

## Look like you want to feel

Why is it so hard to look like how we want to feel and feel like we want to look? Why haven't we got the bodies we want after all the work, all the diets, and all the articles in the magazines we have read? Why?

Does fat really make you fat? Do we really need a balanced diet that includes carbohydrates and lots of vegetables? Let's look at some of the belief structures and see where we have gone wrong because very few of us look like the way we want to feel.

So what will give us the body we want with abundant energy and vitality, a spring in our step and a smile on our face?

Let's have a little biology lesson, shall we? We all evolved on this earth, not just you and me, but all the mammals. Every mammal, in fact every living breathing organism on earth, has a body built from protein. Yes protein, made up of essential fatty acids.

Essential and fat, two important words we have all forgotten. Funny thing there, when I went to school the teachers said the first word, essential meant really, really important. And fat, that very bad word, was very bad stuff, or so we have been told. But hang on, we wouldn't have a body without that "very important fat".

So who is lying? The diet books and health experts who say fat is bad, fat makes you fat and fat is the cause of all your problems? Or the biologist who says we consist of and need very important fats?

If every organism on earth is made from protein, then how is it that some, like cows, eat vegetative matter (grass) and others like wolves, eat meat? Good question. In fact they are extracting the same thing from the food they eat - protein.

The cow can eat grass and extract the protein from the inside of the grass cell, because she has a four stomach system, regurgitates the eaten grass after the micro-bacteria and enzymes have done their best to break open the cell, and then grinds it at about five thousand pounds per square inch. She then swallows it into her second stomach and after some hours repeats the grinding and then the grass passes into the third stomach and finally into the fourth. This is a process that can take well over thirty hours and has to go on for eighteen hours a day every day. Think about this... the cow is the most efficient herbivore on God's earth and eating a soft walled sprout, grass or alfalfa, grinding it twice, putting it through four digestive stomachs with miles of intestines she is only able to extract twenty percent of the protein from the grass.

The wolf on the other hand, catches its prey and drinks the blood, almost pure protein, eats the fatty tissue and finally some of the meat and takes off into the wilderness without needing another meal for days. The cow can eat the grass because she has a very long digestive tract that can break down the cell wall to extract the protein while the wolf has a short digestive tract and can quickly deal with the easy-to-digest flesh. Now if we gave the cow some grain her production would go down and she would put on weight. Just like us. Yes, it is the grain that makes us fat, not animal fat, not butter, not meat,

Grain is not food. Period. All of our major health problems can be directly indexed to the effects of grain toxicity. Obesity, adult onset diabetes, clogged arteries, joint pain, arthritis and many more. Excess grain intake also disrupts the hormone balance

inducing learning and concentration difficulties, period pains, endometriosis, and behavior issues. I have taken hundreds of young girls off all grain (i.e. no bread, no pasta, no pizza, no cereals) and all hormonal and period pains disappear. Also adult onset diabetes is gone in about three months on a grain-free diet. By taking grain out of the diet nearly all of the degenerative diseases improve as does body weight. The old farmer's saying is so true, "grain for gain, protein for production." The human body, like all animals, is a protein animal and every cell is built from protein and grain cannot become protein in our digestive system.

However grain is wonderful for the food manufacturing industry as nothing in nature eats it so it has a long shelf life with very little hygiene needed for its display and storage. Just convince everybody it's a food and you have the perfect no-hassle product to sell. Never mind that you will cause nearly all of the modern degenerative diseases, which in turns makes even more profit for the multi nationals who own the food and pharmaceutical industries.

Your overweight body, your diabetes, your blocked arteries, your crazy teenagers with acne and hormonal and period pains will all fade into the past when you take the grain out of your diet. Grain for gain, protein for production has never changed.

So what *is* good food? What food will enable you to feel the way you want to look and look the way you want to feel?

Whey and soy protein are **not** available sources of protein. In fact, in the case of soy, it is incredibly toxic to mammals and cannot and never has had a classification as food. Whey is an undigestible carrier protein, a component of whole milk that is basically unusable after the enzymes have utilized the available protein in the cheese making process. Whey is not a good source of food for anybody however the propaganda selling machine conned you into believing it was a health food. It always has been and always will be a waste product, very difficult to dispose of, from the cheese factories.

Likewise vegetable oils are not good fats. In fact, commercially available vegetable oils, even though they are listed as carrying no calories are actually one of the most fattening products you can ingest as they will not oxygenate thus cannot ever be utilized by the body. As a result the body cannot eliminate these types of fats so pushes it to the extremities and stores it, and we all know where that is!!

So, in essence, your fat-free, calorie-free food is the most obesity building food you can put into your body. Remember, if the body can't convert it to essential fatty acids or it can't be oxygenated then the body cannot utilize it or eliminate therefore the body has to push it to the extremities and lay it down as 'congealed pus' commonly called cellulite.

Live, absorbable, oxygenating protein sources, like animal fats, raw whole milk, cheese, butter and lard are all life-giving, oxygenatable foods which give you life and energy and cannot make you fat.

The secret is to eat nutrient dense food from whatever sources are available that nature provides. The nutrition lacking foods are the ones that cause your obesity, your food cravings and the body you don't want to look at. The nutrient dense foods give you the life, power, vitality and duration. In other words, we have energy to burn and our body works properly and we need very little of it. Nutrient dense foods are those that are able to absorb oxygen, are able to be broken down into essential fatty acids, and those

that are able to be broken down very quickly in the digestive tract. All animal food from the blood right through to animal fat, all fish, all natural bird life and game, in other words, anything that moves and breathes are all nutrient dense foods. Plus edible berries and fruits. Any man-made foods, or grain-based food or vegetation is **not** nutrient dense food and doesn't oxygenate and doesn't easily break down to essential fatty acids. In fact that type of food is almost impossible to digest in our short digestive tract, and therefore never gives us the life force we require but rather clogs up the body in every which way.

The choice is yours. From an agriculture science point of view, the process of food conversion to life is easily understood however so-called nutritionists in the human field by and large know very little of the transfer of food into life, therefore we have all been educated to an incorrect reality.

If you truly want to look in the mirror and see the body you feel you would like to have, take the grain out and live a hunter/gatherer diet. That means no bread, no pasta, no pizza, and no cereals. Simply a diet high in animal protein, fish, berries and fruit, supplemented with some vegetables. Keep it fresh, keep it raw, and keep it real.

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