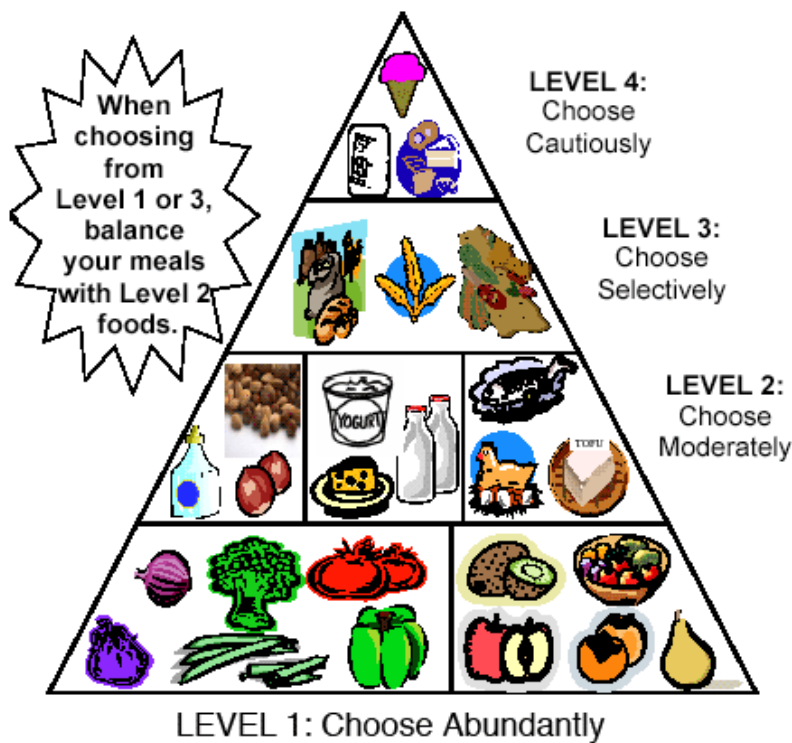


# PASCAS CARE

## Nutrition Naturally



“Peace And Spirit Creating Alternative Solutions”

PASCAS FOUNDATION (Aust) Ltd  
ABN 23 133 271 593

Queensland, Australia

Pascas Foundation is a not for profit organisation

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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 Health – 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.

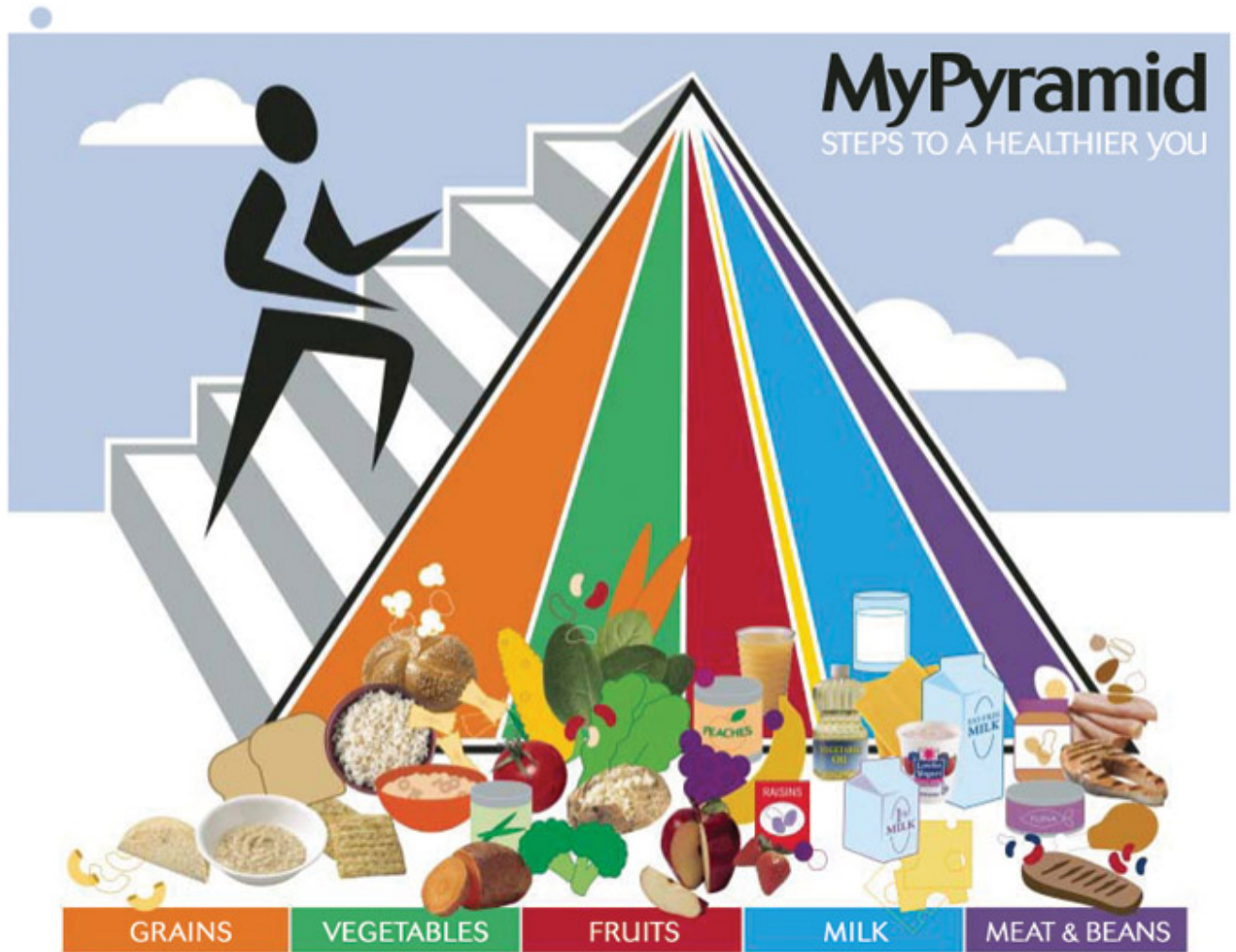
The sources of contents are noted throughout the document. In doing so, we acknowledge the importance of these sources and encourage our readers to consider further these sources. Should we have infringed upon a copyright pertaining to content, graphics and or pictures, we apologise. In such cases, we 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.

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***



The new “Health Pyramid” is a construct of what may be acceptable to many – but is it constructive?

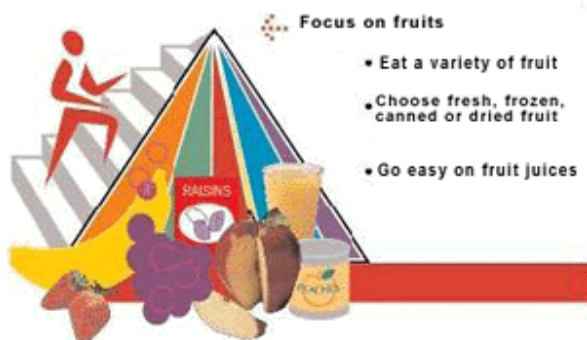
MyPyramid is the most recent interpretation of the food pyramid (developed by USA industry!).

The energy of levels of food rationalises the structure of the most beneficial food pyramid as will be shown as we progress through this document.

The USA Food Pyramid was driven by industry, it is not recommended.



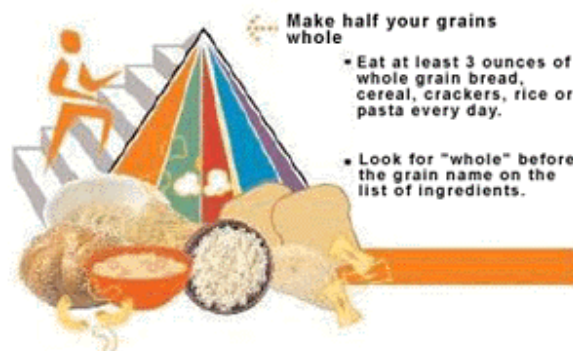
## Fruits



### Focus on fruits

- Eat a variety of fruit
- Choose fresh, frozen, canned or dried fruit
- Go easy on fruit juices

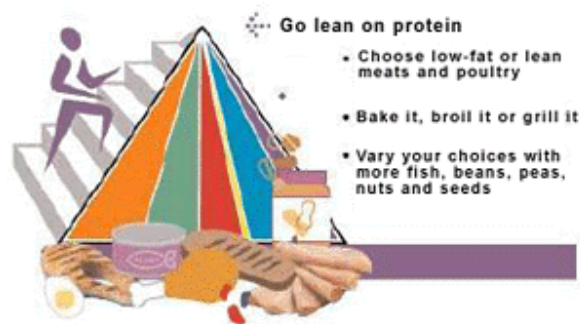
## Grains



### Make half your grains whole

- Eat at least 3 ounces of whole grain bread, cereal, crackers, rice or pasta every day.
- Look for "whole" before the grain name on the list of ingredients.

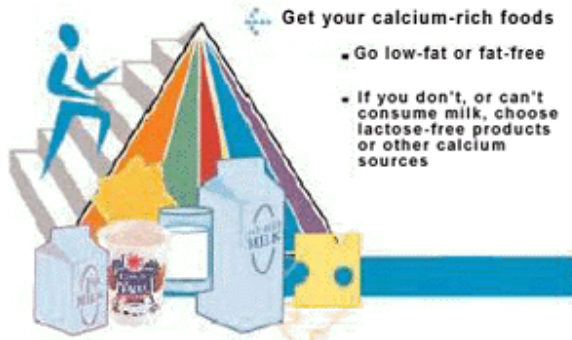
## Meat & Beans



### Go lean on protein

- Choose low-fat or lean meats and poultry
- Bake it, broil it or grill it
- Vary your choices with more fish, beans, peas, nuts and seeds

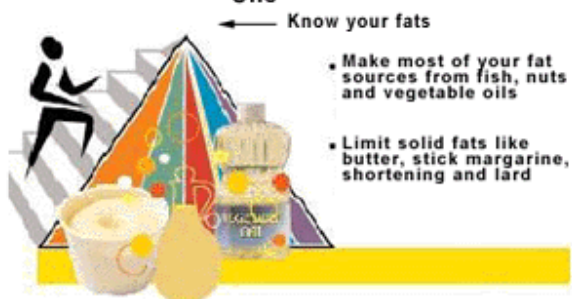
## Milk



### Get your calcium-rich foods

- Go low-fat or fat-free
- If you don't, or can't consume milk, choose lactose-free products or other calcium sources

## Oils



### Know your fats

- Make most of your fat sources from fish, nuts and vegetable oils
- Limit solid fats like butter, stick margarine, shortening and lard

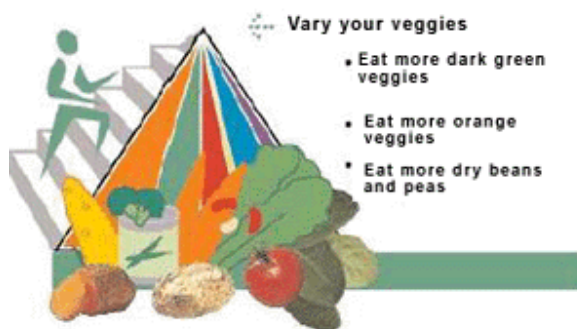
## Physical Activity



### Find your balance between food and physical activity

- Be physically active for at least 30 minutes most days of the week
- Children and teenagers should be physically active for 60 minutes every day, or most days.

## Vegetables



### Vary your veggies

- Eat more dark green veggies
- Eat more orange veggies
- Eat more dry beans and peas

Source: United States Department of Agriculture (USDA), 2005

**D.J.'s SPOTLIGHT** ON **the** **ACTIVITY PYRAMID!**

**Cut down on**

- Watching TV
- Playing computer games
- Sitting for more than 30 minutes at a time

**FROM THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS & SPORTS**

**2-3 times a week**

Leisure activities

- Golf
- Bowling
- Softball
- Yardwork

**2-3 times a week**

- Stretch/strengthen
- Curl-ups; sit-ups
- Weight training

**3-5 times a week**

Aerobic exercise

- Swimming
- Bicycling
- Brisk walking

**3-5 times a week**

Recreational sports

- Basketball
- Tennis
- Hiking
- Soccer

**Everyday**

- Walk the dog
- Take the stairs
- Walk instead of riding
- Make extra steps in your day

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

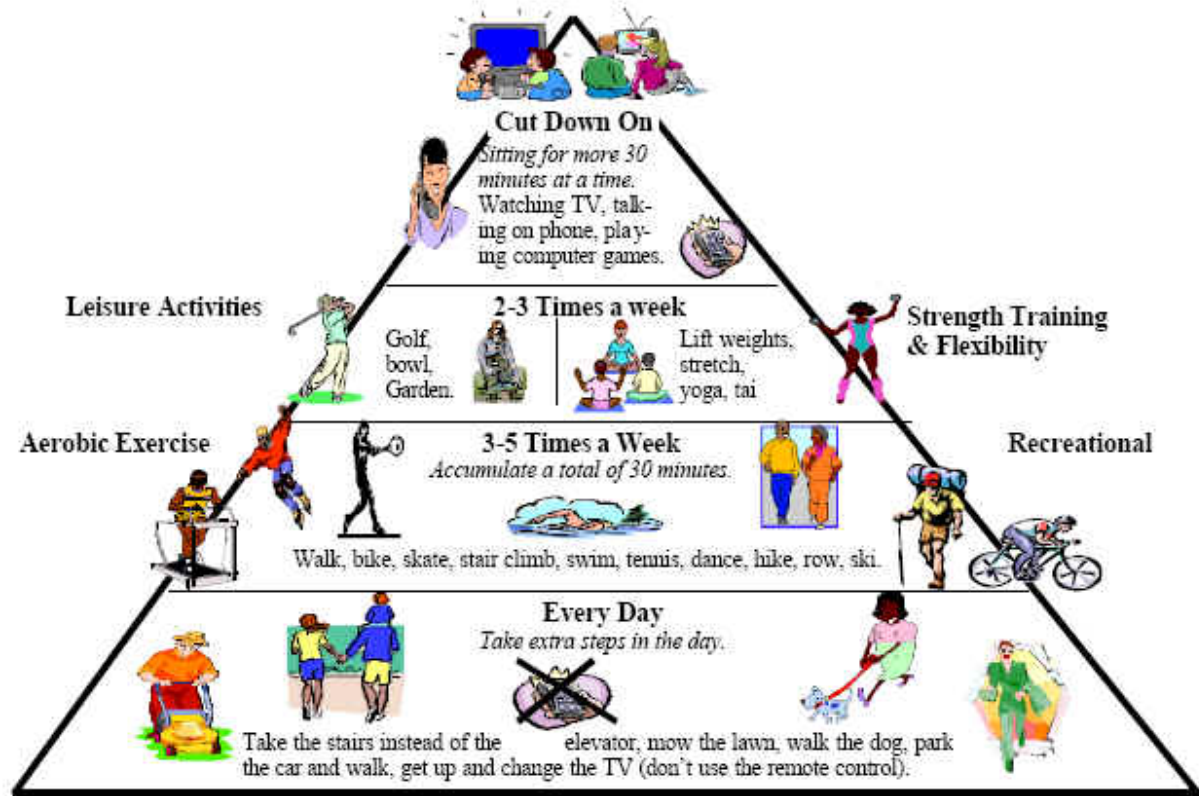


**PASCAS  
HEALTH**



**PASCAS  
PAPERS**

## PHYSICAL ACTIVITY PYRAMID

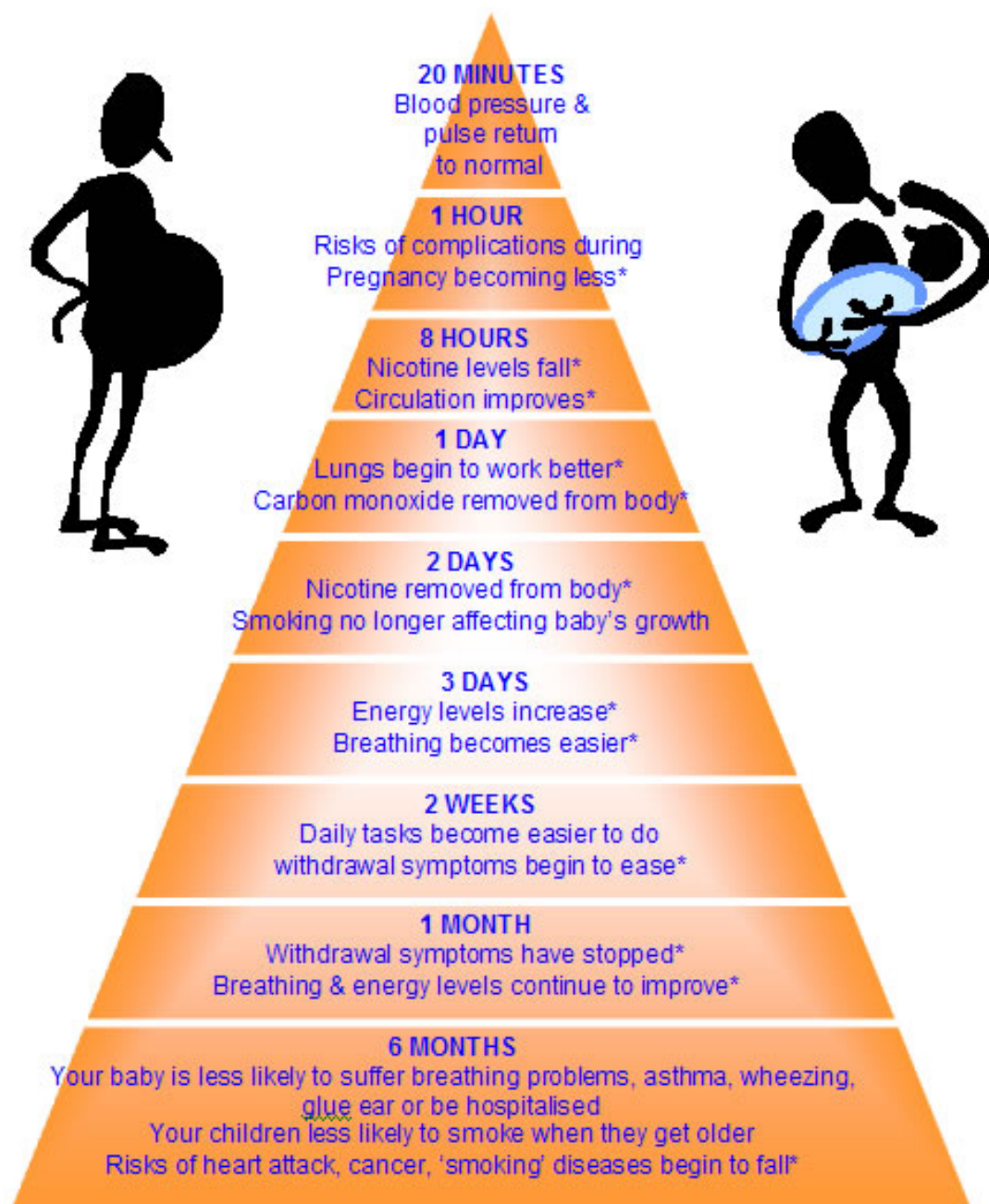


“Actual Causes of Death in the United States, 2000,” a CDC study conducted to identify and quantify the leading causes of death in the U.S. found that 400,000 deaths (16.6% of all deaths) were related to poor diet and physical inactivity. Only tobacco use caused more deaths (435,000 deaths; 18.1 percent of total U.S. deaths). Alcohol consumption followed with 85,000 deaths (3.5% of all deaths). And while most of the major preventable causes of death showed declines or little change since 1990, deaths due to poor diet and physical inactivity increased 33 percent.

**Table 1: Actual causes of death in the U.S., 2000**

Tobacco consumption	435,000
Poor diet and physical inactivity	400,000
Alcohol consumption	85,000
Microbial agents	75,000
Toxic agents	55,000
Motor vehicle crashes	43,000
Incidents involving firearms	29,000
Sexual behaviors	20,000
Illicit use of drugs	17,000

## Benefits to your health and your baby's the minute you stop smoking!



\* This applies both to your health and your baby's



HELP IN STOPPING SMOKING, CONTACT  
Ceri Evans  
Pregnancy Smoking Cessation Adviser  
01905 760129





Junk Food	Why
Cakes and cookies	Contain too much sugar and not enough vitamins and minerals.
Colas	Have lots of sugar and few nutrients; may contain caffeine, an addictive drug.
Ice cream	Has many nutrients but is full of sugar and fats.
Imitation fruit drinks	Mostly sugar and water, with artificial flavours and colours added. Contain very little pure fruit juice.
Potato chips	Although made from potatoes, they are deep fried and contain lots of salt and fat.
Sugar-coated cereal	Half cereal and half sugar.



### Stop Eating Junk Food!

- A. Always consider the quality of the food that you are eating.
- B. Avoid these common Junk Foods:
  1. Do NOT eat at Fast Food Restaurants.
    - a. Do NOT eat anything Deep Fried or otherwise saturated with some type of hydrogenated vegetable oil, trans fatty acids, or saturated fat.
  2. Do NOT eat anything sold in vending machines.
    - a. Real food does NOT come out of plastic bags.
    - b. Do NOT eat chips, pretzels, popcorn, crackers, etc.
  3. Do NOT eat pasteries, cakes, or cookies.
    - a. Eat fewer highly refined-grain, rapidly digested carbohydrates and more whole-grain, slowly digested, carbohydrates.
    - b. Pasteries, cakes, and cookies are high in saturated fat.
  4. Do NOT eat Processed Foods more man made than real.
    - a. In other words, drink orange juice, the real deal, NOT "Tang" the drink of astronauts.
  5. Do NOT eat any kind of candy.
  6. Do NOT turn a salad into Junk Food, by including too much cheese, meat, or saturating it with any kind of processed salad dressing.



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 Kellogg'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% of all the calories eaten by Americans. Salty snacks and fruit juices made up an additional 5%.



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% of all the calories consumed.

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

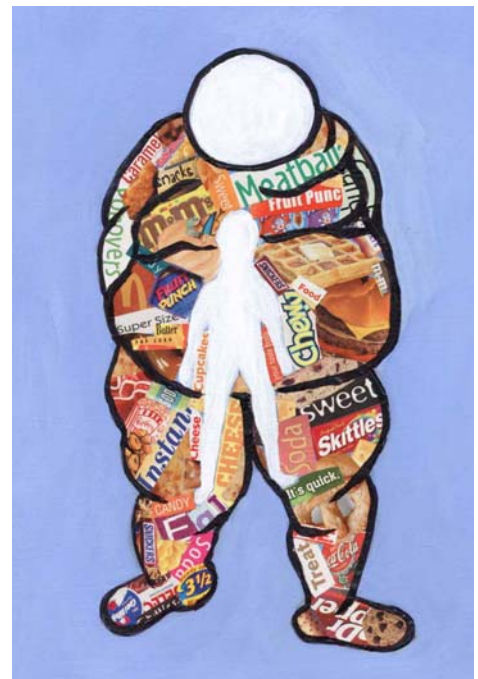
Experts stressed that a **significant portion of American diets were severely lacking essential vitamins and minerals** and recommended that people focus on the kind of food they ate, not necessarily on eating smaller portions.

**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.



=



**Fresh is Best!**



**Consider the RAW FOOD Option:**



**to achieve health and vitality!**

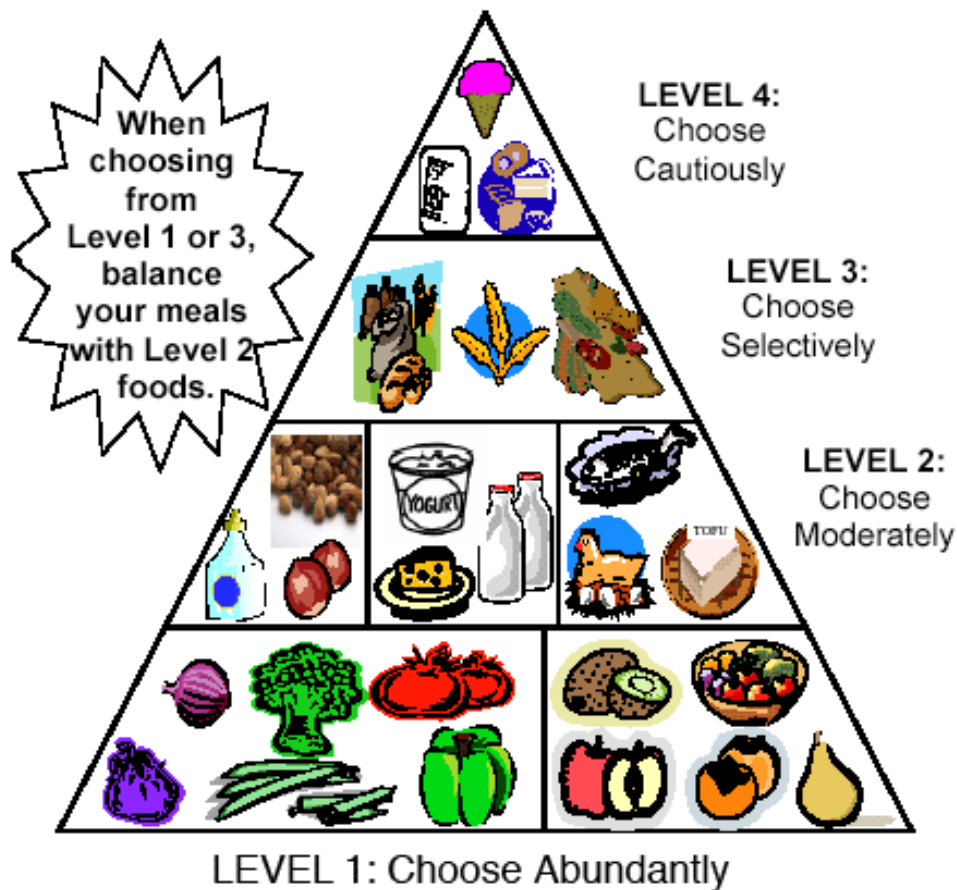


**PYRAMID UPDATE:**

This pyramid reflects the latest research on the healthiest way to divide what you eat among the different food groups. If you eat in accordance with it, you will keep your blood sugar levels steady all day – and will feel less hungry and probably more energetic, too.



[How what we eat affects blood sugar and energy levels](#) explains the vital role blood sugar levels play in weight gain, loss, and control.



**Sweets, refined grains, and unhealthy fats:** be cautious. These are best eaten only occasionally, and even then: in small quantities.

**Whole grains:** be selective. Whole grains like brown basmati rice are better for you than refined ones like white rice, but all grains are densely packed with calories.

**Lean protein, low-fat dairy, and healthy fats:** be moderate. Healthy portions of these foods promote both good health and satiety.

**Fruits and vegetables:** enjoy. Fill up on non-starchy vegetables. Eat fruits every day, but in smaller quantities than vegetables. If you're trying to lose weight, limit starchy vegetables.


**NOT RECOMMENDED – This is indicative of the diversity of opinions:**

### What's Your Portion?... Size Matters

**The Food Pyramid is a great guide to:**

- The **FOODS** you need, each day
- The **PORTIONS** of food you need, each day

*Add up the small changes you need to make:*

 <p><b>Choose <span style="color: orange;">Very Small Amounts</span></b></p> <ul style="list-style-type: none"> <li>• 1oz low fat spread or 1/2 oz margarine / butter</li> <li><i>Use oils sparingly</i></li> <li><i>Limit fried foods to 1-2 times a week; oven bake instead</i></li> <li><i>Choose fats labelled 'High in Polyunsaturates' or 'High in Monounsaturates', which are healthier for your heart</i></li> </ul>	<ul style="list-style-type: none"> <li>• 2 eggs (not more than 7 per week)</li> <li>• 9 dessertspoons peas/beans</li> <li>• 2oz cheese</li> <li>• 3oz nuts (whole nuts should not be given to children under 5)</li> <li><i>Choose 3 servings during pregnancy</i></li> </ul>
 <p><b>Choose <span style="color: blue;">Any 2</span></b> MEAT, FISH, EGGS, BEANS &amp; PEAS</p> <ul style="list-style-type: none"> <li>• 2oz cooked lean meat or poultry</li> <li>• 3oz cooked fish</li> </ul>	<ul style="list-style-type: none"> <li>• Milk pudding made with 1/3 pint of milk</li> <li><i>Choose low fat choices often, except for young children</i></li> <li><i>Choose 5 servings for teenagers or if pregnant or breastfeeding</i></li> </ul>
 <p><b>Choose <span style="color: purple;">Any 3</span></b> MILK, CHEESE &amp; YOGURT</p> <ul style="list-style-type: none"> <li>• 1/3 pint of milk</li> <li>• 1oz Cheddar, Blarney or Edam cheese</li> <li>• 1 carton of yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• 3 dessertspoons of cooked or tinned fruit</li> <li>• 3 dessertspoons of cooked vegetables or salad</li> <li>• Small bowl of homemade vegetable soup</li> </ul>
 <p><b>Choose <span style="color: green;">Any 4+</span></b> FRUIT &amp; VEGETABLES</p> <ul style="list-style-type: none"> <li>• 1/2 glass of fruit juice</li> <li>• 1 medium sized fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>• 3 dessertspoons of pasta or rice</li> <li>• 1 medium boiled or baked potato</li> <li><i>Choose high fibre cereals and breads frequently</i></li> <li><i>If physical activity is high, up to 12 servings may be necessary</i></li> </ul>
 <p><b>Choose <span style="color: orange;">Any 6+</span></b> BREAD, CEREALS &amp; POTATOES</p> <ul style="list-style-type: none"> <li>• 1 bowl of cereal</li> <li>• 1 slice of bread</li> </ul>	

\* FOR YOUNGER CHILDREN, START WITH SMALLER AND FEWER SERVINGS AND INCREASE TO THE RECOMMENDED GUIDELINES, ACCORDING TO THE CHILD'S OWN GROWTH AND APPETITE. DRINK WATER REGULARLY- AT LEAST 8 CUPS OF FLUID A DAY



## So What's a Serving?

Many people are confused as to what is a serving size. A child is not a small adult, and does not have to consume the same portion sizes to be healthy. In some cases, this can contribute to the problem of childhood obesity.

By age four, the serving size portion is the same for adults. Children just do not need the same number of servings as adults.

In order to grow, children do not require the same amount of calories that an adult would to maintain weight. To clarify this food mystery to parents, here are some visual examples of what a serving size is.

Examples of serving sizes from each group are:

### ***Bread Group:***

- one slice of bread, (1 ounce)
- ½ cup cooked brown rice
- 2-3 graham cracker squares
- ½ cup cooked oatmeal
- 3 cups light popcorn
- 1 ounce of dry cereal.



### ***Vegetable Group:***



- 1 cup raw leafy vegetables
- 6 ounces of vegetable juice
- ½ cup of cooked vegetables.

### ***Fruit Group:***

- 6 oz. juice,
- 7 medium strawberries,
- medium fruit
- ½ cup fresh, canned or frozen fruit
- ½ cup applesauce.



**Milk Group:**

- 1 cup milk,
- 1 cup yogurt,
- 1½ ounces natural cheese.

**Meat Group:**

- 2-3 ounce of cooked lean meats,
- 2 tablespoons peanut butter equals one ounce,
- 1 egg equals one ounce of meat.

**Sweets and Fats:**

- Represent the area for the least amount of intake.
- Includes all refined sugars, such as candy, and extra fats such as butter and oils.

**What about Drinks?**

In addition to watching portion sizes, it is important to monitor intake of fruit juice and soda. Even though it can be beneficial for kids to have up to 6 ounces of 100% fruit juice per day as a serving from the fruit group, consuming too much can lead to unwanted weight gain. In addition to 6 ounces of juice daily children and adults should choose water, and avoid sugary drinks like fruit “drinks” and soda. Children should not get all of their daily fruit requirement from juice. It is important for children to consume fresh fruits to meet their needs for vitamins, minerals and fibre.



**Soda provides empty calories**, which means they are calories that provide **no nutritional benefit**. These types of calories more easily can lead to excess weight gain. In 12 ounces of soda, there are about 150 calories and 9 teaspoons of sugar and zero vitamins!



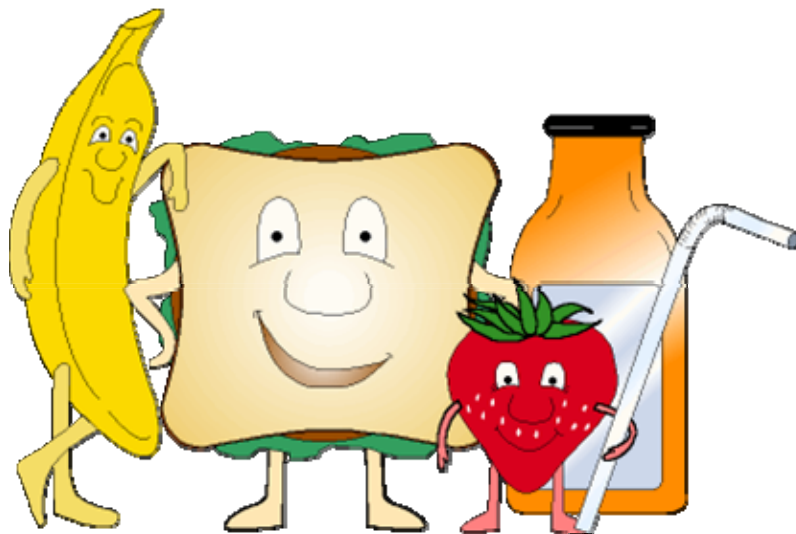
## GOOD NUTRITION:



### The Basics:

Staying healthy includes a balanced diet, staying clean, getting plenty of exercise as well as keeping your heart strong and free of drugs.

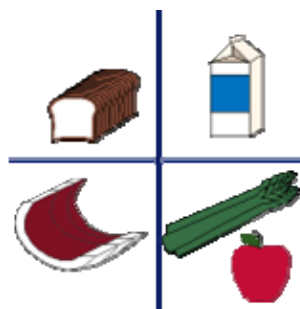
People who practice good nutrition, hygiene and exercise patterns develop a lifetime of habits that will keep them healthy for many years. Especially when they are older!



Let's see, how can we be sure to get a balanced diet? We think the nutrition information given below will be very helpful for you.

The Food Guide Pyramid helps to promote the 3 basic rules for a healthy diet:

1. Variety
2. Balance
3. Moderation



**Variety** means that you must include many different foods from each level of the Food Pyramid because no single food can supply all of the nutrients that your growing body needs on a daily basis. This can help to expand your food choices. It is best to eat foods of all colours. The more colours and textures in your daily meals, the better range of nutrients you'll get.



**Balance** means that you must eat the right amounts of foods from all levels of the Food Pyramid each day. This way you will get all the calories and nutrients you need for proper growth and development.

**Moderation** means that you are careful not to eat too much of any one type of food.

Let's take a closer look at the Food Pyramid to see how it can help you to plan good meals.

To make the most out of the Food Pyramid, we'll need to figure out what counts as a serving. Let me help explain this. Next to each section of the Pyramid below you will see how many servings of each food it suggests that you have each day.

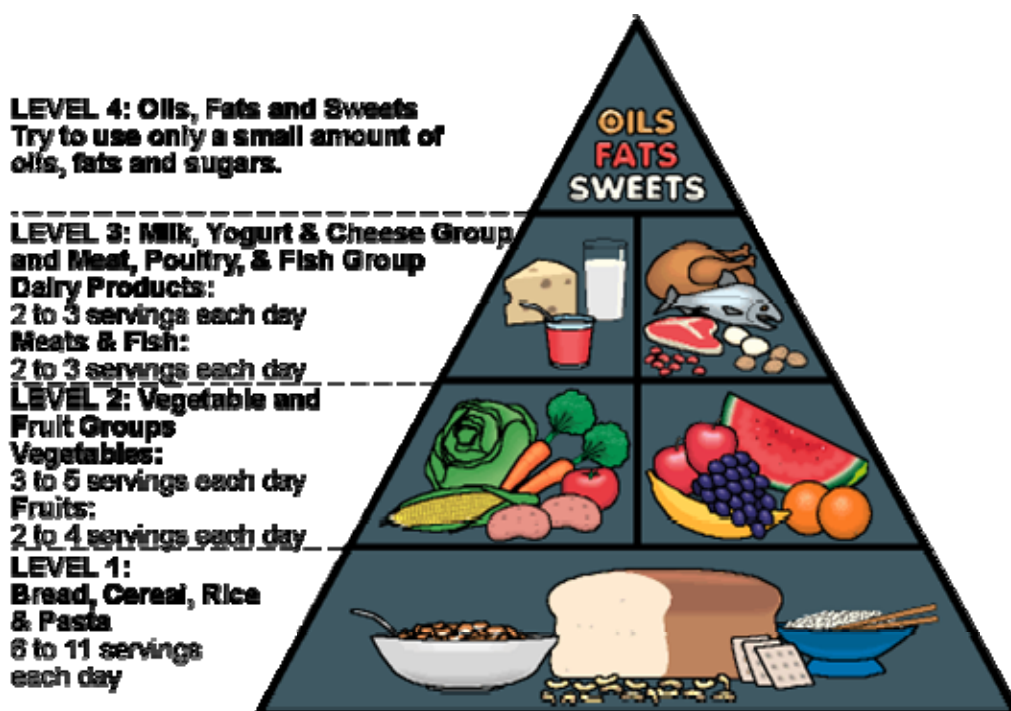
The size of each serving depends on your size. That is why there is a children's menu at restaurants, so you don't get stuck with an adult sized meal!



The right amounts of servings from each of the food groups depends on your age, sex, body size and activity level, but the table below will give you an idea of where you fit in:

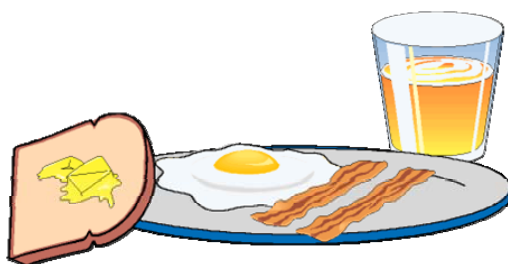
	Preschool children	Most children and Teenage girls	Teenage boys
Bread, Cereal, Rice, Pasta	6 servings	9 servings	11 servings
Fruits	2 servings	3 servings	4 servings
Vegetables	3 servings	4 servings	5 servings
Milk, Yogurt, Cheese	2-3 servings	2-3 servings	2-3 servings
Meats, Fish	5 ounces	6 ounces	7 ounces

As you'll see, it's healthy to eat more from the bottom levels of the Pyramid and fewer from the top. The tip-top of the Pyramid is for foods that do not help to make our bodies strong or healthy.



If you would like to find information about what vitamins and minerals do, Doctor P. Body thinks you might enjoy visiting the food section at [www.kidshealth.org](http://www.kidshealth.org).

A lot of the time you will find that the meals you eat are made up of parts from more than one food group. Let's take a look at some examples:

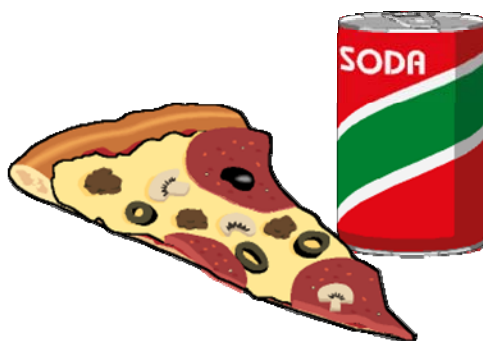
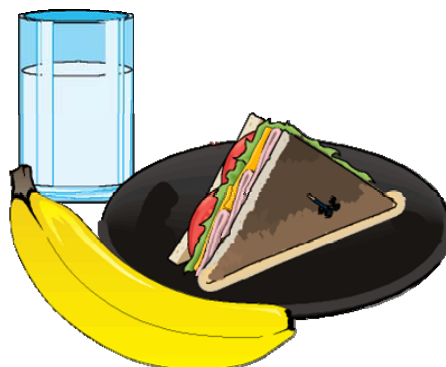


This meal includes a piece of toast with butter, an egg, 2 slices of bacon and a glass of orange juice. There are 4 different food groups included in this meal:

- butter = 1 from fat group
- eggs and bacon = 2 servings meat group
- orange juice = 1 serving fruit group
- toast = 1 serving bread group.

This meal includes a sandwich with bread, turkey, cheese, lettuce and tomatoes, a banana and a glass of milk. There are 5 different food groups included in this meal:

- 2 slices of bread = 2 servings bread group
- turkey = 1 serving meat group
- cheese and milk = 2 servings milk and cheese group
- lettuce and 2 tomatoes = 2 servings vegetable group
- banana = 1 serving fruit group



This meal includes a slice of pizza with crust, tomato sauce, cheese, green pepper, mushrooms, olives and pepperoni and a can of soda pop. There are 5 different food groups included in this meal:

- crust = 2 servings bread group
- cheese = 1 serving milk and cheese group
- tomato sauce, green pepper, mushrooms and olives = about 2 servings vegetable group
- pepperoni = 1/2 serving meat group
- olive oil and soda pop = 2 from fats and sweets group

Can you think of your own examples?

**Remember:** Healthy eating does not have to mean giving up foods you like best, just learn to balance the food choices you make. You can enjoy snacks and meals while still keeping yourself in good health.

**DAILY LIFE:**

Truth vs Falsehood P.94

The energy level of various food groups as per the Map of Consciousness 1 – 1,000 calibrations.

At 200 and above, the item becomes positive. Any calibration below 200 is negative or anti-life:

Heroin, Methamphetamines	6
Cocaine	7
Public Hospital Meals	165
Taco Bell Fast Food	165
McDonalds, KFC, Hungry Jacks	175
Body Piercing	180
Food, Commercial Machine-made	188 – 200
Food, Commercial Cat	192 – 202
Food	200
Food, Commercial	207
Food, Blessed Machine-made	207
Food, Homemade	209 +
Food, Blessed Homemade	215
Vegetarianism	205
Donald Duck (cartoon)	205
Tea, Green	300
Coca-Cola (beverage)	305
Pepsi (beverage)	305
Quaker Oats	305
Uncle Ben's Rice (product)	315
Campbell's Soup (product)	325
Herbalife (products)	340
Vick's (product)	345
<b>Raw Food = Raw Power – Byron Bay</b>	<b>350</b>
Roadside Farm Stands	355
<b>Raw Food = Raw Power food blessed</b>	<b>365</b>
Cookies made for Family	520

A significant finding is the calibrated difference between blessed and unblessed food. Machine –made bread from a local supermarket calibrates at 188, but when blessed, it goes up over 200. Bread from the same supermarket but from the bakery department calibrates initially at 203, and again shows a rise if it is blessed. If food is homemade, it rises from its original 200 to 209, and if blessed, it rises up to 215. This is a unique demonstration analogous to the Heisenberg principle in that the introduction of human spiritual consciousness and intention alter the field. It also gives evidence that prayer itself is more than just wishful thinking.

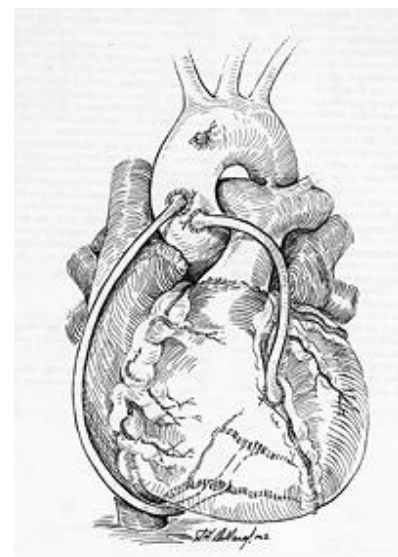
Some brand names reflect affection (e.g., Jell-O, Route 66, Campbell's Soup) and become imbued with cultural American mystique. They represent trust in the intention of a whole industry, which is expressed as brand loyalty.

## **OPTIMUM HEALTH:**

by Donald W. Miller, Jr., MD and Linda L. Miller

"Health care" does not, as the term is currently used, focus on health. Health care providers treat illness. The government's Medicare and Medicaid programs defray the cost of treating diseases that its beneficiaries get. These programs (and private insurance plans) pay for "sickness care," not health care.

Six thousand people die each day in the U.S. Most of them die from diseases that are preventable. The leading cause of death is coronary heart disease, which accounts for 2,000 of these deaths each day. Cancer and stroke are the next two leading causes, with 1,400 and 500 deaths a day respectively. In contrast, 125 people die in automobile accidents and 60 are murdered each day. You may not be able to avoid getting killed in an automobile accident, but coronary artery disease (atherosclerosis), most cancers, and carotid disease (the principal cause of strokes) are preventable diseases. You can avoid them.



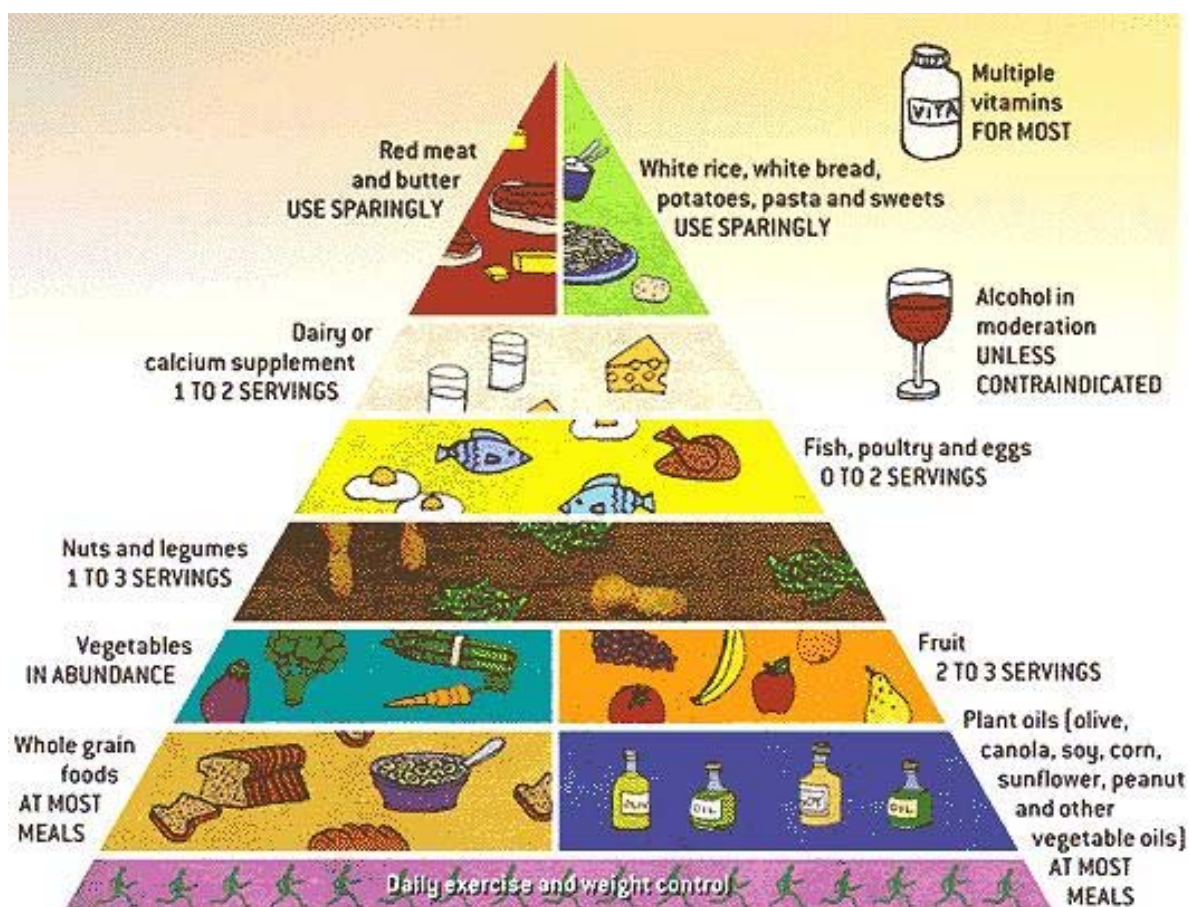
Fortunately, modern medicine has come up with some remarkable remedies for people who do acquire these diseases, like coronary artery bypass surgery (CABG), which one of us has been doing and teaching for thirty years. While this operation has helped many people – 15 million Americans since this operation was introduced in 1969 – you can avoid ever needing to have it. One can do this by taking the six-fold path to optimum health, beginning with one's diet.

### **Eat a Mediterranean Diet (and Take Nutritional Supplements)**

Medical doctors, including the editors of *The New England Journal of Medicine*, are just now beginning to understand the value of a Mediterranean diet in preventing and treating disease, particularly coronary artery disease. Two doctors at the Harvard School of Public Health, Walter Willert and Meir Stampfer, present a strong case in the January 2003 issue of *Scientific American* for their [modified Mediterranean diet](#), shown in the "New Food Pyramid" below. They examine the Department of Agriculture's (USDA) Food Guide Pyramid and show why it is seriously flawed. This food pyramid, introduced in 1992, conveys the message that "Fat is bad" and "Carbs are good". Actually, some fats are good for you, and some kinds of carbohydrates, particularly the kind that Americans eat, are bad. This is the opposite of what the USDA says.



**NOT RECOMMENDED – This is indicative of the diversity of opinions:**



A Mediterranean diet has a relatively high percentage of fats. Plant oils, especially olive oil (along with other *unrefined* vegetable oils, if you can find them) are at the base of the pyramid, to be used on a daily basis with most meals. Researchers have found that people who eat a Mediterranean diet with its 40 percent fat content have a lower incidence of coronary heart disease than people in Japan who consume a very low fat diet (10 percent fat). Not all fat is bad, just saturated and *trans* fats.

There are four kinds of fats. Two kinds – monounsaturated and polyunsaturated fats, notably the Omega 3 fatty acids – are good for you and promote optimum health, Olive oil, with its monounsaturated oleic acid, is the mainstay of the Mediterranean diet. Omega 3 fatty acids, found in flaxseed, walnuts, and fish, confer important health benefits. Researchers have found that Omega 3 fatty acids thin the blood, reduce arrhythmias (heart rhythm disturbances), and help prevent breast and colon cancer. Eskimos, with no fruit

and vegetables, eat a diet high in fats, and they have a very low incidence of coronary disease. This is because the fats they consume are the good ones – omega-3 fatty acids – found in cold-water fish.

With regard to the other two kinds of fats, saturated and *trans* fats, saturated fats are bad and *trans* fatty acids are terrible. Food companies insufflate hydrogen into food in order to increase its shelf life. This process, called "partial hydrogenation," turns less stable polyunsaturated fats into stable, but unnatural *trans* fats. This straight-chained monounsaturated fatty acid has the physical characteristics of saturated fats. It is not a normal component of human fat and is found in nature only in small amounts (2 percent of total body fat) in antelope, buffalo, and other ruminants. *Trans* fats, however, can comprise up to 60 percent or more of the total fat present in processed "partially hydrogenated" foods such as crackers and margarine, and in such fast foods as French fries and McDonalds' chicken McNuggets. Consumption of *trans* fatty acids lowers the good HDL cholesterol and raises bad LDL cholesterol, thereby increasing your risk of getting heart disease. They also increase one's risk of getting cancer.

In their New Food Pyramid, the Harvard researchers place bad carbohydrates at the top of the pyramid, alongside red meat, with its saturated fat, to "use sparingly". Foods made with flour, milled (refined and processed) from whole grains, contain carbohydrates in the form of starch – glucose molecules loosely bound together that can be quickly broken down and metabolized. Consumption of starch raises blood sugar levels higher than eating pure sugar does. (Sugar is sucrose, a disaccharide containing a 1:1 mixture of glucose and fructose.) Foods made with flour include white bread, white rice, white pasta, and donuts. These foods, as the New Food Pyramid shows, should be used sparingly. Foods that have unprocessed, good carbohydrates are fruit and vegetables, legumes (beans, peas, and lentils), oatmeal, whole wheat bread and pasta, and brown rice. They are at the base of the pyramid, to be eaten daily.

Most Americans eat too much and make poor food choices. We need to "*Trade French Fries for Fruit.*" This is the essence of the type of diet we must follow in order to remain in optimum health into old age. We should eat a lot of fruit and vegetables, nuts, legumes, whole grains, and fibre; and we should avoid processed foods, with their high content of starch and *trans* fats. If you see the phrase "partially hydrogenated" in the [chemistry list of ingredients](#) in the box of "Nutrition Facts" displayed on the food's package, avoid it. That phrase is the tip off that the product contains *trans* fats. Take Wheat Thins, for example. Its label says that it has "no cholesterol;" but left unsaid is the fact that it contains *trans* fats, which are far worse than cholesterol. Most crackers and pretzels are partially hydrogenated to increase their shelf life. Eat nuts (almonds and walnuts, especially) instead for snacks, perhaps mixed with some dried cranberries, dates, raisins, sunflower seeds, and dry roasted soybeans.

The best vegetables from a health standpoint are broccoli, Brussels sprouts, cauliflower, beets, tomatoes, cilantro, kale, spinach, parsley, and purple or red cabbage. The best fruits are blueberries, blackberries, raspberries, apples, grapes, prunes, cranberries, pineapple, currants, oranges, and tangerines. These fruits and vegetables contain health-enhancing antioxidants and flavonoids. Rather than going to a pharmacy to have prescriptions filled, we should frequent the produce section of a grocery store. With the help of the antioxidants and flavonoids that these fruits and vegetables contain, we can help avoid coming down with diseases that prescription drugs are designed to treat.

We also need to take nutritional supplements – also termed dietary supplements and micronutrients – with the food we eat, which is being grown in increasingly nutritionally depleted soil, and to help us better cope



with modern-day environmental toxins. In addition to vitamins and minerals, these micronutrients include various antioxidants, flavenoids, Omega 3 fatty acids, coenzyme Q 10, and other herbal substances.

A growing body of evidence indicates that nutritional supplements strengthen the immune system, prevent cancer, and delay aging. A study in *The Lancet*, for example, shows that elderly people who take vitamin and mineral supplements have fewer sick days and improved immune function compared with those who do not. Supplements that investigators have found will help a person keep from getting coronary artery disease include Vitamin E, Coenzyme Q10, Selenium, Magnesium, Zinc, l-carnitine, flavenoids, Vitamins A and C, Folate, Vitamins B<sub>6</sub> and B<sub>12</sub>, Omega-3 fatty acids, and other herbal substances. Supplements that reduce the risk of acquiring prostate cancer, for example, include zinc, selenium, Omega-3 fatty acids, and Saw palmetto.

We offer recommendations on specific supplements to take, with their doses, in a separate article titled "[Recommended Nutritional Supplements](http://www.donaldmiller.com)" that is posted on our website (www.donaldmiller.com).

### Drink Filtered Water

The human brain, with its 100 billion nerve cells interconnected in an exceedingly intricate way, is 80 percent water, and the body as a whole is 72 percent water. In order to have optimum physical and mental health our bodies need good water.

Public health officials add chlorine and fluoride to municipal water supplies. Chlorine removes harmful bacteria, but it has a number of not-well-publicized adverse effects. For example, drinking chlorinated water increases the risk of breast, prostate, and colon cancer by 15 to 93 percent. Trihalomethane, a chlorinated byproduct found in tap water, is a known carcinogen; and studies show that women with breast cancer have 50 to 60 percent more chlorinated byproducts in their breast tissue than women without breast cancer.



In this regard, chickens fare better than people. Poultry producers have learned to raise their chickens on dechlorinated water because if raised drinking chlorinated tap water they will have drooped feathers, show signs of poor circulation, and have a reduced level of activity.

Adding fluoride to the water is supposed to prevent tooth decay. Most dentists say, however, that any benefit that fluoride may provide in preventing tooth decay requires that it be applied with a toothbrush. Fluorinated water, in fact, is bad for one's health. People who drink fluorinated water have an increased incidence of hip fractures. Fluoride binds with any aluminum in the blood and takes it across the blood-brain barrier into the brain, producing pathologic changes similar to those seen in Alzheimer's disease. A neurosurgeon, Russell Blaylock, M.D., spells out in chilling detail the danger fluoride poses to one's brain, and health in general, in his book [\*Health and Nutrition Secrets that can Save Your Life\*](#) (2002). (Dr. Blaylock also shows how the excitotoxins monosodium glutamate and aspartame – NutraSweet – damage the brain.)

One needs to drink chlorine and fluoride-free filtered water on the path to optimum health.

We should filter all the water that we drink. In addition to removing chlorine and fluoride, a good water filter also removes harmful pathogens such as *Cryptosporidium*, *Giardia*, and other chlorine-resistant microscopic waterborne cysts and spores; toxic chemicals, detergents, pesticides, and other harmful industrial and agricultural wastes; and heavy metals such as aluminium, copper, lead, and mercury. Filters also remove unpleasant taste, odours and sediment from tap water.

In addition to removing unwanted chemicals and contaminants, our bodies become better hydrated when we drink healthy water. Our intervertebral disks, in particular, stay better hydrated and full. People become shorter as they grow older because their intervertebral disks dry up and shrink.

For optimum health you should drink eight glasses of water a day (a half-gallon, which is eight 8-ounce glasses).

Bottled water is not the answer. It is very difficult, if not impossible, to determine the quality of a given brand of bottled water. Federal regulations require that bottled water only be "as good as" tap water. And bottled water is very expensive. At four to five dollars a gallon, it is more expensive than gasoline.

Drinking filtered water is not enough. Since we bathe with chlorinated tap water, we also need to *shower* with filtered water. You should put a filter on your shower head for these two reasons: to prevent absorption of chlorine through the skin and to avoid inhaling chlorine in the steam that a hot shower generates. The amount of chlorine a person absorbs through the skin and the lungs during a long shower is equivalent to drinking tap water for a month!

There are a large variety of good, reasonably priced filters on the market – point-of-use, tabletop, and under counter water filters. There are also a variety of portable filters for filtering water we drink outside the home – at work, hiking, and when travelling. Thus equipped, there is no reason you ever have to drink tap water. Once you stop drinking chlorinated water you will find that its taste, when you do drink some tap water, will be noticeable and rather unpleasant. You will find it alarming, as we did, to realize that you had been ingesting this kind of water all your life.

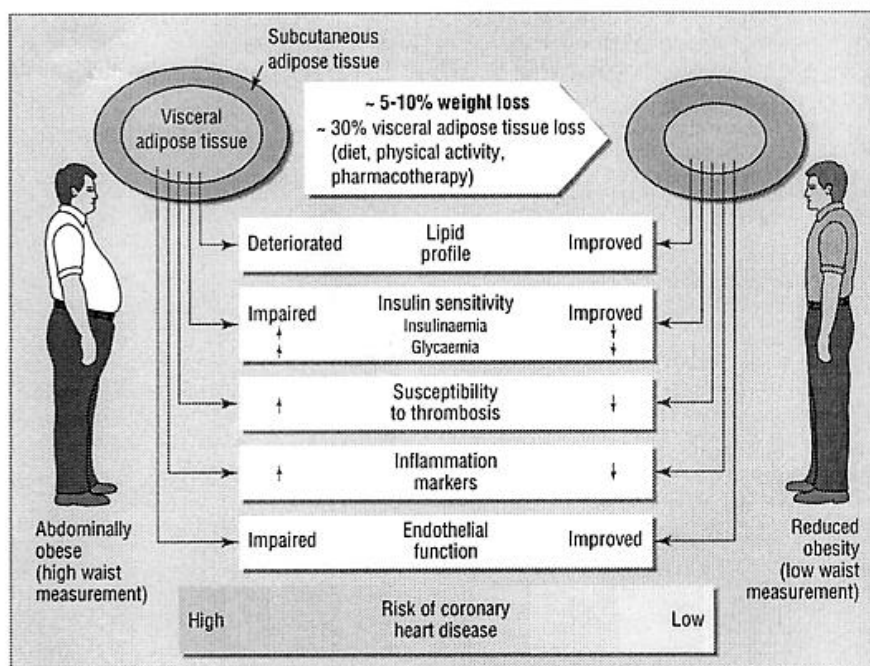
### **Control Weight**

The path to optimum health requires that one not be obese. The most dangerous form of obesity is abdominal obesity, also known as visceral obesity. It is a major risk factor for coronary heart disease, particularly in men who have a waist circumference of 40 inches or more. There is something about fatty tissue inside the abdomen, with its thrombotic and pro-inflammatory properties, that predisposes one to coronary disease. A relatively small amount of weight loss, however, will selectively melt away a greater percent of visceral as compared to subcutaneous fat and thereby substantially reduce the risk of coronary heart disease.

Obesity also increases a person's risk of getting cancer, particularly colon, pancreas, and uterine cancer. And it is a major risk factor for developing Type 2 Diabetes.

In addition to waist circumference, another measure of obesity is the body mass index (BMI), which is weight (in kilograms) divided by height (in meters) squared –  $BMI = Kg/M^2$ . (The formula for calculating BMI using pounds and inches is:  $BMI = Weight [lbs.] \times 703 / Height [in.] \times Height [in.]$ .) You can use this

[table](#) to quickly determine your BMI, and you can easily calculate your exact BMI with this [online calculator](#). As defined by doctors and insurance companies, a normal weight person will have a BMI of 19–25. A person is considered to be overweight when his or her BMI is 25–30; moderately obese at 30–35; severely obese, 35–40; and morbidly obese when the BMI is over 40. Over the last 15 years Americans have gained an average of 8 pounds, and today *one-third* of Americans are obese (BMI >30). Another third are overweight, and only one-third of the people in the U.S. maintain a normal weight.



**Fig 4** Potential benefits of moderate (5-10%) weight loss in high risk patients with cluster of atherothrombotic, pro-inflammatory metabolic abnormalities associated with hypertriglyceridaemic waist. Weight loss in abdominally obese patients is associated with selective mobilisation of diabetogenic and atherogenic visceral adipose tissue, even 5-10% weight loss is associated with preferential mobilisation of visceral adipose tissue, leading to simultaneous improvement in all metabolic markers of coronary heart disease risk. Thus simultaneous metabolic improvements associated with mobilisation of visceral adipose tissue may contribute substantially to reduced risk of acute coronary event in high risk patients

Despite what proponents of various diets say, going on a diet to lose weight does not work. Most people regain two-thirds of the weight they lose on any given diet, be it a Pritikin low fat or an Atkins low carbohydrate-high protein diet, within a year after stopping it and resuming their normal eating habits. Within five years, the vast majority of people regain all of the weight they had before going on a diet, and often add on even more weight than they started out with.

Rather than go on a "diet," to keep our weight at an ideal level, which for most people is what they weighed when they were 20 years old, we must adopt a palatable life-long eating plan. In addition to being good for your health, a Mediterranean diet / eating plan, with its fats, fruit and vegetables, fish and occasional meat, fibre, and wine, is also good-tasting. Studies show that a Mediterranean diet is the only eating plan that enables people to keep off the weight they lose.

Maintaining a normal weight requires that we eat right and make an effort to restrict the number of calories that we consume. It also requires that we exercise on a daily basis.

### Exercise Daily

Exercise is essential to good health. Not only does it keep our muscles in good shape, but exercise also improves mental function, by 20–30 percent according to one study. Muscles burn calories more quickly than other tissues in the body, so having an adequate muscle mass is an important factor in maintaining a healthful weight.

The foundation of an exercise program is *aerobic movement*, such as walking, bicycle riding, swimming, jogging, rowing, dancing, skating, and jumping rope. One also needs to do *stretching exercises* to increase flexibility, and *weight training* to tone and strengthen the muscles and increase muscle mass.

We should exercise a *minimum* of four hours a week – 35 to 45 minutes a day. An hour-long walk with your dog is a good form of exercise, arguably better than jogging. You don't injure your joints walking, and it benefits both you and the dog.

One form of aerobic exercise we particularly like is called rebound exercise. You do it on a 40-inch diameter mini-trampoline. (We use and recommend the sturdy, well-constructed rebounder made by [Needak](#).) Rebound exercise is low impact and much easier on one's joints than jogging, and it gives you a very good workout. Studies show that this kind of exercise, in particular, strengthens the immune system and helps improve lymphatic circulation. (In its study of rebound exercise, NASA concluded: "...for similar levels of heart rate and oxygen consumption, the magnitude of the bio-mechanical stimuli is greater with jumping on a rebounder than with running, a finding that might help identify acceleration parameters needed for the design of remedial procedures to avert de-conditioning in persons exposed to weightlessness.")



Investigators at Harvard studied 72,000 female nurses aged 40 to 65 years over an eight-year period and found that sedentary women had substantially higher rates of coronary events (death and nonfatal heart attacks) than women who were active. They compared the relative merits of moderate versus vigorous exercise and found that moderate exercise was equally as good in reducing the risk of coronary disease. Walking three to four hours a week reduced the risk of coronary events by 30 to 40 percent. Using statistically sophisticated multivariate relative-risk analyses, the authors of this study estimate that more than one-third of coronary events among middle-aged women in the U.S. are attributable to physical inactivity.

Children, adolescents, and adults – men and women of all ages – benefit from walking. A study of childhood obesity published in *Medicine & Science in Sports & Exercise* in 2002 (a meta-analysis) found that the exercise program which was most effective in reducing body weight and percent body fat in this age group (age 5–17) was long walks combined with repetition resistance exercise.

### **Manage Stress and Meditate**

Chronic stress damages one's health, especially the kind that breeds hostility and repressed anger. Investigators have shown that death rates from coronary artery disease and cancer are four to seven times higher among people who harbour hostile attitudes. Stress is a major cause of disease. Another study showed that people who reported a history of workplace stress over the previous 10 years developed colon and rectal cancer at a rate 5.5 times greater than that of unstressed people.

The website [holistic-online.com](http://holistic-online.com) presents a nice in-depth discussion of this subject. Titled "Stress, the Silent Killer," it covers the leading causes and early warning signs of stress, its effects on the body, and the various ways to cope with this malady. Owning a pet, for example, helps one cope with stress. Pets keep us healthy. Studies show pet owners are less likely to get heart disease than their pet-less counterparts. Meditation is another important way to manage stress. It not only relieves stress, but also helps one to establish an inner peace that is good for your health.



Meditation is a state of consciousness different than sleep, dreaming (during REM sleep), and our regular awake state. Although done awake, it is a unique form of consciousness, unlike daydreaming and relaxing in an easy chair. Meditation, as commonly practiced, is "sitting still and doing nothing" in an attitude of poised awareness, the mind quiet and one's attention anchored in the present moment, not reacting to thoughts and feelings that you let pass by like clouds going across the sky. Meditation is a form of "mental fasting," where one stills the mind, enabling it to recharge its batteries and regain clarity and focus, better for the latter than taking a nap. Practiced daily, meditation confers important health benefits.

There are many different ways one can meditate. The most common way is to sit still in a quiet place and focus attention on an image, a sound (mantra), or on your breathing. Another kind, which involves physical activity, is yoga. Also, prayer can be a form of meditation. We are personally familiar with two types of meditation, [Transcendental Meditation \(TM\)](#) and [Zazen](#). TM focuses on a mantra and Zazen, on one's breathing. In TM one sits comfortably for 20 minutes with the eyes closed and recites silently a two-word mantra, like "la ling", assigned specifically to that person by an instructor. When the mind quiets you stop thinking the mantra, returning to it when your attention is diverted by thoughts that bubble up into consciousness or distracting sounds (like the dog barking). While a quiet place is preferable, experienced TM practitioners are able to meditate in noisy, crowded places, like commuter trains and airplanes. With Zazen one assumes a straight posture seated on a cushion or on a chair with the eyelids kept partially open. You look down towards the floor, not focusing on anything, and silently count, or mentally follow, each inhalation and exhalation, emptying the mind of everything else. Zen Buddhists practice Zazen, but [you don't have to be a Buddhist](#) to do it.

More than 500 scientific studies have been done on the health benefits of Transcendental Meditation. One randomized, well-controlled study in African-Americans showed that TM, practiced twice a day, reduces the thickness of the vessel-obstructing plaques (atherosclerosis) that form in carotid arteries. In addition to causing strokes, these plaques predict a high likelihood of coronary artery disease. A similar study showed that TM can lower the blood pressure in people who suffer from high blood pressures, down to levels comparable to those achieved with prescription drugs. Overall, people who do TM on a daily basis need less "health care". Studies show that they reduce their health care utilization by 50 to 55 percent compared with people who do not meditate. While most scientific studies on the benefits of meditation have been done on TM, the findings may apply to other kinds of meditation as well. Similar studies are now being done on Zazen.

Stress is not all bad. It triggers a neuroendocrine and hormonal "fight or flight" response, which is necessary from an evolutionary standpoint to help preserve the lives of the members of a given species.

Chronic unrelieved stress, however, destabilizes the immune system and generates free radicals, which injure the body's tissues, particularly the vital structures in the brain.

Dr. Allen Elkin, of the Stress Management and Counselling Centre in New York, likens stress to a violin string. "If there's no tension, there's no music. But if the string is too tight, it will break. You want to find the right level of tension for you – the level that lets you make harmony in your life." In corporate America, people who handle stress well rise to the top. But according to one government study, more than 50 percent of U.S. workers view job stress as a major problem in their lives. The number of workers calling in sick due to stress has tripled over the last four years. Analysts estimate that US\$200 billion a year is lost to industry from stress-related ailments, and over the last ten years the new discipline of stress management has become a US\$10 billion industry.

To enjoy optimum health and avoid needing "health care" you should meditate, ideally, as with TM, for 20 minutes twice a day. It is a much healthier thing to do than watch television.

### **Get Enough Sleep**

Sleep takes up one-third of our existence. It is one of the pillars of health, equally important as nutrition, water, and exercise. Dr. William Dement, a pioneer in sleep research, calls physical fitness, good nutrition, and adequate sleep the "fundamental triumvirate of health." All animals need sleep, including fruit flies (the most widely studied of invertebrates) and fish. Birds and reptiles sleep with one eye open; and aquatic mammals, like dolphins and whales, have one side of their brain sleep while the other side stays awake, enabling them to swim up to the surface for air.

Researchers divide sleep into non-rapid eye movement (NREM) and rapid eye movement (REM) sleep, with NREM sleep having four stages going from light to deep (delta wave), dreamless sleep. REM sleep follows the successive stages of NREM sleep, all of which occur in a 90-minute cycle – 5 cycles in a 7½ hour period of sleep – with the percent of REM sleep increasing in each successive cycle so that it winds up comprising 20–25 percent of total sleep time. When your dog's legs start twitching when she is sleeping that means she is in the REM phase of sleep and is likely to be dreaming.



Sleep rejuvenates both the mind and the body, consolidating memory and processing new information, repairing tissues, and allowing the immune system to perform vital housekeeping tasks. It is vital for our mental and physical health. In addition to cognitive impairment and an inability to concentrate, sleep deprived people have increased blood pressure, signs of incipient diabetes, and markers (like an increased C reactive protein) of systemic inflammation.

Investigators have shown that disturbances in the normal 5-part sleep pattern, as measured by an EEG (electroencephalogram), predict a shortened life span. Also, people who habitually get six hours or less of

sleep a day have a shorter life span than people who sleep 7 to 8 hours a day, which is the requisite amount for most people.

A person who does not get an adequate amount of sleep builds up a sleep debt that must, sooner or later, be repaid if one is to function normally. One can make up for lost sleep. Over a given period of time, you simply have to sleep the extra hours required to pay back the accumulated hours of sleep lost. Unrepaid sleep deprivation has a number of adverse consequences.

One researcher terms sleep deprivation "the royal route to obesity" because people who don't sleep adequately have physiologic abnormalities that increase appetite and caloric intake. Obesity results, with all its sequelae.

American adults today sleep an average of 6.85 hours, and 31 percent report sleeping less than 6 hours per night. (Thirty years ago Americans slept 7.7 hours; and 80 years ago, 8.7 hours a night.). Most of us need to sleep more than we do. You might want to take the "[How's Your Sleep?](#)" test that is on the National Sleep Foundation Web site ([www.sleepfoundation.org](http://www.sleepfoundation.org)). If you have a sleep problem, seek help for it.

### The Relative Importance of Genes and Lifestyle on Health

Each species of living thing has a genetically programmed maximum life span. In turtles it is 150 years; for dogs, 20 years; and for a bristlecone pine it is 5,000 years. Longevity medicine specialists reckon that the maximum life span for humans is 120 years. The world's oldest person with an authenticated birth certificate, Jeanne Calment in Arles, France, died in 1997 at the age of 122. The world's oldest man with a well-documented birth date also died in 1997 at the age of 115. Jeanne Calment attributed her record long life to olive oil and port wine.

Very few people live to become centenarians (over the age of 100), only about 1 in 20,000 in most developed countries. In the U.S., 1 in 4,000 people are centenarians – 70,000 in a population of 275 million.

One's genetic makeup is an important determinant of life span, but the lifestyle one adopts plays an equally, if not more important role in determining how long you will live.

Coronary artery disease (atherosclerosis), the most common cause of death in both men and women, is principally a lifestyle disease. People with a genetic predisposition for coronary disease that maintain a good, i.e., healthy lifestyle will not live as long as people with good genes and a good lifestyle. But having good genes does not insulate you from needing to adopt a good lifestyle if you want to live a long life in good health. People with bad genes and a good lifestyle live longer free of heart disease than people that have good genes who adopt a poor lifestyle.

The current life expectancy for people in the U. S. is 76.9 years, three more years for women and three less for men. This is the highest average life expectancy in the recorded history of our species. (In 1900,



it was 47.3 years.) But 76.9 years is still 43 years short the human species' maximum life span. There is a lot that we can do on the six-fold path to optimum health, good genes or not, to stay healthy avoid needing "health care."

October 24, 2003

Donald Miller ([send him mail](#)) is a cardiac surgeon and Professor of Surgery at the University of Washington in Seattle and a member of [Doctors for Disaster Preparedness](#) and writes articles on a variety of subjects for [lewrockwell.com](#), including bioterrorism. His web site is [www.donaldmiller.com](#). Linda Miller ([send her mail](#)) has 25 years of experience in both conventional and alternative medicine, beginning as a hospital-based respiratory therapist. She was a technician on a heart surgery team and has worked in various capacities as a wellness consultant.



**NOT RECOMMENDED – This is indicative of the diversity of opinions:**

## The Balance of Good Health

Fruit and vegetables

Bread, other cereals and potatoes

Meat, fish and alternatives

Foods containing fat  
Foods containing sugar

Milk and dairy foods





**NOT RECOMMENDED – This is indicative of the diversity of opinions:**

## FOOD PYRAMID



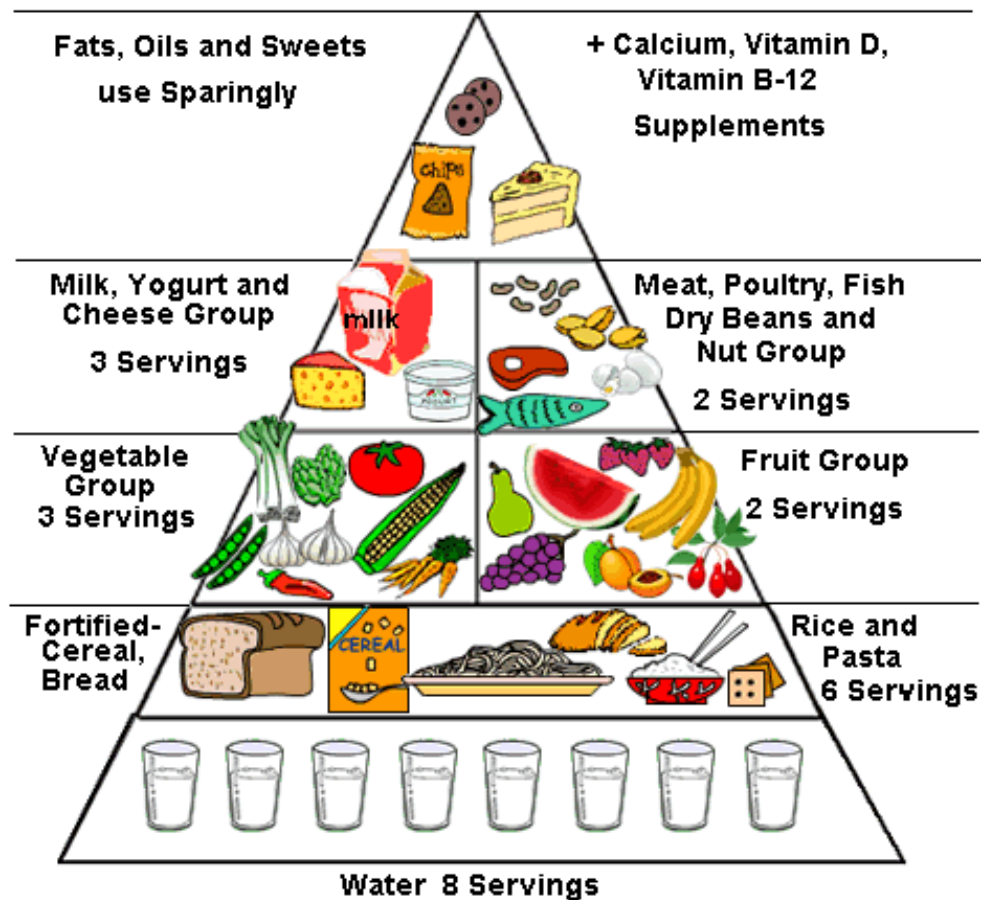
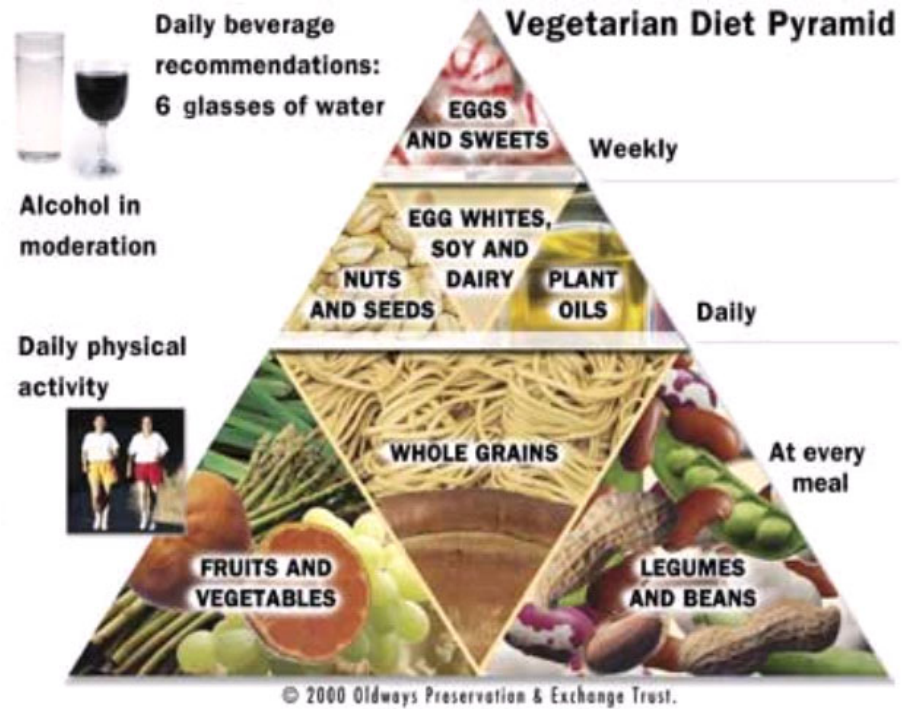
**Feeling  
Healing with  
Divine Love is  
the key!**



**NOT RECOMMENDED – This is indicative of the diversity of opinions:**



NOT RECOMMENDED – This is indicative of the diversity of opinions:



**VIEWING the PYRAMIDS:**

Ethnic groupings result in localised solutions.

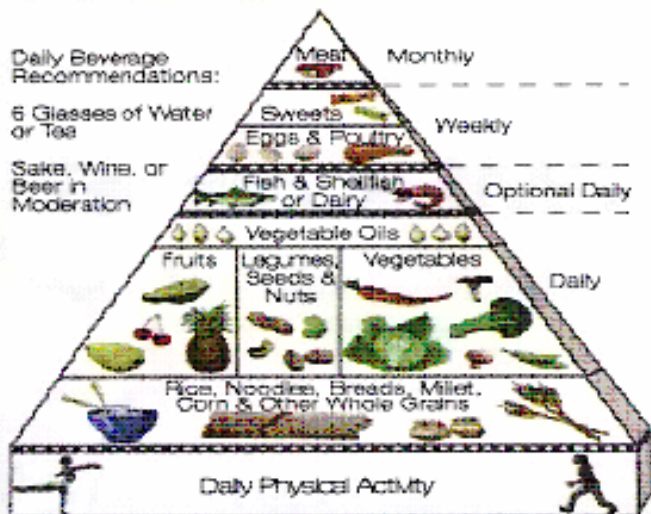
**The Traditional Healthy Mediterranean Diet Pyramid**



**The Traditional Healthy Latin American Diet Pyramid**

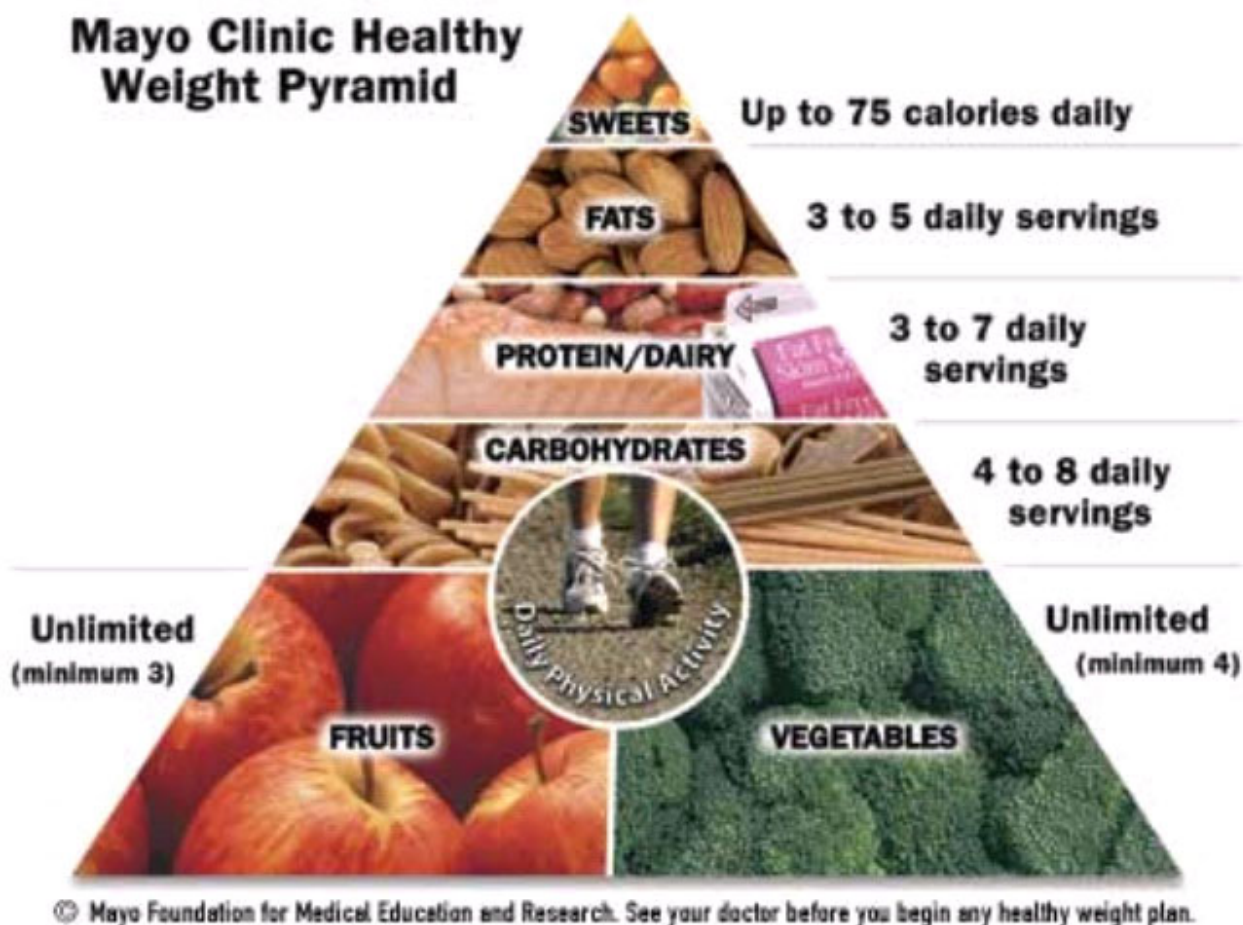


**The Traditional Healthy Asian Diet Pyramid**



**The Traditional Healthy Vegetarian Diet Pyramid**





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**HEALTH and VITALITY:**

Chapter 26 Absolute Happiness by Michael Domeyko Rowland

Many illnesses considered psycho-somatic can be traced back to diet.

If you have taken into your body, through eating, anything that cannot be digested easily or is a substance that requires the body to accumulate fat or fluid around it to protect itself from irritation, then you will be reducing the flow of energy through you.

An excess of cooked food will eventually make you sick and reduce your vitality. Our digestive system does not have the time to eliminate all the food before the next batch comes in.

Many diseases can be traced directly to a deteriorating state of the intestinal tract. This is why we find the medical profession promoting the eating of fibre to clean it out. Fruit and vegetables are the best source of fibre. The intestines are very similar to a blocked sewer pipe. These blockages greatly reduce the efficiency of the digestive system, causing it to have to work much harder and use more energy than normally required, so reducing the amount that you have available for other pursuits.

The healthiest diet is one where about seventy five to eighty per cent of the food eaten is raw salads, fruit, fresh juices, raw or lightly steamed vegetables and brown rice. Raw, freshly picked produce, **organically grown** is the healthiest food there is. Organically grown means that no chemicals have been used during the growing and delivery process. If you can't get organically grown food, then use freshly picked produce.

**Raw food** still has the life force in it and contains a variety of other useful substances. Obviously, as science progresses, all sorts of new elements will be identified, along with the vitamins and minerals already discovered. And there is also the added effect of the 'electrical' or 'magnetic' power of the life force itself in raw food. As well, this diet efficiently flushes out the digestive tract of its waste matter because of its high fibre and fresh juice content. This then allows more nutrients to be taken in.

Sprouted seed and grains are also highly nutritious and delicious when thrown into salads. It is well worth studying the advantages of raw eating. One of the greatest things is that you no longer constantly crave food. There are absolutely no cravings whatsoever. On an ordinary diet of cooked food you body is always craving the next meal. This is because it is starving for the proper nutrition. On a predominately raw diet, you feel completely satisfied all day long.

The other twenty to twenty five per cent of what you eat, should be nutritionally rich, fresh food that suits you personally. Obviously the less processed the food, the better, but there is no need to be a fanatic. If you want to give your system a good clean out, and this is a good thing to do every few months, then just eat raw fruits, salads and vegetables and drink plenty of freshly squeezed fruit and vegetable juices. You will start to feel really terrific very quickly and you will wonder why you were not eating like this before. It is also, surprisingly, very delicious. You will find that your taste buds wake up and begin to pick up a whole range of flavours that you didn't know existed.

This is also the easiest way to lose weight. If you are overweight, you will find that a kilo or so per week will just drop off without the slightest effort or feeling that you are on a diet. The advantage of this is that the skin naturally reduces itself back to the body contour without losing elasticity.

The mainly **raw food** diet is the most intelligent one to follow. It is simple and effective. And, perhaps most surprisingly, you are filled with energy and vitality. This is the unexpected and remarkable effect of it. You suddenly find that lethargy and tiredness are a thing of the past. You feel rejuvenated and filled with a zest for life.

If you are very toxified, you may feel headachey or sluggish on the first day. This is the unloading of toxins into the bloodstream before they are eliminated. The feeling will pass very quickly. If you eat some cooked food, the sluggishness will stop because the body will immediately cease the cleansing process and use its energies to go back to dealing with the incoming cooked food.

**Raw food** eating saves time. It is very quick and easy to prepare and clean up afterwards. The poisons in your life will also fall away of their own accord. Caffeine drinks, tobacco, alcohol, processed, tinned and frozen food will all disappear without the slightest effort. And you won't miss them. All you will be left with is excellent health, high vitality, more creativity and the joy of being alive.

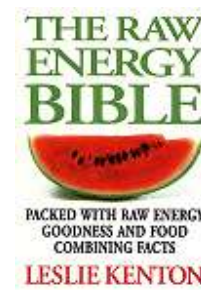
Whatever happens, you will look and feel ten or more years younger if you make a wide variety of organic raw food and juices the mainstay of your diet. Fresh juices are packed with valuable nutrients and it is these that give energy and help to clean out your system. It is the ingestion of these additional juices that give your body what it craves for the most. Always include them in your diet.

It is not really a diet, but a way of eating that is great for your health and may make you feel better and happier every day.

The Raw Energy Bible

Publisher: Vermilion 1998 [Compilation]

ISBN: 0-09-181612-2



When Leslie and Susannah Kenton's Raw Energy was first published, it became an instant bestseller. A Raw Energy way of eating – in which 50 to 75% of your foods are taken raw – can bring natural weight loss without dieting, help prevent colds and flu, rejuvenate the body in medically measurable ways, enhance athletic performance, heighten energy and bring greater mental clarity and emotional balance.

Recent biochemical research into the powerful antioxidant, health protective effects of raw fruits and vegetables has added another piece to the mysterious puzzle of how Raw Energy works its wonders.

A unique compilation of the best-selling titles Raw Energy Food Combining Diet, Raw Energy Recipes and Juice High, The Raw Energy Bible combines this new material with practical information, techniques and recipes, producing the ultimate Raw Energy sourcebook to help to revolutionize your own health and good looks.

**RAW FOOD MEALS:**





## **WHAT is a RAW DIET?**

The raw diet, as its name implies, is based on consuming unprocessed, preferably organic, whole plant-based foods, at least 75 per cent of which should be uncooked. It consists of:

- fresh fruits and vegetables
- nuts
- seeds
- beans
- grains
- legumes
- dried fruits
- seaweeds
- sun-dried fruits
- other organic or natural foods which have not been processed
- freshly made fruit and vegetable juices
- purified water (not tap)
- milk from a young coconut

Raw and living foods are believed to contain essential food enzymes (living foods contain a higher enzyme content than cooked foods). The cooking process (i.e., heating foods above 116°F – 47°C) is thought to destroy food enzymes.

People who follow the raw diet use particular techniques to prepare foods. These include sprouting seeds, grains and beans; soaking nuts and dried fruits; and juicing fruits and vegetables. The only cooking that is allowed is via a dehydrator. This piece of equipment blows hot air through the food but never reaches a temperature higher than 116°F (47°C).

Other techniques needed to prepare raw food are blending, juicing and chopping.

### **Why go raw?**

Proponents of the raw diet believe that enzymes are the life force of a food and that every food contains its own perfect mix. These enzymes help us digest foods completely, without relying on our body to produce its own cocktail of digestive enzymes.

It is also thought that the cooking process destroys vitamins and minerals and that cooked foods not only take longer to digest, but they also allow partially digested fats, proteins and carbohydrates to clog up our gut and arteries.

Followers of a raw diet cite numerous health benefits, including:

- increased energy levels
- improved appearance of skin
- improved digestion
- weight loss

- reduced risk of heart disease

### Are there any side effects?

Dr Gina Shaw, raw foodist and author of *Nutrition and Emotions: How to Transform your Life through Optimum Nutrition* (GLS Publications, £7.99) says that some detoxification effects may be experienced as your body attempts to shed some toxicity.

This may include occasional headaches, nausea sensations and mild depression. Dr Shaw says that these symptoms are short-lived. If these symptoms persist, you should seek the help of somebody who is experienced with detoxification symptoms.

### What do the nutritionists think of this diet?

The raw diet is nutrient dense, there is little or no saturated fat, it is low in sodium, high in potassium and fibre-rich. These factors are important in helping to reduce the risk of certain diseases such as heart disease and some cancers.

Dr Sarah Schenker, Nutrition Scientist at the British Nutrition Foundation has some doubts. She says, 'eating only raw foods can considerably limit the variety of foods that can be included in the diet, such as meat, potatoes and other cereal products, which in turn can limit our nutrient intake. This could lead to nutritional deficiencies – for example, iron and calcium – if followed for any length of time.'

'Also, people often think that fruit and vegetables are better for you if they are raw. However, research has shown that some of the phytochemicals present are more easily absorbed by the body when the vegetable has been cooked or processed, for example, lycopene in tomatoes and carotenoids in carrots'.

### Tips on what you will need to go raw

1. **Meal plans.** Following a raw food diet means that you have to carefully plan your meals to make sure you don't fall short of essential nutrients, vitamins and minerals.

In some instances it might be appropriate to consider taking dietary supplements.

2. **Equipment.** You'll need to invest in some appliances so that you are able to prepare the food.
  - A durable juice extractor for your fruits and vegetables
  - A blender or a wooden spoon and sieve to crush and blend ingredients
  - A food processor or chopper to save time and effort
  - Large containers to soak and sprout grains, seeds and beans
  - Glass jars or Tupperware for storing sprouts
3. **Build up to eating raw.** Dr Shaw says that the easiest way to go raw is to allow yourself a transition period.

Start off with about 70 or 80 per cent raw foods in your diet. Have fruit and salads throughout the day and a cooked vegetable meal with a salad in the evening. This way you're not jumping in straight away but allowing yourself the changeover, both physically and emotionally.

Then, when you're ready, you can just have one cooked meal per week and then one a month and then eventually go raw 100 per cent.

4. **Delicious recipes.** To kick-start, look no further than *Raw: The Uncook Book* (HarperCollins) co-authored by Juliano Brotman who's Raw restaurant in California and innovative recipes have propelled him to celebrity status in the US.

Make sushi with raw vegetables and sheets of seaweed, plus plenty of smoothies and salads. Not only will your taste buds be satisfied but Juliano's presentation of his dishes will certainly wet your appetite.

Cooked foods cannot create true health because they are missing some very vital elements needed by the body for its optimal functioning; things like enzymes, oxygen, hormones, phytochemicals, bio-electrical energy and life-force. When foods are heated above 105° F they begin to lose all of these. By 118° F, most food is dead. Yes, the vitamins, minerals, carbohydrates, fats and proteins are still there, but in a greatly altered state – not at all what nature provided.

Each cell of the body is like a tiny battery, and raw and living foods supply the bio-electricity which charges these batteries. The bio-electrical energy of raw food can be clearly seen in Kirlian photographs of the food. This photographic process shows electrical discharges that naturally emanate from all living things as luminescent, aura-like flares surrounding the subject. The glow is bright and radiant in raw foods, yet almost totally absent in Kirlian photographs of comparable cooked foods.

"Life-force" means "the energy that is able to create life." The sprouting ability of raw foods demonstrates the presence of the life-force within them. All grains, legumes, beans and seeds sprout. Nuts in the shell sprout. Potatoes sprout and create new potato plants. (Do not eat potato sprouts as they are poisonous.) If you stick the top part of a pineapple into water, it will sprout roots. Apple seeds create apple trees. Avocado pits and mango pits sprout.

Now, take cooked versions of all the above, put them into soil and see if a plant will grow. Cooked food rots, rather than sprouts, and a new plant does not come forth. Through observation, you can easily demonstrate for yourself what you are losing by eating cooked foods. A food that is cooked cannot create life and cannot maintain the life-force energy in our bodies.

Cooking food disrupts its molecular structure and kills all the enzymes too. Enzymes are the indispensable catalysts which enable the body to utilize vitamins and minerals. (Think of enzymes as the workmen and vitamins and minerals as the bricks and mortar. Without the workmen, the bricks and mortar don't get put into place.) Enzymes are extremely heat-sensitive and thus do not survive in cooked foods. The vitamins and phytochemicals also are injured, greatly diminished, and left in an altered molecular state. The minerals are made less soluble. The fats have turned from life enhancing cis fatty acids to trans fatty acids, which create damaging free radicals in the body. Trans fatty acids also interfere with respiration of the cells. The proteins (including vegetable proteins), become denatured; they then

coagulate (like the white of an egg) and are very difficult to digest. Some researchers report that unmetabolized protein particles in the bloodstream are a possible cause of allergies.

When you eat cooked (enzymeless) foods, you put a heavy burden on your body, which then has to produce the enzymes missing in the food. One of the reasons you feel lethargic or sleepy after a cooked meal is because the body is diverting its energy to replacing the enzymes that were not supplied. By comparison, a raw food meal leaves you feeling light and full of energy. You can judge this for yourself. Uncooked foods digest in 1/3 to 1/2 the time of cooked foods. The stress of creating and replacing enzymes, meal after meal, day after day, year after year, greatly contributes to accelerated aging.

Ingesting cooked food also causes the body to produce a surge of white blood cells (leukocytosis). These cells normally defend against disease, infection and injury to the body, but their production is a routine effect of ingesting cooked foods (as if the body considers such food a threat or danger). Because leukocytes carry a variety of enzymes, there is another possible explanation for the increase in white blood cells. The leukocytes may be delivering the missing enzymes so that digestion can proceed unhindered. Leukocytosis does not occur when raw, unheated foods are eaten. According to Viktoras Kulvinskas, "in any pathological condition, including the intoxication of the digestive system with cooked food or other toxic materials, these white cells increase from 5 or 6 thousand per cubic millimetre to 7, 8 or 9 thousand per cu.m.m." Leukocytosis also occurs when additives, pesticides and chemically based supplements are ingested. And, of course, producing these cells creates an additional stress upon the body.

Raw foods are full of oxygen, especially green leafy vegetables which contain an abundance of chlorophyll. The chemical structure of chlorophyll is almost identical to the hemoglobin in our red blood cells. The only difference is that the hemoglobin molecule has iron in its nucleus and the chlorophyll molecule has magnesium. Chlorophyll detoxifies the bloodstream and every other part of the body better than anything else you could eat. When you eat raw green chlorophyll foods, you oxygenate the blood. The bloodstream, through its capillary system, then delivers this oxygen to every cell in your body. And when you eat greens in blended form, such as in Dr. Ann's Energy Soups, this process is even more efficient.

Sprouted seeds contain vital elements which nourish our glands, nerves and brain. The hormones needed by the body are created out of the natural fat and other essential principles found in seeds. Think about how few seeds are found in the average diet. The plant breeders are hybridizing most of the seeds out of our foods. Now we can get seedless watermelons, seedless grapes, seedless citrus, and the list goes on. Even if we did find a seed, most of us don't understand the value of eating it and thus, it would be discarded.

When you eat cooked starch, the body absorbs more than it needs. Getting rid of the excess starch then becomes another burden to the body. Those who favour cooked foods often make the point that since the body cannot absorb raw starch, this is a sign the food should be cooked. Another way to look at it, however, is that the body absorbs just enough of the raw starch for its needs and then passes out the rest. (When pig farmers feed their pigs raw potatoes, the pigs stay slender. Since farmers sell their pigs by the pound, they have learned to feed them cooked potatoes, which fattens them up.)

Cellulose – the woody, fibrous part of food – was previously believed to be unnecessary to the body. Because the body did not absorb it, it wasn't deemed important. Now we know that this fibre is what



keeps things moving through our body so that we don't become constipated. Nature is vindicated again! Raw fibre has the ability to act as a broom which sweeps the intestinal tract and keeps it clean. Cooked fibre has lost the ability to do this for us. Enemas and colonics serve their purpose, but they are a poor substitute for what nature, by putting (raw) fibre into foods, has provided.

Raw and live foods nourish and improve the body's inner environment. Raw and live foods enable the body to dislodge and expel accumulated wastes. A gentleman had a tiny sliver of metal lodged in his hand as a result of an

accident. For two years he tried to get it out by squeezing, pushing, and probing with sterilized needles, etc., but it wouldn't budge. He went to the Optimum Health Institute (to learn about live foods) for a week and, when he returned home, decided he would continue on raw foods. Four weeks later, a bubble formed on his hand and inside the bubble was the sliver of metal. This is an example of what raw and live foods do. If something is not supposed to be in your body, it will be expelled.

Eating cooked food prevents the immune system from working on what is really important in keeping us superbly healthy and young in body, mind and soul. We exhaust and dissipate the body's strength by using the immune system to combat the unnatural cooked foods, chemically based supplements, pesticides, herbicides, fungicides, hormones (in meats, poultry, fish and dairy) and numerous other toxins we ingest, breathe in or absorb through our skin. When we really need the immune system to support us (as when a disease or infection develops or an injury occurs), it then lacks the strength to defend us properly.

Eating healthy means giving your body power foods it can easily assimilate and use for regeneration and rejuvenation. Life comes from life. So the more foods you eat which are organic and straight from nature's raw garden, the better you are going to feel.

#### **Documents in this series:**

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

## 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.

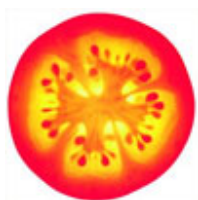
Referred to in the classical period of Rome as the "Law of Similarities" it is now called by scientists, "**Teleological Nutritional Targeting**".

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 eater.

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, Avocadoes 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.



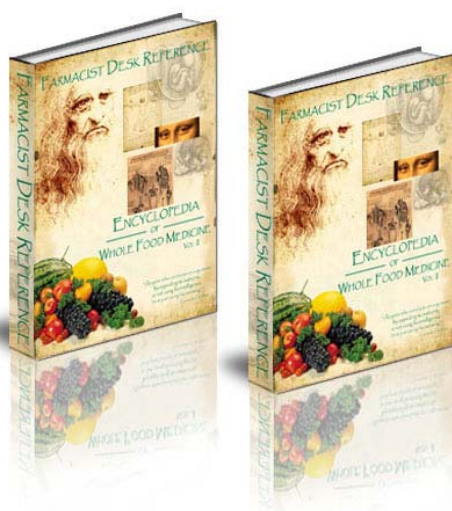
**Onions** look like body cells. Today's research shows that onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes



**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 Power!



## Raw Food is Raw Power!

**The Raw Power team:** **Anshu Hobden** who has made health and nutrition a life study for the past 9 years, **Prem Hobden** a very gifted gourmet raw food chef, and **Anand Wells** who has 20 years experience as a group facilitator, breathworker and meditation and movement teacher.

## With Raw Power you will discover:

- How to create simple, delicious, living food meals including cakes and deserts that taste better than nearly any cooked food and will nourish your body at the deepest levels.
- Why commercially grown organic food is no longer enough for peak health and what you can do about it.
- The power of “superfoods” and green juices.
- How to lose weight while you eat like a king (or queen)
- How to live a radiantly healthy life without experiencing the effects of premature aging and degenerative diseases which are so prevalent throughout our society. (Over 85% of all mental, emotional and physical conditions are diet and/or environment related.) You are what you eat!
- Powerful intention setting techniques for creating the level of health and vitality you really desire.
- How to effectively clear toxins and parasites from your body without using drugs.

Coupled with Raw Power food calibrating at 350 – 365 is ‘Wellness Water’ calibrating at 580.

Costs of meals are typically within 5% of mass produced meals as provided by public hospitals.



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





# Raw Power!



Raw Food prepared by the Raw Power team of Anshu Hobden, Prem Hobden and Anand Wells from locally grown organic produce has been calibrated on the scale of 1 to 1,000 on the Map of Consciousness as published by Dr David R Hawkins. At the level of 200 is neutrality, below 200 is anti-life or negative and above 200 is pro-life and positive. It is a logarithmic scale based on the common log of 10. Food generally calibrates between 188 and 210 with few exceptions above 320.

		<b>Calibration</b>
		<b>Item Group</b>
<b><u>Juices</u></b>	1. Green juice with parsley, celery, lettuce and cucumber	510
	2. Young sea mineralized wheat grass juice	445
		<b>450</b>
<b><u>Drinks</u></b>	1. Alkalised water with Vitamin C and MSM (organic sulphur)	380
	Vitamin C 355                      MSM (organic sulphur)	415
		<b>380</b>
<b><u>Smoothies</u></b>	1. Mineralising smoothie	370
	(apple / colloidal minerals / maca / hemp meal / almonds)	
	2. Superfood smoothie	425
	(spirulina / bee pollen / maca / raw cacao / avocado / brazil nut/ apple / hemp meal / coconut oil)	
		<b>360</b>
<b><u>Breakfast</u></b>	1. Green juice	325
	2. Superfood smoothie	335
	3. Mineralizing smoothie	325
		<b>340</b>
<b><u>Supplements</u></b>	1. Wild bee pollen	315
	2. MSM & Vitamin C	450
	3. Colloidal minerals	455
	4. Spirulina	470
	5. Raw cacao nibs	485
	6. Hemp meal	510
	7. Virgin cold pressed undeodorised coconut oil	460
	8. Peruvian macadamia powder	455
	9. Sodium chlorite nascent oxygen	455
	10. Gogi berries	455
		<b>395</b>



<b><u>Entrees</u></b>	1. Raw hummus with flax crackers	335	
	2. Nut pate on raw rye bread	330	
			<b>350</b>
<b><u>Soups</u></b>	1. Alkalizing soup	355	
	2. Carrot and avocado soup	360	
			<b>380</b>
<b><u>Salads</u></b>	1. Exotic greens salad with kelp and dulse seasoning topped with lemon, coconut and olive oil dressing	385	
	2. Avocado and greens salad	395	
			<b>360</b>
<b><u>Main Courses</u></b>	1. Zucchini spaghetti with tomato sauce and sweet and sour non meat balls	340	
	2. Raw curried crepes	335	
	3. Non meat loaf	335	
			<b>350</b>
<b><u>Cultured Foods</u></b>	1. Sauerkraut	380	
	2. Mexican sauerkraut	335	
			<b>365</b>
<b><u>Dehydrator Treats</u></b>	1. Sprouted rye and carrot bread	375	
	2. Flax crackers	330	
	3. Apple crepes	345	
			<b>345</b>
<b><u>Beverages</u></b>	1. Raw cacao and almond milk drink	360	
			<b>360</b>
<b><u>Desserts</u></b>	1. Rawsome avocado chocolate cake	335	
	2. Apple praline cake	345	
			<b>380</b>



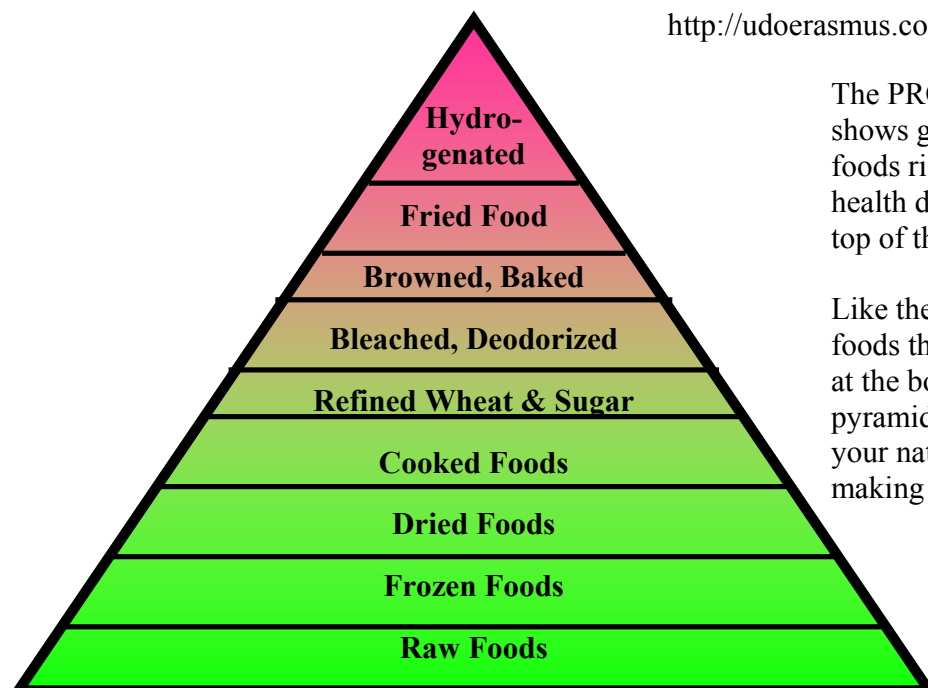
The Raw Power food overall calibration is: **350**

The Raw Power food being blessed is: **365**

Recipes and menus can be assembled to draw upon the local produce of any community anywhere and to suit any ethnic group and their preferences.

### Udo Erasmus CHOICE FOOD PROCESSING PYRAMID

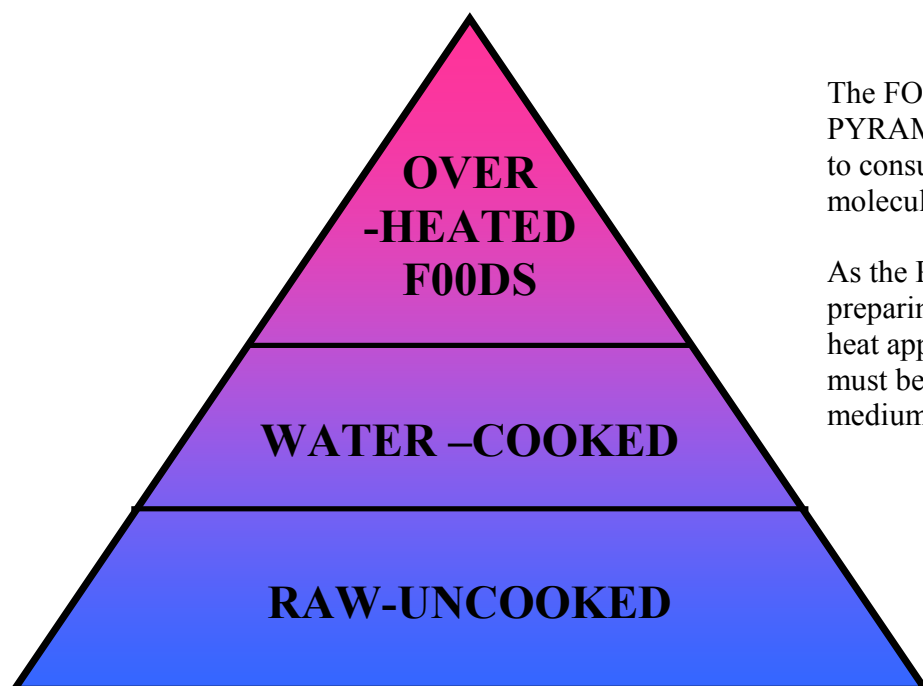
[http://udoerasmus.com/pyramid/pyr\\_index.htm](http://udoerasmus.com/pyramid/pyr_index.htm)



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**

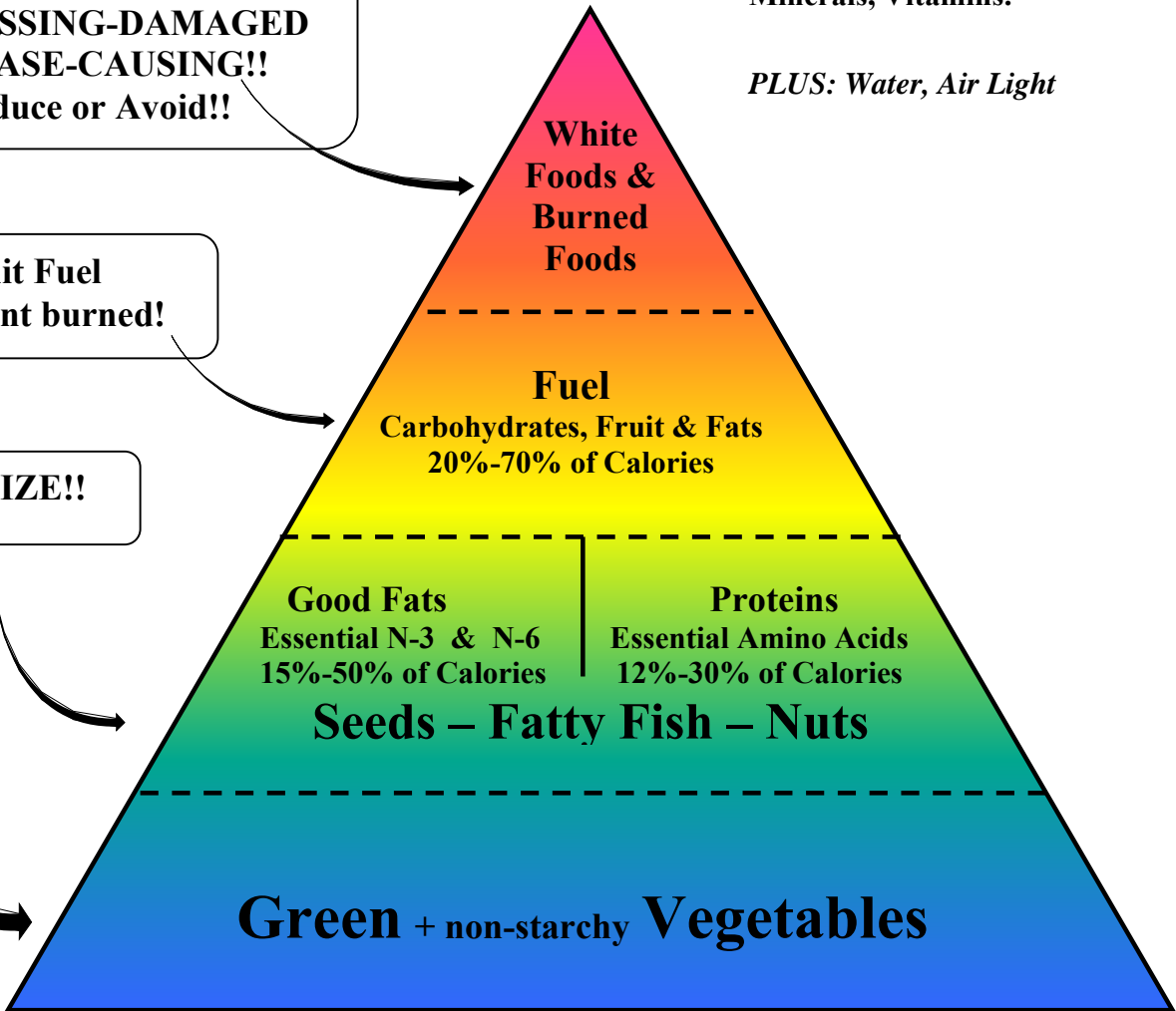
**SUPPLEMENTS:**  
Digestive Enzymes,  
Probiotics, Antioxidants,  
Fibre, Phytonutrients,  
Minerals, Vitamins.

*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**

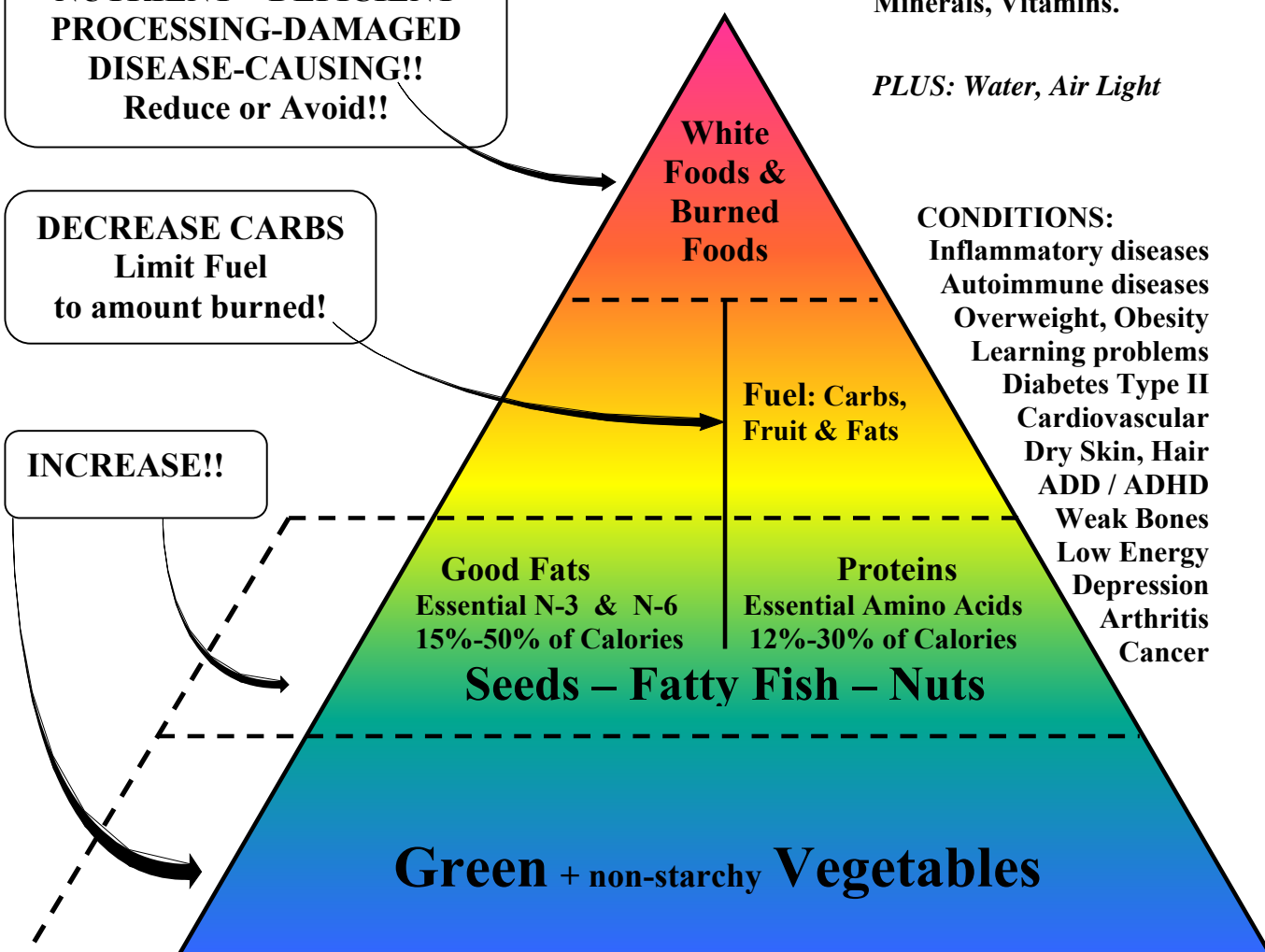
**NUTRIENT – DEFICIENT  
PROCESSING-DAMAGED  
DISEASE-CAUSING!!  
Reduce or Avoid!!**

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

**INCREASE!!**

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

*PLUS: Water, Air Light*



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**

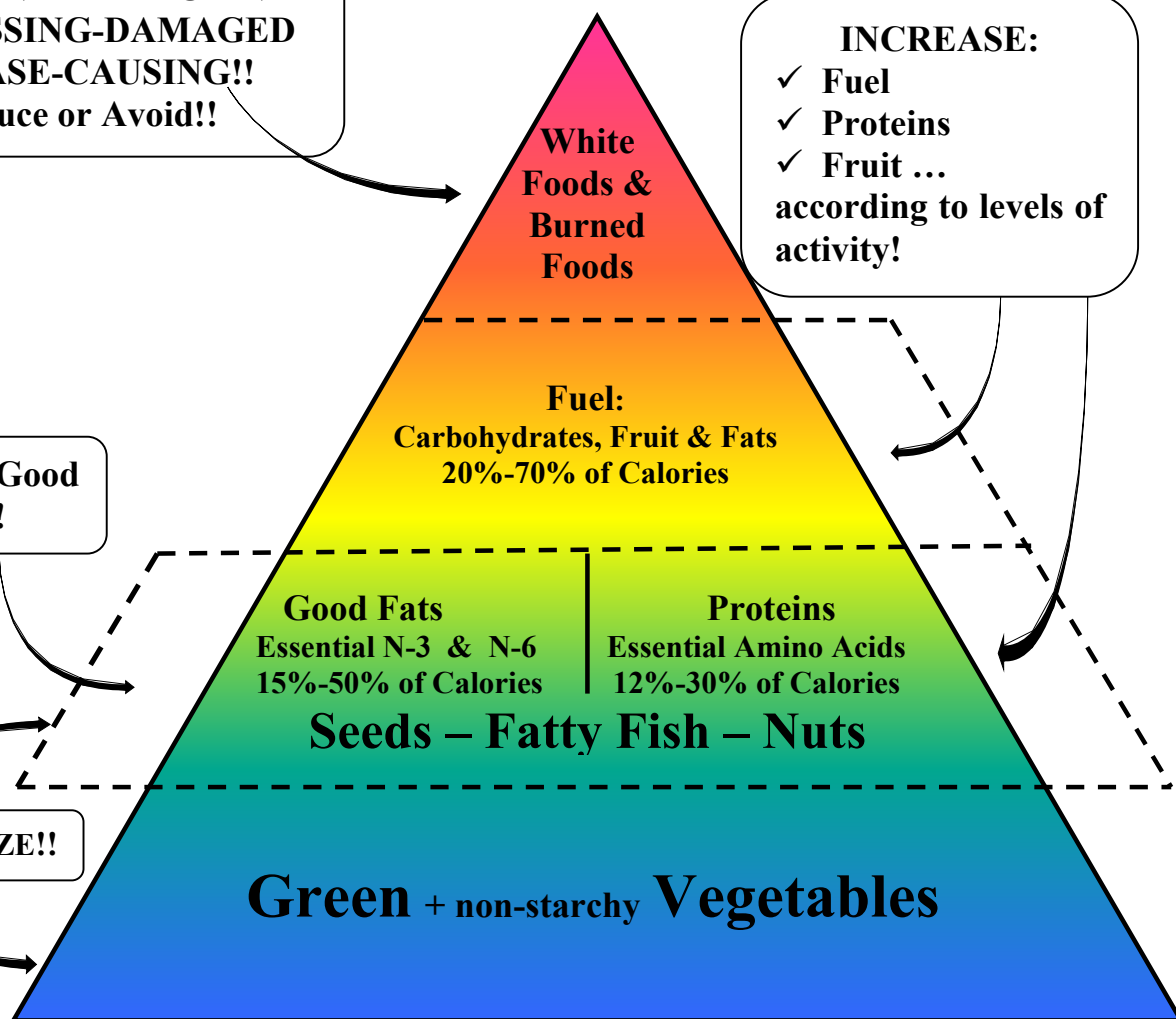
**SUPPLEMENTS:**  
Digestive Enzymes,  
Probiotics, Antioxidants,  
Fibre, Phytonutrients,  
Minerals, Vitamins.  
*PLUS: Water, Air Light*

**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!

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

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

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

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

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

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

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

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

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

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

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

Note from James Moncrief Saturday 13 January 2018

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

**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.**

**Feelings first**

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**



## HEALING PROPERTIES of SUBSTANCES

Sunday, 25 March 2018:

Verna and Nanna Beth talk to Graeme

Graeme: Good morning James

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

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

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

Till next time we chat, sending my love, Graeme

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

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

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

So, let us begin at the true source: your soul. As you understand, your soul drives everything that you are – you being the personality focus of your soul currently in the physical. However you are also your soul as much as you are your personality, the two can't and aren't separate. Right, so you get that part, so your soul is bringing – expressing you in Creation; okay, so whatever your soul wants your soul creates. So let's say your soul requires the help of a flower essence to subtly affect some part of your unseen auric system, by adding its vibration to your existing vibration, all of which will bring about an effect desired by

the soul. That being, one that will help you become more evil or less, as I said above.

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

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

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

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

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

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

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

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

Your soul wants this anger out of you, it's the next phase of anger expression you are to experience, it helping to relieve you of more repressed anger and at the same time helping you see more truth about why you are feeling so angry. And so your soul has initiated light into your aura on all levels making this experience happen. And you being mostly oblivious to this, just carry on doing what you do, and then your angels take their instructions and 'energise' the levels of your aura to make the anger 'physically' work its way up through your system.



The angels make 'light adjustments' – adjustments using spirit light – in your system to allow this anger to make it's way out of you by you feeling it coming up through your leg. The repressed anger, as light contained in your soul, moves through your will levels, then your will activates it to move up your leg with your angels helping to adjust your system where needed. And your system needs continual adjustments, your soul does it all with light, but your angels do all the hands on stuff as determined by your soul. So your angels are always tinkering within your aura.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Further, we are to address the questions of why is it that treatments previously embraced have not continued to 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**

# Arvonal Revelation

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



## MODERN MEDICINE IGNORES OUR SUBTLE BODIES:

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

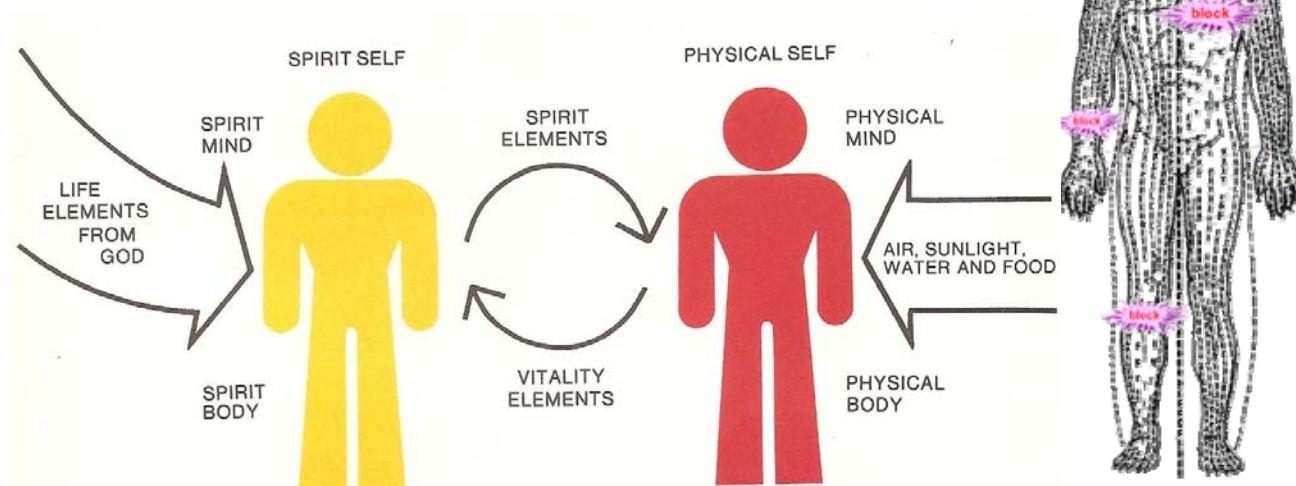
The auric field, that some can see, is the template for our physical body. Childhood Repression brings about energy flow blockages, being stuck and frozen emotional injuries, which then retard the flow of energies within our physical bodies. Modern medicine ignores this reality. The result is that treatments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

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

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

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

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



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

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

<b>Primary recommended reading:</b>	<b>consider commencing with:</b>	<b>Paul – City of Light</b>	
<b>The Book of Truths</b>	<b>1914 – 1923</b>	<b>xxx</b>	<b>– Joseph Babinsky</b>
<b>containing the Padgett Messages or</b>			
<b>Little Book of Truths</b>			<b>– Joseph Babinsky</b>
<b>True Gospel Revealed anew by Jesus Vol I, II, III, IV</b>		<b>xxx</b>	<b>– Geoff Cutler</b>
<b>The Rejected Ones</b>	<b>2002 – 2003</b>	<b>xxx</b>	<b>– James Moncrief</b>
<b>Messages from Mary &amp; Jesus</b>	<b>2003</b>	<b>xxx</b>	<b>– James Moncrief</b>
<b>Paul – City of Light</b>	<b>2005</b>	<b>xxx</b>	<b>– James Moncrief</b>
<b>Mary Magdalene and Jesus'</b>			
<b>comments on the Padgett Messages</b>	<b>2007 – 2010</b>	<b>xxx</b>	<b>– James Moncrief</b>
<b>Speaking with Mary Magdalene &amp; Jesus</b>	<b>2013 – 2014</b>	<b>xxx</b>	<b>– James Moncrief</b>
<b>Sage and the Healing Angels of Light</b>	<b>2017</b>	<b>xxx</b>	<b>– James Moncrief</b>
<b>Road map of Universe and history of Universe:</b>			
<b>The Urantia Book</b>	<b>1925 – 1935</b>	<b>xxx</b>	<b>as primary reading</b>
<b>Divine Love supporting reading:</b>			
<b>Revelations</b>	<b>1954 – 1963</b>		<b>– Dr Daniel Samuels</b>
<b>Judas of Kerioth</b>	<b>2001 – 2003</b>		<b>– Geoff Cutler</b>
<b>The Golden Leaf</b>	<b>2008</b>		<b>– Zara &amp; Nicholas</b>
<b>The Richard Messages</b>	<b>2012 – 2013</b>		<b>– James Reid</b>
<b>The Divine Universe</b>	<b>2012 – 2013</b>		<b>– Zara &amp; Nicholas</b>
<b>Family Reunion Afterlife Contact</b>	<b>2014 – 2015</b>		<b>– Joseph Babinsky</b>
<b>Traveller, An Immortal Journey</b>	<b>2014 – 2015</b>		<b>– Zara &amp; Nicholas</b>
<b>Destiny, Eternal Messages of Divine Love</b>	<b>2015 – 2016</b>		<b>– Zara &amp; Nicholas</b>
<b>Feeling Healing</b>	<b>2017</b>		<b>– James Moncrief</b>
<b>Religion of Feelings</b>	<b>2017</b>		<b>– James Moncrief</b>
<b>The Way of Divine Love</b>			<b>– Joseph Babinsky</b>
<b>Divine Love – The Greatest Truth in the World</b>			<b>– Joseph Babinsky</b>
<b>The Human Soul</b>			<b>– Joseph Babinsky</b>
<b>Divine Love Flowing</b>			<b>– Joseph Babinsky</b>
<b>The Truth</b>			<b>– Werner Voets</b>
<b>Through the Mists, The Life Elysian, The Gate of Heaven</b>			<b>– Robert James Lees</b>
<b>Life in the World Unseen</b>			<b>– Anthony Borgia</b>
<b>Gone West</b>			<b>– J M S Ward</b>
<b>Post Mortem Journal</b>			<b>– Jane Sherwood</b>
<b>After Death / Letters from Julia</b>			<b>– William T Stead</b>
<b>Thirty Years Among the Dead</b>			<b>– Carl A Wickland</b>
<b>A Wanderer in the Spirit Land</b>			<b>– Franchezzo</b>
<b>Life Beyond the Veil Vol I thru to V – Rev George Vale Owen</b>			<b>– Geoff Cutler</b>
<b>The Holy Bible from the Ancient Eastern Text</b>			<b>– Dr George M Lamsa</b>
<b>Available generally from:</b>			
<a href="http://www.lulu.com">www.lulu.com</a>	<a href="http://www.amazon.com">www.amazon.com</a>	<a href="http://www.bookdepository.com">www.bookdepository.com</a>	
<b>For Divine Love focused websites and forums:</b>			
<b>Pascas Health:</b>	<a href="http://www.pascashealth.com/index.php/library.html">http://www.pascashealth.com/index.php/library.html</a>		
<b>Spiritual Development:</b>	<a href="http://new-birth.net/spiritual-subjects/">http://new-birth.net/spiritual-subjects/</a>		
<b>Padgett Books:</b>	<a href="http://new-birth.net/padgetts-messages/">http://new-birth.net/padgetts-messages/</a>		
	<a href="http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm">http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm</a>		

**James Moncrief's books, the Padgett Messages and The Urantia Book at:**

**DIVINE LOVE SPIRITUALITY – DLS:**

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html>

All Padgett Messages (for condensed versions – see below) 1914 – 1923 Pages 945  
The Urantia Book (see suggested papers to read below)

**James Moncrief Books:**

	MoC		
The Rejected Ones – the Feminine Aspect of God	1,490	Nov 2002 – Jan 2003	228
Messages from Mary and Jesus book 1	1,485	Feb – Apr 2003	189
Messages from Mary and Jesus book 2	1,485	Apr – Oct 2003	170
Mary Magdalene and Jesus' comments on the Padgett Messages – book 1		Aug 2007	164
Messages from 31 May 1914 – 12 January 1915	1,495		
Mary Magdalene and Jesus' comments on the Padgett Messages – book 2		Sep 2010	177
Messages from 13 January 1915 – 29 August 1915	1,494		
Speaking with Mary Magdalene and Jesus blog – book 1	1,490	Jan – Apr 2013	206
Speaking with Mary Magdalene and Jesus blog – book 2	1,489	Apr – May 2013	229
Speaking with Mary Magdalene and Jesus blog – book 3	1,490	Oct – Jan 2014	187
Speaking with Mary Magdalene and Jesus blog – book 4	1,491	Jan – May 2014	191
Mary Magdalene comments on Revelation from the Bible KJV	1,485	Dec 2013 – Jan 2014	84
		This group being pages of	1,825

Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality	1,500	2017	201
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	44
		This group being pages of	3,043

**Religion of Feelings**

<http://religionoffeelings.weebly.com/>

**Introduction to Divine Love Spirituality**

<http://dlspirituality.weebly.com/>

**Main website of DLS**

<http://divinelovesp.weebly.com/>

**Childhood Repression website**

<http://childhoodrepression.weebly.com/>

**DLS and CR forum**

<http://dlscr.freeforums.net/>

<http://withmarymagdaleneandjesus.weebly.com/blog---and-free-books-speaking-with-mary-and-jesus>

**FEELING HEALING and SOUL HEALING with the DIVINE LOVE:****James Moncrief Publications:****all publications are free downloads:**<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html>

It is suggested for one to consider reading as follows:

**Speaking with Mary Magdalene and Jesus – books 1 – 4**

These four books encapsulate the second of the revelations with the first having been introduced by James Padgett one hundred years previously. These four books provide a wide range of guidance that has never previously been made available.

**Paul – City of Light**

As a gentle intro into the Divine Love and Healing; being James Moncrief's first novel and it's been criticised as being too heavily clichéd, but that's the point because it's a reflection of how he was back then.

**Ann and Terry**

For an example of people who might want to immediately start working on themselves and doing their Healing.

**Feeling Bad? Bad Feelings are GOOD**

For more understanding about our denial of our feelings and why we should not deny our feelings, and it includes how it all came about for James, using himself as an example.

**Feeling bad will make you feel BETTER – Eventually!**

This includes specific examples of Marion and James working on expressing particular bad feelings, again with the hope that it will help others gain something of an idea as to what's involved in doing your Feeling Healing.

**Sage – and the Healing Angels of Light**

Through Sage who's 13 years old, the story is primarily about the two aspects of healing; that being, with the help of our angels, and the full Healing we can do by looking to our feelings for their truth.

**Religion of Feelings  
Feeling Healing**

**Welcome to LOVE – the Religion of Feelings  
you can heal yourself through your feelings**

So these books, including the four Speaking with Mary Magdalene and Jesus books, provide the essence of it all and are examples of James' work. Then it's up to whatever takes one's fancy. Other reading to consider may include:

**The Padgett Messages being published as:****The True Gospel Revealed Anew by Jesus volumes 1 – 4****Book of Truths by Joseph Babinsky****The Urantia Book**

**Release one's pain through expressing one's feelings.**

**in conjunction with**

**Longing for the Truth when also longing for Divine Love.**

### **FEELING HEALING with DIVINE LOVE is SOUL HEALING:**

*A collection of 'papers' that draw together specific topics including all of the above and more from other sources of information and revelation designed to help increase one's awareness about why we have the problems we do and how to heal them, all whilst living a more healthy and sustainable life. They provide a brief snapshot of the more complicated topics and issues.*

**Firstly, consider discovering the truth of your emotional pain through Feeling Healing.**

**Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.**

**Primary and most important readings are the writings of James Moncrief.**

**Then consider the Padgett Messages, and then The Urantia Book.**

Pascas Papers, being free, are located within the Library Downloads [www.pascashealth.com](http://www.pascashealth.com)

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

### **PASCAS – document schedule.pdf      downloadable index to all Pascas Papers.**

FH denotes Feeling Healing; SH denotes Soul Healing, which is: Feeling Healing with the Divine Love; DL denotes Divine Love – living with the Love.

**PASCAS INTRODUCTION NOTES:** *All papers below can be found at Library Downloads link..*

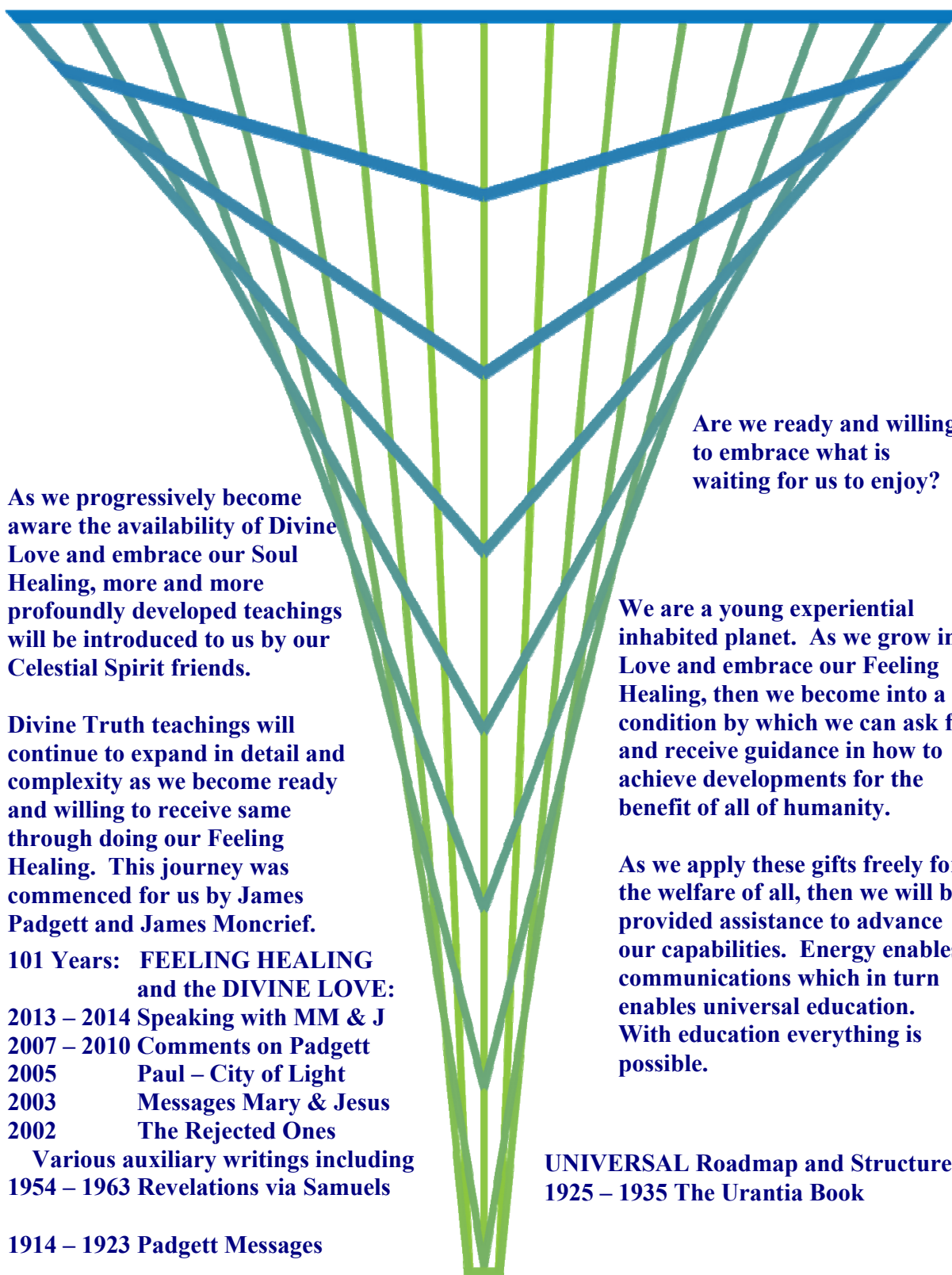
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

### **MEDICAL – EMOTIONS:**

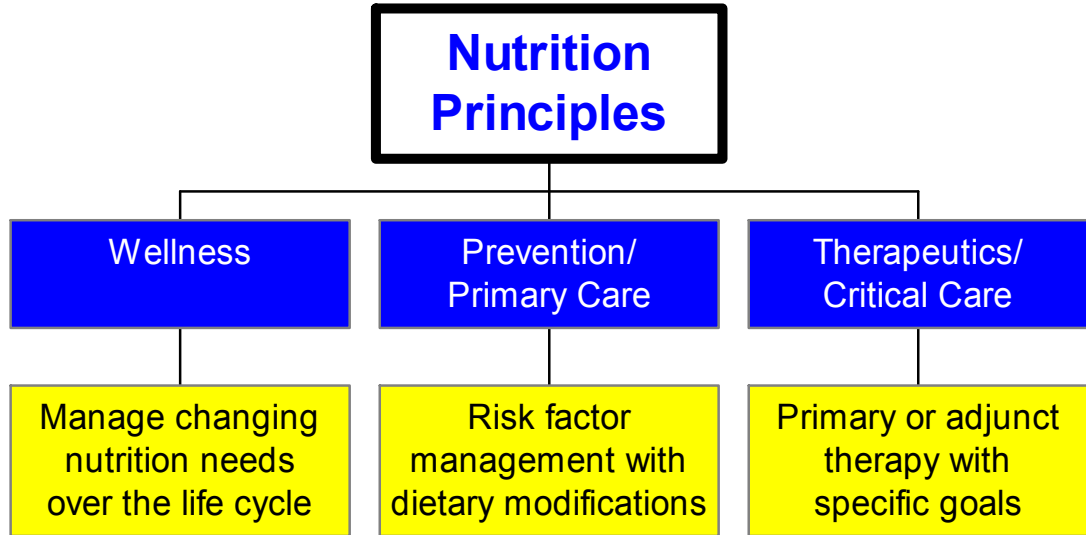
- Pascas Care – Feeling Healing
- Pascas Care – Feeling Healing All is Within
- Pascas Care – Feeling Healing and Health
- Pascas Care – Feeling Healing and History
- Pascas Care – Feeling Healing and Parenting
- Pascas Care – Feeling Healing and Rebellion
- Pascas Care – Feeling Healing and Starting
- Pascas Care – Feeling Healing and Will
- Pascas Care – Feeling Healing Angel Assistance
- Pascas Care – Feeling Healing Being Unloved
- Pascas Care – Feeling Healing Child Control
- Pascas Care – Feeling Healing Childhood Repression
- Pascas Care – Feeling Healing End Times
- Pascas Care – Feeling Healing is Rebelling
- Pascas Care – Feeling Healing Live True
- Pascas Care – Feeling Healing Mary Speaks
- Pascas Care – Feeling Healing My Soul
- Pascas Care – Feeling Healing Perfect State
- Pascas Care – Feeling Healing Revelations X 2
- Pascas Care – Feeling Healing the Future
- Pascas Care – Feeling Healing Trust Yourself
- Pascas Care – Feeling Healing Versus Cult

**PASCAS  
PAPERS**

**DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:**



# NUTRITIONAL HEALING



# NUTRITIONAL BIOCHEMISTRY

