

Part 3, Chapter 21: High and Low Energy Foods

Implied in the previous discussion is that it makes all the difference in the world whether you eat foods that are alive with energy or food-like substances that have had their life-force stripped out of them. Jay Kordish, the Juiceman, has a famous saying: "Live foods, live body; dead foods, dead body". He also is noted for saying "Juicing is the key to a long, healthy, disease-free life."^{1} I couldn't agree more. In the world in which we live so much of what is available in the grocery store that is called food has been processed, cooked and de-naturalized. In short: It's just plain dead food that's been robbed of its life-force enzymes. As Dr. Bragg would point out, "Healthy high vibration foods contain life-giving, energy substances."^{2} Shown here is the proof of his statement, a very much alive sprout using Kirlian photography.



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When you eat only foods that are in a high vibration, your body performs and operates by God's universal law. [Your body] ... becomes a self-starting, self-cleansing, self-governing, self-generating instrument! We want you to live by Mother Nature's and God's laws so your body will be a fine working instrument at every age. If you desire to retain the vivaciousness, vitality, energy and enthusiasm of youth ... if you have the desire to turn back the clock of Father Time when your body is tired and your gait is halting at an age when you should be buoyant with the spirit of youthfulness, then we say: "There is but one healthy way to live and that is according to Mother Nature's and God's eternal laws!"^{4}

Food in its natural raw state has the highest vibrational energy. In particular:

Fruits contain bioelectric principles that provide the electric sparks of life! Organic fruits are the most perfect foods from Mother Nature and God. Fruits will support life indefinitely to a superior degree when a body is cleansed and living in a natural environment.^{5}

Food that's been cooked, especially at a high temperature such as frying, food that's been processed and then loaded with chemicals, food that is so far from the source that it is barely recognizable as food—is not food. It's essentially a chemical conglomeration that your body, with much energy expended, might be able to pull out a nutrient or two. Still, the cost to do so is to leave you in a weakened state. Trying to digest fake food puts an enormous strain on the body and seriously depletes life-force energy.

Foods with high vibrational energy and nutrients include organic nuts, fruit, vegetables, [sprouts] and fresh herbs. Keep to a minimum [as in less than 5%-10% of your diet] foods such as meat, poultry and sugar, and foods that are highly processed ... chemically altered, genetically altered (GMO), contain chemical additives or [are from animals that] have being mistreated by a person. They have little or no

good vibrational energy and nutrition to add to your body.^{6}

Absolutely, DO NOT microwave food. That leaves food beyond dead. There is zero life-force in microwaved food. It is essentially nothing more than garbage that your body has to expend an enormous amount of energy on to get rid of it. On this subject, Dr. Bragg has much to say, and this is important!

In the past 20 years microwaves have practically replaced traditional methods of cooking, especially with on-the-go people of today's world. But how much do you really know about them? Are they no more than timesaving machines for cooking? A Swiss study found that food which is microwaved is not the food it was before! The microwave radiation deforms and destroys the molecular structure of the food—creating radiolytic compounds! When microwaved food is eaten, abnormal changes occur in the blood and immune systems. These include a decrease in hemoglobin and white blood cell counts and an increase in cholesterol levels. An article in Pediatrics Journal warns microwaving human milk damages the anti-infective properties it usually gives to a mother's baby. Work done at the University of Warwick in Great Britain warns that microwave radiation is damaging to the vital electromagnetic activity of human life vibrations.^{7}

Advancedhealing.com suggests the top five energetically alive foods that you should be eating. My personal experience has shown this to be a valid list.

- Dark leafy greens and green juice [preferably fresh from the garden].
- Ripe tropical fruit.
- Sprouted seeds [such as alfalfa, mung beans and radishes].
- Raw chocolate [which is actually an extremely potent food. Stay away from processed candy-type chocolate, which is garbage].
- Medicinal mushrooms [in particular Reishi mushrooms].^{8}

Basically, just consume vegan type foods in their raw natural state, preferably organic, and you'll be getting a wealth of high energy food in your diet.