, cherries, apricots, apples and all temperate fruits) release sugar slowly and gradually into the blood stream which gives the body a smooth sustained energy. High glycemic foods include white

potatoes, watermelon, overly ripe tropical fruit (such as bannanas, mangoes, papaya, pineapples), white bread and most other breads, most breakfast cereals, all refined sugars (except fructose), dates, sticky white rice and rice cakes (in fact most grains become high glycemic if they are processed in ANY way - try to get the actual brown rice, whole rolled oats, etc.). These high glycemic foods flood the bloodstream with sugar which triggers the pancreas to release lots of insulin which then takes *ALL* the sugar out of the blood. This will give the person eating these sugary foods the "shakes", light headedness, hunger just two hours after eating, nervousness, etc. Eating these foods day after daily eventually triggers hypoglycemia and type two diabetes (both of which can be reversed and controlled by eating low glycemic foods and exercising). Check out the Book entitled *The Glucose Revolution*. This book contains over three hundred foods and their glycemic values. If you are diabetic, hypoglycemic or just want to lose weight you *MUST* study and understand the glycemic index. Try to eat foods below 55 on the glycemic.

A*Adult Onset Diabetes.* Diabetes is an epidemic in our country. Sixteen Million Americans are diabetics and it is currently the fourth leading killer in this country behind heart disease, cancer, and stroke. Type I diabetes is when one has diabetes from birth. These people must have insulin to survive and metabolize sugar. Type II or adult onset diabetes is by far the most common form of diabetes. It generally strikes people in their late thirties, forties or fifties. Type II diabetes is caused mainly by consuming refined, high glycemic foods and lack of exercise. Fortunately one can reverse this by diet and exercise and eventually come off of insulin. The key is low glycemic foods and exercise.

R*efined Flour.* Refined flour, especially white flour, is ubiquitous (EVERYWHERE) in processed foods. Do not be fooled. Read food labels carefully. WHEAT FLOUR = WHITE FLOUR = GLUE! Most bakeries use white flour in every single bread and pastry, even rye breads, whole wheat breads, pumpernickel, etc. If the bread is soft and squeezy, its garbage. A true whole grain bread is heavy and harder. A bread or cracker or cookie or pastry is whole wheat only if it says 100% whole wheat flour. Remember if it says wheat flour, its white flour. Eating too much white flour has been linked to colon cancer (which is second only to lung cancer). The reason is simple; white flour and water makes paper-mache or glue. This glue accumulates and builds up in the colon creating constipation, hemorrhoids and eventually colon cancer. Whole grain flours contain all the essential fibers and oils necessary to promote regularity and good colon health. Refined flour, like refined sugar is a negative nutrient because your

Glycemic Values of some common foods

High (over 55)

Baked potato (95)
Instant Rice (90)
White Pretzels (85)
Rice Cakes (80)
Rice Crispies (80)
Refined Sugar (75)
White Bread (75)
Corn Chips (75)
Crackers (75)
Total Cereal (75)
Cheerios (75)
Corn Flakes (75)
Corn (75)
Most Cereals (65-75)
Watermelon (70)
Pineapple (65)
Raisins (65)
Ripe Bananas (60)
Spaghetti, white (60)

Moderate (40-55)

Sweet Potato (55)
Brown Rice (55)
Oatmeal (55)
Popcorn (55)
Muesli Cereal (55)
Whole grain bread(50)
Grapes (50)
Pears (45)
Peaches/Plums (40)
Apples/Oranges (40)
Whole grain pasta(40)

Low (under 40)

All beans (30-40)
Whole/skim milk (30)
All nuts (15-30)
Apricots/cherries (25)
Grapefruit (25)
Tomatoes (15)
Soybeans (15)
Green Vegetables(0-15)

body needs to use is precious supply of B-complex vitamins and minerals in order to process it. So like fools we Americans run to our nearest health food store to buy wheat bran and wheat germ, which we would not need if we only would eat true whole grain cereals, pastas, and breads.

Oils that are T-R-A-N-S

*T*rans fatty acids should be eliminated. Just what are trans fatty acids. Before we get scientific, let me explain it simply. In the whole universe there are only two types of fats: those that are good for the body and those that are harmful to it (and you thought all fat was bad). The good fat is absolutely essential to life. The human body needs the good fat for healthy skin, proper brain functioning, healthy glands, hormone production, and healthy joints (just to name a few of its uses). Bad fat only causes degeneration and disease such as clogging our arteries. So where does one get the good fat. Well it is very simple. Good fat is only found in fresh fruits, vegetables, whole grains, and *raw* nuts and seeds (especially soaked nuts and seeds). There are only three oils that I would recommend. Flax seed oil (Barlean's is best), cold pressed olive oil (Spectrum is best), and cold pressed safflower oil. Absolutely, positively stay away from canola oil. Canola comes from a poisonous plant called rapeseed. Mustard gas that was used in the war comes from this nefarious plant. Briefly, Canola contains hemagglutinins which agglutinate red blood cells, cyanide-like compounds which paralyze the nervous system, and also certain glycosides which depress the immune system. Unfortunately the ill affects of Canola oil can take up to ten years to manifest. So stop using it Today! (See the book *Young Again* by John Thomas). Also avoid oils that are polyunsaturated or contain a high percentage of polyunsaturated fats. They are sensitive to oxygen and are worse for you than saturated fats. One study showed that polyunsaturated fats slightly decrease heart disease but *doubled cancer* as opposed to a control group not taking polyunsaturated. That is why I recommend cold pressed olive oil and safflower oil. They have the highest percentage of monounsaturated fats which are much more stable. The only exception is Barlean's flax oil which is freshly pressed and refrigerated. This is perhaps the best overall oil because it is the highest in omega-3 fatty acids (even better than fish oil). Flax oil in clinical studies has been shown to lower cholesterol and triglycerides, helps arthritis, nourishes the brain, aids in digestion and elimination, and even normalizes blood sugar levels. It also helps men with prostate difficulties and helps women with PMS and "Hot Flashes".

Now the bad fat, also called trans-fatty acids, are straight and biologically useless and in fact *harmful* (the good fat is also called cis-fatty acids which are curved and beautiful to the body). Trans-fatty acids are everywhere in the processed food industry especially under the alias of partially hydrogenated or hydrogenated oils. The processed food industry uses these insidious oils because they are *cheap and*

have a very long shelf life. Without getting technical, hydrogenated oils are unsaturated oils that are converted into unnatural saturated fats. The hydrogenation process makes the fats resistant to oxygen which increases shelf-life which hence increases profits (starting to get the picture\$\$\$). I read somewhere that hydrogenated oils require temperatures of up to 300° F to be broken down. Now your stomach is only 105°. So what the heck happens!?! Well as soon as you eat these plastic fats your body only wants to get rid of them but unfortunately they can find a home on the inside of your arteries or around your wasteline. Read labels. If its says partially hydrogenated or hydrogenated put it back. Most grocery stores are only good for their produce; the rest of the store is basically garbage (except for the health food section). Buy your cereal, snacks, peanut butter, dairy, cookies, juice, meat, crackers, bread (Ezekial bread is best), candy bars etc., etc. from your local health food store (but still read the labels-even health food stores have many products with hydrogenated fat). Also realize all fast food restaurants and even most finer restaurants also use the garbage oils. Start making your own food and eat out less. Take stock in yourself, not the Processed Food or Fast Food Industry.

R*educes absorbtion of essential fats and causes cancer.* Trans-fatty acids also block the absorbtion of the good fats. They accomplish this by binding to the receptor sites of your cell membranes and not letting go. This can create skin problems, digestive difficulties, hormonal imbalances and brain degeneration. And if that were not enough, studies indicate that trans-fatty acids cause cancer in lab rats. So remember Stick to the CIS and Trash the TRANS.

A*mericans consume 37% calories from fat.* It is no wonder that one in every three Americans are clinically obese and two out of every three are overweight. Not only do we eat the wrong kind of fat, but we simply eat too much fat. The reason is simple - fat gets stored easily as fat no strings attached and no energy required. So whatever fat is not used during activity and exercise or by your basil metabolism is stored as fat. Carbohydrates and proteins require energy to be converted to fat so are more difficult to convert to fat. Also fat has 9 calories per gram whereas carbohydrates and proteins have only 4 calories per gram. Remember one pound = 3600 calories. Current research suggests that we only need 10%-20% calories from fat (10% if overweight, 20% if underweight). But it is critical to get only the good fat (raw nuts/seeds, whole grains,fruits, vegetables,etc.).

N*o Enzymes in processed oils.* The enzyme lipase (prefix lip- means fat) is necessary to break down fats and oils into the essential fatty acids. Remember, Enzymes=Life=Energy. The less you tax your enzyme resevoir, the more energized you will feel. Raw foods have all the enzymes prepackaged. Raw nuts (especially soaked), fruits, veggies, and sprouts contain all the lipase needed to break down the

fat. Roasted nuts (includes peanut butter), processed oils, and cooked fats are devoid of these precious enzymes and hence rob the body of energy.

Saturated fats should comprise no more than 10% of total fat intake. Saturated fats (found in meat, dairy, coconut oil and palm kernel oil) are very difficult to digest and have been shown to increase one's risk for heart disease. So eat butter, heavy cream, whole milk, marbled meat, poultry, fish and pork very sparingly. If you must eat meat and dairy always get the very leanest cuts (and make sure it is organic). Now hear this - Saturated fats are slightly better than hydrogenated oils because at least your body can break it down. Butter is ALWAYS better than any margarine or imitation butter. I don't care if it has half the calories and no cholesterol. Don't be deceived. Plastic is fat free but that does not mean it is good for you! Even organic soy margarine is worse than plain old butter. READ-READ-READ the labels. If you see the words hydrogenated or partially hydrogenated - put it right back where you found it. There is only one vegetable spread that I would recommend instead of butter. It is made by Spectrum and is available at your local health food store (Make sure you get the one with flax oil and soy oil and not the one with Canola). Otherwise just use a little organic butter.

Salt is H-A-R-D

Hardens Arteries, joints and body. The way salt is processed in this country is more bad news for junk food addicts. Processed salt is found in overwhelming abundance in all restaurants (especially fast foods), diet drinks, snack foods, breads, canned foods, etc., etc., etc. Our bodies are drowning in a sea of salt and we wonder why so many people suffer from high blood pressure, hardening of the arteries, water retention, heart disease and stroke. There are two problems we must look at. The first and most obvious is that we eat just too much sodium. The second problem has to do with the way salt is produced in this country. Because if you think Morton puts natural rock salt in their containers I have a nice piece of land to sell you in southern Florida. First the salt is heated up to 1500°. Next, different chemicals are added to prevent the salt from caking. Finally, various bleaching agents are used to make the salt white and pretty. What's left is a white powdery death-wish that hardly deserves to be called salt. The bad news for you salt-aholics is that this processed salt does not get broken down properly into sodium and chloride ions (because when it is heated to high temperatures the sodium and chloride fuse together). It then mischievously finds its way to your arteries, joints, and kidneys. Basically it hardens and dries out the body.

Alternatives are sea salt, braggs aminos, Spike and kelp. The good news is there are alternatives. Coarse or dark, unrefined sea salt is a better choice because at least it is natural and the body can break it down. Bragg's Aminos is another good

salt substitute that contains only the salt that is naturally occurring in soybeans. It tastes like soy sauce but it is much better for you (soy sauce is typically a mixture of processed salt, caramel coloring, preservatives and if your lucky it might be spiked with a little MSG). Kelp is exceptional because it is low in salt and also a good source of organic iodine. This raises another issue - Iodine. Iodized salt contains inorganic iodine which is fairly toxic to the body. Yes, your body will absorb it in cases of severe deficiency which prevents goiter, but otherwise it does not get absorbed very well. So it is best to buy un-iodized sea salt and either take kelp as a supplement (organic iodine is used in the thyroid to regulate metabolism) or mix it with the natural salt you use. This is especially important in the midwest which has iodine-poor soil.

Retains water and increases blood pressure. This point is very simple. Sodium retains water while potassium is a diuretic (releases water and lowers blood pressure). The more sodium you consume, the more water you will retain. As the amount of water your body retains increases, so does your weight and blood pressure. Potassium is found in abundance in fruits and certain vegetables. Sodium is found in abundance in restaurant fast foods, junk foods, canned foods, etc. I can tell anyone who has high blood pressure in four letters why they have it: S-A-L-T (Stress is equally as important but as far as food is concerned it is salt).

Daily recommended dose is 500mg. This amounts to only about a $\frac{1}{4}$ TEASPOON! That is not much. So stop shaking it up baby! Throw away the salt shaker. Try salt-free alternatives like SPIKE (with no sodium) and also start using more spices to flavor your food other than just salt and pepper. After the salt shaker is in the garbage never again to be resurrected, start gradually giving up fast foods, canned foods, boxed or bagged junk foods, diet sodas, etc. READ labels. I have seen potato chip bags listing only 200 mg of salt, but the serving size was only about 7 potato chips! Who on earth sits down to eat only 7 chips. Be careful even with sea salt and Braggs. Even the good salt will raise your blood pressure. Remember 500mgs a day!

Eating Too Much Dairy and M-E-A-T

Meat and the Protein Myth. There are two myths we must dispel in this section. These myths have been erected by the dubious meat and dairy industry through *hundreds of millions of dollars in advertising (did you know the four basic food groups pyramid was designed by the meat and dairy industry)!* They have brainwashed us to think that we need to get our protein from meat and our calcium from dairy (3 servings a day from the meat group and 3 a day from the dairy-what a bunch of whooey!). I wish to appeal to your common sense and reason so that you can forever dispel these myths. Let us begin with protein. This is always the first

objection to a vegetarian diet. Now let's use common sense. What species alive on this planet is the closest genetically to humans? Yes, certain Gorillas and chimpanzees contain 99.9% of the DNA found in humans. WHAT DO THEY EAT? If you guessed bananas and other plant foods such as bamboo leaves, give yourself a pat on the back. Yet they seem to be getting enough protein! In fact the animals most noted for strength and endurance on earth are vegetarians such as elephants, water buffalo, oxen, horses, rhinos, and gorillas. What about lions? Well, Lions sleep about 18 hours a day plus their anatomy is designed to consume *raw and fresh meat*. So the point is this: All protein is made up of amino acids, and fruits and vegetables provide ALL 20 essential amino acids needed for the human body. The fact is protein deficiency is unheard of in this country. Our diseases are of excess (Obesity, Heart Disease, Diabetes, etc.) not deficiency. Do you know anyone with scurvy, beri-beri, or pelagra! So if you really want to be a vegetarian but are concerned about protein - DON'T BE - IT IS ONLY A FAIRY TALE THAT HAS ABSOLUTELY NO SCIENTIFIC VALIDATION!

Eating a high protein diet will shrink your days but not your waist. If you are on a high protein diet or are considering going on a high protein diet like the one recommended by Dr. A-k-n's please read carefully because you are endangering your health. First of all, listen to what our U.S. SURGEON GENERAL HAS TO SAY! He says that research has conclusively shown that a diet high in fiber and low in cholesterol including *at least* four servings a day of fruits and *at least* four servings a day of vegetables is the best measure to prevent heart disease and cancer, America's two leading killers. Now these high protein diets are high in cholesterol and low in fiber (I realize that salads and other low carb vegetables are recommended on these diets but the fact remains that meat, dairy and eggs are loaded with cholesterol and contain absolutely no fiber - the diametric opposite to what that surgeon general recommends). The surgeon general recommends high fiber, low cholesterol foods because research has proven again and again and again and again and again... that high cholesterol, low fiber foods like meat, eggs and dairy cause cancer and heart disease. Period. End of discussion! But hold on, there is more. Protein is simply not a good fuel for the body. It can be compared to a wet, dirty log that creates a lot of dark smoke when it burns but does not produce much heat. Protein is like that in the body when consumed in large amounts because the body then has to convert protein into glucose (because there are not enough carbohydrates). Like the wet, dirty log the protein creates a lot of filthy "soot" that is toxic to the body (especially the kidneys and heart). These byproducts include ketones, ureas, uric acid and other poisons which stress the heart and wear out the kidneys (this may be why diabetics put on low carb diets end up on dialysis). Also, high protein diets have been shown to leech the body of calcium which increases your risk for osteoporosis. On top of all that, High protein diets acidify the body which weakens the immune system, causes acid indigestion and lowers your energy levels. Yet another reason to renounce high protein diets is that they clog the basement membranes of your lymphatic system. Most of the seventy trillion cells in

your body are surrounded by lymph. It is through the lymph that nutrients are carried to the cells and it is also through the lymph that waste is carried away from the cells. Since the lymphatic system has no pump like the circulatory system, it depends on exercise, deep breathing, and plenty of water to function properly. High protein diets clog the lymph which devitalizes the very cells which give us life, for the quality of your life is dependent on the quality of the life of your cells. And last but not least high protein diets have a diuretic effect which deprives our body of the most important nutrient (after oxygen), WATER. So I hope you see the many reasons for renouncing such a foolish diet that can only guarantee ill health in the end.

Anatomy of a carnivore. Did you know that the Encyclopedia Britannica listed humans as frugivores (fruit eating animal) before 1950 (I am sure that the meat and dairy industry had a role to play with this removal). Now carnivores eat only meat and omnivores eat both plants and meat. So just what category does man fall under? Let us begin by analyzing the teeth of the various types of consumers. First, the carnivorous animals have incisors that are a little developed, but the canines are of striking length, smooth and pointed, to seize the prey. The molars are also pointed; these points however do not meet, but interlace side by side to rend the flesh of the prey. In omnivorous animals such as bears, the incisors are well developed, the canines are like those of the carnivores, and the molars are both pointed and broad-topped to serve a dual purpose. Finally, in frugivorous animals like certain bats and primates we find all the teeth are of nearly the same height; the canines are a little projected (not for seizing prey but rather for piercing into fresh fruit). Finally the molars are broad-topped and furnished at the top with enamel folds to prevent waste caused by their side motion, but not pointed for chewing flesh. Now if we observe the formation of the teeth of man we find that they do not resemble carnivores or omnivores but perfectly match the frugivorous animals found in nature. Also the jaws of carnivores open almost 180 degrees for consuming their prey, whereas vegetarian animals including humans have jaws that can open just wide enough to bite into fruits, nuts and herbs.

Let us now compare the digestive system of carnivores and frugivores. Carnivores have a digestive system that is only 3 times the length of their body. This is necessary because meat decays and putrefies quickly in the system. Carnivores also have a large round spherical stomach with 10 times the amount of acid as frugivores (high acid is needed to break down flesh). The bowels of frugivorous animals, on the other hand, are 10-12 times the length of their body (length measure from mouth to anus); their stomach is broader and has a continuation in the duodenum serving the purpose of a second stomach. Again the digestive system of man perfectly matches the frugivores in nature (the lack of acid in the stomach and the long digestive tract make meat ill suited for human consumption which tends to rot and putrefy producing nothing but ill health).

Now for the clincher. When a carnivore sees its prey (like a lion seeing a lame wildebeest) its eyes sparkle and its mouth waters. Now I got a question for you. When you see a baby calf or a little puppy (some parts of the world consider dog a delicacy), is your first instinct to pounce on it and revel in a blood thirsty feast? Of course not! But when we see a ripe juicy fruit our mouth naturally waters. So not only are we physically ill equipped to eat meat, but even more so psychologically. It is only by placing slaughterhouses away from society and cooking and doctoring it up with spices that we will eat it. Through perversion of our natural instincts we actually acquire a taste for rotting carcasses, just as smokers acquire a taste for poisonous smoke, and alcoholics acquire a taste for hard liquor. If we want to truly experience a state of perpetual perfect health we need to begin eating the food we are most biologically adapted to eat: Fruits primarily along with vegetables, nuts, whole grains and legumes.

Truth about Dairy and the Calcium Myth. O.K., this is an easy one. The countries that lead the world in dairy consumption: U.S., England, Finland and Sweden lead the world in OSTEOPOROSIS! Let me say that one more time; the countries that lead the world in dairy consumption, also lead the world in osteoporosis. Also, the countries that have the lowest incidence of osteoporosis consume the least amount of dairy namely Africa and China. In fact in certain areas of China they don't even have a word for osteoporosis. How is this possible? In one word - BRAINWASHING. The Dairy industry spends millions of dollars brainwashing us to believe that we need to drink another animal's milk to save our bones. They tell us that "milk-a-does a body good". But the truth is milk, cheese and all dairy products are the most mucous forming foods known to man. It is also the most common allergen. In fact after age four or five we all become lactose intolerant to a certain degree because the enzymes necessary to break dairy down start to diminish rapidly. People of Northern European descent handle dairy the best because they have a longer history of consuming it. For Orientals and Africans, they have the highest rates of lactose intolerance because they have the shortest history of dairy consumption. But people from all ethnic backgrounds would do well to give it up completely. Milk does-a-body BAD!

Besides being the most common allergen and the most mucous forming of all foods, it is also high in casein protein (especially cheese) which makes one of the strongest wood glues known to man! This makes dairy, along with white flour and white potatoes, one of the most constipating of all foods. Also remember dairy (if not organic) contains generous amounts of growth hormones, antibiotics and pesticides. But the misfortune continues. Dairy is also pastuerized and homogenized which destroys the live enzymes that would assist in digesting it; and these processes also alter the proteins in a way that for many people triggers an allergy response or at least suppresses the immune system to a certain degree. This is because the foreign proteins are often recognized as invaders to our immune system. And now (drum roll please) I will explain why milk actually causes osteoporosis instead of reversing it.

The casein protein found in milk actually binds to calcium and leeches it out of the body. This makes dairy products one of the worst sources of calcium. If you must consume dairy make sure that it is organic. At least organic dairy is free of growth hormones, antibiotics and pesticides. But even better yet, reach for all green leafy vegetables which are loaded with organic usable calcium, almonds, sesame seeds, most fruits, blackstrap molasses, tofu and oats.

Appendix 1 - The Four Elements of Health

The ancient Greeks believed that the Universe consisted of four elements: Earth, water, fire and air. Our bodies, which arise from this grand and glorious universe, are also made of these same four elements. The first and major part of this book has been devoted to the element earth, which in our bodies comes from the food we eat. I have shown that Living, Organic, Vegetarian and Eating Less gives our bodies the best earth has to offer. But we also need pure water, fresh air and sunshine (fire). This sounds simple enough but in the world we are currently living special measures must be taken.

Water

It has been shown that there is virtually no body of water on our planet that is free of contamination. I just read an article in *The Wellness Journal* that stated that one half of ALL deaths on our planet comes from contaminated water! This sounds shocking but it is true. If you are serious about being healthy and living to your biological potential of 120-140 years, you absolutely must start drinking either distilled or reverse osmosis water. Not spring water, not well water, not water purified from a carbon filter and absolutely most certainly not tap water. In fact you should not even shower or bath in tap water (I read that a ten minute hot shower is equivalent to drinking six glasses of tap water - so buy a shower filter).

There are a few options as to how you can get the good water. The first and in the long run the best option is to buy your own distiller or reverse osmosis system. Check out the internet or your local health or hardware store. The other option is to go to your local health food store, grocery store or purified water company like Culligan to fill up your own jugs (avoid plastics 1-4 or use glass jugs) with the good water (many larger health food stores and now even grocery stores have nice reverse osmosis systems). Or you can buy steam distilled water already bottled (Absopure is a good brand). However you get it just make sure that only distilled water or reverse osmosis water goes inside your body. I recommend only these two systems because they take everything out of your water except water. And all you want from water is water! The next best water is spring water from a reputable source - the higher in the mountains and the further away from civilization the better. Be careful not to buy generic spring water that might be bottled from a spring next to a nuclear reactor. Well-water is worse yet since just about all the fresh water on this planet is contaminated. Depending on the well and its location it could be even worse than tap. But tap water is generally the worst. I go thirsty before I would drink tap water. I don't shower in it. I don't bath in it. I don't even steam my vegetables or wash my dishes with it - BECAUSE I KNOW WHAT IS IN IT. AND SUICIDE IS NOT CURRENTLY ONE OF MY DESIRES!

It all started long before I was born when they first added Chlorine to tap water. This wonderful addition (sarcasm) was supposed to make our water safer and free of bugs. It is true that it does kill most of the bacteria (but bacteria are mutating and becoming more and more resistant), but it kills us too! Chlorine gas is so toxic that it was used in the war to burn up the lungs of our enemy. Chlorine also combines with many organic compounds to create delightful (more sarcasm) chemicals such as PCB's, chloroform, DDT and Dioxin (dioxin is a small molecule missed by many cheap carbon filter systems and is toxic in parts

per TRILLION). Another side note is that many of these chlorinated compounds like DDT can mimic certain hormones in your body (DDT mimics estrogen) and this can create a tremendous hormonal imbalance. DDT is called a pseudoestrogen and it worsens PMS and menopause. Other such compounds create sterility in men (which is currently higher than it has ever been). Chlorine also mimics Iodine (because it is in the same family as Iodine on the periodic table) and creates thyroid problems. Chlorine also has been shown to combine with fat and cholesterol to produce arterial plaques and hardening of the arteries. Finally Chlorine is one of the most potent free radicals and free radicals have been theorized as the root cause of ALL diseases. Now the chlorine and the chlorinated compounds found in tap water alone should be reason enough to never drink it or bath in it again. But tap water has much more to offer us (still more sarcasm).

The next outrage came with the addition of fluoride to our water. I looked up fluoride in the dictionary and found that it is used in rat poison, cockroach powder, insecticides and germicides. Oh how wonderful that they put it in our drinking water. It is nice to know that no rats will come out of our faucets (heavy sarcasm). But seriously, do you want to know the real reason fluoride is in our tap water. I will give you a hint - it is not to make our teeth prettier. Give up. The real reason is that the aluminum industry creates tons and tons of fluoride as a waste product. They found that if they could sell this fluoride for only pennies a pound, they could make several millions of dollars a year. They used a flawed study in two towns (Kingston and Newburgh) to support the absurd notion that fluoride prevents tooth decay. The truth is that study after study has shown that cities that fluoridate their water actually have higher incidences of tooth decay. The real reason is money - plain and simple. Let us listen to what Dr. Dean Burke, former chief biochemist of the National Institute of Cancer, has to say about fluoridation - "We've now had time to look at fluoridation and see its effects on human health and we know it's a killer. Any institution who supports fluoridation is guilty of mass murder". Powerful words spoken from a chief biochemist for the National Institute of Cancer. Dr. Burke and others estimate that about 50,000-75,000 cases of cancer each year are linked to the chlorine and fluoride in tap water.

But believe it or not it gets worse. Tap water (briefly) also has heavy metals like lead and mercury. Heavy metal poisoning has been linked to cancer and many diseases such as fibromyalgia and chronic fatigue. Heavy metals weaken the immune system and have been shown to protect harmful bacteria and candida from antibiotics making them (the antibiotics) ineffective. As a side note chelation therapy is an effective way to remove heavy metals- but it can be expensive. An inexpensive and effective alternative is fresh cilantro - juiced, in soups or in salads. Cilantro has been shown in studies to effectively remove most heavy metals. Another toxic addition to our tap water is radioactive waste such as uranium, radium, radon and heavy hydrogen. Radioactive elements cause cancer, genetic mutation and birth defects. If that were not enough our water contains herbicides, pesticides, insecticides and fertilizers. Also did you know that raw sewage returns back to the water treatment plant and finds its way back into your drinking water. Even worse is the tremendous amounts of cow manure being released into our environment and filtering into our ground water (this is why people drinking well water should invest in a good reverse osmosis system). Also in tap water are soaps, detergents, solvents, paints, drugs and many, many, many, many more toxic ingredients.

Once you obtain clean and pure water, drink at least one half gallon to a gallon a day.

Vitamin O

Equally as important as pure water is fresh air. There is nothing as rejuvenating to the human body as fresh clean air. Oxygen is the most essential nutrient. We can live a month without food, a few days without water, but only a few minutes without oxygen. Did you know that about 90% of the body's energy comes from oxygen. That means only 10% comes from food, water and sunshine. So it is crucial to get fresh and clean air. Keep as many plants in your house as you can manage. Plants absorb carbon dioxide and toxins and give off oxygen. Also, always keep a window cracked to let fresh air in - even in the winter (dress warmer). Also invest in a good HEPA air purifying system. Most homes and office complexes have more indoor pollution than downtown L.A. Airborne bacteria, virus, molds, dust, smoke, paints, solvents, cleaners, detergents, new carpet, new furniture, natural gas and hundreds of other chemicals pollute our indoor air at home and in the workplace. Another important point is that with every exhalation, 55 gallons of air is polluted. It is crucial for good health to always have a window open or some access to fresh air.

Once you have fresh, clean air at your disposal, you must learn how to breathe it. This means practicing deep diaphragmatic breathing. Most people breathe shallow breaths because of poor posture and wrong conditioning. We must relearn the art of deep breathing. There are many books and tapes on the subject of deep breathing and exercises to develop deep breathing. I highly recommend checking them out. Along with deep breathing, exercise is the best way to oxygenate the body. Try to exercise outdoors as much as possible.

Oxygen is not only the key to good health, but it is also essential to preventing disease. Research has proven that cancer, candida and many other diseases are due to apoxia (lack of oxygen). It has been indisputably shown that cancer cells die in an oxygen rich environment and they thrive in a system lacking oxygen. A case in point is that athletes have a one in seven chance in getting cancer whereas the average person has a one in three chance. This is because athletes exercise more and oxygenate their bodies. So exercise, breathe fresh air, and live to your potential of 120-140 years.

Sunshine

Sunshine is also a required nutrient. Studies have conclusively shown that we need the equivalent of one half hour of sunlight a day. If we do not get enough sunlight or full spectrum light we suffer from what is called S.A.D. (seasonal affective disorder) or the "Winter Blues". This disease is even recognized by medical doctors and is easily remedied with direct sunshine or high intensity full spectrum lighting. This disease only affects people in far northern areas of the world during times when sunlight is scarce. The symptoms include depression, lethargy, carbohydrate cravings, and increased desire to sleep. If you live in an area with long winters or lots of rain, invest in a high intensity full spectrum lamp and use only full spectrum bulbs in your house. Also it helps to get outdoors as much as possible.

When the sun is available it is very healthful to take frequent sunbaths, but do so only in the late morning and late afternoon. Also make sure that you bath no longer than one half hour. The lighter your skin the more careful you must be. Our ozone layer is diminishing and the U.V. radiation is higher than ever. But still, moderate amounts of sunlight at the proper time of day is very rejuvenating.

Appendix 2 - The Master Cleanser

If you have any disease or ailment, fasting can save your life. I firmly believe that periodic fasting is the supreme key to longevity. Make it a goal to fast one day a week (or least 2 days out of the month) and twice a year do a long fast for at least seven days. Fasting allows the body to heal itself and it allows the spirit to soar with God.

The Master Cleanser is by far the easiest fasting program I have ever tried. I had no problem doing it for ten days and I felt totally rejuvenated when I finished. I had good energy the whole time and was able to work every day that I was on the fast. Definitely buy the book, but here is the gist of it. Basically you drink all the lemonade you want to satisfy your hunger. The drink consists of freshly juiced lemons, grade B maple syrup and a dash of cayenne pepper. In addition to the lemonade it is important to take a laxative tea every night and a salt water first thing in the morning. Salt water consists of exactly two teaspoons of sea salt to exactly one quart of warm water. This mixture is the same specific gravity as your blood so it passes uninterrupted through your entire digestive system. This is important to keep the bowels moving. You can do the salt water first thing in the morning every day even while you are not fasting. It is also helpful during the fast to do a sauna or an epsom salt bath every day to pull out toxins. Also it is helpful to practice deep breathing and to exercise out in the fresh. Extra oxygen energizes the body and assists in removing toxins.

Stanley recommends doing the for at least ten days. Here is the recipe for one gallon: 1.6 cups of fresh lemon juice (about 6 lemons), 1.6 cups grade B maple syrup, cayenne pepper to taste. One gallon gives you enough for at least a whole day. If you are trying to lose weight use a little less syrup. For one quart use .4 cups lemon juice, .4 cups syrup and cayenne pepper to taste.

Be careful when coming of the fast. Follow the directions provided in the book.

Appendix 3 - The Tibetan Rites

Appendix 4 - He who Laughs ... Lasts!

Did you know that the muscles in your face are directly connected to your immune system? That's right, whenever you smile or laugh you strengthen your immune system and invigorate your body. Norman Cousins, M.D. cured his cancer by renting funny movies and taking megadoses of vitamin C. So don't take life so seriously. Many people that are sick are suffering from a serious disease. The disease is simply that they are too serious. Here are a few jokes to boost your immune system.

- Did you hear about the two silkworms that got in a race? They both ended up in a tie.
- You have heard that cats have nine lives. But frogs, they croak every night.
- What did the male deer say to the female deer? "Let's have some fawn!"
- A Duck just finished an exquisite meal at a very nice restaurant. The duck asked the waiter for his check. The waiter replied, "how would you like to pay for that?" The duck answered, "Oh, just put it on my bill."
- There were two little brothers, Marvin and Melvin, who were the biggest troublemakers at a catholic elementary school. One day the principal, who was also a priest, approached Marvin and asked him firmly, "Where is God." Marvin was a little afraid and did not reply. The principal asked again, "Where is God!" Marvin got more scared and couldn't speak. Finally the priest shouted angrily, "Marvin, Where is God!" Marvin ran home to find his brother. He said to his brother, "M-Melvin, we are in big, big trouble. It seems that God is missing and they think we did it."

Bryant Meyers Originals

- A big bottle of whole milk said to a slender little cup of curd, "What's your secret? How do you stay so thin?" "I was once like you", replied the curd, "but I lost a lot of whey."
- There was this squirrel psychologist who went from tree to tree rounding up all the crazy and mentally disturbed squirrels in late autumn. A fellow colleague of this squirrel shrink watched this peculiar behavior and inquired as to what was going on. The squirrel replied, "Oh, I am just gathering some nuts before winter."
- There was this overweight geometry teacher who could not lose weight because she simply could not give up her pi.
- Two mathematicians were sitting in front of a gas-powered fireplace discussing the beauty of transcendental numbers when suddenly one said to the other, "This is a very nice fire but I must admit that I prefer natural logs."
- A pentagon was indebted to a triangle and offered one of his sides as payment for the debt. The triangle accepted and replied, "O.K., now we're square."
- What do you call two perpendicular lines drawn from the same pencil? Wright brothers.
- Did you hear about the indecisive quantum physicist who became head of a small high school? Everyone called him the Uncertainty Principal.
- An engineer was giving a lecture to members of the treasury for a revolutionary new process for minting pennies. A scientist in the audience was confused and objected, "You have done a nice job in your presentation, but frankly I must tell you that the process does not make cents."

- So this piece of ham cracked joke after joke and had the whole sandwich reeling with laughter. Finally the two buns cracked, "I got to ham it to you, you're really on a roll."
- In Switzerland, people have long suffered from chronic fatigue. It had been thought that overconsumption of dairy was the cause. But a Swiss biophysicist used cutting edge Kirlian photography to prove otherwise. What he found was that people had big gaping holes in their auras. So the problem was not overconsumption of dairy, but rather a lack of Swiss Chi.
- It is tough being a parent rabbit to so many little bunnies. Talk about a hare raising experience.
- (This is a true story) This lady walked into our health food store and asked for some pine nuts. I got them for her and then she asked me where pine nuts come from. I shrugged my shoulders and said, "I don't know, maybe schizophrenic evergreens."
- (Another true Story) This little old lady walked into our health food store and bought twenty pounds of wheat bran! I said to her, "Wow, I see that you are going to be one of our most regular customers."
- Did you know that in some parts of the world Monkey Brains are considered a delicacy. I tried a slice of what is called Monkey Brain Pie. I must admit that that was the first time I ever experienced piece of mind.
- So I went to visit the local apiary and to my surprise everyone there was lacking energy. Being a nutritionist I told the head of the apiary, "the problem is very clear to me, your workers are simply not getting enough B's. Simply give them a good B-complex. But avoid megadoses of the B's as this can cause hives."
- So Moses, the man who parted the Red Sea and set his people free, walked into a health food store and asked for the best vitamin. "How do you take your vitamins, Moses?", replied the clerk. Moses quickly replied, "I prefer taking two tablets."
- I have always known missions figs are good for you but this Christian friend of mine went too far - he said they will save you from anything.
- An artichoke master gave advice to his young disciple, "You can become any kind of artichoke you like, but the highest calling lies in Jerusalem where I am sure that through prayer and meditation, you will at last find your heart."
- This spiritual seeker a few thousand years ago told another, "I can't understand why so many people are flocking to the so-called sage down the way. He tells everyone he is confused and always in doubt." The other aspirant just grinned and replied, "No, no you did not hear right. This sage is the great master of the Way. What he said was 'I am Confuscious, I am always in Tao.'"

Appendix 5 - References and Recommended Reading

Burroughs, Stanley. *The Master Cleanser*. (Easiest and best fasting program)
Cousins, Gabriel. *Conscious Eating*. (Best overall book on health and nutrition)
Cousins, Gabriel. *Spiritual Nutrition and the Rainbow Diet*.
Diamond, Harvey and Marilyn. *Fit For Life*.
Diamond, Harvey and Marilyn. *Fit For Life II, Living Health*. (Second best book)
Ehret, Arnold. *The Mucousless Diet*.
Farlow, Hoza. *Food Additives*.
Felder, Peter. *Ancient Secrets of the Fountain of Youth*.
Jensen, Bernard. *Tissue Cleansing Through Bowel Management*.
Robbins, John. *Diet for a New America*.
Roberts, John. *Moth Comes to the Flame vol. I*.
Roberts, John. *Moth Comes to the Flame vol. II*.
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