

Diet Addendum

Any diet should be understood as a template or scaffolding that helps us to construct something in ourselves. Once it's constructed, the diet can be discarded as a rigid outer form. What we're trying to construct is a sensitive and wise inner *instinct* to guide us in our food choices.

This healthy, wisdom-filled instinct, which is a form of down to earth spiritual perception, used to exist in human beings--it gave rise long ago to the traditional diets of different indigenous peoples.

In modern life this healthy instinct is swamped by foods that overstimulate our taste sense, and by the way the advertising and selling of food panders to our desires, but unspoiled cultures and animals still mostly retain this instinct. It is an instinct that connects our own inner healthy life energy with the healthy life energy inherent in true natural foods. This instinct bypasses our more superficial likes and dislikes in foods and relates directly to the nutritional value of the life energy in each food *as needed by our own individual make-up*.

Every individual is different. No one diet can be applied to everyone for very long. It all depends on what we as individuals need to support our life and health to the utmost. Some people need more animal protein like meat, fish, eggs, cheese, others less or none. If we're very stressed or exhausted, then our life energy is low and our ability to digest dense protein foods, or too much raw food, is also reduced. Sugar and carbohydrates are well-tolerated in some people and cause disturbing fluctuations of blood sugar, body fat and mood in others. In diet and nutrition the saying applies, "One man's meat is another man's poison."

Our food must be as fresh, pure and full of LIFE as possible. The most life is in all the fresh vegetables, sprouts, whole grains and fruits, organic if possible, and of course in fresh raw vegetable juices.

What also helps for the great majority of people is to avoid fruit and sweeteners in the morning and to have our denser protein foods for breakfast and lunch but not much later in the day. Fresh fruit is good and should be eaten increasingly from the afternoon onward. See the first page of my Diet Suggestions. The last page explains how to support our liver, which is very important. Nothing sweet at breakfast, except perhaps carrot or beet juice, grapefruit or cantaloupe. We need some protein at breakfast, but little or none in the evening, because protein is dense and our forces to digest it are strongest in the morning, weakest in the evening after a stressful day. When we habitually eat more protein than we need or can fully digest and utilize, it increases our tendency to sclerotic, degenerative illnesses.

We must boldly apply our own intuition, intellect and instinct to determine what foods we might be needing, and to develop a deep sense for the nutritional quality of our food. Is a particular food supporting our life and health or is it more of a “comfort food” that is supporting us emotionally? Yes, we should enjoy our food, but no, our food choices should not be dictated by our need to calm or comfort ourselves. There are much better ways to meet our soul needs than with sugar, chocolate, alcohol etc.

It's not any diet per se which will safeguard our health, it's our strengthened life energy from foods with LIFE, and our stronger and wiser self-reliance, discernment and discipline in choosing and learning to appreciate such foods, which will make us healthier and less prone to chronic illness.

We need to select our foods not according to taste alone, but according to their known nutritional value and to how clear-headed and well we feel after eating them, without having to take a caffeinated drink.

To seek a diet that truly serves our health is really a path of self-knowledge and self-healing. To exist on Earth, we need to eat, and this should remind us of our close living bond with the kingdoms of Nature on which we depend for our survival.

A wise and proper nourishment of our individual body-soul-spirit organism begins with a sense of reverence and gratitude toward the minerals, plants and animals which sustain us and toward the Divine power which has made it all possible.

Any prescribed diet should only be the first step in developing our healthy food instinct. After a while, this instinct and our deeper understanding and appreciation of foods should reliably guide us in choosing what and how much to eat.

Reading the book, [What Are We Really Eating?](#) By Otto Wolff, M.D. from Mercury Press, at fellowshipcommunity.org, will help us to understand foods in a more living way and *to get in touch with our wise and healthy instinct, which is the crucial piece of the puzzle we need in order to maintain our health*. It takes motivation, discipline and understanding to be healthy.

Good luck on your healing journey!
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