

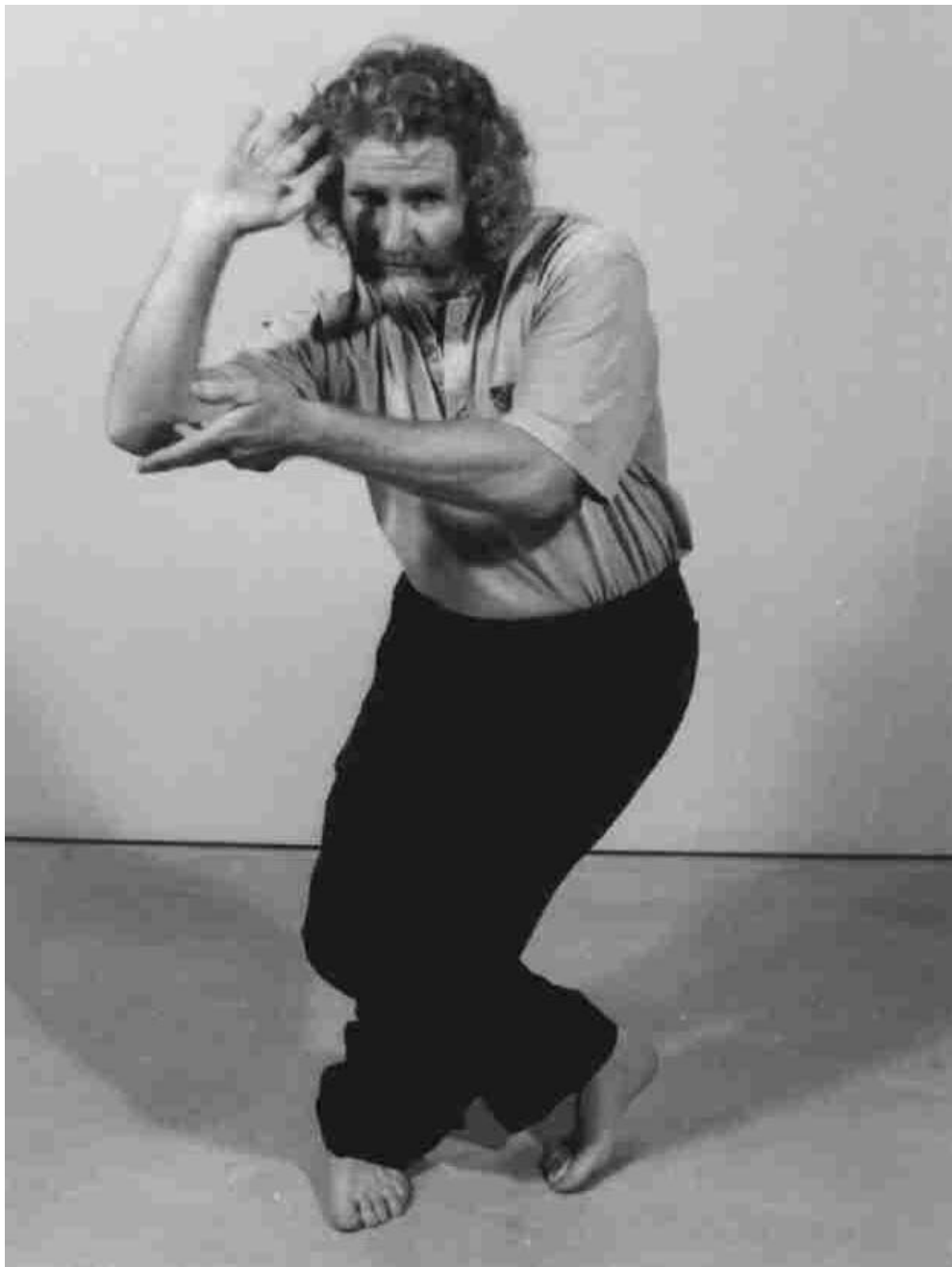
FOOD FOR SPIRIT

By Erle Montaigue

©1983 Moon Ta-gu Books

First published in January 1983 by Moontagu Books Ltd. This is the electronic version re-released here. Please do not sell this book! Give it to someone sure.

Please use this book for your own use only. It is illegal to use it in any way for commercial purposes.



The idea that the food that we eat is able to change our lives and even influence the physical circumstances in which we live is quite difficult to understand. In order to understand this we must know a little about the internal energy workings of the body.

To do any kind of work, we need energy. This work can be purely physical like chopping wood, eating or digestion. Alternatively, it can be mental activity like conscious thought. It can also be sub-conscious thought activity. The later is the most difficult for the western mind to understand because we are obviously unaware of it's existence, and anything that we western people can't see or feel in some way, we usually don't believe until we experience it physically.

The 'internal' or sub-conscious work, is the energy that shapes our lives around the mould that we have made for ourselves. You might wish to be a millionaire consciously, but internally you must be where you are at that point in time, in order to fulfil an internal need, probably a learning need or an experience that needs to be felt. Some people are placed into, or rather, place themselves subconsciously into certain circumstances in order to work out a certain weakness that they may have. For instance, a person who has some sort of sexual weakness, more so than normal, will usually find him/herself confronted with sexual situations. Or a person who has some weakness for alcohol will find himself confronted with alcohol. Until we learn to know why we have placed ourselves into these circumstances, we will not be able to work them out, and so the circumstance remains.

One of the greatest weaknesses in modern man is his need for food, and lots of it. We have come to a state where we are so dependent upon food for security that we no longer know what it means to need food for its specific purpose. Whenever things become a little hectic, or we feel a little bit down, there is always the restaurant to turn to. This has the effect of satisfying our over-worked taste buds giving them a 'hit'. This hit is necessary though, because we have eaten so much rich and spicy food that our taste buds have become dulled to real tastes. Unfortunately, rich and spicy food is not good for us, and is unnecessary, so we have the awful situation where we cannot trust our own senses to tell us when to eat. Our tongue tells us that we want rich food, but we need it as we need a finger in the eye. This is where the whole 'habit' of eating gets right out of hand and we now find that 3/4 of the western Population have some sort of food related disease, heart, liver, kidney or colon troubles etc.

The best way to get back to more normal tasting is simply to give your tongue a rest. The only way to do this is to fast. If you are a diabetic however, you should be extra careful when fasting as you could get what is called 'ketoacidosis', a condition where ketone bodies build up in the blood causing acid blood! This is a sign however, that you are simply not managing your won condition very well. Diabetes is one of the easiest conditions to manage, if you are told what to do. And in most cases, doctors just do not know! In addition, in many cases you are even given the wrong information! However, that's another story.

Fasting is an excellent way to teach the whole body and mind to appreciate normal food again. Food that has not had additives pumped into it, or so covered with spices that the normal taste of the food is covered up.

It is not easy to fast, in fact it is very difficult, not from a body point of view but from a mind point. We use food to give us something to look forward to, after a hard working day. This crutch is necessary because we are bored with just coming home etc. Therefore, it is the giving up of this crutch that is the most difficult thing to manage. The effort to give up our 'security' (food), becomes difficult if we have been used to eating lots of 'junk food.'

The big problem with fasting is that as the poisons are slowly taken out, this poison must still pass through the kidneys and liver, in order to be passed out. As it is passed out we crave for the food that gave us this poison in the first place, and so many people just cannot stand the mind strain so they go back to bad eating habits without giving the fast a chance to work.

I personally prefer to go straight onto a fast, as it is this immediate 'shock' that forces me to stay on it. Once over the pain of the first day it becomes a challenge, and we feel good just

sticking to it. However, if you think that it's too much to go straight onto a fast, the lead up diet is advised.

The Lead up Diet

For two or three days, eat only fruit and drink only water. You will find that this will be also quite difficult, you will have a bad headache and perhaps some joint pains. The reason for this is that fruit is the best cleanser, and causes much of the built up toxins to go through the system and be eliminated. It is this toxin that causes the aches, and even nausea, not the fruit.

The lead up diet will be enough to give you the incentive to take a full fast taking only water over a four-day period. If you feel weak while on the lead up diet, try taking some potassium broth each evening.

Potassium Broth

Simply take potato peelings with plenty of flesh still left on, some carrot tops, some whole beetroot and anything else that you happen to have lying around. Be sure that what you use is not fabricated, i.e., it has grown.

Place everything into a pot (not aluminium) and stew until you have made a broth. Do not add spices or salt etc. Just drink it as it is and this will alleviate your problems for a while.

The Short Fast

You are now ready to start your short fast of four days. It is best to start after your evening meal marking on the calendar when you will start eating again. You must also have access to purified water via one of the many commercial water purifiers, or use rainwater. There are some excellent small water purifiers nowadays, which just slip over your tap and take everything out, including the fluoride, leaving you with something akin to rainwater. Tap water cannot be trusted, with such things as rat poison! (Fluoride) and chlorine placed into our water supplies without our being able to say or do anything about it. Many countries have now stopped fluoridation because of the adverse side effects such as fluoridosis of the teeth, (the teeth in children go blotchy and brittle and fall out, with nothing that can be done once it has taken over. This is because, although we need a small amount of Fluoride, which occurs naturally, we get too much of it. Doctors and even dentists advise that parents give their small children non-fluoride toothpaste). Australia and some States of America persist in poisoning us with this rat poison. However, that's another political story, back to the fast. You have found yourself some pure water and so you are ready. Here is a rough example of what to expect, although everyone has his/her own experience.

On the first day, you will feel a little tired and apart from the obvious hunger. You may feel agitated and tense. Be aware of this and try not to be too hard to live with. You will probably have a headache and feel cold when evening comes around.

If you are able to get through that day, the next morning should be a little better, you will just feel good, but this will only be temporary until you start to move around. Movement increases the elimination effect and some more poison will be taken out, which will cause you to feel rotten again. If you cannot stand the headache, take a teaspoon of honey added to a glass of warm clean water with a squeeze of lemon juice. This should take care of the headache and will probably taste like manna from heaven.

For the next three days you will be up and down, feeling great one day and terrible the next, this is the effect of elimination. If you can stick it out, you will reap the benefits ten fold and all the pain and anguish will have been worth it.

Food to Eat after A Fast

A short fast will not harm you, it is what you eat after the fast that is important, and which can kill you!

Food can be either alkaline or acid in property. This does not mean when it is in its primary state, but when it is burnt in the stomach during digestion. The ash that is produced is either acid or alkaline.

In order to stay healthy we must keep our body slightly on the alkaline side, too much acid over long periods and we die.

Acids attract alkaline and alkaline attract acids. The toxins that we are trying to eliminate are of an acid nature, so we should eat slightly alkaline producing foods so that the acid, (mucus) will bond to this ash and be eliminated. If we eat acid forming foods, they will only produce more mucus, which will have to be stored in your fat cells. The only thing that will get rid of it is to fast, or to have your fat cells surgically removed!

When coming out of a fast, especially a longer one, (10 to 15 days) you should be extra careful of what you eat, especially highly alkaline foods. The reason, is that if you have too much poison stored in your fat cells (from years of bad eating) and you eat a very high 'positive' or alkaline food, then you will eliminate too much poison all at once, and some people have been known to die. The fast is usually blamed for this and we see headlines like: "Man Dies from Fad Diet." However, really, he died from what he ate after the fast, and because he had eaten bad foods all of his life.

The safe foods to eat are things like bananas, apples, stone fruit, potassium broth and even a few dates or raisins. Avoid olives, grapes, figs and all foods that have a great laxative effect except dates or raisins. If you know that your system is not too dirty then eat these foods, as you might need a greater elimination effect, this also holds for those who go on regular fasts.

The first day after a fast should be spent doing mild exercise like t'ai chi or yoga and eating only fruit of the kind already mentioned. Do not eat citrus fruit on the first day after a fast. I do not advise the so-called 'juice fast'. This is not a fast, as nourishment is being taken and the juice is too harsh on the system, this is why people usually 'break out' when doing a juice fast, the liver and kidneys just can't handle the amount of poison being eliminated, so the skin, (our back up organ) takes over.

Distilled water is a personal preference. I do not like distilled water, but others swear by it, so try it for yourself, it certainly will not 'leach your bones' of minerals as some have claimed.

After some trial and error you will begin to know what is right for your system, and the fast will become easier, especially as increasingly poison is eliminated. However, only go on a fast if you really want to, do not be forced into it by others or by your own fears, you must really want to become healthy. A good idea is to write down your feelings just before you go on a fast. Write down why you are doing it and what your motivation is etc. Then as the fast progresses and you feel like giving up, re-read your own thoughts so that you will feel like sticking to it.

Once the fast is over and you want to get back to more normal eating habits, you will want to know what to eat in order to keep your system clean. I will cover all of this in a later chapter but remember, your system is not clean just because of one small fast, and it takes a while.

Why Fast

There are two reasons to go on a fast. The first, and most obvious one is to clean up the internal physical body, and get rid of much of the poisons that have been stored in the fat cells. Also as already mentioned, we use it to teach our tongue about real taste again. It's amazing how a fast will tone up all of your senses; smell, hearing, taste, touch and seeing all become more aware. This is especially true of smell. If you have been eating many dairy products, your nose is literally clogged up with mucus.

Mucus

There are two types of mucus; one is slime that the body produces consisting of body salts, cells and mucin. Its job is to ensnare any foreign particles and lubricate. The other kind comes from outside the body and this is the mucus that is dangerous. It causes the mucus membrane to overwork and add much more mucus to the body, which should produce about 100 ml., per day. Dairy products are the cause of too much mucus. As the fast progresses, our mucus membrane starts to work again, and we begin to smell things again. This also happens with the other senses. More on dairy products later.

Another viable reason for fasting is to lose weight. This only works of course if you stick to the correct food after the fast and do not go back onto the eating habits that made you overweight in the first place.

Internal Energy

The second reason for fasting deals with the spirit. I have already touched upon this briefly. This is a more intangible reason for fasting, in that it deals with your spirit, or 'internal energy.' One quote that has stuck in my mind for many years comes from a book called "Siddhatha", in which the central character says, that in order to make things happen, all one should do is to 'think, fast and wait.' Nothing is truer than this, I have experienced this phenomenon myself many times. When you are 'stuck in the mud', or you are facing all closed doors, all you need do is just be quiet and wait, without any physical thought. Suddenly, a door will open and your circumstances will change. To enhance this effect you should fast.

Ch'i (Qi)

There is a simple explanation as to why the 'Think, Wait and Fast' concept works. This also pertains to prayer and meditation.

There is a very powerful energy that we are able to make use of. This energy is referred to in Chinese as Tao (Dao).

It is a universal energy that anyone is able to tap. Everything on this earth, and other worlds has this energy within, call it God, call it Ch'i (internal energy), call it Ki, or call it prahna, it is all the same. This energy is responsible for providing the power for all of our physical, mental and spiritual needs.

We all know about the physical and mental needs, but in order to gain spiritual power, or ch'i power, we need to be able to direct this internal energy to do certain other work. This energy is capable of changing our lives for the better, or for the worse, depending on what your sub-conscious needs are.

There comes a time when all of us come to a brick wall, and no amount of pounding will break through. We seem to be closed in on all sides. There is only one way to break through this wall, and that is by using your internal energy to 'make things happen.' I will say at this point that when you do come to a wall, this is a sign that you now want to move on, to your next lessons.

The Ch'i is used for every physical and mental mode of work and in order to direct this energy, so that our circumstances are changed, or to give us new ideas for certain things, we must be able to direct it away from the physical bodily functions that use much of this energy, and direct it to the mind. How many times have you just wished that a certain thing would happen, and in some way, it does? Alternatively, you might think about something happening for a long time, and sure enough, it does. It might take some time, but with enough thought, it eventually manifests, even if you simply have to work very hard to save up the money for a certain object, it has still manifested. There is nothing under heaven that you cannot change or have happen, if it is what you really want.

The Three Areas of Qi Usage

There are three areas of greatest use of ch'i. The greatest user of ch'i is the propagation of life, (sex). The second is digestion and associated usage. The third is physical movement, (exercise or internal physical bodily organ functions). If we are to direct the ch'i to the area of the mind then we must forego much of the three main areas of greatest use, so that we have enough ch'i to perform the task of 'breaking walls' and 'opening doors.'

Meditation is one area, where-by we forego most physical and mental activity, but there still remains digestion, the second largest user of ch'i. So obviously the fast, and subsequent correct eating is the only way to direct this great amount of ch'i into the subconscious mind for condition changing.

After the fast we must eat correctly, in order to keep digestion to a minimum, using a minimal amount of ch'i, so that our thoughts will always be working for us to a certain degree. I will also be covering this later.

SEX

The largest user of ch'i is sex, or as most people incorrectly call it, 'making love.' Sexual habits come under that same category as food addiction. We have become far too dependent upon sex as a crutch (excuse the pun), to enhance our so-called boring lives. Many men that I know can't even go to sleep without their nightly poke. So in the same way that food becomes bland with over use, so too does sex. We then require bigger and better 'sexual hits' and start using external 'marital aids' to heighten the sexual delight. Sex then becomes a totally unnatural act, where love can no longer be present. The sexual organs become so used to the normal feeling of ejaculation, that additives must be found to increase this normal function. All of the ancient (and modern) decadent empires came down to this level, and so collapsed. Present day society is coming very close to this decline, but hopefully (and the signs are there), many people are now realising a new higher path, and this should help to balance out this decline. As the 'collective intelligence increases along this path, we will see a turning point of this decline.

Collective Intelligence

Collective intelligence is a phenomenon sometimes called 'the one hundredth monkey principle.' I have taken note of this principle in my own classes. If two or three people stay away from a class, or rather have the 'idea' of staying away, about 50% will stay away. If three or more extra students decide to come to a class, other than their normal class, this class will be so full that people can hardly move. There seems to be some sort of 'collective intelligence' where-by everyone's mind is joined sub-consciously.

The one hundredth monkey idea came from a group of monkeys on an island belonging to Japan. Every day the keeper would bring the monkeys sweet potatoes. A young female monkey decided that she would take her potato down to the water to wash it before eating it. Slowly, members of her family took up the habit and a few outsiders also, but not the main group. After some time, one by one, more and more monkeys brought their potatoes down to the water. Until one day, suddenly the whole group brought their potatoes down to the water to wash them. The incredible thing was though, that on the same day, even the monkeys on two other islands that had no contact with this group, also decided to take their potatoes down to the water. All that was needed was one more monkey to take up the practise, and in doing so became, 'the hundredth monkey', causing the collective intelligence to have enough power to persuade all of the monkeys to take it up.

It may not have been exactly one hundred monkeys; this number is only for the sake of having a number. This principle has been written about in a book called "THE HUNDREDTH MONKEY" where the author likens the monkeys' behaviour to ours, where nuclear disarmament is concerned. Some people say "Oh I can't make any difference," but that person might just be the 'hundredth' person to cause the 'whole' to think about nuclear

disarmament. With this in mind, if more of us have good thoughts etc., then eventually the tide of decline will be turned.

Sexual Fasting

In order to make the greatest use of our given qi or internal energy, and to take our sexual habits back to being normal again, we must also go on a 'sex fast.' No, do not burn the book right now; it is not as difficult as you think. All you have to do is to give it up for three or four days, and then see how your normal sex will be enhanced naturally. Your sex 'taste buds' will spring back to life and give you renewed feelings towards your partner. Eventually you will be able to only have sex twice or at the most thrice per week. Younger people are able to do it more often, because they have more yang energy. As we grow older, our energy is depleted, if we 'do it' too much. Our 'driving qi' naturally changes as we grow older (and wiser), so that our sexual qi is used in different ways, such as the arts, or higher level thinking.

It can be seen from all of this that you will have more qi for the physical action of elimination, as well as for the spiritual workings of the mind. Most people just feel a little closer to 'God' when they fast. The American Indian 'fast for manhood' involved the young brave going onto his part of the mountain with only a blanket and some water. There he would sit and fast for four days and always on the fourth day an animal or bird, or a reptile etc would visit him. This animal would then be his special animal for life and he would take on that name. When he died, he would expect to return as that animal.

Rules

- 1/. If not sure of your internal condition, start with a lead up diet of fruit for two or three days.
- 2/. Start with a short fast of no more than four days. Less if it becomes too difficult.
- 3/. Be careful of what you eat after the fast, only take mildly laxative fruits such as apple, pear, banana etc.
- 4/. After the fast, try to leave out breakfast generally, this will prolong the elimination effect from the night before until lunchtime the next day. This should be an easy habit to get into.
- 5/. Try to perform mildly active exercise such as walking, taiji or swimming. Do plenty of reading and have your quiet times alone just doing nothing.
-

The most important thing to remember is not to go back into your normal eating habits chose a more natural diet.

Once you have finished your fast you will now want to know what to eat to enhance the cleansing effect of the fast allowing you to keep your sub-conscious mind on your goal, so that your internal energy will be able to make it happen. The food that you eat now will be of the greatest importance.

Firstly, you must learn to eat the right amount of food for your level of work. To do this, you must ask yourself if you are hungry, or just wanting to satisfy your taste buds. If you are really hungry, or think you are, eat an apple or some other piece of fruit, this will stop the hungry feeling. If the apple tastes like manna from heaven, then you are off to a good start. If however you feel like some Kentucky Fried Chicken, then you are not doing too well. This means that you are not hungry, and that your tongue is telling you lies again. If you are hungry, the simplest foods will look; smell and taste like nothing else on earth.

In order to allow your tongue to tell you when you are hungry, you must only eat at certain times, and never in between those times. Give up breakfast, this is an important part of your new regime and a very difficult thing to do. Most people only need breakfast because it's an early morning hit to start the day. Most affluent Westerners do not need breakfast at all, and

it is quite safe to wait until lunch to have your first meal. This will also cause that first meal to taste wonderful, no matter how simple it is. Just an avocado sandwich, with no butter, just a little tahini will taste great if you really need it.

The food you eat must fulfil three functions. It is the fuel that we need to create heat energy. It provides the raw materials for building and repairing of the tissues. The regulating substances that control the complex functions of the body.

The food that you eat must be the raw material that the body needs to convert into substances that satisfy these functions.

Food must be easily oxidised by your body to produce energy for external muscular activity as well as internal workings as previously mentioned. Food is also the fuel for heating of the body and building new tissues. When you sleep, you still use energy, this is called the 'basal metabolism', and certain functions that are in use, whether you are asleep or awake, come under this category. Breathing, heart beat, communication functions of the nervous system, filtering activity of the kidneys and peristaltic movements of the digestive tract, are all basal metabolism energy demands.

The basal metabolic rate (B.M.R.) is at its highest during the early months of life. Women have a slightly lower B.M.R. than men. The emotions effect both endocrine and muscle tension, and this affects the B.M.R. A higher protein intake increases the B.M.R. and a fasting lowers it.

The food that you eat should be able to be converted into the correct fuel with the least possible energy spent for the highest possible nutritional value. So it stands to reason that if you eat food that is easily digested, and which contains the greatest amount of nutrients with the least amount of poison, then you're on the way to good health and a long life. You will also have more qi for the important job mentioned earlier of direction of the sub-conscious energy to change your circumstances, or to cause something to happen.

What to Eat

I will not tell you exactly what to eat, as I believe that every person must find his or her own way. Keep in mind that food is by far the most important factor for gaining good health, it is easily controlled and contrary to some common belief, the soil has not been leached of all nutrients. The food that you eat will not only affect your physical wellbeing, but also your mental and spiritual life. Food can lift you to great heights, or lower you to the pits. There is nothing truer than; "you are what you eat." If you eat cakes, biscuits, lollies, chocolate etc, then you virtually become one big cream puff, or if you eat great amounts of animal protein then you will become as the animals that you have eaten. Just have a logical think for a moment, would you eat something that came from the inside of a cow! I have already covered the findings of two prominent C.S.I.R.O (Commonwealth Scientific and Industrial research Organisation) scientists about milk earlier. It is about time that we humans began to understand that we are not meant to eat what a calf eats, we are different. I took my small son out into the country and showed him a cow. I then asked if he would like to eat it, he thought that I was quite mad, then I took him to a butcher's shop, showed him the meat, and told him that it was a dead cow. My son has never eaten meat and now it is most unlikely that he ever will, and he is stronger than any other 2-year-old is. (Ben is now 14 and is still like a young bull! he is already able to hold his own against me during self-defence practice. (This part of the book was written twelve years ago, Ben is now fourteen).

Milk is too rich for us and contains proteins that our metabolism just cannot handle. Milk is so full of mucus that we literally become clogged up inside. It causes constipation and many other more serious diseases, although how more serious can you get than constipation. I have only to experiment with milk products to see how damaging they are to humans. If, after a long fast or a period of just eating fruit, I drink only a small amount of milk, my nose becomes so blocked up that I cannot use it, and I am continually spitting mucus. Cheese is known for its cysts, mainly on the back. (Especially in the case of bodybuilders etc, where high protein in being taken). This protein must be put somewhere and so it is stored in the form of cysts. Cheese is also the cause of chronic constipation, which disappears after the

cheese has been eliminated. The cysts take a little longer but they do go after the cheese has been stopped.

Human Milk Is For Babies Only

Even mother's milk is only suitable for babies until they are about two years old. Until this age the baby produces lactase, a substance that is able to break down the milk protein into its sugars for digestion. When the baby is ready to give up the milk, it will stop producing lactase, this happens at around two. From then onward mother's milk can not be digested, along with any other milk. Why then do we tell our children that copious amounts of milk products are so good for us? We are literally causing our children to have terrible illnesses in older age. One of the most addictive substances is protein; this is evident when we try to kick the habit. One friend of mine, who is a vegetarian, had to go to hospital for a minor operation. She told the hospital staff that she was vegetarian so they only gave her vegetable products. After the third day, she was craving for a sausage. Later we discovered that she used to cook beautiful baked vegetarian dinners, and then cover them in a gravy made from one of those instant gravy packets, which of course contains animal stock. So when she had to eat only vegetables, she was actually going into 'cold turkey' from the protein. Now my friend has given up all animal protein and is healthier and stronger than she has ever been.

Protein

There are of course certain proteins that the body cannot make. These must be obtained through what we eat. All of the essential amino acids can be obtained from vegetable products such as flax seeds and nuts.

Fats

There are good fats and bad fats. The good fats are those obtained from seeds such as flaxseed (linseed). We need "EFA's" (essential fatty acids) to maintain our 'qi' system (electrical system). If you take for breakfast, ¼ cup of whole flaxseed (grind it in a coffee grinder), one cup of pure unprocessed bran and two tablespoons of sunflower seeds, you will need no other breakfast as this contains all you will need.

Cooking with oil

So you have changed over to cold pressed oil for your cooking and think that you are now safe? OK, you are safe from cholesterol, but you will now get cancer! When vegetable oil is cooked at high temperature such as when we stir fry things, it becomes carcinogenic! You are better off using butter to cook with. Then you will only get heart disease! Better still not to fry at all!

Cow's Milk Is Not Really Milk

Cow's milk causes all kinds of diseases, especially in older age. The findings of the scientists mentioned earlier, were that children who took large amounts of milk products, had great amounts of red blood cells in their faeces. Normal milk is bad enough, but when this substance is heated (pasteurised) it actually changes state, and the molecules become something other than milk. It looks, tastes and smells like milk but it really isn't. Cow's milk is now an indigestible substance. My advice is to GIVE UP ALL MILK PRODUCTS.

Animal Products

Nothing is more detrimental, other than taking cyanide or some other obvious poison, than eating meat products. Again, I would like you to just stop and have a logical think for a minute. Who in their right mind would eat a dead animal! We as humans generally regard animals as being on a lower plane than us, and many regard them to be dirty. Why then do we eat then! We actually put dead animals into our mouths, which then go inside of us.

Meat Is For Dogs

Dogs and other carnivorous animal, have a smaller intestinal tract than we do, and therefore the meat is digested in a much shorter time. This gives not much time for the meat to putrefy in the intestines, there-by not allowing too much poison into the animal's system. Humans however have quite a large intestinal tract. In two or three hours the meat has putrefied and our kidneys and liver are working overtime to try to take out the poisons. This is what causes the somewhat, foul odour that often is associated with heavy meat and dairy eaters. I will admit however that the body is capable of eliminating most of this poison, if it is only taken once in a while, but why subject your body to it anyway.

Only natural' products (I will call milk a natural product only because it is not made by man) have enough vitamins and nutrients that will help to protect us from the man made additives, such as artificial colour made from coal tar, artificial preservatives and added sugar etc. However, when a food is broken down into its various component parts by refinement or some form of extraction such as is the case with cow's milk, some losses in nutritional value are inevitable. Many trace elements such as molybdenum, magnesium, copper, cobalt and chromium stay with the cream and butter, while manganese and zinc stay with the milk. I was in China recently and found that their cow's milk had globules of cream floating on the top. We do not have this in the west as all of our commercial milk is now homogenised. This process involves the cream being combined with the butter and then the whole lot is put back into the milk. This 'new milk' is not really milk, the molecule has once again been changed and in the process, much of the vitamins are lost. In addition to this, we have bacteria such as coliform which is not all killed by pasteurisation, and which comes from faecal matter on the flanks of the cow and from the teats and udder. The so-called control of this bacteria, the coliform bacteria count, is taken at the processing plant and not at the point of sale. Therefore, this bacterium multiplies at an alarming rate during the time that it takes to get the milk from the factory to the shops and into your stomach.

Margarine

If you think that you will escape your inevitable illness by eating margarine instead of butter, then think again. Vegetable oils are rich in polyunsaturated lipids, which help to keep our arteries supple, are subjected to molecular modification by pressure and high temperatures. This causes the oil to have that 'butter look' and will stay firm at room temperature. This process destroys most of the oil's vitamin content. The oil then has hydrogen pumped through it in the presence of a metal catalyst such as nickel, which makes the oil hard. The product of this is a foul smelling black grease, which then has to be bleached and deodorised into white fat. This fat must then be coloured with artificial colouring and flavour, this is what we call margarine. Vitamins A,D K and E are destroyed in this process and what we are left with from a helpful, usually good food, is a cholesterol forming artery hardening product, something that the margarine manufacturers claim that their margarine helps to combat.

Many manufacturers of processed foods are now trying to replace the vitamins lost in the process by adding artificial vitamins to the finished product, this applies to all processed foods. What nutritional scientists now believe, is that there are many unknown vitamins that have yet to be discovered, and which are essential for bodybuilding and repair. These vitamins are combined with the ones that we already know of to make the originally natural

food well balanced. So when the producers of processed foods add artificial vitamins to the product, they are leaving the artificial food deficient. For instance, cadmium and zinc are always found together in food. If the zinc is taken out of the food then the cadmium comes in to take its place, and too much cadmium is detrimental to our health. Whole flour has a natural balance of these two elements, but when the flour is processed into white flour we lose this balance, and the flour actually becomes indigestible.

I have already put forward my reasons for not eating meat, so here are some more if you aren't already put off it.

Most people just don't know how the cattle and sheep that they eat are killed, and do not want to know about the terrible ordeal that these poor animals go through in the three or four months prior to their death. If a household pet were to be treated in this way the R.S.P.C.A. (Royal Society for the Prevention of Cruelty to Animals) or equivalent animal protection society would be outraged.

These animals aren't just grazing peacefully on the open plain one day, and the next day they are killed quickly, as most people would like to believe. We have all seen the over crowded cattle trucks which take these one year old animals, not directly to the slaughter house, but to a feeding lot which is situated near the slaughter house in nose shot of the terrible smell of death.

On arrival at the feeding lot, the animals are herded into tanks filled with pesticides, then they are put into pens of about 1/2 hect., (one acre) where they are fed nothing but low protein grains. To cause the animals to eat 24 hours a day, they are subjected to arc lights, which confuse them into believing that it is daylight. The animals are now able to be slaughtered about two months earlier than they were 20 years ago. On top of this, the cattle often have pellets of diethylstilbestrol (female hormone) shot into their ears to make them grow fatter for less food. In order to stop the sex drive, another hormone called melengestrol is fed to them to stop this urge so that fat is not lost. Tranquillisers are also fed to cattle as the crowded conditions cause them to become a little agitated.

Other drugs given to cattle before slaughtering, to combat a number of malfunctions caused by this maltreatment are; Oxytetracycline an anti-biotic to prevent liver abscess. Streptomycin, a stronger anti-biotic which controls diarrhoea.

If this isn't enough, on the way to the slaughterhouse the cattle are given one last drug, papaya enzymes, which break down the muscle fibre to make the meat tender. Trouble is, that this drug works too well, and the meat starts to 'tenderise', while the cow is still alive. Often, the animals are slaughtered after being stunned by electricity, and are then slaughtered while their hearts are still beating.

I won't go into the similar treatment of other animals, but if the humane angle isn't enough, think of all of the drugs and hormones that you have no control over when you eat this meat. There is no law to make manufacturers label their products so that you know exactly what drugs have been put into the meat.

There are many horrific tales about how animals are bred and slaughtered, and if you are interested in reading about this aspect I suggest that you read some of the many good books available. One such book is called "Poisons in Your Body" by, G and S Null. I will also suggest that you find out what the Chinese do to Brown Bears! It's horrific, causing any well-adjusted person weep.

Giving Up Animal Products

The biggest problem associated with your giving up of animal products is your own addiction to the high protein that this sort of diet provides. If you give your body a lot of outside protein, your system will become used to this and so it will tend to stop making it's own primary protein from the raw products. This outside protein then becomes like a drug upon which the body is dependent.

The problem is the interim time between when you give up eating animal products and when your body starts to produce it's own protein again from the vegetable matter. This will take a varying time depending on what you were eating before, and how addicted you have become. If you just can't stand the strain, and you feel weak, have some Soya compound drink, as this will replace the second rate protein found in meat products with primary protein from vegetable matter until you are able to start producing your own.

Most people are so used to eating meat for their main meal that they just don't know what to eat to replace it. Their meals don't feel like real meals anymore. It's amazing how quickly you will be able to become used to not eating meat with your meals. There are many varied and tasty meals that will take the place of the meat. I will include some recipes at the end of this book.

The main thing to remember in giving up anything that has become a habit, is to do it gradually. Just replace your meat slowly with some vegetable products at each meal and then start to leave out the meat on every second day until you are able to give it up completely. This way your system is not subjected to too much of a shock.

Food for Spirit

Food for the spirit includes many things. Food, air, thought, energy, exercise and love are all parts of the correct food for the spirit. I will start with the things that we eat, a subject covered to a certain degree earlier.

Only eat the amount of food needed for the three main areas, namely; cell regeneration, cell repair, instant, and long term energy for physical needs. You should feel as if you could eat some more after a meal. If you feel as if you could not eat another thing, then you have eaten far too much.

Only eat the natural foods for humans. These should be as least tampered with as possible. The more that food is processed, the more it becomes something other than food.

Be sure that your food has no additives such as monosodium glutamate etc.

Nowadays we are able to buy canned foods that have written on the can, "NO PRESERVATIVES, Artificial COLOURING OR ADDED SUGAR." The colouring and the sugar deletion is OK because they are not really needed. However, the "NO PRESERVATIVES" is a problem because the food must be preserved in some way. Usually food is preserved by pasteurisation and instant sealing of the can or carton so that no more bacteria is able to enter. Pasteurisation involves heating the food until no bacteria is able to survive, then the lid is put on and the food is preserved in an airtight container until it is opened. With respect to fruit juices, fruit and all vegetables, this pasteurisation removes most of the goodness of the food as well. Eat only fresh vegetables, and if this is impossible then at least buy only frozen goods.

There is a new form of preservation which is being tried out in the U.S. and I should imagine other parts of the world. (At this time of re-writing my earlier book, "Food for Spirit," Australia has adopted this way of preserving food, Irradiation). Scientists are now bombarding the food with cobalt rays, which kills everything, including the food. The manufacturers are not at liberty to disclose this method of preservation as the law only requires that they have written on the label any physical additives, which is still in the food. As the cobalt is only passed through the food, it is not actually an additive. JUICE YOUR OWN FRUIT.

Many people believe that when they buy fresh fruit and vegetables they are leached of goodness, or they have had pesticides sprayed onto them etc. The pesticide spraying sometimes cannot be helped, without going to great expense and travel to find an organic grower, and it's not as bad as some would have us believe. Sometimes we cause our food to have a far greater adverse effect upon us simply by negative thinking. Fruit and vegetables are natural sieves and only a minute amount of the pesticide actually goes into the food. This amount can usually be eliminated by the system. Usually a good wash will remove much of

this pesticide and always peel the fruit. Most of the pesticide is held in the skin of the fruit so that the food will not be contaminated.

The earth has not been leached of all nutrients. Some people do grow 'organic food', although ALL food must be organic. These more natural growers are rare, and their products are usually quite expensive. If you are able to find a normal fruit and vegetable market which has a percentage of its product grown on its own farm or by someone local, then that is about as good as you will find. Steer clear of fruit that has been imported from far of lands, this fruit is usually covered in oil based wax and is coloured so that each piece 'looks' like a masterpiece of natural workmanship. However, this food has relatively no goodness, so try to stick to locally grown food. Keep a good positive mind and just do the best that can be done in this modern society, and you will be off to a great start. Even the best of organic food can turn to poison if you have a poor mind attitude.

Try to eat a larger amount of fruit before your meals, wait for about 15 minutes before starting your main meal. This has the effect of satisfying your initial craving for food by supplying your stomach with the necessary sugars for energy, and for the building and repair process. This way you will not feel like eating too much. Bananas are an ideal food for man, as all fruit is. You can never eat too much fruit, if you stick to all of the other rules of good eating. Never mix fruit and grains, as this tends to ferment, causes wind and confuses the stomach mind. This of course means that you should not eat things like muesli, because it usually has fruit and grains together. Never eat bread with your meals for the same reason.

Drinking and eating

Many of the 'lower back pain syndrome' sufferers have this affliction because they drink with their meals. In many cases it has nothing at all to do with a structural fault and all the posturepaedic beds in the world won't help. The Chinese T.C.M. (Traditional Chinese Medicine) doctors call this 'dampness in the lower heater.

EXPLANATION: We have three heating spaces in the body, or areas that do work. These are; LOWER HEATER, (elimination) MIDDLE HEATER, (digestion etc.) UPPER, (respiratory, mind). If you drink and eat with, especially your evening meal, your food simply becomes too damp and just sits there in your lower intestinal tract as you sleep. This dampness is not good for the lower back and so the pain. In addition, your stomach has a much harder job in digestion if the digestive juices are being diluted with liquid, so too much energy is wasted on digestion. Many of my student/patients have been cured of their lower back pain simply by not drinking for at least 1/2 an hour before and after a meal. Of course, your lower back pain could be structural, and in this case, you should seek out a good osteopath.

Grains are an excellent source of carbohydrates and vitamins, as well as primary proteins. However, care should be taken with grains as many types have just as many bad properties as they have good ones. Rice for instance is a food rich in nutritional value, but it also contains much mucus and is a good woodworking glue. If you eat rice, take it sparingly. The body is capable of eliminating the mucus from a little rice, but over-do it, and you are in trouble. I do not eat rice at all and prefer to take wheat instead. Wheat has a higher food value with less of the mucus and more fibre. To prepare wheat, care should be taken, as it is more sensitive to heat and will lose much of its goodness if cooked in the same way that rice is cooked.

Preparation

To prepare wheat, place some wheat into a non-aluminium pot and keep the water temperature so that you are able to hold a finger in the water for only a short time. Leave this overnight and in the morning the wheat will be full and cracked open ready to eat. Throw on some honey and you have a most powerful breakfast cereal.

Buckwheat

Buckwheat has become very popular lately and is an excellent source of primary protein and vitamins. It has much the same properties as wheat, although technically it is not a grain, it is a seed, and as such has almost no mucus. Buckwheat is quite 'yang' and care should be taken to ensure that people who are already very yang, do not eat too much of this food. People with 'yang' metabolism should eat more 'yin' foods such as fruit, while people who are 'yin' should eat more 'yang' foods such as buckwheat.

Grains

Oats are for horses, and as such should be left to the horses. Oat grain is too heavy for humans. Barley is regarded as a low grain; where-as rye is quite high in nutritional value. Although rye does sometimes affect certain people adversely such as those with Coeliac condition as it contains Gluten as does wheat. I do not take any grains of any kind.

Seeds

Seeds are usually an excellent source of food for man, especially if they are firstly sprouted. Millet seed can be made into an excellent porridge although it is very high on the *Glycaemic Index* (www.glycaemicindex.com), sunflower seeds can be eaten as they are, husked. Apple seeds are a source of pectin, which some authorities regard as a cancer retardant, as is the same with grape seeds. Chew the whole grape, seeds and all. Look around your friendly health food store and try some new and interesting seeds, but if you start to whistle then stop.

If you feel quite 'toey' (speedy, agitated etc), then the food that you are eating is too yang. If you feel listless, you just don't want to do anything, then your food is probably too yin. There are other reasons for these conditions of course, but see about your food first, and you may stop a heavy doctor's bill.

Legumes

Beans contain too much mucus, I personally do not take any legumes, even Soya beans are not good unless they are fresh i.e., with plenty of liquid still in them. Try to sprout them before you eat legumes, although this can prove to be difficult with some of them.

Nuts

Peanuts are not nuts and should not be eaten, they, along with rhubarb, are two of the most harmful foods for man. All other real nuts, the kind that grow on trees, are generally good for you, although some nuts are very rich, and should be taken in moderation, almonds fall into this group. Coconut is also a nut and is an excellent food, especially the milk from the coconut. Never roast nuts, especially in Tamari or salt. Tamari is a sauce made from fermenting the Soya bean and then adding copious amounts of salt, (soy sauce). It is considered to be quite carcinogenic, (cancer forming.)

Nuts should be eaten raw and just out of the casing and can be mixed with fruit. They can also be crushed and used as the base of a nut roast. I will follow with a recipe for nut roast, although I believe that food preparation should be an individual thing, where the creator should only have a rough guide to work with. If it doesn't work out this time, try again and even if it doesn't work as it should, it will still be edible, even if it doesn't look the best. My recipes are not very exact, so just experiment.

The only nut that will not cause constipation is the walnut. Generally, those who eat nuts will not have trouble with heart disease.

Nut Loaf

I prefer to use almond flour for the base of this recipe but any real nut will do. In fact, if you try different combinations each time, you'll come up with some interesting tastes.

Take some nut flour, about 1.5 cups, about 1 cup of wholemeal wheat flour (this is not really necessary, it just holds everything together a little better). Cut up some onions, tomato, garlic, capsicum and just about any other vegetable that you have in the kitchen, and any that you have in the bedroom or bathroom as well. If you use potato, puree it first. You will need some herbs, basil, thyme etc.

The mixing of the ingredients is the most difficult part, just mix it all together until a firm sort of consistency is reached. If you are unable to reach this state, add either some water or some more flour as the case may be. Yes, the water goes in before you start to mix!

Once the desired consistency has been reached, mould about one heaped tablespoon full of the mixture into the shapes of little animals, wombats, ducks, tadpoles, skunks (always tasty) etc., or you could put the whole lot into a loaf tin and cook it in the oven. I won't give any cooking times, just look in occasionally and see for yourself, you'll just get to know the correct time and temperature, although the temperature is not too crucial. When it is done, slice it into pieces and serve it with a few steamed chats, some fresh peas, only very lightly cooked, if at all, or anything else that tickles your fancy.

Nut Patties

Take some nut flour, some potato, some corn, some onion and some herbs. Cook the potato, steamed and mashed, throw it all together and mix to the now known firm consistency. Roll into small balls, like rissoles, and place them onto a flat cooking thing with about one eighth of an inch of cold pressed cooking oil, almond oil or any other good oil will do, but do not use these blended el cheapo oils from the super market. Cook the patties on both sides until they are brown and hard, and then place them into a hot oven for a while. Serve with anything that you like, salad is nice with a few olives and perhaps some garlic bread.

The most important thing to remember is to experiment. Eventually, after many trials and errors you will just know exactly how much to use, and how long to cook at what temperature.

These recipes are only meant as a general guide. You are able to do anything with them just as long as you use good food. Do not use salt or pepper; just allow the natural flavour of the mixture to work for you. Herbs are fine but don't overdo it.

Some Other Vegetable Recipes

Pumpkin Soup

Steam an amount of pumpkin, which has had the skin taken off and puree this using a blender. Add some garlic, herbs and some water, then cook as for cooking soup. You might like to add some other vegetables but it is quite nice on its own.

Tomato Soup

Take some onions, (minced), some garlic, (crushed) some olive oil (1 tbs.) and of course some tomatoes. Sauté the onions and garlic with the olive oil until translucent, then add the puree tomatoes with a teaspoon of honey and simmer for about 30 minutes. Serve it with parsley or some other green thing on top.

Potassium Soup

Take some onions, some garlic, some potatoes, some beetroot, (fresh) some celery, some tomatoes and some cooked chickpeas.

Chop the potatoes and sauté them with the onions, garlic and celery for about five minutes. Add some herbs and leave for a further two minutes, then add the rest of the ingredients and cook for another ten minutes. Add some water if necessary.

You may use any vegetables you like just keep adding to the mixture until it tastes OK.

Irish Eggs

Unfortunately, this one calls for eggs, but there is no other way around it. Take some mashed potato and mix with some raw eggs. The potato should not be hot, as the eggs will cook too soon. Add some herbs, onions and garlic, roll the balls in some wholemeal breadcrumbs and cook in about 1/4 inch of oil until golden brown. Alternatively, you might like to deep-fry them in a good cold pressed cooking oil.

Tempura

The rules for tempura are few. Simply make a wholemeal batter using flour, water, and some herbs and if you really must, an egg. Mix it until it has a not too runny consistency. Dip any vegetable into the batter and drop into a deep oil fryer until cooked. Some excellent vegetables for this are. Cauliflower, mushrooms, onions, potato, and broccoli. I have even tempured rose flowers and daisies which are all good.

Keep in mind that these recipes are only used to help you to get over the feeling that you haven't eaten anything substantial. An all-raw diet is the best for body and spirit.

A Medical Assessment Of Taijiquan (T'ai Chi)

The following is a transcript of excerpts from a report compiled by Professor Qu Mianyu of China. Forming an important part of the treatment often prescribed in hospitals and sanatoriums, taijiquan has proved its efficacy in treating chronic diseases such as high blood pressure, neurasthenia and pulmonary tuberculosis.

The effects of taijiquan have much to do with its characteristic features;

- 1/. The exercise requires a high degree of concentration, with a free mind.
- 2/. The movements are slow and uninterrupted like a flowing river.
- 3/. Breathing is natural, sometimes involving abdominal respiration and is performed in rhythmic harmony with body movements.

The high degree of concentration required in taijiquan also benefits the function of the central nervous system. Training the mind and the body at the same time, these exercises stimulate the cerebral cortex, causing excitation in certain regions and protective inhibition in others. This enables the cerebrum to rest, and relieves the cerebral cortex of the pathological excitation caused by ailments, thus helping to cure certain nervous and mental diseases.

Continuing Prof. Qu's report: . . . The results of recently completed testing and examination of taijiquan practitioners is of particular interest to medical and sport personnel. In this project healthy subjects aged between 50 & 89 were divided into two groups and given a battery of tests. Group A contained 32 people who practised taijiquan regularly, while group B (the control group) was composed of 56 individuals who did not engage in taijiquan training. In general, those in group A were found to have stronger physiques characterised by more efficiently functioning cardiovascular, respiratory, osseous and metabolic systems.

Other Findings

About cardiovascular efficiency, the two groups underwent a functional test of stepping up and down a 40cm. high step 15 times within a minute. All but one person in the A group could bear this workload with normal type responses in blood pressure and pulse. In the control group, capability of bearing this workload decreased, and abnormal responses (such as type of step reaction and dystonia reaction) increased with age. The difference was also evident in electrocardiograms. (Prof. Qu then gives these scientific findings but would bear meaning only to medical practitioners).

These findings suggest that regular practise of taijiquan results in an increased supply of blood to the coronary arteries, more forceful heart contractions and improved hemodynamic processes. Moreover, taijiquan may enhance the regulatory function of the central nervous system, improve the co-ordination of the various organs in the human body, increase the tension of the vagus nerves, ensure adequate supplies of blood and oxygen to the tissues of the various organs and facilitate substance metabolism. All of which contribute to a lower rate of incidence of hypertension and arteriosclerosis. The average blood pressure for group A was 134/80.8 while in group B it was 154/82.7 mmHg. The rate of incidence of arteriosclerosis was 39.5 and 46.4 respectively.

Regular practise of taijiquan can increase the elasticity of the lung tissues, the respiratory magnitude of the chest (which helps to retard the ossification of the rib cartilages), ventilatory capacity of the lungs and improves the exchange of oxygen and carbon dioxide. Experiments showed group A superior in both the respiratory discrepancy of the chest and vital capacity. The greater vital capacity results from a stronger diaphragm and muscles of the thoracic walls, greater lung tissue elasticity and a lower rate of ossification of rib cartilage. For those whose breathing is severely limited by ossification of rib cartilage, abdominal respiration accompanying taijiquan exercises will help ventilation of the lungs, and through rhythmic change of abdominal pressure, speed up blood flow and gas exchange in the alveoli pulmonum. This explains why, when completing the functional test, group A subjects breathed more easily and recovered more quickly than those in the control group do.

Taijiquan can also strengthen the bones, muscles and joints. For instance the spine. Since many taijiquan movements hinge on the waist and involve a great deal of lumbar movements, systematic exercise can be beneficial to the form and structure of the lumbar vertebral and indeed the spinal column as a whole. Researchers noted that only 25.8 % of the subjects in group A suffered from spinal column deformities, whereas in the control group the percentage was 47.2. Furthermore, fewer group A subjects were victims of common, age related hunchback deformities. Individuals in this group had more flexible spines as evidenced by the fact that 77.4% were able to touch their toes, as against 16.6 in the control group. X-ray examination indicated that the rate of incidence of senile osteoporosis was 36.6% for group A and 63.8 for the control group. Senile osteoporosis, which leads to deformity and inflexibility of joints, is a degenerative affliction mainly caused by inactivity of the osteoblasts, resulting in their inability to produce sufficient matrices so that more bone is resorbed than formed. It may also be caused by such factors as reduced blood supply to bones owing to arteriosclerosis and poor absorption of calcium and potassium from food due to a lack of hydrochloric acid in the gastric juices. In so far as taijiquan can prevent or lessen such disorders, its role in retarding the ageing process is noteworthy.

Limited data were uncovered relative to the effects of taijiquan exercises on substance metabolism in the human body. However, judging from the difference between the two groups of oldsters in skeletal changes and in the incidence of arteriosclerosis, the beneficial effects of exercise appear to be significant as far as the metabolism of fats, proteins and calcium and potassium salts is concerned. In recent years, several researchers in other countries have studied the role of physical exercise in delaying senescence. Cholesterol levels have dropped substantially for those engaged in regular exercise. Experiments conducted on elderly people inflicted with arteriosclerosis reveal that after five or six months training there has been an increase of albumin and a decrease of globulin and cholesterol in their blood, while symptoms of arteriosclerosis have greatly diminished.

Professor Qu concluded that a regular programme of taijiquan exercises can be beneficial to one's physical wellbeing.

There have been many other experiments done in other countries with regard to taijiquan and these are well documented. For my own experience, I have seen one student of mine who was a diabetic placed onto tablets instead of two daily injections of insulin. I have seen chronic ulcers heal up after the doctors had given up, and I have personally treated R.S.I (repetitive strain injury) and seen it healed due to the practise of taijiquan. I have also seen students whole attitude towards life strengthen almost overnight. It is a truly amazing exercise especially when combined with the correct diet and breathing exercises. The younger you are the better taijiquan will work to keep you young and healthy, it is not an old person's exercise, it is for everyone.