



*Caveat: These communications are informative teaching instructions for those who seek to increase their understanding of themselves and the magnitude of the future lying before us all. These lectures are not of a religious nature but rather deal with the science of human potential and evolution. This document is a direct transcription from the original recording. Although it has been checked for obvious errors, it has not been finally edited.*

Copyright © 2012 Clyde Trepanier

**November 5, 1973**

**Questioner:** How can I improve my health?

**Teacher:** Many of your problems are problems of long standing. Many of them are partially because of emotional upsets which can be very detrimental to the health. Well being, peace of mind are very important to mankind. Emotional upsets not only affect the physical body, but it also affects the spiritual and the soul. You cannot deal with one without dealing with the other. Asthma and the throat are greatly affected by the emotions. Another thing that Earth people do not realize is that some of the problems they are having are an accumulation of the events of the past, both in this lifetime and in other lifetimes. But we will deal now with this lifetime concerning the diet.

People have eaten imbalanced diets and their nutrition has not been adequate for many years. There are so many things that have been developed in your food lines for the last fifty years, that are detrimental to health and these have increased as the years have passed. So in eating these things over a period of years and the increase that have taken place had caused many problems. The body has been able to cope with some of these things for quite some time but gradually the organs begin to break down due to the over strain that they have had in trying to overcome the deficiencies. We have not given the body the materials that it needed to build a good physical body to replace the cells that are continually wearing out with new healthy cells. So we come to points in life where the body begins to break down as it has not had the proper building blocks to build the new healthy cells. The only way you can do this in to take adequate amounts of balanced nourishment that will give the body the tools that it needs to rebuild these cells.

I realize that in your civilization today it is very difficult to do this unless one has their own facilities to raise and to produce their own foods organically as nature intended. If these foods are not available your only alternative is to try to balance your foods as best you can and eat as nearly as possible all natural and unrefined foods. I know that this is not easy, that it is difficult, perhaps next to impossible in your civilization unless you have your own facilities. Since this is true one can supplement their diet with food supplements

but it is necessary to supply these in quantities large enough to give the glands and the organs of the body the necessary blocks that are needed to build. Those who have overcome their problems in this way if you were to investigate, you would find that they have used large quantities of the supplements.

Some malfunctioning organs could have been carried over from another lifetime, some may be due to illnesses as a child. But all of these things can be improved if not completely eliminated if the body is given enough building blocks to rebuild and to absorb the infections.

In food supplements it is necessary for one to experiment somewhat for you cannot depend upon your medical profession—except in a few cases—for guidance in this field. So it is necessary to experiment with the amounts that you take to find the level of absorption for your own body for each individual is somewhat different and what is required for one is not necessarily satisfactory for another. Another may require much less and another may require much more.

As long as you are using completely natural food supplements there will be no detrimental results or what you call side effects. You may get some effect from too much of one thing, but if it is completely natural as nature made it, it will not do you harm. For instance, more Vitamin C than your body can handle may cause you some discomfort in the urinary tract, such as burning or an uncomfortable sensation but it will not do you harm and you know by this result you can reduce the amount somewhat. This is why each individual should experiment. Some require great amounts of vitamins and minerals, depending upon the individual's specific problems and the chemical makeup of their physical body.

The problem that arises with most of your people who want to depend on diet and food supplements for a cure, is that as a rule they are not willing to go far enough. Partially because of monetary reasons as they feel they cannot afford certain things or because they just do not want to be bothered with having to eat good foods and take large amounts of food supplements. But one must make some sacrifices if they are to accomplish their goal.

If you are going to depend mostly on food supplements to correct your physical problems it requires much more than what is known as your minimum daily requirements. Because these amounts are very inadequate and they are determined by what is needed by a good, healthy person. So the amount needed will depend on how healthy you are and also the fact that a MDR cannot be accurately determined for a healthy person as one would require more of one thing than another.

If one is able to eat good, natural food as one should and has cultivated his appetite for these things, his own intuition, desires or cravings for certain foods at various times will automatically supply him with the needed nutrition. But the problem with your civilization is that they have cultivated false tastes. From childhood they have been given refined foods and have developed a taste for them so it is difficult for them to want anything but that. Man needs to change his whole personality so far as foods are concerned. One can cultivate his tastes. If something that does not appeal to you is eaten for awhile it will become quite palatable and delicious. Then when the unnatural foods are eaten they do not appeal to you at all. 25,000 units of Vitamin A is not an excessive amount. There are many cases where vitamin A has been given in larger quantities. You could experiment by doubling the amount. Vitamin E is very essential in the diet as there is very little your foods. Also, the green capsules that you have are extremely good in bringing about a balance. Since you are taking four daily now, I would increase that number. Experiment and observe the results.

Some individuals who are extremely low in certain areas require huge amounts of the lipid factors which have been very lacking the diet of your country for many years now and you can see the results of this lack and also of vitamin E that has been taken from your foods. Be sure that the supplements that you take are from a natural source and are kept as near to nature's way of producing, it as possible. This is important!

Man may try to duplicate nature but he will never accomplish it. Vitamin C is also very lacking in your diets on Earth. Very few people take enough vitamin C. Because of the environment in which you live and the things that you are exposed to all the time, a great deal of vitamin C is required. This is one of the greatest guards against infection or what your professional people call a "virus" which is so prevalent in your civilization at this time. The reason these are so prevalent is not because they have never been here before but because your people are becoming less and less resistant to them, due to their environment, their diets and the dissipation's that they put their bodies through.

These little microbes have always been around although there have been some new ones developed,

due to certain depletion of the soils and certain handling of waste products. Plus many other things that have caused new microbes to develop which will be foreign to your medical profession. In fact more things are foreign to them than they would like to admit.

Many drugs do increase resistance to certain infections but the problem has always been that they have detrimental side affects which are bound to happen from drugs. There are cases where side effects are less objectionable than the disease. But in your case this drug is designed for resistance against infection which it will do but the side effects may be undesirable. I believe if one can build up their resistance to these things that the body itself will throw off ninety percent of them and one will have very few problems. But when one is in a low physical state it does take some time to rebuild it and large amounts of food supplements, plus a good balanced and natural diet or as near to that as possible, is necessary. The less one can take of drugs into their system the better off they will be. I grant that it often seems necessary in your civilization but the day will come when drugs as such will not be used in Earth's civilization.

**Questioner:** How can I improve my meditation?

**Teacher:** Meditation is the spiritual path and it is something that you progress in through practice. And as you continue and go deeper into the silence you will find new experiences, greater help, greater benefits coming to you. It is all a matter of discipline and continual practicing with a sincere attitude and high purpose in mind. You will find as your meditations lengthen and become more deep that your benefits will also increase. The only thing else that I would suggest is that it is a must, as one continues, purify one's self for the more one purifies one's self the greater and deeper will be their meditation.

It has been my privilege if I have been of any help or service to you. I am most gratified if that is so. I wish to extend my gratitude to the doorkeeper, Anthon and his instrument for giving me the opportunity. And to all of the rest of you here I extend my most sincere love and blessings. May each of you find great help and may your progress be fast in your efforts to improve both physically, spiritually and mentally.

Bless you, my beloved ones, bless you. ❀