

Nutrition Secrets *They* Don't Want You to Know About

By: Hesh Goldstein

Today we know more about vitamins, minerals and nutrition in general than ever before, but at the same time there are various elements of the media and medical community that want to keep everyone in the dark about the true role and power that vitamins play in our health and life.

As many who study natural health, nutrition and those who subscribe to various newsletters such as this, the pharmaceutical companies are a major front in the war against nutrition. That's because it's been known since the turn of the last century that the cause of nearly all degenerative diseases as well as the weakening of the immune system that makes one susceptible to communicable diseases are deficiencies of various key nutrients or total lack of them altogether.

Of course this knowledge has been carefully and cleverly hidden from the public for over one hundred years now since they can't have people learning that they can be healthy merely by taking the right nutrients and the right amounts of each. That's why as is the case with vitamin C and many other vitamins, the RDA for most nutrients is pathetically low and barely enough to keep you alive, let alone for you to be healthy and strong.

Since the mid 1800's, the naturopathic doctor has ceaselessly and constantly come under attack by the MD's and organized medical community. As the mechanized view of the body and the germ theory of disease began to become more accepted along with the belief that chemicals and drugs were the way of the future, the attacks became more frequent, bold and progressed to outright lies at times. That's because the MD, with his surgical procedures, chemical drugs, fancy concoctions and useless medical terminology had much more potential for financial gain than did the naturopath or "country doctor". They saw the country doctor as a threat to their growing influence and livelihood as well. In fact the medical terminology that doctors use was created precisely to make the average person feel ignorant and stupid and to keep people from ever trying to diagnose or cure themselves.

The AMA was formed in 1847 specifically to protect the profits and practices of doctors, the MD, not the "country doctor" who they came to view as backwards and outdated. Of course they know that the methods and cures of the country doctor were far better, cheaper and safer than the drugs and surgery approach

of the "medical doctor", also known as the "Slash and Burn" method, but it was all about the profits, so if the AMA was going to represent any group they knew that the MD's offered them the greatest chance at profits, growth and power. The AMA is a union created specifically for doctors, NOT patients, not to find cures, not to prevent disease, but to protect the profits of doctors. Just like any union,

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its job is to protect the jobs and income of its members. The AMA is not the wonderful, benign or righteous agency that it tries to convince the world that it is.

The western allopathic medical establishments knows that nutrition prevents disease and cures most non-communicable and even many communicable diseases as well. That's why they work so hard to suppress this knowledge and why they keep trying to get nutrients like vitamin C labeled as a "drug". They haven't yet, but they're not giving up on this either.

In the book "Nutrition and Physical Degeneration", Dr. Weston A. Price details his discoveries in the 1920's of primitive tribes and cultures around the world that were models of health and free of dental caries and degenerative diseases. Since he was a dentist searching for the cause of cavities (caries), that was the main focus of his book. However, he also discovered in his research and travels that a solid and irrefutable link existed between those who had cavities, crowded teeth, and "malformed" faces, and those that lacked nutrition. When the native peoples began to eat the modern processed foods devoid of real nutrients and loaded with chemicals and artificial ingredients, they too suffered the same dental and health problems as those raised on such diets. When the native peoples went back to their traditional whole foods diet, cavities that were progressing ceased and the next generation of children were born with perfect teeth and greatly improved immunity as had the previously untouched generations.

Knowledge such as this is powerful, and it's this kind of knowledge that the "powers that be" don't want too many people knowing about. The less real knowledge and truth that you have about how to prevent and eliminate disease and degenerative conditions with the power of nutrition, herbs, exercise, deep breathing, meditation, relaxation and many other natural and alternative methods, the more people will suffer needlessly while the people who control these organizations, including pharmaceutical companies, doctors and hospitals all get richer. The rest of us will continue to get poorer while trying to pay for this system of useless, dangerous and deadly so-called "medicines" and procedures.

The inexpensiveness and effectiveness of natural cures and the cultures that

practice them, such as the Chinese, are a direct threat to the stranglehold that the western medical system has on this country and most of the world. That is one of the main reasons why many aspects of Chinese medicine were so strongly suppressed, laughed at, made fun of, ridiculed and ignored in the past thirty or so years.

It was through the actions of the patients themselves, who kept going to Chinese doctors and other natural doctors and spreading the word of how effective these methods were, that finally got the western medical establishment to start taking notice of Chinese medicine and other natural treatments. They realized that since they couldn't suppress this any longer, they might as well admit how well it works so that they can control it, regulate it, license it and at least make some money off of it. This is especially the case with acupuncture. Even though they reject the

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Chinese explanations of Chi flow and balance and prefer to believe that it's just effecting the nerves of the body or it's an out of control placebo effect, they still allowed it to be practiced and covered by insurance as a valid and effective cure for certain illnesses.

Getting proper nutrition is vitally important, which is why I juice several times a week to make sure that I'm getting plenty of vital nutrients into my body and I can feel this as I drink the life in the juice down. What's also interesting is that this is also a great way to help one lose weight, since juicing delivers tons of nutrients into the body; hunger often disappears for several hours or more afterward and it seems to also raise metabolism since the body is getting tons of nutrients and enzymes to function with greater efficiency and at a higher level.

I lost over twenty pounds when I started juicing about five times a week. As my appetite decreased and my taste for carrots, celery, broccoli, spinach and such increased, I no longer wanted to put pastries, pizza and doughnuts or other junk food into my body and certainly not fast food. After juicing at lunch time each day at one of my jobs, I often ate my last meal at 3 pm in the afternoon, had no dinner and was not even hungry till about 8 am the next morning. Even then I was not ravenous at all and could have easily gone till lunch without eating anything at all. That's because when you're hungry, your body is not so much craving the solid matter. . . it's craving the nutrients in foods, real nutrients from natural, whole foods. Since juicing delivers large amounts of these nutrients to the body in liquid form, your body has plenty of nutrients in reserve to produce what it needs, so hunger simply goes into a stand-by mode until the cells tell the liver and brain once again that more nutrients are needed, at which point you start to feel hungry again.

You're also getting these nutrients in a more readily bioavailable form since the nutrients are also being delivered with tons of natural plant enzymes, which

again take a great load off the pancreas since the body does not have to produce large quantities of enzymes to digest solid matter. Of course juicing is never a long term substitute for real, solid whole foods, but doing short term juice fasts and juicing daily or at least several times a week is a vital and fantastic way to ensure that you're getting large amounts of necessary nutrients in an unadulterated form each time you juice.

I mentioned above a little about the liver and brain receiving signals from the cells. The cells communicate with the rest of the body using energies very similar to light. A physicist by the name of Popp has demonstrated this in his many experiments with cellular communication. He started this work because the modern idea that the cells are all communicating via chemical messages simply did not hold up. Cells were receiving various signals far too quickly to be explained by chemical reactions. His research showed that in fact the whole body is communicating via energy in the light spectrum and that this communication goes on at nearly the speed of light. We are indeed all "luminous beings". This is also why getting out into the sun for 10-15 minutes a day is absolutely vital, not only for the production of vitamin D, but so that your cells can properly communicate with each other and especially the brain. The Chinese and

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particularly the Taoists practice visual exercises called "Administering Sunbeams" early in the morning and late in the afternoon to ensure that the brain and body get adequate amounts of UV rays from the sun. I'll talk more about this in a later article. The body does talk and has its own language of communication, it's absolutely amazing!

In regards to the liver, in Chinese medicine it's been known for centuries that the liver and spleen are very important for digestion. They are given a special relationship in the five element theory of Chinese medicine which teaches that each organ has solid ties with the others and that there is a definite cause and effect relationship at work. For example, the Chinese have known that the stomach and spleen are linked pairs. This is one of the strongest inter-organ relationships in the body. When the body needs nutrients and even more than just nutrients, but Chi, the liver, which is the vitamin storehouse of the body, sends a signal to the spleen (and stomach by extension) that it requires energy. The spleen, which gives its energy to the mind and is responsible for concentration and faith in Chinese medicine, then signals the stomach and brain that nutrients are needed and the brain interprets this and starts to send out a signal back to the stomach. We feel this as the beginnings of hunger. So naturally, we grab something to eat. When we were all eating real foods from nature, we got lots of nutrients, fiber, bulk matter, sunlight and earth energy in those natural foods and the various physical and energy systems of the human body were satisfied. This kept intense foods craving and bingeing to a minimum because those cravings simply never manifested themselves to the degree that we see today. This is precisely because so many people are

consuming nutrient-, energy- and enzyme-dead foods, that the body is in a constant state of nutritional and energy deficiency. Because of this, the liver is not being given the nutrients, enzymes or bio-energy (chi) that it needs, so the feeling of hunger or of never feeling satisfied is nearly always "on" to some degree in most people today.

When you follow a whole foods diet, which includes juicing with lots of fresh vegetables that are nutrient and enzyme dense, you're giving your body not only the physical nutrients and enzymes that it needs, but because such foods are alive, there is also the vital and indisputable non-physical element of Chi present in the foods that the body also requires to convert all those nutrients into other chemical compounds, hormones and enzymes to carry out all its functions. When we eat processed foods such as sugar, which leeches calcium from the bones and teeth and nutrients from the liver, we're stripping away the nutrients needed and not giving the body what's truly needed for us to be healthy, feel great and live long and happy lives.

See, the body is very smart. It knows what is natural and good for it and what is not. It knows that real foods have nutrients, vitamins, minerals and energy present in them. Most other man-made garbage is treated as a toxin by the body. The liver takes care of the nutrient part and the spleen extracts the Chi or energy from foods. But when we consume man-made junk foods and useless stomach fillers such as doughnuts, cakes, candies, cookies, refined white breads, pastries and more, the body senses the various non-organic and foreign chemicals in these foods and the almost total lack of nutrients. The body must have nutrients

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to digest those foods, so it must somehow "borrow" the nutrients that it needs to digest this "food" from the liver, because the body can't digest them without these nutrients present.

Chemicals that the body cannot digest are considered foreign and toxic by the body and are moved to the eliminatory organs for excretion and elimination from the body. If it can't eliminate it, it does the next best thing, which is to "isolate" it away from the vital internal organs. It mostly does this by storing such foreign matter in the fatty tissues, the fascia between the muscles and the joints. In the case of the latter, this becomes one of the main causes of arthritis which is the body's attempt to store dangerous crystalline structures formed from the consumption of dangerous and unnatural chemical compounds away from the organs. Interesting that your computer anti-virus software also does the same thing when it can't eliminate a virus from the system, it "quarantines" it away so it does not damage the operating system or other critical files.

Getting proper amounts of vitamins, minerals and nutrients is absolutely vital for health, regeneration, strength, happiness and longevity. Just as a lack of

vitamin C causes rickets and scurvy, just as a sufficient lack of the "B" vitamins can cause severe illness and eventually death, so too the lack of nutrients in our bodies causes slow degeneration of the body and eventual premature death. Very famous fitness gurus of the 1950's once said "If man makes it, don't eat it" and "It's not what you do some of the time that counts, it's what you do all of the time that counts."

We have to be aware of our nutrient intake every day, not just some days and not others. In this modern, fast-paced world it's hard to make sure we're getting all that we need. That's why taking a good multi-vitamin on a daily basis is very important. A good multi is not your "once a day" vitamins popularly advertised. I recommend the "Alive-Whole Food Energizer" as my number one multivitamin. That's because this product, made by Nature's Way is a whole food vitamin, meaning its not synthesized by man, but merely whole natural foods compressed into a tablet form. Some of the ingredients are even organic. It has tons of great stuff such as all the main vitamins and minerals in very good amounts for most, plus the following: "Green food/Spirulina blend, Digestive enzyme blend, Amino Acid complex, Garden Veggie blend, Orchard fruit blend, Myco defense mushroom blend with about a dozen mushrooms known to increase immunity including Reishi and Shiitake, Omega fatty acid blend and a vitamin C complex all from natural sources". Always remember that it's never a substitute for consuming real, healthy and preferably organic natural raw foods from nature, untouched by man.

For some further reading on the topic of nutrition and its relationship to health and degeneration, read "Nutrition and Physical Degeneration" by Weston A. Price and "Pottenger's Cats: A study in nutrition" by Francis Marion Pottenger.

Tune into "Health Talk" on Saturday mornings from 8 AM – 9 AM at 1080 AM.