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TITLE: TIL DEATH DO US PART . . .
A BASIC EDUCATION IN TOTAL HEALTH:
HOW TO KEEP BODY AND SOUL HAPPILY TOGETHER.

AUTHOR: Martin Cornelius

ISBN: 0-9607142-0-0

PRICE: PRE-PUBLICATION SPECIAL!
ONE LUNCH = \$8.00 US Dollars

AFTER PUBLICATION IN FEBRUARY 2002:
ONE LUNCH, FOR TWO = \$16.00 US Dollars

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KEYWORDS: philosophy, health, scales, awareness, nutrition

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SPECIFICS: 256 pages. Now laid out for A5 virtual paper, due to
the mysteries of OCR. Reads easily at 150% to 200%.

HISTORY: Glossy cover 8.5" x 11" trade paper perfect bound First Edition printed 20 March 1981. Original laid out with lots of white space in sans-serif Xerox Gothic PS and Gothic PS Bold.

2002 e-book e-dition reproduces the original page layout in small file size. Arial is a similar typeface to the original.

NO EDITS have been done to the original text. In OCR checking, misspelled words were left as is.

There are some OCR transliteration mistakes such as j/g, l/l, o/a, O/O, which are common scanning errors: Some but not all were corrected in the OCR check.

The book was started in the late 1970's and typed in five drafts on an IBM Selectric II.

It was typeset with further edits on Xerox 850 and 860s outputting to six 8" floppies holding 360K each!

Original type galleys were printed on clay-coated proof paper with a daisy-wheel printer and one-use film ribbon.

The 2002 e-book e-dition was prepared by scanning the original type galleys to .tifs [162 megs], translating them to .jpps [155 megs], cropping the overscan with ACDSee, then OCRing into ABBYY FineReader, and outputting to Microsoft Word .doc format. That produced page images quite similar to the original. The word .docs were output to PDF with PDF995. Those PDF's were then combined with PDFedit995 for the free forty-page open format PDF preview, readable with the free Adobe Acrobat Reader.

The full version will be an ebook viewable only with the free Adobe e-Book Reader.

The PDF format really DOES capture the sense of open space which I worked so hard to create, even when you had to BUY PAPER for white space! WHAT A CONCEPT!

15 January 2002

Martin Cornelius

TIL DEATH DO US PART...

A BASIC EDUCATION IN TOTAL HEALTH:
HOW TO KEEP BODY AND SOUL HAPPILY TOGETHER.

MARTIN P. CORNELIUS III

TIL DEATH DO US PART...

CORNELIUS

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TIL DEATH DO US PART...

**A BASIC EDUCATION IN TOTAL HEALTH:
HOW TO KEEP BODY AND SOUL HAPPILY TOGETHER.**

MARTIN P. CORNELIUS III

PUBLISHED BY HEALER

Health Education And Life Expansion Research

**BOX 70027
Los Angeles, California, 90070
(213)383-8606**

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MARK 1

Final Edit 20 March 1981

First Edition, First Printing

Printed In USA

Book Design by Uncle Martin

Set in Gothic PS and Gothic PS Bold

Word Processing and Typesetting by

FASTFLOW

Suite 904, 6331 W. Hollywood Blvd

Hollywood, California, 90028

(213)463-7726,463-7066

DEDICATED:

**TO THOSE WHO WERE THE FIRST TO GO,
AND LEFT A SIGN TO TELL ME SO.**

DON'T BE MISLED

This book is protected by the Constitution of the United States of America which stipulates "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; ..."

This book is my opinion and is presented as such. To the best of my knowledge it is true in all major respects, but I am also sure it contains errors of fact or importance and omits valuable data. Treat it not as Gospel, but as a guide to your own investigations.

Never do anything that seems wrong to you. Examine your situation and all sensible data. Then judge what is best for you. Never believe anything in the face of contradictory evidence. Consider your body, history, and personal experience: that's the data to trust. Read other books. Talk to other people. Consult those who have experience and GET RESULTS in the healing profession.

I make no claim for my theories in any specific case or situation: there are too many things I cannot know that affect results. You are responsible for your own thoughts, decisions, actions, body, and health. Think and act as wisely as possible.

Prosper and be healthy. I hope to help you greatly. The information I offer you I have spent my life obtaining. I would pay many thousands of dollars to have known it before my ignorance cost me years of grief and pain, parts of my body, lost income, and large bills. I hope it saves you from similar experiences.

I hope to share with you my vision of God, the Universe, Life, and our part in it.

WHAT I WANT FROM MY READER

BUY THIS BOOK, READ IT, USE IT, AND GET HEALTHY.

It scares me that so many people are dying and don't know it. It's depressing to live in a culture where physical and mental illness are accepted as normal or even healthy.

I'D LIKE YOU TO BE REALLY HEALTHY.

I'd like you, all your friends, and everyone in the world to be healthy. It won't happen suddenly, but there's no reason it can't.

WHEN IT DOES, MY LIFE WILL BE A LOT MORE FUN!

HOW TO USE THIS BOOK:

Start with the Table of Contents. Study it til you see the pattern and how the parts work together. Look at the Illustrations, Charts, and Scales. Skip anything you aren't interested in. Read the rest. If you really want the whole message, start at the beginning and read straight thru. You will understand later parts better by doing the groundwork first. If not, just read what catches your eye or answers your immediate question.

THEN USE THE DATA. IT'S ALL USELESS UNLESS YOU USE IT.

Ignore anything that seems wrong, useless, or weird. Forget the parts you can't use. Even if half the book is complete nonsense, the other half could be of tremendous value. It might save your life if you put it to the acid test: USE IT!

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INTRODUCTION

This book contains critical information most people need to survive, but don't have. My personal friends are dying for this information (or more correctly, the lack of it). When I see people sick, fat, allergic, crazy, in pain, or unable to function, I think: "If they knew what I do, they wouldn't **have to** suffer."

I help as many people as practical, but there's too much to say, and too little time. I need something to give people and say: "**Read this.**"

This book is the product of many year's research, healing my own body and life. Much of this data is widely known. Much of what I know I learned from someone else and tried out on myself, but I don't know any book giving all the **basics** you need without false data.

I have attempted to assemble the basic data necessary for health. I have tried to develop, not facts, but understanding. Data is useless unless you have the big picture or fundamental concepts that give it intelligence and importance. I want my reader to have a thorough education that eliminates confusion about health. Once you have the BASICS in and know they are correct, all the little things you don't know won't bother you. You can look them up, figure them out, or ignore them: they aren't critical. You don't have to know everything to improve your health, just the basics. The more you know, the easier and faster you will improve, but with only the CRUDEST basics, you can get better.

Viktoras Kulvinskas' book, **SURVIVAL INTO THE 21ST CENTURY** is a monumental work, and I sell it to all my friends. I consider it one of the most important books published this century. **I cannot praise it too highly.** However, it omits important material, so read my book and his. Then you'll know more about life and health than 99 of 100 doctors, and be able to read anything without getting confused.

There are many undocumented assertions in this book. Some ideas may sound dubious, and I haven't cited all the studies and publications. **I am not trying to prove anything.** I can look up and cite all the references, and it will only bore most people. I don't believe I can prove anything to anyone. **That's God's job.** I'm not interested in forcing truth on people. If it makes sense to them, fine. If they don't want to know, I won't insist.

Everything stated as fact I understand with good reason to be true. If you are interested in studies and references, check the bibliography for relevant books. Many are extremely thorough and heavily documented, Kulvinskas especially. They have proven the facts, and I'm thankful for their service. I'm not interested in proving it all over again. I want to take the facts and run with them.

I have tried to properly acknowledge original ideas. If you see someone's ideas in my book, it's quite possible I learned from him . . . but it's more likely I benefitted from someone **else who also** had them. There's no copyright on truth: it's there for anyone with eyes to see. I try to credit good eyesight where appropriate, but often many people have expressed the same vision.

I make some assertions I'm not completely certain of. I may have seen some evidence, but there are other factors not considered, etc.. I have tried to label these correctly, but I **have** included them. I want to get you excited about the possibilities for your body and health. I want you to try new things. I want you to start thinking on your own.

I want to give you the idea the field is wide open. **We are just coming out of the dark ages in medicine and health.** There is a huge amount still unknown. **I want you to realize that if you grasp the basics, you can figure things out for yourself.** YOU can discover things for yourself other people don't know. You don't have to learn everything from books. You can understand your body and the physical universe by studying them directly with your ability to look, see, and reason.

I want you to find my mistakes and correct them. If you do further work on my ideas, share it with me. This book is revised periodically. If I use your data, I'll send you a free copy of the next edition.

This is not a perfect book. There's a huge amount I don't know about bodies and health. My unread books pile is bigger than my finished one. Next year I'll know a lot more than I do now. My health is not perfect. I am still handling additions and undesirable conditions. I know people whose bodies are much healthier than mine.

I'm writing now because no book I've seen covers the basics and integrates them to the big picture of life, health, and the rules you must play by. No book gives you a complete understanding of the game's fundamentals.

I have another whole volume of developed material I wanted to include in this book, but couldn't. It got so large and the preparation time so long I finally couldn't stand it any longer. I had to get something in print. The rest of the material will have to wait for another volume or expanded edition.

I used to talk with someone almost every day and think: "If my book was done, I could help this person." But it wasn't done. When I recommended other books, I felt compelled to give little talks on their strengths and weaknesses. I wanted a book to recommend without reservations, cautions, or additions. I decided that to have one, I must write one. I decided what I do know is more important than what I don't know. I decided what I can publish now is more important than what I can't publish now. I decided the time is now. **Here it is. I hope it helps you.**

CHAPTER ONE

THIS IS YOUR LIFE: YOU AND YOUR BODY

1.1 CAN YOU FIND 500 MISTAKES IN A MODERN HORROR STORY?

This is my personal horror story to the time I started getting smart and doing something effective about my health. It may be useful to you. Sometimes it's easier to see yourself in the mirror. You can often understand your own experiences better in someone else's life. The distance alters appearance, making cause and effect more obvious.

I didn't think it was a horror story as it happened. I thought it was the "normal" process of life. I would guess you have many experiences that parallel mine. I hope my catastrophes will make your life more understandable. If you're not interested, skip it: it's not vital to the rest of the book.

MY STORY: MAYBE IT'S SOMETHING LIKE YOURS

My first memory of this life is being born. It was an exhausting, terrifying, brutal experience. I thought I was dying. I was right: I just didn't finish the job. For the next 25 years I had horrible dreams of being crushed in a small space, unable to move or breathe, trying to escape and being completely helpless.

The drugs they gave my mother blessed me with my first drug experience. It compared quite favorably with passing out vomiting drunk and waking up in extreme distress. "Painless Childbirth" was Modern Miracle Medicine's first gift to me. (The doctor is quite comfortable while he butchers helpless drugged victims.)

Most of my next few years are blank. (Amnesia is a common side effect of severe trauma.) My next major memory is lying on a table with an ether rag on my face breathing poison. Next, I woke up minus tonsils, spitting blood, and unable to talk or swallow. When they told me I could have all the ice cream I wanted after the operation, they neglected to say they would destroy half my throat and make me incapable of eating anything.

I grew up on a "Typical American Diet," if there is such a thing. I remember pasteurized milk, white bread with peanut butter and jelly, Cheerios and Rice Crispies with heaps of sugar, frozen and canned veggies, hamburgers, ketchup on everything, Campbells soups, baloney, ice cream, pastry, hot dogs, eggs, muffins,

and occasionally fresh fruit. I don't know what else I ate, but that's what I remember. I was physically strong because I ran around outside a lot, but was prone to sickness. I had chicken pox and various "normal" childhood diseases. I remember throwing up and wishing I was dead. Most of the time I was depressed but it never occurred to me this was unnatural. Everyone else I knew was wiped out too.

I lived in terror of the dentist. I dreaded cavities and having them drilled. I'd start feeling ill weeks before an appointment. I also dreaded the doctor, since he stuck needles in me too. It never even **faintly** occurred to me that these men were **healers**- They were simply the hired torturers and assassins of my parents. They had the drills, needles, and arrogance my parents obviously lacked to self-righteously butcher me.

I liked sports and being outdoors, and that kept me going. I loved gym and hated classrooms, where I could barely keep my mind on pretending I knew or cared what was happening. One day I landed on my head on a trampoline. I thought I was dying right then: nothing seemed to work very well below my neck. It was several minutes before I could breathe right. After a while, I could walk and breathe, so I went back to class. I never thought about it til years later.

Somewhere in this story (the chronology is very hazy) I reached puberty, my voice changed, and I got horny. Just as I developed a very strong desire for ladies to like me, I also developed a very successful case of acne. Large red and white pimples blossomed on my nose, cheeks, forehead, back, etc.. I spent a lot of time squeezing them splat on the mirror. The "snap" of a ponderous pustule bursting was one of the few pleasant sounds in my life.

By this time I was in high school, and my life was a dreadful fog of unending effort and pain. I hated the agony of getting up in the morning. I fell asleep in cars or trains on the way to school. At nite I would lie awake in bed trying to sleep (knowing I would have to get up and go to school again soon) but unable to relax.

School work was torture. I was unable to concentrate on studying until the terror of failing something was so intense it forced me to sit in a chair and look at books. Every minute was agony. My eyes and head ached continuously. I was forever going to the ice box because I was "hungry."

About this time I discovered aspirin would make my pimples and headaches subside temporarily, so I became an aspirin addict. I took six or eight aspirin a day for a year or so. In addition to scrubbing my face four or five times a day and smearing my pimples with flesh-colored cream (which I supposed made them invisible to others) this was my complete medical program. I continued to eat whatever was put in front of me. Regular visits to the doctor at mysterious intervals (my mother was a nurse and I always went to the "best" people) revealed I was in perfect health

and acne was a normal part of adolescence.

Little things happened . . . like one day I started peeing blood. I went to the hospital, but it turned out to be "just a kidney infection," so they give me drugs and sent me home. My father confided the same thing happened to him once and it took four people to hold him down while they shoved a tube up his penis to see his insides. He kindly explained that if the infection recurred they would probably do the same to me.

Early in this era, we played a game called "Dive Bomber." In the summer a jeep with a big tank would come through the neighborhood spraying DDT fog to kill the mosquitoes. It was so thick you couldn't see anything for ten or twenty yards behind the truck. My father would be home sealing the windows with tape to be sure no poison got in the house. (He was one of those nuts in the late 50's who wrote the Park Service protesting the use of deadly poison on people).

Meanwhile, I would be following the jeep on my bike, zooming in and out of the DDT clouds playing Dive Bomber with my friends. As I remember, it actually smelled nice. We followed right behind the truck where the fog was so thick you were quite invisible and could hide from the other dive bombers. Naturally, pedaling along at full speed, we hardly breathed at all. Probably, we hardly got any DDT in our lungs. I never thought about those pleasant summer evenings til ten or fifteen years later.

Now if this seems like a disaster story, let me assure you it was not. I considered I was in perfect health. In fact, I actually **was** in much better shape than many kids I knew. All this seemed perfectly normal to me. My history is very similar to the children I grew up with. We all had the "best" doctors and the "best medical care" in the Western World. It never occurred to me anything better existed. Right now, there are millions of people out there who think this kind of life is perfectly normal, natural, and desirable. They think some day "Modern Medicine" will eliminate the last few minor problems we have with health.

My Sophomore year in High School I started running track and discovered I was very good, so I worked out every day. I **hated** track. It was such horrible pain and agony that I would start dreading the next day's workout as soon as practice was over. Everything hurt: lungs, legs, head, back, neck, arms, etc.. I wanted to puke and die every time I had to run anything longer than 100 yards. But I liked winning, and I was afraid of everybody, so when they told me to run I would die inside, put it off as long as possible, and hide when I could: but I ran.

My Junior year I broke all the school hurdle records. I was good: very good. I almost got the pole vault record. I remember winning five firsts and a second in one track meet. I lost one hurdle race all year. I started thinking about the Olympics. Everyone "knew" I would be unbeatable my Senior year.

My Senior year, my track career went into limbo. I didn't get worse, I just didn't improve. I still won my events, but at about the times and heights I did the year before. The coach and I never could figure out what happened. After all, I wasn't **sick**. I had a "cold" all year and took a lot of aspirin, but I wasn't "sick."

Besides my pimples, I had monumental colds in high school. I would go to school with five huge clean handkerchiefs in my briefcase, and by noon be choosing the least soggy one to blow my nose. Where such legendary Quantities of thick yellow mucus came from I had no idea. My last cold in high school lasted two years, more or less. One of my pictures in the year book shows me blowing my nose. My life was an agony of forcing myself to function beyond pain in class, at home, and on the track. I remember little about my schedule except that I had two hours of library a week, Tuesday and Thursday afternoon. Those were the only times all week I didn't have to sit up and pay attention. I would put my head on the table and fall asleep.

The next year I went to college and ran a little track, but quit in the middle of the season. It just wasn't working. I would stay up all nite studying, going for days at a time on 0 to 4 hours of sleep. I desperately hated every minute, and went pretty crazy. One spring day I was climbing a four story ladder to the top of the field house. Half way up I got dizzy and started to pass out: I was barely able to hang on. When I got down I went straight to the clinic.

After some blood tests, they said I had "severe mononucleosis," and I heard my first pleasant word from a doctor. He said there was no known cure for it, and the only thing I could do was get a lot of rest. The one thing in the world I most wanted to do was lie down and sleep. Since he was the doctor, I did it. The rest of the spring was almost pleasant. I slept whenever I felt like it. My school work suffered badly, but I enjoyed it much more.

My first year grades were so-so, and in the fall I went back to school. I decided to see if I could win the University Game, so I went at it with a vengeance. I spent most of my time suffering in my room. I remember setting my alarm clock for six hours and not allowing myself out of the chair til it went off. I ran on the edge of exhaustion all year. At the end of the year I got excellent grades, made the Dean's List, and was invited to a special degree program.

I had answered the question: I could win the University Game. I accepted my invitation to the degree committee, but I also decided it wasn't worth the sacrifice it had cost. I vowed never to punish myself that way again. That summer I worked as a pitchman on carnivals, roaming the West and Mid-west. I was hardly ever in a building. We drove a convertible with the top down, worked outside, and slept in fields. I ate "corn dogs," lemonade with sugar and fresh lemons, canned Franco American Spaghetti, white bread with PB&J, and a few fresh fruits and vegetables. Occasionally we had a steak dinner. My health was "excellent." For the first time

in five years my acne went away.

Believe it or not, I still had no idea why things happened to me: why I felt like I did, got sick, stayed well, etc.. Nothing in my life connected with anything else. Things just "happened" to me. The doctors certainly had no idea what caused what, and I didn't either. I didn't even have a good idea there must be **some cause** for feeling **awful** most of the time, or that if I found it, maybe I could change my life.

I never even noticed that sometimes I did pretty well, while other times my body and life were a semi-living disaster. It never occurred to me that I must have changed what I did or how I lived when things went from good to-bad and vice versa. I never looked at my own life to see what factors controlled my health and well being.

There I was at the University of Chicago, one of the largest and most respected medical unstitutions in the world, with many of the most brilliant people alive, and none of them knew what was going on either. The doctors were in as dense a fog as I. They had no more answers than I did. It was simply the standard of the industry. Not only were there no good answers, but no one was even asking the right questions. This whole scene may sound completely insane to you. It was. In most of the country, it's **still** the norm.

I went back to college that fall, and my life went right back to "normal." My acne came back. I couldn't concentrate on my work. I felt awful. I started experimenting with drugs: marijuana, Dexedrine, LSD, and hash. For the first time I started to associate what I did to my body with how I felt. I couldn't do any work high on pot or hash, but **I felt good**. I could see things from a new viewpoint and understand many things that were total mystery before. Music became utterly immersing: a completely intense experience. I could see people as I never saw them before. Their mental workings become more visible to me. I began to see the games and weirdness in the academic community and why many people acted as they did.

With Dexedrine I could sit down with a book for the first time and put all my attention on it. I could immerse myself totally in it's universe for hours on end without fidgetting, squirming, thinking about something else, or getting something to eat. This was one of my most exhilarating experiences to that time. I vividly remember reading Kant's **Critique of Pure Reason** for **hours** at a sitting, following him **exactly**, word for word and idea for idea, until I realized precisely what he was saying, and what basic assumptions I disagreed with. "Straight," he was totally incomprehensible to me: I just didn't have the concentration.

Drugs seemed to be the answer. They opened a whole world of possibility I had not imagined might exist. I continued experimenting with them. Slowly, I started to understand what they did and did not do. At the end of a summer trying

methedrine on and off, I had some brilliant papers written . . . and was thinking seriously of killing myself. I started to realize that perhaps drugs affected your general health and state of mind. I decided "speed" was deadly and swore it off. I saw too many druggies stoned all the time or totally wiped out in the mind department, and realized it was not the way to go.

Life was still agony for me, however. I hated furniture. I could not understand how people tortured themselves by sitting in chairs. They were so painful I couldn't bear them. I built my own Japanese style furniture just off the floor, trying to be comfortable enough just to read and write. I got glasses to read with. Nothing worked. My head, eyes, and back all hurt **constantly**.

I continued my drug experiments on and off for several years. My school work was often brilliant but very erratic. My scheduling was a disaster. It took me three years to do the last two years of college. I finally realized drugs would not allow me to function consistently, and gradually stopped using them.

I read a little on diet and nutrition. I got the idea "health food" was good for you, and "junk food" was not. I got interested in spiritual progress and started a long training program in that area.

I wound up living in poverty to continue my studies. I got almost no sunshine and no exercise. I was constantly indoors and often worked by kerosene lantern. I got little fresh air. I was addicted to sugar laden cheap pastries. I knew they were bad, but rationalized that I ate mostly "good" food. Most of what I ate was cooked, often canned. This went on for several years, and I put on 30 or 40 pounds. My back still hurt terribly and sitting in a classroom was torture for me. My gums started to bleed. Eventually, they got infected and oozed pus.

I decided there was something medically wrong and tried to find it. My back and neck were so painful I couldn't sit still in a chair for more than about 20 minutes. I went to the "experts" who took full spinal X-rays. Their verdict was that my spine "was in perfect shape and could not be causing me any pain." Since I would actually pass out from pain if I forced myself to sit in a chair without squirming, this was a bit hard to believe. I went to another doctor for a second opinion. He examined me thoroughly and pronounced that, except for being a few pounds overweight, I was in perfect health.

I went to the dental clinic. They said I had pyorrhea and needed some minor surgery to cut open the gums, clean them out, and sew them back together. They said if I didn't have this done, my teeth would fall out. They couldn't tell me why I had pyorrhea or how to cure it. They had no clue. I was about 25 at the time. I still thought of myself as an athlete, so it was a bit hard for me to integrate the fact that my teeth were falling out into my thinking process.

Scheduling difficulties, funds, and so forth never quite worked out. I didn't get my gum operations done in the next year. In the meantime, I was heavily into spiritual studies and tried to fix myself with spiritual means. I handled every mental cause I could find . . . while things went from bad to worse. Finally, I concluded there were no more mental or spiritual causes and I would have to handle it medically or physically.

By this time I was really worried about losing my badly infected front teeth. I went to the "best" dentists and gum specialists, saying I was worried and wanted to save my teeth. I said I would do **anything** if they could save my teeth.

Their solution was (are you ready for this?): 1) **Pull out my front teeth** (the ones I was worried about losing). "They're going to fall out anyway; there's nothing you can do to save them." 2) Grind away most of 3 other teeth to mount a bridge. 3) Pull out all four wisdom teeth: "You don't need them anyway." 4) A series of operations to cut away the infected gum and bone. 5) Gold and porcelain teeth to replace the front ones they pulled.

What could I do to reverse the degenerative process? "**Nothing.**" What could I do to keep the teeth God gave me? "**Nothing.**" Why did I have this condition? "**Don't know.**" These were the "**best**" people I could find.

That probably sounds a bit crazy to you, but here comes the **completely nuts, criminal, and insane** part. **NOT ONLY DID I LET THEM DO IT, BUT I PAID THEM TO!** I shelled out \$3,000 to pull seven perfectly good God-given teeth, cut away diseased gum and bone tissue, and replace three real teeth with false ones (severely damaging three good ones in the process). **I came to them because I had gum disease and was afraid of losing TWO front teeth. Their answer was to PULL OUT SEVEN teeth and CUT AWAY large parts of THREE MORE! AND I LET THEM DO IT!** I can't blame them for what they did. I agreed to it and paid for it. They **actually** were really **nice guys** and did their absolute best to help me. **They do exactly the same thing for their wives and children.**

As I sat in the chair and listened to my teeth splinter and my bones crack, I knew there was **something** very wrong about this, but didn't know what else to do. I had spent several years looking for someone to tell me what was wrong with my body . . . and how to fix it. I didn't at the time find any better answers.

Soon after this I moved to California and found a good nutritionist. I started hanging out in health food stores, reading books on health and nutrition, and experimenting on myself to find out what really worked.

Now I know there's no reason but ignorance or stubbornness for anything less than complete health. Bodies are designed to run well and are self-repairing. To get and stay sick, you actually have to continuously damage your body with wrong

nutrition and wrong living. Only our self-destructive actions keep us from living long, healthy lives. This book has plenty of data to make your own health better indefinitely. I hope you can avoid the mistakes I made. Maybe you don't need ill health, pain, disease, and suffering. All you have to do is read, learn, and do. Your body is trying with total dedication to survive. If you give it a bit of help, it might do just fine!

I'm lucky. I lost only my tonsils and teeth. Most other damage I did is probably repairable. Many people lose important parts of their bodies. **Millions lose their lives.**

Like most people, I had no real idea I could be healthy. I didn't know that it's simple to improve your health. I was desperate and didn't know where to get help. I cried myself to sleep when my back hurt so much I couldn't stand it, but I didn't know how to improve it. I hurt so much it was all I could do to force myself to sit in a chair, which made it very difficult to study or work. **For years, my only solution to life was simply falling asleep whenever I couldn't go on any more. I know very well what no hope is like. It's horrible, but it's not necessary.**

1.2 WHAT IS A BODY?

Before we can do a lot of fancy footwork in the health field, I have to make sure you know a few of the basic steps. I'll make it as brief and entertaining as possible, so don't go away. There's more to come after this word from our sponsor.

YOU?

Let's start at the very beginning. What are you? You're not a body. You're an immortal spirit. What they told you in church/temple/ashram/etc., is true. There are spirit and flesh, and you are **not flesh**. When your body dies, it's not the end of you. You are indestructible.

You, as a spirit, can go about **being** a body if you want, just as you can be a salesman, quarterback, or mechanic. This doesn't mean you are a body, though you can certainly **believe** you are. You are the person who owns and runs your body. This makes it **your body** instead of you. They are quite different and separable things. To make good decisions, you must keep them separate in your thinking.

There is only one really true answer to the question, "What is a body." Haul one out and say: "One of these things." Further questions can then be directed to the body for correct, exact answers. The question, "How does this body differ from others?" can only be accurately answered by examining all those in question.

Anything else will be less than the whole truth, leaving out important aspects of what a body is and how it operates. It will be an abstraction from the truth, useful for looking at some aspects of bodies, but useless or dangerous for others. To use only one definition of a body would limit our thinking, and eventually our freedom of action in dealing with bodies and health.

With this in mind, let's examine many definitions of a body, all of which are useful. Bear them all in mind. When you deal with one, don't ignore the others. To the extent they are true, none will be contradictory, and all will be consistent with useful action. Feel free to use any other ideas that seem useful to you. Discard any ideas which contradict your observation of what bodies are and how they work.

HERE ARE THE DEFINITIONS. A BODY IS:

A PART OF THE PHYSICAL UNIVERSE

As such, it obeys all laws of the physical universe: physics, chemistry, radiation, mathematics, etc.. Most basic, it obeys the law that everything has a cause and can be predicted or controlled if that cause is understood. Everything in the universe is orderly when you find, isolate, and understand the laws that govern its behavior. Confusion, apparent causelessness, or randomness merely show a lack of understanding. There is nothing truly causeless or random.

The condition of your body is not "random." It doesn't "just happen." There is some logical reason for the condition of your body, whether good or bad. The more you understand the factors involved, the more you can make it what you want. There is no unsolvable mystery. There are only things you don't know yet. You are not stuck with a body that "is just that way." You can change what it is and how it behaves, probably FAR more than you dream.

A REFLECTION OF THE SPIRITUAL UNIVERSE

Like the entire physical universe, your body is a result of decisions made by you or some other beingness. Your body, the fact that you have it, and the shape it's in, all result from the decisions or ideas of you and others. Since it has something to do with you, you must have something to do with it. From your viewpoint, it must be the result of your plans, decisions, ideas, beliefs, emotions, and so forth. Like everything else, it is altered and changed by spiritual decisions.

You have the spiritual ability to create effects on the whole universe, including your body. The better you understand your body as part of the universe, the easier and faster you will transform it. Changes for the better in your body, health, and

life start with you as a spiritual being. If you make sensible decisions based on good data and logical thought (and stick to them even thru rough times) you can have the health and vitality you want. There's a price for everything, but if you pay it, you can have almost anything imaginable.

A SELF-REPRODUCING MACHINE

Properly maintained, and given moderate freedom to do what it wants, it will reproduce itself quite nicely. It's not planned to be obsolescent. It will last a long time and manufacture new ones long before it breaks down or wears out. It doesn't need caesarean operations, induced labor, episiotomies, sperm banks, artificial insemination, or cloning. If it doesn't want to or can't reproduce itself, it's damaged or broken, and needs help from you and time to repair itself. You are in charge and make decisions for it. If it doesn't work, probably you have made many mistakes and done a lot of damage. That's right: many mistakes. One or two won't faze it a bit; it's incredibly tough and reliable if you treat it right. If you're in bad shape, find out what you've been doing wrong and change it.

A SELF-REPAIRING MACHINE

If it were manufactured in Akron or Tokyo, it would have big stickers on the outside saying:

CAUTION: DO NOT OPEN

NO FIELD SERVICEABLE PARTS INSIDE. THIS MACHINE IS LIFETIME LUBRICATED. IF USED IN ACCORDANCE WITH OPERATING INSTRUCTIONS, IT WILL GIVE A LIFETIME OF TROUBLE-FREE SERVICE. IF MALFUNCTION DEVELOPS, DO NOT OPEN. DO NOT ATTEMPT TO REPAIR. TO DO SO WILL INTERFERE WITH THE AUTOMATIC COMPUTER CONTROLLED SELF-REPAIRING MECHANISMS, AND PERHAPS CAUSE PERMANENT, UNREPAIRABLE DAMAGE. ATTEMPTED REPAIR OF THIS MACHINE VOIDS ALL WARRANTIES, EXPRESSED OR IMPLIED. THIS MACHINE IS NOT DESIGNED TO BE REPAIRED. IT WILL REPAIR ITSELF. IF MALFUNCTION DEVELOPS, REMOVE IT FROM SERVICE AND REFER TO FACTORY INSTRUCTIONS. DO LITTLE OR NOTHING TO IT. DO NOT RETURN TO SERVICE UNTIL REPAIRS ARE COMPLETE.

WARNING: THIS MACHINE IS SERVICED BY GOD.

ATTEMPTED REPAIR BY ANYONE ELSE IS UNAUTHORIZED AND EXTREMELY DANGEROUS. IT VOIDS ALL WARRANTIES AND GUARANTEES.

The **apparent** exceptions to this rule are only apparent. Someone may sew your injured body back together and get the parts in roughly the right place, but they do not **repair** the damage or **heal you**. **Only God HEALS an injury**. You can help or hinder him, but you can't do his work. Don't bother trying, you'll only make trouble.

A FIELD OF ENERGY

In common experience, we tend to think of a body as a large solid mass. From the viewpoint of physics and chemistry, however, it's composed of atoms quite far apart for their size. Further, the atoms themselves are almost completely empty spaces. What **appears** as a large solid object is **also** completely empty space containing small electronic, magnetic, or atomic disturbances. What **feels** like a solid object is an electronic field which repels that of your hand.

This is important because electronic fields travel at the speed of light: 186,000 miles per second. This explains many things which would otherwise seem absurd. For instance, vitamins held in the hand can make the body instantly stronger. Thoughts instantly affect digestion, strength, etc.. This is how many things which seem unrelated influence each other. You would never connect the antenna in Hollywood with the picture on your TV set in Santa Monica unless you knew something about electronic fields.

A CHEMICAL FACTORY

It takes in, moves around, transforms, and gets rid of chemicals. What it takes in is very important, as it can't handle everything. It's designed to handle certain chemicals in certain ways. It won't take in arsenic, bromine, or uranium and make transistor radios or atomic bombs.

If it's unable to handle what you give it, severe problems arise. Waste chemicals in the factory will eventually ruin it. Chemicals it doesn't need or can't use foul up the whole process and shut it down.

A SACK OF WATER WITH CRUD

That's a little general, but it's true. Your body is mostly water. Even dense bones are mostly water. Cells are mostly water. Fluids which carry things between cells are mostly water. Most chemical reactions in the body occur in water solutions. What kind of crud is in the water, how much, where, and so forth are all critical facts, but the crud is all dissolved in water at some point. If there is no water, or the crud won't dissolve, you get a lot of potentially fatal problems.

A VERY COMPLEX SYSTEM OF FLOWS

A common denominator of all life is motion. Life is motion. The evolution of life can be measured by the kind, amount, and complexity of motion. A rock is alive. It has motion. It has thoughts, feelings and desires, but they are very limited. A plant has more motion, more flows, and more complex or volatile thought, feeling, and desire. All change is based on some kind of motion, from electricity flowing through a wire to chemicals combining.

Your body is extremely complex and orderly. It's composed of many different flows. All are important. When any are degraded, misrouted, reduced, or cut off, your body and health suffer accordingly. Listed below are a few flows I am aware of and some data, but this is only a sampling. There are many others.

Air

Air is a critical flow. If you stop breathing for only a few minutes, you are terminally dead. All blood flows thru the lungs (which are filled with millions of tiny blood vessels) where it is exposed to the air you breathe and absorbs oxygen. This turns the dark blue oxygen-starved venous blood into bright red arterial blood, which carries oxygen to the body. Carbon dioxide and other waste products are transferred from blood to air and expelled as you breathe out. Bad breath is simply the elimination of poison thru the lungs.

If you breath poisonous gases such as carbon monoxide, carbon dioxide, exhaust fumes, sprays, chemical vapors, etc, they go DIRECTLY from your lungs to the blood stream and are carried DIRECTLY to the rest of your body (including the brain) in a few seconds. Once poison gas reaches the lungs, your body has almost no defenses. It can only be filtered out after causing damage.

Blood

Blood flows thru the heart, lungs, and blood vessels to the body, then back to the heart. It goes to the body thru finer and finer blood vessels called arteries. They branch out from each other til they become capillaries so tiny only one red blood cell at a time can pass thru. There are millions of capillaries all over the body. On the way back to the heart, it's collected in bigger and bigger blood vessels called veins.

The pumping force to send blood to the body is supplied by the heart. Friction in the small capillaries makes the resistance to blood flow higher and higher. Thus the heart can supply very little of the energy to bring the blood back to itself. The rest is provided by contractions of muscles and the blood vessels themselves. The

blood is prevented from flowing backwards by one-way valves in the veins.

Sedentary motionless living reduces blood flow enormously because it provides little muscular activity. The blood then tends to pool in the veins, creating swellings known as varicose veins. Waste products also pollute the blood because they don't reach the filtering and eliminative organs such as lungs, liver, and kidneys.

Lymph

Lymph or lymph fluid is the clear yellowish fluid that seeps from a scrape or cut. It's blood without red blood cells. As blood flows thru the capillaries, the rather large red blood cells stay in the vessels, but the lymph seeps thru the capillary wall and bathes the cells. It brings nutrients to the tissue cells and carries waste products from them. It's vital to your body. There is more lymph in your body than blood. All body cells except the brain and spine, which have their own system, are bathed continuously in lymph.

Lymph is continuously collected and returned to the blood stream via the lymph ducts. These start with very fine capillary-like ducts all over the body and run up the body along the veins, joining the blood stream near the collar bones. The lymph is pumped up against gravity by the muscles. It's prevented from flowing backwards by one-way valves like those in the veins. Along the way are lymph nodes where poison, bacteria, products of infections, and so forth are filtered out to be excreted. Lymph is a major part of the body's immune and self-protection mechanism.

Cerebro-Spinal Fluid

The spinal column and brain float in cerebro-spinal fluid which cushions and protects them. This is basically lymph, but has a separate system. It's also pumped by muscular action. The feeling that "your brain is loose" and hurts when you move (common with stress such as hangovers, lack of sleep, etc.) is probably just that: there's not enough cerebro-spinal fluid cushioning the brain, which allows it to bang against the skull casing.

Food

A very obvious flow is food into the body, thru the digestive tract, and out again. It's moved by involuntary muscle contractions of the digestive system. This flow can be upset by many things. No food might be eaten, which would prevent the flow from even starting. If the intestines are pinched, contracted, out of place, kinked, ballooned out of shape, or impacted with solid waste material, the food will

have difficulty getting through. If the chemical balance is off, food will become hard and difficult to move. If the nerves are shot, they will not command the muscles to move. If the muscles are weak, they will be ineffective.

This is one of the most basic flows. It is often disturbed and causes great anguish. A huge laxative business has been built on "solutions" to the problems this stopped flow causes.

Nutrients Absorbed By The Body

Just getting food in and out of the body is not enough however. It must be broken down by the digestive system into compounds which can be carried by blood or lymph and used by cells. This process starts in the mouth with the digestive juices and continues thru the stomach, small intestine, and large intestine. At various stages, different foods are broken down and absorbed. A few obvious problems that could stop the flow are: wrong food, body not able to break down or absorb it properly, and poisons interfering with the process.

Every living substance has continuous flows through it. Recent research has shown that even tooth enamel, the hardest substance in the body, has a constant internal flow of nutrients, enzymes, etc.. Teeth with reduced flows decay. Those with healthy flows do not.

Waste Products Out Of The Body

Waste products must leave the body or they poison it. Most waste products are absorbed by blood or lymph and eliminated through the urine, large intestine (large amounts of waste are dumped into it), skin (sweat), and lungs.

In extreme circumstances, the body may resort to other methods. Vomit empties the stomach. Colds, coughs, boils, pimples, and other infections are also cleansing actions. In good health and circumstances, the normal systems eliminate poison without discomfort. In poor health or extreme stress, the body must use its "backup" systems.

Internal Chemical Cell Flows

Looking closer, it's not enough that nutrients are absorbed and waste excreted by the body. The body's actual chemical processes occur mostly within cells. They are the building blocks of tissue. They must absorb and utilize the nutrients available to them. They must also discharge their wastes into the lymph or blood. They must build up new tissue, repair damaged cells, and tear down or eliminate old ones.

A single cell is enormously complex and houses an entire city of activity, with thousands of chemical reactions occurring at all times. These chemical reactions and flows are vital. If they stop, you die. It's that simple.

Nerve Impulses

The brain communicates with the body through nerves. They run down the spinal column and branch out all over the body. Through them the brain receives information from and gives orders to it. Nerve impulses are electro-chemical reactions and travel rather slowly, causing "reaction time." If nerves are cut, pinched, or crushed, their flow is reduced. If the chemical or electrical state of the body is poor, reactions will occur slowly, incorrectly, or not at all. Typical things which reduce nerve function are lack of sleep, stress, spine out of alignment, injuries, poor nutrition, or poison.

In these situations, the brain doesn't know or can't control what is happening. The body starts to behave like a company with no management, a country with no post office, or a city with no phone system. Things go from bad to worse. The brain and nerves are the master system which controls other flows and systems. To the extent that nerves malfunction, the body goes into chaos. A small amount of damage to the nervous system can be very fatal.

Auras

Your body has several auras. These are energy fields or projections into the space around it: not mystical ideas, but real physical energies measurable with sensitive electronic instruments. A healthy body with strong vibrant flows has large intense auras. A very sick body may have almost no aura. Auras are part of the body's communication to the "outside" universe. They are also necessary to internal organization and function. This area is still largely unknown, but much fascinating research is being done.

Meridians

Meridians are electronic flows around and through the body. Acupuncture or acupressure points are located on them, and have been known in oriental medicine for thousands of years. Again, these are subtle but real and measurable physical flows, vital to the body. Reversing or stopping a meridian flow can instantly alter or inhibit major organ systems. Restoring the proper meridian flows can instantly restore proper functioning of organs. When you consider that even "solid" matter is "really" an energy field, it's not strange that a body has essential fields around it.

Chakras

Chakras are the seven vortexes or whirlpools along the spine thru which energy enters and leaves the body. Each one is usually associated with a color and one of the subtle bodies or kinds of abilities a person has. From the bottom of the spine they are: 1) Kundalini Chakra (base of the spine): the Physical Body: red. 2) Pelvic Chakra (lower belly): the Emotional Body: orange. 3) Solar Plexus Chakra: the Mental Body: yellow. 4) Heart Chakra: Astral Body or the ability to love unconditionally: green. 5) Throat Chakra: Etheric Body or the ability to project one's ideas or images on the universe (to cause effects on it): blue. 6) Brow Chakra: the Celestial or Intuitive Body (or ability to know directly without logic or apparent communication): purple/violet. 7) Crown Chakra: Pure Beingness: the ability to create and understand totally: white or golden white.

Auras, meridians, and chakras are closely related energy phenomena. In some cases, they may turn out to be different aspects of the same thing, or even different names for the same event. They have been well known and extensively described in the eastern literature for thousands of years. Depending on who you read, they are described in slightly different places, with differing color correspondence and functions, but there is high agreement on the basic idea. You can feel the energy centers on a person's body simply by passing your hand slowly past it a few inches away. If you pay close attention (it may help to close your eyes) you will feel the pressure of the fields.

If the energy flow in a chakra is stopped, reduced, rotating the wrong direction, or flowing the wrong way, it's very hard on whatever aspect of reality that chakra is tuned to. I have not seen these mapped, measured, and studied as precisely as the meridians have been, but that doesn't mean they aren't just as important.

Flows From The Being

The brain is also the switchboard, antenna, or transformer which allows a spiritual being to communicate with his body. It's so sensitive it responds to the small amounts of energy a being produces without a body. It takes information from the being and relays it to the body as understandable energy forms (nerve impulses).

The brain also takes information the body continuously sends and displays it in a form the being can understand. For instance, it converts chemical reactions in the eye to optic nerve impulses and arranges them as a read-out the being receives and interprets as "seeing."

The brain relays these flows back and forth between the being and body. If they break down, the being cannot tell what's happening with the body. He cannot control it, and it will suffer. A body with no outside control does little on its own: the state is called **coma**. A being without real data on the state of his body is likely to damage it. The body will not survive long unless well run by a being who knows what's happening with it and makes good decisions about it.

These flows are affected by almost everything that happens to the body. Anaesthetics and hallucinogens are examples of many drugs that obviously affect how the mind works. Nutrition affects the chemical state of the body and thus the brain, thought patterns, and abilities of the being.

Other Systems Of Flows

Each body system has its own pattern of flows. The glandular system, for instance, secretes many complex chemicals and hormones which monitor other chemical reactions throughout the body. We could fill many books tracing systems of flows, but we have seen enough to understand the general idea of flows and how they relate to health.

PART OF A COOPERATIVE ECOLOGICAL SYSTEM

Your body uses the bodies and products of other life forms as food. Its waste products are used in turn by other life forms for their nourishment. Life forms such as microscopic plants and animals help in this exchange by building up and breaking down chemicals to useful forms.

The requirements of different life forms are similar enough that what one life form creates can be utilized by another. They are different enough that not all produce and demand the same things: thus there is a basis for exchange. It's a beautiful, tremendously complex, and incredibly efficient system, in which **all** parts are interdependent. If any part of the system breaks down, all other areas eventually suffer.

Any biological product lost or destroyed instead of fed back into the system depletes the texture, diversity, strength, and reserve of the system, just as spending more than you earn depletes your economic system. Any non-usable or destructive element fed into the system eventually causes problems all over it. Your body cannot survive without plants, animals, microbes, sunshine, land, water, and so forth. When you eliminate any element, you start living on borrowed time.

A GENIUS

Your body knows more about health, nutrition, biochemistry, cell repair, muscular development, reproduction, growing hair (and everything else about bodies) than all the professors, universities, and books ever will.

It can grow, sing, dance, dive, get well, hang around the ink well. Probably 99% of what it does, people haven't discovered yet. It makes RNA, DNA, and thousands of other incredibly complex chemical compounds. It does millions of different mysterious things with them, without even thinking about it. It makes billions of decisions every second, and makes most or all of them correctly.

There is no computer that could be designed with existing earth-man technology to run your body and its millions of continuous operations. If such a computer could be built, only God himself could program it. If it were programmed and available, only a body could carry out its instructions.

People get Nobel Prizes just for finding tiny little things it does, like make DNA. They don't have to make it 24 hours a day in the perfect amounts and combinations, in millions of different cells all at once.

Your body is not you, and doesn't do well the kind of things you do. But in the areas it shines, it's a genius of such magnitude that people are only trying to glimpse how staggering its accomplishments are. They aren't coming close.

Don't ever make the mistake of thinking your body is dumb about anything in its area of responsibility. It's **incredibly** smarter than you are about how it works, what it needs, and how you should care for it.

If you're smart enough to realize it's very hip, you might learn something from it. If you do, life will be a lot easier for both of you. If you are willfully stupid and obstinate enough to presume you know more than it does about its affairs, you're headed for guaranteed genuine gold-plated disaster. Like it or not, it will teach you a lesson. It would rather the lesson be easy on you, since that will also be easy on it.

A SEPARATE ENTITY WITH ITS OWN GOALS AND PURPOSES

It's a living thing with its own desires, wants, cravings, goals, purposes, and failings. These are separate from but related to yours, so you can easily confuse your experience and desires with its. They may be the same from choice or habit, but they **are** separable.

In many ways, a body seems to be a lower form of life than a "person." It has less

freedom of choice, less ability to express itself, and apparently less "intelligent" thought. It seems to us to be more limited than we are, but it's still alive. It feels and wants. It has its own kinks, cravings, and inabilities. It may be obnoxious, cantankerous, and convinced it cannot survive. It may be addicted to sugar, coffee, alcohol, or heroin, fall apart at the slightest provocation, and be a nightmare to live with.

Nevertheless, it is itself and has its own life (successful or not) independent of you. It wants to eat, sleep, have sex, run around, scratch, vomit, defecate, sneeze, etc., because it wants to, whether or not you want it to. To a great extent you control the things it does or doesn't want through your decisions about it. (If it's addicted to something, guess who feeds it the old habit-forming stuff?) The point is that you must live with it even when it wants things you don't.

YOUR WAY TO COMMUNICATE TO THE PHYSICAL UNIVERSE

It's your ticket to play the game here in the physical universe. It's what you use to change the physical universe in accordance with your spiritual decisions. It's what you use to perceive and observe the physical universe. Without a body, your ability to affect the physical universe would be limited in many ways. You couldn't pick up a phone, drive a car, write a letter, or get most people to listen to you. Certainly, you can communicate to other spirits without a body, but that's a different game with different rules: you still can't play football without a body. If you want to eat, drink, drive cars, and go mountain climbing, you need a body. That's what they're for.

YOUR FRIEND AND SERVANT

Aside from God (who never has and never will let you down) your body is the best friend you have. It will do anything you ask that it can, including die. Tell it to wiggle its toes: it wiggles its toes. Ask it to stay up all night: it stays up all night. Ask it to drink alcohol, shoot up speed, or stab itself in the guts with a butcher knife, and it does them. Ask it, and it will step off a forty-story roof onto the street below.

The only real limits are what it can do, and how earnestly you ask. If you ask it to lift 5,000 pounds, it may not, but if you ask with enough fervent desire, it might surprise you. There are many cases of housewives dead-lifting cars off their children, etc.. Tho the price you pay for that kind of feat is high, it shows the wide range of possibility.

Your body may not know how to do what you ask, in which case you need to teach it. You cannot sensibly ask it to drive a car til you have taught it the various

actions involved. Once you have, it will drive you around quite nicely. How many times have you arrived home to realize you couldn't remember driving, or even what the streets looked like? You probably weren't driving at all, but off in your own universe doing something else while your body chauffeured you home.

Your body is the best servant you could possibly hire. Your wish is its command. It responds instantly to your every thought. It has higher loyalty and devotion to you than any of your friends, family or lovers: probably much higher than your allegiance to it.

You don't usually get that kind of loyalty from anyone but God, so if you value it, take real good care of your body. None of your friends will ever treat you as well as it does, so it might be appropriate to treat it as your best friend in "this" universe. It is.

YOUR PARTNER IN LIFE

Unless you are very spiritually advanced, coming and going from your body as you please, you are married to it. I believe the critical phrase of the marriage ceremony is still: "til death do us part." You can love or hate it, be its friend or enemy, destroy or enhance it, and cooperate with or fight against it. The choices are yours. But like it or not, you are going to live with it, til death do you part.

Part of the spiritual progress necessary to leave your body at will is to stop fighting with it. It's very difficult to make rapid spiritual progress when you are continually at war with your body.

Life as a being will be much easier when you make life easier for your body. If you care for it and run it well, it will do a lot for you. It will be fun to run and happy to know. It won't cause you problems and foul things up, but be a sensitive reliable player on your team in the game of life.

You can't play human being without a body. The worse off your body, the harder it is to play. The better your body runs, the easier it is. Whatever your reasons for being human, if you want to win the game, you will make it easier by taking good care of your partner.

Sure, there are other games you can play. You can abuse and injure it to see how much pain you can stand. You can test yourself to see how far you can run it into the ground and still function. You can pretend nothing makes any difference anyway, and do as you please whenever the fancy strikes you. These are valid games and I don't condemn them. This book isn't for those who really want to play them. I hope it helps those who are still playing them but want to stop.