

Chi Energy Training & Nutrition Basics

<http://www.chienergyheals.com>

Presents Chi Energy Instructor

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Sources for Nutrition: Books and websites that offer excellent nutritional information

- www.westonaprice.org [a worldwide resource for the Dr. Price's groundbreaking nutrition discoveries and a local food sources, where to get raw milk, grass fed meats & poultry and eggs, local chapters can provide cooking classes, pot lucks and support and learning]
- www.ppnf.org [Price Pottenger nutrition foundation, a great resource for Dr. Price and Dr. Pottenger's groundbreaking nutrition work and other great nutritionists works]
- www.mercola.com [great alternative medicine website, that is free and accurate]
- "Know Your Fats: The Complete Primer for Understanding the Nutrition of Fats, Oils and Cholesterol" Mary Enig, PhD in lipid chemistry
- "Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats" Sally Fallon and Mary Enig
- "Detoxify or Die" Sherry Rogers, MD
- "Gut and Psychology Syndrome" Dr. Natasha Campbell-McBride, MD [14 strain Bio-kult probiotic formulator]
- "Traditional Foods are our Best Medicine" Ronald Schmid, ND
- "Nutrition and Physical Degeneration" Dr. Weston Price, DDS

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Eat locally and seasonally

Buy organic, farmers markets & community supported agriculture projects

www.ams.usda.gov/farmersmarkets/

www.eatwild.com

www.localharvest.org

www.eatwellguide.org/

www.nal.usda.gov/afsic/pubs/csa/csa.shtml

www.slowfood.com

www.westonaprice.org

www.foodroutes.org

www.sustainabletable.org/

www.biodynamics.com/

As a School of Chi Energy Practitioner,

- We can ultimately transmute anything bad that we might eat, drink or breathe but why tempt fate especially since we are still learning and developing regarding our Chi training -- it is far wiser to just eat right from the beginning and save our chi for other extreme ability purposes.

The solution to pollution is dilution

Minimize your exposure by buying organic and pasteurized fed and detoxify yourself regularly with:

- Performing your Chi Energy training daily
- A 1 day a week fast - on homemade organic chicken broth
- Sweat therapy - daily far infra red sauna use
- Getting plenty of exercise
- Eating right and drinking plenty of clean & pure water

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Water

- Tap water is contaminated with chemical pollutants, heavy metals, drug residues, human waste
- Shower soft shower filter [http://ppnf.org/?s=shower+filter&post_type=0] – ingest more chlorine residue than by drinking a gallon of tap water
- Tap water filter [Doulton counter top model or the gravity feed used in disaster areas]
- Plastic contamination of bottled water

Learning to cook

- If you depend on government, a restaurant or deli or a health food store to make the right health choices for your body and mind - you will be ingesting bad fats that will ultimately hurt your health
- **Cooksillustrated.com** & Americans test kitchen TV show --- use the correct fats I mention here not what they recommend and “**Nourishing Traditions**” Sally Fallon & Mary Enig [cookbook]
- Best cookware [stainless steel – no: aluminum, non stick or cast iron or microwave]

Conventional vs Organic

- Buy organic - especially meats, eggs fats and oils – contains more vital nutrients so in the long run even though the food cost more you get more vital nutrients out of it

Everyone in this country is over fed but under nourished

- Diabetes and obesity are skyrocketing epidemics – we are eating way to many processed carb foods

General dietary principles

- We medicate ourselves towards good health or toward illness every meal that we eat
- Protein for breakfast do not eat the typical high carb breakfast or you will crash in the afternoon and yo-yo your blood sugar all day
- Don't diet - change your lifestyle, studies show that dieting just makes you regain more weight later
- Eat your biggest meal at lunch
- Make snacks protein and fatty not carbs
- Last meal by 8pm, so your liver can detoxify the body from 1-3 am unhindered by digestion
- 2 tbs of organic coconut oil will help you lose weight and lubricate the body and strengthen your thyroid

Grains

- Whole vs processed [brown rice vs white or flour]
- Soak them overnight in slightly acidic solution [1 tsp yogurt or lemon juice] deactivates the mineral and enzyme inhibitors that are on them
- Avoid boxed cereals - rats lived longer eating the box instead of the cereal in the box
- Avoid the center of the grocery store which is the processed food wasteland avoid it like the plague that it is - shop the periphery
- All pasta is a highly refined food – think about it pasta is just a vehicle for getting the sauce into your mouth you can put the sauce on whole grains – brown rice, barley, quinoa, amaranth, buckwheat
- 1 in 133 people are gluten intolerant [gluten containing: wheat, spelt, rye, barley]

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Beans

- Soak them overnight in slightly acidic solution [1 tsp yogurt or lemon juice] deactivates the mineral and enzyme inhibitors that are on them
- Avoid all unfermented soy [soymilk, tofu, soy cheese, soy sauce unless it say fermented 6 months or more – you can make soy sauce in 48 hours with a chemical process but not good for digestion – very cold and a lot of MSG in it [excito-toxin = the taste that kills]

Fruits & Veggies

- Need fats to absorb the phyto-nutrients of veggies and to some degree fruits
- Create a rainbow of colors on your plate
- Eat more veggies and less fruit
- Small wild fruits the best nutrients are in the skin the pulp is tasty and sweet but not much nutrients there

Fats & Oils

- Organic and cold pressed – dark glass bottle or black plastic
- High good fat & no bad fat diet is generally best
- GOOD Fats = ghee, butter, coconut oil, extra-virgin olive oil, lard, tallow, duck or goose fat, cold-pressed sesame oil, [cod liver oil, fish oils or flax oil = supplements - not for cooking with]
- BAD Fats = soy, sunflower, safflower, corn, canola, cottonseed, any type of margarine, any fully or partially hydrogenated oils, Crisco, solvent extracted oils and trans fats
- Inflammation = high omega 6 to 3 ratio [grain fed livestock, supermarket eggs]
- Hydrogenated, partially hydrogenated and trans fats = plastic do the experiment put butter and margarine on a plate no animal, bird or insect will eat margarine unless mix it into something like popcorn
- Cell membranes fat – protein – fat layers

- Cholesterol friend or foe article Dr. Natasha Campbell-McBride, MD
- Vitamin d deficiency epidemic [25- hydroxycalciferol vit d test -- 55ng/ml optimum] – UV Advantage by Dr. M. Holick
- 20 minutes of sun exposure fallacy in winter in all of usa except maybe the tip of FL or TX
- Artery clog 74% polyunsaturated not the saturated like you have been led to believe = saturated = no double bonds = monounsaturated and polyunsaturated = double bonds present = solid at room temp or not and heat sensitive and ease of going rancid
- temp gradient = heat tolerance of fats and oils just like your cars engine oil [more heat tolerant -tallow, lard, suet, coconut, ghee, butter, olive oil – less heat tolerant]

Milk

www.realmilk.com

- Whole, cream on top
- Raw or nothing best choice
- 2%, fat free, skim are all franken foods – real milk is full fat whole milk – you need the fat to assimilate the calcium and proteins correctly
- Dangers of pasteurization and homogenization = dirty milk full of dead bacteria carcasses even organic
- All contaminated milk outbreaks have been from pasteurized
- Raw milk ferments and turns into something edible – pasteurized milk rots
- Milk substitutes if you can't get raw [cream on yogurt or kefir, coconut milk, cream thinned with water, homemade nut milks]

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Nuts and Seeds

- Raw almonds now gasses with propyl oxide
- Crispy nuts - soak them overnight in slightly salty solution [1 tsp – 1 tbs per 4 cups nuts depending on the nuts] deactivates the mineral and enzyme inhibitors that are on them
- Almond butter vs peanut butter [legume not a nut, not good fatty acid profile, ALFATOXIN mold danger]
- Beware of oil used to roast them in cottonseed oil good for varnishing a door but not eating

Sugars

- Avoid sodas = 3 dangers to acidify the body [carbonation, sugar, acid]
- Depress immune system for 5 hours
- Save for the weekend or holidays and special occasions
- Nutrient robber
- Corn syrup danger = becoming a corny nation
- Aspartame [excito-toxin = the taste that kills] and other artificial sweetener
- Splenda and other artificial sweetener
- Really raw honey and other bee products [10% scientific mystery = turn a drone bee into a queen = 4x bigger and lives 4x longer]

Meats – Fish – Eggs

- Wild or pasture fed, free range is best
- Natural and free range can be meaningless
- Vital choice seafood [www.vitalchoice.com]
- www.uswellnessmeats.com

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- Organ meats [naturopath for our own organ = chicken heart for our heart & COQ10]
- Mineral def = 1933 congress usa soils dangerously mineral depleted [6 foods = nuts &
- seed, eggs, sea veggie, Celtic salt, organ meat, broth]
- Rarer the better = heat damages the proteins [egg white & biochem denatured proteins]

Salt

- Celtic grey unrefined sea salt and 15% minerals vs 99% pure sodium chloride for the chemical and photograph industry

You get what you pay for with food and supplements

- Not all food and supplements are created equal
- Discount store vitamins are junk most health food brands like now, Jarrow, super nutrition, solgar, and rainbow light are ok for basic supplements but there are better companies for specific supplements
- Vitamin e - ac grace company and their unique E no rancid filler oils
- No such thing as a one a day vitamin – water soluble vitamin gone in 4 hours
- Vitamin c great for clearing out constipation and keeping stool soft and dealing with traveler's constipation
- Iron free multi only [except for menstruating women]
- No hormone creams for the women – sublingual drops much safer and more accurate dosing = easy hormone overload and toxic to spouse hormone levels and the hormone levels of their children and grand children

Conclusion

- Don't torture yourself by trying to attain dietary perfection which is not possible.
- Do remember to keep the ingredients non-toxic and healthy the majority of the time, especially regarding the fats and oils.
- It is important to get pleasure from your food choices.
- Don't overdo desserts and sugary treats, save them for special occasions, holidays or for the weekends.
- Sugars are an anti-nutrient or vital nutrient robber and depress the immune system for 4 hours after eating any form of it (except stevia).
- There are no rules, only principles of nature which we must all live by or die by - learn about what your unique body-mind needs to maintain itself.
- Create your own body owner's manual.
- Experiment with what works for you and what doesn't.
- There is no one way that works for everyone, for we are all biologically individual and unique.

If you feel happy, contented, vital and energetic, have good digestion, have a clear and sharp mind, get plenty of exercise, have at least one healthy bowel movement per day, have sound and restful sleep with no getting up to urinate and take plenty of vacations and do your chi training daily - you are probably doing it right regarding healthy diet and lifestyle choices.