

## ENERGY

Energy is the most important asset that we have: physical, mental and spiritual energy. What's having a lot of money in the bank when you are not well? In my hometown there is a well known millionaire that has been traveling the world (*when he physically can*) to find a cure for his cancer. This is of course not a great position to be in, whatever financial position you are in. It is just so unfortunate that these situations exist.

So first, to be able to maintain a status of health we need to have energy, which is not hard to obtain because it is already given to us—as much as you need. We are born with a set amount of energy, and each individual has a different amount of that energy. More specifically, their energy stores are differently utilized, depending on many different aspects like diet, lifestyle, and a persons predisposition. Whatever the case may be we do have sufficient energy to be able to do what we need to do to survive. In nature, we also have all types of animals with different amounts of energy and strength levels.

There are animals that have a prolonged energy throughout the day, and some have only access to a powerful burst of energy that will provide them with sufficient agility to get the food supply for the day. Lions are a great example of animals that chase their prey for a short period, displaying in that time an amazing strength and speed that allows them to catch and kill their dinner. Afterwards they are totally incapacitated because that heavy flesh and bone meal is a huge task to digest, costing a lot of energy. They are forced to sleep and rest for the remainder of the day until hunger strikes again.

Then there is the antelope, in many cases the catch of these lions, which eats pretty much only grass and leaves. These animals can easily not only run the whole day if needed, but also outrun the lion if not old, too young or hurt. They have a prolonged energy that suites their survival in the wild. Their diet is light, easily digested (*they do have like many other grazers a special stomach*) and so have a less natural drainage from the energy reserves than the lion. It takes a huge amount of energy and time to digest meat and bones, even though the lion has the strong stomach acids and short intestines to assist the digestion. Also interesting to know is that lions, or similar predators, apparently always go first for the stomach contents of their prey, because these herbivores have in their stomach the essential plant elements that lions need to survive. It is a beautiful symbiotic relationship although it appears to be very violent and cruel.

We humans belong to the family of creatures that need to consume foods for prolonged energy. We are primates, like apes, given all the physical and psychological attributes to harvest the foods that we can not only digest easily but can obtain with our given skills. I will be going over more details later on in 'No-No number one' but I feel that it is clear already that we are not naturally invited for dinner at the home of Mr. and Mrs. Lion: we are not naturally meat eaters. If not convinced of this truth yet then this book could be challenging to you, as you will be faced with many dietary truths that will shatter your beliefs as a meat eater. However, if you are ready to change then take my advice to heart and analyze it for some time. Read up on some more information that supports the consumption of natural foods for better health (*if this book is not convincing enough*).

Besides the suggested removal of meat from your diet, this book will give you nine other suggestions that will promote better health, a better you, and consequently a sexier you, who is

hidden under the layers right now. You should implement these suggestions at your own pace. Don't be too strict on yourself too soon if this information is new to you. Most people do need time to implement changes in their diet. Be kind to your self. If you 'fall of the wagon' at the neighbors barbeque party you will try again and do better next time. Build your belief system first, and then start to act upon what you have learned.

## NOURISHMENT

I always let people know that I am not the type of educator that showers people with scientific stats. There are more than enough people doing this already. It is good to once and a while look them over though. Proper data is important, although I personally feel that it can have sometimes a level of unreliability. I personally prefer to tap into people's logic: to wake up their instincts and given talents for reasoning. An important ingredient is to be open for new truths, new revelations that can possibly hit you at the core of your being. When presented with a truth, allow your feelings to decide your next course of action. What do you have to lose? You can always go back to your old routines if it does not resonate with you.

One of the many pieces of the puzzle that needs to be scrutinized is 'proper nourishment.' What are the foods that truly nourish you? After all, we need to sustain ourselves for survival. This is also a very broad subject and needs to be looked at from many angles but I feel that it is all pretty simple really: it is a matter of basic chemistry. As you now know, the body interacts with its environment. The environment is made up, like your body, of elements, of the particles that form all life. We come or are born from this same nature that exists all around us. It is a beautiful dance really, how we take in and expel these elements of life giving essentials. All the elements from nature that exist all around us, that we live in,—we are literally created from. That's why it is so essential that we need to take in life-sustaining elements that are in recognizable, and so usable form, that we can only find in— natural whole food sources.

**There is nothing that can be found in the Universe—that can not be found within our bodies.**

And vice versa. I deeply love that truth. It really fascinates me how beautifully complex it is all put together. What is required to sustain and nourish yourself? We need calories, as you know. Calories are also called, 'energy units.' To be able to take in these calories we need to eat. Eating is pretty much the only way to provide these essential calories to the body for survival. And I say "pretty much" because there are some claimed other ways like, 'sun-gazing' and certain 'breathing techniques' that also nourish us, but we can not explore here because of the extensiveness of the subjects.

We all love to eat. We all love to stand in the kitchen and prepare that meal that you have been craving all afternoon. Eating is an enjoyable cultural practice that varies from nation to nation. But in the end, no matter how different some meals are from the 'norm,'—we all need to eat to have energy and be able to live. It is indeed an interesting experience to observe all the different eating practices all over the world, as I have had the privilege of observing. But as you can imagine, it has gotten out of hand. The true purpose of nourishing with life giving foods

has been taken over by the pleasing of the palate.

It is understandable why this is so, because when we eat the foods we like, we pleasure a part of our brains that indicates to us that we want more. This pleasure center of the brain is a tricky one: it is designed to experience pleasure, but can at the same time manifest an 'unhealthy' diet. There are many types and levels of intensity when we talk about pleasure, and we all create different behavioral addictions to these. The apparent innocent indulgence we find in food is, not surprisingly, also a part of our experience of pleasure—and addiction. Sugar is both a pleasure and an addiction under one hat, which if not properly guided, will lure you into a health dwindling loop. We will discuss this in more detail in the 'No-Nos' coming up.