

## Chapter 10

### Naturopathic steps

One of the biggest obstructions to our health is our environment. Unfortunately, most of us suffer from pollution, pesticides, additives, stress, mortgages and traffic jams, which all detract from our capacity to maintain good health. The 'Quantum K' system has been designed to overcome the specific stresses that accompany modern living, but it is not easy to offer ongoing protection when this exposure is so relentless.

To get the best from the system, there are several additional 'naturopathic' steps you should consider. They will help the speed and depth of the improvements you experience so please do try to follow as many as you can where you feel they are appropriate.

#### Healthy digestion

This is crucial to our overall state of well-being. Our digestive tract is one long waste disposal unit and imbalances anywhere along its length affect the function of virtually every other part of our body. Excessive toxins leaking out of a putrefactive bowel pollute our bloodstream and force our excretory system to use valuable energy cleaning it up. We are likely to have spots, bad breath, weak nails, body odour, bloating, flatulence, joint pain, acid reflux and every cold going. As for high energy, forget it !

There are many truths about healthy eating that receive broad media coverage - like the benefits of organic foods, probiotics, fruit and vegetables, fibre, avoiding sugar and keeping hydrated. The following tips are less well-known but just as important for healthy bowels and abundant energy:

- Chew your food thoroughly and take your time eating. Chewing ensures that the food bolus is mixed with enzymes in your saliva. A problem at this stage delays proper digestion and encourages putrefaction in the small intestine or bowel - leading to gas, bloating, discomfort and the proliferation of unhealthy bacteria and yeasts. At least 14 chews per mouthful is best – try it and see.
- Cut down on wheat. Modern varieties are low in nutrients and high in gluten and chemicals. They clog up our bowels, hinder absorption of nutrients from other food sources and make us tired and lethargic. Fruit, vegetables, pulses and oats are much better sources of fibre.
- Eat your largest meals at breakfast and lunch, when your digestive system is working best.

- After every meal, make sure your ileo-caecal valve is in balance. This valve is easily stressed and can remain fixed open or closed. If open, toxins from the bowel seep back up into the liver via the hepatic duct and across into the pancreas. If shut, putrefying food in the small intestine follows the same route. Either way, this leads to poisoning of the blood and a myriad of symptoms, including fatigue, diabetes, joint pain, brain fog, PMT and headaches.

If you have any sense of indigestion or Irritable Bowel Syndrome, I strongly suggest you massage the following energy points after each meal:

- the ileo-caecal and houston valves, halfway between your navel and the top of your hip bone
- where the shoulder muscle joins the arm bone. These points are on the outside of your arm, on the only place where you can feel the bone through the muscle.
- the base of the skull, about two inches behind your ears.

Please do not worry about being too precise. Massage a broad area if you wish, just make sure your intent is to stimulate your ileo-caecal and houston valves when you do so.

- Give thanks for each meal. There is some evidence that asking for your food and drink to be blessed has an energetically beneficial effect and raises its nutritional status. Even if you can't accept this concept, spend a few moments in anticipation of your meal as this stimulates your digestive system and triggers the release of stomach acid and enzymes.
- Never chew gum as this leads to the unnatural secretion of stomach acid and enzymes. Your body expects a meal to be on its way and this 'teasing' of your system will eventually result in a shortage of acid and enzymes when you do need them.
- By all means have some fluids with your meal, but restrict yourself to a small glass of whatever you fancy. Your stomach acid and enzymes work best when undiluted.
- Please remember that putrefying food resulting from low stomach acid can react with the oesophagus and cause a reflux like feeling. If you reach for the antacids you might get a temporary relief by forcing the stomach to produce more acid to compensate, but in the long term you may be making the situation worse and suppressing your frontline immune defences. It is the low PH value of our stomach that protects us from invading bacteria and parasites in our food. Please do discuss this with your doctor or pharmacist if you are a regular user of antacids.
- When you eat, eat. Do nothing else. No reading, no telly, no intense discussions; just you, your meal and your appreciation of it.

## Healthy mind

Our character is shaped by the stresses in our environment from the moment we are conceived. When we are young, our conscious mind is insufficiently developed to filter the comments and events being transferred into the unlimited memory bank in our subconscious. We then respond to future situations in accordance with the programmes and behaviours set at this earlier age.

As we grow up, the risks change. It is all too easy to develop 'emotional addictions' where we are caught up in life's dramas and need a daily dose of the brain chemicals that feed them. Examples are the need for confrontation, control, cigarettes, love or food.

When our cells regenerate they create receptor sites based on our perceived needs at that time. If we become caught up in our emotional dramas, we create more sites aimed at receiving the stimulating brain chemicals (neuropeptides) triggered by those emotions and less sites for nutritional stimulation, debris removal etc. This affects our long term physical health. Worse still, the more emotional receptor sites we have, the more of that stimulus we need to generate the same buzz. If we don't satisfy that need, we get withdrawal symptoms until we bring a person, event or situation into our life that will feed it.

Another way the mind can adversely affect our health is through over-reliance on the intellect. The slowest people to respond to healthcare intervention are those who are in a constant state of analysis and symptom assessment. Quantum principles make it very clear that thoughts and consciousness are energy. If you think of a health concern, your very thoughts energise it and make it worse!

This is very tough because it is only natural to wallow a little bit in our misfortune when we are feeling poorly; but does a continual assessment of how you are feeling help in any way at all? Of course it doesn't.

The way around this is to keep busy and distracted when you are unwell. Under no circumstances talk about how you are feeling unless it is good news or you are affirming an improvement and how much better you are. Once you have decided what practical steps you are going to take for your health that day, like whether you need a painkiller, let it go. Plan an exciting time of surprises and innocent fun. Play music, paint a picture, go for a walk, dance, see a romantic film, spend some money, have a capuccino, watch the children playing in the park etc etc..... This process helps in three ways:

1. You stop giving creative energy to your negative symptoms.
2. You release the 'inner child' within you. This often suppressed part of our nature carries the memory of the unlimited power of our youth; when love was pure and anything was possible. Be unstoppable again!
3. Our logical mind is the most limited part of our soul. It blocks our connection to our higher intelligence and stops our natural healing powers from taking over. By suppressing it we allow a much greater power in. 'Let go and let God' is an appropriate phrase here, although it is a team effort.

We all know this to be true at a deep level. When we move our consciousness away from our symptoms we forget any pain and problems in our life. Remember that walk in the park, the day the grandchildren came over, that lovely film on the telly...they all allow us to release our attachment to our negativity. But don't let this be a passive process; plan ways to have fun in your situation while you heal.

Take control of your life again.

There is another internal process that will help your recovery.

1. Try to understand what the problem means to you, what lessons are to be learnt. Do your symptoms stop you from facing up to a situation, getting a job, finding a partner?
2. Ask for peace over your situation. If you worry, you will energise the negativity in your life and make it harder to move on. Meditate, do yoga or simply follow the distraction techniques I have already discussed to let the inner child out to play. If you can accept the perfection in your situation, you are halfway there.
3. Accept ownership of your problems. Do not blame your upbringing, your financial position or your partner. Do not be a victim.
4. Recognise that this problem has a solution. There is always a balance of energies in life, no problem comes without a way out of it. Simply visualise yourself being in a position where your problem is resolved, enjoying every potential of the new you. Do NOT try to imagine what steps are necessary to take you there as that will limit the options open to you. Simply accept that there is a solution for your troubles and wait for synchronistic events to bring appropriate situations and people to your aid.

Here are a few other tips to help you live in emotional balance and harmony. These reflect my own belief system, so if you disagree, that's totally fine, but please don't take offence.

- Say positive affirmations every day. Whatever resonates with you is fine, but ideally base them around the three key areas of deserving, self-acceptance and forgiveness. Say each phrase three times. For example: *'I deserve unlimited abundance in my life'*. *'I love myself just the way I am'*. *'I forgive myself for any mistakes I think I have made'*.
- Every day, find at least a couple of occasions when you can do absolutely nothing for 10 minutes. Sit comfortably, breathe deeply through your left nostril for a few seconds and clear your mind. Shut down the logical centre of your brain and open up to intuition and inspiration.
- Write down all that you want and deserve out of life on a piece of paper - financial success, a loving partner, good health, whatever you wish. Use the present tense e.g. *'I am in perfect health'*. Sign the list as confirmation of your intent and read it

out loud three times. Feel free to update it or re-read it as often as you wish. Your thoughts, words and intent form your reality, so be adventurous!

- Avoid violent or negative TV and do not pick up a newspaper until you can see the positive aspects of all you read. We are all here to grow and experience. Do not assume that the handicapped or the poor are any worse off than the rest of us. It all depends on their perspective and what they chose to experience. It is easy to judge events from a narrow viewpoint, but in a much wider sense everything that happens to us is perfect and accords to some higher plan. Heavy rain can be a nuisance or a blessing depending on whom it falls upon.
- Briefly plan your day when you wake up in the morning. Imagine every event going exactly as you would wish, but leave scope for some pleasant surprises. There is a wonderful film available on DVD about how to use quantum principles to uplift your life called 'what the bleep?' Have a look on [www.thebleep.co.uk](http://www.thebleep.co.uk) if you want more details.
- Live in the moment. Once you have planned your day, do not think ahead again. Focus on getting the maximum pleasure out of every second, recognising that you cannot change the past or the future. There is only a continual stream of 'now' to think about.
- At the end of the day, spend a few minutes reviewing what happened and see if you hold any festering resentments or negative emotions about the way you or other people have behaved. Ask that all such interactions be blessed with love, forgiveness and peace so that you can start the next day afresh.
- Ensure that everything you do complies with my favourite seven words:

**“There is enough. We are all one”**

## **Water**

If you suffer from stiff or creaking joints, aches and pains, dry or cracked skin, premature wrinkling, headaches, dizziness, urinary infections, fatigue, constipation or excessive hunger, you are probably dehydrated.....

Water is a means of transporting vital chemicals around the body. The blood plasma carries water to all body tissues and is the medium through which waste products are excreted via the liver, kidneys, lungs and skin. Water maintains the protective mucous membrane around the stomach and is key to digestion, absorption and the lubrication of our joints.

Dehydration causes the body to release the inflammatory chemical histamine, which has been linked to asthma, allergies, backache and arthritis.

Most of our need for water is met by fluid intake, some is extracted from our food and some from our cells as a by-product of glucose metabolism. In normal circumstances and weather, our daily balance should be maintained as follows:

<b>Intake</b>	<b>Litres</b>	<b>Loss</b>	<b>Litres</b>
Drinks	1.6	Urine	1.5
Food	0.4	Sweat	0.5
Cell metabolism	0.4	Breath	0.3
		Faeces	0.1
<b>Total</b>	<b>2.4</b>	<b>Total</b>	<b>2.4</b>

Tea and coffee are not ideal sources of water, but recent studies suggest that the diuretic effect of the caffeine causes our kidneys to excrete only a fraction of the overall intake and the net result is beneficial.

Mineral water can be stored for a long time and high levels of bacteria can accrue in the months or years that pass before it is consumed, combined with toxic chemicals if the container is made of plastic.

There are often high levels of minerals, but not always in a form that is easy to absorb or in the optimum proportions and some, such as nitrates, are toxic.

The alternative is tap water. Suppliers are quick to point out how clean their product is, but in big cities the water is often heavily treated with chemicals to kill bacteria and, being recycled many times, has lost its natural energy. The principle of homoeopathy has now been scientifically proven, so if water retains the memory of what it is exposed to, what does that say about recycled sewage? It doesn't bear thinking about. Falling sperm counts and early menses may continue to be an issue while we remain exposed to the artificial vibration of hormones in our food and water supply.

The ideal water comes from tumbling mountain streams and waterfalls. This generates an electrical charge similar to electrolysis, creating negative ions, which in turn make the water alkaline. People drinking mountain alkaline water are known to have less disease and greater longevity. Ionised water destroys free radicals and breaks down acid salts in the body caused by the consumption of acid forming foods such as meat, potatoes and sugars. The smaller water molecule is also better absorbed and is therefore a more effective cure for dehydration.

Dr Hayashi M.D, the Director of the Water Institute in Tokyo, has been working with water properties for decades. In Japan, ionizing water filters are used across the country to aid good health and their use in hospitals has delivered measurable improvements in patients' recovery times from illness and disease. The optimum frequency to create this negatively charged water is minus 238 millivolts negative electrical potential.

There is also much to learn from the work of Viktor Schauberger (1885-1958), a largely unrecognised pioneer in this field. By studying fish in streams and by closely observing the natural water cycle, he was able to solve basic problems of energy transformation. One of his main discoveries was that the properties of stream water changed in the evening as it cooled to around 4 degrees centigrade and it became more energised and viscous. This enabled him to develop log flumes with only a minimal water depth.

The third body of work to consider is that of Russian molecular biologist Pjotr Garjajev. Until very recently, scientists only understood the purpose of the 10% of our DNA needed to build proteins and considered the rest to be 'junk'. Garjajev discovered that this extra 90% of our DNA acts as data storage and communication, obeying laws of syntax and grammar similar to the human language. It could therefore be programmed by carefully structured intent, words and thoughts. We know that happy, positive people tend to be healthy and this is further proof to support the work of neuroscientists like Candace Pert.

These concepts receive further backing from Masaru Emoto in his book 'Messages from Water'. His laboratory team found that frozen water crystals responded to music, words, pictures (yes, pictures!) and intent. Polluted water created partially formed, unattractive, crystals whereas positively programmed water formed an infinite variety of hexagons in spectacular detail and pattern.

The practical application of these experiments is that we can program our water to replicate its optimum energetic state, plus any other positive messages we choose to include. This can be done by thought, intent or the written word.

So.... and you're going to need to take a deep breath here ..... you can take your water in whatever format you choose and program it. You now know that healthy water is at minus 238 millivolts negative electrical potential and about 4 degrees centigrade, so whenever you hold a glass with the intent of energising it back to its original quality, it will happen within a few seconds. You don't even have to remember the exact formula, your subconscious will have stored it for you.

Add whatever positive intent you feel is personal to you; love, healing, forgiveness, self-esteem etc. Write these words on your water jug if you wish. It all works the same. This may sound outrageous, but I have tested it using kinesiology and it works. The new water has a vital force raising quality that was not there before. Try it! You have nothing to lose and everything to gain.

## **Ionisation**

We can survive for weeks without food, days without water, but only minutes without air. Our molecules are made up of minerals based on hydrogen, oxygen, carbon dioxide and nitrogen, supported by water. These base elements all come from the air, so how can air quality be anything other than essential to our health? Most eastern practices, like yoga, have recognised this basic truth for thousands of years.

The issue nowadays is that the air has become highly polluted with toxic chemicals. We work in climate controlled offices, drive polluting cars and keep the windows shut to keep the heat in. Even in the great outdoors the air has too much nitrogen in it for our bodies to remain in balance.

The net result is an excess of positive ions in the air - the kind that make us feel uncomfortable prior to a thunderstorm when the air feels so 'heavy'. Instead of the natural balance of 60% negative ions and 40% positive, the ratio is often reversed. This positive air creates an acidic environment in our bodies which leads to a lack of oxygen around the cells and eventually chronic ill health. The situation is aggravated by any mercury fillings as they positively ionise our saliva as it passes over.

So, we all need more negative ions, the kind that give us that lovely refreshing feeling by the seaside or after a shower. The good news is that negative ions are **FREE**. You don't need an expensive ionizing machine, simply take advantage of a simple breathing technique based on the yoga practice of 'pranayama'. The difference here is that we are not looking to balance our breathing, but to create an artificially high level of negative ions in our system. Simply block your right nostril and breathe rapidly 30-40 times in and out through your left, as fast as you wish.

Do this 3 times a day, EVERY DAY. Find a routine - at red lights, in traffic jams, when you wake up, when you watch T.V. Whatever suits you, but please do it. This is very energising and will restore the natural alkalinity of your blood. Just be careful not to make yourself light-headed, practice in a safe environment first and find the pace of breathing that works for you.

On a similar subject, there are other problems with the modern artificial environment. Florescent strip lighting and even normal bulbs have a restricted light spectrum. This is damaging to our health<sup>1</sup>, so wherever you can, replace normal bulbs with daylight bulbs. These are better, if not perfect, and can be obtained from most lighting stores at modest cost.

## **Salt – friend or foe?**

Salt has been given an unfortunate press over recent years. Just like cholesterol, it has been deemed a 'bad boy' in nutritional circles and yet both are essential to life and good health. It is worth taking a few moments to examine salt to help separate truth from fiction.

First of all, it is interesting that sea salt and human blood have many similar properties and mineral proportions. Perhaps we should not be too surprised. Evolutionists claim we evolved from the oceans in our distant past so it is only natural that our blood should retain some links. In spiritual circles, the sea is seen as a source of purification and may yet save mankind from its own mess by absorbing the pollution we are relentlessly flooding into the atmosphere and oceans.

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<sup>1</sup> John Ott - Health and Light or see [www.raysender.com/ott.html](http://www.raysender.com/ott.html)

This takes us back to the basic concepts in the earlier chapter on the Universal Healing Model - we really are at one with our environment; in a basic sense we are made from it.

I have been to the natural salt mines of Wieliczka outside Krakow in Poland and it was one of the most amazing days I can remember – a true wonder of the world. It was not just the miles of tunnels and the underground chapel that struck me but the purity of the air and the fact that germs cannot survive in that environment. Respiratory, skin or infectious conditions simply did not occur amongst its mining population and the salts are still sold today for their health giving properties even though the site is no longer actively mined.

This has to make us question the general image of salt in health. It is one thing to vilify the unnecessary addition of processed salt to our food, but it is another to ignore the health benefits natural salt can offer. Researchers like Dr. Jacques de Langre has spent most of his life looking into the properties of salt and concluded that a low salt diet has no effect on longevity and offers no protection against cardiovascular disease. Suffice it to say that the subject is a controversial one and we should try to form our own opinion.

If you want to use salt to our advantage, you must buy either Epsom Salts (Magnesium Sulphate) or sea salt that has retained its natural minerals. You do not need to ingest it, simply put a cupful in a hot bath at least once each week and soak for 20 minutes or so.

Here are a few examples of the benefits this salt treatment could offer. It:

- Improves mineral balance in the body, by their absorption through the skin in ideal proportions.
- Improves heart and circulatory health, reducing irregular heartbeats, preventing hardening of the arteries, reducing blood clots and lowering blood pressure.
- Improves the body's ability to use insulin, reducing the severity of diabetes.
- Softens and heals the skin, killing bad bacteria
- Flushes toxins and heavy metals from the cells, easing muscle pain and helping the body eliminate harmful substances.
- Improves nerve function by regulating electrolytes. Calcium is the main conductor for electrical current in the body, and magnesium is necessary to maintain proper calcium levels in the blood.
- Relieves stress. Excess adrenaline and stress are believed to drain magnesium, a natural stress reliever, from the body. Magnesium is necessary for the body to bind adequate amounts of serotonin, a mood-elevating chemical within the brain that creates a feeling of well-being and relaxation.
- Cleanses the body's aura (our subtle energy field) and in so doing soaks away unwelcome old emotions and stress.

If you do follow this suggestion, I suggest you make a ceremony of the procedure by staying in the bath while the water drains away down the plug-hole. Watch your troubles simply disappear in front of your eyes.....

Needless to say, anyone with high blood pressure should seek medical advice before using salt in any way suggested here.

## **Wheat and gluten**

### **Did you know.....**

1. Wheat is Britain's number one food allergen, yet the average person eats over a quarter of a pound of it every day.
2. Wheat is sprayed with pesticides before and after harvesting and the normal refinement that follows removes around 70% of its vitamins and minerals.
3. Wheat has been genetically engineered to yield a higher percentage of a sticky protein called gluten. This allows more bubbles to form in the baking process - creating a lighter loaf and reducing manufacturing costs.
4. Gluten has a structure alien to the body's metabolism. It sticks to anything it touches and surrounds smaller molecules like sugar, cholesterol, fats and salts, which then enter the bloodstream only partially digested.
5. Weevil damage in storage has been greatly reduced since the new versions of wheat were introduced into the food chain. Although it is deemed safe for human consumption, the animals will not touch it!
6. Many people are wheat or gluten sensitive without necessarily showing an immune based response on conventional testing.
7. The sticky nature of gluten can lead to constipation by encouraging hardened faecal matter to stick to the intestinal wall. This can upset the balance of friendly and unwanted bacteria in the gut, allowing other organisms such as candida albicans to take hold.
8. Wheat is mucus producing, which can inhibit absorption of nutrients in the digestive tract as well as exaggerate the symptoms of sinusitis and the common cold.
9. Wheat is found in bread, but also in cakes, biscuits, couscous, semolina, pasta, cereals and sauces. Gluten is found primarily in wheat, but also to a lesser extent in oats, barley and rye.

Here are a few of the most common symptoms resulting from a wheat sensitivity, but this is by no means a complete list:

nausea	insomnia	abdominal bloating	flatulence
constipation	diarrhoea	sore throat	sweating
tiredness	skin rashes	acne	migraine
sinusitis	depression	anxiety	confusion

If you do decide to go without wheat for a while, there are many gluten-free alternatives, including rice flour, buckwheat flour, corn, millet and quinoa. The older wheat grains of spelt and kamut have a gluten molecule that is much easier for our bodies to break and are often acceptable alternatives. When testing food sensitivities using kinesiology, I have found that about 90% of people sensitive to modern varieties can cope with the older versions.

Personally, I use Dove's Farm spelt flour and can prepare a loaf ready for baking in 15 minutes. It's fresh, nutritious and particularly well suited to toasting.

Also, rather than trying to buy or make gluten free alternatives, why not try something completely different, like a salad, seafood rice, or a filled jacket potato. Also, how about.....

- porridge sweetened with a banana or
- Nature's Path products - Millet Rice, Mesa Sunrise or Heritage Flakes
- wheat free muesli
- a tofu, banana and rice milk shake
- a cooked breakfast
- spelt or kamut pasta

There are some critics who argue that wheat is essential to our good health and caution against removing it from our diet unless we have taken a medical test proving some sort of allergic reaction to it. I strongly disagree with this viewpoint. We certainly need fibre in our diet but this need can be met in a number of other ways. Our species evolved before the farming of grains became so entrenched in our culture (especially the hunter gatherers that make up blood group O), so it is a fallacy to say we cannot live healthily without it. We have done so before and can do so again.

Please do try to give up wheat for a month and see how you get on, especially if you are prone to indigestion. Once you become used to the higher energy levels and better health that normally follows, you may never go back!

## **Sugar**

Pure, white and deadly.....

Our bodies can obtain energy from fat and protein, but we need carbohydrates as a core base. When we eat complex carbohydrates such as pulses, vegetables and fruit, we benefit from a diet that is highly nutritious and good for our digestive system. Energy is released gradually as it is required.

The sweet taste of carbohydrates is appealing to us as most sweet foods in nature are safe. Now that we have discovered how to extract this sugary element from the rest of the food, it is easy to feed our natural addiction. As a result, our basic diets are often so highly refined that our bodies are forced to digest foods for which they were not designed.

This is not good for us. In response to this sugar rush our bodies release large quantities of insulin. This hormone quickly converts the sugar into glycogen and fat, ready for use at a later date.

Unfortunately, this process relies on a complicated cycle of feedback within our bloodstream and our bodies invariably over-react to the influx of sugar. In a short time, our blood sugar levels have changed from high to low and this initial surge of energy has turned into lethargy and fatigue.

Over the long term, we can literally run out of insulin or become insensitive to it. This can lead to diabetes, where blood sugar levels remain consistently high if left untreated.

So, sugar and processed foods are not good for our health. When I test my clients in clinic, I find that the vast majority have a higher percentage of carbohydrates in their diet than their body desires. Most of their metabolisms would respond better to an increase in proteins and healthy fats. This means less grains generally, including wholegrains as well as refined grains; with our fibre requirements met primarily through fruit and vegetables.

Here are some more disturbing facts :

1. Sugar provides empty calories. It gives us energy but with no nutritional value to support our many body systems. As it is easy to digest, it is possible to consume excessive calories without feeling full.
2. Refined foods such as white bread, some cereals and white rice cause a similar rise in blood sugar levels. The refinement process has effectively part-digested the food before we eat it.
3. As excess sugar is partly stored as fat, a diet high in sugar can lead to obesity and heart disease.
4. After a sugary meal, the insulin released can lead to low blood sugar - a condition known as hypoglycaemia. This produces a wide range of symptoms, including hunger, fatigue, poor concentration, nervous irritability, dizziness, depression and headaches.
5. Sugar is the primary food source of unwelcome guests that may lurk in our digestive tract, such as unhealthy bacteria and parasites. It also feeds the candida fungus that lives within us all to some extent. A diet high in sugar and refined foods can cause imbalance in this delicate internal environment and aggravate existing conditions.
6. Alcohol and other stimulants such as tea, coffee, soft drinks and cigarettes force the body to release adrenaline and other stress hormones. Our basic instincts - formed thousands of years ago - encourage the release of sugar into the bloodstream to help the muscles cope with whatever 'fight or flight' challenges lie ahead. As modern stresses rarely require a physical response, our bodies must undergo a frantic internal battle to stabilise our blood sugar.

7. Finally, it is important to remember that fruit is not as bad for blood sugar levels as you might expect. Its sweetness is largely based on a sugar called fructose, which must be converted into glucose before becoming available for use. This metabolic conversion ensures that the increase in blood sugar is gradual and manageable.

### **So how do I reduce my sugar intake ?**

1. Follow a diet high in whole-foods including beans, seeds, nuts, fruit and vegetables. Do not overcook these foods as this removes key nutrients and makes the final product too easy to digest.

2. Avoid refined and sweetened foods. When buying bread (if you must) and rice, choose brown rather than white. Use the table below to determine which foods are good for your blood sugar and which are not - there are some surprises!

3. Dilute fruit juices with water and avoid dried fruits if possible.

### **Summary**

Here is a brief summary of my top 10 tips for good health:

1. Rub your ileo-caecal valve after every meal.
2. Respect your food and the eating process.
3. Take ownership of your symptoms.
4. Say positive affirmations every day.
5. Visualise a wonderful day on waking and then live in the 'moment' thereafter.
6. Release festering emotions daily by giving forgiveness and sending love.
7. Energise your water and drink plenty of it.
8. Left nostril breathe at least 3 times per day for a minute or so.
9. Cut down on wheat, sugar and grains generally.
10. Take sea salt or Epsom salt baths every week.