

NUTRITION FOR LIFE – TAPE #2

BREASTFEEDING

In continuing the theme we started with the May 2006 tape of the month - entitled "Nutrition for Life" - in this second tape we now want to take a closer look at breast feeding the SR infant and feeding the SR toddler - specifically "greens vs. grains".

In the last tape we created a gestation pyramid and showed how a healthy pregnancy and the methodical development of SR babies could transform our society - and indeed the world. More than that - people would not just look at our SR babies and say "oh what a cutie" but in addition gasp "how did you create such an incredible child"? I've had the distinct pleasure and privilege of photographing these happy children running around SR meetings on both the East & West coasts. **AND THEY LOOK MUCH HEALTHIER.**

As in any mammalian birth - it is the act of nutrition that has the most lasting influence on the health, behavior and intelligence of the offspring. So exactly what is nutrition? Nutrition is the fine art of nourishing while nurturing.

It encompasses all of the various environmental forces which in combination regenerate and further our existence to continue moving us in the direction of aliveness and higher mind. These three key elements - variety - in combination - move - teach us the complexity and the whole-sum-ness of what we ingest - physically, mentally as well as spiritually. And more than that - it creates and maintains the neurological filters necessary for our children to live within a certain social, environmental and intellectual parameter that slow but steadily moves them forward to higher mind.

But we don't need a higher mind to learn: even a newborn can teach us many things. The moment they are pushed thru the birth canal and every drop of blood is squeezed to every corner of their tissues and organs - they are still ethereally closer to heavenly, weightless buoyancy than they are embodied to dense atmospheric gravity. Many were in what is now popularly known as "the flow". In the flow is a term that my children have described as the positive feeling when we are totally immersed in the present moment and there is no sense of past or future - literally. In the flow we have no sense of time, no fear, anxiety or worry - and participating in any activity, particularly that of birth, is its own reward. There is nothing to manage, nothing to control and nothing to change or think. We just do - we do what comes natural. As adults we know it as "active meditation". Being squeezed into a YANG world is a fitting introduction to pressure and space, contraction and expansion, of pain and sensation, of cause and effect, acidity and alkalinity of past and future - yin and yang - and just maybe that is one reason they often hail their arrival with a hefty cry!

Which brings me to what I understand is one of nature's most pleasant - if not always flowing - active miracles: breast feeding. One of my OWN greatest joys was preparing a young woman's body for milk in preparation for her 2 day-old adopted baby. Even though she had never been pregnant - and indeed never could be - she was able to

nourish her infant from birth to 9 months old. From what MY EX told me - breast feeding our adopted daughter (OMIT NAME) was an experience that just can't be duplicated in any way shape or form. The bonding that took place she could NEVER, and still can't, ever take for granted. So... unless you have an incredibly good reason for not breast-feeding - do it. In reality there are very few reasons to deprive both mother and baby of this most important vital link. Whatever you do - do not allow your baby to be kidnapped by outdated information given by outdated doctors. The unwritten rule is - if you're unsure - breast-feed. You can always stop. You may not always begin. Forget about that bag filled with unhealthy supplies and products they give you in the hospital. The two most cited causes of the earlier post WWII decline of this God-given, evolutionary, universal biological mandate - were the high pressure promotion of unhealthy assembly-lined formulas and the absence of a firm stand by the medical profession in favor of this natural act. Even today public breast feeding is outlawed in certain areas. Unfortunately a fair amount of comparative knowledge of the differences in the varieties of animal milk is needed to appreciate the importance of mothers' milk for human infants. Fortunately, it is Mother Nature who knows best.

After only 16 weeks in the uterus human breasts will begin the lactation process no matter how premature the child is birthed. What is most interesting is that the milk matures at the same rate as the developing fetus and thus is fully prepared for the physiological and biochemical status of even the premature digestive system. Of course breast milk is the most important food the baby should have - preferably from its own mother. I won't go into the many, many reasons why mothers' milk is uniquely designed for each baby - suffice to say that, like before birth, the milk continually changes to meet the needs of the growing infant. It is the baby's own saliva that communicates with the porous nipple and creates the sensitive feedback loop. And so at each stage of early growth - it is the baby who is always in charge of milk composition. There is a hard rule that is almost always violated by most parents and that is NEVER, ever change proteins in the middle of the stream. Babies who consume two different sources of proteins at the same time almost never do well - and if they do - they don't do as well later on in life. Remember, that in most cultures and during most times - babies moved straight from milk to water - WHICH IS the most abundant and finest universal biochemical solvent known to man. Having cow's milk and its derivatives creates havoc in the blood stream and begins a red blood cell "clumping" that reduces oxygen to the rapidly growing cells.

There are many food items good for adults that parents of infants under the age of 18 months should definitely avoid giving to their precious bundle of enzymes. This 18-month limit is not set in stone but has more or less to do with the eruption of the teeth, the maturation of the defense system, the activation of previously dormant enzymes and last but not least - the risk of choking. The most important foods to avoid are the common allergens such as cow's milk and all its derivatives, wheat and wheat products - which we will go into later on in this tape, oranges and other citric fruits and their juices, eggs, nuts and seeds, tomatoes chocolate, spinach, chard, rhubarb, berries and lemons, honey, peanuts, popcorn, grapes, raw carrots, pieces of core fruits and meat,

fish or chicken. In my opinion, vaccines should not be given – if at all – until after the maturation of the defense system.

In my own experience, mothers who use the basic SR products during their pregnancy at least three times a day have been shown to have less post-partum depression, less varicosities, less ankle edema, less stretch marks, less failure of the let-down reflex (which is the reflex that allows milk to “drop” to the nipples) and much fewer problems with weight loss after birth - than those who do not eat the basics three times a day. My motto is – you can either pay the SR piper up front or pay the medical doctor later. My suggestion is to pay the much less expensive SR piper before you or your baby get into trouble!

Which SR foods are best to help your breast milk retain its potency and volume? Well, what immediately comes to mind - other than the basic Nuplus, Quinary the teas and Sunectar - are LIFESTREAM, SPIRULINA, HERBCAL, CITRIC C, VITAFRUIT & EVERGREEN – next in line for discussion.

FOR EVER-GREEN:

Now that you’re breast-feeding its HIGH time to prepare for NOURISHING YOUR CHILD and laying the foundation for future tendencies, habits, tastes and well-being.

ARE YOU READY TO RECEIVE THE INFORMATION to start your toddler off right?

The opportunity to make your child intuitively understand the difference between junk and vital food – is in the here and now. As such we will explore some of the finer nuances found in one incredibly powerful SR product: EVERGREEN: to keep you and your children for-ever-green.

EVERGREEN’S main ingredient is chlorophyllin – not chlorophyll – have you read the label recently? - with trace amounts of peppermint oil, zinc and iron. One of the most fun things to realize is that chlorophyllin heals from the top down. The moment it enters your mouth therapy has begun and it does not stop until every drop, every molecule has been used and changed to fit your unique circumstances. Evergreen heals on so many levels. It is totally alkalizing, and due to magnesia, meaning magnetic, it heals everything it physically touches even on the electro-magnetic and crystalline levels. It contains much magnesium, which not only maintains a relatively close relationship with many of its sister elements like calcium, but we find it mainly centered around the pituitary gland. As such magnesium works closely with the hormones which are released by the pituitary gland and so Evergreen could support growth stimulation, sexual maturation, and production of mitochondrial (as opposed to adrenal) energy – also the direct repair of genes – and I don’t mean a pair of pants.

Despite these many attributes Evergreen is not often thought of as an adaptogen – but it deserves that title. What exactly is an adaptogen? An adaptogen is any food item, herb, action, word or even an evoked feeling that is harmless and causes minimal

disorder in the flow of natural events. Its action should be non-specific increasing resistance to a wide range of potentially harmful influences whether these are molecular, biochemical, physiological, anatomical, sexual or any other aspect of human existence. And last – the adaptogen possesses a normalizing action – no matter whether a harmful influence is of an excessive or deficient nature. Dr Chen has formulated his products that answer to this description. It is harmless, non-specific and normalizing. Infants love it and I have the pictures to prove it. There is no doubt in my mind that once introduced to Evergreen, infants would lead adults in the use of this highly concentrated healing food and never get addicted to sugar. Maybe Dr Chen should invent a snap-on nipple for these vials!

I'm holding a vial in my hand right now and it looks very dark green - green is the color of lush growth, of firm elasticity, of perseverance and tenacity. green is a color that beams maturity, strength and self-esteem as in the world of the giant trees. The color green has many attributes that have physical application to the human body – not only does it tend to make one calmer by creating equilibrium in the nervous system – but also supports the pituitary (gland) which is the conductor that controls the hormonal orchestra. And the color green has been known for decades to destroy bacteria, act as an antiseptic, disinfectant and germicide - delaying decay. During my interview with clients I sometime throw a green hue of gentle light over their body and they respond with an inner calm.

According to Dorland's Medical Dictionary there are four different kinds of chlorophyll - all of which are "the green coloring matter of plants by which photosynthesis is accomplished". Chlorophyll A is bluish-green in color and the major pigment in plants that release oxygen in photosynthesis. Chlorophyll B is yellowish; chlorophyll C occurs in many marine algae and chlorophyll D is most often seen in red algae.

But Dr Chen used none of these chlorophylls. Instead he used Chlorophyllin processed from Alfalfa – which, again according to the dictionary, are "any of the water-soluble salts obtained by alkaline hydrolysis of chlorophyll with replacement of the methyl and phtyl ester groups by sodium or potassium". In other words – an excellent and very clever modification of the fat soluble chlorophyll that makes it water soluble – at least while in the bottle.

One advantage of water soluble chlorophyllin is that it can be used for external irrigation – usually by adding it into distilled water for the temporary alleviation of vaginitis, skin irritations, bleeding gums, burns and open skin sores - in the form of douches, compresses, packs, baths or wraps. I've even suggested to some that needed it - that the tips of tampons be dunked into Evergreen.

Another major advantage of using Chlorophyllin instead of chlorophyll is that it keeps a lot longer. Concentrated chlorophyll, like blood, is very unstable and would spoil before we had a chance to bottle it - but in water soluble form it keeps all its rich and potent blood qualities until opened. Once opened it is imperative that you drink it right away and when it meets with the hydrochloric acid of the stomach and the chlorophyll protein

membrane is broken – the rich and fat soluble factors leak out and the journey to health begins.

AND NOW ITS TIME TO focus on ITS numerous internal uses.

Centuries after chlorophylls' healing potential was discovered its many uses are still being explored. Out of 500 species of green grasses on Earth - Dr Chen chose Alfalfa for the bulk of his Evergreen product most likely because it has the highest concentration of alkaline nutrients – bar none. Alfalfa is noted for its incredibly deep tap root, SOMETIMES REACHING DOWN 30 FEET OR MORE searching for nutrients where others fear to tread. Because Alfalfa is classified as a legume Alfalfa is noted as a protein rich food. It contains 20% more PROTEIN than milk AND, in the correct mineral ratio, is MUCH MORE EASILY DIGESTED THAN MILK.

All over Denmark thousands of cooped up chickens being fed factory food started bleeding for no reason at all. At first the vets thought it was scurvy but adding Vitamin C didn't help. When some farmers started adding Alfalfa to the feed the bleeding stopped and the crisis ended.

Years later Biochemist Henrick Dan isolated the missing blood coagulating factor that was later dubbed Vitamin K – a back up to the bacteria that synthesizes this vitamin in the colon. For this and other reasons Evergreen should be taken in larger doses after a bout with antibiotics and should also be emphasized after a fever because of its high calcium content – and definitely after menopause or with menstrual cramping and in osteoporosis or osteopenia. Since both magnesium and phosphorus are needed to use the calcium in alfalfa – it has kindly obliged and given us plenty of both. To best illustrate the ancient Chinese saying that "Foods are Medicines and Medicines are foods" - Dr Chen has made sure that in the processing of the leaves all of the Vitamin A, E and B complexes are fully retained. Compared with parsley, kelp, molasses and Milk – Alfalfa concentrates, except for iodine in the ocean-growing Kelp, wins hands down in every major nutrient.

In feeding a bit of Alfalfa to dairy livestock the quality of milk and other health issues improved so much that farmers decided to try it themselves - and then added a little peppermint oil to the tea for flavor. Their digestion improved so much it became a regular meal time favorite. What they didn't know was that eight digestive enzymes were released and made their tummies feel better fast. What a great slogan for Evergreen – "feel better fast" – WITH FOR EVERGREEN. *And so far I KNOW* chlorophyll is STILL the only natural source of Vitamin K. Vitamin K has a leading role in the production of fibrin - one of the major ingredients in helping blood to clot.

I must insert a few words here regarding those taking coumadin for anticoagulation and vitamin K found in green leaves - because I know it's always been a concern. There is a common misunderstanding among practitioners and patient alike that these two are incompatible. As the saying goes – "it just ain't so folks". Vitamin K is vitally important

for a variety of calcium binding proteins from bone restoration to healthy osteoblastic remodeling. Over 20 years ago Dr. Dan Deykin showed how important it is for patients receiving coumadin to have adequate vitamin K. As long as the vitamin K intake is constant - *let me repeat* that - vitamin K whether in leaves or Evergreen must be constant - the coumadin dose can be adjusted by the physician accordingly and without any interference with effective coagulation.

The widespread misunderstanding among cardiologists and other clinicians that when you are taking coumadin to avoid vitamin K in either foods or supplements - is as wrong as wrong can be.

The many important benefits of vitamin K - aside from coagulation factors and the ease with which coumadin doses can be adjusted as long as a person is on a stable vitamin K, intake - cannot be ignored. In other words - it is vitally important that instead of adjusting the chlorophyll to coumadin - it's much more healthful to adjust the coumadin to a steady stream of Evergreen.

The many other benefits of vitamin K are that it also supports capillary integrity - making sure that these smallest of all blood vessels remains firm and at the same time elastic. In addition to its rich Vitamin K content - Evergreen carries all the known fat-soluble vitamins - making this an ideal product for helping women with hormonal imbalance. Evergreen also detoxifies, repairs and maintains the gastro-intestinal mucous membrane so that it becomes a necessary ingredient in the care of those with ulcers, colitis, Crohn's, diverticulosis, ICV toxemia - and many other Gastro-Intestinal symptoms too numerous to mention here: and that is just the immediate physical effect of Evergreen on the stomach.

Another interesting tidbit we found is that Alfalfa saponins, a natural and powerful diuretic, combines with cholesterol and prevents it from being absorbed in the digestive tract - and thus keeps cholesterol out of the blood stream. In addition - autopsies done by Ren Malinow on monkeys fed both high cholesterol foods AND alfalfa show that once in the blood stream the saponins of Alfalfa remove the cholesterol from the walls of the arteries and reverse arterial plaque. All you bypass patients - are you listening? It has also been proven to reduce triglycerides - but only when they are higher than the body needs.

There are many other reasons to treat yourself to a delicious vial of evergreen with or outside of meals - in that it reduces body odor as well as strong odors in stool or urine, it brings back the color in a sallow skin appearance - and burning: burning on urination, burning tongue, burning vagina - even burning feet. How does it do that? Over time - sometimes as long as 9 to 12 months - the alkaline evergreen slowly replaces the acid build-up that surrounds nerve endings subjected to repetitive movements. The chlorophyll in evergreen has been proven to prevent and heal cancerous tissue and is great for those that are still addicted to nicotine - especially baseball players who chew their tobacco rather than smoke it! Evergreen has also proved to be a mild gastro-intestinal detoxifier especially in arthritis, arteriosclerosis and constipation - where the

poison guanadine is made and neutralized – and since guanidine is alkaline – this is further proof of evergreens membership in the highly rated adaptogen group.

Chlorophyll is solidified sunlight and sunlight is the basis for all life on Earth. And it so happens that the green blood of plants digested by us becomes the red blood of humans. In 1930 Dr Hans Fisher received the Nobel Prize for discovering this important fact: the molecular structure of both chlorophyll and blood is almost exactly identical except that magnesium is in the center of green chlorophyll pigment and iron is in the center of blood pigment. Hmmm is that why Dr Chen maybe added iron to Evergreen? You think? I do.

Many studies have shown that these two molecules are easily interchangeable and that all forms of anemia have been successfully treated with Chlorophyll. And it was reported in the July 1940 issue of the American Journal of Surgery that many cases of deep internal infections, skin lesions, varicose veins, ulcers, gum bleeding, infections of the peritoneal cavity and even bed and brain ulcers were successfully treated with application of chlorophyll. Such is the power of concentrated sun power.

(the real question here is what do you choose? The life giving energy and vitality of the sun thru green plants or suppression and control which drugs offer. Its my view that drugs are there to buy us some time to learn to make healthier choices so we can move away from the problem rather than suspend ourselves in it indefinitely.)

We now know that this ALWAYS-GREEN sun power increases the function of the heart, the vascular tree, the intestinal tract, the reproductive system, and the respiratory lobes. We have used chlorophyll in the healing of tuberculosis, mental depression and even radiation damage.

While low level radiation is a constant threat we are happy to report that EVERGREEN has been shown to create a barrier to the entry of such background radiation. It does so by thickening and strengthening the cellular membrane while reducing the tendency toward mutations in all chromosome chains. It has been shown by US Army experiments on animals that even lethal dosages lose their power when green chlorophyll has been added to their diet in sufficient amounts. Therefore greens, what the giant apes eat everyday for breakfast lunch and dinner can save our children's lives.

I wouldn't be able to do this section on Evergreen justice without mentioning the studies that were done by Dr Kensler - professor of environmental health sciences at the Johns Hopkins Bloomberg School of Public Health – who said and I quote: "Our study shows that taking chlorophyllin three times a day reduced the amounts of aflatoxin-DNA damage by 55 percent, compared with taking a placebo," - "Taking chlorophyllin or eating green vegetables, like spinach, that are rich in chlorophyll may be a practical way of reducing the risk of liver cancer and other cancers caused by environmental triggers," Enough said.

GRAIN DAMAGE

So why are we teaching our toddlers to eat a diet centered around grains and grass-based products such as meat and dairy? Mostly tradition and convenience. THE GRAIN-BASED DIET FIT FOR GRAZING ANIMALS WAS popularized by MACROBIOTIC FOLLOWERS. THE EMPHASIS ON GRAINS IS BASED ON A CHOICE and tailor-made for the quick as lightning explosive power of the Samurai WARRIORS - DUE TO THE SAME high in PHYTIC AND PHOSPHORIC ACID IN GRAIN - as we find IN the BLADES OF THE Kentucky Blue Grass that makes race horses so jittery, nervous and trigger fast. Its use IN MAKING MUFFINS, PRETZELS, BREAD, TORTILLAS, DONUTS, BAGELS, PASTA, CEREALS - JUST TO NAME A FEW THAT HAVE BEEN MADE DURING DIFFERENT TIMES IN DIFFERENT CULTURES HAS THE SAME PURPOSE - MAKE US LARGER AND FASTER, In following the tribal gatherer and hunter phase of our lives, THE IMPORTANCE OF GRAIN AS THE STAFF OF LIFE was metaphorically described in the Bible by seven years of flooded atmospheric condition followed by seven years of drought. Joseph was given the realization to use grains - until then a food eaten only by large grazers whose droppings filled with grain seeds marked the great trails for generations to follow - as a means of surviving these difficult times. As prime minister of Egypt he wisely doled out "the staff of life" and it became so popular that even Jesus broke bread and fed the multitudes. BUT WITHOUT A MAJORITY OF GREENS - THE STAFF OF LIFE WOULD SOON BECOME THE POWDER OF DEATH.

The infant can look forward to a series of loosely drawn critical time periods during which different kinds of imprinting occurs. The fact is that from before the moment of birth, when the brain is still far from maturation, it is already being prepared, programmed and trained for the life that lies ahead. Because of this it is essential, if not critical, that the quality of fat in the mother's diet be not only adequate but optimal for the growing and maturing central nervous system. Studies have shown that there is a close similarity between the mothers' intake of fatty acids and the child's brain and spinal development. I would now like to offer some suggestions with regards to what mothers should AVOID IMPRINTING WHILE weaning the baby from her milk.

Babies under two years old should not be given wheat and wheat products: Having said that for babies - it would always be good for adults to reduce or delete grains as well and it is NEVER very good to eat gluten. Even people who are not allergic to gluten suffer. Just like people who are not allergic to caffeine or nicotine - they suffer just the same. Gluten is like that. Grains were originally eaten more by animals. There are no primates close to human beings that eat grains. Most grains just keep one overweight - not by caloric overwhelm, or even by the acids they insidiously distribute but - by the hormonal structures they distort. Grass and grain eaters are all very large and have large digestive systems - sometimes needing as many as four stomachs to do the job.

What I am going to say now is not popular opinion but it IS the truth. Not only is our economy and land use increasingly abused by CORPORATE grain GROWERS - but many

grains carry gluten. Gluten is a pesticide. Gluten is an ancient form of protection that some grasses use(d) for millions of years to "agglutinate" the digestive tracts of insects in order to *stave off* extinction - sometimes by locust clouds so large that they could darken the sky for hours - even days at a time. Gluten served its purpose as grasses are obviously here to stay. And so I see gluten the way most people see *caffeine or nicotine* - the majority of people will escape punishment but there are a lot who will suffer and then there are those who will suffer substantially. We know these people to have Celiac disease.

Fat children are rampant in our society and children who were not imprinted early to eat leaves are left to eat grains - sometimes getting so fat they are teased at school and are often referred to as gluttons - another derivation of those partial to the swallowing (gluta, gulp down - throat) of pasta - paste or glue. Because these refined starches are so incredibly bland they are often eaten with a variety of flavorful, heated fats which increase the sense of satiety - and also increase many modern, chronic debilitating, often lethal, diseases.

In fact, grains fibers should rightfully be considered a human health hazard. Humans have very delicate digestive systems (observe the nine out of ten people with digestive problems) - that must be fed foods from which we evolved. What humans require is the soft, soluble fiber found only in fruits and tender shoots of vegetables - that taste good from the moment they are safely gathered. But ever since man decided to leave the tribe and claim a piece of land all for himself, the ability to gather grains, grow, refine, cook or bake them - has insidiously reduced us to the lower herd animals. We, along with corporate agriculture, the education system and our children - are slowly acquiring a herd mentality - as well as the mental decay that accompanies it.

There was even a recent time in history when "flour" was actually much more "grainy" and breads were considerably "heavier". This meant that the surface area of each individual grain was much less than seen today - the individual granules were many times larger - bread was coarser. Today, finely-honed by fast and modern metallic machinery, flour significantly increased its surface measurements - making it much finer and more likely to transgress the digestive borders than before - especially in an already "leaky gut" - allowing it to go into spaces for which it was never designed. Have you ever tried to eat a spoonful of white flour? It will now act more like sugary glue than grain - making hypoglycemia with a morning hangover much more likely - especially during inactivity when sitting down at a desk making a futile attempt to concentrate. It is no wonder that more and more of our children who are foggy and suffer from temporary sedation feel short-changed by our society.

The presence of non-soluble fiber in the intestinal tract causes food to move thru the bowels more rapidly than designed by Nature - thereby reducing the rate of mineral absorption - another facet of calcium loss.

Faced with this problem different babies have different compensatory mechanisms but constipation alternating with diarrhea is not uncommon Coupled with the irritating

quality of non-soluble fiber, this rapid movement of foods leads to malabsorption syndrome, nutritional deficiencies and overall loss of health.

Grain fiber is coarse and sharp, like finely ground glass - we refer to it as "non-soluble" fiber. This fiber was much easier to digest when made by rough stone mills. Instead, for the last few hundred years, it has acted as a more effective irritant and mineral "chelator". Irritation of the intestinal mucosa is considered a risk factor in many different conditions such as ulcers, diverticulosis, spastic colon, Crohn's, colitis, irritable bowel and colon cancer. This is not to say that most of us can't eat grains in moderation but the vast majority of people in the United States eat much more "grain" (finely powdered flour) than vegetables, fruits, nuts and seeds combined.

In the production of refined flour, bran is left over and this waste product is sold, at an over-inflated price I might add, as if it were a healthy food. Refined flours' economic advantages are that it's easy to store in times of fire, flood, famine, drought, siege, pestilence, crop failure, etc. Emmet Densmore referred to it as the "staff of death" because, even when eaten in moderation, it significantly reduces the most hard working and most important mineral in our body: calcium.

Too wordy paragraph omitted

Remember that in an orchard of ripe fruit, you could eat to your hearts content and live forever. Addiction, guilt, overeating, obesity - are not words usually associated with fruit. In a field of ripe wheat kernels you would soon starve to death only because they require processing just to become edible. Grains claim to fame is its storability - in fact that is the reason it was gathered and made into acres of waving amber. But this same feature completely nullifies your opportunity of ever eating it fresh. At best your grain was harvested last autumn, but the milled flour may be years old before it is finally used. To prevent infestation problems with insects, rodent and molds, farmers resort to an array of toxic chemicals, preservatives and refinements. I was taught that white bread was worthless window cleaner - and that there was more nutrition in the paper-wrapping than in the white bread itself.

Natural foods taste good just as they come from Nature. At best raw grain, a food for animals with the ability or enough stomachs to digest it, tastes unpleasant and bitter to humans - even when they are sprouted. In the field they are inedible and sometimes poisonous and pasta eaten in the evening often gives one a powerful early morning hang-over - only to be stifled with more early morning cereal grains.

They certainly contribute to alcohol fermentation and gas - which results in bloating. Bloating increases the spatial relationship between the digestive nerve-endings that record satiety in the brain. And so bloating contributes to overeating. The dependency soon becomes an addiction so powerful that people will literally give up sugar long before they will give up grains. When was the last time you met someone refusing to give up fruits? Addiction, guilt or overeating is seldom associated with its consumption

where as pasta, breads, pretzels and pizzas, for most people, is difficult, if not impossible to give up.

A grain & legume based diet ALSO CONTRIBUTES TO widespread mineral deficiencies. When grains are consumed by children before the molars surface to the gums - they will inevitably be more sensitive - sometimes even highly allergic - to grains than those children with parents who feed them soft fibers without glutinous material. This process normally takes about eighteen (18) months or more. The "breaking thru" of the molars signal certain digestive enzymes to mature that allow for more thorough and complete mastication, digestion and absorption of tougher material. Giving glutinous grains or grasses before that time usually results in the production of much mucous sometimes culminating in the placement of ear tubes until the Eustachian tubes naturally assume a wider diameter. There have always been cultures that, for one reason or another, managed to live without grasses and grains. Polynesian and Hawaiian Islanders - for example - never use grains and grasses and we always remark on their beauty, vitality, zest and vigorous robust health.

There is not one animal in Nature close to our anatomy, physiology and biochemistry that consumes grains. Our closest cousins, the primates, eat only a diet of fruit, vegetables, sprouts, nuts and seeds - with a very occasional bird or small monkey thrown in for good protein measure. I believe it is only because their territory is shrinking by the minute. Besides, there is no scientific basis for eating cooked foods - and grains must always be cooked, fried or baked. The lesson in grasses and grains: let Nature be.

The next food a baby should never have is commercial eggs. Unless first thoroughly chewed by and mixed with the saliva of the mother - nuts and tomatoes should not be given - neither anything that might be addictive in nature such as caffeine and chocolate. Oxalic acid foods that might irritate the digestive system should be eliminated - foods such as spinach, chard, rhubarb and un-hulled sesame seeds. Sweet foods such as berries and melons are too high in carbohydrates for small, sensitive stomachs - and so the less we addict and polarize our children's palates to the four directions: super sweet, sour, bitter and salty - the more they will be able to tolerate and appreciate the more subtle flavors when they are older.

Never give toddlers money or honey. Even raw honey is too sweet and sometimes contains bacteria that may produce botulinal toxins in their tiny intestinal tract. Raw, organic fruit juices should always be diluted by at least 50% or more. The more subtle the flavor - the better. Peanuts, popcorn, grapes, raw carrot and pieces of apple are all choking hazards and should never be given to infants. Always respect your baby by giving it food made in your own kitchen. Please - give your children a good start in life. How do we give our little children a good start in life? Make absolutely sure that the digestive system is working correctly from the very beginning. This incredibly complex system is the gateway to the rest of our lives because when our digestive system is not satisfied for the first 18 months and then the next 18 years - it is doubtful if it ever will be. When dissatisfaction is the rule and this giant filtration system is bypassed, fooled or

numbed by whatever means – children will grow up using these same tactics – bypassing the system, fooling the locals and numbing the rest.

If you have a baby who for some reason cannot be breastfed – there are solutions. Here is a formula recipe: start by making almond milk: add 1 cup of organic almonds to 1 quart of PURIFIED OR spring water, cover and soak overnight in the refrigerator. The next day Pour off the soaking water then add 1 quart of purified or spring water and blend till smooth - then strain.

Now add two - scoops of “regular’ – non-bean Nuplus to the almond milk along with a quirt of sunny dew, ½ tsp of LiquiFive, ¼ tsp of ElectroSport, ½ packet of Fortune Delight and ½ vial of Evergreen. Add ½ tsp of hemp seed or Udo’s oil then mix the formula thoroughly until smooth – preferably with a high speed blender such as a Vitamix. Transfer to baby bottles and refrigerate. Warm to body temperature prior to feeding. You may need to use a cross cut nipple as Nuplus may clog a regular nipple. If the baby is under the weather with a cold or runny nose – add a pinch of Alpha 20 C to the formula until well. If the formula is too thick – add FIJI water. If too thin – add more Regular Nuplus. Keeps refrigerated for 24 hours.

I can’t finish this talk without once again emphasizing our sr’s incredible product evergreen. After all that has been said about grains - it must also be said that evergreen gets rid of the glue that grains leave on our ileocecal valve and therefore helps to clean and tone this most important gateway from the small to the large intestine which opens to allow disposal waste materials. When this valve is stuck (either in the open or closed position) serious digestive problems may result which are often prevented or cleared with evergreen. If you have been paying attention to the ingredients in evergreen you might have noticed that i neglected to mention zinc. Actually i’ve been waiting for a good opportunity to mention it and here it is: it is interesting that dr chen chose to add zinc to evergreen – because it is the one mineral that is affected as a deficiency in an overdose of phosphorus – something that happens when children eat cereal grains. What a co-incidence right? Yeah right.

Now does all this mean we should never again have grains? Of course not. Just because grains have a 10,000 year head start on becoming addictive does not mean that they are less addictive than the relative newcomer - refined sugars. But in fact: it is much more difficult to refrain from grain than to avoid sugar. If you don’t believe me – try staying off the grain.

Luckily we don’t need to be teetotalers here. Gluten is something you must avoid in children while all grains must never be given to thriving infants – all the way up to the point where their molars start to show and function. Even then it is ill advised to offer grains. In past times and many cultures parents chew the grains first before giving it to their children – thereby sharing old family flora. I was never a fan of anti-septic mouthwashes. This was the ancient way. So if most of the grains with gluten are removed from our diet - it forces us to look at the more ancient grains which have little

or no gluten. Following that, the practice of having grains on a daily basis must be substituted for having greens on a daily basis. It is the grain in beer that is addictive – not the alcohol. And it is the greens in the leaves that keep apes so strong. Slowly our internal environment will start to change - no doubt with several generations of tissues on which several generations of friendly bacteria - will act not so friendly for a while. Soreness and fevers can be expected during this time which is normal and natural. Once you're at your final destination and your hormones and brain cells and all the other organs and systems are in equilibrium and communication with each other like good neighbors – then we live and make our approach to higher mind.

A simple rule to follow is that with every meal your children eat grains or grasses – give them a vial of evergreen leaves to drink. They will love you for it.

This tape is intended for sunriders - and sunriders who wish to teach their doctors - not with big words – but with the simple truth thru a caring heart from an open mind.

Thank you for listening.

Thank you for joining me on this SR Journey to assisting our children in becoming healthier and wealthier adults.