

Part Two: Detoxifying the Physical Body

“Let medicine be thy food. Let food be thy medicine.”

~Hippocrates

The strategy we are about to implement is based upon the following truth: RAW FOOD IS MEDICINE.

True healing occurs when we integrate our lifestyle with our real, natural sense of identity. This identity involves both physical and non-physical aspects. Holism is a subtle blend of emotional, physical, mental and spiritual nourishment and expression. If any one of these components is ignored then holistic wellness will not be experienced. By embracing the eternal nature of our spiritual component, the essence of *I*, we are bound to see life from a different point of view. It is from this more accurate and elevated perspective that we can see what we are now engaged in may very well be something that no longer serves our highest interests. And there is no time like the present to begin this practice.

“What you eat determines primarily whether your body is healthy or diseased.”

~Roe Gallo from her book *Perfect Body*

Introduction

During the past decade I have practiced and studied nutritional medicine intensely. In other words: *how to use the natural goodness of natural foods to cleanse the body of internal blockages and create the type of inner environment that is conducive to health, happiness and wellbeing.*

Nature yields amazing resources, which all of us can use to improve our sense of wellbeing. Before I explain how we can all benefit from living a more natural lifestyle, I would first like to share with you how this program has changed my life.

As I mentioned earlier, the motivation to pursue this path of learning was the combined experience of watching my father and younger brother die of cancer within eight weeks of each other. At the same time I was diagnosed with a similar form of the same disease. It is impossible for me to accurately communicate to you the impact that this experience had upon me. The emotional devastation was utterly shattering, leaving not only a physical disease to heal but also the broken psyche of a deeply wounded soul. The NGP, therefore, embraces not only physical aspects of health but also the emotional, mental and spiritual components.

The depth of ill health that burst onto the surface of my reality, engulfing my emotional, mental and physical being, meant I was obliged to find effective medicine fast. And I can now proclaim that the most powerful medicine on planet earth is not to be found in a packet or a pill. Nor can it be delivered by a machine or synthesized in any laboratory. The most powerful medicines are the most natural. In no order of priority, these

medicines are as follows: spiritual sustenance, oxygen, water, prana (life force energy), love, peace, happiness and pure simple food. Before reading on, take a deep breath and slowly release the exhalation.

By turning away from our inner nature we have turned away from Mother Nature, and we have become diseased. I have read government-backed reports that predict 1:2 of the general populace of Great Britain will be diagnosed with some form of cancer before the end of this decade. Heart disease kills twice as many people as all the cancers combined in the United States and obesity is fast staking its claim as one of our most serious problems.

The good news is that the NGP is an effective strategy for reversing these epidemics.

The internal resource of the human body has a will of its own, and it is when we are out of harmony with that will that we make the decisions that cause harm. This includes choosing what to think, speak and do. It is the sum total of our thoughts, words and actions that generates the way we feel, and consequently the levels of happiness we can experience. This inner potential is like a seed: when we are not aligned with the will of this seed, the natural instructions within us that allow us to unfold our destiny, then we are resisting the will of nature. This is like the seed of an oak tree pretending it is something else, a cactus for example.

Good health is merely a natural by-product of aligning oneself with the will of this internal resource. When our thoughts, words and actions are not aligned with our original design we become diseased. We all have a still small voice within us that whispers guidance along the way, and it is when we ignore our conscience that we suffer.

True healing wisdom is based upon an accurate knowledge of the self. The ancient healing temples of Greece recognized this knowledge, and the sign above their entrances read, quite simply, *Know Thyself and nothing in excess.*

Even though ill health has myriad manifestations in the form of symptomatic disorder, there are certain common denominators found in virtually *every* disease profile. Those common factors can be grouped together under one simple heading: *toxic constipation of tiny biological channels.* The NGP, therefore, is a common sense detoxification strategy that unclogs the tiny channels of our biology so that our cellular structure can breathe, eat, sing and dance. The information I have provided will allow you to understand just how, knowingly or not, we undermine our bodily health simply by adopting, unquestioningly, the modern-day lifestyle. The main solvent for dissolving these blockages is pure and simple: *water.*

The NGP is essentially very simple, and although it recommends certain dietary choices, it does not rely exclusively on any so-called medicinal or healing foods. *The best medicine is to rest the digestive organs and allow the body to self-heal.* This can be achieved most efficiently through short periods (up to 72 hours) of complete abstinence and drinking only the purest water and honey. At all times the brain needs to be fuelled and, as glucose is its food, raw local honey provides that nourishment perfectly. These periods of fasting should be blended with an appropriate nutritional program based on the

information that follows. During a fast is also an opportune time to enter into a deeper relationship with one's spiritual source.

Disclaimer

Although myself and many other individuals have experienced great benefits from living according to these guidelines, I, personally, do not claim to heal anything or anyone. The body does all of that itself. *If* we allow it.

I strongly suggest that if you are suffering from any form of disease while applying these principles that you are monitored by a qualified medicinal practitioner *who is sympathetic to them*. I offer these guidelines as a means of allowing you to perceive and experience health from a far clearer perspective. The nature of the time requires that we all accept a far greater degree of responsibility for our own wellbeing. As the good man Dr. F. Scott Peck has stated, "the doorway to true and lasting health swings open when we start asking the deeper questions in life." The times are indeed changing, and let us give thanks for that. Very shortly, the modern approach to healing disease simply by relieving or removing the evidence of symptoms will be seen for the utterly inadequate model it truly is.

A new paradigm or foundational perspective is establishing itself in the world. This point of view regards *symptoms as signals* that all is not well within. The challenge is to be honest enough to recognize where you are out of balance in your life, not just physically but also mentally, emotionally and spiritually. Those deeper questions that Dr. Peck is referring to are ones like: Who am I? Where did I come from? Where am I going when I die? Am I living my life according to my highest philosophy and ideals? Do I have deep peace of mind and heart, and, if not, why not? Am I honest with myself or am I living some kind of a lie? What is my vision? Am I living life to the fullest? What am I afraid of? Am I listening to *the still small voice within*, my inner guidance? Can I even hear it? If not, why not? And the list goes on. The time is coming when the commercialized veneer of this ultra aggressive material world, behind which we all hide to one degree or another, shall be removed. The strain and stress that we are all feeling is a direct consequence of living unnaturally. As Dr. Athavale says, "ignoring our conscience and functioning out of harmony with the 'right-use-ness' that we are designed to express means we become diseased." A modern civilization such as ours, which exists in such discord with the natural world, is doomed to fall. If we do not wish to fall with it we need to awaken from its hypnotic and mind-numbing effect and discover who we truly are, and then have the courage to express it. Health, wealth and happiness *are* a natural consequence of this process.

*If you are suffering from any form of terminal ill health begin taking Natural Cellular Defense (Zeolite) immediately and apply the principles of this program. Purchase a copy of *Eat Right for Your Type* by Dr. P. D'Adamo. This advises nutritional strategy according to blood group classification. Find out your blood group type and consult the appropriate recommended food list. Apply the recommendations of the blood type book within the guidelines of the NGP and use only foods recommended as highly beneficial. For example, if you are an O blood type exclude coconut and apple cider from this program and increase the consumption of the foods that are highly recommended such as

cayenne, linseeds and walnuts. Also, try tapping in “all natural cancer cure” on Google and be prepared to have your mind expanded.

Health Facts

What follows here is essentially a medicinal nutritional program. I would like to re-emphasize that although it is definitely possible to bring the physical body back into a healthy balance if we utilize the most appropriate means, the fact still remains that *we are not the body*. Contemplation of this fact creates the foundation for real health. The fact remains that inside the human form is a spiritual entity, a non-physical being, a point of light called the soul. This light is *I*. It always was and will be absolutely who and what we are. In 1930, Dr. Edward Bach stated that the cause of human disease was conflict between the actions of the personality and the will of the soul. This is the spiritual root of ill health.

It is the turning away from this true identity and the shifting of the sense of *I* to the ego identification of the physical form that is the root cause of all human discord and disease. It is the turning back to this truth that relieves the disease that is a poison in our very soul. A spiritual being requires spiritual nourishment. Ignorance of my own true identity and the assumption that I am something I am not means that I look for my nourishment and sense of fulfillment in the wrong place. *If my thoughts, words and actions revolve around my sense of who I am, my self-image, and that image is a false one, what sort of community, society and world would I create?* Our collective ideas create the world in which we live. The world we see around us today is a reflection of our inner condition.

Any manifestation of disease in the physical form is the effect of underlying causes. If we truly desire holistic health, we should address not only the symptomatic effect but also the deeper cause. If Dr. Bach’s statement contains any truth, it seems we are ignoring our guiding light and, as a consequence, making inappropriate choices. One of these choices is the food we eat.

Consider the following statements:

- More than 90% of physical disease emanates from the improper function of the digestive tract. (Dr. Harvey Kellogg)
- More than 90% of all dis-ease in America can be traced to unhealthy conditions in the bowel. (Dr. Bernard Jensen)
- There is but one sickness, one disease and that is over acidification due to inverted ways of living, thinking and eating. (Dr. Robert O. Young)

Leading medical practitioners who have specialized in nutritional health, such as Dr. Gabriel Cousens and Professor Arnold Ehret, ascertain that:

- Overeating and poor food combining are two of the main causes of internal disorder.
- The over consumption of unnatural foods wreaks havoc within the body, creating blockages, draining energy and denying natural feelings of vitality and happiness.
- Poor food choices along with inappropriate combinations create biochemical confusion, which leads to mental dullness, digestive stress, hormonal imbalance and physical and nervous exhaustion.

What's Going On?

Ill health is a direct effect of the sabotaging of our own internal biological processes with the constant intake of substances that do not digest into pure fluids, and therefore create some form of accumulation. It is the aggregation of these accumulations over time that is the common factor in virtually every disease equation. The quality of one's blood is almost entirely dependant upon what one consumes. Poor food choices literally pollute the blood and this has a negative impact on all areas of the physiology. If you are interested in fully understanding the ramifications of this situation then I strongly advise you read: *The Mucusless Diet Healing System* by Arnold Ehret and *Cleanse and Purify Thyself* by Dr. Richard Anderson .

Did You Know?

- Until the birth of the modern pharmaceutical industry all healing involved the use of natural foods.
- Acidification and dehydration are the two most common factors in all degenerative disease situations and therefore the primary factors involved in the ageing process.
- Dr. Robert O. Young's whole healing system is based upon his "one disease, one sickness, one cure" theory. From his experience, he recognizes the fact that as soon as acidity levels in the blood have increased then the whole bio-terrain is thrown out of balance, and this provides the breeding ground for bacteria, yeast, fungus and moulds. These organisms generate more acidity and a cycle of imbalance gathers momentum. The continued breakdown of cellular structure generates more and more acidity, creating an environment within which these and other parasitic organisms proliferate. To compensate for increased acidity, the body will drag alkaline minerals from its muscles, bones and organs and this will accelerate the ageing process. The consequences of this negative process are symptoms that many of us are familiar with: low energy, fatigue, weight gain (as the body dilutes the toxicity) or from poor digestion and excretion, depression, pain, central nervous system problems, muscle breakdown and generally feeling weak, sick and tired. These are all symptoms of increasing acidity in the body.
- Re-hydrating cellular structure is the simplest and most effective means of regaining physical health. Simply take two glasses of water every two hours. Drink a large glass up to 30 minutes before any meal and begin again two hours afterwards. Read a copy of Dr. F. Batmanghelidjh's *Your Body's Many Cries For Water*. Combine water with a tiny pinch of Himalayan Rock Salt as per instructions in the NGP for optimum hydration.
- Weight gain is often the result of a sluggish metabolism caused by poorly circulating lymphatic fluid containing an acidic and dehydrated sludge-like liquid. The body will, very often, produce its own water to dilute toxicity and acidity. This is very often the case with women who, even though they eat very little, still increase weight and bulk.
- Virtually all cooked, processed and packaged foods *dehydrate* the cells and *acidify* the blood to some degree. This does not mean I recommend we should all become raw foodists overnight – but, again, the facts are the facts and this

program has an emphasis on fresh fruit and vegetables as the major source of nutritional goodness. These foods should be consumed as close to their natural state as possible. The pure liquid in them acts as a solvent, purifying and breaking down the physical encumbrances within the tiny network of pipe structures in the body. Rebalancing alkaline/acidity levels and re-hydrating cellular tissue is achieved easily and efficiently using the NGP.

- Cells are the building blocks of physiology including all organs and bodily tissue. Nobel Prize winner Dr. Alexis Carrel proved cellular regeneration to be a constant and natural process dependant upon nutrient-rich, clean cellular fluid. That means if the cellular fluid is healthy our organs and bodily tissue will be constantly repaired.
- The types of food we eat and drink massively affect the quality of cellular fluids.
- The skin, often referred to as the third kidney, is the major organ of elimination. Skin problems are always associated with high acidity levels and toxicity. Sweat daily to ensure good elimination of toxins through the skin.

“The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.”

~Thomas A. Edison

Extracts from *Rational Fasting* by Arnold Ehret

“Most schools of healing have united on the idea that disease, regardless of its symptoms, consists of a constitutional encumbrance of a material generally known as foreign matter. Natural healing, consequently, consists of the methods of treatment to eliminate this disease-producing material and to stop the source of it.

The fundamental cause of disease is foreign material within the body. This material is the undigested, un-eliminated and decayed food from wrong and too much eating.

It is consequently most important, reasonable and clearly seen, that the main factor in the health enigma should be dietetics, and this includes intelligently conducted fasting, especially if overeating is the main cause of the person’s disease. What we in modern society consider a normal amount of food consumed would astonish people living in third-world areas.”

What’s Going Wrong?

The whole of our physiology is made of cells. Cells are the building blocks used in all physical structures. As a house is made of bricks so the body is made of cells. The body is composed of a vast network of cellular structure, and cellular regeneration is a natural bodily process whereby dead or worn out cells are constantly replaced by new ones.

Three million new blood cells are produced every second. When we talk about physical health we are really talking about cellular health.

Dr. Alexis Carrel won The Nobel Prize for medicine for proving that the cellular regeneration process will “continue indefinitely, providing the intracellular fluid is changed on a daily basis and that the required nutrients are present in this fresh fluid.”

This process ensures that every organ, gland and all other areas of physiology are repaired and maintained constantly. Some schools of thought claim that within 12 months almost every cell in the body has been replaced. If the new cells inherit an optimum environment then we can, in a sense, become younger as we grow older. In reality, this is more of a conscious shedding of an old skin and form rather than the dreadful slide through disease and decrepitude into waiting death.

The fundamental reason why health deteriorates is because this natural process of cellular regeneration is undermined. Remember: cells are the building blocks of every tiny component of our physical bodies. Repair is constant and will continue indefinitely as long as the intracellular fluid (the fluid inside the cells) is cleaned daily and the required nutrients are present within the fluid and the necessary delivery systems for these nutrients are functioning efficiently.

All cellular structure is composed of atoms. Quantum science informs us that subatomic reality is mainly spatial consciousness. The main factor in determining cellular health is our inner world. Thoughts, words, actions, feelings and emotions resonate with this underlying space. The nature of this inner space is unified and benevolent. Its nature is to give of itself in order that the whole may flourish and express through creative being. This is an infinite process of wonder. We are part of this process. You and I are unique flower beings in the oceanic cosmic garden of life. It is in our highest interests to unify our minds, through focused meditative awareness and to open our hearts to all life in an unconditional organic mode of compassion.

As long as the integrity of cellular health is maintained the immune system is capable of repelling all forms of bacteria, micro-organisms and viruses.

Cells Need to Eat, Drink and Breathe

The purity of intracellular fluid is maintained largely by the lymphatic system. Oxygen and nutrients absorbed from food through digestion are transferred to the cells via the blood and lymphatic system. The lymphatic system exchanges nutrients for the chemical waste within the cell, which is a natural bi-product of cellular activity. The cell wall is a semi-permeable membrane. Nutrients pass from the lymphatic fluid into the cell through the semi-permeable membrane and chemical waste passes out of the cell into the lymphatic fluid. This waste is then moved through the lymphatic system and eventually excreted from the body.

When this process is undermined, cells are denied the food they require and chemical waste builds up inside them, generating, at the very least, a great deal of stress. We experience this precursor to serious ill health in a variety of symptoms, from fatigue to depression. The common cold is nothing more than the body, triggered by some microbe

or other, throwing out the accumulated toxicity that has occurred as a direct result of the constant self poisoning we have indulged in since the day (and before) we were born. In a normal healthy body, with the lymphatics flowing properly with nutrient-rich fluid, microbes (such as those responsible for colds and flu) would be incinerated swiftly and effortlessly by our robust immune systems. A constant strain is caused by intake of combinations of food that the body cannot possibly purify. Add to this, the hectic life in the modern world, and it is easy to see why ill health is such an accepted part of life. In truth, it is extremely unnatural and simply the result of biochemical catastrophe and total disturbance of the most important process in the body: *the transfer of nutrients to the cells and the transfer of waste away*. This slow and steady poisoning continuously stresses the immune system. Eventually, because every component of our physiology is constructed from cells, our health breaks down and we experience the symptoms of disease.

Disease, however, is not something that occurs overnight. It is the result, in many cases, of a constant sabotage of natural bodily functions. In very young children, disease can be inherited from the parents and there are various other factors such as genetic disposition that create constitutional weakness. Toxic conditions will always accumulate at bodily weak points. Each individual has a specific history and unique constitution which predisposes him or her to certain areas of weakness. No matter the cause, the solution is always the same: *support natural bodily functions by alkalizing and hydrating the internal environment and provide the nutrients essential for cellular regeneration and the body will bring itself back into balance*.

The main way in which health is undermined is through our daily intake of inappropriate food and drink. Everything that we consume, combined with our daily thoughts, words and actions, affects the purity and quality of intracellular fluid. As soon as we improve the quality of our intake, primarily through the introduction of pure water, fresh fruit, vegetables and their juices and other greens, the degeneration process is reversed and normal bodily health can resume. The time required for the body to rebalance itself is directly proportionate to the duration and nature of the negative lifestyle.

Negative thoughts and low frequency feelings produce an electrochemical effect which acidifies the blood. Most of what we eat and drink in the modern western world has the combined effect of acidifying the blood and dehydrating the cells. Remember, the two most common factors in all disease situations are acidity and dehydration. Disease is the end result of the natural process of cellular regeneration being undermined. The name given to the disease is the name that describes that particular set of symptoms.

The Law of Diffusion

Remember, the whole of the physical form is composed of cellular structure. Before we can fully appreciate how our normal eating habits undermine cellular regeneration, we have to understand some important biological principles.

The transfer of nutrients to the cells and the removal of toxic waste (the byproduct of normal biochemical activity) from the cells are governed by a natural law called *diffusion*. The law of diffusion states that elements being transferred through the cell membrane can only pass from a *higher* concentration to a *lower* concentration. It is not possible for elements to pass from a lower concentration to the higher. The law of diffusion will not allow it. The appreciation of this point is fundamental in understanding just how modern eating habits sabotage our health. Remember the two key factors in all disease situations, ranging from the common cold to terminal cancer, are acidity and dehydration. Now, how does diffusion occur?

All nutrients supplied to the cells, including oxygen and the microelements synthesized by digestion, travel via the blood. The blood is the great reservoir that determines the levels of physical health we can hope to enjoy. Into this reservoir flows the lymphatic system. There is several times more lymph in the body as there is blood. The lymphatic system is like an intricate network of rivers and tributaries. Every single cell is floating in lymphatic fluid. The nutrients that arrive in the blood via digestion are then transferred to the lymphatic fluid and carried to the individual cells. The lymphatic fluid also takes away the biochemical waste produced by normal cellular metabolism. That's the natural bi-product of the 100 trillion cells in constant biochemical activity. The lymphatic system is the only means of removing the biochemical waste from the cell site.

The whole of this process is governed by the law of diffusion. Nutrients can only pass from a higher concentration to the lower. That means that the toxic levels in the lymphatic fluid surrounding the cell must be lower than inside the individual cell in order for the law of diffusion to be upheld so a successful transfer of biochemical waste in exchange for nutrients can occur.

What happens to those of us who have grown up on traditional western food is that due mostly to what we eat, drink and breathe but also how we constantly feel, the blood begins to acidify and thicken. As soon as this acidifying and thickening process occurs the toxicity factor increases. This gradually slows lymphatic flow eventually stopping it and the whole system gets backed up all the way to the cells. Cells then cannot release their toxic load because the toxicity levels outside the cell in the lymphatic fluid have increased to the point where the law of diffusion prevents the transfer of elements through the cell wall. *Cells then literally begin to drown in the toxic waste of their own excretions and suffocate because of being starved of the oxygen that they need.* Consider how it must feel inside to have billions of cells starving and suffocating. Remember our physical bodies *are* these cells. A large part of our physicality is literally drowning in chemical waste, being poisoned to death and starved of its essential requirement: oxygen. Is there any wonder dis-ease is experienced? The whole process is reliant on lymphatic flow and the key to stimulating lymphatic flow is to introduce oxygen and alkaline-forming foods into the blood via the process of digestion. Because the lymphatic system has no pump we should do light exercise to assist the removal of toxic waste. As soon as acidity decreases in the blood, the normal flow of lymphatic fluid will continue and the body will be able to rid itself of its backlog of toxicity and cellular regeneration will resume.

If this process of degeneration is not reversed, we will experience accelerated ageing and the miseries that go hand-in-hand with a constantly depressed immune system. As the body continues to creak and groan on a cellular level the consequences manifest as breakdown in the areas most susceptible to stress, according to the particular behavioral habits, genetic make up and constitutional strength of the individual.

What needs to be appreciated is that there is a constant undermining of bodily health occurring on a daily basis. Through our own hands, largely by what we consume, most of us are accelerating an ageing process that nature has designed to be far less traumatic. This is an easily rectified situation because the general inner environment can be improved very swiftly through the introduction of an educated strategy that the body is craving for.

In The Heart

The body breaks down in an infinite number of ways. The main disease in western society is heart disease. Heart disease kills more people than all the cancers put together. Heart disease is the result of unnatural substances adhering to the inner walls of the arteries. Blood travels along the arteries. Heart disease is the result of too many unnatural substances flowing through the blood system. Habitual behavior, in the form of poor nutritional choices is the vehicle for self destruction.

Within the context of the observations of Dr. Edward Bach and Dr. V.B. Athavale as quoted in the previous section, heart disease would be considered a physiological manifestation of resistance to opening the heart to love and allowing love to flow through us and out into the world. Conventionalists may scoff at this, but from my experiences, both personal and professionally, this is entirely accurate. What else are we here to do other than express love and receive love? Who doesn't want to love and to be loved? How much love do we experience within the context of the normal working day?

The NGP is based on a three level approach to personal nourishment: 1. Spiritual love, 2. Loving thoughts and feelings, 3. Love-filled food and living environment. Without these essential ingredients in our health equation we will always feel lacking in some way.

One of the most powerful healing modalities I have learned is something called Emotional Freedom Technique. This simple method requires tapping certain energy points, corresponding to key energy meridians, while vocalizing the affirmation of self love and acceptance. I have seen this shift the heaviest sorrow almost instantly, simply through the power of the spoken word resonating with self acceptance and self love. The dis-ease within the modern western world caused by the epidemic of over consumption, in my opinion, is nothing more than the unfortunate consequence of trying to achieve the impossible: namely, to fill the void within us through what we consume physically. Yet, the lack we feel is not necessarily physical.

We have been created to experience love. Experience love in a spiritually-evolved way not in a dependant, emotional way. We are perfect instruments of nature designed to live in tune with the deepest impulses of life. The modern world is a dreadfully discordant place; by living in tune with its industrial symphony, we have turned into a dysfunctional

species bound for the scrap heap. Compulsive overeating is just one of the ways we are destroying ourselves. Any adjustments in diet need to be underpinned by a significant shift in consciousness. By asking the deeper questions in life and, when necessary, changing in accord with the answers, we can establish a foundation upon which sustainable progress on all levels of health can be made. Without this internal nourishment, our dietary systems, no matter how appropriate, are doomed to fail.

Everything we eat immediately passes into the bloodstream. Most of us have large amounts of mucoid plaque clogging up the walls of the small intestines. Mucus is secreted as a natural protection mechanism by the body when too much foreign matter, indigestible food combinations, have been absorbed. *Cleanse Thyself* by Dr. Richard Andersen is the best reference source I know to understand the negative impact of this phenomenon. Mucus adheres to the foodstuffs and creates a build up of sticky waste throughout the whole G.I. tract and specifically the small intestines. The filth in the small intestines is constantly absorbed into the blood. This situation is the main cause of physical degeneration. In the case of heart disease, according to Paul Bragg, cayenne pepper is a most effective remover of arterial plaque. If you have any form of arterial disease, I recommend adding cayenne pepper to salads and vegetable juices. You can also drink it as a hot tea. See the recipe for “Jungle Juice” for another powerful way to cleanse the blood transportation system using cayenne.

If we follow natural guidelines and the use of cayenne, we can dramatically reduce the risk of heart disease and strokes; this is just one example of the many ways natural foods can be used to assist the natural bodily functions. The application of cayenne pepper within the diet is one very good illustration of the way informed polarized opinions violently clash. One school of thought with impressive credentials will tell you cayenne pepper is a toxic substance and should definitely not be included in the diet. Another school of thought will say the opposite. Find out for yourself. I recommend it within the context I have defined. The great challenge for us all is to accept responsibility for our own health. The reason why all manner of cures work and do not work is mainly because of the power of belief involved. Cayenne is like a paint stripper that helps dissolve accumulations along arterial pathways. It will not purify the blood because it is a slight natural toxic substance. Its energetic qualities are fire, which is good news for treating blocked and clogged arterial pathways. Sometimes we need a bit of fire to burn away impurities. So, in my considered opinion, it is a very good cleanser as long as it agrees with you.

What follows is a basic nutritional strategy that can be employed at any time to support our natural processes of detoxification, cellular regeneration and therefore rejuvenation. All of nature, including bodily function, is governed by natural laws. When we break these laws we are bound to suffer.

Disease From Over-Eating Poor Food

“Under-eating is the number one health and longevity secret.”

~Paavo Airola

Case studies on mice have shown that a 40% reduction in food increased the production of anti-ageing genes by 400%.

Overeating poor-quality foods creates digestive stress. Because so many nerve plexuses are located in the abdomen, our sensitive psycho-emotional energy system is negatively impacted by any imbalance in this center. Constant overeating creates a dreadful strain upon our inner stasis, especially if we are attempting to suppress the wounds of deep emotional hurt. Much anxiety is felt in the lower abdomen because it is through this particular energy plexus that we plug into the collective consciousness. There is so much fear in the human collective at this present moment that it is virtually impossible to not feel this to some degree.

Everything that is consumed passes through the stomach. From the stomach, food then passes into the small intestine where it is absorbed through the gut wall into the blood. The most efficient digestion occurs *only* when an appropriate amount of natural food is consumed either alone or with a compatible other food type. The fact that most of us have been stuffing ourselves for years with unnatural foods in disharmonious combinations is the underlying reason why most of us are or will be suffering from some form of disease.

It is no coincidence that most disease emanates from the bowel. Nor that most immune cells are in the bowel. Within the Chinese medical model, the largest nerve centre is found around the bowel. The Chinese call it a second brain. So much internal communication occurs from this center that immense stress and confusion is generated as soon as it becomes polluted.

Remember, there are around 100 trillion cells in the body. The status of these cells is reported through this communication system back to the brain. If the cells are suffocating and starving, this will be relayed to the control center and registered as feedback that we experience as discordant stress. Also, we know that most of the body's fascia is located in the mid-section of the body. Fascia is the conductive tissue that facilitates energy movement (commonly referred to as *chi*) around the body. When the internal organs begin to sag and putrefy, much congestion is caused within these subtle energy channels.

Without the proper flow of energy our organs are bound to deteriorate. For the digestive system to be functioning efficiently, the presence of sufficient levels of *chi* is critical. In the same way, the efficient transportation of blood, lymph, etc. is a direct requirement for physical health, so is the transportation of *chi*. The only way to enhance the flow of this electrical energy is through deep, pressurized breathing. Air is charged with *chi*: the fresh air next to a river or in a forest or by the ocean is more charged than the air in your front room. However, breathing is the way to move *chi*. (See Appendix for details on my *chi* oxygenation method, one of the most potent health-improving strategies that one can practice).

The breakdown of physical health begins in the gut and can be classified under one simple heading : *toxic stagnation, acidification, dehydration and constipation of vital channels*.

Supporting Natural Bodily Rhythms

According to ancient Ayurvedic knowledge the body has three main cycles. If we are looking to improve the levels of physiological health we are experiencing, it is wise to honor the timing of these cycles and adjust our eating patterns accordingly. By doing so, we can harmonize with the body's natural circadian rhythms. Eating out of sync with our biological clocks places a great deal of stress on the human system and has an accumulative effect that will gather in the weakest points of our constitution. The old saying that a chain is only as strong as its weakest link is particularly relevant to biological systems.

The perpetual breaking of the natural laws that govern biology is the constant daily sabotage of health. An appreciation of and adherence to the following phases of metabolism will result in noticeable health benefits.

The three main cycles:

4 a.m. – noon: Elimination

Noon – 8 p.m.: Intake

8 p.m. – 4 a.m.: Integration

Elimination

Between 4 a.m. and noon elimination of all the waste from the previous day's intake occurs.

This process is supported by pure water and a minimal intake of solids. If any food is taken at all within these hours then it should be in accordance with the recommended guidelines (i.e. mainly, fruits and fruit and vegetable juices).

It is definitely not the optimum time to be eating large meals that are difficult to digest. As most of us have grown up in the big breakfast club, once again, it is easy to see how accepted normal behavior creates disharmony and the subsequent stress of accelerated physical degeneration. During these hours the body is attempting *to eliminate not absorb*. So, if we are interested in supporting the body's regenerative efforts, cooked breakfasts are out.

Pressurized, vigorous breathing (as outlined in the appendix) is the most efficient way to generate heat in the middle section of the body. Not only this but oxygen is the primary nutrient for cellular health. *Nothing works better or faster than pressurized breathing for one's health.*

Well-chewed fruit needs practically no other digestion. The intestines can absorb and create energy from it rather than using energy. Whenever fruit is eaten on an empty stomach it facilitates purification of the lymphatic fluid which results in weight loss. The brain uses *only* glucose to function. Fruit is a simple sugar that converts to glucose quickly and efficiently. Fruit should not be eaten after other foods as in traditional deserts. Doing so generates fermentation which creates alcohol within the gut. The

fermentation process is a major factor in cancer cell etiology. Fruit can be eaten before other foods if 20 – 30 minutes have elapsed. It can be eaten after other properly combined foods if 3 – 4 hours have elapsed.

When mixed with any other foods in the stomach, the fruit rots, any protein present putrefies and carbohydrates ferment. Everything becomes acidic and this is exactly the opposite of what we are trying to achieve.

Simplicity is best. *Eat fruits alone and go as long as you can in the mornings without any other type of food.* Doing this alone will do wonders for your health.

Intake

Between the hours of noon and 8 p.m. is the best time to ingest solid foods.

If we truly wish to support the regeneration and detox process then we should make sure that cooked food meals form an appropriate and minimal part of the diet and that they are preceded by a large, green leafy salad. In the early stages of this program, I highly recommend lightly steamed greens.

Dark leafy greens are an excellent addition to any meal. Paul Bragg recommends an 80/20 ratio between raw and cooked. Many raw food exponents will say it should be 100% raw. However, as I mentioned previously, for certain constitutional types an excess of raw food can be destabilizing and that is exactly what we do not want. During cleansing if one becomes unstable then very often the wrong choices are made, and we can be reaching for just about anything and everything in vain attempts to rebalance. Learn to experiment. Find out what feels best for you. Natural foods in their natural form are definitely the best.

Basically, the foods we ingest fall into two distinct categories: *building* and *cleansing*. Blockages occur within the system when too many building foods are chosen. As we live in the fast food/quick fix society, the tendency, when seeking balance, is a fast cleanse involving mainly juices. Juices have a fabulous therapeutic benefit; however, the slower, milder fasts *with selected whole foods* promote a “consciousness of patience and sensitivity to the wisdom of living in harmony with gentle cycles. Such fasts are greatly beneficial to those of us living very stressful lives.” Paul Pitchford in his masterful work: *Healing With Wholefoods* gives good guidance along this path. I highly recommend this book for people living in particularly cold, damp climates who are used to eating a lot of cooked food.

Integration

Between the hours of 8 p.m. and 4 a.m. integration of the daily intake is occurring.

The body is not in absorption mode during this phase. It is trying to sort out the work of the day and this requires tens of thousands of biochemical equations that have to be solved and balanced. This is definitely not the time to be adding anything else to the mix. Liquids are fine in the form of herbal teas, and if hunger persists then fruit should suffice. The best choice in terms of this healing process for the evening is soup. Using Miso with root vegetables or coconut oil (optional) with greens and never boiling anything will provide a good basis for any kind of soup you wish to create. Follow instructions in the recipe section and try to finish eating by 8 p.m.

Program Overview

The key to physical health is providing the cells with the natural goodness they need and making sure that the systems designed to transfer the nutrients are fully functional.

Key factors:

- Hydration
- Oxygenation
- Alkalization
- Mineralization
- Enzyme-rich Living Foods

Although research indicates that the human body requires only a thimble full of minerals per annum, without them our metabolic processes are doomed to fail. I thoroughly recommend the addition of organic, high-mineral-content superfoods. When I say “superfood,” I am referring to foods that are superior in nutritional quality. Examples of superfoods are gogi berries, spirulina, hemp seeds, chia seeds, cacao, and various dehydrated green powders. Superfoods are a wonderful way of introducing high-quality, easily-assimilated nutrition into your daily diet. They contain massive amounts of nourishment, and if taken in smoothie form are very easily digested. Personally, I prefer to take my physical nourishment this way. It is highly nutritious and easily digested, very easy to prepare and makes me feel great.

The best mineral supplements are *angstrom* size minerals.

The NGP emphasizes low volume and high nutrition, focusing mostly on juices, smoothies, fruits, vegetables, leafy greens, sea vegetables, green superfoods and mainly raw soups with minimal nuts and seeds, and an appropriate but not excessive cooked food intake. This is the fast track to wellness.

Particular emphasis should be placed upon adequate hydration. Approximately 1 liter of water should be consumed for every 40 lbs. of body weight. By taking two large glasses of water approximately every two hours and up to 30 minutes before solid food and after two hours following any cooked meal, one can quickly establish optimum levels of hydration. But don't push or force it - let it happen naturally.

Freshly juiced vegetables have high structured water content which boosts hydration levels significantly and efficiently. The cells recognize and need water that has been structured by sentient plant life and this form of hydration is priority. The more of these

forms of juice one imbibes the less one needs plain water. Many raw foodists who eat a lot of fruits and vegetables drink very little water. Many animals living wholly on plant matter take little extra water.

Individuals used to having three cooked meals a day and eating large volumes of food should shift gradually into this program according to the stipulated guidelines. Years of overeating poor-quality, cooked foods creates wear and blockage in the system. If you are used to eating three cooked meals a day, reduce that to two immediately, and get the raw food in the morning. Look at this program as a three to seven-year program. If you are a meat eater, gradually shift away from red to white meat and eventually eradicate all flesh food from your diet.

The fundamental objective of the NGP is to bring movement to stagnation by supplying the lymphatic system with what it needs to flow. Natural bodily systems are stimulated and nutrients are supplied through natural foods, so the cells receive the nutrition they need to function.

But, remember, happiness is the *best* medicine.

“It is in the path of our happiness that we shall find the reason we have chosen this lifetime.”

~Richard Bach

The Program

Although the NGP has definite proven medical benefits, it is also suitable for those individuals who are not seriously ill and may simply wish to experience higher degrees of health and happiness. If you are seriously ill, do nothing without the guidance of a qualified medical practitioner. If that practitioner is unsympathetic to complementary health, find another. Understand that this is a medicinal nutritional strategy designed to alleviate symptomatic disorder caused by blockage of the human system. “*Substance Hindering Internal Transit*” (S.H.I.T.) needs to be removed. Just about everyone who has grown up on the modern western diet has plenty of it inside them. Physiological S.H.I.T. prevents the free flow of bodily fluids. Spiritual S.H.I.T. prevents and distorts the free flow of divine natural attributes.

The nutritional strategy is preceded by and finished with meditation, visualization and affirmation. The importance of these disciplines applied on a daily basis cannot be overemphasized. The appendix contains some guidelines on meditation.

The following is a medicinal nutritional program designed to facilitate bodily detoxification and stimulate the natural urge of the body to cleanse itself. It is the simple, intelligent use of natural foods that *allows* the physiology to get on with the business of maintaining health without the added work of clearing blockages that accumulate during years of inappropriate eating habits as previously outlined. In its simplest form, the NGP recommends only fresh fruits and vegetables and/or their juices until noon. The one to two meals that follow should be taken during 12 – 8 p.m., conform to food combining principles, and be preceded by a large green leafy salad.

Drink as much water as desired, especially in the morning hours, and up to 5 liters a day is acceptable (for very large individuals), but not within 30 minutes before a meal or within 2 hours following. Generally speaking, the larger one is, the more one can drink. It is important to listen to the body and feed it what it needs. Very often dehydration signals are misinterpreted as hunger, so we eat when we should be drinking. *At the first signal of the desire to eat, try drinking a large glass of water.* If hunger still persists you know it is genuine. Many of us have a tendency to eat and overeat even when not hungry. The responsibility of the appropriate application of this program lies with you. As alkalization of an acidic condition is also a priority, the emphasis in the diet is on alkaline-forming foods.

You will notice that certain recommendations are optional. There is a fast track system as well as a slower route to wellness. There are financial aspects to consider, too. For instance, I recommend certain dry green food powder supplements. Some of these products work very well and accelerate the alkalization process. However, you may be financially restricted and choose not to invest in this part of the program, which is perfectly fine. Simply choose the option which suits you best. Considerations such as the appropriate ratio between raw and cooked foods are decisions you will have to make for yourself. The less one eats (i.e. the closer to a complete abstinence from all foods), the faster one will cleanse. Fast cleansing, however, is not always appropriate or advisable. When considering the inclusion of raw foods, know that fruits cleanse fastest, especially watery fruits. Raw vegetables are the second fastest cleansers. A general rule of thumb is to use these foods (whole or as juices) mainly in the morning hours.

“If one was simply to adopt the habit of eating only fruit in the morning time, applying food combining principles throughout the day and not eating anything later than 8 p.m., and drinking copious quantities of pure water, one would experience marked improvements in physical health.”

~Fit For Life by Harvey and Marilyn Diamond

The big breakfast strategy evolved out of the fact that our forefathers would be required to go out and do hard physical labor all day and be away from the home, probably not eating again till the evening time. Nowadays this is not the case and many of us who consume large amounts of food in the morning do so out of habit or in order to suppress emotions. If one works hard physically and is still keen on doing this program then using whole foods in the morning time as per these recommendations is the best way.

By not interfering with biological functions and providing the cellular structure with the required nutrition in the most easily digested form, the body self regulates. Depending on the degree of toxicity in the form of accumulated deposits and general debilitation of biological functions, one can expect the corresponding degree of improvement in health and vitality levels.

The emphasis is on simplicity and staying natural. During the program, sufficient rest as is signaled by the body should be taken, and it is essential that the bowels are flowing freely. If this is not the case, begin taking a high-quality herbal fiber blend twice daily for six weeks and then reduce to once a day. Anyone with severe intestinal blockage is well

advised to have colonic irrigation or do a complete gastro-intestinal cleanse such as the 'Arise and Shine Program' by Dr. Richard Anderson, (more first class products are available at: www.totalhealthsecrets.com). There is also a variety of retreats available specializing in one to two week intensives. In any case, if you are not having 1 –3 bowel movements daily then consult a natural health practitioner and get some herbal support. Linseeds, soaked and dry ground, are an excellent bowel lubricant. In my experience, soaked chia seeds are also very good, (see appendix). Make sure before any major cleanse is undertaken that the liver is sufficiently prepared by doing the liver-gallbladder flush as recommended in the appendix.

The best preparation for cleansing is to gradually improve the diet. Study the principles in this work and apply them diligently.

If we consider the whole human abdomen as a giant sponge, the many tiny channels responsible for the transportation of essential bodily fluids throughout that sponge (and of course the rest of the body) need to be open and clear. Not only fluid systems but also electrical systems. During years of excessive, inappropriate eating, drinking, speaking and thinking habits the biochemical and energetic health status of this miraculous sponge may very well be at an all time low. This is akin to a large group of communities living together as a system of society with severe problems. The members of this society are under attack by a merciless foe. Communication lines between the central governing agency responsible for the dispatch of foods and other essential provisions is sporadic and, in many cases, cut off completely. Because of the state of siege, individuals have to stay in their houses all day every day. Sanitation has ceased and all excrement remains in the house. The people of this community have one pastime which they can continue within their homes, and that is the production of biochemicals. However, they must get rid of the waste from this activity and they can't. So, it stays in their homes with them. All of the windows are boarded up and no fresh air is available and little air at all. Children are being born into this society at a rapid rate every day at about the same rate as people are dying. Do you think this would be a happy community? Consider the state of each individual's house within this example, and you have an approximate mirror reflecting toxic cellular structure and the condition of bio-terrain that causes cells to become cancerous.

The immediate consequence of employing the strategy outlined in this program is detoxification. Depending on your personal levels of toxicity, you will experience the highs and lows of the process. If you suspect high levels of internal toxicity then go slowly. The less you eat, and the more you consume pure, simple foods, the faster you detoxify. You may put the brakes on this process at any time by simply eating more solid food. The body does not want this mess inside itself and is capable of a very high degree of self-cleansing given the chance. Simply by ceasing consumption, the body will begin to eject all manner of filth and waste. However, this can be an extremely disturbing experience for some. That is why we must apply wisdom and go slowly but surely along the path. We must ensure that the excretory channels are open. This includes primarily the skin, the largest organ of elimination, sometimes referred to as the third kidney, and the bowel. If one has lost the ability to sweat or does so infrequently then one should

make sure that the skin pores are opened; this can be achieved through exercise or saunas. I particularly recommend the Far Infra Red Sauna, (see appendix for contact details).

If the bowels have become constipated or sluggish, it should be cleansed thoroughly either by enemas, colonic irrigation or suitable natural laxative supplementation. An herbal fiber dietary blend should be taken regularly, as recommended in the program. The liver and kidneys should be strengthened through appropriate herbal teas and cleansing procedures (see Liver/Gallbladder flush in Appendix A). The alkaline mineral reserves of these organs, which will be working overtime during the detoxification process, should be built up through the copious imbibing of alkaline-forming fluids rich in organic minerals such as organic carrot and beet juice diluted to 50% with pure water. Take these daily in the morning hours. This is an ideal preparation for the deeper and more intense levels of detoxification. However, all of this needs to be supported by an effective nutritional program, and one may begin at once to experiment with and enjoy the NGP. It should be clearly understood that dietary strictness no matter how pure, is not a means to health. Good health involves many factors. However, if the physiological functions have begun to deteriorate and lose their efficiency then the application of an appropriate nutritional strategy is an effective tactic in the restoration of health. Generally speaking, the greatest enemy of physical health is excess.

The aforementioned facts have been largely gleaned from the experiences of doctors in the western world. With our tendency toward massive consumption and complicated food combinations, we have succeeded literally in gluing ourselves together inside. This sticky acidic mess is alleviated primarily by the addition of natural solvents in the form of pure water and watered down fresh vegetable and fruit juices. The complete shift to an all-raw diet, especially largely fruit based, is in itself an effective short-term medicinal nutritional strategy that needs to be blended intelligently with the sensible introduction of various cooked whole foods.

One should beware of adopting idealistic and extremist philosophies when embarking on a new direction, especially when concerning food. What we eat is not as important as what and how we think. We should eat to live and not live to eat. If one experiences, as I used to, an obsession with diet then it is a clear indicator that imbalance is present and should be addressed. Basically, food should never dominate your thinking process. Creative expression, contributing to society through your unique gifts, getting on with your mission in life, living your purpose; these are the aspects of life that may be missing if you are over obsessed with matters of food.

If the cause of biological disturbance is largely contributed to by overfeeding unnatural and poorly combined foods then the solution is to underfeed natural well-combined foods.