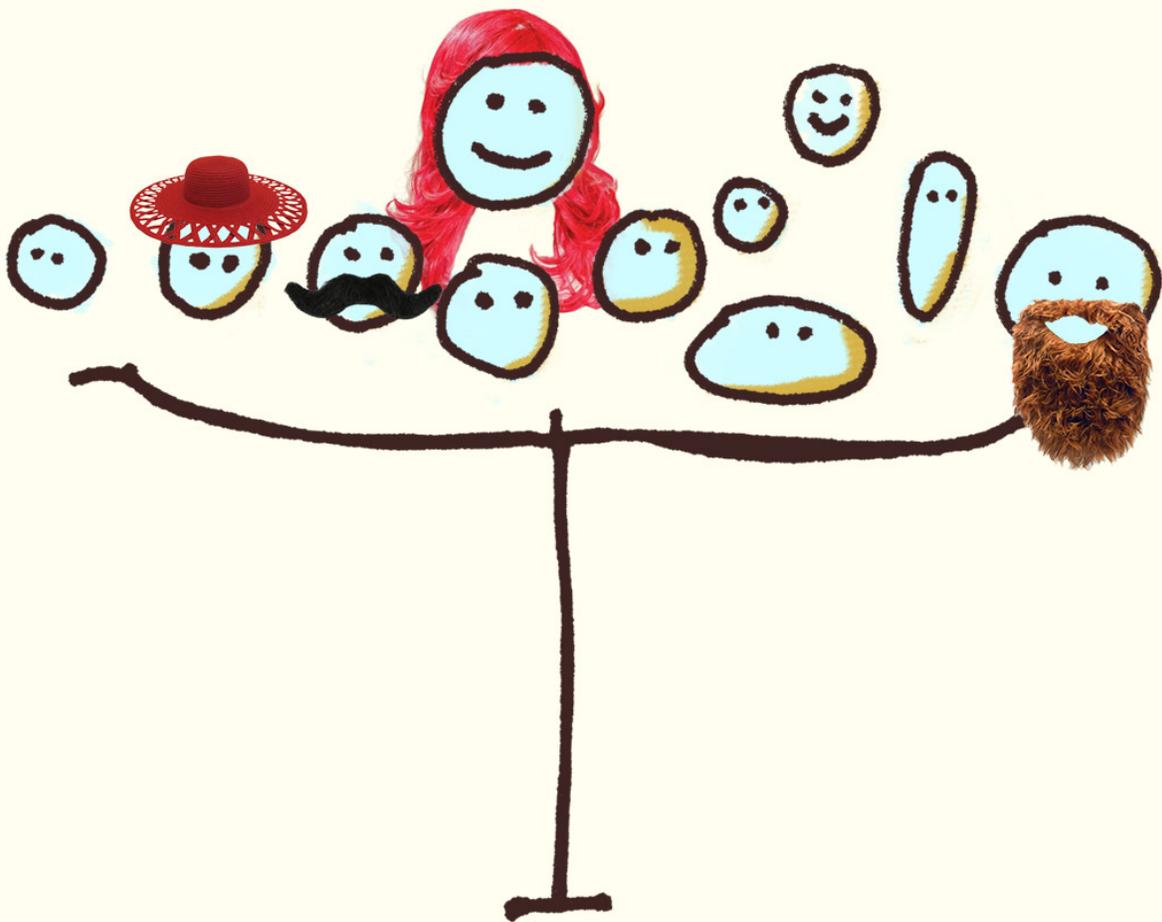


Body Detox Guide



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Introduction

If there were any rules on how to live a healthy lifestyle, Rule #1 would be *Know Your Body*, and Rule #2 would be *Trust Your Body*. Unless you're suffering from a severe illness, no expert in the world can know better than your own body what it needs to be healthy, or what health is for you. In that sense, we advise people to know what healthy means to them, and be it.

Your body is the best pharmacy you'll ever have, administering the exact amounts and ratios of all the biochemical substances you'll ever need. It's a miracle of health and life we still can only understand a small part of, even with all the modern science available to us today.

At Olive Retreat, we believe our bodies are gifts given to us to experience and enjoy temporarily, and that seeing ourselves in this way, with gratitude, helps us to become truly healthy. Only then can we love and care for our bodies while we have them. With a little health knowledge our bodies always know what we need.

A big challenge is that we live in an unhealthy world. Yet we believe it's not only possible to live healthy, but it's much easier to live healthy than unhealthy. And we believe everyone can. Sure, we might need to begin saying "no" to a certain few habits that we think we enjoy today, but once we release those habits in gratitude and replace them with new habits we *really* enjoy, the painful experience of any loss is overcome by the joyful experience of gaining greater awareness. For example, we don't quit smoking. We evolve slowly into a place where smoking becomes painful to us. We don't force ourselves to begin exercising. We evolve into a place where not exercising becomes painful.

Along the way, it's important to keep in mind that we don't have to be a part of the culture we live in. We don't need to do what everyone else does. For example, it's perfectly okay to say "no" to yet another drink at a cocktail party, or "no" to a fast food lunch. In our experience the "no's" we have said along the way have inspired people to change habits themselves in the long run. For every "friend" we've lost, we've gained two or more others, and discovered dozens of new possibilities in the process. As the body evolves into an awareness of itself, and we allow it to, our journey becomes more exciting and rewarding than ever.

What we need to do is find out what we need to do. This is the health journey and it's different for everyone. Maybe we don't need more nutritional advice, or a new diet, or yet another personal trainer. Maybe what we need is to understand our eating habits, or sleeping habits, or something else. Maybe we already know exactly what we need to do, but we just can't do it.

Find out what you need, and start taking the steps to do it. It's fun, and Olive Retreat is always here to support and help you. We believe health is about bringing your mind back into balance with your body, and learning to respect the signals the body gives you. We believe this is fundamental to all healthy lifestyles. The exercises we teach at Olive Retreat (and in this book) will help you come back to yourself. Your body is perfect; it has all it needs to cure you. It's your temple, *step in!*

Thanks for the confidence you showed us by joining our Olive Retreat, or by downloading this book.

Love,
The Olive Team

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1. Fundamentals of Alimentation

We love good, tasty food as much as anyone else, and in being healthy have lost nothing in terms of the eating aesthetic. On the contrary, it only gets more beautiful as we evolve our understanding of food and eating.

In this section we offer a few basic pieces of advice, beginning with the three basic rules.

THREE BASIC RULES

1. Eat food, not chemicals
2. Eat mostly vegetables
3. Eat with respect

Humans are the only animals on the planet who need experts to tell us what to eat, and unfortunately most of the experts are subsidized by the industrial food industry, which means our food situation is a little crazy in two ways. One, it's crazy that we need to be told what to eat (because we are so out of touch), and two, it's crazy we are told by those who profit from our remaining out of touch.

The first step to health awareness is to get back in touch by starting to analyze and understand what is called "food" in the modern world. It won't take long to see that what is called food isn't, and thus it's imperative to become and remain informed.

If you don't have the time to research each and every additive (the ultimate number of additives is 0, which means it should take 0 time) stick to the three basic rules. They will take you very far, metaphorically, and literally very much further down the living road.

EAT FOOD

Seventy percent of the food in supermarkets and restaurants today is not food at all, in the sense that it's gene manipulated, pesticide saturated, and additive bloated. The processes and substances used in the modern food industry leave us with food that is toxic. For us at Olive, food is simply the produce mother earth offers us without manipulation, pesticides, additives, aromas, colorings, and doesn't come in boxes or bags with long ingredient lists, labels warnings, nutritional advice. Brands.

For example, rather than buying a carton of apple juice, just buy the apples and make it yourself, or even better, just eat the apple. Buy the flour and make your own bread. If you eat meat, poultry or fish, make sure the animals were reared in natural habitats, eating what they too were meant to eat: yes, food. Keep in mind that not only do humans eat food that is not natural, but modern animal agriculture rears animals on food that is not natural for them, either, which means consumers are getting diseased animal meat.

Thus, eat food, as mother earth has produced it, without elaboration. And ideally, without labels. Apples don't need labels, but juice does!

WHAT IS FOOD?

Silly question, right? Well, not really, at least not considering what we talked about above, and not if we consider that we are all different. Thus what is good food for one person might not be good for another person. Food intolerances and allergies are very common in the world, and we differ with respect to what we can tolerate, and also according to our metabolic constitution, or Dosha as they call it in

Ayurveda, meaning we how good or bad we feel on certain foods.

Healthy eating means therefore first finding out what food is, and second finding out who we are, which is a process of learning which foods are doing us good and which foods we should eat as little of as possible. During our “respectful eating” we learn how to get in contact with ourselves and feel what is good for us and what is not, what is to be avoided.

THE BIG AND THE SMALL

We divide the food into Macro-nutrients, or large molecules such as protein, fats, and carbohydrates; and Micro-nutrients, or vitamins, minerals, antioxidants, etc. Below are some simple rules when choosing food, and choosing amounts of food.

FOOD IS:

1. Vegetables, fruits, seeds, nuts, meat, fish, poultry, pulses, rice, and all grains in their natural and clean (unmodified, untreated) forms.
2. Macro-nutrients other than water
 - Includes Protein (eat approximately 0.5 to 0.7gr per kg of your ideal weight daily. No more!)
 - Carbohydrates (with GI under 50)
 - Unprocessed or rancid fats
3. Micro-nutrients: vitamins, minerals, antioxidants, flavonoids, polyphenols, etc.

A good rule is to buy as little packaged food as possible, since packaged food is rarely food in its natural form. Take supplements, at least vitamins and minerals, because we lack them in food bought in normal supermarkets. Also, keep in mind that the most altered “foods” in supermarkets are: wheat, dairy, meats, sugar and vegetable fats. More about this below.

PROTEIN

All animal sources of protein are pro-inflammatory, especially meat, and because all modern diseases are inflammation based, we want the opposite of inflammatory, or as few inflammatory substances as possible (more on this later). Sandwich meat is the worst of all meats and one of those products we wouldn't consider food, given all the processes and additives used in its production. Bring your glasses to the supermarket and start reading labels – it's a thriller!

Fortunately only about 10% of us need protein from meat, poultry, eggs, dairy or fish. Vegetarian proteins are “ready to use” proteins and therefore do not need to be broken down as meat does, requiring an excess of digestive waste and acid. Here is a list of protein sources from different types of food:

- Nuts and seeds, 15-20% (peanut & pumpkin 27%)
- Meat, (unprocessed 10-20%), (wild 20-25%)
- Sandwich meat, 5-10%
- Fish, 20%
- Beans, 10-25% (amino acids not counted)
- Grains, rice 10% (amino acids not counted)
- Milk, 3% (sheep 6%)
- Cheese, 10-45%
- Eggs, 13%

The key to eating more plant-based protein from the group of carbohydrates is to mix one of the three, pulses/legumes, grains, or rice. For example, rice with beans or beans with cereals or cereals with rice. If you look at how traditional food around the world has been eaten for thousands of years, you'll see that these are often mixed.

CARBS ARE GREAT

Carbs have gotten a bad rap lately, but we're not so easily convinced of new theories. We have studied natural, old food traditions from around the world and think it's a good way to learn what has probably been the healthiest food for a long time. It has only been in the last century that we started elaborating carbohydrates, taking away nutrients to please uninformed consumers who were looking for taste or appearance over health.

It's just as wrong to say now that all carbohydrates are bad for us as it was to say that all fats were bad thirty years ago. Only the carbohydrates that peak our blood sugar are the bad ones, i.e., the refined ones. But even these can be eaten at the same time as other foods with a very low Glycemic Index (GI) to balance it all out (GL refers to the so-called glycemic load).

Below is an abbreviated list of carbs that have a GI over 50, and that should be avoided. But if you can't avoid them, try to balance out your meal by also eating lots of fiber.

FOOD GI

- Beer 110
- Sugar 100
- French fries 95
- Boiled carrots 70
- White bread 70
- Rye whole bread 40
- Quinoa 35
- Raw Carrots 35
- Apples 30
- Chocolate (70%) 22
- Fructose 20

FOR GOOD CARBS LOOK FOR:

- Whole flour & rice (integral in Spanish)
- Whole bread with extra nuts, fibres, etc.
- Beans - not aluminium canned!
- Grains such as kamut, spelt, dinkel, rye, barley, etc. Not wheat!
- Vegetables – all kinds and lots of greens!
- Fruit - not too much sweet fruit, tropical fruit, bananas, melons, etc.

Use common sense and trust your body!

A FIT ABOUT FATS

We need approximately 2 to 3 tablespoons of good fat/day and 3 to 4 if you exercise a lot, but this goes for all nutrients, especially the nutrients of small quantities like the micro-nutrients we mentioned earlier. Much has been written about fats over the last 20 years, but one thing that's clear is that lipids (fats) are long and unstable molecules that become toxic when altered. Always choose a fatty acid that is not altered, no matter what the label says. If the label says vegetable oil has been used and yet the product is solid, you have to be skeptical. Margarine is a good example.

Heating fats is one way of altering the molecules, which is why we never recommend deep fried food in a healthy diet, no matter what fats are used. Short, fatty acids tolerate heat the best and should preferably be used when frying, but never allow them to boil. Use butter (ghee), coconut oil, or olive oil, all of which are easy to find in supermarkets.

Keep your fats from oxidizing by storing them in dark, sealed bottles. Always smell them to see if they have become rancid before use.

ZOOM DOWN TO MICRONUTRIENTS

We are likely to be getting enough macronutrients today, but we definitely lack micronutrients such as vitamins, minerals, trace elements, antioxidants, etc. The National Cancer Institute of the USA, the most prestigious authority on cancer research (plus many other authorities), has stated very clearly that one major reason for our huge and growing health problem is the lack of micronutrients in our highly industrialized food. The same article says 98% of the population lack some, or many, nutrients.

The vitamins and minerals in our food have decreased immensely at a time when we need them the most. They are essential for detoxifying our bodies of all the new chemicals that mankind has contaminated our earth with. A report from the Food Standards Agency in the UK declares that since 1940 we have lost about 50% of the nutrients in our food due to industrialized food production.

All micronutrients have decreased, but here are some examples:

- Vitamin C, down 80% in apples
- Folic acid down 84% in bananas
- Calcium down 68% in broccoli
- Milk has lost 38% Magnesium, 60% Iron, Calcium 10%
- 15 different meats lost 55% of their nutrients

With this in mind it's probably a good idea to find a high quality supplement and eat more raw veggies and fruit.

SUPER FOODS

There are always new, fantastic properties discovered in food, but as we already mentioned, the most important thing is to eat food and not chemicals, and to let your body tell you what is good for you. But as we always get the question about what to eat, we advise the following as a must in all healthy kitchens.

- Clean (filtered tap) water
- Unprocessed ancient food
- Greens & veggies, as much as possible
- Nuts & seeds
- Fibre-rich food
- Algae
- Herbs: oregano, thyme, rosemary, mint, cilantro, basil, dill, etc. Look for traditional herbs from your area
- Spices: ginger, cardamom, cinnamon, curcuma, curry, turmeric, nutmeg, all the peppers, clove, etc. Look for traditional spices from your area.

We must emphasize however, that all healthy foods are potentially toxic if you don't tolerate them and if you over eat, so trust your body, not just the experts. Further on we will tell you more about respectful eating, where you learn how to feel the subclinical symptoms of intolerance.

SUPPLEMENTS - WHAT TO CHOOSE?

There are as many dietary supplements on the market as any other consumer product, and it's not always easy to know which ones are of a good quality. The science of orthomolecular medicine, which studies nutrients, is engaged in the ongoing process of keeping up to date with the latest news and research. At

Olive Retreat we offer you information from our studies in orthomolecular medicine when you register for our newsletter and our twitter feed.

FIND A GOOD SUPPLIER

We normally spend more time learning about the mechanic who repairs our cars than the supplier of our food or supplements. Fortunately when it comes to supplements research shows that the only risk in taking a low quality supplement is that we waste money. At our classes you learn about what to consider when buying supplements, but below is a reminder.

- A good supplier would be proud of their biochemical forms of supplements and would label their product with them, so look for details.
- Capsules are digested and taken up much better than tablets.
- If they contain a ready vitamin A instead of carotenoids don't buy them.
- If the vitamin E is l-alfa tochoferol it is the natural form, so buy it, but if it is dl-alfa tochoferol don't, it is synthetic and most probably includes other substances as well.
- Selenium should be at least 200 mcg/day.
- Chromium should be at least 200 mcg/day.

FOOD TO AVOID

What do sugar, sweeteners, meat, dairy, "light" and wheat goods have in common? They are all toxic foods that will keep you unhealthy, lethargic, and most importantly, unhappy. Pre-fabricated foods have become commonplace in our society, which is why the majority of people are overweight and unhealthy. Processed foods are the worst offenders. Anything that comes in a package and can sit on a shelf for years should not be categorized as food!

Right?

TOXIC IMBALANCE

When you eat a diet that is predominantly non-organic, elaborated and packaged, you throw your body way out of balance. Over-toxicity in your body will weaken each and every bodily system, clogging the organs of detoxification and making you feel unwell. Believe us, there are enough toxins in our environment anyway. We don't need to fill ourselves with even more while under the impression it is food. When our detoxification organs are overworked, acidity pools up in the body. This happens when we eat a poor diet, and over the years our bodies reach what is known as its "toxic load." In the beginning stages of toxicity, most of the symptoms will not be visible to the naked eye, so if you have not yet seen any symptoms, it doesn't mean you don't have any!

Where do all these toxic substances end up? In your fat cells!

A clever body stores the excess toxicity in the fat cells. For example, if your diet is very high in sugar, and therefore highly acidic, your body will do whatever it can to pull that toxin away from your vital organs and into your fat cells. This is a defense mechanism used by your body to protect its precious organs and delicate tissues. Where this doesn't work properly we end up with a dysfunction or a diagnosed disease.

Storing fat is not the only way your body deals with excess acid, so if you are thin it doesn't mean that you're healthy! In fact, it may mean that your entire body is in a constant state of acidosis which means that your body is being destroyed from the inside out, as often seen in smokers.

TOXICITY AND ACIDOSIS ARE SERIOUS PROBLEMS

The three most widely eaten foods that cause acidosis are sugar, coffee and meat. There are many conditions that can be created when the body is in a constant state of acidosis, but here are a few.

- Poor digestion, absorption and elimination.
- Cardiovascular disease, including cardiovascular plaque and the inability of the blood to carry oxygen

to your cells.

- Diabetes
- Allergies and skin problems such as eczema, psoriasis, asthma, acne, dry or oily skin, itchy skin, etc.
- Kidney problems such as infections and kidney stones
- Immunodeficiency
- Free-radical damage and cancer
- Hormonal imbalances
- Premature aging and death
- Weak and brittle bones, joint pains, sore muscles and lactic acid build-up
- Chronic fatigue syndrome
- Chronic yeast and fungal infections such as Candida overgrowth
- Dementia, Parkinson's or Alzheimer's disease
- Psychosis and mental disorders, mood swings, depression and anxiety
- And more.

Not to worry, though. Many people have overcome these problems and eliminated the cravings behind them. The good news is that it's much faster to get healthy than to become unhealthy. For example, weight gained over 10 years can take just 6 months to lose.

We guarantee it won't be long before you enjoy your best life ever if you detox!

SUGAR - NOT SO SWEET AFTER ALL

The average person in Europe consumes over 60kg of refined sugar per year! This is astronomical in contrast to the 2kg per year consumed by the average person at the turn of the 20th century. An 8-year-old European kid has eaten as much sugar in its life as his grandparents ate in a lifetime! Sugar is one of those highly refined foods we eat a lot of. It's everywhere, even in meat. If you compare the source of sugar, the sugar beet, or sugar cane with the final product, it's easy to see that it has gone through a massive process. Sugar cane mass is almost black, high in minerals and an excellent alternative when using sweets. Refined sugar, however, has many detrimental effects on the body. As a matter of fact, it's so damaging that it would be illegal to register it as a food additive today, mainly because it drains your body of essential nutrients, like certain minerals. As a toxin it's highly acid forming. This means that sugar consumption throws off your pH balance, causing your blood and other important functions to become more acidic. The more acidic your body becomes, the greater the likelihood for parasites, bacteria, yeasts, fungi, viruses and other disease forming agents to flourish in the low oxygen environment.

Arthritis, asthma, headaches, psoriasis, cancer, intestinal gas, osteoporosis, heart disease, weight gain, PMS, candidiasis, tooth decay, multiple sclerosis, inflammatory bowel disease, cancer sores, cataracts, gallstones, kidney stones, and cystic fibrosis are all diseases and conditions that are negatively affected by the intake of sugar. Dr. David Servan-Schriber says, in his excellent book *Anti-Cancer*: "Sugar is the fuel of cancer." Check it out. It's one of our books available to read at the retreat.

Refined sugar is one of the worst poisons you can put into your body. The consumption of sugar suppresses the immune system almost instantly, lowering the body's natural defenses and making it less capable of fighting harmful pathogens. Especially sensitive are kids, who often become hyperactive after having eaten it.

The exclusion of sugar in all its forms from the diet, can improve these and many other conditions markedly. In many cases, a sugarless diet can eradicate the suffering altogether when combined with a well-balanced diet and healthy habits.

In total, the consumption of sugar lowers your immune function by roughly 4 hours, with the lowest immune functioning occurring 2 hours after sugar consumption. So if you find yourself getting sick after the holidays, you know exactly why! By comparison, when starches (complex carbohydrates) are consumed, your immune functioning actually heightens for some time before falling back down to normal. But as you may already know, getting sugar out of your diet is not an easy task. It's one of the most highly used additives around, showing up even in meat as we said. But at least you can avoid adding more to your diet.

SUGAR - THE FAT PROMOTER

Back in nature, sugar (mainly fructose) was rare and our taste evolved to like it, as it's essential for all energy production in the cells. Today, however, because it's available in every corner we just get too much of it.

When you consume sugar, insulin is released from the pancreas, causing the cells to take up glucose from the blood and store it in the liver and muscles. A diet that includes sugar goes hand in hand with mood swings. When blood sugar is abnormally high, as it is when sugar is ingested, the sugar acts like a drug, and you become elated. That is why it's addictive.

But once insulin packs the sugar away into the cells, your mood will sour, and the brain then signals that more sugar is needed to regain the high. This is exactly when you find yourself reaching for a chocolate bar or another sugary treat. The insulin has to be produced again and again, causing this function to wear out, giving us type 2 diabetes, one of today's most common diseases.

When a sugar-free diet is consumed, mood levels will remain constant throughout the day, and your body will actually tap into excess fat as a source of fuel, a process that stops the second you eat something sugary.

FOODS THAT "ACT" AS SUGAR

All refined carbohydrates with a high Glycemic Index (GI) do the same thing to our bodies as sugar, but to a lesser extent. As much as possible we should try to avoid foods made of white wheat, potatoes, corn, alcohol, pre-fabricated juices, or other refined carbs.

Caffeine acts as sugar, too. The caffeine squeezes the much-needed glucose in the liver out to the blood system. This gives us the kick of energy we adore, but the excess glucose in the blood has to get out of the blood and be stored somewhere else or we could die. Guess where it's stored? Yes, in the fat cells.

On top of it all, highly processed foods are called "processed" for the reason that they go through an industrial process, which typically means extremely toxic chemicals have been used. Just one example is white sugar and white salt, both of which have been bleached, meaning a chemical process of some form has been used to make them white.

SORRY, NO ARTIFICIAL SWEETENERS PLEASE

Do you remember the main rule about food? *Eat food!*

Well, artificial sweeteners are not food. There's nothing natural about artificial sweeteners. They are toxic, man-made substances many of which have been created from chemical substances used in petrochemical production. These companies do not care about consumers' health.

There are thousands and thousands of cases where people have found themselves and their loved ones

directly affected by the chemicals in diet drinks and food. If you want to reduce the amount of toxins you are consuming, avoid these (and other non-food) products entirely. You may find that a health condition you've had for a long time simply disappears.

SUGAR ALTERNATIVES AND STRATEGIES TO BEAT THE CRAVINGS

You're better off eating natural sugars from fruit, molasses, agave, coconut, and unrefined sugar cane than chemically altered and manufactured refined sugar available for cheap from the markets. The choice is yours, but if you want to reduce your toxicity then you need to make the choice that will give you the outcome you want. Opt for more fresh vegetables and fruit, especially greens. Greens are one of the best sources of alkalinity, and help rid your body of excess acid produced by sugar consumption.

If you have a big sweet tooth and are constantly seeking the next fix, then here are a couple of strategies that will help you.

1. Use natural sweeteners such as agave, honey, or dried fruit. At least you get some micronutrients with it, like minerals and vitamins. Honey is the best, unless it's heated to over 40C. Agave is second best if you want to heat it. Good enzymes die in any living food when it's heated to over 40C.
2. When you get a sugar craving drink a big glass of water. Many times we have cravings for unnecessary reasons such as boredom. Drinking a tall glass of water can help curb this urge and prevent you from making the choices you will later regret.
3. Eat a Grape Seed Extract (resveratrol) supplement. These natural polyphenols help restore normal blood sugar levels and may help reduce the need for sugar.
4. Supplement your food with chromium and other vitamins and minerals. Chromium is a mineral that is often lacking in our foods (because everything is so refined). Supplementing with 200 mcg/day of chromium can be immensely powerful at restoring normal blood sugar levels and ensuring proper sugar metabolism.
5. Alkalize your body through lemon water and greens (see below under Detoxing). As you alkalize your body, you purify your blood. Since we often crave what is often in our blood, it's necessary to cleanse the body of excess sugar and acidic compounds. This is best accomplished through a vegan diet with plenty of green vegetables, spices, mind detoxifying thoughts, exercise and detoxing supplements as we teach you.

A LITTLE LOGIC GOES A LONG WAY

When people are tested for intolerance, about 97% show some kind of intolerance for what we in the western world eat the most of, milk and wheat - the two biggies! And although not all tested people show strong symptoms immediately, they will most likely develop symptoms sooner or later.

The studies (not the ones financed by the dairy industry) speak for themselves. It has been shown time and time again that milk actually contributes to asthma, osteoporosis, kidney problems, prostate cancer, and breast cancer, among other things. The list just goes on and on.

The enzymes that break down dairy (from our mothers' milk) in our digestive system decline drastically from the age of four, a good sign that we are probably not supposed to continue drinking our mothers' milk, something no other mammal does. Another thing no other mammal does, is drink the milk of another mammal, something only we humans seem eager to do.

When we drink the bodily fluids of another (and most likely diseased) species, trouble looms not far ahead. Yet the dairy industry is quite powerful, often the leaders in TV marketing spending per year, (with loads of subsidiaries from their governments!) making it difficult to resist them, and as a result many health-conscious people think they are doing the right thing by consuming dairy.

MILK IS NOT MILK ANYMORE - FROM THE “FARM” TO YOUR TABLE

The milk that comes from the cow is not the same milk that hits your cereal bowl in the morning. Firstly, feedlot cows are fed soy or corn-based feeds instead of grass, which is their natural food, and most of these cows need a huge dose of antibiotics and artificial stimulants to keep them on the assembly line producing an unnatural volume of milk. We don't even need to go into how they live their industrialized lives, or do we?

The milk these cows produce is pasteurized, homogenized, and has synthetic (fake) vitamins added to it (we won't mention the pus). It's a completely different substance than what a baby calf would receive. In fact, in one study a calf's mother's milk was taken, pasteurized, and fed it back to the calf, with the unfortunate result that the calf died. We started investigating it more and interviewing milk farmers, and would learn that nine out of ten calves died before maturity. But this did not surprise the milk farmers at all.

These days people are concerned mostly with the fat content of foods, but no cow produces exactly 3% or 1.5% fat. The milk has been heavily manipulated to get the exact amounts of fat that are available in the supermarkets. All the other components of the milk have been tampered with on the way, such as vitamins, minerals and destroyed fat molecules. Milk is highly processed and we advise all those who suffer from bloating, flatulence and other digestive problems to try and stay away from dairy, or at least buy milk from grass-fed cows if they must have it.

PASTEURIZATION DOES MORE HARM THAN GOOD

Pasteurization is a process put in place to kill harmful bacteria in milk, but which ends up doing far more damage than good. First, in addition to killing the good bacteria, it allows lax milk handling standards during mass production. Certified dairy herds and handlers involved in raw milk production are subject to stricter standards of cleanliness than those who handle milk to be pasteurized.

Along with killing the good bacteria, pasteurization happens at a high enough temperature to render 90% of milk's natural enzymes useless. Enzymes are incredibly important molecules that speed up the rate of reactions, and in the case of milk, enzymes are present in the form of lactase, which is needed for the digestion of lactose (milk sugars); galactase for the digestion of galactose; and phosphatase for the digestion and assimilation of calcium, but the list doesn't end there. There are many other enzymes in milk that are also destroyed.

Without its enzymes milk is very difficult to digest and assimilate into the body. Most people stop producing lactase in their toddler years, and since we are dealing with cow particles, there are likely some enzymes that we don't have the capability of making at all. It's no wonder then, that more than 70% of all humans are intolerant to milk, making milk and dairy derivatives the number one food allergen closely followed by gluten.

For the enzymes our bodies can produce, our pancreas undergoes unnecessary strain in its efforts to provide the enzymes necessary to digest any enzyme deficient (a.k.a. cooked) food. In time, the pancreas will fail to do so, and diabetes or pancreatic cancer may result.

Pasteurization also denatures the proteins in milk. When proteins are subjected to heat they coil tightly, changing their structure. The same thing happens when you throw meat on the grill or an egg in the frying pan. The proteins become scrambled, so to say. Beneficial bacteria are wiped out right alongside the pathogenic bacteria, which proliferates since there are no beneficial bacteria left to defend the milk.

When milk is pasteurized, the calcium molecule is altered. It is no longer as biologically available as it

would be in raw milk.

HOMOGENIZATION DESTROYS WHAT REMAINS

The purpose of homogenization is to prevent the natural separation of cream from the rest of the emulsion - the separation of fat from water. As far as we can tell, this practice was put into place to make milk more aesthetically pleasing to the consumer.

To avoid this natural separation, milk is pressure forced through small holes to destroy the fat cells, releasing the insides like a smashed water balloon. One of the most toxic molecules in food is altered fatty acids. That's why we have been taught to be careful with trans fats and processed vegetable oils, but very few go as far as to stop their dairy intake.

If you still want to eat dairy try to find organic grass fed unprocessed milk or other dairy products. Also, instead of cow milk we suggest you buy goat or sheep milk as it's more like human milk in its composition, and therefore probably easier to digest.

MEAT IS NOT MEAT, EITHER

Just as most dairy cows are not living in their natural habitats, the meat industry has also forgotten that they work with animals. The meat you have on your plate is not what we would call meat any more. The molecules are so altered that it's another product today compared with 50 years ago. The main reason is that the cows are not allowed to eat what they are supposed to: grass!

Cows are fed mainly soy and corn, making them gain loads of weight quickly, just as those who eat it will, too. The relation of omega 3:6 should be 1:2 or maximum 1:3, which it is how game meat hunted in the woods is. The beef we eat is more like 1:12 on today's menu. This means that we get far too much of the pro-inflammatory omega 6 and far too little of the anti-inflammatory omega 3 that we need now more than ever given all the toxins we have around us and are unaware of. If you still opt for a meat or poultry meal try to choose game meat or meat from any animal that has lived as it was supposed to.

WE EAT TOO MUCH MEAT

Those who claim humans are carnivorous are wrong. We can eat meat, but it's not what we thrive on. It helped us survive during certain stages in our evolution, and in cold climates. Carnivorous animals like tigers eat fresh meat, and have the right teeth for it, and a totally different metabolism that unlike ours, can digest it. We can't even bite through skin, and without tools (stones, knives etc.) we cannot even get to the meat. Once killed, we have to 'hang' meat so the tissue fibers start to dissolve for us to digest it. Therefore we eat dead meat, not newly killed meat. We would say this makes us scavengers more than meat eaters!

And we don't need meat. A tiger is a different kind of animal. It sleeps most of the day, we don't. We are endurance animals; they are explosive animals in their movements. Our closest cousins on the other hand, the great apes who differ from us in only 2% of their genes (and that's more than anything that appears on the outside) do not eat meat if they have a vegan choice. Studies show that when it's a choice of starving or not that they would eat meat in the form of small animals. Like us they can digest it, but otherwise wouldn't bother if the choice were given. Other animals are very limited in their food intake, we aren't. That's why we could move to all areas of the planet.

OVERCONSUMPTION OF PROTEINS

We are told that proteins are so important. Well they are, but today we get too much of them. How much do we really need? A grown-up needs in between 0.5 to 0.8 grams x body weight of protein a day. A woman that weighs 70kg and has a regular body mass needs $0.5 \times 70 = 35\text{gr/day}$.

There are many false stories in the world and one is that we need protein to build muscles. The only thing that builds muscles is using the muscle - nothing else! On the contrary, the muscles are the biggest consumers of glucose, which mainly comes from carbohydrates, not protein. And of course we still need all the other micronutrients necessary for all cellular rebuilding, not just protein.

The average person eats far too much animal protein. No one needs to eat meat or poultry every day, and definitely not three times a day. Animal protein is hard to digest and to break it down we produce a lot of waste products such as uric acid. This is an unnecessary load on an already hardworking liver and other organs, making us too acidic. This is unhealthy stress on our systems.

If this doesn't convince you maybe animal suffering or Mother Earth can. Research has proven that the meat industry is the biggest source of the greenhouse gases that cause global warming, pollution and deforestation. Remember what is good for you is good for mother earth!

A much better alternative is to get most of your protein from vegetarian sources. Then you get already broken down amino acids so that your body can produce the right protein for itself. The key knowledge is to get it right, and in a meal you need to always combine at least two of the three; grains, legumes and rice.

ADDITIVES ARE NOT FOOD

If you find it difficult to eat fresh, natural whole foods, then hopefully what follows will help you reconsider your food choices. Additives never add any nutrition to your food; they can only ever pose a threat, or at best, have a neutral effect once inside your body.

Additives are substances added to foods to enhance any aspect of their production, taste, look-and-feel, processing, storage, or packaging. Most of them are added to enhance the taste after a long process, which is absurd. Why would anyone want to eat something that has been altered so much that aromas and coloring have to be added so it doesn't look, smell or taste bad? Or, why would anyone like to eat something that is so old and altered that it needs preservatives, taste enhancers, and emulsifiers to hold it together in one piece?

According to the Food Protection Committee of the National Academy of Sciences, which ironically evaluates the safety of food additives, the more than 3,000 chemicals that food manufacturers have at their disposal are meant to serve one or more of the following purposes: Improve nutritional value; Enhance quality or consumer acceptability; Improve the keeping quality ("shelf life"); Make the food more readily available (i.e. long haul transportation from the original source); and Facilitate its preparation.

The sad truth is that it's the industry itself that sets the guidelines on how much additives and pesticides, etc., can be allowed on our dinner tables, but yet they have not been required to do any testing on how all the chemicals might react when mixed together. We therefore have no idea of how, for example, aspartame (E161g) and the pesticide Round Up act together in our bodies.

It's like a new application, or version of Windows launched by Microsoft. First they launch it, and when enough consumers complain they take it off the market and launch a new version. The difference is that we put our health at risk, not only the health of our laptops. This pattern will sadly continue until food becomes important enough to be on the political agenda. But as long as there is consumer power there is hope.

Meanwhile make sure to avoid the following additives:

- Taste enhancer like Glutamate (E620-25)
- Emulsifiers (emulgants) like Polyoxetylen (E425-436)
- Thickeners like Alginic acid (E405-7)
- Preservatives like Benzoate (E211-E213), BHA (E320-21), EDTA (E385)
- Colouring like Titanium dioxide (E171), Azo (E102,104, 122-24, 128-130, 151-55), Aluminum (E173)
- Aromas like synthetic vanilla, smoked (not declared)
- Sweeteners like Aspartame (E951), and the list goes on.

ALCOHOL'S DE-PRESSING EFFECT

Time has come to discuss one of our favorite beverages - alcohol - and uncover the stress it imposes on the body's most important detoxifying organ, the liver. We might not like this, but it's very important to understand the truth, regardless of how we react to it. This is especially important given the consumption of alcohol has gone up all over the world (doubled in the UK since 1960) and introduced at an earlier age.

Alcohol is a central nervous system depressant. It acts as a tranquilizer and mild anesthetic, a use to which it has been put for centuries. It is thought that alcohol exerts its effect by causing the release of naturally occurring pain relievers in the body (called opioids), that make us feel less inhibited and more relaxed. That's probably why there is a correlation in studies to increased dementia.

The danger, as is well known, is that in larger amounts alcohol slows mental function, which is why we get so stupid when we're drunk. Over time more serious conditions appear, including heart disease, pancreatitis, cancer, nervous system disorders, and of course liver damage. After smoking it is the single most common and dangerous carcinogenic. Given it's a solvent, it's not hard to understand why. Apply some alcohol to your skin, leave it there for a while, and see what happens. The same thing happens to the tissues in your body. There's no way it can be healthy!

Now, before we get too excited about the most popular rebuttal in defense by claiming that red wine contains resveratrol, a powerful antioxidant that has many health benefits, it's important to remember that the risk of alcohol is directly related to the amount consumed. To get the benefit of resveratrol one would need to drink two bottles of red wine a day, equivalent of 400mcgr (2 capsules). No one needs to be an expert to see that this would be by far more dangerous than the benefit resveratrol could ever offer.

Sure, one glass of red wine a day has been shown to be healthy on people with high blood fat (the real problem!), as it dissolves the fat in the veins, but that's really about it. Beer and most other fermented alcoholic beverages, aside from their alcohol content, are also laden with yeast, which can upset the balance of bacteria in the colon and add calories.

Keep in mind that alcohol was a great invention in the era when spoiled water could be lethal, and as a preservative for herbs and other food sources.

THE REAL ISSUE IS THE TOXIC IMPACT ON THE LIVER

The liver is our largest internal organ, weighing about 1.5kg in adults. It sits just under our ribs in the upper, right hand side of your abdomen. It performs more than 500 functions, including:

- processing nutrients from food
- production of over 13,000 different chemicals
- maintenance of over 2,000 enzyme systems
- regulation of blood sugar

- storage of energy as glycogen
- production of bile to help with the digestion of dietary fats
- filtering of toxic chemicals and bacteria away from the body
- prevention of blood clotting
- and the processing of medicines.

The liver's role in detoxification is to change harmful toxins into substances that can be safely eliminated from the body. Our livers are also the main place in our bodies where alcohol is broken down. After we ingest an alcoholic drink, about 25% of the alcohol is absorbed straight from our stomachs into the bloodstream. The rest is mostly absorbed from our small intestines.

How quickly we absorb the alcohol depends on several factors, including the concentration of alcohol in our drinks, whether our drinks are carbonated (champagne, for example, is absorbed more quickly than non-sparkling drinks); whether our stomachs are full or empty (food slows down the absorption of alcohol as any other form of sugar), and our livers' ability to metabolize alcohol.

Once alcohol has entered our bloodstream it remains in our body until it is processed. If we drink in a respectful way for our body, about 90 to 98% of the alcohol is broken down in the liver. The other 2 to 10% of the alcohol is removed in the urine, breathed out through the lungs, or excreted in our sweat. That's why we smell so bad when the habit of heavy partying takes over.

The average person will take about an hour to process 10 grams of alcohol, which is the amount of alcohol in a standard drink. So if we drink alcohol faster than our bodies can process it, our blood alcohol level will continue to rise. In research a small glass (125cl) is 1.5 units. Women are recommended to drink no more than 2 to 3 units a day and men 3 to 4, but this is only based on population studies. It's actually a bad measurement because we are never in the same condition to tolerate the alcohol equally each time. It really depends on how we slept, if we are stressed, hungry, sad, or happy. Our recommendation is to pay attention to your reactions instead. When you feel the alcohol kick in, when you feel blushing, the feeling of warmth, palpitations, dizziness, unclear speech, etc., stop drinking.

HOW DO OUR LIVERS PROCESS ALCOHOL?

If you're still not convinced to take it easy with the alcohol yet, you might want to read this, too. Otherwise just skip this chapter; we're not done with the villains in food yet.

In the UK the consumption of alcohol has doubled since 1960. Why is it that we drink more than before? We know how harmful it is, or don't we?

There are 2 ways that alcohol, which is a form of sugar (ethanol), can be processed by our livers. Most alcohol is broken down, or metabolized, by an enzyme that breaks down sugar in our liver cells known as alcohol dehydrogenase (ADH). ADH breaks down alcohol into acetaldehyde, and then another enzyme, aldehyde dehydrogenase (ALDH), rapidly breaks down acetaldehyde into acetate. The acetate is further metabolized, and eventually leaves your body as carbon dioxide and water.

However, a small amount of alcohol may be processed using a different set of enzymes in our livers when we drink too much. This alternative pathway, known as the 'microsomal ethanol-oxidizing system' is mainly used when the level of alcohol in the blood is high. Regular drinking can increase the activity of this second pathway, which is not something we want to happen! The danger is that this secondary alcohol breakdown pathway in the liver results in the generation of highly reactive oxygen - killing molecules known as oxygen (free) radicals. This can alter our biochemical functionality with only a

single binge-drinking event, in ways we can't fully understand. It's high risk, and for what? Both acetaldehyde and oxygen radicals can interact with proteins and other complex molecules in the cell, forming dangerous hybrid compounds called adducts. Other adducts can be formed also with aldehyde molecules, which are produced through the interaction of free radicals with lipids (fats) in the liver cells. The trouble with adducts is that they impede the function of the original enzymes and proteins participating in the liver's metabolism of alcohol. Both of these effects may account for some of the damage observed in alcoholic liver disease. Is it really worth it?

Moreover, these adducts may induce harmful immune responses. Many clients witness having new forms of anxiety, sensitivity and intolerance for food and chemicals or other issues they didn't have before having been intoxicated with alcohol (and other drugs).

WHY SOME PEOPLE CAN'T TOLERATE ALCOHOL?

About 50% of East Asian people have a genetic variation which means that their ALDH enzyme doesn't work properly. These people can't process alcohol in the normal way, and shortly after drinking alcohol their acetaldehyde level rises.

Acetaldehyde is a toxic substance that can cause an unpleasant reaction when it builds up. Symptoms you might experience if your ALDH enzyme does not function properly include flushing of the face, hot sensations, nausea and palpitations (an awareness of your heart beating faster than normal). This can happen to anyone, sometimes triggered by what we eat.

The sulfites added to wine as a preservative do not help at all. If you then add the pesticides heavily used in viticulture, you have a rather dangerous cocktail. Problems begin to arise when the liver gets too much alcohol to handle. In such cases, normal liver function may be interrupted, leading to a chemical imbalance. If the liver is required to detoxify alcohol continuously, liver cells may be destroyed or altered, resulting in fat deposits (fatty liver), and more seriously, either inflammation (alcoholic hepatitis), and/or permanent scarring (cirrhosis). Liver cancer can also result from alcohol induced liver disease.

More than three quarters of liver cells may be non-functioning before you notice any symptoms, but by then it may be too late to do anything about it. It's important therefore to minimize your alcohol intake and detoxify your liver through periodic cleanses. How much you can drink, only you can feel. My suggestion is to stop drinking when the alcohol kicks in, and leave at least 4 days of no alcohol intake between consumptions, so that your stomach tissue can heal.

YOUR LIVER IS THE TOXIN FILTER

Imagine your liver as the air filter in a vacuum cleaner. It traps all the dust, debris and pollution, and sends out cleaner air. Overtime more and more pollution will build up in the filtering cells of the air filter and compromise its function. If you've ever cleaned out such a filter, we're sure you can appreciate how disgustingly dirty and dusty it can get, right?

Well, the exact same thing occurs in your liver. The more pollution and toxins it has to deal with (i.e. alcohol, chemicals, processed foods, medications, etc.), the more "dirty" it becomes. That's why it's so important to detoxify and support your liver whenever you can.

The liver is so important to your health and survival that it is the only organ in your body that can actually re-grow itself from a single cell! *Help it!*

1. Be healthy and minimize alcohol intake
2. Eat healthy organic food, less additives

3. Do a liver detox once a year (we'll advise you in class).

WHAT ARE THE SYMPTOMS OF LIVER DAMAGE?

If your liver is not properly performing its functions, the rest of the body will soon be affected by the lack of nutrients and excess waste products present in the blood. Sooner or later other organs like the kidneys will be affected.

As an example, bile production is one of the liver's most important functions. A healthy liver will produce one liter of bile per day. Aside from enabling fat digestion, bile also serves as a carrier to eliminate toxins from your body. However, if your liver is sluggish due to toxic overload, toxins can build up and cause inflammation. This, as well, can subject your body to cellular damage from free radicals. Toxins end up re-circulating and are eventually stored in the fatty tissues (including brain cells and the central nervous system). The slow release of these toxins into the bloodstream is a major factor in the development of chronic disease!

Symptoms and complications arising from liver damage include fatigue, loss of appetite, headaches, pale stool, PMS, pain on the right side, constipation, skin problems, mood swings, poor tolerance to fatty foods, lowered resistance to infections, jaundice (yellowing of the skin and eyes), swelling of the abdomen, internal bleeding, confusion, and kidney failure - just to name a few. We would not be surprised if we soon have scientific evidence that a badly cared for liver and body can also be the cause of biochemical imbalances that might be diagnosed as mental disorders.

The good news is that if caught early, minimal liver damage can be reversed if you abstain from drinking alcohol and other toxins, and provide nutritional support for your liver. When there is no alcohol in the bloodstream, and proper nutrients are provided, the liver cells will be able to return to normal because the liver has a tremendous capacity to regenerate itself.

HERE'S ANOTHER ONE: CAFFEINE!

Coffee is probably as loved as wine and beer and by far one of the world's most popular drinks, now also conquering Asia along with the wheat of French pastry and the dairy of the lattes. We bet you we will see the backlash in a few years. Caffeine is also found in black tea and to some extent in chocolate.

We're sorry to be the messenger of bad tidings, but you shouldn't have too much of these drinks either. Although many studies of late are telling us how great coffee is, they are mostly done by the coffee industry and sometimes the message is so twisted we almost laugh about it. It's true that coffee has some of the benefits of antioxidants, but still we don't see how this can outweigh the negative effects that follow. There is still too much on the cost side that weighs the positive effects down.

The good thing with caffeine can also be the bad thing. If you feel depressed, usually in the morning, instead of taking antidepressants we would recommend a small cup of coffee to get the stress hormones to give you the kick and rush that can sometimes help you feel good. It might surprise you, but studies show that the morning coffee is a huge reason why less people take happy pills. In that pragmatic sense we think coffee is much better than taking medication. If you are constipated coffee could be also a quick-fix, but not for everyone.

How much you can drink depends on your biochemistry, which can change from day to day, according to stress levels, how you've slept or not, or how well you've eaten, or exercised, etc. Feel the effects and respect your body, like always with food and drinks the limited health value of which can easily become unhealthy!

Moreover, coffee is a stimulant and as such a “drug.” It is only a temporary kick. Therefore, and once again, if you want to become healthier, drink water with lemon, or herbal teas, etc. You will become more energized in the long run as opposed to relying on a kick that can easily become harmful; keep reading and you will know why.

According to Wirthlin Worldwide (a market research company), Europeans consume on average 2 cups of coffee per day. Compare this to our water consumption. It is recommended to consume on average 1.5 liters of “living water” (i.e., clean, mineral rich, slightly alkaline) water each day. However, scary statistics reveal that 20% of us drink no water at all while only 42% of us consume a mere 2 glasses or fewer. The problem is that people think that coffee, Coca Cola, juices, tea, etc., are mainly water so that counts as well. Wrong! Coffee, tea, juices or any fizzy drink, cannot substitute for water! Coffee’s weakness or value is only determined relative to the option. If the option to coffee is Coca Cola, of course coffee is better. What we teach you in class is what a healthier choice would be. From there it’s up to you.

CAFFEINE IS A “DRUG”

There are several issues with coffee, but the main one is caffeine. It’s nature’s strategy to get bees and other animals addicted so they will come back for more pollen and seeds. It’s a central nervous system (CNS) stimulant. It is a member of the class of methylxanthine chemicals/drugs. Xanthines (specifically theophylline) are commonly used in medicine to aid in breathing, for example for asthma patients. Theobromine, another xanthine derivative, is found in cacao (chocolate) and tea, also sources of caffeine.

All of this is a product of caffeine’s causing us a stress reaction. A dosage of 50 to 100mg of caffeine, the amount in one cup of coffee, will produce a temporary increase in mental clarity and energy levels while simultaneously reducing drowsiness. It can also improve muscular coordination, which is why many employers love to provide coffee to their employees - to keep them awake and working hard! This is all good, but not for long.

Excuse us if we repeat ourselves, but when we over-consume something our bodies clearly signal us to stop. If we continue beating ourselves up by not listening, we will eventually experience health issues. Know your limits! Speaking of which, heart palpitations and increased sweating, followed by drowsiness a few hours later and bad sleep, are clear signals, don’t you think?

Through its CNS stimulation, caffeine increases brain activity, which sounds good. However, it works through stimulating the cardiovascular system, raising blood pressure and heart rate via the release of noradrenaline and adrenaline from the adrenal glands (more on this later), which is the main reason for being unable to recommend it. We have enough of those stress hormones anyway.

Since caffeine can be a “drug” the amount needed to produce stimulation increases with regular use, as is typical of all addictive drugs. If we would have invented coffee and wanted to register it to sell, we most probably wouldn’t be allowed to, just like sugar, mainly because it depletes us of nutrients. Because it existed before the regulations were made, we as a rule allow it to be protected by the industry, like tobacco. On the other hand Cannabis Oil can kill tumors, but is still illegal in most parts of the world. No “new” addictive drugs are allowed to be sold as alimentation today.

You might say that caffeine (and coffee) is not nearly as dangerous as other drugs. It’s not, but still, the effect is the same, just at another level of degree. The classification of a drug is that you “need” it to function relative a health cost, and that you get withdrawal symptoms when you stop using it. We do know that caffeine affects some more than others, just like any drug. If you are one of those that “need”

it, that's enough for us to recommend you stop drinking it gradually. We would need a very long list from the benefit side to be able to recommend it, and in most cases we don't see that. We're sorry, also for ourselves, because we love it!

But here is why we can't recommend it:

1. Coffee can intensify stress, causing an increase in adrenaline. This results in increased blood pressure, heart rate, perspiration, nervousness, and irritability.
2. Coffee increases the secretion of stomach acid, some studies show by as much as 400%, contributing to the risk of gastritis and peptic ulcers and a more acidic body (less oxygen) where parasites thrive. Some black teas even more.
3. Coffee causes a significant loss of nutrients, specially alkalizing minerals such as magnesium, potassium, calcium, zinc, and B vitamins.
4. Coffee is a major source of cadmium, a heavy metal that has been linked to cancer and immune suppression.
5. Coffee is one of the crops most highly sprayed with pesticides. As most tropically grown crops, where there are no winters to hold the microbes back, it needs more pesticides. The combined effect of caffeine, high roasting temperatures that cause high acrylamide levels, the issue of cadmium, combined with the issue of pesticides, is not clear, and probably not good.

THE SAD AND BAD ACID EFFECT

Higher acidity in our bodies leads to such a long list of health issues that we won't even go there, but you probably already know that an over acidic body means a higher risk for CVD, diabetes, fungal and parasite infections, cancer, reduced fertility, gastric reflux, ulcers, arthritis, dementia, etc., and so forth. More than 1 cup of coffee per day makes a woman half as likely to conceive! Also, consider that for each cup of coffee you should be putting back 3 cups of purified living water to make up for coffee's dehydrating diuretic effect. All this is not only making you more prone to disease but also to aging more quickly, clearly seen on the skin and the in the sclera (white part of eyes). If you still want to drink coffee make sure you get it served as is done in France, with a glass of water.

The second reason we might see a cause to drink it, as it has traditionally been drunk, is after a meal. That makes sense, but only if the meal consisted of hard to digest fats and proteins from animals. Then, of course you can help your digestive system by artificially making it produce more acid. In this way it's a quick fix, and by now you know we don't recommend quick fixes. We recommend not eating the animal protein and fats in the first place.

If coffee is taken with sugar and milk it is even more acid forming. Although coffee beans in their original natural state have potent antioxidant properties (which coffee producers have put great effort in telling us lately) once they've been processed and roasted they no longer provide as much value to our bodies. Roasted coffee becomes a strong pro-oxidant, its oils become rancid, meaning that it greatly increases the oxidation within your body's cells, on top of the acidity and diuretic effect. Simply put, it causes you to age faster!

There are coffees that have been slowly roasted on low heat for 20 minutes compared with normal coffee, which in general is roasted for only 3 minutes. These do have more anti-oxidative effects, but very few coffee-drinkers drink these expensive coffees. In any case they are still like any food that is burned, or heated at high temperatures, leading to the death of some good nutrients. Having said that, even here some studies claim the opposite, that dark roasted coffee makes our stomachs produce less acid.

Confusing? Yes, but when we don't find a reliable, objective source for the studies, we don't take the

findings very seriously, and much less if we know that the source is the industry itself, benefiting from us buying their product. Lately the studies that we have seen about how good coffee is for us are unfortunately very often partial. To get more of the antioxidant benefits from the oils in coffee you have to freshly grind the beans, as ready ground coffee dries quicker.

CAFFEINE'S EFFECT ON THE ADRENAL SYSTEM

As with everything, moderation is key. There are studies that show that if we don't drink more than 2 to 3 cups (espresso size) a day it can actually benefit our health, but we want to correct this with: only if the lifestyle is poor before. If you only offer your body the choice of a prefab juice, a fizzy drink or a coffee, of course we would pick the coffee. If lemon water or green tea or mint tea would be on the menu we would pick one of those.

Having said that, we need to turn your attention to probably the most depressing issue and its role in increasing our stress - caffeine's impact on your adrenal system. Caffeine makes it release stress hormones. And something we see clearly at Olive is that we don't need more stress hormones. The effects of coffee can be felt easily, so feel your limits in the moment, don't just trust the experts. Beware, and use the respectful techniques we teach when you drink coffee, and know if the effect can change depending on how you feel and how you have taken care of yourself. If you are stressed you probably should not drink it at all.

We mentioned that caffeine stimulates your CNS. Once it does so, your CNS sends hormonal signals (ACTH) to your adrenal glands to produce and secrete the "stress" hormones adrenaline (and noradrenaline) and cortisol. Adrenaline intensifies and readies your body for the "fight or flight" response. It stimulates your cardiovascular system by gearing up your heart rate and constricting your blood vessels, thus raising your blood pressure. These, and many other effects, are part of your body's natural preparation to either "fight" or "flee" a given situation.

Cortisol, the other adrenal hormone released upon caffeine intake, is another "fight or flight" hormone whose main role is to break down energy reserves for immediate use in the muscles to flee and think clearly. Since the body would naturally need more glucose (for energy) in a "stressed" state, cortisol is released to mobilize fatty acids and glucose from fat reserves and glycogen stores, respectively. If we don't use this converted energy we have to get rid of it and this is why we can start to sweat after drinking coffee. We simply produce more energy as heat. That's why caffeine is used in almost all slimming products, yet if you would want to take cortisol itself as a product it would never be allowed without a medical subscription.

Also, if the reaction in your body is so quick that the glucose is taken from the muscles (easier than converting from fat) and not being used to run away as the system was designed when we lived on the African savannah, it can actually be stored back as fat! That's why many people feel they gain weight when drinking coffee, rather than losing it.

Caffeine's stimulation of the adrenal glands, combined with day-to-day stress, can overload and eventually fatigue your adrenal glands! Within five minutes after you drink your morning coffee the caffeine begins to stimulate your central nervous system, triggering the release of stress hormones in your body, causing a stress fight or flight response. All systems can reach a point of fatigue, just as we hear so often concerning diabetes type 2, where the release of insulin is fatigued. In the same way we can fatigue other biochemical systems, and adrenal fatigue from too much stress hormone release is one of the most common today.

Within the next hour or so, after the stress response dissipates, we will probably feel more tired and

hungrier. We put the body “on the edge” for a short period, after which we need to dip and relax, but we don’t stop there. We keep the high blood sugar and stress by drinking more coffee, or sugar and energy drinks. These two effects, raised stress hormones and the dip after, are probably one of the most dangerous and self-induced damage cycles we do to ourselves today. Some scientists compare it to smoking, or high alcohol consumption, as an active cause of disease - both mentally and physically induced stress.

For most people, this cycle of low energy followed by an infusion of caffeine or sugar continues the entire day, leaving them feeling exhausted and unable to focus in the afternoon, drained from the ups and downs of energy their bodies had to endure throughout the day. This is adrenal fatigue.

ADRENAL FATIGUE, OVER-WEIGHT AND BLOOD SUGAR PROBLEMS

When your adrenals are fatigued from being pushed too hard to produce cortisol, the output is diminished and you have lower levels of circulating blood cortisol. As a result, your liver has more difficulty converting glycogen (stored blood sugar) into glucose (active blood sugar, our cell energy fuel). Fats and carbohydrates, which should be converted into glucose, now cannot be readily converted to fuel. In short we store it as fat! That’s why we can also gain weight with too much caffeine, when you are sensitive to this production of cortisol, (as normally Pittas and Vatas can be).

Further complicating this matter is that during stress, insulin levels are increased because the demand for energy in the cells is greater. Insulin is released as needed for the uptake of glucose into the cells for energy. However, without adequate cortisol levels to facilitate the breakdown of glycogen and fats to new glucose supplies, this increased demand is difficult or impossible to meet. All this combines to produce low blood sugar and an exhausted pancreas from having to produce so much insulin, i.e., type 2 diabetes.

This produces a real dilemma for those who suffer from adrenal fatigue and chronic stress. They simply cannot get enough glucose to meet their body’s needs. This can lead to dizziness, fatigue, confusion, disrupted hormone production, loss of muscular strength and many other unpleasant symptoms. It also slows down the essential detoxing effect that adrenal system has as one of its main duties. More on that in the next chapter.

In reality, what do most people do to deal with their stress and plummeting blood sugar levels? They seek out further stimulation to bring them back to “normal.” So, most people handle their low-adrenal related hypoglycemia symptoms with a double-edged sword - they eat something sweet or drink a cup of coffee again, or worse, a wrongly so-called energy drink! These should really be called energy-stealing drinks! This is a short-term emergency remedy that only furthers the problem. The vicious cycle continues, as so often seen with health issues. That’s why, to get greater health we must break the habit!

ADRENAL FATIGUE, ALDOSTERONE AND CELLULAR DEHYDRATION

Assuming you get to the state of adrenal fatigue, another important hormone produced by the adrenals will be compromised. Aldosterone, a vital hormone that helps regulate water in the cells through the so-called electrolytes charge.

To cut a long story short, it’s vital to have the right amount of water in the cells. Wherever sodium (salt) goes, water follows. Therefore, water is retained in the cells to keep them properly hydrated. However, in times of adrenal stress and fatigue, aldosterone levels decrease, meaning that we imbalance our cell hydration. More of those vital ions of electrolytes are excreted in the urine and, as a result, your body becomes dehydrated as both water and sodium are peed out of the body. The body tries to help itself, and retains as much water as possible. The water retention is also needed for the kidneys to get rid of the

toxin causing the mess. It can be clearly seen and felt: puffy eyes, pain in the joints, swollen hands and feet. Think about it next time you drink too much of a toxin like coffee or alcohol.

Living in chronic dehydration is not something you want to experience. Just like planet earth, our body is composed of over 80% water (at normal weight). Water is the most vital nutrient your body needs to operate and thrive. Having adequate water in your body is essential for daily functioning. It's also a critical component of detoxification as water helps flush out waste from your cells and tissues. Less water means toxins can accumulate and remain in your body. At a macro level, this can manifest itself as constipation.

So the next time you have the urge to reach for that cup of coffee or go to your local café for your morning fix, think of the long-term effects your choices are having on your body. When you consume caffeine in any form (coffee, tea or chocolate, energy drinks) your body essentially thinks that it's under attack from over-stimulation.

Why not allow your body the rest and recovery it needs? Why not help purify your body so you truly enjoy more energy throughout the day without relying on coffee, cola or black tea? Wouldn't it be great if you could wake up feeling absolutely energized without the presence of coffee? Try yoga and pranayamas; they are much more efficient. Or go for a quick walk. If you don't have time for a walk fizzle things up by jumping 10 times at your desk, offering your colleagues a good laugh in the process.

If you still choose to drink coffee go for the espresso type, or decaffeinated coffee, but only if the water process and not the chemical process has been used for the decaffeination. If you drink tea let the tea bag soak for 30 seconds in the boiling water and then pour the water out. Then use the same bag for your tea. Caffeine/teaine is the first that dissolves in hot water.

By the way, do we need to say that clean water is the best beverage? Spice it with anything you like, lemon, clove, ginger, cucumber, as we do at the retreats. Or at least make herbal tea, cold or warm.

2. The Fundamentals of Digestion

Ancient medicine always teaches us how to promote good digestion. That's where 80% of our immune system is. No wonder almost all disease begins with faulty digestion. Digestion is the most energy-consuming activity our bodies perform. By improving digestion we can free up energy for other processes such as cleansing our bodies, which means cleansing unnecessary fat too, which can lead to weight loss! When the energy we have to offer our body is dedicated to digestion, it leaves us lethargic and drowsy. Only after a week at an Olive Retreat, with pre-biotic food and fiber, you will feel a vast difference.

Mentally we are not as sharp when digestion is inefficient, and on a cellular level, the body is unable to focus on other activities, such as the internal cleansing of bodily impurities - including excess fat! Freeing up that digestive energy will leave you eager to get yourself moving. Whether it's playing with the kids, taking the stairs, or hitting the gym, the more you move the faster you will reach your health goals. Basically, the "Sandwich and Latte Diet" doesn't work. If you have signs of digestive issues you should continue to read this chapter.

IT ALL STARTS IN THE MOUTH

The digestive process begins long before food reaches our stomachs. Digestive juices (enzymes) start flowing with the thought, sight and smell of food. Allow it to happen before you eat, and don't eat if you don't feel like it when thinking of or looking at the food. Your digestion is not ready for it. If you don't feel like eating within 4 hours after a meal, you are probably too altered by stress from being too busy, anxious or sad. Then you should stimulate your digestion with ginger or lemon. We follow the rules of satisfying all the tastes in each meal and by eating calmly. In that way we can better feel when we are full.

Food starts to break down in the mouth when saliva is mixed into it via the act of chewing. Saliva is rich in the enzyme ptyalin (amylase) and aids in the breakdown of carbohydrates. Approximately one cup of amylase is produced at each meal. Taking the time to chew your food and increasing the surface area for amylase to work in the mouth takes a myriad of pressure off of other digestive organs further along the digestive system. The act of chewing also alerts the stomach to the arrival of food and triggers the production of hydrochloric acid, to further break it down to extract nutrients. Even when you drink greens, juices, eat soup or have a liquid day, you need to "chew," or savor it in the mouth, and eat calmly, for saliva to be produced.

STOMACH ACID IS NEEDED

The stomach is the area of protein digestion. There are no starch-digesting enzymes released. The digestion of proteins into amino acids is slow and can take many hours to complete. Proteins are big heavy molecules and if they come from animal sources the digestive system has to work even harder. Meat is not a ready-to-use protein for us humans.

The stomach secretes hydrochloric acid (HCl) and pepsin to digest protein. This extremely acidic liquid is also the most important part of our immune system. It will kill off many unwanted bacteria, parasites and alike, and is crucial for our immune system. If the stomach is not producing enough acid (anti-acid medication is one reason), or the stomach is being overloaded with too much food, protein digestion and immune defenses will suffer.

If partly digested proteins pass into the small intestine when there is not enough acid in the stomach to

break them down, food sensitivities and allergies can occur. You will learn more about these problems during the Olive Retreat classes, and that hunger and digestion is your best friend.

In addition to improper protein digestion, insufficient stomach acid means improper absorption of vitamins and minerals. Thus you can eat all the nutritious organic food and supplements you want, but if you are not digesting it and absorbing the nutrients, it really doesn't make a difference. If the body doesn't get enough nutrients it will tell you to eat more. By improving digestion you not only increase your energy and get rid of unhealthy weight and waste products, you will increase nutrient absorption and gain more energy and vitality. The easiest way is to eat raw food like crudité's and salads at each meal, and perhaps take an enzyme supplement.

When the pH of the stomach reaches a certain level of acidity, the digestion of carbohydrates is halted for the time being, but will resume in the small intestine. It is estimated that carbohydrates take up to an hour for digestion in the stomach until enough acid is created for protein to have its turn. We have about an hour's time of food sitting in the stomach until protein digestion can begin. If you were to drink water at this point, you would severely limit your digestive potential. Water will dilute digestive juices and therefore hinder digestion. The more liquid you drink with, or directly after, your meal the longer digestion will take.

For this reason, water consumption should be stopped at least half an hour before meals and not resumed until at least an hour after eating. Also, never drink ice cold drinks near meal times (or never, we would say). Ice water shocks the HCl-producing glands leaving them unable to produce digestive acid for up to an hour. If you are celebrating or just absolutely have to have a glass of wine with your meal on occasion, opt for one 25cl. glass of organic sulfite-free wine at room temperature. Choose red wine if you can, as it's the most fermented; it has enzymes that will aid in digestion when taken in moderation.

Adding too much wine will increase digestion time as it increases the amount of overall liquid in the stomach. And we don't need to repeat the alcohol chapter!

SMALL INTESTINE & PANCREAS

When food leaves the stomach, it empties into the small intestine - an area called the duodenum. The duodenum also receives digestive enzymes from the pancreas and bile from the gallbladder. The pancreas manufactures enzymes to aid in the breakdown of proteins, fats and carbohydrates further. Pancreatic juice is slightly alkaline and the movement of acidic stomach contents into the small intestine stimulates the pancreas to supply pancreatic juice. This poor gland that also has to produce insulin is working double shifts in our modern, over-eating society. No wonder it just gives up sometimes!

These secretions are necessary to complete the digestion and absorption of food. The stomach contents that move into the small intestine are acidic and for digestion to continue in the small intestine, the acidity must be turned alkaline. If food is not thoroughly digested for our bodies' use it will be releasing toxins into our intestines. The result is gas and bloating. If you have a healthy digestive system you will not have any gas or bloating at all! It is the first sign of indigestion. So let us know and we can help you with natural remedies.

GALLBLADDER & LIVER

The gallbladder, like the pancreas, is stimulated by acidic stomach contents to release its alkaline bile into the small intestine. Bile is manufactured by the liver, but stored in the gallbladder. Bile works to assimilate fat so it can be absorbed through the intestinal wall into the lymphatic system.

The liver is the detoxification center of the body. When food is absorbed from the intestines it goes through the portal vein to the liver where the blood passes through liver cells and then goes onto the heart through the vena cava. The liver cells filter the nutrients out of the blood, and process them so they can be used or stored. The liver stores sugar by hooking individual molecules together to form glycogen. This storage is used when the cells need energy, but is wrongly pushed out in the blood when we take stimulants like coffee.

FOOD COMBINING

When you eat a concentrated protein (like meat) with a concentrated starch (like potatoes) you are asking your body to create opposite digestive environments at the same time. Protein needs acid to digest properly in the stomach, and starches need a more alkaline environment. Starches begin digestion in the mouth and continue to be digested in the intestines. That's also a reason to doubt that we can thrive on an omnivore diet.

This is normally not a problem for everyone, but our experience is that it is a very common problem, especially for those over 40 years of age, and from time to time for most of us. If you feel bloated and have gas you should try food sequencing. Our prerogative here is to ensure an optimal stomach environment at all times. Remember to drink water on an empty stomach!

FOOD SEQUENCING

Though the stomach churns, the food inside is not thoroughly mixed. What is eaten first is largely kept separate from what is eaten later in the same meal. Clear fluids exit the stomach quickly, in a matter of minutes. Fruits have the second fastest exit time, followed by vegetables, starches, and vegan oils. Proteins and animal fats take the longest.

To maximize digestive efficiency, mono-meals (meals consisting of only one item, such as a meal consisting solely of bananas) are likely the way we were meant to eat. Our stomachs know how to deal with a banana, and gauge how much acid to create to get the job done. But as soon as we start mixing foods into gourmet dinners, our stomachs get confused. Our cousins the gorillas, with whom we share 98% the same genes, eat exactly like this: slowly, one thing at the time. Once again, this is good to know if you feel that your digestion is alerting you that something is wrong.

Having said that, we humans invented cooking, in our view one of the most fabulous inventions. It allowed us free time to do other things. Cooked and fermented food is good in the sense that it is already partly broken down in pieces. But it also loses enzymes. That's why we recommend you get both at a meal. Feel what suits you the best. Raw food is not always the way to eat.

Food sequencing entails eating the most easily digested items first, followed by foods that require more time in the stomach.

FOOD SEQUENCING RULES

- Fruit digests itself, passing through the digestive system within 20 minutes. If fruit is eaten when food is already in the stomach, it gets trapped and ferments. This fermentation causes bloating and gas, slows down the entire system and steals your vital bodily energy to focus on digestion. A banana after a steak and potato meal is not a good idea.
- Simple foods and enzyme-rich raw foods contain the enzymes needed to digest themselves and require less external enzymes, and therefore less time to be digested, like most raw veggies. Enzymes are lost when food is heated above 35-40 degrees.
- Simple starches such as bread and baked goods (refined carbs, which we don't recommend anyway!) will be disintegrated by the acid in the stomach faster than complex starches and proteins.
- Complex carbohydrates and fibrous foods such as a potato, whole grains like wild rice and unprocessed

oats, require more digestion time and should be eaten only with vegetables.

- Protein and fats. Protein needs sufficient time in the stomach where it can be soaked in acid and broken into amino acids, and thus should be eaten alone. Vegan sourced fats like oils (non-saturated) are more easily digested.

Food combining and food sequencing are less important the more you clean your diet from all we don't consider food - we go through these in class, but everyone may find these guidelines help them feel much better post meal.

FOOD SEQUENCING AND EATING OUT

If you are presented with a meal of foods that are not properly “combined”, or are out at a restaurant, you can also better your body's ability to digest by sequencing how you eat your meal. Here is how food sequencing works.

1. Start with simple foods and enzyme-rich food first. These are generally raw foods such as salad or raw veggies. Their enzymes will assist in the digestion of the foods you eat next. Wait about 10-15 minutes until you continue eating.
2. Eat complex carbohydrates + fiber-rich foods next. These include your starchy root vegetables (sweet potato, rice, pasta, etc.). We eat these before heavier protein because they are digested more rapidly and thus can pass through the digestive tract unimpeded. Wait about 10 minutes until you continue eating.
3. Eat protein and fat last. These take the longest to digest and thus should be eaten after the other foods. This is more applicable to those who eat animal proteins. If you are a vegan then your protein will be coming from easy to assimilate plant sources such as legumes. Furthermore, plant-based proteins don't carry saturated fats or cholesterol (only healthy fats), which further assists their digestion.

Remember, if you don't suffer from digestive problems you don't need to do this, but it surely helps everyone. If you do suffer from bloating and gas try it!

DIGESTIVE ENZYMES ARE AMAZING

We try to eat raw foods at each meal, but when we find ourselves in situations where it's difficult to eat raw, we take digestive enzymes. When you eat cooked food, the enzymes have been destroyed in the cooking process. This is bad news considering they are essential to life.

Enzymes help take care of the bloating and sleepiness after eating, and improve the quality of your skin, hair, etc., because they digest your food, which helps the absorption of nutrients. When we travel we find it easiest to take full spectrum enzymes. Look for one that has protease (digests protein), lipase (digests fat), and amylase (digests starches).

USE PRO-BIOTICS AND PRE-BIOTICS

Antibiotics act to kill not only bad bacteria that may be causing an infection, but also good bacteria that are responsible for keeping your body in good working order. If you have taken antibiotics anytime in your life, which most of us have, than you may be quite familiar with flatulence and bloating after you eat. This is often because antibiotics have killed off the good bacteria in your digestive tract, paving the way for bad bacteria to take over, such as Candida that grows back much faster than other friendly bacteria also killed by the antibiotics. Therefore we often get Candida overgrowth after antibiotics. This can cause a whole range of problems. Take away what feeds Candida (sugars in all forms) and add probiotic (fermented) and pre-biotic food (fibers) that feed other good bacteria.

Taking a good probiotic before bed may help repopulate your digestive tract. Look for enteric-coated

probiotics found in your local health food store. The enteric coating ensures the probiotics make it through the acidity of the stomach, and release in the intestines where they are needed. It has to be a live bacteria stored cold.

CANDIDA - SWEET, BUT NOT A GOOD FRIEND

Do you suffer from insatiable sugar cravings? Are you a “carboholic?” Do you experience digestive difficulties, gases, or have elevated cholesterol? You might be asking, “What on earth do these issues have in common?” The answer may very well be that your body is being held hostage by an overgrowth of a nasty little yeast called Candida! It is so common. We guess everyone has it sometimes after taking antibiotics.

Maybe we are getting away from the main point of this little booklet, but it is so common that people suffer from Candida overgrowth that we decided to mention it anyway.

WHAT IS CANDIDA?

Candida Albicans is a single-celled fungus (yeast to be more exact) you have probably heard of before, as it is one of our most problematic fungi and causes many types of health problems. There are others too, but they are treated in the same way, so we’ll stick to Candida.

In a healthy individual, it lives in the digestive tract and is kept in balance among other bacteria. It digests (and loves) sugars of all types. These “normal gut flora” that live in the large intestine help in the digestion of food, produce enzymes and vitamins, and prevent infections and disease. They are vital, super interesting and our wild guess (and hope) is that we will see much more bacterial science not only for medical treatment in the future. Did you know they discovered how to use bacteria to decompose some plastics? Maybe there is hope for the seas? So follow this science called bacteriology!

You’re certainly aware of the importance of probiotics, right? They keep your flora in check by providing the “good” bacteria. We still know very little about our healthy colonies of bacteria. As a matter of fact we are walking national parks of bacteria and wouldn’t survive without them. However, when the condition of your bowels becomes disrupted through the use of antibiotics, steroids such as estrogens, progesterone, the birth control pill, or cortisone, the environment becomes one where some will thrive and form fungi.

In recent years, the outbreak of Candida-related problems has been largely due to the generous consumption of antibiotics. Antibiotics act like an atomic bomb, wiping out all microorganisms in the body, good ones included. But because fungi and bad bacteria have a tendency to repopulate much faster than their good counterparts, they can quickly over-populate your digestive tract and create severe floral imbalance, a condition known as dysbiosis.

If this occurs, it creates a vicious cycle whereby your body is more prone to infections and illness, leading you to seek out further antibiotics, and so on and so forth. It’s easily treated with pro-biotic and pre-biotic methods, as well as doing a Candida diet. In the mean while, as this can cause many discomforts, including flatulence and bad odor, the easiest way to avoid this is by taking prebiotic, i.e., non-soluble fiber. Eat less of the soluble fiber, making some bacteria in the colon produce the smelly sulfites.

Metabolic diseases such as stress, diabetes, and hypoglycemia can also be triggers that favor Candida overgrowth, as can the daily consumption of refined carbohydrates such as sugar, alcohol, and caffeine. Food contaminated with fungi, mold, and yeast can add to the problem. Mushrooms are especially undesirable since they are themselves a fungus! Once you have a fungus problem, it can be incredibly

difficult to get rid of since it thrives on sugar, and sugar is everywhere! Alcohol and fructose in fruit are also sugars.

MYCOTOXIN IS THE BAD GUY IN THE CANDIDA THRILLER

At the heart of the Candida problem lay mycotoxins. Mycotoxins are secreted by Candida and other fungi to protect the fungi against viruses, bacteria, parasites, insects, animals, and us humans! When mycotoxins get into the blood stream, they cause all sorts of problems such as fatigue, spaciness, irritability, confusion, memory loss, depression, dizziness, mood swings, headaches, burning sensations, elevated cholesterol, mental foggy, numbness, tingling, burning sensations, and more.

You may notice a similarity between candidiasis symptoms and hypoglycemia, or low blood sugar. Symptoms diagnosed as hypoglycemia may actually be mycotoxins at work in your body!

HOW DO I GET A CANDIDA OVERGROWTH?

Usually a person has another big problem that predisposes them to Candida, such as hormonal imbalances, a compromised immune system, or antibiotic use that ripens the environment for bacteria and fungi overgrowth, so it is important to not only treat the Candida overgrowth, but to address the underlying causes and triggers.

The following are just a few of the conditions that can predispose you to Candida overgrowth:

- Insufficient hydrochloric acid (HCL) production - If you are not producing enough stomach acid, it makes it easier for fungi to make it into your intestinal tract;
- Low HCL production can be caused by allergies to foods - most prominently milk, wheat, soy, or corn. The medications like Omeprazol will just make it worse. Removal of these medications and these foods from your diet can make the problem go away. In addition, HCL supplementation is a great help;
- Pancreatic enzyme deficiency - When you cook your food, you lose the enzymes inherent in all living foods, and your pancreas has to work overtime to get the job done. Furthermore, when you eat enzyme-deficient food that has fungal overgrowth, such as leftovers that have been sitting for days, and the food has no enzymes, you are unable to digest and render the fungi inactive;
- Toxic food supply - Raw corn, peanuts, cashews, and dried coconut are notorious for fungal overgrowth, but don't necessarily have it, so just be careful. Any product that includes yeast, including the health food brewer's yeast and baker's yeast, be wary of. Barley, rye, wheat, rice, millet, and almost all cereal grains may contain fungi, but it will die when boiled (a must in a health kitchen). Animals are often fed a diet rich in grains contaminated with fungi, which results in their muscles and fat being full of mycotoxins and aflatoxins! Studies show that meat could be the most common source;
- Cigarette smoking - not only does smoking overload the liver with toxins, but most cigarettes are contaminated with yeast and fungi. To top it all off, sugar and yeast are added to the final product!
- Fungal fermentation - the making of bread, wine, beer, cheese, chewing tobacco, aged and cured meats, and cigarettes involves a fermentation process that increases the likelihood you will be exposed to mycotoxins;
- Alcohol is toxic - this fungal produced toxin has been documented in the causation of brain and nervous system damage, liver cancer, and birth defects among many other health concerns!

There is a simple test you can do to see if you might have Candida overgrowth: in the morning put plaque from your tongue scraper on the surface of a glass of water. If some of the plaque falls to the bottom forming a string you most probably have overgrowth. This doesn't mean that you have a problem, but it could be a good idea to think about the above or do a Candida cleanse.

HOW DO I TREAT CANDIDA OVERGROWTH?

There are two ways to treat Candida. One with medicine, but we wouldn't recommend it. The medicine is extremely toxic for the liver and can actually produce liver problems. The right way to treat Candida

overgrowth is through a specific diet during 3 months excluding all sugars (sucrose, fructose, alcohol, maltose, etc), fermented food (vinegar, yogurt, sour dough bread, soya sauce, etc) and mushrooms. You can help your intestine by scraping your tongue every morning as we teach at the retreat, and do enemas twice a week to clean your colon.

If you plan to do this, you need some supplements to help your gut flora. Chlorella, pre-biotic and probably pro-biotic is a must - let us know and we will recommend the right supplement for you.

3. Detox Regularly

Detoxing as a regular health activity is essential in our over-polluted world and due to our unhealthy living styles. This happens naturally when we get ill - you simply don't feel like eating. The body needs a rest and it requires only the minimum of easy to digest, vegan nutrition combined with a lot of liquid. Many illness treatments imply fasting both in modern and ancient medicine.

There are many ways of detoxing, both simple and more complicated ones. If you don't have the energy to detox at home we recommend you visit us once a year or do both preferably.

DETOXING AT HOME

You can choose from many different detoxes, and what you need depends on your conditions. But the only way to start is to eat like we do at Olive Retreat: non-chemical, organic, vegan food with loads of fiber and especially greens.

There are liver detoxes and kidney detoxes that can be performed at home. You have to be well informed before you do any one, and never forget to take supplements before, during and after. If you need it let us know and we'll tell you how to do it and which accompanying supplements are suitable for you.

INTERMITTENT FASTING

For now we recommend you to do what is called intermittent fasting, which you can try at the end of our retreat. It simply means you do short periods of fasting once in a while. This allows your digestive and immune system to get a well-earned vacation without altering your metabolism.

We do 1 to 3 days depending on your Dosha. When you fast for over 3 days you will experience a lower metabolism, which gives the liver and immune system a chance to detox properly, and can be good if you have a serious illness, but not for general detoxing or losing weight. By following a fast of more than three days you will lose muscle mass, not fat. The one and only way to get it back is by aerobic exercise, to build more muscles, and to eat healthy, and only when you are truly hungry, not otherwise.

If we do intermittent fasting of up to 72 hours, most of us don't alter our metabolism, but to be sure ask your Olive health advisor to see which type of fasting suits your body type.

A FEW WAYS INTERMITTENT FASTING CAN BE DONE

A Liquid Day/week; we use this Ayurvedic method of intermittent fasting for all weight loss clients:

- You simply mix all the food you eat with water in a food processor. You eat/drink your food during 24 hours and you do it respectfully. In class you learn all about this;
- It can be any food, but make sure you get protein and fats with it as well, twice a day. The type of food is up to you although we would recommend you to stay away from pizza and burgers!
- One perfect drink would be to mix a handful of almonds, or for more protein, pumpkin seeds, fruit, and water. We often use mixed grains/rices/pulses. You can use a liquid other than water like soy milk, oat milk, rice milk etc., but be sure it has no sweeteners or other unhealthy additives. Be careful with soy milk; don't over use it as some scientific research has proven some of the substances in unfermented soy can stress your liver.

DRINKING GREENS

Greens are drinks you make by simply mixing fresh organic green, leafy vegetables like kale, spinach, green cabbage, etc. You mix them well with water and the fruit you like. You can add any natural flavor such as cardamom, cinnamon, ginger, lime, mint, etc.

SALT CLEANSE

This is a cleanse of the digestive system and is done over 3 to 4 days. It is also a classical Ayurveda cleanse. You start by eating vegetarian for 2 to 3 days depending on your normal diet. If you eat a lot of meat it's best to do 2 days of eating only vegetarian food, no dairy or eggs. Then you do your Liquid Day as explained above.

The 3rd/4th day you start the morning with your daily routine and then you drink 2 to 3 liters of lukewarm clean water with a tablespoon of clean sea salt per liter. This will start a cleanse of the whole digestive system and you can help it by a gentle massage of your abdomen. You will eliminate a few times during the morning so be sure you do this cleanse at home.

After you have drunk all the water, you can start eating easily digested food. You will be thirsty during a few hours after. If you suffer from Candida overgrowth make sure you add cinnamon and cardamom.

GOOD OLD ENEMAS WILL HELP

The practice of enemas goes way back to the first civilizations. The ancient Egyptians used it, the Greeks, and those in ancient Indian Ayurvedic society. The use of coffee in enemas for detoxification purposes is well known. It's a common herbal remedy that has been suggested by holistic and alternative medicine professionals for many years. You can very well do it at home. It is even preferable to do it over a 3 to 4 day period. To get the best result you will need a re-usable enema kit. They can be cleaned with boiling water and normal soap and reused for several months.

WHY COFFEE ENEMAS

Caffeine, theophylline and theobromine combine to stimulate the relaxation of smooth muscles causing dilatation of blood vessels and bile ducts. The effects of having a coffee enema are not the same as drinking coffee. The veins of the anus are very close to the surface of the tissue. The caffeine is therefore absorbed more quickly (and in higher concentration) than it is when coffee is ingested orally. This method can give you a caffeine kick if you don't drink it. The enzymes in coffee, known as palmitates, help the liver to carry away toxins in the bile acid. The coffee is absorbed in the hemorrhoidal vein, then taken up to the liver by the portal vein. With the bile ducts dilated, bile carries toxins away to the gastrointestinal tract.

Simultaneously, peristaltic activity is encouraged because of the flooding of the lower colon. Thus, when the colon is evacuated, the toxins and bile are carried out of the body. Most people performing enemas will experience increased energy, clearer skin, better sight, less pain, more red blood cells, less gall stones. But the best is yet to come. During the following days you will feel the detoxification. This could cause nausea, headache and "old pain" (where you have had pain before).

After the enema you should help your body detoxify by fasting, getting lymphatic and deep tissue massages, sauna bathing, doing Pranayamas and relaxing.

COFFEE ENEMA RECIPE

- Bring 8 cups of water to a boil.
- Take 8 heaping spoonfuls of organic coffee. Put it in a French press pot. You can use a drip coffee maker, but be sure to use organic, non-bleached coffee filters.
- Make the coffee and let it cool off.
- Stick your finger in to make sure the liquid is at body temperature. Don't use too hot liquids.
- Press the coffee grounds to the bottom and then pour the coffee liquid into the enema bag and follow the instructions on the enema package.

- Never utilize flavored coffee, sweetened coffee, or coffee with milk (cafe au lait, cappuccino) for this purpose. Only use pure organic coffee.

To think about before doing an enema: be sure that you don't have any rectal bleeding or other intestinal health issues before you do an enema or colon cleanse.

OTHER CONSIDERATIONS

- Extensive use of enemas could result in dehydration, which could result in electrolyte imbalances. If you plan to run a marathon, wait with the enema!
- The caffeine is a stimulant and should be avoided by pregnant women and people with caffeine sensitivity.
- Overuse can harm the anus and the colon, which could result in decreased function of the bowels, and lead to constipation or other issues.
- The colonic does not magically remove cancer-causing toxins. It will create watery stool and stimulate the release of fecal matter from the last few inches of the lower bowel.
- Do not forget to consult your medical professional regarding your enemas if you are under any treatment.

4. Respectful Eating

How you eat is as important for digestion as what you eat. If you have prepared the healthiest food, but you eat it while you are stressed, most probably it will be received as a toxin in your digestive system. Digestion needs time, and to be healthy we have to respect that.

To send a “clear signal” to you that it will work, i.e., hunger, it needs time to produce the gastric fluids, which it will not be able to do as long as you have stress hormones in your blood. The stress reaction is a sympathetic reaction in the Central Nervous System, which will stop digestion. If you then eat anyway, you will most probably, sooner or later, have digestive problems. One of the first things you will notice if your gastric fluid is low is heartburn or gastric reflux. Unfortunately, school medicine treats this by oppressing the gastric fluid even more, often with Omeprazol or any other anti acid, which will only make it worse in the long run. You need more acid to digest, not less. Try lemon water to sooth the burning instead.

To help digestion we have to follow these very simple and logical rules:

- Only eat when hungry;
- If you don't get hungry after more than 4 hours, calm down and stimulate the digestion with ginger tea;
- Stop eating with the first sensation of fullness;
- Don't eat in a stressful environment with laptops, TV's, phones, noise and lots of people around;
- Always wait for digestion to be done before you eat again;
- Never eat on the run or standing up, it's better to starve!
- Respect the natural hours of digestion and adjust your meals accordingly: slow in the morning, peak at noon, low in the evening, none at night.

You have done respectful eating exercises at your Olive Retreat. Practice these once in a while and remember to be grateful for the food, and to everyone who has worked hard to make it available to you. Most likely a prayer before eating, as was done in the old times all over the world, is a health activity - it calms us, puts our minds in a grateful mood and that starts the digestive process, and all just because we are thinking about the food before starting to eat. Try it!

KNOW WHY YOU EAT

Research published by NutraIngrideints-UK shows that the most common reason to eat is because “it is the time to do so,” not necessarily because we are hungry. The second most common reason why we eat is because we are bored. Only in third place was the answer “because I'm hungry.” Other studies show the 4th reason for eating is feeling sad or low.

Now, we do think that most of our eating hours correspond to the actual hunger feelings, but not always. A lot of people look at the watch to know when to eat. This is a classic problem of modern society. We, as other animals, are supposed to make an effort to get food, but in our society it's everywhere. This provokes us to eat by other rules then hunger and it provokes us to eat far too much, and too unhealthily. We are especially tempted to indulge in the sweet taste, as it's the only taste we can't get enough of. Why is this? We don't really know but some theories say that it's essential for a baby and a child to like the sweet taste of the mother's milk, and then from food, to survive.

Glucose is the fuel in all cells and is needed daily, so the taste for sweet things kept us alive at times when even carrots and tomatoes were sweet enough. Other scientists suggest that nothing in nature is poisonous if it's sweet, which would mean we could go for sweet tastes like fruit without blinking. Whatever the reason, we just need to remember that we don't have a natural stop for sweet tastes as we do with bitter, salty, and spicy food, and as we do for fat or protein. The more interesting part is that we eat when we are bored. It is the same with other feelings. Different feelings can make us eat, like when we are frustrated, irritated, angry or sad. This is not healthy behavior and is the start of the forced digestion that can lead to leaky gut syndrome, IBS and even worse. Ancient medicine respects digestion much more than today's medicine.

As soon as we realize we're heading towards the refrigerator we can do something about it: ask if it's true hunger, stress, or boredom. For some it's the opposite, they can't even look at food when they are stressed, sad or anxious. That's better for the digestive system, but for them it's also a clear signal that they need less stress in their lives, too. So once again - listen to your body!

STRESS IS THE BIG BAD GUY

Is it so that most of what we teach you in class you already know? If the answer is yes, what is the reason you haven't gotten around to practicing your knowledge, knowing you would feel so much healthier and happier? Very often the reason is: Stress!

As we read scientific articles daily, and have done so for the last 25 years, we have noticed that more and more studies and experts point to stress as a major reason for our modern lifestyle illnesses of today. Some doctors, such as Karl Arfors, professor at Karolinska Institutet in Stockholm, even suggest that it's as dangerous as smoking as a cause of oxidation of our cells.

All we can say is that it's clearly not healthy to stress. We already mentioned the stress hormones' huge impact on our systems in the chapter about coffee. We're not going to bring it up again. We just want to make it clear, however - don't stress!

Easy to say, but how do we treat our stress? First of all to be busy doesn't necessarily lead to the production of stress hormones, but the risk is definitely higher. On the other hand, it can be terribly stressful to not be busy, for reasons like boredom or worry.

IDENTIFY YOUR STRESS

When you realize which parts in your life are causing you stress, you can do something about it. We teach you how you can identify the cause of your stress during our classes. When you know what the cause is - work, family, partner, money, friends - you can either change what is not good for you or accept it. The literature, and especially the major religions, all recommend the latter.

We are not so sure that just to accept is always so healthy. We would rather recommend you change your life situation, talk to your boss, your family or whoever is part of the stressful situation in your life in an honest and open way to solve the problem. If cooperation exists you will reach a solution, such as settling on rules for how you need to work in between you and your partner, etc.

Now, we know it's not easy, but please give it a try. Everything can be said, it just depends on how you say it, and be careful to consider the response to what you say, and what you can learn from that response. In the meanwhile, practice what you have learned at your Olive Retreat; Pranayamas, Yoga and meditation, to give you a calm but energized body and mind. This practice is the single best treatment against the negative effect that stress hormones have on our body and mind. In studies, meditation, exercise, walks in nature, all have better results than anti-depressants in the long run.

Practice and stay away from medication, it won't help!

5. The Necessary Exercise

Just do it! You know there's no way around it, but there's a good way to reach it. We were simply made to be on the move, so to be healthy it's not difficult to understand we need to exercise. The most important exercise is aerobic, i.e., brisk walks, running, tennis, etc., to work the respiratory and cardiovascular systems. We need to sweat and we need hyperventilation for shorter periods, to detoxify and be healthy. That's why we teach interval training while walking, running, or whatever suits you.

Exercise is also a very good treatment against stress. So find whatever works best for you. It's better that you do some exercise than you do the "perfect" exercise. Maybe it's by walking or biking to work or dancing at home, because you didn't have time to go to the aerobic class. Whatever it is - just do it! 3 to 4 times a week for about 40 minutes is enough.

More than anything we need aerobic exercise, but we also need muscles, gained through so-called anaerobic training. They are essential for a healthy body, posture, to detox, etc., and also to maintain a healthy weight. Muscles use a lot of calories even when we sleep.

But what most people don't think about or realize is that muscles keep our organs and skeletons in the right place. Without abdominal muscles we can't have a functioning digestive system, or without good back muscles maintaining our posture correctly with trained Bandhas, as we teach in the yoga class. Our nervous, lymphatic, respiratory and cardiovascular systems are also hugely dependent on lean muscles. You can only get that through stretching.

Yoga, pilates and martial arts, are all excellent exercises where you combine muscle building with breathing (if it is done properly). You can do them at home, in a hotel room, anywhere you have 2 square meters. We teach you Ashtanga Yoga so you learn to correct yourself and don't need a teacher to do it.

To work out in the gym with weights often compromises the muscles, and you are only working the large muscle groups, making you stiff and giving you lumpy looking muscles rather than lean and stretched muscles. If the gym is what you prefer, get a good personal trainer for advice, and always stretch after each machine, and work all muscle groups. By the way - don't forget the running!

6. Sleep is *the* Best Beauty Treatment

Everyone knows how we look when we had a bad night's sleep. Our face instantly tells us that something is wrong. A quick fix with makeup will not make much difference. In addition to our poor appearance sleep deprivation causes us to gain weight and become more prone to anxiety. We're probably just making you more stressed by saying this if you are one of those who wish they had better sleep. If you do, than that's a good start.

As already mentioned, it's important to first identify a problem that has the potential to become a vicious cycle. If you can't sleep because you have a problem to solve, or you drink too much alcohol, or eat too late, whatever the reason - you can deal with it once you identify it. Sleep is essential and will easily be disturbed with stress hormones circulating in our blood system. Stop all intake of caffeine and sugar, eat healthy, and exercise. Those practical things help most people to start with. Let us advise you if you need more assistance.

Scientific studies clearly show that people who sleep less than 6 hours and more than 8 have a tendency to be ill more often than those who sleep 7 to 8 hours a night. Now, like all generalizations, it's not so that this applies to everyone. People like Cristina who meditates and does Pranayamas mostly every morning, often doesn't need more than 5 hours of sleep. If you wake up energized and feeling great, you most probably have had your needed hours. If not, you have to see what can be done - trust your body and listen to it!

If we're worried, our sleep pattern is the first thing that alerts us that we have something to think about. When we can't solve a problem we never "try" to sleep when we can't, we just get up and work, read or watch something (if we can) and then we take a nap in the afternoon. Who says we have to sleep during the night? There are loads of conventions in sleeping patterns. Convention is seldom healthy, but listening to your body is. After a few days my pattern is back to normal, if we manage to see and understand what worries us. Often we feel bad just because we know that we have only slept 3 hours, not because we actually feel bad. Don't look at the time!

Insomnia is rather common and usually treated with sleeping pills. These are as toxic as all medicines. In other words, a synthetic substance that doesn't belong in the body will cause side effects. On top of it, sleeping pills don't give you the health benefits that sleep does.

The best way to treat insomnia is healthy living. There are also simple recommendations that have been proven to be helpful on how to prepare for that healing sleep. Air the room out and keep it cool; abstain from using incense or creating odors; never watch TV or surf the net in bed, and use ear plugs, or whatever else you need to sleep. We also recommend a simple meditation exercise for people with insomnia:

1. Lay straight on your back in your bed and make sure your spine, including the cervicals, are straight and stretched (very important!) with your arms comfortable alongside your body;
2. Start relaxing from your feet up. Feel how your face relaxes, the face muscles let go, relax your jaws;
3. Think of your relaxed body and how you are going to fall asleep so well, and wake up in the morning.

Critical for sleeping well is also to rest before you get tired. Most people suffering from insomnia sleep little, get tired during the day, drink coffee to stay awake, can't sleep at night, etc. This vicious cycle has to be broken and that is done by resting when you feel tired, taking a nap or sitting in the woods or a

park, feeling the calmness of nature, or however you best relax. In the ancient Indian Vedic text they say that nature meditates - let nature's energies energize you!

If you still have problems let us know for further advice.

7. Meditation, Pranayamas & Being Respectful

Pranayamas, meditation and respectfulness are a natural part of a healthy lifestyle. If you can squeeze in 15-20 minutes of any of them in the morning and preferably also in the afternoon, you have done as much for your health as any supplement or healthy diet. It's like recharging the batteries, and it is all free! And if you don't think you can quiet your mind and do it, you probably just haven't had the right teacher, so don't miss this class.

Today we know that the Richis who gave us the Ayurvedic health recommendations were so right. To calm your mind is key for all healthy living, both mentally and physiologically. There is plenty of evidence-based research to prove it. What we don't know exactly yet is how it works, but research within Quantum Medicine will soon tell us.

The brain waves produced during normal consciousness are beta waves, which occur with a frequency above 13 cycles per second. During a deep meditation, the beta wave state decreases rapidly to a more relaxed state of alpha waves with a frequency of about 8 cycles per second. It's exactly the frequency that the Earth emits under normal circumstances. One could say that we balance, or connect to, the energetic rhythms of the Earth. This energy can be perfectly measured with an electroencephalograph (EEG).

For now we know that we have 4 different types of energies. Two are well known; electromagnetism and gravity. The other two are less known and are called the strong force and the weak force. The interesting part of all this is that we can absolutely rule these energies. More about this in the last chapter of this little Health Book.

MEDITATION

Every morning at an Olive Retreat we do yoga, breathing Pranayamas and a meditation with our guests. Try to practice these every morning or as often as you can after returning home. Like all of us that do, most probably in a month or so, you will feel completely different - energized, calm and healthy.

The Alpha waves are dominant during meditation and persist for long periods of time, during and after the meditation. Often they increase the amplitude, or power, from about 40-50mV to 60-70mV [mV = mV = 1 / 1000 of V] during a deep meditation.

This state is characterized by Alpha waves, when we are calm and alert, like a cat purring, a state of relaxed wakefulness, a total focused alertness and internalized state, when the cerebral cortex is neither excited nor tense, and the mind is very concentrated but relaxed. In periods of deep meditation, theta waves appear. The conclusion is that we are more "alive" when we meditate or practice "respectfulness."

We assure you that if you have too much Pitta (easily irritated, angry, stressed), Vata (anxious, hyper, sensitive) or Kapha (lethargic, inbound, afraid), you will see a great difference by just meditating 20 minutes a day.

There are several techniques for meditation and you have to find what suits you best. Here is a simple meditation:

- Find a quiet place where you can't be disturbed;

- Sit with a straight back and a pillow under the last few inches of your buttocks for a properly curved back. If you need to sit on a chair be sure to have a straight and preferably free back;
- Close your eyes and take some deep breaths and hold in the air, exhale by relaxing the abdomen or the Pranayamas we teach;
- At the last exhale let yourself go into the meditation by only listening to your light breathing, or heart;
- If “the inner voice” disturbs you, don’t get irritated. Just let it be. Don’t start a conversation with yourself, and come back to your meditation by letting the thoughts pass as leaves on a river. Don’t pick them up;
- If you can’t concentrate, don’t get mad at yourself, it’s not nice. Love yourself and if you still can’t come back try to imagine yourself as a child and bring yourself calmly back to the meditation;
- Stay in the moment, go deeper but remain totally aware and in touch with yourself. If your body steals your attention with pain in a knee or other, treat it as the thoughts; don’t pick it up;
- If you sit long enough, sooner or later you experience a strong light. Just hold it and feel it energizing the whole of you. This is where the word enlightenment comes from.

PRANAYAMAS

Pranayamas is the word for breathing exercises, used in most ancient medicine, such as Ayurveda, Egyptian, Greek and Chinese medicine. Hippocrates said to his apprentices that concerning health it is more important to breathe correctly than anything else.

If you don’t breathe correctly you simply have less life force, or Prana. In modern medicine we know it speeds up the metabolism, helps the body to detoxify, energizes, and much more. It is an essential component for a yogi and a very good way to exercise your cardiovascular and respiratory systems, just as if you would go for a brisk walk.

We always use it for our weight loss clients. The reason is that it brings up the metabolism, just like any aerobic training, and because anyone can do it. The body processes oxygen to make energy from glucose for every cell in our body, all billions of them. Breathing in one form or the other is used in most ancient medicine.

In Rig Veda, the ancient Indian texts, Pranayamas are described as life supporting - breath is life. Life starts with it and ends with it. So if you want to be and feel alive, do your Pranayamas. They will clear your mind, detoxify you and give you energy for the day. It’s absolutely fantastic to do meditation just after the breathing as it stops the chattering in the head and clears your mind. Practice the Pranayamas you learned with us before your meditation.

EXERCISES OF RESPECTFULNESS

We mentioned respectful eating above but now the time has come for you to do some wonderful exercises to train your respectfulness. Everything can be done with respectfulness; driving the car; eating; talking to someone, etc. The more we use our senses by being respectful the healthier we will be. The biochemical reason for this is explained below.

When we meditate we use respectfulness. It’s impossible to do this without respectfulness. Sometimes we do it without realizing, especially children; when we see a beautiful flower or sunset, when we read a good book, we talk to someone about the important things in life. If you have ever experienced a respectful conversation with someone, you will most probably have felt a deep connection.

To explain the three most important ingredients for respectfulness, we’ll quote Dr. Jon Kabat- Zin on the subject of “mindfulness,” from which we have borrowed the concept He is one of the authorities in this area, and is well known for his books and scientific studies at hospitals and prisons.

Respectfulness, or “mindfulness” in the literature, is to focus your attention in a specific way:

1. With a purpose – you have to know why you do something;
2. Being in the present – concentrate on what you do;
3. Without judgment – be free of predictions.

Here are two simple exercises we do every day that we can do with respectfulness:

1. Respectful eating:

- Sit down as if you were going to meditate, in a calm place, with a straight back as described above;
- Look at the food, what are the sensations?
- Touch the food, what are the sensations?
- Smell the food, what are the sensations?
- Close your eyes and taste the food, what are the sensations?
- Chew the food slowly, what are the sensations?
- Swallow the food, what are the sensations?

2. Respectful walking:

- Find a calm place where you can walk bare feet, preferably on grass;
- Look at the grass, what are the sensations?
- Smell the grass, what are the sensations?
- Touch the grass with your feet, what are the sensations?
- Close your eyes and walk one step at the time, feel the grass under your heel, your foot and your toes, what are the sensations?
- Walk a little bit faster, what are the sensations?

If you practiced yoga you should already have practiced respectfulness in your yoga class, but not all teachers leave the students in peace for their practice. From the point of view of the Ashtanga Yoga teacher, we think respectfulness in Yoga is what makes yoga different from any other exercise using postures.

Yoga with respectfulness is the best way to get to know your body and to listen to what it tells you, even when outside of the yoga class. It trains the neurons to be attentive of your needs and as everything else respectfulness needs to be practiced. A person that is in respectful contact with his/her body will not overeat, eat toxins, or treat himself/herself badly.

8. Healthy Daily Routines

As we discuss in our *OO8 Mind-Detox Guide*, there's no "one size fits all." If we assume we are all the same in all ways we can get trapped in a battle of "trying to fix someone who could be someone else, but isn't, or could have done something else, but didn't." At Olive we recognize that we all differ in both obvious and not-so-obvious ways, and thus it's important to keep in mind that what follows in this booklet are just general guidelines from mainstream studies, and may not always work for all of us.

The most important thing is to find a routine that makes you feel good, makes you healthy. Many people seem to feel better with some sort of routine, but there are those who dread routines and feel imprisoned by them. If you are one of the latter ask yourself why you feel that way. Is it truly your body that rejects routines, or is it your idea of routines being boring that turns you off from them?

UNIVERSAL ENERGIES

The morning is the start of a fresh new day for the part of the earth we inhabit, and for our bodies. In the morning we often feel a silent, fragile breeze. Sounds are muted at first, but slowly, as the light appears, life begins bubbling around us. At noon on the other hand, the sun is high and pours forth its energy into the environment and our bodies. At sunset we feel a calmness and silence settling in around us as little by little the day's light fades into night's muted sounds.

The world's ancient medicines tell us that it's fundamental to accept that universal energies always affect us, and to live and work in harmony with them rather than against them. Take the time to start thinking about how you feel throughout the day. How your moods change, how your energy levels fluctuate. At Olive Retreat we give you a few simple routines that may help you to become and stay healthy while getting in touch with your body and getting the most out of each day.

MORNING

1. Scrape your Tongue. When we wake up our liver and intestines have been working hard all night trying to rid us of all the toxins we accumulated during the previous days, and much of it ends up in our mouths. Therefore we teach our guests to scrape the tongue with a scraper first thing in the morning.
2. Rinse your mouth afterwards.
3. Drink a glass of water at room temperature. Add lemon or lime if you would like, and if you want to increase your appetite, leave a piece of ginger to soak all night in the water before going to bed.
4. Brush or massage your skin. If you are a "slow starter," or are cold in the mornings, we suggest you get your blood circulation going by gently massaging your skin with a brush or with your hand.
5. Add Yoga, Pranayamas & Meditation. We find pranayamas, or breathing exercises, in some form in almost all ancient medicine (see the chapter called Pranayamas.) In modern medicine we know breathing speeds up the metabolism, helps the body to detoxify, energizes, and does much more. Do your Pranayamas and end with a meditation. Plan it so that you have at least 15 minutes for this, before you start your busy day with a "respectfully eaten" breakfast.

NOON

The basic rule is to eat when you're hungry, which is normally when we wake up, a few hours later around noon, and a few hours after that. It's healthiest to eat your biggest meal during lunchtime when your body's ability to digest is at its peak. You don't have to eat a huge amount, but be sure the intake of protein and fats is largest during this meal. This practice was very common in older times, and is still

common in most agrarian societies.

If you've done your Pranayamas in the morning your appetite will probably appear 3 to 4 hours later. In any case plan your meals so that you can eat when you're hungry. Remember, hunger is your friend, and respecting the hunger signals from your body will give you numerous health benefits. Don't eat when you're not hungry, as you won't digest well. Never miss the opportunity good digestion provides us.

Eat only when hungry!

AFTERNOON AND EVENING

Your routines will differ depending on your constitution and metabolic typing (or Dosha in Ayurveda), the time of day, the season and with age. Respect that your needs may have changed over the years, and most likely will continue to.

Most of us are very active mentally before lunch (especially if we have done our pranayamas & meditation.) This is why it's suitable to use our brains around this time for work, study, etc. But most of us also tend to get a little tired in the late afternoon (and early evening if we aren't awake properly until mid morning). Thus try to keep work that requires the least concentration for this time. If you need to nap or sleep in the afternoon – do it. If you are constrained by certain working hours try to encourage your employer to become more flexible, or if that doesn't work, find a rest room. We've taken many mini naps in rest rooms, our cars, in nearby parks. We're also good at micro-sleeping at our desks, something we can teach at the retreat.

In the evening it's not uncommon to feel like moving our bodies or getting out, especially if we've been sitting in an office all day. When Cristina worked in the corporate world she sometimes asked her employees to walk with her instead of sitting in yet another meeting room, which eventually earned her the title "management-by-walking boss." Some loved it, some thought she was weird!

Try to adjust your schedule so that you can adapt to your need for exercise when you feel it's best for you. Normally this is in the evening (Kapha-time 18:00 to 22:00). If your body tells you that the best time for you to exercise is in the morning, or several short periods during the day – respect this and do it.

Let your evening meal be a light meal, one that's easy to digest. If you are starving when you get home from work it may be better to have a snack in the late afternoon rather than a big dinner, and so plan your lunch better, maybe by adding nuts and seeds. Digestion is not at its peak in the evening and the need for good digestion should be respected. Again, have your main meal at noon.

The most important thing for good digestion is to respect the cycles of digestion. Eat-digest-eat-digest-eat-digest, etc. Don't eat all the time; it will give you gastric problems in the long run. Depending on your constitution you will need 2 to 4 hours in between meals. If you have digestive problems read on or ask us for further advice on how to treat any issues naturally.

BEDTIME ROUTINES

When and how much to sleep is always a question we get. The answer is simply, once again: be healthy during the day (don't gulp down coffee!) and listen to your body! Try to sleep 6 to 8 hours at night, not less, not more. Science has shown that sleeping more than 8 hours is as bad for your health as sleeping less than 6. If you can't sleep these hours let us know. A piece of fruit before bedtime is always good for the ones who want a late snack.

Try to go to bed with “good thoughts.” We don’t recommend watching or reading scary thriller films, books, or bloody and depressing news just before bedtime. We actually don’t recommend these activities at any hour of the day, but especially not before sleeping. They affect us much more than we believe. Studies show that we are more stressed and for longer periods of time after being exposed to gore and violence.

If you have trouble sleeping ask us for sleeping routines, but first try these and read on:

1. Make sure your room is aired-out and you have fresh air;
2. Try to keep your bedroom cool and dark;
3. Lie on your back and make sure your spine and neck are straight;
4. Close your eyes and breathe in deeply, feeling how your chest rises, and hold the air in before relaxing and letting it out. Repeat three times.

9. The Mind-Body Energies

The Grand Finale of this little booklet is about the body-mind connection, the life energies. Everyone talks about this abstract concept and it can be explained in a million ways.

To be healthy and get more Prana we have to respect the basics of these universal forces and work with them rather than unconsciously working against them. We mentioned that Quantum Medicine and Physics research is getting closer to “proving” or trying to explain, in a modern scientific way, what Ayurveda, Chinese, Greek, Aztec and other ancient medicine have always expressed. It’s fascinating reading and not at all difficult to grasp and take advantage of. We don’t need to understand all the complex engineering inside our mobile phones. We just need to have someone show us how it works, and trust that we can use it.

We have all had or heard of “weird” experiences that can’t be explained by modern science. Someone calls us who we were just thinking of; we hear of a “miracle” survivor from a lethal accident, or we have intuitively walked into a shop to find the love of our lives or the very thing we were looking for. And the list goes on. In Ayurvedic medicine we have 6 senses: taste, sight, hearing, touch, smell and intuition. The intuition sense is what we are missing in our modern society, as we have become more focused on the physical senses and more science (materialist) oriented. Intuition is proven to exist, but where it exists or how it works we still don’t know. It’s one of the skills we have forgotten to train and one of the reasons why we have lost contact with ourselves in the modern context we live in. In our respectfulness exercises we train all the senses, which helps our intuition. Start trusting your intuition, as everything we practice it will be developed, and your abilities to “transmit to and receive from” everything around you will grow. You surely understand that the big enemy of respectfulness is stress. Not in the sense of having a lot to do, but in the sense of having to do what we don’t want to do.

THE MIND-BODY IS ONE

The neurons sending the signals to produce different biochemical substances are done by an impulse, a commando. These commandos are initiated by small electrical impulses, but where do they really start and where do these energies go? Einstein once suggested that energy can neither be created nor destroyed, but only transformed. That applies to our energy, also.

For us who work with medical science, it’s a well-known fact that a placebo many times gives a better, or at least as good as result as the medicine itself, hence the so-called placebo effect. What is this effect? All the different biochemical substances are produced within our bodies, in just the right amounts to cure us without any medicine. We can’t see this with our limited instrumentation and therefore it cannot be “proven,” but everyone accepts the placebo effect has a biochemical basis. Just as the nocebo effect (the contrary to the placebo) also exists, and is very common among the patients who receive the news of having been in the placebo test group. What is it that first cures them, and then causes a relapse after learning which group they were in? What we know is that it is not only the brain or only the body; it is the whole, the mind-body, but we don’t end there. We are “connected” to everything around us, people, nature, animals, material, space. If you take all the magnesium we have in us, and all of it that is outside us and see it as one entity, you see we are everything. If you take all the water in us and see it as one, you are just a passing river, as all the water within you changes in 24 hours.

Oxygen is even faster.

Through belief a person can cure his or herself, but also with the opposite belief can fall back into disease. The question is how we can get to use the placebo effect in all parts of life, and how we can stop the nocebo. To want and believe you get something is bliss. To want but not believe is suffering. If what we really want is aligned with what we believe we can get, we are powerful and strong “senders.” The universal energies around us will respond.

When a mother can run into a house on fire and save her child without even feeling the flames, or when a terminal cancer patient “miraculously” survives, it’s not the neurotransmitters that have initiated this process, they only do what they are told to do. The energy that initiates the process of producing the defenses in the mother’s immune system to not be burnt, or the opioids that will prevent her from feeling the flames, are started by energy impulses. The terminal patient who needs all the neurotransmitters including serotonin, oxytocin or dopamine to enable the antioxidants to fight the disease is also initiated by energy. This is wanting and believing aligned.

To figure out what you really want is the start of being healthy, and the most important part. When you do, frustration goes and relief and peace come. When it grows with faith, hope, gratitude, love and all of those overwhelming warming feelings we all have that “connect” us, it is fast lane to Prana.

This energy has different names depending on the philosophy; Prana, Qui, Life Force, or there’s always what we call Love. The love for the child is what protected the mother from the flames. The love the cancer patient felt for his life, or for his family, is what gave him the command to produce what his body needed to fight the disease. This is the life giving vital force we enhance by being healthy, and all our Olive teachings such as yoga, respectfulness, and meditation, are practical ways to connect mind and body to everything around us and allow Prana to come and flow.

Still it is just an energy/force, neither good nor bad. Just like any other energy exists in duality. We can use it as we choose. Electromagnetism is good when it gives us light from a lamp, but can be very bad if you put your finger in the plug. The same goes with all energies in the universe. This is what positive thinking is really about: to use the energies and turn them into empowering feelings and thoughts. Positive thinking is not about affirmations, and spirituality is not to say mantras or prayers without them being meaningful to us.

Every force needs the opposite force, duality, to expand. We need bad-good, ugly-beautiful, to expand our mind and society. Everything has its duality from the smallest atom up through the solar system. Without it we wouldn’t be able to distinguish anything from anything else. What is good if we don’t have bad? What is ugly if we don’t have beautiful? We need both to expand ourselves as everything does in the universe, faster or slower.

So how can we get this energy or life force and stop staying too long in the suffering energies of fear, hate, intolerance, jealousy and greed? How can we quickly feel anger but switch over to peace? How can we quickly feel sadness and transform it to joy or gratitude?

PRACTICE COMPASSION AND RECHARGE YOUR CELLS

Everything can be practiced, including to feel positive, or to feel compassion and love. Practice whatever empowers you in the long run. If we try to understand our fellow humans we typically feel compassion and try to help or contribute in some way, rather than the opposite. Not because we have to, but because it’s healthy for us (and for others). It’s simply nicer now that we have a life, to live it in a kind way. That doesn’t mean that we have to agree with everyone, but we can observe and understand; where they came from, what they do or say. So what does this have to do with your health? Everything! To practice this gives you Prana, life force.

Compassion and other positive feelings are proven medicine, anger can be too, but only if we don't dwell in it for long, but use it to create a good outcome like starting a charity. You can't take negative feelings away anyway, but you can make them smaller. They are part of us; we need them, too. If you try to stop them you create guilt, shame and blame, perhaps some of the most damaging emotions. The mother saving her child might have felt fear and anger combined with love. We can only be healthy if we allow all the feelings, but never stay in or act out of the "bad" ones. Only then can we transmit and receive the positive energies around us. We are receivers and transmitters, like antennas.

WATER AND SPACE

The "highway" for transmission within us and in nature is water (not coca cola!). It's a fantastic and spiritual substance that actually changes the energy within the molecules depending on the transmitter; us. The scientist and photographer Masuru Emoto has given the world fantastic photographs of snowflakes that show the connection between thought and water. The water molecule, like everything else, is mostly space. If a cell is studied we find mostly nothing in it, just as in the universe. Their molecules consist of mostly nothing too; space. The atoms of these molecules consist of 99.9% space, and so on.

We are much more space than mass. What's in this space? All we know is that there is some type of force or energy that constantly changes depending on what we transmit or receive. It's a fact, both measured and seen, no doubt. How can we change or be healthy if we ignore this "space?"

ENERGY AND SPACE

It is known that different types of energies or vibrations correspond to different forces and collaborate in some way. Both ancient and modern medicine uses vibration to heal. Energies "communicate," connect and stop other vibrations. These energies, of which two are already well known, electromagnetism and gravity as mentioned, are the "glue" of our bodies, what keeps every atom, molecule, cell and organ in place. In fact, all living cells have an electrical charge between 70 and 90mV. This energy decreases with disease and gets to 0mV when the cell dies as one piece, one form, and disintegrates to smaller particles, as a result of the "glue" leaving the body.

When we meditate on the other hand, or are in a respectful state and feel gratitude, it's been shown that we are "more alive" as measured in mV. We therefore get more Prana. It's as if the energy we use in a positive way will give us a stronger life force. This can be measured with medical tests today, or simply by observing aging and various health issues.

What positive is, is your decision. For us it is basically to learn and know what makes you at peace and kind, to yourself and to all around you, and it's to get rid of everything that doesn't. To do so, you must know yourself and respect what you really want.

Nikola Tesla (1856-1943), a scientist working within vibrational energy, radio waves and electromagnetism, said it best, "the day science begins to study non-physical phenomena, it will make more progress in one decade than in all the previous centuries of its existence. To understand the true nature of the universe, one must think it terms of energy, frequency and vibration." Swami Vivekananda was Tesla's mentor, an Indian Hindu monk and chief disciple of the 19th century saint Ramakrishna.

We live in those times now. It's finally a scientific fact that the mind and the body are one, and that we are all connected. We humans and everything around us influence each other and our universes. There are several scientific studies that prove this, ask us for references or Google the subject, to find out more about this fascinating area. Start by studying the Double Split Experiment in quantum mechanics that

kicked off this new form of inquiry.

The heart has neurons (brain cells) and sends more information to the brain than vice versa, and has a system of neurons that communicates to the brain, which can affect our emotional experience. Both short term and long term memory can be changed, and made positive. Memories and future dreams are vibrational energy creating “pictures” in our cells, affecting them and their function, and therefore our sayings and doings. That’s why when we feel hurt or when we hurt others, when we hate or feel pity for ourselves we only create more of the vibration in our cells, and we transmit it around us. This can be “rebooted.”

That’s why all possible ways to create good vibes and Prana are right. See that your truth is not “the one and only truth,” but that things can be perceived differently, like taste or Doshas are different. To stop making people wrong, turn it around and understand them; that is letting go, forgiving and forgetting. A relief like a medicine. To turn bad memories around to positive ones, to see bad experiences as the learning and evolving of your being, and to thank the ones that made you learn (they surly also suffered), is a good way to stay healthy.

It’s compassionate to yourself and your surroundings in the present, to change the thought energy of the past and the future. Find your way to change your energy in your cells. If blaming and hating gives you good vibes, continue doing it, but we’d be surprised if it does. Try to turn it around to be kind and compassionate, and the same comes back to you. Be kind to yourself. Take care of You like you would your child; would you make it smoke or drink, hate and blame? It’s all connected. Start with the obvious and the rest grows. We don’t know any better way to be healthy! If you do let us know.

The guru Sri. K. Pattabhi Jois, the founder of Ashtanga Yoga in Mysore, India, told us that we don’t need to understand everything, or to know the exact outcome before we try it. We only have practice it, and to be able to practice, we need to trust and give it a try; sooner or later there will be answers. With his caring and loving smile he always told us:

“Do your practice and it will come to you”

10. Thanks!

We hope you enjoyed this book, and would be grateful for your comments. We think health and happiness are correlated, and that by being healthy we can create wonders that spread far like rings on the surface of water. Please help us spread the word of health and vitality. Tell your friends about what you learned at Olive Retreat and practice it with them.

You will always get a deeper knowledge by teaching yourself.

Namaste! *Thank you!*

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