



HOW DIET BEAT US

**Exploring the Connection
Between Diet, Health
Lifestyle and Longevity**

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This book is dedicated to my guiding angels.

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This book is the result of three years of research and a journey into the realm of health, wellness, diet and lifestyle. The research and real life practice that make up the material of this book has changed my life for the better. I realize everyone is on their own specific journey in life and certain conditions and other factors play a role in each person's journey to health. However, if the information in this book is taken in entirety and practiced carefully, anyone who takes this journey will benefit from its prescription.

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PREFACE

Your life started this morning. Your afterlife starts tomorrow. This belief is the fundamental foundation for this book. Imagine if your conscious mind is at its base, a complicated collection of thoughts and memories. Now, imagine if your immediate world is a collection of objects, items and living things rendered and perceived by your conscious mind.

What does this have to do with diet?

In order to understand how diet works, you must first understand three things.

One, diet is not solely about what you eat. Diet is about anything you intake into your physical body. Your eyes, ears, nose, mouth, and skin all have a role in your diet.

Two, what you intake into your physical body today will play out in your life tomorrow. The wins and sins of bodily intake today will render themselves in your life tomorrow. Tomorrow is the afterlife.

Three, you are in total control of your afterlife. You have the ability to create a better tomorrow for yourself by creating wins in your life today. You also have the power to do the opposite. Your current today is your afterlife from yesterday.

Many misguided people use their bodily intake today to recover or relieve themselves from sins acquired in yesterday's life. This has a domino affect where the next life (tomorrow) is constantly being subverted by actions acquired in the current life (today), which are reactions to sins acquired in the previous life (yesterday). To have a better afterlife one must escape from constantly seeking comfort in their current life and migrate to a better afterlife with the full faith in knowing that, although unseen, the afterlife is real and attainable.

Migration from the current life requires light suffering and a little pain. If you are afraid of light suffering and a little pain, stop reading now. This book is not for you! This book is for those who are brave enough to endure the light suffering of stepping out of their comfort space and migrating to the afterlife ahead. If you are still reading, then you are one of the chosen few. The suffering is light. The thought of suffering is more painful than the actual suffering. The pain endured will transform into an immense payoff in the afterlife. After reading this book you will be armed with the knowledge necessary to conquer your today, clean up the sins from yesterday and migrate fearlessly into a better tomorrow.

CHAPTER ONE

THE DEADLY TRINITY

In the early stages of human evolution, we learned that things growing from the ground could yield sustenance. Humans also learned that the seeds from things grown could be redistributed back to the ground to grow more. We also learned that living things, which eat the things grown from the ground, could be killed and used for sustenance as well. This knowledge was useful when weather conditions did not allow the things growing from the ground to grow. The living things became a sort of storage container for the things growing from the ground until conditions for growth were amicable. As human civilizations grew in size, both the things grown from the ground (plants) and the living things that ate those things (animals) were used for a multitude of purposes including food, clothing, shelter, trade and thousands of other uses.

This pattern continued for thousands of years. Until, human scale grew even larger, and the idea of mass commercialization of plants and animals became the goal for the some. With mass commercialization, the goals changed. The goal was no longer to sustain the human race. The goal was to sustain the business mass-producing the “products”. The food, clothing, shelter etc. became products to sell to collect money to sustain the health of the business selling the product. The health and wellness of the humans buying the products became secondary. As long as the “food” was nutritious enough to keep the humans healthy enough to buy more products to help the business is all that really mattered. The overall long-term health of the population was inconsequential.

This pattern continues to this day. Today, commercialization urges the population to eat as many meals as possible to satisfy the insatiable economic appetite of the companies making the food products. Most humans growing into this “system” aren’t really aware of this reality unless their parents or caretakers tell them. These humans grow up to be adults with this lack of knowledge and grow to believe it is normal to eat this way.

This is the first cause of most of the health problems we see today in the human population. This cause manifests itself into over-eating, eating the wrong types of food and eating not for nutrition but for pleasure and ultimately for the overall benefit of the companies creating the food!

The second cause is the current underactive lifestyle many humans have compared to their ancestors. With this sedentary lifestyle, humans still eat as if we have to run miles to catch food or endure long winters where nutritious plants are unavailable.

The third cause is lack knowledge accompanied with lack of concern about what we intake into our bodies. If results do not manifest directly we go about our lives as if it does not matter what we eat.

Given the before mentioned causes and the years of research that went into writing this book, the concept of the deadly trinity is realized.

GREED AND IGNORANCE
LACK OF ACTION AND CONCERN
DEADLY FOODS AND LIQUIDS

These combined entities are the root cause of most deaths, diseases and health problems including cancer, diabetes, obesity and heart disease. Let us address each entity in its entirety so we can have the necessary foundation to overcome them.

GREED AND IGNORANCE

At first glance the terms greed and ignorance may seem vague. Who's greed and ignorance are we talking about? What does that have to do with diet and lifestyle? This part of the book is preparing you to inherit the internal fortitude you will need in order to combat your inner doubts and succeed with daily wins to migrate to your best afterlife. Part of building that fortitude is the knowledge of exactly why you are sacrificing that juicy flame broiled cheeseburger for that healthier yet equally delicious bean burger.

Who's greed are we talking about? We are talking about the greed of the food producers who, without regard to the health of the population, mass-produce as much food as possible as cheaply as possible to realize the highest profits. These producers will stop at nothing, including murder, to achieve their goals. Their greed is spectacular in scope. Our goal is not to stop these companies but to give you the knowledge you need to overcome the pressure to consume their products. If you really knew what their objectives were and how they are accomplishing their goals you would NEVER think about consuming their products. This same aggressive disposition could be found in the illegal drug cartel business as well as the pharmaceutical business.

These entities are greed incarnate and will do everything and anything to get people to consume. Your job is to resist. Resist the urge to help them. Attempt to find producers who place people over profits. At the minimum, just know that they do exist and care nothing about your health. Use that knowledge to motivate yourself to care about your health yourself. The biggest of these culprits are dairy and meat producers. Choose your food producers wisely.

Who's ignorance are we talking about? We are talking about the ignorance of the people. If you have made it this far into the book then you are probably among the ones to have already decided not to be ignorant. The term "ignorance is bliss" is only relevant to the ones realizing bliss from the ignorance of others. Ignorance is death.

Ignorance is a major variable in the deadly trinity because without mass-ignorance the mass-producers would not succeed in fooling the population to consume their garbage. They are betting on your ignorance. As an example, while researching this book I would talk to anyone I met in my community about health, wellness and the benefits of drinking almond milk instead of dairy milk. Many times my words were ignored however, once the results were seen and people who had not seen me in a few months saw me again... they saw that the potbelly was replaced with a flatter, healthier looking stomach; they began to ask questions like "What did you do?" They began to really see that allowing products created by the dairy industry to curd up

in your intestines causes the stomach area to appear bloated. Weeks later, while visiting the grocery store we noticed the demand for almond milk surge and all the almond milk shelves empty as people began to realize the truth about dairy milk.

The ignorance of parents who do not teach their children proper nutritional habits help to support generational mal-nutrition and dietary inequities. Children do much better in school when presented with the proper diet at home. What we learned growing up was not designed to benefit our health as much as to maximize consumerism of the food products and drive profits. This is how ignorance and greed work together to help sustain the current unhealthy situation in our communities and lives. However, unlike greed, ignorance can be destroyed. As more people become aware, ignorance will decrease. We kill ignorance by gaining knowledge. We gain knowledge by learning. The purpose of this book is to provide the reader with the tools to make the proper judgments when deciding what to eat. With the proper knowledge, finding the right foods to eat as well as knowing what foods to avoid will be very simple. By committing to finishing this book and sharing it with others, you will have done your part in helping to eradicate the deadly entity of ignorance.

LACK OF ACTION AND CONCERN

There are numerous books already written on why people procrastinate. The reasons for procrastination are just as numerous. In this book, the goal is to identify the context of what lack of action is and provide the internal fortitude to overcome it. Procrastination supports lack of action in that, it allows a person to feel as if some action is about to be done while not doing anything at all. Most procrastinators know they need to do something, whatever it is, but tend put it off to a later date. They feel as if they will be ready at a later time and will even do the mental calculations to figure out how much time they can procrastinate before actually having to do the work.

The deadly aspect of lack of action is that it sets back the goals that would be achieved. Many times the goals are set back so far that the damage that the action would have fixed is too great to recover from. For example, diseases like diabetes and heart disease can be self managed if the proper actions are taken early. Even cancer can be killed by ones own immune system if the proper actions are taken early. Accompanying lack of action is lack of concern. Lack of concern is a certified killer of many. Lack of concern can be a protective reaction to a seemingly overwhelming task or a symptom of an even greater problem like self hate. If people hate themselves they will care not about whatever happens to them. It is almost a form of slow suicide. Overeating, eating knowingly deadly foods, and hazardous activities like smoking cigarettes can be indicators of self-hate. Self-hate is not overt in most cases... it is a covert operation advanced on the subconscious mind.

If the conscious mind could understand how the sub-conscious mind was manipulating it, it could act as a regulator. However, that kind of regulation takes practice. Meditation, breathing exercises and mental visualization are ways the conscious mind can overcome the suggestions and even reprogram the sub-conscious to send the correct messages. For example, scientific studies have shown that people who can vividly and habitually visualize their bodies working out will actually see results of the imaginary workout! What does that mean? Have you ever imagined yourself doing some action, especially right before bedtime and you body reacts to that action as if you were doing it? Many times your body does not know the difference between mental visualization and actual visualization and will react accordingly.

So to the procrastinator, here is a tool to fix your lack of action. While lying in bed or swinging in your hammock or whatever it is you are doing instead of taking action, try visualizing in your minds eye yourself doing that action! Visualize it as clearly and purposefully as you can. It takes almost zero energy to do this, and if you make a

habit of it, you will eventually begin to do it for real. Your body will expect it as if you were doing it for real the entire time!

Lack of concern is a different thing. To combat lack of concern you must perform a sort of 'inception' on yourself. In the Hollywood film 'Inception'; the main characters are experts in entering a targets mind through dreams and convincing the target to come to some ultimate conclusion. In order to generate self-concern, you must do the same. Whatever form it takes is up to you however, it must take place for you to generate concern for yourself and your overall wellbeing. For some, it may be rewinding your personal history to discover the cause of your issue, then forgiving yourself for some past error. For others, it maybe forgiving another person for some wrong done or forgiving the universe for some perceived bad hand that was dealt.

Self-inception can take many forms but it must be done in order to generate concern for self. When love for self prevails lack of concern cannot exist. It may seem silly to repeat daily affirmations into the mirror like "I love you." and "I care about you." but just like the mental visualizations, your body does not know the difference. Confessing love for your self into the mirror will cause the same chemical reaction in your body that would occur if another person said it to you directly. Unfortunately, the reverse is the same as well. Thoughts like "I hate my waist" or "my thighs are too big" or worse are usually said to ones self in the mirror and these comments affect the body in the same way as if a loved one says it. The body does not know he difference.

The power of self-affirmation is proven and valid. For the duration of this book, we will use positive affirmations as a tool to combat the deadly entity of lack of concern. Later in the book we will discover affirmations prescriptions that if practiced daily, will provide the necessary re-programming needed to successfully address and overcome these demons of self-sabotage.

DEADLY FOODS AND LIQUIDS

In order to successfully overcome the deadly trinity, we must find a supreme reason. A reason that is stronger than simply losing weight or looking good on the beach. Those side benefits are good rewards but to defeat the powerful grasp of these deadly entities we need something stronger. The idea of doing what is necessary to move to a healthy lifestyle can conjure thoughts of sacrifice, pain and ultimately fear. This leads to procrastination, which then circles back to the original habits that caused the issues in the first place.

Later in this book, the prescription for a methodical method of attack is introduced. This prescription makes it much easier to attain wins by providing step-by-step solutions. One solution detailed is to replace certain deadly foods with healthier and many times tastier alternatives. Before we get there, we must first identify the deadly foods and liquids and provide the internal fortitude needed to replace them. The term 'deadly foods and liquids' was chosen after some time attempting to correctly identify this entity. The term itself contains some hint as to what types of foods to replace. However, simply listing these foods will not be enough.

Micro-particles of the foods we intake are the building blocks used to build the proteins our bodies need to grow and develop. Even further, the micro-particles are broken down into smaller nanoparticles. The nanoparticles are not broken down any further but used as they are. This means if you intake a watermelon, the literal nanoparticles of the watermelon become part of your cells. As well, if you intake pig intestines, the nanoparticles of the intestines and the things soaking into the intestines become part of your internal cellular makeup. This means the saying "you are what you eat" is literal... on a cellular level! Imagine that... stop reading for a second and contemplate that reality.

This concept is larger than just choosing from a list of foods to eat or not to eat. We must classify our foods and make smart choices each time we eat. It's not about labeling ourselves and trying to stick to some club of food consumers. It's about being totally aware of what we intake into our bodies. Similar to the same way we scrutinize guests into our homes we must scrutinize 'guests' into our bodies. This section focuses on deadly foods and liquids however, there are other access points into the body besides the mouth. Our ears, eyes and skin are also access points into the body so to be fully aware, we must maintain a classification of our foods, music, visuals and salves to find the proper overall diet.

So, what are the deadly liquids we must avoid and replace? The liquids from dairy products, including cheeses cause inflammation in the body. This includes what is widely known as a beer belly. A more accurate connotation would be cow belly.

Plainly stated, 'cow milk' must be replaced by alternative milks. In the prescription chapter, this is actually the first step... and for some the hardest. Milk and cheese are among the deadly liquids. It is safer to classify any liquid excreted or bled from an animal as deadly. This categorization may seem over reaching however; it is much easier to classify all animal secretions as deadly than to scroll through an itemized list. So, how do you make sure no animal secretions are used when eating out?

Fortunately for us, we live in a time where the term 'vegan' is adopted and has gained mainstream support. The secret cheat code is, you don't have to be a Vegan to consume vegan products. When you specify selection of vegan products you can guarantee that no animal secretions or bleedings were used in the food. The same is true for animal flesh, brains, bones, eyes and intestines. These products can rot in the human gut and take weeks to fully digest. This internal intestinal environment provides the perfect breeding ground for parasites and other nasty microorganisms. These bugs can even hijack the nervous system and send messages to the brain.

This book is a not book about going vegan or even vegetarian. It is a fact-based exploration into diet, health and the lifestyle choices that lead to a longer, healthier life. Research has shown and life experience has proven that moving from a deadly diet to a lively diet will give your body what it needs to build the necessary building blocks of life. These building blocks help fortify the immune system, which will clean your body of any internal trespassers.

Moving from a deadly diet to a lively diet using this book will give you a step-by-step, gradual elimination and replacement plan. At every step, you will know what to eliminate and what to replace it with to enjoy the least amount of sacrifice.

Knowledge, self-love and intake awareness are the three keys that will unlock a new level of existence in your life. It will be easy to make the right choices if all three are fully realized. Imagine if you owned a brand new luxury vehicle or sports car. You would give it the best gas. You would make sure anyone entering your vehicle is clean enough to not ruin your seats. You would clean it inside and out weekly if not daily. Your body is that vehicle.

CHAPTER TWO

YOUR TASTE “BUDS”

When your heart is set and your sub-conscious mind is focused; your conscious mind will come up with reasons to continue or quit whatever it is you are achieving. For example, when someone is in real love his or her heart is set on some object, usually another person. The heart literally beats faster and stronger, sending more oxygen to the rest of the organs, including the brain. The setting of the heart controls the sub-conscious mind, which in turn suggests all the ways in which to win the object and delivers those ideas to the conscious mind. This mechanism works if the object of desire is a person, material object or life goal.

When you set your heart long and strong enough, the object of desire has to come to you in some form or fashion. How long it stays with you is another factor and is covered later in the book.

What does this have to do with your taste buds?

In the last chapter we covered some truths about your body and how to think about its reality. Another analogy we could use as a tool to understand the body is if you imagine your body is a cast of characters in a story. Each part is like its own person and has its own part to play. Each organ has a job to do to help the other organs to survive. Your lungs bring in air and filter out the oxygen and pass it to your blood. Your blood delivers the oxygen to all the other organs consistently on time. Your heart is the propulsion system for your blood, which allows it to flow. Your brain helps to regulate and coordinate the involuntary timing of all these characters.

Every story must have an antagonist or some ‘bad guy’ who foils the story and provides a challenge to overcome. In this story, the antagonist is your tongue. Your tongue and its minions the taste buds actually serve a valid purpose. As a baby, taste buds are what help us discern what is food and what is not. They also save us from consuming something poisonous or disgusting. However, due to high sugar diets... most peoples’ taste buds have been hijacked to only seek out pleasure without any regard to the purpose of the food. Today the tongue has turned into a selfish monster and does not care about the other organs of the body. It will only seek out a taste that can provide pleasure and does not care about the implications as long as it gets its fix!

This anomaly can go undetected for years and cause literal death for the entire body! All the other organs work together to help each other except for the tongue. The tongue is the troublemaker and the person we must face head on if we want to

survive. The tongue is very powerful and can harm the entire body in more ways than one. For the purpose of this chapter, we will remain focused on its taste feature and how we can address it. We must look at the tongue as its own person living inside you. This guy just does what he wants when he wants and has no filter or regulator. The main regulator should be the brain but the tongue provides so much pleasure to the brain it looks the other way even when it knows better.

For the survival of the entire body we must address this anomaly. Now that you and your brain are aware of the severity we must retrain the tongue to not blindly seek out pleasure but to find pleasure in healthy alternatives. You are a person consisting of other people inside of you. These people manifest themselves as your organs. These people depend on you to protect them and provide the necessary nutrients for them to thrive. When you do this, they reward you with high performance and messages of gratitude. When you don't, you will feel sluggish and depressed. Yes they will let you know. We are traversing over the threshold of the allegorical to the literal here. Our awareness is widening. You must keep your people happy by giving them the proper materials to build. Your tongue is your ultimate 'frienemy' but we cannot just sever ties with him. We must understand him and work with him to reprogram his lust for pleasure.

Let's take a look at a popular example, bacon. Many people consider bacon as the highest form of edible pleasure and will have no other alternative as a suitable substitute. What is bacon? Pork bacon itself is the flesh of a pig, bled out, cured and marinated in sweet spices and salts. The tongue does not care about the pig itself. It cares about the sweet spices and salts along with the fatty yet crunchy texture of the bacon. The brain helps the tongue by processing delightful memories of many morning breakfasts enjoying bacon, which provides an additional dose of pleasure. This process induces joy, which is why people love bacon. If presented with a whole pig or even just raw bacon, this would not be the case.

So is the tongue lusting for the pig? No. Is the tongue lusting for the raw bacon? No. The tongue is lusting for the pleasure of feeling the fatty yet crunchy, sweet yet salty experience of the bacon. That texture/taste combination is hard to duplicate. In addition, the brain summarily rejects any alternative by default.

Here is where we must enlist the brains' power of internal visualization. The brain is smart enough to realize that the health consequences of eating bacon far exceed the short-lived pleasure. For the sake of the entire body, the brain must help the tongue by processing those same joyful memories when eating a proper healthy alternative to bacon. Instead of processing the differences between 'real' bacon and the healthy alternative, it must enjoy the healthy alternative as if it is the real thing! If this is done faithfully, the tongue will follow along and be fully satisfied as if it is enjoying real bacon.

Some may conclude that these mental exercises are merely ways to trick us into eating more lively food. That is partly true. However, how much faith you have in the trick is what makes it real. Ask yourself, what are you really missing out on; Heart disease? Diabetes? Which one of the myriad of deadly health issues would you like to gain by keeping it real? The value of replacing deadly food with equally fulfilling and delicious lively food is a blessing. With the proper spices, a rainbow of tastes can be realized and a new world of pallet pleasing paradise can be attained. You can have all the pleasure without any of the pain.

CHAPTER 3

FOOD AS AN ANTI-DEPRESSANT

There will come a time when computer technology will be so advanced that the matrix of computer systems will become self-aware. This time is known as the Singularity. At that time, it will be easy for a system to create nanoparticles that can intercept the sensor receptors in all humans and send everyone into a hyper-realistic simulated reality. If that time will happen, it is safe to assume it has already happened.

What does that have to do with food as an anti-depressant?

On my journey to a healthy diet I have learned how much I depend on food to make me feel better. Whenever I got frustrated with life or discouraged by some event that didn't quite go my way, I would turn to food to provide the pleasure to ease my mind. In my case, delicious food was the drug of choice. In other cases it may be marijuana, liquor, tobacco, prescription drugs or even heroin or cocaine. All of these products can serve the purpose of providing an altered state of reality to temporarily preoccupy the mind. This exercise in preoccupation is not necessarily a bad thing. There are healthier ways to accomplish the same goal.

The awakening occurs when we realize that every 'drug' has an after affect. Choosing the best therapeutic option, with the least amount of counter affects, is the best choice. Choices like cocaine and heroin or any other hard drugs can easily be dismissed because the counter affects are too destructive. Alcohol and marijuana have their appeal as well although long-term usage can be problematic and expensive. Prescription drugs can be just as destructive as illegal hard drugs with no real long-term solutions. So, that leaves us with food. If chosen wisely food can be used as an option for an effective anti-depressant. There is nothing wrong with it. The problem occurs when choosing the type is the type of food to use.

Just like with any other drug, you want to test the quality and the effectiveness and choose the best option. With food, you can have the ice cream, if you choose the healthy vegan ice cream. You can have the cherry pie, if you choose the low cholesterol vegan cherry pie. Vegan choices seem to be the healthier option in most cases. In The Recipe chapter we cover food options that can alleviate sadness. Knowing what to eat when feeling down is the key. Accompany that with exercise and meditation, the counter affects can outlast any drug.

CHAPTER 4

FOOD AS MEDICINE

Would you pray with your enemy?

If you knew for certain that someone is plotting against you and actually trying to capitalize on mistakes. At the same time manipulating you, heckling you and covertly planning to kill you however, not outwardly displaying their intention. How would you respond if this same person offered to pray with you? On one hand, you may agree to the offer for the sake finding the common goodness in all people. On the other hand, you know they are trying to kill you!

What does this have to do with food as medicine?

CHAPTER 5
DEADLY FOOD vs. LIVELY FOOD

What if we have to power to generate our reality by what we focus our attention on?
How would this affect our reality if this knowledge was taught to children and repeated daily in schools?

CHAPTER 6
THE POWER OF FASTING

CHAPTER 7
THE POWER OF INTENTION

CHAPTER 8
THE PRESCRIPTION

CHAPTER 9
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CHAPTER 10
FREEDOM

NOTES: