

HONORING YOUR
DIVINE DESIGN

“A temperate diet arms the body against all external accidents, so that they are not so easily hurt by the heat, cold or labor.”

- Ben Franklin

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Divinity Design

VOLUME 2 ISSUE 1

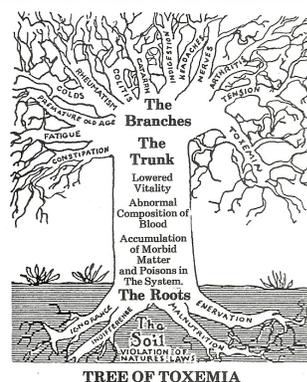
MARCH 2010

Significance of Cleansing & Detoxification

Ever wonder why our grandparents lived healthier lives than generations that came after them, even though they ate pork, smoked cigarettes, and drank moonshine. Part of the answer is they kept their own gardens, so their foods were more natural and fresh. They also cleansed with the seasons, using castor oil, or simply fasting.

Health is built through everyday healthy eating and living habits. Health can only be restored by applying nature's holistic therapies such as fasting, herbs, sunshine, exercise and hydrotherapy. The cell of the human body has a divine, living intelligence. As a unit of life it knows when it is being mistreated or poisoned by dead and inert substances

THE ROOT CAUSES OF IMPAIRED HEALTH



Drugs do not heal or cure the body. The true cure lies in the removal of the causes of disease, and adopting rational and healthful living habits.

harmful to its existence. Remember that you are an electrical being. Your body is a complex communication device where cells and tissues "talk."

No person with good mental health wants to be sick. We

all want to be healthy and vibrant. Unfortunately, too few people understand or adhere to the natural laws that govern health and life. Our ancestors referred to sowing and reaping as "karma" or cause and effect. One may create good karma by sticking with habits that create health, however, one may also cause illness by ignoring the body and the laws of natural health.

Degenerative disease is actually the result of blockages caused by a collection of waste materials. When toxic substances build up and begin to block vital channels within the body, the restricted flow of these vital fluids and life forces allow

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Emperor Abubakari II

One of our contributors recently came across an article by BBC News entitled *Africa's 'greatest explorer'* by Joan Baxter in Mali.

“An African emperor who ruled Mali in the 14th century discovered America nearly 200 years before Christopher Columbus, according to a book to be launched this month. Abubakari II ruled what was

arguably the richest and largest empire on earth covering nearly all of West Africa.

According to a Malian scholar, Gaoussou Diawara in his book, 'The Saga of Abubakari II...he left with 2000 boats', the emperor gave up all power and gold to pursue knowledge and discovery.

Abubakari's ambition was to explore whether the Atlantic Ocean - like the great River Niger that swept through Mali - had another 'bank'.

In 1311, he handed the throne over to his brother, Kankou Moussa, and set off on an expedition into the unknown...”

This full article can be found online: <http://news.bbc.co.uk/2/hi/africa/1068950.stm>

Thought of the Day

Let you not be a reformer to whip others into goodness, but be a witness of the great love radiating all love in thought, word and deed. Be an example rather than give precepts to others. You are indulging in oceans of talks but how many ounces of action? An ounce of practice is more than tons of theories.
 'Wanted: reformers - not of others but of themselves.'



Germ Theory Explained

How did the germ theory begin? In the mid-seventeenth century two scientist, Leeuwenhoek and O.F. Muller, studied and reported several forms of bacteria. Around 1830 another scientist, Ehrenberg, separated and grouped microbes into species and genera. Early investigations were hindered by poor microscopes and the lack of understanding and accuracy.

Scientist Louis Pasteur became famous as a result of the controversial research he conducted on the germ theory of disease. He is known mostly for the Pasteur treatment of hydrophobia and Pasteurization. Pasteur claimed the body was like a barrel of

beer and said, "like beer, our bodies were at the mercy, or subject to invasion from germs and bacteria." Therefore, each type of germ was responsible for creating its own specific type of disease or sickness. And diseases are due to an outside invasion of specific germs. This became his Germ Theory of Disease.

This theory was merely an announcement or speculation by Pasteur. Unfortunately, it was accepted as the final answer and a great advancement in science, though the theory had absolutely no foundation in fact. If this theory were true, and proven scientifically, we

should all be dead immediately by germ invasion.

Pasteur himself, at a later date, proved the fallacy of the germ theory, but since it departed from his first discovery, the truth was suppressed. Pasteur stated that germs and bacteria are not the exact and primary cause of disease. He became convinced that the germ was secondary and the disease came first. He said, "The presence in the body of a pathogenic agent is not necessarily synonymous with infectious disease."

It is a fundamental fact that germs and bacteria change their forms according to their environment. Pasteur realized these facts in the

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Renewable Energy

The term energy can be defined or be used to describe the activity that can be performed by a force. There are different forms of energy .Some of which are thermal, kinetic, electromagnetic and sound. To renew something is to restore or replenish. When you combine the two definitions you will come up with the term Renewable Energy. One

can visualize Renewable Energy as being energy sources that can be used and replenish in a short time span. The five most commonly used renewable energy sources are Solar, Wind , Hydropower (Water), Geothermal and Biomass. The Latin word for sun is solar. The sun emits a

powerful source of energy that can be used for various purposes, such as heating, cooling and generating electricity to homes and businesses. Now there are car manufacturers that are using the energy from the sun to fuel cars by incorporating solar cells in the design of their cars.

2010 Integrative Holistic Medical Seminar Series

“Sustainable Nutrition & Detoxification”

A New Paradigm for Healthy Eating, Weight Loss, & Detoxification

This presentation will focus on the Mediterranean nutrition plan, encourage you to eat right, lose weight, and will highlight the importance of detoxification as an integral part of becoming a Healthier you! The seminars will be given at 6:30pm on the last Thursday evening of each month. Admission is FREE and the public is welcome.

WOMEN'S HEALTH AND VITALITY	Thursday February 25th
FATIGUE AND FIBROMYALGIA	Thursday March 25th
ALLERGIES—INHALENTS & FOOD	Thursday April 29th
THYROID AND ADRENAL ISSUES	Thursday May 27th

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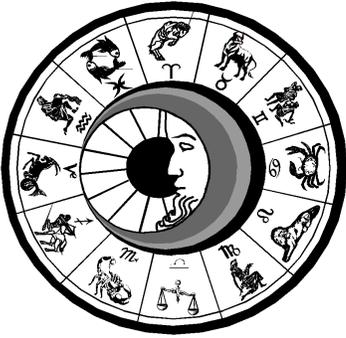
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It's All About the Chemical State of Salt

Do you use sea salt or any salt while still heating your food? Heat changes the chemical properties of the salt as well as the food. When the chemical state of a food or substance is changed beyond its threshold it becomes a toxic poison to the person or animal that ingests it. You are prayerfully buying sea salt because it IS in its natural state, unlike the iodized over processed table salt. But guess what is not so smart about heating sea salt? When you subject sea salt to temperatures above and beyond its threshold, you turn it into the very same table salt you were trying to avoid in the first place.

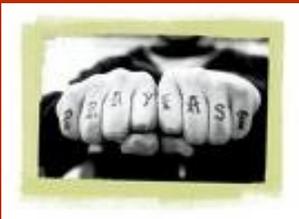


Sea salt crystals.



The Lost Art of Fasting

A fast or an eliminative diet, when necessary is an excellent way to cleanse the body. Fast 3 to 5 days on distilled water with plenty of rest and fresh air, followed by a day of fruit. The eliminative diet of three days on watery fruits or vegetables or juices will bring superb health results..



The Possibilities of Your Mission

And it was morning as God stood before his twelve children and into each of them planted the seed of human life. One by one each child stepped forward to receive his appointed gift.

“To you Aries I give my seed first that you might have the honor of planting it. That for every seed you plant one million more will multiply in your hand. You will not have time to see the seed grow for everything you plant creates more that must be planted. You will be the first to penetrate the soil of men’s minds with My Idea. But it is not your job to nourish the Idea nor to question it. Your life is action and the only action I ascribe to you is to begin making men aware of My Creation. For your good work I give you the virtue of Self Esteem.” Quietly Aries stepped back to place.

“To you Taurus I give the power to build the seed into substance. Your job is great, one requiring patience, for you must finish all that has been started or the seeds will be wasted to the wind. You are not to question nor change your mind in the middle nor to depend on others for what I ask you to do. For this I give you the gift of Strength. Use it wisely.” And Taurus stepped back into place.

“To you Gemini I give the questions without answers so that you may bring to all an understanding of what man sees around him. You will never know why men speak or listen, but in your quest for the answer you will find my gift of Knowledge.” And Gemini stepped back into place.

“To you Cancer I ascribe the task of teaching men about emotion. My Idea is for you to cause them laughter and tears so that all they see and think develops fullness from inside. For this I give you the gift of Family, that your fullness may multiply.” And Cancer stepped back to his place.

“To you Leo I give the job of displaying My Creation in all its brilliance to the world. But you must be careful of pride and always remember that it is My Creation, not yours. For if you forget this men will scorn you. There is much joy in the job I give you if you but do it well. For this you are to have the gift of Honor.” And Leo stepped back to his place.

“To you Virgo I ask for an examination of all man has done with My Creation. You are to scrutinize his ways sharply and remind his of his errors so that through you My Creation may be perfected. For doing this I give you the gift of Purity of Thought.” And Virgo stepped back to his place.

“To you Libra I give the mission of service, that man may be mindful of his duties to others. That he may learn cooperation as well as the ability to reflect the other side of his actions. I will put you everywhere there is discord, and for your efforts I will give you the gift of Love.” And Libra stepped back in place.

“To you Scorpio I give a very difficult task you will have the ability to know the minds of men, but I do not permit you to speak about what you learn. Many times you will be pained by what you see, and in your pain you will turn away from Me and forget that it is not I but the perversion of My Idea that is causing your pain. You will see so much of man that you will come to know him as animal and that you will lose your way, but when you finally come back to me, Scorpio. I have for you the supreme gift of Purpose.” And Scorpio stepped back.

“Sagittarius, I ask you to make men laugh for amidst their misunderstanding of My Idea they become bitter. Through laughter you are to give man hope and through hope turn his eyes back to Me. You will touch many lives if but only for a moment and you will know the restlessness in every life you touch. To you Sagittarius I give the gift of Infinite Abundance, that you may spread wide enough to reach into every corner of darkness and bring it light.” And Sagittarius stepped back into place.

“Of you Capricorn I ask the toll of your brow, that you might teach man to work. Your task is not an easy one for you will feel all of man’s labors on your shoulders; but for the yoke of your burdens I put the responsibility of man in your hands.” And Capricorn stepped back into place.

“To you Aquarius I give the concept of future that man might see other possibilities. You will have the pain of loneliness for I do not allow you to personalize My Love. But for turning man’s

(Continued on page 6)



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Give the gift of Natural Health!

With a change in seasons upon us, now is the perfect time to order your herbal gift baskets. Enjoy fragrant spices for recipes, soothing teas to aid weight loss and cleansing, and medicinal herbs to relieve common ailments. Each basket is created with you in mind by a Naturopath and certified Holistic Health counselor.

Rachelle A. Fields, NAT

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~Honoring Your Divine Design~

Carrying The Past

The inability or rather unwillingness of the human mind to let go of the past is beautifully illustrated in the story of two Zen monks. Tanzan and Ekido, who were walking along a country road that had become extremely muddy after heavy rains. Near a village, they came upon a young woman who was trying to cross the road, but the mud was so deep it would have ruined the silk kimono she was wearing. Tanzan at once picked her up and carried her to the other side.

The monks walked on in silence. Five hours later, as they were approaching the logging temple, Ekido couldn't restrain himself any longer. Why did you carry that girl across the road? We monks are not supposed to do things like that.

I put the girl down hours ago, said Tanzan. Are you still carrying her? Now imagine what life would be like for someone who lived like Ekido all the time, unable or unwilling to let go internally of situations, accumulating more and more stuff inside, and you get a sense what it is like for the majority of people on our planet. What a heavy burden of past they carry around with them in their minds.

The Possibilities of Your Mission - Continued

eyes to new possibilities I give you the gift of Freedom, that in your liberty you may continue to serve mankind whenever he needs you." And Aquarius stepped back into place.

"To you Pisces I give the most difficult task of all. I ask you to collect all of man's sorrow and return it to Me. Your tears are to be ultimately My tears. The sorrow you will absorb is the effect of man's misunderstanding My ideas, but you are to give him compassion that he may try again. For this the most difficult task of all I give the greatest gift of all. You will be the only one of My Twelve children to understand Me. But this gift of understanding is for you, Pisces for when you try to spread it to man he will not listen." And Pisces stepped back into place.

Then God said, "You each have a part of My Idea. You must not mistake that part for all of My Idea, nor may you desire to trade parts with each other. For each of you is perfect, but you will not know that until all twelve of you are ONE. For then the whole of My Idea will be revealed to each of you."

All the children left determined to do his job best that he might receive his gift. But none fully understood his task or his gift, and when they returned puzzled God said, "You each believe that other gifts are better. Therefore I will allow you to trade." And for the moment each child was elated as he considered all the possibilities of his new mission.

But God smiled as he said, "You will return to Me many times asking to be relieved of your mission, and each time I will grant you your wish. You will go through countless incarnations before you complete the original mission I have prescribed for you. I give you countless time in which to do it, but only when it is done can you be with Me."

Germ Theory continued.....

mid-1880's, however, the stage was set and the propaganda in place and the lie perpetuated. The error, unfortunately, has continued up to the present day.

There is no question that certain bacteria are associated with specific diseases. The big question is, are these germs the "companions" of the disease or are they the cause of the disease? Is it reasonable to assume that maggots and flies cause or create a pile of manure as it is to assume that the various kinds of germs and bacteria found in a filthy body, create the condition of disease?

Living tissues of a healthy body exert actions which are antagonistic to any of these parasitic invaders, and the

admission of the germ or bacteria into the body does not necessarily cause disease. Why are some people immune to many diseases, and others susceptible? Again, bacteria change their form according to the environment (host) in which they live. This is very important to understand, for it will liberate you from the fear that germs can cause a disease. People fear from lack of understanding that both health and disease are created by their own living and eating habits.

Microbes are spread throughout nature. They are in the food we eat, the water we drink, and the air we breathe. We are raised in an environment laden with

them. We cannot escape them, nor should we. We must accept them as one of the necessities of nature. From the perspective of Natural Science, germs cannot be regarded as the cause of disease, if they were we should all be victims of one or more germs at all times. Germs feed and live on dead inorganic matter. The more dead, inorganic, petrified matter you have in your body the more hospitable it is for germs and bacteria.

This only begins to explain the significance of cleansing the body, especially the colon, from years of cooked food and bad habits.

Cleansing and Detoxification continued...

for chemical and energy imbalances, resulting in degeneration. That which makes up degenerative disease is indigestible and unusable food residue that the body cannot eliminate. The saturation of unusable protein residue accumulating within the tissues of the body is also a major cause of degenerative disease. Disease is a remedial process, the end point of years of poor habits such as junk food, over-eating, alcohol, smoking, lack of exercise, stress, lack of sleep, and dehydration.

Disease is also a process of self-healing. The plant, animal, or human attempts to eliminate or discharge that which is harmful to it. This is seen as symptoms of disease and are generally accompanied by pain. Pain is our early warning system, which if heeded and the proper natural therapy applied, disease and the symptoms of disease can be corrected.

The popular medical belief of our time has formed the opinion that disease is caused by the presence of microbes such as viruses and bacteria. Viruses and bacteria and even allergens are nothing more than triggering mechanisms. These mechanisms activate a release of waste matter from tissue storage, and thereby cause the symptoms we generally acknowledge as disease.

Western medicine tends to look at disease

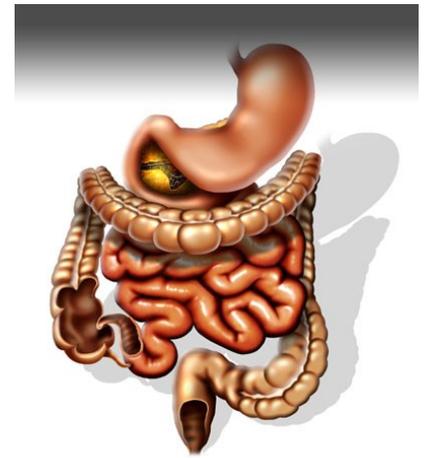
in fragments, forgetting that the whole body functions together as an entire unit. The body will regenerate itself if properly cared for, it was never meant to be taken apart or artificially poisoned. The organs work in a system to overcome disease, balance itself and regain a state of equilibrium. This is the basis of holistic medicine. Every organ affects all other organs, which in turn affects the entire system and manifest itself in observable physical symptoms. Just as with a gun, the triggering mechanism never hurts anyone, but the bullet can kill. So the real solution for reversing the true physical cause of disease is to remove the accumulation of toxic substances from the body.

Retaining waste material in the body causes many unpleasant problems, similar to those caused by backing up a sewage system. Toxins are discharged from the body by the liver, kidneys, lymphatic ducts, colon, lungs and skin. As more and more toxins accumulate in your system, they place severe stress on these organs of elimination.

With continued accumulation, the liver, kidneys, and other organs may begin to malfunction, causing a

weakening of the immune system. The endocrine glands no longer secrete the proper amounts of hormones into the bloodstream - metabolism slows, producing a hospitable environment for disease.

True understanding dispels fear. When we understand health and disease, in its whole form, we can no longer place the blame for our ill-health on the lowly germ, virus or bacteria. We must take our health into our own hands. Remember, fasting is always free and sweating plays a major role in removing toxins through our largest organ of elimination—the skin.



Written by Zeti Mozelle

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Renewable Energy continued....

Several businesses are using solar energy technology as a means of diversifying their energy source and thus being able to save money. According to a recent study certain developing nations are taking advantage of solar power. Kenya for example, is said to have the highest amount of household ownership rate of solar power system in the world. This shows that with certain countries that experience year round sunshine can take advantage of solar technology which can help to develop other industries.

Wind energy has been in use for hundreds of years. It has been harnessed and used through windmills for pumping water and the grinding of grains. However, today the use of wind energy has been upgraded from simply being used to as a source of power to pump water to the generation of electricity. The wind mills of old have been upgraded to a modern wind turbine, even though the concept has basically remained the same. These wind turbines are often mounted up to 100 feet in the air and sometimes have two to three blades to capture the wind. This

causes a rotor to spin turning a shaft which in turn spins a generator leading to electrical energy being produced. In Colorado near Lamar there is a wind farm, which makes use of wind energy. Each turbine on the farm is said to produce up to 1.5 megawatts of electricity. Some people are combining the use of solar and wind energy as a means of powering their homes. Geothermal energy is obtained from using the heat from within the earth. The word geothermal has its origin from the Greek words *geo* which means earth and *thermo* that means *heat*. The heat from within the earth can be in the form of hot water, magma or steam which can be harnessed and used for the generation of electricity or to heat buildings. In the United States there are rebate programs that offer federal tax credit for switching or making use of some sort of renewable energy source.

With the current crisis that is facing

humanity in terms of the pollution of our environment from the use of fossil fuel, one can see the dire need to adopt a cleaner and safer source of energy. Adopting or changing to a more renewable energy source does not mean that there will be no pollution or greenhouse gas emission. What it does mean is that the renewable energy source will help to reduce to a great extent the carbon dioxide and other harmful gas being greatly produced, thus helping to improve the environment. No one renewable energy source may be enough to generate electricity for a home or country however a combination like wind and solar should be enough to do so. It is the opinion of many scientists, which the writer also shares, that the world can be powered by wind, water, sun and geothermal energy. Renewable energy can and will benefit everyone in the long run.