

INSIGHTS FROM THE AUTHOR

*“Man did not weave the web of life...he is merely a strand in it.
Whatever he does to the web, he does to himself.”*

– Chief Seattle

The warning has been sounded. We're in the midst of an environmental crisis. Former U.S. vice-president Al Gore, now called “The Noah of our Times” by his colleagues, believes that global warming is threatening the very life of planet Earth. He has sounded an SOS signal, alerting us to the crisis at hand. In his book and documentary, *An Inconvenient Truth*, he declares that the burning of fossil fuel is the main culprit of global warming and if we will only “Answer the Call” and “Go Green,” we can easily clean up the environment and turn our planet’s environmental crisis around.

Other environmentalists disagree with Al Gore. They say that the burning of fossil fuel is *not* the main culprit of global warming and that the warming of our planet is occurring because of a much broader issue.

If this is true, the fact still remains: the burning of fossil fuel is polluting our planet. We are slowly but surely destroying our habitat. I know because some 25 years ago, I had almost destroyed mine. I woke up one morning and realized that not only had I been burning the wrong type of fuel in my car, but I had also been burning the wrong types of fuel in my body.

My body had sounded an SOS signal. I was in the midst of an internal environmental crisis. A type of global warming was threatening to take my life. I had a fever of 104 degrees that just wouldn't go away. Then one night, I collapsed from dehydration and was rushed to the hospital, where I was immediately admitted to an isolation room due to a dangerously low white blood cell count.

For days, my white blood cell count continued to drop, despite the many rounds of the strongest antibiotics possible. Even some of the most acclaimed allopathic experts had no clue as to the cause and therefore had no remedy for my potentially fatal condition. One physician simply blamed my declining white blood cell count on some mysterious germ and reported that if things didn't turn around, my life would

soon come to an end.

But then, a new perspective was presented to me. Taylor, my friend and real estate broker, stopped by to see me and told me that he too had once been told that it might be too late for him. After doing extensive research as to why the human body becomes sick and dies, he began to shift his eating habits from an acidic meat-based, processed food diet to an alkaline plant-based, natural food diet. After a few short months, he experienced what others would call a miracle. Knowing that I, had been eating the SAD—Standard American Diet, laden with highly acidic, processed chemicalized foods, he encouraged me to do the same.

He looked up at my IV drip and told me that if I *truly* wanted to turn my crisis around, I needed to immediately check myself out of “man’s” hospital and check myself into “nature’s” hospital, where nature could heal me from the inside out. He told me that Hippocrates, the father of medicine, would turn over in his grave if

***“Let your food be your
medicine and medicine
be your food.”***

— Hippocrates,
Father of Medicine

he could see how the physicians of our time were using drugs as medicine instead of food.

He went on to quote Hippocrates’ famous statement, “Let your food be your medicine and medicine be your food.”

He said that Hippocrates had based his entire healing practice on the observation and study of the human body as a whole and that a true physician was a teacher and the one who was sick was a student. To Hippocrates, the main duty of a physician is to simply standby and assist nature to strengthen the student’s body, mind and spirit. He said that Hippocrates’ goal was to *empower* his students by helping them understand that health is a natural effect of balance, and disease a result of imbalance.

To restore balance, Hippocrates trusted in nature to heal the body and the body to heal the mind. His prescribed medicines were whole foods, rest, enhanced elimination, cleanliness, fresh air and sunlight. He also used purges, enemas and fasting diets to evacuate toxicity from the body, the application of friction to increase circulation through massage, as well as the use of hot and cold water to further stimulate circulation.

As Taylor was leaving, he handed me some research papers that convinced me

that he was right. I read how Antoine Béchamp, a 19th Century contemporary of Louis Pasteur, recognized that when the internal environment of the human body is in a state of balance, germs do not have a breeding ground. Since germs feed off of toxic waste, they simply cannot gain a foothold without a food supply. Pasteur and Béchamp each conducted prolific research into the cause of disease. They even worked side by side, but came to very different conclusions.

Pasteur believed that the interior of the human body is sterile and static like a spotlessly clean Petri dish. He believed that the cell is the elementary unit of life and hypothesized that harmful microbes were airborne and invaded the body, attacking us from the outside in, causing such physical reactions as fermentation, putrefaction and human disease. He taught that germs contaminate the tissue and cause disease, and that we are the prey, and the germs, the predators. This perspective is well known today as the *germ theory*.

Béchamp, on the other hand, believed that “disease is born of us and in us.” He hypothesized that the cell couldn’t be the elementary unit of life because there were certain microscopic entities within each cell that had the ability to evolve into bacteria under certain conditions and change their form. This pleomorphic activity takes place depending upon the environment the cells live in. He named these microscopic entities *microzymas*. He found that microzymas, based on the environment the cells live in, could not only change their form but their function as well, i.e. from helpful to hostile and back again, in countless variations. To his amazement, he found that microzymas were so strong that he was unable to destroy them at the highest of temperatures. He even found live microzymas in limestone dating to a geologic period some 60 million years ago when the first mammals appeared on Earth.

Béchamp discovered that microzymas are present in the tissues and blood of all living organisms where they remain benevolent and functional, especially in regards to cell division and immune function. He also discovered that when the welfare of the human body is threatened by the presence of potentially harmful material, such as accumulations of improperly digested foods and/or acids, a transmutation takes place. The microzymas change into a bacterium or virus, yeast or fungus, which immediately go to work to rid the body of this harmful material. Should the accumulated contamination continue to increase, the microorganisms would also continue to increase. What he discovered is that *when the environment is cleaned up,*

the bacteria or viruses, yeast or fungus naturally reverted back to the microzyma's normal state of promoting life.

Thus, after much research, Béchamp concluded that the real cause of disease was *not* the germ, but rather an internal environment out of balance with nature and the natural order of things. Such imbalance is what makes the body a susceptible host to either external contamination or internal dissolution at the microscopic level.

**When our internal
environment is *clean* and
green, disease cannot exist.**

Or, as Béchamp is reputed to have said, “living beings, filled with microzymas, carry within themselves the elements essential for health or for disease, for life or for death.”

Thus, his perspective was called the *internal terrain theory*, a theory that has never been refuted; one that reflects the internal message—the message that everything begins within us, and not the other way around.

Even though my family thought I had become insanely delirious from the high fever, Béchamp's internal terrain theory rang true to me, so I took my friend's advice and checked myself out of the hospital.

I was full of hope!

A few hours after my arrival at home, Taylor came by and delivered bags of organic food. He had everything from fruits and vegetables to nuts and seeds. It all seemed so strange to me. He had also brought me a high-powered juicer and blender, along with an assortment of self-help books on the healing power of food and periodic juice fasting as well as a book on how to clean out the accumulated toxic waste. I read all day and through the wee hours of the night.

Needless to say, my two children rebelled when I offered them carrot juice and whole grain cereal instead of a microwaved sticky bun for breakfast. But I was on a mission, not just to heal myself, but to make sure my family stayed healthy as well.

For the next 90 days, I went on a sabbatical. Work had taken a backseat. I read every book I could find on natural healing. Not only did I take Hippocrate's advice and heal myself with whole foods, fresh air, sunlight, water and a cleanse program that would evacuate the toxicity from my body, the totality of that experience caused insights to unfold within me which changed my life forever and prepared

me for my destiny.

I became a student of nature and natural cures. Over the years, my desire for knowledge on how to achieve perfect health took me all over the world. I traveled extensively, visiting and studying at various holistic healing centers where I received several certifications in food and herbal nutrition. My studies revealed that modern day diseases increased as the contemporary American diet increased in net acid load relative to diets of the ancestral pre-agricultural *Homo sapiens*. This shift possibly occurred because of the agricultural revolution and the ubiquity of processed grains and shelf-stable food products high in chemicals and devoid of essential nutrients. Then fad diets became the norm; the latest trend being a diet high in animal protein foods and low in phytochemical plant foods from fresh fruits and vegetables.

Studies show that high protein diets derived from cheese, meat, fish and grains, increase net dietary acid load and acidify the urinary pH. Conversely, plant-based diets high in fruits and vegetables increase net dietary alkaline load and alkalize the urinary pH. Over time, ingestion of a high dietary acid load can progress into a chronic low-grade level of metabolic acidosis. This incidence of low-grade acidosis resulting from our modern diet has been well documented to cause a number of health conditions such as osteoporosis, cancer, heart disease, kidney disease, kidney stone formation, and muscle wasting. This chronic acid load creates an acid-alkaline imbalance, which in turn sets the conditions for germs to evolve to feed off the environment that acid waste creates.

After years of studies and bringing my own internal terrain back into a perfect state of balance, I discovered that the cause of my illness was, in fact, an overly acidic internal terrain produced from all the acidic foods I had been eating throughout the years; foods that were highly processed and full of chemicals, which provided a perfect feeding ground for the germ that had threatened to take my life. The germ was the effect of a toxic internal environment, which in turn had lowered my immunity. The germ was not the cause. In other words, *if you feed 'em, they'll come!*

What we have long called disease, and tag each one with a name, is simply a result of moving away from a perfect state of balance.

Disease means:

***Dis* to move away from**

***Ease* a perfect state of harmony**

Then, the cleaner and healthier my body became, the cleaner and healthier my mind became. This is when I began to view the world through the eyes of oneness. I could see that our earth's environmental crisis is a mere reflection of our body's environmental crisis. How we are polluting the earth is the same way we are polluting ourselves. Like burning the wrong type of fuel (fossil fuel) in our cars that adversely affects the outer environment, most of us are burning the wrong types of fuel (animal and processed foods loaded with chemicals) in our bodies that adversely affects our internal environment. This fuel not only creates a type of internal global warming, but an internal acid rain as well.

Burning the wrong types of food for fuel creates a type of internal acid rain.

If you will, take a moment and ask yourself the same questions I had to ask myself: has the intelligence that runs your body been sending you an SOS signal? Have you been ignoring its distress call? Or have you been aware of it, attempting to listen, but unable to decipher the message? Could pain and disease be the SOS signal your body's intelligence is sending, attempting to warn you that you're burning the wrong types of food into the environment of your body, an alarm going off to get you to respond and "Answer the Call?"

I believe it is. The insights that are about to unfold in the following chapters are amazing. The basis of these insights has do with your body's ecology experiencing what I call an "ecological breakdown." However, what I discovered is that if you will heed your body's SOS signal, clean up your environment and change the types of food you're burning for fuel, your personal crisis would come to an end. The outer would follow simply; that is, you would begin to treat the earth as you treat yourself.

Thus, in order to affect real change and shift our planet's environmental crisis, we need to "be the change" and shift the crisis within ourselves by *getting clean* and *going green*.

So that's what I did, and that's why I'm still alive today, sounding my *Get Clean Go Green EcoDiet* message!

PART ONE

BE THE CHANGE!



CHAPTER ONE

What is an EcoDiet?

When most of us hear the word “diet,” we tend to think of a weight loss program; something we go on one day then off the next. Some may even think of it in the context of a health care professional telling us that we need to change to a healthier diet if our cholesterol or blood sugar is too high. But according to Merriam Webster, the word “diet” means “food and drink regularly provided or consumed.” Another definition is “habitual nourishment.” Thus, diet is a way of saying; something we consume on a regular basis, without ruthless caloric restrictions—just tossing out some bad stuff and adding some healthier choices to what most of us consume everyday.

So when we hear in the news that we should add something like olive oil to our diet, it just means that we should chuck the trans-fat laden hydrogenated gunk we’re eating and substitute something that’s healthier for our heart instead.

Since there’s so much confusion around the word “diet,” I chose the main title of my book, *EcoDiet*, after much deliberation.

The word “eco” means, environment or ecology; the word “diet” means, daily fare or a prescribed way of living. Mostly used as a prefix, “eco” is often added to an existing word to create another word with new meaning, mostly related to ecology. For example, eco-system, eco-house, eco-printing, etc., suggests a product that supports the environment or ecology of the earth.

Thus, an *EcoDiet* suggests an environmentally friendly way of eating—a daily fare that supports the ecology of our bodies, and a person who follows an *EcoDiet* is a *Body Ecologist*, a title I have given to myself.

A *Body Ecologist* is a person who studies the relationship between living things

within their internal environment, and examines the effect of particular foods that support the ecological balance of their ecology. The basic principle they follow is that everything within their internal environment is connected and is designed to work together harmoniously, even though at the present time it may not be. Interested in their own personal environmental sustainability issues, they do everything possible to maintain ecological balance or to solve an already existing ecological imbalance by examining where they might have gone against nature and the natural order of things, such as the over consumption of foods that create an acid load, a lack of drinking enough purified water or taking in enough fresh air or sunlight.

In short, a *Body Ecologist* follows the principles an *EcoDiet* because they know that this recommended daily fare is the key to maintaining ecological health and a perfect state of balance. They understand that their body is a living ecosystem and because of this understanding, they become a devout student of their inner ecology and in turn teach others to do the same.

ECOSYSTEMS DEFINED

A living ecosystem is a natural unit consisting of a community of interdependent living organisms such as plants, animals, and microorganisms that live symbiotically in the environment they inhabit. The ecology of an ecosystem consists of the relationships and interactions between every living organism and its natural or unnatural environments. An ecosystem can consist of any form or any size—a log, pond, lake, field, forest, the earth's biosphere, and even the human body.

The main source of energy for every ecosystem is the sun. In fact, the health and wellbeing of every living organism begins and ends with the sun. Plants capture the sun's energy and use it to convert inorganic compounds into energy-rich organic compounds. This process of using the sun's energy to convert minerals such as magnesium or nitrogen from the soil into plant growth is called photosynthesis. The sun's energy is transformed and then made available to other living organisms through a pathway known as the food chain. In the hierarchy of the food chain, each group feeds on the group below it.

This way of feeding can be used to divide every living creature existing within

the same ecosystem into three categories: producer organisms, consumer organisms and reducer organisms.

Green plants are producer organisms

Through the process of photosynthesis, green plants produce the food upon which all other organic life depends. They are called producer organisms because they convert solar energy directly into complex compounds that either form the body of the plant itself or are stored as seeds, nuts and fruits. Green plants form the entire beginning of the food chain. *Rich in chlorophyll, green plants are amongst the most alkalizing foods available.*

Herbivores are consumer organisms

Animals such as deer, rabbits, cattle, pigs, squirrels, and seed-eating birds are called consumer organisms because they acquire their energy second-hand from consuming green plants or their nuts, seeds and fruits. *Like primates, scientific evidence suggests that humans are also herbivores by ecological design as described in Chapter Two.*

Omnivores are secondary consumer organisms

Omnivores such as opossums, pigs, bears, chickens, emus and a variety of birds eat both plant foods and meat for their sustenance and are therefore mixed primary and secondary consumer organisms.

Carnivores are secondary consumer organisms

Carnivores such as owls, vultures, wolves, and bobcats are called secondary consumer organisms because they derive their energy from eating the herbivores.

Microorganisms are reducer organisms

Microbes such as bacteria, fungi, yeast, parasites, and algae are called reducer organisms because their inherent function is to decompose and devour all that is dead and dying back into the dust of the earth, thus cleaning up the environment for the living. Often perceived as germs or pests, reducer organisms are a misunderstood and necessary part of the food chain.

*If any environment provides reducer organisms
with a food supply, rest assured...they will come!*



In the following chapters, we'll explore dietary devolution, the human body and how I believe it, like the ecology of the earth, loses its natural state of balance, and becomes diseased to the point of death. Just know that I believe, no matter what your condition or what disease name you may have been tagged with, it's never too late to turn your environmental crisis around.

I did, and so can you!