

# CHAPTER 5

## Your Journey Begins

### Man Made Food

Ever since Man took over the feeding of humans and animals on a mass scale, both have become crippled with disease and disability on an enormous scale. This has required ever more medications to try and manage the dysfunction caused by ingesting a diet we were never designed to eat, certainly not for optimal health.

Processed foods made of commodities grown on a mass scale provide the base ingredients for combinations of substances, fortified with man made “nutrients,” colored with dyes and flavored to taste like the real thing that most people call food.

To be fair, we have now stuck the word “junk” in front of much of this stuff, and knowing what “junk food” is, is very helpful. But so much still hides disguised in “natural”, “good for,” “insert health claim,” or, “no GMO” remainder of processed products, no wonder most people are confused.

Though no studies have been done to my knowledge, junk does not provide the body, mind or soul with what it needs to be healthy, happy and productive and food is just one example of the junk that has found itself into our every day lives.

The food pyramid we have all followed advises us to consume a diet heavy in grains that, though whole to start with, are anything but by the time they make it into our cereal boxes, loaves of bread and those scary things called “convenience foods.”

These foods are the drivers of obesity and diabetes the world is witnessing on a pandemic scale. In fact, there is much evidence that certain foods, processed foods among them, may be behind many of the

crippling chronic diseases we see today.

## **Can It Really Be Our Diet?**

Is it truly our diets that are making so many of us sick?

Disease is largely caused by a combination of two things; lack of nutrients and a build up of toxins. This is of course a very over simplified explanation of the myriad causes of disease.

Though genes determine a great many things, it is our physical, mental and emotional environments that switch these genes on or off, determining, in part, whether we are sick or well.<sup>5</sup> Another very over simplified version of a pretty complex process, but our ability to adapt to our environment and pass the information on to our offspring is part of what makes all life, including us, successful.<sup>6</sup> Bruce Lipton does a wonderful job, explaining this in his book, “Biology of Belief.”

Lack of nutrients weakens the immune system so disease and infection can proceed unchecked. Toxicity from all the substances we introduce into our bodies builds up, causing inflammation and congestion, the precursors of most chronic diseases.

All is not lost though, not by a long way. Not if by changing your diet and lifestyle, you can get yourself from couch to life, goodness me, no. As we’ll see in “Food As Fuel,” and “Food as Medicine,” there is a simple treatment in the form of delicious, nutritious whole foods.

Health is the default for the human body. We have an innate capacity for high performance but somewhere along the line, we seem to have forgotten that. With all our talk of ailments and medications, anyone listening in on our planet would be convinced dysfunction and disease is our actual birthright.

<sup>5</sup> Lipton, B. H. 2001 Insight into Cellular Consciousness. Bridges (ISSEEM Org.) 12(1):5-9 <sup>6</sup> <https://www.brucelipton.com/resource/article/fractal-evolution>

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FROM COUCH TO LIFE!

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With the amount of time we all spend talking about food, you'd think we'd know what to eat by now. The problem is, we talk about what sounds good, tastes good, what makes us feel good. We don't talk about the energy we need from it or the foods that would help us get through the cold season for example.

We say certain foods are bad for us, though strangely, we often use that label for whole foods, things like bananas for example. We share recipes with friends for triple layer cheesecake, and we clear time in our schedules to make it, but we don't tell people "if you eat this regularly, it will be really bad for you and could lead to chronic disease and disability." Too bad we don't because that could very well be true.

Though we understand such foods are not good choices for health, function and longevity, we just don't talk about it. We know we should eat our veggies, who wasn't told this growing up, but we don't talk about what could happen if we don't eat them.

So why don't we talk about the wonderful benefits of eating food to power our lives?

## **A New way To Look At Food**

Put a seed in some dirt, add a little water and sunshine and the intelligence within it arranges molecules into a mixture of compounds that are high quality nutrient sources for humans.

Whether we are talking of fruits, vegetables, nuts, animal or vegetable protein, all nature made food provides us with way more than the sum of its nutritional components. When we eat food, we exchange information at a cellular level, the molecules in the food connecting and exchanging information with the receptors within our own cells. Our

bodies are fed by this and know exactly what to do with the information.

This information is contained in the substances our bodies use to build, repair and rejuvenate us. This is literally how we become what we eat. When we think of food in this way, certain things become clear. It is no longer a surprise that more than fifty percent of the bodies in the US are confused and sick. The information they are receiving from the food

they eat makes no sense whatsoever and even worse, there are no translators to help. Deficient in nutrients to start with, this foreign information is useless.

Knowing the very food we eat transmits information about itself to us makes me think a great deal about the kind I want to receive. I certainly don't want the information transmitted by a pesticide, genetically modified organism or lab made substance.

Neither do I want the kind transmitted by meat raised on a concentrated animal feed lot, where cows stand on piles of dirt and manure in the baking hot sun. At least, they do in the Central Valley in California. If you ever want a reality check on how our food is grown and raised, a drive from Bakersfield to Fresno will set you straight, mile after depressing mile.

The frantic energy of penned chickens, living their lives stuffed in a barn with thousands of its fellows, doused in and fed with antibiotics to grow ever bigger and faster; forever looking at the barn door but never the light of day, isn't what I'm looking for either.

How about a pig, tethered to a trough its whole life, unable to move much except its jaws to constantly eat the never-ending food in front of its face until its short life is ended. What kind of information would I be absorbing? Not exactly the stuff that sweet dreams are made of is it?

This is the kind of "food" that feeds our expanding appetites and waistlines and makes dollar meals and endless buffets possible. Contrast this to nature made food.

Seeds bring to mind all the concentrated nutrition and elements needed for new life; enhanced even more by sprouting. Take a minute to imagine how it feels to have the very fundamental building blocks of life coursing through your veins. Is it such a stretch to believe they have the power to rejuvenate and spark new life within you?

When I think about greens, I think of them soaking up the sun, converting its energy into carbohydrates by combining hydrogen with carbon and water; the energy held captive until we consume it and it is released as energy to power *our* lives. From hydrogen surrounding the sun to instant energy coursing through our bodies.

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The root vegetables are great storehouses of nutrition, bursting with all that is necessary to sustain life; packaged in such a way that their goodness is released to us over time. Restoring, replenishing, renewing, they provide reserves of energy as deep as their roots.

## **The Basic Human Diet**

Michael Pollan nailed it years ago in his book, “In Defense of Food,” and in his later book, “Food Rules,” in answer to the question of what we should eat.

“Eat food. Mostly plants. Not too much.”

Having studied hundreds of dietary theories across cultures both east, west and in between, I can tell you the optimum diet for the human being is whole foods, largely vegetable based. Across the board, no matter our ancestry, it is the plants that are the common thread. A diet

that contains forty percent or more seems to consistently confer good health and vitality.<sup>7</sup> Just as Michael told us. Just as mum and grandma told us!

Contrast this with the fact green vegetables are the most missing food group in the western diet. That's too bad. As I mentioned, processed convenience foods devoid of nutrition make us fat, sore and unwilling, often unable to move from the couch. The nutrients our bodies don't get to repair them and to ward off sickness add fuel to an already smoldering fire. You could almost name your chronic disease under these circumstances.

When I was sick, more than sixty percent of my diet was grain based, and included cereals, breads, pasta; pretty much the standard American diet. The rest was a combination of meat, vegetables, dairy, fruit, and the ubiquitous sugar that always accompanied the refined grains. I had no idea then my diet was making me sick and keeping me on the couch.

7 Campbell, TC, Chen J. Diet and chronic degenerative diseases: Perspectives from China. *Am J Clin Nutr.* 1994;59:1153S–1161S.

Mishra S, Barnard ND, Gonzales J, Xu J, Agarwal U, Levin S. Nutrient intake in the GEICO multicenter trial: the effects of a multicomponent worksite intervention. *Eur J Clin Nutr.* 2013;67:1066-1071.

Though vegetables and fruit were a daily part of my diet, they accounted for perhaps twenty percent at best, nowhere near enough to power my life at the level I had been living. Nowhere close enough to negate the effects of the lifestyle choices I had made in my half century on this earth!

As I got older, all these stresses collided with years of this diet full of foods that made me sick. The miracle is I found myself on the couch and not six foot under!

It wasn't just the foods I removed that allowed my health to return. Perhaps even more important was what I added in their place. Sixty percent vegetables replaced the sixty percent of grains in my diet.

Many people wonder just how vegetables can turn our physique into a lean, muscled human body. When we think of muscle and obtaining it, we tend to think of slabs of meat rather than the humble vegetable. The truth is, kale is packed with easy to assimilate protein, contains all nine essential amino acids, has more calcium per calorie than milk, and contains one hundred and thirty three percent of our daily vitamin A requirements in a single serving.

There are of course other things your body needs. A good source of protein, either from meat or a vegetarian source; good fats in the form of coconut and olive oils; the details are at the end of this book. The point here is to show you that the basic human diet for optimal health across the globe is vegetable based whole foods.

As Dr. Fuhrman says so eloquently, *“When you eat right, your metabolic rate slows down, you take in more nutrients and less calories. You can maintain your muscle strength, size and physical prowess into later years without having to stuff your mouth with food every 10 seconds.*

Now we know what the optimal diet is for all of us, let’s see how we can go further and use food to fuel and power our lives and as medicine to heal what ails us. The Basic Human Diet works across the board for every single human being in every country on every continent. Provided you don’t go out and make a bunch of really bad lifestyle choices in celebration, it should keep you free from chronic disease and living a happy, mobile, productive life way into what are sure to be your golden years.

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