

Agriculture- for Wellness or for Illness?

By Dr. Susan Balingit (M.D.). *Sandiwaan Center for Responsible Health Care Inc. or Sandiwaan, an NGO focused on rediscovering health traditions and indigenous diet. Presentation in AGRICULTURE 199 (Undergraduate Seminar in Agriculture), September 4, 2006, UPLB. Notes made by Pam Fernandez. Some links are included for reference.*



1. People of long ago were much healthier than the people of today. Indigenous tribes in Palawan, Mindoro and Zambales are considered healthier than those who live in the “civilized” areas. Our indicators of wellness are the teeth, skin (which mirrors the status of the internal organs), and strength (their weight lifting and mountain climbing abilities).
2. According to studies, native people have stronger teeth, smoother skin, stronger immune system and more/powerful strength compared to the urban dwellers. Natives also have longer life span than the average (especially urban) people of today, who only live up to more or less 70 years old.
3. How come the indigenous class of society has the edge, in terms of health, compared to what we call “civilized” community? How come the kids of the rich or of professionals get sick more than kids of poor (especially rural) communities? (*mapapalad nga ba ang mahirap?* Are the poor really more fortunate?). The answer lies in the lifestyle, specifically the food they eat. We can say that indigenous practices are wiser than modern day ones.
4. Our ancestors and the indigenous peoples like the Mangyans of Mindoro are eating root crops, seeds, fruits, leafy vegetables like alugbati and malunggay, which they obtain from their backyard gardens and which are all organically grown.

5. The construction of the Banaue rice terraces and the “bayanihan” system (collective effort) of moving houses are big proof that the natives before have strong bones and great strengths. The houses of the Ifugaos have narrow steep stairs. This means that the older members of the family especially in earlier times can still walk up and down the stairs without having difficulty. This also shows that older people before have no rheumatism, osteoporosis and other bone-related illnesses.



<http://picasaweb.google.com/lh/photo/bwOsq-tn0IQ9dVwE5YuLcQ>

6. Our ancestors' remains revealed that back then people die old but still their remains show that they have black and shiny hair and strong teeth until old age. Before there was no milk consumption but people's teeth were full and there was no osteoporosis. Remember that teeth erode first, before the bones. All of the babies of the indigenous peoples were also born through normal delivery.
7. When did man start to get sick? Illnesses started to come up when we started to plant for profit and not for our own consumption; when we started selling and buying food. We also began to get sick when we tried **to remove the symptom, such as pain, and not the illness**. Essentially, this means that it is money that puts food on the table. Modern man has found a greener pasture by selling his produce. He does not care who will eat his produce nor on how the crop is produced. He cares more for quantity than for quality of produce. He applies massive amounts of toxic fertilizers and pesticides.
8. Majority of the agricultural products available in the market nowadays are being produced with chemical/inorganic inputs. Preservatives in the food processing industry are also being widely used. Apples harvested months before (or a year ago) are shipped via surface/ship mail to other countries like ours; they are still as crunchy as the new harvest when they reach us. This is made possible through the application of formalin and other preservatives on the fruit or on the tree

itself. Remember now that this fruit and other chemical-laden ones are the ones that you bring to your patients in the hospital when you visit.



<http://fruitnflora.com/2011/01/fruit-basket-the-health-gift/>

Pesticides in Produce - The Dirty Dozen

The EWG's Shopper's Guide to Pesticide in Produce will help you determine which fruits and vegetables have the most pesticide residues.

Dirty Dozen Buy these organic

1		Apples	7		Grapes – imported
2		Celery	8		Sweet bell peppers
3		Strawberries	9		Potatoes
4		Peaches	10		Blueberries – domestic
5		Spinach	11		Lettuce
6		Nectarines – imported	12		Kale/collard greens

<http://www.google.com.au/imgres?i=organicapples&oranges&hl=en&sa=X&biw=1241&bih=606&itbm=isch&prmd=imvns&itbid=9KFF4aP3FO2M&imgrefurl=http://www.biomat.com/reduce-pesticide-residue-with-alkaline-water/&docid=DFMAUCXGFT09EM&imgurl=http://www.biomat.com/wp-content/uploads/2011/10/pesticides-in-produce.gif%253Fsa05a1&w=600&h=482&ei=MhBXUPy3A-rYmAWRtCoDA&zoom=1&iact=rc&dur=162&sig=114244386708960759595&page=2&itbm=135&itbw=168&start=21&ndsp=26&ved=1t:429,r:16,s:21,i:190&tx=76&ty=64>

9. Food intakes of city dwellers are all instant. Instant coffee, instant noodles, processed meat and other instants available in the market. People eat a lot more meat and much less vegetables and fruits. They do eat vegetables, but the toxic chemicals applied during the production are in these vegetables and in the other products that are available in the cities and other more urban places.
10. In the long run, **eating non-organic and unhealthy food will make our body weaker, our immune system compromised and less strong, thus making us fragile and predisposed to illnesses. Then we have shorter life expectancies.**
11. Philippine agriculture is widely affected and influenced by foreign cultures. To us, BIG is BEAUTIFUL. Filipinos now believe that bigger is better when it comes to fruits and vegetables, and also to body built. For us now, bigger apples, eggplants, corn and other crops for we believe that they will give us more nutrients than the smaller ones.

12. Crops that are only produced in specific areas of the world are now being “alienated” or made alien in a sense that their nature is defied, their genome construction not honored and they are being altered to fit an environment which is not suitable for them.
13. God created and put everything in this world in their proper place where He knows it would be suitable and where its usage will be optimized. **Crops grown in temperate areas of the world were made to give warmth (they carry warmth) in the body of those living in the colder areas.** Let us reflect on water: it expands or becomes less dense when melted and when further heated, until it reaches boiling point (steam is expansive; hard to contain). On the other hand, **crops that are able to survive in the tropical regions like the Philippines are made to give coolness to those who will eat them.** Fruits and vegetables (e.g., leaves) in the temperate regions are relatively big to fit the appetite of the people there who are also taller and bigger. Crops from Baguio where it is cool also behave as temperate crops.
14. Temperate crops are usually bigger, softer and lighter while the tropical crops are darker, harder and usually smaller.
15. Alienated crops have already altered nutritional elements and other substances, as well as physical characteristics, than the local or adapted ones. The nutritional value they give to those who will eat them cannot be compared to the value that can be provided by organically (deeply organic) produced crops.
16. Organic crops are plants that are grown free, or on its original environment. We should eat crops that grew on their own or by themselves.
17. Through the years, difference in health stability of people is continuously changing... health is progressively declining. People from tribes up in the mountainous regions who often haven’t consulted any doctor or have had no check-up in clinics or hospitals, live longer and have stronger bodies than the people living in the urban areas, who ironically have all the access to the modern medical facilities. The latter commonly carry illnesses and diseases ranging from simple cough to the deadly cancer. This is more of a simple case of malnutrition.
18. “Milk is healthy “according to the government and companies who continuously advertise this in the media to promote their product. Milk products that are available in the market are all (or mostly) cows’ milk. **Cow’s milk is produced by cows for their calf.** Its nutritive value fits the characteristics of the calf. Cows are already mature by the age of 3 to 5 years. For the calves to attain this fast maturity, the estrogen and other growth hormones are naturally made abundant

in the milk. Just imagine therefore, that you are letting your children drink the milk specially made for calves!

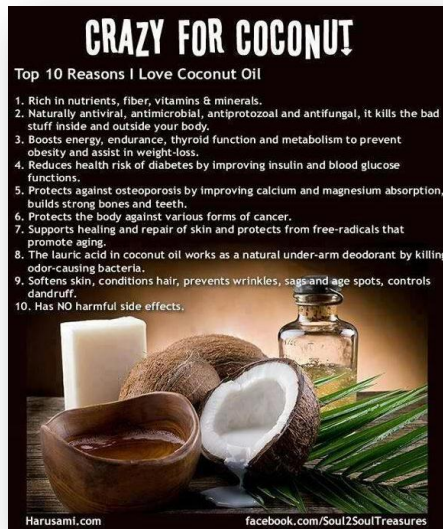


19. Milk has caused differences in the birthing phenomenon. Drinking milk while pregnant is also popular and much recommended by the government. Majority of giving birth nowadays are not through normal delivery, unlike before. Birthing was easier in the older generations. Now, most women undergo caesarean operation because the baby is too big for their pelvis (*sipit-sipitan*). Why is this happening? Look, you nourish your baby with nutrients suitable for the cow while it is still in the womb. The baby thus tends to grow bigger than normal... the result is difficulty in delivery.

20. Milk is also cited as one of the factors why the number of obese children continues to rise in the United States. It is also said to be a factor in the high incidence of autism in children. Milk has fatteners, growth hormones and other chemicals. It results to early puberty because of the growth hormones. For more on milk's disadvantages: **Don't Drink Your Milk!** <http://www.mercola.com/article/milk/no-milk.htm>;



Best alternative: Coconut milk.



21. Agricultural and scientific advancements led to the production of **Genetically Modified Organisms (GMO's)** which are now widely produce. These crops are now causing infertility and other illnesses not only to the farmers who grow and eat them, but also to the consumers.

22. Incidence of children reported to **menstruate at a young age** is also rampant nowadays... some at 12 years old, others at 10, 8, and even at 5; and the worst case is a 2 year old baby already menstruating! This might have been caused by the growth hormones present in the milk that pregnant mothers drink. The hormones caused the girl's reproductive system to mature earlier like what these hormones do to the calves. Unfortunately this early physical development/puberty is not synchronized with mental and heart development. Also note that milk intake is correlated with affluence... and with autism.

Visit this link: ***Milk Linked to Autism, Schizophrenia***

<http://articles.mercola.com/sites/articles/archive/2008/01/02/milk-linked-to-autism.aspx>

Got Autism? Learn About the Link Between Dairy Products and the Disease

<http://www.peta.org/features/got-autism-learn-about-the-link-between-dairy-products-and-the-disease.aspx>

The GFCF (Gluten-Free, Casein-Free) Diet for Autism Spectrum Disorders

<http://www.autismweb.com/diet.htm>

23. **Explosion in the number of the third sex** can also be blamed on the milk mothers drank when pregnant. The environment or heredity is not the only cause for being gay or lesbian. The estrogen (female hormone), which is abundant in cow's milk that pregnant mothers drink is absorbed by the baby in the womb. What if the baby in the womb is a boy? The result would be a boy being nourished with hormones for a girl. The same is true if the baby in the

womb is girl... the testosterone, which is a male hormone that is also present in cow's milk, will nourish the baby girl inside the womb resulting to altered sexual expressions.

24. The issue and our dilemma and challenge is this: our students are our next generation. And **we are advancing a science that is used to destroy the human being**. Then there's Sharon Cuneta (the megastar) who says "*masarap maglihi sa McDo*" (it is nice to be pregnant and craving for McDo...). But is she the image that we should emulate? We need to rediscover Indigenous knowledge (IK) to see how good and sound our old cultures are (or were then). Poor people especially in the remote areas and are of indigenous background are of generally good health and this is mostly food-related. If people in these areas buy those instant noodles, they can't get real nutrients out of it; they get toxins instead! They become malnourished despite abundance of healthy natural food source.
25. We need to **rediscover** (*balik alam*) **our native plants**. In Palawan, there are have at least 48 dark leafy tree vegetables that people know of. And did you know that leaves of dama de noche, madre cacao, and many more may be eaten?
26. Also **beware of iodized salt**. The level and type of iodine present in it is toxic (*wag na magdildil sa asin*- stop the habit of dipping sour fruits on salt).. ordinary table salt is better and these may be sourced in village markets. Watch for iodized salt in soysauce/toyo and fish sauces/patis as well as in highly processed products in the market. It is indeed an irony here... food is supposed to make us whole and well not fragmented and ill (realize that it is not the DOST that required our salt to be iodized... wonder why the Population Commission managed to push it). <http://www.globalhealingcenter.com/natural-health/iodine-in-salt/>
27. As UP students, we must give back to the people who paid for our tuition, or the education that we enjoyed. We must start learning right and doing right ourselves first, then disseminate learning to other people. We must travel back and learn the old ways, the life of our ancestors. We must learn to rediscover indigenous knowledge to see how sound our lifestyle is or was back then.
28. The challenge is how to change the current and flawed system? We stop consuming milk; we eat balanced food: the seed, fruit, leaf and root. Consider this sad fact: PGMA's feeding program consists of sardines milk and noodles. (Ouch!)
29. Good health and wellness is not about having money or being rich, nor about having gone to school. It is about gaining back health and avoiding disease. It is

about the discipline and the attitude to choose the right lifestyle and the right food for us, regardless of what class of society we belong. It is about being truly Filipino.

END

Newer reviews from the internet:

<http://ladyimana.weebly.com/my-health.html> Several days ago was I invited to a talk/workshop about healing and cooking. Honestly, I was not interested but after the first text message about the talk, a second message was sent to me about a nurse who did six cycles of chemo therapy and used to take steroids and plaquenil is now in remission. After reading that message I got excited... Finally, the awaited talk... The speaker Doctor Susan Balingit talked about wrong habits, misconception about health, medicines prescribed by conventional doctors, what is good and not so good for the body. She also talked about the habits of the natives in the Northern part of the country - how they live, etc. The talk lasted for three hours but I think the doctor has more to say but she needed to go in preparation for Chinese new year. Good thing she gave her e-mail address and mobile number. (doksusan@yahoo.com / 09178461447)

One of her patients, who was diagnosed with SLE shared her experience, she sought conventional treatment -chemotherapy but she was not getting "better." The protein in her urine was like a pendulum, positive 1,2,3,4; her CBC test was not ok, her kidneys were in danger. She was losing hope and was depressed. Then one day she was introduced to Dr. Susan, the doctor's idea is very simple, eat right.... But this is easier said than done, but the patient who was desperate to get well took the challenge. At first the diet was very difficult but this did not stop her after. Several months of good diet and healing sessions with Doc. Susan she felt better, slowly her steroid intake was tapered then eventually no more steroids. She felt good and strong again... Now she is great and in remission for eight years!

The PhP 800 fee for the talk was worth it. All the things that Doc. Susan discussed was true and enlightening also motivating... Now I'm seriously considering her health plan. For me diagnosed with SLE now Lupus Nephritis Class four, her suggestion is all veggie diet... take note locally produced organic vegetables... Once I start such diet I will schedule healing sessions with her... I am hoping for the best!

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Health advocates say indigenous food healthy

http://services.inquirer.net/mobile/07/09/04/html_output/xmlhtml/20070817-83208-xml.html ... Dr. Susan Balingit of Sandiwaan Center for Responsible Health Care Inc. or Sandiwaan, an NGO focused on rediscovering health traditions and indigenous diet, asserted that "traditional Filipino diet is based on healthy food." ... "It is a diet that includes food which nutritionists and health authorities around the world are pretty much in consensus about. Things like whole grains, organic vegetables, and beans. It is a diet very much in

harmony with the environment," Balingit said... Balingit said she and her co-health workers stumbled on the benefits of traditional diet when they noticed that city dwellers were more vulnerable to allergies, colds and ordinary ailments than those who live in rural villages... Working on the hypothesis that diet has something to do with their health makeup, she said they adopted the diet of villagers, which was mostly vegetables, root crops and whole grains like boiled corn... Balingit claimed that they became less prone to ordinary ailments after shifting to the villagers' diet... From this experience, Balingit's group organized the Sandiwaan to promote traditional health practices and diet through small discussion groups and lectures that they hoped would lead to the rediscovery of Filipino health and health-related traditions... Nancy Obias, a member of Sandiwaan and owner of a vegetarian diner here, said several discussion groups here have been organized. Their members are actively pursuing traditional and organic diet as a lifestyle... "The first principle is to eat along the lines of traditional dietary practice. The second principle is to change and modify diet according to climate. Be flexible and adapt the food you eat according to the place you live," Balingit said.

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Back to basics with Dok Susan at the Women's Market.

<http://www.gmanetwork.com/news/story/216251/lifestyle/food/back-to-basics-with-dok-susan-at-the-women-s-market...>

You are what you eat... The saying was never as clear as it was on Friday at the Women's Market at the Quezon City Hall, where health advocate Dr. Susan Balingit gave her lecture "Food as Medicine."... "Bakit kaya pinapainom sa mga baby ang gatas ng mga baka? 'Di kaya may mali doon? (Why do we feed babies with cow's milk? Isn't there something wrong in that?)" asked Balingit, chair of the Center for Complementary and Integrative Medicine of the De La Salle Health Sciences Institute Dasmariñas... Dok Susan, as she is fondly called, proceeded to enlighten the all-female audience on the importance of eating well, and popular misconceptions about food. "Okay lang na maliit tayo (It's all right that we're small)," said Dok Susan, as she explained that cow's milk is not good for babies, as it contains growth enhancers that make babies unnaturally big... "Hindi na natin kilala ang sarili nating mga pagkain (We no longer know our own foods)," said Dok Susan, noting that we learn about vegetables like carrots, cauliflower and lettuce – but not those that grow in our own backyards like malunggay (horseradish) and kamote (sweet potato).

She says that the poor are indeed blessed, as they cannot afford to buy milk and other processed food that make people ill instead of healthy.

"Hindi nakakainom ng softdrinks, hindi nakakakain ng mga junk food. Pero mas malakas sila. Ang daming sakit na pang-mayaman lang (They don't have the means to drink softdrinks, and to eat junk foods. But they remain strong. There are so many ailments that are prevalent only among the rich)," said Dok Susan, who discovered the benefits of a traditional diet as she observed that those in the urban areas are more vulnerable to sickness than those in rural villages.

In 2002, together with other health workers, Dok Susan put up the Sandiwaan Center for Responsible Health Care Inc., a non-government organization (NGO) focused on

rediscovering health traditions... Dok Susan recommends a diet composed mostly of vegetables, root crops and whole grains like boiled corn...

From this experience, Balingit's group organized the Sandiwaan to promote traditional health practices and diet through small discussion groups and lectures that they hoped would lead to the rediscovery of Filipino health and health-related traditions... "Ang mga meron tayo, hindi na natin kakilala. Pag wala tayong pambili wala tayong kakainin, kasi yung mga yaman na meron tayo hindi natin alam gamitin," said Dok Susan, recommending kamote, gabi (taro) and other local vegetables.

Vegetables should be in the spotlight, not just on the side or as toppings, Dok Susan emphasized, as she disapproved of the malunggay cupcakes that were served as snacks, courtesy of PATAMABA, one of the participating groups in the market along with Oxfam Philippines, Pambansang Koalisyon ng mga Kababaihan sa Kanayunan (PKKK), WISEACT, Saliraya, with the cooperation of the Quezon City government... "Balikan natin, kilalanin natin at ipakilala natin sa mga anak natin ang pagunawa sa kung anong ginagawa ng mga gulay (Let's recall, recognize, and reintroduce to our children the knowledge of the importance of vegetables)," said Dok Susan.

Other thoughts from Doc Susan (from Pam's recollection on various conversations):

Trust your body intelligence: health is a state of balance and the key to health is food. Believe that the body heals itself; give it a chance. Know it more. Cleanse and balance it so the natural intelligence is restored.

Doctors healthier than villagers? Doctors go to remote villages on medical mission, complete with trekking paraphernalia and transport conveniences. Then when they reach hard terrain, they have to be assisted by the locals. Who could be less fit and more healthy in this situation?

Religious and aid missions: We bring food to the people in faraway places or calamity affected villages. But people there could actually be eating properly, only temporarily interrupted by a calamity. Goods that we bring are those foreign to them, highly processed and laden with toxins! We think these people lack food. But consider this... many indigenous peoples (used to) eat only once a day... and they are not always feeling hungry. In contrast... we eat at least 3 times a day. And we always feel hungry. Our cells are ever craving for food; they are not well nourished. We must rediscover the ways of the indigenous.... We also think that they need to meet God, and we bring God to them we think, along with aid. This is doubtful, since their ways are even holier than those in urban areas.

No food during calamity? Even people in remote areas are now used to using eating more modern food and ingredients. In some places where

communities have been cut off from food supply people complain of having nothing to eat. But look around! They have trees and other nature's food just waiting to be noticed and harvested.

Cooking- the paradox: Raw food is good according to some health advisers. But what of cooking more thoroughly, as exemplified by our local dishes of dinengdeng, law-oy and pinakbet? Filipino vegetable cooking is generally more thorough cooking (sort of overcooking). This is fine and suitable for us. We need to eat thoroughly cooked and warm food to keep our *sikmura* or *kutu-kutu* (solar plexus area) warm and optimal in function. Warm the food up, so we may not have that "*na-pasma/o*", "*gi-kabuhi*" or "*nasisikmura*", or the feeling that is derived from eating cold or less cooked food. Our old folks would always tell us "*painitan ang sikmura*" (or warm the tummy). This phenomenon of *pasma* is not found among westerners who are more used to eating less cooked, colder or more raw food. More cooking not only gives physical warmth to food but also makes food more akin to the need of the body (in a warm country...???)...
(Pam's thoughts: would it be like furthering the digestion, releasing nutrients and assisting our tummies more, as well as freeing from matter the formative force, to quantumly help us with our bodily needs?)

Children playing outside rain or shine, and getting dirty and messy: they may look dirty, and don't wash up before bedtime. But they don't have the illnesses of urban kids who may be well groomed and protected from the elements throughout the day. They have natural immunity.

Hemangioma: it is from excess heat and cold, from too much meat and sugar. Meat is contracting and sugar is expanding. Notice the phenomenon of contraction (the lump) and expansion (the bleeding)? If one continues to have the same diet, he/she might eventually find similar growths in other parts of the body. Balance by eating local and more vegetables. Reduce sugar and meat.

Smoking: it could also be an indication that the body needs some warmth (subtle energy type warmth). With proper and balanced diet, the body could just awaken and make the person not want to smoke anymore.

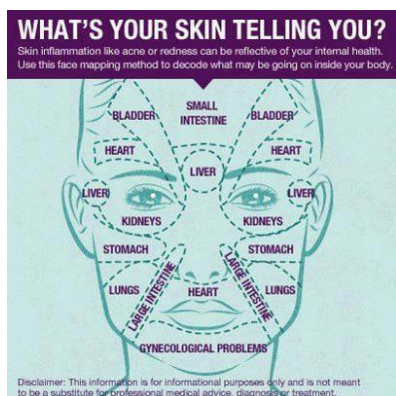
The fruit paradox... On skin blemishes, eyebags, nose becoming more expanded, muscle deposits, knee problems, moles: this may relate to eating too much sweet food (also salt). It can be an issue of too much sugar, and sweet type fruits can be the source. Better to avoid eating too much fruit (avoid for a while and see how situation improves). Eating fruits in season is a pleasure but still gives you lots of sugar!!!



No, no... enough na!

Fruit-vegetables or those growing nearer the ground are better for us - eaten as fruit vegetables (*example: okra, squash, eggplant or the pinakbet fruit veges*). They are generally not sweet. You see, fruits on tall trees are nature's way of making them available to the birds more than to us! Less sugar in blood would also lead to better hair (re)growth. Fruit sugar is still sugar.

Your face reveals what is wrong with you inside:



Wider nose can mean overload of sugar. Blemishes also tend to become more apparent. Eye bags could point to kidney health and could be related to sugar overload; also to lack of sleep. Persistent grainy sensation in muscles (which we often associate with uric acid deposits due to beans or high protein), could also mean high sugar.

Sticky blood and circulation: when there is improper amount of sugar in the system, blood will become stickier and could not easily repair damaged tissues. A noisy/cracking or painful knee which may result from some sports could indicate that the body is not able to send enough fresh blood and fluid to the site, and there is insufficient cleansing from the area. The left knee is often the part that is greatly affected by the overall high sugar in the system.

Gout, arthritis: the distal parts of our body are most affected with improper diet. There reside the smallest blood vessels and if there is too much sugar or other toxins cleansing will not be efficient especially in those areas; flushing them out would be more difficult. There is much sugar left unused and the blood

becomes viscous, resulting to sluggish flow and slow return to the heart for cleansing. Joints are also garbage dumps for uric acid and other metabolic wastes.

Sugar and mosquito link: there is a correlation between sugar and attractiveness to mosquitos. So for dengue and malaria prevention consider reduced or no sugar consumption. Note... we now have a sugar epidemic... we put (lots of) sugar in all our food- bread, spaghetti, cold drinks, etc. Filipinos have developed a sweet tooth.



See how much sugar is in them.



Drinking water: We don't need to buy alkaline water. We are gifted with saliva which is alkaline (but this becomes more acid with age and poor health). Chew your food well and you will have alkalized food going down into your gut.

Big tummy despite relatively healthy lifestyle or having no vices: a specific case - it could be from drinking too much water, as one gets thirsty. Thirst beyond normal could also indicate sticky blood which may have resulted from improper eating. Remove sugar and meat and the body would become more balanced, and even less thirsty. The natural food could already provide a

significant amount of water to our body. (Drinking cold water is not advantageous... our liver is about 42 C and will not function well with cold food/drink).

Back shoulder pains: if on the right- could be from too much sugar; left- more from too much salt (?).

Fruit traits can indicate they are good for some ailments:

<http://www.surfbumps.com/fruits-vegetable-human-body-similarities/>

Avocado leaves and Lemon grass tea: if taken 3 times a day (glass), will help wash out sugar, give Vit B and cleanse the kidneys.

Lugaw or porridge: soothes the digestive; must be from unpolished rice. Helps make the food be available right away. Keeps the stomach warm and is not mucous forming, unlike milk.

Energy transfers in a doctor's consultation and in massages: There is energy transference between couples such that for individual consultation it is best to see them for diagnosis separately. Best for a doctor to see a couple separately so they be careful also in having massages... the client may receive or transfer their own energies. Look at diet and other indications first... and the need for massage may not be that necessary.

Recommended diet and lifestyle:

- 1) For breakfast- brown or unpolished rice or boiled root crops; some local green leaves, talbos (tops) or sprouts (beans, bamboo labong), and vegetable-fruit.
- 2) No... MSG/vetsin, milk, sugar, iodized salt, fluoridated products.
- 3) Yes... Indigenous vegetables, local source, perennials, in season, diverse.
- 4) Avoid ripe fruits for a while and later eat only in moderation.
- 5) Reduce waste/garbage toxic food intake- Avoid eating toxins (processed food; non-organic produce).
- 6) Appreciate indigenous culture, food and cooking styles, utensils.
- 7) Health care is not through vaccines (which are themselves dangerous and generally ineffective).
- 8) Eat according to traditional dietary practice (e.g., no cold food etc).
- 9) Change and modify diet according to climate.
- 10) Adopt diet according to the place you live; localize.
- 11) Be flexible.
- 12) Yin/Yang... balance is the key to health.
Yin- Centrifugal, expanding, upward, dispersing, larger, loose, soft, light cooling, wet, relaxing, passive, feminine.. Yang- Centripetal, contracting, downward, gathering, smaller/compact, hard, dense, heavy, warming, dry, tense, active, masculine...

寒	涼	溫	溫
COLD	COOL	WARM	HOT
Banana	Pear	Rice	Nuts
Watermelon	Peppermint	Noodles	Grilled Foods
Bok Choi	Green Tea	Bread	Avocado
Turnip	Oolong Tea	Pork	Lichee
Celery	Bitter Gourd	Chicken	Turtle
Califlower	Cooked Lettuce	Turkey	Chocolate
Crab	Green Apple	Broccoli	Cocoa
Bean Sprouts	Snow Pea	Green Pepper	Raw Onions
Asparagus	White Corn	Green Beans	Coffee
Eggplant	Oranges	Egg Whites	Lamb
Cucumber	Cabbage	Yellow Corn	Duck
Grapefruit	Soybean Sprouts	Egg Yolk	Eggplant
Pineapple	Apples	Fish	Red Pepper
Tangerine	Cooked Onion	Pepper	Venison
Zucchini	Strawberries	Ginger	Deep Fried Foods
Seaweed	Cheese	Garlic	
Tofu	Cherries	Cooked Tomato	
	Mushrooms	Spinach	
	Miso	Black Tea	
		Nectarines	
		Milk	

END2

" Lesson Learned "

One day, the father of a very wealthy family took his son on a trip to the country with the express purpose of showing him how poor people live. They spent a couple of days and nights on the farm of what would be considered a very poor family.

On their return from their trip, the father asked his son, *"How was the trip?"*

"It was great, Dad."

"Did you see how poor people live?" the father asked.

"Oh yeah," said the son.

"So, tell me, what did you learn from the trip?" asked the father.

The son answered: *"I saw that we have one dog and they had four.
We have a pool that reaches to the middle of our garden and they have a creek that
has no end.*

We have imported lanterns in our garden and they have the stars at night.

Our patio reaches to the front yard and they have the whole horizon.

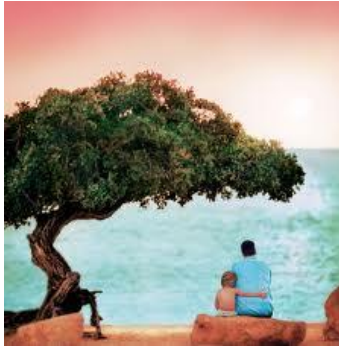
*"We have a small piece of land to live on and they have fields that go beyond our
sight.*

"We have servants who serve us, but they serve others. We buy our food, but they grow theirs.

"We have walls around our property to protect us, they have friends to protect them."

The boy's father was speechless.

Then his son added, *"Thanks Dad for showing me how poor we are."*



Love, Unity, Care, Satisfaction is richer than any comfort money gives.



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