

STANDING-UNDER THE HEALING PROCESS.....

BY DR. VAN BEVEREN

The greatest misunderstanding and confusion in the field of nutritional biochemistry is the failure to properly understand and interpret the symptomatology and changes which follow the implementation of a more ancient, anthropological and natural lifestyle. The highest quality foods are naturally-grown, raw, unprocessed, unsprayed and unaltered; where not only all the food enzymes are found intact, but the amino and fatty acids are in their finest forms and combined most efficiently. The minerals, vitamins, carbohydrates, trace elements and "life force" (AKA as "Chi," or "Prana") are present in their most powerful, elastic and biodynamic forms. This "life force," in turn, is capable of reproducing healthy tissues accurately and timely. When the quality of food coming into the body is of a higher vibration than the tissues of which the body is made, it immediately begins to discard the lower frequency material and tissue to make room for the superior substance which it uses to make new and healthier cells, tissues, organs and systems. A new you. Often this takes money and time.

But, this is Nature's plan. The body is very selective - and always will be - unless our interference is too great. When we use drugs or junk foods we fail to recover, heal, or maintain and are doomed to degenerate further into varying states of disease. The self-curing nature of many conditions such as colds, fevers, cuts, swellings, injuries, etc., furnishes endless examples of how the body always tends toward recovery UNLESS we do something to halt the process.

What are the symptoms or signs which become evident when we first begin to omit the lower grade foods and instead introduce superior foods - those which, when eaten, are much more alive, and more natural than to which we are accustomed? What happens when we stop using drugs, chemicals, heavy metals, pesticides, and other synthetic chemicals or when the use of the toxic stimulation is suddenly stopped and an adrenal letdown occurs?

The body begins to discard the toxins from the tissues and bloodstream. And before these noxious agents reach their final destination for elimination, they register in our consciousness as pain, are seen as rashes, felt as headaches, or deactivate our nerve endings and bodily functions in a thousand different ways. The let-down is due to the slower action of the heart - the adrenal resting phase that follows the previous stimulation of more rapid heart action forced that was forced by a class of poisons called stimulants. These can be in the form of junk foods,

drugs/medications, but also in bad patterns, cycles, rhythms and habits - leading to addictions, compulsions, and finally, obsessions.

Occasionally, minor symptoms just vanish and we feel stronger due to the recuperation which follows. But for most people detoxification is an irritable, inflammatory process.

Healing (which is not just a religious phenomenon), includes autophagy, and comes in spurts, lories, surges, outbreaks, flutters, eruptions, flickers, slumps, doldrums, drops, trickles ...etc. Healing has its own flow and the longer you have been accumulating deep toxic material (and the body has not previously been given free rein to let it go) the longer it takes to heal. The ratio is normally about 15 to 1 so if your bad habits have been ingrained for approximately 15 years it takes about 1 year, more or less, to detoxify – first, from the head down, second, from the inside out, and then in the reverse direction (and places) from whence it came - but obviously much less intense in both quality and time. Thus, for most older people it takes about 2-3 years (some longer depending on age and severity of toxicity) eating natural vegan, gluten-free and pesticide-free foods, eating highly concentrated herbal or whole-food supplements and being conscious of every form of intake (thoughts, experiences, meditation, news, exercise, etc.) to get back to their "baby" stage health. For some it takes longer than others and the rhythm is not always the same; sometimes the healing pattern from the head to feet, from inside to outside and the reversal of symptoms all come at the same time! This may happen to you as your body is more than delighted that you're following Mother Nature's healing pathways. She is not always predictable and so we must be tolerant and patient with her methods. But as long as you maintain a high-grade autophagy you WILL heal - that is the promise of regeneration. There are times when you will need to do some extra things like enemas, saunas, massages, hot-cold showers, irregular fasting periods, colonics, taking extra (proteolytic) enzymes, herbal antibiotics, anti-inflammatory capsules, etc. to help the flow of Chi and I will be more than happy to help you thru those times. And remember that healing is not just physical. Only "curing" is. Healing, besides being a physical action, also includes an emotional, mental and spiritual journey that can often be as troublesome (or more so - warn your loved ones!) than the physical! Every healing is as different as the person you are.

Never go to medical doctors for these minor healing spurts as MD's will most often see them as "disease symptoms" and make every attempt to squash them with their overpowering drugs that force the body, mind & spirit to immediately halt the

detox and then start all over again when you make more efforts to eat, sleep and drink healthier.

It is during these times that many people just give up and go back to their unnatural habits of eating flesh, dairy, pesticides, gluten and other herbicides, and so on. It takes a lot more effort in this unhealthy world to stay healthy than it did even 25 years ago. I'm sure you've noticed that toxins are now ubiquitous and not only come in the guise of food but are inhaled and embedded in your personal care products, on your pots and pans, in your carpets, lawns, inside the walls, your shower lotions, make-up, and many other consumer products. It's not easy living healthily in an unhealthy world.

Lower quality processed foods undergo preparation using synthetic spices, sodium chloride and other ingredients that may have already been added, which tend to be more stimulating than less prepared, natural foods. My supermarket rule is that if you can't properly pronounce the labeled ingredients in the first reading or if it has more than 3 syllables, it's probably too highly processed and simply not worth eating.

Dead flesh and their products, such as meat, fowl, fish, cheese, milk, eggs, etc. are much more stimulating than seeds, nuts, grains and vegetable proteins.

Consequently, the withdrawal of stimulation which follows the abandonment of fleshy, dead foods produces a slower heart action (a resting phase) which registers in the mind as relaxation or a decrease in energy. This initial letdown usually lasts about ten days or slightly longer and is followed by increased strength, a feeling of diminishing stress, and greater well-being. You'll have to experience it to believe it.

Now, let's return to the symptoms which occur in the process of "regeneration". The person who starts a better diet, stays on it for three days to a week, and then quits, will say, "Oh, I felt better on the old diet, the new one made me feel weak." They failed because they didn't give their body a chance to adjust and complete its first phase of action - recuperation. If they had waited awhile longer, they would have begun to feel even better than before they started.

During this initial phase (lasting about ten days on average to several weeks in others), the vital energies, (which are) usually in the periphery or external parts of the body, such as the muscles and skin, begin to move to the vital internal organs and start reconstruction. This shunting of much of the power to the internal organs produces a feeling of less energy in the muscles, which the mind interprets as

weakness. This is gravity in-action. Actually, the power is increased, but most of it is being used for rebuilding the more important (vital) organs and less of it is available for muscular work. Any weakness which is felt here is not true weakness but merely a redeploying of forces to the more important internal parts. Here it is vital for the person to stop wasting energy, and rest and sleep more. Healing occurs during sleep much more efficiently than during a busy day. Yet this is, for many, unfortunately, seldom on the agenda.

BUT sleeping is a crucial phase, and if the person resorts to stimulants of any kind, (s)he will abort and defeat the regenerative intent of the system. It is important that you have patience and faith and just wait it out, and after a while you will gain increasing strength which will exceed by far what you felt before you began the new lifestyle. Success in recovery or improvement of health hinges upon the correct understanding of this point: *realizing that the body is using its main energies for more important internal work and not wasting it on external work involving muscle movements*. Be wise, take it easy here and relax. Just coast in your work and social obligations until you're out of the woods. And rest assured, if you're eating, drinking and thinking healthier - you will get out... of the woods!

As we continue the improved lifestyle and gradually raise our food quality, interesting symptoms begin to occur. The body begins a process called "retracing". The cellular intelligence reasons something like this: "Oh, look at all this fine material coming in. How wonderful, now we have a chance to get rid of this old garbage and build a beautiful new home. Let's get started immediately. Let's get this excess bile out of the liver and gallbladder and send it to the intestine for elimination. Let's get this sludge moving out of the arteries, veins and capillaries". "These smelly, gassy, brain-stupefying masses have been here too long, out with them! These arthritic deposits in the joints need cleaning up. Let's get these irritating food preservatives, sleeping pills, aspirins, and drugs out of the way, along with these other masses of fat which have made life so burdensome for us for so long. Let's get going and keep going until the job is done, until we not only have a beautiful home, but we'll keep beautiful, ideal, furnished living quarters from now on".

During the first phase (called "catabolism"), the accent is on elimination or the breaking down of old, toxic tissues. The body/mind/spirit continuum begins to "clean house": in short, to remove the garbage deposited in all the tissues, glands and systems, everywhere. During this period, the body "removes the ashes from the furnace preparatory to getting a better fire." Here, the accentuation is on the

removal of the gross and immediate body obstructions to a healthier hormonal balance.

So, in this first phase, waste products are discarded more rapidly than new tissue can be made from the new food. This might become evident as weight loss - especially if you're in a fasting period. This persists for a while and is then followed by the second phase (aka "stabilization"). Here the weight remains more or less stable. During this phase the amount of daily waste material being discarded is equal to the amount of tissue being formed and replaced by newer, more vital cells. This usually occurs after the excess of obstructing material in the tissues have been removed. This stage will persist for a while and is then followed by the third phase, a build-up period (called "anabolism") wherein weight starts to even out, even though the food is lower in calories but much higher in quality than it was before you started the program. All these phases slowly move in and out of each other.

At some point, much or more of the interfering wastes have already been discarded. The tissues which have formed since the food was raised in quality are more durable and do not break down as easily. Also, new tissues are now being formed faster. This is due to the improved digestion, absorption and assimilation made possible by the ceasing of wrong food combining. With a much higher efficiency, the body's need for the usual higher amount of food decreases, and we are able to maintain our weight with less food. Many clients are now able to function very efficiently on only two meals a day and eventually, especially in the older generation, even on one meal a day. Drinking regenerative teas becomes important.

As all the cells, tissues, organs and systems progressively increase in efficiency and decrease in premature tissue breakdown under exercise, so do we gradually need less and less food to maintain life. The higher the percentage of raw foods and the colder the showers, the slower the rate of tissue deterioration into which one evolves. A sick body requires a gradual, carefully worked out entry into this stage, where one is able to live on a mostly unfired, raw diet. But there is nothing wrong with the occasional sauteed, baked or cooked food, either.

Returning to the symptoms that occur on a superior nutrition and supplementation program, people who have had tendencies in the past with recurring skin rashes or eruptions will frequently tend to eliminate poisons and harmful drugs through the skin with new rashes or eruptions. If you go to a

medical doctor now, one who is unfamiliar with this aspect of healing and nutrition, (s)he will diagnose it as an allergy - or worse.

You may ask, "How come? I'm eating better now than I ever did before, and instead I'm getting worse." What you don't understand is that the body is "retracing." The skin is feeling more alive and active. It's throwing out poisons more rapidly and now that the body is building more power, it is being saved from those hard-to-digest processed meals that have been discontinued - hence body odor, flatulence, yawning, burping and other "social" embarrassments. These toxins being discarded are saving you from more serious diseases (which will result if you keep them around much longer), with scary names such as hepatitis, kidney disorders, blood & heart disease, arthritis, nerve degeneration or even cancer - depending on your heredity or structural weaknesses.

Be grateful that you're paying the bills now in the "easy-payment" plan. With some, colds - which haven't appeared for a long time - may reoccur, or fevers. This is nature's way of cleaning house. Understand that these actions are *constructive*, even though unpleasant at the moment. Don't try to stop these symptoms by the use of over-the-counter drugs, or even massive doses of synthetic vitamins, which will act as drugs in high concentrations. The best you can do for your body now is to use organic and concentrated herbal products to speed the symptoms through as fast as possible. As was explained before: these symptoms are part of the healing process. They are not deficiency conditions or allergic manifestations - not if you have been eating properly in quality, quantity, combination, and sequence. Here is where experienced advice is of great value. Unfortunately, there are few books available today which give good guidance to the average reader.

You have been lucky enough to find a doctor ("docere" is Latin for "teacher") who has the requisite experience in this most confusing of all subjects: nutrition in relation to disease and its healing. You may be eating perfectly in regard to quantity and quality, and observing all the correct rules, and symptoms will *still* occur. Now you finally under-stand how come.

Those who have lived better lives in the past, who have eaten better and who have abused their bodies less by overeating toxic foods, will have reactions ranging from almost none at all (or very mild) to symptoms which may only be slightly acute and uncomfortable.

Those who have lived worse lives and poisoned themselves a lot will experience more severe and chronic symptoms in their liver, kidneys, skin or other important

eliminating organs that have been damaged. When these organs have been renovated to the point of fair working order, they will no longer produce symptoms. Headaches may occur at the beginning; fever and/or colds also may appear; the skin may break out; there may be a short interval of bowel sluggishness, occasional diarrhea, feelings of tiredness and weakness, disinclination to exercise, nervousness, irritability, negativity or mental depression, more frequent urination, menstrual disorders, sleeping problems, etc. However, the great majority find their reactions tolerable and are encouraged to bear with them because of the many improvements which are already occurring and becoming more evident with each day. This should be an inspirational force to you.

The symptoms will vary according to the materials being discarded, the condition of the organs involved in the elimination, and the amount of energy you have available. The more you rest and sleep when the symptoms are present, the milder they are and the more quickly they are terminated. We mistakenly have called this a healing "crisis" - even though it's really a process in progress!

It's hard to be happy and grateful when you are having symptoms. But realize deeply that your body is becoming younger and healthier every day because you are throwing off more and more waste products, which would eventually have brought pain, disease, and much suffering in your older years. Death would have come sooner and in more pain or unawareness. Those who have the worst symptom reactions and follow through to their successful termination are thus avoiding some of the worst diseases which would eventually have developed had they continued their careless eating habits or their drug toxications. Millions don't want to wait for this painful degeneration and often commit cellular suicide by adopting an "I don't care" attitude. Some think it is too late to change. But, it never is.

Don't expect to go on an ascending scale of quality, that, by improving your diet you will feel better and better each day until you reach perfection. This never happens. The body is cyclical in nature (on many different circadian rhythms), and health returns in a series of gradually diminishing cycles.

This is easily seen in my GRASP system which I will share with you. GRASP stands for ***General Radiation Aging Sequence Pattern*** and is initially introduced to you as a finely-tuned questionnaire which measures the most important 24 of the body's 64 organs. They are best understood in a hierarchical order from the most sensitive (Thymus – which separates self from non-self and functions as your

defense) to the most resistant (Lymph nodes - which are endowed with neither blood circulation nor innervation) to any or all kinds of toxins, obstruction, accidents or radiation. By the judicious use of this scale we are able to measure both your past influences and present circumstances as the now more specific Radiational Aging Sequence Pattern (also called “the chain”) reveals your connections of degradation which require every organ to fall apart in a particular ratio and in a certain order. It is never a one-organ, one-cure solution. Understanding this scale gives one the knowledge needed to initiate true healing. And I will be more than happy to teach it to you.

For example, you start a better lifestyle using several colonics and for a while you feel much better. After some time, a symptom occurs - you may feel nauseous for a day and have diarrhea or constipation with a foul-smelling stool. After a day, you feel even better and all goes fine for a while. Then suddenly when you are feeling your best you will develop a cold, feel chills, or lose your appetite. After about two or three days (assuming you don't take drugs or do anything else), you find yourself suddenly recovered and feel better than you have in years. This will happen over again and again until the level of detoxification reaches its peak. Each of these phases will be captured by the GRASP system as it will record your distress, your rate of healing and the number of organs that still need detoxification. A fulminating, percolating, incubating and smoldering past will all be recorded from your answers and laid out on “the worksheet” in conjunction with all the organs that are presently acute - all presented and explained to you with each and every appointment at the Princeton Health Integration Center.

For example, let's say this well-being continues for two months, when you suddenly develop an itch or rash. You still don't take anything for it but you use the hot sauna. This rash flares up, gets worse and continues for ten days or so, and then suddenly subsides. Immediately after this you find that some of the symptoms of your illness are gone and your energy has increased more than ever before. The rash became an outlet for the poisons in the liver, which produced the illness in the first place. This is how recovery occurs - like the cycles in the Dow-Jones Average at the beginning of a bull market! You feel better, a reaction occurs and you don't feel as well - for a short time. You recover and go higher for a while. Then another reaction occurs, milder than the last. You recover and go even higher. And so, it goes. Each reaction is milder than the first as the body becomes purer, each becoming shorter in duration, less intense than before, until followed by a longer and longer period of stability and regeneration when you finally reach a level plateau of radiant health. All that is recorded on the GRASP questionnaire and worksheet, which are explained to you with every visit.

The first laws we must learn to respect and obey are the laws of Nature. We learn to eat simple, pure and natural foods, properly prepared and combined (Sunrider's "ABC" [Already Been Chewed] herbal foods are already properly combined whole, herbal foods), and our bodies, in return, will cast off all the "evil" it has taken in during our life. Nowhere is the principle of forgiveness of "sins" more manifest than in our own bodies: when we forsake our destructive ways of eating (defiling the soul temple) and take full advantage of Mother Nature, we receive a new opportunity for a pain-less, energetic and glorious resurrection.

Before your own eyes, you will see signs daily that cause you to wonder at this vast intelligence in operation that staggers comprehension. At present, the mysteries of the body and the operation of the mind are far beyond what our spirit is prepared to understand. For some, you will hardly notice the changes because they come over you so slightly, mildly and inconspicuously. Then one day you will realize (using your real-eyes) that the symptoms you once had are gone. It's so natural for true understanding - or to stand under the knowledge that the weight of toxicity comes off by keeping our bodies light and bright. After all, we are all made of bright light.

Good luck in your journey to a healthy and fit body. Remember, it's a journey that lasts a lifetime and the rewards are great!
Hope this helps!

Dr. Van Beveren
Princeton Health Integration Center
609-924-7337

REVISED 5/23/23
Princeton Health Integration Center
952 Route 518
Skillman, NJ 08558
609-924-7337
Fax: 609-924-7828
office@princetonhic.com
www.princetonhic.com
www.meetup.com/DinnerwiththeDoctors