

Who Do You Believe? Guiding Principles For Regaining and Optimizing Health

There is so much information and are so many products around now relating to regaining and optimizing health naturally, who and what do you believe? I've spent many years and many thousands of dollars cutting through the hype to regain and build my own health, and now that I teach others what really works, I find that I am continually testing products and principles to see if there are new revolutionary ways to regain and maintain health naturally. Just within the raw and living food communities there is so much conflicting information — eat this, don't eat that, do this, don't do that. How do you know what really works without spending large amounts of time and money? I have indeed found some modern revolutionary products and processes, but even so I've found there are overriding guiding principles that have been around as long as we have for maintaining physical, emotional, and spiritual health and balance. Being mindful of these principles greatly helps to discern the "funk from the junk."

Look To Nature

We are living natural biological organisms existing within a living environment we call nature. Even though at this time on this planet we have separated ourselves from nature in many ways, we cannot escape the fact that we are a part of nature and its systems and processes. There is a perfection in the processes and systems found in nature that humans so far have not been able to recreate (and won't any time soon, if ever). When we work against the principles of natural systems we find there are always destructive side effects. Simple examples of this are our almost exclusive use on this planet of explosive energy for power generation — such as the burning of fossil fuels and nuclear power generation, with their toxic wastes and damage to the environment we depend on for life. What we call power generation is actually energy conversion from one form to another, which we harness to do work. Implosive energy systems found in nature on the other hand are nontoxic and quiet, with beneficial side effects and by-products. Look to the phenomenal power generated by the sun's nuclear fusion, or the energy generated by the mitochondria of our own body's cells, or the growth of a tree and you see perfect examples of implosive power generation.

The point of all this jibber jabber about natural systems relates back to my original question of who and what to believe about health. When deciding what to believe, ask yourself, "How closely does this product or method emulate the way nature is constructed or operates?" I have never seen a man-made product that worked better in the long run than the simple foods, herbs, water, energies, and processes from nature. There are some great man-made products for accelerating healing, but none that you can live on long-term like pure food, water, sunlight, air, etc.

Basic Keys: Oxygenation/Alkalization, Detoxification, Nutrition

With car ownership it helps to know some basic principles about how a car works so you can maintain it, and the same holds true with the human body. You don't have to be an expert in anatomy and physiology, but you do need to know basics for maintaining health. While you can take your car to a mechanic for maintenance, only you can maintain your body. Basic keys to health are getting high quality nutrition, keeping the body slightly alkaline and highly oxygenated, and periodically "changing the oil" by removing toxins from the body naturally. If we lived in a pristine natural environment and lived in harmony with the principles of nature it's unlikely that we would need to detoxify our bodies, but in today's extremely polluted world, it's a must. Ingesting raw and living plant material grown in

unpolluted soil, air, and water does all of this for the body. Herbs and plant juices like wheatgrass juice can greatly accelerate these processes, hence the newfound interest in the raw and "slow food" vegetarian movements. So when evaluating products or processes, look to see if they alkalize, oxygenate, detoxify, and feed the cells in a format that the body can use. Look for products made of food, not isolated or synthesized materials. All processing diminishes the power of live plant material, even harvesting, so live, still-growing sprouts and plants are best, and next are harvested plants. Dehydration or extraction below 115 degrees Fahrenheit, freezing, and freeze-drying at least keep the enzymes intact which are crucial for the foods to remain nontoxic.

Concentrated Sugars and Food Combining

One of the most common mistakes I see raw vegetarians make is the over-consumption of concentrated sugars, and poor food combining. We are a nation of sugar addicts thanks to the efforts of the food industry over the past 100 years. Many sugar addicts do not realize they are addicts, often because the forms of sugar they are consuming do not appear to be sugar on the surface. Along with obvious refined sugars in products like sodas, candies, cakes, and such, refined carbohydrates such as pasta, flours, breads, grains, and alcohol (beer, wine, etc.) are converted to sugar in the body and feed disease. In the raw food world, sugar addicts very often simply switch to concentrated natural sugars like dates, raw honey, agave or yacon syrups, mesquite powder, etc. or over-consumption of fruit, or juicing of high sugar fruits and vegetables like carrots, and think they are now healthy. Over-consumption of sugars, natural or not, fuel disease, especially when one is overcome with candida (yeast), fungi, and parasites in the body. In the short-term fruit and some sugars like glyconutrients (e.g. Mannatech Ambrotose) can be used to heal disease, but despite the claims from certain raw foodists, in practice heavy fruit and sugar consumption fuels disease in the long term. From what I've seen these proponents hide the truth of their health problems, are inexperienced, or are not living what they teach. None of the truly healthy raw foodists I know eat much fruit or concentrated sugar, but rather, a diet high in greens and sprouts.

The flip side of sugar consumption is poor food combining. I very often see raw foodists who not only use concentrated sugars, but combine them with slower digesting foods like nuts, seeds, and greens, which ferment in the gut, create alcohol, and feed parasites and disease. Normally in nature we would not have access to a continuous supply of concentrated sugars, nor these combinations of foods at the same time. So when you see products or recipes advocating over-consumption of sugars or poor food combining, be suspect of the source.

You Can't Fool Frequency

There are natural health proponents advocating all kinds of things, and one great guiding principle I've found is to consider the integrity and vibrational frequency of the people involved. Without getting into a long discussion about metaphysics and quantum mechanics, consider that all matter is composed of particles we call atoms, which are composed of smaller particles, which are composed of smaller particles, and so on. Eventually there comes a point when physical particles become composed of energy, so in essence, all physical matter is composed of patterned energy, and this energy vibrates at different frequencies. Human consciousness affects the vibrational rate of matter around it, including our bodies and its energy or electromagnetic field. In physics, similar vibrational energies, like sound waves for example, in close proximity to each other, will amplify each other. Dissimilar frequencies cancel each other out, the more dissimilar the more so. This is partially why some people automatically resonate with each other or don't; the vibrational rate of all their energies, subtle and measurable, resonate or cancel to varying degrees. People, systems, and organizations of similar frequencies therefore tend to congregate. We

are most comfortable with people, places, foods, products, and environments that vibrate at frequencies close to ours. That's part of the reason why nature is healing and balancing to all organic organisms. It's also why we draw into our field of awareness only the concepts we are vibrationally ready for, otherwise we overload our nervous system. So a teacher or resource at a particular vibrational frequency will appeal to people in that vibrational range. So when considering information, ask yourself how you feel about it in your gut, and trust your instincts. Even if what you're considering isn't the ultimate, greatest, most effective solution, it may be just what you need at the time. In my own experience, I've found concepts and practices which didn't work for me until I raised my vibration to the point where I resonated with it. I think that process never ends.

Find Your Own Truth

So here you are reading yet another article about what to do and what not. Should you believe me? Ultimately you must educate yourself, try things, and see for yourself. Being skeptical, honest with yourself, and having a desire to seek the truth rather than a dogma will lead you on the right path. Balancing a sense of self worth with humility helps. Doing emotional healing work and trauma release help get you to a strong sense of self without ego, which greatly helps with discernment. Good luck!

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