

The New Earth Health & Wellness Portal

Welcome to The New Earth Health & Wellness portal! We're delighted you're here! We believe that vibrant health is a core human right. For far too long, corporations and institutions entrusted to serve humanity served their own financial interests instead, relegating humanity to the desperate health straits we see today. We're here to tell you there is a way back to vibrant health, even in the face of a heart-crushing diagnosis like cancer, even if you are advanced in years, even if you have been living with chronic diseases that you have been told are incurable or require lifelong medication.

The knowledge offered here is based on Natural, Universal laws that have been available to mankind all along but have just been drowned out by the frenzy of propaganda created by factions vying for your resources, feeding on your fear, enriching themselves on your disease. That time is coming to an end; the Natural, Universal laws are once again shining through, offering anyone who genuinely seeks them, a fresh, enlightened way to care for themselves. We have developed this comprehensive health and wellness area to illuminate the path for you.

As with every category represented in the New Earth Portal, the guidance we share here is designed to support your highest personal expression and personal sovereignty -- in this case, absolute freedom and power to be physically vital and sound. Your health sovereignty is as essential as your legal sovereignty. They are part of the same core ideal and essential to your freedom, in the fullest sense.

How to use the health & wellness portal:

We have created a step-by-step knowledge base, starting with understanding the New Earth Health & Wellness philosophy below. It is strongly recommended that you follow the steps if this is your first visit.

Step 1: Familiarize yourself with the New Earth Health philosophy:

Our health philosophy is based on Life's original, immutable laws. We do not claim to have created a new approach to healing. We have simply synced-up with Nature's healing power and processes to develop an efficacious set of principles and practices that can put your healing back where it belongs - in your hands!

With reverence to the infinite wisdom of these laws, we have developed dietary guidelines and spotlighted healing tools and modalities that work in perfect synergy

with these laws, supporting the restoration of the body to its innate perfection. Surely the laws that sustain the universe and undergird the integrity life on earth can sustain and undergird you!

The foundation of Natural law enables us see straight through to the true cause of illnesses and to decipher the best healing modalities to employ for the various symptoms that may be presenting in your body. Once you learn Nature's simple language and laws, you too will be able to identify and rectify your own imbalances. Soon, You will be able to expedite your own healing without turning to an outside source.

Step 2: Get acquainted with 10 key insights about the human body (NOTE: it would be ideal to have an image for each insight to illustrate the concepts):

Insight #1: The human body is electro-magnetic by nature, sustained by Source energy (sometimes called, life-force, Qi, prana or primal fire). A healthy body conducts life-force abundantly through all its systems. A symptomatic, diseased body, by contrast, has developed blocks that prevent the conductivity of this life-force. The degree to which the life force is blocked and prevented from flowing optimally in the system is the degree to which the individual will experience symptoms.

What this means in real terms to you is that you are more than just flesh and blood. Beneath your flesh and blood, at a subatomic level, is an electromagnetic network designed to conduct electromagnetic energy. When there are blockages in your body, the conductivity of that energy is prevented, giving you a lesser life experience and manifesting in your physical body and emotions as symptoms. The majority of your symptoms/illness are caused by obstruction from substances that your body could not properly assimilate or eliminate. These retained substances take up real-estate in your body, creating occlusions where there should be free flowing pathways in the cells and tissues as well as in the electromagnetic network (known in Chinese Medicine as the "meridians" and "nadis"). Your symptoms are the body's way of telling you that there is a blockage that needs to be cleared. In this way, you can consider the symptoms to be an alarm bell alerting you to blockages that you can then undertake to clear. You're going to see how you can remove these blockages with your diet and several useful healing tools. We will help you make the dietary adjustments and show you how to use the necessary tools to remove these blockages.

Insight #2: Like the cosmos, the body is a unified field that includes many sub-fields. You have an emotional/feeling body, a physical body, a mental body, a spiritual body, etc.). Each field affects the other in an interdependent relationship.

What this means to you is that if you are not aligned well in one field -- say. in your emotional field -- you will likely have a symptom in another field. For example, you might overeat out of emotional imbalance, resulting in unfavorable physical symptoms like excess weight or diabetes, heart disease or asthma. The good news for you is that as you rectify an imbalance in one field, you will find the corresponding fields will rebalance too! We will help you do this so you can enjoy balance in all your fields!

Insight #3: There is one distinct causes of physical pain (which also happens to be the cause of pain in all fields of your being): separation from the interconnected network of life. There are two causes of this separation 1) a blockage in an area of one or more of the fields preventing the conductivity of the energy that runs through the network of life, and 2) what we call "the broken threads." The broken threads refer to the places between the individual and the interconnected network of life that have lost connection. Imagine a scissors is taken to a network of threads. Snip snip snip, the integrity of the unit is lost. Broken threads and blockages are both the result "separation consciousness." Separation consciousness is a way of perceiving whereby one believes that he is separate from the larger expression of life and other living things and so it doesn't matter if blockages develop or if threads are snipped. One lives for one's self in separation consciousness. While this is the most common way of perceiving today, it is a mis-perception. We are no more separate from the living network than a cell in your body is separate from you, nor any less subject to the whole or dependent of the whole.

What this means to you is that the common belief systems today that have us living in separation consciousness are complicit in your physical disintegration. Should you desire to see through the lense of unity consciousness instead, you will gain immediate knowledge of how living systems work, what distresses them and how they can rapidly heal.

Insight #4: When our field is clear and consciously operating within the larger unified-field-of-life, the body experiences a visceral vibration that feels like a blissful hum. In this state, also known as "nirvana," your needs and desires are amply met by the bliss you experience within.

What this means to you is once again the big S-word: SOVEREIGNTY! As you move toward real wellness, you can look forward to a decrease in the extent to which you desire things outside your being. Imagine not being compelled to consume, shop or seek out relationships as a way of appeasing yourself. The outside things will no longer have such a strong hold on you; you'll truly be in a "free-will" zone. Just because you might not feel that hum doesn't mean it's not an experience the human body was designed to have when operating at optimum wellness. The hum will come! We will help you bring it about!

Insight #5: The body has a distinct language: pleasure and pain. Pleasure tells us we are in flow. Pain is an alarm bell warning us that flow has been compromised.

Alarm bells (a.k.a "symptoms"), are actually your friends as they indicate where change in your self-care is needed. Ignored alarm bells only sound off more loudly as opposition to life force in the body increases. By contrast, symptoms (or "alarm bells" if you prefer) reduce and are exchanged for feelings of pleasure when you are on the right track. The body always makes it known when you are living in harmony with it's laws and when you are not.

What this means to you is that you can start to use your body's language to determine when you serving the body and when you are doing it a disservice. Your body loves to communicate with you -- more than that it loves to be understood and responded to!

Insight #6: The body also communicates in the form of addiction. Addiction tells us something truly remarkable, namely where rogue entities are feeding and taking over. It is only possible to become addicted to acidic substances, not to alkaline substances. Pathogens need acidic substances to survive. Therefore, addiction warns us that we are moving out of our sovereignty and are instead empowering rogue life forms every time we partake in the substances we're addicted to.

What this means to you is that when you consume things you're addicted to, you are feeding the rogue entities' pleasures even more than your own. You are giving the mold, bacteria, yeast and parasites what sustains them, not what sustains you. In fact the two are in utter opposition to one another. Once you see this it should be much easier to refrain from consuming those substances. When you realize you are giving the power to direct your consumption and over the wellbeing of your body to these rogue entities, you'll likely not be so quick to give into the sugary, starchy items, alcohol, coffee and other things pathogens love.

Insight #7: Pathogens in the forms of rogue bacteria, viruses, mold, fungus and parasites are on the rise in the modern body because of the increasingly acidic terrain created by modern foods, drugs, acidic water, acidic air and microwave radiation.

What this means to you is that these rogue entities are destroying the integrity of your body and are the harbingers of cancer. The only way to reclaim our bodies from the claws of pathogenic demise is to alkalinize through life-generating substances, (especially juicing leafy greens and grasses and oxygenation -- see New Earth Nutrition), to enable the terrain to rehabilitate and to eliminate pathogens that are not compliant with rehabilitation, using plant based remedies. Our recommendations will help you accomplish that!

Insight #8: Microwave radiation is assaulting our energy field, our brains and the integrity of our cells and tissues. This radiation is everywhere you find wireless service. It is also found in abundance around smart meters.

What this means to you is that symptoms and diseases are increasing due to the way this radiation destroys the integrity of your cells, causing cancer, infertility (in both men and women), brain diseases, mood disorders and weakening eyesight among many other devastating physical effects. It's critical to do whatever you can to neutralize this radiation as much as possible by adopting the most life-generating diet lifestyle possible, including getting plenty of sleep in non-radiation areas and utilizing supplemental tools that prove helpful to decreasing the effects of radiation. It's important to register this key issue as we ponder our health today. It is more important than ever that we know how to off-set this problem, neutralizing it with our full arsenal of tools .

Insight #9: Our bodies have unlimited potential for health and longevity when our cells, tissues and pathways are open and unencumbered by blockages.

What this means to you is that if you undertake the health protocols on this site, specifically for diet and cleansing, you can start to remove the blockages that are limiting your wellbeing and prevent adding future accumulation. The more you can create an internal system free of blockages, the more you will experience this unlimited health potential first hand!

Insight #10: Our bodies are designed to flow. Our pathways, cells, tissues and even bones are meant to be in consistent conductivity.

What this means to you is that the more we do to support this, such as remaining flexible and agile through yoga, dance and play, the more we will remain in the flow of abundant life. If this flow is not maintained, calcification will set in triggering the deterioration cycle. Open clear, flexible bodies support our highest functions as humans - while not a prerequisite in every single case, clean celled, prana-flowing bodies are overwhelmingly the precursor to perpetual joy, effortless love for all life and unbridled creative inspiration. So go out and play!

Step 3: Enjoy New Earth Nutrition!

Now that you have these important health insights, let's consider what kind of a diet supports this electro-magnetic human design best. Please note that we have an extensive Q&A section [to come, [link here](#)] to answer the myriad questions that naturally come up in this discussion. So if you get stuck, we encourage you to find clarity there.

What kind of diet will support our flow, prevent blockages, dissolve past, accumulated blockages, rehabilitate pathogen loaded internal terrain, turn painful symptoms in to pleasurable nirvana and promote flow? One that is full of foods that offer the body plentiful quantities of life force and other supportive nutrients but does not create blockages in the body. In today's world such truly healthful foods are not as easy to come by as they were when the earth was pure, the soil rich and methods of procuring foods simple and grounded.

Sadly, we cannot look to original mankind's diet to determine what we should be eating today since, such foods in our time are not clean and life generating as they were previously, nor are our bodies. The plants are different and the animals and their milk are different. We must take all of this into consideration in determining what kind of diet best supports us today.

While research tells us that ancient man lived and thrived eating mostly off the fruits of land with small amounts of animal meat and milk (more or less, depending on the climate and terrain), we cannot simply look to ancient peoples to determine what food is best for us to eat as some diet theorists like the "paleo" promoters would suggest. Its a little more complicated than that circa 2014. The fact is that we are not original man and we are not living on original earth. Modern man has two strikes against it, speaking purely physicality: compromised DNA from a lineage of many generations living out of alignment (also causing degenerated organ function) and a highly acidic environment. The food supply also has many strikes against it: meat is no longer pure (with the rarest exceptions), fish is filled with radiation and fruits and vegetables which are mostly hybrids are by and large grown

improperly in demineralized soil, picked prematurely, often irradiated and then transported in crates in air-conditioned trucks for days or weeks until they are all but completely devitalized before they reach our plate. In these times, there is very little food that is nutritious and very little food that won't actually harm us. So what we need to look for in order to design the ideal diet for us today is two-fold. The first is to ensure we are not eating foods that will harm us and the second is to identify the foods that are truly life-generating today. The former list is so vast, it is far easier to start with the life-generators, to focus on what we foods we would be well served by and then just omit the rest.

Determining the foods that serve us is also two-fold in that we are looking for foods that will both support a critical cleansing process that needs to occur in order to remove the blockages that prevent our electromagnetic bodies from conducting the force that truly feeds it -- the qi, life force -- and also deliver such life force to us simultaneously. There is a name for these special foods that offer this two-fold benefit. They are the "life-generators." We will refer to them as such throughout. Provided they are harmoniously procured (meaning without pesticides, not genetically modified and grown and picked correctly) all water containing plant foods fall into this ideal "life-generating" category.

Water-containing plant foods deliver life force, nutrients and oxygen without compromising our flow. Water-containing plant foods includes all unadulterated (meaning non-dehydrated and un-cooked), fresh-from-the-farm fruits and vegetables and young coconuts, and mothers milk for babies). These are the perfect foods for mankind. The degree to which we take in non-water-containing plant foods is the degree to which we will begin accumulating blockages in our system, preventing the free flow of life force. Other foods may be enjoyed if tempered with this understanding.

In today's world, a vegetable centric diet is the most universally beneficial and conducive to healing. Vegetable-centric simply means that vegetables, (ideally mostly raw and organic but also cooked) would make up 80-90% of the diet. If it were not for the addictions people have to be gently weaned-off and the pleasures they may seek in other foods, vegetables (including avocados and coconuts) could be 100% of the diet. They provide all the nutrition the evolving human body needs.

Why are vegetables the cornerstone?

Today's fruits, fleshes, dairy and grains have all been greatly compromised by modern agricultural and animal raising and, even under the best conditions where they are properly cultivated, they leave an acidic ash and accumulation in the body. We do not need these accessory foods to be optimally nourished. In fact, the opposite is true, they undermine our optimal health and vitality.

Fruits are the only exception to this. They are not accessory foods. They are original foods, part of our original design and perfect for “original mankind.” However, as they have been hugely hybridized and modified over the last century to contain far too much sugar, most people have too many pathogens, waste and gas pressure to heal well with fruits at this juncture; sadly, for many people, especially those diagnosed with cancer, fruits should not be consumed. This will change as people get healthier and the fruit they eat is locally, organically grown and picked ripe.

Side bar on Detoxification: Detoxification is quite possibly the single most important thing we can do to improve our lives. When done correctly, it removes all that stands in our way of pure energy, joy and ideal physical experience. When we share space in our body with substances that do not belong there (created by unfit diet lifestyle), we give away our clarity, authenticity and inner power. When we “de-toxify,” (meaning we remove these harmful substances), we find ourselves in unfettered wholeness and thrive.

The root cause of physical, emotional and mental imbalances is the clogging of our cells, tissues, organs and pathways due to the residue left behind in the body from a lifetime of unfit diet-lifestyle. While there are myriad different names for modern diseases in medical literature, there is really just one core cause of all these imbalances: clogging of the cells and pathways due to the accumulation of inappropriate matter^[1] left behind.^[2] There is also one solution: the removal of that matter. This is the true meaning of detoxification.

From Detox4Women by Natalia Rose 2009 (Harper Collins)

Side bar on Life Force Nutrition:

“Did you know that you are made of *living light-energy*? In 1905, Albert Einstein created what is now the most famous equation in physics, $E=mc^2$. What this tells us is that all matter actually consists of different variations of vibratory light-energy

patterns. All matter, *including your body*, is made up entirely of pulsating, living light-energy.

“Here we are today, more than a hundred years since Einstein proposed his infamous Theory of Relativity, and we still overlook our body’s intimate and integral connection to light or energy. With all of our modern advances, we still treat our bodies as though they are merely dense, material constructs maintained by the constant intake of solid food. This approach has left our society laden with weight problems, physical illnesses, and emotional imbalances. A simple but fundamental shift in perception about the nature of energy can correct these imbalances!

“...the body you live in is animated and maintained by what we call Life Force Energy. While far too vast, complex, and mysterious to pin down into a nice neat definition, Life Force Energy is commonly referred to by energy healers and quantum physicists as the pure and intelligent source of all energy that animates our world...both the ancient schools of thought and the cutting-edge scientists in this field agree that Life Force Energy is a living, conscious matrix that moves in distinct, deliberate patterns and has an active, measurable energetic field.[1]

“...Now that quantum physics has confirmed that the body is made up of waves of light-energy[2] and that we are more than mere material machines, we need to look at our source of sustenance differently. If the blueprint of our body reveals waves of electromagnetic activity underlying and determining the dense physical material, we must revise our lifestyle and sustenance to incorporate this new information—particularly in terms of how we feed and care for ourselves. To put it differently, *if*

we are made up of Life Force Energy, we need a diet fit for Life Force Energy bodies.

From Raw Food Life Force Energy by Natalia Rose 2007 (Harper Collins).

[1] <http://www.calphysics.org/zpe.html>

[2] According to Werner Heisenberg, who developed The Uncertainty Principle in 1927, quantum calculations show that we and our universe live and breathe in what amounts to a sea of motion—a quantum sea of light. Lynne McTaggart, *The Field: The Quest for the Secret Force of the Universe* (New York: HarperCollins, 2002), 21.

Alkalinity v. Acidity

Thus far, we've learned about how *life force energy* works: it's all about conductivity pulsing without obstruction. The next thing to understand is that the human body is alkaline. Acidic substances, which make up the bulk of today's mainstream diet, do not conduct energy as alkaline substances do. The more sun-fed and hydrating a food is, the more rapidly it pulses and conducts energy-rich nutrients into the body. Such foods are alkaline and move more easily and effectively through the body, leaving little trace other than pure energy. This is why fresh fruits and veggies are the ideal human food (but be advised that that fruits are not for everyone per the information in my book *Detox4Women*, which in many cases can also apply to men)!

Alkaline substances carry a negative ionic-charge, whereas acidic substances have a positive ionic charge. When the positive charge of acidic foods meets with the negative charge of the body's cells and tissues, they stick together in the intestine, creating blockages that contaminate the bloodstream and the body at large. Acidic substances also cause obstructions because—unlike fresh, water-containing, alkaline fruits and vegetables—they are dehydrating. This means they don't just stick in the alkaline human tissue, but they also *stay*, long after the moment they are ingested because they have neither the kinetic energy (negative ionic charge from energized electrons) nor the moisture necessary to carry them through the alimentary canal and out of the intestine. They only partially exit the body. Weak intestinal peristalsis and bacterial imbalance, which are common to the modern body, do not help this situation.

The benefits of a highly alkaline diet are well known in health circles and have been the focus of numerous health books. This is because our blood pH is naturally

alkaline (7.4). If we eat too many acid-forming foods we will throw our blood pH into an overly acidic, state which is devastating to the whole system. But the other reason that alkaline forming foods are so helpful is that they actually help to magnetize waste matter out of the cells.

You may be familiar with the term “polarity.” Everything in creation has polarity, and in atoms it can be observed in the form of a positive (+)/ negative (-) charge. At the subatomic level, the proton is the positive charge particle and the electron is the negative charge particle. Unfit foods which are acid-forming carry a positive charge. (Note that in this context, “positive” is bad, and “negative” is good.) Acid-forming foods that carry this undesirable positive charge reduce the levels of desirable negatively-charged energy in our body! Acid-forming foods also set the stage for the development of highly acidic, putrefactive waste matter, which we want to avoid at all costs. The overwhelming positive charge multiplies, creates congestion, and prevents oxygen from flowing effectively for vibrant health and well being. Once cells are clogged with too much acidic material, the body begins to suffocate and one’s Life Force Energy grows consistently weaker.

On the other hand, organic raw fruits and vegetables, their juices, fresh air and sunlight carry a negative charge. As you know in the case of magnets, a negative charge and a positive charge attract to each other. In the case of acid waste residue, alkaline-forming foods, with their negative charge, will magnetically attach to the acidic wastes and literally pull them into the eliminative channels for release. By the same token, we can also decrease the negative charge that keeps us healthy by being exposed to too many positively charged ions in our environment. If we are

“rightly charged” (negatively/alkaline charged) and then start eating acidic foods and spending time indoors under florescent lighting, in front of computer screens, and in a sea of wireless technology, we will compromise this ideal magnetic charge.

Highly Alkaline:

Sunlight

Fresh mountain air

Fresh green vegetable juice

Other raw vegetable and fruit juices

Raw vegetables

Sprouts of all kinds

Neutral (enjoy daily if desired):

All cooked vegetables

Cooked roots and starch vegetables

Highest quality grains such as millet, quinoa, amaranth, spelt, and kamut

Low Acid (perfectly acceptable on a regular basis):

Sprouted grain breads and other whole, unrefined grains

Raw milk products

High Acid (avoid):

Artificial foods

Food additives

Nicotine/smoke

Drugs

Sodas

“...Most of us center our lives in and around cities, where we all too frequently complain of feeling tired, lethargic, moody, or simply off kilter. This should come as no surprise, for the human body is designed to live in a fresh, rightly-charged environment. Now, imagine you are standing in front of a television or computer screen. That screen is giving off (+) charged ions. These ions will literally jump onto you and *stick* to your healthy (-) charged cells, reducing the overall (-) charge of your body.

This constant onslaught of positive ions triggers physical symptoms as well. Headaches, for example, are a very common symptom of sitting in a wrongly charged office all day. Once one goes outside into the rightly charged fresh air, one usually immediately feels better. Chronic fatigue and colds are also common symptoms. If you are swimming in an acidic pool all day, your immune system is going to be severely compromised...the best way to combat the over-charging effects of the technological world is by eating a steady diet rich in high vibration, raw, unadulterated foods, and by eliminating waste matter from our bodies through colonics, body brushing, deep breathing, and sweating.

A Battery of Stress: The rush of worry, fear, and shock associated with stress causes free radicals, which carry tremendous acidity, to run rampant through our bodies. Acidity weakens the organs and the conductivity of energy in the body. A healthy, unobstructed body will recover from a temporary state of stress, but a body weak in Life Force Energy could easily “overdose” on the negative emotions. If the body is so deeply impacted with waste and awash in acidity, any further stress could put one over the edge in the form of a heart attack, a stroke, an ulcer, etc. In order to correct this and enable yourself to recover

quickly from a major stress, you need to have adequate alkaline reserves. You get these reserves from eating high vibration, natural raw foods and immersing yourself in joyfully activities.”

From Raw Food Life Force Energy by Natalia Rose 2007 (Harper Collins)

“Hierarchy of Vibrational Nutrition

Below are the frequency ranges of basic foods as measured by the Tainio Technology Frequency Monitoring Device (currently the most accurate tool for measuring food frequencies). Remember, this device *does not* distinguish between harmonious and inharmonious vibrations. This is why animal fleshs can register higher than sprouted grains and cooked vegetables. The Hierarchy of Foods chart on page 000 takes everything into account—harmony, ease of digestion, alkalinity, and vibrational values. Use that chart to determine the health, energy, and weight loss values of the foods you eat. I’m providing this chart just to give you the scientific vibrational measurements of common foods. For the purposes of this chart, “raw” refers to plant foods that have not been heated above 118° Fahrenheit.

Fresh fruits (organic and picked when ripe)	80 MHz
Raw green vegetables (organic)	65-72 MHz
Fish (wild)	50-55 MHz
Fish (farmed)	40-45 MHz
Wine	40-50 MHz
Chicken (organic, free range)	40-45 MHz
Beef (organic, grass fed)	40-45 MHz
Sprouted grains	35-45 MHz
Chicken (caged)	20-25 MHz

Pork	15-20 MHz
Beef (mainstream)	15-20 MHz
Raw non-green vegetables, including root vegetables (organic)	13-21 MHz
Processed sprouted grain products (sprouted grain breads)	10-15 MHz
Cooked vegetables (inorganic boiled vegetables are at the lower end of the vibration spectrum; organic steamed vegetables are at the higher end)	7-25 MHz
Cheeseburger	5-10 MHz
Nuts (raw)	5-7 MHz
Nuts (roasted, processed)	1-2 MHz
Grains (refined, such as white flour and refined grain products)	less than 1 MHz
Fast food french fries	less than 1 MHz

(in the low kilohertz range)

(in the low kilohertz range)''

From Raw Food Life Force Energy by Natalia Rose 2007 (Harper Collins)

Some Guidelines:

Food combining is extremely helpful as it ensures maximum digestive ease which equates to maximum nourishment, minimal blockages and prevention of fermentation and the development of pathogens.

Food combining/alkalinity chart here

New Earth Nutrition

1. The meaning and importance of alkaline diet
2. The Awaken & release technique for deep tissue cleansing
3. The story of how waste and toxins accumulation in the system
4. Good food combining
5. The effective cleansing process
6. The undermining effects of acidic water, vaccines, “health food” that isn’t, etc.

Text box: A gentle transition...

We appreciate that everyone has a different set of circumstances, different health goals, different tastes, a different lifestyle, budget and so on. We simply offer information and a lovely transitional bridge to help you start healing even with just the smallest adjustments you are ready to incorporate. Slow and steady works best for some and flying leaps work better for others. We encourage you to walk the transition bridge with reverence to where you have come from, where you are now and where your spirit is leading you. We applaud you no matter how fast or how slow you decide to go. The transition-bridge provides a gentle way of moving towards a more water-containing plant based diet, with full appreciation of your previous diet-lifestyle and emotional connections to perhaps less-than-ideal foods. In addition, those who have particularly compromised lineage will do best if they transition slowly. The more compromised your lineage and diet history, the slower your transition must be.

Text box: If you're gonna do it, do it consciously...

Consciousness is key. Even if you decide to continue to consume less desirable substances, we suggest that you are better off for being fully conscious of it. This way, you are making a free-will choice rather than a hypnotized choice. It's okay to do something consciously - knowing full well the price the body and mind may have to pay as a result. It's not okay to do things unconsciously, unaware of the price, deflecting your personal responsibility. When you are conscious, you are taking full responsibility - an vital quality of the sovereign man/woman.

And, Oh the confusion!

The diet industry is a XXX billion dollar business so once again, we must see how the information we have been given is greatly manipulated to keep us on the proverbial hook. With the rare exception, all have been gimmicks. The news media, FDA, AMA, fashion magazines and celebrities alike have been churning out conflicting, confusing information about what the perfect diet for human beings is.

Understandably, you may be very confused. Most certainly, you have a set of programs embedded in your mind around this subject. It is not our place to tell you what is right for you or to override these programs (much as that would simplify things). It is instead for us to share what we know about the ideal diet for man/woman today and why we feel it is true, illuminating the subject matter so you can come to your own conclusions. Should what we share resonate with you, great. Should it spark an interest to consider it more deeply and do your own research, wonderful.

Step 4: Detox your kitchen and home

Step 5: Start integrating New Earth Nutrition concepts!

Start with Green juice!

Natalia's Top 10 Reasons to Drink Green Juice (from [The Extremely Green Detox Guidebook, 2013](#)).

1. Greens are the quintessential primordial food -- when you juice greens you are drinking synthesized sunlight, the source of life in our cosmos.
2. Green juice magnetizes the old waste from deep in the cells and tissues for release, one of two essential steps for real detoxification.
3. The life-force of the plant is in the liquid. You cannot get the same result from powdered greens, no matter how nutrient packed they are.
4. One glass of green juice has the life force, enzymes, minerals, vitamins and amino acids of several pounds of greens.
5. There is no digestion needed -- the value and qualities of the green juice go straight to the cellular level like an intravenous injection.
6. Green juice helps to re-mineralize the teeth and bones, which we often forget are living tissue and can be strengthened given the chance.
7. Green juice will help neutralize acidic substances we consume or are exposed to in our environment.
8. If coated the following day in green juice, the alkaline substance will help prevent acidic foods from sticking in the intestinal tissue as it would do otherwise. This is why green juice is not optional if there is any acidity in the diet.
9. Green juice is the color of the heart chakra (LOVE) and carries the frequency of all that applies to every cell it reaches, elevating the body to a more loving state with every sip.
10. Green juice contains organic water, one of the purest sources of water we have in today's world where so much of our water supply has been contaminated.

Bonus: Wheatgrass contains 12 amino acids, including all 8 essential amino acids (ones that we don't make but have to take in) making it a complete protein source

Text box: Food for thought: A clean-celled body can synthesize this life-force brimming food into whatever the body requires. Enjoy the abundant variety of organic, water-containing foods you are drawn to with the confidence that your body will extract what is needed and use that life force and it's properties to regenerate

absolutely anything that's required (especially if it is grown on our land as the seeds will know us). This frees us from the protein, calcium and supplement myths. However, wherever life-force can be delivered in concentrated amounts such as in green vegetable juice or oxygen-therapy, you will give your body much more to work with.

Step 6: illuminate yourself further with great books and videos! Recommended reading and viewing here

Audio/video:

1. Cancer

a. Videos

i. [Cancer is a Fungus](#) Part 1: A Close look at candida and its connection to cancer.

a. [Part 2](#)

b. [Part 3](#)

ii. [The Beautiful Truth](#) (also available on Netflix): An investigation of the Gerson Therapy, and the pushback from the medical industry and government in dismissing its results.

2. Radiation

a. Article

i. [28 Signs That The West Coast Is Being Absolutely Fried With Nuclear Radiation From Fukushima](#): An eye opening fact sheet about the effects of the Fukushima disaster.

b. Video

i. [The Cooking of Humanity](#): A look at the dangers associated with microwave use.

3. Fluoride

a. Videos

i. [Fluoride Gate](#): This film reveals how government, industry and trade associations protect and promote a policy known to cause harm to our country and especially to small children who suffer more than any other segment of the population.

ii. [The Fluoride Deception \(Interview With Christopher Bryson\)](#) In this video, Christopher Bryson, an award-winning journalist and former producer at the BBC, discusses the findings of his new book *The Fluoride Deception*.

b. Article: Harvard study proves fluoride reduces IQ points: <http://www.reuters.com/article/2012/07/24/idUS127920+24-Jul-2012+PRN20120724>

4. GMOs

a. Article

i. [Biotech's Dark Promise - Involuntary Cannibalism for All](#): A close look at what GMOs really mean, and what we are actually consuming.

b. Videos

- i. [Genetic Roulette](#): Never-Before-Seen-Evidence points to genetically engineered foods as a major contributor to rising disease rates in the US population, especially among children. Gastrointestinal disorders, allergies, inflammatory diseases, and infertility are just some of the problems implicated in humans, pets, livestock, and lab animals that eat genetically modified soybeans and corn.
- ii. [Seeds Of Death](#): This award-winning documentary exposes the lies about GMOs and pulls back the curtains to witness our planet's future if Big Agriculture's new green revolution becomes our dominant food supply.
- iii. [Dr. Huber: GMOs & Glyphosate Global Impact of Devastating Consequences \(article + video\)](#): Dr. Huber discusses the hazards regarding uncontrolled horizontal transfer of genetically engineered material, and the effects of Glyphosate on reproductive health and the entire future of the human race.

iv. King Corn: <http://www.kingcorn.net>

5. Vaccines

Videos

- i. [Dr. Blaylock Exposes Obama's Nazi Health-care System](#): Dr. Blaylock gives the best explanation about about vaccines and the flu shot (and their little known extensive effects) you'll hear anywhere.
- ii. [Life Force Families' Live interview with Holistic Pediatrician Dr. Palevsky](#): This comprehensive interview with the most sought-after holistic pediatrician in NYC, Dr. Palevsky, covers: vaccinations, fevers, the immune system, dietary and environmental causes of illness, supplements and more.

6. Prescription Drugs

a. Video

- i. [Making a Killing: The Untold Story of Psychotropic Drugging](#): This film provides insights into psychotropic drugs and the huge profits they create for the pharmaceutical industry.

7. HIV

a. Article

- i. http://www.naturalnews.com/027355_AIDS_HIV_disease.html# Article discussing the breakthrough film, House of Numbers, that challenges the pharmaceutical industry in their claims about HIV/AIDS.

b. Video

- i. [House of Numbers](#): This film rocks the foundation upon which all conventional wisdom regarding HIV/AIDS is based.

8. Food & Health Politics Videos (most also available on Netflix)

- a. [Food Inc.](#): This documentary examines the costs of putting value and convenience over nutrition and environmental impact.
- b. [Fat, Sick & Nearly Dead](#): Focusing on two men whose bodies have been trashed by steroids, obesity and illness, this documentary chronicles their rigorous healing path -- including a diet of fruits and vegetables, and long term juice fasting -- that both attempt in a bid to rescue their health.

- c. [Forks Over Knives](#): Examines how "diseases of affluence" can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods.
- d. [Food Matters](#): This film makes the connection between common illness and the food system, bringing in multiple holistic perspectives on how food can be the catalyst for health.
- e. [Assembly Line of Death: Holocaust on a Conveyor Belt](#) (short, N/A on Netflix): A potent perspective of consumerism (sorry, friends, this one is really tough to watch but we must take an honest look).

9. Birth & Children

a. Videos:

- i. The Business of Being Born: The quintessential girlfriend's guide to home birth <http://www.thebusinessofbeingborn.com>

- ii. Birth As We Know it: Profoundly enlightening and inspiring documentary on water-birthing in the sea in Russia. <http://www.birthasweknowit.com>

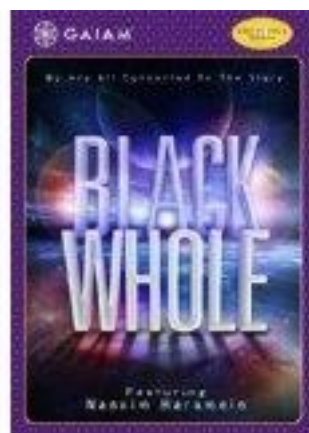
Audio:

- i. [Jeanice Barcelo](#): This powerful audio about birth and human sexuality is critical listening. Expect to be deeply affected and possibly brought to tears. This interview raises the bar on how we approach conception and birth to a whole new level. It also challenges our concept of normal sexual interaction. I hope this serves to help us all take back the sacredness of our sexual and creative natures.

b. Article

- i. [Government Says Parents Cannot Send Lunches With Children To School Anymore Unless They Have A Doctor's Note](#): Not even a preschooler's lunch can be free from Federal control.

SACRED GEOMETRY



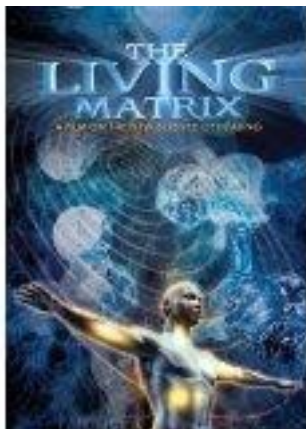
SACRED GEOMETRY

Black Whole Starring Nassim Hamein (Mar 29, 2011)

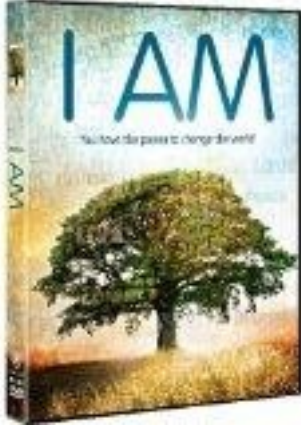


Nassim Hamein - Crossing the Event Horizon: Rise to the Equation

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Living Matrix: Film on the New Science of Healing Starring Greg Becker, Harry Massey, Lynne McTaggart and Bruce Lipton (2010)

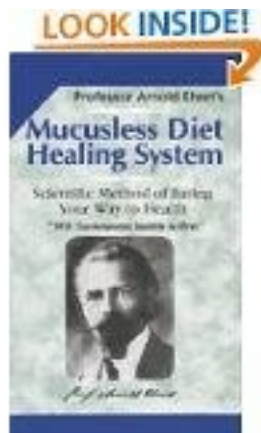


I AM Starring Tom Shadyac and Thom Hartmann (Jan 3, 2012)

Write Recommended Reading Intro:

Recommended Reading (with overlap in other categories):

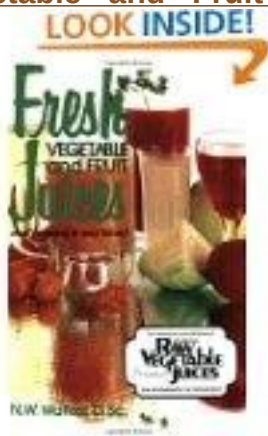
1. Physical Health, 2. Family Health, 3 Cultural Health, 4. Energy Dynamics and Health, 5. Permaculture/Organic Farming. 6. Spiritual Health, 7. Sacred Geometry and Health.



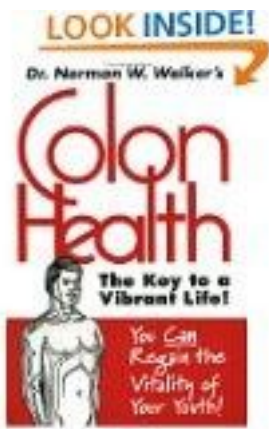
1. HEALTH:

Mucusless Diet Healing System: Scientific Method of Eating Your Way to Health by Arnold Ehret (Nov 9, 2011)

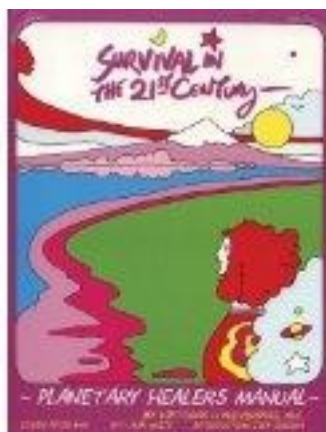
Fresh Vegetable and Fruit Juices by Dr. N.W. Walker D.Sc. and Dr. Norman W.



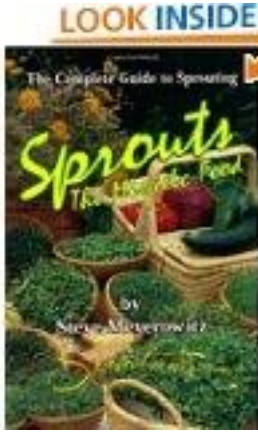
Walker



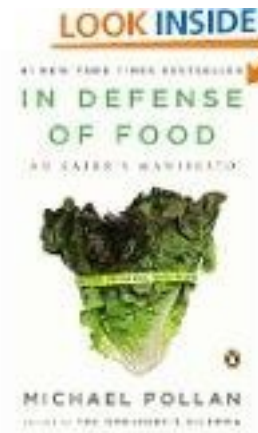
Colon Health Key to Vibrant Life by Dr. Norman W. Walker (Aug 25, 1995)



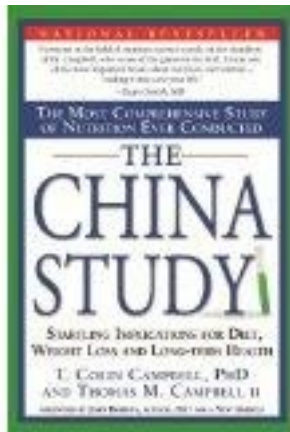
[Survival in the 21st Century: Planetary Healers Manual](#) by Viktoras H. Kulvinskis (Feb 5, 2010)



[Sprouts: The Miracle Food: The Complete Guide to Sprouting](#) by [Steve Meyerowitz](#) and Michael Parman (Jul1998)



[In Defense of Food: An Eater's Manifesto](#) by [Michael Pollan](#) (Apr 28, 2009)



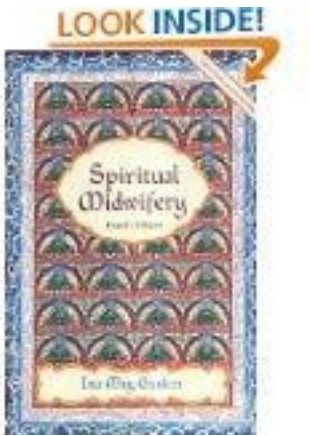
[The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet...](#) by Howard Lyman, [T. Colin Campbell](#), [Thomas M. Campbell II](#) and John Robbins (Jun 1, 2006)

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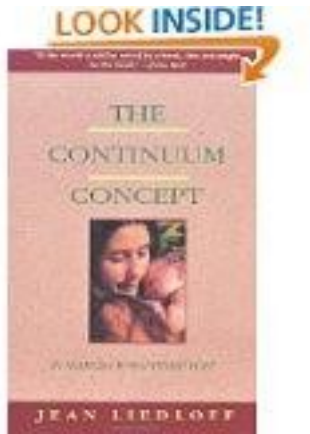
FAMILY



[Anastasia \(The Ringing Cedars Series, Book 1\)](#) by V Megre, Leonid Sharashkin and John Woodsworth (Jun 15, 2008)



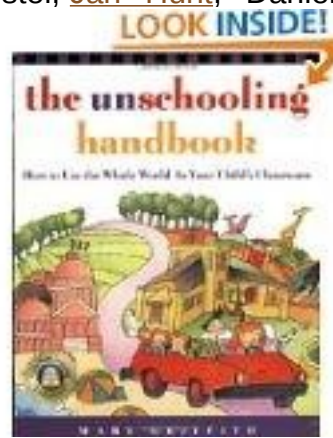
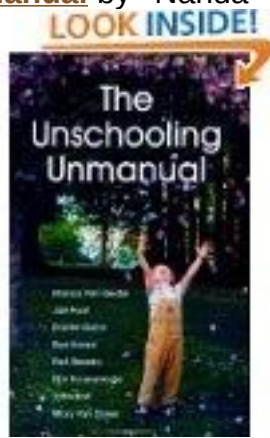
[Spiritual Midwifery](#) by [Ina May Gaskin](#) (Mar 2002)



[The Continuum Concept: In Search Of Happiness Lost \(Classics in Human Development\)](#) by [Jean Liedloff](#) (Jan 22, 1986)

EDUCATION:

[The Unschooling Unmanual](#) by Nanda Van Gestel, [Jan Hunt](#), Daniel Quinn and Rue

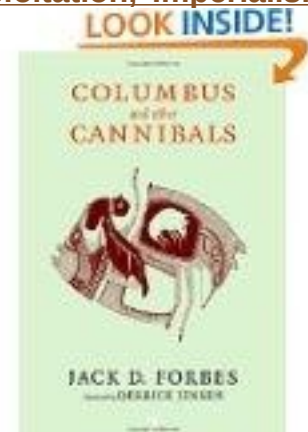


Kream (Feb 4, 2008)

[The Unschooling Handbook : How to Use the Whole World As Your Child's Classroom](#) by [Mary Griffith](#) (Apr 29, 1998)

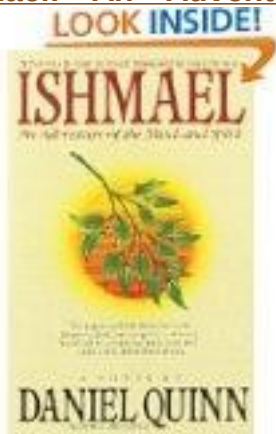
CULTURE

[Columbus and Other Cannibals: The Wetiko Disease of Exploitation, Imperialism, and](#)

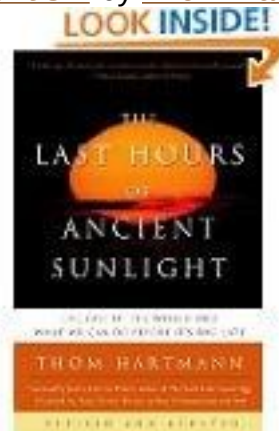


[Terrorism](#) by [Jack D. Forbes](#) and Derrick Jensen (Nov 4, 2008)

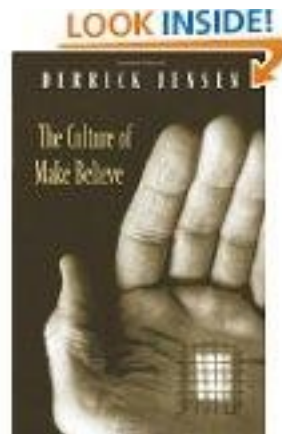
Ishmael: An Adventure of the Mind and Spirit by Daniel Quinn (May 1, 1995)



The Last Hours of Ancient Sunlight: Revised and Updated: The Fate of the World and What We Can Do Before It's... by Thom Hartmann, Neale Donald Walsch and Joseph Chilton

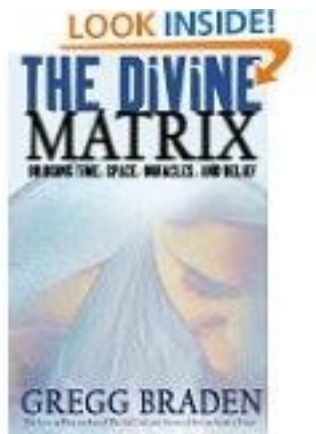


Pearce (Apr 27, 2004)

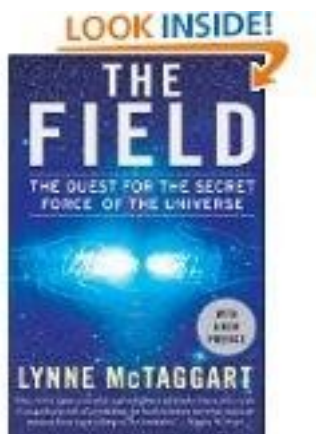


[The Culture of Make Believe](#) Paperback
by [Derrick Jensen](#)

ENERGY DYNAMICS:

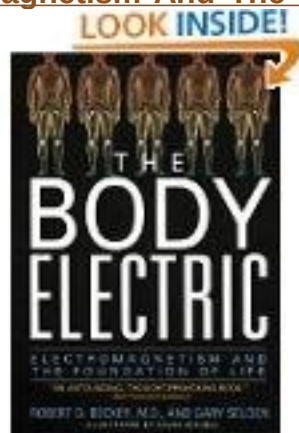


[The Divine Matrix: Bridging Time, Space, Miracles, and Belief](#) by [Gregg Braden](#) (Jan 1, 2009)

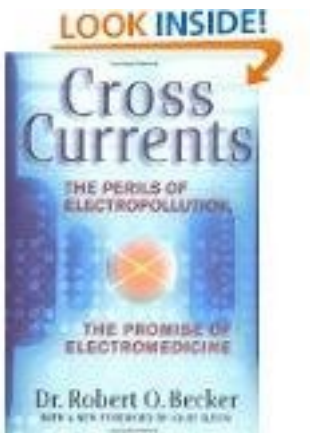


[The Field: The Quest for the Secret Force of the Universe](#) by [Lynne McTaggart](#) (Jan 2, 2008)

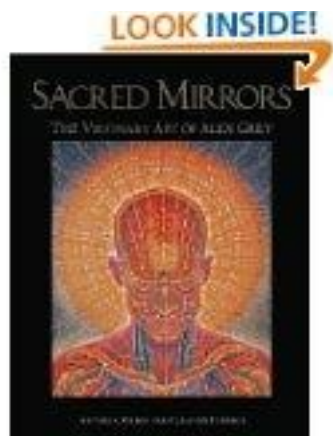
[The Body Electric: Electromagnetism And The Foundation Of Life](#) by Robert Becker and



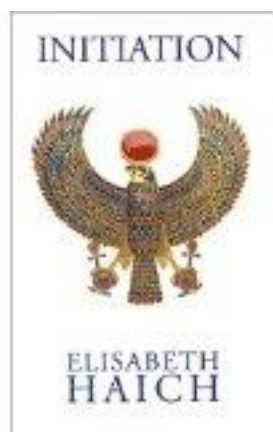
Gary Selden (Jul 22, 1998)



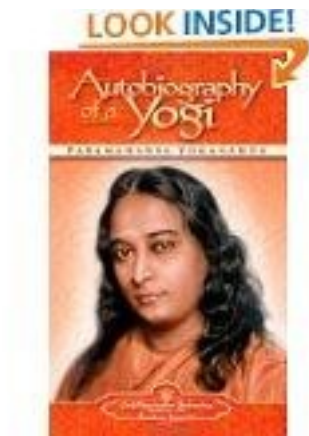
[Cross Currents](#) by [Robert O. Becker](#) (Dec 1, 1990)



Sacred Mirrors: The Visionary Art of Alex Grey by Alex Grey, Ken Wilber and Carlo McCormick

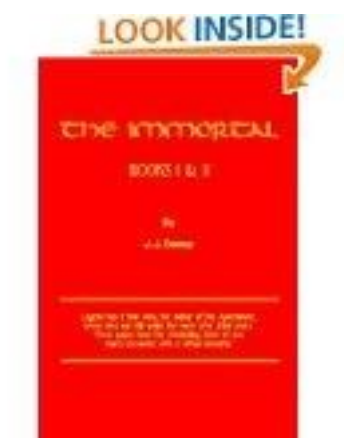


SPIRITUAL
Initiation by Elisabeth Haich (Jul 28, 2000)



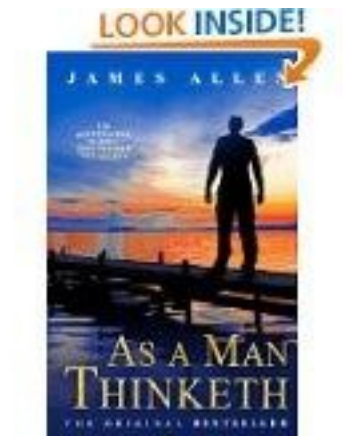
[Autobiography of a Yogi \(Complete edition\)](#) by Paramahansa Yogananda (Jan 5, 1998) - Full length

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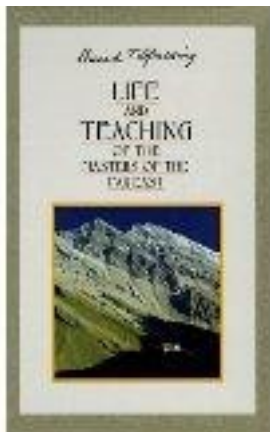


[The Immortal](#) by J.J. Dewey (Jun 1, 1998)

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[As a Man Thinketh](#) by [James Allen](#) (Nov 1, 2013)



[Life and Teaching of the Masters of the Far East \(6 Volume Set\)](#) by [Baird T. Spalding](#) (Jun 1, 1986)

Step 7: Learn more about the origin of the most common symptoms and start your self-healing.

-

Step 8: Learn more about the various healing tools and modalities we believe in.

- *Modalities/tools:* There are many modalities and tools that support speeding your healing from simple body work like lymphatic massage and acupuncture to more radical tools like hyperbaric chambers, blood electrification, colonics

and spa pleasures like infrared sauna, mud baths, natural mineral springs and heliotherapy. *MORE TO COME*

VISUALS NEEDED HERE FOR EACH MODALITY WE FEATURE

Izzy to write introduction and elaborate: Body work

- o Massage
- o Lymphatic drainage
- o Body brushing
- Nature's gifts:
- o Mud baths
- Mineral/hot springs
- Colon cleansing
- o Colonics
- o Enemas
- Oxygen therapy
- o Portable oxygen spa
- o Hyperbaric chamber
- o Ozonated water
- o Intravenous H₂O₂
- Electro-magnetics: QUOTE "Vibrational Medicine is Einsteinian Medicine, since it is Einstein's equation which gives us the key insight toward understanding that energy and matter are one and the same thing."
 - --Richard Gerber, *Vibrational Medicine*
- o Bob Beck protocol with blood electrification
- Healing frequency generators
- Herbalism
- Homeopathy
- Ayurveda
- Chinese medicine
- Energy medicine
- Iridology
- Shamanic healing
- Live blood microscopy
- Aromatherapy with medicinal grade essential oils

Good Medicine:

Enlightened, integrative MDs are increasing in number all the time. Gone are the days when finding enlightened doctors were difficult. In fact, we have some great Naturopathic Doctors sharing their guidance right here...INTERNATIONAL LISTING/NEP PRACTITIONERS??

Supplements:

Copy needed here to introduce this section...

- Pure, whole leaf aloe taken internally for intestinal issues
- Nascent Iodine for chelating pineal and thyroid
- Fungal and mold eradicators:
 - Grapefruit seed extract
 - Oil of oregano
 - Fungal defense
 - Scram
 - Probiotics
 - Candida Clear
 - Food grade H2O2
 - Oxygenators
 - Chlorophyll liquid and tablets
 - Colloidal silver (pathogen eradicator)
 - Essential oils from Wisdom of the Earth (imho, I find others such as Young Living are much inferior)
 - Flower remedies

Family Health:

We hold that all aspects of fertility, pregnancy, and children's health are governed by the same core principle that supports all life: namely, that clear physical pathways and clean cells are essential to conducting and maintaining a strong flow of life force.

A child's health is shaped long before birth. Every part of the child's being is affected by a combination of the DNA it receives from its parents (therefore the parent's health is transferred into their child's makeup) and all it is exposed to in-utero. Therefore, the less toxic the parents and the more healthy and harmonious the child's incubation experience (non-toxic foods, clean air, clean water, no pollution or chemicals), the better its odds are of being a powerful, intelligent growing human.

COPY TO COME...please see
<http://www.detoxtheworld.com/education/families/>

- pre-conception
- infertility
- pregnancy
- nursing
- babies
- toddlers and
- older children:

[“INTERVIEW WITH HOLISTIC PEDIATRICIAN, DR. PALEVSKY”](#)

Listen to this fabulous interview with the most sought-after holistic pediatrician in NYC! Dr. Palevsky covers: * Vaccinations – where is the greater risk, vaccinating our children or not vaccinating them? * What to do when our children have high fevers? * Boosting the immune system and the biggest dietary and environmental causes/natural remedies for childhood illnesses * How ...[Read More](#)

[NATALIA ROSE – BEAM GREEN PT.2](#)

ANSWERING THE CALL FOR A HEALTHY NEW GENERATION OF KIDS! I wish to bring your attention to a truly remarkable venture undertaken by a bright, young visionary, Mary Boehmer. Once in a great while someone starts something unmistakably powerful and it's ripples are destined to make the most beneficial waves across the sands of mankind. Such ...[Read More](#)

Article by Natalia Rose – posted on September 5, 2013

[NATALIA ROSE — BEAM GREEN PT. 1](#)

ANSWERING THE CALL FOR A HEALTHY NEW GENERATION OF KIDS! I wish to bring your attention to a truly remarkable venture undertaken by a bright, young visionary, Mary Boehmer. Once in a great while someone starts something unmistakably powerful and it's ripples are destined to make the most beneficial waves across the sands of mankind. Such ...[Read More](#)

Article by Natalia Rose – posted on September 5, 2013

Birthing: Videos, experienced midwives and doulas speak here...

[AUDIO BLOG WITH NATALIA, AMANDA AND MACHA ON BIRTHING](#)

Macha and I were so moved by Amanda's birthing story that we had to call Amanda in to share it with you too! As you may know, Amanda Dennis, leader of our Life Force Families site and my business partner, moved to Hawaii's Big Island last spring with her husband, Jason, and 3-year-old daughter, Madeline. ...[Read More](#)

Article by Natalia Rose – posted on September 5, 2013

- Ideal diet for the various stages of life (i.e., pregnancy, nursing, feeding young children and the elderly) all have various nuances.
- Section on teenage girls and self-care in the early reproductive years. ...how a young girl learns to care for her developing body as they enter their reproductive years. The current paradigm with it's toxic hygiene products, so-called STD vaccines and birth control pills are destroying women's reproductive organs, rendering them sterile and setting them up for

hysterectomies (the second most common female surgery after Cesarean section).

Step 9: Consider the Dental Health connection:

Insert Dr. Yvan Micholt's directives here...SUGGESTION: HAVE YVAN RECORD THE PAPER HE WROTE FOR NEP ON DENTISTRY AND HIS STORY IN THE FIELD. IT WOULD MAKE A MUCH BETTER, HIGHLY ENGAGING VIDEO RATHER THAN A STAGNANT WRITTEN PIECE. THEN THE DENTAL COPY COULD BE CRISP DIRECTIVES, TENETS AND SUGGESTIONS.

Diet/dental care overlap:

- *Alkaline diet is greatest protection against demineralization of the teeth (tooth decay)
- *Tooth is bone, so acidic system leaches alkalinity from teeth
- *Cavities are caused by acidity on the tooth or in the body at large and bacteria (which is acidic by nature and generates acidic bi-products)
- *Healthy saliva is alkaline and buffers acidity but if there is plaque the saliva has a hard time getting where it is needed.
- *Plaque + sugar + bacteria = cavities/demineralization
- *Rate of destruction from acidity, sugar and bacteria exceeds rate of repair of mineralization by the saliva
- *Tiny channels in the teeth and gums send and receive chemicals between mouth and the internal organs, blood and intestine
- *Carbonic gas in the body impacts the integrity of the teeth
- *Mainstream dentistry can harm the teeth as well as the blood chemistry
- *The mouth is an eliminative organ/waste removal
- *The fluoride myth
- *Much to be attributed to lineage -- presumably the major reason for malformation and the current need for braces and palate expanders. Crammed teeth caused by Eastern/Western European lineage (photos by Weston Price, indigenous people had beautiful straight, white teeth).

Step 10: Learn about the New Earth Retreats

Step 11: Share your healing story! Testimonials!

Suggested courses and other:

Skin audio

Detox for Women

Detox for Men

Ebook for children
Emotional Eating S.O.S
PhDetox - Entheos
Extremely Green Detox