

## OUR BODY DOESN'T NEGOTIATE

Our body uses pain and disturbances to get our attention. Attention getters include:

1. Headaches
2. Sore Throats
3. Tender Lymph Nodes
4. Intestinal Distress
5. Sleep Disturbances
6. Anxiety, and / or Panic attacks
7. Depression
8. Pain in the joints or muscles — and
9. Fatigue

Pains and disturbances are SYMPTOMS of imbalance. Using a pill to get rid of the symptom is like turning off the red light in our car warning us the oil is low.

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We either correct the CAUSE of pain and disturbance or else we get sick. *Period.*

Imbalances affect almost everyone in America and account for almost all illness.

#### 1. **Hyperacidity.** (Chemical imbalance)

*Stress* of any sort acidifies us. The American *diet* acidifies us. But also *emotional, mental and spiritual issues* acidify most of us. An over-acid body doesn't work right.

#### 2. **Dehydration.**

We become dehydrated when we don't drink the water we need, (Duh!) or, even worse, when we drink sodas or beer instead. Drying ourselves out concentrates the wastes in the blood and weakens the whole body.

Concentrated wastes attack the liver and kid-

neys. Pains, depression, fatigue, stuffy nose, skin trouble, heart burn, sleeplessness, cold feet, etc., are often signs of dehydration.

A dried out body doesn't work right.

#### 3. **Failure to Digest food.**

*ENZYMES* and *PROBIOTICS* (intestinal flora) are needed to digest our food. Industrial farming, shipping, storing, and processing, rob food of both enzymes and probiotics. Cooking destroys whatever may be left. When our food doesn't digest in the warm, wet stomach and small intestine, it *ferments*. Bloating, heartburn, constipation or diarrhea are early warning signs. In the *long term* failure to digest food properly *results in the body not working right.*

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### How I Cooperate With My Body

*I take three tablets of **Ultimate Matrix** daily. (I want vitamins and minerals in a food matrix — in the form the body recognizes ).*

*I drink **three quarts of water** every day. The **Ultimate Matrix** helps my body make use of the water.*

*I take two **Twin Labs Super Enzyme Caps** with every meal. Without fail. These are the best enzymes made in America, IMHO.*

*I take two capsules of **Proterra Digestive Aid** — just before bed every day.*

*And, yes, I ship them all over the United States and Canada.*

## ***“Cancel That. I’m A Perfect Child Of God!”***

On December 20th, 1999 I spent an afternoon with “Paul” (not his real name) the printer of a widely disseminated course of spiritual study. He was the most relentlessly positive man I ever met. He gave me a proof copy of a book he, himself, had just written. I contrasted his position relative to addiction to that of AA.

"Oh, yes," he laughed. "They do very important work. But in my own case, I don't tolerate any negative mind chatter or speech about myself at all. If I were to introduce myself at an AA meeting, I'd want to say, '**Hi, I'm Paul, and I'm a Perfect Child of God.**'" He went on to say, "Thirty years ago, when I was handed a big box filled with the manuscript of that course of study, I was an angry, bitter, unhappy, unhealthy, five foot seven inch, 300 pound Jew. You better believe that I had trouble with that manuscript! All that stuff about *Jesus* and the *Holy Spirit*. But as I prepared the manuscript for printing I felt it was talking to me. I began to see how negative and self sabotaging I was. I was hurting in life, and I knew I was hurting. So I decided to put its teaching to the test."

"Whenever I caught myself being ironic, or saying or thinking anything negative at all, I would say '**Cancel that. I'm a perfect child of God.**' It really kept me busy," he laughed. "I was saying '**Cancel that!**' all day long. And when it came to eating, or me even thinking about food, I began saying, '**With every bite I get light!**' Well, I'm a junk food junky! And I never changed my diet. But the weight began to melt off me. I lost 146 pounds in a little over a year. And I've kept it off ever since."

I asked if I could do an intuitive read of the energies I could feel radiating from him. He agreed. To my amazement I found his pH perfectly balanced and his immune system to be very strong. But he was very dehydrated. "You're probably right," he said. "I don't drink much water. Mainly I drink this," holding up a Coca Cola. "But, you know," he said, I haven't had a day of sickness in at least twenty years.

Here it was, a few days before Christmas, and candy and other sweets were scattered abundantly about the room. Paul was scarfing it all down. But he was full of Life Force. His energy filled the room. He was a delight and just plain fun to be around. He had transformed his life and, even his health, by changing the way he thought and spoke. He probably added twenty years to his life by that change. But at the same time I could see in his face and skin that his body would be grateful if he treated it better.

Nine months later, in September of 2,000, I got a phone call. Paul had died earlier that day of a massive heart attack. He was just 64. He had made a huge contribution to life, in the teaching and healing work he did. I thought, "He might have had yet another twenty years." It was then that I wrote the essay, "***Our Body Doesn't Negotiate.***"