

*Conscious Nutrition  
and the  
Essentials of Hemp*

By Charles Holmes

EZEKIEL (meaning 'strong in God') prophesied  
“let the fruit be thy meat and the leaf be thy medicine”

## Disclaimer Statement

This book is intended to offer educational information to help you cooperate with your health practitioner in your mutual search for health, and should not be considered as a replacement for consultation, diagnosis or treatment by a doctor or licensed health practitioner.

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## Acknowledgments

In Deepest Gratitude to:  
my Life Partner, my family: blood and spirit, my business partners,  
my mentors and my support group, the Masters who have come and  
gone before and supplied the information herein,  
you know who you are...  
and special thanks to the human body... the greatest teacher.  
This book is dedicated to Great Spirit, Creator of All,  
and the One desire for the highest in all things.  
May all beings experience complete Mastery in this life.

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## *The Kalama Sutra*

“Rely not on the teacher, but on the teaching. Rely not on the words of the teaching, but on the spirit of the words. Rely not on theory, but on experience. Do not believe in anything simply because you have heard it. Do not believe in traditions because they have been handed down for many generations. Do not believe anything because it is spoken and rumoured by many. Do not believe in anything because it is written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and the benefit of one and all, then accept it and live up to it.”

(the Buddha)

# Foreword

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Through Conscious Nutrition, the reader is privileged to learn from a man who fought for and achieved the complete health we were all meant to enjoy. Charles' instincts pointed the direction, and his tenacious pursuit of the truth for justice and health of the human body laid out the steps for all of us to follow. The knowledge contained in this booklet was born out of personal struggle, search, and finally, triumph. In it he shares his own discoveries as well those he has learned from some of the most enlightened natural health teachers of our present day.

Charles Holmes is enthusiastic about health and sharing his knowledge with others. His passion for vibrant living and the wonder of hemp foods is so evident in this mini-manual for health. He speaks from his own experience and relates his stories of discovery with honesty, conviction, and thoroughness. He has become an inspiration to his family, to his working associates, and to his many friends. His gentle nature and focused pursuit of the truth are hallmarks of his character which are reflected in Conscious Nutrition. Not only does he address the key factors required for physical health, but he also brings understanding about the spiritual life force of foods and their effect on our own development as spiritual beings.

As a keen student, Charles has learned from others and then gone on to become a teacher. His original thinking has resulted in the establishment of his new company, Conscious Planet. This booklet reflects the vision he has for the health of all individuals and for our planet as a whole. In Conscious Nutrition, we are presented with facts that are critical to becoming aware. Once we are consciously aware, we can activate our intent toward achievement of our goal of becoming truly healthy. With complete health, anything is possible.

Ron Garner

Author: *Conscious Health*

[www.conscioushealth.ca](http://www.conscioushealth.ca)

# *Introduction*

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We will define Conscious as: aware of being aware, and Nutrition as: food in harmony with life. Conscious Nutrition is being aware that we are infinite beings of mind, body and spirit and that what we eat is affecting every aspect of ourselves in ALL ways. True health and well being is accomplished through knowledge, experience and a gradual awakening to who we really are and why we are here on this planet. We must ask ourselves: "Am I choosing wellness or am I choosing disease and sickness." With every thought, word and action, we are manifesting our reality in one of these two directions. Our journey entails the integration of balance and wellness in the physical, mental and spiritual aspects of our life experience, and in our relationship with Mother Earth and our own bodies. A body in balance (Homeostasis) experiences clarity, vitality and joy... not pain, confusion or cravings.

We are either feeding our infinite selves and regenerating life, or we are starving ourselves, degenerating, and prolonging the realization that we are aspects of the "One".

Everything is energy in process towards its highest expression. Humans are endowed with Free-Will to choose how they interpret this experience, be it positively, neutrally or negatively - Homeostasis is the neutral position. Everything we come in contact with affects us either positively or negatively, especially what we call 'Food.' If we take a moment and ask the question: "Why do I eat", we all come to the same conclusion: I eat in order to maintain a healthy vehicle so that I can master the life experience and fulfill the One desire to be fully realized with Ultimate Knowing and Joy in each and every moment.

The body is the vehicle for this life experience with an infinite capacity to balance, cleanse and heal itself. We are an aspect of the One, God, Infinite Intelligence, Source (whatever you chose to call It), and we are awakening to this Source just like a drop of rain

returning to the ocean. Like water, we can have many different individual experiences, from still ponds to rushing rivers, but in fact, we are never separate from our source, the ocean. In the unfolding of that awareness, the human body becomes the object of much attention; both negative and positive.

Just as the automobile has certain requirements for optimum performance, so does the human body. What would happen if we stopped adding gasoline, changing the oil, and cleaning our engine? Obviously, the automobile would soon become unusable. We would never try to operate our vehicle with unsuitable fuel, improper maintenance or missing parts that were critical for its operations. Yet this is what we do with the human body everyday.

It is a well known fact that everything is made up of energy, and in fact, what we experience as physical matter is nothing more than energy in constant flux. Some energy is moving slower than other energy; we call these solids. The human body requires certain energies, in balance, to maintain optimum performance. In fact, the human body has many sources of energy: sun, air, water, earth, and food; food being the most misunderstood factor.

So let us start by defining food. Food is any substance consumed that supports the physical, mental and energetic bodies, and spiritually supports everything connected to its creation (air, soil, water, farmer, etc). Unfortunately, most of what we are putting in our mouth, while appealing to the senses, is not feeding the body what it requires for optimum health. In other words, most of what we eat is not, by our definition, Food.

According to the Surgeon General's Report on Nutrition, 8 out of the 10 leading causes of death in the USA are diet related. Many other scientific sources confirm that diet is directly related to disease. Many of us who follow the path of health and nutrition now know that diet contributes 100% to the issues of malnutrition, addiction,

and negative thoughts and emotions resulting in our nation becoming the most obese and disease ridden culture in the history of the planet.

1. More than 3 in 5 people in America suffer from allergies, diabetes, obesity and impotency.
2. From 1962-1988, there was a 300% increase in drug addiction as a direct result of the use of medical prescriptions, while in the same period, only a 30% increase in the use of illegal drugs. Only roughly 15% of allopathic medical treatment has been scientifically substantiated.
3. Between 1981-1987, 3 million people died as a direct result of medical treatment. In the same period, only 39,000 people died of AIDS. According to Gary Null the largest killer of the American population is medical treatment, followed closely by cardiovascular disease and cancer.
4. The average American lives to age 76, 20 years longer than the average doctor!
5. In 1900 the risk of cancer was 1 person in 30.  
In 1980 the risk of cancer was 1 person in 5.  
In 2000 the risk of cancer was 1 person in 2.
6. Statistics show that some of the nation's largest selling products include antacids, laxatives, cigarettes, deep fried fast foods, coffee and alcohol.

According to the Deepak Chopra Institute, each year, the average American adult consumes:

- ☛ 100 pounds of refined sugar
- ☛ 55 pounds of fats & oils
- ☛ 300 cans of soda pop
- ☛ 200 sticks of chewing gum



- ☛ 5 pounds of potato chips
- ☛ 7 pounds of pretzels, corn chips, and popcorn
- ☛ 18 pounds of candy
- ☛ 20 gallons of ice cream
- ☛ 50 pounds of cakes and cookies
- ☛ 63 dozen donuts

In 1992, tests were conducted on the nutrient content of farm soil around the world. The following results were revealed in the Earth Summit report:

Australia: 55%	Asia: 76%	Europe: 72%
S. America: 76%	Africa: 74%	N. America: 8%

This is the reason why nutrient supplementation has become so important; we see health food stores and vitamin bottles everywhere. But is this food? We in North America need to eat 10 times the amount of food to get the same nutrient value we did in 1900. The obvious solution lies in getting back to basics: rebuilding soil (as food is only as good as the soil it is grown in), identifying the highest utilizable and most nutrient-rich foods available, and combining them based on the needs of the body, with the goal of once again reaching homeostasis. There may be (literally) tons of vitamins out there vying for our consumer dollar, but the question remains: Which ones are providing the benefit we so desperately need, which ones are simply a waste of money, and which ones are actually doing more harm than good? Fortunately there is a solution: The body has the final say, not a Nutrition Facts Label or a scientific report about the reaction of lab rats.

The perfection of life may be witnessed through nature, and the human body is the product of nature. Our body is the greatest teacher, and only true authority, on the state of our health. Using the body as the instrument to measure the affects of our environment

upon it, we quickly discover that eating food contributes only a portion of the energy required by the human body to operate in full capacity, yet we place so much importance upon eating. This is the addictive nature. We soon realize that everything is an evolutionary step towards Homeostasis, even disease and health, because in Spiritual Terms or Universal Principles, there is no death; we are much more than just a body.

As we evolve through this life experience, we become aware that the answers lie within us and are easily accessible. Just like a car, the body has simple operating principles that we need to focus upon and learn to increase our level of performance and our joy of the experience. I invite you to walk with me on a journey of self discovery about how nutrition affects our lives, and allow me to introduce you to a program and a food-source that is playing a major role in helping to create the balance, sustainability, performance, and vitality that we all seek.

## MY PERSONAL STORY AND INTENT

As a youth I was very healthy by most people's standards. I was an honour role student and an accomplished athlete. My parents were supportive, loving, and amazingly hardworking providers, and I enjoyed a truly blessed childhood. However, my parent's understanding of how food affected our health was minimal at best. As a result, I was less than 10% aware or conscious of the fact that what I ate affected my state of health. As I grew older, most of my health focus was on exercise and supplementation.

Like most of us, I was moved to make changes in my life using negative motivation. It is said: necessity is the mother of invention. In my early 20s, my real health journey began following 3 years of discomfort and aggravation due to allergies, severe acne, bowel issues and constipation. I approached my doctor, who has since died of debilitating arthritis, diabetes and cancer, (hint: get guidance from those with the results you want) and I asked him "what is the

cause of allergies?” All he could respond with was: “We don’t know, but what would you like?” as he opened his prescription pad, pen poised in anticipation of my response. There have been very few times in my life that I was required to see a doctor, so his lack of knowledge totally shocked me. I admit, there are obvious benefits to the treatment of trauma through allopathic medicine, however this person could not help me understand nor remove the root cause of the diseases that were afflicting me, all he could do was treat my symptoms. I realized in that moment that the medical profession could not help me heal; that was not their mandate. With trepidation, I made the decision that I would take personal responsibility for my own health.

I began studying herbology, the work of Bernard Jensen, multiple healing modalities, energetic medicine, Chinese medicine, Ayurvedic medicine, massage, reflexology, meditation and mystery-school spiritual teachings from around the globe. I had been severely constipated (including some rectal bleeding) for many years and I soon discovered that this was not normal. I discovered a pre-cancerous blockage in my colon that would likely have required surgery and removal of part of my large intestine if it had gone untreated. After 3 or 4 colonics (colon flushing with water), I watched in horror as black, chunky, rope-like, putrefying, fowl smelling, nuclear waste matter was ejected from my body. For those of you who have not seen the pictures in Bernard Jensen’s book, *Tissue Cleansing Through Bowel Management*, I highly recommend it. Your life will never be the same. When I saw those pictures, I felt sympathetic toward the people in the pictures because, that could never happen to me, could it?

By my late twenties, I had cleared up the allergies and chronic constipation through fasting, cleansing and colon therapy. I became a vegetarian to reduce the amount of toxins I was taking into my body. Being the son of a hunter, raised on wild meat, this was itself, no easy task. Even though my parents had the greatest intent for my

life, their level of understanding on health and what contributed to it, was very low. It became clear to me that I felt much better when eating a diet consisting of mostly plant food.

I am a quick study; astrologically I am an Aries with Aries rising, which means attracting to me potentially intense life experiences and a deep desire for the greater good. No kidding! **I quickly discovered that there is only ONE disease, ignorance, manifesting as Intestinal Toxemia**, or toxic build-up beginning in the bowel from undigested protein and inorganic dead food. I learned so much about health through fixing myself that I started my own healing practice in order to share what I learned to others.

By my mid 30s, after many years as a vegetarian eating mostly cooked food, I found myself constantly craving meat or protein. I was hyper, hypoglycaemic, listless, and I still had poor digestion. I took endless expensive vitamin and protein supplements and followed complex carbohydrate and other eating programs but I always felt like there was a ceiling on my health that I just could not get past. The only time I really felt well was during a fast. This became a very important platform from which to begin my observations. Food, as I knew it, discouraged me. Becoming a breatharian and never eating again looked promising. I came to realize that **vegetarians who eat mostly cooked food, like I was, are some of the unhealthiest people around**. The more supplements I took, the worse I felt. Everything I tried would work for a short while but inevitably the lethargy and depression returned. I was at the wall. I quit my healing practice and stopped everything I was doing as I realized that I was still not the example I needed to be. I was very discouraged bordering on depression.

During the winter of 1999, a friend began pestering me to try some new product line from yet another MLM company but I kept brushing him off. I was cynical and arrogant, saying that after more than 13 years of intense study and real experience, there was no way he could show me anything new. I believed I had been down every path; tried everything. Sound familiar? Thank God we all have

people like this in our life who are able to see something of value for us when we are lost in the forest, and are persistent in their effort to help. This friend was a personal trainer and one day, as I went for a workout with him, I met two of his elderly clients. I watched as this elderly gentleman, twice my age, pushed as much weight as I did. I immediately walked over and asked how they did it. I said “you must be doing some special yogic, chi exercise and suck prana from the Universe in some special way as taught by some mysterious guru.” What they told me took me totally by surprise: **They said it was totally a result of their raw food diet**, and the amazing products my friend had been trying to introduce me to for months. I kept hearing that little voice inside me that said: “YOU NEED TO GO!”, so I did. We drove all the way to Red Deer Alberta, more than 12 hours away, the following week! It was there that I met Michael O’Brien, the formulator of many of these products. This was to be a major turning point in my life.

I agreed to Michael’s recommendation that I try eating a rice protein formula he designed containing large doses of his proprietary digestive enzymes and probiotic bacteria. I immediately felt as if my body was coming back to life. This is when I realized that the **only true authority on health is the FEELING in our body**; your body will never lie to you. Your mind will. In fact, it is the only tool that will ultimately direct us to heal and return to a life of homeostasis and harmony.

Have you ever had the experience of hearing something several times and found that each time you heard it, it made a little more sense? Well this is exactly what happened to me; after years of receiving the same information from numerous sources (including Ron Garner’s fantastic book, *After the Doctors... What Can You Do*, now rewritten and updated to *Conscious Health*) and then finally hearing Michael O’Brien speak, I finally REALLY got it! Even though I was supplementing, the simple mistake I was making as a vegetarian, was eating too much cooked food and using soy as my primary protein source. I was nutritionally and energetically imbalanced and extremely protein deficient due to a lack of digestive enzymes.

Michael explained to me something that made amazing sense: if one lacks the **essential** amino acids, fatty acids and other nutrients (**essential because the body cannot make them itself**), one also **lacks a nutrient delivery system**. This was exactly what was happening to me. In TRUTH I was eating dead food, especially sugar and other foods that quickly turned to sugar in my body, spiking my insulin production (this, especially high fructose corn syrup, is in fact the major cause of arterial plaque in the body). I believed I was eating all the right things, but I might just as well have been eating nails to get iron. I was not assimilating the nutrients from my food and especially not from the supplements. These inorganic foods and supplements had been so damaged by cooking and processing that my body simply didn't recognize them as food - it recognized them as toxins. When I asked Michael what I was doing wrong, he simply said: "I was starving myself." He plainly saw disease as a deficiency of nutrients in the body. After all these years of working on my health, thinking I really knew my stuff, and supporting others to do the same, I quickly realized that I had really not even begun. My interpretation was that my level of health and feeling good was 9 out of 10... I realized very soon that I was a 1 out of 10! I didn't know what feeling good was as I had never really experienced it.

Michael O'Brien told us a story about Dr. Bernard Jensen, who, with over 60 books on health, was especially well known as 'the king of bowel management.' Bernard Jensen recovered from his deathbed, weighing little more than 70 lbs and with a PSA cancer count of 1,600 in only 63 days. He accomplished this amazing feat on a living foods diet that included juicing and a 2-week mega-dose enzyme (500 caps per day!) and probiotic (200 caps per day) therapy. Michael also shared the story of how Dr. Jensen healed the damage done to his spinal column from a car accident that had left him paralyzed. He was walking again within 19 weeks! This too was accomplished by nothing more than cleaning and feeding the body; giving it proper nutrition and thereby letting it do the work it was born to do. Bernard Jensen's last book, *Come Alive*, tells us his amazing story.

Finally, Michael shared with us the shocking story of Dr. Turkel. In 1952, Dr. Turkel proved that **even the genetic structure could change and with proper nutrition** DNA could become activated once more. He was working with a 3'4", 22 year old girl who had typical mongoloid Downs Syndrome symptoms. After approximately 9 years of cleaning and feeding her body with real foods concentrated in vitamins and minerals, she grew to be a normal 5'9" adult woman with no signs of Downs. He shared with us copies of the X-rays and other documentation showing how her skeletal structure changed year by year. Dr. Turkel was unfortunately imprisoned for his work, but nevertheless, it was a humbling and extremely empowering experience for me. Michael O'Brien explained that there are literally thousands of people who have been treated with similar methods in Japan, and **last year alone, over one million people in Germany received enzyme therapy**; all with similar and seemingly amazing results. Have you ever been referred to enzyme or nutritional therapies such as this by a regular doctor? You will discover that few people, if any, have received such treatment such as this in North America.

I now understood the challenge my spiritual friends and I were experiencing as we self-righteously convinced ourselves we had great food habits. In reality we were quick to judge, focused on what was wrong, we were suspicious of people and simply acted like victims. It is also worth noting that we were all financially broke. Met or know anyone like this? I had to take a hard look in the mirror. The challenge we faced was that we could never stay grounded in our body and hold enough life force energy, nor focus long enough, to make the changes we so desperately desired. We were new age energy junkies! Even though we thought we were pure (because we were vegetarian), we were eating cooked dead foods with absolutely no life force. We probably would have been healthier eating meat instead of so much processed soy products. We were getting almost no usable, essential tools for the body to support its basic functions. **Raw organic foods have the most perfect matrix of energy** that the body can use to regain the balance that we have disturbed with our limited thought patterns, beliefs and habits. Eating from God's

table is a stage in the process of the mastery of energy. It is amazing how science thinks it can improve upon and control the perfection of nature – the Creator's Great Work. I realized that if I continued to shop at grocery stores, it would kill me.

One of the key things I learned through this process was that when people deplete the enzyme reserves in their body, they become especially intolerant to foods like grains, nuts and legumes. These foods are very acidic and unless these foods are sprouted first to dissolve the enzyme inhibitors, they cannot be digested. Legumes in particular must be fermented into a product like miso or tempeh before they are digestible. The problem is, **if food is cooked past 120F for a certain length of time, as is the case during most cooking and processing, enzymes are completely destroyed and the food cannot be digested and assimilated.** I also learned that without a good source of usable protein that would transport vitamins and minerals through the cell wall, all the thousands of dollars I was spending on supplements was a waste of time, energy and money! The stuff I was putting in my mouth was being treated as toxic by my body and I was literally using my digestive tract to pour money down the toilet! I had an amazing confirmation of this when I once spoke with a man who worked at a sewage treatment facility and he mentioned the serious problem they have with undigested vitamins clogging up their filtering systems.

At about the same time that I met Michael O'Brien, my father Ken was being introduced to the exceptional nutritional profile of wild rice (Michael had used rice as his protein base). This interest led to a government grant and the development of several value-added, wild rice food products. Unfortunately, we soon realized that the processing necessary to produce these products rendered the live ingredients inactive, making the products not only expensive, but also indigestible.

This was when I was introduced to hemp seed. I was informed that hemp was being grown again in Canada and showed great promise as a new crop. I was asked what I knew about hemp seed by the



Saskatchewan Agricultural Department. I replied that between making paper, clothes, rope and smoking it, not a lot. They showed me a nutritional profile that gave me goose flesh all over, and in that moment, I suddenly recalled a prophetic reading into my future that I had received when I was 22: “I would bring a food - an oil seed - to the people that would change the world and food as we knew it.”

As I look back at my life, the struggles and successes, I realized that all these experiences were perfectly orchestrated to get me to where I was in order to realize this destiny and profound opportunity to bring hemp seed nutrition back into the world. Almost every choice I made along my path was not based on what I wanted, but rather on what I didn't want. Given that God has such a marvellous sense of humour, it was highly appropriate that at that stage of my life, I was 3 months behind in rent, I had just come out of a flopped business venture that had discredited me in many ways, and had absolutely no money to begin yet another venture. This is where the real work began as each and every moment, my father Ken and I could do nothing but **TRUST** that it would all work out; **TRUST** that the vision I had been given of Hemp Seeds replacing Soy Beans as a food source, would be realized. As usual, everything we needed was provided and we eventually found our sweet-spot on this journey of life. But I digress.

I began spending every waking minute studying the humble hemp seed, and in doing so, I discovered that its nutritional profile was unusually well balanced and contained an extremely high concentration of essential amino acids and essential fatty acids (EFAs). Initial research had shown hemp seed to be difficult to process because of these highly sensitive EFAs. Ken and I discovered that there are two things you can do to make convenient consumer products with hemp seed: 1) Remove the shell and eat the raw nut inside; or 2) Press the rich oil from the seed, leaving behind a thick oily cake that amounted to almost 70% of the seed's original volume. This hemp-cake by-product was typically made into flour or given away as animal feed. I heard a story about a farmer whose pigs, after eating hemp-cake, became too lean and healthy to sell for a profit

- he just couldn't get them to fatten up on hemp. The wheels began turning fast. It wasn't a huge leap to realize that while lean, healthy pigs might not be desirable, lean, healthy people were. It would appear that nobody had recognized the true value of this product thus Ken and I quickly focused our efforts on this by-product. **Our efforts paid off when we finally developed the world's first Hemp Protein Powder**; a protein substitute greatly needed by the North American Diet. The hemp industry began to take off.

I became the test subject for our new hemp protein and oil products and in doing so, finally broke through the ceiling I had reached in my health years before. I was more energized and focused, and my digestion was much better. The truth is, no one had really documented hemp seed as a major food source and I was highly motivated to give it a REAL test drive. I recalled reading in Udo Erasmus's book, *Fats That Heal, Fats That Kill*, you could live on hemp protein alone. I took him at his word and began eating hemp protein and hemp oil every time I got hungry; I averaged 3 or 4 protein shakes per day. For the first few days I was ravenous and all my old cravings came surging back. I felt like I was in rehab! Every time I got hungry, I had another protein shake. This continued for a few days until finally, on the 5th day, I had a breakthrough. I have always had to eat immediately upon waking, but this day, I woke up and wasn't even hungry. My cravings for meat and stimulants (processed sugars, pasta, breads, caffeine, alcohol and drugs), and the related negative emotions like anxiety and depression, had subsided. I had less stress, worry, fear and pain in my body. I felt truly content and joyful! This was a whole new concept for an intense Aries like me. Even my awareness, clarity of mind, memory and multi-tasking abilities had increased dramatically. It was as if the hemp seed was literally talking to me, speaking the secret language that could unlock the mysteries of my DNA. I was determined to prove it and soon began attracting confirmation after confirmation as more and more people shared with me their experience and what seemed to be amazing results of healing. I see now what Michael O'Brien tried to show me; **disease is simply the body experiencing a state of deficiency - it's that simple.**

I became aware of the work of Dr. William Hit, who administers amino acid drips directly into the blood stream for hard narcotic users. He typically finds that after 3 days of this treatment, even the most intense addictions to heroin, cocaine and crack, would begin to subside. My own experience confirmed this. This is why I always recommend to people who are trying hemp protein for the first time, that they give it a good test drive and eat a protein shake every time they feel hunger or cravings. The results are typically similar to the results that I experienced; sometimes even more dramatic. Prozac is a drug that mimics the amino acid tryptophan, a key component in the body's manufacture of the neurotransmitters serotonin, melatonin and indolamine. These neurotransmitters are responsible for mood, sleep and hunger. Eat quality and easily assimilated protein – meaning get adequate tryptophan in your diet - and low energy, depression and addictions will begin to fall away without the need for drugs like Prozac.

I thought I would gain 10 lbs with all the protein I was eating but exactly the opposite occurred. **In one month my body fat went down to 9% and I lost 9 lbs. I returned to the size and weight I was when I was 19 years old. I was gaining lean muscle mass without specifically exercising and I had much more endurance than ever before.** I was truly starting to experience what it meant to FEEL GOOD. I realized I had never really felt anything but numb.

I continued for 2 years eating roughly 70% raw live food. I felt that my health was now at about 6 ½ out of 10. My body went into an extreme healing mode and I had little if any desire or ability to exercise since all of my energy was going into repairing the damage I had previously done. Then, in the fall of 2003, I was graced with the experience of meeting Dr. James Reese and his Rereset Program. By testing my body using electro-dermal screening, he confirmed that micro-organisms were still running the show in my body, creating cravings and mood swings. Through his help, I entered the next phase of my health journey. He and his assistant, Joan Miller,

taught me and my wife, Wind, about the importance of building a healthy terrain through primitive restoration, and recommended a diet that would reshape the terrain of undigested, toxic material that parasitic microorganisms were feasting on in my body, into a terrain that encouraged and supported the growth of healthy, cooperative micro-organisms. My life experience went to a whole other level of joy and freedom. At the very same time, the Universe provided me with the most inspiring book I have ever had the pleasure of reading: *Rainbow Green - Live Food Cuisine* by Dr. Gabriel Cousens. This book not only confirmed my experience, but acknowledged the anti-composting diet I had begun. Gabriel raised the proverbial bar for me as he explained that, **at 62 years old, he simply didn't get tired! Among many things, he could do over 600 consecutive push-ups, stopping only because he got bored.** How does he do it? Dr. Gabriel Cousens has eaten a **vegan, live-food diet for over 25 years.** After meeting with him at his wonderful Tree of Life Rejuvenation Center in Patagonia Arizona, I immediately embarked upon the Path that he walks. Now, roughly 95% of my diet is live, raw food and has been for the past 3 years. I feel that my health is steadily between 9 and 10 out of 10, with my body operating at close to its highest capacity always. This has taken nearly 4 years. Michael O'Brien estimates that it takes about 1 year to clean the damage done from every 7 years of eating cooked and processed food.

I realized that the rejuvenation of our genetic structure and the return to homeostasis is immediate when the body is given the tools it needs and our consciousness increases. This is especially true when our liver, the main cleaning organ of our body, receives the quality protein, fats and enzymes that it requires to perform its hundreds of functions. Immediately the liver starts removing toxins and manufacturing glycogen to satisfy the brain (which uses most of the sugar in the body) and turns off the appetat at the back of the head that is screaming "give me sugar NOW!" The most important aspect, however, is that the liver begins to make hormones that the body uses to start up the endocrine system, whose function it is to manufacture and balance the body's hormones. In other words, the body begins to do what it was made to do – live. We are told that

as we get old our endocrine system just naturally shrinks and stops functioning. Not so; we are just protein deficient. A good protein source is critical for every function in the body.

My joy-work now is teaching people by example to clearly define food and understand how to develop homeostasis and remove the cause of disease. Most importantly, I support individuals in having their own physical confirmation of how eating cooked food does damage just as if poisoned. As an example: Every day I use 4 to 6 scoops of hemp protein averaging about 30 to 40gms of protein, and at least 3 tablespoons of hemp oil. Some days, if I am more active, I require more protein. As my body detoxifies and rebuilds, I find I require less. I supplement my diet with dried vegetable and fruit powder concentrates, especially wheat grass, plant source enzymes and probiotic bacteria.

My experience of eating live foods, including hemp seed, has confirmed for me the philosophy that all the great masters have lived by. I am blessed to have had the opportunity to spend many months in silent meditation and to have had several enlightened masters as personal mentors. In this meditative state I noticed how the consumption of certain foods affected my thoughts. When I ate animal products, I felt angry and fearful; when I ate high sugar content foods, I became anxious and worried; when I ate whole plant foods, I became relaxed and peaceful. The blissful experience I had while in silent retreat is now flowing into all areas of my normal daily life from the place within me I call the Observer and my consciousness continues to increase. As my body has more energy, it has the ability to release more toxins, and as I stick to my predominantly raw, alkaline food diet, my requirement for nutrients is decreasing due to an increased ability to absorb nutrients. My grocery bill is half of what it used to be. I have learned the critical importance of increasing my daily intake of minerals by adding more raw sea salt, ionic mineral drops and green vegetables to my diet so that when I drink water, my body's ability to hydrate and balance pH increases. As you go down this path, you begin to notice just how much these dietary toxins promote negative thoughts; this 'stinkin'

thinkin' is from putrefying food in the bowel and negative programs stuck in our electrical field. I have experienced this absolute truth countless times... and so will you.

I am feeling more grateful for every situation in my life. My ability to deal with even the most challenging experiences is growing stronger and I really feel that I have a grounded connection with Mother Earth. My ability to manifest positive experiences is growing daily and much of it is the result of simply switching to a diet of essential, balanced, raw food that includes the amazing hemp seed. I am more honest with myself and thus able to practice more authentic dialogue in the most sacred relationship I have with my life partner and wife - Wind.

I would like to honour Dorothy Morley - Master Herbalist and medical dowser, Michael O'Brien - formulator and health educator, Dr. James Reese - Orthomolecular nutritionist and inventor, Ron Garner - educator and author, Gabriel Cousens MD - author and Essene priest, Clayton Stedmann - Master kinesiologist and coach, Sam Adams – business and prosperity coach, and especially my wife Wind and her amazing ability to hold a space for me to unfold my awareness and full realization of life. These beings have supported me as my personal mentors and coaches and are, in my opinion, extraordinary examples of men and women that walk the path of service and healing.

And so it is I present to you, from information gathered, personal experience, and positive documented results, Conscious Nutrition. This is my perception of what constitutes real food and the healing journey. It is my greatest desire that this work will result in a happier, healthier and more abundant life for all who read it. It is an honour to be on the Path of Mastery with you.

The intent of this book is to:

- 🌀 Present a basic understanding of human body functions;
- 🌀 Explain, in simple terms, what causes of disease;
- 🌀 Offer specific solutions to empower you to take responsibility for your health;
- 🌀 Provide updated information and documented results on the effects and importance of hemp seed - the most nutritionally complete and highest frequency food source on the planet.

## MEDICAL MODEL VS. SPIRITUAL MODEL

The mission of modern science is to obtain knowledge that can be used to dominate and control nature. This is based on the Newtonian theory that physical matter is the only fundamental reality. The standard allopathic medical system is based on this belief, as is the Darwinian theory that suggests that we are nothing more than victims of the genetic coding passed down to us from our parents. Basically, we are dealt a certain hand of cards and that is all we will ever get to play with. Western medicine, biology and psychiatry have all been extremely reluctant to change their world views even in the face of new discoveries in quantum physics that reveal that everything is, as the mystics have been telling us all along, energy.

Several years ago, there occurred the Human Genome Project, which set out to map human DNA with the belief that if all the genetic coding was identified, one could alter their predetermined path - which could be a life that included cancer, diabetes and other diseases – by replacing their genetic coding. The results proved that there were only a few thousand genetic codes in use in a human, similar to that of a worm or a weed, not the hundreds of thousands believed to be required for a conscious being with free will. This was

very disturbing and proved that the scientific model theories of its foundation... were incorrect. But what was the truth? See Dr. Bruce Liton's book *Biology of Belief*.

Dr. Bruce Lipton, a researcher in human cell cloning, discovered that when the nucleus of the cell containing the genetic programming was removed from the cell, it continued to function normally for many weeks. How could this be? How could a cell operate without its nucleus? It was discovered, through further investigation, that the genetic coding is indeed an operating program but just like in a computer, does nothing until it receives a signal and is activated. This was exactly the opposite of what the scientific and medical model professed. The controlling mechanism, or brain of the cell, is actually the membrane. The DNA is the blueprint and the nucleus is the reproductive organ of the cell. This discovery altered everything we knew about health and how to heal.

The simple truth is that our genetic coding is activated and altered by the thoughts and feelings we experience as a result of our outer environment, not the least of which is the food we eat. This process happens whether we will it or not; we can either be passive, letting our environment shape us, or we can be active and choose how we respond to that environment. In essence, **we have the ability to choose which genetic programs are activated**. Consider this: Only 5% of the population was thought to have genetic coding that predetermined disease, however, a much larger percentage is in fact suffering from disease. This suggests that our perception and participation of our environment creates our quality of life experience.

Protein is the foundation of the cell. DNA is sheathed in protective protein. All proteins organize themselves into complex structures, each designed to perform a different function. The amino acid chain is the backbone of any protein structure. When an amino acid chain is introduced to different energetic stimuli, it moves and changes its shape. Each one of us is constantly experiencing such stimuli through our senses, the cycle of seasons and planets, the air we



breathe, the food we eat, and even the thoughts we think, and these stimuli determine the shape, performance, and function of our cells and exposure of the DNA contained therein. With this knowledge comes the most wondrous gift of all; the realization that we are not victims of our environment, but rather the grand conductor of our life experience.

As we experience more joy and love and make choices that are in line with our core, spiritual values, our level of joy and abundance increases and likewise so does our consciousness. Now with the work of Dr. David Hawkins this can be easily confirmed and all aspects of life can be measured according to their level of consciousness. So the ultimate program is to simply remember our connection to Source, identify highest frequency Source signals from the food we eat, to thoughts we think to actions we make, and choose to integrate them into our everyday lives in a greater capacity, and by doing so we will raise our own consciousness and that of the earth.

It is said that we are what we eat and even though we cannot eat our way to enlightenment, we do require a healthy body and mind to experience it. In an effort to overcome depletion and the myriad health challenges that we have created, we tend to eat expensive supplements, or worse, foods that simply taste good but have little if any life-force. Due to soil depletion, processing, and excessive storage and transportation, today's fresh fruits and vegetables contain considerably less nutrients and life-force than they did even 20 years ago. Therefore, supplementation is necessary at some level, but if the food's original energy matrix is not present, the body is forced to give up its own energy in order to balance, utilize and metabolize it. The body does not recognize it as food. In fact, it treats it as a toxin. In order to get the most benefit from supplements, real live food, with its natural energetic matrix, must be present in order for the body to recognize and fully utilize the supplements. The key is to once again live in balance with nature without trying to control it. Eating cooked, processed and dead food distorts our perception of reality.

Protein depletion is rampant in North America and stems from an even greater challenge: soil depletion. Many foods are forced to grow in areas and in soils unsuitable to them. There exist organizations whose mandate it is to control our food chain. Given this context, hemp seed is ideally suited to provide a solution to our food and many other needs. Furthermore, hemp seed tests out as the most complete, balanced, and conscious food source for humans. According to the work of Dr. David Hawkins who, in his book *Power vs Force*, explains how using kinesiology or muscle testing, we are able to measure the level of Consciousness of anything. Based on his arbitrary scale or Map of Consciousness where 1000 represents the highest level attainable in a body or Christ Consciousness, the hemp seed has a Level of Consciousness of 999.8 out of 1000! **This makes hemp seed the highest of any food source in the world and “the closest thing to God in food form!”** See the Product Discernment section for more details

## THE CAUSE OF DISEASE

The world's oldest self-healing systems see illness as deficiencies of essential nutrients. When these nutrients are supplied, the body resumes balance. Disease simply cannot exist in a body in balance. Eventually the body, mind, and spirit become one with nature and the life experience.

Even though science may provide analysis for specific nutritional information, it does not mean that the nutrients are in a state that the body can assimilate. Eating metal nails, for example, will not provide the iron that one obtains from leafy green vegetables. One is in an inorganic state while the other is in its natural organic state. Let me give you another example: A roasted almond, when planted, will not grow whereas a raw almond will. Science, however, would find a similar level of nutrients in each. The miracle of the body is that it will do what it can to survive, even when it does not receive the whole raw materials that are essential for life.

Dr. Alexis Carrell, a Nobel Prize winner, researched experimental surgery, did ground-breaking work with human blood vessels, and was a pioneer of organ transplants. You may not have heard of him, but every doctor in the world knows about him because he shocked the medical profession and science with one simple experiment. Dr. Carrell took cells from the heart of a dead chicken. He put them in a solution of minerals and nutrients. He kept these cells alive for 28 years. They remained amazingly healthy. And they never aged, never got sick, and didn't die!

*“The cell is immortal. It is merely the fluid in which it floats which degenerates. Renew this fluid at intervals, give the cells what they require for nutrition and, as far as we know, the pulsation of life may go on forever.”*

-- Dr. Alexis Carrell, Nobel Prize in Medicine

## **Pottenger's Cat Experiment**

Dr. Pottenger wanted to determine the effects that raw, cooked and processed foods have on the body. He conducted experiments with more than 900 cats between 1932 and 1942 in an attempt to find an explanation for disease and structural abnormalities. What he found was that, for cats, only a diet of raw milk and raw meat was adequate to maintain optimal health, generation after generation. The cats reproduced with ease, had strong bones, shiny fur, were gentle, free of parasites, and easy to handle. Death resulted only from old age and injury.

**Cooking the meat or heat-processing the milk caused physical degeneration in the cats that increased in severity with each successive generation.** The degeneration persisted even when only 1/3 of the diet was raw and the types of disease suffered by the cats mirrored those most often suffered by humans. These results

especially paralleled the defects noticed in native peoples that had abandoned their traditional diets for diets high in sugar and white flour. The main observations included:

- ☛ Abortion rate of 25% in the 1st generation, increasing to 70% in the 4th generation
- ☛ Females had difficulty getting pregnant, giving birth, lactating, and many died in labour
- ☛ Sexual personality traits reversed; females became more aggressive, males became more passive
- ☛ Physical traits became more neutral and abnormal sexual interest and perversion increased among cats of the same sex
- ☛ At birth, kittens weighed, on average, 16% less than normal
- ☛ Intestinal parasites were common
- ☛ Allergies increased from one generation to the next
- ☛ Skin disease, normally around 5% , increased to 90% by the 3rd generation
- ☛ Infection became rampant
- ☛ Arthritis and nervous system complications increased
- ☛ Bones became soft and pliable
- ☛ 3rd generation cats became sterile; there was no 4th generation cats as all perished
- ☛ If the diet was corrected soon enough, these degenerative conditions could be reversed!

If food is radiated, genetically or chemically altered, or processed above 120 degrees Fahrenheit, then enzymes, fatty acids, amino acids and other nutrients are destroyed, and indigestible substances are created that then putrefy in our bowel. This composting waste

matter becomes home to colonies of harmful bacteria and viruses which rob us of vital nutrients, overwork our immune system, and excrete further toxins, compounding an already degenerative state.

If the body is not replenished with balanced energy in the form of **whole, live food** containing the **essential nutrients for life**, it will steal these nutrients from other parts of the body parts. This causes:

- ☛ Wrinkles and lax bowels due to protein deficiency
- ☛ Memory and nervous disorders due to fat deficiency
- ☛ Osteoporosis and lack of energy due to mineral deficiency

This physiological theft process is the simple cause of aging and all disease, from obesity, to diabetes, to cancer. Dr. Batmanghelidj says that 50% of all disease would be removed if we were just hydrated with good water and proper minerals and salts.

Health is our birthright and a gift; disease and death is an abuse of that gift. Health or disease is the result of every choice we make: every thought we have, every word we speak, and every action we take, especially what we chose to put in our bodies. These choices create the world we live in and every one of us contributes to this reality - negatively or positively; creatively or destructively.

Abundance is the natural state of affairs in the universe; good health, vitality and joy is the standard. The body is a perfection of nature endowed with innate intelligence. It is created with purpose and does not make mistakes. The body surrenders its health slowly and reluctantly and will self-correct when given the tools. We can have all the money and possessions we could ever want, but without health they lose their importance.

*My name is Dennis Garthwaite, my wife's name is Elizabeth, and we are respectively 70 and 66 years of age. Four years ago we started eating only raw food on the basis and belief of information similar to*

*that which is outlined in this book concerning the detrimental effects of cooking food. This has resulted in a slow yet undeniable process of physical regeneration - de-aging. However, six months ago, in January 2002, we began adding Hemp Protein Powder to our daily diet as our main source of protein and have experienced an unmistakable acceleration in our progress. Elizabeth, who contracted polio at the age of 18 months resulting in atrophy of her arms and shoulders, has doubled their muscle mass. I started weight lifting again at the local fitness center. My personal trainer became so intrigued by my performance that he now also uses the products and recommends them to all his clients.*

In simple terms, we are poisoning ourselves by what we believe to be food and consume on a daily basis. We must ask ourselves: “What is food and what is the best environment to support our health and happiness?”

## TERRAIN IS EVERYTHING

The biological terrain of the body, by the last words of Lois Pasteur, is the most important factor upon which our health depends. He said: “The germ is nothing, terrain is everything”, meaning: the method by which we religiously sterilize food using heat – pasteurization - is a mistake. The most important factor is building and maintaining an environment that supports health instead of disease. This, of course, is most dependant on eating live food and drinking good water. Cooked food creates an acidic environment in the body that promotes a biological terrain well suited for pathogenic micro-organisms. The healthy balance that is supposed to exist among the myriad of intestinal flora begins to favour the bad bugs. This starts a chain reaction of putrefaction and creates fungi, moulds, and viruses that overrun the body causing debilitating disease and can eventually lead to cancer if the pH in parts of the body drops below 5.8. The first sign of this process is the creation of feletes or tiny wormlike

bacteria in the blood which shows up as warts and moles on the skin – basically fungus. See my “Super Size Me” experiment for proof of this.

*My name is Carol. I am 55 years old, go to a fitness club almost every day and am fortunate to report that I am in very good health. The only problem I have had for well over 15 years is that I have had many warts (sometimes as many as 10 to 12) on my hands. Being a professional woman, this has been a source of great embarrassment. On a friend's encouragement, I started to use hemp protein several months ago and all of a sudden I noticed that almost all of the warts had disappeared. Introducing one to two scoops of hemp in my daily diet was the only dietary change I made in the last few months.*

### **The Buddha taught four Noble Truths:**

1. Life is suffering
2. The cause of suffering is ignorance, greed and cravings
3. The way to stop suffering is to remove the cause
4. The way to remove the cause is the Eightfold Path of:
  - i. Right Understanding
  - ii. Right Intention
  - iii. Right Speech
  - iv. Right Action
  - v. Right Effort
  - vi. Right Livelihood
  - vii. Right Mindfulness
  - viii. Right Concentration

It has become very apparent that, not only are humans largely focused on the accumulation of material items as a source of security and happiness but we have become oblivious to the perfection of nature, thus our body, mind and spirit are in a state of constant craving.

*Hello, I am Autumn and I am so happy with your product. It's unbelievable how much my body has changed. My hair is silkier, my skin is smoother, my eyes are clearer, and my teeth are whiter. I have less sugar cravings and no meat cravings. I need less sleep and have instant energy. My friends can't believe the changes. God bless you Charles and your wonderful wisdom.*

Cravings are caused by the life cycle of pathogenic micro-organisms born from the acid terrain in our bodies, which in turn is a result of our dead food diets and negative attitudes. Our mind and body become infested as these micro-organisms struggle for survival; breeding and dying. We experience life as victims of this constant imbalance, struggling with all manner of addictive tendencies, negative thoughts and unpredictable emotions. **A body in balance has no cravings.** To achieve this balance, the 80/20 rule prevails: 80% alkaline food to 20% acidic food with the eventual goal of eating only raw, uncooked, living food - just as nature, in its perfection, provides. This of course includes plenty of clean drinking water. This is the evolution of the human diet; a journey back to God's table.

*I've been using your product for about two weeks now. Within 4 days of eating hemp seed nut in oatmeal porridge and my grain meals, I've lost the desire for alcohol and threw away my home-brew yeast culture. My hunger pangs have subsided and I feel full. Thank you.*

*Sincerely, Stephen*

We are conditioned to use therapeutic means to treat and remove the symptoms of disease; "attack the enemy" is the common mantra. This may hide the symptoms in the short term but eventually we realize that these methods create further imbalance in the body and are just



different addictions. We practice these methods at the expense of a life of true freedom and health. One day we will realize that the painful experiences in our life are there for a reason; they illuminate that which we are unaware of and point out that it is time to affect change in order to get a different, more pleasant result. These can be wondrous moments of clarity. Releasing our addictions and restoring balance by returning to life's simplicity is the only long-term solution. We must always keep in mind that we are mind, body and spirit. Balance in all areas is important for a healthy life. Life is a process of letting go of our attachments.

## **The 6 Essentials for Life:**

- I. What you eat
2. What you drink
3. How you exercise
4. How you rest
5. What you breathe
6. What you think

*My name is Bernie Steininger, I am 56 years old and have been a runner for 25 years. Fourteen years ago, I became 95% vegetarian. During that time, I never felt as good as I wanted or expected to from living, what I thought, was a healthy a healthy lifestyle. At times I would feel listless; other times I would recover slowly after a hard workout or race. I just didn't feel that my body was firing on all cylinders.*

*For 14 years, I have tried supplements in a variety of forms and never felt much difference. Recently, I decided to try your products: the hemp seed nut and the protein powder. Now I am flying through my workouts and leave with an energized feeling when finished.*

*Furthermore, I just feel great! I am not qualified to tell you how the protein operates or what it does but I can tell I love how I feel! I have so much energy and it translate into an increased sense of well being. I feel like I am running on high-octane jet fuel. Thank you!*

Life is an experience of feelings. The body, always wise and honest, is constantly sending us signals. The trick is to learn how to interpret these signals. As we evolve through this life experience, we become aware that the answers lay within us and are easily accessible. If we are mindful of the feelings in our body, we will naturally experience more abundance and joy. How do you feel after your meal; energized or tired? Food should give you energy; if it does not, was it really food? Use kinesiology (the art of muscle testing) before eating to help you identify foods that the body can utilize at the highest possible level. I feel this is the single most important technology available to us. See product discernment section for more details.

*I have been using your hemp products for a year and notice many subtle changes occurring as a result. My skin tone is younger looking and my blood sugar more stable. When I drink a morning concoction of fruits, juices and hemp powder, I have more energy all day. Also, I notice that my mood is more peaceful when I take hemp regularly.*

*Janet Hobbs: Healer and Author*

Ayurveda and Chinese medicine say that cooking makes nutrients more available. This may be true at a certain level, however, in the long-term these nutrients have been altered from their original and perfect state and even though they seem to be more accessible, they are less usable. If we compare all healing systems by their level of consciousness, it is clear that Chinese or Ayurvedic medicine, which measure at approximately 650 out of 1000, does not compare to a raw, organic, live-food diet measuring approximately 950 to 1000 out of 1000. This is not to say that medicine has no use, however, what if these were tools for our use along our evolutionary path back to

balance and back to a symbiotic relationship with Mother Nature, providing everything we need, in total perfection, to support our health and well being?

Once we understand how the body works and what food really is, with a little time and effort, the journey back to health can be as simple as 1-2-3.

## *Health is as Simple as 1-2-3*

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I will use the analogy of building a house. Let's say you have the design drawings for your perfect dream home, the perfect building lot, and all the finest construction materials, but no workers show up. What will happen? Obviously without workers, the construction materials would begin to rot and nothing would get built. **When we cook and process food, we destroy the workers: enzymes and probiotics (beneficial bowel bacteria).** The food we eat must not only contain quality construction materials, but also workers to assemble the materials and clean up the waste. If enzymes and probiotics are in short supply at any stage of the digestion and eliminative process, the body cannot do its job of building and maintaining a good house for you. Enzymes and probiotic bacteria make up about 80% of our entire immune system.

*Because of a family history of cholesterol problems, I decided to become entirely vegan. Generally, I felt better and lighter, however, I was disappointed to find out that my blood tests revealed anaemia and low albumin. For over two years, I tried all kinds of protein isolates. Most were very hard to digest and none got my blood protein levels to normal. I had meeting after meeting with a nutritionist and based on her advice, I tried combining legumes and cereal grains for six months. I ended up with painfully slow digestion and excess stomach acid.*

*Then, after hearing about hemp protein on the Internet, I decided to try it. I belong to various online discussion forums, on which hemp protein was continuously getting rave reviews by people who consume it. Athletes reported unusually good performances: "my best run ever"; "stronger and faster". People reported astounding increases in energy. It all seemed too good to be true. I had never seen so much enthusiasm for a single product. Unfortunately I live in a rural area and the closest outlet is at least 2 hours away. Determined to try this wonder food, I drove for well over four hours. But it was worth it; the results were nothing short of amazing!*

*The first thing I noticed was how easy it was to digest. I began feeling better, day after day and my energy level was amazing. After 2 months of consuming hemp protein, I had my blood tested; no protein deficiency, no anemia, and my mineral levels were all normal! I have found my main protein source! As far as I am concerned, it is without equal. My health and energy continue to improve and I have every intention of continuing to consume this wonderful food for the rest of my life. No supplement or food has ever given me these kinds of results. My thanks to the people who posted their testimonials on the internet and I hope this testimonial will help others to discover this outstanding product.*

*Richard Long, Quebec*

## ASSIMILATE

Digestion is the process of breaking down food into its nutrients that can be utilized by the body. Digestion begins in the mouth when food is chewed and mixed with saliva containing essential enzymes for digesting sugars. This is why it is very important to thoroughly chew your food. All the building materials the body requires to create cells and tissues are transformed into simple molecular structures by digestive enzymes so that the body can utilize them. These enzymes are present in live food and combine with the body's enzymes to begin the digestion process.

Ron Garner's research provided a fantastic revelation for me about digestion and absorption of nutrients. As food enters the stomach, hydrochloric acid is secreted, not to digest food, but to create an acid environment in which digestion can take place. Protein is broken down in the stomach by pepsin and amino acids are passed into the small intestine for use by the liver. At the same time, the body automatically creates an alkaline environment in the bowel to balance the acid levels. A great habit is to drink a full glass of water

with a pinch of raw sea salt half an hour before meals in order to flush the acid in the stomach and encourage it to make more digestive juices. Most people are so acidic that their digestive process has become lazy. This will help get it working again and flush toxins out.

Ron Garner goes on to explain so perfectly in his book *Conscious Health* (in my opinion it is the Bible on Health) how **absorption** takes place mostly in the small intestine where the nutrients are absorbed through the intestinal wall and sent to the liver to be processed. The liver metabolizes these nutrients with enzymes, converting them into energy and other nutrient components. It then sends these out to the cells of the body via the blood stream. This coincided with Michael O'Brienn's explanation to me of how my nutritional program was deficient of a delivery system as I was so very protein deficient.

These substances are required by the liver to make hormones and enzymes that initiate the entire endocrine system. They produce thousands of different metabolic enzymes for other functions in the body including nutrient absorption. Lysine is an essential amino acid and if it or any other essential amino acid is not present (not a complete protein) the other amino acids cannot be broken down enough to pass through the walls of the small intestine. If the body does not receive the complete amino acids, enzyme workers and building materials, it cannot make new enzymes. The majority of enzymes the body makes are for cellular maintenance ... NOT for digestion of food. The food we eat must contain the enzymes to digest and assimilate the nutrients.

*I and 4 other senior citizens just completed the 975 mile Sask Walk for Health April 8th. We arrived at the USA border after leaving March 13/2005 from the N.W.T border, from which the first 80 miles was trekked in and out by foot as there are no roads. This especially made it difficult to take much food with us, so we took powdered food, including your hemp protein. I used it during the whole trek.*

*I was diagnosed with ulcerative colitis about 15 years ago. I've tried to keep it under control with diet, but every once in awhile it comes back to haunt me. This last Dec. to Feb. I had a bad spell and lost 15 lbs. I was afraid I would be too weak to go on this trek that I was helping to plan. About 3 weeks before we left to go on the trek and the 22 days that it took to complete the trek, my health steadily improved. I took hemp protein powder twice every day and I gained back about 12 lbs even though I was walking a lot of miles each day. My digestive system is working better than it has for about 2 years. I don't know how much your product had to do with me getting better, but I do honestly believe it had something to do with it and I will continue to use your product.*

*Cliff Shockey, SK.*

Assimilation occurs when nutrients that are then carried in the blood are actually incorporated into our cells at the atomic level as energy and then transformed and organized back into accumulated energy as tissue. Without enzymes and especially water, vitamins, minerals, amino acids and fatty acids will not properly digest and/or assimilate and without these nutrients for the cells, every organ, tissue and cell of the body degenerates, leading to immune deficiency. All degenerative disease, in part can be attributed to a lack of digestive enzymes. Digestive enzymes are activated by water and co-enzyme minerals. That is why when we eat fresh fruits and vegetables that still have structured water intact with activated enzymes and minerals... we feel so great and energized. Lithium is a synthetic substitute for salt to treat mood/brain disorders. Why not just take salt? The body requires at least a half a teaspoon per day of salt just for maintenance. The finest in my opinion is clean unprocessed sea salt. Salt is so important for life that in many cultures it is used as money. The reasons are obvious: more than 80 balanced minerals!

*I just started adding Hemp Protein Powder to my morning shakes this week, and within hours of taking it for the first time, I very subtly began noticing how calm my digestion felt. I have had IBS for two decades, trying many different kinds of products, supplements, foods, and protein powders to settle my digestion. This is the first product*

*I have tried that I have had these kinds of immediate results. I am truly amazed how calm my digestion feels after experiencing recent months of continuous loose bowel movements, as well as how calm I am feeling in general. **The problem seemingly went away overnight! It feels like a miracle to me.** I am still in the 'wondering if this is too good to be true' phase, but it really gives me hope that there is a real solution to this problem that I have spent so much time, energy and money on through the years trying to heal myself. I feel very excited and very grateful...and just wanted to share with you my new discovery. My 23 year old son has Crohn's Disease, and I am hopeful for him for similar results. Thank you.*

*Sincerely, Denise Kennedy*

## ELIMINATE

The daily life functions of eating, breathing and our protective skin layer coming in contact with our environment exposes us to many harmful toxins. **Elimination** is the removal of waste products and these toxins. The greater our vitality and energy levels in our body, the more energy the cells will have to eliminate these wastes naturally and vicariously from the mucous membranes and other tissues to the surface of the skin from the body. Acne, skin ulcers, eczema, ear infections and sinusitis are examples of this process. If the vitality of the body lowers due to slower waste removal, continued toxic input, dehydration, stress and suppressing cleansing reactions, the body cannot afford the energy to perform vicarious elimination and then begins to store the toxins in its tissues. If this continues, cells begin to degenerate and toxins are stored in deeper layers of the body. This is when the body will begin to create cancerous tumours which are a defence mechanism by the body and are a result of this process. Ask your doctor for a biopsy of a tumour that was removed from your body... it will be mostly stored toxins!



If wrinkling appears on your skin, you know wrinkles are already progressing on the inside. Connective tissue/protein is robbed when our liver is not getting the usable protein it requires to manufacture the enzymes and hormones needed to run the rest of your body. If the liver doesn't get protein from the food you eat, then it must rob it from existing connective tissue already within the body structure. Generally, the body will give up protein from the least exercised areas beginning with the colon; this is one of the reasons why bowel problems are very common and the largest selling product in pharmacies is laxatives. If and when a person starts eating usable nutrition including protein again, the body will work to restore those weakened areas in order of priority. Restoring connective tissue to internal organs is more important to your health and survival than making a smooth face again. However in time, on a consistent program of detoxification, nutrition and exercise, regeneration occurs and one will experience health, vitality and happiness once more ... naturally.

Temperatures above approximately 104 degrees Fahrenheit destroy digestive enzymes and bind the essential amino acid lysine. These incompletely digested proteins and inefficiently eliminated wastes putrefy in the colon (large intestine) producing poisons, which are reabsorbed back into the blood stream and transported throughout the body. Furthermore, when the 'sewer system' of the body is sluggish and inefficient, it blocks the removal of toxins from other parts of the body, such as the liver, glands and lymphatic system, in turn storing them in the tissues. Over time this results in auto intoxication, which is defined as: 'poisoning by toxic substances generated within the body'.

Ron, a well known customer of Community Naturals in Calgary used 1 capsule of Colonyze probiotics that he purchased at the store, returned the bottle the next day complaining of heart palpitations. He went to see his doctor who said it was not heart challenges. The next day, Ron had the best bowel movement in 2 years, and in the stool discovered he had passed a worm. He asked his doctor what it was. His doctor told him it was a 'heart worm' and told Ron to

keep taking whatever he was taking as the product was “attacking” and destroying parasites in his body. Ron went back to the store and purchased back the bottle and one more.

When we cook our food we also destroy the friendly probiotic bacteria. Here is an example to demonstrate this. When the nerves in a rat connecting the brain to the digestive system were cut and isolated to view the digestive tract functions... the results were astonishing. When probiotic bacteria or friendly flora was introduced to the digestive system, it started up again and ran normally! It seems these micro-organisms have a consciousness of their own and the digestive tract, which is much like a donut hole from our mouth to our anus, is a separate system that is ‘outside of the body’ and run by this team of workers. This symbiotic relationship is critical for bowel wall protection and helps with nutrient breakdown, formation and absorption. So when the peaceful war going on in our bowels is off balance, it easily becomes one sided and creates an environment for other micro-organisms like candida albicans to flourish. The main byproducts of these friendly flora workers are: B vitamins, amino acids and oxygen... very important to the nutritional balance of a healthy body.

*This is to tell you how great the probiotic is. Within the first day of taking it, I started to expel worms and my bowels began to clear. I will continue to use this product for a very long time. Sincerely,*

*Judith Attfield, Hearthstone Holistic Health, Victoria*

## ILLUMINATE

As the body receives the tools needed from our improved diet, it immediately responds like a high performance engine with high-octane fuel, returning to its natural state of vitality, clarity of mind, high performance and the feeling experience of joy. We not only rejuvenate physically, but mentally and spiritually as well. We are then released from slavery to addictions, the composting button

turns off, **our immortality genes turn on** and we are ready to begin the experience of life as an Illuminated Master walking the human path. Diet is a Latin word meaning: leads to God.

There were many discoveries in the 20th century, among these was the Dead Sea Scrolls, found in forgotten caves in an area known as Qumran between Israel and Jordan near the Dead Sea. These scrolls contained Books of the Bible that were not included in the format we generally receive. As well, an Aramaic scholar deciphered original Aramaic texts found in the Catacombs of the Vatican that were near duplicates of the documents found near the Dead Sea. The translation revealed teachings called the Essene Gospel of Peace. The Essenes are well known to be the community of beings that Jeshua was born into. This is a quote from part of that translated text:

*“Kill neither men, nor beasts, nor yet the food which goes into your mouth. For if you eat living food, the same will quicken you, but if you kill your food, the dead food will kill you also. For life comes only from life, and from death comes always death. For everything, which kills your foods, kills your bodies also. And everything, which kills your bodies, kills your souls also. And your bodies become what your foods are, even as your spirits, likewise, become what your thoughts are. Therefore, eat not anything which fire, or frost, or water has destroyed. For burned, frozen and rotted foods will burn, freeze and rot your body also. Be not like the foolish husbandman who sowed in his ground cooked, and frozen, and rotten seeds. And the autumn came, and his fields bore nothing. And great was his distress. But be like that husbandman who sowed in his field living seed, and whose field bore living ears of wheat, paying a hundredfold for the seeds which he planted. For I tell you truly, live only by the fire of life, and prepare not your foods with the fire of death, which kills your foods, your bodies and your souls also.”*

Source of food/nutrients (energy) in order of importance and usage:

- ☛ **Sunlight** - the body should receive direct sunlight everyday. Green foods are secondary energy from the sun.
- ☛ **Air** - breathe deeply and increase oxygen supply.
- ☛ **Water** - clean, structured with salt and often. Critical for the 'River of Life' in the body for nutrient assimilation and waste removal.
- ☛ **Enzymes** - source is live food; the catalyst of all body processes.
- ☛ **Probiotics** - friendly flora keeps our GI tract in balance.
- ☛ **Fatty Acids** - the brain and membrane of every cell and coatings on our nervous system.
- ☛ **Amino Acids** - body structure, deliver nutrients, activate DNA.
- ☛ **Vitamins** - clean waste, build immunity and structure.
- ☛ **Minerals** - build structure, hold energy, required for hydration.

Try to envision this order in an interactive circle, not in a linear fashion. They are all just as important as the other and work symbiotically. In fact they cannot work apart from each other as they represent aspects of a complete energetic matrix. Imagine driving a car with parts missing. Depending on the severity of the missing matrix of energy or parts, is the resultant level of the performance of the car.

*I thought to up date you about experience Jane and I have had with the protein since our meeting at Maureen's. As a dowser, I have never measured any product that has ever recorded as much life force in it than this nutritional product. Our wellness level is continuing to improve and our regularity is much better. May the force be with you.*

Aaron Keyes

The oldest man on record was from China at 256 years old. When people who have lived more than a century were asked the secret of longevity, the common denominator was: good water, less than half the calorie intake of the western diet, mostly raw food containing high antioxidant and alkaline quality foods and of course a simple stress free life. There are many writings of masters who have lived many hundreds if not thousands of years. The common Bible speaks of many averaging more than 900 years.

This great wisdom seems so simple, yet our science and education system does not understand it or have kept it hidden from the masses. Wouldn't it make sense to study how the Masters that walked this planet lived and what they consumed for food, instead of reading about someone else's interpretation of their life that didn't live by the same example? Truth always lives on and is for those who have ears to hear and eyes to see. I see food as an evolutionary process leading from killing animals and each other to live food vegans to finally total mastery of the life experience and synergizing Life Force from all of our surroundings.

Note: When the body is dehydrated it causes the brain to secrete stress hormones and the liver to sacrifice essential amino acids for anti-oxidants to remove toxic waste. Cravings for coffee, soda and alcohol are our increasing addiction to our own endorphin production. That is why a rat fed a typical American diet will choose alcohol over water when it is thirsty.

*The hemp protein is brilliant! I've been taking it regularly for the last seven days. It gives me great energy and a sense of well-being that I haven't had in a while. After taking it for just three days, I played a game of rugby and had tons of energy.*

Kirk Finken

# Essentials

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In order to attain **Optimum Health** we must eat foods that contain live enzymes, active phyto-nutrients, vitamins, minerals and especially **Essential Amino Acids, Essential Fatty Acids and Enzymes such as Cellulase** (beneficial for gut wall transfer of nutrients). These are essential because the human body does not produce them on its own and they must therefore come from the food we eat in order for life to continue. These **Essentials** initialize nutrient absorption and hundreds of liver functions. This includes the manufacture of the hormones that activate the endocrine and exocrine systems, balance blood sugar levels, remove waste and clean the blood. **Omega 3 & Omega 6 Essential Fatty Acids** initialize the electrical current that keeps the heart beating. They are the raw materials used to build the brain, eyes, testes, ovaries, adrenals, and the membranes of every cell in your body. They activate dormant DNA genetic coding. As an example Omega 3 fatty acids turn on our fat burning gene and initiates thermogenesis. Without the essentials in our diet, we could not think, see, hear, reproduce or even move our muscles.

*I was in a serious car accident. A car hit me when I was walking. After 3-4 weeks of being on a hemp program (oil, protein and bars) my massage therapist couldn't believe the positive change in my muscle tissue!*

*Connie Trombley*

## ENZYMES

There are 9 basic plant enzymes and when the body receives them from the food we eat, the body is able to make over 3,000 other metabolic enzymes for all the bodily functions. Do you want to change your life? Enzymes are the living nutrients that bring

about immediate change as every action and reaction in your body is dependent upon enzymes. As an analogy, they are to the body what a spark is to an engine. Michael O'Brien clearly understands the importance of enzymes and for many days when he crushed 3 vertebrae in his back at nearly 80 years old, he consumed mega doses of approximately 1000 capsules per day of enzymes in order to give his body the critical tools it needed to reverse his imminent pain, nerve damage and paralysis. Here is what happens with a deficiency of these main enzymes:

<b>Enzyme / Function</b>	<b>Deficiency Symptoms</b>
<b>Amylase</b> breaks down carbohydrates	Allergies, depression, fatigue, headaches, PMS, low blood pressure, neck/shoulder aches, stomach/ulcer problems, hemorrhoids, cold extremities acne/skin problems
<b>Lipase</b> breaks down fats	Arthritis, tumours/lumps/cysts, cataracts, eczema, psoriasis, hay fever, gallbladder/urinary/bladder/prostate problems, jaundice, cirrhosis, hepatitis, hives
<b>Protease</b> breaks down proteins	Arteriosclerosis/heart disease, high blood pressure, alcohol addiction, constipation, ear problems, insomnia, candidiasis, sciatica/herniated disc/ back problems, osteoporosis
All 3 of the above	Chronic allergies/colds, colitis, Crohn's disease, irritable bowel, diarrhea to constipation, diverticulosis, aching knees
<b>Maltase</b> breaks down malt and grain sugars	Environmental sensitivities and allergies
<b>Sucrase</b> breaks down sugar	Gastrointestinal problems and discomfort
Lactase breaks down milk sugar	Inability to digest dairy products, irritable bowel (IBS)
Cellulase- breaks down fibre	Mal absorption of nutrients

Phytase- breaks down carbohydrates	Bowel disorders, difficulty to digest grains and legumes, decreased mineral absorption
Papain- breaks down protein	Chronic diarrhea, celiac disease, gastrointestinal discomfort due to intestinal parasites.

## ESSENTIAL AMINO ACIDS

The common denominator or building material throughout your whole body is protein (making up about 75%) – but more particularly amino acids, which are the building blocks of protein. Dr. Ron Kennedy, on his website states: “An important aspect of the amino acids to consider is their medicinal value as supplements. Taken in concentrated form, these substances can produce remarkably beneficial effects countering many of the effects of aging.” Amino acids are one of the three major sources of energy in the human body, the other two being fatty acids, and monosaccharides such as glucose. Most amino acids are incorporated into proteins, which are either structural or regulatory in nature. Structural proteins such as collagen and elastin, make up the muscles, tendons, ligaments and bones. Regulatory proteins, called enzymes, control the function of all of the metabolic pathways within the cells of the body. Some enzymes are general in their activity and help break down food. Class-specific enzymes regulate larger-scale processes. Each of these is directly dependent upon and regulated by water.

We are told that the egg is the most complete protein food in nature, with an assimilation ratio of 94-96 percent. This makes sense that all the food that a newly born creature needs would be available to it immediately. That means up to 96 percent of the protein in eggs will be used as protein. In contrast, about 60-70 percent of the protein in raw: milk, meat or fish can be used as protein. Hemp seed was not compared in this study. With all of the unequivocal evidence from the people who have been consuming hemp seed food products as a main food source, I believe hemp seed is equal to or greater to eggs



in assimilatability. But because it is a plant source and less complex it holds far greater benefits than animal products especially with the huge concentrations of EFA's present.

Ideally, we believe we should consume amino acids similar to those in our human tissues. The challenge is to find a healthy human to base the ratio! We typically choose meat because of its obvious similarity, but once meat is cooked, we begin the auto intoxication process, and even greater reduce the usable level of protein (typically to about 12%). Have you ever seen a bloated bodybuilder? This bloating is due to water retention, a survival mechanism by the body to the toxic acidic environment created by undigested and under utilized protein. The most important factor is 'quality' of protein not 'quantity.' Eating raw meat is not only inconvenient but also dangerous due to micro-organisms and animal feeding and farming methods (i.e., antibiotics, hormones, mad cow disease from feeding animals other rendered down dead animals). As our diets evolve, we instinctively choose a more agrarian diet, eventually leading to consuming only vegan live food. Live foodists who consume little or no animal products, and those who eat fewer calories in general... consistently live a longer and higher quality of life. The human bowel is also 30 ft. long, compared to that of a carnivore which is less than a third as long. The human bowel is not designed for materials that take a long time to flow from one end to the other... putrefying at 98.6 degrees F.

*It is with great thankfulness that we learned of the tremendous health promoting properties of the hemp protein and hemp oil products. Together with the radical life style changes, we believe these products have been the major factor in our return to health. Cancer is a frightening word, even terrifying. Out of sheer fear for my life, I have endured and survived the 'burn and slash' conventional medical methods involving drugs, seven surgeries and radiation over the last several years. I believe that I have been spared for a purpose.*

*In a short 5 months I have enjoyed significant weight loss, return of energy, skin tone, hair gloss, a heightened emotional and physical*

vitality. Most importantly of all – following the guidelines found in Ron Garner’s book “The 4 Keys to a Long Life,” the use of hemp products, enzymes and probiotics have brought about a 90% reduction in the symptoms of cancer. To be totally honest, I believe that I have followed the directions with about 90% dedication. Thanks. Live, love & laugh everyday.

Michelle

<http://www.shesacancersurvivor.com>

That’s where hemp seed protein shines, because it is unique. It contains all the known (except taurine that the body makes) amino acids, including the ten essential amino acids, and as well the two of which children have difficulty manufacturing.

*Hemp Oil and the Protein rescued me in a stage of extreme water retention, within a week my system was flushed and detoxifying!*

Bob Van Ostenbrugge

Note: The essential amino acid Tryptophan was placed in the ‘drug’ category by the FDA in 1988, an action which rendered virtually all commercially available essential amino acid mixtures worthless.

Note: Soybean oil and soy protein products are not recommended for consumption due to their high content of synthetic hormones and MSG formed during processing and being genetically altered. One litre of soy-milk and one serving of soy baby formula has an equivalent of approximately 5 birth control pills of estrogen.

Amino Acid,	Function
** L-arginine	Enzymatically is converted to nitric oxide and serves to keep pathogens out of the digestive tract, dilate blood vessels, also is a potent source of energy and sexual stimulant, aids upper back tension, muscle building, fat burning, accelerated wound healing, tissue repair and strengthen tendons and ligaments.
L-alanine	Is an energy producer and regulator of blood sugar.
L-asparagine	Is an important factor in the metabolic processes of the nervous system.
L-aspartic acid	Helps expel ammonia, the major waste product of cell metabolism, increases stamina, decreases fatigue, converts carbohydrates to muscle energy and is a building block of immune system immunoglobulins and antibodies.
L-citrulline	Detoxifies ammonia; byproduct of protein metabolism.
L-cysteine	Is a sulfur-containing amino acid, acts as a detoxifier/antioxidant, can chelate and protect the body from excess harmful metals, binds free radicals, prevents damage from alcohol and cigarette smoke, and stimulates hair growth.
L-cystine	Is a major partner in tissue anti-oxidant mechanisms, contributes to improved healing, diminished pain from inflammation and strong connective tissue.
L-glutamine	Neutralizes excess ammonia creating a clearer space for brain activity, improves IQ, speeds healing, decreases cravings for alcohol, alleviates; fatigue, depression and impotence, releases HGH (human growth hormones) and lymphocytes and immune system building white blood cells, helps memory, concentration and aids in neutralizing the catabolic effects of cortisol, released upon strenuous exercise.

L-glutamic acid	Is an important metabolic factor in energy production, brain function and the immune system.
L-glycine	Synthesizes glucose and creatine phosphate, increases pituitary gland function, helps in the treatment of muscular dystrophy, hyperglycemia, hyperacidity, offensive body and breath odour. HGH-releasing properties, vital for the manufacture of amino acids and in the structure of red blood cells.
**L-histidine	Is vital to tissue growth and the production of red and white blood cells.
*L-isoleucine	Is one of the three branched chain aminos and with leucine and valine is indispensable for muscle growth and recovery.
*L-leucine	See L-isoleucine.
*L-lysine	Enhances concentration and protein synthesis, aids in fat metabolism, inhibits the replication of the herpes virus and alleviates some infertility problems.
L-ornithine	See L-arginine.
*L-methionine	Is another sulfur-containing amino and protects against certain tumours, it also helps in the treatment of some schizophrenics, removes poisonous wastes from your liver and assists in the regeneration of liver and kidney tissue.
*L-phenylalanine	Produces the neurotransmitters norepinephrine and dopamine which promote alertness, reduces hunger and pain, increases sexual interest, improves memory and mental alertness, alleviates depression, helps produce collagen.
L-proline	Helps form connective tissue.
L-serine	Helps produce cellular energy and acetylcholine, a paramount brain chemical that aids memory and nervous system function.

*L-threonine	Is a component of collagen, helps detoxify and prevents fatty buildup in the liver.
*L-tryptophan	Stimulates secretion of serotonin, a brain chemical that has a calming effect on the body, acts as an antidepressant, induces natural sleep, reduces anxiety and pain including migraines and aids in the control of alcoholism.
L-tyrosine	Elevates mood, has HGH-releasing properties and is important to the function of adrenal, pituitary and thyroid glands.
L-taurine	Is useful in the treatment and prevention of macular degeneration which is the slow wearing out of the retina of the eye, including the focal point on the retina, which is called the "macula," eventually leading to blindness.
*L-valine	See L-isoleucine.

\* Essential

\*\* Children's Essential

## HEMP PROTEIN AND OUR DNA

Lynn Osburn, in an article in the *Hemp Line Journal*, July-Aug 1992, wrote:

“The body needs the necessary kinds of amino acids in sufficient quantity in order to make proteins such as the globulins. ... The best way to insure the body has enough amino acid material to make the globulins is to eat foods high in globulin proteins. Since hemp seed protein is 65% globulin edestin, also includes quantities of albumin, its protein is readily available in a form quite similar and the closest resemblance to that found in human blood plasma. Eating hemp seeds gives the body all the essential amino acids required to maintain health and provides the necessary kinds and amounts of amino acids the body needs to make human serum albumin and serum globulins like the immune enhancing gamma globulins.”

*Just a quick note - my post test results were really good! Cholesterol level went from around 7.4 to 4.15! "How to reduce your cholesterol naturally in 21 days on Hemp".*

*Hal Michael Rosenblat*

The percentage of globulin edestin found in hemp seed protein is the highest in the plant kingdom. It aids digestion and is considered the foundation of our cell's DNA. This is why, out of all the vegetable kingdom, hemp protein has the closest resemblance to our human protein profile. Globulin protein is required by the body in large amounts in order to produce antibodies, which are the body's weapons to resist and recover from illness. When globulin protein is in short supply the symptoms of illness begin to manifest. Hemp seeds are the best single source of these essential amino acids.

*"[Hemp Protein] is a God-send! I can feel myself getting bigger and stronger each day since taking it." - Stephen Arlin*

The Genome project took 10 years and billions of dollars proving one thing: science knows little of how a cell operates. Dr. Bruce Lipton, human cell cloner and geneticist discovered that the nucleus and DNA of a cell is NOT the brain. When the nucleus including the DNA was removed from a cell, the cell continued its normal functions. He discovered that the brain of each cell is the membrane made up of Essential Fatty Acids! Dr. Lipton confirmed that our DNA is activated by protein/enzymes, which is influenced by the live and easily utilizable foods in our diet and our perception of the environment! If we interpret a life of fear, anger and depression, our DNA strands compress and wither, where as when we experience joy and harmony the DNA strands elongate and expose them for access.

<b>Crag Hemp Seed Amino Acid Profile May 2004</b>	<b>Total 21.85%</b>	<b>mg / 30g serving</b>
Alanine	0.979%	293.7
**Arginine	2.344%	703.2
Asparctic Acid & Asparagine	2.316%	694.8
Cysteine	0.608%	182.4
Cystothionine		
Glutamic Acid & Glutamine	3.869%	1160.7
Glutamine		
Glycine	0.998%	299.4
**Histidine	0.598%	179.4
*Isoleucine	0.798%	239.4
*Leucine	1.556%	466.8
*Lysine	0.947%	284.1
*Methionine	0.727%	218.1
*Phenylalanine	0.936%	280.8
Phosphoserine		
Proline	0.978%	293.4
Serine	1.218%	365.4
*Threonine	0.804%	241.2
*Tryptophan	0.352%	105.6
Tyrosine	0.787%	236.1
*Valine	1.032%	309.6
*essential **children's essential		

## ESSENTIAL FATTY ACIDS

Essential fatty acids or EFA's, are utilized by the body to build cell structure, to help generate electrical energy, and to produce hormones. They are required for energy production, nerve impulses, brain development and function, healthy skin, digestion, inner organ

function, the cardiovascular system and the immune system. Due to low fat- no fat diets and food processing, most people are EFA oil deficient. Linoleic acid (LA) (Omega 6) and Linolenic acid (LNA) (Omega 3) are the most important fatty acids in human nutrition and health and they are essential as the human body cannot make them. DHA and EPA are common body producing derivatives that come from these essentials. They are involved in producing life energy from food and the movement of that energy throughout the body. EFAs govern growth, vitality and state of mind. They are our greatest safeguards against disease. LA, LNA and the highly unsaturated fatty acids the body makes from them ... carry the high energy required by the most active tissues and ensure very high oxygen availability to them. Life force travels through the body via the essential fatty acids and their derivatives.

Essential fatty acids and unsaturated oils are the good ones. Saturated (except small chain fatty acids like coconut oil), Trans-fatty acids and hydrogenated oils are the bad ones. Unsaturated fats don't make you fat; Saturated and hydrogenated fats do.

Unsaturated oils or fats are in liquid form at room temperature and have natural openings in their chemical structure to allow other nutrients to be taken into their molecular configuration and be transported to the cells. The best source of these naturally occurring unsaturated fats are raw vegetables, fruits, grains, nuts and seeds.

Saturated fats are fats that typically have no openings in their chemical structure to bond with and carry nutrients to the cell and are not easily used by the body. An exception to this is coconut which, even though is totally saturated fat, is small chain fatty acids that are beneficial in supporting the immune system and even protecting against pathogenic bacteria. Saturated fats are not essential to the human diet. They are solid at room temperature and are sticky in the body. Naturally occurring saturated fats are found mostly in animal fats, meats, dairy products and eggs. Because these fats are



mostly unable to be used by the body, they are usually stored as fat, a portion of which is deposited on the linings of arteries, which leads to arteriosclerosis and eventually can cause heart attacks and strokes.

Hydrogenated fats are fats such as margarine (which is one molecule away from plastic!), cooking oils, processed cheese, lard and processed peanut butter. These are products that were unsaturated but have been subjected to a hydrogenation process to 'fill the openings' in their chemical structure to make them solid at room temperature. They then become saturated fats. They have no room in their chemical structure to take on nutrients for transport to the cells. The hydrogenation process requires heating the oils to a high temperature, which also destroys any vitamins, and nutrients that are present. The life-giving or life-supporting qualities of the oil are destroyed which means that the oil will not spoil and therefore has a longer shelf life. Oils, whose product labels indicate that they have been subjected to hydrogenation, should not be consumed. Trans-fatty acids are the largest contributing risk factor to cardiovascular disease. Udo Erasmus discovered that 1 tablespoon of refined vegetable cooking oil (approximately 1% trans fats) has 1 million toxic molecules for every cell in the human body.

Colostrums in breast milk... like Hemp Seed contains gamma linolenic acid (GLA) and conjugated linoleic acid (CLA) the precursor to DHA and EPA derivatives, and is the precursor to beneficial local hormones called prostaglandins. These have many health enhancing functions, amongst which are the integrity of the cell membranes, raising the immune system and controlling inflammation. Cows' milk does not contain high levels of antibodies or gamma linolenic acid, but it does contain vast amounts of fat, 60% of which is saturated. This fat is associated with cholesterol build up leading to plaque formation and obesity. It is also the precursor to arachidonic acid producing prostaglandins associated with inflammation and sticky blood, which in excess are harmful. Saturated fats also inhibit the functions of the beneficial prostaglandins. African mothers are known to wean babies with crushed hemp seeds and water.

*I have 8 month old twins. Until one month ago, I was exclusively breast-feeding them. In the last month we have introduced squash and Hemp Protein Powder mixed together at their mealtime. Their main meals now consist of mashed squash, carrots and avocados with hemp. We also mix Hemp Protein Powder with mashed banana. The babies love it and are thriving. I need to wean the babies. We do not want the babies to have any formula or cow's milk. (My husband and I, as well as my parents all drink Green Drink with Hemp Protein every day. The babies really enjoy this drink too. Thank you.*

### *Carmine*

Dr. Johanna Budwig, who was nominated for the Nobel Prize seven times, is a pioneer researcher of EFA's. She found that saturated fats 'befuddle the electronic charge' of the natural unsaturated oils that are present in human cell membranes whereas, when the diet includes adequate amounts of EFAs, cell membranes continue to work properly and are electron rich. This is also important for us to be able to absorb and utilize energy from the sun's rays. Quantum biologists have discovered that in order for this solar enrichment to take place, cells must contain 'like energy', the kind contained in foods that are rich in the sun's stored energy from solar rays – photons. These electrons are found in abundance in unprocessed seed oils. Saturated fats are electron poor and according to Budwig, "promote the emergence of cancer.... They behave like tar, as insulators relative to the transport of electrons in living tissue." She found that when patients who could not tolerate the sun, such as those with cancer, were given an EFA-protein rich diet for just a few days they were able to tolerate the sun very well.

Dr. David Oomah has done extensive research with EFA's and Hemp Oil, finding that out of all naturally occurring oils, because it has such a profound balance of EFAs... it also has the greatest ability for the retention of photons or light energy. This is passed on into

many functions such as the manufacture of somatids and increasing the light quotient in our body and the raising of consciousness or enlightenment!

Officials with the World Health Organization, Health Canada, Japan and Sweden recommend a four-to-one ratio of omega-6 to omega-3. Hemp oil is the closest to this range of any naturally occurring oil with a ratio of approximately three-to-one.

According to Udo Erasmus, a well-known and respected expert in the field of 'fats', advocates hemp seed oil is an 'excellent oil'. It has an 'unusually well-balanced profile'. Hemp oil contains approximately 4% gamma-linolenic acid (GLA) as well, which is also nutritionally valuable in human metabolism. "No other common seed oil contains GLA. Gamma-Linolenic Acid is an important step in the body's production of prostaglandin, which helps maintain hormonal balance."

Udo Erasmus also says in his book: *Fats That Heal, Fats That Kill* "while flax oil is useful for treating degenerative disease, it is too Omega 3-rich (about 4 times as much Omega 3 as Omega 6) to be used exclusively in the long term. One can develop Omega 6 deficiency by using only flax for too long. While it took me about 2 years to end up with thin, papery-feeling skin that dried out and cracked easily, Omega 6 deficiency could develop in as short a time as 10 to 16 months of exclusive use of flax oil. Hemp seed oil can be used over the long term to maintain a healthy EFA balance without leading to either EFA deficiency or imbalance. This is because it contains Omega 3 and Omega 6 EFAs in a better long-term balance: 3 to 1. In addition, it contains almost 4% GLA, the Omega 6 derivative that is a key active ingredient." He goes on to say the body requires 1 tablespoon of EFAs for every 50 lbs of body weight per day... just for maintenance. Michael O'Brien has also expressed to me that the Doctor journals are now circulating and confirming the amazing balance of hemp seed oil EFAs.

Dr. Yehuda has done extensive research with EFA's and says the ratio of 3 to 4 parts omega 6 with GLA to 1 part omega 3 is ideal and gives the body the tools to do its own conversion into DHA and EPA. He also discovered that even though our consumption of Omega 6 EFAs is higher than Omega 3 EFAs in the typical North American diet, it was believed that we have a deficiency of Omega 3. The truth is; testing proves we are deficient in both EFAs due to lack of digestive enzymes. A contributing factor is due to the processing of oils and altering them to other substances and the body never actually recognizing them and using them. Supplementing enzymes is the key to overcoming this imbalance. Green vegetables have DHA in good supply. Did you get your greens today? It is also believed that Pharmaceutical interests promote Omega 3 and less Omega 6 because the Omega 6 is so important with building the immune system.

*I can feel my system and muscles recovering at a quicker rate! Hemp Oil lubricates the system totally! After a good run I bead up like a show shine Mercedes!*

*Belinda Brosinsky (marathon runner)*

## Hemp Seed % Essential Fatty Acids

Component Name	Carbon Chain	% of Total Fatty Acid
Palmitic Acid	C16:0	6.1
Palmitoleic Acid	C16:1	0.3
Heptadecanoic Acid	C17:0	0.2
Stearic Acid	C18:0	2.1
Oleic Acid	C18:1	12.0
Linoleic Acid	C18:2	56.9* (LA)
Gamma Linolenic Acid	C18:3	1.7 (GLA)
Linolenic Acid	C18:3	18.9* (LNA)>
Arachidic Acid	C20:0	0.5

Eicosenoic Acid	C20:1	0.3
Behenic Acid	C22:0	0.3
Erucic Acid	C22:1	0.2
Lignoceric Acid	C24:0	0.3
Nervonic Acid	C24:1	0.2

*Note: Soybean protein and oil products are not recommended for human consumption due to frequent GMO, indigestible sugar structures, protein enzyme inhibitors, and the high content of synthetic estrogens, MSG and damaged amino acids formed during hyper processing. Soybean products should only be used sparingly if proper bacterial fermentation processing is used, such as in the manufacture of tempeh, miso, and tamari.*

*Note: Oils of any kind (except coconut) should not be used for cooking, especially at high heat because even unsaturated, good quality oils become saturated by high heat. Their chemical structures are changed. One tablespoon of fried fats has 1% trans fats. That may not seem like a lot, but Udo Erasmus explains that it is equal to 1,000,000 toxic molecules for EVERY cell of your body!*

*Note: Monounsaturates are Omega 9, Linolenic and Gamma Linolenic Acids are Omega 6 and Linoleic Acid is Omega 3.*

## AMAZING HEMP SEED

Hemp seed is from the ‘achene’ family of fruits. It is an indehiscent (remaining closed at maturity) one-seed fruit that is small and dry and usually contains an oily germ. Sunflower seeds are familiar examples of ‘achenes’.

This is a very important aspect of hemp seed. Soybean and other legumes suffer from the anti-nutritional factors trypsin inhibitor, which prevents protein absorption and causes gas and bloating and eventually food ‘allergies’ or intolerances. Hemp seed does NOT

contain nutrition/protein inhibitors such as those found in Wheat (grains) and Soybean (legumes) when in their dry, dormant state. Unless stored grains, legumes and nuts are sprouted, they cannot be totally digested by humans. Hemp seed can be processed into many foods very much like soybeans, but is GMO free, far more nutritious, easily digestible, and tasty as well.

Allergies and asthma are largely a result of the histamine release in the body to regulate water... or lack there of which also inhibits protein absorption.

*The products have proven themselves here. For instance, at the Diabetic clinic, they asked me "what are you doing?" 'because the lab work came back so 'okay'. This is huge. I so hope many who are diabetic learn about amazing hemp food products.*

*Katannya B. Kiernan*

## **Benefits of Consuming Hemp Seed Products**

(Especially in concert with eliminating harmful foods from the diet.)

- 🌱 Excellent source of essential amino acids and globulin edestin
- 🌱 Excellent source of essential fatty acids, including Omega 3, 6 & GLA
- 🌱 Lowered blood LDL cholesterol levels
- 🌱 Lowered blood pressure and risk of heart attack "Heart Healthy"
- 🌱 Improved cardiovascular circulation & function
- 🌱 Improved organ function
- 🌱 Improved immunity levels
- 🌱 Improved recovery of muscles after exercise
- 🌱 Improved dry skin and hair conditions
- 🌱 Increased energy levels and metabolic rate

- ☛ Reduced symptoms of PMS & menstrual cramps
- ☛ Reduction of degenerative diseases through preventative measures
- ☛ The oil penetrates all layers of the skin; has the ability to absorb more photon energy than any other oil; has a natural anti-inflammatory effect; and resists ultra violet (UV-B) light - the kind of sunlight blocked by the ozone layer. Natural SPF.
- ☛ Hemp seed is the Earth's richest and most balanced source of EFAs and pure digestible protein.

*I started using Hemp Protein Powder and Bars two weeks ago. I was very skeptical because I have tried everything out there short of liposuction and nothing worked. I was 324 lbs. and now I am down to 307 lbs! I lost 17 lbs in two weeks on Hemp products, how amazing! I didn't even have to suffer through any hunger pains. The first 3-4 days were hard because I was still eating bread and dairy products at night with dinner. I lost my craving for carbohydrates slowly and am now moving totally off of starch and dairy products! I feel much better now that I have more energy. I mix a shake in the morning, which lasts me until early afternoon and then I have my Bar and it keeps me going until dinner time. I can actually eat a small meal for dinner, completely carbohydrate free! And what is the most amazing thing is that I don't have any craving for sugar either! Because of being a pastry chef over the past 32 years, I became a type two diabetic seven years ago. I was really struggling with it and eventually started injecting insulin. Only after 2 weeks on hemp products my sugar levels have dropped dramatically and I am off insulin. I am looking forward to more success and finally living my dream of becoming healthy and active again. This product is amazing. Take it from someone who has experienced the results!!*

*Andreas Kieselbach*

## Characteristics of the perfect foundation food for humans:

- ☛ a good source of enzymes, especially lipase and protease for the digesting of fats and proteins; and having no enzyme inhibitors to block this function.
- ☛ a balanced and concentrated source of at least 20% protein (highest quality is edestin). About 50% of the total protein in the form of the essential amino acids (EAAs that the body doesn't make), especially Lysine, the foremost amino acid to penetrate the cells.
- ☛ Contains the ideal 1:3 ratio of Omega 3 to Omega 6 essential fatty acids (EFAs that the body doesn't make) with GLA and Steriodonic Acid, balanced Vitamin E and low in saturated fats. Total fat should be about 30%.
- ☛ carbohydrates totaling about 40% and are especially high in soluble fibre. Low in sucrose type sugars that are high glycemc and stress the body's sugar levels.
- ☛ Food must not be a Genetically Modified Organism (GMO). This corrupts the body's ability to recognize and utilize the food and turns it into "Franken-Food." 1,000 or Christ Consciousness is the highest level, by the arbitrary scale of measuring 'Consciousness' used by David Hawkins, author of the book 'Power vs Force.' The closest thing to God in food form would muscle test (kinesiology) at 999 for its ability to energize, rejuvenate and return the body to perfect homeostasis or balance. The testing done on all these foods was based on whole raw organic sources. Any food that is GMO tests at less than 150 on the scale of 'Consciousness' for its ability to nourish the body.

When compared to any other food, industrial hemp seed clearly **stands alone as the most significant nutritional food source for humans.** We were guided to name the industrial hemp seed as a separate food category so that it could be clearly identified from its thousands of other uses. Three distinct cultures have embraced the hemp plant as sacred. The Fakirs in India called it "BAAA;" the Hunas



in Hawaii called it “HOOO;” the Lamas in Tibet called it “JAAA.” **BAHUJA™ was created in reverence to be the highest calibrated sound to express the significance of hemp seed as “the closest thing to God in food form.”**

*Note: calibrations of all foods dramatically increases to over 900 if we bless them first with exception of GMO foods that stay around 200 or less. More than 60% of the foods consumed in the USA are Genetically Modified.*

## **Conclusion:**

**Animal Products:** Even though some raw animal products seem to have a good source of protein including a high ratio of essential amino acids compared to total protein, the % of saturated fats present out weigh the potential benefits especially when the products value is extremely diminished by typically cooking and there is an obvious shortage of essential fatty acids and fibre. This comparison does not take into consideration what these animals were fed and how they were treated. Dairy products are the major source of Irritable Bowel Syndrome. Therefore consumption of animal products is low in regards to balanced nutrition for humans.

**Legumes:** Typically, a superior carbohydrate and protein source especially with regards to ratio of essential amino acids to total protein, are a good source of minerals and B vitamins. Similar to animal products, their protein is complex and they are a poor source of EFAs and typical cooking damages their nutrients and renders their utilization low, however if sprouted to dissolve the enzyme inhibitors, can be an excellent source of nutrients. Soy, however, has further complications with extensive genetic modifications and a huge presence of synthetic estrogen as well as naturally occurring MSG when processed, making them a potential serious toxin with extended use. Therefore consumption of legumes especially soy without being sprouted or fermented first is not recommended.

**Grains:** This is the largest food group consumed by humans. These are a good source of protein and essential amino acids and a fair source of fats but other than the unique alkaline grains like Quinoa and Amaranth, they too have enzyme inhibitors that reduce nutrient absorption. Also rice, corn and wheat, the major food supply, tend to be more of a sugar source, conducive to acidosis and act like glue in the bowel. Cooked grains are major contributors to allergies, bowel issues, arthritis and diabetes. Sprouted, they can be an excellent compliment to all meals and an excellent source of many nutrients, however not a great balance. Grains are for birds.

**Nuts:** Are an excellent source of protein, fats and minerals, even though they tend to be acidic and need soaking to remove enzyme inhibitors. They are a definite aspect of a balanced diet. The fat content is not the best balanced and typically favours the Omega 3 EFA, but they are typically rich in minerals and antioxidants and a good source of fibre and are obviously a high conscious food group. Eat them... always, especially after soaking and drying.

**Oil Seeds:** Are the most balanced and complete source of nutrients for the human body. The conscious level is very high and should be a large part of every diet. They tend to be acidic with the high content of fats and protein, but do not have enzyme inhibitors and are much easier to digest. Chia is the most balanced of all the seeds next to hemp, and is especially high in EAAs compared to total protein with an ideally rare ratio of EFAs. They are high in minerals and phytonutrients; clearly an important part of the human diet. Then there is:

## **BAHUJA or Hemp Seed**

When compared to any other food but grasses (high in chlorophyll which is short of iron to be chemically identical to human blood), Bahuja is clearly a stand alone food source, highest in consciousness and the most sustainable crop on earth with over 40,000 recorded uses. If you combined Chia seeds, wheat grass and flax into one plant, the result would be Bahuja... the name given to industrial hemp seed

to separate it from the negative connotations of the psychoactive ingredient found in its cousin. Eating Bahuja simplifies and enhances the human life experience.

*Special Note: AFA Algae is a very unique source of food for the human body and a conscious life. Although my studies have shown body response is slightly inflammatory when eaten alone due to the high super nutrient concentrations in this food, when combined with other green foods and hemp protein powder it creates the perfect foundation for homeostasis and maximum rejuvenation of the physical body.*

## HISTORY OF HEMP

Cannabis Sativa 'L' Plant (Hemp). Sativa: Latin for 'anciently grown or easily grown.' Records of hemp being used in Egypt and Europe date back to 4000BC. Clothing fibres in Taiwan have been carbon dated as being over 10,000 years old. Prior to 1880, hemp was the largest domesticated crop in the world.

Hemp is the world's strongest and most durable, soft natural fibre. As an example, a typical large sailing ship of those earlier times required over 60 tons of rope for rigging and anchor cable plus sails, all made from hemp. The ships would have thousands of pounds of hemp seed as ballast and for survival measures if the ship went off course or ran aground. Now there are over 40,000 products being made from it including clothing, textiles, paper, building materials, rope and personal-care items. Hemp is an easily and quickly grown annual crop that is a renewable resource.

Hemp plants grow 6 to 16 ft tall in 70 to 110 days. They shade out weeds and thus eliminate the use of costly herbicides. Hemp yields 3 to 8 tons of dry stalks per acre, depending on climate and variety. Once harvested, the field is left virtually weed-free for the next crop. Hemp in the growing process pulls carbon out of the air (carbon sequestering), which enhances the quality of the air we breathe.

Food	Protein & % EAA's of Total	Total Fat & Saturated fats	Carbs	Fibre	GMO	LOC	Special Considerations
BAHUJA, hemp seed	23% / 46%	31% / 6%-20% / 3%	34%	30%	No	999.8	2/3 edestin protein, balanced EFAs, GLA and Steriodonic, Vit E, fibre, minerals, chlorophyll, homeostasis
AFA Algae	60% / 49%	11% / 4%-5% / 2%	25%	10%	No	998.7	5 x the chlorophyll of wheatgrass, well balanced food, high in oxygen
Oil Seeds							
Chia	15% / 57%	31% / 6%-18% / 3%	44%	38%	No	990	Balanced essentials, fibre, minerals.
Flax	20% / 50%	42% / 18%-4% / 3%	34%	28%	No	970	High in $\Omega_3$ , lignin dietary fibre.
Pumpkin	25% / 41%	45% / 21%-2% / 9%	18%	4%	No	970	High in manganese, phosphors, zinc
Sesame	20% / 58%	55% / 23%-4% / 8%	15%	13%	No	970	High in copper, calcium, tryptophan.
Sunflower	23% / 48%	50% / 33%-0% / 5%	19%	11%	No	970	High in Vit E, B1, magnesium
Legumes							
Lentils	28% / 44%	1% / 0%-0% / 0%	57%	31%	No	970	High in molybdenum, folate, fibre.
Peanuts	26% / 43%	50% / 16%-0% / 7%	16%	9%	No	970	High in B3 and oleic acid.
Peas	25% / 45%	1% / 0%-0% / 0%	60%	26%	No	970	High B6 and Vit K.
Carbanzo	19% / 46%	6% / 3%-0% / 1%	61%	17%	No	970	High in molybdenum, folate, manga
Soy	36% / 47%	20% / 10%-1% / 3%	30%	9%	Yes	155	High in minerals and protein.

Grains													
Amaranth	14% / 40%	7% / 3%-0% / 2%	66%	15%	No	980	High in protein, lysine, alkaline						
Corn	9% / 43%	5% / 2%-0% / 1%	74%	7%	Yes	150	High sugar, B1 and folate						
Quinoa	13% / 39%	6% / 2%-0% / 1%	69%	6%	No	980	High in protein, B2, magnes, alkanin						
Rice	8% / 45%	3% / 1%-0% / 1%	77%	4%	No	950	High in manga, selenium, magnesium						
Wheat	14% / 34%	2% / 1%-0% / 0%	71%	2%	Yes	150	High in protein, carbs and minerals						
Nuts													
Almonds	21% / 43%	51% / 12%-0% / 4%	20%	12%	No	970	High in Vit E, selenium, fats						
Hazelnuts	15% / 66%	61% / 8%-0% / 4%	17%	10%	No	970	High in fats, selenium, Vit E						
Pecans	9% / 44%	72% / 21%-1% / 6%	14%	10%	No	970	High in fats, minerals						
Pine	14% / 44%	68% / 33%-0% / 5%	13%	4%	No	970	High in fats, minerals						
Walnuts	15% / 49%	65% / 38%-9% / 6%	14%	7%	No	970	High in $\Omega_3$ , manganese, copper						
Animal													
Beef	17% / 47%	23% / 1%-0% / 9%	0%	0%	Yes	150	High in protein, Bvits, minerls, cholesterol						
Eggs	13% /	6% / 2%-0% / 1%	8%	0%	Yes	150	High Vit K, selenium, protein						
Fish	20% / 48%	6% / 0%-0% / 1%	0%	0%	Yes	970	High in protein, fats, Bvits, minerals						
Cheese	22% / 42%	22% / 0%-0% / 13%	2%	0%	Yes	150	High in calcium, protein, trace minerals						
Cows Milk	3% / 42%	3% / 0%-0% / 2%	3%	0%	Yes	150	High in calcium, B2, trace minerals.						

Hemp grows deep roots like alfalfa and when harvested, the roots and leaves replenish the soil making it able to be grown on the same land year after year. Hemp is resistant to pests making it unnecessary to use pesticides or fungicides and has never been genetically altered. Every part of the plant is used; fibre, leaf and seed. One acre of hemp is equal to 4 acres of pulpwood trees for fibre.

## **Conspiracy**

In the first part of the 1900's, hemp was a fast developing and many-faceted industry. However, it threatened powerful business interests in the oil and wood industries. It is reported that petrochemical producer, Dupont along with Randolph Hearst, the newspaper magnate, whose company was the main user of chemically treated wood pulp and a major holder of forest logging licenses, joined forces. Together they mounted 'a hysterical fear campaign of racism and misinformation' (REEFER MADNESS) linking industrial hemp with its cousin, the Cannabis plant, that can contain significant amounts of THC. This campaign was so fierce and effective that the word 'hemp' became synonymous with the Mexican slang word 'marijuana' and resulted in the US Marijuana Tax Act of 1937. This Act imposed such stiff regulations and taxes on hemp cultivation that it became impractical to grow and produce it. The confusion over hemp vs. marijuana remains to this day, especially in North America. However, that is beginning to change. Today the USA is the world's largest producer of hemp products and as of February 2004 the DEA was defeated in court and this made Hemp Food Products legal for the first time in over 50 years.

While the development of a hemp industry is growing, it is still in the infant stages, especially in the United States, which is the only industrialized nation that is not farming hemp. Today industrial hemp is cultivated in Canada, China, Russia, Hungary, Germany, Netherlands, France, Spain, England, Poland and many other countries.

Hemp seed food plant strains used and governed by Health Canada have been hybridized since the 1930's to adapt to the Canadian climate and to produce low amounts of THC (tetrahydrocannabinol), which is the main psychoactive ingredient in marijuana. Even though it has never proved harmful to humans, it was determined that THC is potentially harmful to humans when the lab rat tested died that was injected with 3,000 times the amount of THC a human could intake by smoking in 1 day. The hemp seed has minute amounts of THC, but sometimes when it is harvested, the THC resin from the flower and leaves comes into contact briefly with the seed and these residues may be minimally measurable. As a comparison, marijuana plant THC levels are between 5 and 15%. THC levels in industrial hemp are less than 3 parts per million or 0.00003%. This is lower than the amount of mercury in most drinking water and lower than the amount of arsenic in wine. However, THC is inactive unless it is heated over 170 F. degrees. Further, even if the seed was processed at high heat the possible tiny amount of THC could not produce any recognizable effect in the body. Therefore, hemp seed foods from Canada are safe from THC that is associated with the marijuana smoking experience.

If a person consumed more than 100 ml of hemp seed oil or more than 300gm of hemp seed in one day for an extended period of time, even though very highly unlikely, it is possible to have accumulated enough THC to have a positive urine test. I am not aware of anyone that has ever tested positive to urine analysis for THC from Hemp Seed Foods usage. It is presumed that the DEA and FDA will incorporate the same standards as with regards to this similar issue arising with the use of poppy seeds in foods. Even though there are trace amounts of opiates in poppy seeds, and it is possible to test positive after consuming large amounts, one would not experience a psychoactive effect.

# Conclusion

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## PRODUCT DISCERNMENT

When you go to visit a naturopathic doctor, you typically will be tested using electro-dermal screening for sensitivities to help determine what is the best food, supplements or remedies for you to take to balance your system and experience wellness once more. These Vega, bio-feedback and other types of machines use a scale very similar to the one reflected in the following Homeostasis Chart. However, where the finest practitioners, companies, products and highest intent available stopped here with the help of master kinesiologist Clayton Stedmann, together we developed several other inquiries to better determine what was the most appropriate products for our highest good in mind, body and spirit. **This had never been done before.**

In the 3-D physical world, it has been discovered through advanced kinesiology that it is most appropriate to have 3 or more determining factors to make decisions that are in our highest good. We use 3 charts (see [www.consciousplanet.net](http://www.consciousplanet.net) for more information) and 4 specific measurements to identify what foods and products are most appropriate for me:

### **LOC = Level of consciousness.**

Inspired by the work of David Hawkins, the Conscious Planet Map of Consciousness is an arbitrary scale created to measure and identify the level of conscious of anything by using advanced kinesiology.

### **LOA = Level of appropriateness.**

If you create a list of the most appropriate factors of the perfect food or product for your body, you can easily use the same arbitrary scale above to determine the level of appropriateness of anything for yourself by kinesiology.



Conscious Planet Products	Vitality	Homeostasis	LOC	LOA	Dosage / Day
First Life-AFA Algae PEA Plus	100	51	1000	1000	
Genesis	100	51	1000	1000	
Revitalize	98	55	996	997	
Catalyze	100	52	1000	1000	
Colonyze	100	62	960	998	
Shapeshift	81	55	1000	1000	
Transform	98	53	1000	1000	
Essentially Oil	100	52	1000	1000	
Bahuja Hearts	99	52	999	1000	

## **Homeostasis Chart**

Kinesiology methods may also use a similar scale from 1 to 100 used by naturopaths in electro-dermal screening processes where 1 is the extreme degenerative state, 50 is balance or homeostasis and 100 is the extreme inflammatory state.

## **Vital Life Force Chart**

Kinesiology methods may also discover with this chart a measurement for the level of life force in food where -100 is the extreme degenerative state, meaning taking energy away from the body (ie. drugs), and 0 is a generative state meaning balance (ie. foods picked when ripe), and +100 is the regenerative state meaning energy is being added to the body and rejuvenating/healing areas that are out of balance (ie sprouts and nutrient concentrates like digestive enzymes).

We believe with these 4 measurements, we are able to identify the most appropriate foods resulting in the highest well being and conscious life experience.

We added to the Homeostasis measurement, the Vital Life Force Measurement which has helped determine the level of Vitality of the foods and products offered. This chart was most helpful in the realization that due to soil depletion, farming techniques, chemical and energy treatments and the distance traveled to us, the food we eat, even if it is raw and organic, does not mean that it is feeding our bodies the extra energy it needs to balance the ensuing challenges we are experiencing by the toxic environment we have created here on earth. This helped determine which foods, programs and products alleviated this imbalance and are regenerative to the body. Organic foods grown in nutrient rich soil, harvested at the peak of ripening are generative to the body, that is, maintaining the bodies needs to stay in balance. In order to offset disease symptoms born from deficiencies, we must consume REGENERATIVE foods.

It is possible to create products that have high vitality and are fairly balancing to the body, however these products when tested using the CP Map Of Consciousness helps us to clarify the frequency it resonates to our highest good and increasing our awareness. Some high quality whey protein supplements fall in this category as they typically test high inflammatory on the Homeostasis Chart. Here is another example that helps explain our product discernment process:

If you look at the nutritional profile of a soy based protein isolate product, you will notice large levels of protein that are known to be very beneficial for the body and may test high in Vitality depending on how they are manufactured and processed. However, these types of products test high inflammatory on the Homeostasis Chart and typically below 200 Level of Consciousness (LOC) on the CP Map of Consciousness Scale. This is because the nutrients are very hard to be absorbed and utilized by the body and most soybeans are genetically altered changing their frequency to a level that is very low in support of life and our spiritual awareness.

Here is another view point: When natives hunt and kill animals and pray with thanksgiving for their gift from Mother Nature, the LOC of that food according to the Map of Consciousness is over 900. However again, this meat, especially after it is cooked to be eaten, the Vital Life Force and Homeostasis levels go into extreme imbalance due to the fact that these nutrients are damaged and now very difficult to be utilized by the human body. Disease symptoms on the physical and mental level will ensue, and eventually, even though spiritually we are advanced, will negatively affect us spiritually. The goal is balance and mastery of the life experience in mind, body and spirit. These results speak for themselves.

The key to advanced kinesiology is the LOC of the inquiries used. I also add the overall level of appropriateness based on the factors of the most appropriate products as another inquiry to determine what is in my highest good. Using these tools, I have discovered that you will realize maximum discernment ability of products for you and

your loved ones for the most profound results. Everyone can easily develop muscle testing skills. Here is an example of testing done for the Conscious Planet products and their dosages or serving sizes:

Here is the simplest form of kinesiology that can be used anywhere, anytime, to identify if a food is beneficial for you.

Stand straight with your feet close together and hold the food or product close to your chest. Close your eyes and put your awareness into your feet. If you feel as though you are being pulled forward onto your toes, your body is telling you that it wants this product closer to you and is beneficial. If you feel as though you are being pushed back onto your heels, your body is telling you that it wants this product farther away from you and is not beneficial. These results can always change and practice should be repeated until you see consistent results and are confident that you are receiving unbiased information. Using kinesiology, we can quickly discover that eating food contributes to a major portion of the energy required to operate our body at full capacity.

## PROPRIETARY PROCESSING AND QUALITY

My father Ken and I after recognizing that hemp seed is one of nature's most complete and balanced food sources, we also realized the critical issue was how to create value added hemp foods without compromising its essential nutrients. Ken and I spent 13 months studying the nutritional benefits of hemp seed and the optimal technologies for processing hemp-based foods. Ken and his angel investor partner Mary Brown embarked upon creating an exclusive facility that processed only organic hemp seed foods using methods that would create the finest quality hemp seed food possible.

Proprietary processing and knowledge was incorporated. We term these Life Force Pro food processing and body response testing. These processes include: TRUE cold (below 100F) oil pressing, unique milling, unique food drying and (Homeostasis Verified)

kinesiology and electro-dermal screening to measure if the body's physical reaction to the product is one of regeneration and not degeneration. LifeForce Pro minimizes food-processing stress keeping the vital enzymes, phyto-nutrients and energetic matrix as close to the perfection of nature as possible thereby maximizing the utilization of the food by the body. This creates a balanced internal environment that supports the body's innate intelligence and self-healing. This was inspired by the many great mentors in my life like Gabriel Cousens, James Reese and Michael O'Brien and my deep desire to share what I had learned so that others could come to realize the same benefits and quality of life I had come to know.

*As an adventurer, author and teacher who travels globally, I am always in need of healthy, conscious fuel for my body and mind. When I resonate with a product and feel the intention behind it, I am passionate to share it with others. I was excited to have found bars I can eat. I have searched for years to find a meal bar that is not genetically modified or candy disguised as health food. I wanted a bar that was low in sugar, made from whole organically grown foods, crafted by people who value health and care about the planet. I am delighted to report I have discovered your Bars, and my search has finally ended! Your bars are exactly what I have been looking for and they taste great too! Thank you for bringing real food to real people.*

*Cain Carroll, author of the internationally acclaimed book, Partner Yoga: Making Contact for Physical, Emotional & Spiritual Growth (Rodale 2000)*

By testing products and the body's reaction to them electrically (electrodermal screening) or by advanced muscle testing, one can witness that the food either brings one closer to Homeostasis or into a degenerative or inflammatory state. That is what we call "Homeostasis Verified" meaning the product is giving the body the maximum amount of energy and nutritional compatibility to create balance or optimum health in the body. The problem with most products is that they are created from limited scientific knowledge. Wouldn't it make more sense to ask your body what it wanted from

its infinite capacity as an aspect of all of CREATION, rather than assume you could know more in that moment? My father and I guarantee that the hemp seed foods we create are balanced and test higher for utilization by the human body than any other hemp seed food manufacturers.

*Thanks for the kind gift of the hemp protein product. I've begun using it, and am grateful for your efforts to provide this to the public. All the very best to you and your work*

*John Robbins*

We also work closely with farmers and the land to ensure soil rejuvenation and sustainability practices are employed. We dedicate ourselves to working on the leading edge in all of these areas and with the most capable and caring people on Earth.

We use Heritage Seeds, Authentic (higher than organic), wild crafted, non-GMO and organic foods for all of products. Chemical pesticides and fertilized food are not used. Wild crafted and authentic grown foods have 2x the life force or biophoton energy of organic; organic has 5x the biophoton energy of commercial foods, cooked and chemically treated foods have 0% biophoton energy.

Dr. Emoto has clearly shown through his work with electron microscopes and frozen water how important our intent and thoughts are and how they affect our existence. Our thoughts create our bodies. Dr. Emoto shows pictures of how water frozen in time with the thought of love and kindness reveal incredible sacred geometric sculptures and harmony. Likewise, projecting thoughts such as hate and judgment reveal non-structured and chaotic forms of death. With this understanding we also use proprietary radionics technologies to project thought forms that support the upward flow of creation and the balance and uptake of nutrients for the human body into all our products and lands that we grow food upon. This creates synergy and the highest biophoton or life-force hemp seed food products on the market today.

The Holmes Family believes helping maintain the highest quality of life is more important than profits and will not sacrifice the quality or integrity of the products and information for sales and lower prices. Our team is honoured to serve its fellow man by Universal Principles of “do unto others as they would do unto you” as examples into this new millennium. I especially would like to thank my father Ken and sister’s Angela and Samantha for the unending support and desire to enact this vision and work together in common goal. I am honoured and blessed to be on the journey with them.

## SUPER SIZE ME EXPERIMENT

If you have not seen the movie “Super Size Me” about a man who ate only at McDonald’s for 1 month and documented the traumatic effects on his health after the experience... it is very important that you do so. I was so inspired that I chose to document the effects of cooked food on a VERY healthy body. The results were SHOCKING. Here is the documented story.

I went to a highly recommended local naturopathic doctor that does live blood cell analysis. He took my blood and replied: ‘this is the healthiest blood I have ever seen... what are you doing here?’ I explained to him that I wished to do a ‘before and after’ look at what would happen to me after eating only cooked food for 4 days. He laughed and looked at me like I was weird, and told me to come back in 2 to 3 months. I said that I was curious and would see him on Monday... this was Thursday morning. By the way, after some 15 minutes of talking he was surprised to see that my red blood cells on the slide still looked perfectly healthy and the blood was still ALIVE. So here is what I did:

Journal Tracking: Thought patterns, Feelings/Emotions, Physical Sensations/Symptoms

## **Day 1 morning**

Live Blood Cell Analysis and Body Scan Pre-Experiment (from 90% raw food diet) June 24/2004.

5'10" tall, 144 lbs, 41 years old, body fat 9.6%, bone density is ideal oxygen saturation 100%, blood pressure 118 over 70, pulse 68 Good cell formation, few white blood cells, several symprotitis 1 fungal form and no feletes at all. Dr. said excellent clear blood, with an amazing capacity to hold life as it still wasn't clumping after 15 minutes of being drawn.

Feeling vibrant and clear headed. Even though I have been fasting for nearly 1 day, wasn't even hungry. Had 2 bowel movements this morning that had no smell at all.

## **Day 1 late afternoon first cooked meal**

At first I felt excited about the idea of the food fair at the mall and all the choices. Then as I lined up to order I had a foreboding of what I would feel like after. I felt pretty good after a vegetable stir fry but then I noticed french fries around the corner... they used to be my favourite with ketchup... my major vegetable source! I walked up to the till and saw the JUMBO size special with drink included. I was already more than half full so I picked regular size fries and wildberry lemonade. After the first half of the fries I noticed a coating in my mouth that I hadn't had for awhile, head was a little foggy, hard to focus. I was bloating and as soon as I drank the lemonade the indigestion started. I barely finished the fries and had to leave the drink as my throat felt constricted and the desire to vomit increased. It was already 4:30pm by the time I got home and even though I was still hungry, I felt very tired and was very full. By 8:30pm I decided to have a muffin and a bowl of cereal... big mistake. I stayed up for 3 more hours hoping the feeling in my stomach would eventually subside but no way... it was coming out, so I vomited out my lunch and dinner which looked pretty much the way it went in. I finally fell asleep well after midnight and noticed my dreaming was intense,



chaotic and I tossed and turned waking up at least 6 or 8 times. At 4am I woke up and couldn't fall asleep feeling very hung over when I went to the office.

## **Day 2 morning and afternoon / evening**

Couldn't dream of trying that cereal again so I decided to have a hemp protein shake with some pasteurized veggie juice (it was sort of cheating as the juice was cooked). Noticing an achy feeling and symptoms of dehydration with dry eyes. Just the thought of putting something in my stomach makes me gag. Getting a little hungry by 2 o'clock so I went out for pizza. Very sleepy after that, couldn't get anything done at the office, went home. Went out for Indian Food for dinner but was still full, but getting very hungry. Missing the satisfied feeling from the hemp protein. Feeling VERY full now so we rented some movies and lay on the couch. By 10 pm feeling snackish and had some natural Ice cream, tasted great except for the mucous forming and coating in my mouth. Very bloated, tried to stay up as long as possible until my belly subsided.

## **Day 3 morning**

Very restless sleep and noticed very fowl smelling gas wafting up from the bed sheets all night and especially in the morning. I had planned to go down the street and get a cup of coffee but I just couldn't bare the thought, so I had a glass of water and stretched for awhile. My bowels finally decided they wanted to dump and the stool was very loose, because of the acid environment created by the sluggish putrefying material in my intestines. The amount was only a portion of what I ate the day before and I still felt full. I had become very used to the feeling of having my bowels totally empty every morning. Then I had a bowl of cereal and it seems my body is starting to get used to this and didn't chuck it up like last time. Feeling hung over and pasty.

### **Day 3 afternoon evening**

Went out for lunch and had curry chicken and rice dish. First I had a beer though... very interesting sensation. I noticed my hearing got worse about half way through the beer and the glands in my neck started swelling. Got a little foggy and GORGED myself when my lunch showed up. The rest of the day was a VERY full and exhausted feeling. Went to my fathers for dinner and had another stir fry. Same results again. Neck stiffness and achiness getting stronger each hour and very difficult to fall and stay asleep... restless.

### **Day 4 morning**

The addictive tendency is rising with every meal, and I am feeling worse and worse. Cravings getting deeper and deeper and the great Feeling I had Thursday morning is a blur. Had a loose bowel movement, again only a portion of what I had eaten the day before. Foul smelling and my breath tasted exactly the same as my bowel movement smelled... NASTY! Even my perspiration is starting to smell now. My kidneys are sore and the tendons in my neck have stiffened to the point where I am feeling headachy. Extremely dehydrated, even my eyes are sore and puffy and dry ... just like a hang over. Feeling very exhausted went out with some friends to see "Super Size Me" by Morgan Spurlock, where he ate only McDonald's food, 3x per day for 1 month. By the 21st day his doctors that were monitoring him said he should stop now for fear of serious implications. It was amazing. He added up what he ate and it totaled more than 30 lbs of sugar and 12 lbs of fat in 30 days! His liver and other organs were nearly shut down. I had another bowl of ice cream when I got home. Even the thought of exercising is difficult to muster. Lazy, unmotivated and miserable feeling is getting deeper, and the only time I feel better is when I am eating (getting hooked on my adrenaline rush from the trauma I am causing it with this food), but as soon as I finish, I feel even worse than before. Again difficult to sleep and very tired and stiff in the morning.

Live Blood Cell Analysis and Body Scan Post 4 days of cooked food diet.

5'10" tall, 148 lbs, 41 years old, body fat 9.1%, bone density slightly changed oxygen saturation 100%, blood pressure 110 over 73, pulse 65. Poor cell formation, blood clumping, many white blood cells, several digesting foreign matter, many symprotits actively fighting, and an abundance of fungal forms. The blood infested with feletes, Dr. was very surprised that all I had done was eat cooked food for 3 ½ days as my blood was completely different. He actually asked me if I had done heroin or something. He expressed that I must be feeling very tired. Taking up almost all of my energy, I said "YES."

## CLEANUP AND REJUVENATIVE PROCESS

### **Day 1 of Vision Quest**

Had 1 very smelly bowel movement this morning and was still bloated. Started drinking water and taking sea salt immediately to hydrate. Had 3 Hemp Protein/Shapeshift shakes that day and a salad for dinner. Drank at least 3 litres of water and took about 30 enzymes in total that day. Also took 6 probiotics at bedtime. Feeling much clearer but very tired. Had a nap and looking forward to a good nights sleep. Noticed some cravings in the evening while watching a movie, but passed quickly. Had a couple of raw crackers.

### **Day 2 of Vision Quest**

Feeling more hydrated, still a little lazy and foggy but much better. Still stiff and Kidneys are still sore. 3 shakes and 2 litres of water that day and a salad for dinner. Bowels are still smelly but breath is getting better, and the film in my mouth is almost gone. Went for a walk.

## **Day 3 to 6 of Vision Quest**

Were very much the same, 30 enzymes per day, 6 probiotics, vegetable juice with ShapeShift twice per day, evening shake with just water added, then a salad with nuts and raw Manna bread. Drinking at least 2 litres of water per day. Feeling back on track pretty much, a little tired.

## **Day 7 of Vision Quest**

30 enzymes per day, 6 probiotics, vegetable juice with ShapeShift twice that day, and was doing a product demo and I had a shake with rice milk and fruit juice. Dinner was a salad. Drinking at least 2 litres of water per day. Ready for my next blood analysis.

## **Day 1 of Fast**

Blood Analysis was equally bad as the last. I was a little concerned and obviously was still clearing from the cooked food. Had my awareness of the concept of "Breakdown and Break Through." The body almost goes into complete death and moves all of its resources into healing when it finally gets the extra energy it requires to detoxify. Also took a complete physical test and had excellent results. Began enzymes (50 first day) and probiotics 20. 3 litres of water. Clear head. I spoke with Michael O'Brien and he explained that unless I did a liver cleanse, the blood analysis would not clear up for around 6 weeks! I expressed that I didn't want to do that as I wanted the average person to be able to follow this and get the same results.

## **Day 2-4 of Fast**

100 enzymes per day, 30 probiotics per day, as much as 4 litres of water per day. Feeling extremely energized mentally and clear headed, but the body is a little stiff and achy. Neck and shoulder pain is far less. Bowels have flushed right out and feeling very clean. Little body odour at all. Sleeping only 4 or 5 hours, but having a short nap late afternoon.

## **Day 5 of Fast**

Final Blood analysis was looking much better and all in all showed how fast the body will clean up and especially how fast it gets dirty with cooked food.

## **Conclusion**

The test was successful and in my opinion proof that raw food including the Vision Quest Program works, and that others may find the same results while following the same program at some level depending upon their state of health when they begin. Eating only cooked food quickly creates a degenerative state in the body and the onset of addictions and disease symptoms.

## **VISION QUEST PROGRAM**

**According to Dr. Pavlov and his ‘dog’s’ experiment, his research found that it takes approximately 21 days to change a habit. See [www.consciousplanet.net](http://www.consciousplanet.net) for more details.**

**I challenge anyone to take the ‘Vision Quest’ for a minimum of 7 days and ideally for at least 3 months. Satisfaction is guaranteed. Please note your results and forward them to me so they can be shared with others as examples of potential experiences along their journey of health.**

### **Morning**

Large glass of pure spring alkaline water with lemon, lime and/or raw unprocessed sea salt and 1 or 2 capsules probiotics. Hemp protein or whole meal replacements shake with water, fresh organic juices, or non-dairy beverages and 2 to 3 capsules enzymes.

### **Mid Morning**

2 to 3 capsules enzymes on empty stomach with large glass of alkaline water.

## **Lunch**

Hemp protein or body type meal replacements, shake with water, fresh organic juices, or non-dairy beverages and 2 to 3 capsules enzymes.

## **Afternoon Snack**

Raw Bar, fruit or vegetables and 2 to 3 capsules enzymes with large glass of alkaline water.

## **Dinner**

Whole meal replacements with water, fresh organic juices, or non-dairy beverages and 2 to 3 capsules enzymes with large glass of alkaline water before fresh salad of green vegetables, dressing with Hemp Oil and/or topped with Hemp nut.

## **Bedtime**

Large glass of alkaline water with 1 or 2 capsules probiotics, opened, stirred and left sitting in water for 1 hour. This will increase the bacteria count by 10 fold.

Note: Drink a minimum of 2 litres of water per day or half your body weight in ounces. 20 minutes before eating is best. Minimum ½ teaspoon of raw sea salt per day. Never wait for the feeling of thirst to occur before hydrating... by then it is too late and degeneration has begun.

Note: Bloating, gas and mucus discharge is often due to the releasing of toxins and microbial die off. When the body receives higher quality/energy food, it begins to adapt or return to Homeostasis by what is called a healing crisis. This can be uncomfortable for awhile, depending on where you are beginning upon this path, but is very good news and is a step in the process of healing that EVERYONE goes through. See Detoxification.

Note: Take at least 1 day every once and a while to just 'TURN OFF' and fast with lots of water and become aware of your thoughts, programs and addictions to food that repeat over and over again like a broken record.

Issues to review and journalize before, during and after embarking upon the Vision Quest:

- ☯ Level of energy
- ☯ Level of endurance
- ☯ Sleep patterns
- ☯ Level of pain
- ☯ Level of cravings
- ☯ Level of digestion; gas, bloating
- ☯ Level of emotions; sadness, anger, anxiety, fear, happiness, joy, all knowing
- ☯ Clarity of mind
- ☯ Memory
- ☯ Before and after live blood cell analysis
- ☯ Level of organ function
- ☯ Overall feeling and state of mind, before and after

## ∞ Pro-Terrain- PH Balancing and Longevity Diet

(Follow the food groups and length of time in each for maximum benefits)

# 1 (3 months)	# 2 (3 months)	# 3 (ongoing)	# 4 Minimal Use	# 5 Foods to avoid
nuts and seeds legumes coconut pulp green vegetables red potatoes summer squash zucchini sea vegetables tomatoes avocados cucumber red bell pepper flax oil hemp oil, & nut olive oil sesame oil almond oil sunflower oil coconut oil lemons limes super greens algae stevia	All of Phase 1 plus: coconut water carrots hard squash grapefruit raspberries blueberries strawberries cherries cranberries goji berries wild rice quinoa buckwheat, millet amaranth spelt raw apple cider vinegar miso sauerkraut kefir kim chee	All of Phase 1 & 2 plus: yams sweet potatoes pumpkin parsnips beets rutabaga oranges apples pears peaches plums pomegranates blackberries grapefruit and orange juice raw carob bee pollen	Cooked foods & high glycemic fruits: apricots figs grapes raisins melons mangos bananas papaya pineapple kiwi sapote cherimoya rambutan durian dates dried fruits fruit juices not diluted seed cheese	Processed foods animal products: Flesh/Dairy/Eggs all grains (except listed) corn white potatoes white rice honey, sugar maple syrup alcohol caffeine tobacco heated oil (except coconut) soy products yeast mushrooms peanuts cashews bottled juices cooked food more than 24 hrs old

Ideal Diet: 80% whole raw organic alkaline foods to 20% cooked or acidic foods.



## Ayurvedic Dosha Body Types

(we are dominantly one, but a little of all)

<b>Vata (goat/air/ether)</b>	<b>Kapha(elephant/water/earth)</b>	<b>Pitta (tiger/fire/metabolism)</b>
<p>Generally thin, flat-chested with protruding vein/muscles and difficulty gaining weight. Tremendous amounts of energy and movement in mind, intestines, muscles and nerve impulses. Tend to have difficulty with aches and pains, large intestines and nervous system. Dry cracked skin. Irregular bowel and menstrual cycles. Cold salads aggravate. Add heavy oilier foods: avocados, and soaked nuts/seeds better. Soups and heating herbs like ginger and cayenne give their raw food needed warmth, and warm only to 110F not killing enzymes. Sea vegetables, cinnamon, fennel, cumin, cardamom, coriander, parsley. Eat slowly.</p>	<p>Gain weight easy, heavy bones, sleep long, slow digestion, regular bowel and menstrual cycle, oily skin and excess of bodily fluids/mucus. Tend to have difficulty with respiratory, colds and flu. Least thirsty. Light, warm dry foods are best. Astringent greens and fruit, garlic, ginger and pungent herbs. Oily, sweet and salty imbalance. Raw food and 2 meals per day is best. Sweet, sour and root vegetables can be neutral. Starting with salads or ginger and warm water to activate digestion is very good. Raw diet helps with sluggish bowel.</p>	<p>Medium frame, strong, well balanced muscular warm bodies, hot blooded with strong fast digestive systems least affected by food combining. Irritable when hungry, regular bowel and typically heavier menstrual cycle. Vigorous exercise and a bland raw diet is best. Sensitive to environmental toxins. Sweet, bitter, astringent, cool, heavy foods are best. Spicy, oily, sour, salty foods imbalance. High protein foods should be limited. Balancing herbs are coriander, cinnamon, fennel, cumin, turmeric, cardamom. Fruits and vegetables 3 times per day is best.</p>

## SIMPLE FACTS ABOUT LIFE & ALKALINE PH

The internal pH of the body is directly influenced by the foods that we consume which most importantly includes water. As our physical body is made of about 75% water, 90% when we are born, the quality and pH of the water that we consume is of utmost importance. When ingesting an A-LIVE water, meaning water with a high vibratory level of Life-Force and General Vitality, this water transfers its properties to the water-volume of the body thus interacting at the atomic and sub-atomic levels of the cellular structure. A higher vibration always influences a lower vibration. More and more the scientific community is becoming aware of the vibratory and memory potential that water carries acting just like a crystal or micro-chip. Where there is water ... there is life. City treated water which is pressurized into pipes yields an unstructured or dead water. Distilled water, de-ionized water, reverse osmosis water, and UV treated water are free of contaminates. These are valuable and in many cases necessary treatments, however, these processes cause the water to become acidic and Life-Less as they are depleted of minerals. Water is the next most important element for life to air, third is food. In this era of processed and "Fast Foods", original Life-Force is depleted and the foods are now highly acid-forming or oxidative (state of decay) within the body, leaving the body subject to all forms of dis-ease. Accordingly, viruses, bacteria and fungus thrive within an acid body condition.

The white of the egg of a free range chicken is a pH of 9. The yoke of the egg has a pH of 6.5. The white of the egg acts as a protective cloak shielding the yolk from bacteria, viruses, and fungi. Like the egg white, when the fluids of the human body are maintained at an Alkaline Level, it protects the body from bacterial, viruses and fungi.

### **Monitoring Your Body pH**

The objective of using the structured water, the pro terrain meals, the ionic mineral and digestive aids and is to bring the pH of the physical body fluids to a balanced alkaline level for optimum functioning. The

scale that is used for measuring the pH, or the Potential of Hydrogen concentration ... is from 0 to 14, with 7 being the neutral point. Thus, an Alkaline Body pH means that the pH of the saliva and urine is an ideal pH between 7 and 7.3. Our blood has pH balance of 7.365, and if we go off that by 2/10 of a point... we die. When the body pH begins to drop below 6.8, disease symptoms begin, by 5.8pH cancer cells begin and by 3.5 pH we are dead as our body struggles to steal all the alkaline minerals from our tissues in order to balance this traumatic state. So just consider for a moment the effects on our body of drinking a can of soda pop at around 2.5 pH, a glass of fruit juice from concentrate at around 3.5 pH, or a cup of coffee at around 4.5 pH... it is that simple.

I suggest that you monitor your Body pH Level on at least a weekly basis. Monitor daily if you so desire. It is a good practice to be aware of the Alkaline/Acid condition of your body. The best time to test the urine is first thing in the morning. The best way to monitor the Body pH Level is by using a Digital pH Meter which will give you an exact reading. The other option is to use Hydrion pH Testing Strips which are available through most drug stores or health food stores. These are color coded into a general pH range ... and you should look for test strips that will register half-point increments (6, 6.5, 7, 7.5 etc.).

If the test reads above 7.5 consume acid forming foods or beverages until it stabilizes between 7 and 7.5. Do Not Exceed this range for excessive alkalinity can also cause some health related challenges such as: cramps, drowsiness, itching, sore muscles, creaking joints, weak bladder.

## DETOXIFICATION

*“If I am doing something that is supposed to be so good for me... then why do I feel so bad?”*

Symptoms of detoxification can create a lot of discomfort and fear if we do not understand them. Headache, stomach ache, pimples, rashes, cough, fatigue, gas, bloating, diarrhea, constipation, clogged sinus, fever, water retention and nausea are symptoms we usually interpret as related to an illness.

Have you ever experienced being stiff and sore after exercising and not having done it for awhile? Have you ever read information that seemed complex and you didn't understand it and suddenly felt very tired? Have you ever felt moody, angry or depressed and read your horoscope to find it confirmed what you were experiencing or the moon was full that day or the weather had just changed?

The life experience is one of Rhythmic Balanced Interchange, cycles just like seasons that come and go and come and go. Next to Infinite Universal Intelligence, change is the only constant..., and yet we seemed surprised when these cycles occur. Whenever we experience change we will experience emotional and physical ups and downs... especially when we change our diet. What we put in our mouths is a major driving force in our human experience. It is the prime reason why you get up in the morning, work and interact with others. The interesting thing is we typically take far more consideration for our home and automobile than we do for our body. We would never think of putting non fuel in our gas tank, yet we continually are in contact with and eating things that are in fact NOT food, NOT life sustaining, NOT fuel for this human body; vehicle of our soul.

We now live in a world with the highest rate of disease and obesity in the history of this planet. We are constantly bombarded with toxins that are ever accumulating in our bodies... especially heavy metals. Unfortunately, we typically do not change unless something painful or scary has occurred in our life to give us a wake up call. Have you

ever met someone who can eat, drink, smoke whatever they want and they never get sick? These people have a couple of things going on; first a strong constitution or gene pool from which to pull resources, they have other positive sources of love energy in their life, or their body has not got enough energy to detoxify and it suddenly just falls over dead one day. Cancer is the body's reaction to an extreme situation and is actually in self preservation. If a cancerous tumour starts in the body, it is because the cancer cells are now clumping and storing toxins in one area until the body has enough energy to clean them out. If you know of someone with a tumour... ask to have it analyzed. First thing, doctors are not allowed to do this because second, what they find out is the tumours are full of the toxins the body has collected to try and survive. Cancer eats the dying cells... not the strong cells that are alive. It is the bodies clean up process.

The body will not detoxify unless it has extra energy to do so. This usually occurs during times of rest, eating good food, specific supplements or cleansing herbs or the body is in extreme survival mode. The symptoms of detoxification are very similar to illness. We will heal from the inside out, head to toe and in reverse order of everything that happened in your life. All the traumas of our life that are locked up in our cellular memory will be re-experienced as they pass back out of the body as we cleanse away... layer by layer, sometimes for years depending on how much damage we have done to our vehicle. The only real way to tell the difference is that these symptoms will be followed by higher states of joy and happiness than previously experienced. At first it may seem like we are on a roller coaster and very extreme as we become more and more sensitive to what we eat and come in contact with. This too shall pass as we get stronger and learn how to deal with our new heightened senses and intuition. It is said that it takes 1 year of good habits to make up for 7 years of bad. The most important factor to learn when dealing with the detoxification process is... accept it and rest. It is a natural and common part of the life experience. We have been taught to stay numb... don't be afraid to feel, one day we will be very grateful for it.

We will also experience emotional depression just like a drug user going through detoxification as the body is affected the same way by cooked foods... addiction to our body's response of fight or flight and producing adrenaline. This high is an artificial expanded state... the best we can get to in that moment and we keep trying to get it back. However a truly heightened state of awareness is not dependent on external stimuli. Our mind, body and spirit go through a breakdown and breakthrough process. It is like we have to die to our old ways and in reality this is exactly what is happening, the old patterns and habits the ego has been relying on for survival start to fall away and we experience fear that is similar to death. The only difference is, we regain another level of our health, and integrate another aspect of our magnificent and infinite selves as we "Let Go and Let God."

You will find the body naturally turning away from caffeine, drugs, alcohol, animal and processed/cooked food products. As we begin to drink more water, eat fresh organic raw foods especially with easily digestible protein, balanced good fats, an abundance of phytonutrients and antioxidants to help rebuild dying cells and structure, we are left with more energy and optimism.

As the body returns to homeostasis one will experience detoxification. This is normal and will subside over time. Most importantly one will begin to notice that what we thought was a healthy feeling was really a numbness and a rating of 1 out of 10 and there is much room for improvement. It is then that we realize why we eat. To return the body to perfect balance so that we are able to interpret guidance from Spirit at the highest level possible and return to Source and know our maker... our highest and ultimate desire. As the body releases toxins and starts to perform at higher levels we notice new genetic coding turning on and we start becoming more aware of a more enjoyable life of infinite potentials.

We start to see that the body truly is only a vehicle and has certain personality traits and options just like different automobiles. We begin to relax more and observe ourselves and one another as if we

were playing roles in a huge movie. There is a great saying: What if everyone around you was only acting out a certain part in order for you to become aware and learn life's lessons?

May your life be filled with infinite well being, abundant joy and abounding laughter.

## RECOMMENDED READING AND RESOURCES

[www.consciousplanet.net](http://www.consciousplanet.net)

[www.livingharvest.com](http://www.livingharvest.com)

“Conscious Health “ by Ron Garner, BEd, MSc.

“Rainbow Green - Live Food Cuisine” by Gabriel Cousens, MD

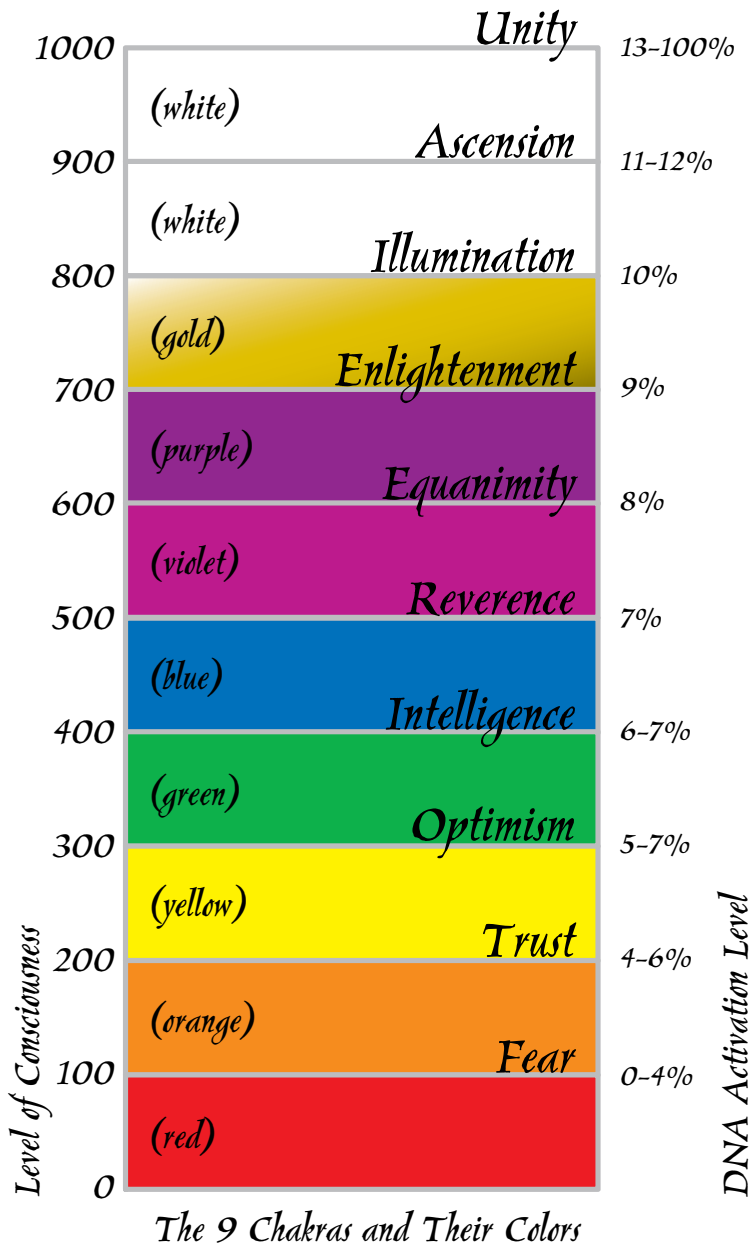
“Fats that Heal, Fats that Kill” by Udo Erasmus

“Water for Health, for Healing, for Life!” by Dr. F. Batmanghelidj

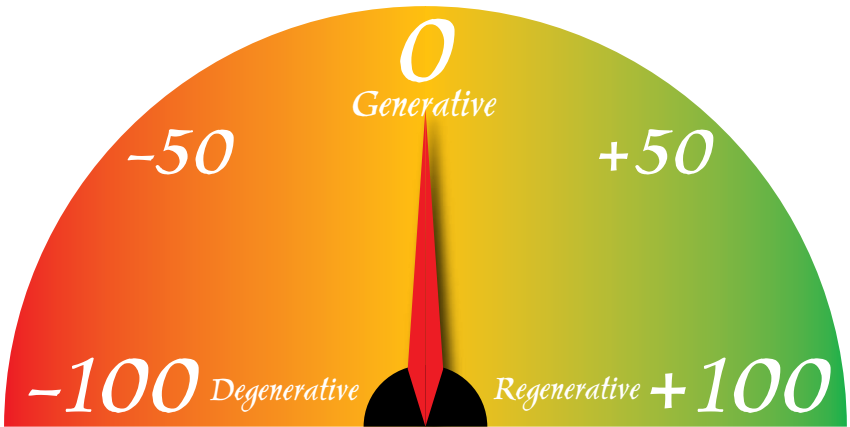
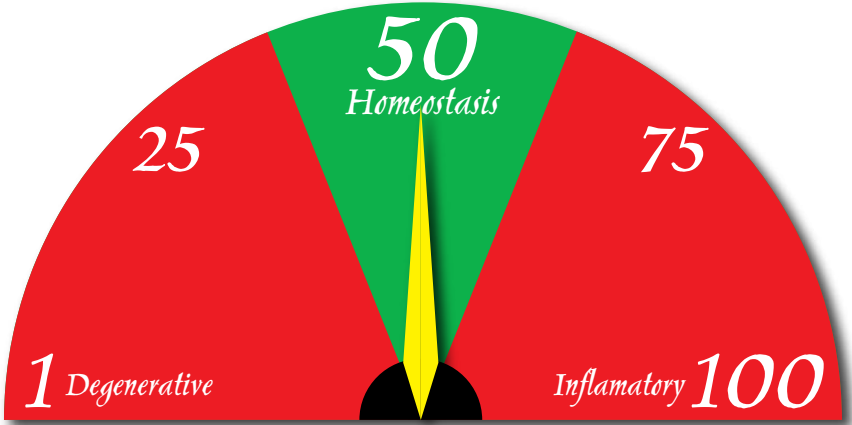
“The Field” by Lynne McTaggart

“Biology of Belief” by Bruce Lipton

# CP 1000 Map of Consciousness







Notes:



Charles lives with his wife in Vancouver BC. Charles has an extensive background and deep understanding of the healing arts and nutrition that bridges all modalities. He spends his time as educator and board member of Living Harvest Conscious Nutrition, North America's premier hemp seed food company. He is president of Conscious Planet, a complete rejuvenative product line, marketing opportunity and educational program for mastery of the life experience and raising consciousness. Inspired by Gabriel Cousens and the Tree of Life Rejuvenation Center, Charles is now in the planning stages of an intentional community and retreat center in southern BC. Charles makes himself available for lectures that can be adapted to an organizations specific needs such as raw food and spiritual communities, athletes and teams, corporations and even detox centers. Charles donates his time freely in this respect and requires that his expenses be covered and each person participating in the lecture purchase a copy of this book.

Retail price \$15.