

# Laws of the Body

by Beverly Nadler



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# **THE LAWS OF THE BODY**

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# **PART 1**

## **Chapter 1**

### **HOW THE UNIVERSAL LAWS AND THE LAWS OF OUR BODY INTERACT**

I have been teaching and writing about the Universal Laws (the laws of physics and energy) and how they impact upon every aspect of our lives for many years. These laws, along with the “laws” of the mind -- conscious, subconscious and Superconscious, have been the prevalent theme of my teachings -- in books, articles, webpages, media interviews, trainings, keynote talks, workshops, seminars, etc.

I have also been interested in and involved with holistic health and natural healing for most of my life. To fully enjoy our human experience, we want to be healthy – we want to feel good, vibrant, energetic, feeling fully “alive.” Although your body is not “you,” it is the vehicle through which the “real you” (the Self, expressing as soul) operates. Since body, mind and spirit are all connected, a healthy body leads to a healthy mind and a happier life.

Most people don’t know there are laws of the body, but there are...and they interact directly with the Universal Laws  
Below are examples:

**Energy IS** (The perpetual transmutation of energy):

Everything in the material world is a manifestation of energy that is always changing. Your body and every cell, tissue, organ and system in your body is made up of this “transmuting” (changing) energy.

**The Law of Vibration:** Energy vibrates; therefore, your body is in a continual state of vibration. Physicality is the result of low, dense vibrations that are visible to the human eye. Every cell, organ and system in your body has a different vibrational frequency. These frequencies change, depending on our state of well-being or illness.

**The Law of Cause and Effect:** There is a reason/cause behind whatever is happening or going on in your body. Did you eat something you’re allergic to, and you’re having a reaction? Are you spending time in smoke-filled environments, and you have a scratchy throat? Sometimes it’s easy to see the causes and the effects, but not always.

**The Law of Polarity:** Of all Universal Laws, the one that distresses us the most is The Law of Polarity, aka: the law of opposites. We want things to always be “positive” (that is, what we consider good), but that’s not the way things work in the physical world. As you go about your life, you are

likely to experience polarities of both health and illness, and many things in between.

**The Law of Rhythm:** As women know, the body goes through monthly cycles. It does for men also, though not as obviously. In addition, there are daily and even hourly cycles that have an influence upon the various organs of our body and our health.

**The Law of Relativity:** In relation to physical pain, when you compare a tension headache to arthritis, the headache doesn't seem so bad. A gall bladder attack, though painful, isn't nearly as scary as cancer.

**The Law of Gender:** Like the Yin/Yang sign, everything is feminine and masculine (also called negative and positive, and having nothing to do with good and bad). The left side of our body is feminine and the right side is masculine.

For a full description and explanation of these Universal Laws and how they affect *every* area of your life, I refer you to my books, especially "[Vibrational Harmony](#), *The Real Secret of Success, Health and Happiness.*" You will also find information on my websites, especially [www.universal-laws.net](http://www.universal-laws.net)

## Chapter 2

# WHAT ARE THE LAWS OF THE BODY?

In his book, "Rays of the Dawn," Dr. Thurman Fleet, the enlightened founder of the [Concept-Therapy Institute](#) and creator of the Concept-Therapy and Conceptology philosophy and trainings, described four laws of the body in his book, "Rays of the Dawn." Though his philosophy and teachings are mainly about the mental and spiritual laws that are behind all physical manifestation, Dr. Fleet, who had been a very successful chiropractor, knew the importance of caring for the physical body. The four laws he described are:

1 – **Nourishment**- Nourishment has to do with your body receiving, absorbing and assimilating the nutrients it needs in order to maintain health and to heal itself if it becomes ill, is injured, or is under excessive stress.

2 – **Movement** - Movement has to do with exercise. Your body doesn't really "care" what exercise you do, as long as the muscles and joints of your body "move."

3 – **Sanitation** - Sanitation is about cleansing the outside of your body and environment, and detoxifying and eliminating

waste (from metabolic processes and the chemicals and toxins we are exposed to) from inside your body.

4 – **Recuperation** - Recuperation includes rest, sleep and recreation. Animals automatically recuperate by resting after activity. Humans don't, and we endanger our health.

### **Why We Are Experiencing a Decline in Health**

Having a healthy body today is quite a challenge. We are energy beings (*everything* is energy, remember?) and the energy of the cells, organs and systems of our physical body are made up of biochemical energy.

This form of energy requires taking in and assimilating nutrients (forms of vibrating energy) and eliminating waste materials, in order to maintain the health of our body. Keep in mind that body, mind and spirit are all connected, so when you improve the health of your body, you also improve the health of your mind and enhance your life.

An article I read recently by a prominent medical doctor states that our current food supply has about 50% LESS nutrients than it did 100 years ago. In addition, today's food is filled with chemicals, pesticides, preservatives, GMOs (genetically modified organisms), hormones, antibiotics,

artificial flavors and colorings, excessive fat and sugar, high fructose corn syrup (HFCS), MSG, plus synthetic vitamins (made from coal tar and chemicals), and who-knows-what-else. Add to that the chemicals in skin care and cosmetic products and in cleaning supplies, the toxicity in our air and water, and it is amazing that we're not sicker than we are.

The massive amount of drugs people now take may be keeping them alive, but definitely *not* healthy and able to enjoy their life. After I healed myself from cancer through natural methods in 1994, research on health and nutrition became a "mission" for me – second only to my research on personal and spiritual growth. [Click This Link](#) to read about my nutrition background and my healing from cancer.

**NOTE:** These laws are covered in detail in Part 1 of this book, except Nourishment. Because there is so much information (and misinformation) about this subject, it needs many chapters, and is covered in Part 2, along with additional information about detoxification (inner sanitation).

### **The Balance Scale**

Good health is the result of many factors. Think of a balance scale; you do not want an equal amount of negatives (things

that disturb health) as positives (things that enhance health). You want more positives. Listed below, not in any particular order, are some of the factors that impact, either directly or indirectly, on your health.

Nutrition, Your Attitude, Mental and Emotional State, Environment, Education, Genetics, Physical Activities, Life-Style Habits, Pre-Natal/In Utero Experiences, Finances, Work and Career, TV, Movies and the Media, Relationships, Habits, Family, Friends, Peer Pressure, Subconscious Programs and Patterns, Beliefs, Traumas, Faith, Religion and Spirituality ...and other things we aren't even aware of.

According to psychologists and neuroscientists, at least 90% to as much as 98% of what we experience in our life is determined by our *subconscious*, not by our conscious choices and decisions. Our conscious mind is supposed to think and choose, but most of our thoughts and choices are really automatic responses from our subconscious mind, which functions like a computer. Like a computer, it has programs that determine outcomes. Our "life" and all of our experiences are the outcomes. To understand how your mind, especially your subconscious, operates and affects your life, I refer you to my book. "[Vibrational Harmony](#), The *Real Secret of Success, Health and Happiness.*"

## Chapter 3

# MOVEMENT

Movement has to do with exercise. The important thing to your body is that the muscles and joints of your body “move.” Choose activities and exercises you enjoy, or you are not likely to do them. If your exercises don’t move certain parts of your, spend a few minutes each day moving those parts (neck, feet, hands, joints, etc.). A great way to move your entire body is to fully stretch when you awaken. Then flex your toes and move your ankles in circles. Next rotate your shoulders and move your wrists in circles.

**Walking** is an excellent form of exercise; be sure to move your arms normally as you walk. The Lawrence Berkeley National Laboratory conducted 9 years of research with 42,000 people, and found that those who walk enough to meet or exceed physical activity recommendations -- which is only about 3 hours a week -- extend their life span. Also, Yoga, Tai Chi, Chi Gong and similar exercises are excellent for your physical, mental and spiritual health and longevity.

**What if you are disabled?** There are many people who are physically handicapped or disabled (some are in wheel chairs) and can’t walk. Work with a physical therapist who

can show you how to “move” the various parts of your body. In addition, “imagine” (pretend -- mentally “see” or “think”) yourself walking or doing any exercise you prefer. Why? Because neuroscientists, using brain-imaging equipment, have discovered that when we “imagine” doing something, our brain “thinks” we are actually *doing* whatever we are imaging, and the same parts of the brain are activated.

Some people might use the above as an excuse to “not” exercise; they will “imagine” themselves exercising. That’s a mistake. “Something” (our Self) knows the truth; if we can move our body, this is what our body expects. Also, the motivation to image yourself exercising if you’re disabled or handicapped is far greater than if you’re blessed with normal body function. The “image” needs to be done with the same “feeling” as if you were “doing” the activity. So, if you have the physical capacity, DO the physical activity.

**Stop sitting so long.** Another thing that needs mentioning about movement is this: Most of us spend many more hours sitting than our ancestors did. We sit when we eat and when we are in a car and other forms of transportation; that’s to be expected. It is the almost endless hours spent on a computer and watching television that are causing health problems. NASA scientists are emphatic about the negative

effects of continual sitting. They say that it is important to make it a habit to stand up at least every 30-60 minutes and stretch or move, even if only for 30-60 seconds.

**Exercise your eyes:** Here's a simple exercise. Keep your head still and move your eyes in circles: up, to the right, down, to the left. Repeat several times, and then move in the opposite direction -- down, to the right, up, to left. Repeat several times. Do this with your eyes open and then closed.

**Exercise your brain.** Since your brain runs your body, it is important to keep it healthy. With brain imaging equipment, neuroscientists now see that our brains can grow new cells (neurogenesis) and make new connections (neuroplasticity). They tell us that by doing *physical* exercise (especially simple aerobics, such as walking briskly), *challenging your brain* with crossword puzzles and other mind exercises, and continuing to *learn new things* you greatly increase your chance of preventing dementia and Alzheimer's.

**Caution:** If you're an athlete or if intense exercise is part of your life-style, be sure to stretch before and after your workout, and don't "overdo." Extreme exercise can be debilitating, and sports injuries are far too common.

## Chapter 4

# SANITATION

Sanitation is about cleansing the outside and inside of our body. Some reports claim that Americans are exposed to more than 84,000 different chemicals daily (some reports say it is higher) — in the foods we eat, the water we drink, the air we breathe, the products we bathe in and put on our skin, clean our homes with, and use in our yards and gardens. Figures for other civilized countries are similar.

### Outer Sanitation

Frequent showers or baths take care of outer sanitation, along with washing our hands often, especially before eating. Do NOT use anti-bacterial soaps, as the overuse of antibiotics (internally and externally) are destroying the friendly bacteria that keeps disease-causing bacteria in check. Use face and body creams, lotions and deodorants that contain *non-toxic* ingredients. Use sunscreen with minerals (zinc oxide, titanium dioxide) instead of chemicals. These are found online and in health food stores. Outer sanitation also includes keeping your environment clean.

### Inner Sanitation

**Food** - The changes in how our food is grown over the past 25-50 years has contributed significantly to increases in mental and physical ailments. Of the 84,000 chemicals we are exposed to, at least 3,000 are chemicals and additives in our food. In addition, food that is not digested, assimilated and metabolized in your body needs to leave your body, or it becomes toxic.

**Drugs** - In the last 10 years, dozens of new medications and drugs have come into the marketplace, yet people are sicker than ever. Obesity, fatigue, headaches, depression and serious debilitating diseases like diabetes, Alzheimer's and cancer, are increasing, not decreasing. Billions of people take drugs that have toxic side effects. As of this writing, two biologists have tracked 1,600 possible side effects.

In 2012, deaths from iatrogenic disease (drug side effects, medically caused errors and hospital infections) rose to 225,000, and many researches claim it is really much higher. While not every person suffers serious side-effects from their drugs, and while some drugs are essential for some people some of the time, we are a very over-medicated society. (**NOTE:** Side effects of acetaminophen can be *very* serious. It is in many drugs besides Tylenol.)

This does not include millions of people who use tobacco and “recreational” drugs, or illegally abuse prescription drugs.

**Heavy metals** are everywhere -- in the air we breath, the food we consume, the water we drink, immunizations, amalgam dental fillings, cleaning products, cosmetics, deodorants, bedding, furniture. Heavy metals affect our brain and clog our arteries, among other things.

**Radiation Vibrations** – Everything is energy, and all forms of energy emit vibrations of specific frequencies. We know that the vibrations of many chemicals and drugs are toxic to our bodies. Few people realize that ELF and EMR (**E**xtra-**L**ow **F**requency and **E**lectro-**M**agnetic **R**adiation) vibrational frequencies are incompatible with the human energy field. Of special concern are vibrations from computers, cell phones, I Pads and the Internet. [Click Here](#) to read my article and understand why it can be a health challenge.

Our bodies are equipped with wonderful organs of detoxification, including our liver and kidneys, lymph glands, skin, sweat glands, etc. However, the amount of toxins our bodies are now subjected to on an on-going basis is more than these organs can handle, and this can cause serious illness. Detoxification is continued in Part 2 of this book.

## Chapter 5

# RECUPERATION

Recuperation includes rest, sleep and recreation. Animals automatically recuperate by resting after activity. Humans don't do this and we endanger our health. We need to rest our brain as well as our body, or we can wear out the master system of our body, the nervous system. Ignoring the importance of resting your brain can lead to nervous disorders, panic attacks and even a nervous breakdown.

**Rest and relaxation** are essential for all animals and humans. Many people are so "wound up" from the events of their life that they find it almost impossible to relax. In 1975, Dr. Herbert Benson, of Harvard Medical School, developed a simple exercise for his patients, and wrote a book called "The Relaxation Response."

Today, we know that this technique is a form of meditation, introduced by Dr. Benson long before meditation became popular in the West. No special equipment or training is needed. It automatically relaxes you. Sit quietly and comfortably. Breathe gently and naturally and choose a word, or two-word phrase, that appeals to you. Repeat it mentally with each breath. Some suggestions: Love, God,

Peace, Relax, Calm, Joy – or a “spiritual” word, such as “OM.” (If sitting is difficult or not possible, you can do this lying down; just keep your spine straight.)

The amazing thing about this simple process -- which can be done in as little as 5 minutes (10 minutes or more is better) -- is the benefits that Dr. Benson’s patients reported. These included lowered blood pressure, no more headaches, much less migraines, less pain from chronic disorders, normalized heart rate, easier breathing, less anxiety, less depression, clearer thinking and a sense of a “spiritual connection” they had not had previously.

NOTE: Your mind is likely to continue to “chatter” while you try to sit quietly and relax. Don’t let this bother you. When you are aware of the chatter, simply go back to gently breathing and mentally repeating your word. Eventually the chattering becomes less, and may even cease in time.

**Sleep** needs no explanation. Cats sleep for about 20 hours a day. Some animals hibernate for an entire season. If you have trouble sleeping, you might try doing “The Relaxation Response” in bed before going to sleep, or using an audio for the purpose of lulling you to sleep. There are also natural products to assist with sleep, one of which I will tell you

about in Part 2. Do NOT take habit-forming sleeping pills as they interfere with normal sleep cycles and important dream-time. During normal sleep, your body repairs itself and your brain works through some of your stresses and daily challenges. Also, your brain has its own unique waste disposal system similar to the lymphatic system, called the glymphatic system, and it detoxifies itself while you sleep. While everyone does not necessarily need the prescribed eight hours of sleep per night, drugless sleep is essential.

**Recreation** is not a substitute for rest or sleep. It stands on it's own and provides an important balance between work and play. Hobbies, games, theater, movies, television (in moderation), reading for enjoyment, music, creativity (singing, dancing, drawing, painting, etc.) are all forms of recreation. Spending time with friends or family members for pleasure (not to discuss stresses and challenges of life) are a form of recreation. Some sports are a combination of exercise and recreation.

Thurman Fleet taught "The Laws of the Body" in the 1940s. Today, almost a century later, these laws still apply, and may be more important than ever. The next chapter has some of my additional suggestions for taking care of your body.

## Chapter 6

### ADDITIONAL RECOMMENDATIONS

Modern life is far more stressful and challenging than it was in the 1940s when Dr. Fleet wrote about the laws of the body. The following recommendations are very beneficial for your physical health as well as your mental health.

**Proper Breathing** -- Obviously, you are breathing or you wouldn't be reading this, but you may not be breathing correctly. Proper breathing, which is "belly breathing" (the way babies naturally breathe), is critical to good health. Slow, deep breathing gets rid of carbon dioxide waste and takes in more oxygen for your brain, muscles and blood cells, while shallow chest breathing is stressful to your body.

Most people are "chest-breathers." If you are, you will have to practice until proper breathing becomes natural for you. Put one hand on your belly and take a full breath. "Feel" your abdomen expand as you inhale. "Feel" it contract as you exhale. Concentrate and *intend* to breathe properly, and in time you will. Also, breathing through your nose is preferable to mouth breathing (especially when you inhale) because nose hairs trap toxins in the air so you don't breathe them into your body.

**Good Posture** -- The importance of good posture to good health is rarely mentioned. With good posture your bones are aligned so that your muscles, joints and ligaments can work properly. Good posture also keeps the vital internal organs of your body in the right position so they function efficiently. And good posture, which means "your spine is in line," contributes to the healthy functioning of your nervous system, the master system of your body. Be aware of your posture when sitting and standing. Be careful not to slump, especially while sitting at a computer or texting.

**Release Stress** -- Stress is part of life. It is not avoidable. Stressors are so common, and the sources are so many in today's society, that most people go from one stress to another without realizing it. Because most people don't release their stress, it just builds and builds. This is devastating to health. My free E-book "*Stress Mastery Secrets*" explains what you need to know about stress, and gives you many quick and easy stress-releasing techniques. Download it at [www.vibrationalharmony.biz](http://www.vibrationalharmony.biz).

**Bodywork Modalities** – There are many forms of bodywork, including Chiropractic, Acupuncture, Acupressure, Shiatsu, Massage Therapy, Reflexology, and others. People who are aware of the benefits of bodywork as safe

alternatives to medicine sometimes turn to one or more of them when they are sick. However, I recommend that bodywork be included as part of your lifestyle to maintain and enhance your health, even when you well.

I am most familiar with chiropractic as I have been under chiropractic care most of my adult life. My ex-husband and one of my daughters are chiropractors, and I lectured on chiropractic programs for over 25 years. Most people think of chiropractic only for back pain and headaches, but that's incorrect. Read on.

**Chiropractic** -- Dr. Fleet was a chiropractor before he created Concept-Therapy. Since chiropractic saved his life after he was sent home from the army to die and medicine had given up on him, I was surprised that he didn't include *removal of interference to the nervous system* (the purpose of chiropractic care), a "law" of the body. Then I realized that he taught "laws" that people can do for themselves.

I decided to include chiropractic in this book as a strong recommendation. Why? Because your brain and nervous system "run" your body and keep you alive. Nerve energy (life force) that flows to and from your brain and all parts of your body, via your nervous system, carry the instructions

that tell every part of your body “how” to function. Your brain and nervous system are so important that they’re protected by hard bones. Your cranium protects your brain, and your spinal column (made up of bones called vertebrae), protects your spinal cord and nervous system.

Because nerves exit between vertebrae, when any of these bones are out of position they press on nerves and cause nerve interference. When nerve interference occurs, parts of your body do not receive the vital instructions carried by the nerves. The result is pain, malfunction and/or disease. Chiropractic adjustments remove nerve interference, and make it possible for the body do what only it can do – heal itself -- thus freeing you of pain and illness. When there is no health problem, adjustments *maintain* good health.

The purpose of chiropractic adjustments goes far beyond treating symptoms and relieving pain – as important as that is. Its purpose is to remove nerve interference, wherever it occurs. Chiropractic philosophy has always stated that “*the degree of health enjoyed by each person is dependent upon the normal transmission of Mental Impulses between the brain and all parts of the body.*” And neuroscience, using leading-edge imaging equipment, is proving that our health

(in fact, everything in our life) is dependent upon *mental impulses from the brain*.

**Your Mind Matters** -- Body and mind are intricately linked. Negative beliefs, thoughts, feelings, emotions, perceptions, attitudes, etc., impact negatively upon your physical body.

Besides describing the Universal laws, based on the laws of physics, that govern every aspect of our life, my book, [Vibrational Harmony](#), explains how the mind -- conscious, subconscious and Superconscious -- functions. It also gives you simple, yet powerful, techniques to help you identify and release negative beliefs, patterns, and programs --many of which you may not be aware of, although they are influencing your health and life -- from your subconscious, and "install" new positive ones. When you do this, you can literally REprogram your subconscious mind -- the mental computer that directs your body and your life.

## **PART 2**

### **Chapter 7**

## **NOURISHMENT**

*"Let food be thy medicine and medicine be thy food."*

Hippocrates, the Father of Medicine

We are energy beings and we need nutrients to feed the "biochemical" energy that makes up so much of our physical body. Nutrition is a subject that is filled with information, MIS-information, opinions and theories. Also, many "experts" seem to believe "one size fits all" – meaning that whatever food they say you *must* have or *can't* have applies to everyone equally. That's simply not true. Being well-nourished today is very challenging and requires a lot of correct information and KNOWLEDGE.

Please be aware that I am not recommending any "type" of diet – vegetarian, vegan, high protein, paleo (meat-based), low carbohydrate, natural hygienist, fruitarian, metabolic, Ayurvedic, macrobiotic, etc. Nor am I suggesting what foods and in what quantities individuals should or should not eat for any specific condition. These chapters contain information that should take some of the "mystery" out of

food shopping, and make it easier for you to make intelligent, healthy choices. When I practiced as a nutrition consultant, I created specific nutrition programs, based on the individuality of my clients. Now, as a Reprogramming Coach, I help my clients “reprogram” their negative beliefs, emotions, subconscious programs, etc. However, since biochemistry affects our mental-emotional state, I may also make nutritional recommendations for them.

Though “one size does not fit all” when it comes to nutrition, certain things apply to just about everyone, because of the many unnatural, unhealthy changes in our current food supply. When Dr. Fleet wrote “Rays of the Dawn” in the 1940s, our food was very different from today’s food.

**Lack of Nutrients** -- Soil has been depleted of nutrients from poor agricultural practices, so fruits and vegetables contain far less vitamins and minerals. I recently read that to get the same amount of nutrients in one serving of a fruit or vegetable 50 years ago, you need 10 servings today! But lack of nutrients is just the tip of the iceberg of what has happened to our food supply.

## **What’s In Your Food?**

Besides the deficiency of nutrients, today's conventionally grown produce (which is what most people eat) is sprayed with huge amounts of different chemicals, pesticides and herbicides that cannot be completely removed. They are potentially poisonous and can increase your risk of long-term health problems. In addition, the "food-less" food that most people eat today also contains the following:

Preservatives and other chemical additives, hormones, antibiotics, GMOs (**g**enetically **m**odified **o**rganisms in plants sprayed with Monsanto's extremely toxic Roundup herbicide), hydrogenated or partially hydrogenated fats that create deadly trans fats, artificial flavors and colorings, MSG (monosodium glutamate) and other chemicals, excessive refined sugar, high fructose corn syrup/ HFCS (the worst form of sugar), artificial sweeteners -- the most toxic being aspartame (NutraSweet, Equal, etc.), with Splenda running a close second -- plus synthetic vitamins (made from coal tar and chemicals), and who-knows-what-else.

**Read Labels** -- Reading food labels is essential today. Even some foods that are labeled "natural" by the manufacturers are far from natural. Eat as much "real food" as possible -- that is, unprocessed whole food. Also, whenever you can, choose ORGANIC; you will avoid the above "ingredients."

## **What Our Body Needs**

Our bodies require protein (meat, poultry, fish, dairy and eggs), complex carbohydrates (fruits, vegetables, nuts, seeds, grains), healthy fat (olive oil, coconut oil, avocado, nut butters, ghee/clarified butter) and fiber (vegetables, fruits, nuts, seeds, beans, grains). Some foods supply several of the above, including non-animal protein sources.

**What our body doesn't need** – It doesn't need any of the additives on the previous page. "Zero fat" is not healthy, and in processed foods it almost insures that a great deal of extra sugar has been added to the so-called food. "No sugar added" foods usually contain artificial sweeteners (proven to cause weight gain). Both "zero fat" and "no sugar added" foods have greatly increased OBESITY. An exception for "no sugar added" is the healthy herb, stevia, safely used for over 6,000 years. However, modern food processing may change this. (If you buy stevia, please read the label. Some stevia products contain only a small amount of the herb.)

NOTE: If you don't know why GMO foods are so unhealthy, click this link <http://bit.ly/1kFlzmo> or <http://bit.ly/1eFWdgM>, or dozens of other links on the Internet. Here's a link for a non-GMO shopping guide: <http://bit.ly/LtcnBa>

## **Chapter 8**

# **ABOUT PROTEIN**

Proteins are the building blocks of our body. Connective tissues, skin, hair, muscle, bones, tendons, ligaments and, anti-bodies in our immune system are all made up of protein. Neurotransmitters in the brain, DNA, hormones and enzymes are partially made from protein.

Proteins are made up of smaller building blocks called amino acids that are joined together in chains. There are 20 different amino acids; 9 are “essential” because the body cannot synthesize them. They must be obtained from food.

Animal proteins are “complete” because they contain all essential amino acids in the proper ratio for human bodies. Animal proteins are meat, poultry, fish, dairy and eggs.

Vegetarians get their protein from non-animal sources that include beans, legumes, nuts and seeds and some grains. Many non-animal sources contain all essential amino acids but not necessarily in the ratio needed by the body, which is why vegetarians usually need to combine their foods in order to consume complete proteins daily.

## Chapter 9

# ANIMAL PROTEIN

**Meat** should be organic or grass fed. Grass fed is not necessarily organic and organic is not necessarily grass fed. Meat from grass fed animals contain more nutrients, including a high content of Omega 3 fat. Organic means no hormones or antibiotics were given to the animals. The best, of course, is organic grass fed, but this may be out of reach, economically, for many consumers. ("Natural" is a meaningless word when it comes to meat.)

**Beef** - Most of the research that concluded beef should be avoided for health reasons was flawed. Included in the research was meat from grain fed animals injected with hormones and antibiotics, and processed meats (salami, baloney, frankfurters) with nitrates and other chemicals.

While much of the beef used in the research were poor choices, more recent research confirms that organic, grass fed and unprocessed meats (without nitrates and other chemicals) are healthy protein foods. This knowledge has led to the popularity, once again, of meat-based diets. However, be sure you are making healthy choices. Today, you can buy organic, unprocessed beef, chicken and turkey frankfurters.

**Pork** –I don't suggest eating pork unless it's organic.

**Poultry** – (chicken, turkey) should be organic or "minimally processed." If not organic, a good brand of "minimally processed" poultry is Empire Kosher.

**NOTE:** Meat should be thoroughly cooked. If you grill in the summer, use a gas grill. Charcoal grilling can release chemicals believed to be carcinogenic.

**Fish** should be fresh, NOT farm raised. Farm raised fish and shrimp are injected with antibiotics, raised in overcrowded conditions and missing the essential Omega 3s. Possible exception: When I questioned the person behind the fish counter at Whole Foods about their farm raised fish, he said they were raised very differently from other farm-raised fish -- not in overcrowded spaces and not injected with antibiotics. Ask about this where you purchase your fish.

Two of your healthiest fish are wild salmon and sardines. Large fish, such as tuna and swordfish, usually contain a high percentage of mercury, so don't them eat often.

**Other seafood** -- Scavengers of the sea, shrimp, lobster and scallops, are probably not the healthiest choices of food,

but unless one is allergic to them, or a food purist, they can be eaten occasionally without ill effects. Raw fish (sushi) can be a health problem for some people. I don't eat it, but I know people who do at times, and seem to be healthy.

**Dairy** – Make sure your milk and cheese does not contain hormones. Organic is preferred, but if not available, look for “NO rbGH, rbST, or artificial hormones” on the dairy product label, indicating the cows were not given hormones. If you don't find this indication, avoid the dairy product. (If you are fortunate enough to be able to get “raw” milk and dairy, and you know the source is safe, go for it!) Eat organic yogurt; it's easy to find in any supermarket. The popular Yoplait brand is possibly the UNhealthiest yogurt.

**Eggs** have been maligned for years. Medical opinion has finally changed, and many doctors no longer recommend no or few eggs, or using only egg whites or egg substitutes.

Year ago, the famous “Framington Heart Study” on eggs and heart disease -- which ran 20 years with 21,327 participants -- concluded that eggs are NOT related to heart disease, but medical opinion chose to ignore this landmark study. Most people can safely eat one or even two organic or natural eggs (from free-running, non-injected chickens) daily.

## Chapter 10

# NON-ANIMAL PROTEIN SOURCES

**Beans** – Beans are part of the class of foods called legumes that also includes peas, peanuts and lentils. Whether you're a vegetarian or meat-eater, include beans in your diet.

There are many varieties -- black, lima, kidney, garbanzo (chick peas), adzuki and others. Navy beans, used for "baked beans" are healthy -- until they are canned with tons of sugary syrup. If you eat them, rinse off the sugar.

Beans add much needed fiber to your diet, are low in fat, and contain many nutrients. Add to soups, salads, rice and pasta dishes, etc. Vegetarians should use a large amount of beans to make up for the lack of animal protein.

**Soy Beans** and soy foods have become very controversial in recent years (even before the GMO problem), after decades of being considered an excellent protein food, loaded with nutrients. I decided to do some research to clear up the confusion, and found it fascinating. If we look to the East, where soy has been a staple for dozens of generations in China, Japan and Korea, the research confirms many health benefits. If we look to the West, where soy was introduced much later, the conclusions are very different. Why?

In Asian countries soy is consumed whole, the entire bean. They may be cooked, roasted, sprouted or fermented, but the whole bean is eaten. Fermented soybean foods (tempeh, tofu, miso) are commonly eaten in the East, but not in the west. Fermented foods are very healthy because they contain friendly bacteria (called friendly flora or probiotics). The flora is beneficial for digestion and increases immunity from diseases caused by unfriendly bacteria.

In the West, most of the soybeans we consume have been highly processed -- cracked, dehulled, crushed or subjected to solvent extraction to separate the oils from the rest of the bean. It is no longer a whole food, and may contain traces of the toxic solvent, hexane. After all of this processing, the soy protein concentrate becomes the source for two forms of soy that are even more processed, TVP (textured soy protein) and SPI (Soy Protein Isolate). It is clear that in the West we consume a soy product that is very different from the whole food form of soybean consumed in the East.

Another factor has to do with metabolic differences between people in the East and people in the West. The way they digest and break down certain phytonutrients in the soybean differs, so they do not experience the same results.

Now we have a 3<sup>rd</sup> factor to consider – today, 90% of soybeans are genetically modified (GMO = genetically modified organisms), and sprayed with the extremely toxic Roundup herbicide by Monsanto. GMO is one of the worst things that has been done to our food. If you use any soy foods, including fermented varieties, be sure the label says Organic or “non-GMO.” Otherwise, do NOT eat it!

**Nuts and Seeds** – These are sources of protein, healthy fat and carbohydrates. Include a variety of nuts and seeds and/or nut and seed butters (without added ingredients, especially sugar or fructose) in your diet. The most popular and easy to find varieties include almonds, walnuts, pecans, cashews, sunflower, pumpkin, sesame, chia and flax seeds. These also contain fiber and are loaded with essential nutrients. (My seeds are organic; nuts may or may not be.)

Nuts and seeds are especially heart-healthy. I grind seeds, especially flax seeds (high in Omega 3 fat) and add them to my nutrition-rich morning breakfast drink. While I highly recommend nuts and seeds, I also caution you not to overdo (usually a handful is a good portion), especially if you’re watching your weight. Since these nutrient-rich protein sources are also high in fat and carbohydrates (healthy fats and carbs), they are also high in calories.

## Chapter 11

# CARBOHYDRATES

Carbohydrates have a bad reputation because no differentiation is made between simple carbohydrates (refined sugar and white flour foods) and complex carbohydrates – vegetables, fruits and whole grains.

The latter are very healthy foods – or they were until the 1940s (when DDT, which is no longer used, was introduced into agriculture) and the 1950s, when heavy pesticide usage began. There are over 350,000 current and historic pesticide products registered in the United States, and the pesticide business, which includes chemical fertilizers, herbicides, and fungicides, is a 12.5 billion dollar industry in the US alone. One fruit or vegetable can be sprayed with many different pesticides (13 are sprayed on conventional strawberries).

Health problems that pesticides can cause include birth defects, neurological damage, hormonal disorders, cancer and other diseases -- especially when exposure is over a long period of time. This makes pesticides particularly dangerous for children, affecting both their physical and mental development. At <http://www.ewg.org/foodnews/> You can download a guide to avoid pesticides in produce.

## **What About Organically Grown?**

It may come as a surprise to you to learn that it is not necessarily true that organic foods are not sprayed with pesticides. When pests cannot be controlled by other natural methods, the organic certifier may grant permission to apply botanical or other non-persistent pesticides from the USDA National List of Approved Substances under restricted conditions. Botanicals are derived from plants and are broken down quickly by oxygen and sunlight. Organic farming uses less pesticides than conventional farming, and these are less toxic and broken more quickly.

There are many reports from happy parents that when they take their children off conventional fruits and veggies and serve them organic, there is a rapid and definite change for the better in their personality and behavior. Parents also notice an improvement in their children's general health over time. Since the children do not have a "belief" that organic is better, it is likely this is not just a placebo. In addition to the toxicity from pesticides, modern farming practices have so depleted the soils, that you need 10 servings of fruits and vegetables to get the same nutrient equivalent of one serving just 50 years ago.

## Chapter 12

# VEGETABLES AND FRUITS

**Vegetables** -- You want to eat plenty of vegetables, both raw and cooked. Contrary to the beliefs of raw food advocates, cooked vegetables do have value; the macrobiotic diet, which apparently "heals" many people, includes cooked vegetables. (Some people can't even digest raw foods.)

Vegetables (and also fruits) contain antioxidant properties and phytonutrients, so necessary for healthy cellular regeneration. Because of the chemicals in conventionally grown vegetables, I cannot recommend them. Organic vegetables are preferred; locally grown is next. Local farmers are not using Roundup (the extremely toxic herbicide from Monsanto, used to kill weeds and to grow GMO foods) or many different pesticides on one vegetable. Also, some local farmers produce organic food, but can't afford the cost of the Certification. Ask at farmer's markets.

Be sure to include some dark leafy greens (Swiss chard, collard greens, kale, spinach, beet tops, parsley), known to be anti-inflammatories, in your diet. Tomatoes (a fruit that we consider a vegetable) are high in "lycopenes" - a natural anti-inflammatory). Cruciferous vegetables, such as broccoli,

cauliflower and brussels sprouts are known to fight cancer. Asparagus is also known as a cancer-fighter. Garlic (sometimes considered an herb or spice) and onions are particularly healthy – antiviral, antifungal, immune building foods. Garlic is the most potent, and is also known to lower blood pressure. Eat both of them raw and cooked.

Frozen organic vegetables are a good choice for cooked vegetables, especially because they are frozen at their nutritional peak. Unless they are locally-grown, non-frozen vegetables lose nutrients in transportation. Canned vegetables are less desirable because the inside of most cans are coated with some forms of non-desirable chemicals. (More and more products now come in glass jars.)

**Fruits** -- Maybe you remember the old adage, "*An apple a day keeps the doctor away.*" Well, I recently read about research on heart patients in the UK that concluded that an apple a day was as effective as a statin drug, and without the negative side-effects. (Among other things, statin drugs strip cholesterol from your brain, and your brain NEEDS cholesterol). The report didn't say that most apples are now sprayed with dozens of toxic pesticides. Buy organic or local fruit. Ask local farmers about their pesticide usage. After all, they and their families eat the food they produce.

**Berries** are especially healthy (and delicious). Blueberries, raspberries and strawberries contain “polyphenols,” and according to a recent study reported in the journal *Nutrition, Metabolism and Cardiovascular Diseases*, polyphenols could help significantly reduce the risk of cardiovascular disease. (Polyphenols are also found in dark chocolate, hazelnut, almonds, spinach, and green tea.)

The study, which included 7,172 participants that were followed for 4 years, concluded that those who consumed the most polyphenols had a 46 percent reduction in the risk for heart disease, compared to those who consumed very little polyphenols. Quite impressive! Frozen organic or “wild grown” berries are great added to meal replacement or “smoothy” drinks. Besides polyphenols, they add fiber, vitamins, minerals and antioxidants. (Berries that are not organic or wild grown are sprayed with many pesticides.)

All fruits are healthy, and most are so sweet and delicious they satisfy many people’s sweet tooth (except those with a sugar addiction.) Bananas, pineapple, coconut and melons do not have to be organic. Dried fruits, without preservatives, should be eaten in moderation only. Forget canned fruits, which are laden with sugary syrups and stored in cans that may have a toxic inner coating.

## Chapter 13

# GRAINS

I receive many email messages about how unhealthy grains are and that they must be eliminated from everyone's diet. I find this fascinating, since grains were the staple foods for millions of people. Of course, originally grains were grown with few pesticides, and were not processed and stripped of their vital nutrients and then "enriched" with a few synthetic vitamins. Until the 1990s, they did not contain GMOs (genetically modified organisms).

Most "nutritional" information does not make a distinction between organic grains and non-organic, or explain that "whole wheat," unless organic, is actually more toxic than "white" wheat because it is much more heavily sprayed with chemicals to keep the bugs away, and then further processed in storage. Today's wheat is not the same food our forefathers ate. However, organic, whole grain (containing bran, germ and endosperm), stone ground grains are the healthiest choice. Corn is on the list of "safe" produce (actually, it's a grain) because it is not heavily sprayed --UNLESS it is GMO corn, which most corn IS now. Read the labels of all corn products (popped corn, corn chips); if it doesn't say organic or non-GMO, don't buy it.

**Gluten** - One of the main reasons for avoiding grains is "gluten." Before commercialization of grains, there wasn't widespread gluten sensitivity. Now gluten sensitivity and celiac disease (extreme sensitivity to gluten which interferes with digestion and causes much gastric distress) are rapidly increasing. This has led to a new division of food called "gluten free." Of course, everyone is not gluten sensitive, and every grain does not contain gluten.

Besides wheat and spelt (a derivative of wheat), gluten grains are barley and rye. Pure oats do not contain gluten, but some foods labeled oatmeal have small amounts of gluten grains added. If cereals and breads are made from a mixture of grains, they are likely to contain gluten.

Gluten-free grains include rice, amaranth, millet and the newly popular, quinoa. Quinoa is a complete protein; one cup of cooked quinoa contains 18 grams of protein, as well as 9 grams of fiber. Corn is also gluten-free, but as stated earlier, the problem with corn is GMO.

**Buckwheat** is not a grain (it's a fruit seed), but it's used as if it were a grain. It's an exceptionally healthy "superfood." It does not contain gluten, is rich in magnesium, provides fiber, and has a dense concentration of flavonoids,

particularly the antioxidant rutin that strengthens blood vessels and boosts circulation. Buckwheat lowers LDL cholesterol (the harmful type that increases your risk of heart disease) and significantly reduces high blood pressure. We use thin Japanese soba noodles that are made mostly from buckwheat, as our “spaghetti,” and love the taste. We use buckwheat flour for pancakes, and buckwheat groats (also known as “kasha”) for a delicious, nutritious side dish.

Some of the healthiest grains are organic sprouted grains. They are used for cereals and macaroni products, as well as bread. However, sprouting does not remove the gluten, so if you are on a gluten-free diet, you still need to stay away from any sprouted gluten grain.

## **Bread**

If you’re a fan of “white bread,” I suggest you reconsider. Wonder Bread (back on the shelves again) has 29 ingredients, and most are not foods! Eat it, and you’re eating a chemical sandwich.

I don’t have a gluten problem, but if you do, there are gluten-free breads. Be sure to read the labels, because

many contain chemicals and sugar. There are also breads made from non-gluten grains, such as millet.

I usually eat sprouted organic bread. There are several varieties, including cinnamon-raisin. It tastes great toasted with cream cheese or nut butter and extra cinnamon. (Be sure the cinnamon is pure – not chemicals with cinnamon added.) There are many healthy, organic delicious breads in health food stores and natural food sections of supermarkets. Look for them; try them out. If you really don't like them, the store will likely refund your money.

**What about bagels?** Of course you know that they are not "health foods" However, it would be unreasonable for me expect people to totally give up all foods they love. If you love bagels, eat them infrequently as a special taste treat, which is what I do. I eat them differently from most people, as I remove 75% of the "inside." It's a special taste treat for me, with smoked salmon that doesn't contain sugar and preservatives, organic cream cheese, and organic romaine lettuce, tomato and onion. (It is conceivable that someone will create a delicious bagel from gluten-free, organic flour – but I don't think that day has come yet.)

## **Chapter 14**

# **FATS**

Many people are confused about fat. That's understandable, considering how much MISinformation there is. Fat is essential for health, in spite of all the misguided advice we are given to avoid fat.

### **Why You Need Fat**

Fats provide energy. Gram for gram they are the most efficient source of food energy. Fats are a vital part of the membrane that surrounds each cell in your the body. Your cells can't function without a healthy cell membrane.

Fat is essential food for our brain (our brain especially needs cholesterol) and also for the fatty sheath, called myelin, that surrounds each nerve fiber. Fats are needed for the absorption of fat-soluble vitamins (A, D, E and K). Fats make hormones, which are some of the most important substances in the body.

Fat provides healthier skin. One of the more obvious signs of fatty acid deficiency is dry, flaky skin. Also, the layer of fat just beneath the skin, called subcutaneous fat, acts as your body's own insulation to help regulate body temperature.

Fat forms a protective cushion for your organs. Many of the vital organs, especially the kidneys, heart, and intestines are cushioned by fat that helps protect them from injury and hold them in place. This protective fat is the last to be used up when the body's energy reserves are being tapped into.

### **Saturated and Unsaturated Fat**

**Saturated fats** come mainly from meat and whole milk dairy products, and there are also plant-based sources of saturated fat, such as coconuts and cocoa butter. Saturated fat isn't the deadly toxin it is made out to be. In fact, we are finally learning about the many surprising health benefits of coconut oil, a saturated fat. It is anti-bacterial, anti-fungal, anti-viral. It increases energy and circulation, promotes heart health, supports thyroid function, increases metabolism, aids in digestion and weight loss, acts as an anti-inflammatory, boosts hormone production, relieves allergy symptoms, fights yeast infections, and more.

Here are some facts that may surprise you even more: The Inuit Eskimo traditional diet contains 60-75% saturated fat, mostly from seal and whale blubber. Two-thirds of the traditional diet of the Maasai tribe in Kenya comes from saturated fat (beef, cattle blood and whole milk). Neither

Inuit Eskimos nor the Maasai develop heart disease or any other chronic health problems — as long as they don't start eating Western-style junk food.

**Unsaturated fats** are liquid at room temperature. They can be monounsaturated or polyunsaturated; monounsaturated fats have one double-bond between carbon atoms and polyunsaturated fats have more than one. Unsaturated fats come from nuts, seeds, vegetable oils, olives, avocado, fish.

Saturated fats from meat and dairy, cholesterol from eggs (needed for brain function) are NOT poison to your body. Research shows that in the decades since the attack on saturated fats and the promotion of margarine, hydrogenated fat and processed vegetable oils, heart disease rates have soared. **Conclusion:** We need healthy choices of unsaturated AND saturated fats in our diet.

### **Essential Fatty Acids (EFA)**

Certain fats are called "essential fatty acids" (EFAs) because our bodies cannot synthesize them, so they must be obtained directly from our food. Essential fatty acids fall into two groups, depending on the molecular structure --

omega-3 and omega-6. Omega 7 and 9 fats are not “essential” because our body is able to synthesize them.

There are two types of **Omega-3 fatty acids**. One type is ALA (alpha-linolenic acid), found in some vegetable oils, flaxseed, chia seeds, walnuts, some green vegetables and wild rice (which is not rice; it’s a grass). The other type is EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). The best sources are fish, especially Alaskan and Atlantic salmon, followed by Atlantic mackerel, herring, anchovy, bluefish and sardines. The body partially converts ALA to EPA and DHA.

Research published in November 2013 in the *Canadian Medical Association Journal* showed that omega-3 fatty acids significantly reduced the dangers of heart disease. They also show benefits in arthritis and other inflammatory conditions because of their ability to reduce the production of inflammatory proteins, called cytokines, in the body.

**Omega-6 fatty acids** include linoleic acid (LA) and gamma-linoleic acid (GLA). These oils play a part in nerve function, growth, skin health, and wound healing. Primary sources are corn, canola, safflower, sunflower and soybean oil, used in cooking and prevalent in packaged baked goods and cereals.

Omega 6 EFAs are also in eggs, poultry, nuts and seeds. Evening Primrose oil, an herb, and borage oil are the main sources of GLA.

**Ratio of Omega 6 EFAs to Omega 3 EFAs:** We need both kinds of oils, but the ratio is very important. It should be in the range of 2:1 - 4:1, omega-6 to omega-3. (Some authorities claim it should be 1:1). However, the typical American diet contains 14 to 24 times *more* omega-6 fatty acids than omega-3. The ratio is so important because Omega 3 EFAs are ANTI-inflammation fats, while linoleic acid (not GLA) in Omega 6 EFAs are PRO-inflammatory.

Just so you understand, inflammation is an essential immune system reaction to wounds, injury, burning, freezing, chemicals, infection, etc. The purpose of acute inflammation is to promote healing and repair, dispose of toxins, prevent spread of toxins, prepare the site for tissue repair, and minimize tissue damage.

However, the out-of-control ratio of EFAs is causing *chronic* inflammatory responses that have nothing to do with the normal defensive reaction of our immune system. Besides inflammation, a number of serious diseases are associated with an imbalance of EFAs: heart disease, high blood

pressure, cancer, immune disorders, edema (water retention), arthritis, obesity, diabetes and others.

In fact, many health professionals consider inflammation to be a primary underlying factor in almost any disease condition, similar to free radicals. Therefore, for good health, it is *essential* to improve the ratio. That means you drastically reduce processed foods because they use Omega 6 oils (corn, canola, safflower, sunflower, soybean). Don't use them in your own cooking and baking. Increase your consumption of Omega 3 EFAs from fish (not farmed) flax and chia seeds and other sources referred to previously.

### **Healthy Fats and Unhealthy Fats**

**Healthy fats** include organic butter (in moderation), avocado, nuts and seeds and nut and seed butters with NO sugar or additives. Fat from fresh fish (especially salmon), Ghee (clarified butter used in India for centuries), coconut oil and organic unrefined vegetable oils that are extracted by a machine that uses pressure, not heat.

Olive oil should be virgin or extra virgin, and is best not used for cooking. Use it in salads, salad dressings and dipping sauces for bread or cooked vegetables, but be very careful if

you use olive oil in cooking as it has a very low smoke point. (Smoke point is explained at the end of this chapter.)

**Unhealthy Fats** – Commercial refined vegetable oils that are extracted with heat and a solvent, then bleached and deodorized are not healthy. Also, corn oil is generally made from GMO corn, and cottonseed oil is very heavily sprayed.

While the above fats are unhealthy, hydrogenated, partially hydrogenated fats and trans fat (such as Crisco, Spry and most margarines) are POISON to your body. According to the U.S. Food and Drug Administration (FDA), 12% of all processed foods contain at least one partially hydrogenated oil, so read labels carefully.

Trans fat is not the same thing as hydrogenated or partially hydrogenated fat. When liquid oil is converted into solid fat by the hydrogenation process, it **produces** trans fat.

Partially hydrogenated oil remains liquid, but also produces trans fats. All hydrogenated and partially hydrogenated fat produce, and therefore contain, trans fats, including most margarines.

**Zero fat:** When a label on a packaged food that normally contains fat says “zero fat” or “0 fat,” it almost insures that

a great deal of *extra sugar* – made from GMO corn, or GMO sugar beets, or the worst sugar of all, high fructose corn syrup (HFCS), has been added to the food, to improve its taste. It is likely to contain chemicals and other unhealthy ingredients. If you can't pronounce an ingredient on the label, it's probably made from chemicals, not from food.

**Deceptive labeling of fat:** When the package claims "Zero fat" or "Zero trans fat" it actually CAN contain fat and/or trans fat. It is legal to claim "zero" or "0" if the food item has less than .5 grams per serving. To get around this law, food companies list an unrealistically large number of servings on the label.

**Smoke Point:** When an oil or fat is heated beyond a certain temperature (it differs for each oil), it is unhealthy. It will "smoke," become unstable and create free radicals, which is another source of carcinogens. Refined oils have a higher smoke point, but olive and most unrefined oils have a low smoke point, so be careful when using them for cooking and frying. Ghee, coconut and avocado oils have a high smoke point and do not contribute to excessive Omega 6 EFAs.

## Chapter 15

# DESSERTS AND SNACKS

It would be very unrealistic to expect anyone, unless the person is extremely ill, or one of the very few people who actually doesn't like sweets, to eliminate all desserts – cake, cookies, candy, ice cream, etc. -- from their diet.

Since most people have a sweet tooth, sweets are likely to be part of their diet. Moderation is the key here. Dark chocolate, especially organic, is actually a very healthy sweet treat. Buy ice cream without additives. Some popular brands make a few flavors without additives and call it "natural." It's sold in the regular freezer (read the label, even if it says natural). If you search, you can even find ice cream made from milk/cream of cows that are not injected with hormones, though possibly not in most supermarkets.

**Desserts** - If you don't bake or make your own, look for desserts in health food stores or the health food section of your supermarket, and read labels. Don't buy anything with artificial flavors, or even "natural" flavors (they are *not* natural). The exception is pure vanilla extract. Read the labels on the desserts you have been eating. You may be stunned at the preservatives, additives and chemicals in

most commercial sweets. There is often an abundance of sugar, or HCSF (high fructose corn syrup), which is the worst kind of sugar. There may also be hydrogenated/trans fat (poison), or zero fat. Zero fat foods always have extra sugar to make up for the lack of taste.

Obviously, if the sweet is made from organic flour and organic cane sugar, that is preferred. Otherwise, buy what has the smallest list of ingredients. White flour foods are processed very much like sugar in your body, especially so-called "enriched" flour foods. This is because most of the nutrients, including the vital B complex vitamins, are removed and synthetic vitamins are added.

Whether you buy your sweets or make your own, you want natural sweeteners. Honey should be organic and raw (unpasteurized); otherwise it's not much better than white table sugar. Brown sugar has no benefits either. NEVER use aspartame (NutraSweet, Equal, Aminosweet – newest version is Neotame, the *worst* form) or Splenda, raw or cooked. Stevia, an herb 250-300 times sweeter than sugar and used for centuries in South America, is suddenly controversial. Perhaps that's because many stevia products have only a small amount of stevia. For instance, the first ingredient in "Stevia in the Raw" is dextrose. Read labels!

**What about pudding?** Rice pudding, made with organic rice or organic basmati rice and rice or coconut milk is very healthy. Add organic honey, raisins, and pure vanilla flavoring. I add nuts or shredded coconut. Commercial puddings are usually full of sugar and preservatives.

**Snacks** – When we think of snacks we usually think of crackers, chips and popcorn. Ritz Crackers, one of the most popular of all snack foods, is loaded with GMO ingredients. I saw a petition on line asking Nabisco to get GMOs out of Ritz crackers. Read labels! Most (but not all) corn is GMO. If the corn chips or popcorn doesn't say Organic or "non GMO," put the snack back on the shelf. Some potato chips are made from GMO potatoes. You can also get chips that are baked instead of fried, and that are made of vegetables. They're delicious. If you are using salsa with your chips, read the labels for pure ingredients.

Health food stores and natural food sections of supermarkets have plenty of delicious, healthy crackers, desserts, chips and other snacks, because the demand is growing. If you try something and are convinced you don't like it and will not develop a taste for it, bring it back. Most supermarkets or chain health food stores accept the food back and return your money

## Chapter 16

# CONDIMENTS

Anything used to enhance the flavor of foods can be considered condiments (do not use MSG – monosodium glutamate – which is still was used as a flavor enhancer, and causes headaches and other uncomfortable symptoms). Most condiments not only add flavor to the food, they also have many health properties, but should be used in small quantities. Look for ones that are free from unnecessary additives and sugar (which may not be possible for ketchup...yet).

Condiments include, and are not limited to: **mustard** (acts as an anti-inflammatory, and can speed up metabolism, leading to weight loss), **ketchup** (contains lycopene – a powerful antioxidant found in tomatoes), **hot sauce** (contains capsicum which is known as an herb that can relieve arthritic pain and has benefits for the heart).

**Soy and tarmari sauce** (fermented soy is very healthy – use low salt variety and organic to avoid GMO soy), **sauerkraut** (can be eaten as a side dish, as it is full of probiotics/friendly flora and is very healthy for your intestinal track), **pickles and relish** (healthy because they

are made from cucumbers; however, some varieties of pickles can be too salty and some relish can contain too much sugar. (Read labels, and do the best you can.)

### **Salt, Pepper, Herbs and Spices**

Our bodies need salt. The amount varies for individuals, but we know that the recommended low salt diet is not for everyone. In fact, for some people it is dangerous. The salt you want to use is sea salt (with nothing added), which is healthy. Most table salt contains sugar. There is also a wonderful seasoned sea salt that I use on many foods in place of salt, called Herbamere. It does wonderful things for so many foods, both nutritionally and taste-wise, as it contains 14 organic herbs.

Very healthy herbs and spices include rosemary, oregano, cayenne pepper, black pepper, paprika, basil, turmeric ...and there are others. These could be added to grain dishes and vegetables. Spices like cinnamon and ginger are more often added to dessert dishes. However, they work well in grains and vegetables also.

Herbs and spices should not contain added ingredients, and when possible, buy organic.

## Artificial Sweeteners

No, these are not condiments. Since these very unhealthy ingredients are added to food, soda and other beverages, and most people add them to their coffee or tea, I want you to be aware of another deceptive labeling law.

Artificial sweeteners can claim zero calories as long as a portion is less than 5 calories. One portion is the amount, or the equivalent of the amount, in one packet. If you read the ingredients on artificial sweetener packages, you will see that they contain maltodextrin and/or dextrose (which is pure sugar) as fillers.

Obviously, there are calories from the added sugar, but as long as a packet contains less than 5 calories, claiming zero calories is legal. Some people put 3 to 5 packets of artificial sweeteners in their coffee. In packaged foods, the calories from artificial sweeteners don't have to be counted if there are ridiculously small portions listed on the labels.

There are more complaints about side-effects from aspartame (NutraSweet, Equal, Aminosweet) than any other food additive; the FDA lists 92 symptoms. The newest form of aspartame, Neotame, is apparently the *most toxic*.

## Chapter 17

# BEVERAGES

Next to air, the most important “nutrient” for your body and brain is WATER. Just as more than 70% of the earth is made up of water, so more than 70% of our body is water (some scientists say it’s more like 80%) and our brain has a larger percentage than the rest of our body. Water is extremely important for good health, especially purified ionized alkaline water. Dehydration can cause serious health problems.

Unfortunately, much of our water contains toxins from drugs, chemicals, wastes, etc., that even the best Municipal water systems cannot fully remove. Chlorine itself is toxic, and many countries and states still fluoridate the water, in spite of the tremendous amount of evidence proving how toxic sodium fluoride is. Therefore, purifying your water is very important. You can buy bottled water, but it is not the best solution. There are several purification systems, and my strong preference is an ionizer.

You may have heard of “hexagonal” or “structured” water. When you read about it, it sounds like a “miracle” cure. I was fascinated recently to learn that I have been drinking hexagonal water for years, ever since we bought our ionizer.

Ionized water removes most toxins and neutralizes others. Even though there is no mention of hexagonal or structured water on my documents and webpage about water, you will learn how healthy ionized alkaline water is, especially when you read the testimonials, by [Clicking This Link](#). Also, on that page is a link to the finest and best-priced ionizer on the market – the one I and my family use.

**What about soda?** Soda, especially Coke and Pepsi, is about as unhealthy as a drink gets. If you can't cut it out, reduce the quantity. Do not drink soda with artificial sweetener; it's actually worse than sugar. If you're a soda drinker, start experimenting with "healthier soda" – sodas in health food stores. (And you still have to read the labels.)

**Fruit Juice:** Fruit juices should be organic and consumed in moderation, even though they are healthy. This is because they naturally contain fructose. This wouldn't be a problem if it were not for so much *extra* fructose put into our foods.

Mix with water or pure coconut water. Coconut water is a very nutritious drink, which does not have to be organic. So is coconut milk, rice milk and almond milk (organic preferred). If you drink soy milk, it **MUST** be organic, as most soy is now GMO (genetically modified organisms).

**If you're a coffee drinker,** consider switching to organic coffee, which is now available. Why? Because, unknown to most people, coffee plants are actually sprayed with *more* pesticides than any other agricultural crop. If you are a tea drinker, consider the many varieties of organic herbal teas.

**Alcohol:** Moderation is the key here; an occasional drink is not a problem for most people. However, most alcoholic beverages contain toxic substances or ingredients that produce toxic reactions in the body and/or brain. In addition, there is the challenge of becoming alcohol-addicted or recognizing if you already ARE addicted, and taking appropriate actions to restore your health. Wine has antioxidants, and though I've read recommendations to drink a glass or two, the articles don't mention the kind of wine or the importance of it being organic, due to the excessive spraying of grapes. Organic beer is also available.

**Energy/Sports Drinks:** Not recommended. They contain over 3 times the amount of caffeine in a regular cup of coffee, plus other stimulants. They also contain excessively large amounts of sugar and/or artificial sweeteners, plus synthetic vitamins and other chemicals. Energy drinks can boost your blood pressure and heart rate, even causing palpitations, and interfere with sleep. They can also cause severe dehydration, especially if used while exercising

## Chapter 18

### **PACKAGED, PROCESSED, PRESERVED FOODS**

All packaged, processed and preserved foods are not unhealthy – *just most of them*. Unfortunately, this is the kind of food preferred by most people, especially in the United States. If the food is from a major food company, you can be almost certain that it contains very unhealthy ingredients. You may not realize this, unless you are aware of the information in this chapter.

It is likely to contain **hydrogenated fat or partially hydrogenated fat**, the worst kind of fat because it turns into deadly inflammatory “trans fats.” If the label says “no trans fats,” keep in mind that if each portion of the food contains less than 1/2 gram, it is legal to say “no trans fats.” Other fats to avoid are soy, corn, sunflower and safflower. These are high in refined Omega 6 EFAs, and keep the important Omega 6-Omega 3 ratio unbalanced. Also the soy and corn oils are usually from GMO sources.

If **sugar** is listed as an ingredient (and NOT pure **cane** sugar) in a non-organic product made in North America, then it is almost certainly a combination of sugar from both sugar cane and GMO sugar beets. Avoid it. Packaged foods

often use **high fructose corn syrup (HFCS)**, which is the worst kind of sugar. If the “food” doesn’t have sugar or HFCS, it may have toxic **artificial sweeteners** instead. Anything with aspartame (NutraSweet, Equal, Neotame etc.) or Splenda should be returned to the shelf.

Packaged foods have **artificial flavors and colorings and natural flavorings**. Research links artificial flavors and colorings to diseases, including Alzheimer’s, lung disease, possibly cancer, and to hyperactivity in children. So-called “natural” flavorings are artificially created flavors that are not natural to food. For instance, strawberry and vanilla can come from a “beaver’s backside” (Isn’t that scary?).

It is legal to call a flavor “natural” when it contains known excitotoxins, like MSG. Excitotoxins are some of the chemicals that cause your taste buds to become so excited by the food that you cannot resist eating it! Even worse, excitotoxins overexcite your cells, and over time this can cause nerve disorders that could result in a myriad of serious diseases. Flavorings should always be “extracts.”

Packaged and processed foods are likely to contain many **GMO** foods. One of the worst things that has been done to

our food is the addition of GMOs to the produce, requiring the extremely toxic Roundup herbicide from Monsanto. The eight main GMO food crops are corn, soybeans, canola, cottonseed, sugar beets, papaya from China or Hawaii, and a small amount of zucchini and yellow squash. If your packaged foods contain any of these ingredients – especially corn or soy (or corn or soy oil) – it is likely you are eating GMO food. The only way to be certain you aren't, is if the label *specifically* says Verified NON-GMO, or ORGANIC.

Many packaged foods are also loaded with **salt**. While sodium is essential for health, most people who eat convenient packaged and processed foods are getting far too much commercial salt (which also contains sugar). If you read the labels of some foods, especially soups, you can get your entire sodium requirement for the day in one serving. Sea Salt and Himalayan salt are healthy, but you won't find them in processed, packaged foods.

**Food Labels Often Lie!** "Natural" means almost nothing on most foods. Organic labeling doesn't "lie," but you ought to know what the labels mean. Food that is 100 percent organic may carry the new "**USDA organic**" seal on the label and say "100% organic." Food that is at least 95 percent organic may carry the new seal (without 100%).

Food that is at least 70 percent organic will list the organic ingredients on the front of the package. If a product is less than 70 percent organic, the organic ingredients may be listed on the side of the package, but the label cannot say "organic" on the front.

I am referring to packaged foods, above. I said in the chapter on fruits and vegetables that some local farmers may be producing organic fruits and vegetables, but they cannot afford the cost of the organic certification.

**Healthy Packaged Foods DO exist!** You'll find them in the health food sections of supermarkets and in health food stores. But you still must read the labels!

**What About Eating "Out"?** Unless you give up *all* your favorite foods, and *never* eat in someone else's home or a restaurant, you are going to eat some unhealthy food. Most people don't know what you're learning about food (and some don't care). Few restaurants are "organic" and for restaurants that want to shift to healthier food, it will take time (and most aren't going to do it, anyhow). Do the best you can most of the time – that is, when *you* shop for food and prepare meals. (Enjoy your food when dining -- and don't worry, because worry produces toxic chemicals.)

## Chapter 19

### **ARE SUPPLEMENTS NECESSARY?**

You may have read some of the articles in newspapers and on the internet discrediting vitamins and other supplements. This is a manipulative effort to keep people on drugs and vaccines. The many email messages I receive with the subject line, "Are Your Multi-vitamins Killing You?" are about SYNTHETIC vitamins, as is most of the recent "research" discrediting vitamins.

Synthetic vitamins are chemicals that the body CANNOT process like food. "Researchers" also use ridiculously low dosages of vitamins – enough to keep you alive, but certainly not enough to prevent or help heal serious illnesses. Somehow the hundreds of thousands of previous research papers that have often shown amazing results with the same supplements are ignored or have suddenly become meaningless.

#### **Does Everybody Need Supplements?**

Modern agricultural techniques have degraded the topsoil that grows our food, depleting our fruits, vegetables, and grains of essential nutrients and minerals. For example,

onions and potatoes saw a 100% loss of vitamin A in the 48-year span from 1951-1999! Years ago, I read that carrots had been analyzed for vitamin A, and some were totally devoid of the vitamin. Mineral deficiencies, especially magnesium, are becoming wide-spread due to the lack of minerals in the soil. Because of the declining nutrition in our food, my usual answer to the question "*Does everyone need supplements?*" would be "Yes!"

However, I am familiar with a few (very few!) people who seem to be quite healthy even though they do not use supplements. They grow most of their own food, and what they don't grow, they buy organic or local. They catch their own fish and spend time outdoors, so they get a lot of sunshine (natural vitamin D) and exercise. They also have an unusually well-balanced mental and emotional state of mind that supports good physical and mental health.

These are rare people! For the rest of us, the right kind of supplements can make up for lack of nutrients in our food, and assist us in detoxifying from the overwhelming amount of chemicals and toxins we are exposed to on a daily basis. Also, therapeutic doses of certain supplements can sometimes be taken for some conditions, instead of drugs. Results are often excellent, without dangerous side effects.

## The Problem With Many Supplements

Supplements are especially important in this day and age when so much of our food is nutrient deficient. However, many supplements people take are useless or worse, because they are not FOOD supplements. They are synthetic (made in a test tube) or fractionated. Fractionated means they contain some of the vitamin complex, but are missing other co-factors that are required for the vitamin to be utilized by your body. That's why vitamins must be from **whole foods** that have the fiber and water removed.

At one time, even nutritionists and holistic practitioners believed that synthetic vitamins were the SAME as natural because molecule for molecule they appeared to be the same. No, they are not the same. Interestingly, chemists can make "water" that -- molecule for molecule -- is the same as "real" water, but fish can't live in it!

As of this writing, one of the most popular supplements is **One A Day** -- full of chemicals, artificial colors and made of synthetic vitamins. For children, the most popular supplement is **Flintstones**, full of chemicals, artificial colors and made of synthetic vitamins, but with the lots of yummy sugar added to the mix. You DON'T want to use these.

## **My Nutrition Background**

My mother was a nutritionist when they were considered “food-faddists.” I observed her writing out nutritional programs for people in long-hand. Since doctors were not interested in nutrition then, she had many grateful clients.

I was certified as a Metabolic Technician in the late 1970s and practiced as a nutrition consultant for years. I’m a speaker and author now, and my work with private clients is as a Reprogramming Coach. However, I sometimes do nutritional counseling with my clients because good nutrition (and lack of it) affects our mental and emotional state.

Since healing from cancer in 1994 it has been a “mission” for me to continue to do research on health and nutrition. That includes finding the finest food supplements for myself and my family and sharing what I learn with others. (Read about my healing on <http://bit.ly/1nc3GHN>.)

### **What Are The Most Important Supplements?**

Though everyone is different, I consider the following to be “the basics” – a natural sourced multiple vitamin-mineral supplement, digestive enzymes, extra vitamin C and an

Omega 3 EFA supplement, preferably from uncontaminated, pure fish oil. (Omega 3 has become necessary because of the out-of-control Omega 6-3 ratio.) As stated previously, your multiple supplement should contain vitamins from whole foods, not synthetic or fractionated vitamins. If you take additional individual vitamins (and many people need to), the only D to use is D3 and the only E to use is "d," not "dl," which is synthetic. Your minerals should be chelated to insure absorption.

If you have a problem sleeping, avoid sleeping pills. Melatonin gives you a natural, healthy sleep. Though the supplements don't work for everyone, there is an excellent **tart cherry juice** that causes your body to produce melatonin. [Click Here](#) to read about it.

Having said all that, the MOST important supplement on the planet is described in my Free **Health Report #1**. Download it at [www.healthsecretsreports.com](http://www.healthsecretsreports.com). This supplement does not replace "the basics" described above, but it makes everything you take and everything you "do" for your body more effective because it gives your body what it needs to produce an *essential component* that every cell in your body needs. This cellular component strengthens your immune system, prevents and reduces inflammation,

fighters free radical damage, detoxifies your body and much more. It is the ONLY supplement of its kind. (There are two free health reports on that page; Health Report #1 explains why this supplement is so vital and often *life-saving*.)

## **Nutrition Resources**

Visit the [Nutrition Section](#) of my main website. The list of my nutrition articles is on the top left. Click on the list and read the articles. Visit [www.breakthroughhealth.net](http://www.breakthroughhealth.net) to read additional nutrition articles. You'll learn about the exceptional supplements I use, and why I use them. Feel free to send me an email, or call me, with questions and/or to order products I recommend.

The articles on the websites give you a tremendous amount of information about the supplements I use and recommend, and why I have chosen them for myself and my family. While it may seem "unfair" to have to take supplements in order to enjoy good health, it's a far better option than getting sick, and taking drugs with dangerous side effects.

The next chapter is about a different aspect of nutrition that most people don't think about – avoiding or healthfully eliminating what our body cannot use.

## Chapter 20

# DETOXIFICATION

In today's world, so different from the 1940s and even the 60s, detoxification is as much about avoiding the toxins as it is about getting rid of them.

It seems there is no escape from toxins – in our food, air, water, in skin care, household and other products we use, from unfriendly microbes, radiation, dental fillings, toxins the body produces as a result of our negative thoughts and emotions, and drugs. (NOTE: non-toxic homeopathic remedies can sometimes replace certain drugs.) I've read reports that 700,000 is a modest estimate of what we are exposed to on a daily basis; other reports claim it is more like 2,000,000! (See statistics on <http://bit.ly/WLEbr9>)

### What Can We Do?

Your objective is to avoid toxins as much as possible. Obviously, they cannot be totally avoided, unless you live in a bubble. Fortunately, our body has organs of detoxification – liver, kidneys, lungs, bowels, lymph and skin (the latter being the largest organ of detoxification) – but we must avoid *overloading* them.

If you're a smoker, I don't have to tell you about the toxicity and dangers because you already know this. Unfortunately, the conscious mind (operating from the frontal lobes of our brain – the newest part to develop) is often unable to override the compulsion of the ancient reptilian brain. Help IS available, but you have to really want it. If you're not a smoker, you can request that people don't smoke in your home or car. Second hand smoke is also deadly.

There are many household cleaning products that are not toxic and not expensive; you'll find them in health food stores and they are not expensive. There are also excellent skin care and dental care products made with natural ingredients. Instead of antiperspirants, which contain aluminum and are linked to Alzheimer's, use deodorants made from natural mineral crystals, available in health food stores. If one brand doesn't work well, try another.

Make-up and hair dye may be challenging because women are very particular about these products. As I said in a previous chapter, you're not going to be "perfect," so carefully choose the products with chemicals that you will continue to use. Your body has organs of detoxification, but you want to avoid overloading these hard-working organs.

## **Non-Toxic Food**

Just by choosing food so your eating habits are aligned with the information in this book, you'll avoid a lot of toxins.

I know that doing this is easier said than done, so I'm giving you some links to sites that can assist you.

<http://waterworksvalley.com/food-thats-safe-to-eat/>

This site provides a list of healthy and unhealthy foods. It doesn't mention that most soy and corn are genetically modified. Other than that, it is a good list.

To avoid GMO foods, visit [www.NonGMOShoppingGuide.com](http://www.NonGMOShoppingGuide.com)

Get the "Eat Well Guide" by clicking the link below.

[Eat Well Guide: Wholesome Food from Healthy Animals](#) –

This is a free online directory of sustainably raised meat, poultry, dairy, and eggs from farms, stores, restaurants, inns, and hotels, and online outlets in the U.S. and Canada.

Go to [www.foodbabe.com](http://www.foodbabe.com) - the delightful site of a young woman who healed herself with healthy foods. She is now a food activist and writes a very revealing blog about food manufacturers, popular "healthy" food stores, restaurants,

fast foods, etc. It is not only very informative, it is a pleasure to read because of her fresh, entertaining format.

## **Intestinal Cleanses**

I'm not making radical recommendations, just simple suggestions. An occasional internal colon cleanse is beneficial for many people. There are excellent colon cleanses in Health Food stores. You can also eat lightly for a few days – herbal teas, home-made vegetable soup (from organic vegetables), lots of pure water.

**Fasting:** If you go on a fast, I recommend supervision by a health professional, as many toxins can be released, and this can overwhelm your body. This is true for weight-loss programs also. Toxins are stored in the fat, and if too much fat is released too quickly, it does not promote good health.

In the previous chapter you were given the link for my **Health Report #1**, about the nutritional supplement that I consider to be the most important one on the planet. I'm giving you this link again because it is also the most important supplement for **detoxification** – including from *heavy metals that cause heart blockages and heart attacks*: [www.healthsecretsreports.com](http://www.healthsecretsreports.com).

## Other Ways of Detoxifying

When you go to [www.healthsecretsreports.com](http://www.healthsecretsreports.com) to download Health Report #1, you can also click the link to download **Health Report #2**. Both Reports are Free. Health Report #2 describes a huge, rarely addressed cause of toxicity: Believe it or not, you share your body with 10-20 TIMES more *microbial cells* than human cells. (Yes, you read that correctly!). There are "good" microbes and "bad" microbes. The "good" ones are called "probiotics" or intestinal flora and enhance our health. The "bad" ones are the bacteria, fungi, viruses and other mirco-organisms that cause disease.

Obviously, you want MORE "good" microbes than "bad." Bad microbes feed on sugar, toxins, acidic foods, and the toxins we create in our own body due to our *negative mental and emotional states of mind*. To find out more about this health challenge, and what to DO about it, download Health Report #2 at [www.healthreportssecrets.com](http://www.healthreportssecrets.com)

### Neutralize Harmful EMR and ELF vibrations

[Click Here](#) for products that *neutralize* harmful vibrations from cell phones and other sources of **Extra-Low Frequency** and **Electro-Magnetic Radiation**. To read my article about

this unrecognized, and for some people, a serious health problem [Click Here](#) .

### **About Microwave Ovens**

Microwave Ovens have created some of the most intense negative energies destructive to living organisms. They function by agitating sugars, water and oils in foods with negative electron spin. These structures hold these health compromising negative energies, which then enter our bloodstream, corrupting the environment around the blood cells and the blood cells themselves. I don't microwave my food, but if you do, you want to avoid or neutralize this free radical damage. Fortunately, that is possible at minimal cost. To read about and order the product that can protect you, [Click Here](#) .

While I'm on the subject of cooking, don't use aluminum cookware. Aluminum is linked to Alzheimer's. If you use aluminum foil to wrap your food, use it for cold or cool food, never for hot food.

### **Purify Your Water**

There are many different water purification systems. I searched and researched for a long time before I chose an

Alkaline Water Ionizer. There is much confusion about water, and just as much confusion about what unit to buy and what price to pay. Many companies overcharge for their ionizers. As a result of my search I wrote an article that explains the health benefits of ionized alkaline water and the best ionizer on the market. [Click Here](#) . If you prefer to go directly to the company site and read about the ionizers that I and my family use, and I recommend to my clients [Click Here](#)

You save a lot of money when you purify your own water; you also save the earth from the massive amount of plastic bottles that are polluting our environment. And of course, you are drinking healthier water, which enhances your health and the health of your family.

**NOTE:** Do NOT purchase your ionizer from the site. Contact me, as I give a special discount not available directly from the company. (To order other products on this site, please use my affiliate link: <http://bit.ly/Ig7eJo> )

**This section on Detoxification would not be complete without the following...** Both meditation and spending time in nature (done separately and/or together) have remarkably healing effects on the body and mind. One of them is to help neutralize and release toxic energy.

## Chapter 21

# VIBRATIONAL HARMONY, UNIVERSAL LAWS AND THE LAWS OF THE BODY

Since “everything is energy,” we are subject to the laws of energy, which are also the laws of physics. I call these laws as they apply to our human experience, Universal and Mental Laws. Knowing these laws is important, especially because there will always exist in our lives things we do not want. Many times they are needed for our spiritual growth.

When you know how the Universal and Mental Laws operate, you can “raise” your vibrations. It’s possible to raise one’s vibrations (usually through spiritual growth and expansion of Consciousness) so as to *not* be in harmony with and therefore, not be affected by (or only minimally affected by) things that weaken and are damaging to most people. Below I give examples of how two of these laws operate in relation to health.

**The Law of Vibration:** Because of this law all forms of energy – physical, emotional, mental and spiritual – have a specific rate, called *frequency*, at which they vibrate. In terms of health and healing, the vibrational frequencies of some foods and products are supportive of good health and

some are not. When vibrations are in harmony (aka: resonance) with each other, they attract each other -- even if they are of a completely different form. Thus, thought vibrations of health are in harmony with actual "things" that vibrate in harmony with health, and they attract each other.

**Example:** If someone who has health challenges begins to put her mental-emotional attention on health and healing (instead of focusing on sickness and disease), her vibrations will start to "attract" information, books, health products and even health professionals that can assist her in regaining her health. She is also likely to begin making healthier choices.

On the other hand, if someone uses a lot of mental-emotional energy worrying and being fearful and angry, he automatically projects vibrations that are in harmony with negativity -- in the form of people, things, circumstances, situations, events, etc. As a result, he likely to attract some of them, and they will have a negative impact on his life.

**The Law of Polarity:** Many people have an illusion (really a delusion) that the world can and should consist only of "good" – good things, good people, good events, good circumstances, good living conditions, good food, etc. That's not possible because by Law of Polarity. EVERYTHING that

exists has its polar opposite. (Besides, since everyone has a different idea of "good," especially for themselves, whose concept of "good" is the "right" one?)

**The "yin/yang" symbol** represents the Law of Polarity. Both poles are shown and within the "yin" (female/negative) side of the symbol is a "plus sign," revealing that "yang" (male/positive) exists within yin. Within the "yang" side is a "minus sign," revealing that "yin" exists within yang.

To further illustrate that yin (negative/female) and yang (positive/male) are not bad and good, consider the following: What we call "heaven" is positive/male, while earth is negative/female. Air is positive/male, while water is negative/female. Positive/male represents out-going energy and negative/female represents receptive energy. In relation to the law, positive and negative does not mean "good and bad," anymore than in electricity, a positive pole and male plug are good and a negative pole and female plug are bad.

### **Why Is There So Much Pain and Suffering?**

Much of our pain and suffering comes, not so much from the ups and downs of life, as from our mental and emotional *reactions* to them. And much of our negative reactions --

distress, anger, unhappiness, worry, fear, hatred, etc.— are the result of the false belief that things are “supposed” to be different than they are. It comes from our judgments and our puzzlement as to how and why what we consider to be “bad things” happen to people whom we consider to be “good” (especially ourselves). This leads to a lot of mental and emotional stress, which is a primary cause of ill health.

When we have a better understanding of energy and the Universal and Mental Laws that we are subject to, we can decide what is not supportive of our health, success and happiness, and do our best to avoid them. Since some things we don’t want are not avoidable, we attempt to live in harmony with them. People who are loving, non-judgmental, grateful and appreciative attract more of what we consider “good” into their lives. Though they are still subject to the ups and downs of life, they tend to handle them better.

Since the Universal and Mental Laws are involved in every aspect of life, I encourage you to read about them in my books, “*Vibrational Harmony – the REAL Secret of Success, Health and Happiness*” ([www.vibrationalharmony.net](http://www.vibrationalharmony.net)) and “*Loving the Game of Life – Discovering Who You Are and Why You Are Here.*” ([www.lovingthegameoflife.net](http://www.lovingthegameoflife.net)) They are also described on [www.universal-laws.net](http://www.universal-laws.net).

## Chapter 22

# MIND OVER MATTER

Because Part 2 includes so much negative information about food, chemicals, toxins, poisons, etc., I want to give you some “food for thought” so you don’t feel anxious when you eat or when you use skin care and household products.

While the material in this book is as accurate as possible, it is important to keep in mind that you can’t watch every single morsel of food you put in your mouth, and everything you touch, without becoming obsessive. Obsession leads to a great deal of unnecessary mental and emotional stress, and mental and emotional stress is as detrimental to your health (if not more so) as the physical stress of chemicals and toxins in our food and environment.

WHY? Because of the power of the human mind, especially when thoughts and beliefs are held in what psychiatrist, Dr. Carl G. Jung called “the collective consciousness” (aka: mass mind consciousness). What we give attention to grows. What we think about, we bring about. The more the collective consciousness is filled with messages of *danger, danger, danger*, the more dangerous these “dangerous” things become. In spite of our concern and anxiety over

poisons in our food and household products, more and more of them are being introduced.

### **The Power of Placebo and Nocebo**

The well-known “placebo effect” occurs when someone takes a substance that has no known effect and receives a benefit because of the “belief” that it is beneficial. The “nocebo effect” occurs when someone has a negative effect (unpleasant, even harmful symptoms) from taking something that is harmless, because they believe it is toxic.

The belief, however, is not necessarily conscious. The placebo or nocebo effect can be caused by subconscious beliefs we are not aware of (including “mass mind consciousness” beliefs that we’ve taken on) as well as those we are aware of. Since we don’t know our subconscious beliefs, it’s wise to *consciously* create and reinforce many positive beliefs -- about food, ourselves, our life, etc.

### **What Does This Have to Do With Food and Toxins?**

A great deal of our food has been full of chemicals, additives and preservatives for a very long time, even prior to the 1906 Pure Food and Drugs Act. Some form of pesticides to

get rid of bugs has always been used in growing food (there are references going back to 2000 BC); and synthetic pesticides came into use in 1940s and 50s.

People didn't know about chemicals and toxins and they happily consumed and enjoyed their food. In today's digital world there are continual reports on how awful our food is. The Internet is filled with messages warning us that we are being poisoned and "everything" causes cancer. These constant warnings are making the situation much worse.

Of course we want to be aware of what we eat. If this weren't true I wouldn't have written this book. We want to make the best possible choices.

### **Do You Have to Totally Change Eating Habits?**

Do you have to give up your favorite "not-so-healthy" foods and beverages? Not necessarily. Keep in mind that *everything is energy* -- therefore, foods, drinks and anything else that goes into or on your body are vibrations of energy. Health requires that we consume and ingest (internally and topically) more "healthy" vibrations than unhealthy. Unless you are sick or you have decided to commit to a total new health program, you can make changes gradually, and even

keep some of your “comfort foods.” Keep in mind that if you eat healthfully most of the time and occasionally “go off,” this is very different from eating a regular diet of processed, preserved, GMO, pesticide and chemical laden, hormone and antibiotic injected foods.

Even when you do the best you can, you are likely to eat some foods that are not healthy. You may even do this by choice – foods you consider to be among your “guilty pleasures.” When you do, be sure you enjoy them! And I mean that literally.

To some degree, enjoyment and happiness can actually counteract the effects of toxins. Happiness causes your brain and nervous system to release positive (aka: “healthy”) neurotransmitters and hormones. And the opposite is true. The more you worry about food (or anything else) the more detrimental to your health the things you worry about become.

And please, keep in “mind” that YOUR mind matters. It can make you sick, it can help you heal, it can even keep you healthy. Your mind is far more powerful than matter! That’s what I mean by “mind over matter.”

*This poem is a bit humorous, with a lot of valuable information. Enjoy!*

## **YOU CAN BE HEALTHY AND FREE OF PAIN!**

Beverly Nadler ©2011

Is anything more important than health?  
It certainly isn't wealth  
And what good is success  
If your body's a mess?

What most people want, I hear them explain  
Is to feel good and be free of pain!  
Pain is not only physical though  
There's emotional and spiritual pain, you know

Is it really too much to ask  
Is being healthy and pain-free an impossible task?  
Most people rely on medications  
To free them from painful sensations.

But side effects can be dangerous too --  
What is a person in pain to do?  
Addictive substances dull the symptoms and mind  
And of these, there are so many kinds...

Tobacco, sugar, alcohol and pot  
They're socially accepted, but the solution, they're not.  
So what brilliant advice do I have for you?  
Is there something else that's tried and true?

Yes, I want to shout from the highest mountain top  
There are natural holistic ways for pain to stop  
Vitamins, minerals, herbs, and nutritious food  
Can help your body heal and elevate your mood.

There's chiropractic care to keep your body at its peak  
And acupuncture, massage and reflexology techniques  
Some things are healing because of your biochemistry  
Some work on your structure and your vibrating energy.

There are pain reducing devices that use new technology  
And you can release negativity with energy psychology  
There's yoga, Pilates, breath-work and meditation  
Positive subliminal CDs, affirmations and visualization

Surely you've heard "seek and ye shall find"  
And as you seek, keep an open mind  
For with faith and intention, creative solutions appear  
And never forget the power of meditation and prayer!

## **RESOURCES**

Thank you for reading "The Laws of the Body." It has been a pleasure to take this journey with you.

My vision is a world in which everyone has the knowledge, skills and understanding to be in "vibrational harmony" with natural Universal Laws and with what they want. My mission and purpose is to provide information, services, products, tools and techniques to assist people in their human experience and spiritual journey. Below are Resources that can support you.

**Books:** [www.vibrationalharmony.net](http://www.vibrationalharmony.net)  
[www.lovingthegameoflife.com](http://www.lovingthegameoflife.com)

**FREE E-book:** "Secrets of Mastering Stress"  
[www.vibrationalharmony.biz](http://www.vibrationalharmony.biz)

**FREE Health Reports #1, #2** – [www.healthsecretsreports.com](http://www.healthsecretsreports.com)

**Websites:** [www.beverlynadler.com](http://www.beverlynadler.com)  
[www.breakthroughhealth.net](http://www.breakthroughhealth.net) [www.universal-laws.net](http://www.universal-laws.net)

**"Valuable Resources" Section** - <http://bit.ly/HXV0rj>

Please contact me if I can assist you with Seminars, Workshops, Coaching or any products and services. Thank you in advance for your interest in my work, and for referring others to me and my work.

With Love and Appreciation,

*Beverly*

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## **ABOUT BEVERLY**

Beverly Nadler, CH, CMT is a dynamic and inspiring speaker, trainer, consultant, Reprogramming Coach and award-winning author. She brings new perspectives and insights to her teachings on holistic health and healing, stress mastery, personal development and spiritual growth.

Her unique and practical teaching correlates and integrates the wisdom of metaphysics and philosophy with the scientific breakthroughs of modern psychology, physics and quantum physics. The turning point in her life came in 1993-94, when she used everything she knew to heal from cancer. In the process of healing her body she healed her life, and is committed to helping others enhance their life on all levels— physical, mental, emotional and spiritual.

A popular radio and TV guest, Beverly appeared on “Good Morning, New York,” and is the Health Guru on “Joyce Barrie & Friends” World-Wide Radio Show every Thursday at 11:00AM Eastern time -- [www.joycebarrieandfriends.com](http://www.joycebarrieandfriends.com).

Of all the ways of sharing her knowledge with others, speaking to Organizations and Associations at Conferences, Conventions and other events is Beverly’s favorite. If you’d like her to speak at

your event, please tell your Meeting Planner and contact Beverly at [beverly@beverlynadler.com](mailto:beverly@beverlynadler.com) or 203-373-1943.