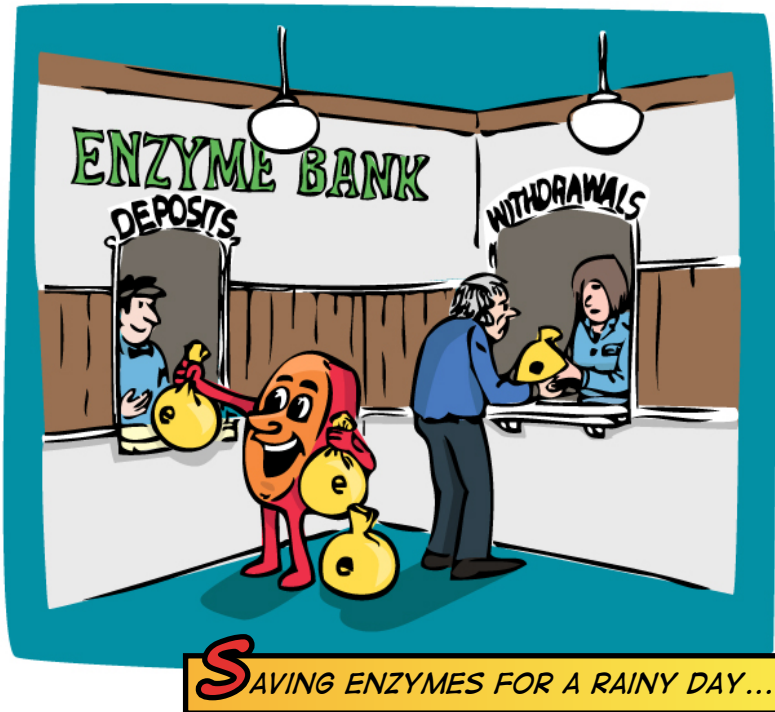




## THE STOMACH

**W**hoops, chewing is finished. Here we go for a ride down the esophagus—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 and vortexian motion—you'll feel it again later when we enter the intestines.

We're starting in the upper stomach—a quieter area. We'll be gently massaged here for almost an hour. Digestive action here depends entirely on enzymes—they are the keys to action or digestion. No enzymes, no action. The enzymes come from two sources: First is the enzymes that are already in the food and the second is the enzymes that are added by chewing—the enzymes in saliva. 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 the enzymes.



While we're enjoying this gentle massage, let's look at how Human got more light to us cells. 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 to nourish us. Our bodies absorb this light directly in two ways: About 98% of light provided by the sun enters the body directly through the eyes and about 2% enters through the skin. The second source of light is DNA as it absorbs, stores and then re-emits light to provide the electricity that gives us cells and you energy.

## “FOOD IS THE NEW FRONTIER”

“If you want to be healthy and live a long life, it is all about bringing more fruits, vegetables, herbs and spices, and wild foods into your life. Not just here and there—everyday, multiple times a day. ...

“Each life-changing food has a special set of healing characteristics.”

*Medical Medium: Life-Changing Foods, Save Yourself and the Ones you Love with the Hidden Healing Powers of Fruits & Vegetables,*  
Anthony William, 2016

The third source of light depends on what Human eats. The third source is food containing enzymes. Enzymes are found in all foods found in nature—from fruit, from plants that we consume as vegetables, herbs, raw or sprouted seeds and from nuts. There is one process, however, that is fatal to enzymes ... too much heat kills them and renders food lifeless. Eating too much dead or lifeless food is slow suicide. It took Human awhile to catch on. One of the kickers was being asked how many servings of fruit and vegetables the body was being given in a day. Indignantly, Human thought: “This body is being given lots of healthy food!” Hmmm, we were pleased when Human looked more closely and realized some veggies on the plate or some salad once a day did not add up to much compared to everything else that the stomach received.

When Human started making fruits and vegetables with their natural enzymes—light-giving food—the priority, we got perkier and perkier. It also meant Human had lots of other choices on what to eat, as long as the priority was to give us plenty of fruits and vegetables. As well as enjoying tasty food, this body started getting and looking younger too! Amazing what real food does!

Nature gives us a gift—food that vitalizes us. Humans, however, have gradually pulverized, pushed, pulled, prodded, squeezed, heated, and thrown in additives that are poisons to the point where they occupy about 90% of the space on super-market shelves. While the added sugar and fat made them tasty to Human, they made us sick. Only about 10% of food choices on the shelves are as nature intended with the enzymes intact.

The more you call on the body to produce enzymes, the faster you age. Humans were not designed to eat lifeless foods without enzymes. Think of it like an enzyme bank account. You don’t deplete your account when you eat enzyme-rich foods and take enzyme

## THE IMPORTANCE OF FRUIT

“A pound of fruit is a unique blend of life-creating, life-saving, life-sustaining phytonutrients and other phytochemicals that stop disease and promote long life. ...

“It outweighs the nutrition of any other food.”

*Medical Medium: Secrets Behind Chronic and Mystery Illness and How to Finally Heal,*  
Anthony William, 2015

supplements. You withdraw from the account when you eat processed foods. There are 100 times more enzymes in the blood of a baby than there are in that of an elderly human. So, you are only as old as your enzyme supply—you can control aging by eating foods rich in enzymes. 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.

Here are some of the changes Human made:

- **EATS LOTS OF FRUIT, LEAFY GREENS AND VEGETABLES!** That was a change! Human loves a fruit smoothie for breakfast, or any time of day, rich in fruit and some leafy greens too. We get salads that are creative and delicious—with colorful fruits among the veggies, they are a feast for the eyes.
- **EATS MORE RAW FOOD.** Fresh fruits are especially easy to digest. And Human's gut easily digests vegetables as well. When cooking vegetables, they are steamed or sautéed lightly as overcooking destroys the enzymes. Here's a shocker. When only processed or overcooked 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.
- **EATS FOOD GROWN ON HEALTHY SOIL.** This means, when possible, Human buys food grown without artificial fertilizers, pesticides and herbicides. Instead, the 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 weak plants. Just as a weak immune system in humans or animals allows harmful bacteria to flourish, the same thing happens with plants. A strong immune system gives off strong electromagnetic signals that encourage healthy bacteria to thrive. This means the plants attract bugs that are beneficial—bugs that take care of the problem insects—when they are grown in rich soil. Foods grown organically have more enzymes and nutrients. Animals raised on organic grass or hay also provide more nutrients.

### TIPS TO EAT FOR HEALTH

Appreciate that food is nature's medicine. Make one change at a time until your food choices are building health:

1. Enjoy LOTS of fruit and vegetables each day. Make fruit smoothies or juice your favorite vegetables ... for a meal or for snacks.
2. Eat foods grown on healthy soil, as much as possible.
3. Eat smaller amounts of meat and fat.

- **EATS SMALLER AMOUNT OF PROTEIN.** Protein deficiency is not a problem for Humans. Only small quantities are needed for building and repairing us cells. It was surprising to Human to learn how rich vegetables are in protein—especially green leafy vegetables and even bananas provide some protein. When Human chooses to eat meat, it's always a small serving. That was a big change!
- **EATS VERY LITTLE FAT.** Eliminating all the fat that was clogging up the gut, as cells had to struggle to break it down was a big help. Human's liver cells don't have to deal with all that stuff either so they are happier and better able to keep Human healthy too.

In the beginning, we were so sick that Human started the change by eating only fruits and vegetables, often freshly juiced or in smoothies as well as salads. Our digestive system was too weak to wrestle with the larger molecules found in meats and fatty foods. Healing was a gradual process. Now we enjoy small servings of organically-raised chicken, beef or lamb, fresh wild fish, or specially prepared nuts and seeds with vegetables.

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.

These changes seemed like a lot of work because a lot of old habits had to be changed. When this Human started to feel better, all the changes were worth the effort. 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. The composition of nature's carbohydrates means us cells find

it easier and faster to digest them. Saliva secreted in the mouth contains some amylase enzymes—enzymes specially suited for one purpose—their mission in life is to break down nature's carbohydrates (veggies). With chewing that process gets a start in the mouth before the action gets serious in the stomach. The carbs are broken down into glucose or sugar that enters the blood. Glucose is the blood sugar that supplies us cells with the fuel we burn to give you energy and keep you moving and thinking. Glucose is super important to cells in the brain! To keep alert and sharp, Human gives us lots of fruit, and also veggies, to give the brain a steady supply of glucose.

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

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