 MODULE #1 - Lesson 1
The Fundamentals of Energy Nutrition
Principle #1: Eat Natural Whole Foods.

The body responds to foods that are found in nature. This should make sense since, as humans, we are natural beings. For this reason, natural foods, not packaged or processed foods, are what our bodies respond best to. There is a synergy of nutrients that occurs when we consume whole foods which does not occur when we take supplements or eat fortified prepackaged foods. For instance, if we eat an orange, it not only contains Vitamin C, but many other chemicals and nutrients necessary for the orange to be assimilated our body.

Just as you are more than just muscle, skin, or bone, foods are also much more than just their individual parts.

Principle #2: Eat 80% Living Foods

Now that you understand why eating whole foods is so important, we are ready to move onto principle two. If you eat 80% of your foods in their living raw state, you will feel less lethargic because foods contain more nutrients when they are raw. Raw, unprocessed, and unheated foods maintain their percentage of water. Just as a grilled hamburger patty shrinks when cooked, so do other foods. This is important to consider because water is critical to our health. Raw foods are also high in enzymes, which are important for many processes in the body. They also contain huge amounts of life force. If you remember those Kirlian photographs, the energy coming off living things can be a lot greater when they’re in their natural living state, and as I mentioned, nutrients are greater in raw foods.

The heating process destroys the vitamins, minerals vital nutrients that we need. Eating foods raw will give you more bang for your nutritional buck, they will also resonate with your body’s natural frequencies. Remember, every
living thing made up of energy vibrating at a certain frequency. If we put raw foods into our body, we will get more of the natural energy our bodies needs. If we choose processed, packaged, man-made foods, we will not receive these energies.

**Principle #3: Eat Organic When Possible.**

I understand that for some buying organic can be a little costly. If you consider that many diseases are caused by chemical toxicity, paying a little more is worth it. Eating foods that have pesticides, fungicides, and herbicides will lead to a buildup over time. These chemicals are stored in our fat tissue and nervous system. This can cause disease now or 20 years down the road. While this is something to consider when choosing your produce, it does not have to be USDA certified organic to be good for you. There are now many Farmer’s Markets popping up all around the world. This is great since locally grown food not only tastes better; it’s healthier and better for the environment. USDA certified organic simply refers to a certification process, a process which can cause local farmers to go into debt. What I have found is many local farmers are producing great fruits and vegetables that are pesticide, herbicide, chemical free, and grown in natural environments. For me, this is good enough because it is nearly the same as organic. The nutrient quality of conventionally grown foods and organically grown foods is fairly similar. Some studies show there are antioxidants and vitamins that are slightly higher in organic, but the big thing is that they are chemical free.

The difference in the taste of locally grown and organic foods is unbelievable when compared to non-local, non-organic versions. Also, don’t be fooled by prepackaged foods! Many people fall into this trap, “Hey, it’s frozen pizza, but it’s organic so it must be good for me.”, however, this is not necessarily true. You know that eating cookies, whether organic or not, is not good for us.

**Principle #4: Listen to Your Body**

This is possibly the most important principle in module one. Just because something is healthy doesn’t mean it’s good for you. You must listen to your body in order to understand which foods resonate with you and which foods do not. For instance, I don’t do well with grains. If I eat grains, I will feel tired and
I will literally be sleeping in half hour after eating them. When I was younger, I did not recognize this which caused me to have terrible stomach pains. I would have to go lie down, with my legs up. It was terrible. I ate so many grains and dairy at this time including cereals, breads, cheeses, milk, and all of it was killing my stomach. It took me nearly a decade to discover the cause. This is why it is very important to listen to our bodies. You are unique, so what works for you body isn’t necessarily what will work for someone else’s body. This leads us to principle #5.

**Principle #5: No ONE Diet Works For Everyone.**

Anyone who says, “This is the only way to eat.” or “This is how human beings have evolved to eat.” is a bit irrational. The food/body interaction is as complex as the universe. While we know a lot about the universe, but there is still much more to be discovered. The same is true with nutrition. The more I learn, the more I realize I don’t know, however, I hope to impart as much knowledge as possible to you in these 12 modules. When it comes to listening to your body it is important to remember, there are influencing factors, such as genetics and culture. If you are of Mediterranean decent, you might have an easier time digesting grains than those of Eastern European, African, or South American decent. If you eat seasonally and locally in the winter time in Canada, it’s probably best not to eat tropical fruits because it is not the natural way, that’s not a natural bio-rhythm that comes with living in a cold climate. For example, if I lived in Mexico I’d eat papaya and mango every single day but there’s a lot of validity to eating locally and seasonally, depending on where you’ve been brought up. You blood type will also influence things.

**Principle #6: Thoughts Are Nutrients Too**

I want you to let this principle sink in. It is so important; I have dedicated an entire module to it. Your mental state affects digestion and absorption. Being stressed, worried, or in a negative state of mind, will alter things in your body dramatically. Like your brain, your digestive system has a huge amount of neurotransmitters and chemical messengers that are directly related to your mood to your mental state.

It for this reason that thoughts can create and heal disease.
Disease is created not only through toxicity but also through thoughts. Much like nutrients, thoughts are forms of energy, so if your thoughts are negative and self-sabotaging, they will be self-harnessed into physical form through disease.

**Principle #7: There’s More to Food Than That Which We Can See**

Does an inability to measure something mean it doesn’t exist? Take God for example, we can’t measure God, so we don’t know with 100% certainty that he or she exists. While this is true many people still believe. In science, it seems that we criticize and are very skeptical of things we can’t see or can’t prove. I want to show you how, even with science, we’re not 100% there either. End points versus surrogate end points; I want to use the example of protein and muscle building. In science, we don’t have a measurement tool that will tell us how much our muscle has grown after one workout.

So, over time, we can see that we’ve added muscle mass, but after one workout, we don’t know if that muscle has grown because we don’t have a way to measure it. This would be an end point. If we’re looking for muscle growth, that would be the ultimate end point, but because we can’t measure it directly right after one workout, we have to look at surrogate end points instead. These are things like nitrogen balance and protein synthesis.

For example, a supplement company might say, “Hey, you need large amounts of protein, because this study showed an increase in protein synthesis if you ate more protein after a workout.” Sure that’s true, but what the science also shows is that protein synthesis has no correlation with muscle growth. All it shows is a flux of amino acids going in and out of the muscle. So, what are we measuring?

Here’s another thing: Vitalism and life force. This is an interesting theory that came about, in the 1800s. Some of top scientists, like Louis Pasteur and his colleagues started to realize that there is something beyond what we physically see and measure that holds all living things together. They called it vitalism or *élan vital*. This theory was met with a lot of skepticism and discredited by the medical and scientific communities because it couldn’t be measured but does that mean it isn’t true? That is something I’d like you to think about. The
energy we get from food is more than just calories. A chocolate cake has a lot of calories, but does that mean it will give you energy? There’s something else going on and will explore it in this module.

Science tells us what we currently know about something but that doesn’t mean something’s not true. Magic is called magic because it hasn’t been scientifically proven, but, if we can scientifically prove something, then it won’t be called magic anymore. For instance, lobotomy in the early 1900s, late 1800s, was a medically acceptable way of healing somebody in a bad mental state.

Today, it would be considered a form of torture but at the time, it was considered scientifically valid. This is also true of the Vitalist Theory of the 1900s. This theory was put out by the medical community to impose power over women through fear. Essentially, women were told that they had a certain amount of vital energy and that it was only to be used in the household and if they used their energy outside the household to explore different things, they would lose their vital energy and would be unable to perform their day-to-day household tasks and duties, including childbearing. This theory was imposed by a male-dominated profession to control women and was accepted society-wide. Obviously today this is ludicrous.

How about seatbelts? Prior to the late 70’s, seatbelts didn’t exist in cars, however, did any of us know that if we got into a car accident someone could fly through the windshield? It was only after it happened several times that we started to put things into perspective. Understand there is a lag between what science can prove and what is really happening. What is happening on earth and in the universe has always been happening and we’re just trying to catch up. Just because we can’t explain something, doesn’t mean it’s not happening.

**Principle #8: Health Isn’t About Fanaticism**

You should can work for you for the long run. Is 100% raw the ultimate health goal? For some people, yes and for others no. I personally don’t do well on 100% raw. I understand that my body needs the occasional piece of meat to feel good. Again, everyone’s on a journey in this world and we are all at different stages. Someone who is 70 might have more insight than someone
who is 20. Understand that we’re all at different stages of our life, and things will work or not work depending on where we are.

It is important to be smart rather than fanatical. There are some raw foodists who are hell-bent on feeding their children 100% raw, but is that healthy? I don’t believe it is. The problem is that children need a lot of calories in order to grow. A child between birth and 5 months will double in size, between 5 months and 30 months will double in size again, and will double by size and weight again by six years. If they’re only being fed fruits and vegetables, they’re not going to be getting the calories they need to grow properly. As adults, it’s fine to eat 100% raw because we are not doubling our size in a short amount of time, but for healthy kids it is not. There is nothing wrong with feeding a child cooked lentils, which is a great source of calories and proteins and fiber. It’s about being smart not fanatical. Understand the difference.

The most important factor influencing your health is your philosophy about your health. This is something that I learned in University that really stuck with me. How you look at your health is a very important determinant of your ultimate health. A lot of people, on my dad’s side for instance, are very old-school. They believe that health is not their responsibility. They believe that the medical community is responsible for them. So, if they have a headache, or cancer, it’s the doctor’s responsibility to give them a drug to take care of it. That’s one philosophy and I don’t think that’s a very healthy one.

**Principle #9: The Whole is Greater Than Its Parts**

This goes back to Principle #1, which means food is much more than just carbohydrates, proteins and fats. It’s an unhealthy way of looking at food because it’s like me saying, “Well, are you just muscles, bones and skin.”, however we are much more than what we can see. We’re much more than what we can measure. You have a personality, a spirit, you have this energy. You can’t measure these things and the same goes for food. Foods are not just X number of carbohydrates or X number of proteins. We tend to classify foods as high-protein, or bad carbs. Let’s look at high-protein foods versus whole foods that contain good amounts of protein. Eggs contain six grams of protein and a slice of bread contains five grams of protein. What is the difference? Why are eggs considered a high-protein food and bread is just considered a
bad carb? Couldn’t bread be considered a high-protein food as well? Again, there is much more than just one nutrient in food. Eggs are deemed “bad” because of cholesterol. Well, cholesterol is actually healthy for us. There is actually very little relation between dietary cholesterol and the cholesterol in your blood. This comes in under education, that is what I’m hoping to impart on you in this University.

**Principle #10: Everything is Energy.**

Energy binds the universe together at the quantum level. Everything in our body, in the world, in the universe, is bound together by energy. At the atomic level, an atom is surrounded by protons, neutrons, electrons. Beyond the atomic level is energy. We are electromagnetic beings. We’re affected by EMS. You’ve seen commercials those magnetic balance bracelets, people do muscle tests and they’re stronger when they have the bracelets on. That is because we are electromagnetic. We will talk about this in the 1st module but essentially, when things balance out our electromagnetism, we are stronger. We’re affected by radiation, electricity, a full moon. A full moon actually pushes down the level of negative ions towards the surface of the earth. That’s why we have all these folktales of werewolves, people going crazy on a full moon. That’s because the more negative ions that are moving towards the earth or the surface, the more we’re affected by them and it kind of changes our moods and it’s really interesting.

So, I think we all know there’s something greater than what our five senses tell us. We know there’s some greater power that we can’t touch, feel, taste. Right? There’s beyond the physical and I think it comes down to a little bit of faith and a little bit of knowledge as well. Understanding; I’m hoping to impart at least the knowledge side of things within this course to show you that there’s a lot more going on than just the carbohydrates and the proteins and stuff. All right?

So, those are the ten principles.
Let’s move on to the Eating for Energy Food Spectrum, and I just want to remind you of this and make one or two small adjustments. So, if you remember back in Eating For Energy, this is on the second part of the program, where at the top basically represents the foods that we want to consume the most and are also the most alkalizing.

So, greens; green vegetables, seaweed, anything green really should form the base of our diet. If you eat more greens, all aspects of your health will improve dramatically. After that, we go to rainbow colors, which are all other fruits and vegetables. Underneath that, healthy fats and oils and here’s where I want to make one caveat. If you’re eating meats, animal products, it would fall into this category. Okay? Not that I’d necessarily quantify all meats as containing healthy fats and oils, but I’m just going to put them as a subsection in this third category. Healthy fats, I would actually even taper this down a little bit.
When I talk about healthy fats and oils, I’m really referring to omega 3 fatty acids. The more I’ve done more research on fats and stuff over time, the more I’ve realized that even higher amounts of good saturated fats or mono unsaturated fats can have some pretty adverse effects on different aspects of our health.

So, let’s not go crazy with the fats. That’s why people on a raw food diet eat tons and nuts and seeds and avocados and all that garbage, and whose diet is like 60% fat is not a very good thing, and we’ll look at that a little bit more in this module and as well in Module 3.

Underneath that, grains and legumes; I would actually put legumes slightly above...well, not slightly above, but I’m going to put legumes above grains. So, we’ll put legumes at the level between healthy fats and oils and grains. Legumes, I believe, are very, very powerful. They’re very healthy for us. Lentils, things like that, are really, really good especially in their sprouted form. Chick peas, maybe not too much because of the gas they produce, but lentils are awesome and especially when they’re sprouted. They just taste amazing, a really nice thing to have on a snack.

Underneath that, grains: I don’t believe we should be eating grains. If you want to have grains, keep them gluten free (ie. quinoa, buckwheat, etc...) as we mentioned in the program, and beneath that are the leisure foods, which are the foods that you typically want to continue maintaining in your diet, even though they don’t necessarily fall into this raw, whole food way of living.

The idea is that you want to be eating foods that are really flavorful and taste great in their natural raw living state, so you actually enjoy them, and that’s just leisure foods become...you’ll understand if they don’t make you feel good, they don’t make you look good, and you’ll want to eat less of them.

But again, I understand that you don’t have to be 100% raw. I’m not 100% raw. My leisure food is pie. I enjoy pie and that’s my downfall because we have so much good pie around where I live. There we go again. The power of the environment, right? So, keep it in moderation. 10%-20% of your daily intake or overall intake can be leisure foods.
Again, if you want to lose more weight and feel better, just taper that down to even less and less and less. But again, if you want to incorporate your favorite chocolate, whatever, that’s totally up to you and there we go.

So, I just wanted to reiterate the Food Spectrum, make those couple of little adjustments, but again, if you focus most of your diet, like 70% plus on eating more greens and eating more fruits and vegetables, it doesn’t really matter. Everything else will fall into place. It’s really that powerful.

So, there we go. Hope you enjoyed Lesson One and it was kind of like a brief overview, kind of laying the foundation. In Lesson Two, we’re going to get a lot more in depth into energy production and carbohydrates. I will see you then.