



Principle 8 - Wholesome Foods

I want to tell you about a lovely lady I will call Mary (not her real name) who in her mid 70's was found to have very low functioning kidneys and was told that she was very soon going to need to go on renal dialysis. She stated that her kidneys were functioning at 14% and was being recommended that she start on dialysis. She wanted to know what natural options she had. I recommended a change in diet and herbs to clean out and restore her kidney function. Mary's husband wasn't open to removing some processed foods and meats from his diet and Mary didn't want to seem difficult by eating differently than her husband. But she really needed to eat a cleaner diet because her kidneys didn't have the capacity to clean out the extra toxins. She balked at eating wholesome foods that were different than what her husband ate.

I challenged her by asking if her husband would rather that she be on dialysis and have a potentially shorter life or if it might be worth eating differently for her to be around for him and the rest of the family. She agreed that she was willing to eat better foods, and to take the simple herbs in very high amounts for the time that it took to clean out the kidneys and restore them to proper functioning.

We have heard of food referred to as fuel, like putting gas in a car. For a very simple system like an internal combustion engine that works for a time, until the filters need changed or something breaks and needs to be repaired.

I think of food as materials for replacement parts or building materials as our body is in a constant state of growth and repair. The quality of the materials are critical and God's wholesome plants are the Original Equipment Manufacturer (OEM) parts that are needed to achieve best operational function. God is the engineer of our body and we should only put in materials or parts that are designed by Him. By rejecting parts that are not made by the engineer we ensure our body keeps working as designed.

Foods that are fresh and just picked have more nutrition than foods that have been picked weeks ago or have been stored or processed. Focus your food and nutrition on locally-grown and fresh materials when you have the opportunity. Processing takes away nutrition, whereas fresh and whole ensures better nutrition. I prefer homegrown food with no chemicals, or organic certified foods to ensure that there are no chemicals that my body needs to spend time and energy cleaning out.

By eating foods in their wholesome state that are in season you are meeting your basic body needs with the foods that you eat. Then the herbal foods you take to supplement are able to be used by your body to work on rebuilding the area that you are focused on. If you are not eating a wholesome diet, the herbal supplements will instead be used to meet critical foundational needs for staying alive. Your body will prioritize and if the foods you are eating don't meet the critical nutritional needs the herbs will be used for those needs.

Let's say you are eating a very good wholesome and in-season diet and meeting your core physical needs with what you eat. Then you are working on rebuilding a system of your body and taking some herbal food supplements targeted at helping that system rebuild. You can expect to experience rapid progress as you diligently follow the program that you have set out for yourself because you are getting enough materials.

You are probably wondering about the end of Mary's story. She did change her diet. She also took the aggressive amount of kidney formula herbs needed to cleanse and rebuild her kidneys. She rebuilt her kidney function and never needed to go on dialysis. The next lab results showed her kidneys functioning at 54%. She is still alive enjoying her health and spending retirement with her husband and her children and grandchildren.

In the next post we will examine the **In-season principle** and identify how we can benefit when we follow it even though we have the ability to get many foods year round which are not local or in-season.