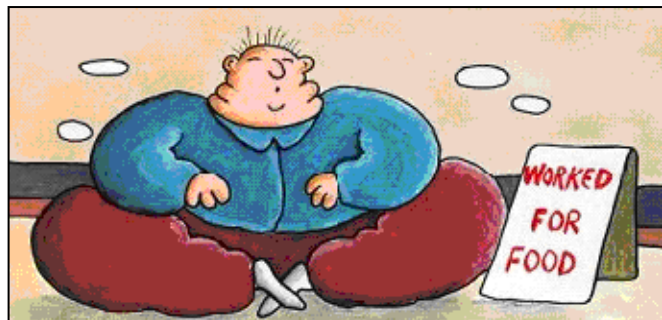
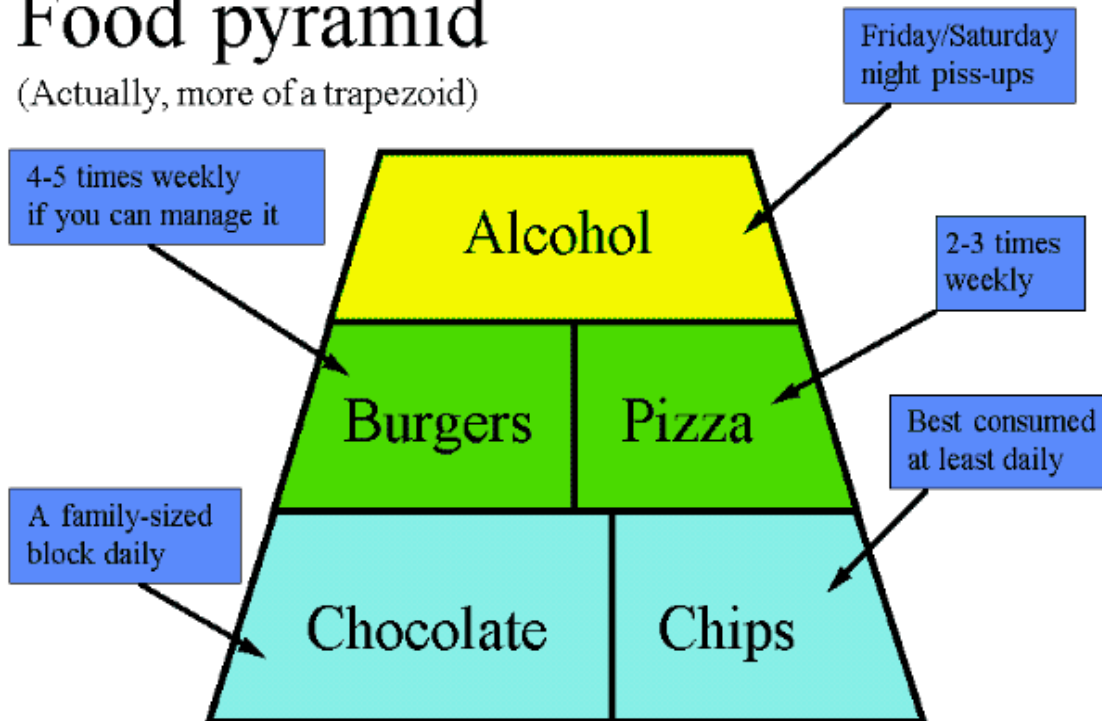


# PASCAS CARE

## Energy Level of Food

### Food pyramid

(Actually, more of a trapezoid)



“Peace And Spirit Creating Alternate Solutions”

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## PASCAS INTRODUCTION:

Documents assembled by Pascas are provided for your individual assessment and exploration. The contents are sourced from a variety of avenues and publications. Every endeavour is made to determine that the contents are of the highest level of truth and veracity. At all times we ask that you go within yourself, to ascertain for yourself, how the contents resonate with you.

Pascas provides these notes and observations to assist us all in the development and growth of our own pathways and consciousness. Pascas does not hold these contents as dogma. Pascas is about looking within oneself. Much of what we are observing is new to us readers and thus, we consider that you will take on board that which resonates with you, investigate further those items of interest, and discard that which does not feel appropriate to you.

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MOC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas Care – Energy Level of Food. From each person’s perspective, results may vary somewhat. The calibration is offered as a guide only and just another tool to assist in considering the possibilities. As a contrast, consider using this technique to test the level of truth of your local daily newspaper.

Contents are not to be interpreted as an independent guide to self-healing. The information sourced herein is not from a doctor or doctors, and any information provided in this document should not be in lieu of consultation with your physician, doctor, or other health care professional. Pascas, nor anyone associated with this document, does not assume any responsibility whatsoever for the results of any application or use of any process, technique, compound or potion as described within this document.

The sources of contents are noted throughout the document. In doing so, we acknowledge the importance of these sources and encourage our readers to consider further these sources. Should we have infringed upon a copyright pertaining to content, graphics and or pictures, we apologise. In such cases, we will endeavour to make the appropriate notations within the documents that we have assembled as a service via our not for profit arm, to our interested community.

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.

Aspiring to 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***

**DIET:**

P.361 The Children of the Law of One, and the Lost Teachings of Atlantis  
<http://www.atlantis.to/>

When we eat, we should be feeding our spiritual body with energy as well as our physical body. We should also choose a diet that is right for us. Every body is different and every diet needs to be adjusted for a given body. Similarly, you can not single out a diet for the body without considering it's mental and spiritual implications. You are a whole being, a spiritual, mental, and physical Universe in itself, and must regard all things in this realisation if we are to evolve.

**Charging Your Food**

When you look at an energy photograph (like Kirlian photography) of just picked food, you would find that it loses much of it's life energy about twenty to thirty minutes after it's picked (depending on the type of food). It loses it's much of its slower frequency energies and many of its physical attributes (vitamins, etc.) in about the same amount of time, after it is cut. "Charging" your food with Universal Life Energy before you eat, restores the food's lost energy, and then some (depending on you). To charge your food before eating, place your hands at the sides of your bowl or dish, as near the food as possible. Then visualise the energy flowing through you, into the food, making the food radiant with light. It is essentially like doing a mini Star Exercise, and giving the energy to your food. This can be done mentally without the hands, but it is best that you learn to walk before attempting to run, so it's best to do it with the hands at first, and at least until it's mentally automatic. Seeing teachers of the Children of the Law of One (The Children) (and some of their offshoots) do this over their food, became the source of many religions "saying grace" before meals.

**A Healthy Diet**

Paavo Airola's book 'How to Get Well' reflects much of the Children's (ancient ways) dietary recommendations, and the Edgar Cayce readings on diet. In reading the Cayce material, keep in mind the time in which it was written (in respect to the evolution of the mass consciousness of that time, or lack thereof, and the condition of food then as compared to now (no chemicals, hormones, antibiotics, radioactivity, etc.), and that each reading was being done specifically for an individual. Some generalities can be made, but be cautious. Every body is different, and has different needs.

There are new books that give diets based on blood type. It sounded like there could be some validity to it, and some people say they feel good on it. But after others having reviewed the diets, and not finding any scientific basis or research to explain them, they may be contrived and are not recommended.

For now we can follow basic nutritional "rules of thumb" that are in harmony with the laws we can observe in the workings of nature, but there are as many "perfect" diets as there are individual bodies. What may be beneficial to some may be of no value, or even detrimental, to others.

**How to find Your Special Perfect Diet**

In order to find the perfect "fine-tuned" diet for your body, you must first approach the body with the right attitude, and a true understanding of what it is. Rather than thinking of your body as you, always keep in mind that it is just a vehicle. It is a vehicle that the real you "rides" in, lives in, and uses. But even more importantly, keep in mind that it a vehicle for the Universal Spirit, a tool that the Universal Spirit uses if

you allow it. It is no less than the “temple” of the living God. When you embrace that attitude towards your body, and use your free will to eat accordingly, you will know what to eat for maximum health, and be able to choose a perfect diet for your body at any given time.

Beware of rationalising to yourself – “convincing” yourself that your body “needs” a certain food, when it is really your desire for it in disguise. When your diet is dictated by the desires of the selfish separate self, your body suffers many nutritional imbalances and harm. When the desires of self are in control, you have a “pleasure seeking machine” to contend with – and the more it gets, the more it wants. It remembers pleasures and constantly seeks “encores” in an insatiable cycle that results in deterioration of the whole being. In part, this is the effect of wasting vital life energies, eating un-natural foods, and eating what is desired rather than what is needed. For those who are overweight or have certain health problems related to carbohydrates, people have had remarkable results using the Atkins diet, or similar low-carb diets.

Pritikin diets are to be avoided. There is nothing in traditional complementary platforms that support this option. When a fad diet cannot be supported by ancient practices then it invariably fails.

You are what you eat and what you think, both physically and mentally. The body is built, and is constantly rebuilding itself, solely from the materials you provide it with. Also, the mind is behind all this construction, it is the builder. Without the proper attitude, a pure diet is worthless, like having all the lumber to build a house but not having anyone to put it all together properly. But the lumber is important also. Both factors must come together properly. Cells regenerate at such a rate that every seven years the cells in your body are replaced! What are they being replaced with? [Interesting note about seven year cycles: Psychologists say that everyone goes through a personality change every seven years. There is also a spiritual transformation that takes place in seven year cycles. Coincidence?]

### **Basic Dietary Considerations**

Here are some of the dietary “rules of thumb” we spoke of earlier:

1. Eat foods that are as pure as possible and in as natural a state as possible (mostly raw and organic or biodynamic).
2. Balance your intake of acid and alkaline forming foods to 80% alkaline to 20% acid.
3. Don’t mix fruits and vegetables.
4. Don’t mix sweets and starches.
5. Minimize how many different foods you eat at one meal (try to keep it at three or a little more).
6. As much as possible Eat foods grown locally.
7. Eat only when you are really hungry.
8. Chew very well.
9. Drink pure water.
10. Relax. Don’t eat when you’re tense or upset.
11. Eat about two-thirds of what would normally make you full. An excess of nutritional elements in the system becomes toxic.

### **Vegetarianism**

The question: Vegetarian, to be or not to be? The answer to that is really quite complex. There are spiritual considerations as well as health considerations – pro and con. The Children’s teachings promote vegetarianism, but there are exceptions.

## **Protein**

Many western countries and their medical establishments are “high protein brainwashed”. They have been taught to believe that protein is more important than it is, and that you must eat meat to get it. Most people can get the protein they need from a proper vegetarian diet, although some cannot.

How much protein and what kind of protein (animal, vegetable, dairy, etc., all of your protein can be obtained from vegetables) does a person need? It varies greatly depending on the individual. Genetics plays a big role in this. Remember, the following are generalisations and there are exceptions: If your ancestors were mainly meat eaters, you will have a predisposition to meat, and probably need more protein. If your ancestors didn’t eat dairy, you are likely to have a low tolerance for dairy, and it will tend to clog you up with mucous and make you prone to colds and flu. If they ate a lot of dairy, such as in some Scandinavian countries, you will be more inclined to digest, and ingest the nutrition from dairy products. Dairy and meat products are best substituted for lesser processed products.

Then there is the food supply issue. Animals raised for food, eat far more food than they become. It is simply bad logistics for the world food supply. Meat products require 20 times more input than vegetable and fruit products.

On the other side of the issue, some people don’t do well with strict vegetarian diets. Their body just can’t adapt. Their bodies don’t absorb the nutrition (including vitamins) from vegetables and fruits as well as they do from meat. However, if that person will be as strict a vegetarian as they can healthfully be, then their children and grandchildren will be more capable of being more strict, or full vegetarians. The Children teach people to **be as much of a vegetarian as you can be, without causing health problems that will interfere with being a vehicle for the will of the Universal Spirit.** Almost everyone can at least eliminate meat, although some people need to supplement their diet with yeast or some other form of B12. Vitamin B-12 is found only in animal products

## **Vegetarianism, Consciousness and Spirituality**

Some people are vegetarians because of their religion. They just believe it more spiritual, or gives you a higher consciousness, even without really knowing the reason why. They just take it on faith.

Does diet affect your consciousness? Certain foods do. But it is not a necessary prerequisite to enlightenment, nor a way of attaining enlightenment or higher consciousness. It’s actually the other way around. A person usually improves their diet as a result of a raise in consciousness. However, there are many vegetarians that are just as selfish and harmful as any meat eater, or worse. And there are many meat eaters that are higher in consciousness than vegetarians. There are some enlightened people who consume alcohol, although they don’t consume it for purposes of a selfish “buzz” as most people do. Would Jesus eat a hamburger? Probably not. But if he did, would his consciousness be one iota higher or lower because of it? Absolutely not. Didn’t eating hamburgers make Jesus or Buddha what they were? No. So it’s best not to get fooled by “trappings” of spirituality, but rather stick to the tangible issues like kindness, harmlessness, and giving. With that in mind, the Children of the Law of One teachings state

that alcohol, tobacco, chocolate, sugar, and spinach, in that order (alcohol being the strongest) all inhibit the spiritual function of the charkas, including inhibiting your “Inner Voice” and intuition, and red meat can inhibit upper charka functions. The effects of spinach and chocolate are relatively minor. Spinach has nutritional value, but you can almost get the same things from other dark green leafies like kale and chard – in any case, it’s not such a big deal if you eat it. The same with chocolate, although rather than nutritional value, it isn’t particularly good for your body and is one of the great self indulgences. But again, it’s not such a big deal. Alcohol on the other hand, has severe effects, radically suppressing the spiritual nature, and letting the dark side, the selfish side, blossoms – thus it should never be consumed by anyone who is not enlightened.

## Summary

As you review the following energy calibrations you will note that the more numerous the processing steps in bringing your food to your table, the further the energy and nutritional value is depleted.

It goes something like this:

		MOC calibration
Obtained absolutely fresh	energy level could be, say:	500
Cutting it up or grinding it	process lowers energy level by 100	therefore now 400
Cooking process	lightly stirred fried is best – baking is to long	300
So let’s put it in a container and freeze it	drop another 100 points	200

Note: The Map of Consciousness (MOC) scale is based on the common log of 10. A 1 point various is a 10 fold variance. 10 points is 10,000,000,000 times increase or decrease in energy. The above reductions are mind boggling drops in energy at each step in the processing chain.

At 200, this food is now so extensively diminished in nutrition and value it is no longer life enhancing!

Any food that is not life enhancing (under 200) is stored within the body and the body has to work to eliminate it, thus overworking the body and loading the storage system up within the body.

Machine processed food is devoid of love and is so thoroughly processed that it is seldom life enhancing.

Consider the testing process that is outlined herein, and you can test your favourite restaurant meals and anything else that is to your interest and add it to the chart that now follows.

## **FRESH is BEST !!!**

### **'Progaganda Gardening' at Incredible Edible Todmorden**

<http://www.permaculture.co.uk/videos/progaganda-gardening-incredible-edible-todmorden>

**MAP of CONSCIOUSNESS CALIBRATIONS reflect the nature of the TOPIC:**

The level of truth of a topic or subject is reflected in the calibration through employing Dr David R Hawkins' Map of Consciousness with kinesiology muscle testing. A publication or movie about manufacturing food would be around 200, whereas meals prepared in a loving home would be around 500. The subject of pornography through to war would be less than 200, whereas natural love topics can readily be over 500 and up into the 800's plus. Material introducing Feeling Healing with Divine Love, by its nature, will range between 1,480 to 1,500 on Dr David R Hawkins' Map of Consciousness (MoC), in its purest form of presentation. This has never been previously achieved.

<b>MAP of CONSCIOUSNESS</b>	<b>MoC</b>	<b>calibrations</b>
God, our Heavenly Mother and Father Celestial Heavens peak	Infinity <b>1,500</b>	Location being Isle of Paradise 3 <sup>rd</sup> Celestial Heaven (10 <sup>th</sup> spirit Mansion World)
Feeling Healing / Divine Love teachings	1,480 – 1,500	3 <sup>rd</sup> Celestial Heaven spirit guided
Now at one with Heavenly Parents	1,081	1 <sup>st</sup> Celestial Heaven entry at Jerusalem
Feeling Healing with Divine Love	1,080	7 <sup>th</sup> Divine Love transitional sphere to Heavens
Natural Love peak	<b>1,000</b>	6 <sup>th</sup> spirit Mansion World peak –can't go further!
Pascas WorldCare (as a platform)	880	5 <sup>th</sup> spirit Mansion World healing Divine Love.
Lamsa Bible (minus the Old Testament and Book of Revelation, but including Genesis, Psalms, and Proverbs)	880	4 <sup>th</sup> spirit Mansion World equivalent being natural love orientated, the Bible is taking one away from truth – their soul based feelings.
Koran	700	4 <sup>th</sup> spirit Mansion World equivalent.
Torah	550	First five books of the 24 books of the Tanakh.
Cookies made for Family	520	Made with love (this supports cooking shows).
Enter EITHER natural or divine pathway	<b>500</b>	2 <sup>nd</sup> natural love OR 3 <sup>rd</sup> Divine Love spirit world.
Peak of mind total orientation	499	1 <sup>st</sup> spirit Mansion World peak.
King James Bible (from the Greek)	475	
Roman Catholic Church	450	Church (worldwide) – mind controlled – reason.
Home cooked sea fish + organic salad	410	
Home roasted free range chicken + salad	410	
Wine or Beer	330	(in moderation!)
Roman Catholicism administration	305	As an institution in year 2004.
Tea green	300	
<b>Humanity</b>	<b>212</b>	The population of the world overall.
Vegetarianism	205	
Muesli	205	Above 200 is pro-life – positive.
<b>Food</b>	<b>200</b>	<b>At this level and above food is life enhancing.</b>
Food, Commercial Cat	192 – 202	Below 200 is anti-life – negative.
Food, Commercial Machine-made	188 – 200	Energy dense but nutrition poor.
Black Tea	185	Refining of most foods removes nutrients.
Percolated Coffee / Cappuccino / etc	165	
Corn Flakes	85	
Fish (living in ocean)	20	
Bacteria	1	

### Energy Level of Food as calibrated based on the Map of Consciousness scale 1 – 1,000:

The scale is based on the common log of 10, a 1 point jump is a 10 fold increase in energy.

Cookies made for Family	520	<b>Blessing</b> food adds 15 points to calibration.
<b>Green Juice = Raw Power</b>	<b>510</b>	<b>Nutrient Rich</b>
Home cooked sea fish + organic salad	410	<b>Nutrient Rich</b>
Home roasted free range chicken + salad	410	Calibrations above 350 involve organics.
<b>Raw Food = Raw Power food blessed</b>	<b>365</b>	<b>(overall menu)</b>
Roadside Farm Stands	355	A 1 point jump is a 10 fold increase in energy.
<b>Raw Food = Raw Power – Byron Bay</b>	<b>350</b>	<b>(overall menu)</b>
Vick's (product)	345	
Wine or Beer	330	Single serve per day.
Campbell's Soup (product)	325	
Uncle Ben's Rice (product)	315	
Quaker Oats	305	
Pepsi (beverage)	305	Single serve per day.
Coca-Cola (beverage)	305	Single serve per day.
Tea, Green	300	
Food, Blessed Homemade	215 +	Organically grown foods have approximately
Food, Homemade	209 +	75% to 350% more nutritional and mineral
Food, Blessed Machine-made	207	value than that of commercially grown foods.
Food, Commercial	207	Organic home grown foods is even higher.
Vegetarianism	205	
Grilled / BBQ steak	205	
Muesli	205	
Donald Duck (cartoon)	205	Above 200 is pro-life – positive.
<b>Food</b>	<b>200</b>	<b>At this level and above food is life enhancing.</b>
Food, Commercial Cat	192 – 202	Below 200 is anti-life – negative.
Food, Commercial Machine-made	188 – 200	Energy dense but nutrition poor.
Black Tea	185	Refining of most foods removes nutrients.
Body Piercing	180	
Milk – Pasteurised	180	
Coffee	175	
McDonalds, KFC, Hungry Jacks	175	All food below 200 is detrimental to health!
Microwaved Store Meals	170	
Taco Bell Fast Food	165	Energy laden food requires massive amounts of
Pizza Fast Food	165	nutrients to remove them from storage – result is
Public Hospital Meals	165	excessive fat built up, etc.
Alcohol Addiction	90	6 or more drinks a day.
Corn Flakes	85	
Cigarettes	85	
Marijuana	80	
Cocaine	7	
Heroin, Methamphetamines	6	Every and any substance can be calibrated!

Most calibrations are sourced from David Hawkins' book 'Truth vs Falsehood'.





## **FRESH is clearly the BEST !!!**

Survey first week of May 2006

Woolworths (Gold Coast, Australia) & Others as Nominated

Calibrations are based on the Map of Consciousness table as published in Power vs Force by David R Hawkins M.D. The kinesiology testing process used, is as outlined within this book.

At the levels above 200 on the scale of 1 to 1,000, you achieve a positive outcome, below is negative. Any food calibrating below 200 is not life enhancing.

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!

**Blessing** a prepared meal adds 15 points being 1,000,000,000,000,000 fold increase in energy.

This being a quadrillion ( $10^{15}$ ) jump in energy.

Some brand names influence the energy level in a positive way, Campbells Soup is one such entity.

Similarly, the level of consciousness of the retailing corporation has a direct influence on the calibration of the food products, particularly raw and fresh foods.

Organic Farmers's Market	growers group who sell only on Saturdays and Sundays
Humble Pie Shop	MoC calibration 510 a family specialty business
Mrs Flannery's	440 a health food family retail chain
Celtic Organic	430 a family organic specialty retailer
Yuen's Farm Market	430 a very busy fruit and vegetable retailer
Yatala Pie Shop	380 a family specialty business
Woolworths	380 a national supermarket chain

Our diets are generally excessive with acidic, or acid-forming foods. Look to increase your alkaline foods intake, whilst reducing your acidic food intake. See schedule at the end of this survey.

Food that calibrates at energy levels below 200 are NOT life sustaining and they put a load or a burden on the body, as the body then has to work to expel the by products. It is with much difficulty this is achieved with this processing requiring an excessive amount of time, contributing to excess body weight.

Food that calibrates at energy levels above 200 is life enhancing. Such food is not factory processed.

Fresh food loses about 100 points with each processing phase. Grind or mince up meat, or cut up fresh garden vegetables, this process alone can deplete the products by 100 points. Lengthy cooking can then reduce the energy levels by a further 100 points, or more. Placing the then processed food in packaging and storing it in refrigeration will further deplete the vital energy available to you upon consumption.

Any person who is experiencing a sickness episode is best to review their food intake and to concentrate their diet on items that calibrate at the energy levels above 300.

# FRESH is BEST !!!

*as one, we bless this food  
and accept it with love and gratitude*

## FRUIT & VEGETABLES

	<u>MoC Calibration</u>	
Apples Green (Granny)	490	Note: Miami is a suburb on the Gold Coast in Queensland, Australia.
Apples Red (Fuji)	470	
Apples Red Delicious	500	
Apples Red Delicious	420	Celtic Organic
Apples Red Delicious	470	Yuen's Farm Market
Apples	570	Organic Farmers' Market – Miami
Apricots – dried	520	Yuen's Farm Market
Artichoke	520	Yuen's Farm Market
Asian Vegetables	590	Organic Farmers' Market – Miami
Asparagus	480	Yuen's Farm Market
Asparagus	480	
Asparagus	350	Celtic Organic
Avocadoes	480	
Avocadoes	480	Celtic Organic
Avocadoes	510	Yuen's Farm Market
Avocadoes	550	Organic Farmers' Market – Miami
Bananas	470	
Bananas	480	Yuen's Farm Market
Bananas	500	Organic Farmers' Market – Miami
Beans	510	Yuen's Farm Market
Beans	460	Organic Farmers' Market – Miami
Beans Broad	550	Organic Farmers' Market – Miami
Beans Flat	530	Yuen's Farm Market
Beetroot	500	Yuen's Farm Market
Beetroot	530	Organic Farmers' Market – Miami
Beetroot Leaves	470	Organic Farmers' Market – Miami
Bok Choy	490	
Bok Choy	370	Celtic Organic
Bok Choy	510	Yuen's Farm Market
Broccoli	480	
Broccoli	520	Celtic Organic
Broccoli	530	Yuen's Farm Market
Broccoli	530	Organic Farmers' Market – Miami
Brussels Sprouts	540	Yuen's Farm Market
Cabbage	500	
Cabbage	510	Yuen's Farm Market
Cabbage Drum	510	Yuen's Farm Market

Cabbage Red	510	Yuen's Farm Market
Capsicum	550	Organic Farmers' Market – Miami
Capsicum Green	480	Yuen's Farm Market
Capsicum Red	470	Yuen's Farm Market
Capsicum Yellow	470	Yuen's Farm Market
Carrots	380	
Carrots	460	Yuen's Farm Market
Carrots Baby	550	Organic Farmers' Market – Miami
Carrots Dutch	500	Yuen's Farm Market
Cauliflower	510	Yuen's Farm Market
Celeriac	520	Yuen's Farm Market
Celery	480	
Celery	480	Yuen's Farm Market
Celery	520	Organic Farmers' Market – Miami
Chestnuts	520	Yuen's Farm Market
Chilli Red Sweet	530	Yuen's Farm Market
Chilli Yellow	510	Yuen's Farm Market
Chokos	510	Yuen's Farm Market
Choy Sum	520	Yuen's Farm Market
Coconuts	500	Yuen's Farm Market
Cucumber	470	Celtic Organic
Cucumber Apple	480	Yuen's Farm Market
Cucumber Green	490	Yuen's Farm Market
Cucumber Lebanese	480	Yuen's Farm Market
Cucumber Lebanese	530	Organic Farmers' Market – Miami
Custard Apples	450	Yuen's Farm Market
Dates	530	Yuen's Farm Market
Dates Madjool (California)	290	Celtic Organic
Dragon Fruit	520	Yuen's Farm Market
Eggplant	520	Yuen's Farm Market
Eggplant	500	Organic Farmers' Market – Miami
Fennel	540	Yuen's Farm Market
Fuji Fruit	480	Yuen's Farm Market
Gai Choy	520	Yuen's Farm Market
Gai Lan	530	Yuen's Farm Market
Garlic	550	Yuen's Farm Market
Garlic Purple	510	Celtic Organic
Garlic Shoots	550	Yuen's Farm Market
Ginger	540	Celtic Organic
Ginger	540	Yuen's Farm Market
Goji Berries Tibet Authentic	450	Celtic Organic
Grapefruit Red Ruby	480	Yuen's Farm Market
Grapes Black Muscot	490	Yuen's Farm Market
Grapes Red Globe	470	Yuen's Farm Market
Herbs – Basil	600	Organic Farmers' Market – Miami
Herbs – Coriander	600	Organic Farmers' Market – Miami
Herbs – Lemongrass	620	Organic Farmers' Market – Miami

Herbs – Lemon Myrtle	600	Organic Farmers’ Market – Miami
Herbs – Marjoram	620	Organic Farmers’ Market – Miami
Herbs – Oregano	600	Organic Farmers’ Market – Miami
Herbs – Parsley	590	Organic Farmers’ Market – Miami
Herbs – Sage	600	Organic Farmers’ Market – Miami
Herbs – Thyme	600	Organic Farmers’ Market – Miami
Herbs – Vietnamese Mine	600	Organic Farmers’ Market – Miami
Honeydew	470	Yuen’s Farm Market
Kale	600	Organic Farmers’ Market – Miami
Kiwi Fruit	410	Yuen’s Farm Market
Leeks	520	Yuen’s Farm Market
Leeks	550	Organic Farmers’ Market – Miami
Lettuce	520	Organic Farmers’ Market – Miami
Lettuce Cos	480	
Lettuce Cos	490	Yuen’s Farm Market
Lettuce Crisp	500	Yuen’s Farm Market
Lettuce Hydroponic	470	Yuen’s Farm Market
Lettuce Iceberg	400	
Lettuce	440	Celtic Organic
Limes	510	Yuen’s Farm Market
Limes	500	Organic Farmers’ Market – Miami
Lo Bok White	540	Yuen’s Farm Market
Lonyans	540	Yuen’s Farm Market
Lotus Roots	530	Yuen’s Farm Market
Lychees	490	Yuen’s Farm Market
Mandarins Imperial Sweet	440	Yuen’s Farm Market
Melon Bitter	500	Yuen’s Farm Market
Melons Hairy Saip	490	Yuen’s Farm Market
Melons Large Saip	500	Yuen’s Farm Market
Moringa Drum Stick	500	other
Moringa Seed Pod	530	other
Mushrooms Buttons	530	Yuen’s Farm Market
Mushrooms Flat	530	Yuen’s Farm Market
Mushroom Cups	490	
Mushrooms	490	
Mushrooms	510	Celtic Organic
Okra	540	Yuen’s Farm Market
Onions	580	Organic Farmers’ Market – Miami
Onions Brown	490	
Onions Brown	500	Celtic Organic
Onions Brown	500	Yuen’s Farm Market
Onions Eishollot	520	Yuen’s Farm Market
Onions Eshallots	590	Organic Farmers’ Market – Miami
Onions Red	520	Yuen’s Farm Market
Onions Spring	510	Yuen’s Farm Market
Onions White	500	Yuen’s Farm Market
Oranges Navel	500	Yuen’s Farm Market

Oranges Valencia	500	Yuen's Farm Market
Oranges Valencia	550	Organic Farmers' Market – Miami
Parsley	430	Celtic Organic
Parsley	580	Organic Farmers' Market – Miami
Parsnips	490	Yuen's Farm Market
Passionfruit	500	Yuen's Farm Market
Paw Paw	490	Organic Farmers' Market – Miami
Paw Paw Green	500	Yuen's Farm Market
Paw Paw Red	500	Yuen's Farm Market
Paw Paw Yellow	490	Yuen's Farm Market
Pears Red	490	Yuen's Farm Market
Peas	440	
Pineapple	500	Yuen's Farm Market
Plums Black	470	Yuen's Farm Market
Plums Radiant	470	Yuen's Farm Market
Pomello	470	Yuen's Farm Market
Potatoes	400	
Potatoes Chat	480	Yuen's Farm Market
Potatoes Desiree	480	Yuen's Farm Market
Potatoes Kiffler	480	Yuen's Farm Market
Potatoes Sweet	490	Yuen's Farm Market
Potatoes Sweet Purple	490	Yuen's Farm Market
Pumpkin	430	
Pumpkin	540	Organic Farmers' Market – Miami
Pumpkin Jap	500	Celtic Organic
Quince	520	Yuen's Farm Market
Radish	520	Yuen's Farm Market
Radish	570	Organic Farmers' Market – Miami
Rocket	500	Yuen's Farm Market
Rocket	490	Organic Farmers' Market – Miami
Rockmelon	480	Yuen's Farm Market
Rumbutans	540	Yuen's Farm Market
Silverbeet	520	Yuen's Farm Market
Silverbeet	570	Organic Farmers' Market – Miami
Snow Peas	520	Yuen's Farm Market
Spinach English	530	Yuen's Farm Market
Spinach Red Chard	580	Organic Farmers' Market – Miami
Squash	560	Organic Farmers' Market – Miami
Squash Yellow	470	Yuen's Farm Market
Strawberries	480	
Strawberries	500	Yuen's Farm Market
Swedes	500	Yuen's Farm Market
Sweet Potatoes	420	
Sweet Potatoes	490	Celtic Organic
Sweet Potatoes	580	Organic Farmers' Market – Miami
Taro	530	Yuen's Farm Market
Tomatoes	490	Organic Farmers' Market – Miami



Tomatoes Gourmet	510	
Tomatoes Roma	450	
Tomatoes Roma	500	Yuen's Farm Market
Tomatoes Round	440	Celtic Organic
Tomatoes Cherry	500	Yuen's Farm Market
Tomatoes Cherry	480	Organic Farmers' Market – Miami
Tomatoes Mini Roma	510	Yuen's Farm Market
Tomatoes Truss	490	Yuen's Farm Market
Turnip	550	Organic Farmers' Market – Miami
Water Melon	480	Yuen's Farm Market
Wombok	510	Yuen's Farm Market
Zucchini	480	
Zucchini	510	Yuen's Farm Market
Zucchini	530	Organic Farmers' Market – Miami
Steamed Vegetables	310	

### **SALADS**

Stir Fry Greens	450	Organic Farmers' Market – Miami
Woolworths Pasta Salad	330	
Woolworths Creamy Potato Salad	320	
Woolworths Coleslaw	320	
Woolworths Cheese Tasty	360	

### **SUPER FOODS**

		as used by:
Bee Pollen	510	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Brazil Nuts	510	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Cacao	490	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Coconut Oil	480	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Enzymes	480	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Goji Berries	470	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Hemp	530	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Maca	550	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
MSM	500	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Pepitas	500	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Spiulina	570	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
UDO's Oils	470	others

### **BAKERY**

Woolworths Sliced White Bread	150
Woolworths Sliced White High Fibre	165
Woolworths Cake Mud Chocolate	175
Woolworths Anzac Biscuits	195
Golden Crumpets	80
Cinnamon Donut	175

Helgas Mixed Grain Bread	260	
Helgas Traditional Wholemeal	260	
Helgas Soy & Linseed	260	
Wonder White High Fibre Muffins	150	
Muffins	170	Celtic Organic
Gluten Free Bread	180	Celtic Organic
Britt's Organic Bread wholemeal sesame seed	195	Celtic Organic
Britt's Organic Bread wholemeal pumpkin & chive	205	Celtic Organic
Britt's Organic Bread multigrain with lecithin	200	Celtic Organic
Britt's Organic Bread pumpkin rice bread	205	Celtic Organic
Old Time Bakery roll up rye bread	190	Celtic Organic
Old Time Bakery wholemeal bread	195	Celtic Organic
Speltic – Celtic	245	other
Spelt – Britts	300	other
Essene – Range	415	Mrs Flannery's
Essene – sprouted rye	450	Mrs Flannery's
Essene – sprouted spelt	470	Mrs Flannery's
Savoury Muffin	290	Organic Farmers' Market – Miami
Rye Bread	290	Organic Farmers' Market – Miami
Spelt Bread	290	Organic Farmers' Market – Miami
Kamut Bread	280	Organic Farmers' Market – Miami

## **FISH**

Frozen Raw Black Tiger Prawns (Vietnam)	195	Anything with a central nervous system has a spirit body.
100 Islands Tropical Prawns (Thailand)	280	
Barramundi Fillets (farmed) frozen (Queensland)	270	To kill anything with a spirit body is unloving.
Ocean Monarch Crumbed Fish Fillets (New Zealand)	380	
Tasmania Salmon Cutlets	510	These calibrations on meat products are based on natural love principals.
Australian Cooked Large Tiger Prawns	450	
Red Snapper Fillets	480	
Whole Barramundi (Ocean)	480	
Fish Fried – Dory crumbed	360	Top Catch
Fish Fried – Dory battered	360	Top Catch
Fish Fried – Sea Scallops	360	Top Catch
Fried Chips	195	Top Catch
Fish Grilled – Dory	450	other

## **EGGS**

Pace Farm Eggs	280	
Sunny Queen Farms Eggs	275	Treatment of hens is unloving.
Woolworths Eggs	280	This is a natural love assessment.
Eggs – Boiled	300	
Eggs – Poached	310	
Eggs – Fried	295	
Eggs – Scrambled	310	



Eggs – Omelete	300	
Ovaston Organic Free Range Eggs	455	Celtic Organic
Conway Farms Organic x Large Eggs	455	Celtic Organic
Organic Eggs	390	Organic Farmers' Market – Miami
<b>CHEESE</b>		
King Island Camembert	380	Treatment of diary cows is unloving.
South Cape Persian Fetta	360	This is a natural love assessment.
Jarlsberg Cheese	320	
Kraft Cheddar	290	
Ricotta Cheese	320	
Lemnos Australian Fetta	330	
Gabanossi Cheese	330	
Coon Tasty Cheese	430	
Bega Cheese	450	
Feta	460	Organic Farmers' Market – Miami
Ricotta	480	Organic Farmers' Market – Miami
<b>MILK</b>		
Woolworths Fresh Milk	180	Treatment of diary cows is unloving.
Woolworths Low Fat Milk	185	This is a natural love assessment.
Pura Light Start Milk	195	
Low Fat Milk	200	
Milk	210	
Ivyhome Organic Whole Milk Pasteurised	450	Celtic Organic
Ivyhome Organic Lo Fat Milk	440	Celtic Organic
Oat Milk	220	other
Soy Milk – So Good	400	other
Rice Milk	500	other
Almond Milk	510	other
Milk	460	Organic Farmers' Market – Miami
Low Fat Milk	440	Organic Farmers' Market – Miami
Fresh Milk	500	Organic Farmers' Market – Miami
Cleopatra Milk	460	Organic Farmers' Market – Miami
<b>DAIRY</b>		
Pauls Natural Yoghurt	330	
Get Naked Yoghurt	410	Organic Farmers' Market – Miami
Munoali Creek Yoghurt	450	Organic Farmers' Market – Miami
Western Star Spreadable Butter	360	
Mainland Butter Soft	380	
Flora Canola Margarine	380	
Yakult	270	
Butter	480	Organic Farmers' Market – Miami

**ICE CREAM**

Cottees Ice Magic	120	
Gigi's vanilla icecream(gluten free, gourmet, creamy)	195	Celtic Organic
Gigi's Mango	180	Celtic Organic
Gigi's Chocolate (frozen desert)	190	Celtic Organic
Gigi's Green Tea (frozen desert)	190	Celtic Organic
Peters Extra Cream Vanilla Icecream	190	

**MEAT**

Allsop & England Organic Lamb (lamb loin chops) frozen	185	Celtic Organic
Allsop & England Organic Lamb (mince) frozen	170	Celtic Organic
Bendele Farm Organic Chicken frozen	195	Celtic Organic
Schnitzel Beef	410	
Roast Beef Blade	420	Anything with a central nervous system has a spirit body.
Chicken Plain	410	It is considered to kill anything with a spirit body is unloving.
Mince Beef Heart	360	
Beef Sausages Thick	360	
Beef Fillet Steak	440	These calibrations on meat products are based on natural love principals.
Veal Loin Cutlet	440	
Pork Mid Loin Chop	450	
Lamb Mid Loin Chops	440	
Chicken Thigh Fillets	440	
Chicken Wings	410	
Free Range Drumsticks	440	
Ham	370	

**SMALL GOODS**

Primo Cabanossi	155	
Bertocchi Salami	160	Anything with a central nervous system has a spirit body.
Party Cheerios	170	It is considered to kill anything with a spirit body is unloving.
Slim Frankfurts	170	
Pepperoni Wurst	170	These calibrations on meat products are based on natural love principals.
Hans Salami	165	
Deli Kabana	170	
Wattle Valley Baby Spinach & Cashew Chunky Dip	220	
South Cape Cheese Twists	190	
Ham	370	

**BREAKFAST CEREALS**

Rolled Barley	600	Organic Farmers' Market – Miami
Organic Muesli	590	Organic Farmers' Market – Miami
Organic Polenta	560	Organic Farmers' Market – Miami

Rice Bubbles	180	
Coco Pops	90	
Corn Flakes	85	
Special K	170	
Uncle Tobys Natural Swiss Muesli	330	
Uncle Tobys Natural Swiss Muesli with milk	320	other
Wheat Bix Sanitarium	225	
Uncle Tobys Plus	190	
Uncle Tobys Twists Strawberry Smooth	115	
Kelloggs Nutri-Grain Bar	175	
Natures Path Cereals Organic Ginger Zing	220	Celtic Organic
Natures Path Cereals Millet Rice Oatbran Flakes	210	Celtic Organic
Natures Path Mesa Sunrise Flakes	210	Celtic Organic
Natures Path Honeyed Corn Flakes	190	Celtic Organic
Planet Organic organic gluten free porridge	220	Celtic Organic
Celtic organic rolled oats	230	Celtic Organic
Lotus Lite Crunch Baked Muesli	215	Celtic Organic
Organic Natural Cereal refill (wheat free)	240	Celtic Organic
Norganic Crunchola Blueberry	120	
Lowan Cocoa Bombs	100	
Freedom Foods Muesli	210	
Quaker Oats	305	P. 95 Truth vs Falsehood
Uncle Ben's Rice (product)	315	P. 95 Truth vs Falsehood
Organic Rolled Oats	235	other
Steel cut oats	300	other
Quinoa – porridge	400	other
Amaranth	430	other
Spelt	460	other

### **DRINKS & JUICES & WATER**

Herbalife (products)	550	average
Nestle Milo	195	
Phoenix (drinks) orange mango & apple juice	255	Celtic Organic
Phoenix (organic) sparkling grapefruit	320	Celtic Organic
Phoenix (organic) lemon lime & bitters	310	Celtic Organic
Woolworths Organic Orange Juice	220	
Berri Apple Juice	220	
Golden Circle Chilled Orange Juice	310	
Daily Juice Company Grapefruit Juice	380	
Daily Juice Company Apple Juice	380	
Staminade orange drink	180	
Gatorade tropical drink	170	
Red Bull Energy Drink	175	
Tap Water – Brisbane	130	Household water options
Tap Water – Gold Coast	160	Household water options
Filtered Tap Water	240	Household water options

Water, ionised, alkaline (PH 10) Akai brand unit	245	Household water options
Water Reverse Osmosis treated	250	Not recommended – dead water
Water Filter Box 5 stage with Zeolite (bio-mineral) cell	295	Gold Coast water – Biopure.com.au
Mount Franklin Water	245	
Kangen Drinking Water pH 8.5 – pH 9.5	290	
Kangen Clean Water pH 7.0	310	
Kangen Water for Beauty and Environment Sanitary	285	
Pump Water	450	
Organic Mangrove Mountain 12 lt Water	450	
Crystals Water	490	
Frantelle Spring Water	500	
Golden Circle Lime Flavoured Cordial	150	
Cottees Light Lemon Crush (cordial)	140	
Bickfords Lime Juice	140	
Coca Cola 6 pack	305	Single serve per day – then diminishes
Pepsi 6 pack	305	Single serve per day – then diminishes
Diet Coke 10 pack	300	Single serve per day – then diminishes
Zero	120	
Kirks Club Lemon Soda Squash	280	
Aloe Juice – Proma	260	
Yakult	270	
Tea, Green	300	P. 95 Truth vs Falsehood
Planet Organic Tbags English Breakfast Tea	190	Celtic Organic
Planet Organic Tbags Green Tea	330	Celtic Organic
Planet Organic Tbags Echinacea with Green Tea	330	Celtic Organic
Espresso Coffee	160	<b><u>Bruce Tainio Research:</u></b>
Flat White Coffee	160	<b>When a person drinks a cup of</b>
Turkish Coffee	160	<b>coffee, his/her frequency can drop</b>
Coffee Latte	165	<b>by as much as 10 MHz.</b>
Short Black Coffee	165	<b>Human body is between 62-68 MHz.</b>
Cappuccino	165	<b>Flu symptoms at 57 MHz.</b>
Percolated Coffee	165	<b>Cancer at 42 MHz.</b>
Instant Coffee	170	
Byron Bay Coffees Organic	190	Celtic Organic
Celtic Organic Cocoa	180	Celtic Organic
Coffee Cappuccino Organic	190	Organic Farmers' Market – Miami
Coffee Flat White Organic	195	Organic Farmers' Market – Miami
Gano Café – Ganoderma Lucidium	340	Health Food stores
<b>ALCOHOL</b>		
Wine or Beer	330	Single serve per day.
Dr Red Wine (has proven medical benefits)	540	<a href="http://www.drred.com.au/">http://www.drred.com.au/</a>
Dr Red Ginger (has proven medical benefits)	540	<a href="http://www.drred.com.au/">http://www.drred.com.au/</a>
Johnny Walker Red scotch	195	
Absolut Vodka	120	
Alcohol Addiction	90	6 or more drinks a day.

**TABLE COMPLIMENTS & CONDIMENTS**

UDO's Oils	470	others
IXL Breakfast Marmalade	210	
Hero Blueberry Jam (Switzerland)	195	
Cottees Strawberry Comserve	200	
Nutella Hazelnut Spread	190	
Kraft Peanut Butter	220	
Kraft Vegemite	215	
Fountain Soy Sauce	210	
Holbrooks Worcestershire Sauce	185	
Saxa Salt	110	
Celtic Sea Salt	190	Celtic Organic
Celtic Sea Salt – Relish Organic	480	Organic Farmers' Market – Miami
Pepper ground	140	
Pepper Cayenne	190	
Lotus Organic Rapadura Sugar	180	Celtic Organic
Kriedemann Farms Organic Raw Sugar	170	Celtic Organic
Aspartame sweetener	65	
CSR white sugar	170	
CSR raw sugar	185	
Mae Ploy sweet chilli sauce	290	
Fountain Tomato Sauce	230	
Eta Original Barbecue Sauce	280	
Heinz Organic Tomato Ketchup	225	Woolworths & Celtic Organic
Maple Syrup	330	
Golden Syrup CSR	270	
Treacle	300	
Molasses	330	
Honey – Woolworths Home Brand	250	
Mrs Flannery's Honey – unheated	400	Mrs Flannery's
Celtic Organic Honey	235	Celtic Organic
Dalhouse organic Blueberry Jam	190	Celtic Organic
Willowvale Organics Peanut Paste Organic	210	Celtic Organic
Dalhousie Organic Raspberry Jam	230	Celtic Organic
Dalhousie Organic Orange Marmalade	235	Celtic Organic
Dalhousie Organic Fig Jam	235	Celtic Organic
Omega Gold Organic Table Spread	390	Celtic Organic
Praise fat free Italian dressing	450	
Curry – Clive of India	310	

**COOKING ADDITIVES & COMPLIMENTS**

Trident Lite Coconut Milk	150
Kraft Potato Salad Dressing	180
Taylor's Thai Satay	150

Desiccated Coconut	480	Organic Farmers' Market – Miami
Leeton Products Olives Organic	360	Celtic Organic
Norganic Golden Soya Mayonnaise	225	Celtic Organic
Global Organics Organic Tomato Paste	235	Celtic Organic
Muir Glen Pizza Sauce (organic)	215	Celtic Organic
Muir Glen Diced Tomatoes (organic)	215	Celtic Organic
Muir Glen Sun Dried Tomato Paste Sauce (organic)	225	Celtic Organic
Willowvale Organics organic gluten free SR Flour	185	Celtic Organic
Willowvale Organics organic buckwheat flour	190	Celtic Organic
Organ Custard Powder	160	Celtic Organic
Organ organic rice and corn pasta	175	Celtic Organic
L'Abruzzese organic pasta (lasagne)	175	Celtic Organic
Woolworths Organic Self Raising Flour	170	
Woolworths Organic Plain Flour	175	
Organic Wholemeal Wheat Flour	480	Organic Farmers' Market – Miami
Spelt Triticum	440	Organic Farmers' Market – Miami
Home Brand Self Raising Flour	180	
Home Brand Plain Flour	180	
White Wings Plain Four	180	
White Wings Self Raising Flour	185	
White Wings Muffin Mix	195	
White Wings Milk Chocolate Cake	190	
Bertolli Extra Virgin Olive Oil (Italy)	410	
Olive Grove Extra Virgin Olive Oil (Australia)	425	
Eco Organics Extra Virgin Olive Oil	470	Celtic Organic
UDO's Oils	470	others
Blended Vegetable Oil	480	
Canola Oil	480	
Campbells Real Stock (beef)	250	
Oxo Beef cubes	240	
Gravox Traditional Gravy	170	
Organ Organic Rice & Corn Paste	200	Celtic Organic
Preharvest Shoyu Organic Soy Sauce	220	Celtic Organic
Bragg Organic Apple Cider Vinegar	225	Celtic Organic
Sun Rice white long grain rice	490	
Sun Rice Brown Calrose	510	
Wild Rice	380	other
Suimin Noodles with chicken	180	
San Remo Angel Hair Spaghetti	330	
San Remo Curly Fettuccine	320	
Heinz Baby Food	360	
Golden Circle Baby Food	360	
<b>CANNED &amp; PACKET FOOD</b>		
SPC canned peaches in juice	195	
Home Brand canned peaches in syrup (South Africa)	170	

SPC Jelly Pears in raspberry jelly	140	
Edgells Beetroot	220	
Windsor Farm Asparagus	215	
Edgells Garden Peas	250	
Windsor Farm Mushrooms	260	
Ardmona Chopped Tomatoes	250	
McKenzies Coconut	185	
Desiccated Coconut	480	Organic Farmers' Market – Miami
Dried Sultanas	470	Organic Farmers' Market – Miami
Dried Apricots	460	Organic Farmers' Market – Miami
Dried Medjool Dates	470	Organic Farmers' Market – Miami
Dried Figs	450	Organic Farmers' Market – Miami
Sunbeam Sultanas	220	
Home Brand Dates	260	
Kitchen Collection Grain Bread Mix	210	
Siena Organic Red Kidney Beans	205	Celtic Organic
Edgell Super Sweet Corn Kernels	310	
Spam canned	320	
Heinz Baked Beans	370	
Heinz Spaghetti	350	

## SOUP

Imagine Organic Creamy Chicken Soup	195	Celtic Organic
Imagine Organic Free Range Chicken Broth	195	Celtic Organic
Organ Natural Sweet Corn Soup	195	
Campbell's Country Ladle Pea & Ham Soup	380	The brand name does a lot.
Campbell's Soup (product)	325	P. 94 Truth vs Falsehood
Heinz soup creamy tomato	310	
Continental cup a soup gourmet	200	

## FROZEN FOOD

Big Ben Pies frozen	210
Four'n Twenty Pies	210
Birds Eye Oven Roast Potatoes	250
McCain Peas frozen	470
Birds Eye Golden Crunch Potato Gems	200
McCain Chunk Cut Potato Chips	210
Birds Eye Oven Bake Chips Crinkle Cut	210

## NUTS & PEANUTS

Pepitas	530	Organic Farmers' Market – Miami
Linseed	550	Organic Farmers' Market – Miami
Macadamia	490	Organic Farmers' Market – Miami
Peanuts	450	Organic Farmers' Market – Miami

Cashews	480	Organic Farmers' Market – Miami
Bio-dynamic Almonds	610	Organic Farmers' Market – Miami
Walnuts	640	Organic Farmers' Market – Miami
Quinoa	610	Organic Farmers' Market – Miami
Chickpeas	530	Organic Farmers' Market – Miami
Nobbys Salted Peanuts	210	
Peanuts Roasted & Salted	240	
Lotus organic dry roasted peanuts	225	Celtic Organic
Celtic Organic Cashews Raw	280	Celtic Organic
Celtic Organic Macadamia Nuts	420	Celtic Organic
Celtic Pistachio Kernels	300	Celtic Organic
Celtic Walnuts	390	Celtic Organic
Celtic Dry Roasted Peanuts	280	Celtic Organic
Wodonga Park Honey Roasted Macadamia Nuts	520	Celtic Organic
Cashews Roasted & Salted	440	
Pistachios Roasted	470	

### **SWEETS & LOLLIES & COOKIES & SNACKS**

M&Ms (milk choc)	160	
Old Gold Dark Chocolate	180	
Cadbury's Dairy Milk	230	
Lindt dark 70% cocoa chocolate	320	
Ajitas Vege Chips	185	Celtic Organic
Freedom Foods low salt Chick Pea Chips	190	Celtic Organic
Greengrove Organics Spelt Liquorice	285	Celtic Organic
Byron Bay Cookie Company Triple Choc Fudge (cookies)	190	Celtic Organic
Doritos Corn Chips	130	
Arnotts Salada	160	
Arnotts Jatz	155	
Arnotts Sao	165	
The Wiggles ABC Biscuits chocolate, honey with yoghurt	165	
Arnotts Shapes	150	
Smiths Thinly Cut Chips	130	
Old El Paso Salsa	160	
Smith Chips	130	
Samboy Barbecue Chips	170	
Kettle Honey Baked Ham chips	185	
Red Rock Potato Chips	195	
Pringles Sour Cream & Onion	195	
Chicken Twisties	185	

### **HEALTH & MEDICINE**

Red Seal Herbal & Mineral Toothpaste	190	Celtic Organic
Alpha Lipid Life Line – Colostrum	644	Alan & Reta Bell 5573 2845
Cansema Black Salve June Wilson	610	



Colgate Total Toothpaste	280	
<b>COLOSTEM™</b>	600	
CoQ10 John O’Neill capsules	550	
CoQ10 John O’Neill powder	560	
Dove Soap	490	
Palmolive Soap	500	
Sunlight Soap	500	
K 28 – Krebbs 28	604	
Life Force Body Balance	440	
Mannatech Ambrotose	530	
Natures Way Multi-vitamin	280	
Natures Way Cod Liver Oil	490	
Natures Way Fish Oil	480	
NewZeal Human Arthritis	480	
Omega 3 fish oil	480	other
Omega 3 flax seed oil	440	other
Oxymax	470	
Sea Minerals	620	Gerry Amena
Sea Minerals Dietary Supplement	550	
Sea Minerals Cream	520	
StemEnhance	600	Maryellen Malak <a href="mailto:mare2@comcast.net">mare2@comcast.net</a>
Naltrexone	480	alcohol addiction management
Panadol	280	
Disprin Original	280	
Nurofen	280	
Metamucil	320	
Vicks Vapour Rub	320	
Vick’s (product)	345	P. 95 Truth vs Falsehood
Contraception	205	P. 94 Truth vs Falsehood
Medical Marijuana	235	P. 94 Truth vs Falsehood
Arise & Shine Herbal Products – Body Cleanse	480	<a href="http://www.ariseandshine.com/">http://www.ariseandshine.com/</a> also via <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>

### FAST FOOD

Fish Fried – Dory crumbed	360	Top Catch
Fish Fried – Dory battered	360	Top Catch
Fish Fried – Sea Scallops	360	Top Catch
Fried Chips	195	Top Catch
Noodles with Salad Hot Box	270	Q Store
Chinese Restaurant – Short Soup	290	Wah Inn
Chinese Restaurant – Chicken Sweet Corn Soup	300	Wah Inn
Chinese Restaurant – Seafood Combination Ginger Shallots	470	Wah Inn
Chinese Restaurant – Honey King Prawns	290	Wah Inn
Chinese Restaurant – Scallops with Ginger & Shallots	430	Wah Inn
Chinese Restaurant – Calamari in Chilli Sauce	370	Wah Inn
Chinese Restaurant – Lemon Chicken	380	Wah Inn

Chinese Restaurant – Crispy Skin Chicken in Lemon Sauce	350	Wah Inn
Chinese Restaurant – Mongolian Lamb	370	Wah Inn
Chinese Restaurant – Lamb in Black Pepper Sauce	340	Wah Inn
Chinese Restaurant – Chilli Beef	390	Wah Inn
Chinese Restaurant – BBQ Pork in Plum Sauce	310	Wah Inn
Chinese Restaurant – Pork Chop in Peking Sauce	300	Wah Inn
Chinese Restaurant – Salt & Pepper Pork Chop	290	Wah Inn
Chinese Restaurant – Steamed Duck with Mushroom	350	Wah Inn
Chinese Restaurant – Combination Omelette	330	Wah Inn
Chinese Restaurant – Combination Seafood Chow Mein	300	Wah Inn
Chinese Restaurant – Fried Rice	380	Wah Inn
Chinese Restaurant – Special Fried Rice	430	Wah Inn
Chinese Restaurant – Steamed Rice	440	Wah Inn
Chinese Restaurant – Mixed Chinese Vegetables	490	Wah Inn
Shepherd’s Meat Pie	430	(home made)
Meat Pie	220	Humble Pie Shop
Meat Pie	200	Yatala Pies
Meat Pie	195	Goldstein
Meat Pie	190	Baker Boys
Tuna & Salad Sandwich (Roll)	210	Subways
Coffee	175	
McDonalds	175	
KFC	175	Anything with a central nervous system has a spirit body.
Hungry Jacks	175	To kill anything with a spirit body is unloving.
Microwaved Meals	170	These calibrations on meat products are based on natural love principals.
Taco Bell Fast Food	165	
Pizza Fast Food	165	
Public Hospital Meals	165	

## **GOURMET LIVING FOOD RECIPES for You:**

### Juices and Shakes

Alkalising Green Juice	510	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Essential Superfood Shake	520	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Almond Chocolate Milk	560	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Chilli Chai Smoothie	500	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>

### Superb Salads, Sprouts and Dressings

Raw Power Salad	590	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Spicy Mexican Salad	590	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>

### Dehydrator Delights

Curried Crepes	540	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Sprouted Rye Bread	570	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Flaxseed Crackers	540	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Living Garden Pizza	500	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Sprouted Lentil Burgers	540	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Sweet and Sour “Meatballs”	560	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>

Calibration is for prepared meal blessed:

Superfood Cookies	590	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Delicious Spreads, Dips & Soups		
Sprouted Hummus	590	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Brazil Nut Pesto	560	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Carrot Soup	600	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Brazil Nut Butter	580	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Herb Nut Loaf	580	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Zucchini Fettuccini	590	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Amazing Guilt Free Desserts		
Apple Cake with Banana Cream	530	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Apple Crumble Pie	630	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Avocado Chocolate	580	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>
Hazelnut Praline Cake	610	Raw Power <a href="http://www.rawpower.com.au">www.rawpower.com.au</a>

The Kinesiology Muscle Testing and the calibration table are outlined towards the end of this document. Consider using this procedure to review any item of food and also your favourite restaurant meals. The process may take only a minute or two and what you will discover will provide you with great comfort as well as the knowledge that your choices can now always be positive for you and your family and friends.

In this same way, you can review each of the observations as outlined above.



# Fresh is Best!

**DIVINE NUTRITION:**

P.77 The Energy of Life by Vladimir Megre  
Book 7 of the Ringing Cedars Series

***“One should eat just as one breathes.”***

When a Man is in the Space of his kin’s domain, he tastes the fruits and berries – everything that went into the consistency of his mother’s milk.

There is another concept in your (our) civilisation – it’s healthful for a Man to consume fresh produce. But what, exactly, is ‘fresh produce’?

Not frozen, dried, tinned or sealed in barrels, like you thought, but produce that comes to you in its natural state. And you have cultivated a huge assortment of hybrid varieties that can be preserved many days with the appearance of fresh produce. Believe me, the appearance of freshness is deceptive and harmful.

Now see if you can make sense of what I’ve (Anastasia) just said and test it out for yourself.

Almost all berries can be considered ‘fresh’ for no more than a few minutes. Cherries (both sweet and wild) and apples will last an hour, tops. But still they change with every minute that goes by, mutating into something else.

Pick a cherry and leave it just overnight, then take it back to the tree where it came from and eat it. Then pick another cherry from the same branch and taste it. See – you will sense the difference – which cherry is fresher and tastier – even with you eyes closed.

As for raspberries, you’ll notice the difference after only an hour, while some other kind of fruit might take twenty-four hours. And you will see that anyone who does not have a family domain, no matter how rich or important he may be, cannot take in *fresh* food. That means he is not as capable of quick thinking as he might otherwise be.

Ringing Cedars Series of books:

Bruce Steentjes

ANASTASIA'S GARDEN AUSTRALIA

P.O.BOX 3124, ROBINA TOWN CENTRE, 4230. AUSTRALIA.

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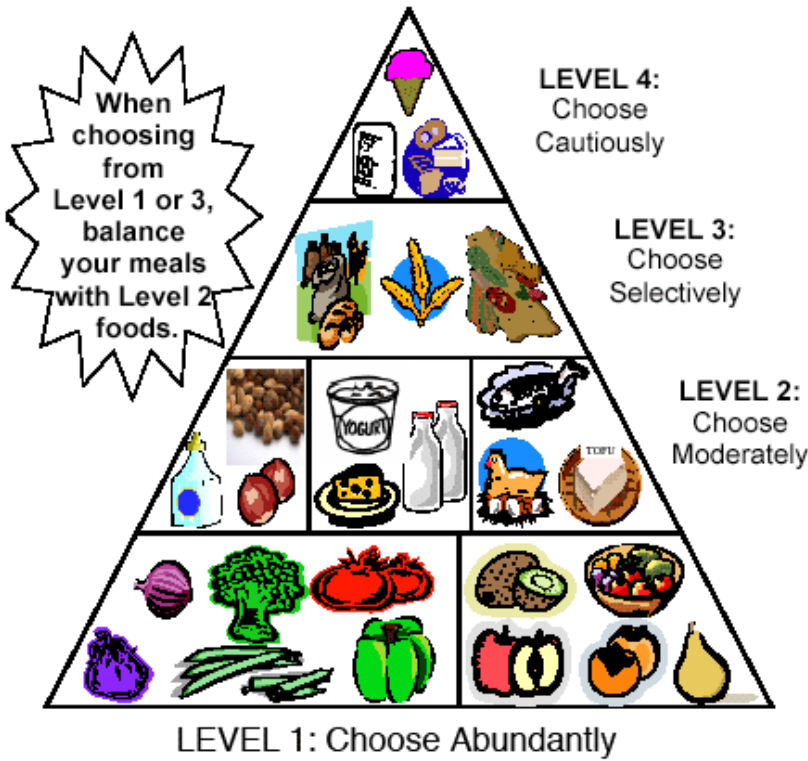
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Also [www.amazon.com](http://www.amazon.com)



**LOW FREQUENCY EQUALS POOR HEALTH:**<http://www.tainio.com/ir/>

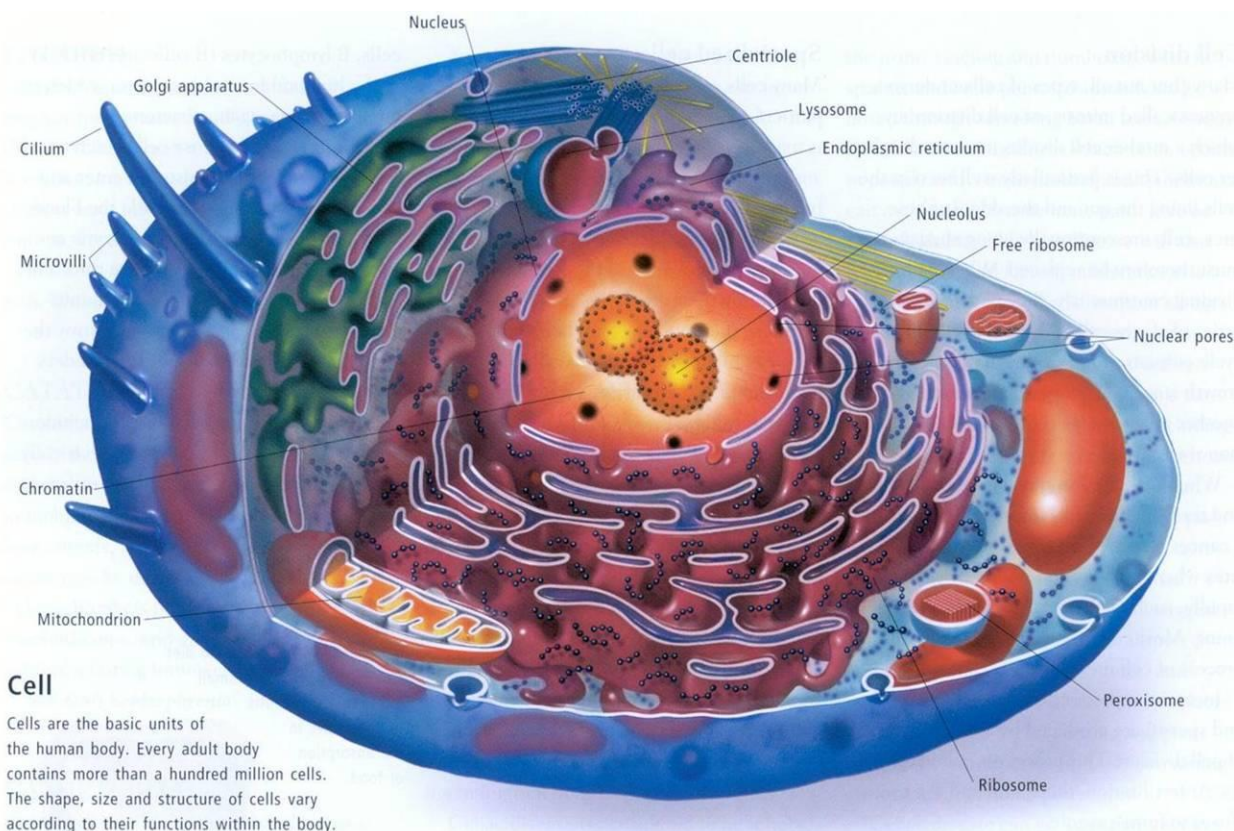
Gary Young is the author of Aromatherapy: The Essential Beginning. The research he conducted with Bruce Tainio, inventor of the first frequency monitor, indicates that "the normal frequency range of the **human body is between 62-68 MHz**; but if it drops below that, the individual becomes a candidate for illness ...

<b>human body is between</b>		<b>62-68 MHz</b>
<b>cold symptoms appear at</b>		<b>58 MHz,</b>
<b>flu symptoms</b>	<b>at</b>	<b>57 MHz,</b>
<b>candida</b>	<b>at</b>	<b>55 MHz,</b>
<b>epstein bar</b>	<b>at</b>	<b>52 MHz,</b>
<b>cancer</b>	<b>at</b>	<b>42 MHz.</b>

Gary Young and Bruce Tainio found that **when a person drinks a cup of coffee, his/her frequency can drop by as much as 10 MHz. It can take 3 days or more days for his/her body to return to its original frequency.**

While holding a cup of coffee, one man's frequency dropped from 66 Hz to 58 Hz; it took three days for the frequency to return to normal. Another man drank the coffee. His frequency dropped from 66 Hz to 52 Hz. And another man's frequency dropped from 65 Hz to 48 Hz while holding a cigarette; smoking the cigarette, his frequency dropped to 42 Hz, the same frequency as cancer.

Consider what three cups of coffee per day can do to your immune system!





**FASTING CAN SAVE YOUR LIFE:**

by Herbert M Shelton P.68

There are certain facts of (regarding) modern food that affect all of our civilisation. We are living in an over-processed age, in terms of our diet. Everything is refined, stripped of its essential food values, baked, fried, cooked, over-stuffed. This is one of the great perils of our age. It is also one of the great problems of any person who wants to live on natural foods.

Natural products, coming from the hands of nature before they have been tampered with by the processors and refiners, are the one source that has consistently proved, throughout the ages, dependable both for man and animal. In spite of claims that processed and packaged substitutes for foods are as good or better than nature's products, the fact remains that no truly adequate substitutes for the products of nature have been discovered and prepared in the laboratories. The acid test of a food is its fitness to serve the nutritive needs of the human organism just coming off a prolonged fast.

Nothing turned out synthetically by food manufacturers is equal to the untouched products of garden, orchard and field. Processing removes vitally important minerals from the foods, and either removes or makes valueless some or all of the precious vitamins. Enzymes are destroyed and many of the amino acids of the proteins in the food are destroyed. (Amino acids are destroyed by heat.)

Because of the destruction of food values by cooking and the removal of essential food factors by processing and refining, the importance of eating fresh, uncooked fruits and vegetables daily is to be emphasized. Indeed, these foods should constitute no less than sixty percent of the daily diet. There can be no doubt that less protein will be required to supply the daily amino acid needs of the body if these are taken in the uncooked state.

Cooking also has the added disadvantage of leeching out much of the values of the food. Nourishment is lost in the juices that ooze from the foods in cooking: it is lost in the water in which the foods are boiled or steamed. Food values are evaporated by the high temperature and are chemically altered and rendered unusable as foods.

One should make it a rule, from which there should be no variations, to have one meal of fresh, uncooked fruit each day (alkaline selection) and at least one large raw vegetable salad daily. The salads commonly eaten are too small to meet our needs and are often made up of such things as- - - boiled eggs, pickled olives and other such substances, to which is added a greasy dressing – but with little in the way of either fresh fruits or vegetables. Some of them contain a leaf or two of semi-wilted lettuce, a slice of half-ripened tomato, and dressing. (This is) hardly enough to nourish a canary.

Salads or raw vegetables and meals of fresh fruits are essential sources of minerals and vitamins. These foods are more abundant in these food factors, and are as necessary to the nutrition of man as an abundance of green grass is essential to the horse or cow. He who partakes of these foods each day will have no need to add mineral concentrates and vitamin pills to his diet. These raw properties are the normal or natural sources of such food factors and nothing has yet been produced by the food chemists that can take their places.

Minerals are as essential to the formation and preservation of the body as proteins. They are important to the formation and maintenance of the blood, bones, teeth, muscles, glands, nerves. There is a continuous demand for these substances by the active organism. Each day some of the minerals are used and excreted

and each day they must be replenished. But we are not able to supply the body with minerals by eating lime and scrap iron.

We are able to make use of minerals only in certain forms as these are prepared for our use by the processes of plant life. The drug store cannot supply us with any just-as-good minerals to replace those that are removed from our foods in the refining processes. Nor do we get our best supply of minerals from powdered egg shells and bone meal. From the vegetable kingdom comes our best mineral supply.

Proteins are abundant in nature and there is rarely an excuse for protein deficiency in this or (most) any country. Every food that grows contains proteins so that in eating natural foods one receives these from several sources each day. Whatever essential amino acids may be lacking in one protein is sure to be compensated by other amino acids in the other proteins of the diet.

Nuts are one of the finest sources of the best and most adequate proteins. Green leaves contain small quantities of most excellent proteins. There are proteins in bananas, dates, figs, legumes, cereals and in a hundreds of other foods eaten daily.

Canned foods, preserved foods, processed and refined foods, adulterated foods, sulphured fruits, white flour, white sugar, white rice, constitute poor materials with which to build healthy tissue.

Man's need for fats or oils is not as great as may be supposed, but he does require a small daily amount of these and he instinctively seeks such foods. In many seeds, such as sunflower seeds, peanuts, soy beans, nuts and in avocado, olive, and other fruits, nature has packaged an abundant supply of the finest and tastiest oils. We do not need to seek for refined oils in order to supply the fat needs of our body. Indeed, the oils stored in natural foods are associated with minerals and vitamins, so that they are far superior to the refined fats and oils on the market.

What is written here of fats and oils applies with equal force to sugars and starches. In their natural state, these food factors are ideally associated with minerals and vitamins and they are best eaten in the unrefined state. Syrups and refined sugars are devoid of minerals and vitamins and are poor foods. The sweet fruits: dates, figs, raisins, sweet grapes, well-ripened bananas, persimmons, and similar products are the finest and best sources of sugars and should be eaten as fruits rather than as fragmented food particles produced by manufacturers or refined products – out of a tin can.

Learn to be moderate in eating habits. One of the best aids to moderation is the eating of whole natural foods. We are practically forced to overeat when we try to live on a diet that is composed predominantly of processed and refined foods. We do this in an effort to secure the food needs that are lacking in these foodless foods.

Only sound habits will keep you well.



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



**NUTRITION for the BRAIN:** Dr Charles Krebs      [www.lexicon.net/equilibrium/eqgen.html](http://www.lexicon.net/equilibrium/eqgen.html)

The amount of nutrients we need to remain above the Well (level) at the other end of the Health scale, based on many studies, are generally 5, to as much as 50 or more times the RDAs. (Recommended Dietary Allowance as set shortly after World War II - - due to food shortages). Clearly the RDAs have more to do with Absence of Disease, than with Health or Wellness. Consider a base of 10 times RDAs. P.21

Nutrition is the amino acids that form the proteins for our bodies, the glucose that generates the energy in these cells, and the minerals and vitamins needed to maintain body function.

These nutrients can be divided into two basic categories – macro-nutrients and micro-nutrients.

**Macro-nutrients:** These are the common constituents of our bodies such as protein, fats, calcium and phosphorus.

**Micro-nutrients:** These are the nutrients that are present in only small concentrations such as minerals (such as iron, zinc and copper), vitamins and the ‘trace elements’ present in even smaller concentrations. While most people may not be familiar with these micro-nutrients, they are essential in maintaining our health and optimising our brain function.

Let’s start with **Macro-nutrients** since they are the major building blocks of our body. There are basically five different kinds:

**Proteins** – these are made up of chains of amino acids and form the fabric of our muscles, tendons and ligaments.

**Fatty acids** – form the fabric of our cell membranes, hormones and fat deposits.

**Bone Minerals** – These are calcium and phosphorus that make up our bones and, Body Minerals -- Potassium, Sulfur, Sodium, Chloride, Calcium, Magnesium, Iodide and Iron that keep our nerves firing, our muscles contracting and our blood and hormones working. Together with bone minerals they make up about 4% of the total body weight.

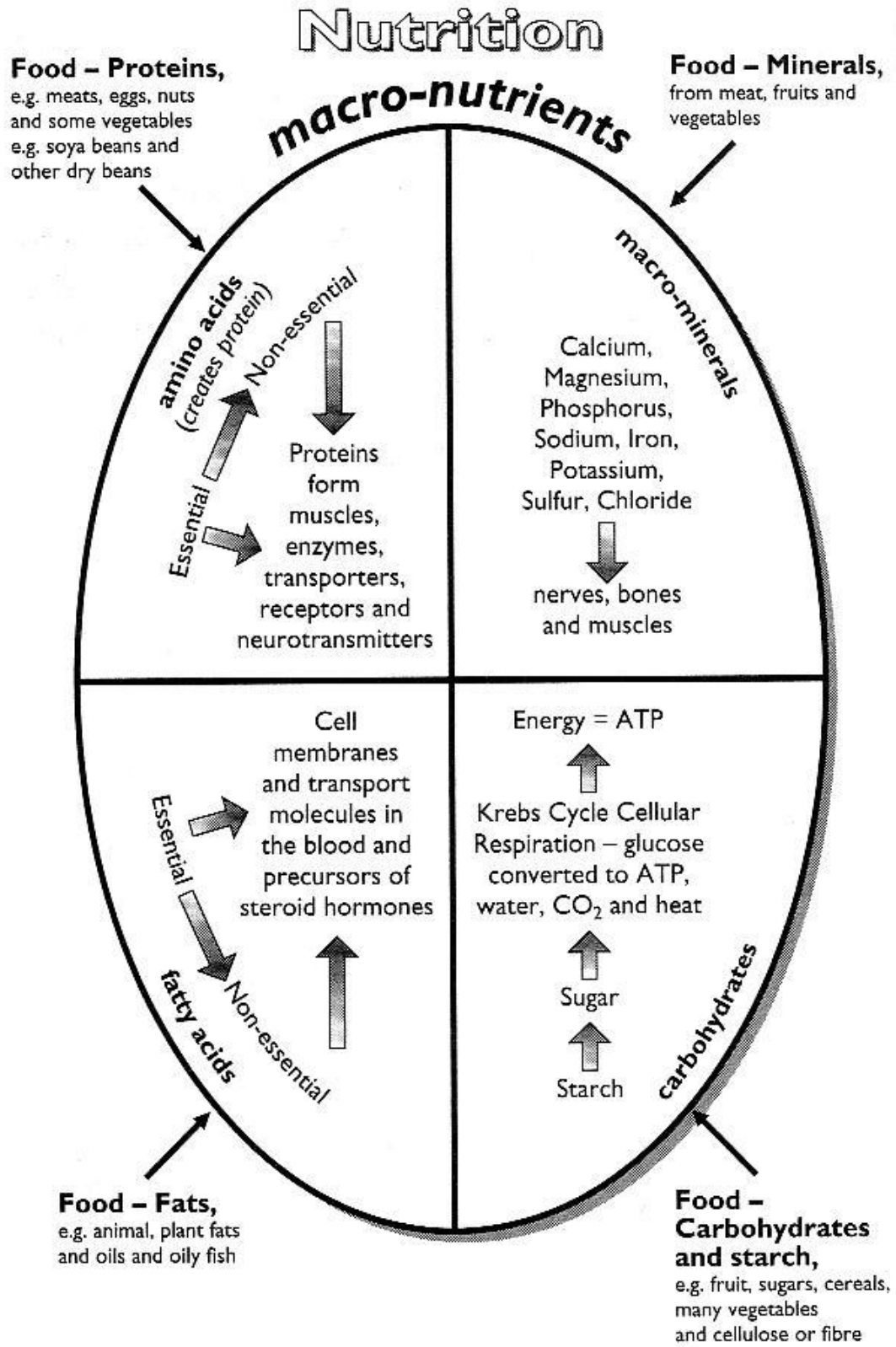
**Carbohydrates** – the sugar and starch that provide the energy to run our bodies and brain.

The **Macro-nutrient** chart following lists the major macro-nutrients and summarises their role in the human body.

The **Micro-nutrients** play a more subtle but equally important role in our health. The most common ones important to health fall into two groups:

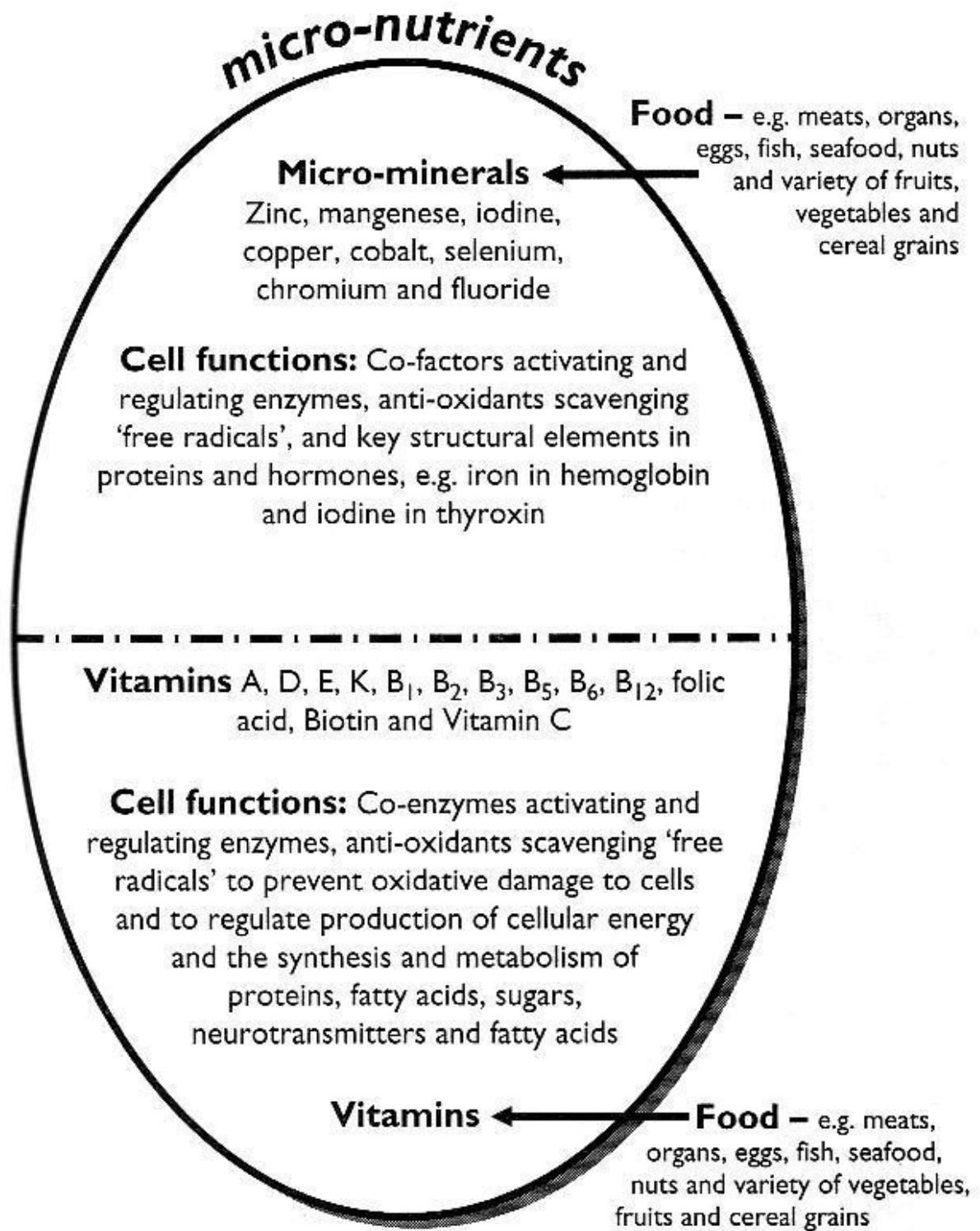
**Vitamins** – organic compounds that help regulate our bodily activities known by letters, and sometimes followed by numbers, e.g., Vitamin A, Vitamin C, and Vitamin B1.

**Micro-minerals and Trace Elements** – micro-minerals are present in only small concentrations but essential for our metabolism and essential for energy transactions in the body. Examples of micro-minerals are manganese, copper, and zinc. Trace elements are so called because only trace amounts of them are needed. Examples are: chromium, molybdenum and selenium. P.40



The Macro-Nutrients of the Body.

# Nutrition



The Micro-Nutrients of the Body

## Whole Food Signatures

<http://www.dontolmaninternational.com>

A stupendous insight of civilisations past has now been confirmed by today's investigative, nutritional sciences. They have shown that what was once called "**The Doctrine of Signatures**" was astoundingly correct.

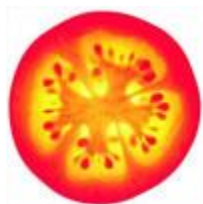
Referred to in the classical period of Rome as the "Law of Similarities" it is now called by scientists, "**Teleological Nutritional Targeting**".

It now contends that every whole food has a pattern that resembles a body organ or physiological function and that this pattern acts as a signal or sign as to the benefit the food provides the one who eats it.

For instance, Don Tolman notes:



A sliced **Carrot** looks like the human eye. The pupil, iris and radiating lines look just like the human eye...and YES science now shows that carrots greatly enhance blood flow to and function of the eyes.



A **Tomato** has four chambers and is red. The heart is red and has four chambers. All of the research shows tomatoes are indeed pure heart and blood food.



**Grapes** hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows that grapes are also profound heart and blood vitalizing food.



A **Walnut** looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds are on the nut just like the neo-cortex. We now know that walnuts help develop over 3 dozen neuro-transmitters for brain function.



**Kidney Beans** actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



**Celery, Bok Choy, Rhubarb** and more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.



**Egg Plant, Avocados and Pears** target the health and function of the womb and cervix of the female – they look just like these organs. Today's research shows that when a woman eats 1 avocado a week, it balances hormones, sheds unwanted birth weight and prevents cervical cancers. And how profound is this? ... it takes **exactly 9 months** to grow an Avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).



**Figs** are full of seeds and hang in twos when they grow. Figs increase the motility of male sperm and increase the numbers of sperm as well to overcome male sterility.



**Sweet Potatoes** look like the pancreas and actually balance the glycemic index of diabetics.



**Olives** assist the health and function of the ovaries



**Grapefruits, Oranges,** and other **Citrus fruits** look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.



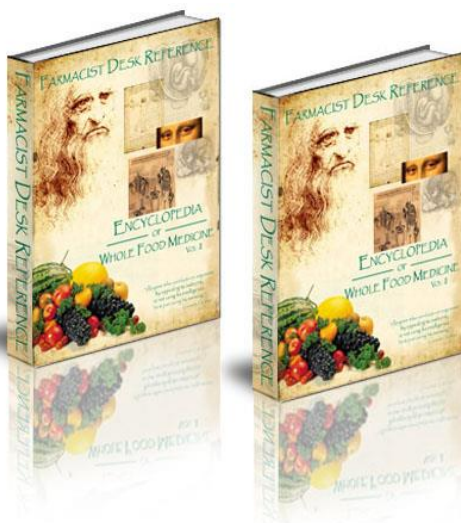
**Onions** look like body cells. Today's research shows that onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes



**Bananas, Cucumber, Zucchini** and more target the size and strength of the male sexual organ. It's true!



**Peanuts** have a profound effect on the testicles and sexual libido. Peanuts were banned as a food for males by the church during the middle ages. Most people don't realize that arginine, the main component of Viagra, comes from peanuts.





# RAW FOOD MEALS:







## GOOD FAT

VS

## BAD FAT



- Natural**
- ✓ Butter
  - ✓ Tallow
  - ✓ Ghee
  - ✓ Coconut Milk
  - ✓ Coconut Oil
  - ✓ Avocado Oil
  - ✓ Olive Oil
  - ✓ Fish Oil
  - ✓ Eggs

- Processed**
- ✗ Canola Oil
  - ✗ Soybean Oil
  - ✗ Peanut Oil
  - ✗ Corn Oil
  - ✗ Safflower Oil
  - ✗ Grapeseed Oil
  - ✗ Margarine
  - ✗ Cottonseed Oil
  - ✗ Hydrogenated Oils



**DRJOCKERS**  
SUPERCHARGE YOUR HEALTH!

Nature doesn't make bad fats, *factories* do.

*Factory packaged food is loaded with:*

**PRESERVATIVES**

**SUGAR SALT FAT**

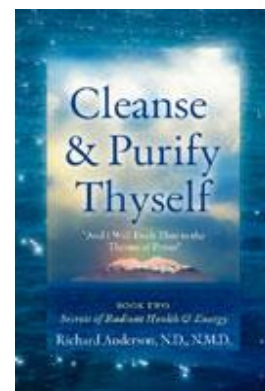
## THE ULTIMATE GUIDES TO INTERNAL AND COLON CLEANSING

### CLEANSE & PURIFY THYSELF

by Richard Anderson, ND, NMD.

Book I + Book II

Arise & Shine Herbal Products <http://www.ariseandshine.com/>



### ALKALINE – and ACID – FORMING FOODS

#### Alkaline – forming Foods

All fresh and raw fruits, vegetables, and sprouts, including those listed here:

Alfalfa sprouts	Leaf lettuce
Apple cider vinegar	Lychee nuts
Apples	Lemons
Appreciation	Limes
Apricots	Love
Avocados	Mangoes
Bananas	Maple syrup
Barley	Melons (all)
Beets & greens	Millet*
Berries	Molasses*
Blackberries	Mushrooms
Broccoli	Mustard greens
Brussels sprouts	Okra
Cabbage	Onions
Cantaloupe	Oranges
Carrots	Parsley
Cauliflower	Parsnips
Celery	Peaches
Cherries	Pears
Collard greens	Peppers
Cucumbers	Pineapple
Dates	Plums & prunes
Dulse	Potatoes*
Figs	Quinoa*
Fresh corn	Radishes
Fresh, raw juice	Raisins
Fun	Raspberries
Goat whey	Raw, cold-pressed organic olive and flax seed oils.
Grapefruits	Rhubarb
Grapes	Rutabagas
Green Beans	Sauerkraut
Green lima beans	Spinach
Green peas	

### P.236 book I (one)

#### Acid – forming Foods

Alcohol  
All processed foods  
Anger  
Bread, baked  
Cake  
Canned fruits and veggies  
Cereals (all)  
Chickpeas  
Chocolate  
Cigarettes  
Coffee  
Complaining  
Cooked grains (except millet and quinoa)  
Corn, dried  
Cornstarch  
Dairy products  
Drugs  
Eggs  
Foods cooked with oils  
Fruits, glazed and sulfured  
Ketchup  
Legumes  
Meat, fish, birds, shellfish  
Mustard, prepared  
Nuts, seeds, beans  
Oatmeal  
Pasta  
Pepper, black  
Popcorn  
Salt  
Soda crackers  
Soft drinks



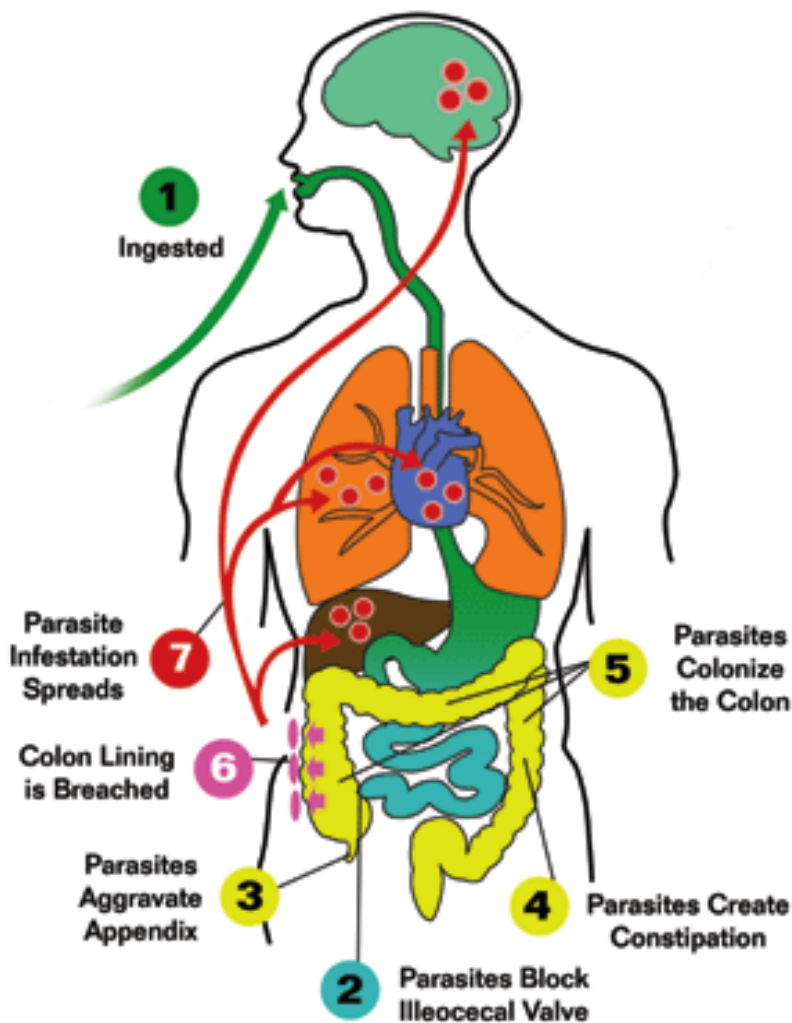
Green soy beans  
Herbal teas  
Honey, raw  
Kale  
Kelp

Squash  
Turnip Greens  
Tomatoes, ripe  
Watercress  
Yams

Soy products  
Stress  
Sugar, white and processed  
Sweeteners, artificial  
Tea, black  
Vegetables, overcooked  
Vinegar, distilled  
Vitamin C  
Wheat, all forms

\* Foods marked with asterisk (\*) significantly slow the Cleanse process, and can reduce the amount of plaque removed. It is suggested that, while on the Mildest or Gentle Phases, the foods with an asterisk be limited to two or three servings per week.

Note: All foods become acidic when sugar is added.



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



## pH Balancing With Food

By following the **80/20** rule, (80% of your food chosen from alkaline- forming group, 20% from acid-forming group) and avoiding **STRESS** you can create a healthy and fulfilling lifestyle and change your pH.

It may not be easy, of course, because many people are physically addicted to a diet consisting of acidic food, and this is where Ionized alkaline water is such a boon.

It's important to understand that a food may be acid, but after it is burnt up by the body, the remaining minerals will be alkaline. The foods listed below relate to their potential to form alkaline or acid residual minerals in the body.

<b>ALKALIZING FOODS</b>	<b>ACIDIFYING FOODS</b>
<b>WATER</b>	<b>FATS &amp; OILS</b>
* Ionized Alkaline Water	* Avocado Oil
<b>VEGETABLES</b>	* Canola Oil
* Garlic	* Corn Oil
* Asparagus	* Hemp Seed Oil
* Fermented Veggies	* Flax Oil
* Watercress	* Lard
* Beets	* Olive Oil
* Broccoli	* Safflower Oil
* Brussel sprouts	* Sesame Oil
* Cabbage	* Sunflower Oil
* Carrot	
* Cauliflower	<b>FRUITS</b>
* Celery	Cranberries
* Chard	
* Chlorella	<b>GRAINS</b>
* Collard Greens	* Rice Cakes
* Cucumber	* Wheat Cakes
* Eggplant	* Amaranth
* Kale	* Barley
* Kohlrabi	* Buckwheat
* Lettuce	* Corn
* Mushrooms	* Oats (rolled)
* Mustard Greens	* Quinoi
* Dulce	* Rice (all)
* Dandelions	* Rye
* Edible Flowers	* Spelt
* Onions	* Kamut
* Parsnips (high glycemic)	* Wheat
* Peas	* Hemp Seed Flour
* Peppers	
* Pumpkin	<b>DAIRY</b>

- \* Rutabaga
- \* Sea Veggies
- \* Spirulina
- \* Sprouts
- \* Squashes
- \* Alfalfa
- \* Barley Grass
- \* Wheat Grass
- \* Wild Greens
- \* Nightshade Veggies

### **FRUITS**

- \* Apple
- \* Apricot
- \* Avocado
- \* Banana (high glycemic)
- \* Cantaloupe
- \* Cherries
- \* Currants
- \* Dates/Figs
- \* Grapes
- \* Grapefruit
- \* Lime
- \* Honeydew Melon
- \* Nectarine
- \* Orange
- \* Lemon
- \* Peach
- \* Pear
- \* Pineapple
- \* All Berries
- \* Tangerine
- \* Tomato
- \* Tropical Fruits
- \* Watermelon

### **PROTEIN**

- \* Eggs
- \* Whey Protein Powder
- \* Cottage Cheese
- \* Chicken Breast
- \* Yogurt
- \* Almonds
- \* Chestnuts
- \* Tofu (fermented)
- \* Flax Seeds
- \* Pumpkin Seeds

- \* Cheese, Cow
- \* Cheese, Goat
- \* Cheese, Processed
- \* Cheese, Sheep
- \* Milk
- \* Butter

### **NUTS & BUTTERS**

- \* Cashews
- \* Brazil Nuts
- \* Peanuts
- \* Peanut Butter
- \* Pecans
- \* Tahini
- \* Walnuts

### **ANIMAL PROTEIN**

- \* Beef
- \* Carp
- \* Clams
- \* Fish
- \* Lamb
- \* Lobster
- \* Mussels
- \* Oyster
- \* Pork
- \* Rabbit
- \* Salmon
- \* Shrimp
- \* Scallops
- \* Tuna
- \* Turkey
- \* Venison

### **PASTA (WHITE)**

- \* Noodles
- \* Macaroni
- \* Spaghetti

### **OTHER**

- \* Distilled Vinegar
- \* Wheat Germ
- \* Potatoes

### **DRUGS & CHEMICALS**

- \* Chemicals
- \* Drugs, Medicinal

- \* Tempeh (fermented)
- \* Squash Seeds
- \* Sunflower Seeds
- \* Millet
- \* Sprouted Seeds
- \* Nuts

#### **OTHER**

- \* Apple Cider Vinegar
- \* Bee Pollen
- \* Lecithin Granules
- \* Probiotic Cultures
- \* Green Juices
- \* Veggies Juices
- \* Fresh Fruit Juice
- \* Organic Milk  
(unpasteurized)
- \* Mineral Water
- \* Alkaline Antioxidant Water
- \* Green Tea
- \* Herbal Tea
- \* Dandelion Tea
- \* Ginseng Tea
- \* Banchi Tea
- \* Kombucha

#### **SWEETENERS**

- \* Stevia
- \* Xylitol

#### **SPICES/SEASONINGS**

- \* Cinnamon
- \* Curry
- \* Ginger
- \* Mustard
- \* Chili Pepper
- \* Sea Salt
- \* Miso
- \* Tamari
- \* All Herbs

#### **ORIENTAL VEGETABLES**

- \* Maitake
- \* Daikon
- \* Dandelion Root
- \* Shitake
- \* Kombu

- \* Drugs, Psychedelic
- \* Pesticides
- \* Herbicides

#### **ALCOHOL**

- \* Beer
- \* Spirits
- \* Hard Liquor
- \* Wine

#### **BEANS & LEGUMES**

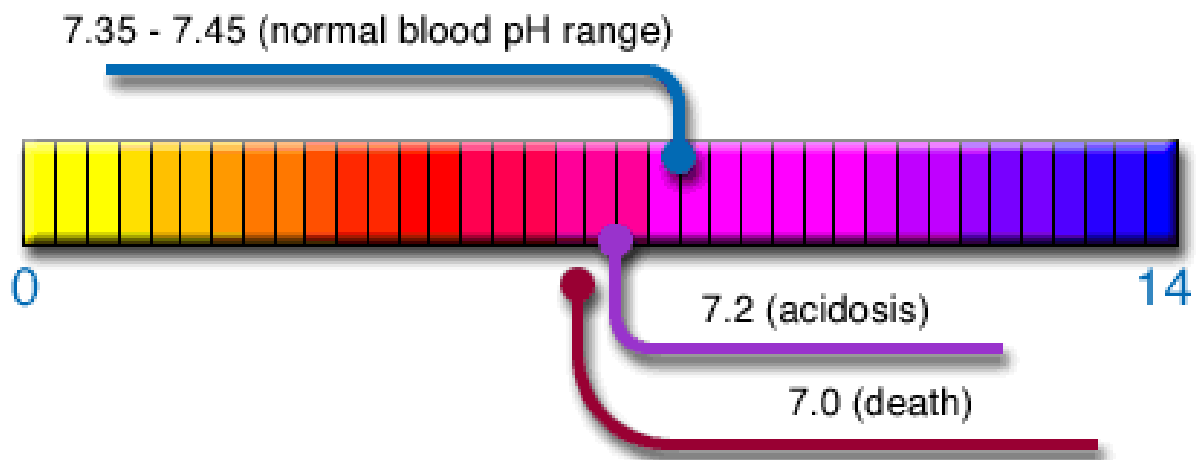
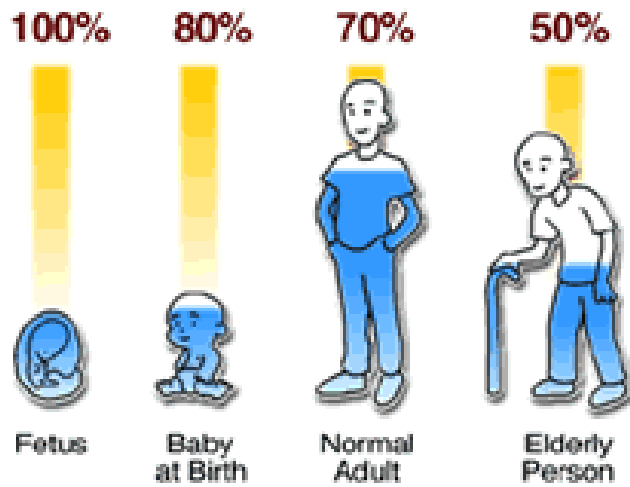
- \* Black Beans
- \* Chick Peas
- \* Green Peas
- \* Kidney Beans
- \* Lentils
- \* Lima Beans
- \* Pinto Beans
- \* Red Beans
- \* Soy Beans
- \* Soy Milk
- \* White Beans
- \* Rice Milk
- \* Almond Milk

#### **WATERS**

- \* Rainwater
- \* Certain backwash filtered  
waters
- \* Distilled water
- \* RO water

<ul style="list-style-type: none"> <li>* Reishi</li> <li>* Nori</li> <li>* Umeboshi</li> <li>* Wakame</li> <li>* Sea Veggies</li> </ul>	
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### Percent of Water in the Human Body







Concentration of Hydrogen ions compared to distilled water		Examples of solutions at this pH
10,000,000	pH = 0	Battery acid, Strong Hydrofluoric Acid
1,000,000	pH = 1	Hydrochloric acid secreted by stomach lining
100,000	pH = 2	Lemon Juice, Gastric Acid Vinegar
10,000	pH = 3	Grapefruit, Orange Juice, Soda
1,000	pH = 4	Tomato Juice      Acid rain
100	pH = 5	Soft drinking water Black Coffee
10	pH = 6	Urine      Saliva
1	pH = 7	"Pure" water
1/10	pH = 8	Sea water
1/100	pH = 9	Baking soda
1/1,000	pH = 10	Great Salt Lake Milk of Magnesia
1/10,000	pH = 11	Ammonia solution
1/100,000	pH = 12	Soapy water
1/1,000,000	pH = 13	Bleaches Oven cleaner
1/10,000,000	pH = 14	Liquid drain cleaner

# Cellular pH (Voltage) and Disease

Values are Approximate					
Nakatani	Cell Voltage	Cell pH	Salivary pH	Cell pH	Symptoms
210	-105	8.84	8.04		
200	-100	8.75	7.95	Viruses Bacteria Cancer Cells Die 7.8-8.8	Symptoms of Healing
190	-95	8.66	7.86		
180	-90	8.58	7.78		
170	-85	8.49	7.69		
160	-80	8.40	7.60		
150	-75	8.31	7.51		
140	-70	8.23	7.43		
130	-65	8.14	7.34		
120	-60	8.05	7.25		
110	-55	7.96	7.16		
100	-50	7.88	7.08		
90	-45	7.79	6.99		
80	-40	7.70	6.90		
70	-35	7.61	6.81		
60	-30	7.53	6.73		
50	-25	7.44	6.64		Vigorous Healthy
40	-20	7.35	6.55	Normal Cell	Tired Illness Fatigue
30	-15	7.26	6.46	Cell Mitosis 6.5-7.4	Cancer Develops 6.3-7.0
20	-10	7.18	6.38		
10	-5	7.09	6.29		
0	0	7.00	6.20		
	5	6.91	6.11		
	10	6.83	6.03		
	15	6.74	5.94		
	20	6.65	5.85		
Can't Read	25	6.56	5.76		
Reversed Polarity	30	6.48	5.68		
	35	6.39	5.59		Pain
	40	6.30	5.50		
	45	6.21	5.41		
	50	6.13	5.33		
	55	6.04	5.24		
	60	5.95	5.15		
	65	5.86	5.06		



The following chart help us understand the difference between electron donors & stealers in the human body

<b>• Voltage</b>	<b>Cell pH</b>	<b>Status</b>
• -800	9.50	Kangen water
• -50	7.88	Makes New cells
• -45	7.61	Normal for kids
• -25	7.44	Normal for adults
• -20	7.35	
• -15	7.25	Tired
• -10	7.18	Sick
• 0	7.0	Change polarity
• + 5	6.91	
• +10	6.83	Obesity
• +20	6.65	
• +30	6.48	Cancer occurs
• +500	4.00	Reverse Osmosis
• +700	2.50	Soda



**Eat** the Colors of the **Rainbow**

Further reference:

# Cellular Voltage in The Body

*Molecular Hydration  
Specialist Michael Kinnett*

<http://www.michaelkinnett.com/>

**Gwen Olsen – Ex Pharmaceutical Rep Speaks Out**

<http://www.youtube.com/embed/wIWuEAFIlg1Y>

<http://www.youtube.com/embed/Xv1tMioGgXI?rel=0>

[www.gwenolsen.com](http://www.gwenolsen.com)

[www.PsycheTruth.net](http://www.PsycheTruth.net)

[www.foodmatters.com/](http://www.foodmatters.com/)



**FOOD MATTERS<sup>®</sup> Mastery**

**Suppressed Truths You Must Know About Staying Healthy In An Unhealthy World!**



Every one of us makes LIFE critical decisions every day. With each meal we are determining our short term and long term mental and physical health.

With every single mouthful of food, our health is going in one of two ways. Either getting closer or further away from health!...

For example, if you were driving your car and at every crossroad you chose left rather than right, you would end up at a completely different destination. After 10 decisions you are miles apart...

Now apply that to a lifetime of food choices! Years and years of decisions. Processed, packaged foods vs. fruit and vegetables. Fake food vs. real food. No nutrition vs. real nutrition.

The knowledge inside Food Matters Mastery is designed to empower you to take your health into your own hands. Food Matters exposes the growing body of scientific evidence proving that nutritional therapy can be more effective, more economical, less harmful and less invasive than most conventional treatments!

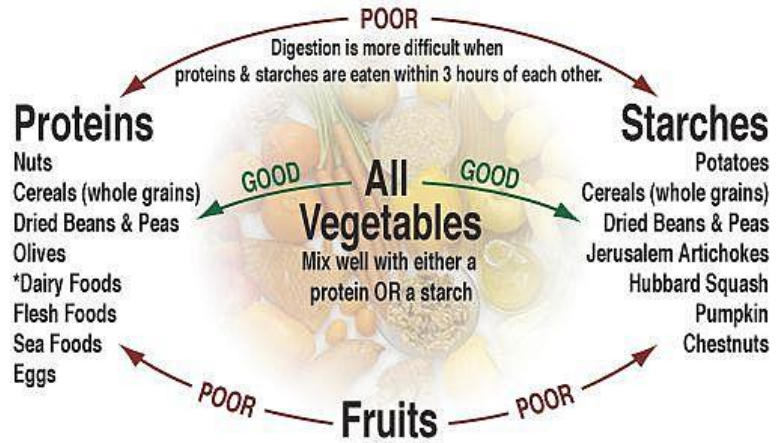
And that's why we have put together something really special for you...

**Take Control Of You And Your Family's Health Now!**

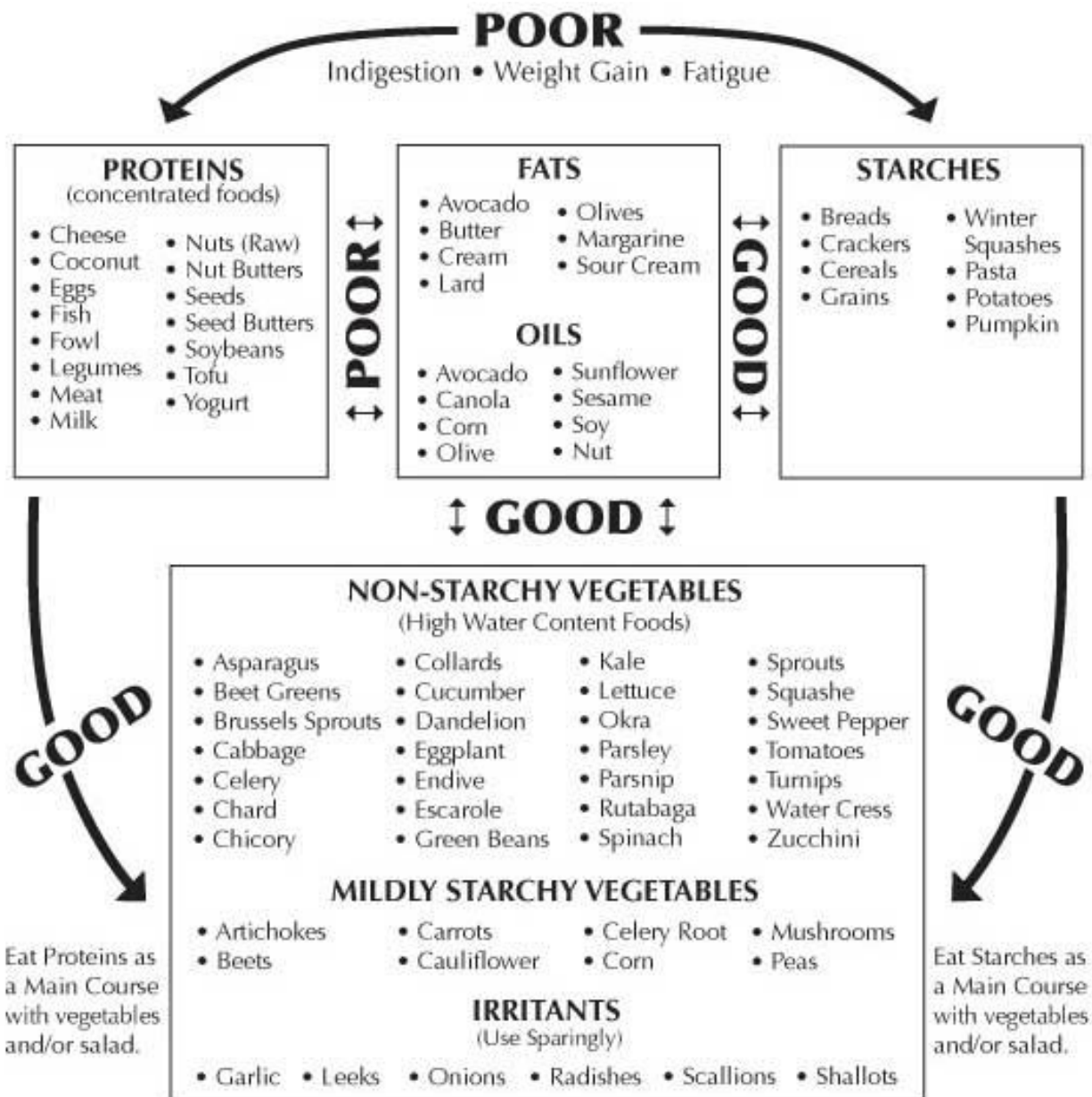
[www.foodmatters.com/](http://www.foodmatters.com/)

**FOOD COMBINING:**

Protein digests in the stomach, requiring a highly acid environment. Starch on the other hand, is digested in the mouth and in the small intestine. In contrast to protein, it requires a mildly alkaline environment. It doesn't take much to imagine that these two foods are not intended to be eaten at the same time. One will interfere with the digestion of the other, causing incomplete digestion of both. (Examples: meat and potatoes, fish and chips, chicken and rice, burger and fries – all typical combinations of mainstream Western diet.)



Note: Fruits should never follow or be eaten with protein, starch or vegetable!  
Not all fruits should be combined with each other!  
\*These substances not recommended but included for clarity





## **HINTS in CREATING YOUR BEST DIET:**

P.12 Edgar Cayce on Healing Foods for Body, Mind, and Spirit

**Edgar Cayce** (March 18, 1877 – January 3, 1945) (pronounced / 'keisi'/ or like 'Casey') was an American who claimed psychic abilities. He claimed an ability to channel answers to questions on subjects such as health, astrology, reincarnation, and Atlantis while in a self-induced trance. Although Cayce lived before the emergence of the New Age movement, he remains a major influence on its teachings.

Cayce became an American celebrity towards the end of his life and the publicity given to his prophecy has overshadowed what to him were usually considered the more important parts of his work such as healing (the vast majority of his readings were given for people who were sick) and theology.

These are hints that might give you some guidance, helping you to create your own diet.

### **About What You Are**

Realize that each soul is as the temple of the living God, even as thy own body. Thus be mindful more not of the body for body's sake, but of the body that the temple of the living God may be the better channel for the manifesting of the spiritual truths.

### **About Salads**

Have at least one meal each day that includes a quantity of raw vegetables; such as cabbage, lettuce, celery, carrots, onions and the like. Tomatoes may be used in their season.

### **About the Evening Meal**

Evenings – preferably this would be the heavier or the more varied meal. In meats, if these are taken, we would use only fish, fowl or lamb. **No fried foods ever at any time.** Have more leafy vegetables, rather than those of pod or the root nature or those that grow under the ground.

### **About Water**

Drink always plenty of water, before meals and after meals – for, as has oft been given, when any food value enters the stomach immediately the stomach becomes a storehouse, or a medicine chest that may create all the elements necessary for proper digestion within the system. If this first is acted upon by aqua pura, the reactions are more near normal.

### **About Attitudes**

Hold in mind constructive thoughts; because, to be sure, the thoughts of the body act upon the emotions as well as the assimilating forces. Poisons are accumulated or produced by anger or by resentment or animosity. Keep sweet!

### About Acid-Alkaline Balance

For in all bodies, the less activities there are in physical exercise or manual activity, the greater should be the amount of alkaline-reacting foods taken. Energies or activities may burn acids, but those who lead the sedentary life or the non-active life can't go on sweets or too much starches – but these should be well-balanced.

### About Foods Grown Locally

As indicated, use more of the products of the soil that are grown in the immediate vicinity. These are better for the body than any specific set of fruits, vegetables, grasses and what not.

### About Combinations to Avoid

Starches and sweets at the same meal – too much acidity.

Several starchy foods together – too much acidity.

Meat and potatoes – or meat and bread – or meat and starch upsets digestion.

Citrus fruits and cereals at the same meal – creates dross's.

Coffee or tea taken with milk or cream – hard on digestion.

### About Foods to Avoid

Fried foods.

Carbonated drinks, generally.

White sugar, white flour products.

Red meats or heavy meats not well cooked.

Pork products – except bacon cooked very crisp.

*as one, we bless this food  
and accept it with love and gratitude*

**PASCAS  
HEALTH**



**PASCAS  
PERS**

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



**GENERAL RULES:**

P.42 Edgar Cayce on Healing Foods for Body, Mind, and Spirit

Do not have large quantities of any fruits, vegetables, meats, that are not grown in or come to the area where the body is at the time it partakes of such foods. This will be found to be a good rule to be followed by all. This prepares the system to acclimate itself to any given territory.

So, what about the simplified general rules of eating to bring about the Life Force that is present in what you eat?

1. Learn what a well-balanced diet is, and use it.
2. Learn which foods are acid-reacting and which ones are alkaline-reacting.
3. Learn which foods combine poorly.
4. Learn which foods contain which important nutrients and vitamins.

Next are the do's – those rules that need to be put into action rather than avoided. They are the positive factors of choosing the foods, choosing the attitudes, and choosing the habit patterns to be inputted.

1. Bless the food.
2. Let eating with others always be fun. Enjoy the food. Laugh often. “Keep the juices flowing.”
3. Use locally grown foods as much as possible.
4. Keep the foods in your diet and on your table as naturally grown as possible. Grow your own if you can.
5. Drink six to eight glasses of water every day. Preferably a glassful before and after each meal, plus two others. Suggestions from the readings say that it is not good to drink water with the meal.
6. Have one meal every day composed of nothing but a fresh green salad. This can be alternated with soup on occasion.
7. Have four alkaline-reacting foods to one acid-reacting food in your diet.
8. Have two or three vegetables grown above the ground to one grown below the ground.
9. Keep the assimilations and the eliminations balanced as much as possible.

Next, as a general rule, these following items are the don'ts in your adventure in common-sense eating.

1. Avoid fad diets. They invariably lead to some difficulty.
2. Avoid poor food combinations.
3. Avoid overeating.
4. Avoid “bolting” your foods (swallowing without chewing well).
5. Avoid heavy foods at lunchtime.
6. Don't expect the same good diet to meet your needs in every situation or in every condition of health you may experience. Use your common sense.
7. Don't forget to read the ingredient labels and exercise good judgement when shopping for your food.
8. Avoid at all times fried foods, white flour, and white sugar.
9. Avoid pork products and fats, except for crisp bacon.





## Your New-Age Kitchen

P.101 Edgar Cayce on Healing Foods for Body, Mind, and Spirit

Once the decision has been made to switch to a more beautiful way of living and eating, we often discover that we must not only change our habits and lifestyles, but we must also learn new skills in order to bring these resolutions to life.

The following information gives some practical guidance to all of you who would create your own New-Age Kitchen. It certainly is not all that is needed, but it will get you started.

Suggested Equipment:	Suggested Foods:
Blender	Fresh vegetables and fruit
Sprouter	Sugarless cereals
Juicer	Honey
Pots for steaming	Raw milk
Steamer basket	Whole grain breads (read labels!)
Stainless steel pots	Whole wheat flour, rye flour
Corning Ware	Fertile eggs
Crockpot	Cheese (farmer's cheese, raw milk cheese)
Tupperware	Yogurt (plain)
Flour mill	Apple cider vinegar
Backyard garden	Olive oil, peanut oil
Oven	Nuts
Refrigerator	Garlic
No Microwave Ovens	Sea salt
	Herb teas
	Dried beans and lentils
	Dried fruits
	<b>NO PROCESSED FOODS</b>

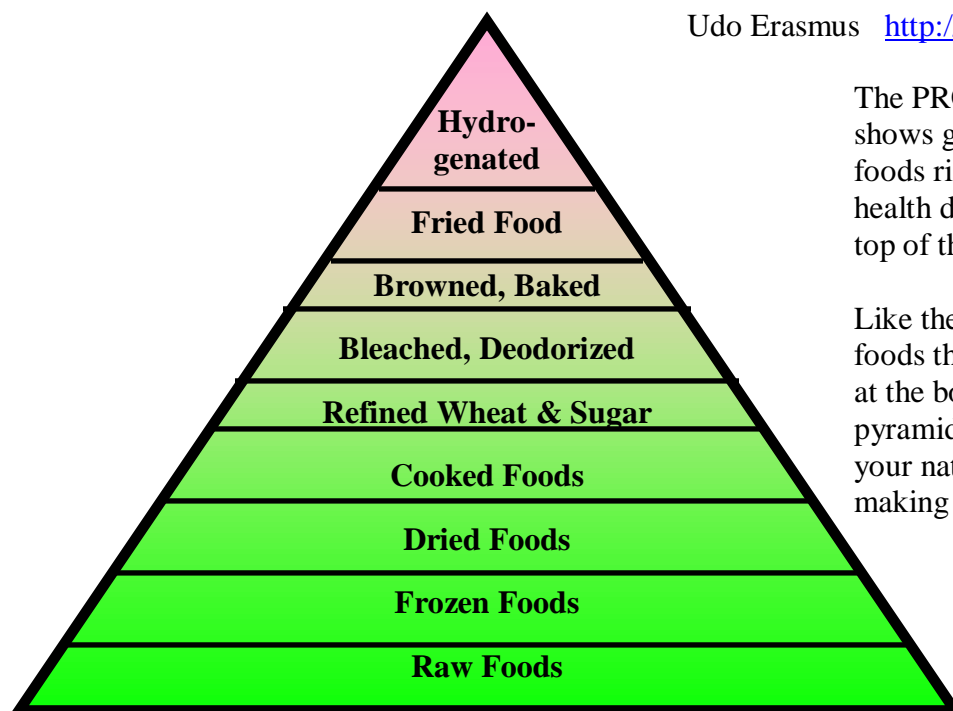
Use no white sugar, no white flour, have no fried foods, and eliminate both pork and beef from the foods offered.

*as one, we bless this food  
and accept it with love and gratitude*



## Udo Erasmus CHOICE FOOD PROCESSING PYRAMID

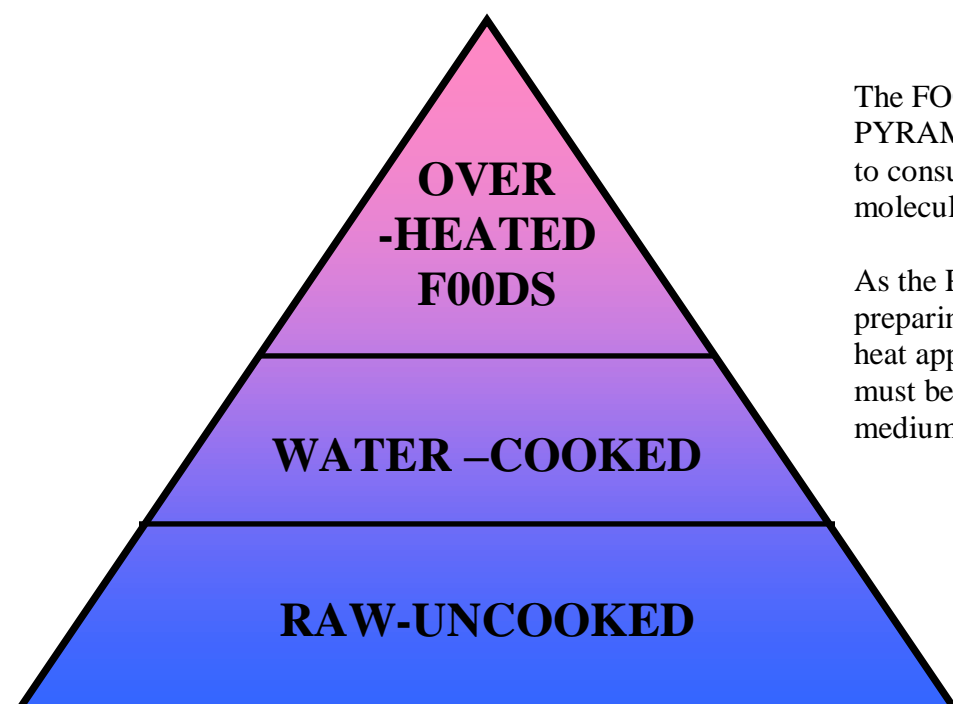
Udo Erasmus <http://udoschoice.com/>



The PROCESSING PYRAMID shows graphically how processed foods rise in toxicity and potential health dangers as they approach the top of the pyramid.

Like the main food pyramid, the foods that are most vital are located at the bottom of the processing pyramid. Remember to consult your naturopath or dietician before making significant dietary changes.

## Udo Erasmus CHOICE FOOD PREPARATION PYRAMID



The FOOD PREPARATION PYRAMID simply state the best way to consume food with minimal molecular damage and nutrient loss.

As the Pyramid suggests, when preparing food, the least amount of heat applied is best. Also, if heat must be applied, water is a preferable medium to oil for cooking.

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

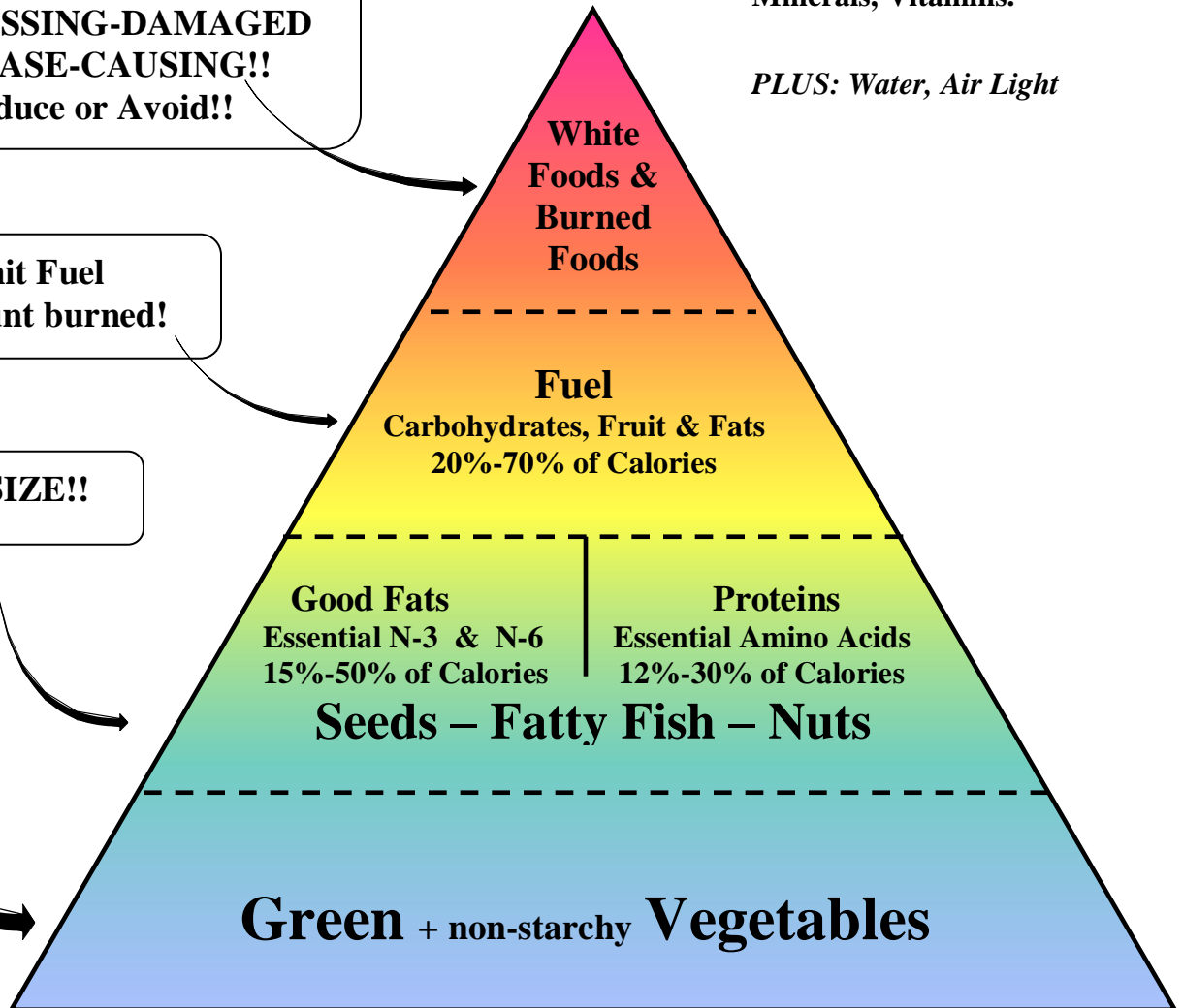
**SUPPLEMENTS:**  
Digestive Enzymes,  
Probiotics, Antioxidants,  
Fibre, Phytonutrients,  
Minerals, Vitamins.

*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.

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

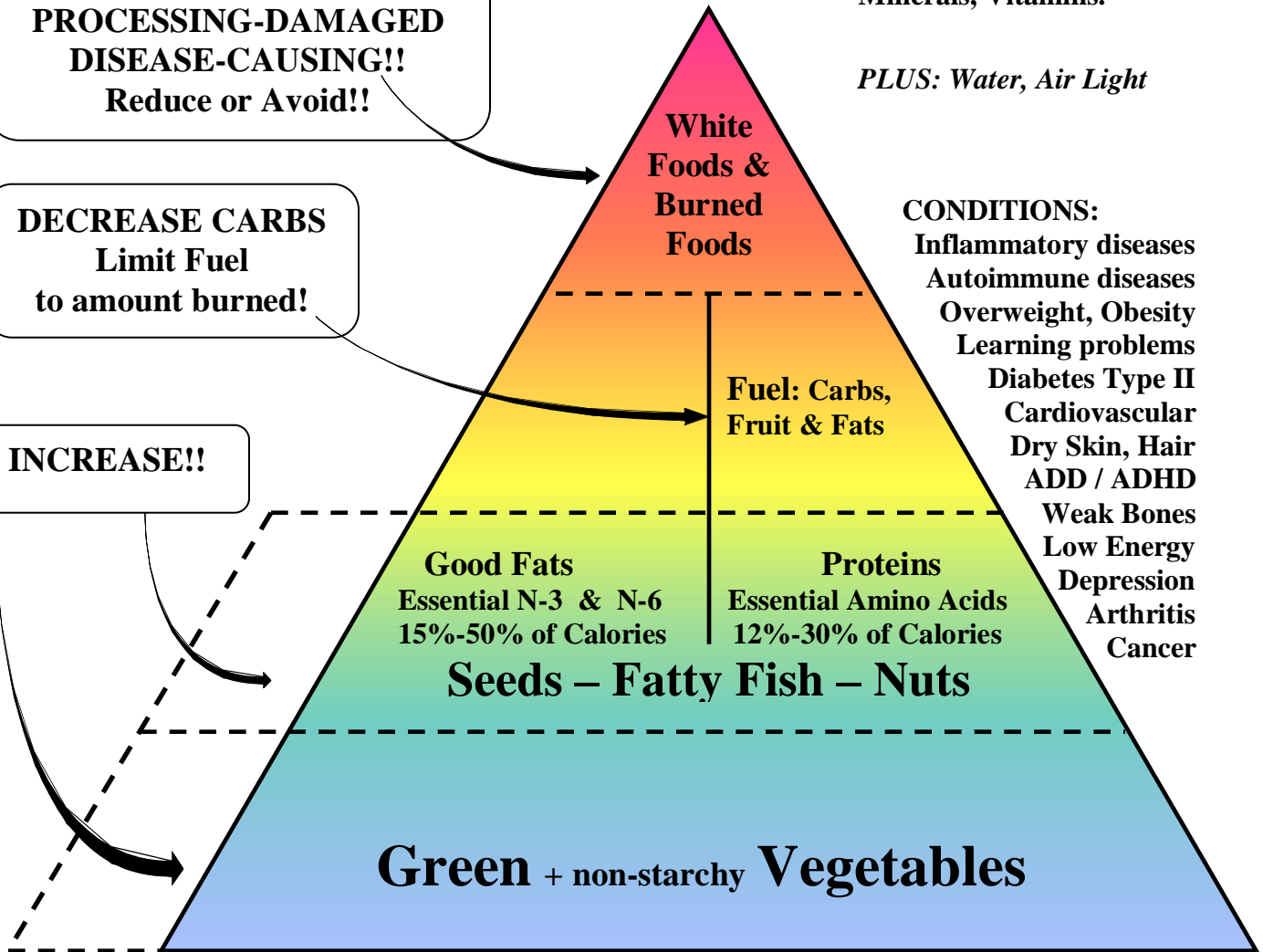
**SUPPLEMENTS:**  
Digestive Enzymes,  
Probiotics, Antioxidants,  
Fibre, Phytonutrients,  
Minerals, Vitamins.

*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**

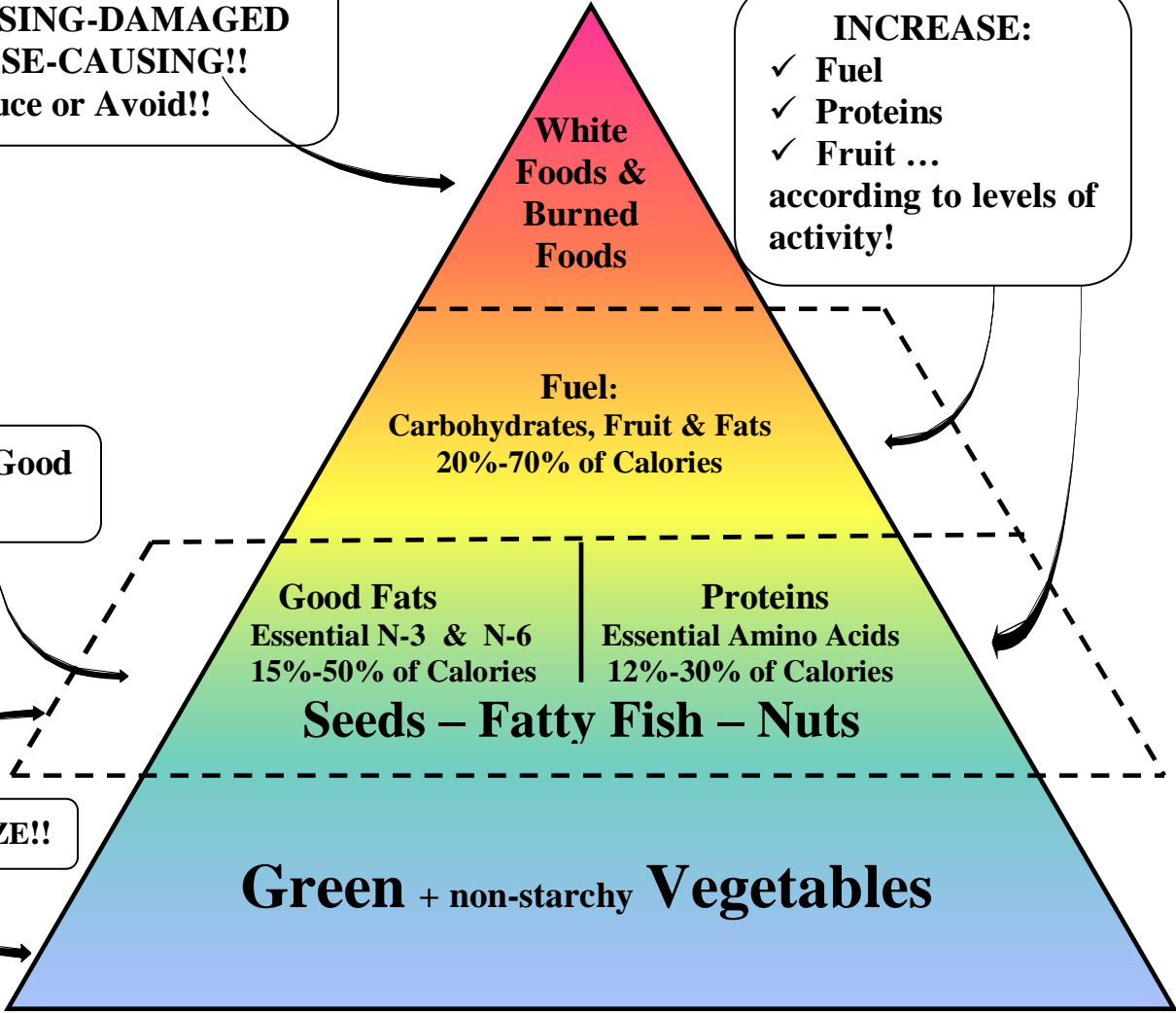
**SUPPLEMENTS:**  
Digestive Enzymes,  
Probiotics, Antioxidants,  
Fibre, Phytonutrients,  
Minerals, Vitamins.  
*PLUS: Water, Air Light*

**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!

# School Lunches

## United States

A school in Fairfax County, Virginia

- Two turkey hot dogs
- Tater Tots
- Broccoli and cauliflower with dip
- Milk

Calories 812

Cost \$2.00

Age range 11-18

Approximate percentage of students who eat a school lunch 50

MoC Energy Level  
United States School Lunch 165



## Russia

A school in St. Petersburg

- Borscht (beet soup)
- Beef cutlet
- Buckwheat
- Rye bread
- Apple kisel (juice drink with sugar and starch)

Calories 527

Cost 21 rubles (178 cents)

Age range 7-17

Approximate percentage of students who eat a school lunch 90

MoC Energy Level  
Russian School Lunch 240

## Japan

A school in Sapporo

- Wonton miso soup
- Spinach and Chinese cabbage in almond paste
- Natto (fermented soybeans)
- Rice
- Milk

Calories 621

Cost 190 yen (\$1.68)

Age range 6-12

Approximate percentage of students who eat a school lunch 100

MoC Energy Level  
Japanese School Lunch 350



PHOTOS: RENÉE COMET AND USA CHEKRAVSKY



## DETOXIFICATION and REGENERATION THROUGH DIET:



Dr Ede Koenig is the Founder and President of the Radiant Health Institute and the School of Radiant Health located in the mountains fringing Napa Valley, California, where she conducts a private practice. She is a doctor of Nutritional Medicine, an author, lecturer and a master herbalist.

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The greatest misunderstanding and confusion in the field of nutrition is the failure to properly understand and interpret the symptoms and the changes, which follow the implementation of a natural diet.

The highest quality foods are the natural, whole and raw foods. All the enzymes are found intact. The amino acids are in their finest form. The minerals, vitamins, carbohydrates, trace elements and “life force” are present. The “life force” in turn, is capable of reproducing healthy tissue.

When the quality of food coming into the body is of higher quality than the tissues which the body is made of, the body begins to discard the lower grade materials and tissues to make room for the super materials which it uses to make new and healthier tissue. (On the energy scale of Dr. David Hawkins Map of Consciousness, the human body calibrates at 205 –, *Truth vs Falsehood* pg. 94, accordingly, life enhancing food calibrates over 200. Food items calibrating below 200 are detrimental.)

This is the plan of Nature. The body is very selective and always will be, unless our interference is too great. Only then do we fail to recover and degenerate further into disease. The self-curing nature of many conditions such as colds, fevers, cuts, swellings, injuries, pain, etc. furnishes endless examples of how the body tends towards health – always unless we do something to stop the process.

What are the symptoms or signs which become evident when we first begin to omit the lower grade foods and instead introduce superior foods – those which are more alive, more natural than we are accustomed to? When the use of the toxic stimulant such as coffee, tea, chocolate, or cocoa is suddenly stopped, headaches are common and a letdown occurs.

This is due to the discard by the body of the toxins called caffeine and theobromide which are removed from the tissues and transported through the blood stream during its many daily rounds. Before the noxious agents reach their final destination for elimination, these irritants register in our consciousness as pain – in other words, headache.

The letdown is due to the lower action of the heart – the resting phase which follows the stimulation of more rapid heart action forced upon the body by certain poisons called stimulants (that can be in the form of drug medications). The more rapid heartbeat (or pulse) produces a feeling of exhilaration, and the slower action produces a depressed state of mind. Usually within three days the symptoms vanish and we feel stronger due to the recuperation which follows.

To a lesser extent, the same process occurs when we abandon lower quality foods (calibrating below 200) and replace them with better foods (calibrating above 200 – preferably in the 400’s +). Lower quality foods (typically) have undergone more preparation, spices, salt and other ingredients have been added,

which then tend to be more stimulating than less prepared and more natural foods. Animal foods and products, such as meat, fowl, fish, cheese, milk, eggs, etc are more stimulating than seeds, nuts, grains, and vegetable proteins (refer to the aforementioned Energy Level of Food chart to confirm this observation).

Consequently, the withdrawal of stimulation which follows the abandonment of animal foods produces a slower heart action – a resting phase – which registers in the mind as relaxation or a decrease in energy.

This initial letdown lasts about ten days or slightly longer and is followed by an increase of strength, a feeling of diminishing stress and greater sense of well-being.

Now, let us return to the symptoms which occur in the process of regeneration. The person who starts a better diet, stays on it for three days to a week and then quits, will say, “Oh! I felt better on the old diet – the new one made me feel weak.” He failed because he didn’t give his body a chance to adjust and complete its first phase of action – recuperation. If he had waited awhile longer, he would have begun to feel better than before he started.

During this initial phase (lasting about ten days on the average to several weeks in others), the vital energies which are usually in the periphery or external part of the body, such as the muscles and skin, begin to move to the vital internal organs and start reconstruction.

This shunting of much of the power to the internal organs produces a feeling of less energy in the muscles, which the mind interprets as some weakness. Actually, the power is increased, but most of it is being used for rebuilding the more important organs and less of it is available for muscular work. Any weakness which is felt here is not true weakness, but merely a redeploying of forces to the more important internal parts. Here it is important for the person to stop wasting energy and to rest and sleep more. This is a crucial phase and if the person resorts to stimulants of any kind, he will abort and defeat the regenerative intent of the body.

It is important that he have the patience and faith and just wait it out, and after awhile he will get increasing strength which will exceed by far what he felt before he began the new program. Success in recovery or improvement of health hinges upon the correct understanding of this point – realising that the body is using its main energies in more important internal work and not wasting it in external work involving muscle movements.

Be wise – take it easy here and relax. Just coast in your work and social obligations until you’re out of the woods.

As one continues on the improved diet and gradually raises the food quality, interesting symptoms begin to occur. The body begins a process called “retracting”. The cellular intelligence reasons something like this: “Oh! Look at all this fine material coming in. How wonderful – now we have a chance to get rid of this old garbage and build a beautiful new house. Let’s get started immediately.

“Let’s get this excess bile out of the liver and gallbladder and send it to the intestines for elimination. Let’s get this sludge moving out of the arteries, veins and capillaries. These smelly, gassy, brain-stupefying masses have been here too long – out with them! These arthritic deposits in the joints need



cleaning up. Let's get these irritating food preservatives, sleeping pills, aspirins, and drugs out of the way along with these other masses of fat which have made life so burdensome for us for so long.

“Let's get going and keep going until the job is done – until we have a beautiful house – and from then on we'll keep it a beautiful, ideal model house.”

During this period, the body “removes the ashes from the furnace preparatory to getting a better fire”. Here, the accentuation is on the removal of the gross and immediate body obstructions. Wastes are discarded more rapidly than new tissue is made from the new food. This becomes evident as weight loss. This persists for a while and is then followed by a second phase – stabilisation.

Here the weight remains more or less stable. During this phase the amount of waste material being discarded daily is equal to the amount of tissue which is being formed and replaced by the newer, more vital food. This occurs after the excess of obstructing material in the tissues has been removed.

This stage persists for awhile and is then followed by a third phase – a build-up period (called anabolism) wherein weight starts to go up, even though diet is lower in calories than it was before.

At this point, much or more of the interfering wastes have already been discarded – the tissues which have formed since the diet was raised in quality are more durable and do not break down easily. Also, new tissues are now being formed faster.

This is due to the improved assimilation made possible by the ceasing of wrong food-combining. The body's need for the usual amounts of food decreases, and we are able to maintain our weight and increased energies with less food. Many are able to function very efficiently on two meals a day and eventually even on one meal a day.

As the body progressively increases in efficiency and decreases in tissue breakdown under exercise, so do we gradually need less and less food to maintain life? The higher the percentage of whole and raw foods one lives on, the slower the rate of tissue deterioration which one evolves into. A sick body requires a gradual carefully worked out entry into this stage, where one is able to live on a 100 percent unfired raw diet.

Returning to the symptoms which occur on a superior nutrition program, people who have had tendencies in the past to recurring skin rashes or eruptions will frequently tend to eliminate poisons and harmful drugs through the skin with new rashes or eruptions. If they go to a doctor, now, who is unfamiliar with this aspect of nutrition, he will diagnose it as an allergy. They ask, “How come? I'm eating better than I ever did before and instead I'm getting worse.”

They don't understand that the body is “retracting”. The skin is getting more alive and active. It's throwing out more poisons more rapidly now that the body is building more power which is saved from those hard-to-digest meals which have been discontinued. These toxins being discarded are saving you from more serious diseases which will result if you keep them in your body too much longer – possibly hepatitis, kidney disorder, blood disease, heart disease, arthritis, nerve degenerations or even cancer – depending on your heredity or structural weaknesses. Be happy you're paying your bills now in an easy-payment plan.

With some, colds which haven't appeared for a long time may occur, or even fevers. This is nature's way of housecleaning.

Understand that these actions are constructive, even though unpleasant at the moment. Don't try to stop these symptoms by the use of certain drugs, or even 'massive' doses of vitamins which will act as drugs in huge concentrations. These symptoms are part of a curing process – and don't try to cure a cure.

These are not deficiency conditions or allergic manifestations – not if you're eating properly in quality, quantity, combination and sequence. Here is where experienced advice is of great value. Unfortunately, there are few books present today which give good guidance to the average reader. Try to find guidance through a doctor or teacher who has the requisite experience in this most confusing of all subjects – nutrition in relation to health and disease.

You may be eating perfectly in regard to quantity, quality, and observing all the correct rules, and still symptoms will occur.

Those who have lived better lives in the past, who have eaten better foods and who have abused their bodies less with overeating, will have reactions ranging from almost none at all or very mild symptoms which may be uncomfortable or acute.

Those who have lived worse lives, and poisoned themselves more, will experience more severe symptoms if their liver, kidneys or other important eliminating organs have been damaged. When they have been renovated to the point of fair working order, they will no longer produce symptoms.

Headaches may occur at the beginning; fever and/or colds may also appear; the skin may break out; there may be a short interval of bowel sluggishness, occasional diarrhoea, feeling of tiredness and weakness, disinclination to exercise, nervousness, irritability, negativity or mental depression, frequent urination, etc. However, the great majority of people find their reaction tolerable and are encouraged to bear with them because of the many improvements which already occurred and are becoming more evident with each day. This acts as an inspirational force to them.

The symptoms will vary according to the materials being discarded, the condition of the organs involved in the elimination, and the amount of energy you have available. The more you rest and sleep when the symptoms are present, the milder they are and the more quickly they are terminated.

Be happy you are having symptoms. Realise deeply that your body is becoming younger and healthier every day because you are throwing off more and more wastes which would eventually have brought pain, disease, and much suffering. Those who have the worst symptom-reactions and follow through to their successful termination are thus avoiding some of the worse diseases which would eventually have developed had they continued their careless eating habits.

Don't expect to go on an ascending scale of quality – that improving your diet will make you feel better and better each day until you reach perfection. The body is cyclical in nature (on a circadian rhythm), and health returns in a series of gradually diminishing cycles. For example, you start a better diet and for awhile you feel much better. After some time a symptom occurs – you may feel nauseous for a day and have diarrhoea with a foul-smelling stool. After a day you feel ever better and all goes fine for awhile. Then you suddenly develop a cold, feel chills, and lose your appetite. After about two or three days

(assuming you don't take drugs or do anything else about it) you suddenly recover and feel better than you did for years.

Let us say this well-being continues for two months, when you suddenly develop an itch or rash. You still don't take anything for it. This rash flares up, gets worse and continues for ten days, and suddenly subsides. Immediately after this you find that your hepatitis is gone and your energy has increased more than ever before.

The rash became an outlet for the poisons in the liver which produced the hepatitis. This is how recovery occurs – like the cycles in the Dow-Jones Average at the beginning of a bull market.

You feel better, a reaction occurs and you don't feel as well for a short time. You recover and go higher for awhile. Then another reaction occurs, milder than the last. You recover and go even higher. And so it goes.

Each reaction milder than the first as the body becomes purer, each becoming shorter in duration and being followed by a longer and longer period of feeling better than ever before, until you reach a level plateau of radiant health.

The first laws we must learn to obey are the laws of nature. We must learn to eat simple, pure and natural foods, properly prepared and combined, and our bodies in return will cast off all the evil we have taken in during our lives. Nowhere are the benefits of forgiveness more manifest than here – in our own bodies – when we forsake our destructive ways of eating.

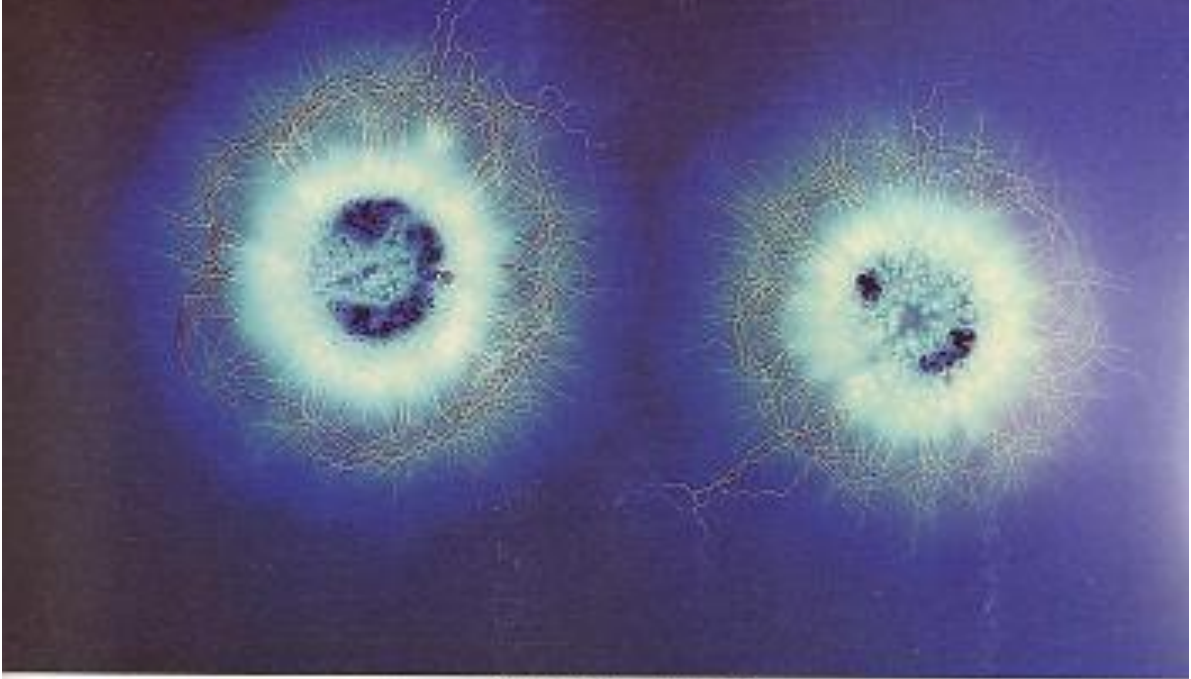
God (or Nature if you please) gives us a whole new chance for a new glorious life. All love must begin here in the body – through the purer diet and natural foods. Then, just have faith, sit back, and watch what happens.

Before your own eyes, you will daily see signs that will cause you to wonder at this vast intelligence in operation that staggers the comprehension, the mysteries of the body, the operations of Nature, the vital forces working in Nature, are far beyond what our minds are prepared to understand.



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

Reference: The Dark Side of the Brain  
Kirlian images by Harry Oldfield and Roger Coghill



*The Kirlian field of oranges.*

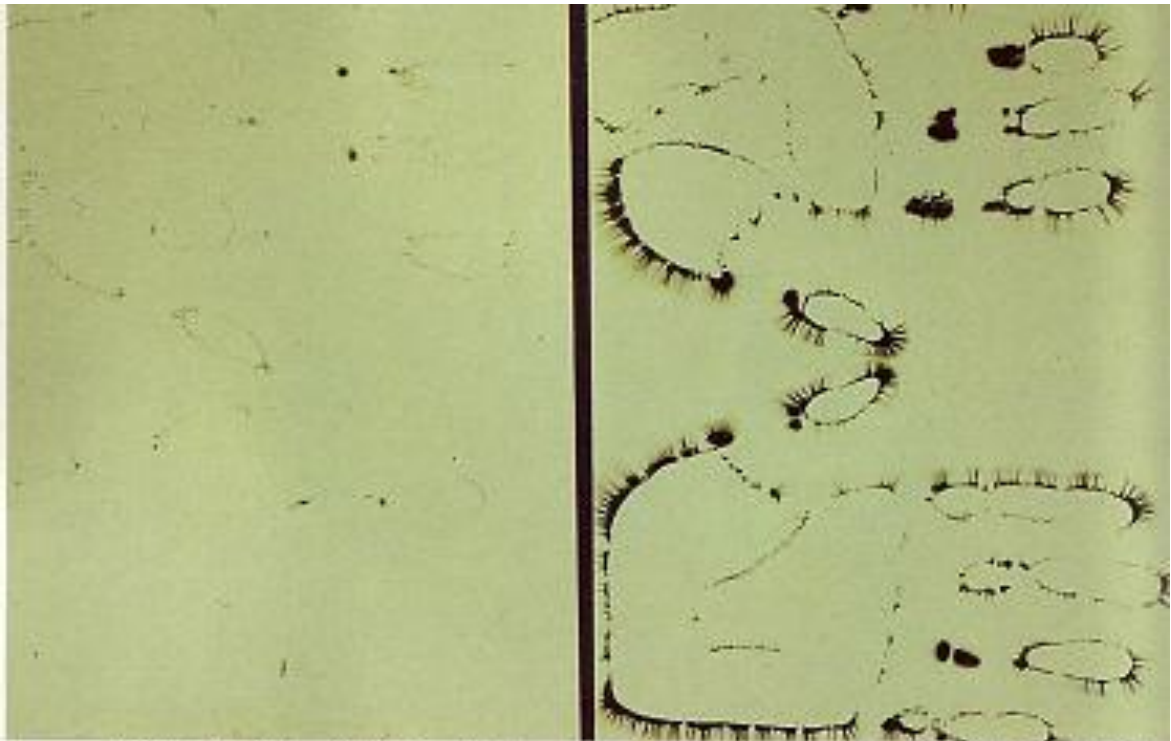


*The Kirlian field of milk.*

Kirlian Photography is a valuable tool that provides photographs, video, or computer images of energy flow.

The technique involves the photographing of subjects in the presence of a high-frequency, high-voltage, low-amperage-electrical field, which display glowing, multicoloured emanations known as biofields.

Our bodies may appear to be solid, but if we magnify the cells, molecules, and atoms of which we are composed, we would see that at the most basic level (we know of now), we are made up of subtle energy fields containing little, if any, matter. We are not just physical and chemical structures, but beings composed of energy / biofields.



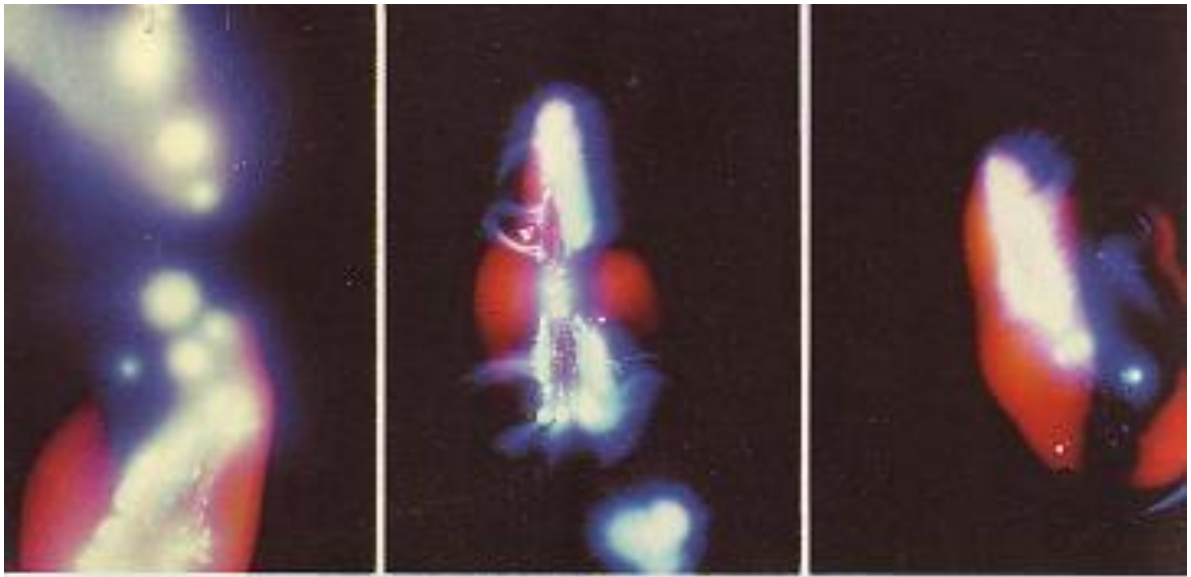
*(left) The Kirlian field of a subject on a 'junk food' diet.*

*(right) The Kirlian field of a subject on a wholefood diet.*

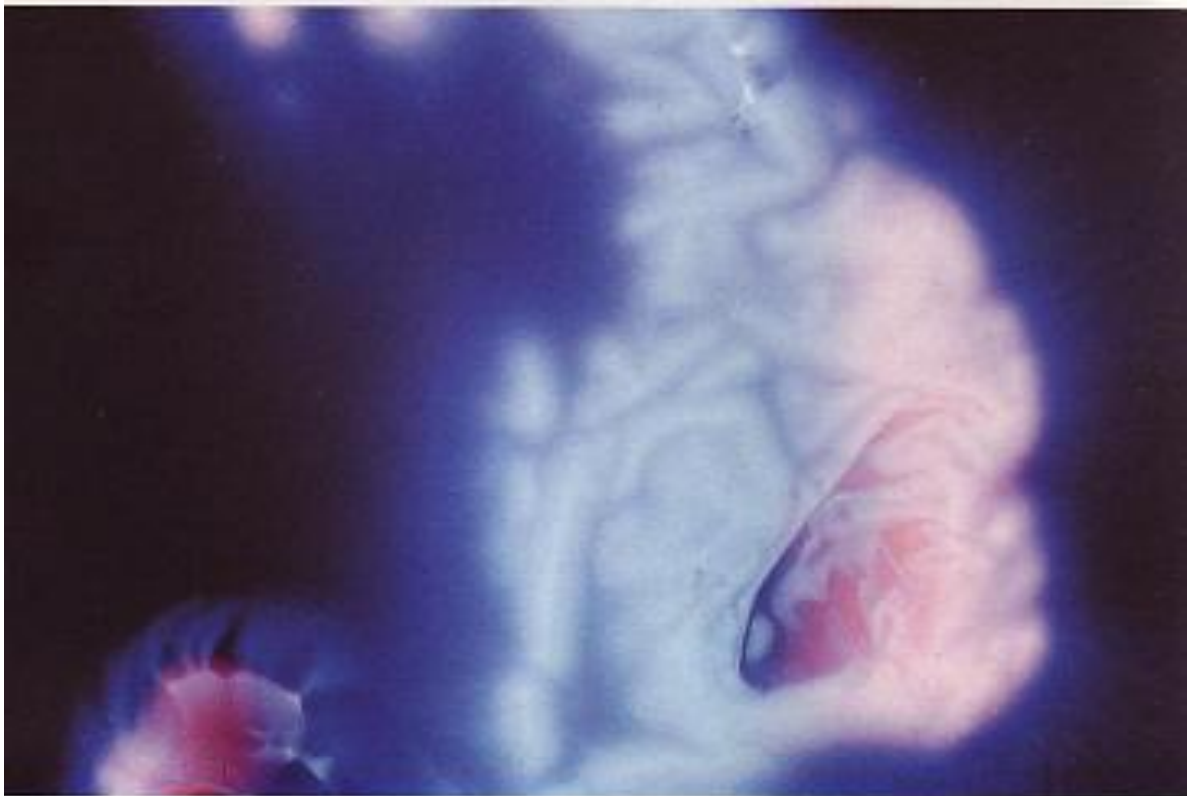


*The Kirlian field of cereals. Muesli on the left, and cornflakes on the right.*

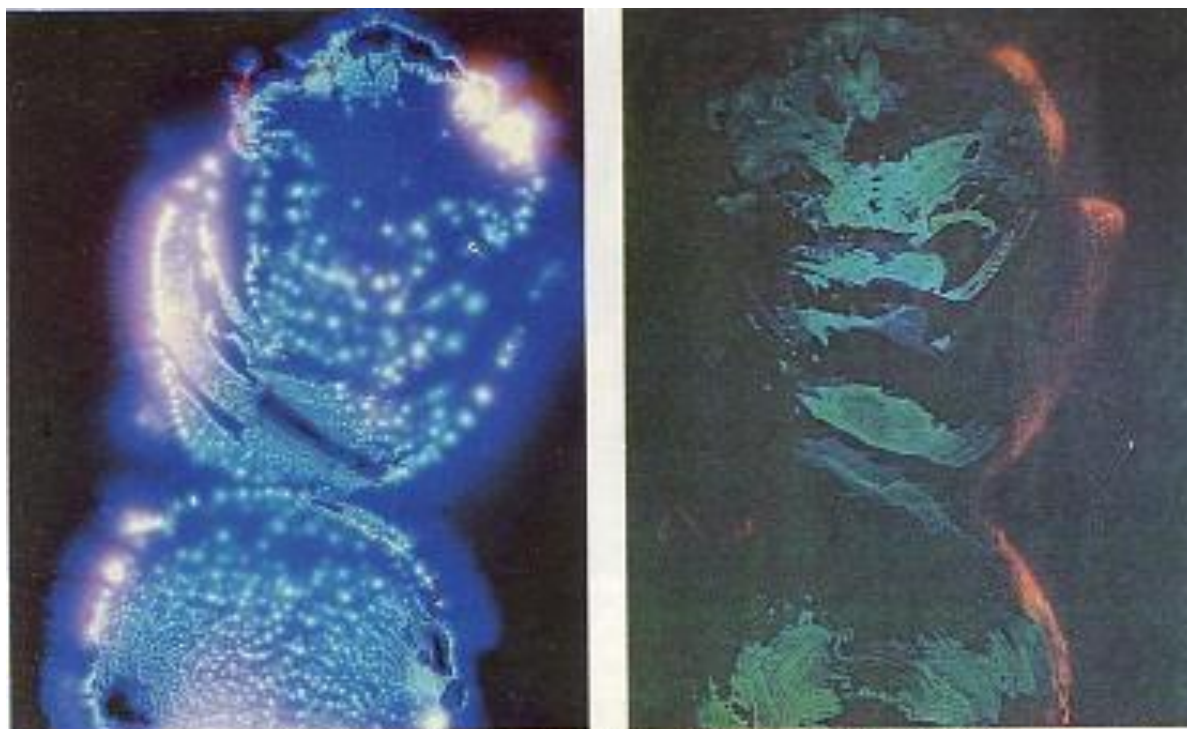




*The Kirlian field of onions. The first picture shows an onion kernel just removed from the bulb. The second, after five minutes, the energy field has significantly reduced. The third, after a further five minutes, shows how dissipated the field has become.*



*The spectacular Kirlian field of ginseng.*



*The Kirlian field of the cabbage. Raw on the left and cooked on the right.*



*The Kirlian field of oils. Olive oil on the left and refined lard on the right.*



**THIS IS MY WORD:**

Chapter 87

11. *For they had made a god of their stomach and sacrificed the innocent creatures of the Earth to this god, instead of sacrificing the carnal nature within themselves.*

12. *And they ate the flesh and drank the blood to their own ruin, destroying their body and shortening their life, just like the Gentiles who did not know the truth, or who, knowing it, turned it into a lie.*

I, Christ, explain, correct and deepen the word:

Chapter 38

"God gives the grains and the fruits of the Earth as food; and for the righteous man, there is no other lawful nourishment for the body" means that God gives man, from the bosom of mother Earth, all that the earthly body needs for living. The one who fulfils the laws of love and life in his way of feeling, thinking, speaking and acting also lives from what mother Earth gives him.

[The book, This is My Word, is not the work of Jesus, but the content is of very high value.]

Thus, our diets are to steadily shift to the highest of vibrations and energy that exists in the freshest of living foods, being the fruits, vegetables, nuts and seeds provided by mother Earth. In this way, we do not burden the body with dead matter and thus shorten our potential lives.

Any living matter that has a central nervous system has a spirit body. Thus to kill an animal, including a fish, is very unloving. Further, caged hens is a very unloving process to gain eggs for consumption. The dairy industry process of removing the calves from their mother is also very unloving.

Should you have free range hens and allow the hens to complete their natural life, then that is a loving way to obtain eggs. If you allow the calves to remain with their mother, then sharing the milk is also loving.

Jesus, who was born in 5BC, was a vegetarian from the age of twelve. When he started his ministry, at that time, he ate fruits and nuts only, he died just prior to his 35<sup>th</sup> birthday. Do you think that a vegan with such a pre-eminent understanding of life would have fed fish to five thousand? The answer is absolutely no.

**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.**

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## 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 works. 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 shining 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 (3<sup>rd</sup> 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.



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, 3<sup>rd</sup> 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.



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 (John's grandmother): 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.



*Feelings first*

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**



## 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, 3<sup>rd</sup> Celestial Heaven (John's grandmother): 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.**

<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](mailto:info@pascashealth.com)

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: 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 be 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.**

Consider visiting the Library Downloads at [www.pascashealth.com](http://www.pascashealth.com)

Then Pascas Introduction Notes:

**Pascas Care Letters Healing Properties of Substances**

# Avonal 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!

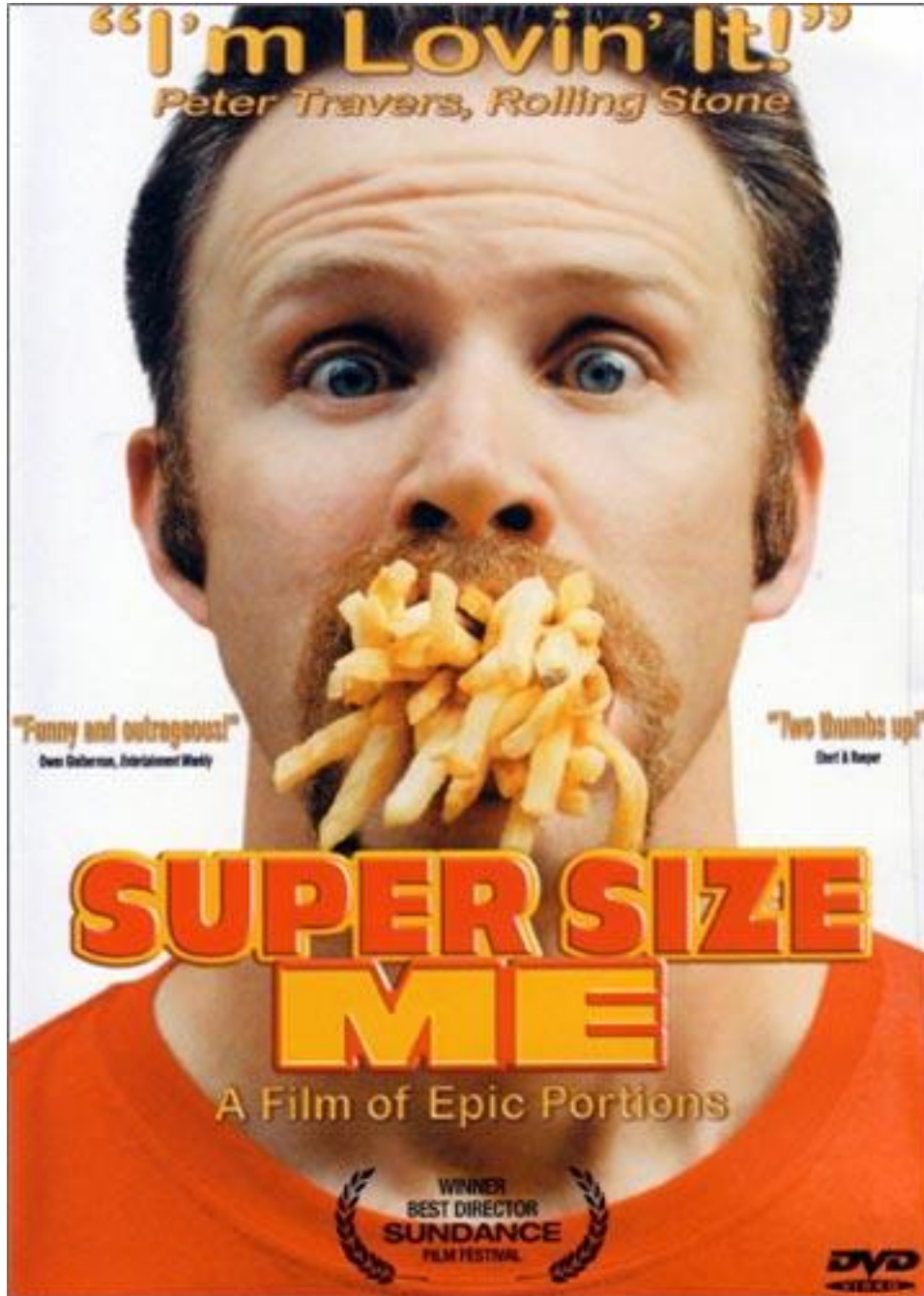


## [Hungry Planet – What the World Eats](#)

[theashram.blogspot.com/2006\\_02\\_01\\_archive.html](http://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







According to **World Retail Magazine**, the **biggest selling items** in Australian supermarkets are:

- 1 Coca-cola 375ml
- 2 Coca-cola 1 litre
- 3 Coca-cola 2 litre
- 4 Diet Coke 375ml
- 5 Cherry Ripe (a candy bar)
- 6 Nestle condensed milk
- 7 Tally Ho cigarette papers
- 8 Mars Bar
- 9 Kit Kat (choc coated wafer thingy)
- 10 Crunchie Bar
- 11 Eta 5-star margarine, salt reduced
- 12 Heinz baked beans
- 13 Double Circle tinned beetroot
- 14 Diet Coke 1 litre
- 15 Bushell's Tea
- 16 Cadbury Dairy Milk Chocolate
- 17 Pepsi Cola 375ml
- 18 Coca-cola 1.5 litre
- 19 Kellog's Cornflakes
- 20 Maggi two minute chicken noodles
- 21 Generic brand lemon drink
- 22 Panadol tablets, 24 pack (paracetamol)
- 23 Meadow Lea margarine
- 24 Generic brand lemonade
- 25 Mrs MacGregor's margarine



## JUNK FOOD ONE-THIRD OF DIET

Research has shown that almost one-third of the U.S. diet consists of sugar-filled cans of soda and bags of potato chips.

Even with the rising number of people joining the low-carb craze, a study of 4,700 adults revealed that sodas and sweets, which contain what are known as "empty calories" because of their low nutritional value, were at the top of the list of most calories consumed. Statistics showed that these "empty calories" accounted for almost 25 percent of all the calories eaten by Americans. Salty snacks and fruit juices made up an additional 5 percent.



Some experts have placed the blame for the obesity epidemic on these shocking revelations.

A survey consisted of the collection of interview responses of 4,760 adults. The survey took place over the years 1999 and 2000 and involved questioning the participants on all the foods they had eaten over the past 24 hours.



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.

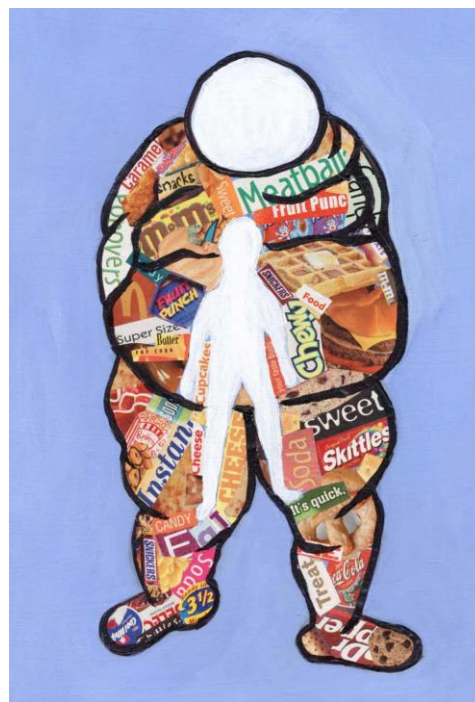
Experts stressed that a **significant portion of American diets were severely lacking essential vitamins and minerals** and recommended that people focus on the kind of food they ate, not necessarily on eating smaller portions.

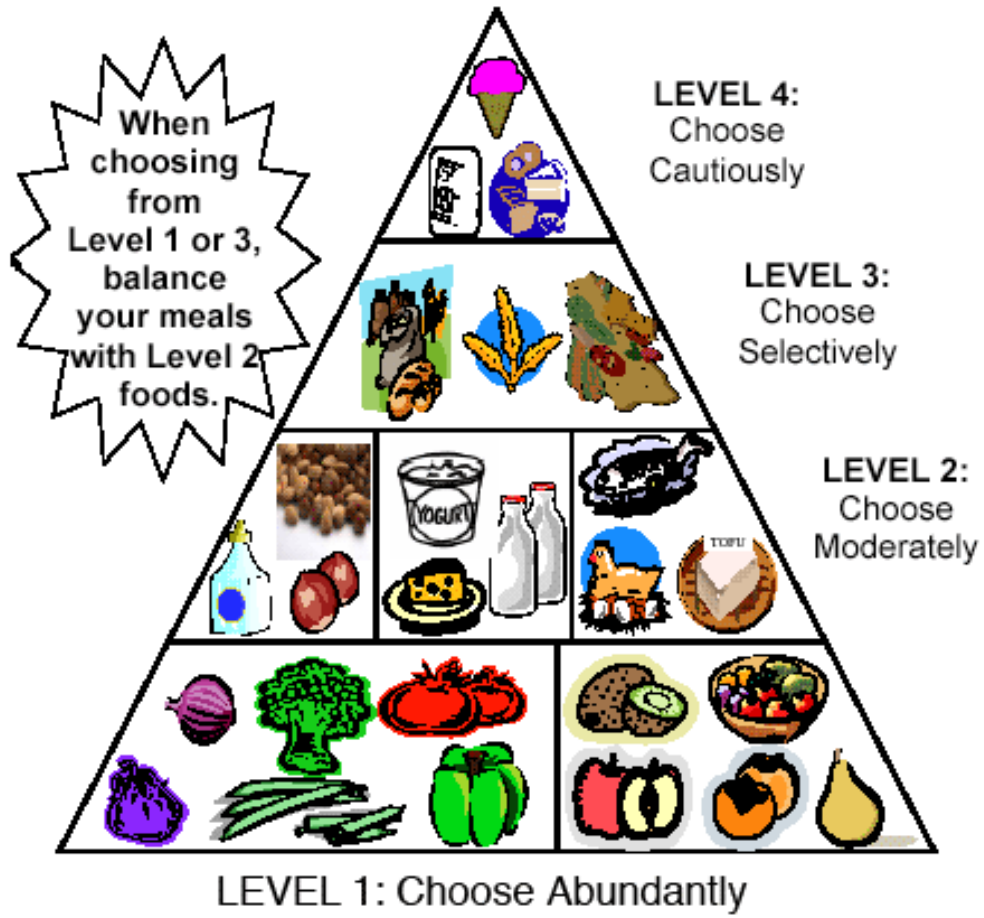
**90% of the money Americans spend on foods goes towards processed foods.**

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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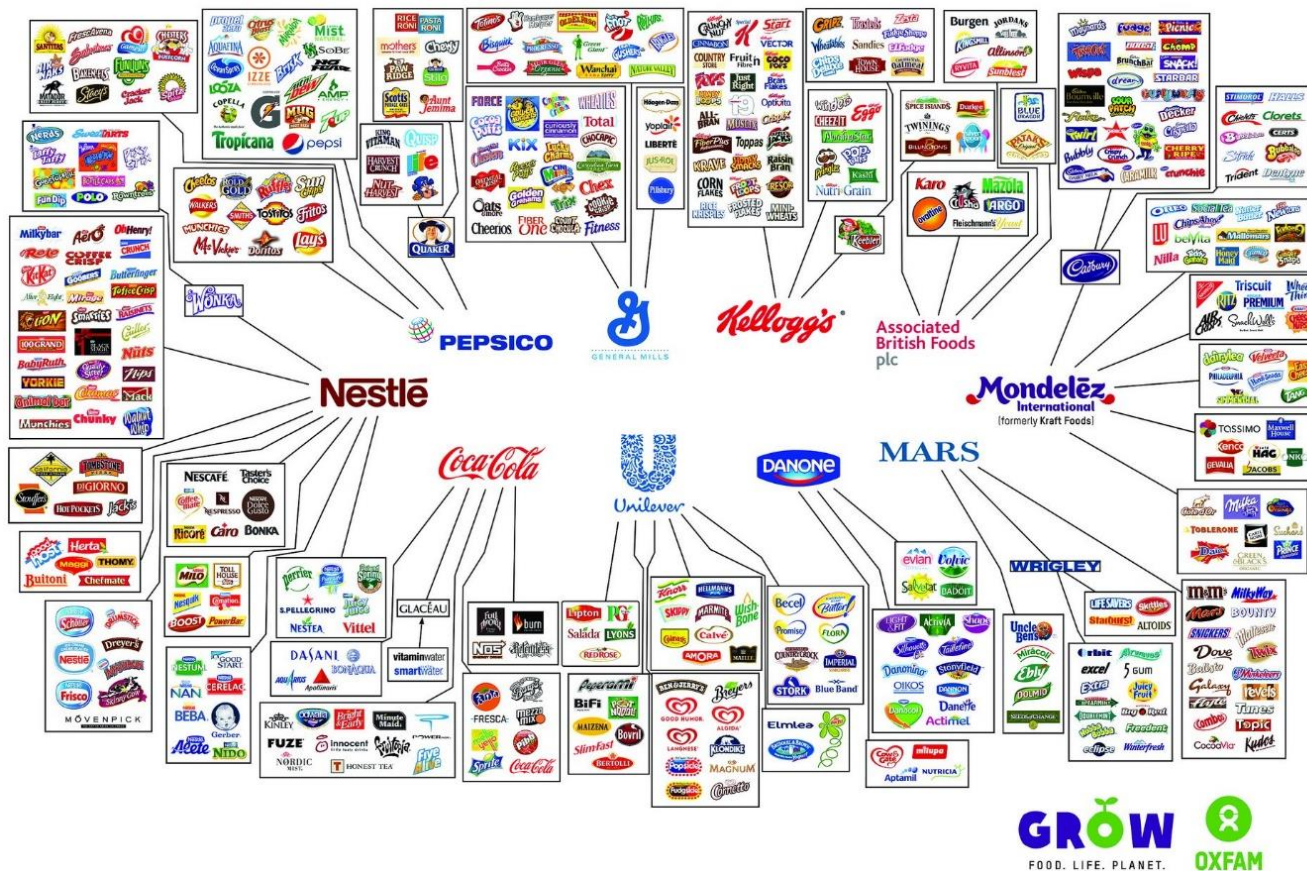


## Unmasking the Global Food Cartel:

### Is Massive Starvation and Population Reduction Their Next Move?

<https://healthimpactnews.com/2021/unmasking-the-global-food-cartel-is-massive-starvation-and-population-reduction-their-next-move/>

5 July 2021



Commentary by Brian Shilhavy  
Editor, Health Impact News

The Globalists who control the world today are not politicians. Politicians are puppets, chosen by the Globalists, who control the world's financial system.

At the very top of the pyramid they are Satanists, specifically "Satanic Jews" which I define in this article:

[Identifying the Luciferian Globalists Implementing the New World Order – Who are the "Jews"?](#)

Their modus operandi is the world's financial system, and the Globalist companies that run the world. We recently published the very well-written commentary by F. William Engdahl on BlackRock, the



investment firm which he claims has more financial influence than the Federal Reserve and the governments of most nations. See:

**[Unregulated Investment Firm BlackRock: More Political and Financial Influence than the Federal Reserve and Most Governments](#)**

Today, I am republishing an article from a website called “Behind The News Network,” a site I have been following in my newsfeed since the COVID-19 Plandemic began last year.

I have not referenced or republished any of the work from this website previously, because the main pen-name that is used for most of the articles published recently there, Sam Parker, are largely unreferenced.

But it doesn’t take long to determine that whoever this Sam Parker is (and very possibly it is a pen-name for several people), he is extremely well-educated, and I don’t mean in just an academic sense. He understands world politics, and not the kind of “politics” you will read in the corporate media, and not even much in the alternative media.

He is obviously an insider, because only an insider could publish this kind of material, and this person probably could not get away with revealing their true identity and remain alive.

The reason I am republishing this article today, is because it is in my topic of specialty, which is food.

As I have previously written, many of the top sources in the alternative media are “controlled opposition.” That is not to say they do not produce good journalism, but it means there are certain topics they dare not touch, and when they do, they are threatened, and forced to take down certain articles.

That does not apply to me, as editor of *Health Impact News*, because I do not draw my income from the content produced on *Health Impact News*. I earn my income through my food company, [Healthy Traditions](#), which began as Tropical Traditions in 2001, when we became the first company to import a “virgin coconut oil” from the Philippines for the U.S. market.

I own 100% of Healthy Traditions, and neither Healthy Traditions nor *Health Impact News* is backed by Wall Street Investment firms (not that they have not come calling over the years to try and buy me out!) that we have to answer to.

We were able to leverage the power of the new and emerging technology of the Internet in the early 2000s to directly educate the American consumer about how they had been brainwashed by the Globalists in regards to nutrition, such as the USDA dietary guidelines that wrongly condemned saturated fats in general, and coconut oil specifically, in order to prop up a failed theory of heart disease that condemned these healthy, traditional fats, in favour of a low-fat dietary philosophy that benefited the main cash crops in America that they used to dominate the world: soy, corn, and wheat. (USDA stands for U.S. Department of Agriculture and is a federal agency that Abraham Lincoln founded in 1862. The USDA is responsible for overseeing farming, ranching, and forestry industries, as well as regulating aspects of food quality and safety and nutrition labelling.)

Tied into this false theory of heart disease was a booming market for cholesterol-lowering drugs, and Pfizer became the most profitable pharmaceutical company of its day with its blockbuster cholesterol drug, Lipitor.

But we prevailed, and even though we are just a shadow of the company we once were, the American public now has access to coconut oil in almost every major grocery retailer today, but the public has no idea the sacrifices that were made to make that a reality.

It was only possible because Big Tech had not been corrupted yet by the Globalists, and the technology was what I was able to leverage to even the playing field, going directly to the American consumer with the truth, and the American consumer, which has far more power than they realise, let the Globalists running the food supplies know that they wanted coconut oil, and they also wanted their butter back, instead of the fake margarines that were the REAL cause of heart disease. (See: [The War Against Butter is Over: Butter Won](#) from 2014.)

Since this is just a commentary to introduce Sam Parker's excellent article on our food system, I won't go into all the details of how we fought the Globalists to remain in business over the years to offer consumers an alternative to the commodity food industry.

But we were forced to leave the Philippines when we became too successful in selling coconut oil when local terrorists tried to kidnap me and my children in order to hold us for ransom, and then once we relocated in the U.S. I had to fight the FDA who accused us of selling "unapproved drugs" since they only allow their "approved" pharmaceutical products to make any kind of statements for curing disease.

But I have learned much about this industry the past 20 years, and I can vouch for the veracity of what Sam Parker writes here, and even though he does not provide references, most of this can be verified through independent research.

And the short summary of what he explains here is this: just a handful of companies control the bulk of the world's food, and if they want to turn off the faucet, they can, and it will result in massive starvation and death, and a drastic reduction of the world's population.

That is what Sam Parker fears, which is why he put the time into writing this. He has unmasked the Globalists who control the world through the food supply chain, and named names.

He writes: "Genocide is an intent of this system, not a side-effect."

You will definitely want to take the time to read this, and prepare accordingly.

# **The Global Food Cartel – Instrument for Starvation**

by Sam Parker

Behind the News Network

## *The Control Apparatus*

July 2021

The control of food for use as a weapon is an ancient practice. The House of Windsor inherited certain routes and infrastructure.

One finds the practice in ancient Babylon / Mesopotamia 4,000 years ago. In Greece, the cults of Apollo, Demeter, and Rhea-Cybele often controlled the shipment of grain and other food stuffs, through the temples. In Imperial Rome, the control of grain became the basis of the empire.

Rome was the centre. Conquered outlying colonies in Gaul, Brittany, Spain, Sicily, Egypt, North Africa, and the Mediterranean littoral had to ship grain to the noble Roman families, as taxes and tribute. Often the grain tax was greater than the land could bear, and areas of North Africa, for instance, were turned into dust bowls.

The evil city-state of Venice took over grain routes, particularly after the Fourth Crusade (1202-04). The main Venetian thirteenth century trading routes had their eastern termini in Constantinople, the ports of the Oltremare (which were the lands of the crusading States), and Alexandria, Egypt.

Goods from these ports were shipped to Venice, and from there made their way up the Po Valley to markets in Lombardy, or over the Alpine passes to the Rhône and into France. Eventually, Venetian trade extended to the Mongol empire in the East.

By the fifteenth century, although Venice was still very much a merchant empire, it had franchised some of its grain and other trade to the powerful Burgundian duchy, whose effective headquarters was Antwerp.

This empire, encompassing parts of France, extended from Amsterdam and Belgium to much of present-day Switzerland. From this Venetian-Lombard-Burgundian nexus, each of the food cartel's six leading grain companies was either founded, or inherited a substantial part of its operations today.

By the eighteenth and nineteenth centuries, the British Levant and East India companies had absorbed many of these Venetian operations. In the nineteenth century, the London-based Baltic Mercantile and Shipping Exchange became the world's leading instrument for contracting for and shipping grain.

Ten to 12 pivotal companies, assisted by another 3 dozen, run the world's food supply. They are the key components of the Anglo-Dutch-Swiss-American cartel, which is grouped around the 2 families (Rothschilds and Rockefellers).

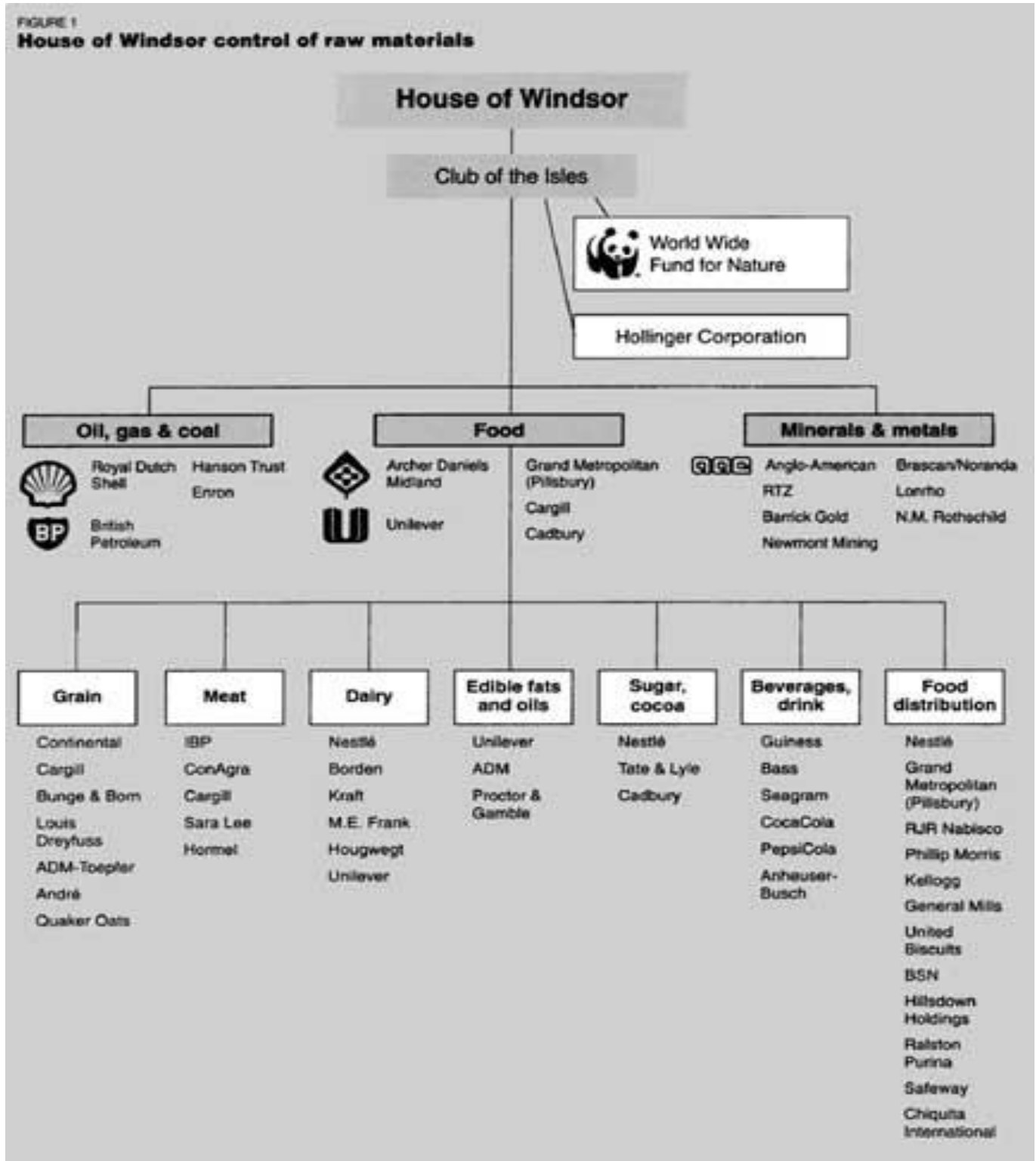
Led by the six leading grain companies – this food and raw materials cartel has complete domination over the world's cereals and grains supplies, from wheat to oats and corn, from barley to sorghum and rye. But it also controls meat, dairy, edible oils and fats, fruits and vegetables, sugar, and all forms of spices.

Each year tens of millions die from the most elementary lack of their daily bread. This is the result of the work of the BAC cartel ("British-American Cartel"). And, as the ongoing financial collapse wipes out bloated speculative financial paper, the oligarchy has moved into hoarding, increasing its food and raw



materials holdings. It is prepared to apply a tourniquet to food production and export supplies, not only to poor nations, but to advanced sector nations as well.

Today, food warfare is firmly under the control of London and New York. Today's food companies were created by having had a section of this ancient set of Mesopotamian-Roman-Venetian-British food networks and infrastructure carved out for them.



The oligarchy has built up a single, integrated raw materials cartel, with three divisions – energy, raw materials, and increasingly scarce food supplies.

Figure 1 above represents the situation. At the top are the House of Windsor and Club of Isles. Right below are the principal control instruments of the Rothschilds – the Worldwide Fund for Nature – headed by Prince Phillip – which leads the world in ethnic conflicts and terrorism.

The firms within each cartel group are listed. While they maintain the fiction of being different corporate organisations, in reality this is one interlocking syndicate, with a common purpose and multiple overlapping boards of directors.

The oligarchy owns these cartels, and they are the instruments of power of the oligarchy, accumulated over centuries, for breaking nations' sovereignty.

Up to the 1940s, the share of international trade in grains was around 10 million tons. This was a substantial amount, but small compared to the levels of trade that would follow.

World War 2 ravaged the globe, creating mass hunger, especially in Eurasia, and what is today the Third World. Under the impetus of American programs such as “Food for Peace”, the worldwide trade in grains shot up to 160 million tons by 1979.

Today, 2021, it is 515 million tons per year. In addition, tens of millions of other foodstuffs are traded each year.

It is proper for countries with grain, meat, dairy, and other surpluses to export them. But the cartel's four exporting regions were given pre-eminence in a brutal manner, while much of the rest of the world was thrust into enforced backwardness.

The 2 families (Rothschilds and Rockefellers) denied these nations seed, fertiliser, water management, electricity, rail transportation, that is, all the infrastructure and capital goods inputs needed to turn them into self-sufficient food producers.

These nations were reduced to the status of vassals: Either import from the cartel's export regions, or starve.

However, the food cartel also has control internationally. For example, outside of the US, the largest producer of soybeans and soybean products are Argentina and Brazil.

One of the Big Six grain companies, Bunge and Born, settled in Argentina in 1876, and accumulated plantations of hundreds of thousands of acres. In the second half of the twentieth century, it also moved into Brazil. Today, in Brazil and Argentina, Bunge and Born is a major force in soybeans and related products, along with Cargill, Louis Dreyfus and Continental.

Thus, the grain cartel dominates output everywhere. Further tightening the control are joint ventures, especially in the area of producing new strains of seeds and biotechnology.

Cargill, the world's largest grain exporter, through its Nutrena division, is also the biggest producer of animal feed and hybrid seed in the world. In 1998, Cargill announced a joint venture with Monsanto, one of the leading farm biotechnology firms.

Also in 1998, Novartis (the new company name for the 1996 merger of Swiss chemical giants CIBA-Geigy and Sandoz) formed a joint venture with Land O'Lakes, and through them, with ADM, for the development of specialty corn hybrids for food and feed markets.

Meanwhile, the food cartel reduced the export regions, which supposedly enjoy favoured status, to a state of servitude as well. During the last 4 decades, millions of farmers in the US, Europe, Canada, Australia, Argentina, Brazil, India and South Africa, have been wiped out.

This report will document, for the first time, the extent of concentration and control that the raw materials cartel exercises over both the international and domestic trade in food. It will look at the food cartel's international and domestic control over grain, milk, edible oils and fats, and meat.

This article will provide the names of the key forces in the cartels' control of the world's food supply.

The five privately held grain companies were carved out from the centuries-old Mesopotamian-Venetian-Burgundian-Swiss-Amsterdam grain route, which today extends around the world.

The Big Five are Cargill, Continental, Louis Dreyfus, Bunge and Born, and André Cargill Company, the world's largest grain company, is based in the Minneapolis, Minnesota suburb of Minnetonka.

It was founded by Scotsman William Cargill, in Conover, Iowa in 1865, and has been run, since the 1920s, by the billionaire MacMillan family. But the true nexus of Cargill is in Geneva, Switzerland, where Cargill's international trading arm, Tradax, Inc., is headquartered, having been established there in 1956.

Archer Daniels Midland's purchase of Töpfer, a Hamburg, Germany-based Grain Company, vastly increased ADM's presence in the world grain trade. Töpfer's trade is situated within the old Venice-Swiss-Amsterdam-Paris routes, and it has extensive business partnerships with the British Crown jewel, the Rothschild Bank.

The manner in which the grain cartel companies operate is highly secretive. All but ADM-Töpfer are private companies.

## ***Profiles & Histories***

Here are the strategic profiles of some of the key companies that constitute the food sector of the BAC cartel ("British-American Cartel"). The British have a far greater degree of control in the food business, due to its predecessor's involvement, dating back centuries.

Allied with various other European families and companies, the totality of the European food companies, the British companies effectively exert control over most of the European giants.

This is due to the fact that the Rothschilds have based themselves in London, since 1795, and from this base, managed to dominate European business and finance.

The US has come to the party late. But, since 1945, under Rockefeller patronage, the American companies have made great strides in the field of food. That is why the title “British-American Cartel,” or BAC, for short.

The profiles confirm that through multiple forms of concentration, these companies dominate grain, dairy, meat, and other food production, and the processing and distribution system of food, all the way to the supermarket.

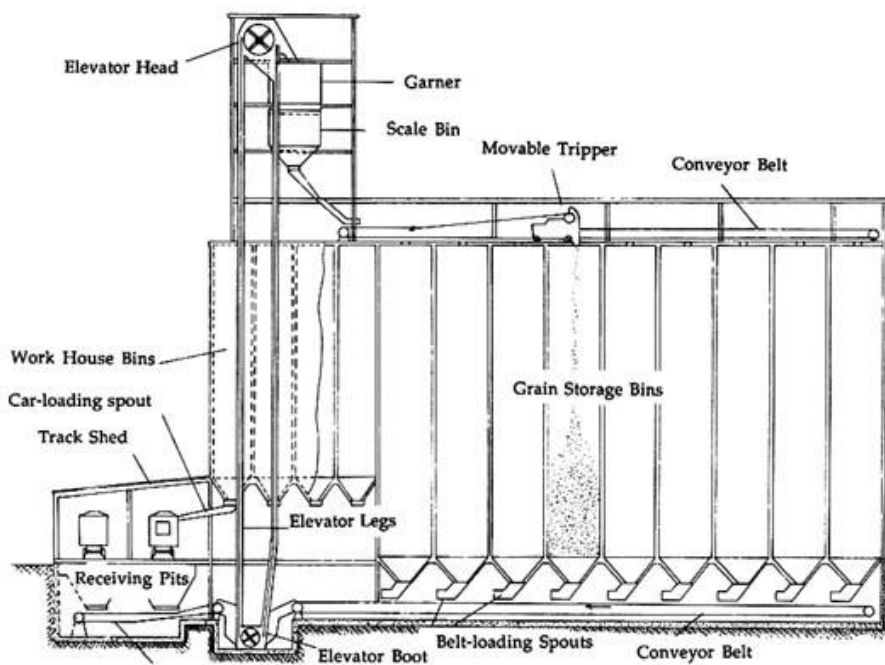
Very little food moves on the face of the Earth without the food cartel having a hand in it.

## Cargill

Cargill raises 700,000 pigs, 14 million turkeys, and 500 million broiler chickens. In the US, it owns 440 barges, 16 towboats, 3 huge vessels that sail the Great Lakes, 22 ocean-going ships, 3,000 railroad hopper cars, and 3,500 tank cars.

Cargill and its subsidiaries operate 900 plants globally. It has 500 US offices, 300 foreign offices. It operates in 60 countries.

Shortly after the American Civil War, William Cargill, a Scottish immigrant sea merchant, bought his first grain elevator in Iowa. In 1870, with his brother Sam, William Cargill bought grain elevators all along the Southern Minnesota Railroad, at a time when Minnesota was becoming an important shipping route.



But Cargill’s biggest break came when he bought elevators which went west along the line of James J Hill’s Great Railroad Northern. Hiss was the business partner of Ned Harriman (father of Averell Harriman, and a front for William Rockefeller – brother of John D). Through a rebate system, and other arrangements, Hill’s rail line builds the Cargill operation.

Twice during the 20th century, the Cargill firm nearly went under, and between 1909 and 1917, Cargill hovered on the brink of bankruptcy. The

founder’s daughter married John Macmillan.

William Rockefeller rescued the firm and designated Macmillan and his family to come in and reorganise Cargill. This was the period in which the Macmillan family started running Cargill.

Following the 1929 stock market crash, and ensuing Great Depression, Cargill nearly went bankrupt, but, this time was again rescued by the Rockefellers Chase Manhattan Bank. Chase sent its officer John Peterson to help run Cargill, and soon headed the firm.

Since then, the Rockefellers Chase bank has a stake in Cargill. With Rockefeller backing, Cargill began to expand.

Cargill has been repeatedly cited for “blending” – adding foreign matter to its grain. For example, an export contract may allow for 8% of the grain volume that a company is exporting to be foreign matter.

If Cargill’s grain load is only 6% foreign matter, it will mix in dirt and gravel. A Cargill supervisor said, in July 1982, “If we’ve got a real clean load, we will make sure we hold it until we can mix it with something dirtier. Otherwise, we’d be throwing away money.”

Cargill has expanded into every major crop and livestock on earth, in over 60 countries. It has also expanded into coal, steel (becoming America’s 7th largest steel producer), waste disposals and metals.

Today, Cargill runs one of the 10 largest commodity brokerage firms in the US, trading on the Chicago and world markets. In 1995, Cargill bought the US business of Continental Grain. The combined Cargill and Macmillan families own 100% of the company’s stock, with a combined net worth of some US\$15 billion.

## Continental Grain

It is the second largest grain trader in the world. The combined Cargill-Continental nexus accounts for some 50-60% of the world’s export share.

Continental processes and markets beef, pork, poultry, seafood, along with animal feeds and wheat flour. The company transports nearly 95 million tons of grains, oilseeds, rice, cotton, and energy products annually, an amount that exceeds the annual production of almost every country in the world. Continental owns a fleet of towboats and 500 river barges.

It owns over 1,500 hopper cars. It has offices and plants in 50 countries, on 6 continents.

Simon Fribourg founded the business as a commodity-trading company in Belgium, in 1813. Fifty years later, the Fribourg family went into milling, building mills in Luxembourg and Belgium, especially Antwerp, which, with its deep harbors and connections to the Rhine River, transported Fribourg flour and wheat to and from the rest of Europe.

By 1914, the heirs moved operations to London, to capitalise on the ability to trade grain internationally. In 1920, the headquarters moved to Paris.

Then, in the 1920s, the company opened offices in the US. During the Depression of the 1930s, the Continental Company made out like bandits.



The then head of the family, Jules, instructed his New York agent to buy Midwest grain elevators, which were at depressed prices, with the instructions, “Don’t bother to look at them – just buy them.” When the Nazi army invaded France in June 1940, the Fribourgs fled to America.

In 1969, the Fribourgs, working with the Cargill company, and through an agent of the grain cartel in the US Dept of Agriculture, Clarence Palmby, helped destroy the American merchant fleet, by convincing President Nixon that the “50-50” provision, by which half of all American grain exports had to be carried on American vessels, should be abolished, in order to land a large Russian grain order.

Almost all of the grain went on Russian-bottom boats. Various favours paid off, for, in 1973, the Russians rewarded Continental by making an unprecedented purchase from the company of 6 million tons of grain and soybeans.

In 1976, Continental was fined US\$500,000 for short-weighting ships. In the late 1970s, when Congo, or Zaire, which was very poor, was unable to pay its bills, Continental cut off food shipments to that starving nation.

In the 1970s, Continental became the first grain company to sell grain to China. The company is headed by Paul Fribourg. The Fribourg family own 100% of the company, and the family is worth some US\$4 billion.

## Louis Drefuss

It is the number 1 French grain exporters, number 3 world grain exporter, number 4 US grain exporter, number 5 Argentine grain exporter, and so on. Louis Dreyfuss operates 57 vessels – bulk carriers, lakers, panamaxs, and chemical and LNG ships worldwide.

Leopold Louis Dreyfuss was born in France. In 1852, at age 19, he set up his wheat trading operations in Switzerland. He built mills and grain elevators throughout Europe, and by the end of the 19th century, he was marketing all types of grain, corn, barley, and other crops.

Louis Dreyfuss, although privately owned, is also a cooperative under French Law. It owns 49% of the coop UFC. Under this arrangement, UFC sells French grain exclusively for itself and Dreyfuss, both within the EU and other markets.

This allows Dreyfuss to obtain credit at low interest rates from the semi-official French bank – Credit Agricole, on terms that are not available to purely private companies. Louis Dreyfuss also owns one of the largest private banks in France, the Dreyfuss Bank. The current head of the firm is Gerard Louis Dreyfuss. The Dreyfuss family is worth some US\$3 billion.

## Bunge & Born

It is the largest Brazilian grain exporter, as well as a large exporter from Argentina and the US. Bunge operates 50 grain elevators in the US, and has a giant grain export elevator in Quebec City.

In 1750, in Amsterdam, the Bunge family had starting trading hides, spices, and rubber from Dutch overseas colonies. In 1850, Charles Bunge moved the family business to Antwerp, Belgium. Charles’s

two sons established a merchant dynasty straddling the Atlantic Ocean. With his brother-in-law George Born, Ernest established the firm Bunge and Born.

In 1897, a Jewish grain trader – Alfred Hirsh joined the firm in Buenos Aires. In 1927, Hirsh became president of Bunge and Born, holding that position for 30 years.

Hirsh and others at Bunge and Born accumulated millions of acres of land in the rich soil region of the pampas. The extent of the Bunge and Born domination of the Argentine economy was revealed in 1974, when the Montoneros terrorists kidnapped the heirs to the firm, Jorge and Juan Born, and held them for many months.

During the time the brothers were in captivity, they revealed that Bunge and Born not only dominated Argentina's agriculture, but also that the Bunge companies produced 40% of Argentina's paint, 35 % of its tin cans, 20% of its textiles, etc.

Argentine President Juan Peron attempted to suppress the power of Bunge and Born and other grain cartel companies in Argentina. When Peron became President for the first time in 1946, he moved to have the government buy the grain from the Argentine farmer and export it.

The profits were used to finance the industrialisation of Argentina. In 1948, he established the Institute for the Promotion of Trade (IAPI) to achieve this purpose.

However, the grain cartel companies, weakened by Peron's reforms, wanted him out of power. In 1955, Peron was deposed and the IAPI system he had set up was disbanded. When Peron returned to power in 1973, he established a National Grain Board for the same purpose.

Again, Peron was fiercely opposed by the grain cartel companies. He died in 1974, and was succeeded by his wife, Evita. In 1976, Evita Peron was overthrown. The National Grain Board was disbanded, and control of grain and meat exports was returned to the private grain companies.

In the meantime, Bunge had diversified a large share of its capital into Brazil and the US. However, the power of Bunge and Born is still strong in Argentine. The Born and Hirsh families, which run Bunge and Born today, are each conservatively estimated to be worth a billion dollars.

## Andre

It is the number 1 South African grain exporter, and the 5th largest grain exporter in the world.

It was founded in 1877 by George Andre in Switzerland. He imported wheat from Russia for pasta. In 1937, Frederic Hediger went to the US and founded Garnac, using money from George Andre.

Garnac became a subsidiary of the Andre Holding Company. During the 1970s, after an embargo had been placed on the commercial activities of what was then Rhodesia (now Zimbabwe), Andre helped sell Rhodesian grain on world markets through illegal channels. After Andre's death, in 1942, his three sons inherited the company. The Andre family is conservatively estimated to be worth more than US\$2 billion.

## Archer Daniels Midland / Topfer

It is the 6th largest world grain exporter, with 9% of the market. It is also the number 1 US soybean crusher, with an estimated 40% of the market. It is also the no 1 producer of ethanol, the number 2 US flour miller, and more. ADM/Topfer makes enough flour to bake 16 billion loaves of bread and enough soybean meal to feed 14 billion broiler chickens – twice as many broilers as the US produces.

In 1878, Jon Daniels began crushing flaxseed to produce linseed oil and in 1920 formed the Daniels Linseed Company. George Archer, another experienced flaxseed crusher joined the company in 1903. In 1923, the company bought Midlands Products and adopted the name Archer Daniels Midland (ADM).

ADM purchased a 50% stake in Topfer International, one of the most powerful second-tier grain cartel companies. This purchase also works the other way, with the older Hamburg-based Topfer Company, with extensive roots in Europe, exercising an influence over ADM.

The Topfer Co has an over 70% equity position in two French firms – Compagnie Europeene des Cereales and G. Muller. The remaining shares in these companies are held by the Rothschild Group in France. These two French companies own 10 large grain elevators in France and Germany.

The head of ADM in the 1980s was Andreas, who regularly contributed between US\$50,000 and US\$100,000 a year to the organised crime-linked Anti-Defamation League of the B'nai B'rith.

## ConAgra

It is the number 1 US flour miller, number 1 US sheep slaughterer, number 2 US beef and pork slaughterer, among other things.

Conagra was founded in Nebraska in 1919 as Consolidated Mills, a grain processor (the name was changed to ConAgra in 1971). In 1982, ConaGra bought the Peavey Company, along with its Minneapolis confederates, the Pillsbury and Washburn families dominated the milling of American flour.

This immediately made ConaGra America's largest flour miller. This was followed by a slew of purchases in the meatpacking industry.

## IBP

It is the number 1 US beef and pork slaughterer. IBP is the largest butcher in the world, accounting for 14% of the US total. Japan, which consumes half of all US meat exports, is a major market for IBP.

It was formed in 1960 by A. Anderson and C. Holman, as Iowa Beef Processors. IBP makes money by driving down the wages of its workforce, and the price of beef paid to farmers.

## Nestle

It is the number 1 world food company, number 1 world trader in dry milk powder, condensed milk, seller of chocolate and confectionary products, and the number 1 seller of mineral water, and number 3 US coffee firm. Nestle has 500 manufacturing plants on 6 continents.

In 1866 in Cham, Switzerland, Charles Page founded the Anglo-Swiss Condensed Milk Co. In 1867, in nearby Vevey, Henri Nestle founded Farine Lactee Henri Nestle. In 1905, Nestle and the Anglo-Swiss Condensed Milk Company merged.

In 1922, a banker, Louis Dapples, took over management of the company, and eventually became chairman of Nestle. Over the next 90-odd years, Nestle made one takeover after another, especially during the past two decades. It controls the export of powdered milk to the developing sector.

Nestle also owns Alcon eye products, and 26% of L'Oreal, the world's largest shampoo and cosmetics company. It is controlled by the Rothschild Group. Its board of directors serves as a retirement home for central bank heads (those central banks that are under Rothschild ownership, such as the central banks of European countries, and the BIS).

## Unilever

It is the number 1 world producer of ice cream, and margarine, and one of the top five world exporters of dry milk powder, the number 1 European tea seller, the number 2 world producer of soaps and detergents, and one of the top five world crushers of palm oil, and one of the world's largest producers of olive oil.

In 1885, Englishman William Lever and his brother formed Lever Brothers. It produces Lifebuoy, Lux, Rinso, and Sunlight soaps. In the Netherlands, rival butter-makers, Jurgens and Van den Burgh were pioneers in margarine production.

In 1927, they created the Margarine Union, a cartel that owned the European market. In 1930, the Margarine Union and Lever Brothers merged, forming Unilever. Both Unilever and Royal Dutch Shell are corporate entities that express the joint interests of the Anglo-Dutch monarchies, as well as the Rothschild Group.

## Philip Morris

It is the number 2 world food company, number 1 US Food Company.

In 1847, Philip Morris opened a London tobacco store, and by 1854 he was making his own cigarettes. In 1919, US financier George Whelan purchased the rights to market Philip Morris brands such as Marlboro.

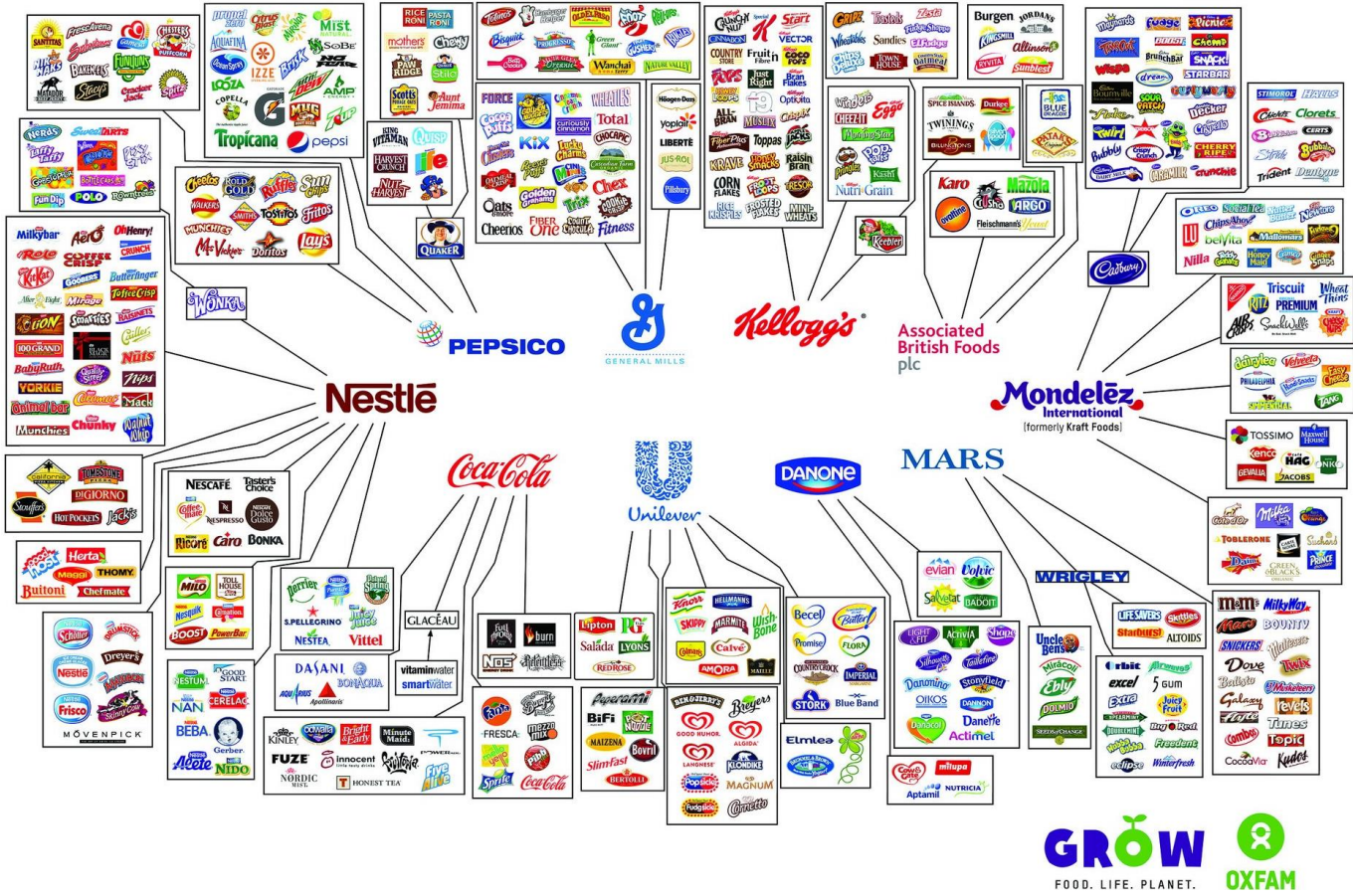
Ten years later, Whelan's successor began manufacturing the cigarettes in Richmond, Virginia. In 1985, Philip Morris bought General Foods; in 1988, it acquired Kraft Foods. Philip Morris is one of the largest cigarette smugglers in the world, both for sale and as barter for other illegal goods. It is also one of the world's largest marijuana dealers.

## Major US Food Companies

It has been extremely difficult to gather information on the grain cartel companies, as they are privately-owned. It was easier to gather information on US companies, as most of them are public companies.

Here is a list of the other major food companies. Most of these are within the Rockefeller orbit. These include Coca Cola, Pepsico, Mars, Walmart (acts as a distribution entity). This is just to name a few.

Below is a partial list of a few of the world's largest food companies. Grain companies are excluded.



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# MARS

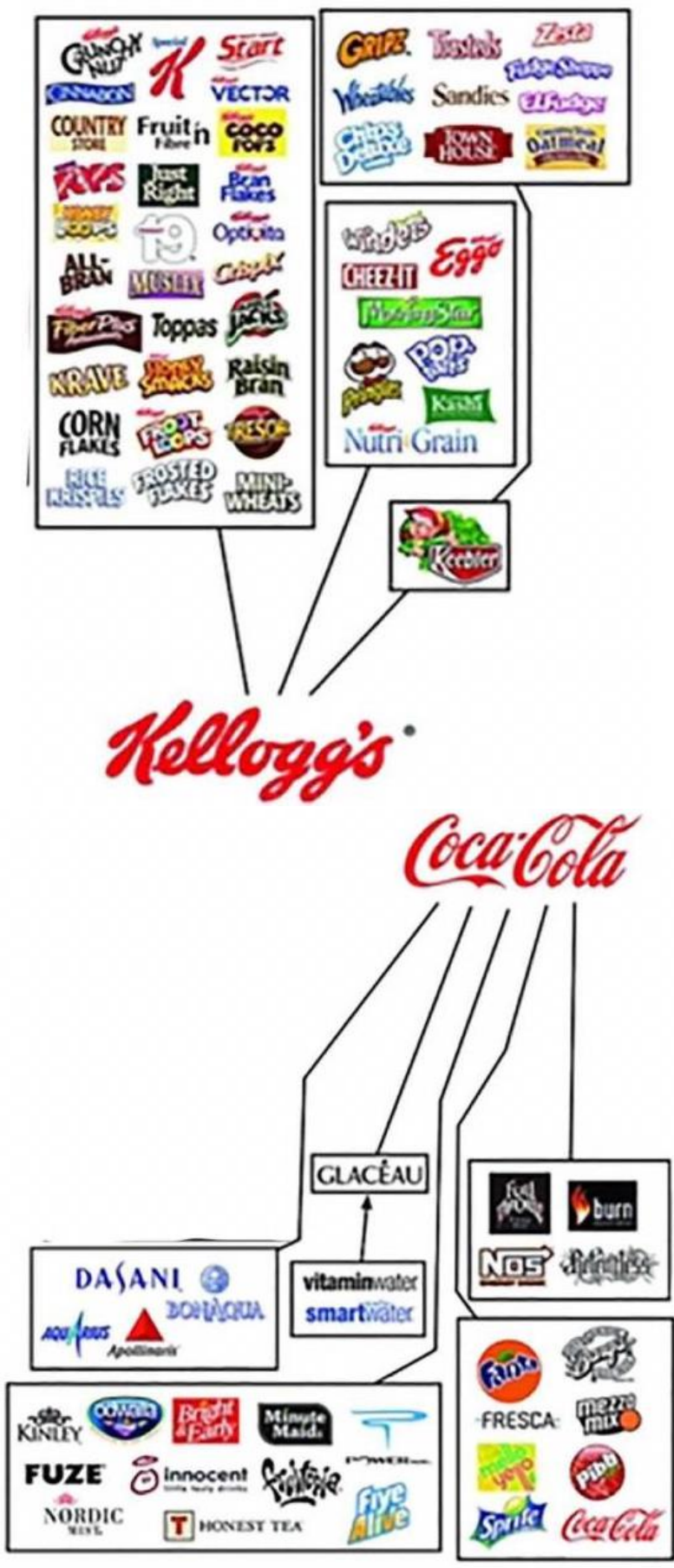
## WRIGLEY



## DANONE

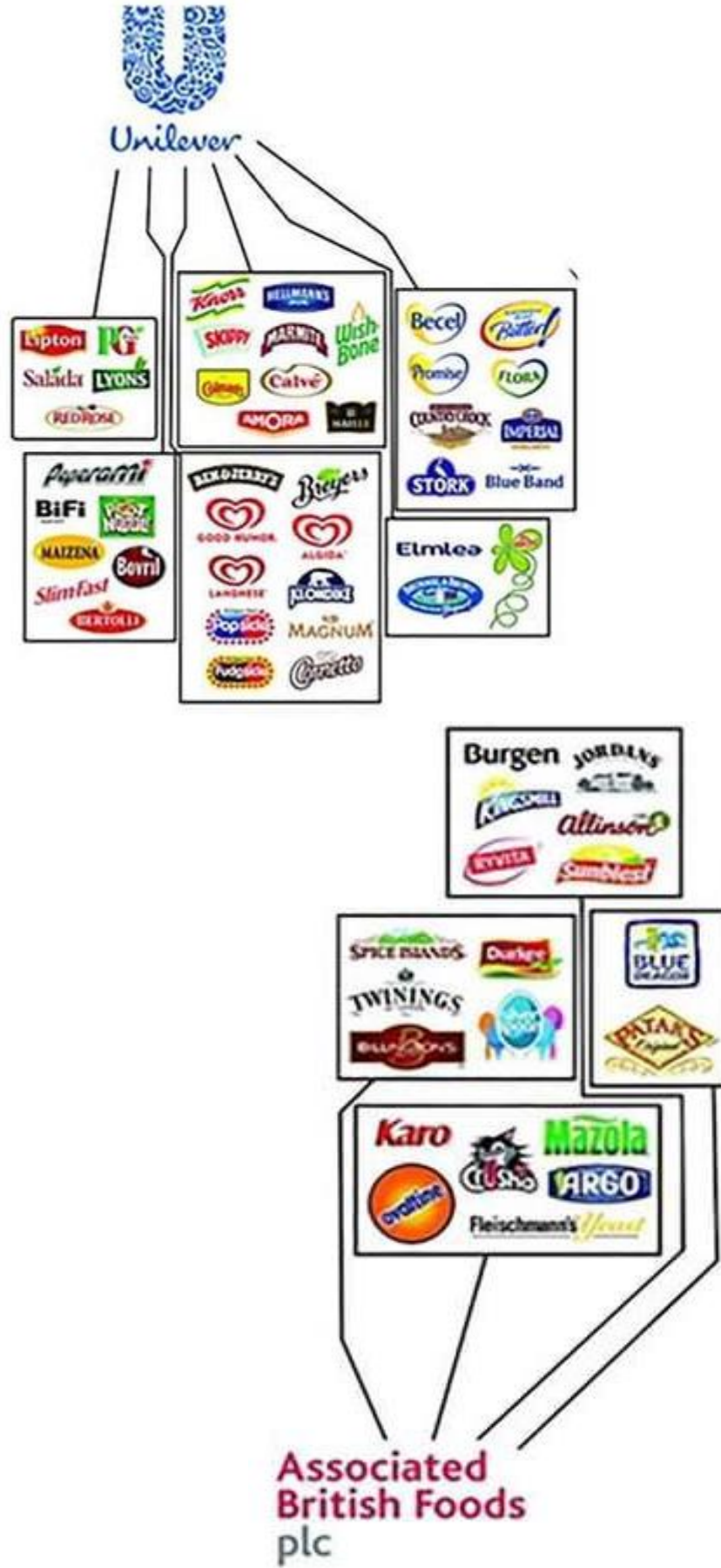
















Mondolez, Nestle, Associated Biscuits and Unilever are **Rothschild**-controlled entities. Pepsico, Coca Cola, Mars, Kellogg's, Phillip Morris, Kraft Foods, General Milling, Grand Metropolitan-Pillsbury and RJR-Nabisco are part of the **Rockefeller** Group.

The main alcoholic companies are all within the Rothschild bloc, such as SAB Miller, as well as the groups, such as wine, champagne, whisky, scotch, etc. Most of these premium brands are based in Scotland and France.

### ***Concentration in four food groups***

Grains and grain products, milk and dairy products, edible oils and fats, and meat provide the majority of the intake of calories, as well as proteins and vitamins, which keeps the human species alive. Grain and grain products can be consumed as animal feed, and directly for human consumption, sometimes in grain form, but often in a milled form, such as in bread, rotis and tortillas.

The big six leading grain cartel companies are Cargill (New York), Continental (New York), Paris-based Louis Dreyfus, Brazil and Netherlands-based Bunge and Born, Swiss-based Andre, and US and German-based Archer Daniels Midland/Topfer. The first five of these companies are privately owned and run by billionaire families. They issue no public stock, nor annual report.

They are more secretive than any oil company, bank, or government intelligence agency.

Just two of these companies, Cargill and Continental, control 45-50% of the world's grain trade.

## ***Domestic Markets***

The cartel exercises an iron hand over the domestic agricultural economies of nations, especially those that comprise the four export source regions of the food cartel. This is exercised through the processing industries: If one controls the processing industries, one controls domestic trade.

Except for use as animal feed, corn, wheat and soybean cannot be eaten in their unrefined form. The grain or soybean must be processed. The same is true for meat, which must be slaughtered and cut, before it is fit for human consumption.

This is where the processing / milling industries, in the case of grains and soybeans, and the packing / slaughtering houses, in the case of meat come in. Taking America as the test case, in order to make the case generally, one can see the cartel's domination is about 90% of milling capacity.

In 1979, the top four millers controlled 41% of the industry. Today, they control 92%!

Finally, four of the six leading grain cartel companies own 64% of America's grain elevator storage capacity. However, this figure is deceptive. Many of the grain elevators are in local areas, where there is a substantial degree of individual or cooperative ownership.

When one gets to regional grain elevators, the grain cartel's ownership percentage is much higher. And at ports, where grain is trans-shipped, the same four grain cartels own 89% of all grain facilities. A farmer must sell his grain either to a grain elevator or, in the rarer case where he can afford transport, to a grain miller.

In either case, it is grain Cartel Company to which he must sell. By this process, the grain cartel sets the price to the farmer – at the lowest levels possible.

Much of their workings are shrouded in mystery, because they release little information to the public. People who have attempted to write books about the grain companies have spent years without getting a single interview from any of the reigning grain company families.

Unlike many American companies, where the founding family has long since departed the scene, such as in the case of Morgan bank or Chrysler Corp., the grain cartel companies are run by the same families that have run them for centuries. The inter-married MacMillan and Cargill families run Cargill; the Fribourg family runs Continental; the Louis Dreyfus family runs Louis Dreyfus; the André family runs André; and the Hirsch and Born families run Bunge and Born.

While evading taxes and inspection, Cargill also uses its network to move large shipments of goods anywhere on the globe, on split-second notice. It has an in-house intelligence service that matches the CIA's: It uses global communication satellites, weather-sensing satellites, a database that utilises 7,000 primary sources of intelligence, several hundred field offices, etc.

Cargill is representative of all of the grain companies, and a brief examination of it gives insight into all the others. Cargill, which had US\$101 billion in annual sales in 2014, has a dominant position in many aspects of the world food trade. It is the world's and the United States' number-one grain exporter, and has a market share of 25-30% in each of several commodities.

It is the world's number-one cotton trader; the number-one U.S. owner of grain elevators (340); the number-one U.S. manufacturer of corn-based, high-protein animal feeds (through subsidiary Nutrena Mills); the number-two U.S. wet corn miller and U.S. soybean crusher; the number-two Argentine grain exporter (10% of market); the number-three U.S. flour miller (18% of market), U.S. meatpacker (18% of market), U.S. pork packer / slaughterer, and U.S. commercial animal feeder; the number-three French grain exporter (15-18% of the market); and the number-six U.S. turkey producer.

It also has a fleet of 420 barges, 11 towboats, 2 huge vessels that sail the Great Lakes, 12 ocean-going ships, 2,000 railroad hopper cars, and 2,000 tank cars. Cargill has been able to place its people in top posts around the world. Today, Cargill Company is privately owned and run by the MacMillan family. The MacMillan family's collective wealth, sits at US\$15.1 billion.

**The food cartel continues to consolidate its worldwide control in the face of the oncoming financial disintegration.** In the past 30 years, the food cartel has bought up many milling-processing plants and bakeries throughout the former Soviet Union and East bloc, bringing these nations under tight food control.

The food cartel has also built up its control, in the food distribution industries, through such combines as Philip Morris, Grand Metropolitan-Pillsbury, and KKR-RJR-Nabisco-Borden; i.e. Philip Morris, which owns Kraft Foods, General Foods (Post cereals), the Miller Brewing Company, and a host of other brand names.

The food cartel's power must be broken. But the Anglo-Dutch-Swiss-American cartel is playing for high stakes—the ability to constrain the supply of raw materials, and above all, food, to turn back the clock of history, and reduce mankind from the 8 billion population (2022) it currently enjoys' to the state of a few hundred million semi-literate souls scratching out a bare existence. That assault cannot be fought timidly.

The full truth about the food cartel must be known.

Alongside the hyper-speculation in food and related commodities that must be stopped urgently, there is a related feature of the food crisis to be eliminated: the now-extreme globalisation of the food chain.

This has come about under the control of a select few commodities and logistics cartels, operating above and against national governments and the interests of their populations. Nations have been forced into dependence on food from hundreds and thousands of miles away; now it isn't there to be had.

Genocide is an intent of this system, not a side-effect.

Governments and financiers today, prominently including Federal Reserve chairman, is notorious for saying that the current spike in food prices, and the growing shortfalls are simply a result of "increased demand," i.e., "market forces."

They are maliciously lying.

What “markets”? The way it works is that these cartel companies’ activities and practices are what is meant when “the markets” are cited.

The companies are, in fact, the hard-product wing of the financial interests; best called the neo-British Empire, and since the late 1940s, joined by the American faction.

Read the full article (this is the second of a 3-part series) at [Behind the News Network](#).

Past articles on *Health Impact News* that deal with this topic:

**This document calibrates overall as true – on the Map of Consciousness it calibrates 405.**

# FRESH is BEST!





## KINESIOLOGY MUSCLE TESTING – GENERAL INFORMATION:

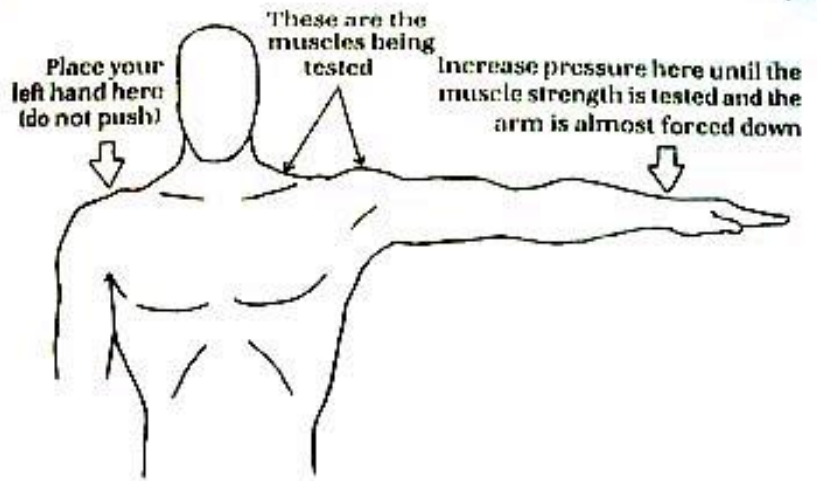
David R Hawkins – *Transcending the Levels of Consciousness* P.372

The energy field of consciousness is infinite in dimension. Specific levels correlate with human consciousness, and these have been calibrated from “1” to “1,000”. See the Map of Consciousness. These fields reflect and dominate human consciousness.

Everything in the universe radiates a specific frequency or minute energy field that remains in the field of consciousness permanently. Thus, every person or being whoever lived and anything about them, including any event, thought, deed, feeling, or attitude, is recorded forever and can be retrieved at any time in the present or the future.

## TECHNIQUE

The kinesiological response (muscle testing) is a simple “yes” or “not yes” (no) response to a specific stimulus. It is usually done by the subject’s holding out an extended arm and the tester pressing down on the wrist (bony bit) of the extended arm, using two fingers and light pressure. Usually the subject holds a substance to be tested over their solar plexus with the other hand. The test says to the test subject, “Resist”, and if the substance being tested is beneficial to the subject, the arm will be strong. If it is not beneficial or has an adverse effect, the arm will go weak. The response is very quick and brief.



*Basics of Muscle Testing*

**It is important to note that the intention, as well as both the tester and the one being tested, must calibrate over 200 in order to obtain accurate responses.**

**If either the tester or the one being tested is dehydrated, errors will occur. A large glass of water will promptly remedy this situation.**



Solar plexus is that region about 2.5 inches above your belly button. The test subject holds the item over their solar plexus with one hand and extends the other arm for response in the normal way.

The higher the levels of consciousness of the test team, the more accurate are the results. The best attitude is one of clinical detachment, posing a statement with the prefix statement, “In the name of the highest good, \_\_\_\_\_ calibrates as true. Over 100 on the Map of Consciousness. Over 200, etc.” The contextualization “in the highest good” increases accuracy because it transcends self-serving personal interest and motives.



## MAP of CONSCIOUSNESS

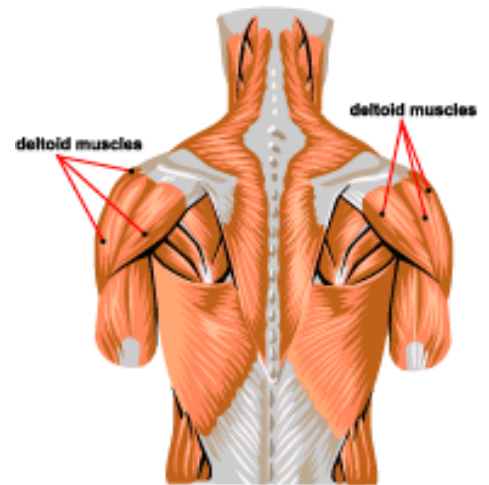
<b>God-view</b>	<b>Life-view</b>	<b>Level</b>	<b>Log</b>	<b>Emotion</b>	<b>Process</b>
Self	Is	<b>Enlightenment</b>	<b>700 – 1,000</b>	Ineffable	Pure Consciousness
		↑			
All-Being	Perfect	<b>Peace</b>	<b>600</b>	Bliss	Illumination
		↑			
One	Complete	<b>Joy</b>	<b>540</b>	Serenity	Transfiguration
		↑			
Loving	Benign	<b>Love</b>	<b>500</b>	Reverence	Revelation
		↑			
Wise	Meaningful	<b>Reason</b>	<b>400</b>	Understanding	Abstraction
		↑			
Merciful	Harmonious	<b>Acceptance</b>	<b>350</b>	Forgiveness	Transcendence
		↑			
Inspiring	Hopeful	<b>Willingness</b>	<b>310</b>	Optimism	Intention
		↑			
Enabling	Satisfactory	<b>Neutrality</b>	<b>250</b>	Trust	Release
		↑			
Permitting	Feasible	<b>Courage</b>	<b>200</b>	Affirmation	Empowerment
		↓			
Indifferent	Demanding	<b>Pride</b>	<b>175</b>	Scorn	Inflation
		↓			
Vengeful	Antagonistic	<b>Anger</b>	<b>150</b>	Hate	Aggression
		↓			
Denying	Disappointing	<b>Desire</b>	<b>125</b>	Craving	Enslavement
		↓			
Punitive	Frightening	<b>Fear</b>	<b>100</b>	Anxiety	Withdrawal
		↓			
Disdainful	Tragic	<b>Grief</b>	<b>75</b>	Regret	Despondency
		↓			
Condemning	Hopeless	<b>Apathy</b>	<b>50</b>	Despair	Abdication
		↓			
Vindictive	Evil	<b>Guilt</b>	<b>30</b>	Blame	Destruction
		↓			
Despising	Miserable	<b>Shame</b>	<b>20</b>	Humiliation	Elimination

**Power vs Force** by David R Hawkins, MD, PhD – the Hidden Determinants of Human Behaviour

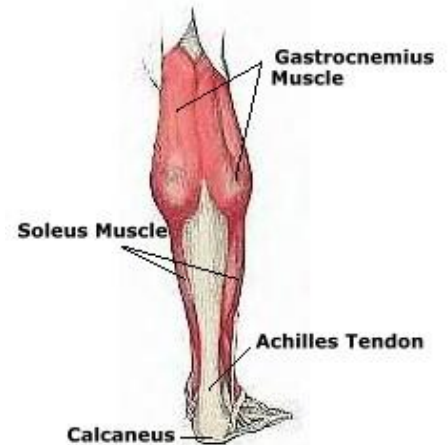
ISBN: 1-56170-933-6 published Hay House Australia Pty Ltd [www.hayhouse.com.au](http://www.hayhouse.com.au)

Or [www.veritaspub.com](http://www.veritaspub.com) for the trilogy Power vs Force, The Eye of I, and I, Reality and Subjectivity.

For many years, the test was thought to be a local response of the body's acupuncture or immune system. Later research, however, has revealed that the response is not a local response to the body at all, but instead is a general response of consciousness itself to the energy of a substance or a statement. That which is true, beneficial, or pro-life gives a positive response that stems from the impersonal field or consciousness, which is present in everyone living. This positive response is indicated by the body's musculature going strong. For convenience, the deltoid muscle is usually the one best used as an indicator muscle; however, any of the muscles of the body can be used, such as the gastrocnemius, which are often used by practitioners such as chiropractors.



Before a question (in the form of a short statement) is presented, it is necessary to qualify 'permission'; that is, state "I have permission to ask about what I am holding in mind." (Yes / No) Or, "This calibration serves the highest good."



If a statement is false or a substance is injurious, the muscles go weak quickly in response to the command "Resist". This indicates the stimulus is negative, untrue, anti-life, or the answer is "no". The response is fast and brief in duration. The body will then rapidly recover and return to normal muscle tension.

There are three ways of doing the testing. The one that is used in research and also most generally used requires two people: the tester and the test subject. A quiet setting is preferred, with no background music. The test subject closes their eyes. *The tester must phrase the 'question' to be asked in the form of a statement.* The statement can then be answered as "yes" or "not yes" (no) by the kinesiological response. For instance, the incorrect form would be to ask, "Is this a healthy horse?" rather than make the statement, "This horse is healthy", or its corollary, "This horse is sick."

After making the statement, the tester says "Resist" to the test subject who is holding the extended arm parallel to the ground. The tester presses down with two fingers on the wrist of the extended arm sharply, with mild force. The test subject's arm will either stay strong, indicating a "yes", or go weak, indicating a "not yes" (no). The response is short and immediate.

A second method is the "O-ring" method, which can be done alone. The thumb and finger of the same hand are held tightly in an "O" configuration, and the hooked forefinger of the opposite hand is used to try to pull them apart. There is a noticeable difference of the strength between a "yes" and a "no response. (Rose, 2001).

The third method is the simplest, yet, like the others, requires some



practice. Simply lift a heavy object, such as a large dictionary or merely a couple of bricks, from a table about waist high. Hold in mind an image or true statement to be calibrated and lift. Then, for contrast, hold in mind that which is known to be false. Note the ease of lifting when truth is held in mind and the greater effort necessary to lift the load when the issue is false (not true). The results can be verified using the other two methods.

### CALIBRATION of SPECIFIC LEVELS

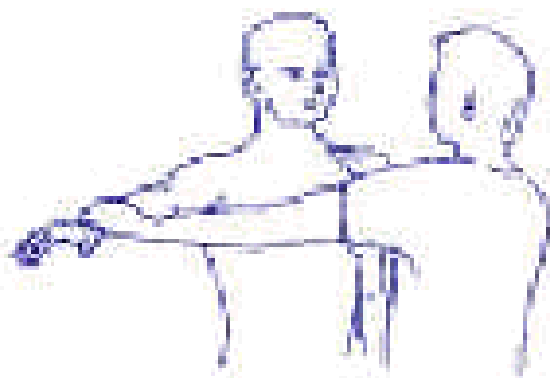
The critical point between positive and negative, between true and false, or between that which is constructive or destructive, is at the calibrated level of 200 (see Map of Consciousness). Anything above 200, or true, makes the subject go strong; anything below 200, or false, allows the arm to go weak.

Anything past or present, including images or statements, historical events, or personages, can be tested. They need not be verbalized.

### NUMERICAL CALIBRATION

Example: “Ramana Marharshi’s teachings calibrate over 700.” (Y / N)

Or, “Hitler calibrated over 200.” (Y / N) “When he was in his 20s.” (Y / N) “His 30s.” (Y / N) “His 40s.” (Y / N) “At the time of his death.” (Y / N)



### APPLICATIONS

The kinesiological test cannot be used to foretell the future; otherwise, there are no limits as to what can be asked. Consciousness has no limits in time or space; however, permission may be denied. All current or historical events are available for questioning. The answers are impersonal and do not depend on the belief systems of either the tester or the test subject. For example, protoplasm recoils to noxious stimuli and flesh bleeds. Those are the qualities of these test materials and are impersonal. Consciousness actually knows only truth because only truth has actual existence. It does not respond to falsehood because falsehood does not have existence in Reality. It will also not respond accurately to nonintegrated or egoistic questions, such as should one buy a certain stock.

Accurately speaking, the kinesiological response is either an “on” response or it is merely “not on”. Like the electrical switch, we say the electricity is “on”, and when we use the term “off”, we just mean that it is not there. In reality, there is no such thing as “off-ness”. This is a subtle statement but crucial to the understanding of the nature of consciousness. Consciousness is capable of recognizing only Truth. It merely fails to respond to falsehood. Similarly, a mirror reflects an image only if there is an object to reflect. If no object is present to the mirror, there is no reflected image.

### To CALIBRATE a LEVEL

Calibrate levels are relative to a specific reference scale. To arrive at the same figures as in the Map of Consciousness, reference must be made to that table or by a statement such as, “On a scale of human consciousness from 1 to 1,000, where 600 indicates Enlightenment, this \_\_\_\_\_ calibrates over

\_\_\_\_\_ (a number).” Or, “On a scale of consciousness where 200 is the level of Truth and 500 is the level of Love, this statement calibrates over \_\_\_\_\_.” (State a specific number.)

## GENERAL INFORMATION

People generally want to determine truth from falsehood. Therefore, the statement has to be made very specifically. Avoid using general terms such as a “good” job to apply for. “Good” in what way? Pay scale? Working conditions? Promotional opportunities? Fairness of the boss?

## EXPERTISE

Familiarity with the test brings progressive expertise. The “right” questions to ask begin to spring forth and can become almost uncannily accurate. If the same tester and test subject work together for a period of time, one or both of them will develop what can become an amazing accuracy and capability of pinpointing just what specific questions to ask, even though the subject is totally unknown by either one. For instance, the tester has lost an object and begins by saying, “I left it in my office.” (Answer: No.) “I left it in the car”. (Answer: No.) All of a sudden, the test subject almost ‘sees’ the object and says, “Ask, ‘On the back of the bathroom door.’” The test subject says, “The object is hanging on the back of the bathroom door.” (Answer: Yes.) In this actual case, the test subject did not even know that the tester has stopped for gas and left the jacket in the restroom of a gasoline station.

Any information can be obtained about anything anywhere in current or past time or space, depending on receiving prior permission. (Sometimes one gets a ‘no’, perhaps for karmic or other unknown reasons.) By cross-checking, accuracy can be easily confirmed. For anyone who learns the technique, more information is available instantaneously than can be held in all the computers and libraries of the world. The possibilities are therefore obviously unlimited, and the prospects breathtaking.



## LIMITATIONS

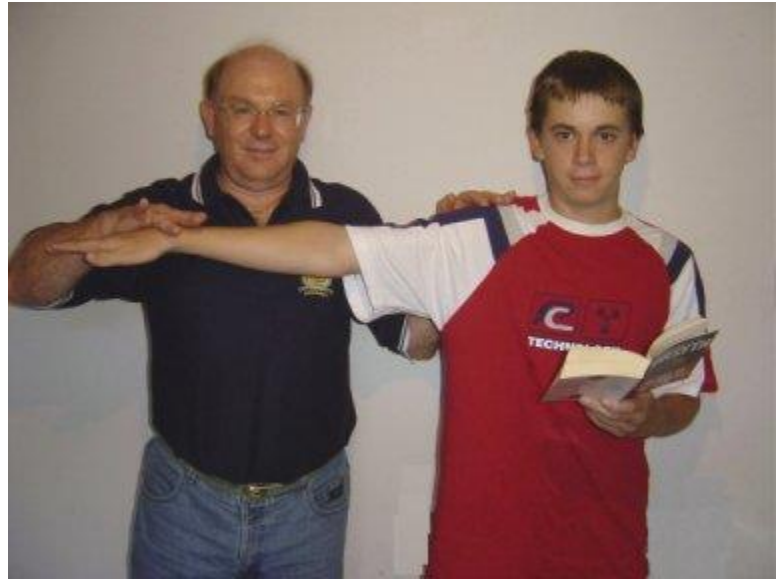
Approximately ten percent of the population is not able to use the kinesiological testing technique for as yet unknown reasons. The test is accurate only if the test subjects themselves calibrate over 200 and the intention of the use of the test is integrous and also calibrates over 200. The requirement is one of detached objectivity and alignment with truth rather than subjective opinion. Thus, to try to ‘prove a point’ negates accuracy. Sometimes married couples, also for reasons as yet undiscovered, are unable to use each other as test subjects and may have to find a third person to be a test partner.

A suitable test subject is a person whose arm goes strong when a love object or person is held in mind, and it goes weak if that which is negative (fear, hate, guilt, etc.) is held in mind (e.g., Winston Churchill makes one go strong and bin Laden makes one go weak).

Occasionally, a suitable test subject gives paradoxical responses. This can usually be cleared by doing the “thymic thump”, as was discovered by Dr John Diamond. (With a closed fist, thump three times over the upper breastbone, smile, and say “ha-ha-ha” with each thump and mentally picture someone or something that is loved.)

The temporary imbalance will then clear up. It can be occasioned by recently having been with negative people, listening to heavy metal rock music, watching violent television programs, playing violent video games, etc. Negative music energy has a deleterious effect on the energy system of the body for up to one-half hour after it is turned off. Television commercials or background are also a common source of negative energy.

As previously noted, the kinesiological method of discerning truth from falsehood and the calibrated levels of truth has strict requirements. Because of the limitations, calibrated levels are supplied for ready reference in prior books by David R Hawkins, and extensively in *Truth vs Falsehood*.



#### EXPLANATION

The kinesiological test is independent of personal opinion or beliefs and is an impersonal response of the field of consciousness, just as protoplasm is impersonal in its responses. This can be demonstrated by the observation that the test responses are the same whether verbalised or held silently in mind. Thus, the test subject is not influenced by the question, as they don't even know what it is. To demonstrate this, do the following exercise:

The tester holds in mind an image unknown to the test subject and states, "The image I am holding in mind is positive" (or "true", or "calibrates over 200", etc.). On direction, the test subject then resists the downward pressure on the wrist. If the tester holds a positive image in mind (e.g., Abraham Lincoln, Jesus, Mother Teresa, etc.), the test subject's arm muscle will go strong. If the test holds a false statement or negative image in mind (e.g., bin Laden, Hitler, etc.), the arm will go weak. Inasmuch as the test subject does not know what the tester has in mind, the results are not influenced by personal beliefs.

#### CORRECT KINESIOLOGICAL TECHNIQUE

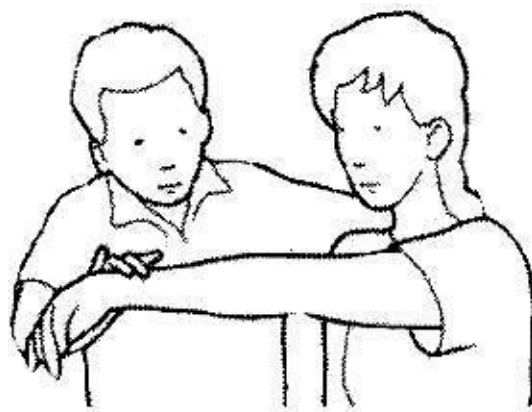
Just as Galileo's interest was in astronomy and not in making telescopes, the Institute for Advanced Spiritual Research is devoted to Consciousness research and not specifically to kinesiology. The video, *Power Versus Force* (Veritas Publishing, 1995), demonstrates the basic technique. More detailed information about kinesiology may be found on the Internet by searching for 'kinesiology'. Numerous references are provided, such as the College of Applied Kinesiology ([www.icak.com](http://www.icak.com)), and other education institutions.



## DISQUALIFICATION

Both scepticism (cal. 160) and cynicism calibrate below 200 because they reflect negative prejudgement. In contrast, true inquiry requires an open mind and honesty devoid of intellectual vanity. Negative studies of behavioural kinesiology *all* calibrate below 200 (usually at 160), as do the investigators themselves.

That even famous professors can and do calibrate below 200 may seem surprising to the average person. Thus, negative studies are a consequence of negative bias. As an example, Francis Crick's research design that led to the discovery of the double helix pattern of DNA calibrated at 440. His last research design, which was intended to prove that consciousness was just a product of neuronal activity, calibrated at only 135.



The failure of investigators who themselves, or by faulty research design, calibrate below 200 (all calibrate at approximately 160), confirms the truth of the very methodology they claim to disprove. They 'should' get negative results, and so they do, what paradoxically proves the accuracy of the test to detect the difference between unbiased integrity and non-integrity.

Any new discovery may upset the apple cart and be viewed as a threat to the status quo of prevailing belief systems. That a clinical science of consciousness has emerged that validates spiritual Reality is, of course, going to precipitate resistance, as it is actually a direct confrontation to the dominion of the narcissistic core of the ego itself, which is innately presumptuous and opinionated.

Below consciousness level 200, comprehension is limited to the dominance of Lower Mind, which is capable of recognizing facts but not yet able to grasp what is meant by the term 'truth' (it confuses *res interna* with *res externa*), and that truth has physiological accompaniments that are different from falsehood. Additionally, truth is intuited as evidenced by the use of voice analysis, the study of body language, papillary-response EEG changes in the brain, fluctuations in breathing and blood pressure, galvanic skin response, dowsing, and even the Huna technique of measuring the distance that the aura radiates from the body. Some people have a very simple technique that utilizes the standing body like a pendulum (fall forward with truth and backward with falsehood).

From a more advanced contextualization, the principles that prevail are that Truth cannot be disproved by falsehood any more than light can be disproved by darkness. The nonlinear is not subject to the limitations of the linear. Truth is of a different paradigm from logic and thus is not 'provable', as that which is provable calibrates only in the 400s. Consciousness research kinesiology operates at level 600, which is at the interface of the linear and the nonlinear dimensions.

## DISCREPANCIES

Differing calibrations may be obtained over time or by different investigators for a variety of reasons:

1. Situations, people, politics, policies, and attitudes change over time.

2. People tend to pursue different sensory modalities when they hold something in mind, i.e., visual, sensory, auditory, or feeling. “Your mother” could therefore be how she looked, felt, sounded, etc., or Henry Ford could be calibrated as a father, as an industrialist, for his impact on America, his anti-Semitism, etc.

One can specify context and stick to a prevailing modality. The same team using the same technique will get results that are internally consistent. Expertise develops with practice. There are some people, however, who are incapable of a scientific, detached attitude and unable to be objective, and for whom the kinesiological method will therefore not be accurate. Dedication and intention to the truth have to be given priority over personal opinions and trying to prove them as being “right”.

### [Veritas Publishing](#)

Veritas Publishing publishes the works of Dr. David R. Hawkins, MD, Ph.D., DVD by the same name as the book, Power vs Force, features an excellent demonstration of the process. [www.veritaspublish.com](http://www.veritaspublish.com)

### **Note:**

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!

**Blessing your food** achieves an increase of 15 points which is in fact a quadrillion ( $10^{15}$ ) jump in energy.

At the level of 200 on the scale of 1 to 1,000 you achieve a positive level, below is negative.

Example: Any food calibrating below 200 is not life enhancing.

**Each time you go into an “arm bending” (pg 69) session:**

**Ask permission to ask these questions / test these statements.  
(Some enquiries are off limits.)**

**Always ensure you are hydrated – drink a glass of water.**

*as one, we bless this food  
and accept it with love and gratitude*

A tune to learn and sing to yourself:

**‘Every little cell in my body is happy!  
Every little cell in my body is well!’**

This tune is immensely life enhancing!  
This tune calibrates on the MoC at 820



## The BRAIN at the CONSCIOUSNESS LEVEL 200 CROSSOVER:

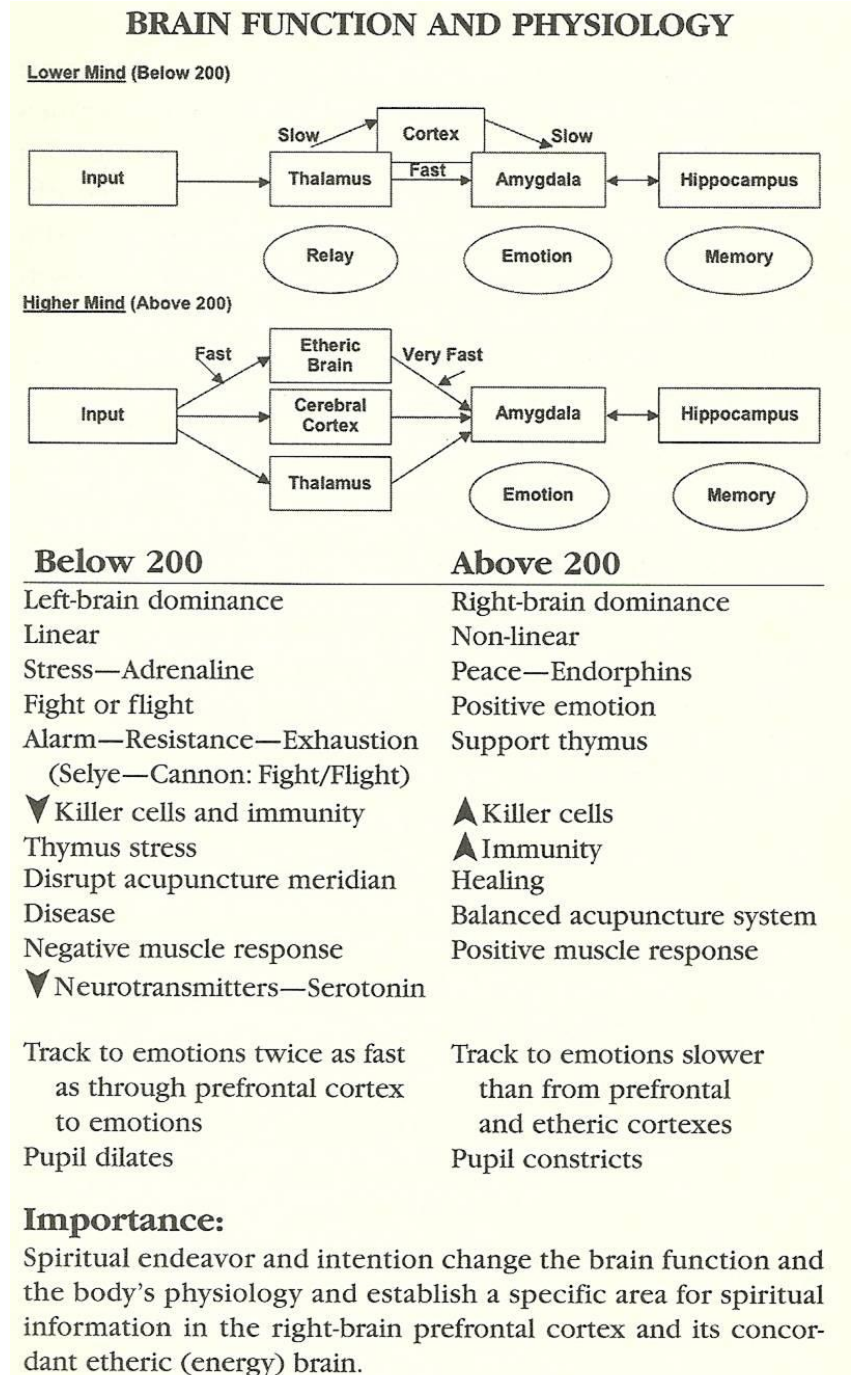
While these following basic differences in brain physiology that occur above and below the important consciousness level of 200 are decisive, even more significant change occurs at that level because above level 200 in consciousness as per the Map of Consciousness, a unique energy field emerges for the first time in evolution. It is concordant operationally with the physical right brain but is specific to spiritual awareness and consciousness. For want of better terminology, this specific energy field has been labelled the “etheric brain” to denote that it is purely energetic and not protoplasmic or anatomical in nature.

This etheric brain, or spiritual energy body, registers higher energy frequencies to which protoplasm is unable to respond.

The reality of an energy body that exists independently of the physical brain has been recognised in all cultures throughout history.

Upon attaining the consciousness level of 200, the brains neurochemistry changes in a positive direction, and like a butterfly out of a cocoon, the etheric brain springs forth as a consequence of the onset of the flow of spiritual (i.e., kundalini) energy, and the experience of life and the self in the world begins to transform.

It is with the emergence of the etheric brain at the calibration level of 200 which enables the capabilities to employ kinesiology muscle testing to determine the existence of truth or the lack thereof.



### **AJ on Kinesiology:**

Kinesiology muscle testing is reactive to your own emotional beliefs, your soul beliefs, influences the response of your own body. Even though testing entails two people and the tester may silently hold in mind, on a soul to soul level, the responder does know what is being tested. At the soul level, there is always a transaction, and it is your soul's condition that determines the response to that transaction. The soul condition of the person making the test and the person responding contributes to the outcome. This is why it is not quite as accurate as people believe. It is a guide.

If you allowed yourself to test above 1,000 you will find responses running into the 1,000s, for example if you got out the discussions I have done about prayer, particularly the one on Prayer for Divine Love and allowed yourself to go beyond 1,000 then you will find many of these will go into the 1,000s of those teachings. When you retest, when you know these truths, the calibrations will be different. The results will depend upon what level of truth you are. A lot of these truths you would classify as loving, the testing is a reflection of the amount of love on Hawkins' scale of consciousness. It is the amount of love from these teachings that you are actually testing.

Our Intelligence is Soul based. The capabilities of discernment, e.g., by kinesiology muscle testing, expands only with the growth of our Soul's intelligence. Upon conception, the creation of both our Spirit Body and Physical Body occurs, bringing forward our unaware Soul to start our journey. Upon death of the Body, the brain dissolves. The mind continues to grow in the Spirit Body until we progress through the 7<sup>th</sup> sphere into the 8<sup>th</sup> sphere at which point we are 'born again', one with the Father, entering the Celestial Realms. Our soul intelligence grows as does our soul expand with the ever increasing infusion of Love from our Heavenly Mother and Father.

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





## MAN WITHOUT or WITH a SOUL!

Man without a soul is likened to a puppy dog!

The human body (without a soul) calibrates at 200 on Dr David R Hawkins' Map of Consciousness. Domestic animals also calibrate from 200 to 250 on this scale. Without a soul, a human body is incapable of rational thought, speech, or anything human.

The real you is your soul! With the infusion of one's soul connecting by cords of light to one's spirit body, which is the template for the physical body, comes one's personality, natural intelligence, memory, and all things human.

Our brain is simply a transceiver of communications from one's mind. The mind is housed within one's spirit body. The thinkingness is done within the spirit body mind. What is held in mind subsequently manifests within the physical body. The functionality of reason calibrates between 400 and 499, thus overriding the physical body as it calibrates around 200 only.

The natural love based soul endeavours to guide the mind (love calibrates at 500 and above). During our physical life, we encrust our soul with emotional injuries and erroneous beliefs thus impeding and frustrating the flow of loving energies from the soul to the spirit body mind, and subsequently the physical body.

It is the love energy of the soul that brings about health of the physical body and a bounteous and blessed life in the physical world.

There is nothing of the divine within our natural love soul, however, should we long for, pray for, ask for, and receive our Heavenly Parents' Love, the Divine Love of our Mother and Father, then we slowly and progressively blend our natural love with that which is Divine, Divine Love. It is this ultimate high-octane super fuel that changes our soul from that which is mortal to that which is immortal and with Feeling Healing, become fitted for the Celestial Heaven; this is the process of being born again!

If you ask for the Divine Love to enter your soul it will be 10 or 100 times more efficient, 10 or 100 times stronger than if you would let the natural love flow through your soul. So it will help to break down "the wall" you've created around your soul 10 or 100 times faster than the natural love would do.

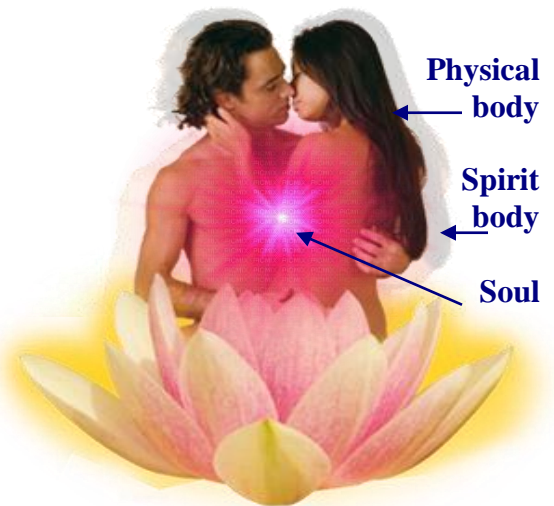
Feeling Healing with Divine Love is this ultimate high-octane super fuel that dissolves the encrustments of errors and false beliefs around the soul, enabling penetration of loving energies throughout the spirit body, and into the physical body, bringing about health and vibrancy to life.





### The REAL YOU is the SOUL:

One's personality, natural intelligence, memory and human attributes all are soul based. The soul initiates conception so it can start expressing one of its two personalities in Creation. It creates the will, then 'wills' the spirit body and physical body and all that connects them with the will into being. Our soul constantly sustains or expresses us, one of its two personalities, in Creation. The spirit can't separate from the soul because the soul keeps it in existence. We need our spirit and physical bodies to experience our personality through. When the spirit body separates from the physical body, one continues on living in a different form without losing any of the attributes experienced during physical life. Incarnation is the process of individualisation of the soul.



Without a soul, our physical bodies would function and interact similarly to that of a domestic animal. An unsouled human body (thought not possible) would respond like a household puppy! Domestic animals calibrate on Dr David Hawkins' Map of Consciousness between 200 and 250, the human body calibrates at 200. All animals have spirit bodies, these do not survive into the spirit Mansion Worlds. Our SOUL IS NOT ENSOULLED IN OUR SPIRIT BODY. Our soul exists existentially in a whole different level or plane or place or dimension of being – 'soul land'. It doesn't exist in Creation, it's not experiential like Creation is. The soul, all souls, help create their part of Creation by expressing their personalities into Creation, and then by having their personalities do things (further create) in Creation.



**Aman and Amon** were the first True Humans, which means, the first soul expressing its soulmate pair, its two personalities, in Creation – on Earth. From which came forth the rest of us. So they had a soul from the start, which separated them from their animal parents. It's the soul that wants to fully express itself through its two personalities perfectly in Creation, which is the so-called 'human perfection hunger'. It, our soul, wants to be Perfect like its Heavenly Parents, the Soul that Created it. We, focused as personalities, want to be perfect, like the Personalities of our Mother and Father that are Perfect. Our soul wants to be like Their Soul. Our soul wants to ascend us to Paradise so we can be with Them, as physically close to Them on a personality level that we can be, and then see what happens.

There were aunts and cousins, parents and grandparents. But they were not human like Aman and Amon – they were really animals, though of the same species. Aman and Amon wandered off from the family, since they could find no way of relating to them at all. How could they? They were incapable of rational thought, speech, or anything human. Aman and Amon knew that forevermore that they were apart.

Aman and Amon may have been twins. They were indeed a primate species of humanoids. But they, themselves were more beautiful than their animal relatives, and they knew, even from their very appearance, that they were marked even by Nature to be different.

**DIVINE NUTRITION – further:**

P.47 & 55 The New Civilisation by Vladimir Megre  
Book 8.1 of the Ringing Cedars Series

[Note: At the time of these writings, Anastasia was on the natural love path.]

All information is everywhere at once, for all time. As Dr Hawkins has demonstrated, we can access that information, utilising kinesiology, as outlined above.

Anastasia outlines as follows:

“All the truths of the Universe, and all the information accumulated right from its pristine origins, have always been available to every Man, nothing hidden. Not everybody is capable of understanding it and making it their own, because their life-goals and the aspirations of their souls do not correspond to those of the Universe. Man has free will in everything, and is free to choose a path other than that of the Universe. But God is free too, as to when, how and to whom He gives a hint. You must not worry about information that is lacking in you. Seek out your dream and know that the whole will be offered to you in full, if the dream that is born within you is worthy of co-creation.”

“Reality must be defined only through one’s self. Every Man living on the Earth today is capable of seeing into the lives of people thousands of years ago, of looking into the future, and of creating his own future. All have this tremendous ability within themselves. It just needs to be understood. Once it is understood, then nobody can lead them away from the truth. People will come into harmony with each other, and endless warfare will cease.”

“A lot of efforts have been made to distort past reality. The possibility of distortion arises when Man abandons his own reasoning powers and forms constructs of the past based on somebody else’s words and conclusions.”

“People think that originally Man was many times more feeble-minded than today. But that is not true. People of pristine origins had Divine knowledge right from the beginning.”

Enjoy the pathway of discovery. You will progressively recognise that all the basics and foundations that we each have been taught are the opposite too what is truth. Look within yourself and enjoy the truths that you will now be able to recognise and embrace with clarity and certainty.

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!**



# PASCAS CARE

## "Beacons of Light"

### around the globe



This document overall:

Map of Consciousness calibration 880