

Regeneration for a New You!

Chart: 1 year from today 98% of your body is new: Regenerating or Degenerating
Not one month, not two weeks, 1 year!

Why so little energy and so much sickness in our world?

1. Nutritive Decline of our Foods: Chart from Donna Ragalado
2. What have we done to our foods?

Why do you eat: Energy and Healthy body!

Everything going on in our body boils down to an energy crisis?

Getting energy from what we do and eat

1. Digestion

Digestion is the most misunderstood and misrepresented topic of health

Digestion is about building a mansion or a dump-What do you want to live in. What are you putting into your body?

Digestive aids are the Top Over the counter medicinals – people are living in dumps.

Good news is that the digestive system can heal itself very quickly – given enough

Critical Criteria: Whole, nutritionally dense foods, life force preserved.

30' tube

Digestion: mouth, stomach, small intestine (support liver gallbladder, pancreas)

Absorption: small intestine, liver, lymph, blood, cells

Assimilation: cells – equal amount eliminated

things are Kidneys, lungs, lymph, liver, colon, gallbladder

Digestion: most energy using process in the body

3 meals with no enzymatically rich foods, takes energy equal to full day of hard labor – is it any wonder people are living on stimulants constantly

2 most important things that affect energy in our body:

1. Amount of time food spends in the digestive system
2. quality of the food
- 3.

Amount of time spent in this process is critical – too much time toxic, fermentation

Fruit quickest m- with other foods - ferment

Raw vs cooked

Plants vs. meat

Quality of the food: High energy/Life supporting/regenerative –
Critical Criteria: Whole, nutritionally dense foods, life force preserved
SR foods: This is exactly what SR foods are – why they are regenerative

Abundant energy – SR - (predigested) Ready for Absorption and assimilation

Enzymatically rich: 2 types of enzymes

–digestive enzymes–in food for that specific food

metabolic enzymes – needed for every function of the body

Make its own from nutritionally dense food

Just to digest cooked and empty foods – rob the metabolic enzymes for life functions

Bank account: Empty bankrupt – disease symptoms

Quickly results –symptoms from depleted systems start to disappear

Organs etc. take longer

feel difference – regeneration takes longer – organs need to be rebuilt

Slow down, shut down digestive system: Stress

Make meals time of GRATITUDE & a gift to our bodies

Systems are very interrelated: How is our Immune system affected?

30 min. after eating dead cooked food – body's what blood cells – immune

system goes into full force – treats food as a foreign substance

-wear out the system, when needed for defense – unable to function properly

Demonstration: One of the quickest ways to see if SR foods really work for people with Digestive System problems: Open the capsules and make Assimilaid tea-hurting & before meals: Serve: Sample of Assimilaid tea

Chart: Immune Systems chart of degeneration: Donna Regalado 2001

Tape: For an excellent grasp of this very very important topic:

Digestive System : Coleen Ceton – Dec. 99

Review:

1. Any health challenge going on in our body boils down to what kind of crisis?
energy crisis
2. Most important things that affect energy we get in our body from the food we eat:
time spent in body
quality of the food
4. Criteria for regenerative food: Nutritionally intact (whole,), nutritionally dense,
life force preserved
5. What should our meal time be: Gratitude and a gift to our body

2. Difference between Regeneration & Substitution:

Chart: Regeneration vs. Substitution

Article: p. Reperation. Vs. Substitution – Dr. Dean Black 45- product Handbook

3. Acid vs. Alkaline pH.

All disease will leave the body when the body the body is alkaline. 7 pH, 8 pH cancer cannot live.

It's what's left in the body after the body is finished buring or using the food that leaves an acid or alkaline ash: determines if it is an alkaline or acid food.

Chart: Acid vs. Alkaline pH

Activity: Paper plate - 80% alkaline, 20% acid – list of foods

Handout: Alkaline Ash foods

4. Cleansing:

Article: When the going its tough, the tough keep going

Tape: Cleansing responses: Cleansing Responses: Moving Toward Better Health. Oct. 2002

5. Colon Health: Life and Death begin in the colon

Handout: Waste Management

Tape: Health and the colon – Colleen Ceton

August 1995

Make your meals a time of Gratitude to God and a Gift to your Body!