



## Principle 15 - Temple Quality Materials

I have a truck that is a fine machine. This truck is not new but it is well taken care of. It is comfortable, does all the work I need it to do, and my wife and I enjoy spending time in it. I take care of it so that it will continue serving us for many more years. I put only original equipment manufacturer (OEM) parts in it. I want it to work properly so I wouldn't even consider putting a part in it that wasn't made for it.

Our body is also a very fine machine, much more than a machine even. Who was the designer or engineer of this perfect body? Of course, God was the designer. Before I learned this principle, I had some work done on my body that put in parts that were not designed by God. I'm now having trouble with those replacement parts. On the other hand, I have rebuilt many parts of my body with God-made parts and they are working wonderfully many years later. Perhaps you remember me mentioning in Principle #1 the damage I did to my knee. I didn't allow surgery on it and was in pain for eight years. Then after learning what plants worked to rebuild it, I completed the rebuild of my knee using only herbs. That was over 24 years ago and it still works perfectly today. From this and many other experiences, I concluded that using only God-made parts or materials in my body is the only way to take perfect care of the body.

There are three levels of taking care of your body. Each of the three levels builds upon the level before it. These levels are:

1. Put only Original Equipment Manufacturer (OEM) parts (God-Made Plants) in your body. Only God-made parts are able to perfectly rebuild our perfect body. If you are like me, perhaps you have had some other parts put in. We can't turn back the clock and undo that, but we can move forward and put in no more man-made parts. God-made parts are the plants that work perfectly to rebuild the part of the body that is affected. It starts by eating only fresh, organic foods. These are foods that are in-season and wholesome. These foods have not been altered by man. They have not had chemicals added. These foods are in their best state to provide perfect nutrition for our body.

2. The second level builds on the first level. You can test and then record foods that test high, or are "temple quality" for your body each quarter or each season. What does our body need to rebuild this season? Take in the right foods for your body now. Of the hundreds of plants that are good for food there are some that your individual body needs now and others that you do not need now. To know what foods are temple quality for your body now you can test all the foods and ensure that you eat from just those that are right for your body at this time. You can use self-muscle testing to determine the nutrition quality of each food for you. (A spreadsheet you can use as a starting place is attached.)

Test each of the foods for the level of goodness it is for you on a 1 to 5 scale, 1 is lowest and 5 is highest. Foods that are below 3 are not good for you, they are toxic for your body. Foods that test as a 3 are not toxic and are also not needed right now by your body. These foods you would eat sparingly. Foods that are above 4 are "temple quality". Focus on these "temple quality" foods. Eat foods that test 3 only as ingredients of dishes that test 4 and above.

I have found that the quickest way to test is to start the self-muscle testing on each food at 3, as I don't need to eat anything that is 2 or below. I use the statement, "\_\_\_\_\_ (name the food) is at least a 3", "at least a 4", and so forth. Record the final result in your spreadsheet. If my test for "\_\_\_\_\_ is at least a 3" is false then I record a 0 on that food as it is not good for me. At the end of testing everything in the spreadsheet, you can sort so that the highest foods are at the top of each column and **highlight** those that are 4 and above. Then you might print just those that are highlighted for quick reference of what are the best foods for you at this time. Self-muscle test how long the testing is good for, and make a note of the date. 3. The third level is precise eating of temple quality foods for right now; the right foods for right now, at this time or at this meal. Each day our body needs different materials to rebuild with. I introduced this concept briefly in Principle #2, when we remembered that when building a house we need different materials depending on the stage of building we are at. This is true of our body. We can ask our body what is perfect for today's rebuilding needs. When we muscle test for what herbs are needed we learn what is needed for today and get those materials in the perfect amount. In the business world there is "just in time" delivery. An organization that uses "just in time delivery" doesn't have to have a warehouse to store excess. If our body is getting just what it needs each day, it is at optimal energy, optimal wellness, and optimal weight because it doesn't have to store the excess.