

Quantum Food

*From Quantum
Agriculture & other
Practices... for Societal
transformation*

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Food quotes

Food taste is not according to your taste buds but what your head says (Jack Kloppenburg)

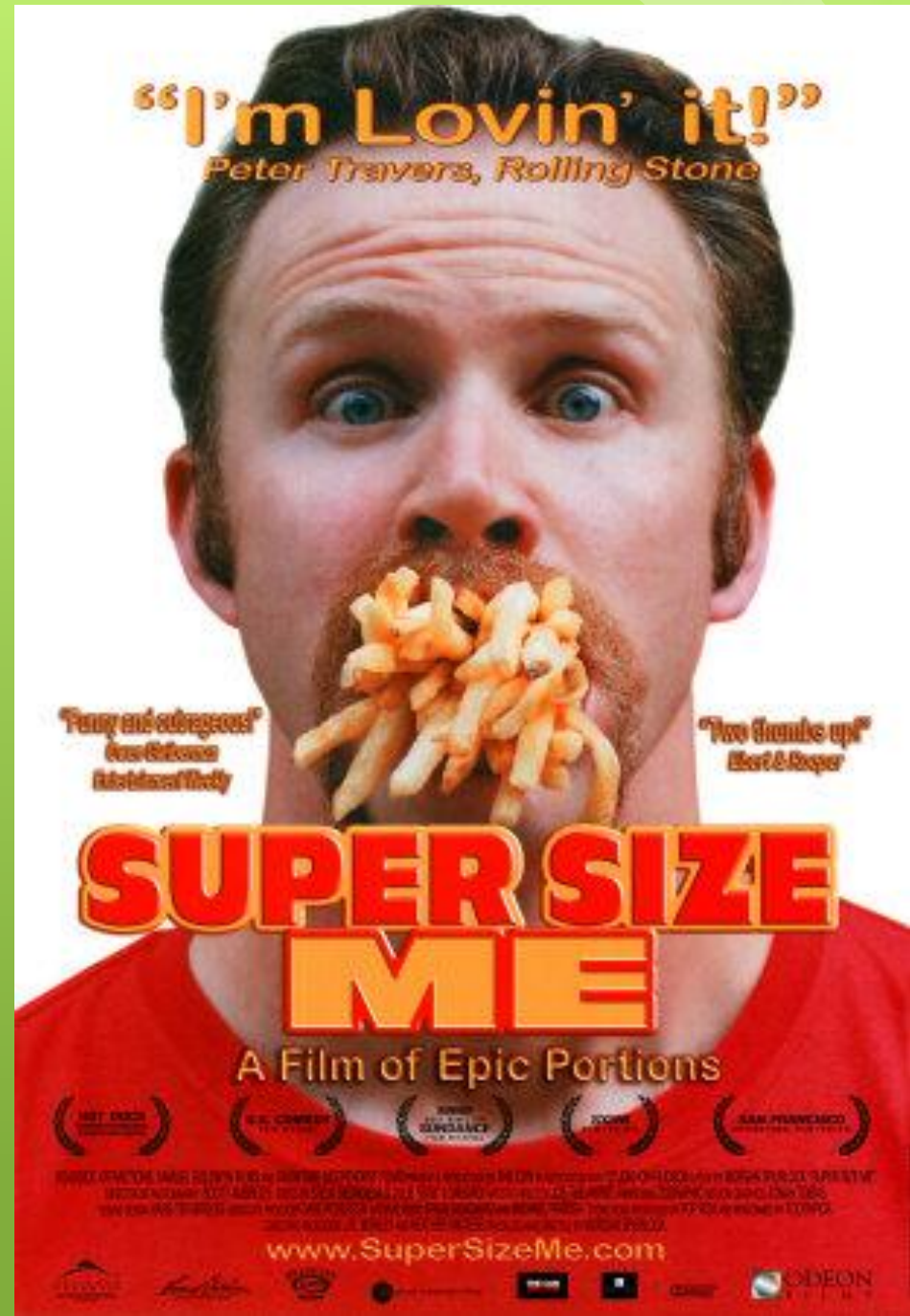
The reason people do not put into practice the spiritual principles they hold as ideals is a problem of nutrition (Rudolph Steiner)

MODERN FOOD, HUMAN DIET

The word **diet** comes from the latin word *diaeta* which means, ‘**way of life**’.

***Gluttony is an emotional escape,
a sign something is eating us.***

Peter De Vries



We Are What We Eat

From seaweed to chicken and chili, our food—how we find it, cook it and eat it—tells the story of the modern world



pH4

pH7

pH10

Strong Acids

Mild Acids

Mild Alkaline

Strong Alkaline



White Bread



Meat/Fish



Fruits



Asparagus



Alcohol



Legumes



Vegetables



Cayenne Pepper



Colas/Sodas



Nuts



Avocados



Melons



Food and pH

No food?

A man with short dark hair, wearing a grey t-shirt, is lying on his stomach on a light blue surface. He is holding a knife in his right hand and a fork in his left hand, both pointed towards a small green pea on a white plate. He is looking down at the pea with intense focus. The background is a plain grey wall.

Breatharianism

Living On Light

Breatharians give up food and water completely!



"There is a muscular energy in sunlight corresponding to the spiritual energy of wind." --- **Annie Dillard** (*Pulitzer Prize writer of theology and mysticism of the natural world*).

A **breatharian** is a person who is nourished by light and has no need for food or drink.

Breatharianism is within human potential, but for most it remains dormant. Those who feel drawn to living on light nourishment can activate this potential, but not said that it is an easy task.

http://www.fruitnut.net/HTML/106/Breatharianism_Books.htm

The Hunza diet

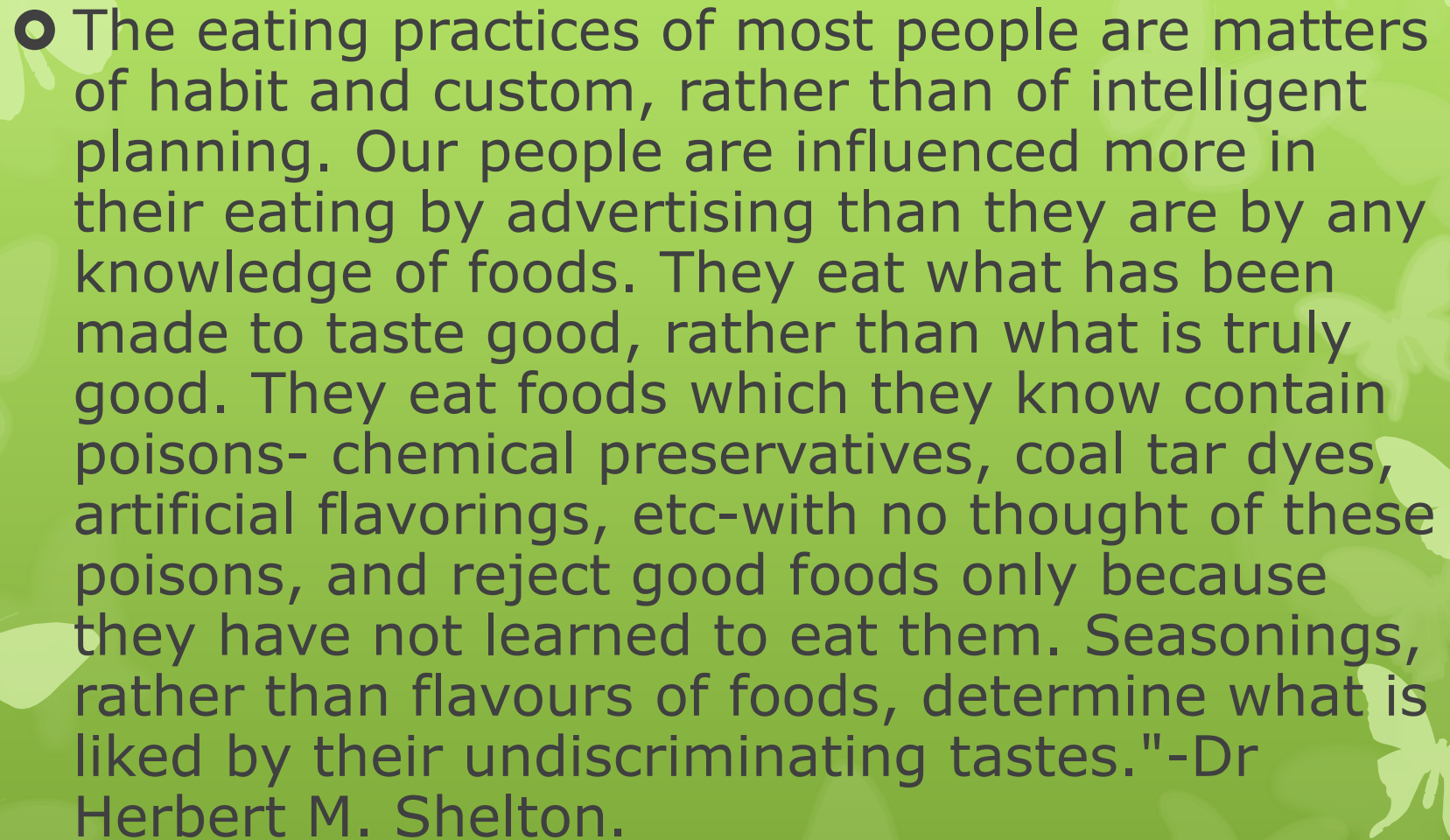
- ◎ All children in Hunza are breast fed. A boy child is breast fed for three years and girl child for two years. There is no specific prenatal care, and the good health of the mother is passed on to the infant...and the breast feeding gets the child off to an extremely good start. It is interesting to note that in Hunza no one eats before going to bed at night. None of the people, including children, eat between meals. There are practically no cases of overweight among the people of Hunza. Hunzans are light eaters. Their diet is comparatively meagre. They use less fat of any kind than most people found throughout the world. They have very little animal fat and no fish. And yet there are no more energetic people found in the world and they are continually active.





Hunza people

- The scriptures say "Disease never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health and of nature.
- "A large part of our nutritional problems grow out of our refusal to eat natural foods. Our preference for the manufactured articles-those that have been demineralised, devitaminised, denatured, standardised, pasteurised, homogenised, cooked, canned, frozen, and in other ways rendered less valuable as foods-creates dietary problems that are not adequately solved by the present reliance upon supplements and substitutes. We go to great lengths to spoil our foods and then complain about the climate. We live on a diet of white flour products, degerminated and demineralised corn meal, denatured cereal, white sugar, pasteurised milk, embalmed flesh foods, canned fruits and vegetables, candies, cakes, pies etc., and expect to render such diets adequate by "supplementing" them with fish oils, brewer's yeast, wheat germ, black strap molasses, honey, yoghurt, powdered skimmed milk, cider vinegar, etc."- Dr. Herbert M. Shelton.

- 
- The eating practices of most people are matters of habit and custom, rather than of intelligent planning. Our people are influenced more in their eating by advertising than they are by any knowledge of foods. They eat what has been made to taste good, rather than what is truly good. They eat foods which they know contain poisons- chemical preservatives, coal tar dyes, artificial flavorings, etc-with no thought of these poisons, and reject good foods only because they have not learned to eat them. Seasonings, rather than flavours of foods, determine what is liked by their indiscriminating tastes."-Dr Herbert M. Shelton.

If we must eat...

Quantum food is... from your own garden



Harvested with pleasure



Plenty of raw





Seed Sprouts...
add great value to the
seed, and to our health!

Radish sprouts:
Vitamin Mineral Factory



Radish sprouts have **25x more Vit C than milk** (29 vs 1 mg) and **4x the vit A** (391 vs 126 IU). These spicy sprouts have **10x more calcium than a potato** (51 vs 5 mg) and contain **more vit C than pineapple...** If you examine what is happening during germination it looks like a Vit factory. While mature radishes contain 10 IU/100 g of provitamin, the radish sprouts contain 391 IU, 39 times more!

<http://natureswonderland.com.au/Bio-dynamic/Radish400g.htm>

Popularly sprouted...

<http://www.living-foods.com/articles/sprouting.html>

Grains

- Amaranth
- Barley
- Buckwheat
- Corn
- Millet
- Oat
- Quinoa
- Rice
- Wheat
- Rye

Other seeds

- Almond
- Fenugreek
- Cabbage
- Kale

- Flax
- Psyllium
- Chia
- Mustard
- Pumpkin/squash/cucurbits
- Radish
- Sesame
- Sunflower

Legumes

- Alfalfa, Clover
- Garbanzo
- Peanuts, peas, blackeye
- Mungbean, adzuki and other beans

Large beans

- Soya, kidney and other beans (best cooked after)

Best soaked but not sprouted

- Fennel, Celery, Caraway, Cardamom, Poppy
- Pecan, Walnut
- Macadamia
- Pili
- Other nuts

Need explore local seeds



<http://turmeric-saffron.blogspot.com/2010/03/samanoo.html>



Other sites to visit for sprouts



http://www.ehow.co.uk/how_7685780_store-sprouts-refrigerator.html

http://www.google.com.ph/imgres?q=SEED+GRAIN+sprouted+dried&start=89&num=10&hl=tl&biw=1366&bih=667&tbn=isch&tbnid=u1PLiuoegkkZjM:&imgrefurl=http://www.ehow.co.uk/how_7685780_store-sprouts-refrigerator.html&docid=FeIFCqbQCZz-M&imgurl=http://img.ehowcdn.co.uk/article-new/ehow/images/a07/ah/kk/store-sprouts-refrigerator-300x800.jpg&w=400&h=300&ei=S2SLT9X7DbGPiAfF6dXRCQ&zoom=1&iact=rc&dur=460&sig=109321639220797562759&page=5&tbnh=149&tbnw=187&ndsp=25&ved=1t:429,r:6,s:89,i:17&tx=59&ty=94

**Soaked (pre-germinated) then
re-dried seeds... healthier... eaten raw or
cooked... *newer business opportunities!!!***



Nutrition Facts	
Serving Size 1/4 cup	
Amount Per Serving	
Calories 143	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 3.25mg	0%
Total Carb. 30g	10%
Dietary Fiber 2g	8%
Sugars 0g	0%
Protein 3g	6%
Calcium 4.25mg	0%
Iron 0.78mg	4%
Vitamin A 0 IU	0%
Vitamin C 0mg	0%
*Percent Daily Values (DV) are based on a diet of 2,000 calories per day.	
Ingredients: Organic sprouted brown rice. Processed in a facility that also handles wheat.	

Organic sprouted grains

Sprouted Brown Rice is very digestible with lots of vitamins, minerals, and enzymes produced during the sprouting process. Great for milling into fresh flour or for cooking to accompany your favorite dishes.

To Your Health Sprouted Flour Co. offers organic sprouted grain flours and organic sprouted whole grains for home milling. Our flours are sprouted, dried, and milled on site. We always mill our flours fresh per order; they don't sit on a shelf or in a warehouse. We hope you will be ordering these nutritional flours and grains for yourself and your family.

The sprouting process converts the natural starches in the grains into digestible, simple vegetable sugars so YOUR BODY DIGESTS SPROUTED BREADS, FLOURS, AND PASTAS SIMILAR TO A VEGETABLE! Sprouting increases the grains' vitamin C & carotene content, produces B vitamins & enzymes, & removes naturally occurring toxins that are present on the outside of all grains.



<http://creativessanyukia.blogspot.com/>



http://thewellseasonedcook.blogspot.com/2010_06_01_archive.html

<http://www.localharvest.org/organic-sprouted-brown-rice-C16854>

<http://www.culturesforhealth.com/baking-supplies/sprouted-grain.html>

Seed food (snacks) or Food topped or mixed with seeds





Raw food,
believe it or
not

For starters or transition ... **modernized,
stylized, and appealing to current
consciousness**



Artistic, creative, innovative, food



**Prepared with love and
passion... eaten with gratitude**



Flavorful, diverse



Attractive



Balanced in kind



Balanced in Yin-Yang forces



Includes roots, sprouts, leaves, buds, flowers, fruits, seeds on a daily basis or in one dish



Creative, with alternative localized ingredients



**Local, adapted species and
varieties... & with lots of perennials
... forest foods**



As Maha Chohan said in *Electrons*, from the Ascended Master Teaching Foundation.

"If a woman could see the sparks of light going forth from her fingertips when she is cooking," writes one of the Masters, "and the substance of light that goes into the food she handles, she would be amazed to see how much of herself she charges into the meals that she prepares for her family and friends. It is one of the most important and least understood activities of life that the radiation and feeling that go into the preparation of food affect everyone who partakes of it, and this activity should be unhurried, peaceful and happy. It would be better that an individual did not eat at all, than to eat food that has been prepared under a feeling of anger, resentment, depression or any outward pressure, because the substance of the lifestream performing the service flows into that food and is eaten, and actually becomes part of the energy of the receiver. That is why the advanced spiritual teachers of the East never eat food prepared by anyone other than their own chelas (students.) Conversely, if the one preparing the food is the only one in the household who is spiritually advanced and an active charge of happiness, purity and peace pours forth into the food from him, this pours forth into the other members and blesses them. I might say that there are more ways than one of allowing the Spirit of God to enter the flesh of man."

<http://www.schooloflife.org/sfnm/eating.htm>

Insect food... why not?



According to...

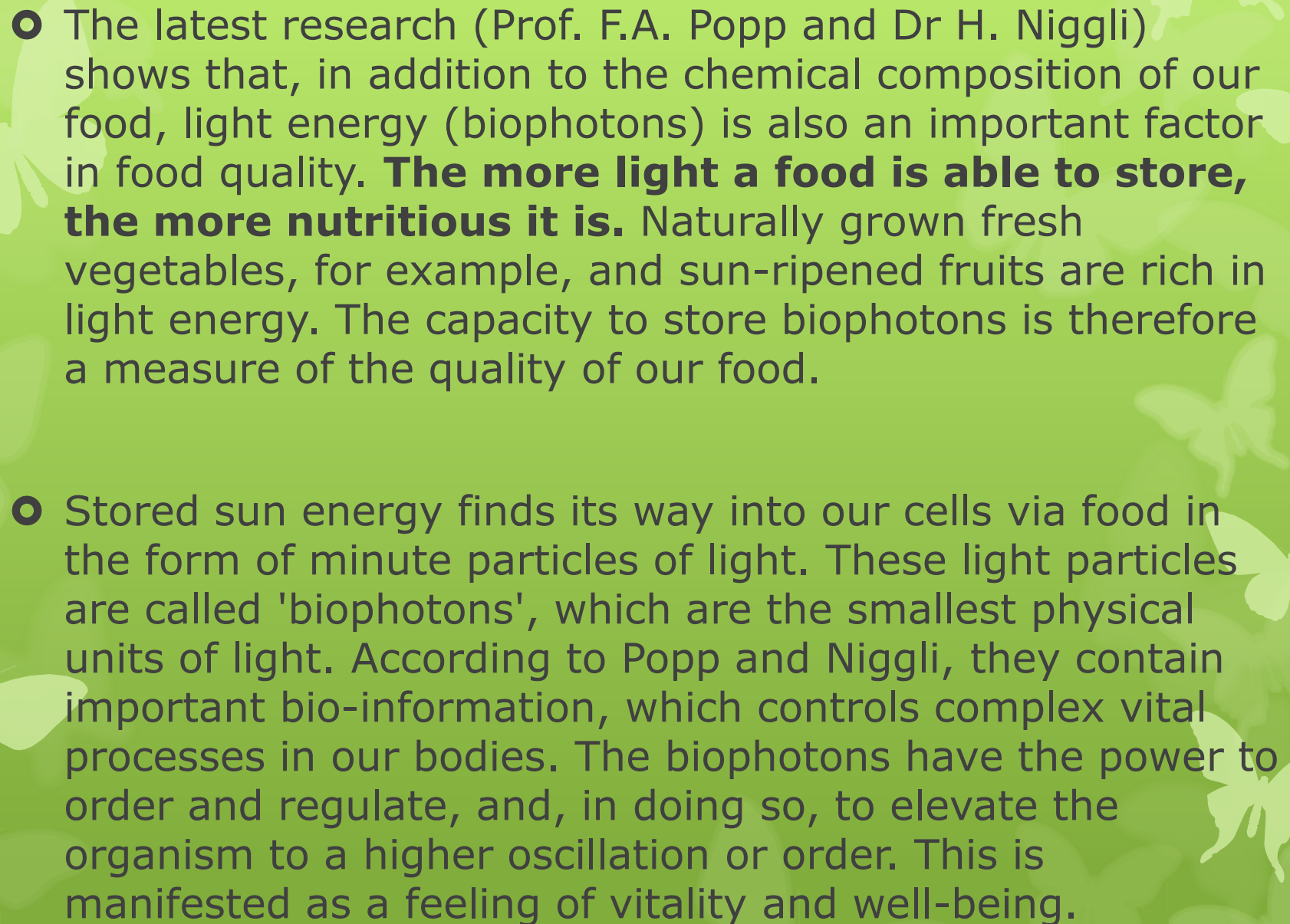
- **Metabolic Type**
- **Constitutional type**

<http://ayurveda-foryou.com/treat/diet.html>

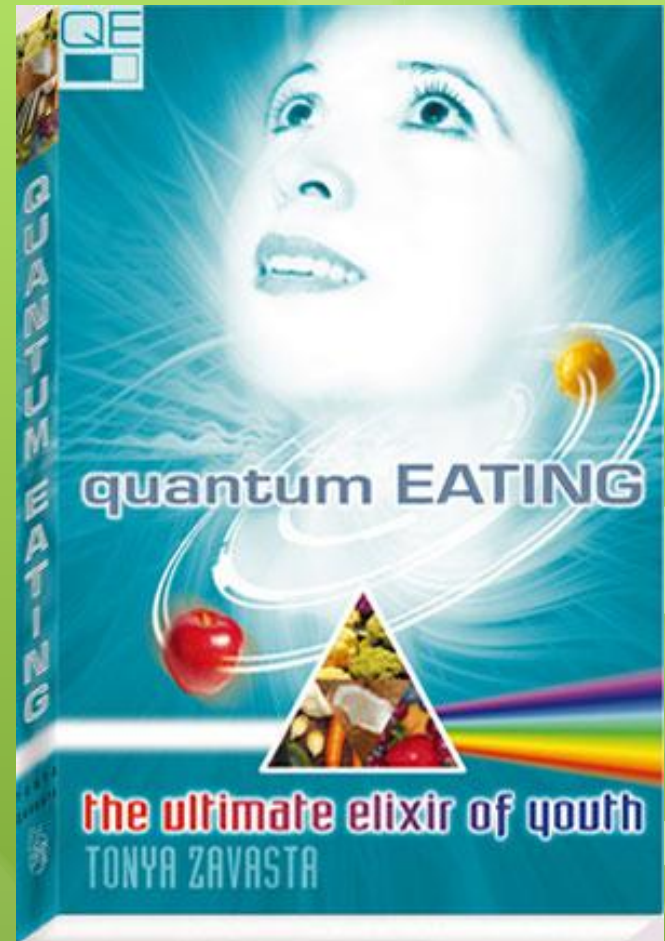
Has 'Vitality' And strong Life-Force?

BIOPHOTONS

- Of particular interest is the technique of counting photon emissions. Every living organism emits biophotons or low-level luminescence (light with a wavelength between 200 and 800 nanometers). This light energy is thought to be stored in the DNA during photosynthesis and is transmitted continuously by the cell.
- It is thought that the higher the level of light energy a cell emits, the greater its vitality and the potential for the transfer of that energy to the individual which consumes it. Significant differences have been found in favor of organically produced food (Figures 15.6 and 15.7), but differences also occur with respect to location, freshness and stage of maturity (ripeness) (p. 571-572).

- 
- The latest research (Prof. F.A. Popp and Dr H. Niggli) shows that, in addition to the chemical composition of our food, light energy (biophotons) is also an important factor in food quality. **The more light a food is able to store, the more nutritious it is.** Naturally grown fresh vegetables, for example, and sun-ripened fruits are rich in light energy. The capacity to store biophotons is therefore a measure of the quality of our food.
 - Stored sun energy finds its way into our cells via food in the form of minute particles of light. These light particles are called 'biophotons', which are the smallest physical units of light. According to Popp and Niggli, they contain important bio-information, which controls complex vital processes in our bodies. The biophotons have the power to order and regulate, and, in doing so, to elevate the organism to a higher oscillation or order. This is manifested as a feeling of vitality and well-being.

Quantum Eating



<http://www.everydiet.org/diet/quantum-eating>

Food should feed the different aspects of humans...

Three-foldness: **head, heart and limbs**

Four-foldness:

Physical ... mineral

Life body ... formative organizing
force

Soul... astral or feeling body

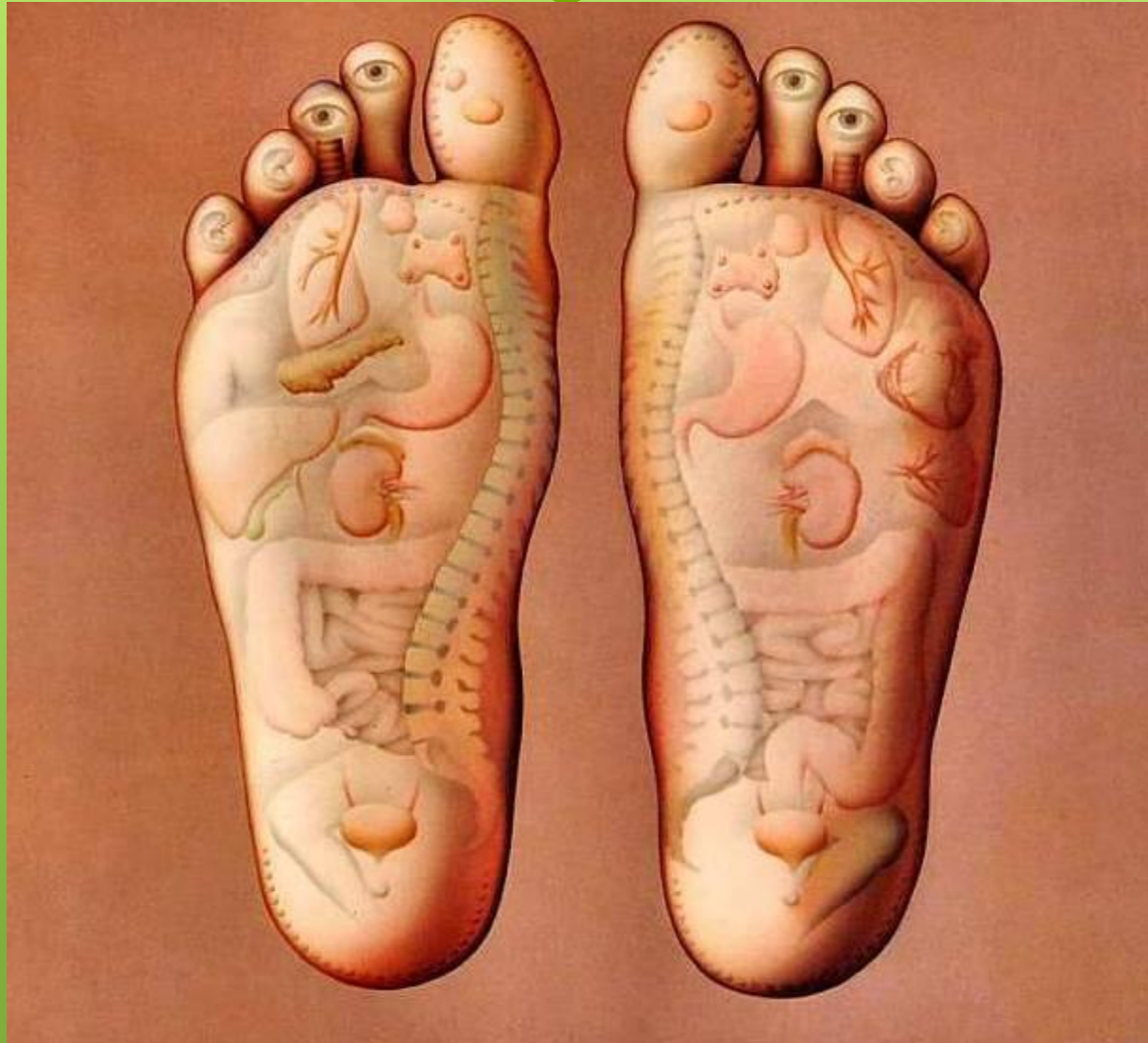
Mind, Thinking, Spirit... the I body

Take care of the internal organs

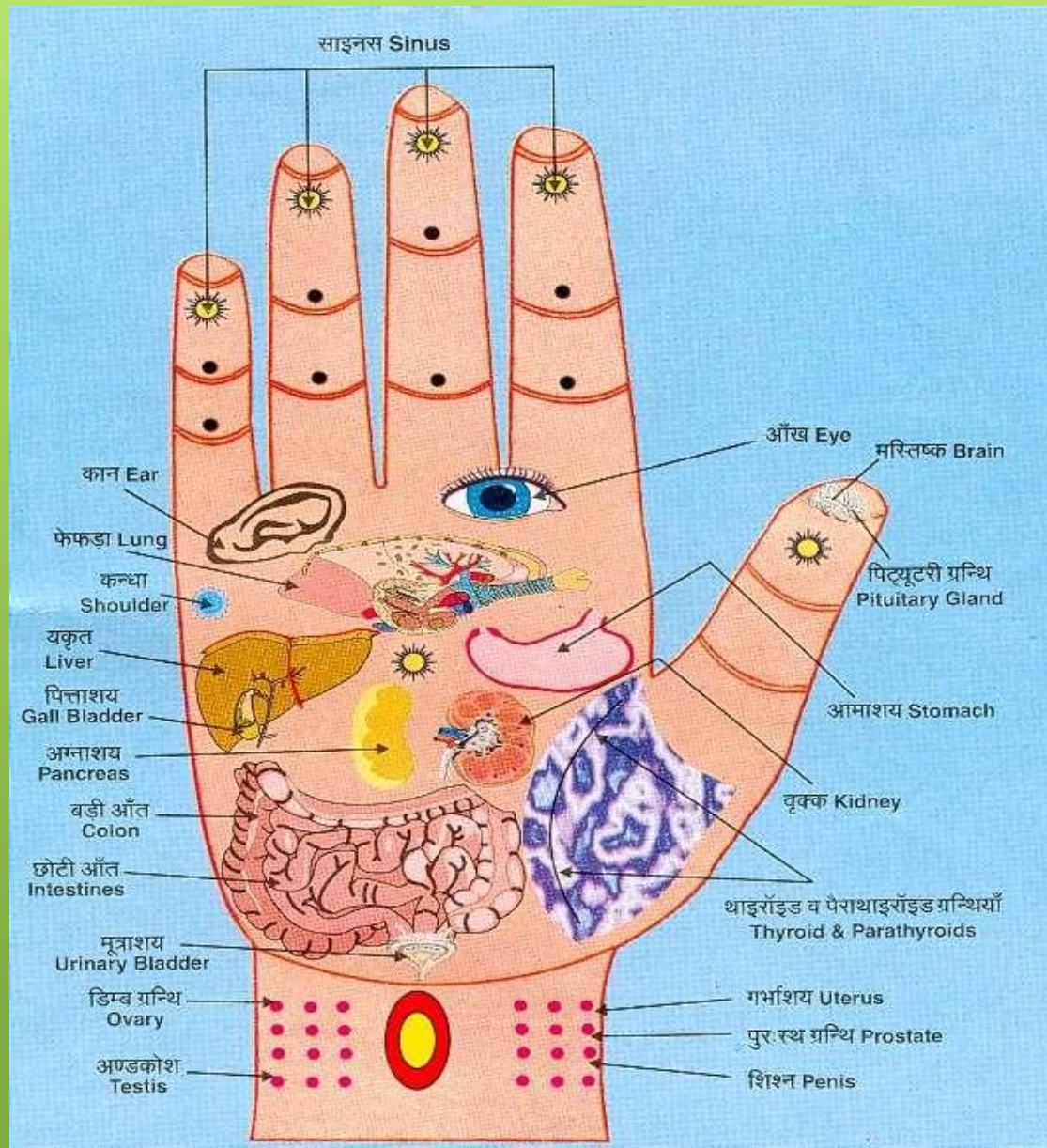


Health seen
through the
face

Health seen through the feet



Health seen through the hands



True to its role...

- Food is both **medicine** and **nutrient**
- Now it is mostly... **TOXIN !!!**
- If wrong food compromises our...
 - * **physical body** *sickly, allergies, food hypersensitivity*
 - * **life body** or **formative force** *"low-batt", chronic fatigue, insomnia*
 - * **astral forces** *stuck in the level of emotion, addiction, attention disorder*
 - * **spirit forces** *depression, apathy, cynicism, meaninglessness*

Organic... the starting point of quantum food...

BOX 5

Relative Yield and Composition of Vegetables Grown with Composted Manures Compared with Mineral Fertilizers (results of a 12-year experiment)

Yield: 24%

Desirable Components:

23%	higher dry matter
18%	more protein
28%	more vitamin C
19%	more total sugar
13%	more methionine (an important amino acid)
77%	more iron
18%	more potassium
10%	more calcium
13%	more phosphorus

Undesirable Components:

12%	less sodium
93%	less nitrate
12%	less free amino acid

Original source: Schuphan (1975); cited by Lampkin, 1990

Organic: Tasty and better shelf-life (than Conventional or Mineral system)

Comparative taste tests on vegetables produced organically and conventionally (10-yr.ave)

	% better score than conventional	
	Fresh	Stored
Celery	11	29
Carrots	-4	-8
Beetroot	19	15
Cabbage	17	n.s.

Storage losses (%) for vegetables grown with different fertilizers

	Fertilizer Type	
	Mineral	Organic
Celery	45.5	34.5
Carrots	50.5	34.8
Beetroot	59.8	30.4
Cabbage	46.2	30.0

*Review by: Lampkin,
1990.*

Organic advantage

- Food grown in **"chemical" soil...**
is **deficient** in essential minerals
has *30% less in Calcium, Iron, Zn, etc.*
- Food grown in **organic soil...**
has **higher** amounts of essential nutrients
has **more kinds** of these nutrients
- **Organic food...**
has **greater** amounts of **antioxidants**
has **more flavor**
is **more storable**

But being organic is not enough

Rudolf Steiner...said

***Food with **high life force** is
needed for the continued
spiritual evolution of
mankind***

Quantum: The New Wave in Science...

Quantum means... very very
small... much smaller than
microbes... measurable small

Quantum leap phenomenon ... a
small step with profound impact...

Quantum (physics) vs (layman)

Physics: *that which resides in the atom and is measurable; individualized units of energy*

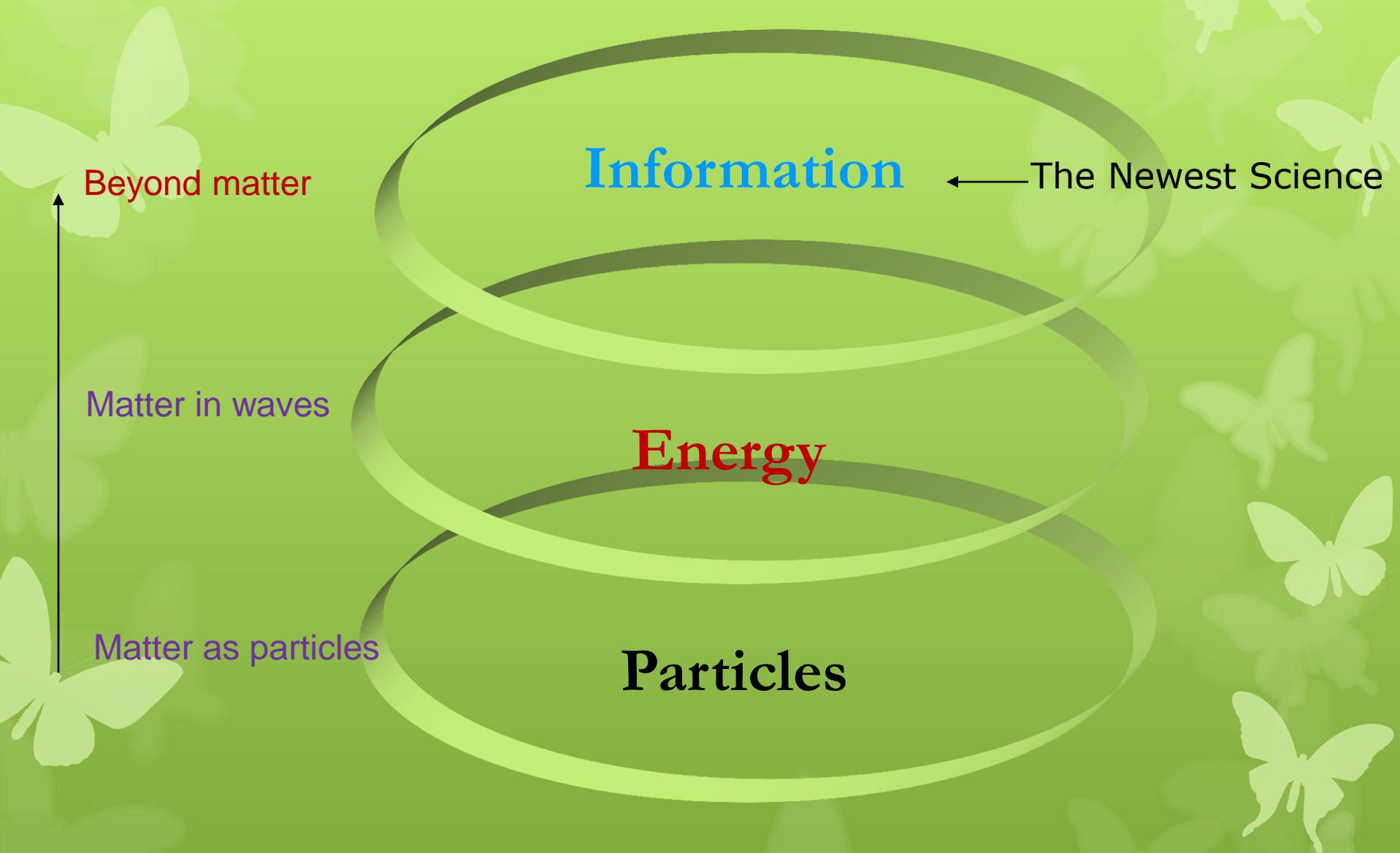
Subtle energy ...Imperceptible energy (beyond the senses)

- ❖ Electromagnetic energy
- ❖ Other subtle energies... scalar

Layman: unexpected, simple
super small amount, but...

huge or wide scale effect
multi-dimensional

ASPECTS OF NATURE, MAKE-UP OF THE COSMOS



Organic may or not be quantum

Quantum may or not be sustainable... if it defies sustainable agriculture principles

Quantum is about subtle energies like life forces

Quantum effect: fast, wide coverage, multi-dimensional

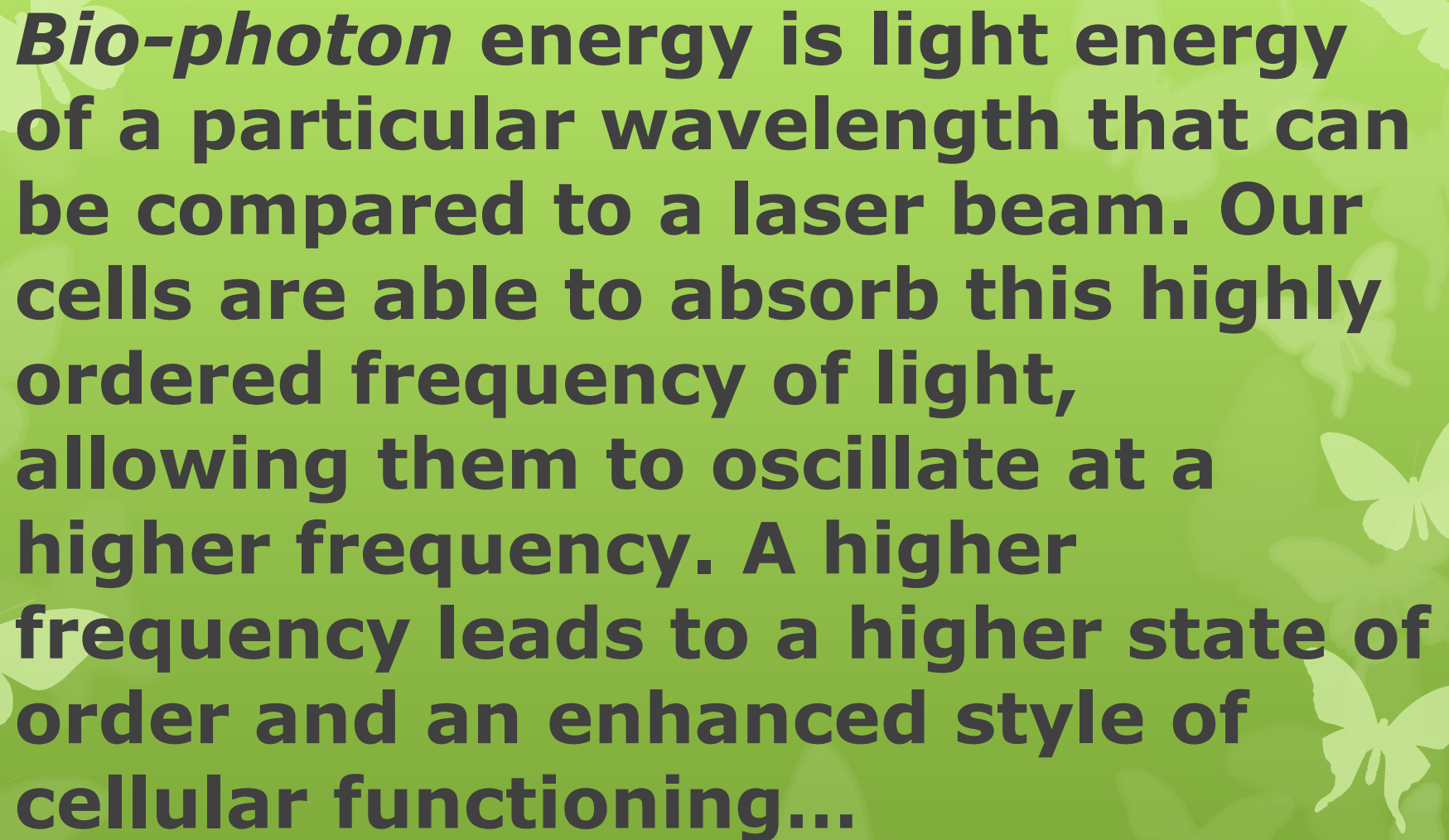
Quantum in physics is that energy residing inside the atom; this is also reflected in the cosmos...

Quantum organic food must have...

- **more life energy or life force or formative force**
- **Contains the blueprint or information system that is congruent to the nature of the local people**

Food Biophotons in the wilds

Popp found that organic foods growing in the wild emitted twice as many biophotons as cultivated organic crops, while the latter gave off five times as much biophotonic energy as commercially grown foods. He also discovered that cooked or irradiated food emitted virtually no biophotons.



***Bio-photon* energy is light energy of a particular wavelength that can be compared to a laser beam. Our cells are able to absorb this highly ordered frequency of light, allowing them to oscillate at a higher frequency. A higher frequency leads to a higher state of order and an enhanced style of cellular functioning...**

Fast food, cooked and processed food will never give your body the *bio-photon* energy it needs to create a state of inner order. You need fresh, unprocessed food to make that happen - the fresher, the better. The freshest, most concentrated sources of *bio-photons* are the leaves and flowers of wild plants. Fresh greens such as swiss chard, kale, bok choy, parsley and spinach come in second. The bio-photon energy particles from these freshly harvested plants will help your body create the source of inner order it needs to attain a heightened state of health and well-being.

For example, if we are lacking zinc and chromium, we might crave a steak. When vanadium is missing, our blood sugar can begin to gyrate and we start fantasizing about carbs and sugar. A lack of calcium might increase the desire for dairy products; a scarcity of iodine might get us thinking about fish. A magnesium deficiency could increase the desire for chocolate, a lack of sulfur for eggs, and when cobalt is missing, we could develop an urge for a steak. When organic salt is missing, we could easily wolf down a bag of salted nuts or chips.

Wild plants contain anywhere from 5 - 20 times more nutrients such as vitamins, minerals, antioxidants, phyto-chemicals, and enzymes than cultivated veggies. Their *bio-photon* content is also much higher. Wild plants simply give you more bang for the buck, and don't come with an inflated price tag! They are free for the taking!

Wild Plant Foods

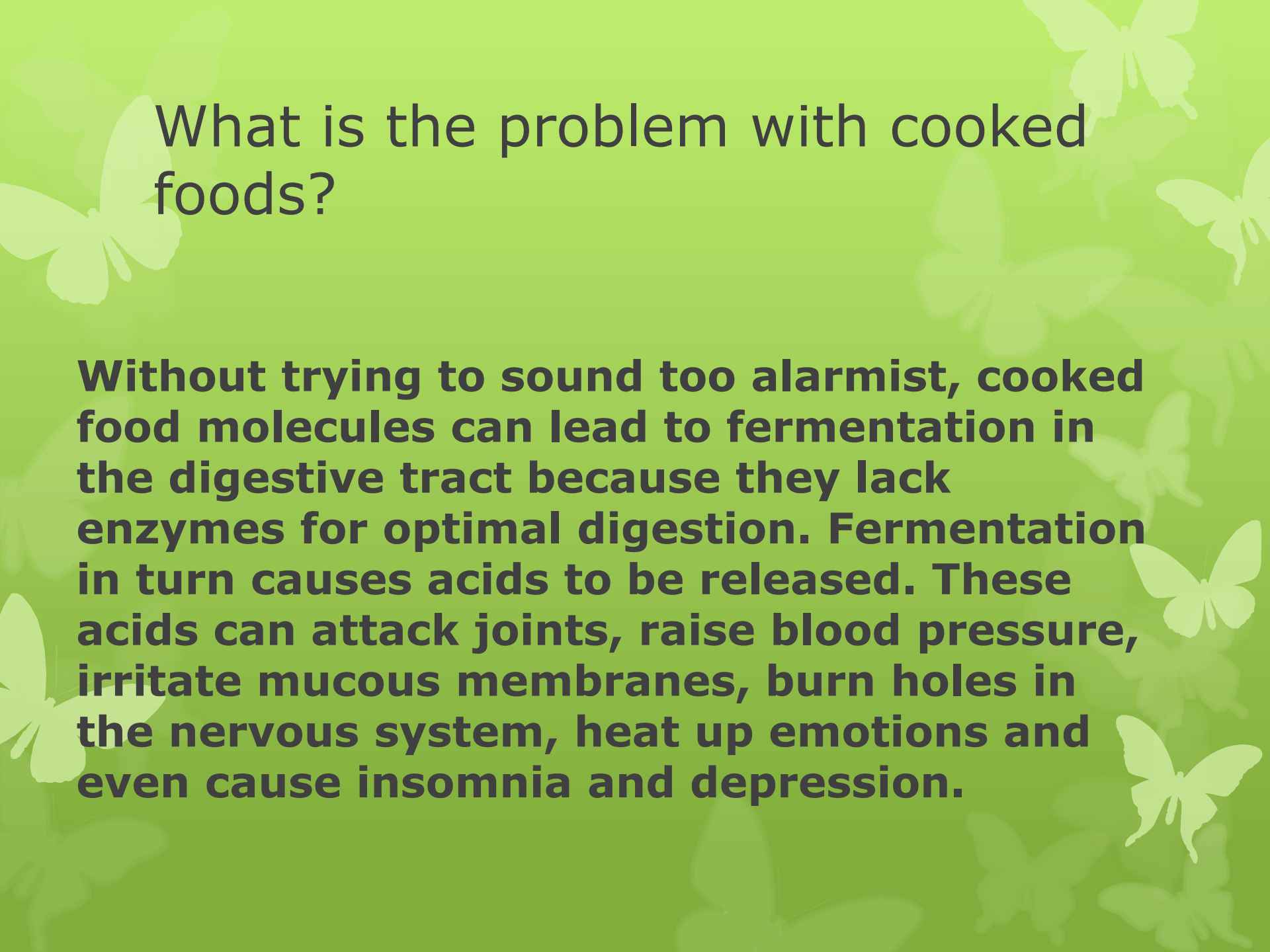
- **Wild plant foods are the richest food source of biophotons. These are edible plants that have grown without any intervention from humans. In an article on the Integral Health Guide website, Tristan Anderson, a certified holistic health practitioner trained in nutrition, says wild dandelion greens, nettles, grasses, mushrooms, nuts and berries rank high on the list of such foods.**

The key to maximizing the biophotonic value in wild plant foods, as well as other organically grown foods, is eating them raw, preferably within two or three hours after they've been picked.

While a person eating a diet of junk food only had a biophoton reading of roughly 1,000 units of biophotonic radiation, the average reading from a person eating live, or raw wild, foods was about 83,000 units.

The Downside of Cooked Food:

- 1. Starch becomes sticky and plugs up our intestines.**
- 2. Unsaturated fatty acids become saturated, clogging up small capillaries and raising the level of cholesterol.**
- 3. Proteins begin to coagulate and change their configuration, making it difficult for assimilation.**
- 4. Loss of organic minerals arises.**
- 5. Loss of heat sensitive vitamins, such as folic acid, vitamin C and B12.**
- 6. Complete destruction of enzymes.**
- 7. Loss of high energy *bio-photons*.**
- 8. Creation of highly toxic cancer-causing compounds such as acrylamid.**
- 9. Loss of oxygen content of food allows foods to putrify in the gut.**



What is the problem with cooked foods?

Without trying to sound too alarmist, cooked food molecules can lead to fermentation in the digestive tract because they lack enzymes for optimal digestion. Fermentation in turn causes acids to be released. These acids can attack joints, raise blood pressure, irritate mucous membranes, burn holes in the nervous system, heat up emotions and even cause insomnia and depression.

Fresh Fruits and Vegetables... next to the Wilds

- After wild plants, the next best source of biophotons are freshly picked, organically grown fruits and vegetables, according to Heinz R. Gisel, author of "In Foodture We Trust." He cites an experiment in which the biophotonic radiation from fresh fruits and vegetables was compared with that from a multivitamin that contained all of the vitamins in the daily recommended amounts. While the radiation from the fresh foods was bright, that from the vitamins was virtually nonexistent.**
- To get the highest level of biophotons, eat a diet rich in raw fruits and vegetables that have been freshly picked from your own organic garden. Alternatively, if you're an urban dweller with no garden and have no access to a family garden, head for the countryside and visit a farm where you can pick your own organically grown fruits and vegetables. Plan on eating this produce as soon as possible after you get it.**
- <http://www.livestrong.com/article/550181-what-foods-are-high-in-biophotons/>**

Sample basic recipe...

Wild Green *Bio-Photon* Cocktail,

- **Two cups of chopped up wild green leaves such as nettles, dandelions, horsetails, or wild spinach are placed in a mixer with two cups of water and blended at high speed.**
- **The juice is then poured through a sieve and mixed with the juice from one lemon or orange. You can also add a banana or other fruit, 3 or 4 dried figs, or ½ cup of frozen raspberries also work well. If you like it more sweet tasting, you can add ½ teaspoon of stevia concentrate and ½ teaspoon of cinnamon.**
- **Add two tablespoons of soaked flax seeds (omega 3 fatty acids) and two tablespoons of the *micromineral primal essence*. Blend.**
- **Drink it for breakfast or take it to work for your lunch break.**

The Wild Green *Bio-photon* Cocktail with Raw Cocoa Beans

- For a more concentrated cocktail, blend two cups of chopped leaves of wild plants with 1 cup of water, but do not pour through a sieve (this does not work with horsetails because they are too fibrous and need to be filtered). This requires a powerful mixer. The Tribest Personal Blender or Vitamix works wonders. Then add 2 tablespoons of soaked flax seeds (omega 3 fatty acids), 3 tablespoons of coconut flakes, 10 raw cocoa beans, ½ teaspoon of stevia concentrate, as well as two tablespoons of *micromineral primal essence* and blend.
- Then top off the smoothie with ½ cup of berries in season or some frozen raspberries. Chew this smoothie slowly. Sometimes it helps to throw in a few sunflower seeds so we don't gulp it down so fast. Digestion begins in the mouth and there are a huge amount of concentrated nutrients that need processing.
- Make this smoothie your breakfast and you won't need a muffin at midmorning, when most people's blood sugar begins to crash. You will be able to sail through all those coffee breaks. You can skip the high carb intake at breakfast. In fact, I have found that the cocktail has the potential to power you up for the whole day. You could easily skip lunch and cut some calories from your daily food intake by having this cocktail in the morning. One main meal in the evening would be completely sufficient. Lunch will become redundant.

- In fact, usually, when I take this cocktail in the morning, I go the rest of the day without any food at all, only drinking *Ayurvedic vata tea* and water. I am totally powered up. This is basically a 24 hour fast, where I rest my digestive organs and give them a chance to detox. The fast turns on youthening genes which keep you young. On these fast days I get a tremendous amount of creative work done while writing and studying.
- The trick is to get up in the morning, drink some tea and/or water and wait until around 10 a.m. before you drink the green cocktail. According to *Ayurveda*, 10 a.m. is the time when our metabolism starts to rev up, making it easier to digest food. The cocktail with its rich blend of cocoa, pro-biotic bee pollen, green leaves, coconut and fruit (frozen or fresh raspberries work great!) should be savored and enjoyed! Remember, we are talking about a food that is fit for the gods, a modern day manna for perfect health!

○ © Dr, Switzer 2008

Other quantum food considerations...

*Besides being **Fresh, locally-organically-quantumly derived:***

- **Harvested at optimal time of day**
 - ❖ **Roots**—evening because daytime energy is brought down
 - ❖ **Leafy**—morning because vitality rises up at night
- **Healthy varieties (local, adapted)**
- **Grown on healthy soil and environment**
- **Grown using practices that imbues life forces**
biodynamics, agnihotra, etc.

More Quantum food criteria

- **Minimized processing:**
whole > juice > frozen > canned
- **Cooked with care: steam, quick sauté**
- **In season**
- **Balanced, variety**
- **According to food “impulse”**
 - ❖ Roots stimulate the head and nervous system
 - ❖ Leaves... the respiratory and blood system
 - ❖ Flowers, fruits, seeds... aid the metabolic and limbs
- **Prayed over**
- **Exposed to quantum gadgets**

Quantum Food Production: *2 examples*

Biodynamic



**Agnihotra
&
Homa
Farming**



Fuller discussion on the 2
approaches may be found
elsewhere

Manifestations of vital food

Aside from higher vitamin and mineral content and better shelf life ... quantum food also leads to the following:

- ***Less frequent feel of hunger***
- ***Good health of animals fed with it***

High life force as shown through:

- 1. Dowsing (ex. Pendulum)**
- 2. Chromatographs (circular, paper)**
- 3. Crystallographs**
- 4. Kirlian photographs**
- 5. Water crystal formation**

Pendulum to detect vital energy



Circular paper chromatographic images in soil

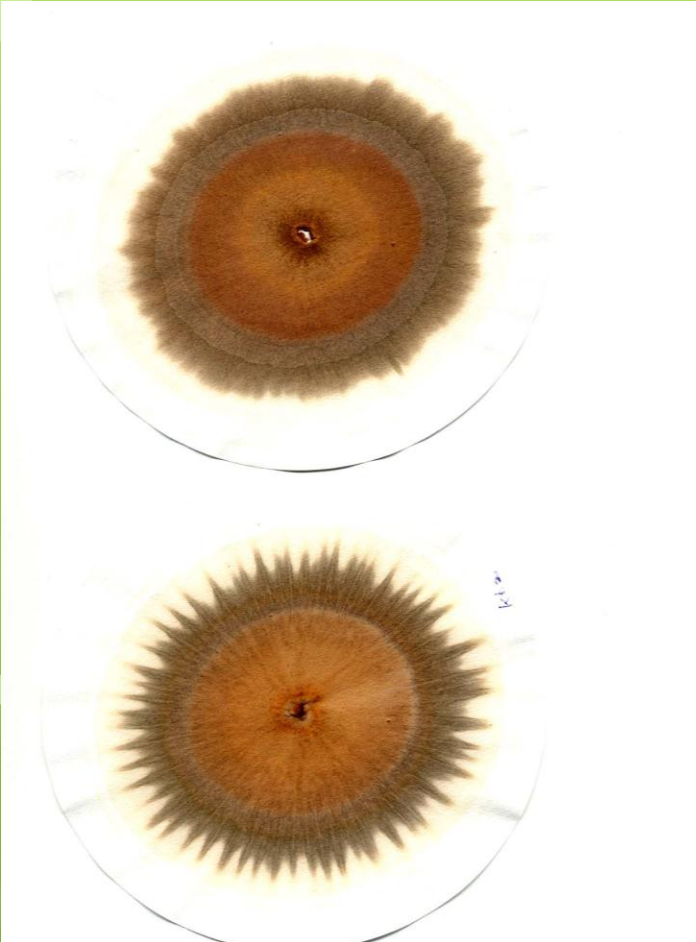
Life Force Biological organization

(A) soil- **initial**

(B) soil- **w/ manure applied**

(C) soil- **post harvest**

A

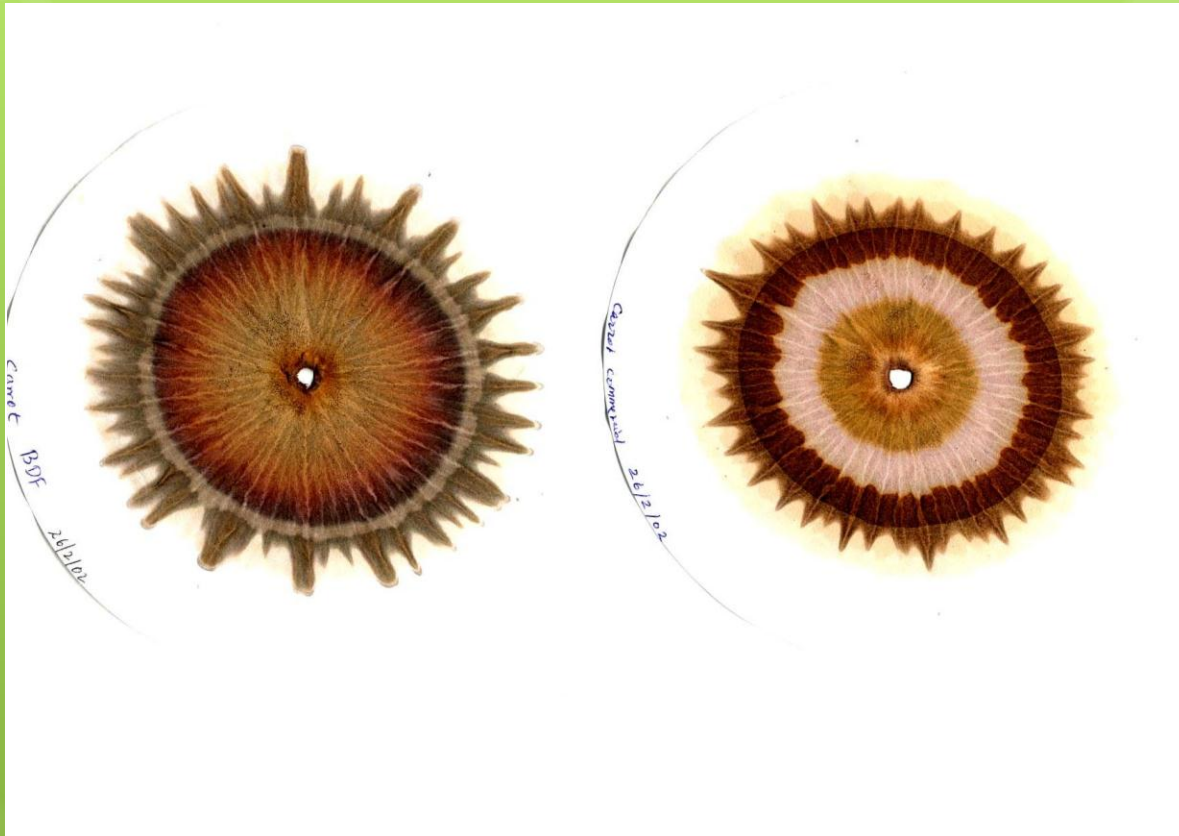


C



B

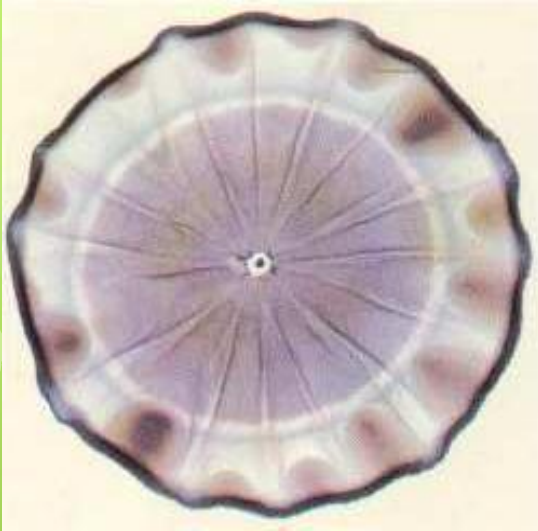
Chromatograms in food



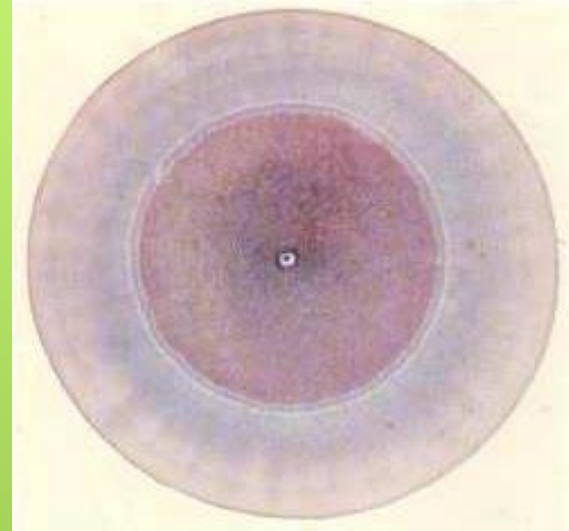
biodynamic

commercial

carrot



Natural Vit C



Synthetic Vit C



Whole wheat bread



Commercial white bread

Chromatograms

showing differences

Low

High



Chemically treated soil.

vs.



A typical good organically treated soil

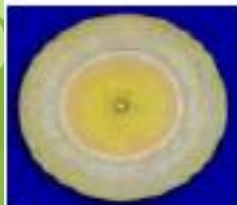


Oats-young green leaves grown on chemically treated soils.

vs.



Oats-young green leaves used in Greenlife and Springgreen, grown on organically treated soil.



Synthetic sugar-glucose (dextrose) mostly used in presweetened foods.

vs.



Molasses-old fashioned.

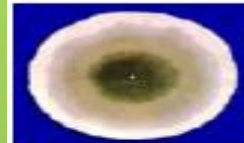


Pasteurized milk.

vs.



Raw milk-whole.



Margarine.

vs.



Butter — fresh home-made from unpasteurized milk.



Alpha — tocopherol commercial in Vitamin E only a part of complete E complex

vs.



Wheat Germ Oil unheated encapsulated Springgreen #53, Velco #83 and Sonne's #3.



A "so-called" Natural Supplement with potencies supplied by synthetic vitamins and inorganic minerals.

vs.



Greenlife #21, Springgreen #33 and Sonne's #12 Greenlife 60%, bone meal, yeast, fish oil 40%.



Corn-young green leaves grown on chemically treated soils.

vs.



Corn-young green leaves used in Greenlife and Springgreen, grown on organically treated soil

Life force of unhealthy vs wholesome products



White refined sugar.

vs.

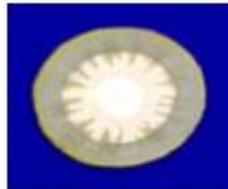


Raw brown sugar.



White flour - bleached.

vs.



Whole unbleached flour-organically grown.

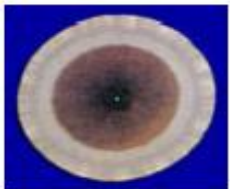


A popular soft drink.

vs.

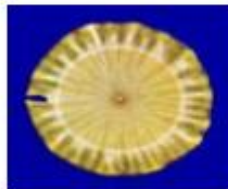


Fresh orange juice organically grown.

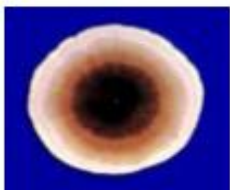


Pure Commercial Vitamin C
(ascorbic acid).

vs.



Acerola - a tropical cherry - Natural
C - used in Springgreen #57,
Springgreen #87 & Sonne's #17.



Synthetic Vitamin A made
from refined and chemically
altered lemon grass root.

vs.



Cod Liver Oil - unrefined specially
made for V. E. Irons, Inc. - excellent
source of Vit. A & D.

Low

High



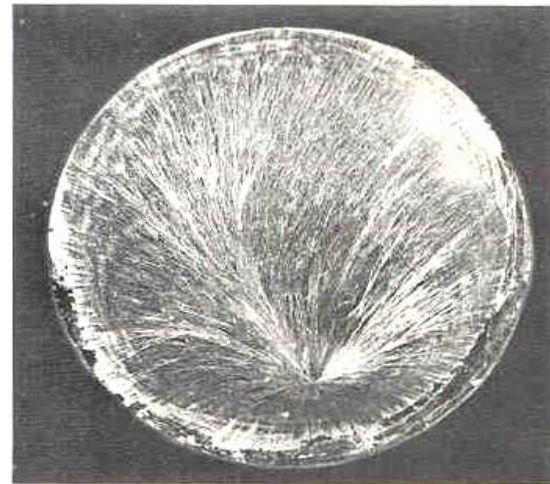
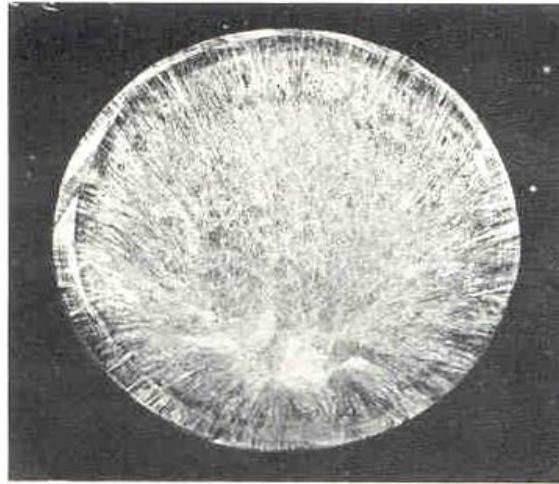
(14a) Mixture of synthetic and
vitamins and inorganic
minerals to duplicate analysis
of items in 14b.

vs.



(14b) Greenlife #22, Springgreen #30
Sonne's #10 analysis of which was
chemically reproduced in 14a

Crystallogram of pine seed from healthy & unhealthy tree



Unhealthy tree

Healthy tree

Crystallograms 1



Without sulfur treatment

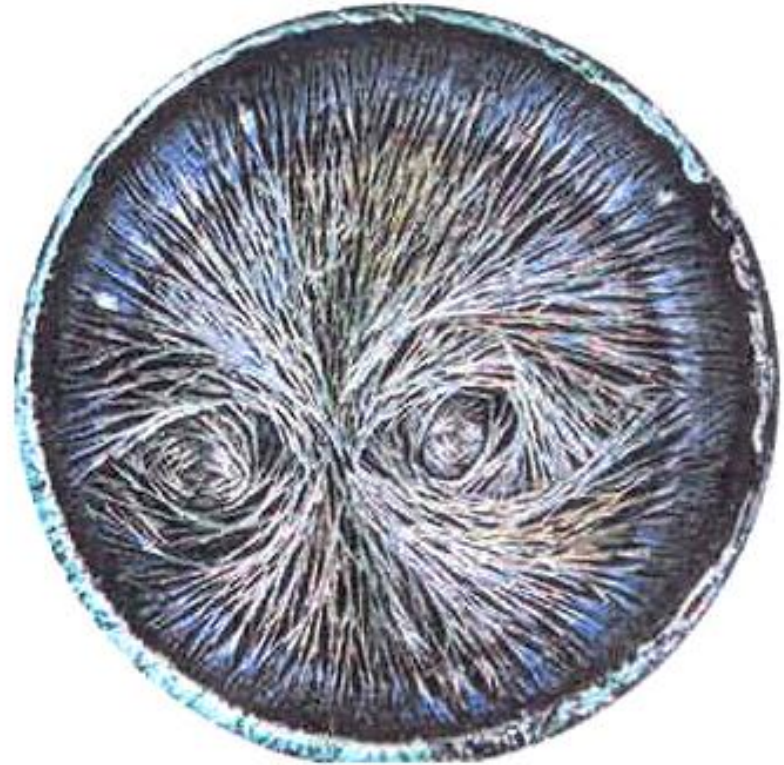


Sulfur treated organic wheat crop

Crystallograms 2



Conventional wheat



Organic wheat

Crystallograms 3



Two different varieties of wheat

Life Force Manifests Visually



Biological organization or Complexity... *differences*



Conventional



Biodynamic



Homa

Biological Organization *differences*



Conventional



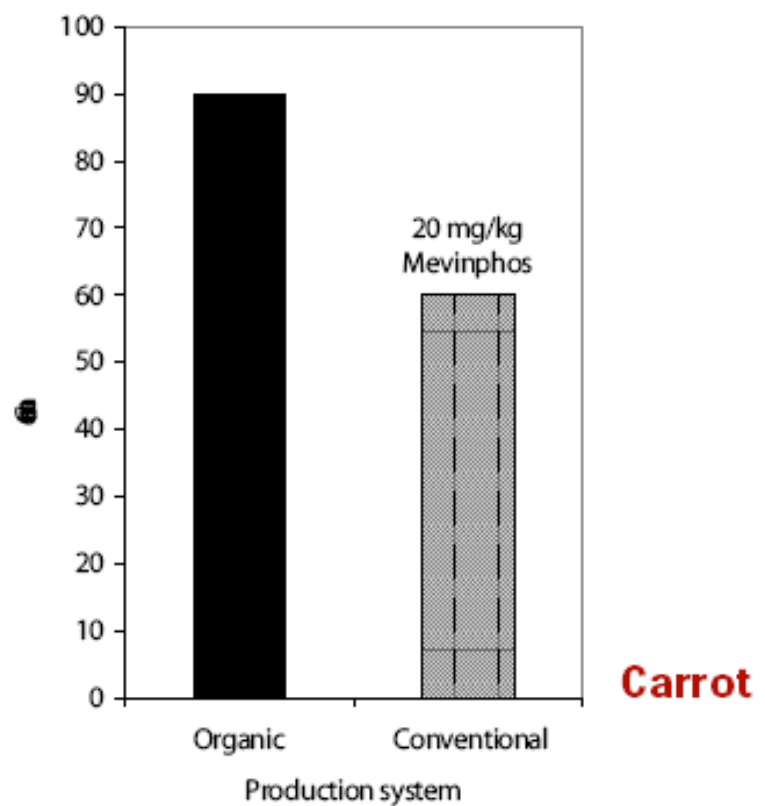
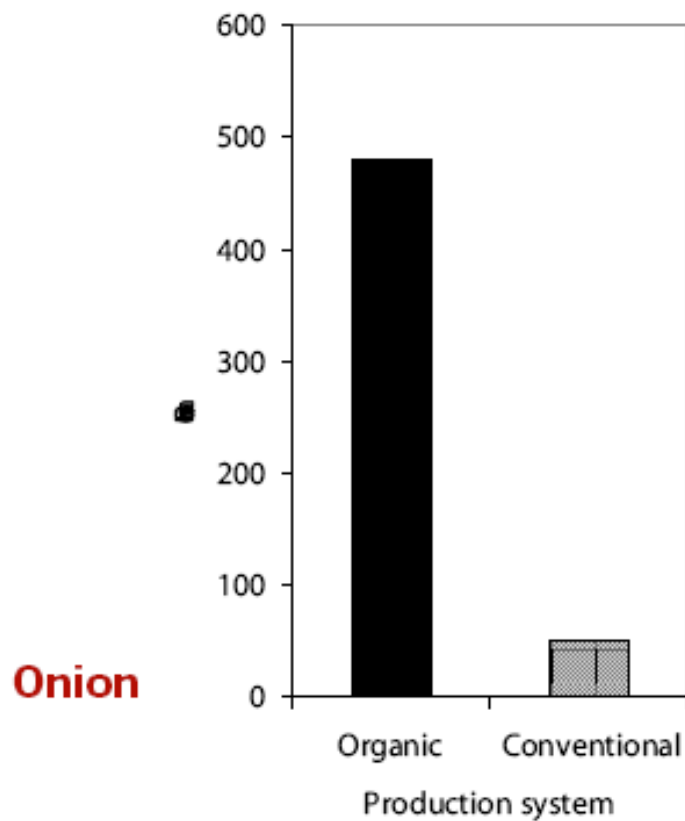
Biodynamic



Homa

Brussel sprouts

Photon Emissions from Organically Produced Onions and Carrots



Source: LAMPKIN, N.
1990.

Seed sprouting vigor with Agnihotra

8-day old jatropha seedlings



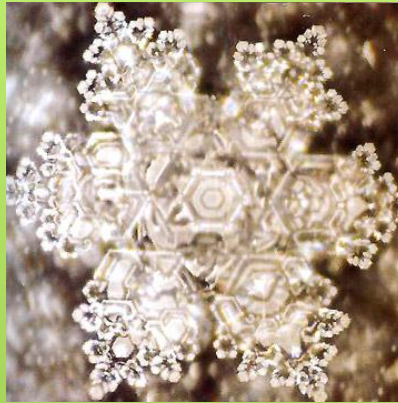
With Agnihotra ash

With wood ash

Ice-Water Crystal Pattern



Agnihotra water



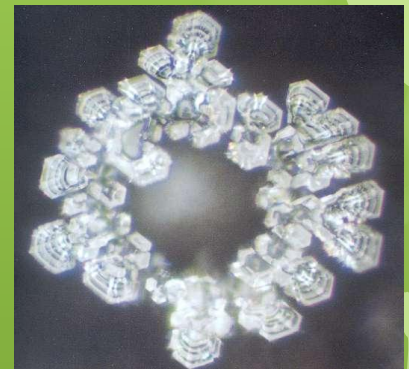
Hiroshima



Amour



Bach



Lourdes

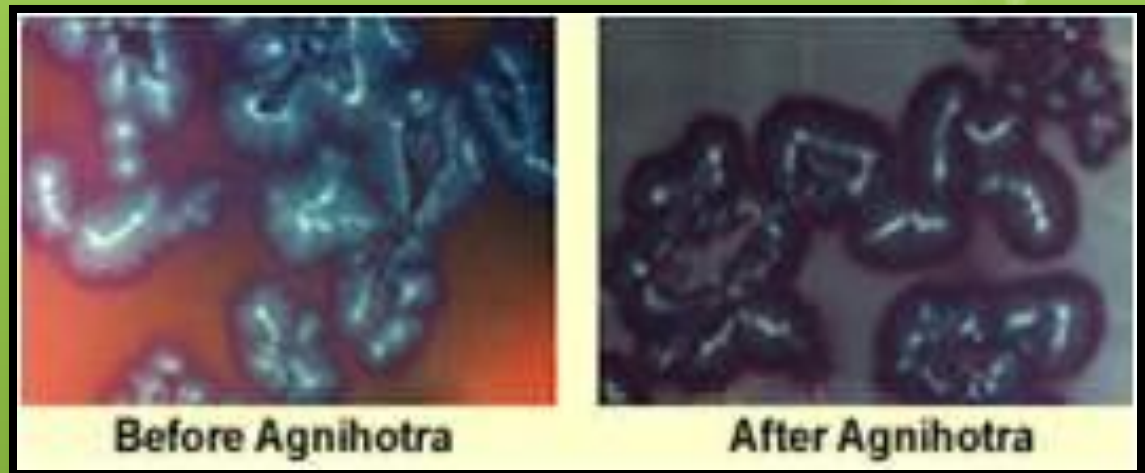
KIRLIAN Photographs

**Human hand 10 min before
and 10 min after Agnihotra**



**Spearmint plant before
Agnihotra:
'red surrounding' means
aggressiveness.**

**After Agnihotra - 'blue
surrounding' means
relaxation**



Kirlian photos of raw foods show the Life Force Energy!

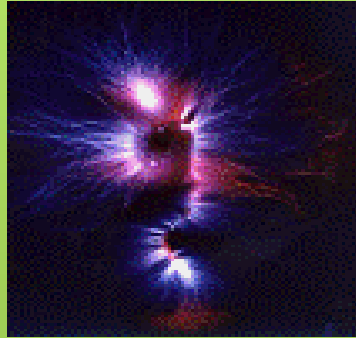


Watermelon



Turmeric

Lentil sprouts... *blanched*



Peas *before*
... *embedding*
with scalar energy



Vital food from plants that are happy and vibrant... given the right attention and praised!!!



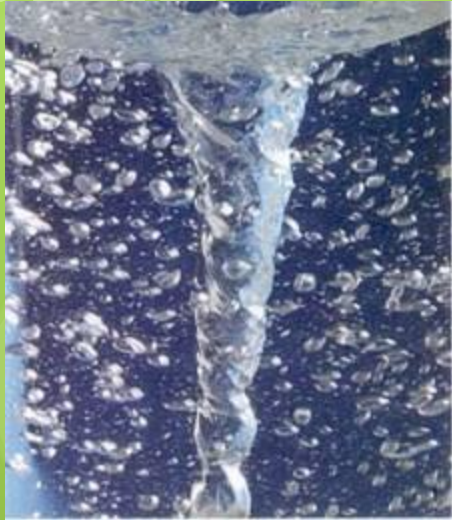
Quantum drink

Water from natural pristine source

Water from quantum gadgets

Water that is vortexed, prayed over, etc.

VORTEX...



- will create life-giving forces & a pulsing effect.

- the water has become enlivened by a similar process to that of the growing plant, the rhythm of the expansion to leaf & contraction to seed. In these process we introduced the cosmic forces that enable the water to become a dynamic chamber of the life energy... as in potentiizing of biodynamic preparations

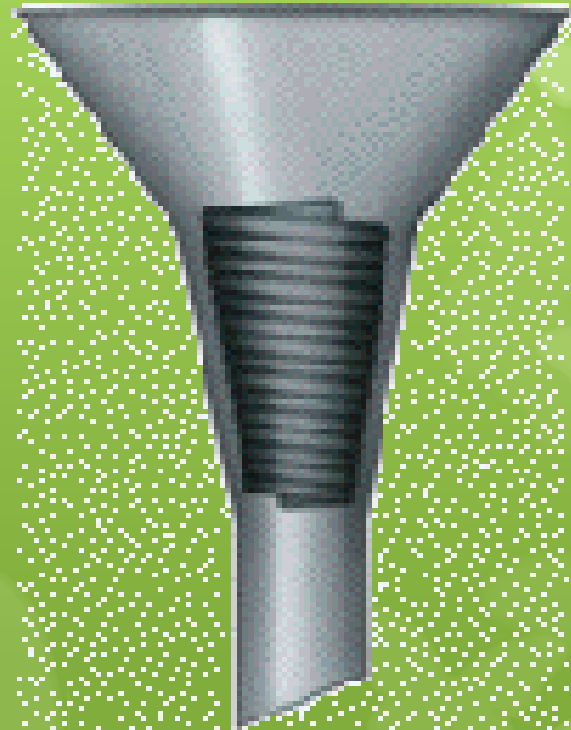


Use gadgets that form vortices

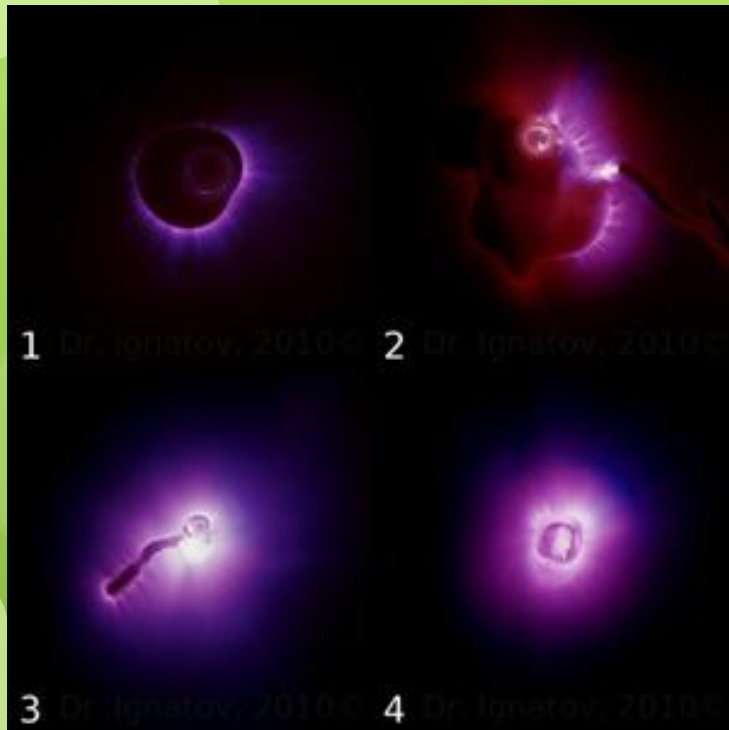


Living water vortex
jug

Aqua vortex funnel



Kirlian photos of water



http://www.medicalbiophysics.dir.bg/en/kirlian_effect.html

Kirlian Photography of water samples on photographic film©:

1 drop - tap water

2 mountain water drop
Teteven, Bulgaria,

3 drop - seawater
Hammamet, Tunisia,

4 drop - karst and mineral
water, Zlatna Panega, Bulgaria,; Dr.
Ignatov©, Dipl.Eng. Yatsevich©, 2010

Biomagnets



Various others



Dr. Pi's Triple Pi Oxygenated Water

Triple Pi-water is a low alkaline water. A bio-energy water with macro minerals and trace minerals essential to our body needs. Utilizing bio-nanotechnology Triple Pi-water's small molecular clusters easily penetrates the cell membrane carrying with it essential vitamins, minerals and most importantly, cellular oxygen necessary for cell growth and development. Once inside the cell, Triple Pi-water binds itself with the toxins, free radicals, uric acids and body wastes stored in the cell. Flushing these toxins out neutralizes body acids that cause disease in the body.

<http://www.sulit.com.ph/index.php/view+classifieds/id/3612608/Triple+Pi+Oxygenated+Water>

Organic and BD food

- **Scientist, artist and philosopher, Rudolf Steiner, inspired the use of these biodynamic preparations, which are made and used with the understanding of how the earthly and cosmic forces interact throughout the year. He recognized that the cosmic forces stream into the earth through the living nature of the elements as well as the soil, and its minerals. These cosmic forces support the plants in their growth. The quality and life forces of the plant we eat highly influences the quality of our thinking, feeling and interaction with people and nature. Our thinking, feeling and way of interacting create the future condition of our society and the world. Rudolf Steiner was aware that a renewal of agriculture is today necessary in order to reestablish the relationship between the cosmos and humanity, for the world. What distinguishes biodynamic farming from other healthy farming practices such as permaculture and organic farming is that biodynamic farmers consciously think and work in a practical way with these earthly and cosmic forces and rhythms. Sowing and harvesting are carefully done at the most favorable times in relationship to the sun, moon and planetary rhythms. In addition to working with the cosmic rhythms, applying biodynamic preparations and composted cow manure, these farmers also maintain healthy soil by rotating crops, incorporating plenty of organic matter into the soil and other holistic agricultural activities. Biodynamic farming practices are also regulated by certified organizations. In many areas of the world scientific research is carried out to develop a better understanding of the quality of biodynamic foods. Ideas are implemented, observations made, comparative testing done and elaborate evaluations made in search of future agriculture practices in harmony with the living world filled with spirit.**

Life Forces of Food

What determines the quality of various foods is more than what meets the eyes. When we first look at a carrot we usually only notice the outer manifestations of matter. In reality what we see is the physical outcome of what has been created by invisible life forces. The carrot is in itself an activity that is constantly changing and metamorphosing,

In order to see the activity of a carrot plant and the creative life forces forming it, imagine a tiny seed sprouting and growing into a lovely vermilion red, sweet, crisp carrot with green tops. Observe first the root of the carrot growing downward vertically around its center. Compared with its leaves it is dense with matter. The carrot tops on the other hand are drawn upwards towards the periphery, spreading out horizontally. They are lighter and slender with an almost lacy look. Already we notice two opposite, yet complementary, forces at work that qualitatively are completely different. One is the downward spiraling centripetal force which is often referred to as gravity and the other is the upward spiraling centrifugal force known as levity. Whereas the force of gravity is connected with the earth so is the force of levity connected with the cosmos.

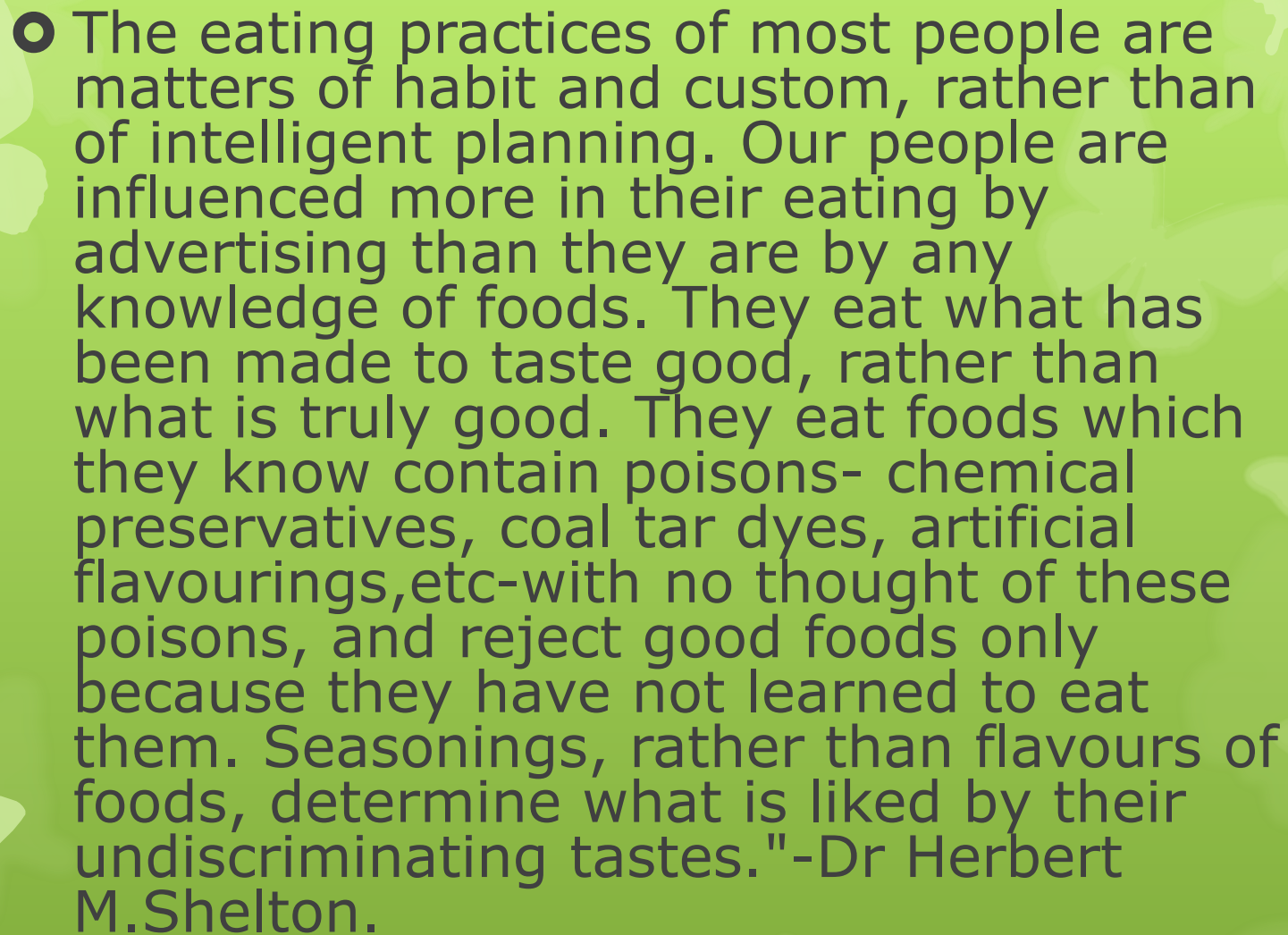
To really understand the essence of nutrition requires the courage to re-imagine the world and bring to our consciousness a view other than the purely material.

The Hunza health secrets

- The question that now absorbed his mind was: "How is it that man can be such a magnificent creature as the Hunzakut? And he proceeded to view the ills of both civilised and primitive man.
- The only difference he could find was in their diet. The Hunzas practised a Spartan form of agriculture, returning all organic matter to the soil. Their food consisted chiefly of raw fruits and vegetables, sprouted pulses, whole grains, nuts milk products from goats, and occasionally a small portion of meat, usually during holidays and weddings. Since chickens have a natural urge to peck at seeds, and since seeds are more valuable than money in Hunza, until recently no chickens were allowed in the state.
- The Hunzas grow apples, pears, peaches, apricots, black and red cherries, mulberries; and the stones of the fresh apricot are cracked open and kernels also eaten. They eat their vegetables mostly raw. They grow spinach lettuce, carrots, peas, turnips, squash, young leaves and various herbs, and they sprout pulses and eat them. Whole grains: wheat, barley, buckwheat, and small grains. Of cereal foods they eat wheat and a great deal of millet. By stone grinding the whole grain remains in the flour and as a result is very nourishing. Nuts: the Persian Walnut, almonds, pecans, hazelnut, apricot kernel. These are an excellent source of high grade proteins and fats. Very little fat of any kind is consumed by the people through ghee, butter apricot oil and negligible quantities of animal fats. Apricot kernel oil is the most important source of fat. Milk products: fresh milk, unboiled, unpasteurised and buttermilk, clarified butter(ghee) cottage cheese, yoghurt and sour milk. Meat does not form an important part of the Hunzan way of life. Most foods are consumed raw. Complete absence of foreign additives. Nothing whatsoever is added to either the soil or the food of the people or the animals. No sprays or spray materials of any kind are used on their crops, and no unnatural chemical fertilisers are used on their lands. All fruits and vegetables that are dried for storing have been exposed to the sun and air. No foreign substances are added or treatments used.

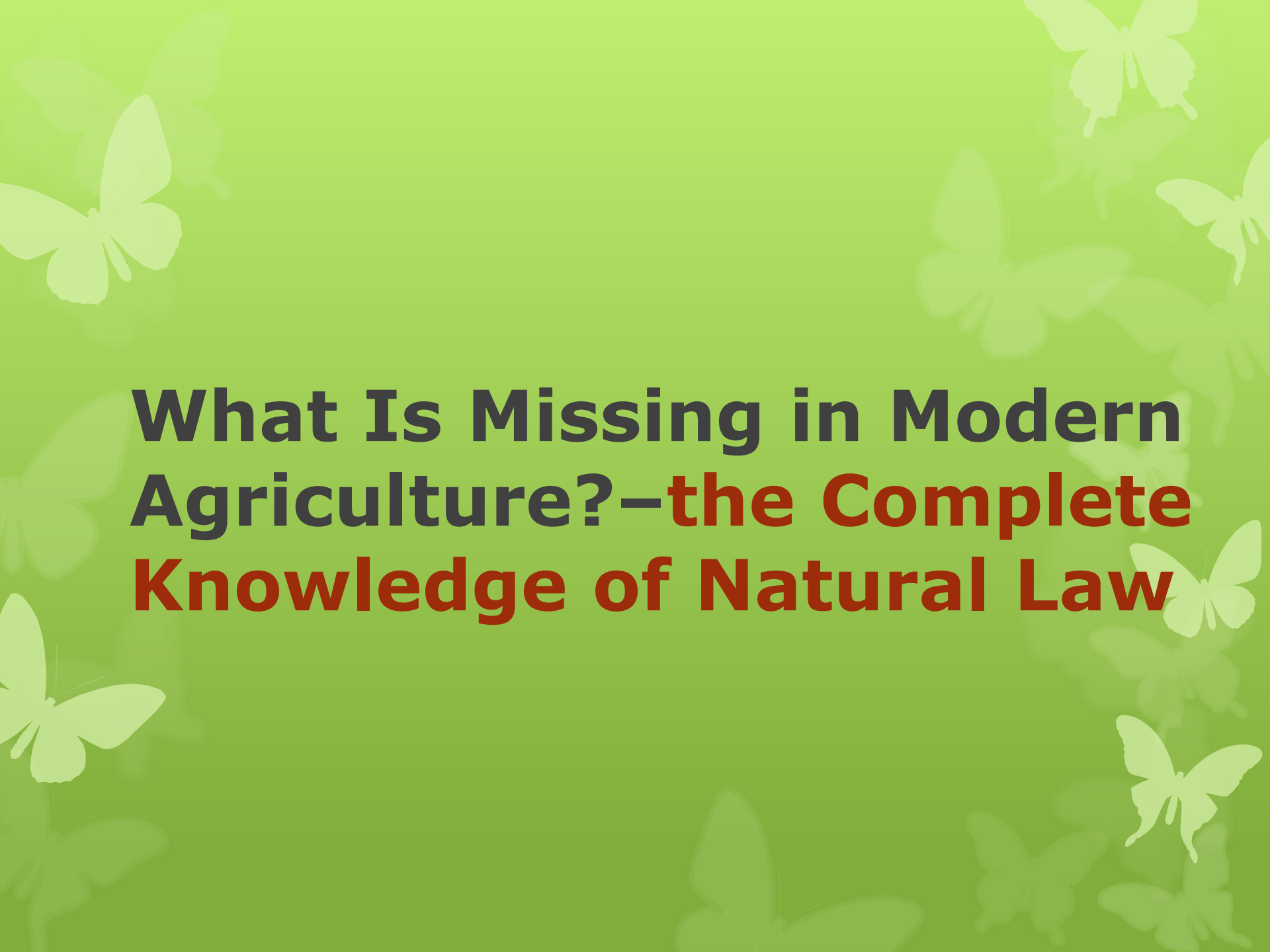
- All children in Hunza are breast fed. A boy child is breast fed for three years and girl child for two years. There is no specific prenatal care, and the good health of the mother is passed on to the infant...and the breast feeding gets the child off to an extremely good start. It is interesting to note that in Hunza no one eats before going to bed at night. None of the people, including children, eat between meals. There are practically no cases of overweight among the people of Hunza. Hunzans are light eaters. Their diet is comparatively meagre. They use less fat of any kind than most people found throughout the world. They have very little animal fat and no fish. And yet there are no more energetic people found in the world and they are continually active.
- We are taught that the diet should consist of proteins, carbohydrates, fats, minerals, vitamins, water and oxygen. However, it is doubtful that the Hunzakuts are aware of these facts.

- The scriptures say "Disease never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health and of nature.
- "A large part of our nutritional problems grow out of our refusal to eat natural foods. Our preference for the manufactured articles-those that have been demineralised, devitaminised, denatured, standardised, pasteurised, homogenised, cooked, canned, frozen, and in other ways rendered less valuable as foods-creates dietary problems that are not adequately solved by the present reliance upon supplements and substitutes. We go to great lengths to spoil our foods and then complain about the climate. We live on a diet of white flour products, degerminated and demineralised corn meal, denatured cereal, white sugar, pasteurised milk, embalmed flesh foods, canned fruits and vegetables, candies, cakes, pies etc., and expect to render such diets adequate by "supplementing" them with fish oils, brewer's yeast, wheat germ, black strap molasses, honey, yoghurt, powdered skimmed milk, cider vinegar, etc."-
Dr.Herbert M.Shelton.

- 
- The eating practices of most people are matters of habit and custom, rather than of intelligent planning. Our people are influenced more in their eating by advertising than they are by any knowledge of foods. They eat what has been made to taste good, rather than what is truly good. They eat foods which they know contain poisons- chemical preservatives, coal tar dyes, artificial flavourings, etc-with no thought of these poisons, and reject good foods only because they have not learned to eat them. Seasonings, rather than flavours of foods, determine what is liked by their indiscriminating tastes."-Dr Herbert M.Shelton.

Mind and Physiology Depend on the Quality of Food that We Eat

- Maharishi Vedic Organic Agriculture provides food that is supportive to health and the development of higher consciousness in the whole society (in contrast to the effects of modern agriculture that are quite the opposite of this). For full development of mind and body and for the full nourishing power of Natural Law to be present in the food, we need the full range of Natural Law to be enlivened in our farming practices.
- This enlivenment will be the natural result of Maharishi Vedic Organic farming. Food grown in this manner, based on the ancient Vedic principles of farming, will place the thinking and behavior of the whole population in an increasingly evolutionary, health-enhancing, life-supporting direction. All organic farmers today should add the principles of Maharishi Vedic Organic Agriculture to their farming practice in order to enliven complete Natural Law in the food they grow, and consequently in the consumers of their products.

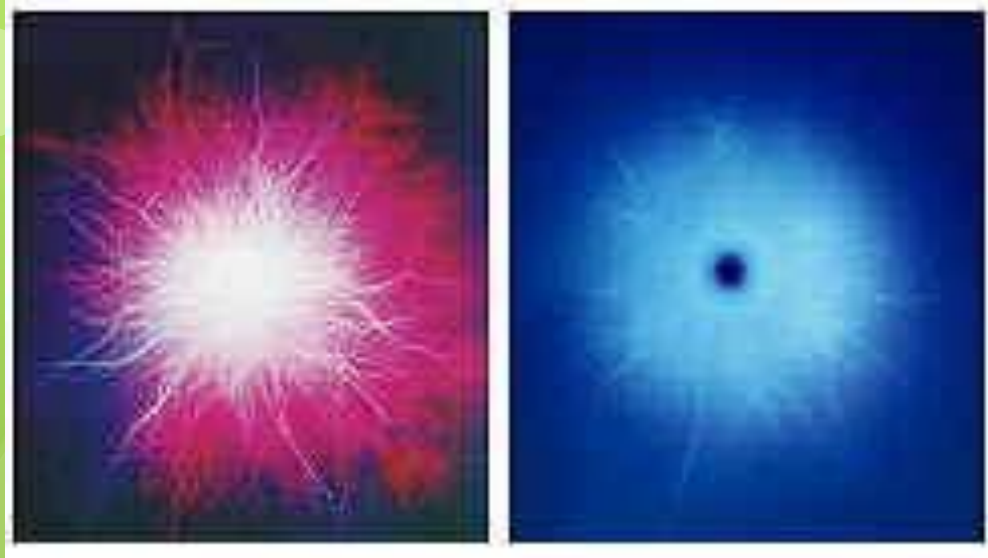


**What Is Missing in Modern
Agriculture?—the Complete
Knowledge of Natural Law**

One acre of beans produces ten times more protein than an acre of pasture set aside for meat production." -Higher Taste

"The human being is the elder brother of all other living beings. He is endowed with intelligence more powerful than animals for realizing the course of nature and the indications of the Almighty Father. Human civilization should depend on the production of mother nature without artificially attempting economic development to turn the world into a chaos of greed and power only for the purpose of artificial luxuries and sense gratification."

-Srila Prabhupada (excerpt from commentary on [Srimad Bhagavatam 1.10.4](#))



**The more "alive"
the object the
more energy it
has, and the more
"dead" it is, the
less energy it has.
The field also
reveals the
congruency or
"how well
balanced" the
energy field is.**

The aura of the electrical conductive "life force" in individual supplement tablets, revealing the distinct differences between three separate brands



One tablet of one of the largest-selling "Natural" Multivitamins (USP) in the world



One gelatin capsule of a top-selling "Chelated" Multivitamin in a Whole Food



One 100% pure vegetable capsule multivitamin from a living source - note the significant

Concentrate
http://www.ecoviva.com/html/the_quantum_energy_effect.html

Did you know most vitamins and nutritional supplements contain toxins?

Studies show that most vitamins and supplements contain toxic poisons. Yes, that's right, a landmark research study by the University of California and the American Nutraceutical Association showed that 97.5% of so-called "nutritional" supplements and vitamins are labeled with incorrect information and filled with toxic ingredients! (JANA, Dec. 1999). Check your vitamin labels: do they list magnesium stearate or stearic acid as ingredients? Natural flavors? Sodium benzoate? Gelatin? Stearates have been shown to suppress the immune system. Natural flavors is the new term used for MSG, or monosodium-glutamate, a known brain neurotoxin. Sodium benzoate is carcinogenic. Gelatin comes from animal hooves and other animal parts. Therefore, gelatin often contains toxic preservatives, plus hormones and antibiotics that have been given to the animal. Stearates and gelatin are used in many capsules and tablets; natural flavors in lots of protein drinks, and sodium benzoate as a preservative in many liquid supplements.

Energies, Waves, etc.

Ultra high frequency subtle energies such as consciousness ([scalar waves](#)), [tachyon energy](#), and [zero point energy](#) (energy between subatomic particles of matter) program and store information in — and are transmitted by — water, soil and stone, bone, and blood.

Water is a liquid crystal, soil and stone are crystalline minerals, bone is composed of crystalline minerals, and blood contains water, magnetic iron, and DNA — the double-helix antenna within us that connects consciousness to our physical bodies. Crystals are frequency resonators that hold, amplify, and transfer information. If this sounds like New Age nonsense, take a gander at [MIT's video courses on crystallography](#).

This is also part of the basis for the Asian concept of “Feng Shui” and dowsing. Physical structures, particularly natural ones in the Earth such as water, stone, and metals, affect the organization of energy. Monatomic (ORMUS) minerals in ground water veins also create superconducting “Meisner fields” similar to those found in the human nervous system, specifically at superconducting junctures the Chinese call “acupuncture meridians.”

When energy is exposed to water, stone, bone, and blood, they store the frequency information, much like computer memory. The work of Masaru Emoto regarding human consciousness affecting the atomic structure of water is an example of how consciousness can program information into a crystalline material, in this case, water, a liquid crystal:

Native and ancient cultures have described these concepts in terms of spirits, nature, magic, and other shamanistic ideas. In speaking with Chief Reyna, we both held similar views of what the sweat lodge and vision quest ceremonies were about, using different language. When we sweated profusely upon the ground, we homeopathically treated the water and crystals in the ground with our own individual and collective frequencies. The women who shed blood onto the ground did so as well. Rains will wash those frequencies further into the soil, and roots of plants and fungi ([mycelium](#)) in the ground. Mycelium are widespread incredibly dense and expansive networks of fungi roots that can span many miles. One cubic inch of soil can contain 300 miles of mycelium, an associative neural network carrier of information structured much like the Internet, according to the book [Mycelium Running](#).

The scalar fields of our consciousness and the sounds of our singing and language also influenced the soil and water, and sent thought forms into the quantum field to possibly slow down into tachyon energy and solidify into physical manifestation. The lodge was built in the middle of an island, surrounded by brackish water where the fresh water streams meet the ocean's salt water. The creek connects with the Atlantic ocean a few miles away. Chief Reyna said the lodge was the Earth's womb, rebirthing us when we came out of the lodge. As I sat in the lodge, I saw a vision of the scene overhead, the womb on the belly of the island, surrounded by water leading down a meandering birth canal out to the ocean due west of us at [Ponce Inlet](#), the vagina. To top it off, I know this inlet and the island are on a paramagnetic ley line that extends from the Bahamas.

The problem with ingesting powdered rocks is, the body can't metabolize much or any of it. But through the brilliant quantum mechanical alchemy of fermentation, the minerals are broken down into monatomic ORMUS and microclustered elements and become bioavailable. Compton also uses some very special Native American herbs and other exotic ingredients not found in other supplements. For example, he uses high temperature probiotics from Hawaiian volcanoes to culture his ferments. Brilliant, and the bottom line is, they work.

<http://beyondrawfood.com/blog/>

Some video links

- http://www.youtube.com/watch?v=ZZaK2xj_xg&feature=related **Fruitarianism, Fructose, and Sugar**
- <http://www.youtube.com/watch?v=dBnniua6-oM> **Sugar: The Bitter Truth**
- <http://www.youtube.com/watch?v=bt-eZTLqGmQ&feature=related> **What Not to Eat, Bad Food & Healthy Alternative Foods | PsycheTruth Weight Loss & Nutrition**

Thank you



Merci