

# THE STORY OF FOOD AND ITS RELATIONSHIP TO DISEASE

Nature has provided all life forms on earth with pre-packaged fuel and rebuilding materials. We call this "food."

With a simple, yet ingenious plan, food sources consist of material to be turned into fuel for energy, plus the biochemicals needed for the body to burn the fuel for energy. These are called "nutrients"

Food sources also contain materials for basic building and rebuilding of body structures, and the biochemicals that will build the biochemical messenger system—hormones, enzymes, neurotransmitters—that run the functions of the body.

The body is in a constant "recycle mode". It is constantly breaking down old worn cells, organs and tissues, and biochemical messengers, and rebuilding fresh *new* replacement cells, organs and tissues, and biochemical messengers.

Why then do *we* end up with malfunctioning, broken-down bodies, which is happening to increasing numbers of people at younger and younger ages?

One reason is that *we* are supplying increasingly depleted and inferior "recycling material" in the form of poor quality, dead and devitalized food, and synthetic (dead) imitation "nutritional" supplements.

In the last 100 years, we have virtually re-made the food supply, and not for the better. (bead *Empty Harvest* by Jensen and Anderson.)

Most of American farm soil has been hopelessly depleted of the nutrients that were present before the advent of petrochemical-based farming in the 1950's.

Hybrid plants and genetically modified plants are bred for visual appeal and pesticide resistance, not nutrient density and quality.

The refining and packaging of food strips the nutrients out of the food in order to achieve extended shelf life. Not even the bugs and rats will eat the majority of foods that the average American exists on.

The nutrients stripped from foods are the very ones needed for the body to properly metabolize and use these foods for energy and rebuilding.

These devitalized foods are now anti-nutrients, in that they require your body to provide the nutrients to metabolize them, that is, to remake yourself with, and to provide you with energy.

When you become depleted in these needed nutrients—which most people are, to varying degrees—the activity that turns food into energy, biochemical functions and new body parts grinds to a halt.

The various versions of fatigue and breakdown or degeneration that result from this are then named various diseases, like adrenal fatigue, insulin resistance, diabetes, heart disease, arthritis, hypothyroidism, etc.

Devalitized foods like white bread are often "enriched," that is, about 1000 nutrients (some of which are known, many of which are unknown) are removed in the refining process. A handful of synthetic imitation "vitamins" plus a couple of indigestible minerals (like calcium carbonate) *are* then sprayed back onto it.

The food "enriching" process is similar to stealing \$1000 from you and enriching you back with \$6. In reality, you have been nutritionally mugged, not enriched.

In addition, you must now supply the missing nutrients from your own body's reserves—if you have any reserves—to metabolize the devitalized food you eat. That is, you now have to take dead food and bring it back to life using your nutrient and energy reserves, if you have enough to spare.

Nature's design is for us to eat live food with the nutrients still in their living, intact form. This live food in turn is used to re-vitalize and rebuild our bodies. Instead, what we are doing now is eating dead, devitalized foods with synthetic imitations of nutrients. Now we must infuse our food with life—literally bring it from a dead state to a living one, and incorporate it into our bodies. No small task.

And finally, studies have shown that the synthetic imitations of vitamins sprayed back onto the devitalized food are disease-causing, 2

#### DR. CLEAVE'S RULE OF TWENTY'

In his studies published in *The Saccharine Disease* (1974), he demonstrated that almost exactly twenty years after Western devitalized, refined food was introduced into the traditional diets of native peoples, both diabetes and heart disease would simultaneously appear where they had not existed before. Many other researchers have validated these findings.