

Power of Trust - Part 2

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“Eat when you are hungry, drink when you are dry; if the coyotes don’t get you, you’ll live until you die” the cowboy song goes, but what if you’re seldom hungry? What if you’re too hungry too often with tendency to overeat? What if you eat three meals a day not because you’re hungry but because it’s an old habit? How can you develop a natural intuitive appetite that you can trust, along with God, to keep trim and vim? As your doctor knows a “healthy appetite” is a major key to good health. Here’s how to get one.

KEY # 1 - *quality of foods* - when Europeans invaded America the topsoil was 20” thick and rich in macro minerals, trace elements, 5000 varieties of healthy microbes, and even some “rare earth” elements that Russian scientist Albert Szent-Gyorgyi found doubled the lifespan of lab animals (Rare earth: Forbidden Cures Ma Lan and Joel D. Wallach DVM, ND). Today, after a few hundred years of chemical farming with NPK fertilizers and pesticides, American topsoil is 7-8 inches - forget about a healthy balance of trace minerals and microbes in soil or food. The USDA knows all this. They should get serious now about “organic” and “regenerative” farming as should we all.

To have a natural appetite that works for your health and pleasure you must begin by improving quality of foods in your diet as best you can. Many understand wholeness of food as in whole grains, value of fruits and vegetables, and avoidance of “junk foods” and drinks. However, many don’t connect trusting foods and drink the way God makes them with the idea of “faith” in God as explained in Part 1. Trusting God to make healthy food for His wayward children should not be considered a wild idea. As more churches teach this, more members will have healthy appetites and live to a ripe and healthy old age.

KEY # 2 - *inclusion of major foods and food groups* - second key to a healthy appetite. An idea from Daniel G. Amen M.D. helps. The acronym GBOMBS stands for Greens, Beans, Onions, Mushrooms, Berries, and Seeds. If you include these in your meals three or four times a week, maybe even daily, the nutrients will support all of your body systems. Add *raw* fruits and vegetables including an apple a day, a potato or other tuber properly cooked, and more protein depending on your genes and lifestyle with small portions of meat, eggs, and dairy - and don’t forget water. These few simple things over time can mean the difference between a nursing home or early funeral and a healthy old age.

KEY # 3 - *balance of major food groups* - the third key to a healthy appetite and a healthy life. Balance of major food groups is a little more tricky to get right. In the complexity of body chemistry the balance of hydrogen ions (pH) in body fluids, including urine and saliva, is the key test to tell if you are getting the balance of major food groups right. Proteins, fats, and carbs all leave acid residue when metabolized, acids that must be neutralized by blood buffers that depend on bicarbonate ions or “alkaline reserves”. Since the pH of body fluids controls the action of both enzymes and electricity, pH is “one of the most important aspects of homeostasis” as stated by the authority Arthur Guyton M.D., author of Medical Physiology. It’s impossible to digest food right if pH of digestive juices is off balance, the same for trying to feel good if your blood pH is off balance.

A little known truth about pH - “youth is alkaline, old age acid”. As we age it gets harder and harder for blood buffer systems to keep up with the acid overload. My first book on pH had 226 pages. Don’t expect to find everything you need to know in an article in a newspaper. If you’re serious about your health you can find answers in a Nutrition-For-Life kit - details at www.phpower.org.

After you have done as best as you can with the three KEYS above- then success on the path to wholeness depends on the tough part - self-discipline, self-control, self-denial. That’s the Jesus way. Along with all the things mentioned above, let’s hope you have a healthy appetite for truth found in the words of Jesus. They are life-giving, soul-saving, “spirit and life”. Do not let body appetites control mind and soul. This may include some form of fasting to strengthen the Spirit of God (Christ) within you. “If the Spirit of Christ is not in you, you are none of His” Romans 8:9.

Back to ground level concerns, there is a biochemical side to the problem of “too hungry” and stomach overload that much of America seems plagued with. There is also a biochemical side to the other extreme when you aren’t hungry enough, feel sluggish, low energy, and struggle just to feel good half the time? You could be overweight or too thin and have these problems. This gets a little more complicated. Stay tuned for Part 3 for more details and answers to the civilized world’s problem of not trusting God’s ways of life enough, and thus not trusting God Himself enough.

Comments? Send to Jim LeBeau at lebeaultj@aol.com with “nutrition” in subject box. For a copy of “Let Your Body Be Your Teacher” send \$5.00 to Perfect Health P.O. Box 132 Waupun WI 53963. For information on **Nutrition-For-Life** kits that teach a pathway to wholeness visit www.phpower.org . Articles may be downloaded from “articles” page.