

FIT FOR LIFE-THE DIAMOND METHOD

The basic foundation of natural hygiene is that the body is always striving for health and that it achieves this by continuously cleansing itself of deleterious waste material. The body is self-cleansing, self-healing, and self-maintaining. The human body ceaselessly strives to be fit. The secret is to learn how to facilitate the process rather than thwart it.

The Dietary Goals for the United States, prepared by the staff of the Select Committee on Nutrition and Human Needs, United States Senate, states:

As a nation we have come to believe that medicine and medical technology can solve our major health problems. The role of such important factors as diet in cancer and heart disease has long been obscured by the emphasis on the conquest of these diseases through the miracles of modern medicine. Treatment, not prevention, has been the order of the day.

The problems can never be solved merely by more and more medical care. The health of individuals and the health of the population is determined by a variety of biological, behavioural, and environmental factors. **NONE OF THESE IS MORE IMPORTANT THAN THE FOODS WE EAT.**

The NATURAL BODY CYCLES

noon to 8 pm - appropriation (eating and digestion)

8 pm to 4 am - assimilation (absorption and use)

4 am to noon - elimination (of body wastes and food debris)

METABOLIC IMBALANCE

A situation of toxemia in the system lays the foundation for putting on excess weight. By keeping your system toxin-free you significantly increase your chance of having a comfortable body weight, because excesses of toxins in the body are the forerunners of obesity.

Toxemia occurs two ways:

1. through the process of metabolism: old cells are constantly being replaced by new ones; the old ones are toxic (poisonous) and must be removed asap from the system via bowels, bladder, lungs or skin. As long as there is a sufficient amount of energy at the body's disposal, this waste is eliminated properly.

2. from the by-products of foods that are not properly digested, assimilated, and incorporated into cell structure. Rather than a sufficient quantity of fresh foods dominating our dietary intake, the major portion of what we eat tends to be processed (including factory processing as well as the alteration from its original state through frying, barbecuing, steaming, sautéing, stewing, boiling and broiling). If these types of foods predominate in one's diet, the system is overtaxed on a regular basis.

Maintaining metabolic balance and accomplishing the removal of toxic waste from the system while still enjoying our food can be done with three principles: majoring on 'high-water-content' food; combining food properly; consuming fruit correctly.

HIGH-WATER CONTENT FOOD

There are two foods grown on earth with high water content: fruits and vegetables. All other food is concentrated food. Concentrated means that the water content has been removed, either by processing or by cooking. We should be eating a diet that is approximately 70% water content; fruits and vegetables should predominate our diet. We need food with high water content (not drinking water) for nourishment and cleansing of the organism. Water transports the nutrients in food to all the body's cells and in turn removes toxic wastes.

All the nutritional requirements that the human body has all the vitamins, minerals, proteins, amino acids, enzymes, carbohydrates, and fatty acids that exist, that the human body needs to survive are to be found in fruits and vegetables. The nutritional requirements are carried by the water in those fruits and vegetables into your intestines, where all nutrition is absorbed. Besides this, this water performs the essential function of cleansing the body of wastes. For our purposes, cleansing and detoxifying are the same. Drinking water won't do it, because drinking water does not carry the enzymes and other life-preserving elements into the body that the water in fruits and vegetables does. All three of our body cycles function with the greatest ease when supplied with this water on a regular basis.

We are prisoners of our taste buds. A live body will be built from live food. If once in a while concentrated food predominates, don't feel guilty! It's going to take time to get over cravings that have been built up over years. **THE IDEA IS NOT TO UPSET THE BALANCE MORE THAN YOU MAINTAIN IT.**

Dr. Norman W. Walker of Arizona lived to be 109 years old. In his most recent book *Natural Weight Control* he stated,

Every plant, vegetable, fruit, nut, and seed in its raw natural state is composed of atoms and molecules. Within these atoms and molecules reside the vital elements we know as enzymes. Enzymes are not things or substances! They are the life-principle in the atoms and molecules of every living cell.

The enzymes in the cells of the human body are exactly like those in vegetation, and the atoms in the human body each have a corresponding affinity for like atoms in vegetation. consequently, when certain atoms are needed to rebuild or replace body cells, there will come into play a magnetic-like attraction which will draw to such cells in our bodies the exact kind and type of atomic elements from the raw foods we eat.

Accordingly, every cell in the structure of our bodies and every cell in nature's foods are infused and animated with the silent life known as enzymes. This magneticlike attraction, however, is only available in live molecules! Enzymes are sensitive to all heat above 130 degrees F. At 130 degrees F. they are dead. Any food which has been cooked at a

temperature higher than 130 degrees F. has been subjected to the death sentence of its enzymes, and is nothing but dead food....While such food can, and does, sustain life in the human system, it does so at the expense of progressively degenerating health, energy, and vitality.

People who are drinking 8 glasses of water a day are doing so because they're not getting the water they need out of the foods that they're eating. Their diets are predominated by concentrated foods.

If you wish to drink water, however, you should drink distilled water if it is available. Mountain spring water is not ideal for the human body, because it contains inorganic minerals that the human body can neither use nor precipitate out. These inorganic minerals tend to hook up with cholesterol in the system and form a thick plaque in the arteries. Distilled water does not have this effect. When you eat a piece of fruit or a vegetable, you are consuming distilled water. The minerals are taken from the soil, the plant distils them, and then you consume them. You may have heard that distilled water leaches minerals from the body. That is partially true. The minerals that are leached by distilled water are the inorganic minerals that the body cannot use. The effect, therefore, is healthful. Distilled water will not leach organic minerals that have become part of the structure of the cell system.

A final note on water: it is very debilitating to drink water with a meal. There are digestive juices in the stomach that are breaking down food. If you drink water along with your meal, you dilute those juices, preventing the meal from being properly digested. This also greatly hinders both the appropriation and the assimilation cycles, which in turn negatively affect the all-important elimination cycle while wasting a great deal of energy.

PROPER FOOD COMBINING

"Does the name Ivan Pavlov ring a bell?" He expounded on this in 1902 in *The Work of the Digestive Glands*. The effectiveness and validity of food combining as a science was shown no later than 1924 in the *Journal of the American Medical Association*.

The DIGESTION OF FOOD demands more energy of the human body than any other function including running, swimming, or bike riding. There's nothing that takes more energy than the digestion of food. (Ever felt sleepy after a heavy meal?)

This energy is crucial for the all-important detoxification (elimination of toxic waste) of the body. It takes energy to eliminate and the elimination cycle is of extreme importance. Food combining is based on the discovery that certain combinations of food may be digested with greater ease and efficiency than others. **THE HUMAN BODY IS NOT DESIGNED TO DIGEST MORE THAN ONE CONCENTRATED FOOD IN THE STOMACH AT THE SAME TIME.** (Any food that is not a fruit or vegetable is concentrated). **YOU SHOULD NOT EAT MORE THAN ONE CONCENTRATED FOOD AT A TIME.** Different animals have different kinds of digestive tracts designed for their diet. But we eat the diet of a lion, a giraffe, a pig, a horse, and an ape! And we eat the different diets of these animals at the same meal! This places a tremendous burden on the digestive faculties, forces the creation of toxic waste in the system, and squanders a great deal of precious energy. **THE CORNERSTONE OF WEIGHT LOSS AND A**

BALANCED METABOLISM IS DETOXIFICATION, AND DETOXIFICATION IS ENTIRELY DEPENDENT UPON ENERGY.

Protein requires an acid juice to break it down in the stomach. Starch requires an alkaline juice to do the same. If you eat a steak and a potato, you get an acid and an alkaline which neutralise each other. To do its job, the stomach secretes more digestive juices to get the ball rolling: more acid and more alkaline, which again neutralise each other and so on. This takes time and energy. More energy is needed to secrete even more juices into the stomach. A long time elapses and the undigested food is forced into the intestines after several hours of being held up in the stomach. What has happened?

Most of the protein, being in the stomach for so long, has putrefied. Most of the carbohydrate (starch) has fermented making two substances that the human body cannot use. Nutrients affected in this way cannot be incorporated into healthy cell structure. Putrefied or fermented foods generate toxic acids in the body (not to mention gas, flatulence, heartburn, acid indigestion and Roloids). It is in the stomach for a long time, while the body uses up an incredible amount of energy. Then the food is forced into the intestines, where it travels through some thirty feet of intestinal tract which must then cope with rotten food. That is why people are tired after a meal like this. The food may take eight hours just to get out of the stomach and twenty to forty more to get through the intestines.

The principle of proper food combining suggests only this: we don't want to waste energy. We don't want food to sit around rotting in the stomach for eight hours and fouling up the intestines for twenty hours more. We want food in the stomach no longer than three hours and to pass quickly and efficiently through the intestines. Therefore have only one concentrated food at any one meal.

Just be aware that if you're going to have any flesh food, that is your one concentrated food for that meal. That means with it you should not have any other concentrated foods. Not potatoes, rice, noodles, cheese, bread, but with it have high-water-content food. So have a steak, broccoli, zucchini and a tossed salad. No need to go hungry. Don't starve yourself. If you want to have a baked potato have it with vegetables and salad.

You can still eat foods that you like but just not throw them all together.

Don't mix a protein with a starch or a protein with a protein. Ideally don't mix a starch with a starch, but they are easier to break down so they can be mixed. Two proteins should not be mixed because they are of such a different character and complex composition that the modifications necessary to meet the digestive requirements of more than one protein are impossible. Two kinds of flesh may be mixed but not two different proteins flesh, eggs, dairy products or nuts.

The four-food-group philosophy does not work.

If you can eat food and have it go through your stomach in three hours instead of eight, there are five hours of energy right there that you have picked up five hours to be put toward detoxification and weight loss.

CORRECT FRUIT CONSUMPTION

Fruit requires less energy to be digested than any other food in fact, practically none. Fruit does not digest in the stomach. Fruits are predigested. All fruits (with the exception of bananas, dates, and dried fruit, which stay in the stomach a bit longer) are in the stomach only a very short time. They pass through the stomach in twenty to thirty minutes, as if they were going down a tunnel. They break down and release their supercharged, life-giving nutrients in the intestines.

Since fruit is not intended to be in the stomach extensively, correct consumption means that **FRUIT SHOULD NEVER BE EATEN WITH OR IMMEDIATELY FOLLOWING ANYTHING**. It is essential that you eat fruit, but eat it on an empty stomach. ***THIS IS UNQUESTIONABLY THE MOST IMPORTANT ASPECT OF FIT FOR LIFE.*** If fruit is eaten on top of non fruit, then rather than go right through the digestive tract, the fruit causes the food to rot and ferment, turning the whole thing to acid. The very instant that fruit comes into contact with food in the stomach and digestive juices the entire mass of food begins to spoil. The whole thing turns to acid.

Fruit is the most important food that you can possibly eat! This goes for all fruit, even the acid fruits such as oranges, pineapples, and grapefruits. These are only classified botanically as acid fruits. Once inside the body all fruit becomes alkaline if it is consumed correctly.

The five essentials of life that must come from the foods you eat are glucose for fuel (from carbohydrates), amino acids, minerals, fatty acids, and vitamins. The number one, most important priority of any food is its fuel value. Without fuel the body cannot exist. Fuel value should always be the foremost factor in determining the worth of any food. The ideal percentage of each of the five essentials in food as required by the human body is as follows:

glucose 90%

amino acids 4-5%

minerals 3-4%

fatty acids 1+%

vitamins under 1%

There is only one food on the planet that fills that bill perfectly. It's fruit.

There is only one type: **FRESH!** There is no benefit whatsoever in eating fruit that has been processed or altered in any way by heat. There is, however, considerable detriment. The body is capable of utilising fruit only in its natural state. Baked apples, any canned fruit, cooked applesauce, and fruit pies are all harmful in that they supply no cleansing and no nutrients, and they are toxic and acidic in the body, possibly damaging the sensitive linings of the inner organs. They force the body to use its precious energy to neutralise their acidity and get it out of the body. Cooking destroys fruit's potential value.

The same holds true for fruit juice. It must be fresh. If it has been pasteurised, as is the case with orange juice made from concentrate, it is pure acid before you even drink it.

Don't gulp juice down. Because it is fragmented, you should take but a mouthful at a time and let it mix with your saliva before swallowing it.

As long as your stomach is empty, you can eat all the fruit you wish over as long a period as you wish, so long as twenty to thirty minutes elapse before you eat anything else. This will allow the time necessary for the fruit or juice to leave your stomach. Juice and some fruits take less time. Bananas, dates, and dried fruit need about 45 minutes to one hour. Once you have eaten anything other than fruit, you must wait at least three hours. If any flesh food is eaten, at least four hours.

How long to wait after eating other food before eating fruit:

Food

--Time to wait:

Salad or raw vegetables

-- 2 hours

Properly combined meal, without flesh

--3 hours

Properly combined meal, with flesh

--4 hours

Any improperly combined meal

--8 hours

One of the foremost roles that fruit plays is that of resting the digestive tract, thereby freeing up energy to be utilised in cleansing, repair, and weight loss.

Food spends approximately 3 hours or more in the stomach alone if properly combined. Energy can't even start to be built until food is absorbed from the intestines.

From the time you wake up in the morning until at least noon, consume nothing but fresh fruit and fruit juice. Eat or drink as much as you desire with no limitations. Listen to your body, too don't overeat. This will allow you to create, not burn up a huge chunk of your available energy for the day.