

PASCAS CARE Globesity



“Peace And Spirit Creating Alternative Solutions”

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We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

Living Feelings First, *John.*



“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD

GLOBESITY:

<http://www.abc.net.au/btn/story/s3556539.htm>

There was a time when some developing countries struggled even to feed their own people. But now some of those same countries are suffering from a different problem – obesity.

The fast foods we know and love are spreading across the globe. In the past 20 years they've hit developing countries where not so long ago, food was scarce for some people. Where they used to crave a feed, now they're craving fries. Here's a quick world tour of the damage.

It's Mother's Day here in one of the poorest areas of Mexico. Celebrations are underway at a local school, complete with free drinks provided by Coke. In fact, for the kids at this school they don't get water in class, they get soft drink. This is just one of the reasons that Mexicans drink more soft drink per person than any other country on Earth. But how can people from such a poor area afford a luxury, like soft drink? Well it's always kept affordable – 70 cents for two litres in this area.

What do you do with your spare time? Well in China, kids are signing up to classes like this. But they don't just go for an hour. They stay in camps like this for months or even years. China is a big country with an increasingly big problem. Fast food chains have been opening up, in a place that used to be closed off to the outside world. That means foods high in both sugar and fat are now taking the place of traditional healthier meals. That's a recipe for problems.

This is the Nestle boat, a floating shop that visits all the small villages up and down the Amazon, in Brazil. It brings with it all the chocolate, biscuits and other processed foods you could want. And it visits many of the poorest areas of Brazil, to make sure they don't miss out. Convenient, but far from healthy.

Here in this diabetes clinic, they're seeing more and more Indian people diagnosed with the obesity related [type 2 diabetes] illness. Research suggests that because their bodies aren't used to a high fat, high sugar diet, diabetes is an even bigger risk. Half a billion people here are poor and hungry. But as with many developing countries, they are now joined by a growing group of obese people too.

Two opposite problems living right next to each other. So there you have it, a world tour of the new frontier for the obesity epidemic. Of course, western countries are still the overweight champions of the world. But the rate at which these developing countries are catching up has researchers worried.

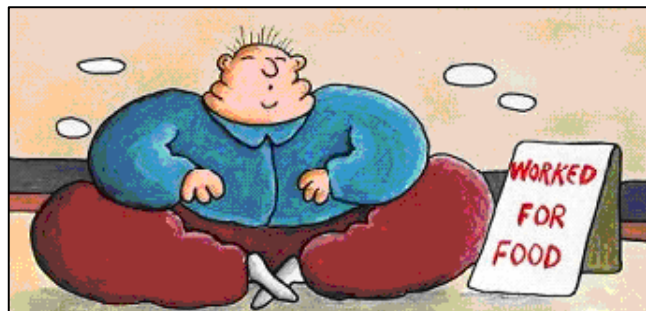
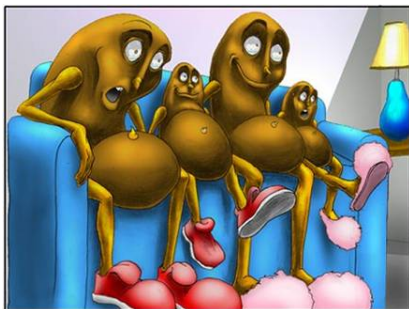
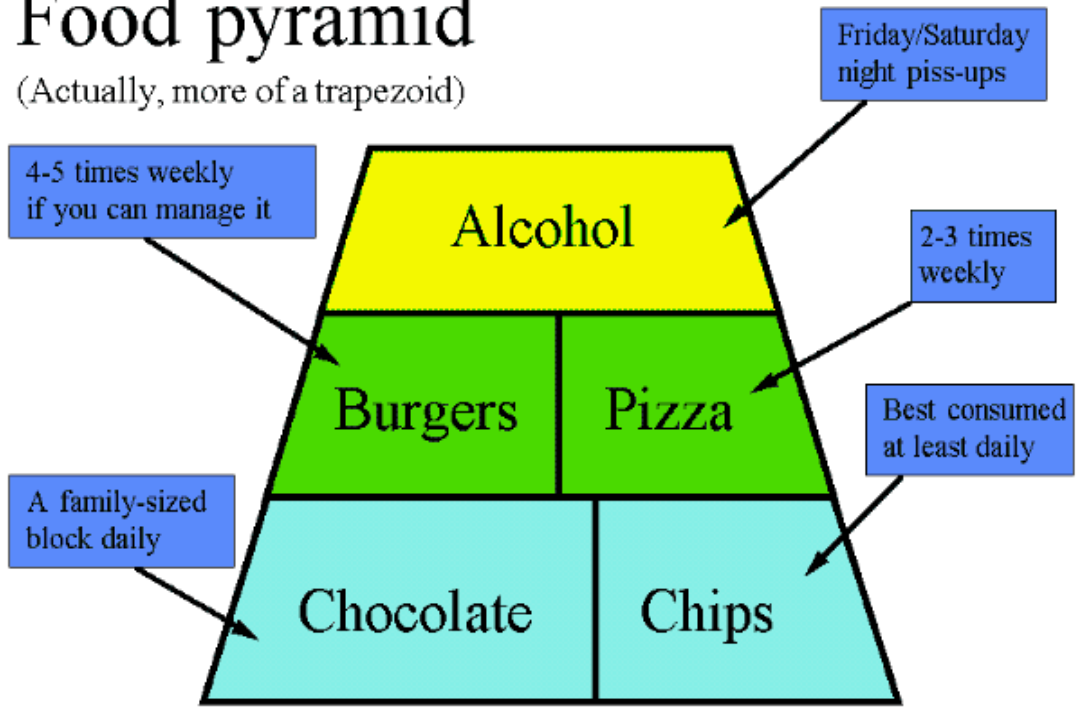
The most worrying thing though, is who's having to shoulder this weight of unhealthy temptation. In most cases, it's kids. A growing problem among the world's smallest people.

**PASCAS
HEALTH**



Food pyramid

(Actually, more of a trapezoid)



**PASCAS
HEALTH**

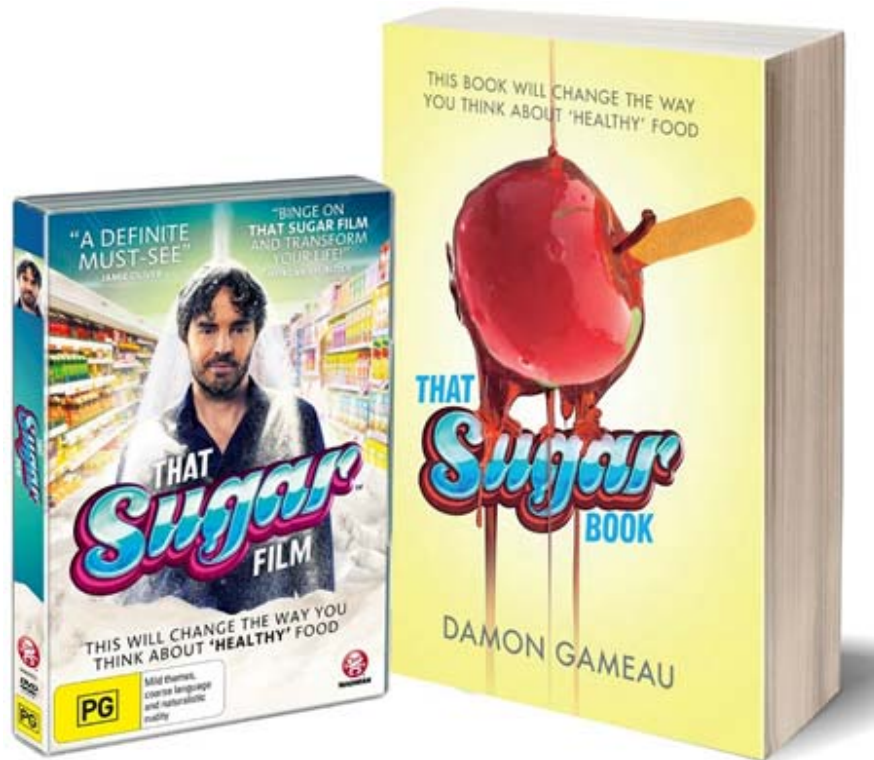


**Feeling
Healing with
Divine Love is
the key!**



THAT SUGAR FILM started as one man's journey to discover the bitter truth about sugar. Damon Gameau embarked on a unique experiment to document the effects of a high sugar diet on a healthy body, consuming only foods that are commonly perceived, or promoted to be 'healthy'.

This is a must see!



By living true to ourselves, true to our feelings, we are living true to God. It's that simple.

Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

THREE THINGS that lead to OBESITY:

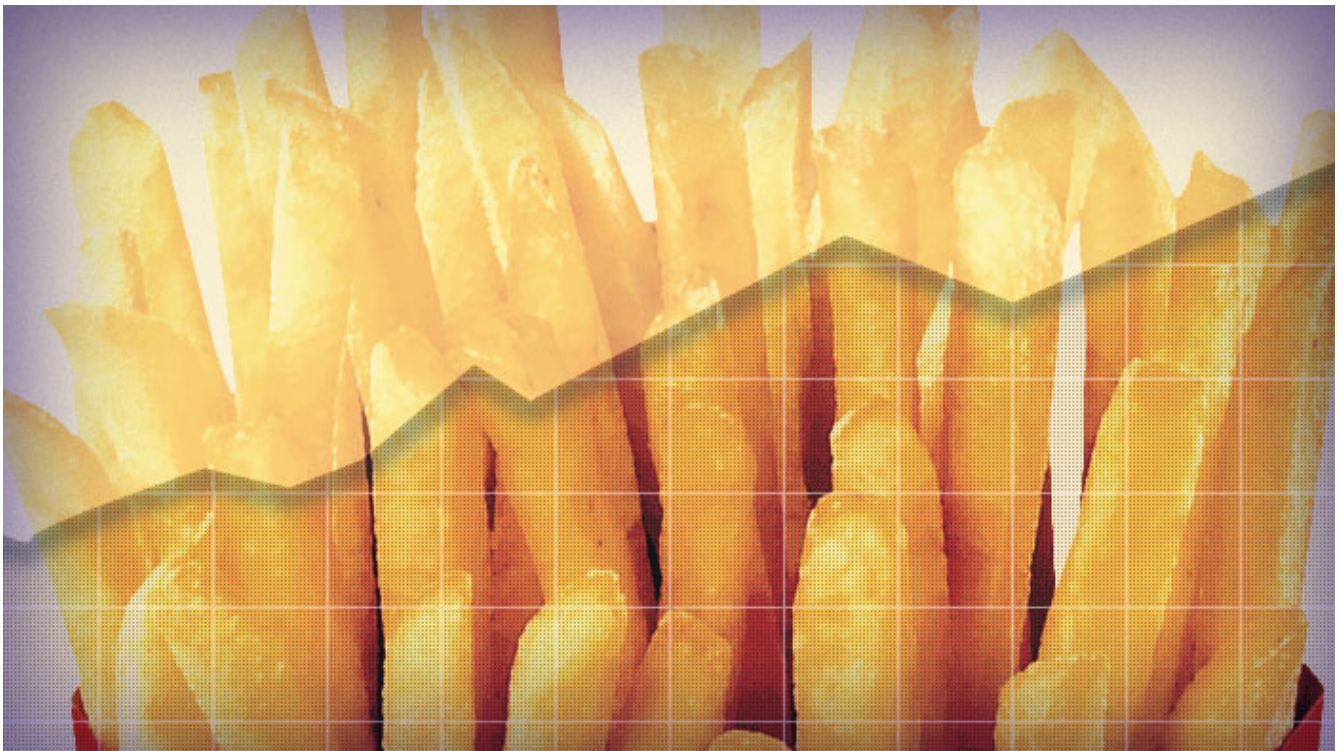
- Fats**
- Sugar**
- Snacks in between meals with both fats and sugars combined**

Cooking oils have never been so cheap and readily available. This has changed our global eating patterns in just twenty years – we crave for the tastes that are associated with fat.

Sugar that is so refined that it has very limited food value, but the taste is desired and craved for.

So we choose our meals by combining both the tastes of fat and sugars.

Then we forget about exercise – well, computer games are just the thing, are they not?









<http://www.abc.net.au/news/specials/globesity/>

The world is getting very fat, very fast and now the obesity epidemic has spread from rich countries to poor and developing countries it is likely 1 billion people will be obese by 2030.

Fat is being called the new tobacco.

Body weight is not just about vanity, it is about life and death, with obesity increasing the risk of heart disease, type-2 diabetes and some forms of cancer.

So how and why did the problem of obesity explode in places that, not so long ago, counted malnutrition and even famine as major health concerns?

Well it's about increasing wealth, changing diets, genetic programming and aggressive marketing by international food companies.

In our special examination of arguably the world's number one health issue, *Globesity – Fat's New Frontier*, Foreign Correspondent visits the new obesity hotspots – Mexico, Brazil, China and India – where hundreds of millions are gripped by weight issues and associated diseases.

The most perplexing problem in emerging economies is how they are going to deal with a tidal wave of obesity with relatively scant health resources.

We've canvassed opinion from notable authorities on diet, nutrition and fat issues, and met people in these countries struggling with the consequences of obesity.

It's an eye-opening, sometimes shocking journey.

- First stop: **Mexico**. The biggest killer here is diabetes. In the past 30 years this country has gone from dealing with widespread malnutrition to coping with two thirds of the population growing overweight or obese. One of the main culprits is the super-pervasive spread of soft drinks: Mexicans drink more carbonated beverages per head of population than anyone else in the world. In a country where running water isn't guaranteed and bottled water is expensive, these soft drinks have become a daily dietary staple for everyone from infants to the elderly.
- Next is **Brazil**, where global food giants are moving into every corner of the country, from the big cities to the remote reaches of the Amazon to sell their highly processed products readily and

cheaply. Profits and market share are soaring and so is obesity, with another 1 percentage point of Brazil's population joining the ranks of the obese every year.

- In **India**, as incomes have risen so too has weight. But the effects here are even more dramatic than elsewhere because the Indian body type magnifies the effects of obesity. Many have a genetic predisposition to diabetes and heart disease. The situation is so dire that health experts warn a staggering one in two babies born in India today will get type-2 diabetes, delivering future generations the real possibility of widespread disability and early death. India is bracing for an estimated 100 million type-2 diabetes patients.
- The final stop on our Globesity tour is **China** – where the rapid transformation of the economy has been mirrored by massive changes to the consumption of food. Not just the sort of things Chinese are eating but the way they eat. Snacking was a rarity not so long ago. Now it abounds. Thirty years ago the Chinese ate only small amounts of **sugar and oil** – today they are a big part of the diet and a big part of the reason more and more Chinese are getting bigger and bigger.

RELATED LINKS

- [The Nutrition Transition](#): Professor Barry Popkin's obesity program
- [Food Politics](#): Professor Marion Nestle's food blog
- [International Association for the Study of Obesity](#)
- [PLoS Medicine](#): peer-reviewed medical journal
- [International Association for Study of Obesity](#)
- [Obesity Foundation India](#)
- [World Health Organisation](#)
- [World Public Health Nutrition Association](#)
- [International Diabetes Federation](#): recently formed a partnership with food giant Nestle
- [World Bank](#): figures and trends on obesity
- [Eating Well](#): tips and recipes for healthy living

Books and research

- The World is Fat, by Barry Popkin, Penguin Group
- Obesity Comorbidity – The Expanding Burden of Cardiometabolic Risk in China, by Barry Popkin, Journals of China Health and Nutrition Survey Obesity Reviews
- Why Calories Count from Science to Politics, by Marion Nestle, University of California Press
- Safe Food – The Politics of Food Safety, by Marion Nestle, University of California Press
- Food Fight – The Inside Story of the Food Industry, America's Obesity Crisis and What We Can Do About It, by Kelly D Brownell, McGraw-Hill
- [The Impact of Transnational Big Food Companies on the South](#), a view from Brazil

- Intrauterine Programming of Diabetes, by Dr Ranjan Yagnik , Journal of CML_Diabetes 2009, India
- Nutrition Transition in Mexico and other Latin American Countries, by Juan Rivera and Simon Barquera, Journal of Nutrition Reviews 62

Fat becomes world's biggest killer

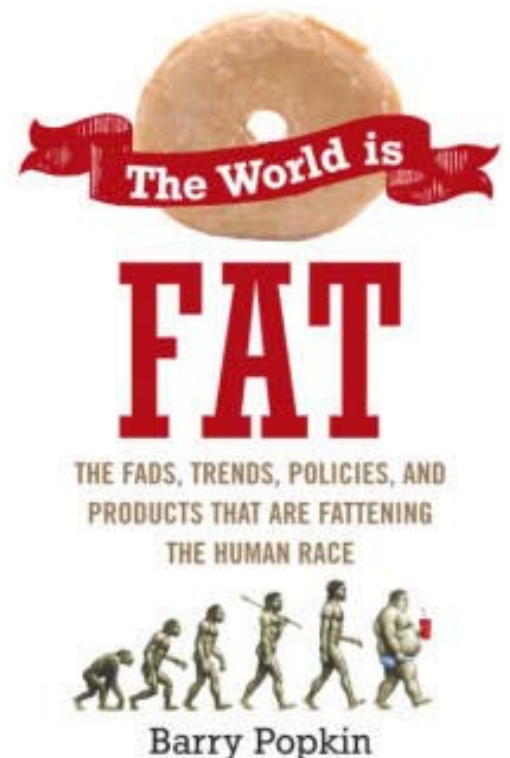
Diseases linked to lifestyle have overtaken smoking-related health problems as the world's number one killer, according to Barry Popkin, professor of global nutrition at the University of North Carolina.

"Across the globe, up until about five or eight years ago, we thought of smoking as the number one cause of death and disability," Professor Popkin says. "Today, the World Health Assembly has all admitted that the non-communicable diseases caused by diet, activity, obesity are more important.

"Among low and middle-income countries there's not a single country that I'm involved with, or know about or have studied – from sub-Saharan Africa to south Africa to the Middle East to Asia and Latin America – that has controlled this problem."

"The global obesity epidemic affects all of us—families, communities, and nations around the world. It's a weighty subject in every way, with dire consequences for well being, life expectancy, and economic productivity in the years ahead unless seriously confronted."

"The most serious epidemic ever is insidiously engulfing the world. Barry Popkin draws upon his decades of research and experience to describe its origins—and a set of potential solutions."



Mexico declares war on obesity

Mexico

- Population: 112 million
- 70 per cent overweight or obese

Mexico has declared a war on obesity to fight its most pressing health problem.

In 1980, Mexico had no obesity rate to speak of. Today, two-thirds of adults are overweight or obese.



Brazil fights spiralling obesity epidemic

Brazil

- Population: 195 million
- 50 per cent overweight or obese

More than 50 per cent of adults in Brazil are obese and the rate of obesity is growing by 1 percentage point per year.

The government has introduced laws enforcing schools to provide healthy lunches.



Diabetes epidemic strikes India

India

- Population: 1.2 billion
- 1 in 2 newborns at risk of diabetes

In the next 20 years, India expects to have more than 100 million patients with diabetes.

Doctors say Indians are susceptible to diabetes at a much lower body mass index than Europeans.

Meet the Indians who fear for the future of their children in a country where only the well off can afford the treatment required for diabetes.



Obesity and diabetes hit young Chinese

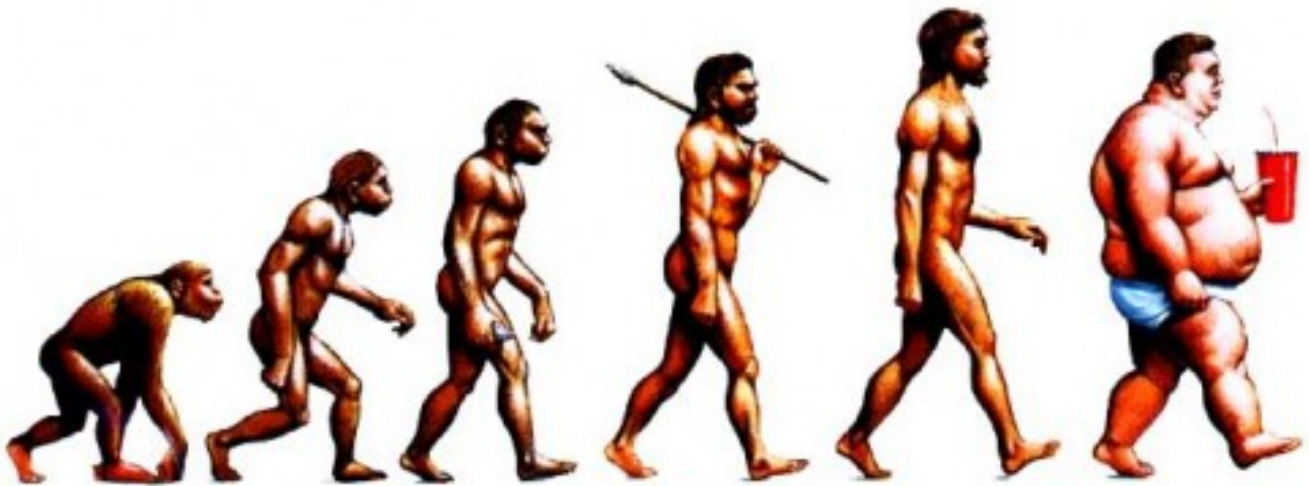
China

- Population: 1.3 billion
- 2,000 per cent increase in vegetable oil consumption in past 25 years

In 20 years, China has gone through the same decline in physical activity that the West went through in 100 years.

One-third of Chinese adults are overweight today, compared to a negligible proportion in 1990.

Diabetes is emerging as a more widespread problem among young people in China than it is in the United States.



LIVE FEELINGS FIRST

VICTORY is SWEET for MUM:

P.8 Gold Coast Bulletin 30 July 2013

Amber Parker never considered herself an addict but when she discovered sugar was more addictive than most had drugs, she decided it was time to stop.

The Gold Coast mother of three had tried several times to wean herself off sugar, but found she was only successful when someone overweight who was close to her passed away.

“I just decided I didn’t want to be unhealthy for my kids – I want to have a long and healthy life”, Ms Parker said.



“It is really addictive and it was hard to cut it from my diet, but now I couldn’t go back. If I have something sweet for a treat it makes me feel sick these days. Cutting the sugar out has made a huge difference to my life. I have more energy, I have lost 16kg (35 pounds) and I am setting a better example for my kids.”

Ms Parker is one of hundreds of thousands of Australians changing their diet in a nationwide trend to stop eating sugar.

A recent study by health fund NIB revealed the average Australian consumed around 53 kilograms (117 pounds) of sugar a year, or 29 teaspoons a day.

Gold Coast naturopath Sam Beau Patrick said many people didn’t realise how much sugar was “hidden” in everyday food items.

“There is hidden sugar in everything. Even when a label doesn’t indicate much sugar, if it’s high in carbohydrates then it has a lot of sugar. Cutting sugar altogether will give people more energy, decrease their chances of diabetes and will extend their life.

“Studies have shown sugar can be more addictive than cocaine so it is a hard habit to break, but once it is out of the body the benefits will be felt”.

Great Ideas and Nutrition dietician Amanda Clark said people should be wary of eating “sugar-free” products while attempting to cut sugar. “Many of the high-protein, low-carbohydrate bars on the market are actually quite high in added preservatives that give people bloating and diarrhoea,” she said.

“It is important for people to read food labels properly and not to cut natural sugars from their diet.”

Tips for giving up sugar:

- Gradually decrease the amount of sugar you eat – don’t go cold turkey.
- Check all food labels.
- Cut high starch foods like rice and bread from your diet.



Toxic Sugar?

Thursday, 8 August 2013

<http://www.abc.net.au/catalyst/stories/3821440.htm>



NARRATION

Rarely a week goes by that you don't hear about the world's obesity crisis.

Juanita Phillips

Obesity is now...

Tony Jones

..eating habits, half of all Australian children will be obese.

NARRATION

We're often blamed for eating too much and not exercising enough. But some of the world's top experts refute this stereotype.

Professor Robert Lustig

Did all of a sudden the entire world just become a bunch of gluttons and sloths? All at the same time? I mean, get real.

NARRATION

In only a few decades, there are now more obese people on the planet than undernourished.

Gary Taubes

When you have this kind of dramatic increase in obesity and diabetes rates, something in the environment is causing it.

NARRATION

Experts are pointing to a new dietary villain that's making us fat and sick.

Gary Taubes

The obvious suspect at the moment is sugar.



Professor Robert Lustig

Sugar is driving all of the chronic metabolic diseases that we know about today.

Professor Michael Cowley

There is a myopic focus on reducing fat consumption at the expense of not considering what the sugar component is.

NARRATION

Why is sugar so toxic to our health? This is the bitter truth behind our sweet obsession with sugar.

In the '70s, when obesity and heart disease were on the rise, we were told that dietary fat was the villain. Memorable ads like this one used persuasive imagery to convince us that low-fat muesli bars could make you skinny.

“Man
Hey!

Voice-over, on commercial

Kellogg's new Low Fat Granola Bars – loaded with taste, but only half the fat.”

NARRATION

Advertisers choreographed TV ads like this with catch jingles and repetitive phrases to drive the message home.



“Woman
40% less fat.

Voice-over, on commercial

McCain Oven Chips – better for taste, better for you.”

Gary Taubes

And then there was a hypothesis going around at the time that, if a food didn't have fat in it, it couldn't make you fat.

NARRATION

This sparked the low-fat revolution. A vast range of low-fat products began to dominate supermarket shelves.

Dr Maryanne Demasi

The only problem was – when you took the fat out of food, it tasted like cardboard. So they had to replace it with something, and that was sugar.

NARRATION

It gradually became the essential additive.

Gary Taubes

So now you have a product that's lower fat – lower saturated fat – and it's got a lot more sugar than it ever had.

NARRATION

Whole-fat mayo, for example, has just over 2% sugar. The low-fat version has six times more.

Professor Michael Cowley

My pet hate, in terms of low-fat food, is low-fat yoghurt that's high in sugar. You might as well eat candy if you're gonna do that, because the sugar level in some of these low-fat yoghurts is really quite high.

NARRATION

Adding sugar is how the food industry engineers temptation.

Professor Robert Lustig

And now the food tastes great. In fact, it tastes so great we can't put it down. This is a win-win for the food industry. They complied with the arguments of the 1980s. They've gotten us to eat more, and they are making money hand over fist. The problem is – they're doing it at our expense, and we're losing our health.

NARRATION

By the mid-'90s, the demonisation of fats meant that sugar was actually considered a healthy alternative. Ads like this promoted sugary drinks as part of a healthy lifestyle. The American Heart Association recommended that fatty snacks be replaced with high-sugar products like juice, hard candy, and spreads like syrup and honey.

Gary Taubes

Probably the first time in human history that health organisations were advocating we eat sugar as a means of being healthier.

NARRATION

But now that 60% of the population is overweight or obese, and diabetes rates have tripled, is it possible that we've been given the wrong advice?

“Voice-over, on commercial

Get off the fat seat. Get it off.”

Gary Taubes

These numbers are astounding. Throughout this entire period... This coincides completely with this argument that we should eat a low-fat, high-carbohydrate diet, during which sugar consumption increased steadily. It's hard to argue that we were given the right advice.

Dr Maryanne Demasi

Even today, our peak health authorities, like the National Heart Foundation, endorse cereals that... well, might be low in fat, but they're up to 30% sugar.

NARRATION

This is a bitter pill to swallow for obesity researcher Professor Michael Cowley.

Professor Michael Cowley

It's a bit surprising that cereals like Honey Cheerios or the Milo cereal contains an endorsement from groups that are supposed to be looking after our metabolic health.

Dr Maryanne Demasi

So the Heart Foundation has got it wrong on this occasion?

Professor Michael Cowley

I don't understand how they've said that's a healthy food.



NARRATION

Australia's National Heart Foundation declined to comment on camera – but, in a written statement, said their tick is simply to help consumers identify healthier options. Australian data on sugar consumption is unreliable. But, in the States, they've seen a significant increase in the last several decades. The chances are you're eating more refined sugar and starch than you realise. It's not just in the obvious things, like soft drinks, syrup and candy.

Professor Robert Lustig

One half of the sugar that we are consuming today is in items that we didn't even know had sugar. Tomato sauce, barbecue sauce, hamburger buns, hamburger meat. All sorts of processed foods. If you look at virtually every item in the store that has a food label, it has some form of sugar.

NARRATION

This is a vastly different diet to what we evolved to eat.

Professor Michael Cowley

Human evolution till about 3,000 or 4,000 years ago had a very different diet to what's happened since the agriculture revolution, where there's been a much greater input of grains, and so increase in carbohydrate consumption.

NARRATION

It's this increase in dietary carbohydrate that's messing with our metabolism.

Professor Michael Cowley

If you constantly provide carbohydrates to the body, you'll have constantly high insulin levels, and that will lead to increased fat deposition in tissues.

NARRATION

The higher your insulin, the more likely you are to store fat, because insulin is the main hormone that puts fat into fat cells.

Dr Maryanne Demasi

Now, if it's subcutaneous fat, the type that collects under the skin, then that's not so bad for your health. But if it's visceral fat, the type that collects around your belly and your organs – well, that's when problems arise.

Dr Maryanne Demasi

What is it about visceral fat that causes health issues?

Professor Michael Cowley

Visceral fat releases a different set of hormones, and, in particular, it releases what we call pro-inflammatory hormones that cause inflammation elsewhere in the body.

Dr Maryanne Demasi

Right.

Professor Michael Cowley

And that's why visceral fat is dangerous.

Dr Maryanne Demasi

So it's possible to be lean, but still have a lot of visceral fat around your organs?

Professor Michael Cowley

That's correct. And it's possible to be lean and metabolically unhealthy.



Dr Maryanne Demasi

So being slim doesn't necessarily mean you're healthy. Up to 40% of normal-weight people show signs of metabolic disease. And 20% of obese people are actually metabolically healthy.

NARRATION

Sugar is a simple carbohydrate made of two molecules, glucose and fructose. This bond is cleaved in the gut before they're absorbed. It's been shown that glucose mainly drives fat storage under the skin, and fructose deposits fat around organs, like the liver.

Professor Robert Lustig

When you make extra liver fat, that liver fat ends up mucking up the workings of the liver, and you end up with a phenomenon called 'insulin resistance'. The liver doesn't work right, so the pancreas has to make extra insulin. And it also causes hypertension – changes in the brain that might result in altered cognitive function and possibly even dementia. It can increase cell proliferation, which can cause cancer. It can cause vascular smooth muscle proliferation, which can cause heart disease.

NARRATION

Sugar can also accelerate ageing.

Professor Robert Lustig

When you paint your barbecued meat with barbecue sauce, it browns faster. Well, that's happening inside your body. It's known as the 'browning' or 'Maillard' reaction, and it is the thing that causes cellular ageing. And the reason you do it with fructose is because it browns better. This is the reason that fructose has been added to bread. It browns virtually all foods better. Well, it browns your insides better too. And, as that happens, you are ageing faster. If you had a glass of fruit juice this morning, you're ageing seven times quicker.

Dr Maryanne Demasi

Fructose is mainly found in fruit. That's why they call it 'fruit sugar'. Now, you might be thinking, 'How can it be bad for me if it's found in a health food?' Well, let me explain. You could easily drink a glass of apple juice before dinner. But if you had to have the equivalent in whole fruit, you probably wouldn't finish your meal. You see, juicing fruit removes all the fibrous pulp, so you can take in a whole lot more calories without feeling as full. So if you're going to eat fruit, stick to whole fruit, because it has a lot more fibre, and it's the fibre that tames your insulin response to sugar.

NARRATION

Chronically high levels of fructose is not only toxic to your liver – it messes with the hormones that control appetite.

Professor Robert Lustig

There is a hormone in your stomach called 'ghrelin', which is the hunger hormone. When your stomach is empty, ghrelin goes up, tells your brain, 'Hey, time to eat.' Then you eat, ghrelin goes down, and so hunger goes away. But, when you consume sugar, fructose does not get registered by the brain as you having eaten. Ghrelin doesn't change. You stay hungry.

NARRATION

And it's not just sugar that can promote weight gain. Refined starches – another type of carbohydrate – can have similar effects. And there's no law requiring manufacturers to declare these on food labels.

Professor Robert Lustig

Aren't they supposed to regulate our food? Aren't they supposed to regulate what they can put in food?

NARRATION

Professor Lustig says for too long there's been the perception that fat people have no-one to blame but themselves.

Professor Robert Lustig

You go to a doctor, you go to a nutritionist, you say, 'Doc, I don't get it. Every time I stand on the scale I weigh more and I don't feel so good. What's going on with me? Why am I fat?' And the doctor looks at your behaviours and says, 'Well, I know why you're fat. You're a glutton and a sloth. You eat too much, you exercise too little.'

NARRATION

Obesity is often seen as a character flaw – that person's inability to exercise willpower and eat in moderation like thin people.

Professor Robert Lustig

I also take care of obese six-month-olds. They don't diet and exercise. I also take care of obese newborns. Yes, newborns. Do you want to blame them for their obesity at age six months?

Dr Maryanne Demasi

Now, of course overeating and being sedentary can make you gain weight. But Professor Lustig says this can't fully explain the sudden escalation in obesity across the globe. It has to be something within our environment, and it's likely to be the change in the composition of our diet.

Professor Robert Lustig

Our fat consumption has stayed exactly the same over the last 30 years. And look at the disaster that has befallen us. And that is because our consumption of dietary carbohydrate has gone through the roof. Anything that drives insulin up will drive weight gain. I don't believe in blame. I believe that there are victims, not perpetrators.

Dr Maryanne Demasi

Most dieticians will tell you to watch your calories, because it's all about energy balance – calories in versus calories out. But it's not actually that simple. We're biological systems, so we metabolise different calories in different ways.

Professor Robert Lustig

'Calories in, calories out' is how we got into this mess. It depends on where those calories come from, it depends on what those calories are, it depends on how those calories are metabolised, as to whether or not they will cause weight gain. When you burn protein for energy, it takes twice as much energy to metabolise that protein into energy as for carbohydrate. It's known as the 'thermic effect of food'. Those calories are not recoupable. So you actually burn more energy metabolising protein than you do carbohydrate.

Dr Maryanne Demasi

So the net effect of eating a calorie from carbs versus a calorie from protein is actually quite different. That's why our experts say not all calories are equal.

NARRATION

Gary Taubes says starving yourself to lose weight just doesn't work.

Gary Taubes

When you do starve people for whatever reason, they respond by lacking energy, their metabolism slows down, you think about food constantly – exactly the opposite of what you want if you want to cure obesity.



NARRATION

Most people turn to exercise to shed those extra kilos.

Gary Taubes

The studies show that exercise has virtually no effect on weight loss. One thing exercise does is it makes people hungry.

NARRATION

Burning calories through vigorous exercise triggers hunger signals in your brain so that you eat to replace those calories. Your body knows it's losing vital energy stores, so it reacts by slowing down your metabolism to conserve that energy. This is thought to have helped us evolve as a species and to survive in times of famine.

Professor Michael Cowley

It's so hard to lose weight because we are metabolically programmed to return to where we were. We have a raft of hormones in our body that all drive to push us back to where we were. 97% of people who lose weight regain it within five years.

NARRATION

That aside, exercise does have other health benefits that extend beyond weight loss. Dr Lustig says minimising carbs from processed foods – the foods we've been told to eat most of for the last 30 years – weight loss should follow.

Professor Robert Lustig

When I get people off sugar, and I get their insulin down, they all of a sudden feel more energy. They all of a sudden want to engage in physical activity. And that's part of why they lose weight. So the question is – which is driving the epidemic, the behaviours or the biochemistry? I would put it to you that the biochemistry always comes first.

NARRATION

Professor Lustig says it's easy to fall into the trappings of sugary food, because the more you eat, the more you want. MRI scans show that sugar triggers the same reward centres in the brain as nicotine, alcohol or cocaine.

Professor Robert Lustig

By increasing reward, you down-regulate the receptors in that area, making it necessary to consume even more the next time to get the same level of reward. This is a phenomenon called 'tolerance'. And tolerance is the first step on the way to addiction. And so we have shown, and others have shown, that sugar has potential for abuse.

NARRATION

He says sugar should be regulated like tobacco and alcohol.

Professor Robert Lustig

Both of those are toxic and addictive. And we regulate them and we keep them out of the hands of children. Well, sugar meets the same criteria of ubiquity, toxicity, abuse and negative impact on society that tobacco and alcohol also achieve.

NARRATION

There is still ongoing debate surrounding Professor Lustig's theories. Some nutritionists warn against demonising sugar in the same way we demonised fat in the '70s. They say the focus on sugar will result in unbalanced dietary advice. However, it seems Australia's peak health authorities are slowly catching onto Professor Lustig's warnings. They've launched new campaigns to encourage people to rethink sugary drinks, and they've recently updated our dietary guidelines to include warnings about sugar consumption.

Emma Alberici

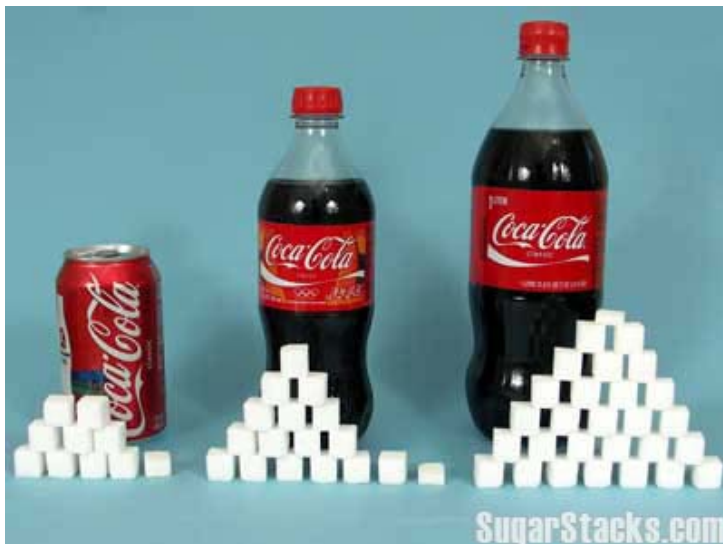
..Australia's dietary guidelines – released today – have included for the first time the advice to 'limit added sugar'.

Professor Michael Cowley

I think the new guidelines that are emerging recognise that we've eaten too much sugar or been advising people to eat too much sugar.

Dr Maryanne Demasi

Until now, each generation has always had a longer lifespan than the previous. But it's been predicted this current generation won't. And obesity is to blame. Even if we act now, it'll take a generation or two to turn the tide around. And if our experts are right, the weight of the nation rests on the shoulders of the food industry.



Story Contacts

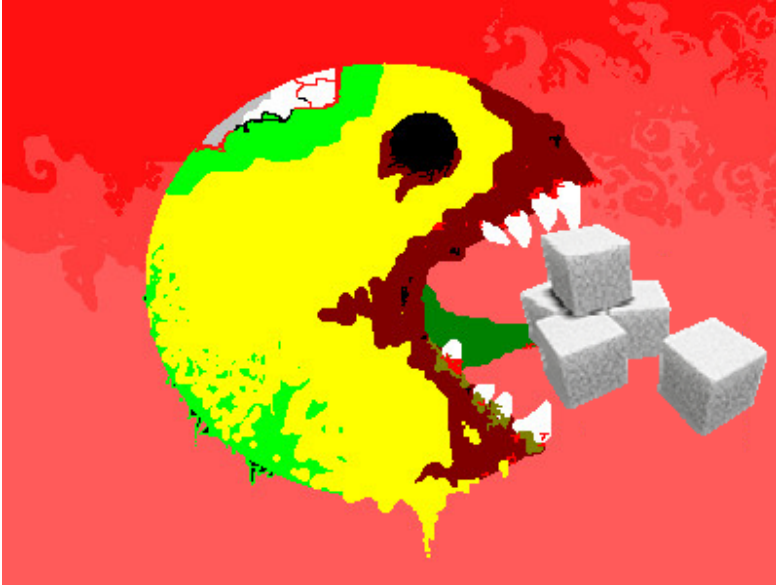
Reporter: Dr Maryanne Demasi

Professor Michael Cowley
Physiologist
MODI, Monash University, Melbourne

Professor Robert Lustig
Paediatric Endocrinologist,
University of California, San Francisco

Gary Taubes
Science Writer

**Cancer cells thrive on refined sugars – glucose!
Avoid processed white sugar at all times.**



Sugar in New Zealand – is sugar the new fat?

Globesity: Fat's New Frontier

<https://www.youtube.com/watch?v=mGL3iT5MMdQ>



Eat the Colors of the **Rainbow**

Farmacist Desk Reference

by Don Tolman

DIABETES:

pages 370 – 374

‘Five chemists and three physicians in America carried out a protracted examination of 4,000 diabetics, and concluded that only one percent actually needed insulin. The rest of them recovered on whole foods alone.’

Diabetes (type 1)

In type 1 diabetes, the body has little or no insulin because the immune system – which normally rids harmful bacteria or viruses – has destroyed the insulin-producing cells in the pancreas, a gland located just behind the stomach. Similar immune problems occur on different body tissues in a number of other diseases. Such diseases include multiple sclerosis and rheumatoid arthritis.

Normally, your pancreas produces insulin continuously, raising its output in response to the increase in blood sugar that occurs after you eat. This extra insulin “unlocks” your cells so that more sugar can enter, providing your body with energy as well as maintaining a normal level of sugar in your blood.

Your liver also plays a key role in maintain a normal blood sugar level. If you have more glucose than your cells need for energy, your body can remove the excess glucose from your bloodstream and store it in your live as glycogen – a form of stored glucose. Then, when you run low on glucose – if you haven’t eaten for a while, say – your body can tap into the stored glucose and release it into your bloodstream.

When your pancreas functions normally, your blood glucose fluctuates in response to exercise, stress, infections, food and a variety of other factors. But your hormonal system – including but not limited to the insulin-producing pancreas – continuously makes complex adjustments that keep your blood sugar levels within set limits.

Typical symptoms may include:

- Increased thirst and frequent urination
- Extreme hunger
- Weight loss
- Blurred vision
- Fatigue

Lots of walking, running and sport; also water and raw whole foods can help manage your condition for a long, vital, healthy life.

Diabetes (type 2)

During digestion, your body breaks down carbohydrates from foods such as bread, rice, pasta, vegetables, fruits and milk products into various sugar molecules. One of these sugar molecules is

glucose, the main energy source for your body. Glucose is absorbed directly into your bloodstream after you eat, but it can't enter your cells without the help of insulin.

Your pancreas – a gland located just behind your stomach – produces insulin continuously. And when the amount of blood sugar increase after eating, insulin production also increase. The extra insulin “unlocks” your cells so that more sugar can enter providing your body with energy and maintaining a normal level of sugar in your blood.

In type 2 diabetes, your pancreas makes some insulin, but one or two other problems develop:

- Your muscles and body tissue become resistant to insulin.
- Your pancreas doesn't make enough insulin.

When your cells become resistant to insulin, they refuse to accept it as the key that unlocks the door for sugar. As a result, sugar accumulates in your bloodstream. Exactly why the cells become insulin resistant is because of excess weight, inactivity and animal fatty tissue's because they create the plaque that is the cause of:

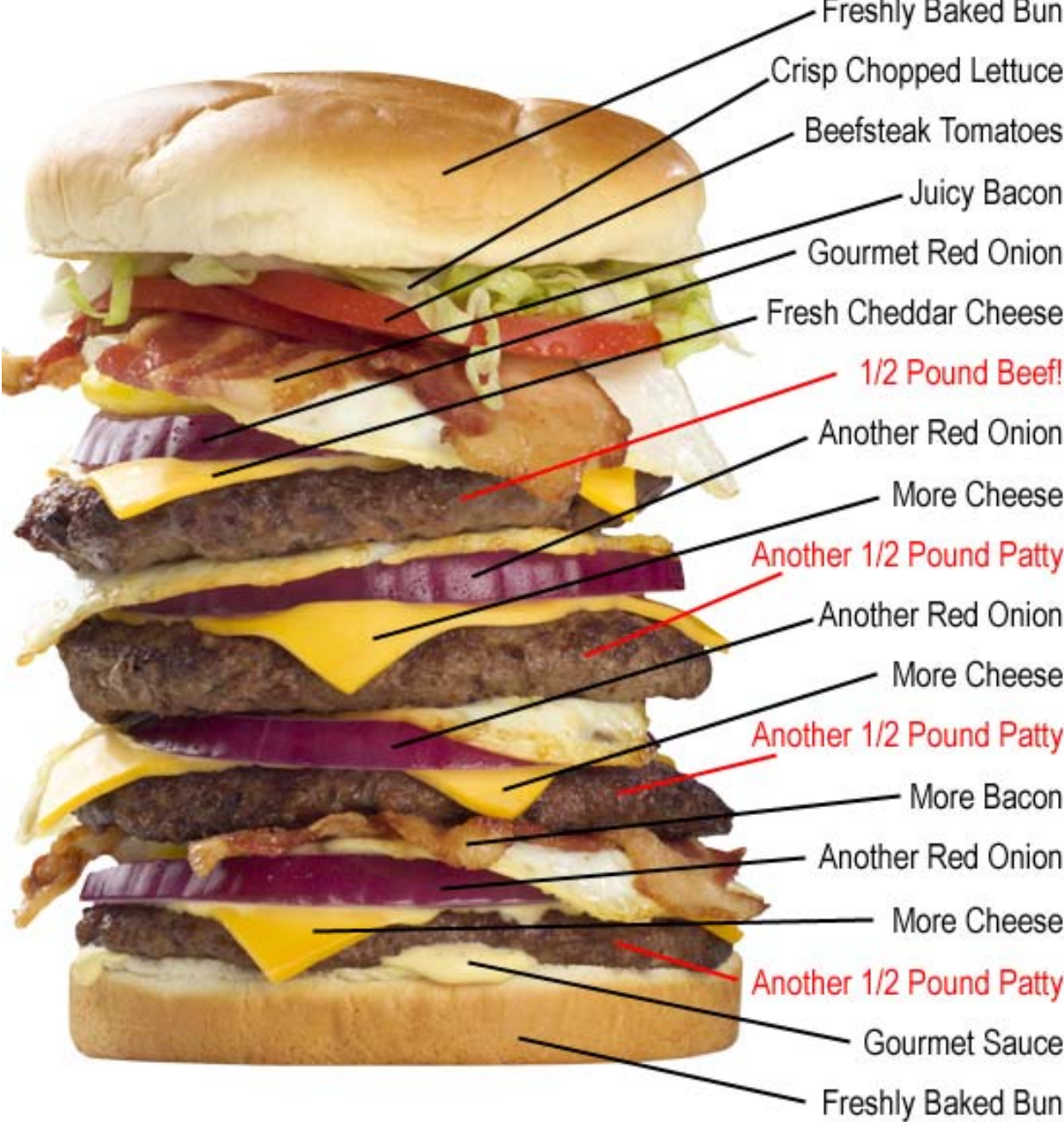
- Flu-like symptoms
- Weight loss or weight gain
- Blurred vision
- Slow-healing sores or frequent infections
- Nerve damage (neuropathy)
- Red, swollen, tender gums

Stop eating crap. Get a life, off the couch. Lose the doughnuts, soda's, candy and synthetic chemical sweeteners, go for a walk and kiss Type 2 goodbye!

Fresh is Best!

LIVE FEELINGS FIRST

Quadruple bypass Burger!



OVER WEIGHT / OBESITY: Farmacist Desk Reference by Don Tolman pages 663 – 668

Do you weigh more than you should?

If so, you're like the two-thirds of American adults who are overweight. This applies in many countries around the world. About one in three is considered to be obese. And childhood overweight / obesity is an all-time high.

Overweight / obesity is more than a cosmetic concern. Being seriously overweight puts you at greater risk of developing high blood pressure and many other serious health risks. Ultimately, obesity can even be life-threatening. Annually in the United States, more than 300,000 deaths are linked to obesity.

The good news is that even a modest weight loss can bring health improvements. In many cases, you can accomplish this by eating healthier, exercising and changing behaviours.

Weight is largely determined by how you balance your intake of calories from food with the energy you use in everyday activities. If you consume more calories than you use, you gain weight. Your body stores calories that you don't need for energy as fat.

Fat is important for storing energy and insulating your body, among other functions. The human body can handle carrying some extra fat, but beyond a certain point, body fat can begin to interfere with your health.



Factors that increase your risk of being obese include:

Diet. Regular consumption of high-calorie foods, such as fast foods, contributes to weight gain. High-fat foods are dense in calories. Loading up on soft drinks, candy and desserts also promotes weight gain. Foods and beverages like these are high in sugar and calories.

Inactivity. Sedentary people are more likely to gain weight because they don't burn calories through physical activities.

Psychological factors. Some people overeat to cope with problems or deal with emotions, such as stress or boredom or lack of self love.

Genetics. If one or both of your parents are obese, your chances of being overweight are greater (they pass on to you their negative emotions surrounding lack of self love). Your genes (inherited emotions) may affect the amount of body fat you store and where that fat is distributed. But, your genetic makeup doesn't guarantee that you'll be obese.

Age. As you get older, you tend to be less active. In addition, the amount of muscle in your body tends to decrease with age. This lower muscle mass leads to a decrease in metabolism. These changes also reduce calorie needs. If you don't decrease your caloric intake as you age, you'll likely gain weight.

Cigarette smoking. Smokers tend to gain weight after quitting. This weight gain may be partially due to nicotine's ability to raise the rate at which the body burns calories (metabolic rate). When smokers stop, they burn fewer calories. Smoking also affects taste; quitting smoking makes food taste and smell better. Former smokers often gain weight because they eat more after they quit. However, cigarette smoking is still considered a greater threat to your health than is extra weight.

Pregnancy. During pregnancy a woman's weight necessarily increases. Some women find this weight difficult to lose after the baby is born. This weight gain may contribute to the development of overweight / obesity in women.

Medications. Corticosteroids and tricyclic antidepressants, in particular, can lead to weight gain. So can some high blood pressure and antipsychotic medications.

Medical problems. Uncommonly, overweight / obesity can be traced to a medical cause, such as low thyroid function, excess production of hormones by the adrenal glands (Cushing's syndrome) or other hormonal imbalances, such as polycystic ovary syndrome. A low metabolic rate is rarely a cause of obesity. A medical problem, such as arthritis, can also lead to decreased activity, which can result in weight gain.



If you're overweight / obese, you're more likely to develop a number of potential serious health problems.

These may include:

High blood pressure. As you put on weight, you gain mostly fatty tissue. Just like other parts of the body, this tissue relies on oxygen and nutrients in your blood to survive. As demand for oxygen and nutrients increases, the amount of blood circulating through your body also increases. More blood travelling through your arteries means added pressure on your artery walls. Weight gain also typically increases the level of insulin, a blood-sugar-controlling hormone, in your blood. The increase in insulin is associated with retention of sodium and water, which increases blood volume. In addition, excess weight often is associated with an increase in your heart rate and a reduction in the capacity of your blood vessels to transport blood. All of these factors can increase blood pressure.

Diabetes. Obesity is a leading cause of type 2 diabetes. Excess fat makes your body resistant to insulin, the hormone that helps your body maintain a proper level of a sugar (glucoses) in your blood. If your body is resistant to insulin, your blood sugar is high – which isn't good – and leads to negative health effects.

Abnormal blood fats. A diet high in saturated fats – red meat and fried foods, for example – can lead to obesity as well as elevated levels of low-density lipoprotein (“bad”) cholesterol. Overweight / obesity is also associated with low levels of high-density lipoprotein (“good”) cholesterol and high levels of

triglycerides. Triglycerides are the form in which most fat exists in food as well as in your body. Over time, abnormal blood fats can contribute to atherosclerosis – the buildup of fatty deposits in arteries throughout your body. Atherosclerosis puts you at risk of coronary artery disease and stroke.

Coronary artery disease. This is a form of cardiovascular disease. It results from the buildup of fatty deposits in arteries that supply your heart. Over time these deposits can narrow your heart's arteries, so less blood flows to your heart. Diminished blood flow to your heart can cause chest pain (angina). Complete blockage can lead to a heart attack.

Stroke. Obesity is associated with atherosclerosis – the buildup of fatty deposits in arteries throughout your body, including arteries in your brain. If a blood clot forms in a narrowed artery in your brain, it can block blood flow to an area of your brain. The result is a stroke. Being obese raises your risk of a stroke.

Osteoarthritis. This joint disorder most often affects the knees, hips and lower back. Excess weight puts extra pressure on these joints and wears away the cartilage that protects them, resulting in joint pain and stiffness.

Sleep apnoea. This serious condition causes a person to stop breathing for short periods during sleep and to snore heavily. The upper airway is blocked during sleep, which results in frequent awakening at night and subsequent drowsiness during the day. Most people with sleep apnoea are overweight, which contributes to a large neck and narrowed airways.

Cancer. Many types of cancer are associated with being overweight. In women, these include cancers of the breast, uterus, cervix, ovaries and gallbladder. Overweight men have a particularly higher risk of cancers of the colon, rectum and the prostate.

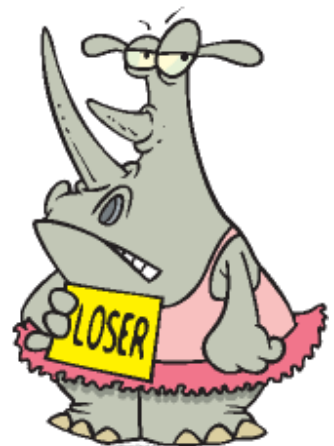
Fatty liver disease. When you're obese, fats can build up in your liver. This fatty accumulation can lead to inflammation and scarring of the liver. Such scarring can cause cirrhosis of the liver, even if you're not a heavy alcohol drinker.

Gallbladder disease. Because overweight people may produce more cholesterol, which can be deposited in the gallbladder, the risk of gallstones is higher in obese people.

Overweight / obesity can also contribute to gout, a joint disorder.

The good news is that losing even modest amounts of weight can lower your blood pressure, reduce your risk of cardiovascular disease and stroke, improve glucose control in diabetes, improve signs and symptoms of osteoarthritis and sleep apnoea, and lower your risk of cancer.

The amount of weight you need to lose to improve your health may be much less than what you feel you need to lose. The first goal in dealing with obesity is to achieve and maintain a healthier weight.



In many cases, losing weight can be accomplished by committing to eating a healthier diet, exercising and changing behaviours.

To lose weight and keep it off, eat moderate amounts of nutrient-rich, low-fat, low-calorie foods.

Choose healthy foods. Healthy foods include vegetables, fruits, grains and lean sources of protein, including beans, legumes and most vegetables. These foods optimize nutrition and taste and promote a healthy weight. Eat a variety of healthy foods in lieu of junk foods.

Choose the right carbohydrates. Nutrition experts generally agree that 45% to 65% of your total daily calories should come from carbohydrates. But be choosy about those you eat. Steer away from simple carbohydrates, such as table sugar and other sweeteners, and limit commercial fruit juice, which is a type of carbohydrate concentrated in calories. Instead, try to eat plenty of complex, high-fibre carbohydrates, such as whole-grain bread and pasta, brown rice, and other grains, such as oatmeal and fresh fruit.

Cut back on sweets. Limit candies, cakes, cookies, muffins, pies, doughnuts, and frozen desserts.

Reduce fat. Because fat has more twice the calories of carbohydrate and protein ounce for ounce, reducing the fat content of your diet is an important way to cut calories. Foods high in fat include most fast foods, pastries, red meats, hydrogenated oils, margarine, and some, salad dressings and Miracle Whip.

Increase Physical Activity. Another way to lose weight is to increase physical activity.

Adding physical activity to your life doesn't mean you have to wear a sweat suit every day. A few minutes of walking or stair climbing can be as good for you as structured exercise. Here are some other simple ways to add more activity to your day:



- Take the stairs – not the elevator. Park in the farthest spot in the parking lot.
- Walk or bike to work or to the store.
- Walk during the lunch hour.
- Play with your children instead of watching them play.
- Walk with your family after dinner.
- Do weekend chores the physical way – use a push mower to mow the lawn or wash your car manually.
- Use a pedometer and try to increase the number of steps you walk each day.

Even fidgeting helps burn calories. A Mayo Clinic study found that people who fidget, change their posture and periodically get up and move around burn as much as an extra 350 calories a day compared with more sedentary people. Those calories could translate to a loss of more than 30 pounds (14

kilograms) over the course of a year, which means that even a little activity throughout the day can add up and help promote a healthy weight.

Behaviour change:

To lose weight and keep it off, you need to make changes in your lifestyle.

There's more to changing your lifestyle than choosing different foods and putting more activity into your day. It also involves changing your approach to eating and activity, which means changing how you think, feel and act.

Research has demonstrated that a number of tools and tips are effective in helping you change. **Follow these tips for change:**

Motivate yourself. No one can make you lose weight. In fact, increased external pressure – often from people close to you – may only make matters worse. Likewise, trying to lose weight to satisfy someone else rarely works either. Make diet and exercise changes to please yourself.

Make lifestyle changes a priority. As you're planning to launch new weight-related lifestyle changes, make sure you've resolved other pressing problems in your life. It takes a lot of energy to change habits, and you want to be sure you're focused on the matter at hand.

Have a plan. Work out a strategy that will gradually change the habits and attitudes that may have undermined your past efforts to lose weight. Choose a definite start date. Consider how often and how long you will exercise. Determine a realistic eating plan that includes plenty of water, fruits and vegetables.

Write everything down. When and where will you do the steps in your plan? How will your plan fit into your schedule? What are the potential roadblocks, and how will you deal with them?

Set small goals. Remember that you're in this for the long haul. You're making lifestyle changes, and the goals you've written down are your first baby steps in that direction. Anything you undertake too intensely or too vigorously will often become uncomfortable, and you're more likely to give it up.

Surround yourself with good examples. As you set your goals, it helps to surround yourself with good examples. Books and magazines that include plenty of real-life stories, healthy and easy recipes, exercise tips and interesting facts about fitness. Even if you eat meat, a publication such as: *Vegetarian Times*; can provide a wealth of low-fat recipes.

Avoid food triggers. Distract yourself from your desire to eat with something positive, such as calling a friend. Practice saying no to unhealthy foods and big portions. Eat when you're actually hungry – not when the clock says it's time to eat. When you eat, focus on eating. Serve your meals on smaller plates to make less food seem like more. In general, store food out of sight and don't keep junk foods around.

Focus on the positive. Rather than focusing on what you can't eat, focus on what you can eat. Look at what new tastes and activities you can discover that will enhance your health.

Don't give up. So much in American culture, and else where, conspires to make and keep you overweight. You will have setbacks. Don't expect perfection, too quickly. But don't give up. Use relapses to get back on track. Motivate yourself with healthy, non-food rewards when you reach goals. Dealing with obesity may mean taking a hard look at how you live and making some tough changes. It may be helpful to talk to weight-loss specialist or others trying to lose weight. They may be able to help you think of food and exercise in a new light.

**Udo Erasmus CHOICE FOOD PYRAMID:
HEALTHY PEOPLE**

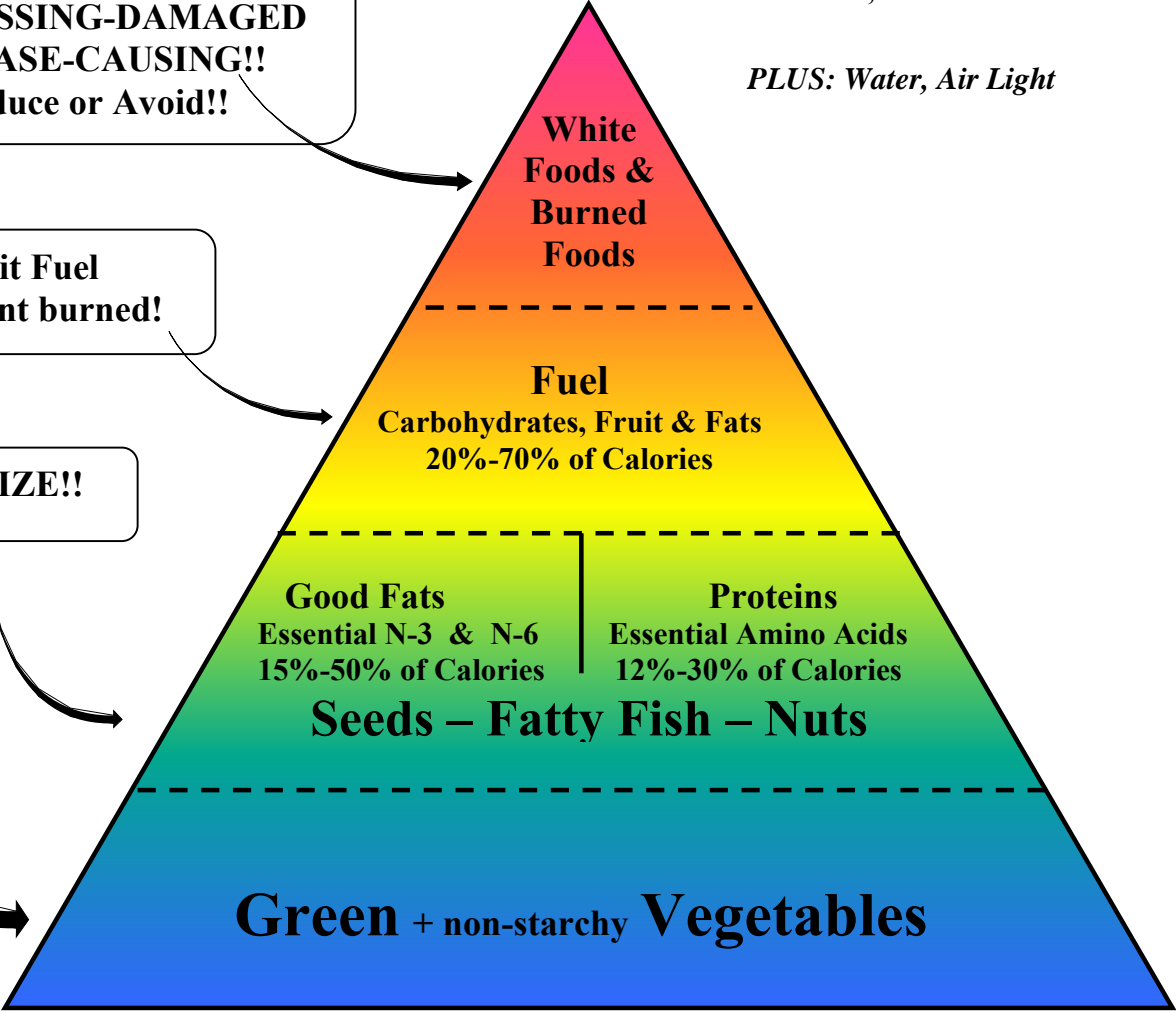
SUPPLEMENTS:
Digestive Enzymes,
Probiotics, Antioxidants,
Fibre, Phytonutrients,
Minerals, Vitamins.

PLUS: Water, Air Light

**NUTRIENT – DEFICIENT
PROCESSING-DAMAGED
DISEASE-CAUSING!!
Reduce or Avoid!!**

**Limit Fuel
to amount burned!**

EMPHASIZE!!



Udo's Choice™ Food Pyramid
Illustrates health food choices as forming the base or bottom.
As you proceed higher on the pyramid, you encounter foods that present more of an obstacle to digestion and metabolism.

Synthetic liquid meals, diet pills and unusual combinations of foods aren't the key to long-term weight control and better health. Instead, learn how to eat a variety of healthy whole foods.

Adopting a new eating style that promotes a healthy weight for you must include lowering your total calorie intake. But decreasing calories need not mean decreasing taste, satisfaction or even ease of meal preparation. One way you can lower your calories intake is by eating more plant-based foods – fruits, vegetables and whole grains. Strive for variety to help you achieve your goals without compromising taste or nutrition. Cutting back on calories is easier if you focus on limiting fat. Perhaps you've noticed that the days of the four basic food groups – dairy, meat and protein, fruits and vegetables, and breads and cereals – are long gone. Today, healthy-eating plans – including the U.S. Department of Agriculture's My Pyramid – encompass a far wider range of options. Such options include legumes, whole grains, seeds and nuts, and even plant oils, such as olive oil. Add in ethnic, religious, cultural and personal preferences, and you have more options than ever when planning healthy meals and snacks.

Healthy eating can be presented in a variety of plans, but eating healthfully doesn't have to be complicated. Follow some basic principles common to all healthy-eating plans to help you stay on the path to good health.

With the variety of healthy-eating plans available, you may wonder which to follow. It may help to know that the basic principles of healthy-eating plans are largely the same and generally include the following:

- Eat more fruits, vegetables and whole grains.
- Reduce intake of saturated fat and cholesterol (animals).
- Include physical activity in your daily routine.

Healthy-eating plans also place foods in categories in order to help guide your food choices. Since no single food provides all of the nutrients that your body needs, eating a variety of foods within each group ensures that you get the necessary nutrients and other substances that promote good health.

Eat food. Not too much. Mostly plants.



Such plans typically present these groups of food:

Fruits

From apricots to oranges, fruits are great sources of vitamins, minerals, phytochemicals – a group of compounds that may help prevent chronic diseases such as cardiovascular disease, cancer and diabetes – and soluble fibre.

Vegetables

Like fruits, vegetables are great sources of vitamins, minerals, fibre and phytochemicals, which may improve health. If you don't smother them in cream sauces, margarine or dips, vegetables are low in fat and calories.

Grains

Breads, pasta, rice, noodles, couscous, polenta, bulgur and other grains are your main sources of carbohydrates. Most are low in fat. Choose whole grains as much as possible for more fibre and a wider variety of nutrients.

Dairy products

Milk, cheese, eggs, yogurt and other dairy products are good sources of calcium, protein and other vitamins and minerals, especially if they are raw and organic.

Legumes

Soybeans, black beans, split peas and lentils – are good substitutes for meat because they provide primary protein and also have fibre, without the extra cholesterol, toxins, secondary fat and calories.

A study published in the International Journal of Obesity says after you eat a cup of peanuts, you're not as likely to want other typical foods high in fat, protein or processed carbohydrates, and peanuts help you lose weight!

Permanent ideal weight control that is safe, natural, and permanent is about having less weight and more vibrant life.

Excess weight is about:

- Feeling trapped.
- Not being seen by others.
- Being judged by your size, not your personality.
- Trying to hide.
- Always feeling you have to make excuses for your appearance.
- Feeling out of control of your life.
- Being obsessed by food.
- Hiding food to eat later, unseen by others.
- It's better to risk your health to lose weight (for example, PhenFen) than to continue risking your sense of self worth by staying overweight.
- Fear of food – hating food – loving food.
- Feeling addicted to high fat, high sugar foods.
- Losing contact with your inner feelings.



- Not looking at yourself closely in the mirror.
- Making less money than thin people.
- Having fewer job prospects than thin people.
- Seldom finding clothes you feel comfortable or attractive in.
- Not doing things with your kids, spouse, friends because they are difficult to do at your present size.
- Giving up on your dreams – this mental loop says: if you can't control your weight, how could you ever believe you could fulfil your dreams!
- Feeling kids and spouse are ashamed to be with you in public or on the other hand it feels good to be seen in public with a thin, attractive person – at least you can bask in the positive attention they get.
- Fearing the health effects of excess weight in later life that could make you incapacitated and physically dependent on others.
- Fearing that if you do lose weight your spouse will think you are out to get a new lover.
- You spend so much time doing things for others, you have no time for yourself, so food is comfort.
- You might as well do things for other people, at least they deserve some attention and affection, even if you don't.
- Empty stomach – empty heart. Full stomach – full heart. It's about thinking you have failed with so many diets, there must be something wrong with you.
- Loss of self confidence – if you can't do a simple diet right, you're really screwed up.
- If you're screwed up, you can't possibly have the moral and personal authority to teach your kids right, to act as a good example for them – you can't even do it for yourself.
- Losing all sense of sexuality, knowing you'll never feel sexy again.
- Fear of physical intimacy.
- Fear that if you lose this relationship, you'll never have another one.

Self love is a major key driver influencing your weight. Early life experience, such as being a victim of child abuse, creates a lack of self love leading many girls to over eat to avoid being sexually attractive.

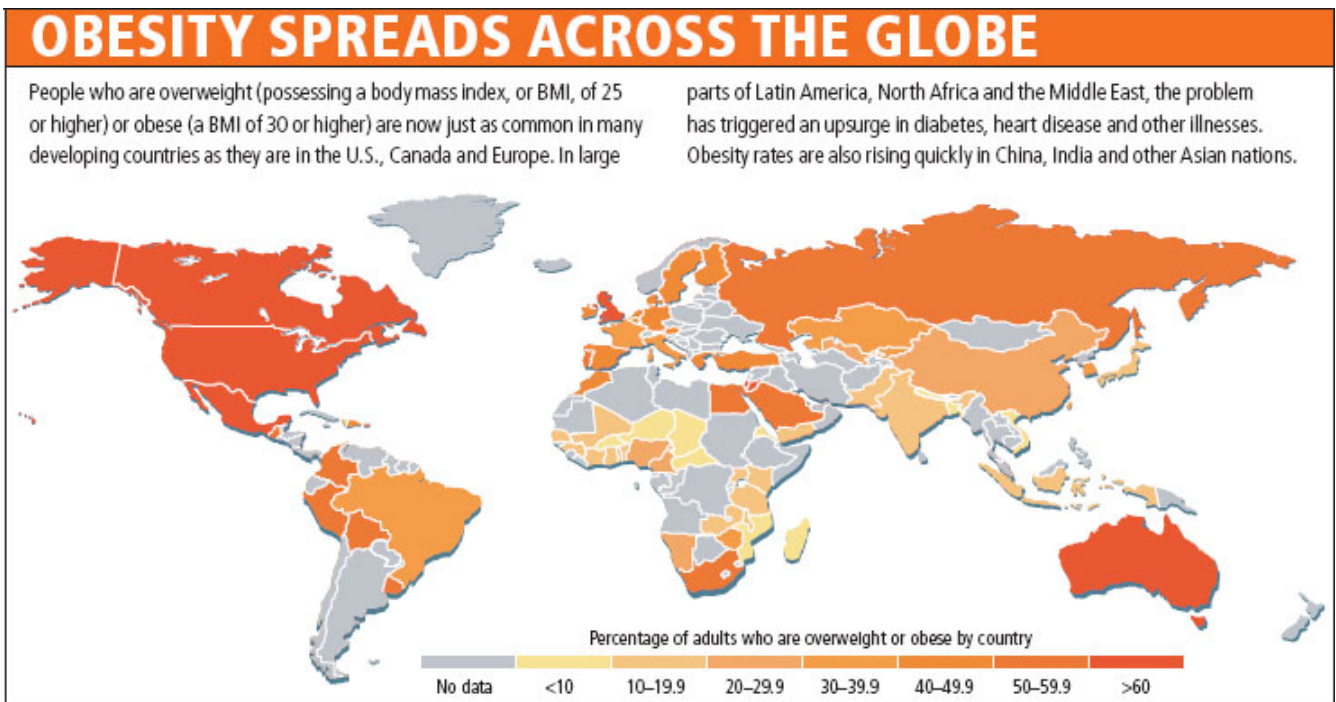
Self love, the lack of it, underlies the majority of the negative issues outlined in the above list of issues leading to obesity. Developing your personal self love greatly improves your physical well being and happiness.



**PASCAS
HEALTH**



**PASCAS
PAPER**



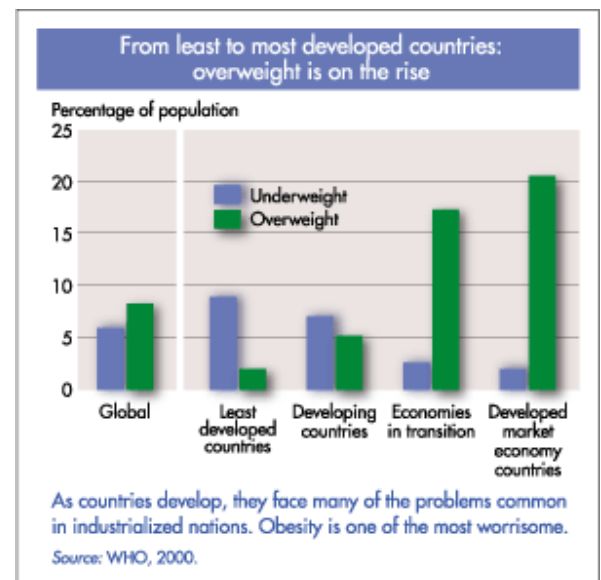
The nutrition transition and obesity

<http://www.fao.org/FOCUS/E/obesity/obes2.htm>

Obesity in the developing world can be seen as a result of a series of changes in diet, physical activity, health and nutrition, collectively known as the 'nutrition transition.' As poor countries become more prosperous, they acquire some of the benefits along with some of the problems of industrialized nations. These include obesity.

Since urban areas are much further along in the transition than rural ones, they experience higher rates of obesity. Cities offer a greater range of food choices, generally at lower prices. Urban work often demands less physical exertion than rural work. And as more and more women work away from home, they may be too busy to shop for, prepare and cook healthy meals at home. The fact that more people are moving to the city compounds the problem. In 1900, just 10 percent of the world population inhabited cities. Today, that figure is nearly 50%.

That is not to say that rural areas are immune. Increased mechanization of farm activity leads to reduced physical activity at the same time that more food -- but not necessarily a better variety of foods -- becomes available. Many rural farmers have given up subsistence farming of multiple crops that provide a more balanced diet in favour of a single, high-yielding cash crop.



Importing poor eating habits

Another element of the nutrition transition is the increasing importation of foods from the industrialized world. As a result, traditional diets featuring grains and vegetables are giving way to **meals high in fat and sugar**.

Some critics blame industrialized countries for producing leaner cuts of meat for their own citizens but selling the high-fat remainders elsewhere. Turkey tails and mutton flaps (cuts of skin, fat and little meat) are sold to the developing world, for instance, despite the fact that 80% of the energy in these items come from fat.

And as food companies watch incomes rise in the developing world, they are setting their sights on new markets. From Mexico to Morocco, the same foods that jeopardize health in wealthy countries are now tempting poor ones.



Cities--with their greater choice of food and less active lifestyle--are increasingly home to obesity. A woman shops in a market in Turkey. (FAO/22457/R. Messori)

Other dietary changes are taking place regardless of outside influences. In China, when per capita income grew fourfold after the economic reforms of the late 1970s, the consumption of high-fat foods soared. And while incomes grew, the income needed to purchase a fatty diet decreased. In 1962, a diet containing 20% of total energy from fat correlated with a per capita GNP of US\$1,475. By 1990, a GNP of just \$750 correlated with the same diet.

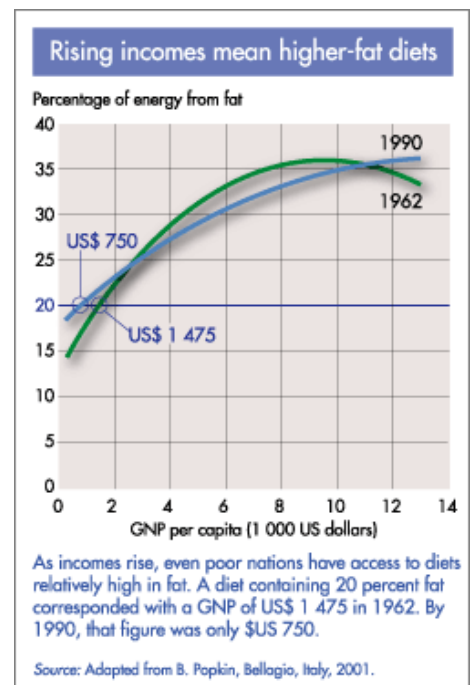
In a number of countries, globalization has changed the face of obesity. In Mexico and Brazil, for example, where overweight used to be a sign of wealth, it now often marks poverty. The increased availability of foods at lower prices means the poor have access to a richer diet. While the elite can choose to adopt a healthy lifestyle, the poor have fewer food choices and more limited access to nutrition education.

The cost of a poor diet

The underweight and overweight share high levels of sickness and disability, shortened life spans and reduced productivity. Obesity increases the risk of chronic diseases such as diabetes, hypertension, heart disease, stroke, gall bladder disease and a number of cancers.

And the developing world risks suffering the lion's share of the growing disease burden. For instance, the number of people with obesity-related diabetes is expected to double to 300 million between 1998 and 2025 -- with three-quarters of that growth projected in the developing world.

For nations whose economic and social resources are already stretched to the limit, the result could be disastrous.



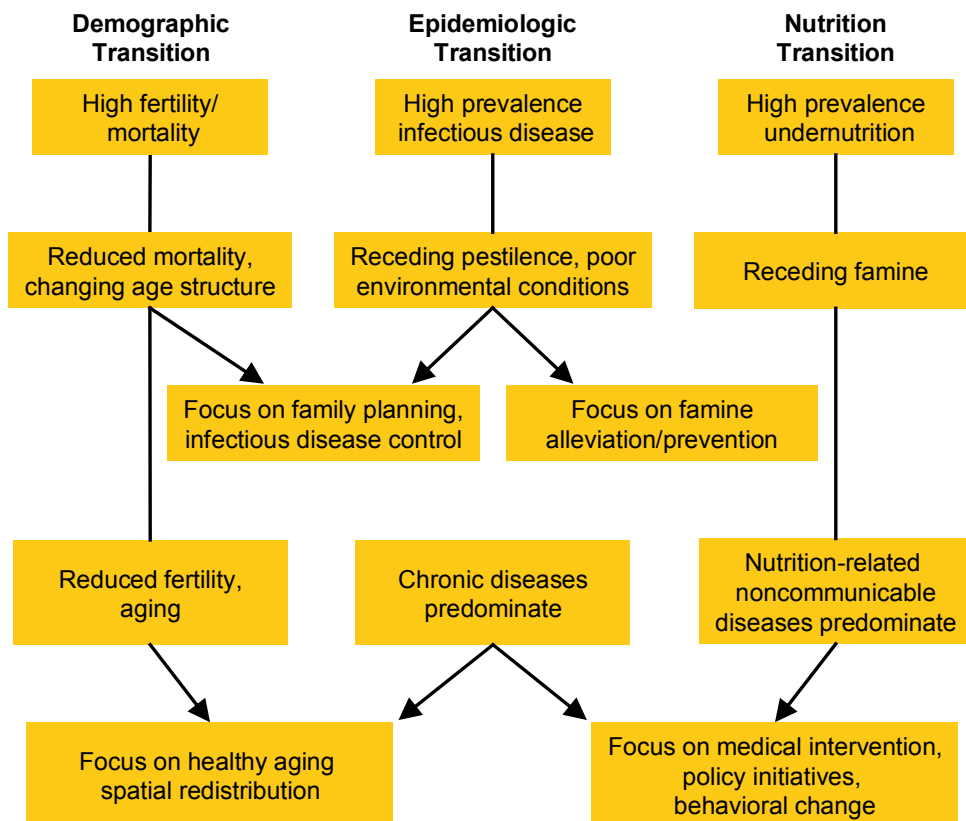
What is the Nutrition Transition?

<http://www.cpc.unc.edu/projects/nutrans/whatis>

Two historic processes of change precede or occur simultaneously with the nutrition transition. One is the demographic transition: the shift from a pattern of high fertility and high mortality to one of low fertility and low mortality (typical of modern industrialized countries). Even more directly relevant is the epidemiologic transition, first described by Omran: the shift from a pattern of prevalent infectious diseases associated with malnutrition, periodic famine, and poor environmental sanitation to a pattern of prevalent chronic and degenerative diseases associated with urban-industrial lifestyles. A third pattern of delayed degenerative diseases has been recently formulated by Olshansky and Ault that accompanying this progression is a major shift in age-specific mortality patterns and a consequent increase in life expectancy. Interpretations of the demographic and epidemiologic transition share a focus with the nutrition transition on the ways in which populations move from one pattern to the next.

Large shifts have occurred in dietary and physical activity patterns. These changes are reflected in nutritional outcomes, including changes in average stature and body composition. **Modern societies seem to be converging on a diet high in saturated fat, sugar, and refined foods and low in fibre, often termed the "Western diet."** Many see this dietary pattern to be associated with high levels of chronic and degenerative diseases and reduced disability-free time. These three relations are presented in Figure 1.

Figure 1. Stages of Health, Nutrition, and Demographic Change



Source: Popkin (2002). Pub. Health Nutr 5.

Human diet, activity patterns, and nutritional status have undergone a sequence of major shifts, defined as broad patterns of food use and their corresponding nutrition-related diseases. Over the past three centuries, the pace of dietary and activity change appears to have accelerated in varying degrees in different regions of the world. Moreover, dietary and activity changes parallel major changes in health status as well as major demographic and socioeconomic changes. Obesity emerges early in these shifts, as does the age and level of morbidity and mortality. We can think of five broad nutrition patterns. They are not restricted to particular time periods of human history. For convenience, the patterns are outlined as historical conditions / events; early patterns are not restricted to the periods in which they first arose but continue to characterize certain geographic and socioeconomic subpopulations.

Pattern 1: Collecting Food

This diet, which characterizes hunter-gatherer populations, is high in carbohydrates and fibre and low in fat, especially saturated fat. The proportion of polyunsaturated fat in meat from wild animals is significantly higher than that from modern domesticated animals. Activity patterns are very high and obesity among hunter-gatherer societies is rare. Note that much of the research on hunter-gatherers is based on modern hunter-gatherers, as there is much less evidence on pre-historic people.

Pattern 2: Famine

While the variety of food becomes much less diverse, changes in diet varies across cultures and periods of acute scarcity. Dietary changes are hypothesized to be associated with nutritional stress and a reduction in stature (estimated by some at about 4 inches – 10cm). During the later phases of this pattern, social stratification intensifies, and dietary variation increases according to gender and social status. The pattern of famine (as with each of the patterns) has varied over time and space. Some civilizations are more successful than others in alleviating famine and chronic hunger, at least for their more privileged citizens. The types of physical activities change but there is little change in activity levels during this period.

Pattern 3: Receding Famine

The consumption of fruits, vegetables, and animal protein increases, and starchy staples become less important in the diet. Many earlier civilizations made great progress in reducing chronic hunger and famine, but only in the last third of the last millennium have these changes become widespread, leading to marked shifts in diet. However, famines continued well into the 18th century in portions of Europe, and today they remain common in some regions of the world. Activity patterns start to shift and inactivity and leisure become part of the lives of more people.

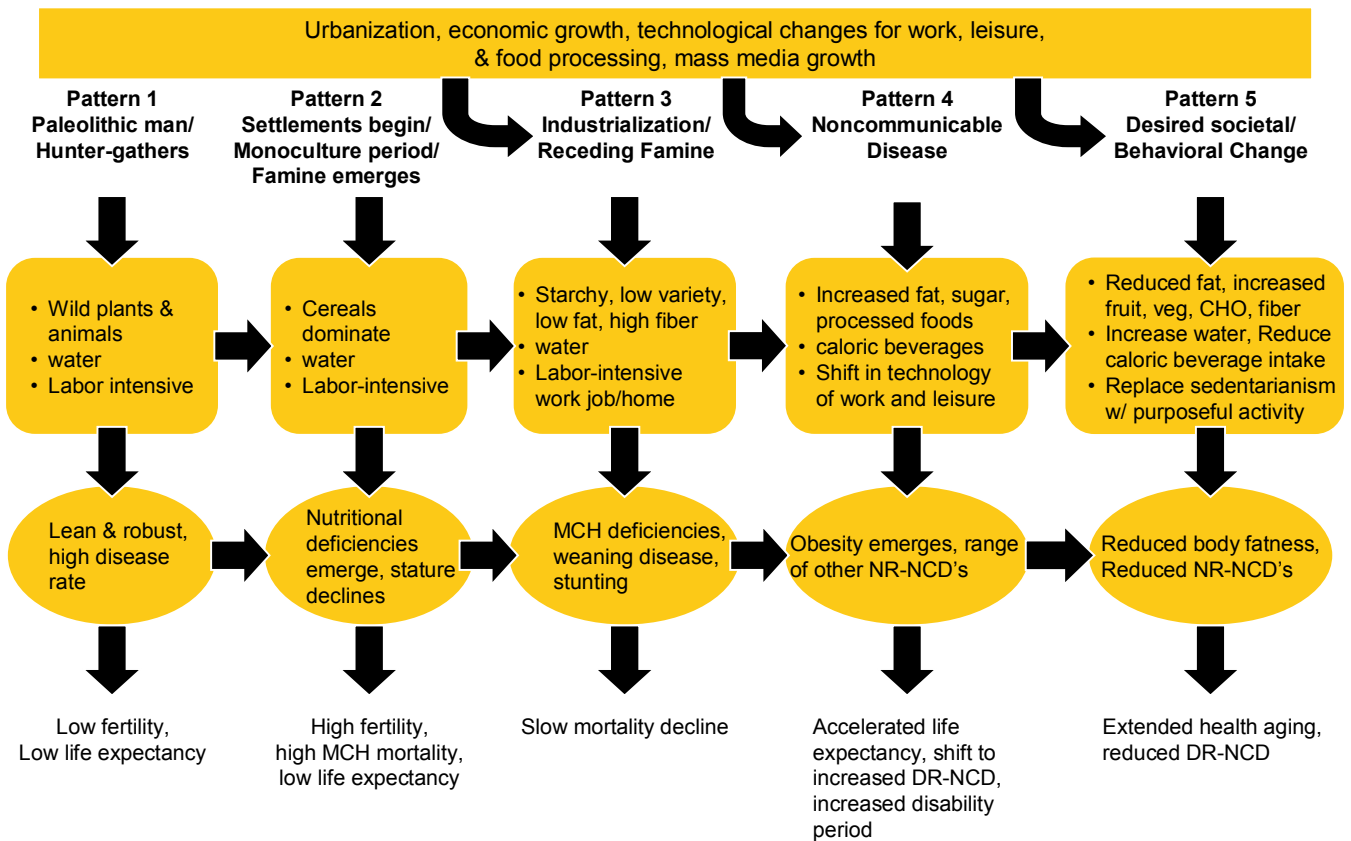
Pattern 4: Nutrition-Related Non-communicable Disease (NR-NCD)

In most high-income societies (and increasingly in portions of low-income societies) a diet high in total fat, cholesterol, sugar, and other refined carbohydrates and low in polyunsaturated fatty acids and fibre is often accompanied by an increasingly sedentary life. The result is an increased prevalence of obesity that leads to the degenerative diseases characterized in Omran's final epidemiologic stage.

Pattern 5: Behavioural Change

A new dietary pattern appears to be emerging as a result of changes in diet, evidently associated with the desire to prevent or delay degenerative diseases and prolong health. These changes, which are instituted in some countries by consumers and in others by government policy, may be found to constitute a large-scale transition in dietary structure and body composition. If such a new dietary pattern takes hold, it may be very important in enhancing successful aging, i.e., postponing infirmity and increasing the disability-free life span. Our focus is increasingly on patterns 3, 4, and 5, in particular on the rapid shift in much of the world's low- and moderate-income countries from the stage of receding famine to NR-NCD. Figure 2 presents this focus. The concern about this period is so great that the term the nutrition transition is synonymous, for many, with the shift from Pattern 3 to 4.

Figure 2. Stages of the Nutrition Transition

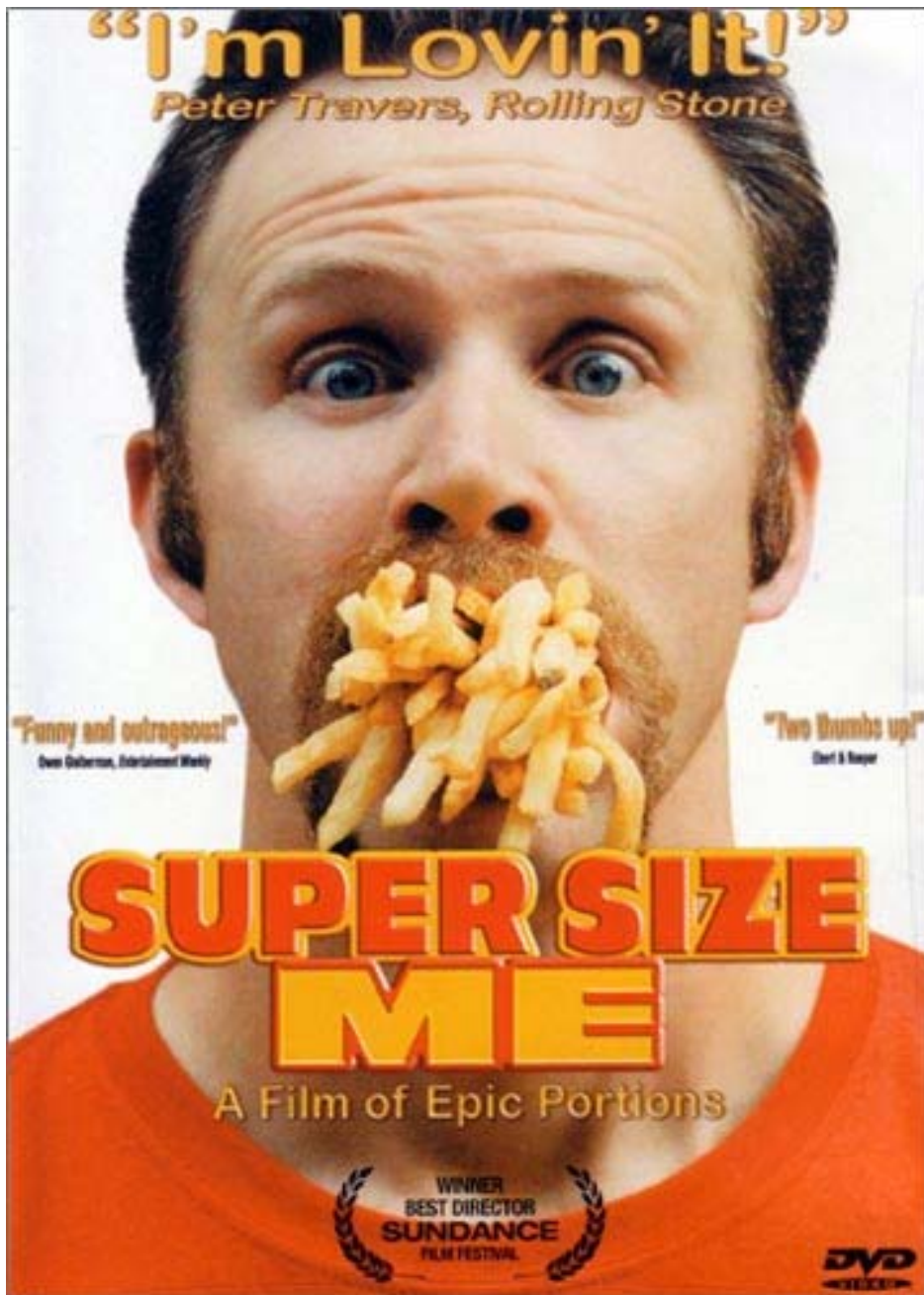


Hungry Planet – What the World Eats

theashram.blogspot.com/2006_02_01_archive.html

What Is Eaten In One Week Around The World...

Take a good look at the family size and diet of each country, and the availability and cost of what is eaten in one week.



Germany : The Melander family of Bargteheide
 Food expenditure for one week: 375.39 Euros or US\$500.07



United States : The Revis family of North Carolina. Food expenditure for one week US\$341.98
 (Sure hope most American families eat more fresh fruits and vegetables and less junk food than this family.)



Mexico : The Casales family of Cuernavaca
Food expenditure for one week: 1,862.78 Mexican Pesos or US\$189.09



Italy: The Manzo family of Sicily
Food expenditure for one week: 214.36 Euros or US\$260.11



Egypt : The Ahmed family of Cairo
Food expenditure for one week: 287.85 Egyptian Pounds or US\$68.53



Ecuador : The Ayme family of Tingo
Food expenditure for one week: US\$31.55



Bhutan : The Namgay family of Shingkhey Village
Food expenditure for one week: 224.93 ngultrum or US\$5.03



Chad : The Aboubakar family of Breidjing Camp
Food expenditure for one week: 685 CFA Francs or US\$1.23





Results of the study revealed that sweets were the number one calorie consumed followed by hamburgers, pizza and potato chips. The other highly consumed calorie was soda, which made up for 7.1 percent of all the calories consumed.

On the other hand, nutritious foods such as fruits and vegetables accounted for 10 percent of the total calories consumed by Americans.

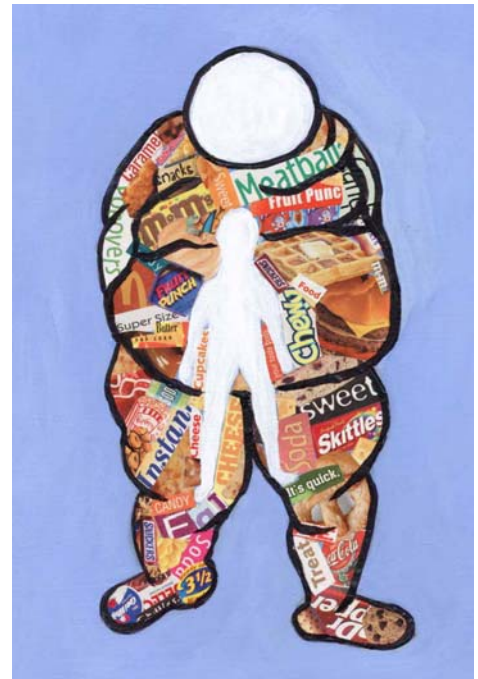
Experts stressed that a **significant portion of American diets were severely lacking essential vitamins and minerals** and recommended that people focus on the kind of food they ate, not necessarily on eating smaller portions.

90% of the money Americans spend on foods goes towards processed foods.

How can we possibly be healthy with that much processed food in our diet? We really need the reverse ratio to stay healthy, 90% non-processed food and spend plenty of time in our kitchens to prepare it.



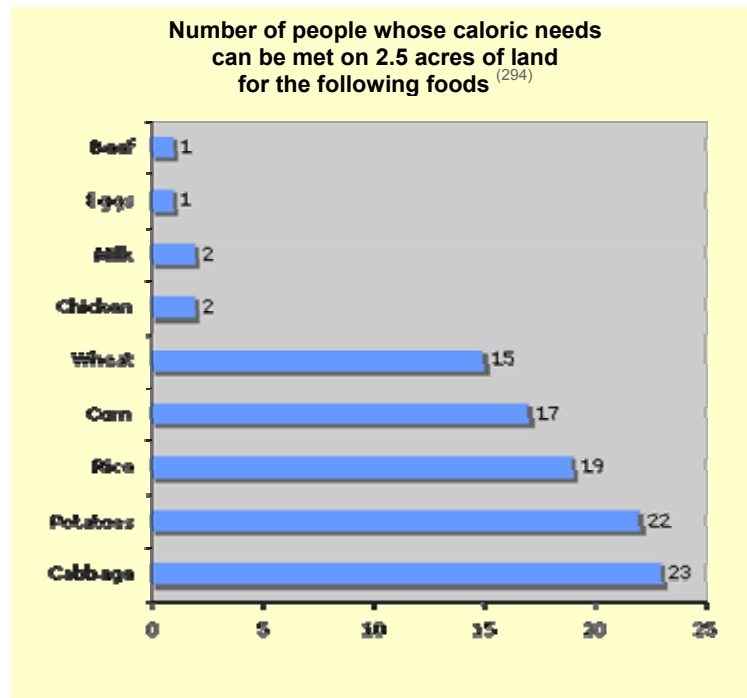
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Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.

RAW FOOD MEALS:





The Hunger Argument

Number of people worldwide who will die as a result of malnutrition this year: 40 million
 Number of people who could be adequately fed using land freed if Americans reduced their intake of meat by 10%: 100 million
 Percentage of corn grown in the US eaten by people: 20
 Percentage of corn grown in the US eaten by livestock: 80
 Percentage of oats grown in the US eaten by livestock: 95
 Percentage of protein wasted by cycling grain through livestock: 90
 How frequently a child dies as a result of malnutrition: every 2 point 3 seconds
 Pounds of potatoes that can be grown on an acre: 40,000
 Pounds of beef produced on an acre: 250
 Percentage of US farmland devoted to beef production: 56
 Pounds of grain and soybeans needed to produce a pound of edible flesh from feedlot beef: 16

Almost half the world — over three billion people — live on less than \$2.50 a day.
 At least 80% of humanity lives on less than \$10 a day.
<http://www.globalissues.org/article/26/poverty-facts-and-stats>

Meeting the Poor's Basic Needs

- As many as 2.8 billion people on the planet struggle to survive on less than \$2 a day, and more than one billion people lack reasonable access to safe drinking water.
- The U.N. reports that 825 million people are still undernourished; the average person in the industrial world took in 10 percent more calories daily in 1961 than the average person in the developing world consumes today.

<http://www.worldwatch.org/node/810>

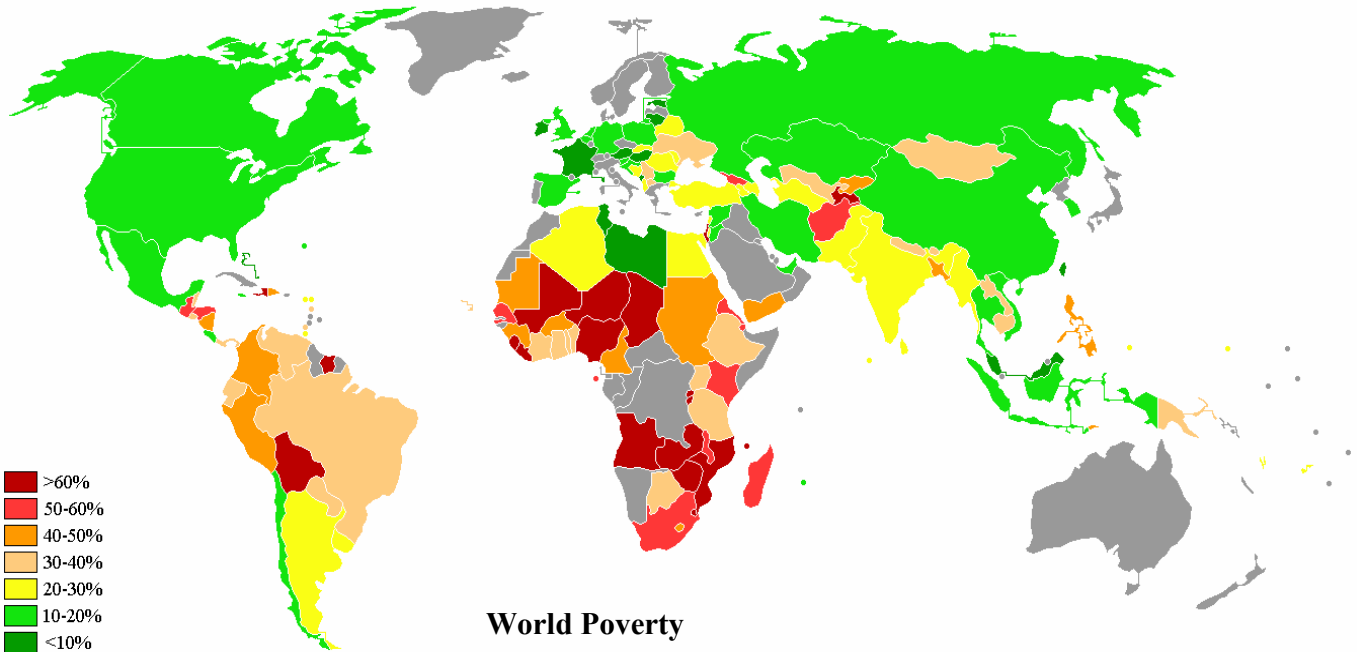
When I eat meat, I am using 20 times more Earth resources than I would use if I was eating something that was not meat.

A world vision:

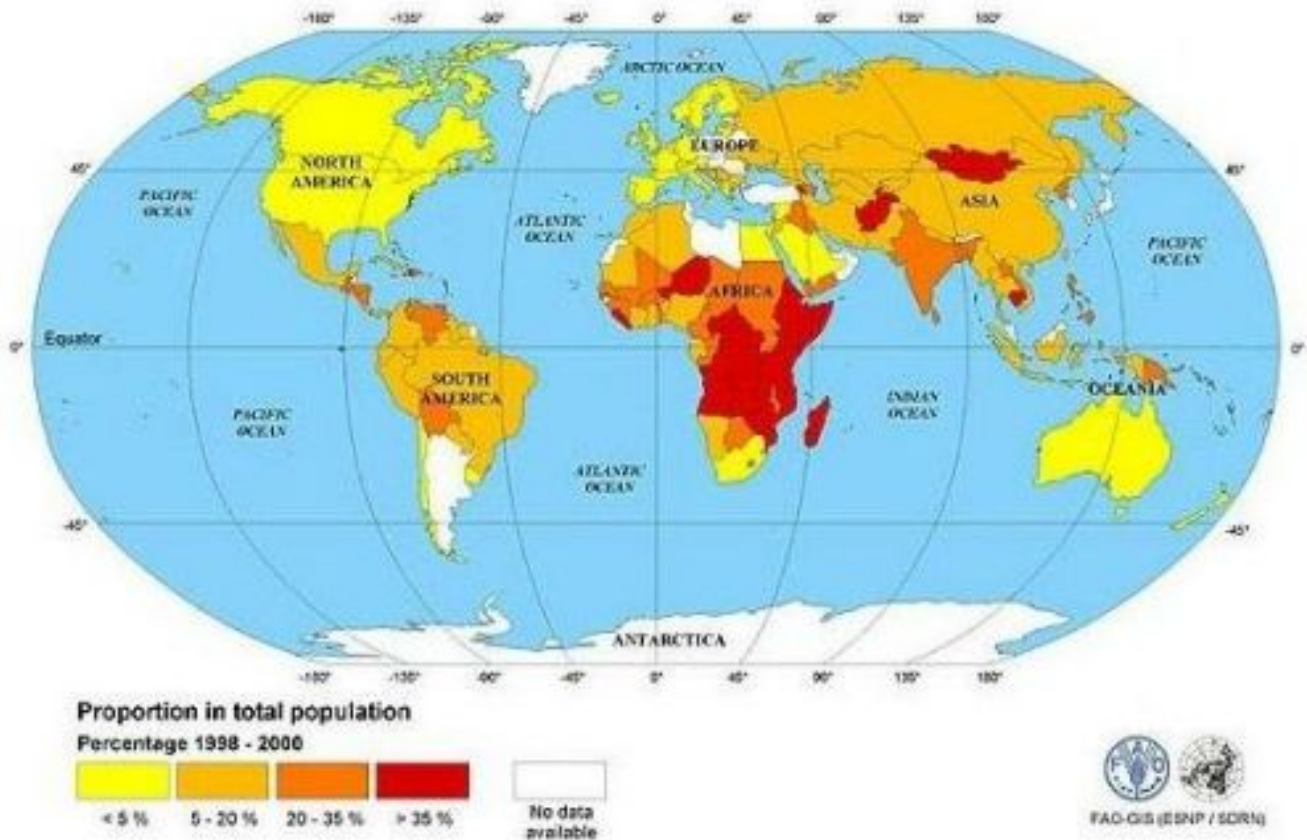
**Every single person has clean water to drink.
They have clean water to wash and bath in.
They have food that is harmonious with Divine Love in abundance.
They have beautiful clothing available to them.
And they have shelter at a high standard available to them.**

**And it is all available to them for free, with one proviso;
If they are able to work, they work.**

If the entire population on the planet who eat meat, stopped eating meat, our food resources could increase by 19 to 20 times.



World Starvation % of Population



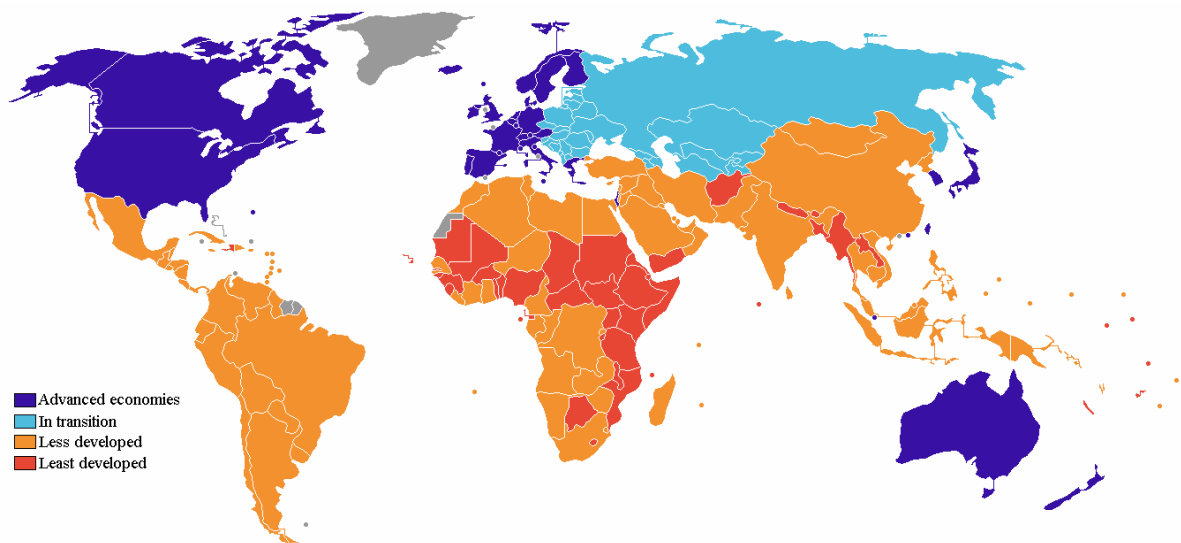
Meat production involves horrific amounts of water, land, energy, and pollution, compared to plant foods.

<http://www.pascashealth.com/index.php/library.html>

Library Downloads – Pascas Papers

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address.

info@pascashealth.com



33% of the world's population use 83% of the world's resources.

Is this loving?

The emotion of lack, we never seem to be happy with enough, instead we want more than enough.

The emotion of fear, we are afraid of the future so much that we feel that we have to have \$50,000 sitting in the bank before we can be secure. Do you know how much \$50,000 would pay for in a country in Africa?

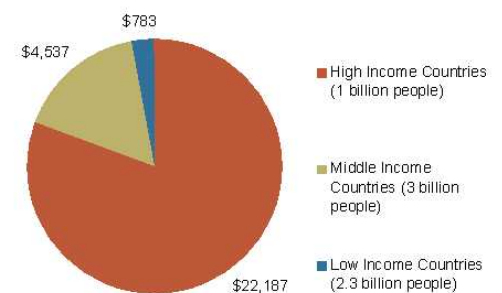
Many in Africa earn a dollar a week, that \$50,000 is a thousand years work for them. A dollar a day, that is one hundred and fifty years work for them.

Vision – every single person in Western civilization starts feeling about what they are doing to this planet and the people on it, just by the choices that we are making that we think we have the right to make.

How can you think about dealing with your spirituality when you don't even have enough to eat in a day?

How can we reach 7 billion people when over 4 billion people are starving? They want to know were they are going to get their next meal, let alone how are they going to deal with spirituality at that level? Not only are their very basic physical necessities are not being met.

The only way for that to occur is for the 33% using 83% of resources to start changing here at the heart.



LIVING FOOD versus DEAD FOOD:**FRESH is BEST!**

The Map of Conscious table as developed by David Hawkins enables the energy level of anything to be ascertained by using kinesiology. The table goes from 1 to 1,000.

The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.

A calibration increase of 1 point is in fact a 10 fold increase in energy.

A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.

Thus the energy differentials are in fact enormous!

Living foods, vegetables and fruit, typically calibrate from 450 to 550, say 500 on average.

Dead foods, meat from 360 to 440, and fish from 270 to 480, calibrate 400 on average.

Living foods already have a massively higher energy factor, some 100 points advantage over dead foods and that is before processing and cooking. Much of the living foods can be eaten raw, not so with dead foods.

Each processing step typically depletes the energy level by around 100 points per process.

Grinding or mincing the meat deduct 100 points.

Cooking the meat (the longer it takes, the more it depletes) deduct 100 points.

Packing and freezing the cooked food. deduct 100 points.

Packaged food of any description that is on the shelves of a supermarket typically calibrates around 200. Any food that calibrates over 200 is life enhancing (just!), any food that calibrates under 200 is not life supporting. Food that calibrates under 200 is difficult for the body to process and expel, the body stores the food until it can expel it. Hmm ... do you often see a vegetarian obese?

Thus consider the life enhancing qualities of fresh vegetables and fruits as against processed meat products and then consider the resources that are employed to produce the fresh vegetables and fruits as against meat products, the land space required, the water required, the grain that is required rather than being eaten fresh, the energy in fuel required to manage and deliver the products, the labour, etc.

Home produce, grown in mineral rich soils, without the intervention of chemicals, allowed to ripen on the stalk, vine, tree, etc., picked and eaten on the same day. Now, that is when **Fresh is Best!**



Fresh is Best!

**Udo Erasmus CHOICE FOOD PYRAMID:
People with Degenerative Conditions**

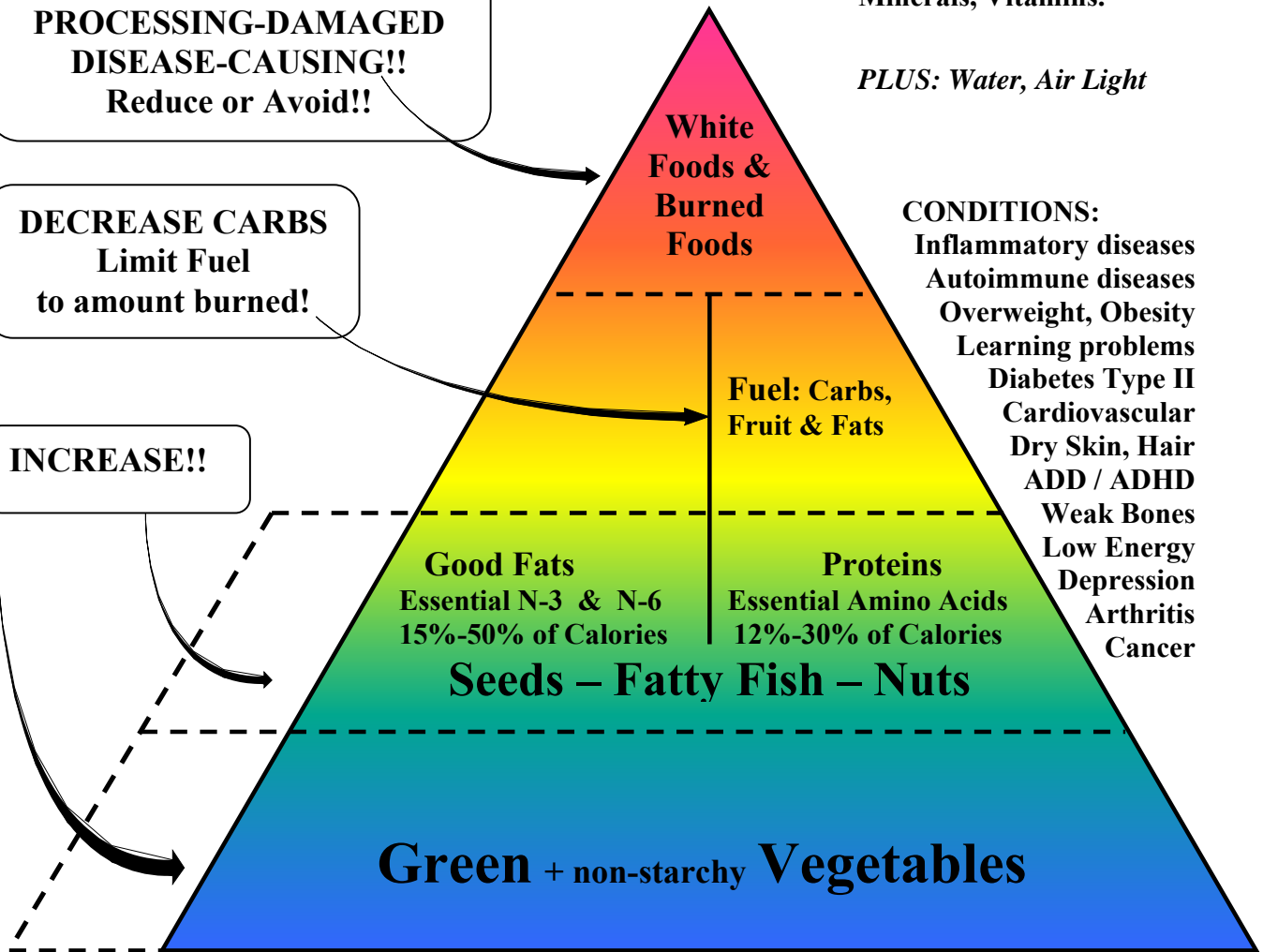
SUPPLEMENTS:
Digestive Enzymes,
Probiotics, Antioxidants,
Fibre, Phytonutrients,
Minerals, Vitamins.

PLUS: Water, Air Light

**NUTRIENT – DEFICIENT
PROCESSING-DAMAGED
DISEASE-CAUSING!!
Reduce or Avoid!!**

**DECREASE CARBS
Limit Fuel
to amount burned!**

INCREASE!!



Udo's Choice Food Pyramid for Sick People increases two food categories – Green Vegetables, and Good Fats.

Fuel Foods in typical diets include commercial carbohydrates (bread, baked goods, etc) and processed fats (margarines, shortenings, fried foods), which contribute to the majority of chronic disease conditions in our society. Therefore, the FUEL category should be reduced. Fruits should also be reduced because they contribute to overweight if not burned. Avoid "white foods" and foods rendered toxic by processing or overheating!

**Udo Erasmus CHOICE FOOD PYRAMID:
ACTIVE PEOPLE**

SUPPLEMENTS:
Digestive Enzymes,
Probiotics, Antioxidants,
Fibre, Phytonutrients,
Minerals, Vitamins.

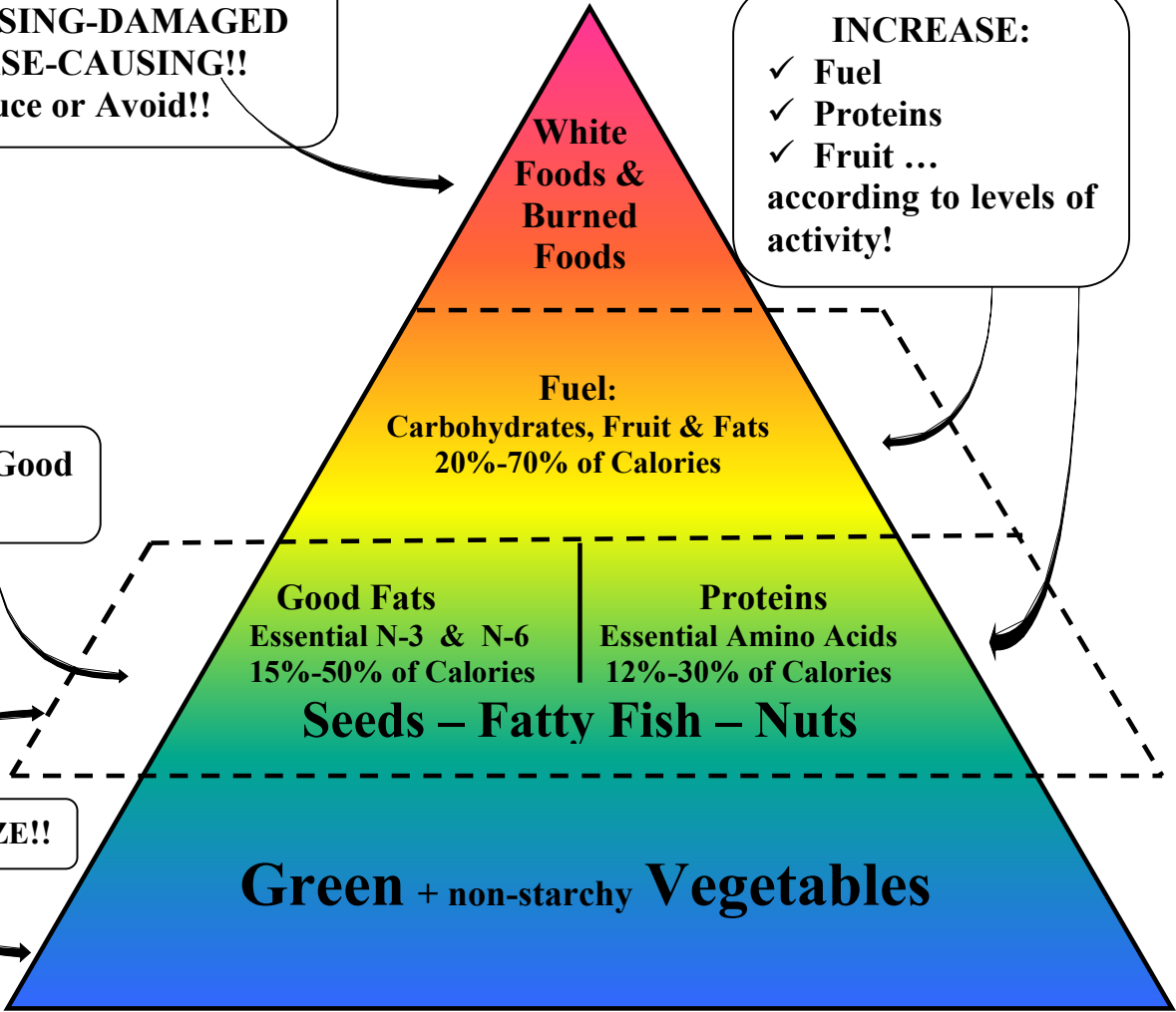
PLUS: Water, Air Light

**NUTRIENT – DEFICIENT
PROCESSING-DAMAGED
DISEASE-CAUSING!!
Reduce or Avoid!!**

INCREASE:
✓ Fuel
✓ Proteins
✓ Fruit ...
according to levels of
activity!

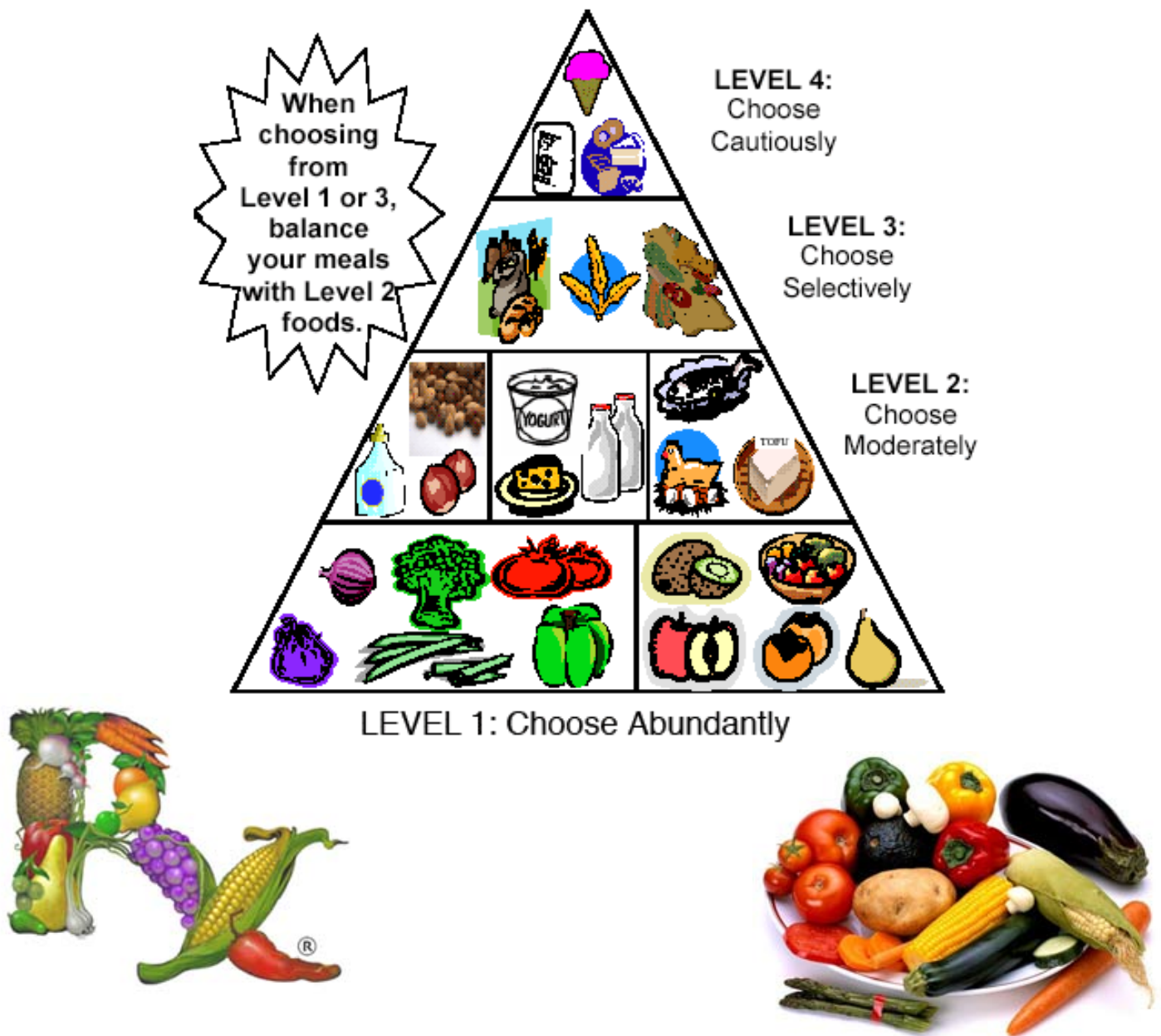
**Increase Good
Fats!**

EMPHASIZE!!



Udo's Choice Food Pyramid for Active People increases two food categories – FUELS for performance, and good fats and protein to build and reconstitute tissues.

Fuels which include complex carbohydrates, essential fats and other fats, can be increased along with fruit. As always with FUEL FOODS, eat only what you burn. Proteins must be increased for rebuilding tissue. As always, avoid "white foods" and foods rendered toxic by processing or overheating!



Documents in this series:

- Pascas Care – Emotion Code
- Pascas Care – Energy Level of Food
- Pascas Care – Globesity
- Pascas Care – Health & Recovery Losing Weight
- Pascas Care – Hydrogen Peroxide, Alkaline Water, & Ozone Therapy
- Pascas Care – Mineral Matrix
- Pascas Care – Minerals & Vitamins
- Pascas Care – Nutrition Naturally
- Pascas Care – Our Emotional & Physical Health
- Pascas Care – Wheat Belly

HOW DOES the COMPLEXITY of DIET FIT IN WITH OUR HEALING?

Our Healing, which is healing our untrue state, comes first – then our diet. Our Healing is the focus, understanding that as we're dysfunctional on all levels by being unloving to ourselves because of our childhood, then really it's irrelevant what we eat because of the thousands of layers and levels within us that are in denial. This is also explaining why it's so different for each of us. Because we've all had such different upbringings, resulting in different levels of repressed feelings within us. Broadly we can generalise, if we eat too much of this it will have this negative effect on us, however that's not on everyone, with some people eating and doing all the wrong things with seemingly no detrimental effects.

It is our inner that drives the outer. So our inner state, which is hugely complex, drives what foods we are drawn to. And we can try and control our diet using our mind, just as we can try and control any part of ourselves using our mind, however that only adds yet more complications to the already complicated mess.

So we are to focus on ourselves by attending properly to our feelings doing our Healing. And as we progress in our Healing, so our diet will change. And we might go this way and that, all of which brings up yet more bad feelings, all so we can embrace and express and seek the truth of them. With what we eat in the end being taken care of solely by our feelings – we will feel good about what we eat and when we eat it and how much we eat of it, it eventually giving us no further bad feelings, once we've completed our Healing.

So whilst doing our Healing, we can use our mind to look at the effects certain foods have on us so far as what science can determine; we can look at how that food is grown, how its prepared and so on; we can look at every aspect of it, yet all whilst still fully attending to our feelings. And so what one person will want to eat, how much and when, another person might not feel the same way about; even with people possibly going against all the suggested principles of 'what's best for you' worked out scientifically as humanity progresses in its wrongness, and showing no detrimental effects whatsoever.

So you can say, right, no more wheat, no more processed sugar... and see how that makes you feel, looking to the truth of those feelings. And you can say, oh but I can't be bothered going to all the trouble preparing such alternative food, and the added expense, and what am I going to do without bread – how will I survive when bread has always been my main comfort food? All more bad feelings to work with.

And you can say, all right, only raw vegetables, eggs and a bit of cheese, and start the new regime, only to reject it three days later because the chewed vegetables get caught in your throat making you cough and annoying the shit out of you. More bad feelings to accept, express and seek the truth of.

So as with anything through our Healing, we can look to our mind for its control, and try things we determine by it believing they will be helpful to us, all so long as we also keep paying attention to all the bad feelings (and good ones of course) that come up. And the feelings will be stronger, so we'll end up going against what our mind says, provided we want to give up our mind control and live a truly feeling-led life. All of which overall will have an effect upon us and our diet and every other aspect of our life. All initially, whilst we're doing our Healing, to show us the whole truth of our wrongness. And then once Healed, to live being true.

And then as your Healing progresses and you reclaim your will, so it starts working positively and lovingly for you rather than unloving and negatively against you. And suddenly you might feel and know: right, no more red meat, or no more milk, or no more of that dried fruit, or no more of that vegetable, or no more of that chocolate, or even more of that different chocolate and more of those vegetables. And you know it's right for you.

We can either keep living being told by our minds what is the best way for us to live, what are the best foods for us and so on; or we can stop and pay complete attention to our feelings, wanting and allowing them to show us the way we are to be. And by doing our Feeling-Healing we are doing this, all of which is healing all that's wrong within us and preventing us from simply naturally doing it as we should have done had we been allowed to grow up lovingly and without any unloving interference.

So we can try and wrestle it all out with our minds; or, we can look to our feelings instead.

Note from James Moncrief Saturday 13 January 2018

LIVE FEELINGS FIRST

Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.

By living true to ourselves, true to our feelings, we are living true to God. It's that simple.

MODERN MEDICINE IGNORES OUR SUBTLE BODIES:

It is the injuries to our subtle bodies caused by our wayward mind that bring about the manifestation of mild discomfort, then acute pain within our physical body, and ultimately the illnesses and diseases that we then seek medical assistance to suppress. Modern medical systems do not address the cause of such illness. Ask yourself, when was the last time that a medical professional told you what the underlying cause of an illness was?

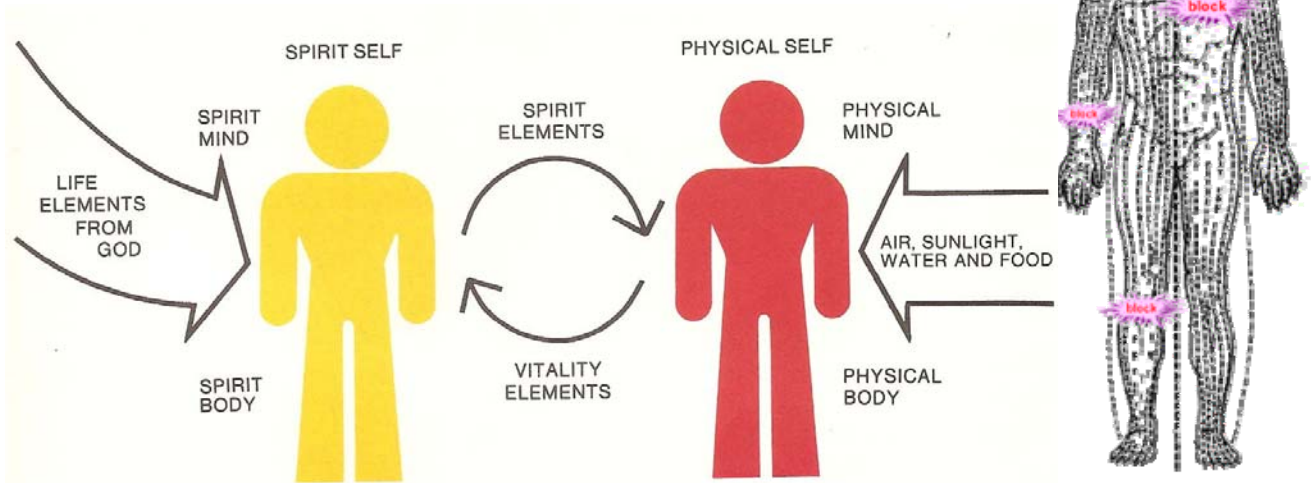
The auric field, that some can see, is the template for our physical body. Childhood Repression brings about energy flow blockages, being stuck and frozen emotional injuries, which then retard the flow of energies within our physical bodies. Modern medicine ignores this reality. The result is that treatments provided are only temporary as the underlying injury remains within our subtle bodies.

We have other bodies that are just as real as the physical body, they are all connected, if we have a problem within these subtle bodies, such problems most likely will manifest on the physical, so why not attend to it utilising a healers help on these subtle levels thereby helping yourself on the physical.

Example, our genes are multi-layered. Our genes are not only part of our physical being but are far reaching. They are:

- on the physical level
- on the emotional level
- on the mental level
- on the psychic level
- on the spiritual level.

We need to understand our **genes are not just physical, but on all levels.**



In fact our issues and illness that we recognise within the physical body are on all levels.

Only by one engaging in the process of Feeling Healing can one delve down into the core emotional issues originating from our childhood, being in the form of childhood repression and suppression, that we can then express and release such injuries and bring about permanent health to our physical body. The process of Feeling Healing is the only way to remove the underlying cause of physical illness and discomfort.

HEALING PROPERTIES of SUBSTANCES

Sunday, 25 March 2018:

Verna and Nanna Beth talk to Graeme

Graeme: Good morning James

I've been a huge lover of nature, from a very young age, and about ten years ago my former partner, Christiana, invited me to join her in making a range of 88 Flower Essences under the name: One Garden Divine Flower and Nature Essences. She led the venture as she was able to intuit the "healing" properties of the various flowers and under her guidance (and perhaps her Guides) we made the range of One Garden Essences.

Initially we thought they had "physical" healing properties (like the Dr Bach flower essences) but subsequently we were told that they were vibrational healing tools and assisted in "opening" our emotions so we could more easily process the suppressed childhood feelings locked in our soul.

I still do not fully understand how they work and was wondering if this is a topic that you could ask Nanna Beth.

Till next time we chat, sending my love, Graeme

Verna (a nature spirit): Good day to you Graeme, my friend. It's about time I was 'allowed' to speak again, so if you don't mind, I am going to make the most of it. Now first of all, your love of nature – anyone's true love of nature, and not saying they love nature whilst still doing bad things to it – will assist you in embracing your feelings with the intention of looking to them for the truth they contain, just as will working with the 'essences of nature', that which you captured in the flower essences. Do you know, any part of nature, from a bland old mineral or rock to a newly emerging flower can have its essence 'captured', there are ways, many already known, as to how to go about that, and others as yet, unknown.

When you eat food, drink water, smell nature's fragrances, you're doing the same thing – imbibing the essence of that specific part of nature. And if you could only see the true vibration, the spirit component to these physical parts of nature (including yourself), then you'd be able to see how indeed they do subtly affect you, and on all levels, from the deepest will to the gross physical and all in between. So if one's approach is to use one's feelings to further deny oneself, to move deeper into one's rebellion and default, then flower essences and essences of anything else, all of nature, can be used to help you do that, that which humanity has been doing for these past 200,000 years.

And consequently, should one wish to go the other way, looking to their feelings to heal themselves of their wrongness, then all such things can be used to help you with your Healing. And so how do they help – how do the flower essences specially help you? And the answer to that is a little more complicated, however I will try and apply my mind to reveal to you a little more about our hidden world.

So, let us begin at the true source: your soul. As you understand, your soul drives everything that you are – you being the personality focus of your soul currently in the physical. However you are also your soul as much as you are your personality, the two can't and aren't separate. Right, so you get that part,

so your soul is bringing – expressing you in Creation; okay, so whatever your soul wants your soul creates. So let's say your soul requires the help of a flower essence to subtly affect some part of your unseen auric system, by adding its vibration to your existing vibration, all of which will bring about an effect desired by the soul. That being, one that will help you become more evil or less, as I said above.

Okay, that's simple enough. So, let's say it's important, so far as your soul is concerned, it being the next part in your life – soul growth, and assuming you are wanting to Heal yourself using your feelings – for you to bring up some more repressed anger that is contained within it from your early childhood – let's say; just a really pissed off feeling you felt at your father when he was treating you badly, in this case, nothing specific, just all the indignation and fucked off feelings and a being really angry with him feeling, which you felt yet weren't allowed to express at the time.

And because you are 'into' flower essences, your soul leading you that way, so your soul will use all that's in your life currently, it having made it that way, to help you liberate this anger.

Now you take the drops of a certain flower essence you are 'drawn to', and when taking them it's far better to take them using your feelings, so you take that one because you feel drawn to it and you take that many drops because you feel like taking that many drops, trying to avoid all this take ten drops at three hourly interval stuff, that's all too mind controlling. So like everything ideally in your life, you allow your feelings to guide you when you can, so you take only one drop and your feelings say that's enough. You put the dropper back in screwing the lid on and then suddenly you feel like another drop, and when you're dropping that drop on your tongue, you feel like another drop... then another... then you wait, no more, that's enough. And then a half hour later, I think I'll take another drop, no five drops, and so go.

And if the flower essence is made the right way, you can't damage yourself with them, so you use a base that is neutral for your body and one which itself won't affect you – natural pure spring or rain water being the best.

And as to how long does an essence such as this remain 'potent', well that too is a feeling thing, it remains potent for as long as you feel it is. So you see, you can't be too finicky with your feelings, because for some people it might be a very complex operation, something they are refining to perfection through their feelings, for other people, slap dash, don't really care, take a few squirts, she'll be right, all of which is right for them. However both ways might change as one works deeper into the truth of one's feelings.

Now, the soul sort of issues instructions all the time via light coming out from it into life – Creation. And we and your angels, along with your Indwelling Spirit, can see this light. The angels are far more advanced in this than we mere nature spirits are, however what we're limited to is compensated for by your angels being able to tell us what we need to do, and they tell us in a flash of light, you'd not be able to see it, none of this laborious having to speak words. And it's even faster than your mind circuits work, your telepathy is as laborious as your word-speaking so far as we're concerned, for our 'mind-talk' is so fast you'd not even perceive it happening, and yet it's still laborious compared to how fast your soul is at expressing all the light within your aura that it needs to express.

So we are all attuned to your soul, what it wants done in your aura, which includes your physical. And

mostly so far as your physical is concerned, we alter under your soul's instructions, things in your aura, your subtle system, which then affects your physical – short or long term. Understand that in certain circumstances, we – being your angels – can directly affect your physical, but mostly it's all done from the deepest will level out through all your subtle systems and spirit body.

So, back to your leg and the anger that's going to come up through it. You're sitting on the couch having a moment of reflection, things are going through your mind that you're half aware of, you suddenly feel like having a swig of a certain flower essences, perhaps one drop or many. And you don't feel anything further. Then you talk on the phone about something, you get up and have a drink of something from the fridge as you feel a bit thirsty, and then you sit back down and start feeling edgy, uncomfortable and out of sorts enough to draw your attention to the bad feeling. And then by focusing on it you realise you feel irritable, and then angry, and the pressure within you builds to the point where you want to speak out the anger you feel. So let's say you're by yourself, so you open your mouth and start to growl angrily, and submit to the feelings trying to just let yourself feel as angry as you feel, growling and feeling angrier and angrier, and you long for the truth of your anger, and then pictures come into your mind about how fucked off you feel with your father, and then you realise your left leg is full of anger that seems to be coming up from the sole of your foot, up the leg, right up and out of your head as you growl it out. So what's been going on?

Your soul wants this anger out of you, it's the next phase of anger expression you are to experience, it helping to relieve you of more repressed anger and at the same time helping you see more truth about why you are feeling so angry. And so your soul has initiated light into your aura on all levels making this experience happen. And you being mostly oblivious to this, just carry on doing what you do, and then your angels take their instructions and 'energise' the levels of your aura to make the anger 'physically' work its way up through your system. The angels make 'light adjustments' – adjustments using spirit light – in your system to allow this anger to make it's way out of you by you feeling it coming up through your leg. The repressed anger, as light contained in your soul, moves through your will levels, then your will activates it to move up your leg with your angels helping to adjust your system where needed. And your system needs continual adjustments, your soul does it all with light, but your angels do all the hands on stuff as determined by your soul. So your angels are always tinkering within your aura.



Sometimes they can do one adjustment with a lot of light and that will set you up for a day, week, month or even years of what you will need, this happening when you're more settled into your wrongness and it's all pretty obvious where your life is going on the subtle levels, so your angels don't have that much to do other than just keep monitoring your soul in case other instructions are forthcoming. But if you're actively doing your Healing, well your angels don't get a moments peace – which they love, by the way, angels want to always be active, the more active the better, they find it very trying when you are stable and going against yourself, but when your are wanting to work with your feelings and grow in the truth they'll help you reveal to yourself, well they are in heaven, it's what they've been made to do so far as helping you goes and they can't get enough of it.

So your angels are adding and subtracting light from your auric systems as fast as your soul is shinning more light into it. And along the way, all you are doing is, used, it's all part of it, so if you use a flower essence, it will be used, it will stimulate a certain vibratory reaction on varying levels within your unseen system, with your angels incorporating it, using it, adjusting it – modifying it, possibly toning it down or amplifying it, and so it goes with all your food, all you do, see, sense, all you are, all the time being a symphony of light, constantly in change, even though you might feel at peace resting on the couch one moment, then suddenly, seeming out of nowhere and for no reason, anger is coming up your leg and you're feeling so fucking pissed off that you can't believe how angry you do feel.

So as you can see, it's all very complex, you don't have, and can't have, any idea just how much is going on within you all the time, all so you will feel what you need to feel, so those feelings will lead you to the truth you are to see and then live. And with your mind playing along doing its bit, to help stimulate, change or deny feelings in keeping with the beliefs and behaviours you established through your forming years.

So you might ask: well are things like flower essences actually necessary? And simply, they are if you want them to be part of your life, they aren't if you don't. Which is how all your life is. With some people being drawn to such things, and possibly only for a season, others with no feeling of interest and a few wanting to dedicate their life's work to it. And as you understand, whatever your involvement with anything in life, it's going to be vastly different should you want to live true to your feelings, than living by being untrue to them. And by living true, as you are going to be changing a lot, so you will change a lot in your relationship with all that you do in your life. And so it will be the same should you want to work specifically with the flower essences.

In time there will be people who are doing their Healing and who'll be more in tune with us nature spirits, working directly with the essences of nature, understanding that it's all a vibrational thing and something that can be used as an adjunct to your Healing or just as part of your Healing life. The essences are not meant to be medicines as such, however they can work powerfully in conjunction with what your angels are doing within you. And to always bear in mind, that it's your angels that will be working the wonders within you, not anything else, with the other things like flower essences being something the angels work with, because it's all part of your current life experience as determined by your soul.

And in time, people will just intuitively feel, or even by speaking directly with us nature spirits, how to grow plants lovingly and truly based on the truth they are revealing through their Healing, all so as to maximise the benefits the plants offer you, either through direct ingestion, or like using the flower essences or other ways still to be discovered. Your relationship with nature is about five percent of what it could be. Even those people working with spirits and nature spirits are doing so on the mind levels or the lower Mansion World and Earth plane levels, so you've got a long way to go, all the Mansion World levels then into the Celestial levels to increase your relationship with nature. And like as with everything, some people will be more drawn to one specific area or another, some generally taking bits of it all, others not interested much in nature preferring to get on with being fully interested in themselves – their own feelings. But overall, everyone contributes to society by expressing their truth, and as the truth increases within people, so does the overall level of society, so society grows in truth reflective of all who comprise it.

So to summarise, such things need to be looked at in a truly holistic level (or you could say, a 'soulistic level') so that they can be used in conjunction with your Healing. You can in theory, look ONLY to your feelings for the truth they are to show you, not needing any other healing help. And there will be people more wanting to live this way, however because you need life to stimulate your feelings, so you will be drawn to certain things, some to do with nature, others to do with people and others with everything else, all to help stimulate that which you'll need to give rise to the feelings your soul wants you to express.

Graeme, you might find the flower essences are helping you enjoy and love and expand your relationship with nature more, which gives rise to feelings that help you expand your relationship with yourself. You might use the essences to help stimulate your emotions and feelings as you want to live that way, and so they will be used to help you in that capacity. And you can express your feelings, longing for the truth of them, telling your Mother and Father what you want – whatever you feel, with the flower essences helping you on the subtle levels.

I hope I've not confused you too much. Please ask me about anything if you don't understand. I have wanted to try and give you a bigger picture so you can draw from it the essence of what you need from it. It's all there, contained in each feeling, because each feeling expresses more truth – the truth of why you're feeling it, that which is what you are to find and then live.

Love Verna.

Nanna Beth (3rd Celestial sphere): What Verna is wanting to help you understand is that there's so much going on within you on all levels, that trying to use your mind to work it all out in the hope that it will help you, is all but futile, as you never will, not until you at least attain Paradise, and even then that's only one phase.

Too many people, Graeme, approach everything through the mind, wanting to dissect it in the misguided belief that it will help them. When what helps you is trying to **stay true to your feelings, expressing them whilst longing for their truth**. And we keep stressing this to keep bringing you back to the simplicity of it, and it's something the mind can't really deal with, it having been programmed to be the controller and master of understanding. But to keep looking only to your feelings is all that's needed without needing to go into the mind side of things unless it's where your feelings lead you to.

James uses his mind for this work, but that's about it, the rest he's trying to look more to his feelings, easing the control of his mind. And **feelings, once you start allowing them to have their say, are far more interesting than anything the mind might be**. You can use your imagination to fantasise about all sorts of things, and some people consume their whole life with such indulgence, however **when you start living more closely to your feelings, your feelings might not be so varied, however when and how you feel them, and what they lead you into seeing about yourself and life, will be far more fascinating than anything your mind could conjure up**.

There is never going to be a remedy that people can take that will heal themselves on any level. **The remedy is the truth we're revealing to you about your feelings. All the rest is simply an add-on**, something as Verna said to help stimulate experiences in life, all so you can feel more feelings. So it's

not to say no to doing or being interested in certain things with the mind, but rather to keep wanting to feel and become aware of the feelings that are happening along the way. You can use your mind to block out your feelings, however your feelings are still always there, so it's to try and keep them up within you and not blocked out whilst you apply your mind, is one way of trying to stay more attuned to them.

Love Nanna Beth.



Feelings *first*

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

27 March 2018:

HEALING PROPERTIES of SUBSTANCES continued:

John: Hello Nanna Beth,

Thank you for introducing the foundations of comprehending the contribution that Flower Essences may provide on one's journey through physical life.

May we expand this topic to consider the various roles and similarities that the following may have with one's physical well being and journey of discovery through life:

Flower Essences	
Crystals and other rare and precious stones	
Homeopathy	(minute vibrational traces as recognised by Samuel Hahemann 1700s)
Nutraceuticals	(being low concentrations of properties found in food)
Pharmaceuticals	(being high concentrations of properties found in food – to the level of toxicity)
and Food	all natural without being processed within factories.

Considering your comments relating to Flower Essences, one may need to consider just how much effect do we have in our own physical healing by engaging with any of these modalities?

Is it that what has been outlined relating to the contribution that Flower Essences have in assisting with one's physical wellbeing, are the various other modalities suggested above just variations of the same process that applies to Flower Essences, with higher levels of error within their prominence, pharmaceuticals being the most problematic generally speaking?

Would you kindly comment on each of the platforms please?

Nanna Beth, 3rd Celestial Heaven: Yes. The same applies, as you said to James, it's all what your angels have to take into consideration in accordance with the needs of your soul. If you are to die from or within your negative state, then it doesn't matter what you do along the way to try and heal yourself, your angels will be working with any alternative or regular medicine or healing modalities. And as you know from people's lives, some things work for them, others not, some even miraculously, others having no effect. It's what the individual needs, it's all too personal, and needs to be dealt with and looked at personally. You've all had such diverse childhoods, you're extremely complex in your unloving complexities, and trying to heal yourself from the outside in is not going to do anything for you so far as healing yourself from the inside out which you do through your Healing. It's all the minds way verses the feelings way. Any therapy or medicine or other remedies are all approaching it from the mind, let our feelings work, and use these other things as required, all so long as you keep focused on your feelings for their truth.



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Assuming we are wanting to Heal ourselves using our feelings – for we are to bring up our repressed anger and emotional issues, both good and bad, that is contained within our soul, mainly from our early childhood.

As an overview, nature spirits are all attuned to the soul of a personality, and what is wanted to be done in the aura of such soul, which includes one's physical. And mostly so far as our physical is concerned, nature spirits alter under one's soul instructions, things within the aura and the subtle system, which then affects the physical – short or long term. Understand that in certain circumstances, nature spirits and angels can directly affect our physical, but mostly it's all done from the deepest will level out through all our subtle systems and spirit body.

Nanna Beth: It's mostly your angels that affect your system. The nature spirits can help them at times, but it will be all through the guidance of your angels.

Just how much effect do we have in our own healing of our physical discomforts, pains and illnesses?

Nanna Beth: It depends on what level you're looking at it from. On the highest or inner most level, you have no effect, it's all between your soul, Indwelling Spirit and angels, that any actual healing occurs. On a feelings level, you can attend to your feelings causing these agencies to react accordingly, so you have some effect, albeit indirect. On a mind level you can believe you have an effect, yet these agencies are 'allowing' you to believe what you will. And you can take a pill and your headache goes away, so believe you are fully in control of yourself – however, are you really?

Just how does our man-made conjured up systems of flower essences, crystals, homeopathy, nutraceuticals and pharmaceuticals actually contribute to the healing of one's physical body of its discomforts, pains and illnesses?

Nanna Beth: Look at it this way John, whilst you're living against your feelings, so untrue and evilly, any of these things will be used to help you go that way. So you might use them and your pain goes, but that only sucks you more into believing you are doing the right thing by helping yourself. So you might be 'healing' yourself by taking the pain away, yet you're not truly Healing yourself by allowing your repressed feelings to surface so you can uncover the truth of them. And so the angels will manipulate your system accordingly. So being wrong you might even be miraculously healed, but it's the same thing as Sage pointed out. It's how you want to live your life. It's all been one way up until now, and now an alternative and opposite way is being 'earthed'. All the parts humanity has worked out for itself, it just hasn't been able to be put all together. As Verna said, you don't need any of these 'healing' things to help you look to your feelings, you only need yourself looking to your feelings. If you are shut off to your feelings, you might need help to open up to your feelings, and anything can help you with that.

If we are looking to physical means to heal our body, then to what extent is the quality of food important to the process of physical healing?

Nanna Beth: It's the same as I said above, the quality of food is irrelevant. If you are wanting to continue living untrue to yourself, then it doesn't matter what you eat as the food itself is not going to

stop you, it will only help you keep living untrue. If you are Healing yourself, then you'll move with what foods you need as you need them. You can try and control such things using your mind, this all being part of the control you'll need to deal with, but in the end you'll see that the food is irrelevant, the body will look after itself as you keep attending to your feelings. However naturally the higher truth you live, so the higher vibration of food you'll be drawn to, yet you can't say that means everyone will eat organics and be vegetarian because until everyone is, everyone will be as their feelings dictate. It's a matter of shedding preconceived mind concepts. You are not doing your Healing to fit into your mind. You are breaking your minds control down to fit in with your feelings.

Fresh is best when it comes to food and the ultimate vegetables and fruits that we can imbibe is that which is grown within our home gardens, is this an appropriate observation?

Nanna Beth: Yes it is, however that too is relative on polluted Earth. Still it's what humanity will one day get back to.

The long journey that we are to embrace is feelings first, stay true to one's feelings, expressing them whilst longing for their truth. Our feelings are to lead the way, with our mind in support to follow and to assist in implementing one's feelings.

Nanna Beth: Man can't heal himself using his mind, God can only heal you. And to allow God to heal you requires submission to your feelings. You need to allow your feelings to take you back to your early life, so you can feel yourself back there now as an adult. So you can express now all you felt back then, and see how and why you became as you are, and how stuck and imprisoned you are in your mind's control. And all you can do is keep accepting it as the truth comes to light, expressing all it makes you feel. And when you no longer need to be the way you are as you've seen all the truth of it through your feelings, then God through your soul will change you. And your inner transformation will occur, taking you out of your wrongness into your rightness. And your angels will do most of the actual hands on healing that you require. You – we – only need to keep attending to our feelings, that's the key to it John, but attending to them the right way, wanting to uncover the truth of ourselves, our soul and God want us to see. Anyone can express their feelings even looking to them wanting their truth, but it's wanting to understand and live the whole truth of yourself, which currently is the whole truth of your negative state, that's what needs to be addressed first. Then you set about understanding as you reveal to yourself the whole truth of your positive loving state – once you become of a Celestial level of Truth and are fully Healed.

I'll speak to you soon John – love Nanna Beth. Keep being willing to express any negative feelings you have about SI and Pascas, it's okay, you can go as far as you want with them, as none of it is going to change the outcome, that side of it, as to whether it happens or not, is not up to us but what our Mother and Father want. But what we feel along the way is up to us, and what They want us to focus on.

Thank you for this incredible opening to the reality of man's futile belief in its capacity to be able to 'heal' one's self.

Love John

We, being ensouled humanity, are to move with our feelings, respond and act upon our feelings, we all are, and so based on our feelings we bring our mind into play, and then things happen which affect our feelings and so our mind adjusts accordingly.

Everyone at their conception gets their angelic pair as well, and they will be with you right the way to Paradise and then possibly beyond too. So it's a wonderful relationship, we have our soulmate and our angel pair each, all the way with us. It is all amazing.



WE EACH have a Nature Spirit pair, Spirit Guide pair and an Angelic Pair:

For those doing their Healing or are interested in doing it will from that time have their own personal angels, spirit guides and nature spirits with them, with whom they are to develop their own relationships should they want to. It is not about 'sharing' the same angels or guides or nature spirits, it is about you relating specifically to your 'own' ones because they are provided for YOU. It's all for you, to maximise the experiences we each need.



We are all to have our own pure relationships. And it's the same of course in life with your friends, however over there, in spirit, dealing with Nature Spirits, Spirit Guides, and Angels, it's more personal and private and 'JUST FOR YOU'. So we have our own separate, unique relationships.

For example, Nature Spirit Verna has been assigned to be specifically and only with James, and she ain't going to be assigned to anyone else, so she won't be sharing herself around.

This is SO IMPORTANT to understand so that in future there won't be all these people claiming to be speaking with Verna or Mary Magdalene or Jesus or Nanna Beth or anyone else who is part of it all in such capacity. Mary M and Jesus have spoken with James as they have, making it quite clear he is all they are speaking with.

We each have a band of a Nature Spirit pair, Spirit Guide pair, and an Angelic pair, each pair being in their soulmate relationship. Even though we are ascending mortals having a soulmate, even our soulmate has his or her own group of six personalities assisting him or her. Our assigned Nature Spirits do not continue with us into spirit, our Spirit Guides may for a time assist upon entry to the spirit Mansion Worlds, however, our Angelic pair continue with us for eternity.



Feelings first

Saturday, 31 March 2018:

COMPLEMENTARY THERAPIES

John: Hi Nanna Beth and company

Mind control in its extreme is demonstrated through various complementary therapy platforms. Examples being: Emotion Code as introduced by Dr Bradley Nelson.

Dr Nelson has gathered a wonderful data base that researchers will clearly be able to demonstrate the relationship of suppressed and repressed emotions when relating to physical discomforts, pains and illness. In fact, the emotion code chart that Dr Bradley Nelson has published is the result of many thousands of observations that he and his practitioners have observed over many years, and the results are simple and precise for anyone to understand. Generally, specific styles of emotional injury are directly impacting upon specific organs and parts of the physical body. It is as though the energy frequency of a given emotion is matching to the energy frequency of a given organ or part of one's body.

However, Dr Nelson's methodology of 'releasing' such unexpressed emotions is the direct result of one's mind being employed to further repress given specific emotion or emotions that are causing physical discomfort. Dr Nelson is taking people further away from their true selves – their feelings and the truth that one's feelings are to show them.

Healing Code as introduced by Dr Alex Loyd. Dr Loyd is also focused upon the understanding that emotional issues are the drivers of discomfort, pain and illness. However, he also takes people further away from themselves by empowering people to use their minds to further suppress the underlying emotions through a process of tapping. The mind convinces the person that the issue has been addressed whereas it is still there continuing to fester further thus bringing about greater issues at a later time. Again, the truth that our feelings, both good and bad, are shunned, the truth is avoided.

Meditation is often used to take a person further away from themselves.

The art of 'stilling the mind' through meditation can only be considered as of the greatest negative residues of the Rebellion and Default possible. Taking a person further and further away from their feelings and not allowing any form of truth to be sought from one's feelings. Though some forms of meditation do explore one's feelings, these processes never delve deep enough to be shown the truth of their feelings.

Would you kindly expand on these comments as I feel they will complement the writings of the last few days relating to substances and their in-effectualness in healing please?

Nanna Beth, 3rd Celestial Heaven: Look at it this way John, humanity is in the shit, and has been for a very long time. And so has had a long time to study the shit. And it can work out that it's in the shit and what the shit is all about, but that's all it can do. It can pretend that it can take itself out of the shit, but it can't. It's not allowed to.

Not until someone comes along and does really heal themselves of it, and someone who has the spiritual authority to allow others to do the same. So that's where we are. The authority is making the revelation to you.

People can now choose to study how to Heal themselves, this being the next phase and ‘science’ people will apply their attention to. The great writers of humanity have well and truly documented the wrongness, you can see it all, and you know it comes from your early life. And many have tried to work out ways to heal themselves.

But **without looking to your feelings and wanting to uncover the WHOLE truth of them, you can’t heal it.** It’s as simple as that despite what anyone does with their emotions and feelings. And many people in their endeavours to heal themselves have done some real Healing, if they at any time looked to their feelings for their truth, truth would have been forthcoming. So humanity has gained a little truth over the years. However because of the feeling-denying forces of the Rebellion and Default, the level of truth has remained very low. Now however **with the keys being given to you as to how far you have to go and what is really involved in doing your whole Healing, so that is the New Frontier awaiting mankind.**

And in the end there will be far more books written about people’s Healing and all they come to understand about every facet of themselves and of it, than there have been about people documenting their wrongness. It will prove far more fascinating to those people who get right into it. And all of that creativity is waiting as a whole new aspect of Creation to be expressed – how humanity Heals itself of its rebellion and default.

By living true to ourselves, true to our feelings, we are living true to God. It’s that simple.

To liberate one’s real self, one’s will, being one’s soul, is begun by embracing Feeling Healing, so as to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we’re feeling them, express them fully, all whilst longing for the truth they are to show us.

Release one’s pain through expressing one’s feelings.



in conjunction with

Longing for the Truth when also longing for Divine Love.

This time, in the history of humanity, is the most exciting time ever experienced.

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6 April 2018: **HEALING PROPERTIES of SUBSTANCES – Questions Answered:**

To the questions asked, Verna, a nature spirit, offers her thoughts:

Worldwide it is recognised that the annual flu epidemic will consist of new and differing strains of viruses. Why do these variations arise? Why do the new strains appear to be more difficult to manage each year? Why is there a continual incremental risk to life with each new strain?

Verna, a Nature Spirit: The new strains exist because we – the nature spirits – make them exist. We're the instigators of such 'diseases' on the world, we in league with our fellow conspirators – the angels; the truth of which your scientists refuse to acknowledge when there is ample evidence to them, which they persist in brushing aside, that something else or someone else is tampering with such 'bugs' and 'nasties'. And who has the real brains: we nature spirits who control the natural world on Earth, or your great scientists? We'd like to see a little more humility please – that would definitely be a step in the right direction. You don't have to bow down to us, we don't need that level of servility from you – just kissing our feet would be enough!

And hey, guess what? YOU'RE NEVER GOING TO BE ABLE TO BEAT NATURE – WE'RE NEVER GOING TO ALLOW YOU TO. HA! YOU HAVE TO LEARN TO FULLY HONOUR AND RESPECT NATURE – AND YOUR OWN NATURES, LEARNING TO WORK IN PERFECT HARMONY WITH IT AND WITH YOURSELVES BEFORE YOU CAN GAIN ANY RELIEF FROM SUCH 'BEASTIES'.

We have virus making 'factories', we'll always be one step ahead of humanity. So until you understand, you have to WAKE UP, not that I want to sound patronising or tell you what to do, BUT YOU'RE PUSHING SHITE UPHILL.

And you might like to know, we're not going to let you off the hook. You have to learn that all illness results from your inner levels of discontentment – BECAUSE YOU DON'T FEEL LOVED. And work to get to the truth of your bad feelings. And when you do, then as you grow and evolve spiritually in truth, so you'll literally 'rise above' – ascend – the need for help from such illnesses because you'll no longer NEED THEM TO MAKE YOU FEEL BAD. Accept they make you feel bad, you are meant to feel bad with them, and not then try to eradicate them, that's only eradicating yourself, which you're already doing; but instead to work with those bad feelings, this being how you start to love yourself back into true health. Go with your bad feelings, not fight against them. Go with them instead of trying to eradicate them, and the same with your diseases and illnesses.

Worldwide it is recognised that antibiotics are becoming ineffective. Why are even new more capable forms of antibiotics not being able to manage the bacteria and viruses that are evolving? Why are viruses and bacteria evolving in the first place?

Verna: It's the same deal: Humanity is to uncover the truth of evilness, its wrongness, of its rebellion and default. And illness is to show you that you are wrong. You wouldn't get sick if you were right. So what would be the point if you eradicated all illness and you never had a bad feeling from being sick – you'd never know you had all your childhood repression locked away inside you that you were to deal with. ILLNESS IS YOUR FRIEND, because it's the warning lights that says: I AM NOT RIGHT. I

NEED HELP. I can help myself by attending properly to my feelings. So do so by wanting to uncover the truth of them!

Worldwide we have the mantra that should a new drug be developed, until that drug has gone through double-blind clinical trials successfully then it is not to be made available. Should the double-blind clinical trials be successful for around 60% of volunteer patients, then it is considered for public release. But then, why has it failed with 40%? Why do some benefit and others don't when they are all in the same health predicament?

Verna: Because you are all different, you've all been subjected to different childhoods, even within the same family. So nothing will affect the whole, short of you all 'nucking' yourselves into oblivion. (nucking – slang, humorous, mildly offensive, euphemistic) Yet even then, do you really think the angels are going to stand aside whilst you annihilate yourselves? There's too much goodness in your suffering since conception for you to simply obliterate yourselves, too much truth to be discovered – the whole truth of why you feel so bad, the truth of feeling unloved. And it's an enormous truth and enormous amount of truth. And it's all there inside you. Waiting for you to bring it out.

And why do 'sugar pills' work when prescribed by the doctor?

Verna: It shows you the power of your mind and its controlling beliefs. People believe all sorts of things resulting from their wonky childhood. (Note the use of that word dear John, I'm adding it to my repertoire – James.)

We see new forms of illness arise, why is this so? We also are seeing that vaccinations are not as effective as they appeared to be some years ago, why is this so? The fact is that humanity presently cannot eradicate any form of illness no matter what our scientists discovery, why is this so?

Verna: God has allowed you to experiment with all the ways within your unloving states, this being one of them. However humanity is now moving on, times are a changing, the old ways are to end, humanity is to heal itself of its rebellion and default. So what has worked will fail, and more so, and new things won't work for as long, failing quicker, fear and pressure will mount as the old fails, all to give rise to GUESS WHAT? – MORE BAD FEELINGS. And why more bad feelings? – so you can express them and bring to light the truth they are to help you see – THAT'S WHAT!

When a pandemic hits a community, why do some people never succumb to the virus or health issue while others contract the disease and many die? Why isn't everyone impacted equally?

Verna: Different childhoods, different beliefs, different self-denial parameters, all of which affect you in different ways bringing about such differences. You are living in denial of TRUTH. Your childhoods are truth-less. So your adult lives express or reflect this. Life as you know it is all wrong, negative, unloving, even all the good loving parts within it. So it's all got to change, BIG CHANGES, but you can do it, you'll see, humanity will have to do it.

This is the major difference with a Pascas Care Centre. In addition to providing a holistic allopathic and complementary health care service, we are to address the question of what is the cause of one's discomfort, pain and illness.

Further, we are to address the questions of why is it that treatments previously embraced have not continued to been successful in bringing about health to the body?

Verna: Same deal. It's all what went into you through your forming and early childhood. Nothing more. All the secrets are contained back there within yourselves. When you 'go in' you're to go into your early life through your adult 'now' feelings. That's how you do it, how you can really Heal yourself, nothing else will do. It might extend your life a bit, cure you of some illness, make you feel better, but all your childhood wrongness is still within your soul remaining there until the day you want to deal with it.

Do your Feeling-Healing; or better still, your Soul-Healing with the Divine Love. It won't be an easy ride, however your relationship with your aches, pains and illnesses will certainly change and evolve, and you might even find that you don't need as many of them if you look to your Feelings First, expressing them and seeing the truth they are to show you. And eventually you might not need any bad things happening to you as you no longer have any repressed bad feelings that you need to bring out. It's a different way to view life – but hey, what have you got to lose – only your old ways of suffering.

Love Verna – who by the way, is not just a pretty face! Chow for Now – over and out!



By living true to ourselves, true to our feelings, we are living true to God. It's that simple.

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Then Pascas Introduction Notes:

Pascas Care Letters Healing Properties of Substances

Arvonal Revelation

- We are to live Feelings First.
- We've been made to use our mind to live against many of our feelings.
- Our mind control commences at conception and is developed through our childhood.
- All the bad feelings we didn't express as we were growing up are still repressed inside us.
- And all such hidden, buried and unwanted feelings have to come out.
- And whilst they remain repressed within us, they will continue to make us feel bad and unloved.
- We get sick, depressed, suffer, have bad things happen to us because of our repressed childhood feelings.
- Humanity was brought into this state of living against itself by higher rebellious spirits.
- These Evil Ones caused the Rebellion and Default.
- We are made to rebel by default – as we have no idea we're doing it through our parenting in wrongness.
- We are all parented unlovingly – against ourselves, against our will.
- Some parenting in the wrongness is done with more love, yet it's all still wrong.
- To heal this unloving state within ourselves we have to do our Healing.
- Our Healing is our Feeling-Healing or Soul-Healing with the Divine Love.
- We can long to God for Their Divine Love, and this will help us with our Healing.
- God is our Heavenly Mother and Father, the Feminine Aspects of God having been kept hidden from us by the Evil Spirits.
- All humanity's religions and spiritual systems are designed to keep the wrongness going, to keep us away from God.
- Only by living Feelings First Spirituality, The New Way, can you become right, and truly find God.
- Long for the Divine Love.
- Long for the Truth of your Feelings.
- Accepting all you feel is accepting all of yourself, it's your greatest act of self-love.
- And wanting to know the truth of your feelings, is your next greatest act of self-love.
- Love yourself through your feeling-acceptance, and the Truth will set you Free!

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