

## Food and intake = information for the self



*Illustration: The receptors operates as tensional strings*

Everything you have, use, or give to others, equals information. You as a human being and other life forms as well, will try to adapt. It will adapt if your environment, genes and mentality is set for an adaptation. Conscious wise..

Possible document related:

- [Epigenetics 1.1](#)
- [CQ Doc 3.2](#)

There is an example in '*Epigenetics Doc 1.1*' referring to sugar. This example is directly linked to what you put into your body. It is either poisonous or nutritious. By this meaning, what fits your genes, is only something the self can know for sure, and the medical industry with your doctor can facilitate for you. It is basically a scam if it is regarding self point of view. If it is the self point for you from a patient point of view, economics is involved. Economics does not care about your health. Medicines are in fact a wonderful discovery, extracted from nature.

So, how your body works (in short terms): You feed. You eat a lot and it is a sugar based diet. Your stomach, and your abdomen is elastic. If you eat a lot, your stomach will expand. If your stomach expands the receptors at this specific area of your body, will adapt. The receptors in your stomach are functioning at every level vertically (as a result of quantum gravity). Adaptation is key. Let's say you want to lose weight, do it slow so your skin can adapt.

By this meaning; *your gut feeling and your mind craves food if it is abundant with lack of self-control.*

If you are familiar with fasting, you should know this: The hunger in you will vanish. When the hunger in you vanishes, and your body can use your energy on what it is possibly meant for, at least in periods, it will strengthen your synapses. This is well known within every religion we do have on planet Earth. Unfortunately not yet scientifically proven, or implemented in daily lives or the society you have. Fat, as we know it, was useful in the past as storage of heat. Most of us do not need this anymore. We do not need it as a result of technology developed..

*A question:* If you do not eat for two/three days, will your hunger disappear?

If you try fasting, remember that this is a skill which should be trained. To avoid mood/nauseous related situations

*An example:* If you are overweight, your child will not necessarily become overweight. It depends on the child's environment. And what you manage to provide for your child with the knowledge on how it will affect the person.

*Information equals energy and if you are not a light being, eat well. Sugars are within every food.*