



THE STOMACH

Whoops, chewing is finished. It's time to get on with the ride. Ready yourself for a ride down the esophagus—the tube that connects your mouth to your stomach. Here we go—off the back of the tongue and down! Feel that smooth, rhythmic contraction? This tube, the esophagus, has a series of muscles that propel us down the chute. It's called peristaltic action or vortexian motion—you'll feel it again later when we enter the intestines. See how gently the flap opens to allow us to enter the stomach. This Human no longer gets heartburn or burning in the esophagus. Now that all the cells in that flap have been replaced with healthy cells, it only opens to let us through one-way—going down. It no longer leaks allowing partly digested food to back up.

This quieter spot is actually the upper stomach. We'll be gently massaged here for almost an hour. Digestive action here depends entirely on enzymes. No enzymes, no action ... we'd just be sitting here like an unchanging ball of brass. It

does happen! The enzymes we need come from three sources: One is the enzymes that are already in the food, two is the enzymes that are added by chewing—the enzymes in saliva and the third is using enzyme supplements. If what you put in your mouth doesn't have enzymes and if you swallow with little chewing, we'd sit here like a lump of clay instead of enjoying the gentle action and energy we are getting from enzyme action.

While we're enjoying this gentle massage, let's look at how Human got more light to us cells.



SAVING ENZYMES FOR A RAINY DAY...

That made a big difference! Light from the sun gives all of us life. The light emitted by the sun has a broad range of electromagnetic frequencies. Sunlight is called full spectrum light and it is important the full range of 1200 frequencies of sunlight nourish us. Our bodies absorb this light directly in two ways: About 98% of sunlight enters the body directly through the eyes and about 2% enters through the skin. Especially active absorption points in the skin are the acupuncture points.

The second source is your DNA as it absorbs, stores and then re-emits light to provide the electricity that gives us cells and you energy.

The third source of light is up to you. The third source is food containing enzymes. Enzymes are found in all foods found in nature—in plants that we consume as vegetables, herbs or fruits and in animals that we consume such as poultry, fish, beef, lamb and in raw seeds and nuts. There is one process, however, that is fatal to enzymes ... heat kills them and renders food lifeless. Eating too much dead or lifeless food is slow suicide. When this Human started eating foods with their natural enzymes intact as well as chewing, this body started getting and looking younger!

The body manufactures two types of enzymes. It manufactures digestive enzymes and metabolic enzymes. The metabolic enzymes are highly specialized for each organ and tissue and also for different processes—to repair and replace us cells, to allow us to fight infection, to help us get rid of waste products, to provide energy to work, to have fun and to think. For example, humans have so far identified 98 different enzymes that work just in your arteries to keep them clean so blood flows freely. Food in the form Nature provides comes complete with the enzymes needed to digest it. The digestive enzymes produced by the body are only meant to provide the finishing touches or back-up to ensure the complete breakdown of nutrients. Because digestion is so central to our survival, if there are insufficient enzymes in the food, the brain fires signals to produce more digestive enzymes. Sometimes the brain has to redirect traffic to meet the need. The nutrients that make up metabolic enzymes may be interrupted in their tasks and marched, instead, to produce more digestive enzymes. Often a lot of them are redirected in order to wrestle undigested food balls. That's right—it means the crucial jobs performed by metabolic enzymes are neglected. This weakens us cells and opens the door for the disease process to sneak up on us. The food that doesn't get properly digested becomes sludge or toxic waste matter that wreaks even more damage.

I know it's not easy to choose foods that have enzymes. Nature gives us a gift—food that vitalizes or revitalizes. Man, however, has gradually pulverized, pushed, pulled, prodded, squeezed, heated, and added poisons to the gift to the point where only about 10% of food choices are as nature intended with the enzymes intact. Interesting, with all the vitamins and nutrients that man has made synthetically, he has not been able to make enzymes with their flashes of life-giving light or electromagnetic energy. Enzyme supplements are derived from either animal or plant sources.

The more you call on the body to produce enzymes, the faster you age. The body has a limited supply or ability to produce enzymes. Think of it like an enzyme bank account. You don't deplete your account when you eat enzyme-rich foods and take enzyme supplements. You withdraw from the account when you eat cooked and processed foods. There are 100 times more enzymes in the blood of a baby than there are in that of an elderly person. So, you are only as old as your enzyme supply—you can control aging. It is not inevitable that aging and disease go together. You can age young! Once this Human understood the importance of enzymes and digestion, the body started aging young.

Making change is a step by step process. If you make one change at a time, over the weeks, months and years you'll be amazed at the difference in your habits and your health.

If you slip, forgive yourself and know overall you're moving in the right direction. Relax and enjoy the process.

Here are some of the changes this Human made:

- **MORE FOOD IS EATEN RAW OR LIGHTLY COOKED.** Most methods of cooking, heat food to the point the enzymes are destroyed. Above 150° F dry heat destroys them and above 118° F wet heat destroys them. Here's a shocker. When only processed or cooked food is eaten (no enzymes) the body has to fire up the immune system. White blood cells increase dramatically just like they do when you're sick! Us cells know instantly. You can check this by viewing a sample of live blood under a darkfield microscope.
- **VEGETABLES ARE EATEN AT EVERY MEAL.** That was a change! When cooked, they are steamed only until they are a la dente rather than limp. They still have enzymes and firmness for chewing. Or they're lightly sautéed after coating with olive oil or butter. Again only until they are a la dente.
- **ALL FOODS ARE ORGANIC.** This means no artificial fertilizers, no pesticides and no herbicides are used. Produce is grown on mineral-rich soil and animals are raised humanely and graze on grass or hay from healthy soils. When plants are grown on depleted soils, they send out weaker electromagnetic signals. These weaker signals attract bugs that are intent on destroying the plants. Just as a weak immune system in humans or animals attract bugs or bacteria that break down our systems, the same thing occurs with plants. And a strong immune system in humans and animals gives off strong electromagnetic signals that encourage healthy bacteria to thrive. So too the plants attract bugs that are beneficial—bugs that take care of the problem insects. Foods grown organically have more enzymes and nutrients. Animals raised on

organic grass or hay also provide more nutrients ... especially a richer supply of Omega-3 fatty acids. All I have to do is mention them and the brain cells start to sing. More about fats and Omega-3 later.

- **SMALLER AMOUNTS OF PROTEIN ARE EATEN MORE FREQUENTLY**—often for breakfast and again with lunch ... with vegetables. That was a big change! Eating small amounts was a big change as was eating the protein in the morning with vegetables! Protein is crucial as we and you are built and repaired with protein. Enzymes are protein too—the metabolic enzymes control almost everything that happens in your body. So, how do you make sure you get protein to us cells? Eating protein doesn't mean we get it. I'll tell you about that when we drop to the next part of the ride—to the lower stomach.

We were so sick that Human started the change by eating only vegetables and fruit, often freshly pulped or juiced. Our digestive system was too weak to wrestle with the larger molecules found in protein-rich foods. This Human didn't even eat raw vegetables, other than juiced. It was a gradual process. Now we get small servings of organically-raised chicken, beef or lamb, fresh wild fish, unpasteurized dairy products (pasteurizing kills enzymes), free-range eggs or specially prepared nuts and seeds with vegetables. It's not easy to get unpasteurized dairy products with the enzymes needed to digest them and keep your digestion strong. I'd like to talk more about the importance of organic methods of growing food and how animals should be raised ... but I'll do that when the ride is finished. We'll have more time then.

These changes seemed like a lot of work because a lot of old habits had to be changed.

TIPS TO EAT FOR HEALTH

Make one change at a time until your food choices and how you prepare your food are building health:

1. Place your attention on chewing each bite. Savor the flavors!
2. Increase the amount of lightly cooked and fresh, raw foods you eat.
3. Eat vegetables at every meal. Juice, or better still, pulp your vegetables for one meal. For juicing we use a Green Power Juicer and for blending we use a Vita-Mix.
4. Choose organically grown foods.
5. Determine your metabolic type to know how much protein-rich food you need. *The Metabolic Typing Diet* by William Woolcott and Trish Fahey is helpful to determine your diet needs.
6. Take time to read and then pick and choose what feels right for you from a variety of sources. A few books with great ideas: *Healing with Whole Foods*, Paul Pitchford; *Total Health Cookbook and Program*, Joseph Mercola; *ProVita Plan!* Jack Tips; *Nourishing Traditions*, Sally Fallon.

When this Human started to feel better, all the changes were worth the effort. This Human feels so well now there's a sense of joy when sitting down to eat. It took awhile but all those sweets and destructive habits that used to be fun aren't missed at all. Life is more fun when you feel well.

Let's look at what has happened so far in the ride. The vegetables have been largely digested already. Vegetables are part of the carbohydrate-rich foods. A carbohydrate consists of a combination of only three elements—carbon, hydrogen and oxygen—so they are much smaller molecules for your body to break down. These three elements are in other foods too, of course, but in the case of protein-rich foods the elements sulphur, iron, phosphorus and nitrogen are always there also. You can see why protein molecules are much bigger and harder to breakdown or digest. Saliva secreted in the mouth contains the amylase enzymes. These enzymes are specially suited for one purpose—their mission in life is to break down complex carbohydrate or starches into glucose ($C_6H_{12}O_6$) or blood sugar. Blood sugar supplies us cells with the fuel we burn to give you energy and keep you moving and thinking. This works well only with carbohydrates as found in nature. We'll look at the damage refined carbohydrates do later. See how the digestion of the meat and fat has just begun. The only digestion of the protein and fat so far is a result of the chewing that broke open the food cells to release the enzymes that were already in the food.

We're on the move to the lower stomach—get ready for some stronger action!

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