

Chapter 3, The body.

It is important to ask yourself—is your food **energising you or poisoning you**? The eating habits of modern man are centred on fast stimulation rather than soul gratification. In the Western world, people have been led astray with misinformation regarding which foods are naturally compatible with the human organism. The culprits responsible for the widespread misinformation, propaganda and deep-rooted deception are the major corporations who hold dominion over the majority of the world's food supplies, pharmaceutical companies and media advertisement industries.

We unquestionably live in a toxic food environment. You can find a fast food restaurant located on every other corner, hosting cheap advertisements for highly processed foods with little to no nutritional value. These so-called foods not only unleash toxicity into the human body but can also cause an imbalance in clarity of mind and sensory perceptions, ultimately permeating chaos through the higher energetic structure.

There are currently over 15,000 actively used chemicals in major food supplies. This section provides information needed to become conscious of what you are ingesting. More than half of the US population is overweight or clinically obese, mainly due to a high-toxicity diet, over-consumption of animal products and genetically modified foods (GMOs).

Over 1,000 million prescription items were dispensed in the United Kingdom overall in 2012, a 4.1 per cent increase (39.0 million items) from the previous year and a 62.2 per cent increase (383.5 million items) since 2002. Why such an increase in such a short amount of time? A large factor is the subliminal social programming of the population's collective consciousness via television, radio, institutions, parents and society. Many people's decision making processes have been left to external sources. Overall, the connection between humans and nature has been forgotten, and a large percentage of what is eaten consists of merely food-like products.

What can we do to help reverse this imbalance between man and nature? We can work to spread real information and knowledge, start to eat what is right and that which is provided by nature. Natural food, i.e., fruits, vegetables, nuts, seeds and superfoods, all hold energetic auras. Digesting them brings life to every cell in the human body, delivering adequate nutrition, enhanced energy and an increase in oxygen. Not only do raw, natural foods feed your mind and soul, but they also help prevent disease on a physical level.

Scientifically, the mind is VIBRATION and the human body is ENERGY. When you nourish both, something magical happens. VIBRATION + ENERGY = CONSCIOUSNESS. Blockages in your energy field can start to be discharged because the food you are eating is no longer dead; it is alive with vibration, hydration and most importantly, conductivity. Living foods are packed full of nutrients, enzymes and life force that contribute to the expansion and growth in your conscious awareness.

In this chapter, we expand on the most vital aspects of health and how to truly nourish the temple you reside in—your one true home. We highlight the dangerous chemical additives in everyday food products, the most nutrient dense superfoods on the planet, guides to detoxification and regeneration, the vegetarian/vegan natural way of life, benefits of fasting, juice recipes and more. With this information, you can start to make steps that will go hand in hand with the other two chapters of this booklet, bringing ultimate balance into your life.



Why Are We So Sick?

There is a high probability that you know somebody who is suffering from an illness or who has to consume regular prescription medications. In the year 2014, we are supposedly at the pinnacle of technology, but in reality humans have gone from the dominant species on the planet to the sickest, in just one century.

The world is currently in the midst of a pandemic of chronic illness, crippling many cultures and societies. For the last five decades, the amount of money spent year upon year on medications, medical doctors, surgery, nurses and hospitals has only increased. Throughout those same fifty years, the monetary expense of pharmaceutical drugs, along with the overall number of prescriptions, has increased by around sixty times on average for each person

The number of people suffering from some form chronic illness is on a consistent incline alongside obesity rates, which are rising and have shot up by around 400 per cent in the last decade alone. Type 2 diabetes had to be renamed 'adult onset diabetes', but it was 'on-setting' for so many children that they could no longer name it 'adult onset'.

The population has been led to believe that solutions to their health problems are going to come from drugs and surgery alone. People have been led to believe that sometime in the future, scientists will discover a cure-all drug that will fix all of the world's health problems; therefore, it is believed that there is no need to pay attention to the other underlying factors that are in one's own control.

The current medical system clearly is not working. But is it not working because the right drug and surgery hasn't been found yet? Is it not working because people are not getting treatment quickly enough? Or is it not working because it takes the wrong approach and will never work? The most important question we should be asking ourselves as a species is—why are we so sick?

If we do not find out why we are so sick, then we are unlikely to find the solution to the problem of how to get and stay well. According to the prevailing allopathic sickness and treatment systems, many fall sick because of predetermined genetics and inherent weaknesses that encourage pathological cell function, leading to heart disease, cancer, diabetes, stroke, depression and ADHD, among others. Due to this belief, they feel that the most rational approach is to override the body's innate ability to self-heal and self-regulate with pharmaceutical drugs.