

THE HUMAN BODY is an electrical generating, self healing machine. With designed complexities man has yet to fully understand. But we do know the electrical need of our body is vast. Each of the over a trillion cells we are made up of use & dispel energy continually. Energy on a cellular level is called Vital Life Force by many scientists. The process of food digestion and conversion into electrical use is too complex for discussion now, but we will study food types for optimum energy value, for weight loss and longevity of life.

Foods Are Broken Into 3 Basic Fuel Groups:

1): Fat – gram = 8 calories 2): Protein – 1 gram = 4 calories. 3): Carbohydrates – 1 gram = 4 calories. (Calories are a measure of useable fuel per gram of any food matter) FAT: This substance reached an all time high in consumption in USA. Up to 40% of our diet. It's very dangerous. To consume this much as I said earlier, Americans eat a lot of processed food which in many cases is laden with fat.

PROTEIN:

Most dieters go on high protein diets which are not only unhealthy but unsafe, as evidenced by the scores of people who have died on that diet style. Protein is a metabolic fuel designed to assist in forming hormones, enzymes, antibodies, muscle, blood, skin, hair, nails and organs. In order for protein to be used as a digested fuel, it must be heavily processed. It must first be sent to the liver to remove the nitrogen group, then sent to the kidneys in the form of urea. Then the kidneys must work to remove the excess urea so it can be useable energy. This process has caused liver failure and death in many people. 90% of all dieters who lose weight on a protein diet gain it back later!

CARBOHYDRATES:

This food stuff is the first choice by your brain for nourishment. It is a primary fuel for your organs and central nervous system. Scientists have proven that your D.I.T.'s is increased on a stable carbohydrate diet. (D.I.T. is Dietary –induced Thermogenesis –the rate of which you burn calories.)

WEIGHT LOSS MADE EASY TO UNDERSTAND:

In a 24 hour period, your body will burn off about 2,000-2,500 calories under normal conditions. If you limit the caloric intake to about 1350 your body will be forced to burn stored fat, for energy, thus weight loss resulting.

NOW WE DISCUSS THE IMPORTANCE OF OUR FOOD TYPES: ACIDIC VS ALKALINE:

There are cultures that are free from heart disease, cancer, diabetes & arthritis. They are the: Traditional Japanese; Equadorian Vika Bambas; Pakistani Hunzahuts; Bulgarians; Yucatan's; Chihuahua Indians of Mexico; Abkhazians of Russia. They live on a diet totally opposite of ours. They consume 75 % alkaline food and 25% acid food stuff, where as we eat 75% acid food and only 25% alkaline. This study is of great importance, We want to base our diet on the success of healthy cultures, not on the opinion of some half-baked quack who just wants to get rich selling you some protein diet in a can. Something seems to be wrong somewhere, so let's reason this thing out! WHAT IS SO SIGNIFICANT

ABOUT EATING MORE ALKALINE FOODS: (SEVERAL THINGS).

1): Since most Americans eat (65 to 75%) of foods high in acid, their stomach contains too much acid. Vitamins and minerals are not properly absorbed in this high acid state. 2); Because our food contains so much acid it is rushed through our digestive system to keep from burning the inner walls of our stomach and intestines. 3): Food is passed through too quickly for proper absorption and assimilation. 4): Therefore, our body's vital organs are starved for nutrition. They need vital life forces to sustain them like vitamins, minerals, amino acids, enzymes and protein. 5): The brain picks up AN organ message of starvation, sends a message which is interpreted as hunger. 6): We shove more-dead, greasy, sugary, fatty, acidic food in our system and it goes almost unnoticed, but it isn't that it is unnoticed nutritionally. What's worse is: daily contaminates get noticed as they work to destroy our body.

YOU MAY WONDER, IS IT TRUE! CONSIDER

130 million Americans overweight; 65 million, high blood-pressure; 20 million arthritics; 90 million gum disease; 14 million diabetics; 550,000 strokes in 1987; 1,500,000 with heart disease in 1987. 1,000,000 new cancer in 1987; 49% of population-hypoglycemic symptoms; 100 million cancer victims by year 2000; yet we have more doctors than any country. We have more hospitals; more surgery; spend 10% of our gross national budget on health. Doesn't this prove something is dreadfully wrong with our diets? Absolutely, yes!