

BECAUSE YOUR NEW BABY MATTERS!

Healing Our Children



Sacred Wisdom for Preconception,
Pregnancy, Birth and Parenting

Ramiel Nagel
Foreword by Sally Fallon

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Invocation:

(Please join me if you like.)

I surrender to the Supreme Being, who is in all things.

Dear divine mother and father, due to our ignorant ways our children are suffering greatly. Please, let me be a vehicle for your healing grace. Help these children, and these parents, to see the light to a better way for all.

Intention:

The purpose of this book is to ground forgotten knowledge and wisdom of how to create healthy children, and more comfortable pregnancies, into this Earth, in order to support healing, bliss and redemption for all.

Activity:

What is your intention in reading this book? Take a moment to look for it and acknowledge it!

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Foreword

by
Sally Fallon

Philosophies of child rearing change over the years. We look back with horror at the typical Victorian attitude towards children—one that mandated strict discipline, often by whipping and beating, from an early age, and separation from their mothers, if not at birth, then at the age when the young child was sent away to boarding school.

How will future commentators describe the child-rearing techniques of the 20th and 21st centuries? No doubt we will applaud the progress made in meeting the emotional needs of the child, at least in principle. No one today condones an unnecessarily strict upbringing for children, deprivation of maternal bonding or dangerous corporal punishment.

But how will future generations assess our attitude towards the physical development of the child? Most likely future commentators will point out the egregious errors we are currently making in the physical nourishment of our children, even our complete ignorance of the connection between diet and health. Ramiel Nagel rightly begins *Healing Our Children* with a discussion of responsibility.

He notes that our cultural belief system supports a lack of personal responsibility in the area of the physical development of children. Health problems in children are usually blamed on the two g's—germs and genes. If a child has an acute or infectious illness, we say it is caused by germs—we blame Nature. If a child suffers from a birth defect or chronic disease, we say it is caused by bad genes—we blame God.

This attitude contrasts starkly with the attitude of non-industrialized, so-called primitive peoples described by nutrition pioneer Weston A. Price in his book *Nutrition and Physical Degeneration*. Dr. Price was awestruck by the fact that traditional peoples took full responsibility for the health of their offspring. If a child suffered from disease or was born with a defect, the parents understood that the fault was not Nature's or God's, but their own.

However, this rarely happened because so-called primitive peoples had a profound understanding of the kind of foods needed for the production of healthy children. They understood that both parents required special, nutrient-dense feeding before conception, that mothers required superlative nutrition during pregnancy and lactation, and that growing children required a nutrient-dense diet from their first bite of solid food.

Of course, many scientists and commentators today do acknowledge a connection between diet and health; unfortunately the dietary advice of the vast majority—with their recommendations of lowfat, mostly vegetarian and even salt-free diets for pregnant women and growing children—is appalling, a guaranteed recipe for health problems almost from birth.

Care and attention to the diet during pre-conception, pregnancy and growth will provide your child with that greatest of gifts—a strong, well-formed healthy physical body and keen, creative mind. But parents need accurate information on how to do this, and there is no better place to start than with the research findings of Dr. Weston A. Price. Ramiel Nagel has done a

superlative job of presenting the work of Dr. Weston A. Price and translating those findings into modern terminology and practical guidelines for ensuring the health of your baby.

It is instructive to use the analogy of building a house to underscore the importance of optimal nutrition for the infant. A house that is spacious and strongly built will serve as a pleasant home for many, many years, even if the occupants are less than conscientious about the upkeep. And if such a house falls into disrepair because of poor maintenance, it can be brought back to good condition again with the proper attention. But a house that is poorly built may never be comfortable and will require constant maintenance just to keep it from falling down.

Most children growing up today live in the latter type of house. Throughout life, in order to be healthy, such individuals will need to pay very careful attention to their diets at all times. Their houses will likely be constantly springing leaks—allergies, digestive problems, fatigue, behavior abnormalities, etc.

Those born before the Second World War, when the food most Americans ate was of excel-

lent quality, likely live in a body that is solidly built; these lucky individuals can indulge in junk food, at least for a time, without showing any signs of poor health, and if they are careful to eat a nutrient-dense traditional diet, can count on a long and healthy life.

Providing the information parents need to give their children their birthright of a healthy, well-built body must be our number one priority if humanity is to make any further progress on this earth. The effort parents put into good nutrition for their children, starting even before conception, will return many blessings for the child, the parents and the generations to come.

Healing Our Children will serve as an important tool in reversing the now obvious trend to physical degeneration and restoring vibrant health to all children.

Sally Fallon, President
The Weston A. Price Foundation
October, 2008

Welcome!

Thank you for taking the time, energy, and effort to read my book. In this book, you will learn how to create healthy and vibrant children. You deserve the best for yourself and for your children, and it is my goal to help you achieve that success. That is the purpose of this book. So, welcome...

The Beginning

The world around us is falling apart. We all came into this world on a cloud of hope and inspiration, with a longing to be loved, joyfully received and cared for. Due to the ignorance in this world and in our parents, many of us did not receive this welcoming. Rather than entering a world of peace, joy, love and compassion, we found a world of suffering.

As children, many of us were not well cared for and were not given what we truly longed to receive. Instead of attention and caring, many of us were abused physically, emotionally, and even sexually. We were raised in a generally uncaring world, in which superficial values were given precedence over what really matters — the heart.

Now that we are adults with our own children, we are presented with a new opportunity for hope. With the new generation of our children we can, if we choose, erase many of these pains and sorrows. Rather than raising our children unconsciously, many of us are groping to find a new way.

As a soon-to-be parent, I didn't know how to take care of my coming child. I did not know how to prepare for pregnancy. When I looked to the world around me for answers on how to raise healthy children, I found little or no com-

plete resources for real, natural, healthy parenting.

I did find some good ideas and a few tidbits here and there, but I really felt that I had to carve my own path without the support and concrete guidance I would have liked. In many ways, in fact, I was completely clueless about the effects my lifestyle was having on my child before she was even born, and later as she began to grow. When my daughter was one year old, I started to research natural health care because her teeth started to rapidly decay. This book is the result of that research, of learning the REAL causes of disease and finding REAL cures and treatments to prevent disease.

It is my wish and prayer for your child to be as healthy, happy, and vibrant as my children are, and even healthier.

Nature's Plan for Healthy Children

Can you imagine that the creative force of the Universe, which we see all around us as Nature, which created our DNA and our very existence, has a design and plan for you and your children? There is such a plan — a plan for success and abundance. Throughout this book you will be learning about this plan, and how we as humans, in not following it, mistakenly create unhealthy children. You will learn of many of the ways that we have strayed from this plan. However, you will also be given a view of the beautiful valley of possibilities for aligning with Nature's goal of success: a healthy and content baby.

A Healthy Child

A healthy child is a child who rarely or never gets sick. She may have some minor or occasional illnesses, sensitivities or allergies, but these do not affect in any significant way the child's well being. A healthy child does not have Attention Deficit Disorder, does not have autism, and is usually, but not always (that's impossible), well mannered and agreeable. A healthy child has perfect vision of 20/20 or better, has straight teeth without cavities and has a beautiful and well-proportioned face. A healthy child meets and usually exceeds the expectations in terms of intelligence for his or her age group and fulfills his or her developmental potential to the fullest. A healthy child sleeps easily and awakes rested and energized. A healthy child is full of love and compassion. For a healthy child, the world is an engaging playground to live in, learn from, and enjoy. A healthy child is full of vitality and radiates a sense of alertness and aliveness that others can see and feel. Does this child sound like one that you would like to create?

Creating Healthy Children

I know what a healthy child is because this description fits my five year old daughter Sparkle very well. My father has consistently remarked about her qualities and character. "I don't know what you are doing with your daughter," he says to me, without knowing or even wanting to know, "but I can tell you are doing something right." While you might say I am fortunate or that it is a blessing to have a child like this, I can tell you that as fortunate as I am, it has nothing to do with luck; it happened primarily through my conscious efforts and choices — choices that few parents even are aware of. In this book I aim to guide you to make the best choices for yourself and your child.

Pearls of Wisdom

Interspersed throughout this book are pearls of wisdom from my partner in crime—scratch that — my partner in child creating, living, and child

rearing. These tidbits add another perspective to the discussion, and we hope will help you, the reader, to drop deeper into yourself and into your longing to create a healthy child.

Michelle Says: "Each one of us has inherent potential to conceive and create a beautiful and healthy child. The first step to this is to know and believe it is true. It may appear that it is easier for some people to have healthy children than it is for others. Nonetheless, it takes effort—both the outer effort of providing proper nutrition, and the inner effort of introspection, of finding that healthy child within ourselves first, so that we can create her in the outer world."

Let's get down to business. We are going to learn all about health. But first, it's time to learn about what really causes disease.

Part I
The Plague

The Cause of Disease Only You Are Responsible for Your Child's Health

When I was four years old, my knees would hurt frequently at night. I couldn't sleep and sometimes even cried in pain. This seemed only to irritate my parents. In my teenage years, the teeth in the lower half of my mouth grew in crooked; even suffering through braces for two years did not correct the problem. Then, I had to have all of my wisdom teeth surgically removed because they also grew in crooked.

I had other physical problems as well. I would frequently have an upset stomach and I developed poor digestion. My body did not grow properly, and my posture consequently suffered. My vision deteriorated and I had to get glasses, but the glasses were ugly so I tried contact lenses. But the contact lenses burned my eyes so I finally stopped wearing them and had to settle for bad vision. In addition to these ailments, I was excessively shy and afraid to talk with people; I would always try to hide. I was slow to heal as well. I got a sunburn once and developed a rash on my face that has lasted for over twelve years and is now, finally, almost gone. For years, my back would hurt every day for no apparent reason. I saw many doctors and health professionals for my knee problems and skin rashes, but none of them seemed to be able to address the cause of my conditions.

While you may have experienced different symptoms, circumstances and problems while growing up, I share my experience with you because I now know that these conditions are not

inherent to the human body. Rather, they are an inherent effect of the modern way in which we live. In the next few chapters, I will demonstrate for you how many of these illnesses and diseases are not natural, but rather are a reaction to the way we live in the modern world. By changing how we live and who we have become, we can prevent and cure modern diseases. By not changing how we live, we will perpetuate modern diseases and as a result our children may suffer.

One last thought here. During my college years, I lacked energy to do anything, and lost most of my will to live because my life was so unfulfilling. I became lazy and despondent. Yet within me was a fire: a "burning for burning," representing the fire of love, of being alive, of action, of doing the right thing, and of everything that represents that burning spark within. This book is a testament to the fire within each of us. It is the phoenix that rises out of the ashes, in all of its glory.

Activity: Take a moment and look for the fire within you. Do you feel a desire to grow, share, and change? Do you feel a longing for oneness with something filled with love, beauty, wholeness and compassion? Do you feel strongly motivated to do something but don't know what it is?

Intention: Due to our laziness, and due to false knowledge perpetuated throughout our culture and family systems, we have given our

power away to the “authority.” This chapter is dedicated to reclaiming your inner power to create health for yourself and your children.

A Paradigm of Personal Responsibility

Here’s something to chew on: If something unfortunate happens in your life, whose fault or responsibility is it? Who or what caused this bad occurrence? What is in your hands, and what is controlled by fate?

Throughout this book, I rely on a set of channeled lectures that are affectionately called the Pathwork®. Without saying more about the precise source of these lectures, I here add some wisdom from this work, adding only that it is powerful and it works.

*The law of personal responsibility is the guiding principle on the search for the root of one’s obstructions. It enables the individual to resolve what-ever problem he may have. It opens up life with all its rich possibilities. It forces him to see things in their true light, and uncomfortable as this may first seem, it leaves him in the end with a lot more self-respect, integrity, and hope than the helpless resignation to the circumstances life is supposed to bring about without one’s doing. It makes defeat unnecessary because it also removes, among other things, the childish illusion of one’s omnipotence, which is just as unrealistic as the illusion of being life’s passive victim. To accept one’s own limitations and the limitations of others increases the power to direct one’s life meaningfully.*¹

See what I mean? That’s good stuff. So, what does personal responsibility mean? It means you are NOT a passive victim of life or that your life’s circumstances are beyond your control. In the end, if you challenge these belief systems, you get a lot more self-respect and integrity (which is something that I assume you want).

Activity: Do you feel like a victim, or feel powerless or helpless in a certain area of your

life? If so, just pay attention to those feelings without trying to fix them. Don’t blame yourself; just notice how it feels to feel like a victim. It doesn’t feel good, so we usually ignore or deny it. Yet change will only happen when we have felt the feeling, no matter how uncomfortable it is.

Our Cultural Belief System Supports a Lack of Personal Responsibility

Let’s assume that personal responsibility represents a guiding light, a truthful and more potent way to live. What, then, might life look like when lived from a perspective devoid of personal responsibility? Life would not be full of possibilities, and you would believe that you could never see things in their true form. Defeat would always be around every corner, and you would feel like you were a victim of life’s circumstances. Does this sound familiar? If it doesn’t, let me remind you of some of the forces influencing your beliefs.

A belief system is a set of ideas that have energy, or feelings, behind them. Beliefs have power, gravity and weight. It is the feelings and emotions beneath the beliefs which give them power over us, and that guide us. We believe in the inherent truth of the system.

Hundreds of years ago, when people were afflicted with various types of ailments and diseases it was a common practice to blame evil spirits (note the lack of personal responsibility in this idea). People around the world still do this today, except that these evil spirits now have a new name. Scientists, doctors, dentists, and government officials have decided that these new “evil spirits” are called micro-organisms (viruses, bacteria, etc). The prevalent modern theory is that these viruses and bacteria are the basic or primary cause of disease.

The germ theory, the modern and accepted theory of disease today, originated with the work of Louis Pasteur (1822–1895), and has become cemented in our minds as the truth. Mr. Pasteur promoted a theory of disease that

is now the basis of most forms of modern medicine. This theory projects the idea that pathogenic organisms exist outside the body and that when the body's defenses are lowered, these organisms can invade the body and cause disease.

Modern Medicine/Germ Theory Examples

I am providing here a few examples of the germ theory to make very clear what our culture believes to be the causes of disease and other physical problems. This is important to understand because if you want to have healthy children, you need to have an empowering framework regarding what makes them sick. The following examples are not what I believe, but are the modern beliefs that many people hold:

A cold: A cold is caused when harmful cold viruses touch our eyes, nose or throat. It is caused when we come in contact with someone else who has a cold. They sneeze on us or through some other form of contact transmit their disease to us.

Chicken Pox: This highly contagious disease is caused by the chicken pox virus. You can obtain immunity to chicken pox when you have had the disease. If you do not contract this disease in childhood you could get it in adulthood when its consequences will be worse.

Poor Vision: Poor vision is due to the unlucky combination of genetic material (DNA) you received from your mother and father. Science will soon identify the genes for poor vision and excellent vision and hopefully be able to prevent the former.

Diet: Diet has only a small influence on our health. When you are healthy, you can eat most types of foods without any harm. Be sure to avoid unhealthy saturated fats that cause heart disease, and instead use unsaturated vegetable oils. Eat lean cuts of meat. In general avoid fat—it's bad for you—and make sure to have many servings of grains per day.

Degenerative diseases: Scientists do not understand the cause of cancer, heart disease, diabetes or _____ (name any disease). There is probably not one cause, but many

different factors are involved. Family history is a risk factor. Name any disease, and scientists probably believe that genetics play a role in getting it. There is no known cure for _____ (name any disease), they say, and the secrets to preventing it are not yet known.

Who Is Responsible For Curing Disease?

Based on our current way of thinking, there is one common thread running through the explanation of these examples. It can be summarized as, "You are not responsible for your disease." Just to be clear, if you or a family member has an incurable condition, this doesn't mean it was their fault; but it is their responsibility to take care of.

When you ask the question of who is responsible for curing disease, what answer do you usually get? Well, it's the doctor's responsibility, of course, and the government's and the entire medical establishment—everyone but you, right? Here's the problem: have they succeeded in curing disease? No, they haven't.

If doctors and scientists, the medical establishment and the government do not know how to cure diseases and do not know what causes them, do you want to give the responsibility for treating your disease, or for making you healthy, to them? If **they** are responsible for curing your disease, then what power does that leave you to find solutions and to take action?

If we are to believe in the law of personal responsibility, then we are empowered to reject the role of passive victim in our own lives. Conversely, this means that you will not be able to, or should not listen to, the conventional way of thinking about disease, because doing so makes you a victim to the disease.

Michelle Says: "Nowadays we look towards doctors and other 'professionals' to give us answers, to help us feel better and be healthy, as if we don't know anything about it ourselves. We are supposed to trust these 'professionals,' who are only taught the modern techniques of treating disease with drugs and surgery. They are not taught traditional methods, which have served different cultural groups across the globe in ef-

fective ways for thousands of years. Many of these professionals just inject us with chemicals, and then perform mostly needless surgery. What we need to do is relearn traditional methods of healing, and combine them with the modern techniques that are useful and helpful, so we can live healthy and harmonious lives. Very few professionals have spent any time cultivating compassion and love towards another human. How can we really heal ourselves or another without love or compassion?"

Activity: Do you want to be responsible for your health? Ask yourself this question and see what arises. If you listen closely, you'll hear two answers. One that says, yes, I do, and the other that says, no, I don't. Listen to and pay attention to the *yes*, and to the *no*. It is usually our hidden *no* to life that thwarts our efforts. Pay attention to the *no*, and invite in the *yes*.

Germ's Don't Cause Disease

We continually breathe in bacteria, viruses, and other micro-organisms.² Germs are everywhere. They exist in the soil, water, and on virtually everything we touch. Microbes are also in our bodies, including the beneficial bacteria in our intestines that help us absorb nutrients from our foods. When a person is healthy, germs live within them in a harmonious and positive state.

It is a well accepted fact that many viruses and bacteria such as polio, tuberculosis, and HIV, may be present in many healthy people's bodies in a dormant state, called latency, with the person experiencing no symptoms of disease. In several experiments, different germs from people infected with diseases like diphtheria, could not be passed to healthy subjects no matter what method of infection was tried.³ Even with our enormous exposure to microbes, most of them don't make us sick. To propose, therefore, that germs do not cause disease seems to provoke a negative reaction in many people; the idea is so contrary to the way we were educated. We were raised to believe that disease is caused by circumstances outside of our control, by the invading evil spirit, back in a new, physical form.

A Paradigm of Personal Responsibility

During the time of Mr. Pasteur, there also lived another French scientist by the name of Antoine Béchamp. He believed . . . yes, hold your breath here . . . **that germs do not cause disease.** Rather, he believed that germs exist and evolve in relationship to the changing conditions of the ecosystem in which they live. In other words, it is the unhealthy environment inside your body that creates sickness by providing the fertile ground on which the germs can mutate into harmful forms. Thus, germs can mutate and take new shapes and forms, and do so in response to their environment. The change occurs in stages, in a progression from simpler to more complex forms. The simplest form of germs are microbes (primitive phase), then bacteria (middle phase), and then fungus (end phase).⁴ This idea is similar to a caterpillar morphing into a butterfly, or a tadpole into a frog. It is also similar to what is observed in nature, where only certain plants grow in a particular geographic region. A palm tree grows in the desert; a redwood tree grows in the temperate forest. Redwood trees don't grow in the desert because that climate will not sustain them. Each plant exists in a symbiotic relationship to its geographical location, and only grows when certain conditions are met. But surely, you may be saying, the germ theory must be correct. It has been in application for over a hundred years now, giant corporations make billions off of its tenets, our medical establishment is based on it, and it is taught in schools and reported about in the media. Consider the fact that even Mr. Pasteur is said to have admitted on his death bed that "the microbe is nothing: the terrain is everything."⁵ Finally, newer live field microscopes which allow viewing of living samples at high magnifications show clear and irrefutable proof of microscopic forms evolving and changing in response to their terrain in a matter of seconds and minutes.⁶ This proves conclusively that pleomorphism is a real phenomenon and a part of our natural world.

There is evidence to suggest that microbes exist within the body to help the body clean and restore itself, and are a condition associated with a diseased state but are *not* the cause of disease

per se. For example, tuberculosis is a disease blamed on a bacterium, yet renowned tuberculosis expert Walter R. Hadwen, M.D., states: “Nobody has ever found a tubercle bacillus in the earliest stages of tuberculosis.”⁷ In several more recent studies, parasites and bacteria such as *E.coli* (stuff we think is really dangerous), have been used to heal conditions in the body with remarkable efficacy.⁸

How Can A “Perfect” Creation Become Sick?

When we look at our human bodies from a biological and chemical viewpoint, we see that they are perfectly created by nature. The various parts of the body such as the heart, the cells, the DNA, all operate as if they had a will of their own. An example of this comes from Nobel Prize winner Alex Carrel (1912), who observed the perfection of a microscopic slice of the heart of a chicken. The slice was kept in a nutrient-rich solution, replaced daily, and lived for 29 years. It only died when an assistant forgot to rinse the cells. Based on the results of this experiment, Dr. Carrel postulated:

*The cell is immortal. It is merely the fluid in which it floats which degenerates. Renew this fluid . . . and . . . the pulsation of life may go on forever.*⁹

We find this observation confirmed in ordinary anatomy textbooks as well.

*If the concentration [of fluid outside the cell] changes, so as to contain too much or too little of these [nutrients], the cells will become sick and act abnormally and eventually begin to die.*¹⁰

Dr. Albert V. Szent-Gyorgyi won the Nobel Prize in 1937 for discovering vitamin C. If the cell is perfect, he wondered, then how or why do we get sick?

Should then, man be the only imperfect creature kept alive in the face of all his im-

*perfections only by means created by his own mind? If not, where do all these ailments come from?*¹¹

In other words, if the cell was created with the potential for immortality, then illness, death and disease may come from somewhere else. Could that source be our own minds, as Dr. Szent-György postulated? Dr. Szent-György is not the only person to allude to some extra-physical source of disease and suffering.

The Yellow Emperor’s Classic on Internal Medicine is one of humanity’s oldest medical texts in existence. In a translation of this ancient Chinese work, we read of how the Yellow Emperor asked his health minister, Ch’I Po, about the true nature of disease. Why is it, he wonders, that people used to live to an old age with good health, and now people only live to half of that age and become weak and unhealthy?¹² Ch’I Po responds by saying that in ancient times people understood the “Tao” (the way of being) and patterned themselves after the “Yin and Yang,” the two divine principles of creation—masculine and feminine—whose existence is reflected in nature. Ch’I Po continues by explaining how people exhaust their vital forces through reckless and overly stimulating behaviors. He gives the example of having sex while intoxicated. Today, excessively stimulating behaviors could be watching too much T.V., eating too many sweet foods, and seeking other forms of worldly stimulation (such as high risk sports and related activities) as a replacement for feeling alive. Ch’I Po further explains that the cravings for gratification of the senses dissipate one’s true essence. This happens because people have forgotten how to find contentment within themselves; they devote all their attention to amusement of their mind, thus cutting themselves off from Being, and the real joys of life.¹³

Best-selling author of *The Power of Now* and *A New Earth*, Eckhart Tolle, calls this form of collective dysfunction the *egoic mind*. This is the “me” or the “my” story. It is a mental image and construction of ourselves produced by the mind. It is not real and has evolved out of a pseudo solution to deal with a world in which we didn’t receive the love and compassion

which we wanted as infants and children. People then live a majority of their lives through this chaotic mind energy and are lost in thought, trying to add more to the story of themselves, and not really living. The human predicament is to be constantly thinking all the time, and not really living. It is almost like some other entity that takes us over. It is this egoic mind which has inflicted suffering on us and the planet. It is this insane mind which starts wars because negativity feeds this false self. The state of being identified with the voice in your head is believed to be a state of suffering. The mind, the voice, creates suffering and is a result of unhealed internal strife and suffering that most people have buried away. If when reading this you hear a voice or thought that says, "There is no such voice," that is exactly the voice, and the energy that is a part of this life-denying self.

The Father of Medicine

Hippocrates, the father of western medicine, understood the principle of the Tao, and could thus heal people with it. He called it *vis medicatrix naturae*—the healing power of nature which cures us from within. Hippocrates defined disease as a combination of Pathos, suffering, and Ponos, toil. Suffering represents the state of disharmony within the ailing person, and toil is the body's response to this suffering as it tries to find stasis and harmony again. In other words, our bodies want health and balance. The Tao or Being—simply existing—is our natural state. Suffering comes from not being rooted in Being, the timeless eternal reality. Nature can heal and cure us from within if we can understand and harmonize with her. Surgery, and medicines, too, can aid nature in a cure, but only if they are used wisely for the purpose of aiding nature, which today they rarely are.

I Resolve To Find the Real Cause of Disease

Thomas Sydenham, considered the English Hippocrates of the seventeenth century, declared that, "Disease is nothing else but an attempt on the part of the body to rid itself of morbid (diseased, toxic) matter."¹⁴

After years of wandering in the jungles of medical diagnosis, twentieth century American physician, J.H. Tilden, MD, finally became frustrated and declared, "I resolved either to quit the profession or to find the cause of disease."¹⁵ Dr. Tilden observed that in any normal life cycle there is cellular metabolism, and thus waste. Much like cars that produce exhaust, the cells of our body produce minute amounts of waste. When the body cannot eliminate its own waste (or the waste added through contact with toxins in the external environmental), it slowly becomes diseased. Dr. Tilden identified the cause of what prohibits the body from eliminating waste, which he called *habits of enervation*. And it isn't surprising that, likely without ever having seen or known of the *Yellow Emperor's Classic on Internal Medicine*, he came to the same conclusion found in those pages. The conclusion is that disease is caused by habits which excessively stimulate the body. Examples Dr. Tilden gives of these habits are excessive smoking and drinking, eating too much sugar, staying up too late, and over-working. Toxic emotions such as fear or greed also contribute to this over-stimulation.

In this new paradigm for disease there is a common thread. Our behaviors are the cause of disease. If our behaviors can cause or significantly contribute to the disease, then how can one separate the diseased state from the patient who suffers from the disease, as if the patient has nothing at all to do with its creation? Dr. Tilden considers this apparent conundrum and then boldly states:

There is no hope that medical science will ever be a science; for the whole structure is built around the idea that there is an object disease—that can be cured when the right drug—remedy, cure—is found.¹⁶ (*Emphasis added.*)

Usually, a cure for a disease lies in seeing the oneness and symbiotic relationship between the individual, the disease, and the environment in which the sick person lives, which includes the earth under his feet, his food, his home, his family, and his society.

What We Call a Disease Is Really the Symptoms of Disease

When someone sneezes whenever they come into contact with pollen, we say they have allergies. If someone has a fever and a sore throat, we say they have flu. When someone's skin becomes inflamed around a cut, we say they have an infection. When someone's pancreas stops working well, we say they have diabetes, and when someone has a growth of rapidly spreading cells, we say they have cancer. Western medicine takes a magnifying glass and looks at these symptoms of the body, and declares that it has discovered a disease. But sneezing, coughing, irritation, pain, inflammation, fever and so forth are not the disease itself; they represent the body's attempt to cleanse the toxic elements and heal the body. Remember the examples of doctors, like Dr. Carrel with his chicken heart cells, who think disease is caused by dead or otherwise stagnant material or waste in the body? When a collection of this material in the body becomes too great to be eliminated through normal means the body reacts, producing symptoms that we then call a disease. The inflammation on the skin is an attempt to push out toxic material that shouldn't be in the body. The coughing and sneezing are meant to expel toxic material from the body. The fever is meant to burn up dead and harmful matter. Vomiting and diarrhea help rid the body of substances that are making it sick. Tumors are a collection and storage of dead and acrid material that, due to blocked excretion channels in the body, could not escape.

Maverick medical doctor Henry Bieler, author of the best-selling book, *Food Is Your Best Medicine*, writes:

As a practicing physician for over fifty years, I have reached three basic conclusions as to the cause and cure of disease.

1. *The first is that the primary cause of disease is not germs.*

2. *The second conclusion is that in almost all cases the use of drugs in treating patients is*

harmful. Drugs often cause serious side effects, and sometimes even create new diseases. The dubious benefits they afford the patient are at best temporary.

3. *My third conclusion is that disease can be cured through the proper use of correct foods.*¹⁷

Death by Western Medicine

Western medicine has it wrong. Its drugs and surgeries usually, but not always, only suppress the symptoms of disease. Since most Western drugs are toxic by themselves, and cause "side effects" that add to disease, they themselves are a stimulating element to the body. Dr. Bieler explains in *Food is Your Best Medicine* that western drugs like penicillin are so toxic they are eliminated from the body within a few seconds.¹⁸ They work by over-stimulating exhausted glands such as the adrenals. As a result modern drugs drain the body of vital resources and nutrients.

When you consider what is required for healing, in its true light, what comes to mind? Healing requires warmth, compassion, and the awareness of the other as a human being. Western medicine does not usually embody these principles. Western medicine is about power over nature rather than yielding to nature. The body becomes the object whose unfortunate purpose is to be manipulated for a profit. Western medicine is the opposite of Robin Hood. It takes from the poor (the sick, the infirm and the dying) and gives their money to the rich tyrants, the pharmaceutical industry and the medical establishment. In a healthy society, treating disease would not come with such an exorbitant price tag.

According to a compilation of conservative statistics from medical associations and reports from hospitals across the country, the number one cause of death in the United States today is Western medicine. To be exact, the practices of Western medicine result in 783,936 deaths a year, at a cost of \$282 billion per year.¹⁹ This research was compiled by medical researchers and doctors, and every count added to this figure

came exclusively from published and peer-reviewed scientific studies.²⁰

***Our medical system is killing us,
and reaping huge profits from it.***

It is due to this astounding fact, which you won't find in today's newspaper headlines, that Dr. Matthias Rath, a respected physician and scientist who has pioneered many breakthroughs in the treatments of disease, filed a complaint against genocide and other crimes against humanity against the pharmaceutical industry, with the International Criminal Court in Hague. Pfizer Inc., Merck & Co., GlaxoSmithKline PLC, along with senior banking and government officials are named in the complaint. The learn more at www.dr-rath-foundation.org.²¹

Activity: Take a moment to reflect here. You have felt within you that there is something profoundly wrong with life. You couldn't put your finger on what was wrong and since nobody seems to be talking about it, it was easy to just shove the feeling into the closet. But you can feel it, resonate with it, your entire being is filled with this energy telling you something. But what? **Listen to that feeling.** Listen to, or feel what is moving through you right now. By reading this text you may temporarily disconnect from the cultural thought pattern of disease, which believes that disease is separate from us. This thought pattern is really saying that life is separate from you, that you are not a part of life. When you disconnect from these beliefs you start to reconnect to yourself. There is something within you that wants to be born into this world (not just your baby if you are pregnant!). It is the essential you, pure, whole and healthy. When our brains are stuffed with false thinking from childhood on, it becomes easier for us to lose ourselves in the world. This feeling, the burning I mentioned that is the driving force for writing this book, is within you, it is your awakening, the beginning of your return.

*Let's Review,
Because This Is Important*

This chapter began with a brief lesson on personal responsibility. The law of personal responsibility declares that you are not a victim of life, but rather that you can take a stance in facing life with all of the good and bad it has to offer. I then described how our current medical system is predicated on taking personal responsibility away from patients, and on patients submitting their personal responsibility to this system. Meanwhile, even the supposed creator of Western medicine, Hippocrates, believed that it was Nature that healed people, and that the physician's role was to aid Nature in her course. Even ancient Chinese medicine *and* modern physicians and chemists, in search for real cures, have pinpointed the true cause of disease: our lifestyle. It is thus in our realm of responsibility to do something about our health.

Western medicine has become a sick system. While it offers some people good results (usually because of a few good or mindful doctors), for the majority of us, and for the majority of disease conditions, it does more harm than good. The very system that we have put our faith in has betrayed our trust. We are in some ways left floating without a container, without the kind, compassionate embrace of the good healer that we need. The current system is based on disease rather than on health, and is the cause of much suffering. If you place your faith blindly in this system, then what do you think will happen to your children?

*Towards A New Paradigm
for Health and A Prayer
for the True Cause of
Disease*

Many people want to be healthy and have healthy children. Yet, with so many choices in the world they don't know where to begin or to whom to turn for help. This is where prayer comes in. The words Father and Mother, or Divine Father and Divine Mother may bring up

certain positive or negative associations for you depending on your religious beliefs and upbringing. So I urge you, if necessary, to replace those words with other words if it is appropriate for you. For those who are in an atheistic mind set, you can think of the Divine Mother and Father as energies in the Universe. The universal Yin and the universal Yang: the opposite forces that need each other to create.

Consider prayer and asking for help. "Show me, Father, the real reason for my difficulties, so that I can solve them."²²

Here's another one:

*Divine Mother, You who are always close to Your children, guide my every step so that I am always on the right path, thinking positively, never judging anyone or anything. Make me see the Divine always.*²³

So now what? I hope you've asked for help (or maybe you've thrown the book down claiming that I am part of some cult or sect). In any case, there is sweetness, joy, an embrace in just asking for help. To me, it feels so good. I really want to know, great Father, why am I sick? Why are my children sick? Why does disease happen? Show me, so that I can heal them. Show me, so that I can help others to heal themselves.

Disease Is Caused By Stagnant and Blocked Layers of Consciousness

If you try to figure out what the Universe is made of by staring at things with microscopes, or by using giant telescopes, or by looking and listening to the quiet voice within, you'll probably come to the conclusion that this whole thing is quite unfathomable. If you ask a quantum physicist what the Universe is made of, he might point you towards one truth of the Universe: that this world, your body, and life itself are all pulsating fields of energy. And that this pulsating energy is not random, but has order to it and works in a harmonious way. This harmony requires an intelligence, which we call consciousness or aware-

ness. And this intelligence, this awareness, is in our body. We are part of its design.

*Consciousness resides in every atom of living matter, in every cell, in every molecule, in every tiniest fraction of living matter.*²⁴

Traditional Chinese medicine, for example, has identified thousands of points and lines of energy, and has designed systems for stimulating those points with needles (acupuncture); one of many ways whereby you can affect the health of the entire body.

In disease, different layers of our Being, our life force—the energy and consciousness flowing through every fraction of matter, which creates our body—become blocked. So Nature can heal us, when we unblock the life-force.

I share this with you to illustrate one important point. Underlying every disease condition is a layer or block in our consciousness or being. This is an important key to self-responsibility for health. If there is a condition making us sick, then in some way, there is almost always something within us that we probably are not aware of that is making us sick. I'll give you a simple example:

Say you feel unhappy—and most of us feel unhappy at least part of the day—and since you feel unhappy you have the counter thought that you deserve happiness and pleasure. So, you buy yourself a pint of Ben & Jerry's Chocolate Fudge Brownie™ Ice Cream. You eat the entire thing. If a scenario like this happens often enough, you'll start gaining weight, or experiencing digestive distress. Over time you can become sick. In the end, your feeling of unhappiness is what caused you to act in a way that made you sick. Do you see the connections?

It is our feelings that drive us. It is the control of our feelings that suppresses us. Our feelings, collectively, create disease and a culture of disease. In the last analysis, changing our feelings and beliefs is the first step on the path towards health. You can change these beliefs and feelings through acknowledging and accepting them, or merely by taking note of them. Then, it

is much easier to make good decisions, and take effective action towards being healthy.

Here are some key feelings and beliefs that make us sick. Notice if any of these resonate with you:

- Self-punishment can create physical disease.
- Self-hatred can cause disease.
- Negative aspects in your personality can weaken you and cause disease.
- Neglecting to take care of yourself and your body can promote disease.
- A denial of pleasure in one's life can create illness.

Physical health and well-being is totally regulated by and dependent upon the state of pleasure a human body is capable of allowing. Health and longevity are results of the capacity for pleasure... Any kind of physical illness or deterioration, therefore also physical death, as it were, is a manifestation of division, conflict, and denial of pleasure.²⁵

How the Body Maintains Health on the Physical Level

I may have convinced you that there is something wrong with the Western medical view of disease. This section will help give you a framework of a more holistic medical perspective, which is based on the research of Henry Bieler M.D., who was a practicing physician for more than 50 years.

1. The Digestive System

Health begins with good digestion. The inside of our digestive system, such as the small intestines, is extremely delicate and sensitive. The small intestine protects against the absorption of unnatural and detrimental food elements.²⁶ You may have seen those online advertisements for intestinal cleansing that claim, "you won't be-

lieve what's inside of you." When, after years and years of eating improper food and taking too many drugs or other substances, our body becomes unhealthy. Then the intestine stops working properly and the bacteria within it, which are meant to help us absorb and utilize our food, come out of balance. The result is an unhappy intestine. If we eat the wrong food, the intestines can get rid of it rapidly (diarrhea) or trap the food (constipation).²⁷ Diarrhea is your body's attempt to cleanse itself of unhealthy substances that have found their way into the intestine. Over time, eating modern foods destroys the protective mucous lining in the gut. Then, even healthy foods will be absorbed into the bloodstream too rapidly without complete breakdown and become toxic. This is what is known as leaky gut, and is the cause of many allergies and immune dysfunctions.

2. The Liver

Many cultures believe that the liver is the most important organ in the body.²⁸ The liver performs internal chemistry changes, cleanses poisons and stores fuel.²⁹ What people don't realize, writes Dr. Bieler, is that our liver hasn't changed for thousands of years, while our diet has.

With civilization came gradual changes. But man's liver didn't change. It remained the old pre-civilization model.³⁰

When the liver gets overloaded and overburdened it can no longer clean up and purify the blood. Only then can disease occur.³¹ Toxic substances normally cleaned up by the liver thus circulate freely throughout the body via the blood stream, creating an unhealthy environment.

3. The Endocrine Glands

Your glandular system is your body's third line of defense against disease. If the liver is unable to neutralize irritants and toxins entering the body, the endocrine glands kick in. The purpose of the endocrine glands is to secrete hormones, the chemical messengers in our bodies. Three

important endocrine glands are the thyroid, pituitary and adrenal glands.

The adrenal glands lie on top of the kidneys, and are the fire that allows the processes of life to occur.

The thyroid gland is at the base of the neck below the Adam's apple. The thyroid helps regulate the reparation of damaged or diseased body tissues; it regulates the heart beat, normal cell growth, and more.³²

The pituitary gland is situated inside the skull at the base of the brain, located directly behind the eyeballs. Its special function is to trigger other members of the endocrine system to produce their particular hormones.³³

The pituitary gland has tiny receptors on it that constantly monitor the blood and its chemistry. If the liver begins failing to clean up all the toxic material in the body (including material waste produced through normal metabolic functions of living), signals are sent to the adrenal and thyroid glands. These glands then help eliminate the toxic material through backup mechanisms. The adrenals will direct elimination through the kidneys (urine) and bowels. An example of this type of elimination could be a bladder infection, swelling or bloating, or frequent thirst with urination. The thyroid will direct elimination through the skin and internal smooth membranes within the body; an example of this could be a cough, directing substances out of the body through the throat, or a rash, directing substances out through the skin.

In this short section I hope I can convey to you this perspective of Western medicine treating the symptom and not the disease. If someone has a skin rash, it is very likely the body's attempt to secrete toxic or irritating substances not processed and cleansed by the liver. This, by the way, is also what can cause acne—irritating substances in the blood being eliminated through the skin. If you put an ointment on the skin to stop the irritation you are not addressing the root of the problem, and quite possibly preventing the skin from excreting the toxic material that your body is trying to rid itself of.

The health of our glands, which regulate our entire body, is intimately connected to our emotional, mental, relational and spiritual health. A complex examination of this connection is not appropriate at the moment, but merely holding the concept that *all* of our body's processes are interconnected is an important part of understanding disease. If a part of our body is unhealthy, it is connected to different aspects of our life and personality, on different levels of our being and life experience.

Reclaim Your Health Responsibility

What do you want for your life and your children's lives? Do you want health or disease? Do you want responsibility or lack of responsibility? Usually, how we feel about our health is not totally in one direction or the other, but a mixture of different feelings and influences. That's okay; hardly anybody is 100% aligned with being healthy. If you really feel that excitement to be healthy, then just feel it, even say it, "Yes, yes, I want to be healthy! I want to be free!"

Being healthy is not just about making wise choices in the world. It is about coming into your true self; it is about being who you are. This is the force within us that heals. But it is you, with your active consciousness, who chooses to open the door to this greater reality. Let the love and peace enter your being, and you've made the first step towards reclaiming your responsibility towards health!

David Whyte's poem, "Sweet Darkness," invites us to embrace inner darkness as a path toward light and personal freedom. The poem reminds us that letting go of what is not really ourselves can be a good idea.

SWEET DARKNESS

When your eyes are tired
the world is tired also.

When your vision has gone
no part of the world can find you.

Time to go into the dark
where the night has eyes
to recognize its own.

There you can be sure
you are not beyond love.

The dark will be your home
tonight.

The night will give you a horizon
further than you can see.

You must learn one thing:
the world was made to be free in.

Give up all the other worlds
except the one to which you belong.

Sometimes it takes darkness and the sweet
confinement of your aloneness
to learn

anything or anyone
that does not bring you alive

is too small for you.

“Thy Food Shall Be Thy Remedy”

- Hippocrates

Everyday, a majority of parents in the Western world contribute to the premature death and disease of their children. By unknowingly creating an unhealthy ecosystem in their bodies, they significantly increase the chances of having a difficult pregnancy, a complicated birth, and a child who is not fit for life.

In the previous chapter you learned a bit about what causes disease. Yet I left out a key element to the equation: nutrients. Western medicine has abandoned the premises of its own creator, Hippocrates, who believed that “food shall be thy medicine and medicine shall be thy food.”

Intention: If we are to be healthy, we must know why we are sick. Take a moment and align yourself and your thoughts with all of the goodness the world has to offer you.

Improper Nutrition is the Cause of Physical Degenerative Diseases

The late Cleveland, Ohio dentist, Weston Andrew Price, sought an answer to one simple question: why do modern civilizations commonly suffer from dental cavities? In the 1930s, Dr. Price scoured the world to find an answer, and took some remarkable photographs along the way. Dr. Price’s studies included the Indians in the far north of Canada, Aborigines of Aus-

tralia, Eskimos, Gaelics in the Outer Hebrides off the coast of Scotland, New Zealand Maori, Polynesians, Melanesians, Coastal and Mountain Indians in Peru, and several agricultural and herding tribes of Africa and central Africa.

Many groups of indigenous people Dr. Price visited exhibited nearly 100% immunity to tooth decay.³⁴ He also visited areas where the ancestors of the current inhabitants displayed freedom from decay while by contrast most of their modern descendants suffered from dental deformities.³⁵

*When the skulls of a group of 20,000 persons who were buried in a single valley were exhumed and examined, the teeth showed a remarkable freedom from decay, whereas the people living in that valley today have practically all suffered from dental caries and many of them in its most rampant form. Something has radically changed.*³⁶

Modern Diseases Were Unknown to Indigenous Groups

The most prevalent and most feared terminal diseases in our country are heart disease and cancer. Yet diseases such as these were nearly unknown and unheard of among indigenous groups living on their native diet. When Dr. Price visited Alaska, he interviewed the well-

respected Dr. Joseph Romig, who was also the mayor of Anchorage.

*[Dr. Joseph Romig] stated that in his thirty-six years of contact with these people he had **never seen a case of malignant disease** among the truly primitive Eskimos and Indians, although it frequently occurs when they become modernized. He found similarly that the acute surgical problems requiring operation on internal organs such as the gall bladder, kidney, stomach, and appendix do not tend to occur among the primitive, but are very common problems among the modernized Eskimos and Indians.³⁷ (Emphasis added.)*

The term “modernized” used by Dr. Price refers to a way of life that has broken from traditions of the past, characterized especially by a departure from living in harmony with nature — modern living conditions — and the use of the processed foods of commerce. While living the modern way, some native Eskimos became sick. But what happened if they returned to their “primitive” ways?

A great majority of the afflicted recover under the primitive type of living and nutrition.³⁸

Similar examples were found in other places Dr. Price visited. For example, isolated Indians in Canada did not have words for “rheumatism” or “arthritis” because these diseases were unknown to them. Yet:

At the point of contact with modern civilization where the only apparent important change has been the displacement of the native foods with the foods of modern commerce, I found arthritis and tuberculosis were common. In a group of twenty homes at Telegraph Creek and its vicinity I found ten bedridden cripples. Many of these cases were so hopelessly advanced that nothing could be done.³⁹

In the Torres Straight Islands off the North Coast of Australia, the 4,000 or so native inhabitants never had tumors requiring surgery. Meanwhile, in a group of just 300 white people living on the same island but eating imported modern foods, the local doctor had to perform several dozen surgeries to remove tumors.⁴⁰

These anecdotal stories give us keen insight into something very important. People who don’t follow our modern and “civilized” ways of living do not have our modern diseases. On the other hand, when groups of indigenous people changed their diets they developed modern diseases, regardless of their genetic heritage. And when, in the case of the Eskimos, they returned to their primitive diet, they usually recovered from these diseases. What we can conclude from this is if we are to reverse diseases, we need to return to a more primitive diet — the type of diet which our body is designed to eat. Keep this evidence in mind because I am going to apply it to pregnancy, birth and children’s health. As we will soon see, diseases of pregnancy and childhood also come with our modern ways of living, so if we want to prevent them, or heal them, then returning to a more natural diet is an important key.

Why Explore The World To Find the Cause Of Cavities?

Dr. Price lost his only son, Donald, to the complications of an infected root canal that he had placed himself.⁴¹ I am going to take a bit of a leap of assumption here and suggest that Dr. Price was driven by the pain of this loss to seek out the cure for tooth decay. This may explain the rigor and extensiveness of Dr. Price’s research — that he traveled to the ends of the earth in order to prevent other parents from suffering that which he had to suffer. His work was an expression of a father’s love for his son. I am sure that he spent every day of his life, even to the last, seeking every possible method to help people. May his longing to cure disease and his extensive energy for research be a role model of the type of positive motivation that you can bring towards the care and nurturing of yourself and your child-to-be.

Activity: Many other parents faced with the disease and deaths of their children have been motivated to seek cures and educate other parents. Find that part in yourself that would go to the ends of the earth to care for your child if she became gravely ill. Really feel this and imagine what it would be like. This is an immense and generally untapped well of love and compassion that is within each of us, and accessing it can bring a bit of grace into our world.

A Society without Doctors and Prisons!

In 1931 and 1932, Dr. Price, traveled to the remote Loetschental Valley in the Swiss Alps seeking the cause and solution to one of our most prevalent diseases, tooth decay.

To a high degree, the people of the Loetschental Valley lived in harmony with nature,

which resulted in a seemingly peaceful existence. Dr. Price describes it eloquently:

*They have neither physician nor dentist because they have so little need for them; they have neither policeman nor jail, because they have no need for them.*⁴²

This harmony is also evident in the production of food.

*While the cows spend the warm summer on the verdant knolls and wooded slopes near the glaciers and fields of perpetual snow, they have a period of high and rich productivity of milk... This cheese contains the natural butter fat and minerals of the splendid milk and is a virtual storehouse of life for the coming winter.*⁴³



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*Beautiful Loetschental Valley about a mile above sea level. About two thousand Swiss live here. In 1932 no deaths had occurred from tuberculosis in the history of the valley.*⁴⁴

BECAUSE YOU DESERVE TO HAVE A HEALTHY CHILD!

There is a natural way to reduce your risk of birth defects by 1602%, miscarriage by 640%, premature births by 315% and reverse infertility in 78.4% of the cases – and doctors and midwives don't know about it. Utilizing the wisdom of doctors such as Hippocrates, Noble Prize winning Alex Carrel, and author of *Nutrition and Physical Degeneration*, Dr. Weston Price, Nagel reveals the actual cause of the following diseases:

- Birth Defects
- Sudden Infant Death
- Autism
- Infertility
- Colic
- Tooth Decay
- Miscarriage
- Infant Mortality
- Morning Sickness
- Premature Birth
- Scoliosis
- Postpartum Depression

The true cause is our toxic foods, our toxic medicines, our toxic environment, and our toxic world. While the current medical paradigm blindly believes that such disease will be cured in the future, Nagel reveals how these diseases are largely curable, and completely preventable today. *Healing Our Children* includes 44 vivid photographs and 34 lucid illustrations, with easy-to-comprehend text and engaging stories from Nagel's personal life.

In addition you will discover how you can:

- Significantly reduce your chances of birth complications
 - Have a well proportioned baby
 - Have a child with 20/20 or better vision
- Have a child who meets or exceeds the intelligence level for his age group
 - Create a healthy pregnancy
 - Shorten your recovery time after birth
- Substantially reduce your child's risk for every disease
- Free your children from the lies, hypocrisy, and propaganda of government agencies and pharmaceutical corporations that promote and create disease.
 - Nurture your child with vital parenting practices that have created healthy and happy children for millennia

About the Author: Ramiel Nagel is the father of two healthy girls, and cares about the health of your child. He revealed to the world the cure for cavities in "Cure Tooth Decay," and now he unveils the clouds of illusion around health and disease, and illuminates the forces of influence around right and wrong ways of parenting.

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The beginning of, the end
of disease in our children.

