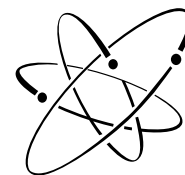


The anatomics of your subatomics

Who we are and what we're capable of starts with our trillions of body cells. Are they clean, are they healthy and are they communicating properly? By Natalia Rose.



What does true health look and feel like? What is the natural experience of childbirth and menopause? How many decades should we live? How many decades should we live in an excellent state of health? When mainstream science attempts to answer these questions and others, it does so based on what is common. But what is common should not be mistaken for what is natural. None of the above questions can be answered meaningfully by mainstream scientific studies, as those invariably focus on people following some version of the standard – i.e. very *unnatural* – diet and lifestyle.

We cannot hope to achieve our potential if we don't know what we actually are, what we are made of and what sustains our being. Let me start this discussion by introducing a concept I call, "The theory of the electronic human".

Everything in the world of form gives off either a negative or positive ionic charge based on the number of electrons to protons in its atomic structure. Healthy cells and tissues are made up of negatively-charged ionic particles. This makes man's body alkaline, and all life-generating substances in the world of form carry a negative, or alkaline, ionic charge. An ion is simply a particle that is electrically charged (either positively or negatively), meaning it has either lost or gained one or more electrons.

When an atom has more electrons orbiting its nucleus than there are protons in the nucleus, it carries a negative ionic charge; when there are more protons in the nucleus than electrons orbiting the nucleus, the atom is said to carry a positive ionic charge. If it's been a while since high school science, just think "pro" for positive/proton. Alright, now that we're up to speed on basic atomic structure let's move on...

Electrons are whirling orbs charged with life force. Much like their name implies, electrons are *electronic*! When one electron meets up with another electron, they conduct their electronic current. This is known as *electricity*. When we think of electricity we think of electronic gadgets, lightbulbs and lightning storms, but we don't usually think of ourselves as walking, talking electrical activity. However, this is what the life force energy (or *chi*, *prana*, vital force, and all other terms used to describe this mysterious entity that animates life) actually is.

When our cells are clean and healthy, there are lots of electrons passing this vital electric energy from cell to cell. In fact, this is what keeps cells alive. When our cells are not clean and healthy, we will be short of electrons on a subatomic level, so imbalanced atoms will be stealing electrons from healthy atoms and nullifying the electrical potential. You might have heard the term for these imbalanced atoms; they are called "free radicals."

Since the body thrives on alkaline substances which are made up of electron-rich atoms, these electron-devouring free radicals are the opposite of alkaline. They are acidic. They enter the body through all manner of unnatural foods, drinks and substances, and through all the openings in the body (mouth, skin, nose, ears, etc.). They also arise as a result of our emotions; food can be acidic, but so can relationships, jobs, regrets and environment.

Our bodies are designed to live off alkaline-rich substances – specifically: water-containing fruits and vegetables, pure water and pure air. As long as our bodies receive this supreme nourishment, healthy alkaline cells meet and pulse their vital current through the body. The substances that assist in conducting this electric current are the only ones that the human was intended to consume.

Fruits and vegetables are highly alkaline and hydrating and were grown under the solar radiation of the sun which means that they have lots of healthy electric energy. All this, coupled with their high water content (water is an excellent conductor of electricity) makes these substances ideal nourishment. But modern man is highly addicted to dense foods and chemical substances that he continues

"What is common should not be mistaken for what is natural."

to take in despite his body's distressed reactions to them (which modern medicine calls "symptoms of illness" and blames on age or bad luck).

Modern humans constantly and unwittingly expose themselves to highly acidic, electron-impeding substances through all the physical, emotional and mental receptor sites (and through all manner of common foods, drinks, drugs, etc). These substances block the current of life force from flowing between cells. Their biochemical make-up is not aligned with what is life-generating for the human organism and they take the healthy human off course from his or her true state of being.

When modern science defines what is normal, it does so through studying people living in this unnatural way. But how can the conclusions drawn from such studies be anything but erroneous?

The grave effect of lost vital energy

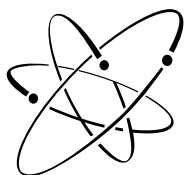
Once the human organism loses this conductivity of pure vital force (which keeps it in a high state of both balance and bliss), it starts to look outside of itself in an attempt to regain a sense of completeness. Of course, this is never found from without. The further off the trajectory of its truth a being veers, the more desperate it becomes to reach for fulfillment in the outside world – seeking gold that it will never find in all that glitters.

This is the beginning of the selfishness that dissolves trust and gives birth to all manner of dissonance in our relations with one another. It is the root cause of stepping all over others to get what one wants; of believing that one person's success requires another's suffering or lack.

In our truth we all thrive – there is no sense that one group has to suffer if another is to have all its needs met. It is a mistake to believe that crime, selfishness and violence are Man's natural traits. They are not. They are the traits of the lower state of man (man with a little "m"; not man with a capital "M").

As long as we do not recognize the higher truths about what we are and how our bodies and minds really work and run, we are doomed to a lower nature. One where our survival instincts are: eat or be eaten, seek fulfillment of desire in lust and materialism, and allow your thoughts and your life to be governed by a misguided, doomed lower nature. Living in this way degrades us. Knowing our true nature, and having the freedom to live the higher truths, elevates us.

But for now, each generation swings to a greater extreme of dysfunction, being exponentially more confused than the last ➤➤



“You cannot cleanse a 30- or 40-year old body in three weeks nor even in three months – in three years you will be making solid headway.”

because it is exponentially more blocked. The more blocked we are, the further we veer from the truth. The further away a being is from truth, the less his experiences, feelings, desires and inclinations can be trusted because they are the result of corrupted action and re-action, usually of an animal nature or rather a warped animal nature: lust, greed, rage, gluttony, competition, obsessions, addictions, dramas and emotional unpredictability or instability.

Once cells are blocked from receiving the electromagnetic current of vital force, those starved cells start to die, just as you would if you did not receive oxygen. New cells spring forth as long as there is adequate life force in the organism but even that slows down as the electric force in the body gets weaker. This deterioration is determined not nearly so much by age as by the extent to which the cells are blocked from receiving the current of vital energy.

We start a slow death from the moment we set foot in this world because of all of our modern habits which block the body's electric current. It's time to rename lifespan “deathspan”, for that is what it truly is. If you want a lifespan, you will have to live in life-generating, unblocked conductivity.

Arnold Ehret and Norman Walker emphasized that all illness has at its root constipation (in the sense of backed-up waste). When positively charged ions enter the body in the form of food, drugs and environmental poisons (including radiation from computers and cell phones), this positively charged substance sticks like a magnet to the negatively charged alkaline substance of the intestinal tissue.

This substance that sticks in the tissue is the beginning of a snowballing of cells becoming suffocated. As the acidic substances continue to enter the organism, filling the intestines, not only will more cells suffer and die off but the lack of flow sends the body the message that this organism is becoming unfit. The destroying agents are then sent in to break down the organism like flies on a carcass.

Nature's response to blocked vital energy

Life means one thing: *change*. Either a living thing is generating life, in which case it is unfolding and flourishing like a ripe, growing, expanding garden that develops more with each season. Or it is deleterious to life, in which case it gets decomposed by that which

breaks life down. Pests, vultures, bacteria, cockroaches and rats are the decomposers (the latter two being the most proliferating species on the planet at the moment for this reason).

Blockages in the intestine become blockages throughout the organism. As with all blockages, the result is a state that the body and all life recognizes as life-deteriorating so the ambassadors of decomposition – namely bacteria, yeast/fungus and viruses – take hold.

Healthy microbes eventually surrender to these rogue microbes and the body begins the slow breakdown that ends in death. There are signs along the way of course to warn the organism that life-deteriorating actions have been set in motion. If these signs – like colds, infections, headaches, poor bowel function, and foul body odour – were heeded and that which caused them corrected, this destruction could be avoided. But we have moved so far away from understanding how the body communicates in our culture that this art has been lost.

One of the major signs today that must be noted is of course infertility. Infertility is the alarm bell signalling extinction. Today we have a generation of women of childbearing age turning to drugs instead of cleansing to reproduce. And what of their offspring?

In contrast, the experience that comes when the body is cleared enough to conduct a significantly greater than “normal” amount of this vital force is as dramatically different from “normal” life as day is to night. There is no end to the brilliant vibration of life force that we can hold in our bodies when we know how.

The programme

So how, specifically, do we initiate or accelerate (as the case may be for some of you) a return to optimal cellular functioning? First, we remove the blockages from the decades of unnatural eating through a transition diet (which I explain extensively in my first book, *The Raw Food Detox Diet*) and bowel cleansing. This must be done consistently and thoroughly for it to work. Raw vegetable juices, proper food combining, vegetable-centric meals, regular bowel cleansing (ideally using gravity method colonics; I offer an international listing of gravity colon hydrotherapists at detoxtheworld.com) all must be implemented with consistency for the awakening and release of old blockages to take place.

In my opinion, only a clean body thrives on fruit. Most people are either too yeasted – a problem that fruit only exacerbates – or they are too impacted – in which case the fruit will be like holy water on the devil and make them bloat and gas-up, adding fermentation to the putrefactive mix.

So the modern human is best eating mostly raw and cooked vegetables unless and until they have a clean body. I call this “vegetable-centric” eating. By all means be super-creative and use lots of delicious herbs, dressings and sauces to make these vegetables hearty and mouthwatering. Do this and you'll be completely satisfied with vegetable-centric eating. Note: this is different from the average vegetarian diet which includes lots of beans, nuts, grains and processed soya-based foods, and little in the way of vegetables.

How long does it take? How deep is the impaction? How long did it take to build up? Don't have a short memory when cleansing. You cannot cleanse a 30- or 40-year old body in three weeks nor even in three months – in three *years* you will be making solid headway. Don't let this discourage you but *do* let it keep you humble and honest. You *will* reap immediate results that will show you how much better off you are than you were just three months prior. But it's all relative. What you are capable of is exponentially greater still.

But you must do it all and you must do it consistently. If you are

not doing it *all* you are simply not doing it. To just eat more raw food or just juice or just have a few colonics is not doing it all. You have to have the power of at least 16-32 ounces of raw vegetable juice (not blended shakes and not powders) every day to coat and *awaken* the waste with its powerful alkaline charge. You need to rest your body from overeating and eating in combinations that exhaust the system and prevent it from ever getting to the old because it is so preoccupied with the new food.

Once you have the “awaken and release” technique down and working for you to dislodge the big structural blockages you’ll start to feel your subtle energy body. This is your *prana*; your *chi*; your vital electrical charge. There are many effective tools that help you better circulate and thereby increase that charge. Here are a few:

- Rebounding on a mini-trampoline
- Body-brushing with a natural bristle body brush
- Gravity colonics
- Deep breathing in high-quality country, sea or mountain air
- Deep stretching (yoga or just plain old stretching is fine – use your intuition and read what needs to be opened to increase your vital electric flow)
- Sun-bathing (no oils or sun protection – ideally nude in the sun’s mid morning rays)
- Plenty of deep sleep. Your body cannot recharge without this, so rest to the extent to which you tax your body. Without many hours of deep sleep the body can’t be expected to process more or it will be like an assembly line gone amok with the unmetabolized burdens of the previous days’ and weeks’ substances and stresses.

There are many tools available to modern man to help him rekindle his lost state of being. All must proceed in the way that speaks to them. Many will reject this path outright which is just as it should be. There are those who long for nothing else but the higher knowledge and those who are not ready to venture onto such a narrow road. Many know the higher truths but few actually follow them.

Should you be one of the few, the results you accomplish will be directly related to the extent to which you have poisoned your cells and tissues in your lifetime and the extent to which you apply these tools. Most of us have poisoned our cells greatly through years of incorrect eating and living so in the end it comes down to sheer will and determination.

This information can be applied little by little, in which case you will enjoy much improved health, vitality, natural beauty and a certain degree of renewed youth. Or, it can be applied as the most sincere, dedicated undertaking of your life in which case you will soar to your greatest heights. We *can* become beings of highly charged energy. All we have to do is *intelligently* begin removing the blocks that snuff out the conductivity of vital force in the body. ■



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The *real* fountain of youth

Ah, the ever sought-after fountain of youth – elusive, fantastical, mysterious, alluring, seductive mistress... From Alexander the Great to Ponce De León, explorers and people of powerful repute throughout history have searched the earth for the fabled waters that would restore their bodies and free them from the clutches of physical degradation and death. Does this miraculous substance exist? If so, how has it gone undiscovered all this time? Could it be in a most obvious place?

Yes, it exists. But you will not find it in a garden in Peru, nor in any research lab, nor by ingesting the latest superfood. The Fountain of Youth is to be found in one of your most intriguing internal systems: the endocrine system. But only when the body is clean and rightly functioning, which is not possible in a clogged body with low electrical flow. Let me pull back the curtain on this exquisite system that has been overlooked, mistreated and misunderstood by both naturopathic and allopathic medicine for aeons.

The endocrine system is both a physical and an energetic network. It is made up of the ductless glands of the body which govern and secrete precious hormones that are essential to life. I will list them here in order from top to bottom: pineal, pituitary, thyroid, thymus, pancreas, adrenals and gonads. Most people have a malfunctioning endocrine system because modern living essentially paralyzes the proper function of these powerful but delicate glands. For example, emotional stress, unfit substances and childhood immunizations put the adrenals on red alert, causing them to over-secrete adrenaline (the “fight-or-flight” hormone).

The pancreas, located above the adrenals, is the processor of sugars and starches. Since the majority of modern food is starch-based (grain) and almost all modern processed food has as its key ingredient sugar in some form, the pancreas can quickly fall to ruin (think: diabetes, blood sugar imbalances, pancreatitis). The gonads (ovaries and testes) are also over-excited both by the overload of inorganic oestrogen that comes from our polluted environment and by common approaches to sexual activity.

So it’s no surprise that the fabled fountain of youth remains elusive to modern man. It is not until the body is sufficiently purified that this system can function well enough for us to remember how we are supposed to feel. So it all starts with a clean-celled body and then, from there, balanced and perfectly functioning endocrine glands.