

Our Immune System & The Three Daily Diets

We all want and aspire to good health, yet we often don't know how to achieve that elusive goal, other than the usual eat right and exercise recommendations. The body is best served by practicing a holistic regimen to enhance and support the three aspects of our human makeup in the quest for great overall health. View your health in three parts: physical, mental, and spiritual. Each part requires a form of daily sustenance to maintain optimum levels of health and to fortify and strengthen the vital immune system. Each part can contribute one-third to the healing process, and all too often, we don't call upon the most important two-thirds of healing power available to us.

We are a very complicated system of life, the many aspects of our human nature are entwined with thousands of processes and complex interrelationships. All we need to know to aid this miracle of life is the knowledge of this holistic method and apply this regimen daily. If this overall system of life could be described and identified, it would require thousands of pages in Volume One just as a primer. This system works in tandem and synergistically without our knowledge, and truly embodies the concept that life is indeed a miracle.

Fulfilling these three daily diets is a simple process we can easily incorporate into our daily regimen without much effort. The benefits to our overall health are vast and varied. Several of the most important concepts, features, and benefits are highlighted below. These should be enough to convince you to seriously consider following through with them, so you don't have to wade through thousands of pages.

Physical Diet

The physical diet is the most obvious to begin with. This consists of proper nutrition, water, exercise, and sunlight. All things in moderation is a good routine to practice. Vitamins and minerals are important, but mineral colors in foods are the defining and most critical factor which will be detailed further down. Exercise of some form every day like walking and strength training which has many proven benefits. You certainly don't need to sign up for iron man competitions. Include some form of moderate exercise to benefit muscle tone and the cardiovascular system. Brisk walks, like walking a mile in 15-16 minutes is the equivalent of jogging or running, without stressing the body and joints. You'll burn about the same amount of calories without the fatigue and sweat, and it will be much more enjoyable.

Sunlight is converted to Vit D, which in turn supplies this critical element used in thousands of chemical reactions and processes of the body. Fifteen minutes a day is a good recommendation. Otherwise, include foods high in Vit D, or take a supplement. Research shows two anomalies regarding sunlight in humans we should be aware of. Sunlight in the regions closer to the poles is of a lower concentration and is less able to provide enough for good conversion. Secondly, for people with darker skin tones, it is harder for their body to convert sunlight to Vit D. If you are in either category, ensure you're getting enough D vitamin. On a final note, follow your cravings. The brain is sending you a message, suggesting it is lacking a needed element or compound from that food group. When grocery shopping: Ask yourself, "What am I hungry for?" What do I crave?

Mental Diet

Next up on the batter's plate is the mental diet. This is all about stretching the boundaries in the brain, finding some form of daily activity for challenge and stimulation beyond your normal routine. Whether it be learning new things, skills, hobbies, games of skill, even daydreaming. Our true purpose in life is to acquire knowledge and wisdom, here, and in the hereafter. The old cliché applies here - "An idle mind is the devil's playhouse" rings very true." The mental features within the human makeup are incredibly vast and varied. It houses our incredible intellect, personality, talents, emotions, conscience, presence of mind, visualization, goal setting and so much more. This is the overlord of our perspective and outlook on life. Don't be the person who sees themselves in poor or bad health, and ultimately, becomes a victim of their self-fulfilling prophecy or thinking.

The most important aspect of the mental features regarding our health is visualization. The "I am who I think I am" is not only a defining feature of good health, it should be central to how you see yourself in a picture of good health. Whenever you think of your health and your current situation, always conclude or replace that image or thought with one from your past. Recall a point in time when you were the happiest and healthiest in life. Select an image or snapshot of that activity or memory. Now mentally post it on your life's proverbial bulletin board or fridge door. Always see that image as being the perfect picture of the level of health you desire now.

Imagine you're the projectionist in a theatre, and the audience is your mind. Project that picture onto the big screen, literally and figuratively instructing your mind that is what you desire, what you truly want your health to be right now! Bam! You have now given your amazing and very powerful spiritual mind, a clear and concise goal, a purpose, and an endpoint. In this manner of visualization, the mind now has a firm grasp of what you desire for your life, your goal, not some random musings or thoughts.

You just started the process of mind over matter! The mind can flip back through the pages of your history to the time of that image and compare the differences. Continue this mental process forever, and especially during the meditative process that follows. It won't happen quickly, but gradually over time. The mind will begin to gradually instigate changes in the physical body to reinstate the vibrant health processes of that image. When will it happen you ask? For a point of reference here, the body operates on a seven-year cycle, whereby every cell in your body, except brain cells are replaced. There is no set time frame. Your mileage will likely vary in conjunction with your age and the condition of your health!

Externally, we all age, that is an inevitable process of physical life, gravity, and the forces of nature. It is your internal health processes that are the focus of this critical visualization process. In time, the external features may take on a younger look as well. It cannot be stressed enough to practice, practice, and practice so that like a habit, it becomes ingrained and second nature in your thinking. You want that image seared into your thoughts, so that image is all you see when you think of yourself and/or health.

Spiritual Diet

The spiritual diet is the most powerful ally in the process of healing, deserving of much more credit than we know or ascribe to it. This part of our diet is the key that unlocks the full potential of the other two parts, supercharging the holistic process into a unified canister of power. Each part of the daily diet can contribute its limited share to our healing and optimum health. When brought together into a combined focus, the interrelationships between all three are merged, magnified, and applied for our benefit.

Think of feeding your spiritual diet as a process you purposely call upon and allow to happen as opposed to making it happen. The spiritual aspect is always available to us, yet we need to lower the barriers or restrictions that exist in a conscious state. To understand how let's look at the four stages of brain cycles in the chart.

Beta and Alpha are the only two that are of any benefit to us, as you are conscious, aware, and able to purposely access the brain. Theta and Delta are of little use as they are in the unconscious state, and not accessible to us in any meaningful manner.

The most beneficial state for the healing purpose we seek is Alpha. The pituitary is the commander in chief of all glands except saliva and lymph glands. Its primary function is to continually regulate the flow of all hormones produced in the endocrine system and does so in a tight and regulated manner while in our active Beta state.

Conscious		
Awake/Active	Beta	12-40 Hz
Meditation	Alpha	7-12 Hz
Sub/Unconscious		
Lucid Dreams	Theta	4-7 Hz
REM/Deep Sleep	Delta	0.5-4 Hz

When we reduce the brain cycles down to the Alpha level, the pituitary slows down the flow of essential hormones required for normal activity. At the same time, the major glands like the thyroid, pancreas, adrenal glands, and the rest begin to produce another entirely different potion which is known as the healing solvent of life. It becomes this life-extending quality when it is blended with the needed amounts of the normal hormones. It remains that this station of human existence is the **ONLY** one that causes this exact formula to be produced.

The various stages of sleep are responsible for rebuilding the normal wear and tear on our system during the average day's turmoil. Sleep is **NOT** the area that heals sickness and injuries. It could be considered the fabled fountain of youth sought for centuries because it slows down the aging process to one-tenth the progress that is felt under wakeful moments. Although sleep is duly responsible for rebuilding the body's cells, it is not the only process as it is always ongoing and never ceases. It is much more efficient in sleep because activity is reduced to an all-time low.

The Alpha state is where we need to focus, and the beneficial processes within this lowered conscious range. There are many methods to lower our conscious state into this lower range, involving breathing, closing your eyes, focus, and relaxing. Many places can teach you this with the aid of a biofeedback machine to help fine-tune your ability to maintain the 7-14 Hz range. It is very important to stay within this range to maintain a continual issuance of that healing potion of life. Variances outside this range will cause the pituitary to switch to the awake or sleep state. Find a way that works best for you. It is a simple process, more purposed than lying still and falling asleep. Allow yourself time to slide down into this range, it's not like a light switch.

In this meditative state, it's time to go to the movie theatre and be the projectionist, placing that picture of your perfect health onscreen. See it, believe it, focus on it, and instruct the mind to achieve it. (The section for cancer patients offers a longer, but unique breathing method to help increase this healing ability.) This new healing potion is picked up and distributed by the blood to the endocrine system, adding the normal flow of hormones and delivers it to the injured or affected part of the body. This newly formed potion becomes a unified canister of healing power, sparking the ultimate holistic healing process utilizing all three parts of our makeup.

It may be tempting to fall asleep, make the effort to stay awake, maintaining an extended stay in this range. The minimum suggested time is at least fifteen minutes for a healthy person. This can be used as a power nap, and indeed anyone can benefit from this exercise when you're running low on energy or feel fatigued. The most optimal time for this healing process is three hours per day in this state. For people in recovery from injury or illness, and especially cancer patients, the longer you can maintain time in this range the better.

There is another unique quality available to us only in the Alpha state regarding the past actions of our life. The brain has stored every past event, experience, even your thoughts in a form of a timetable log which is the basis for our memory. In this singular state, you can recall past events, bring them to the forefront of focus reviewing them as if in slow motion. It is possible to examine, study and see many overlooked details that escaped recognition at the time. For example, hypnosis is very similar and the best example of this process.

Have you been convinced to incorporate the three daily diets in your life? I certainly hope so. There are many other secondary benefits and applications to health that have not been touched upon to keep this explanation short.

Are you ready to dive into the immune system, mineral colors, and foods to maintain a fully functional immune system? One that can help prevent and cure illness, injuries, disease, and even cancer? The addendum for cancer patients offers additional items of interest which can be applied to your life as well for more insurance in the quest for great health.

Diet & Nutrition

The most important aspect of diet and nutrition is maintaining a balance with moderation and purpose. Nutrition is unquestionably a vital part of life and good health necessary to sustain us. We know vitamins and minerals to be a key element that is provided to us in food, or from supplements. These are most definitely required, however, a vital, but unknown part of nutrition involves the critical elements of mineral colors. The brain operates on the three principles of color, temperature, and electricity to perform all of its amazing functions. It is a simple concept with extremely complex interrelationships, so we'll skip the detailed explanation here.

These mineral colors are the critical keys needed by the brain to communicate, regulate, and resupply reserves needed by the organs and glands of the immune system. The brain requires these specific colors uniquely ascribed to each component to communicate with the endocrine system. Think of them as a series of individual gauges like the fuel gauge in a car. This critical factor signals the brain to alert the need for fresh supplies to that system component. When one or more of these colors is missing from our diet for a prolonged time, the reserves for that specific organ or gland become depleted.

Each member of the endocrine system contributes ingredients to be synthesized and finished by other members or manufactures a finished product. When a required element is missing in the process, the result is a weakened, incomplete, or failed product. The overall functioning of the immune system is dependent on the thousands of compounds the endocrine system produces. If a deficiency sets in for a prolonged time, the system falls into a dysfunctional state and is like opening the front door and inviting illness to come in.

One deficiency may not be critical, however, if it spreads to other processes in the system, a domino effect begins. Deficiencies lead to failures of other processes taking us deeper into the danger zone of poor health. The body has amazing abilities for resilience and recovery in these processes under the right conditions.

View these mineral colors as the most critical component needed in your nutritional diet to support holistic health. Knowing this much alone and applying it to your life will reward you with a two-pronged defense for prevention and healing.

Generally, the body maintains a thirty to ninety supply of reserves as a cushion to prevent sporadic disruptions to the immune system. Knowing how this process works, will help avoid prolonged periods of absence of these key mineral colors. Even in times of prolonged absence, the body has a backup system within the master pituitary gland. The pituitary has the unique ability to replicate many of the elements in an emergency, however, it operates in a limited capacity. The immune system requires a continual regulated flow, yet the pituitary can only produce these in spurts on an irregular basis. While this may temporarily alleviate a severe shortage, it is not a substitute for ongoing processes required by the immune system.

The shortlist below is many things you may already consume, so it won't be hard to follow this diet. Following this list will ensure your supply to the body of the necessary "mineral colors" to help the brain regulate and keep the endocrine system supplied with the needed elements. Enjoy any other foods you like, just see these suggestions as a daily and weekly guide to be included routinely in your diet.

There are quite a few interesting and beneficial side benefits to many of these recommended foods besides the essential mineral colors not detailed here. For example, chocolate also contains ingredients that help as blood filtering agents. One more reason to adopt these processes and routines into your daily regimen in the quest for great health.

DAILY MINIMUM INTAKE

One green vegetable	lettuce, cabbage, or any greens
One yellow vegetable	carrots, squash, or tomatoes
One white vegetable	onions, potatoes, eggplant, etc.
One half citrus fruit	orange, grapefruit, lemon, etc.
One third teaspoon	vanilla extract
One ounce	raisins
One ounce	chocolate, cocoa or candy bar
Four six ounce	glasses of water

WEEKLY

Two ounces of nuts	peanuts, pecans, almonds, etc.
One medium	garlic button, cooked in salads
Three eggs	preferably soft-boiled, poached or raw
Four ounces	wheat germ

The Endocrine/Immune System and Associated Mineral Colors

The mineral color code list is the basis for the inclusion of the suggested foods and strictly follows the concept of the brain and its use of the three principles of color, temperature, and electricity. Colors form an integral part of regulating our thought processes, the immune system, and many other functions of the body. The association of color and human life is easily illustrated in the range of colors captured in aural or Kirlian photography methods.

Most of us can learn how to see aural colors, and many people have healing abilities uniquely suited to help others using this color guide. It involves a process to psychically stimulate or energize the listed components from a dull or dark color indicating a deficient state, and “energize” it to a brighter, healthier functioning level. A future book will cover this in more detail and a lengthy explanation of the process and diagrams needed to utilize the process.

In the aural spectrum, certain colors are ascribed to the emotional aspects of a person. A picture of an aura can suggest a person’s current physical and emotional state. Within the parapsychology community, there is general agreement on color interpretation, yet discrepancies abound. Whether you consider auras fact or fiction is not important, but you should acknowledge the importance of color as the basis for almost every critical function and process in the makeup of human life. It is the most critically misunderstood factor in how we conduct our lives, health, thinking, and the world around us.

“Simplicity is the ultimate sophistication.” Leonardo da Vinci

Simplicity is a double edge sword that cuts both ways. It always represents the most direct way to explain a fact or truth, often though, it belies a most complex understanding to explain or support that simple truth. Thus far, many simple truths, principles, and facts have been presented for your acceptance or rejection without much support.

When confronted with subjects involving the unknown, unseen, or invisible aspects of life, we are faced with a conundrum of acceptance. The simple fact is that in this physical dimension, we cannot develop any physical scientific tools to empirically prove or measure the existence of the spiritual dimension, the hereafter. We have little choice in acceptance that is only based on faith, intuition, feeling, and the many undeniable examples that there is something out there that is real. Various paranormal displays of ability and actions of people prove and support that faith. It is a crossroads you may be stuck at or one you accepted and moved on.

The majority of concepts presented here reside in the physical dimension, and yet, science will likely never be able to prove even these to be true. The most defining fact that needs to be accepted universally is that we are a two-form system of life having two forms of intelligence. How we think – the brain; and how we feel – the mind. Within the physical dimension, the brain is the intelligence feature of the physical body. Within the spiritual dimension, the mind is the intelligence feature of the spirit body. Until science accepts this as a universal fact and defines them as two separate and distinct entities, mankind will continue to be mired in confusion and jargon. This stubborn and confusing debate between believers and non-believers is confusing and blinding mankind, holding us back from achieving our potential.

We lack volumes of information and understanding about the brain and the processes itself, forget even clouding the issue bringing the spirit body or the mind into the discussion. If all universal knowledge about the brain alone equaled one hundred pages, we’re only on page fourteen! If we can just agree to disagree and accept certain axioms (agreements) about our two-form system of life, it will usher in a new field of science and allow mankind to progress.

This new and novel information offered here about improving the most vital aspect of life, our health, can present so many new opportunities for healing, wellness, and prevention. For mankind to progress, engaging simplicity, faith, and acceptance will strike at the heart of these tedious debates involving needless semantics and false assumptions about our spiritual life. It is way past time for mankind to remain mired in the muddy waters about life and death, and incorporate obvious universal truths about spiritual life into mainstream acceptance and understanding. The mental evolution of mankind grows tired of waiting for us to catch up.

Life is simple, man insists on making it complicated. Confucious

The figurative and literal evidence of the spiritual dimension has been front and center, playing out before us since the dawn of man. These are universal principles advocated for millennia in different forms within philosophies and religious beliefs. Mankind is stuck at a crossroads and needs to move on. Thus far, even with the limited concepts and information presented in this short paper, you may agree on one thing. It gives strong appeal as a logical, reasonable, plausible perspective, and offers a definitive structure that merits further investigation. If you agree, congratulations on crossing through the intersection of ignorance.

This next exercise or process involves the visual adaptation of the colors themselves and incorporating them into a manner that will benefit you personally. We absorb colors through our normal visual range, and will purposely assign them to matching brain cell compartments in this step. It will strengthen the communication channel between mind and brain for the designated compartments in the brain. This will enable the all-powerful mind to exert more influence in this unique mind over matter healing process. It is a one-time exercise, upon completion, will be internalized by the brain, no additional requirements are needed. Designed solely to strengthen this one-way mental connection from mind to brain to benefit your pursuit of great health.

The Loctrinical Board

Sidetracking here to introduce some novel and compelling insight into how the brain processes thoughts and information, and why color is so important. May help you appreciate your brain a bit more. In comparison, this morsel of insight is like the whimsical grain of sand compared to all the sand in the ocean! Do you recall the three operating principles of the brain mentioned earlier: color, temperature, and electricity? Anything stored in the brain has been previously graded and assigned three numbers. A thought travels faster than any known process in the universe, and the brain can process a thought one million times faster than the speed of light. We knew light was a real speedster, and you just thought you were a fast thinker!

The brain is connected to the Loctrinical board which is responsible for processing every thought and function of the brain involving color through a universal color code. Integrated within this scheme of color is your personal color code of recognition as individually unique as your fingerprint or eye pattern. You are uniquely identifiable on earth with these physical distinctions, seems you also have a unique spiritual identification with that personal color code. The mind has the ability at will, or upon command, to traverse the universe in search of answers you want or just travel. Perhaps this is how the mind can wander the expanses of the universe and easily find you without getting lost, not some infinite silver cord attached to your spirit body? That's just the first step, we won't even begin to attempt explaining the next two steps. These are even more precise in the grading process for temperature and voltage which are assigned to that thought before being stored in the appropriately matched brain cell compartments. The brain is truly a marvel and the most complicated matter in the universe. Hard to imagine why it would also be labeled the laziest organ in the body, but we'll save that for another discussion.

The Loctrinical board is a wholly unique mechanism "metaphysically" linked to the vast network of cells and neurons in the brain. Think of it like a hologram located just outside your forehead. Every external thought or anything that comes into the recognition chamber of the brain through the five physical senses has to be processed through the links to the Loctrinical board in some manner. It processes and grades a thought first by color, tagged, and sent on to the next step to be graded for temperature, and then voltage. All of this happens so incredibly fast, allowing us the ability to think, speak, react, and process in real-time, immediately. The Loctrinical board has no physical form that can be isolated or specifically identified in the

physical body through any form of examination. It is an alliance, the connection, formed at the moment of conception, the beginning of your life that will exist until you leave this physical dimension in association with the spiritual mind. This is the sole aspect of our makeup creating the communication gateway between the physical and spiritual dimensions. Bluntly stated, this is the God channel in our life. Man procreates the physical body, God creates the spirit body.

A bit more before we move to the color codes. This information was too important to exclude how important color is to our life. This board contains ten thousand portals each assigned a specific shade of color corresponding to each known subject (Math, Physics, Biology, Economics, Music, etc) cataloged in the universe. That alone should tell mankind we are just infants in the knowledge of the universe with untold numbers of undiscovered subjects awaiting our discovery on earth.

As the clearinghouse responsible for processing and grading every thought, it should be known that the brain also acts like a radio receiver and transmitter. Ever thought about somebody, and you get a call from them later. When we send out thoughts, they're already tagged and identified, and in one sense makes it easier to reach that person, however, the receiver still has to process that mental phone call to return it. This is an example of mental telepathy in action.

Once again we meet up with a complex and unprovable subject about the brain and other subjects that involve many other interrelationships and explanations. By now you should have gained a much better grasp of the importance of color and its involvement in our life.

See color as the single most important item in your scheme of life because it **IS** the way to improving the transmission of thought and upgrading the brain's activity.

Since we have a color code within our life's arrangement that gives us thought control, we need to look at this system with a critical eye. Although each individual has their own particular color assembly which can be called their personal color code, there nevertheless remains a universal color code that applies to every person on earth.

These particular colors are primarily assigned within the jurisdiction of the involuntary nervous system which keeps our major features of life operating without deliberate effort on our part. A color shade is incorporated with each vital organ and gland, giving us the same pattern of thought as our conjured thoughts.

The Color Code Method

Assemble color samples for each matching color below, such as paint strips, color printer. This will take some time and effort to complete. Fortunately, there is more than one way to simplify the process. This process will involve studying each color for a total of seven minutes.

- 1) Study each color for seven minutes and allow at least fifteen minutes between each color. Can be hard to maintain your focus for that long using this method!
- 2) Study each color for one or more minutes at a time, allowing the fifteen minute lag time between colors, so long as the total time spent on one color equals seven minutes.

The lag time lag required between colors is essential to allow the brain to process and store it in the proper brain cell compartment. The associated brain cell compartments for the glands and the connection to the Loctrinical board are being newly activated. It requires time or repetition of thought so it can energize the matching cell compartments, increasing the voltage stored within that assigned brain cell compartment, gaining strength of power.

Alas, another long explanation on brain functions cut short. Suffice to say this is the same method of repetition in how we learn and become more proficient by studying any subject or activity. Over time, the repetitive processing of thoughts studying a subject or practicing an activity increases the energy stored within the associated brain cell compartment. Like charging a battery, it increases the electric charge contained, building up. However, It can lose power through atrophy, lack of use or continued study as the stored charge within a cell compartment diminishes. Someone might say, "I used to be really good at that, a little rusty now!"

Follow the simple instructions of this system carefully and then pass on your color samples to someone else.

COLOR CODES	
Liver	Silver
Stomach	Silver Grey
Thyroid	Light Blue
Intestines	Light Brown
Lungs	Tan
Pancreas	Light Gold
Heart - physical	Sandalwood
Heart - emotional	Tarnished Brown
Hypothalamus	Olive
Pituitary	Brilliant Gold
Adrenal	Apple Green
Thymus	Coral Pink
Kidneys	Yellow
Bladder	Light Green
Lymph	White
Gonads	Eggshell White

Health Tips and Suggestions

Stress Relief

If you, or someone you know, has been subjected to periods of chronic or prolonged stress or eustress, and especially cancer patients, this adversely affects the digestive system, constricting the pores in the stomach lining. This prevents the absorption of most carbohydrates due to their larger size, which can lead to a troubling imbalance of proteins. Apple juice is one of the few carbohydrates small enough to pass through these constricted pores. This is very important in restoring this balance to alleviate digestive absorption problems and potential immune system dysfunction. Drink 6-8 ounces of apple juice every day for 2-3 weeks. Maybe there was something to that old saying – "An apple a day keeps the doctor away."

Overall Health

Olive Oil - Drink 2 tablespoons of good cold-pressed virgin or extra virgin olive oil 2-3 times per week, or 4-5 olives daily is better. Take directly, or add to salads or other foods. Olive oil contains considerable nutrients able to help ward off or prevent many potential illnesses. As a mono-saturated fat, it will help lower cholesterol levels, dissolve arterial plaque buildup, and supplement the immune system.

Blackstrap Molasses – excellent vitamin supplement – 2 tablespoons three times per week, or add one ounce in a shake or drink daily. Very alkaline, and contains a wealth of minerals and vitamins. Diabetics – start slow, test glucose levels as it has sugar, eat with a protein snack.

Beans and other legumes - contain a certain unidentified element extracted and used by the immune system against bacteria and other invaders like a directed toxin. Pinto beans have the highest content of these specific elements, thus the “gas” effect.

Licorice or licorice extract – contains high levels of elements the brain can use. It is particularly beneficial for children due to the need in these years by the brain for these elements. The oil extract, not flavoring is required.

Quinine – easily found in tonic water could be added as an occasional dietary routine. Drinking six to eight ounces daily for two weeks. This will help cleanse the exterior of the pituitary gland that like a magnet, may attract waste products, primarily the residual shells of spent proteins. More often occurring after periods of stress if there has been a high protein accumulation.

Garlic and onions – Think of these as brain food. They are the best sources of minerals and chemicals for the brain.

Chocolate - contains elements used for blood filtering agents, all in moderation.

Vanilla or vanilla extract - contains elements helping to maintain the resilience of the liver.

Baked or boiled potatoes - Can furnish the full range of daily vitamin requirements when consumed with a dairy product, milk is best. Think loaded baked potato and a salad. This combination can provide most all essential daily compounds needed within the body.

Polyunsaturated fats - have been falsely advertised and promoted as good for us by bad science for decades. The American Heart Association has parlayed their Heart Healthy endorsement campaign for decades for polys. These are perhaps some of the worst foods to eat regarding the arterial system and plaque buildup. Saturated fats are proven to be very beneficial for the heart, arterial system, and brain development in children. It's rather odd that coronary heart disease and associated ills only became a big factor in medical books after the introduction of polys. Find an open bottle of this so-called good oil. Check the rim or outside of the bottle. It will probably be sticky and difficult to wash off. This is similar to the action on your arteries accumulating over time as the body can not break it down or digest it properly. In processing, high heat changes the molecular structure, preventing the body from breaking it down. Conversely, saturated fats do not harden, are easily and fully digestible by the body.

For more concise information on saturated fats, go to the Weston A. Price Foundation website and read the information and learn the true facts about saturated fats.

<http://www.westonaprice.org/knowyourfats/oiling.html>

Special Message For Cancer Patients

This section incorporates information and insight to aid and help cancer patients utilize the previous information, offering additional suggestions and methods to beat that coward, cancer.

Avoid eating red meat proteins found in beef, pork, lamb, and the like, during your battle with cancer. Occasional items once or twice a week are fine. Incorporate plenty of fish, shellfish, oysters (raw is best), white meat, and plenty of dark green or leafy green vegetables like cabbage, spinach, kale, collard greens, beet greens, and the like. These vegetables are loaded with potent nutrients that fortify the body. The heavier proteins in red meat products, even your red blood cells, are the food choice of cancer promoting its growth. Avoiding red meats will help deprive what cancer prefers to increase its growth, and one way to help to starve cancer.

Sugar has been incorrectly labeled as a promoter of cancer growth, and that you should avoid sugar in your diet. Contrary to this misinformation, sugar is a necessary ingredient in the nutritional battle against cancer. This is the equivalent of gas in your car. Your body relies on this source of energy. Avoid excess refined sugar and high fructose corn syrup. The natural sugars found in food and fruits are good for you. Eliminating all sugar in your diet will only deplete your energy levels, resulting in fatigue. All things in moderation is the keystone of life.

The Holistic Approach To Beat Cancer - Mental, Spiritual and Physical Suggestions

Your enemy is cancer in your body. You must summon the courage and a fighting attitude to reject the notion that it has any right to be in your body whatsoever. To help you accomplish this process, the following suggestions should be taken to heart, and are excellent weapons you can add to your arsenal to beat cancer in your body.

"We might assume, and perhaps it would enlighten us better if we did assume, that cancer and its privileges are not welcome in our personal realm of activity. Consequently, we again assume that we must denounce it. Here again, emerges the truth serum of the powerful mind. It will not bargain with threats or assailants in any manner. Pronounce cancer as being foreign to your system each day in the following passage:

'I will not assume responsibility to any foreign matter which does not serve me with diligence and care.'

Simply make this statement once each day in front of the mirror and keep it inside the area of disease, both physical and mental. The mind will adopt this statement as true and will, accordingly, enrich the physical defense mechanisms to a firm state of existence. Hence, we see preventive medicine in action."

Joe K. Holbrook, The Cancer Story

Attitude, Belief, and Visualization

Your attitude, not your aptitude, will determine your altitude in life. Zig Zigler

From this moment forward, do not under any circumstance see yourself in the future with cancer involved in any of your life's activities, goals, and dreams. Not even one second from now. See yourself **NOW** as being free from cancer, standing tall and confident. Maintain the steadfast attitude that you will be the victor, not the victim in this battle for life.

Commit yourself mentally and physically to fight an enemy that does not play by the rules, and neither should you. Cancer will tug at your emotions and you must not allow it to drag you into the pits of depression and loneliness. Be active, get involved with life, and talk to others in a support group for example. Talk to yourself at any time, out loud to shore up a lowered resolve, and challenge yourself to keep your guard up.

This ideological perspective comprises many aspects of the mental and physical aspects of our human makeup that are also a part of the entire cancer story in mankind. From this information, an interesting and intriguing chapter on intelligence and personality was added for this battle royale. A very important, optional step in your fight against cancer now and the future is to implement the first step of this process. Step One will build your self-confidence, strengthen your attitude, and personal self-identification. Both steps are highly advised for everyone for their benefits, however, Step One is a very important exercise that can specifically benefit cancer patients. Download it here. www.adnutraceuticals.com/twosteps.pdf

Be the Victor, Not The Victim

The visualization process in the Alpha state is perhaps, the most important plan of defense in your fight to beat this cowardly disease. Never see it as the winner, view it as your next victim, and you the proud victor standing over its lifeless body on the battlefield. The word cancer should never be capitalized or viewed as a terminal event in your life. You can win this battle with the right weapons and protocols included in this information.

The root cause of your cancer began long before you were aware of it. During that time, it capitalized on your emotions, cheated, and deceived you every chance possible. We should think of cancer as a life form of its own, possessing a creative and intelligent force, as if it were an alien invader. As we get smarter, so does cancer as it preys upon our intelligence and emotions to take us hostage. It is a cowardly life force and will retreat and hide at any threat to its survival if it senses any danger from attack by any therapy. If you are told you are free of cancer, do not let your guard down. Unfortunately, chemo is an indiscriminate poison and can be very damaging to our immune system harming good and bad cells alike.

If your immune system is still compromised, it will wait for an all-clear signal given to you. If you relax upon hearing this, or let your guard down, it will seize that opportunity to return with a vengeance often resulting in metastases. A fully functional immune system can kill cancer cells, and the reason most of us make it through life unscathed. This coward is an integral part of the human makeup. It can not be excluded, eliminated, or permanently cured. It can only be prevented or conquered, relegating it back to its pathetic dark corner of the dungeon. There are always exceptions, it cheats, generally, though, this is the usual mode of operation and attack.

To win, you must develop a clear focus, goal, and plan in your battle against cancer. You've learned about the vital elements of visualization, attitude, nutrition, and knowledge. More importantly, you've gained an understanding of how to implement a strategic offense with these weapons. Whatever your choice of that snapshot of a happy and active memory, using this mental image is your best shield against cancer and the deceptive tricks it plays to doubt your resolve and attitude. Dismiss them, focus on that memory in the here and now.

See this memory or activity, use it in the meditation exercise. Your focus must be on the here and now. Everyone should follow this one rule. If you look into the future, **ALWAYS** see yourself enjoying the benefits of a healthy and active life free of cancer. Say out loud any time, especially in mental conversations with yourself, this is the health and lifestyle you want to enjoy now. Do not underestimate the strength and power of this singular and simple step.

DO NOT at any time from this point forward, see or imagine yourself even one second into the future with cancer. Focus on this image - you in the future, healthy and free of cancer.

Meditation

Deliberate meditation is the most powerful form of healing for the body as explained above, The longer you can maintain this relaxed state the better. Use any form of repetitive recitation, prayer, or reliving a happy memory as you sink deeper into this meditation. During this time, reference that snapshot to boost your resolve and uplift your spirit. Daydream about a carefree future trip seeing yourself free of cancer. Generally, fifteen-twenty minutes is adequate for a healthy person. For you, the conquering hero, revel in the moment and celebrate for thirty minutes or longer. Make this part of your daily routine, your personalized prescription for health.

The following breathing exercise will be very helpful in getting to this meditative Alpha state and achieve the correct balance between the oxygen and carbon dioxide levels that will increase the power of the healing process. It will take a little practice to adjust your breathing pattern.

This will involve twelve deep breathing routines. Sit in a comfortable armchair or lying down and begin a series of twelve deep breaths in the following manner.

For each breathing loop, you will divide a normal full breath into three parts. The counting should equal one second for each – ie, 1001, 1002, 1003, or 1-2-3 slowly, while inhaling slow and deep through the nose.

Inhale 1-2-3, Hold 1-2-3, Inhale 1-2-3, Hold 1-2-3, Inhale 1-2-3, Hold 1-2-3

Place your tongue to the roof of your mouth, and exhale completely to the count of 1-2-3 forcing the air around the tongue for a deep clearing of the lungs. Do this a minimum of twelve times.

When finished, imagine yourself going down ten floors on a long escalator or elevator ride. Counting backward from ten to one, see the numbers appear, feel yourself descending into a meditative state. Repeat the ride down if needed until you feel that inwardly focused state.

Visualize your favorite image, see yourself sitting center seat in a theater as you project it onto that mental screen. Hold that image or replay the activity over and over, mentally affirming and instructing your mind that is what you desire in your life now!. Keep that picture on the screen as you repeat prayers, or allow yourself to drift in those past moments of good health. Focus and stay awake in this Alpha state for as long as possible, avoid drifting in and out of sleep. Repeat this exercise daily during and even after the treatment to maintain good health. Following this special breathing exercise supercharges, magnifies this new healing potion.

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Post this on your bathroom mirror, daily, look into that mirror, see yourself clad in a golden suit of impervious armor. Say it out loud, truly believe and mean it. You have to be your cheerleader in this fight, no one else can do it for you. Certainly, others will want to support you in many ways, but this is your fight, not theirs. You're the person fighting for your life. Memorize it, say it several times a day any time you're in front of a mirror, even the rearview mirror in your car! Make this your battle cry of victory and ***HEAL THYSELF***

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'I will not assume responsibility to any foreign matter which does not serve me with diligence and care.'