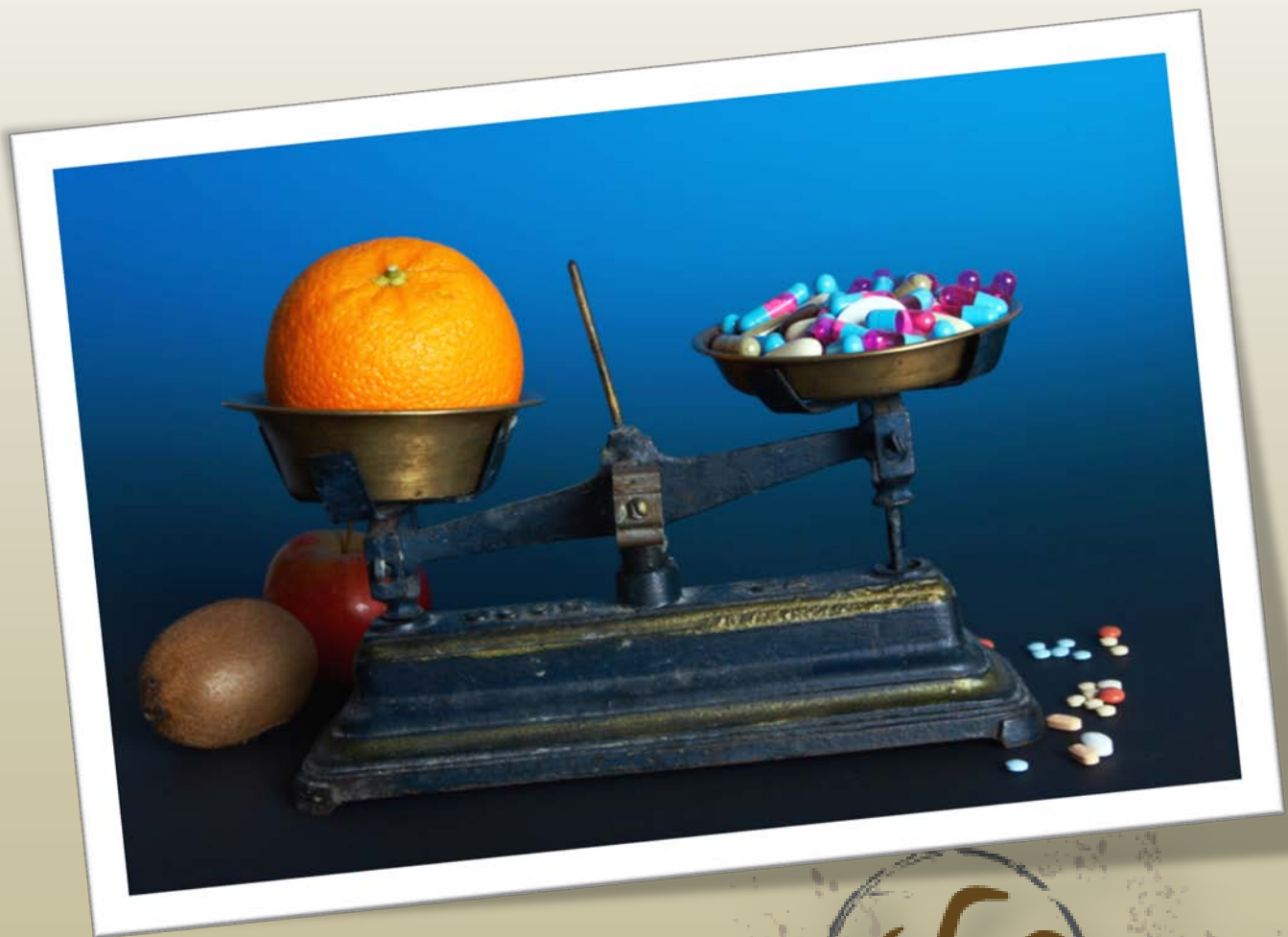


WHAT MAKES A BALANCED DIET



How does a person know if they have a good balanced diet?

The thing that I think people need to look at, is that ultimately simplicity in dietary intake seems to be what leads to a body and physiology that isn't over-worked and over-stressed in the manufacture of fermenting (or the digestion of foods).

You can get away with poor dietary habits when you're a young person for a period of time. It's almost like the more you eat, the better you feel - and as long as you're active, you're good to go.

In the past, there were cultures that believed that a lot of things that take place in the human experience during the processes of life, is based upon multiples of seven. For example, a woman's menses or period is four sevens or 28 days and the gestation of a child is 40 sevens or 9 months.

They believed that once you hit four sevens in years or 28 years old, this became a wonderful keeping of calendar for individuals.

Once you hit 28 years old, you were to start cutting your dietary intake by 1/7th every seven years, which meant that over time you would eat less and less. At seven sevens or aged 49, if you were to maintain this, the significant fulfillment of you as an individual physiologically, mentally, emotionally, socially and even financially took place.

It's interesting because they used to teach - and now there's some evidence that it's true - that if you don't cut back on what you're eating, then the older that you get, your body will literally cause your teeth to fall out, to get you to stop eating.

So it's kind of fascinating and I throw these ideas out as a little background. But probably the best and shortest answer to what makes a good rounded, complete nutritional base is if we are to look at a 1 week period.



We divide the week into seven days. We have given names in modern times to those days. The "Sun's Day" is Sunday. "Saturn's Day" is Saturday. Then we have "Venus Day" (or Freedom's Day) which is Friday. Then you go to Jupiter's Day (or Thor's Day) which we call Thursday, then "Woden's Day" which we call Wednesday, "Mars Day" for Tuesday and finally "Moon's Day" or Monday.

So the idea is to take a look at the days of the week and how they relate to the six planets and the Sun and then consider the relationship to our bodies. You then take a look at the seven colours of the rainbow.

When you're looking at foods, I think the biggest thing that a person can look at is the variety of colours. Look at the colours of Red, Orange, Yellow, Green, Blue and then those in the Indigo and Violet foods spectrum. If you have a variety of colours of wholefoods in any given week, then you'll have everything that you need.

The variety of colours of the food is the indicator that you're getting the matrix of nutritional or photo-electric process from the offerings that Mother Earth has put out there to upkeep, maintain and to heal and to carry our bodies into longevity.

And with that, you need to remember that if you eat say, a single stick of celery, you're getting 9,000 photolytic components of nutrition. The reality is that they've only named somewhere between 120 to 141 components.

And so whenever you read about some *latest findings* of chemical nutrition, you should just kind of smile. All of those findings are pretty much derived from funding in chemical labs in order to produce published studies to prove that some supplement or pharmaceutical pill is healthy and good and right for you.

What you need to remember is that you know your body better than any other human being possibly ever could. It's just that we have been trained not to look at things that way and yet we really should. I think it is critical that people go by 'how they feel' and then intuitively look at foods based on their individual desire for them.

I also believe that many people need to begin to look at and understand that there's a huge difference between being hungry and simply having an appetite. And there's a true difference between appetite and thirst. Often times when people think that they're hungry, they're literally thirsty.



And so whenever you feel hungry, first drink some water. Drink some fresh squeezed fruit juice. Have a cup of real roasted bean coffee (not the artificial synthetic infused caffeine) but a “real” cup of coffee. Or have some good organic tea. Then wait for 10 to 12 minutes and see if you’re truly hungry, because often it is simply an appetite spurred on by thirst.

These are just ideas that we should stop and contemplate a little. Rather than ask yourself whether you’re getting “all 13 vitamins and 91 minerals and all the enzymes that you need”, it literally comes down to eating a variety of wholefoods across all colours of the rainbow. Red foods e.g. strawberries, tomatoes, capsicum, red apples etc. Orange foods like Paw paw, oranges, mandarins etc. Yellow – lemons, bananas etc. Green – cucumbers, green apples, spinach, lettuce, grapes etc. Blue/indigo/violet spectrum - eggplant, red cabbage, blue potatoes etc.

When you go to a Farmers’ Market, step back and just look at all of the colours and see which ones appeal to you. And as long as you get those variety of colours over a seven day period and you’re 28 years old or less, you’re getting more than enough.

A lot of people don’t understand that every anatomical site of the body stores nutrition. For example, the liver literally stores somewhere between three to five years of vitamin A. So, you could go three to five years without eating an orange food and you’d be just fine when it comes to vitamin A.

Yet in the circulatory system in the blood stream, when we eat foods in season, haematologists and molecular biologists have discovered that “in season” eating was actually a brilliant wisdom of the past. For instance, let’s say that you eat apples when they’re “in season”, the nutrition of that apple will circulate in the blood stream for upwards of one full year and the body pulls on it as it needs it.

This is precisely why people can Fast on literally nothing but water for 40 to 70 days, and feel better and more alive at the end of that time than they did when they were eating three square meals a day. It’s proven in the modern developed world that “three square meals a day” has become a great contributor to obesity and disease, so it is perhaps not the wisest habit to live by.



So in summary, the simple answer to “What Makes a Balanced Diet” is a variety of colours of wholefoods whilst avoiding processed, life-less foods and drinks.

Keep in mind too that the higher the water content, the less heat that should be applied to those foods. So in the colder seasons, you’ll be reaching for the lower water content foods like pumpkins, hard squash, beans, zucchinis, potatoes, garlic, onions and legumes and prepare them using a crock pot and a slow cook heat.

Then during the warmer months, as the water content of the food increases, shift more to an 80-90 percent raw food diet and you’ll receive the benefits of having the viscosity or the thickness of the blood in harmony with the temperatures of where you live.

Experiment with these ideas and go with it as it makes sense to you and you’ll be rewarded big time with feelings of vitality. You’ll actually feel a sense of gratitude and thankfulness towards your entire body and all of the cells respond beautifully to that. And I think that’s a big part of nutrition - being thankful and having a spirit of gratitude for the “offerings” that mother nature provides.





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