

Pascas Cafe

with

Raw Power!



“Peace And Spirit Creating Alternative Solutions”

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PASCAS CAFÉ food preparation presenters!



Super Foods That Will Change Your Life

- Bee pollen – The King of foods

Bee pollen is an alkaline food considered by nutritionists to be one of the most complete foods found in nature and is a rich source of high-quality protein since it contains all the essential amino acids plus quite a few more. Bee pollen contains vitamins A, B, C, and E, and is extraordinarily rich in most of the B vitamins, including folic acid (folate). Some of the minerals included in bee pollen include: barium, boron, calcium, copper, iodine, iron, magnesium, manganese, phosphorus, potassium, selenium, sodium, and zinc. Bee pollen contains over 5,000 enzymes and the phytonutrients (such as

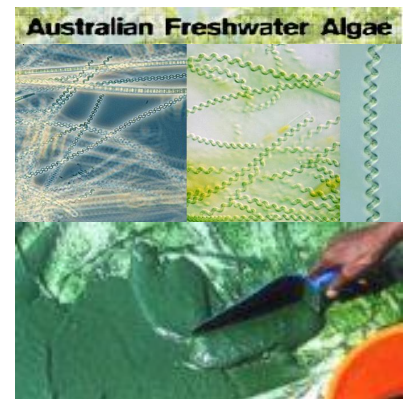
co-enzymes, bioflavonoids, phytosterols, and carotenoids) found in bee pollen also number in the thousands. Bee pollen is 15% natural lecithin.



- Spirulina – protein, vitamin and mineral powerhouse

It contains the most powerful combination of nutrients ever known in any grain, herb or food. It is an exceptionally good protein source, and contains most of the essential minerals and vitamins, particularly iron and the B vitamins

Spirulina beta carotene is ten times more concentrated than carrots. Spirulina is the highest protein food with all the essential amino acids and yet extremely low in calories. **Apart from mother's milk spirulina is the only other whole food that contains** Gamma-linolenic acid (GLA).



A mineral powerhouse, Spirulina is rich in iron, magnesium and many trace minerals in a very absorbable form.

- Maca – energy and libido, strength and stamina



Like all the best supplements, maca is not concocted in a laboratory somewhere, but is a root vegetable that grows in the Andes mountains of Peru. Maca is wonderful for increasing energy, strength and stamina. For a start, it is full of minerals, vitamins, and protein, containing many of the essential amino acids, and particularly rich in calcium and magnesium, so it can help to deal with any deficiencies in the diet. Due to its high calcium levels, it's often used to treat osteoporosis and bone density problems. It is very popular among both men and women for its ability to balance hormones. So it is often taken by women suffering



during the menopause, or with PMT, and it increases libido (it's sometimes known as Peruvian Viagra!), and helps with fertility issues. Because it gives you such a boost, it is particularly helpful for people who suffer from chronic fatigue or are depressed.

- **Goji berries – vitamin C in abundance**

Goji berries come from Tibet and are also known as wolfberries. Once you have discovered them you will be adding them to everything! Like bright red raisins, they are not too sweet and have a taste reminiscent of bubble gum. Reputed to increase longevity, they are one of the richest sources of vitamin C on the planet – a handful when you are getting a cold can be just what you need – and probably the richest source of beta-carotene. They contain all of the essential amino acids, as well as B vitamins, trace minerals and polysaccharides. They taste so good, you can just eat them by the handful – to us it's like eating sunshine, they make me feel happy and relaxed. Or try them in our trail mix with cacao. Recommended dosage: you can't eat too many gojis.



- **MSM – reverses aging in skin, hair, nails, tissues and joints**

Everyone is deficient in sulphur! MSM (methyl-sulfonyl-methane) is a naturally-occurring form of dietary sulfur. MSM is volatile and destroyed by cooking. In the body, MSM softens leathery internal tissues by rebuilding connective tissue with elastic sulfur bonds. This is how MSM lives up to its reputation of building collagen and maintaining healthy joints. This is also why MSM increases flexibility (good for yoga), hastens recovery time from sore muscles, and is excellent for recovery from athletic injuries. Because of its collagen-building properties, MSM creates smooth skin, thick lustrous hair, and strong nails. MSM makes the tissues more permeable so that they may move nutrients in and toxins out with greater ease. It also reduces inflammation.



- **Cacao – nature's anti-depressant, super antioxidant and the food of the Gods**

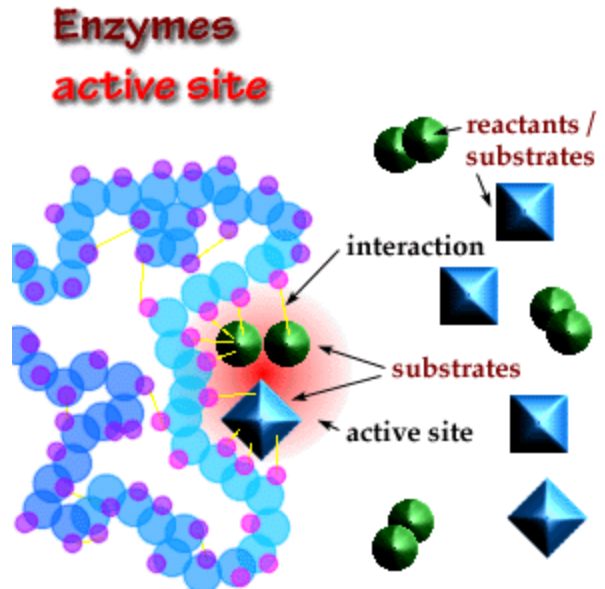
Cacao beans contain over 300 chemically identifiable compounds making it one of the most complex food substances on Earth! It contains: anandamide (bliss chemical), arginine (nature's Viagra), dopamine (neurotransmitter), epicatechins (antioxidants), histamine, magnesium, serotonin (anti-stress neurotransmitter), tryptophan (anti-depressant amino acid), phenylethylamine (PEA), polyphenols (antioxidants), tyramine, and salsolinol. It has high levels of magnesium and the highest level of antioxidants of any foods. It has nearly twice the antioxidants of red wine and up to three times what is found in green tea.



- **Enzymes – without them nothing would happen**

All metabolic processes require mediation by specific enzymes. Vitamins, minerals, and hormones cannot do their work without the presence of enzymes. Enzymes make life possible. They are needed for every chemical reaction that occurs in our body. When it gets to the point that our body can no longer produce certain enzymes, our life ends. Enzymes are needed for effective digestion and nutrient absorption. Weight control, longevity, and overall health are some of the benefits of an enzyme-rich diet of raw foods.

Cooked food is totally devoid of enzymes and overburdens the pancreas. Enzyme capsules are highly recommended, along with raw foods, to make up for the immense enzyme drain due to many years of eating cooked foods. If studies on rats are any indication, people could extend their life spans by 20 years or more simply by maintaining proper enzyme levels.



- **Coconut oil – great for your skin, one of the best anti-candida foods and highly recommended for weight loss**

Coconut oil is another miracle of nature. Incredibly even though it is a fat, coconut oil actually assists weight control by promoting the body's ability to burn unwanted fat and has even been shown to lower levels of bad cholesterol. It is the highest source of saturated medium chain triglycerides (MCT) of any naturally occurring vegan food source. Furthermore around 50% of these MCT's are made up of [lauric acid](#), the most important essential fatty acid in building and maintaining the body's [immune system](#).

Apart from coconut oil, the only other source of lauric acid found in such high concentrations is in mother's milk. These medium chain fatty acids are more digestible and much more stable than any other fat. In fact unlike any other oil it can be left at room temperature for a year and doesn't go rancid! Consuming it on a daily basis will do miracles to your skin. In addition it has remarkable anti-bacterial, anti-viral and anti-fungal properties and for this reason is a powerful ally in the fight against candida. Coconut oil is also being [used by thyroid sufferers](#) to increase body metabolism. Coconut oil is a must for any vegan diet!!!



- **Hemp** – excellent for weight loss and naturally reducing carbohydrate cravings

Hemp is the most absorbable form of protein containing all 10 essential amino acids. It's the world's most powerful supply of essential fatty acids in the perfect balance for your body. These essential fatty acids (Omegas 3, 6 & 9) are needed for balanced brain chemistry and so hemp is highly recommended for depression and anxiety. It's also the ultimate detoxing food and a fantastic carrier of oxygen. It will help you reduce those sugar cravings and naturally balance out your blood sugar levels. For this reason it will really assist you in losing weight



- **Brazil nuts** – a thousand times more selenium than any other food on the planet

Brazil nuts cannot be cultivated, they are considered a superfood simply because they contain a thousand times more selenium than any other food on Earth. Nearly everyone is deficient in selenium because of depleted soils. Selenium is a very strong anti-viral and anti fungal. It's a thyroid activator and an immune booster.



- **Pepitas** – (Pumpkin Seeds)

The pumpkin seeds are a balanced source of good proteins. They are very nourishing and energizing. In addition to protein, they are an excellent source of iron, B vitamins, vitamin E, fibre, oil, and minerals.

Pumpkin seeds are high in zinc, a mineral that aids the healing process and is useful in treating an enlarged prostate gland. Other nutrients are magnesium, phosphorus, zinc, copper, potassium, niacin, folic acid, riboflavin and thiamine. They also contain pantothenic acid, unsaturated oils and antioxidants.

Pumpkin seeds are said to be diuretic and help in the treatment of urinary tract infections and prostate disorders. They also have a reputation for being an aphrodisiac.

Healing qualities of pumpkin seeds and husks – the medicinal use of pumpkin seeds was adopted by Oriental healers some time in the seventeenth century. Sweet, neutral energy treats large intestine and stomach organ systems category: herb that expels parasites.



This delicious, nutritious, nutty-flavoured seed has diuretic properties; it soothes irritated tissues, eliminates pain, and expels parasites. It is effective against tapeworms and roundworms. Pumpkin seeds

and husk aid milk production in lactating mothers and are used to reduce postpartum swelling of the hands and feet.



The Raw Power Team:

Andshu Hobden
Prem Hobden
Anand Wells



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Phone: 1300 664 179

Super Foods and Function Foods

- Fish
 - [Omega 3 Fatty acids](#)
 - [Salmon: Can eating Salmon help lower your blood cholesterol?](#)
 - [Fish, Fish Oil, Omega 3 fatty acids and Heart Disease](#)
- Nuts
 - [Flax seed: Benefits of Flax seed in Heart Disease](#)
 - [Health Benefits of Nuts](#)
- Garlic
 - [Benefits of Garlic in Heart Disease](#)
 - [Benefits of Garlic in Cancer](#)
- Soy:
 - [Does soy offer a protective effect against breast cancer?](#)
 - [Benefits of Soy](#)
 - [Benefits of Soymilk in Heart Disease](#)
 - [Soy and Osteoporosis](#)
 - [Soy and Prostate Cancer](#)
- Pomegranate
 - [Health Benefits of Pomegranate Juice](#)
- Tomato
 - [Lycopene in Tomatoes and Prostate Cancer](#)
- Tea
 - [Health Benefits of Tea](#)
- Coffee
 - [Benefits of Coffee – high in antioxidants](#)
- Psyllium Husk
 - [Psyllium Husk for High Cholesterol](#)
- Mushroom
 - [Medicinal Mushrooms](#)
 - [Maitake Mushroom: Benefits of Maitake in Cancer and Diabetes](#)
 - [Shiitake Mushroom: Benefits of Shiitake in Heart Disease and AIDS](#)
 - [Reishi Mushroom: Benefits of Reishi in Asthma](#)
- Red Wine
 - [Red Wine – Heart Health Benefits?](#)
- Chocolate
 - [Health Benefits of Chocolate?](#)
- Whole Grains
 - [Whole Grains Guide – Health Benefits](#)
- Ginger
 - [Ginger against Motion Sickness and Nausea](#)
- Fruits and Vegetables
 - [Cancer Fighting Vegetables](#)
 - [The Most Important Food for Weight Loss](#)
 - [Fiber 101: Soluble and Insoluble Fiber](#)
 - [Antioxidants 101](#)
 - [Organic Produce – better for my health?](#)

Super Foods for Health

Super foods are so-called because they are naturally rich in a range of phytonutrients (natural plant nutrients) that have been shown to have a beneficial effect on our health. By simply incorporating 'super foods' into our everyday diet, we can enhance general well being and lead a healthier life.

Super foods should be eaten as part of a healthy balanced diet which is low in saturated fat but rich in a variety of fruit and vegetables. However it is important to note that no one food can, in isolation, treat, prevent, or cure disease and that individuals with specific medical conditions should **always** consult a qualified health professional, such as a GP or State Registered Dietician in the first instance.

[Avocado](#)

Packed with nutrients, avocados are best eaten raw when they are ripe.



[Bananas](#)

Easy to eat and quickly absorbed, with a high potassium content.



[Berries](#)

A vital source of vitamin C and antioxidants.



[Broccoli](#)

Broccoli is nutrient-rich and is a good source of folic acid.



[Garlic & Onions](#)

Both garlic and onions are thought to be beneficial to our health.



[Grapes](#)

An easy snacking food and a good source of soluble fibre.



[Kiwi Fruit](#)

One of the greatest sources of vitamin C.



[Leafy Greens & Cabbage](#)

These foods contain a wealth of nutrients.



[Lentils, Beans & Other Pulses](#)

Low in fat, cholesterol-free and an excellent source of soluble fibre.



[Nuts](#)

A versatile food group and a valuable source of minerals.



[Oily Fish](#)

An excellent source of protein and rich in omega-3 fats.



Olive Oil

Introduce a taste of the Mediterranean into your diet.



Sunflower & Other Seeds

Seeds are nutritional powerhouses and can be enjoyed in several ways.



Sweet Peppers

Low in fat and low-calories, peppers are a good source of vitamin C.



Sweet Potato

A good energy provider with a low Glycaemic Index.



Tomatoes

All varieties of tomatoes share similar 'super food' qualities.



Wholegrain

A wholegrain-rich diet is thought to assist with the lowering of cholesterol.



The Human Soul – More About Emotions & Emotional Processing

Change your Diet.

Drink water – consider 5 litres a day. Add mineral salt to your diet.

Eat Vegan – no animal products in your diet.

Make sure most of it is raw. Include nuts and legumes.

Water is processed completely differently by your body than any other drink. So you can put water in something, and that is totally different than just having water by its self. Your body processes water completely differently, because all the other processing has to go through the filtering system of your body whereas water can be absorbed immediately without needing to be processed.

Drinking water also has the effect of challenging some of your emotions. You will start actually realising that you don't care for your body enough, you are not in contact enough with your body, and that most of the time your body is dehydrated.

17 Oct 09

Protein. Your body works this way. You need nine different amino acids to construct protein. There are two different things that affect your body's construction of protein. One of them is if you get those nine amino acids, the second thing is your emotions. Your emotions have much more of a determining thing than the ingestion of amino acids. But if you have a variety of greens and fruits and vegetables in your diet and they are all raw, you will not have trouble with protein. In particular if you have nuts and legumes. Legumes such as alfalfa sprouts, mung bean sprouts, etc. If you have nuts and legumes along with fruits and vegetables, you will get the nine essential amino acids to produce protein. Then there is only one thing that can effect your body's losing protein, or losing muscle mass. That is, your body's own ability to construct muscle mass from those amino acids which is all an emotion. It is all to do with an emotion. If you have nuts, legumes, fruits and vegetables you can put on muscle mass.

Make sure that a lot of it or most of it is raw.

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When you connect with the emotional reason why you eat protein and processed food, you will be surprised as to why you eat it. Most of the time it comes by a relationship issue with either our father or our mother, and their belief system and how much we want to please their belief system. So look at that issue if you are having trouble keeping muscle mass while on a vegan diet.

We use food and drink a lot to suppress emotion. If you change your diet, you will find that will give your whole body a shake up. You will start to find emotions will come up.

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From CANCER to WELLNESS:

<http://cancertowellness.com/>

Product Information:

"Learn Kristine Matheson's unique disease fighting methods, balanced approach to nutrition and life skills as this amazing self help book 'empowers you' to improve your own health"

This highly anticipated and insightful book contains information on:

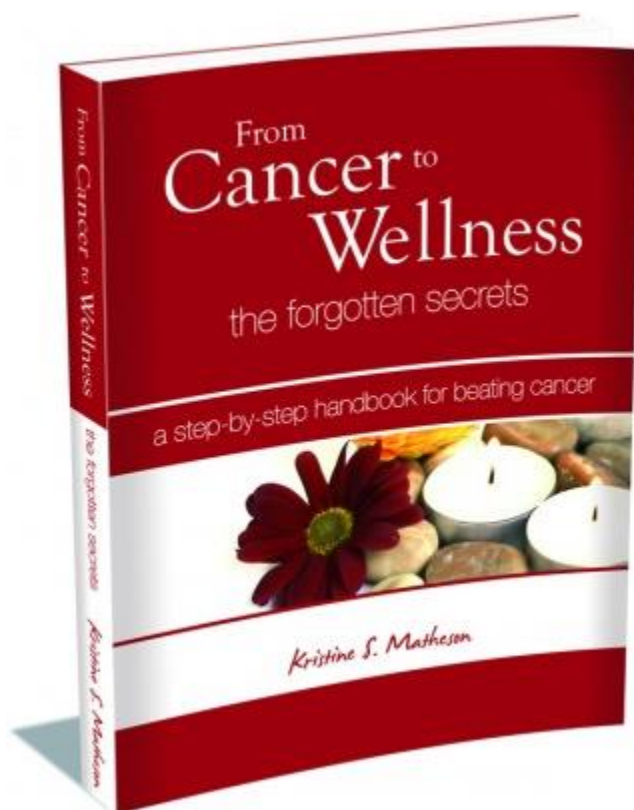
- Disease cause and effect!
- The effects of sugar, caffeine, alcohol, fats and oils!
- Your Ph levels, is your body acid or alkaline and how can certain waters assist your health?
- Why should we eat organically grown foods and why is organic better for us?
- Food additives and chemicals in our homes, what to look out for and how to avoid them!
- Digestion and nutrient absorption, simple rules when eating!
- The candida and parasite connection and the effective cleansing program!
- Making food your medicine and which natural herbs can help?
- Program for life, the 28 day step by step, detox self help guide, it is easy!
- The optimum daily program and nutritional supplements, which ones to take!
- Sprouting for health, which seeds, legumes and nuts are beneficial and how to do it!

This book also contains information on:

- Over 55 unique food and drink recipes that are easy to prepare and full of goodness!
- Exercise, personal training, core training and why these are essential for good health!
- Safer and natural personal care and home cleaning products!
- The power of affirmations, hypnotherapy and meditation to harness 'your' power within!
- Candles, incense, essential oils and other alternative methods for focusing and relaxation!

"The Bad News is – Cancer is a Reality"

The GOOD NEWS is – CANCER CAN BE BEATEN!



Raw Power!



Raw Food is Raw Power!

The Raw Power team: **Anshu Hobden** who has made health and nutrition a life study for the past 9 years, **Prem Hobden** a very gifted gourmet raw food chef, and **Anand Wells** who has 20 years experience as a group facilitator, breathworker and meditation and movement teacher.

With Raw Power you will discover:

- How to create simple, delicious, living food meals including cakes and desserts that taste better than nearly any cooked food and will nourish your body at the deepest levels.
- Why commercially grown organic food is no longer enough for peak health and what you can do about it.
- The power of “superfoods” and green juices.
- How to lose weight while you eat like a king (or queen).
- How to live a radiantly healthy life without experiencing the effects of premature aging and degenerative diseases which are so prevalent throughout our society. (Over 85% of all mental, emotional and physical conditions are diet and/or environment related.) You are what you eat!
- Powerful intention setting techniques for creating the level of health and vitality you really desire.
- How to effectively clear toxins and parasites from your body without using drugs.

Coupled with Raw Power food calibrating at 350 – 365 is ‘Wellness Water’ or ‘Akai Ionizer Water’ calibrating at 580.

Costs of meals are typically within 5% of mass produced meals as provided by public hospitals.



Raw Power!



Raw Food prepared by the Raw Power team of Anshu Hobden, Prem Hobden and Anand Wells from locally grown organic produce has been calibrated on the scale of 1 to 1,000 on the Map of Conscious as published by Dr David R Hawkins. At the level of 200 is neutrality, below 200 is anti-life or negative and above 200 is pro-life and positive. It is a logarithmic scale based on the common log of 10. Food generally calibrates between 188 and 210 with few exceptions above 320.

| | | Calibration | |
|--------------------|---|-------------|------------|
| | | Item | Group |
| <u>Juices</u> | 1. Green juice with parsley, celery, lettuce and cucumber | 510 | |
| | 2. Young sea mineralized wheat grass juice | 445 | |
| | | | 450 |
| <u>Drinks</u> | 1. Alkalised water with Vitamin C and MSM (organic sulphur) | 380 | |
| | Vitamin C 355 MSM (organic sulphur) | 415 | |
| | | | 380 |
| <u>Smoothies</u> | 1. Mineralising smoothie (apple / colloidal minerals / maca / hemp meal / almonds) | 370 | |
| | 2. Superfood smoothie (spirulina / bee pollen / maca / raw cacao / avocado / brazil nut/ apple / hemp meal / coconut oil) | 425 | |
| | | | 360 |
| <u>Breakfast</u> | 1. Green juice | 325 | |
| | 2. Superfood smoothie | 335 | |
| | 3. Mineralizing smoothie | 325 | |
| | | | 340 |
| <u>Supplements</u> | 1. Wild bee pollen | 315 | |
| | 2. MSM & Vitamin C | 450 | |
| | 3. Colloidal minerals | 455 | |
| | 4. Spirulina | 470 | |
| | 5. Raw cacao nibs | 485 | |
| | 6. Hemp meal | 510 | |
| | 7. Virgin cold pressed undeodorised coconut oil | 460 | |
| | 8. Peruvian macadamia powder | 455 | |
| | 9. Sodium chlorite nascent oxygen | 455 | |
| | 10. Gogi berries | 455 | |
| | | | 395 |



| | | | |
|---------------------------------|--|-----|------------|
| <u>Entrees</u> | 1. Raw hummus with flax crackers | 335 | |
| | 2. Nut pate on raw rye bread | 330 | |
| | | | 350 |
| <u>Soups</u> | 1. Alkalizing soup | 355 | |
| | 2. Carrot and avocado soup | 360 | |
| | | | 380 |
| <u>Salads</u> | 1. Exotic greens salad with kelp and dulse seasoning topped with lemon, coconut and olive oil dressing | 385 | |
| | 2. Avocado and greens salad | 395 | |
| | | | 360 |
| <u>Main Courses</u> | 1. Zucchini spaghetti with tomato sauce and sweet and sour non meat balls | 340 | |
| | 2. Raw curried crepes | 335 | |
| | 3. Non meat loaf | 335 | |
| | | | 350 |
| <u>Cultured Foods</u> | 1. Sauerkraut | 380 | |
| | 2. Mexican sauerkraut | 335 | |
| | | | 365 |
| <u>Dehydrator Treats</u> | 1. Sprouted rye and carrot bread | 375 | |
| | 2. Flax crackers | 330 | |
| | 3. Apple crepes | 345 | |
| | | | 345 |
| <u>Beverages</u> | 1. Raw cacao and almond milk drink | 360 | |
| | | | 360 |
| <u>Desserts</u> | 1. Rawsome avocado chocolate cake | 335 | |
| | 2. Apple praline cake | 345 | |
| | | | 380 |

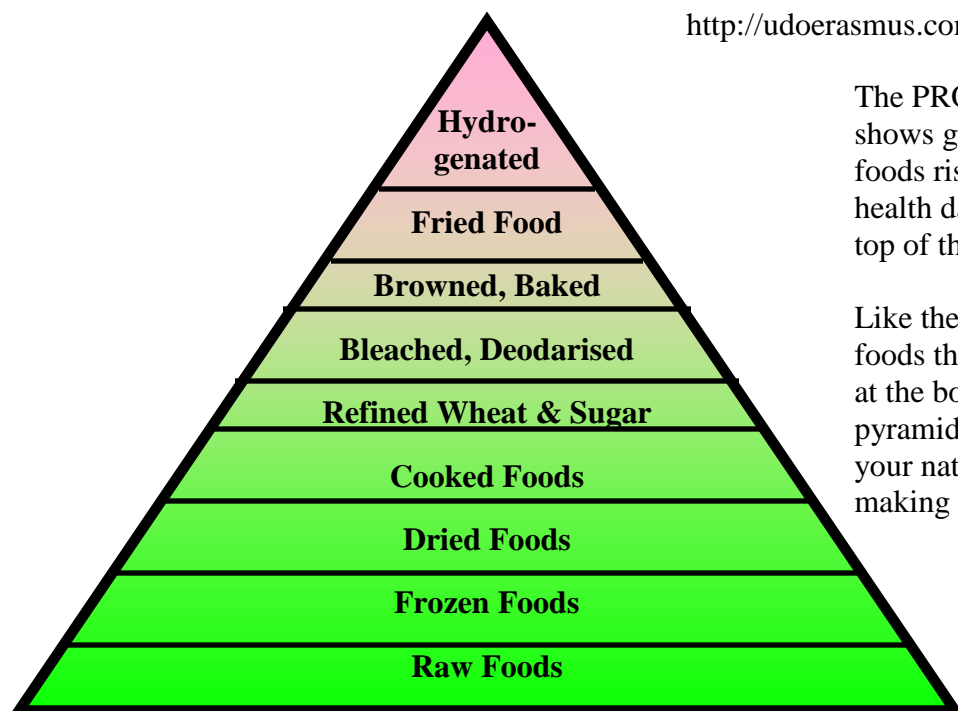


The Raw Power food overall calibration is: **350**
The Raw Power food being blessed is: **365**

Recipes and menus can be assembled to draw upon the local produce of any community anywhere and to suit any ethnic group and their preferences.

Udo Erasmus CHOICE FOOD PROCESSING PYRAMID

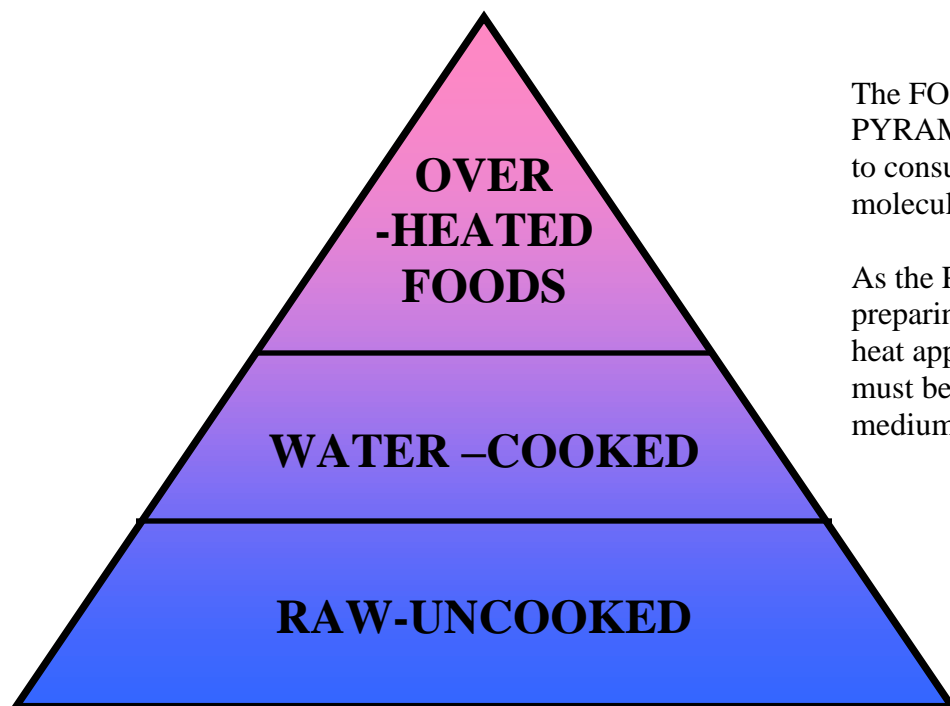
http://udoerasmus.com/pyramid/pyr_index.htm



The PROCESSING PYRAMID shows graphically how processed foods rise in toxicity and potential health dangers as they approach the top of the pyramid.

Like the main food pyramid, the foods that are most vital are located at the bottom of the processing pyramid. Remember to consult your naturopath or dietician before making significant dietary changes.

Udo Erasmus CHOICE FOOD PREPARATION PYRAMID



The FOOD PREPARATION PYRAMID simply state the best way to consume food with minimal molecular damage and nutrient loss.

As the Pyramid suggests, when preparing food, the least amount of heat applied is best. Also, if heat must be applied, water is a preferable medium to oil for cooking.

**Udo Erasmus CHOICE FOOD PYRAMID:
HEALTHY PEOPLE**

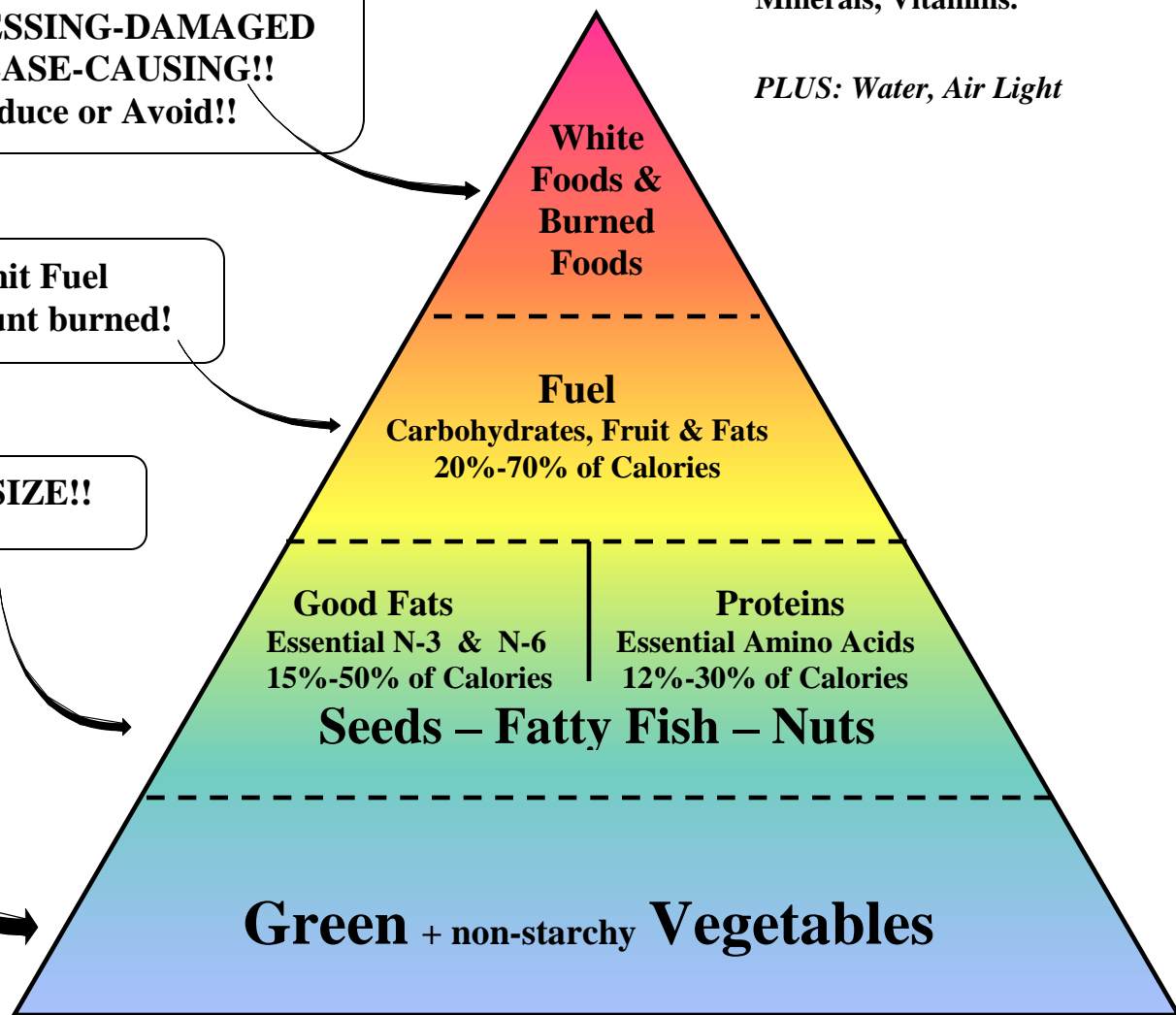
**NUTRIENT – DEFICIENT
PROCESSING-DAMAGED
DISEASE-CAUSING!!
Reduce or Avoid!!**

**Limit Fuel
to amount burned!**

EMPHASIZE!!

SUPPLEMENTS:
Digestive Enzymes,
Probiotics, Antioxidants,
Fibre, Phytonutrients,
Minerals, Vitamins.

PLUS: Water, Air Light



Udo's Choice™ Food Pyramid

Illustrates health food choices as forming the base or bottom.

As you proceed higher on the pyramid, you encounter foods that present more of an obstacle to digestion and metabolism.

**Udo Erasmus CHOICE FOOD PYRAMID:
People with Degenerative Conditions**

**NUTRIENT – DEFICIENT
PROCESSING-DAMAGED
DISEASE-CAUSING!!**
Reduce or Avoid!!

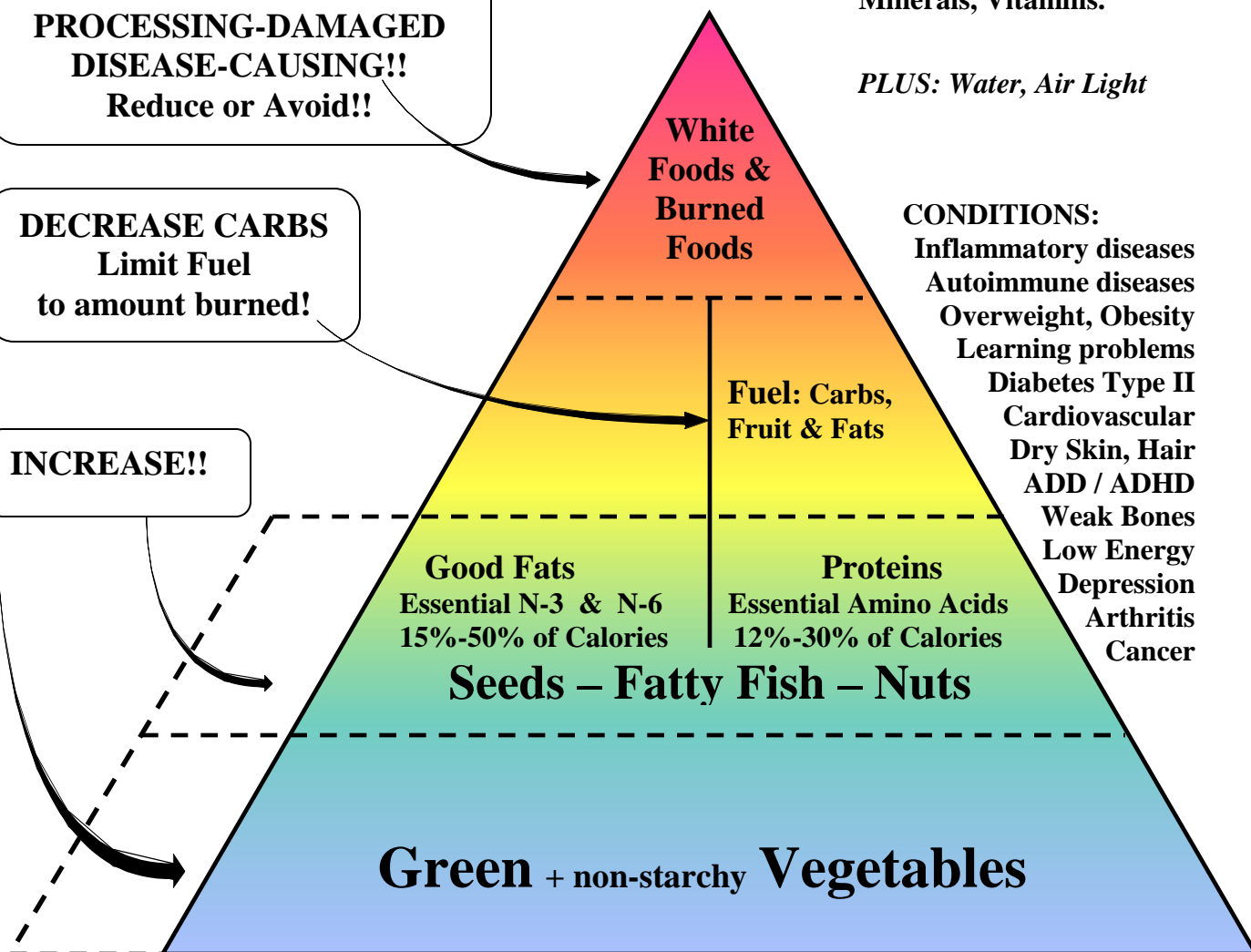
DECREASE CARBS
Limit Fuel
to amount burned!

INCREASE!!

SUPPLEMENTS:
Digestive Enzymes,
Probiotics, Antioxidants,
Fibre, Phytonutrients,
Minerals, Vitamins.

PLUS: Water, Air Light

CONDITIONS:
Inflammatory diseases
Autoimmune diseases
Overweight, Obesity
Learning problems
Diabetes Type II
Cardiovascular
Dry Skin, Hair
ADD / ADHD
Weak Bones
Low Energy
Depression
Arthritis
Cancer



Udo's Choice Food Pyramid for Sick People increases two food categories – Green Vegetables, and Good Fats.

Fuel Foods in typical diets include commercial carbohydrates (bread, baked goods, etc) and processed fats (margarines, shortenings, fried foods), which contribute to the majority of chronic disease conditions in our society. Therefore, the FUEL category should be reduced. Fruits should also be reduced because they contribute to overweight if not burned. Avoid "white foods" and foods rendered toxic by processing or overheating!

**Udo Erasmus CHOICE FOOD PYRAMID:
ACTIVE PEOPLE**

SUPPLEMENTS:
Digestive Enzymes,
Probiotics, Antioxidants,
Fibre, Phytonutrients,
Minerals, Vitamins.

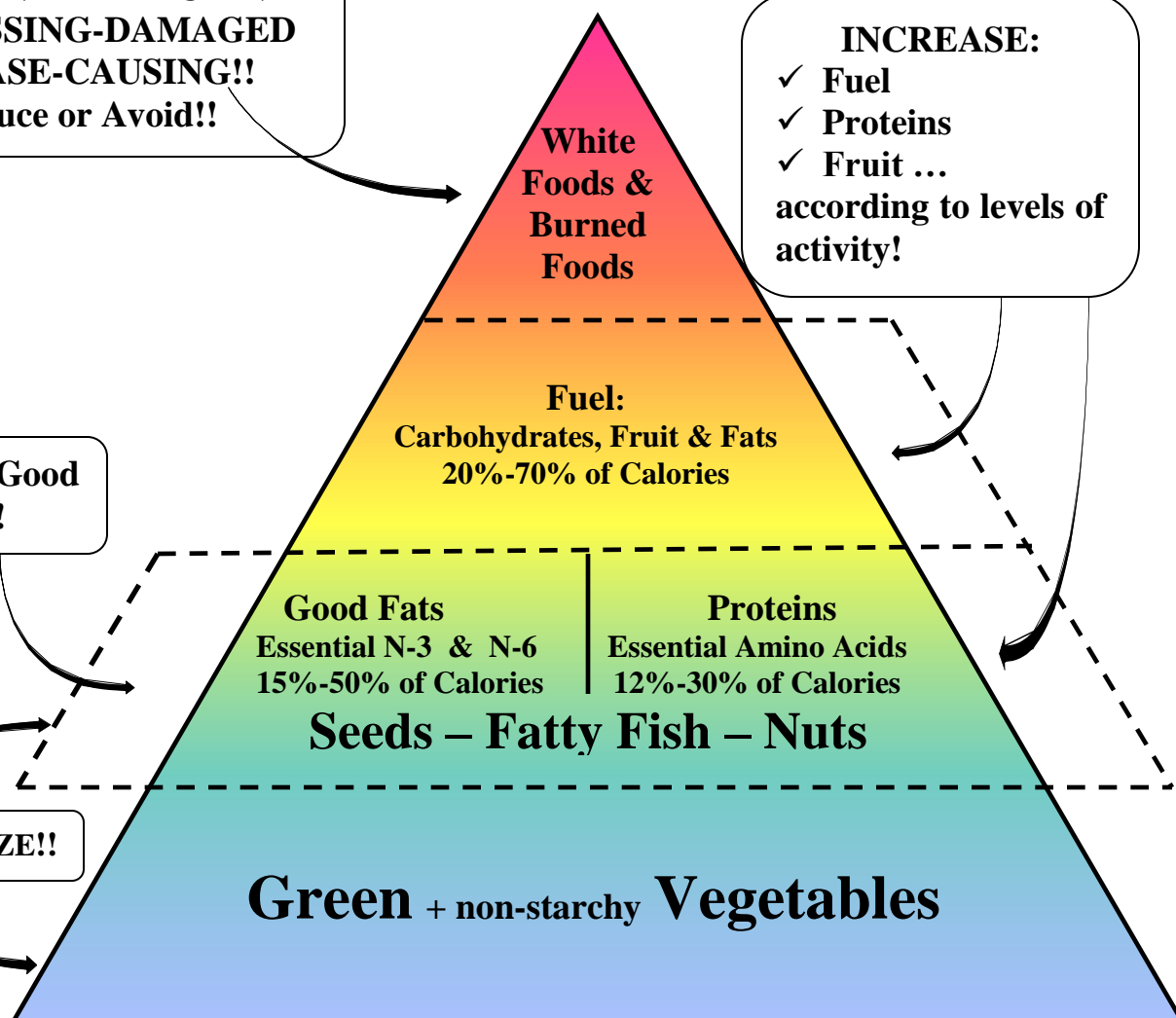
PLUS: Water, Air Light

**NUTRIENT – DEFICIENT
PROCESSING-DAMAGED
DISEASE-CAUSING!!
Reduce or Avoid!!**

INCREASE:
✓ Fuel
✓ Proteins
✓ Fruit ...
according to levels of
activity!

**Increase Good
Fats!**

EMPHASIZE!!



Udo's Choice Food Pyramid for Active People increases two food categories – FUELS for performance, and good fats and protein to build and reconstitute tissues.

Fuels which include complex carbohydrates, essential fats and other fats, can be increased along with fruit. As always with FUEL FOODS, eat only what you burn. Proteins must be increased for rebuilding tissue. As always, avoid "white foods" and foods rendered toxic by processing or overheating!

Whole Food Signatures

<http://www.dontolmaninternational.com>

A stupendous insight of civilisations past has now been confirmed by today's investigative, nutritional sciences. They have shown that what was once called "**The Doctrine of Signatures**" was astoundingly correct.

Referred to in the classical period of Rome as the "Law of Similarities" it is now called by scientists, "**Teleological Nutritional Targeting**".

It now contends that every whole food has a pattern that resembles a body organ or physiological function and that this pattern acts as a signal or sign as to the benefit the food provides the eater.

For instance, Don Tolman notes:



A sliced **Carrot** looks like the human eye. The pupil, iris and radiating lines look just like the human eye...and YES science now shows that carrots greatly enhance blood flow to and function of the eyes.



A **Tomato** has four chambers and is red. The heart is red and has four chambers. All of the research shows tomatoes are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows that grapes are also profound heart and blood vitalizing food.



A **Walnut** looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds are on the nut just like the neo-cortex. We now know that walnuts help develop over 3 dozen neuro-transmitters for brain function.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Celery, Bok Choy, Rhubarb and more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.



Egg Plant, Avocadoes and Pears target the health and function of the womb and cervix of the female – they look just like these organs. Today's research shows that when a woman eats 1 avocado a week, it balances hormones, sheds unwanted birth weight and prevents cervical cancers. And how profound is this? it takes **exactly 9 months** to grow an Avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).



Figs are full of seeds and hang in twos when they grow. Figs increase the motility of male sperm and increase the numbers of sperm as well to overcome male sterility.



Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.



Olives assist the health and function of the ovaries



Grapefruits, Oranges, and other Citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.



Onions look like body cells. Today's research shows that onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes



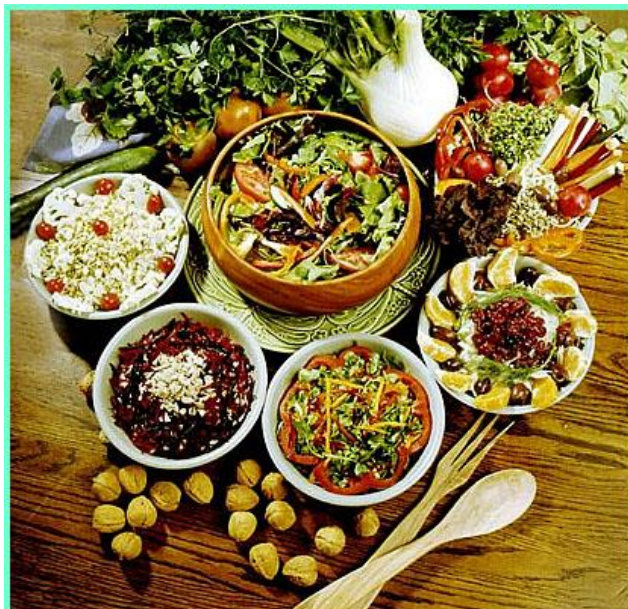
Bananas, Cucumber, Zucchini and more target the size and strength of the male sexual organ. It's true!



Peanuts have a profound effect on the testicles and sexual libido. Peanuts were banned as a food for males by the church during the middle ages. Most people don't realize that arginine, the main component of Viagra, comes from peanuts.



RAW FOOD MEALS:



Energy Levels

Truth vs Falsehood P.94

The energy level of various food groups as per the Map of Consciousness 1 – 1,000 calibrations.

At 200 and above, the item becomes positive. Any calibration below 200 is negative or anti-life:

| | | |
|--|------------|------------------------|
| Heroin, Methamphetamines | 6 | |
| Cocaine | 7 | |
| Public Hospital Meals | 165 | |
| Taco Bell Fast Food | 165 | |
| McDonalds, KFC, Hungry Jacks | 175 | |
| Food, Commercial Machine-made | 188 – 200 | |
| Food, Commercial Cat | 192 – 202 | |
| Food | 200 | |
| Food, Commercial | 207 | |
| Food, Blessed Machine-made | 207 | |
| Food, Homemade | 209 + | |
| Food, Blessed Homemade | 215 | |
| Vegetarianism | 205 | |
| Home Roast Lamb & Vegetables | 250 | |
| Tea, Green | 300 | |
| Coca-Cola (beverage) | 305 | (single serve per day) |
| Pepsi (beverage) | 305 | (single serve per day) |
| Quaker Oats | 305 | |
| Uncle Ben's Rice (product) | 315 | |
| Campbell's Soup (product) | 325 | |
| Herbalife (products) | 340 | |
| Raw Food = Raw Power – Byron Bay | 350 | (overall menu) |
| Roadside Farm Stands | 355 | |
| Raw Food = Raw Power food blessed | 365 | (overall menu) |
| Home cooked sea fish with salad | 410 | |
| Home roasted free range chicken with salad | 410 | |
| Green Juice = Raw Power | 510 | |
| Cookies made for Family | 520 | |

A significant finding is the calibrated difference between blessed and unblessed food. Machine – made bread from a local supermarket calibrates at 188, but when blessed, it goes up over 200. Bread from the same supermarket but from the bakery department calibrates initially at 203, and again shows a rise if it is blessed. If food is homemade, it rises from its original 200 to 209, and if blessed, it rises up to 215. This is a unique demonstration analogous to the Heisenberg principle in that the introduction of human spiritual consciousness and intention alter the field. It also gives evidence that prayer itself is more than just wishful thinking.

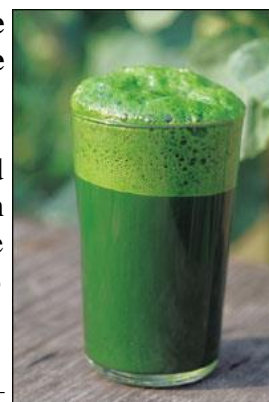
Gourmet Living Food Recipes For You

We recommend you always use organic or unsprayed ingredients. Apart from having pesticides, hormones etc. regular commercially grown food contains from 2 to 20 times less minerals than it's organic counterparts. (There is also a difference in price – sprayed, genetically modified food can cost you your quality of life by causing degenerative diseases and premature aging!)

The Amazing Power of Green Juice – calming, energising, alkalising and healing

Raw organic Green Juice is the best foundation for a raw food lifestyle. There is almost nothing on the planet that is better for your body. Use celery as the base and experiment with the other ingredients to taste.

Celery – (make this the foundation of your juice) it is very high in sodium and conditions your whole digestive tract, improving digestion. It is a much better option than carrot which is high in sugar (even organic carrots these days have 17% sugar – wild carrots if you can find them have only 3% sugar!).



Leafy Greens – (Just as important as celery, though less palatable to begin with – leafy greens are packed with chlorophyll and oxygen and are unparalleled in their ability to alkalise and heal the body. Try **Rocket, Kale, Cos Lettuce**, (preferable over Iceberg Lettuce which has fewer minerals) or any other dark green leafy veg.

Cucumber – Also a highly alkalizing vegetable and very refreshing.

Parsley – A cup of minced fresh parsley (about 100g) contains more beta carotene than a large carrot, almost twice as much vitamin C as an orange, more calcium than a cup of milk, and twenty times as much iron as a serving of liver.

Wheatgrass – What to say about wheatgrass? There are reams of information available on the healing, regenerative properties of wheatgrass. 20 ml of wheatgrass juice is the nutritional equivalent of over one kg of fresh fruit and vegetables. Wheat grass has only about 10-15 calories per teaspoon. It has nearly a gram of protein per teaspoon and includes all eight of the essential amino acids, as well as 13 of the remaining 16.

Tip: Try watering your wheatgrass using 1 part sea water to 19 parts water to get the correct balance of all 92 minerals needed for perfect health. Grass is the only plant which can absorb all 92 minerals, however, you can still add sea water to when watering all your veges and sprouts for a highly mineralized diet.

Apple or carrot – Some people find green juice a little hard to take at the beginning. To make your green juice sweeter you can add a very small quantity of carrot or apple to your juice (less than 10%). After a while when you grow accustomed to taste you can reduce or totally cut out the carrot and apple.

Water – We recommend you water down your juice 4 or 5 parts filtered water to 1 part juice. This is especially important when using wheatgrass. Green juice is a very powerful detoxifier and it is best to ease into it gently if you haven't been living a clean, raw food lifestyle. As you progress you can gradually decrease to amount of water to a 50/50 mix.

Detoxification – When you begin drinking green juice the pollutants which have been stored in your body will literally begin to be flushed out of your cells sometimes causing nausea, head aches or even flu like symptoms. Be happy if this happens as it means you are on track to a healthier, more balanced existence. It can also be very helpful to be in contact with someone who has already gone through the process themselves.

Quantity – Begin with 250ml of green juice a day (watering it down 4 to 1 with water). This will give you around 5 glasses to down. As you progress, increase the amount of juice and decrease the water. You can eventually increase to drinking 500 to 750mls of green juice no problems and your body will sing in total gratitude!

You will get optimum nutritional value if you drink your juice within 15 minutes of making it, however, you will still get amazing benefits if you refrigerate it and drink it throughout the day. You can even add a little lemon juice or vitamin C powder to help preserve it for up to 24 hours.



The Raw Power Team: Anshu Hobden, Prem Hobden, and Anand Wells.



Gourmet Living Food Recipes For You cont'd

We recommend you always use organic or unsprayed ingredients. Apart from having pesticides, hormones, etc., regular commercially grown food contains from 2 to 20 times less minerals than its organic counterparts. (There is also a difference in price – sprayed, genetically modified food can cost you your quality of life by causing degenerative diseases and premature aging!)

Superfood Shake

Tools: A blender.

Ingredients:

- 1 teaspoon of macca powder
- 1 tablespoon of spirulina powder
- 1 handful of pepitas (pumpkin seeds)
- 5 Brazil Nuts
- 100ml of virgin coconut oil
- 1 tablespoon of hempseed (For pets shake only)
- 1 small apple (or banana or mango.....)
- 1/2 a teaspoon of raw honey
- 1 teaspoon of En-Liven probiotic superfood
- Half a cup of water



Or if you are feeling lazy just use a couple of tablespoons of Raw Powers superfood blend Powermix with water and an apple and blend (For pets only!). For human consumption remove the hempseed from the mix.

NB. Quantities are just suggestions will vary from person to person depending on your metabolism and current nutritional needs.

Raw Living Garden Pizza

(Serves 8)

Tools: Sampson juicer or a food processor and a blender. Dehydrator or oven at very low temperature

Ingredients:



Crust

- 1 cup of flaxseed (Soaked)
- 1 handful of desiccated coconut
- 1 apple
- 1 handful of basil
- 1 cup of sprouted buckwheat
- 1/4 teaspoon of Celtic sea salt

Topping

- 1 cup sunflower seeds (Soaked and/or sprouted)
- 5 tablespoons spoons of virgin cold pressed olive oil

½ an avocado
 4 tablespoons of coconut oil
 ½ tablespoon of celtic sea salt
 1 tablespoon of dulse/kelp/pepita sprinkles
 1 teaspoon of lemon juice
 ½ cup of water
 ½ a small onion cut into thin slices
 1 tomato
 1 capsicum
 1 handful of parsley

Raw Living Garden Pizza

Directions:

Crust

Mix the crust ingredients in a bowl and then process through a Sampson juicer or you can use a food processor or blender. Roll dough into a ball and then spread flat into a round pizza shape using a wet spoon onto teflex dehydrator tray or pizza tray. Place in dehydrator for 8 hours at 40c. Alternatively you can place the base in your oven at a very low temperature with the door slightly ajar for 8 hours (to make sure you are not heating above 40c buy and oven thermometer to check the temperature, this way all the enzymes, life-force and nutrition will be preserved in your food!

Topping

Blend or process the sunflower seeds, olive oil, avocado, coconut oil celtic sea salt, dulse / kelp / pepita sprinkles, lemon juice & water. Spread the mixture over the pizza base and then add sliced tomatoes, capsicum and onion and garnish with a handful of parsley.

If you would like your pizza warm, place in a dehydrator or oven at 40c for 30 minutes.

Raw Herb and Nut Stuffed Peppers

(Serves 5)

Tools: food processor and/or blender

Ingredients:

250 grams of almonds (preferably soaked and dehydrated)
 250 grams of carrots (shredded or chopped)
 1 small onion or 1/3 cup of green onions
 Handful of parsley
 Chopped chives to taste
 1 tablespoon of olive oil
 Dash of cayenne pepper
 3 tablespoons lemon juice
 1 tablespoon grated ginger

Sea salt to taste
 2 tsp paprika or any other spices to taste
 2 medium sized red bell peppers
 2-4 tablespoons of ground flax meal

Preparation

To make filling: grind the nuts to a meal in a food processor (or blender).
 In a food processor with s-blade put almond meal and all other ingredients together (except flax meal) and mix. Add enough flax meal to reach a firm consistency.
 Stuff peppers with filling leave to set in fridge for a few hours.
 Cut peppers into thick slices and sprinkle with parsley or coriander.



Raw Apple Crumble Pie

(Serves 8-10)

This recipe is purely scrumptious!
 It is very rich and recommended for special occasions only.

Tools: Food Processor, grater

Ingredients:

Crust:

1 ½ cups pecans soaked
 1 ½ cups dates

Filling:

3 apples – peeled, cored and grated
 1 ½ cup raisins
 2 cups pecans – coarsely chopped
 ¼ cup fresh orange juice
 2 tablespoons raw honey
 2 teaspoons of cinnamon



Preparation:**Crust:**

In the food processor process the dates and pecans until there forms a smooth dough.
Spread the dough evenly in a 9 inch pie dish and place in the fridge to set.

Filling:

In a large bowl, thoroughly mix all ingredients and spread onto crust.
Place in the fridge to set for 3 hours.

You can serve as is, or place in the dehydrator at 145 F for half an hour, for a warm pie. Serve with vanilla ice cream (see following recipe).

Smooth Raw Vanilla Coconut Ice Cream

Serves 6

Tools: Sampson juicer or food processor

Ingredients:

meat of 2 to 4 young coconuts, depending on yield
1 vanilla bean
4 frozen bananas (whole if using a Champion juicer, finely chopped if using a food processor).

Directions:

Put the coconut meat in a blender. Scrape the seeds out of the vanilla bean, and add to the blender. Blend until smooth.

Combine the bananas and coconut meat and process through a Champion juicer using the blank plate. The easiest way to do this is to add one banana and a little coconut meat at a time. You may need to mix the ice cream a little afterward to distribute the coconut evenly.

If you don't have a Sampson (or similar juicer), process the finely chopped frozen banana in a food processor. When the "ice cream" is white and fluffy, add the coconut meat, and process for a little while longer. If you're not eating it immediately (a tough task!), put it into individual bowls and return to the freezer.

Variation 1: Add chopped fruit or nuts.

Variation 2: Make a fruit or carob sauce, and pour it over the top.

Sprouted Hummus

Tools: Food processor or a powerful blender

Ingredients

2 Cups of Chickpeas (soaked and/or sprouted)

$\frac{3}{4}$ of a cup of cold pressed olive oil

Juice of one lemon

A handful of fresh herbs – garlic chives, basil, coriander, parsley

1 shallot

1 teaspoon of celtic sea salt

A dash of wheat free tamari or nama shoyu

$\frac{1}{4}$ of a cup of water

Preparation

Soak Chickpeas over night (or soak for at least 8 hours).

Drain water from chickpeas and put them into a sprouting jar, rinsing them 2 twice a day for 2 days.

(You can also make this recipe after soaking the Chickpeas for 8 hours- sprouting them is optional.)

Place half of the Chickpeas into a blender or food processor, add olive oil, lemon juice, herbs, salt, tamari and blend into a smooth paste. Slowly add the remaining Chickpeas to the mix, adding water if the mix gets too thick. If you like your hummus extra creamy, add more olive oil instead of water.



Herb Nut loaf

Tools: Food processor, Samson (or similar) juicer.

Ingredients

$\frac{2}{3}$ cup almonds (soaked for 8 hours)

1 $\frac{1}{4}$ cup of flaxseed

$\frac{1}{2}$ cup pepitas (soaked for 6 hours)

1 cup of celery juice (no pulp)

Small quantity finely chopped fresh rosemary

1 cup of finely shredded carrots

1 tsp celtic sea salt (to taste)

A few dashes of wheat free tamari or nama shoyu

1 tbs of lemon juice

1 small handful of parsley, onion and/or garlic chives

Preparation

Grind flaxseed to a meal in a coffee grinder or suitable blender. Process almonds and pepitas in blender (or food processor). Mix in flax meal, lemon juice, celtic salt, shredded carrots, rosemary, parsley and chives and process a little more while slowly adding celery juice until you obtain wet but firm consistency. Form mixture into a loaf or place it in a suitable mould. Let it stand in the fridge for 3 to 4 hours for flavours to blend.

Serves 4 to 6



The Philosophers Stone - Podium!

Mid morning and mid afternoon are times for the Philosophers Stone' Podium to be utilised at the Pascas Café.

Patrons at the Pascas Café will be invited to participate in the preparation of raw food dishes. They will be given the opportunity to assemble a specific dish or drink according to request. Patrons will submit their preferences and progressively they will be given the opportunity to be trained in how to prepare the same dish or drink in their own homes.

Training programs will enable clients / patients of Pascas Clinic to evolve their specific diets to benefit from the high energy super food recipes offered at Pascas Café.



Demonstration classes will be participatory. Patrons and patients will be encouraged to become involved in the preparation and understanding of what is required to prepare raw food with the appropriate procedures for making the dishes and drinks.

Of particular focus is the high energy **Green Juice** drink.

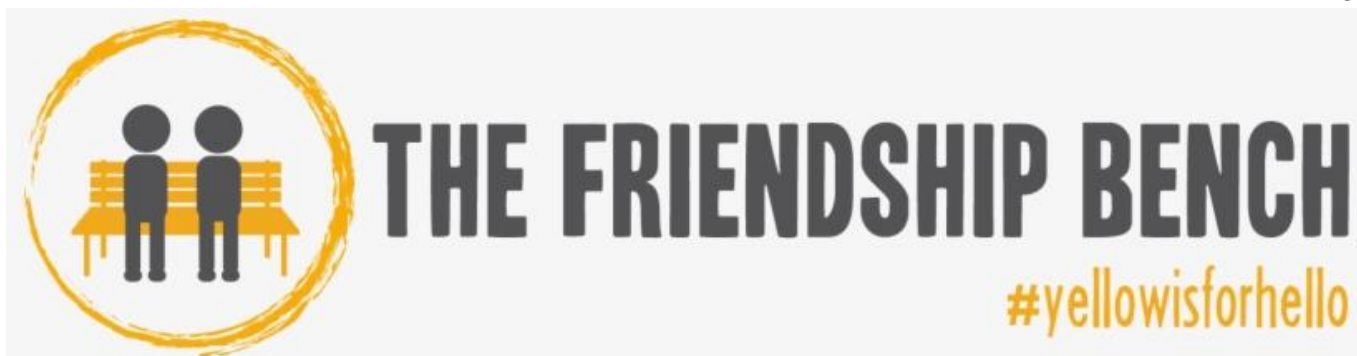
Meals prepared will then be calibrated for their energy level. Blessing of meals will be followed by a further calibration to demonstrate the contribution of prayer (energy medicine).

Well, if we are to have presenters of par excellence then we may as well have the best!



Required home appliances are: water filter, juicer, blender, mincer, and dehydrator.





Zimbabwe government taken on Friendship Benches



Doctors estimate one in four Zimbabweans suffer from depression or anxiety but there are just 12 psychiatrists treating the country's entire population of 14 million. They can't possibly go the route of training psychiatrists and psychologists because it would take 15 years. How are they going to provide treatments? Local doctors have come up with a simple but seemingly highly effective idea.

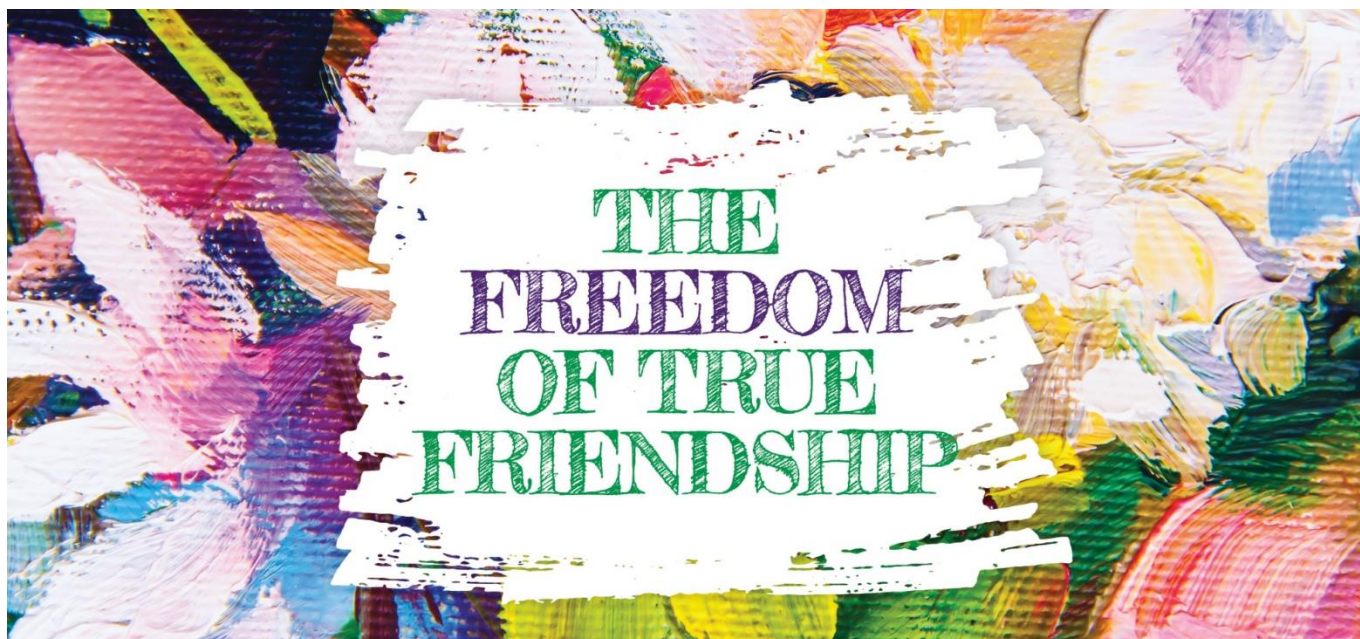
Wooden seats so-called “friendship benches” were installed on the grounds of several Harare health clinics. Visitors were offered six one-to-one counselling sessions with lay health workers who have received some training. They are known as grandmother health providers. The very lowest kinda of the health system to train those women to offer problem-solving therapy and so the patient explains what all their problems are and it's opening up the mind in the sense of allowing the patient to see that they can do something about their problems.

The study involved more than 550 patients. After six months only 14% of the patients in the “friendship bench” group reported symptoms of depression compared to 50% in a control group. They were also 5 times less likely to have suicidal thoughts co-founder of the friendship bench program Dr Dixon Shahbandar of the University of Zimbabwe told VOA via Skype the intervention had a wide range of benefits. Not only a mental health sort of package. A package that actually improved outcomes of things like hypertension, diabetes and in adherence to medication for people with HIV.

That success has led to Friendship benches being rolled out to 60 clinics in Harare and to other cities.

Chaldi Ladies introducing “Feeling Healing”!

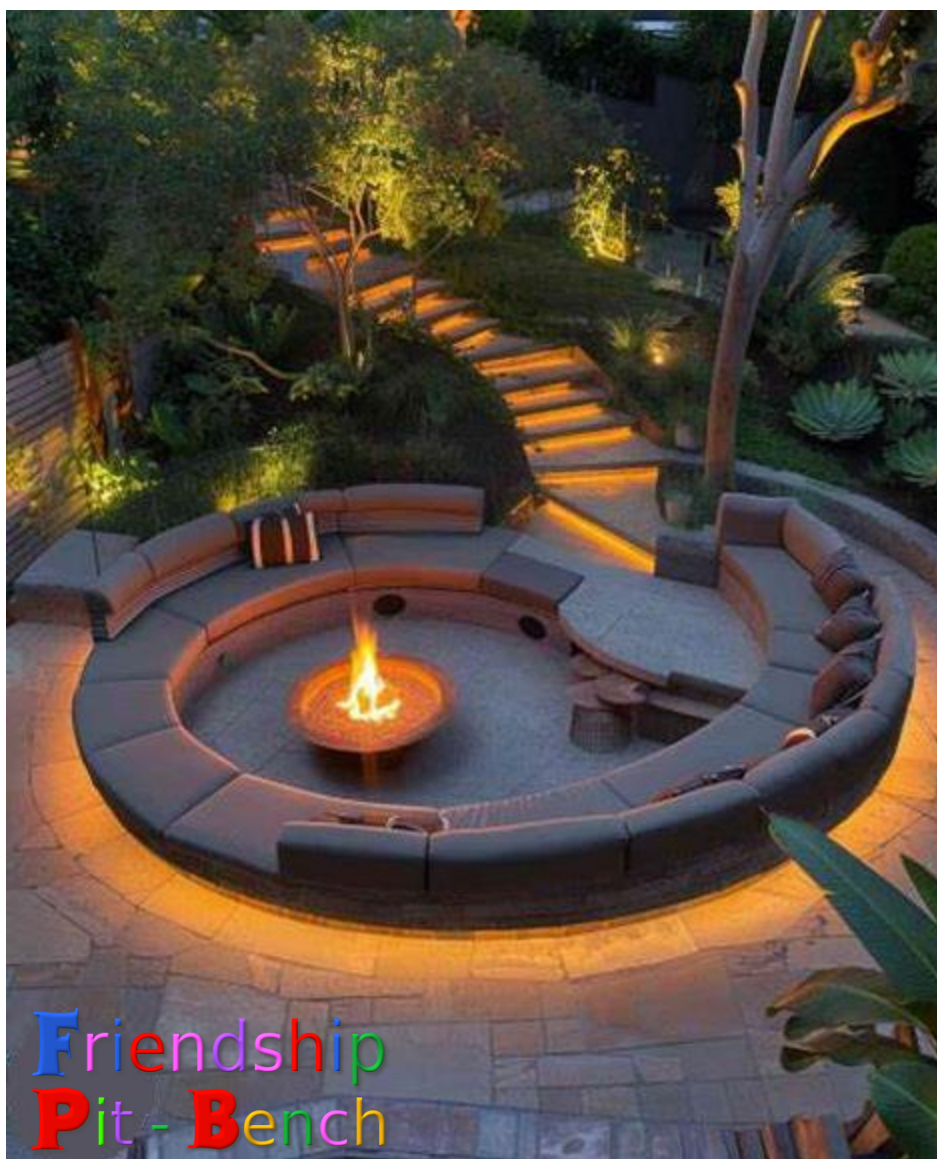




Truth is
Freedom



Friendship in the Round



Friendship
Pit - Bench



Ionized Alkaline Water

What makes water healthy?

Healthy water should:

- ✓ Be alkaline to restore your body to its natural state to better fight infections and disease
- ✓ Have a strong anti-oxidant to combat disease-causing free radicals
- ✓ Include calcium and magnesium in a form that your body can readily use
- ✓ Have smaller water clusters for greatly improved hydration
- ✓ Be micro-filtered to remove bacteria that causes illness
- ✓ Be disinfected using ultraviolet to kill harmful waterborne viruses
- ✓ Taste great so that you want to keep coming back

Can your water do this? Ours can.

Water in a bottle doesn't necessarily mean your water is healthy. Our experience has been that a large number of retail water products are acidic and have been stripped of valuable minerals. The Akai Water Ionizer can do all of the above through a simple bench top unit that easily fits to your tap. Call High Tech Health on 1800 505 108 to find out more about the Akai Water Ionizer and what it can do for you. Below are some more of the benefits of the Akai Water Ionizer.

Benefits of the Akai Water Ionizer:

- Ultraviolet disinfection
- Detoxifies
- High energy potential
- Rapid hydration
- Mineral rich
- Water tastes great
- Improves water clarity
- Adjustable pH
- Installs in minutes
- **One year warranty**

- Micro-filtration to .1 micron
- High alkaline water decreases acidity
- A natural, super anti-oxidant
- Aids digestion
- Distributes dissolved vitamins & minerals efficiently
- Reduces off-tastes, odours, & sediment
- Reduces chlorine 95%
- Acid water by-product good for skin
- Attractive benchtop appearance
- **30-day money-back guarantee**

<http://www.hightechhealth.com.au>





Am I Hydrated? Urine Color Chart

| | | |
|---|--|---|
| 1 | | This urine color chart is a simple tool you can use to assess if you are drinking enough fluids throughout day to stay hydrated. |
| 2 | | |
| 3 | | |
| 4 | | If your urine matches the colors numbered 4 through 8 you are dehydrated and need to drink for more fluid. |
| 5 | | |
| 6 | | |
| 7 | | <p>Be Aware! If you are taking single vitamin supplements or a multivitamin supplement, some of the vitamins in the supplements can change the color of your urine for a few hours, making it bright yellow or discolored.</p> <p>If you are taking a vitamin supplement, you may need to check your hydration status using another tool like Handout #15: Hydration Check: Body Weight Log.</p> |
| 8 | | |

NOTE: Kinesiology muscle testing will not function if either party involved is dehydrated.

JUNK FOOD ONE-THIRD OF DIET

Research has shown that almost one-third of the U.S. diet consists of sugar-filled cans of soda and bags of potato chips.



According to **World Retail Magazine**, the **biggest selling items** in Australian supermarkets are:

- 1 Coca-cola 375ml
- 2 Coca-cola 1 litre
- 3 Coca-cola 2 litre
- 4 Diet Coke 375ml
- 5 Cherry Ripe (a candy bar)
- 6 Nestle condensed milk
- 7 Tally Ho cigarette papers
- 8 Mars Bar
- 9 Kit Kat (choc coated wafer thingy)
- 10 Crunchie Bar
- 11 Eta 5-star margarine, salt reduced
- 12 Heinz baked beans
- 13 Double Circle tinned beetroot
- 14 Diet Coke 1 litre
- 15 Bushell's Tea
- 16 Cadbury Dairy Milk Chocolate
- 17 Pepsi Cola 375ml
- 18 Coca-cola 1.5 litre
- 19 Kellog's Cornflakes
- 20 Maggi two minute chicken noodles
- 21 Generic brand lemon drink
- 22 Panadol tablets, 24 pack (paracetamol)
- 23 Meadow Lea margarine
- 24 Generic brand lemonade
- 25 Mrs MacGregor's margarine



A Pascas Café with Raw Power is to assist us to move away from these debilitating habits.

Diakyne Blood Tests, via Pascas, determines Mineral levels so that nutrition and vitamin regimes can be rationalised with accuracy

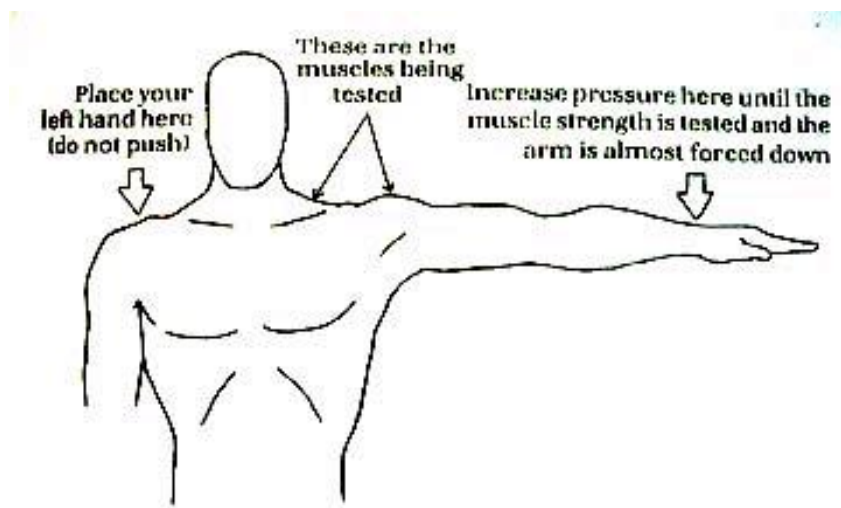
| Mineral Chart | | |
|---|--|---|
| All The Vitamins and Minerals Our Bodies Need | | |
| Nutrient | Suggested | Function |
| Boron | Toxic at 1 gram – no RDA | Bone health |
| Calcium | DRI 1,000 – 1,300 mg to 2.5 grams | Health of bones, teeth, muscles, regular heartbeat, and nerve function |
| Chromium | Tolerable intake 200 – 400 mcg | Metabolizes insulin |
| Copper | Tolerable intake up to 2 mg | Aids in iron absorption. synthesizes hemoglobin, produces energy |
| Flouride | DRI 3.1 mg – 10 mg | Health of bones and teeth |
| Iodine | RDA 150 mcg | Necessary fro thyroid hormone |
| Iron | RDA 15 mg | Formation of red blood cells. |
| Magnesium | RDA 320 mg – 350 mg | Aids muscle function, supports teeth and cardiovascular system |
| Manganese | Upper level intake to 2 mg | Formation of bones and collagen, metabolizes carbohydrates, synthesizes fatty acids and protein |
| Molybdenum | Upper level intake 10-25 mcg, upper levels to 50 mcg | Metabolises iron, works with enzymes |
| Phosphorous | RDA 800 mg DRI 700 mg | Health of bones and teeth. Works with enzymes |
| Potassium | Upper level intake 200 mg | Balance of fluids. Supports function of nerves, metabolizes protein and carbohydrates. Aids in muscle contraction |
| Selenium | RDA 55 mcg | Antioxidant, prevents damage to cells |
| Vanadium | Upper level intake to mcg | Metabolizes cholesterol and blood sugar. Possibly works with hormones |
| Zinc | RDA 12 mg | Utilized in conjunction with enzymes. Contributes to health of immune and reproductive systems |

| Vitamin Chart All The Vitamins and Minerals Our Bodies Need | | | |
|---|-----------------------------------|---|---|
| Nutrient | Suggested | Function | Toxicity/Issues |
| Vitamin A (retinol) | RDA 1,000 mcg or 5,000 IU | Maintains and promotes growth of tissue, bones, and teeth. Important for mucous membranes and vision | Intake of over 2,500 IU daily may cause birth defects |
| Vitamin A (beta carotene) | No RDA set | Antioxidant, protects against cancer | Non toxic |
| Vitamin B1 (thiamin) | RDA 1.1 mg | Supports growth, muscles, and nerve function. Necessary for utilization of carbohydrates | Some toxicity concerns |
| Vitamin B2 (riboflavin) | RDA 1.3 mg | Needed to metabolize amino and fatty acids. Formation of red blood cells and antibodies | Some toxicity concerns |
| Vitamin B6 (pyridoxine) | RDA 1.6 mg | Forms antibodies, synthesizes hormones. Metabolizes protein | Over 500 mg daily can damage nervous system |
| Vitamin B12 | RDA 2 mcg | Metabolizes protein, carbohydrates and fats. Maintains nervous system and formulates blood cells | Gastrointestinal illness impairs absorption |
| Biotin | No RDA DRI 30 mcg | Metabolizes fats, carbohydrates, and protein. | Non toxic |
| Vitamin C | RDA 60 mg | Vital to strong immune system. Promotes healing of wounds. Antioxidant, maintains healthy blood vessels. Iron utilization | Gastrointestinal illness impairs absorption |
| Choline | No RDA DRI 10 – 100 mg | Builds neurotransmitters – part of brain function | Non toxic |
| Vitamin D | RDA 5 mcg, upper levels to 50 mcg | Sustains health of bones, proper utilization of calcium, created by exposure to sun. | Non toxic |
| Vitamin E (D-alpha tocopherol) | RDA 5 mcg | Antioxidant, maintains cell membranes. Protects lungs, liver, skin and breast tissue | Some toxicity concerns |
| Folic Acid | RDA 180 mcg DRI 400 mcg | Forms red blood cells and necessary for cell division. Used in digestion, metabolizes protein. | Non toxic |
| Vitamin K | RDA 65 mcg | Utilized for blood clotting and calcium binding. | Gastrointestinal illness impairs absorption |
| Niacin | RDA 15 mg DRI 14 mg | Aids in healthy cells, nervous system, skin, and digestive function. | Non toxic |
| Pantothenic Acid | DRI 5 mg | Helps synthesize fatty acids and cholesterol. | Non toxic |

Applied Kinesiology Muscle Testing for Allergies & Food Sensitivities

When the knowledge of how to use a muscle test to test foods was first made public in 1972, the approach was somewhat simplistic, however, this did not prevent people from achieving amazing results with this powerful new tool.

In those days, most learned to test for food sensitivities with the food in the mouth using just the Pectoralis Major Clavicular (PMC) muscle which is related to the Stomach Meridian. The position for the PMC test was with the arm stretched out in front of the subject with the thumb pointing down to the floor. Pressure was on the top of the wrist to press downwards and slightly away from the body.



Basics of Muscle Testing

This one muscle was used for testing all the different foods. Since it was related to the Stomach, it was a reasonably reliable indicator for some foods, but not others.

Later, some people, developing their own systems, started to test foods with the arm held out to the side, parallel to the ground. This position tests the Deltoid muscle which is related to the Lung Meridian. The Lung is not really related to the digestive system, so in general terms, this muscle is not a reliable indicator for food sensitivities unless many other factors are considered. As each year went by, and

more research was done by Applied Kinesiologists, it became clear that there were many more factors at work in testing foods which would affect the results than had previously been realised.

The importance of testing many different muscles which are related to the organs of digestion is now understood. Certain foods are digested mainly by one organ, others by different organs. Some foods that affect us adversely, weaken the whole body. Others target specific organs, and specific muscles. Some foods strengthen a particular organ / muscle, other substances may affect their energy adversely.

For instance, Coffee affects the Liver and the Kidneys more than it does the Stomach and the Pancreas. Sugar on the other hand generally has the opposite effect.

For instance, The Psoas, on the Kidney circuit, seems to love parsley which is rich in vitamin A and E, and almost invariably tests stronger when parsley is chewed at the time of testing. On the other hand, however, coffee seems to have the opposite effect, and often a person's Psoas will test weak whilst some coffee is held in the mouth. Incidentally, neither of these foods would necessarily have any effect on the strength of the P.M.C.

Food "Allergy" or Food "Sensitivities"

"Sensitivities"

For the sake of clarity, one might define a "sensitivity" as being a food or other substance that has a general weakening or debilitating effect on the body.

Most people become "sensitive" to foods they eat every day or most often. The harmful effects of tiredness, anxieties, "catching everything that is going around", and many other general symptoms of poor health are not usually associated with food by the complainant.

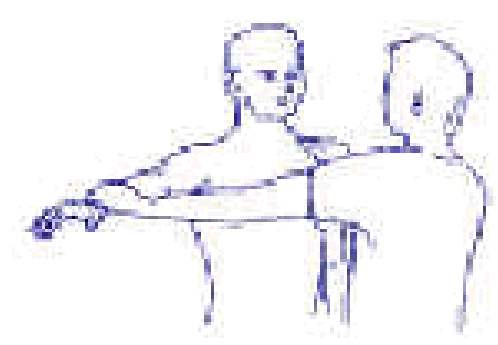
Such foods generally make a strong muscle weak or a weak muscle weaker still. But as will be explained, this is not always the case.

"Allergies"

One definition of an "allergy" is when an immediate symptom is observed during or shortly after ingesting a food, or someone is exposed to a substance the body cannot handle.

For instance, having a headache immediately after drinking coffee, or mucous in the mouth after drinking pasteurised milk, sneezing when walking thorough a hayfield, breaking out in spots after eating strawberries, or being violently ill after shellfish, or having a migraine headache straight after eating chocolate. So it is usually possible to tell when one has an "allergy" by immediately recognisable symptoms. It is not usually possible to determine a food sensitivity as the adverse effects build up slowly, over a long period of time, and the person adjusts to them.

An important aspect of nutritional testing is to avoid alarming the subject. The use of the term "sensitive" to a given food or substance avoids the client going away and saying to someone else that they had been told that they were "allergic" to something, when they may not be. "Allergic" is really a medical term, best not used unless the definition is clearly understood.



It is best when doing food testing, that the practitioner avoids the word Allergic when sensitivities are detected. Some people who use muscle testing have been led into a trap of saying that someone is "allergic" to something whenever a muscle tests weak in connection with any food. This is not an accurate statement. Therefore this is a pronouncement which it is probably best to avoid.

Mental approach when testing

If the subject has strong opinions about something being tested, this can influence the outcome of the test. It can also affect the result if the practitioner allows their opinions to be a dominant thought. It is essential therefore for both the tester and the subject to maintain a neutral mindset at the actual moment of the test.

People will often say that their intuition tells them what is best for them. In this regard Applied Kinesiological testing shows that this is a most unreliable guide. The mind does not help in its expression

of preferences to attain a correct diet for you. This can be shown when people say, I like this, I know it makes me strong, and they test weak. Or when they say, I hate that, and it does not suit me, and they test strong!

People are often quite nervous when visiting a practitioner. In times of acute stress, the immune system of the body sometimes breaks down temporarily. Food and other sensitivities which apply at the time of testing may well not apply at a later date when the person has avoided the food for some time, and maybe their life is generally more tranquil.

Three types of food

Not all foods nourish or affect our bodies equally. Some feed us better than others. Some actually do us harm. We can use muscle testing to evaluate each food, but let us first define the three main groups.

1. Biogenic foods

Biogenic foods give us energy. They benefit the body by providing the nutrients, vitamins and minerals in balance which the body utilises to grow healthy new tissue, and sustain our energy levels in a balanced way. Our diet should largely consist of these beneficial foods. Biogenic foods usually strengthen weak muscles.

2. Biostatic foods

These foods when consumed neither benefit the body, nor do they harm it. They merely take up space in our digestive tract. What little energy they yield, the body has to use up in the digestive and eliminative processes. Obviously, it would be helpful to know which foods, like bran, fall into this category. Biostatic foods neither strengthen weak muscles, nor do they weaken strong ones.

3. Biocidic foods

Biocidic foods actually deplete the body of energy, do it harm, and are the potential cause of many imbalances which can eventually lead to the onset of disease. It is important to know which foods are harmful for us. They should be eliminated from the diet. Occasional sprees on foods that are wrong for the body, it can adapt to and deal with. It is the day in and day out consumption of foods that are lifeless, and toxic to the system that eventually weaken the body, lower the immune response level, and allow disease processes to commence. Biocidic foods weaken strong muscles.

When someone's strong muscles remain strong on testing, and their weak muscles remain weak on testing all with the same food, then the food is probably BIOSTATIC.

If you eat a mono diet long enough, even foods that were previously BIOGENIC for you may become biostatic or biocidic and start to give you side effects.

Biochemic individuality



"One man's meat could be another man's poison." It is vital to understand that there is no such thing as a food that is "Biogenic" or "Biocidal" for everyone. Some people test strong on the most alarming rubbish "foods", they may have the constitution to eat it sometimes. Remember the basic rule is "biochemic individuality". A food that is Biogenic for one person, may well be Biocidal for another! How can that be?

For instance the greater public awareness for the need to eat brown wholemeal bread instead of white is causing a lot of people very real problems. They secure the very best organically grown, stone-ground, wholemeal bread, and eat away merrily in the belief that they are benefiting the body.

Yet there are many people who have a wheat sensitivity or produce allergic symptoms when they consume products containing ANY wheat. Even when the wheat is present in small quantities like a thickener in a sauce or a filler in a sausage, the effect on some people can be drastic.

Is there a connection between eating some basic foods and feeling unwell?

When someone eats something to which they are sensitive day after day, quite often there is no direct apparent connection with the food concerned and the adverse effect it is having on their health.

People sensitive to wheat for instance, can experience such diverse reactions as Migraine headaches, Bowel gas, Chronic tiredness, Irritability, Sudden inexplicable mood changes, Skin eruptions, and many other debilitating problems, never suspecting for a moment that the "good wholesome bread" they are eating could be the cause!

Food testing can be so valuable, it pays to do the tests carefully, and beware of making assumptions. Just because we "know" a certain food is generally nutritious for most people should not lead us to ASSUME anything.

So when testing for food sensitivities, it is wise to use an indicator muscle for each of the organs if we are to make absolutely certain that any particular food is not adversely affecting the energy flow of any of the organs of the body.

When the general principles of digestion are considered, it is not necessary to test fourteen muscles every time you do a test. For instance if you are testing a fatty substance, then the Liver related muscle, the Pectoralis Major Sternal is more likely to show up an intolerance from the liver or the gall bladder, than perhaps the small intestine.

If it is a complex carbohydrate like a grain which contains oils and proteins, then testing more muscles is advisable.

Causes of allergies and food sensitivities

Adverse reactions are usually due to the invasion of the body by incompatible proteins, either through breathing them in, through the skin, or through the Gastro-Intestinal-Tract. (G.I.T.)

The seeds of the causes of sensitivity problems are usually sown very early on in life. Either before birth, while in the womb, at birth and shortly afterwards, and at the crucial time of weaning.

Ante-Natal Trauma

Pregnant women under emotional, dietary, structural or energetic stress produce stressed babies. Smoking, alcohol, drugs, prescription items, gas and air, epidural injections, all have a deleterious effect on the baby and its immune system.

Weaning Traumas

As the baby grows, many are weaned off mother's breast milk far too soon. Their digestive system is just not up to coping with other foods.

Babies may be given cow's milk which is highly unsuitable for a human baby, or formulas which contain milk solids. Pasteurisation kills off bugs, but it also makes the milk difficult to digest, binds the calcium, and causes mucous production. (Colds, catarrh, sinus, and tonsil problems.) All these can give rise to dairy product allergies, which usually cause skin problems (eczema etc.) in later life.

Many very small children are given cereals, usually containing some wheat or wheat products too soon.

The result is that whatever they are fed is improperly digested and some of the partially digested food enters the body through the walls of the digestive tract. The body views these substances as enemies and immediately starts to manufacture anti-bodies. These antigens may cause immune system suppression later in life.

Allergic reactions may or may not follow. It is not unusual for the problem to lie dormant for many years, and to surface for instance as eczema at puberty when the body/mind is under the stresses of enormous changes, mentally, chemically and physically. Then people say, "Why did this suddenly happen now?".

The popular solution is avoidance of the substances thought to be the cause of the allergic reactions. However as will now be shown, this is rarely sufficient to solve the problems.

Lifestyle -Lowered Immune System

"Stress causes sensitivities to foods...and other substances." Excessive stress in the five realms reduces the efficiency of the Immune System. It has been proved that a negative mental attitude lowers the immune system.

Kinesiological Solution: Balance Energies, give immune system boosting supplements, teach AK stress release techniques. Suggest exercise, sweat regularly, get enough sleep, rest and relaxation.

Atlas

Stress and eating foods which cause reactions often cause the Atlas, the vertebra the head rests on, to become out of position.

Kinesiological Solution: Balancing neck and shoulder muscles and an electrical non-force correction of the atlas.

“Hidden” and “Quantity” sensitivities

Some sensitivities can only be detected by specialised Kinesiological methods. Some foods “hide” from the usual methods of testing. Other foods do not seem to test adversely unless the subject is tested for “quantity” to see if regular consumption of that food would cause problems.

Dural torque

The Brain and the Spinal Cord are protected by a hard sheath called the Dura Mater. In almost all cases of people who suffer sensitivities, intolerances, and allergies, there is a torquing or twisting of the Dura Mater. Associated problems will not usually stay corrected unless this is corrected.

Kinesiological Solution: Check for and correct the twisting of the Dura Mater kinesiolgically.

Electrical “Switching”

Eating foods to which one is sensitive can cause serious neurological bio-energetic disturbances. This is sometime called “switching”, of which there are several different forms.

Alarmingly this can cause muscles to become hypertonic when food to which the subject is reactive is placed in or near the mouth.

This means that muscles which were weak will test strong – inappropriately. Muscles which test “strong”, may test even stronger. This is apparently due to their causing the body to go on “red alert”. They exhibit a kind of muscle “fight or flight” reaction.

This can mask the fact that there is a problem, and invalidate all the testing done if the kinesiologist is not alert to this possibility, and does not know how to rectify it.

Blood chemistry

The delicate balance of all the components of the blood is controlled bio-electronically by the body. Improper ingestion can disturb this delicate balance.

Kinesiological Solution: Bio-electric correction of blood chemistry.

Inadequate water intake

Leads to poor digestion and bio-electric imbalance. Excessive Tea, Coffee, and Colas also dehydrate the body, which makes the matter worse.

Kinesiological Solution: To check each person by muscle testing for dehydration and recommend appropriate changes.

Attitude to food and eating

It is important to eat in a tranquil, joyful, appreciative setting. Most family arguments occur at mealtimes disrupting digestion and the function of the Ileo-Caecal Valve.

Kinesiological Solution: Use emotional stress release techniques and problem clearing techniques.

Vitamins & Minerals

Most people are deficient in both because of the use of insecticides and artificial fertilisers which have killed off the worm population which converted inorganic minerals into organic compounds which plants and humans could use to manufacture enzymes and vitamins.

Kinesiological Solution: Thoroughly test each client for nutritional deficiencies and recommend appropriate supplements.

Hypochlorhydria

Lack of a proper amount of hydrochloric acid in the stomach causes improper digestion, particularly of proteins. The symptoms of achlorhydria are virtually identical to hyperchlorhydria – indigestion and pain.

Kinesiological Solution: Test and correct thoracic lesions, Stomach and digestive meridian imbalances. People buy anti-acids when they actually need more acid. Supplement Betaine Hydrochloride.

Liver

If the Liver is congested, not producing enough bile, or sticky bile, then the cationic / anionic balance cannot be made in the small intestine, digestion cannot be complete.

Kinesiological Solution: Balance Liver circuits, offer supplements A, C, Lemon and carrot juice, Milk Thistle Herb, Liver herb cleansing.

Hypoglycaemia

Food sensitivities are almost synonymous with Hypoglycaemia which on its own causes many of the unpleasant effects of sensitivities.

Kinesiological Solution: Rectify by balancing Spleen circuits, and offer supplements, Liquorice Root, Chromium, suggest five small meals of complex foods.

Small intestine – Digestive enzymes

Many people do not produce enough digestive enzymes properly to digest their food. The result is improperly broken down materials which can be absorbed through the villi in the Small Intestine giving rise to symptoms.

Kinesiological Solution: Check for wheat and other grain sensitivities. Balance the SI circuits, supplement with Minerals, Digestive Enzymes, check mid-thoracic vertebrae for lesions and correct.

Breathing – Diaphragm

Shallow breathing does not stimulate digestion as it does not massage the organs with every breath as does diaphragmatic breathing.

Kinesiological Solution: Balance the Diaphragm lymphatics and the Lung Meridian. Teach diaphragmatic breathing.

Sub-clinical Hiatal Hernia

Improper posture during and after eating and eating meals that are too large can force the Stomach up into the Diaphragm. This causes pain and indigestion sensations, and sometimes shortness of breath.

Kinesiological Solution: Hiatal tendency correction, mid-thoracic lesion corrections. Demonstrate with muscle testing how a slumped posture turns off muscles in the digestive circuits. In severe cases, surgery may be necessary.

Immune deficiency

If the immune system is lowered by over-stressing any or all of the realms, allergies and intolerances are made worse.

Kinesiological Solution: Particular attention is needed to the Spleen circuits. Also to check the need for anti-oxidants, and other supplements.

Hypoadrenia and endocrine imbalance

If the endocrine system, the Adrenals, Pituitary, Thyroid, Thymus, etc., are out of balance, the immune system is lowered.

Kinesiological Solution: Correct lesions in the lower thoracic vertebrae. Supplements are glandulars, Vitamin C, Pantothenic Acid, Nicotinamide, B Complex, and any other nutritional support dictated by the client response to muscle testing checks.

Ileo-Caecal Valve (ICV) malfunction

There is a valve at the junction between the Small (Ileum) and Large (Caecum) Intestine. This is affected by both emotional and nutritional disturbances. It causes the person to toxify themselves by leaking faecal matter into the Small Intestine, which causes a form of slight, slow poisoning of the whole system.

Kinesiological Solution: Regular kinesiological correction of the ICV until stabilised, specific dietary constraints for a month, and appropriate supplementation.

Elimination, Bowels

Most people are quite constipated. This encourages the absorption of toxic matter into the system through the Gastrointestinal Tract walls.

Kinesiological Solution: Balancing the Small and Large Intestine Circuits, ICV, etc. In many cases, sensitivities and allergies will be hard to resolve until a thorough bowel cleanse has been achieved through the use of proprietary herbs.

Acid Biochemic pH

Consuming too much acid ash producing food makes the whole body acid which throws many systems out of balance, especially digestively.

Solution: Advice on balancing the diet.

Improper diet, food intake, chewing food

Most people do not chew adequately, food is therefore not properly digested.

Kinesiological Solution: Advice on balancing the diet, teach proper mastication, eating habits and supplement with food enzymes. One of the best ways to avoid reactions is avoid eating the same foods day after day. It's more fun, and better for your health.

Other causes

Eating or exposure to known allergies, sensitivities, intolerances.

Kinesiological Solution: All of the above checks and corrections as needed, plus avoiding one or two main problem foods only to start with. It appears that most sensitivities and allergies to multiple foods resolve when foods which are the main cause of all the problems are excluded from the diet for a while, until the body is healed. This may take some time.

Continuing with regular sessions is important even when the client starts to feel better, if they are to avoid going back to square one, and waste the time and money they have spent. This does not mean many treatments, usually three to six are sufficient to get the matter under control. After that, maintenance from time to time is urged to avoid a reoccurrence or the development of new problems.

Kinesiology and Pascas Café are a Partnership!

The Major Cause of ALL Disease

What if all disease had a single major common cause? For one thing it would certainly make treatment and prevention much easier. What if there was no need to take pharmaceutical drugs with all their nasty side effects and toxicity. If we could just go straight to the root problem and our body would come into balance by itself.

The good news is that we can both prevent and heal virtually any known disease without drugs, however, most of us have become so conditioned and disempowered we have handed our lives over to “experts” without thinking about what we are doing.

We at Raw Power are forever grateful to our friend and mentor Avesh Miller for turning on the light and showing us another way and it is our joy and pleasure to share what we have discovered with you.

Oxygen is the most vital element required for human life and it is the key to good health. We can survive without water for a week and go without food for a month, but we can only live a few minutes without oxygen.

Oxygen is the life-giving, life-sustaining element. All body activities require oxygen. Through oxidation, the body generates heat and energy from its fuel, and disposes of wastes and microbes.

Our bodies are two-thirds water. Of that water, ten per cent is blood and ninety per cent is lymph. Since the water in our bodies is itself 8/9 oxygen by weight, we are therefore composed of over 50% oxygen.

The best way to optimize health is to oxygenate every cell in our body. The more oxygen we have in our system, the more energy we produce, and the more efficiently we can eliminate wastes.

Good health is dependent on the production, maintenance and flow of energy, which is produced by the oxidation of sugar. Oxidation is central to metabolism, circulation, respiration, digestion, assimilation and elimination. Oxygen purifies the blood, keeping it free of cellular waste buildup. Sufficient oxygen allows the body to rebuild itself and maintain the immune system. The basic requirements for each cell are sugar, fats, amino acids, minerals, hormones, enzymes and oxygen.

The link between insufficient oxygen and disease has been firmly established. Insufficient oxygen can result in anything from mild fatigue to life threatening disease.

Dr. Otto Warburg was awarded a Nobel Prize for Medicine in 1931 and again in 1944 for discovering the cause of cancer. He said, "Cancer has only one prime cause. The prime cause of cancer is the replacement of normal oxygen respiration of body cells by an anaerobic (oxygen-less) cell respiration." Once the level of oxygen available to a cell drops below 40% of normal, the cell is forced to switch to an inferior method of energy production – fermentation.

Dr. Warburg pointed out that any substance that deprived a cell of oxygen was a carcinogen, if the cell was not killed outright. He stated in 1906 that it was useless to search out new carcinogens, because the end result of each one was the same, cellular deprivation of oxygen. He further stated that the incessant search for new carcinogens was counter-productive because it obscured the prime cause, lack of oxygen, and prevented appropriate treatment.

8 Ways to Oxygenate Your body

1. **Breathe deeper.** This is too obvious though we had to include it as we generally use only 20% of our lung capacity. Take 3 deep breaths now and feel the difference, it's free!
2. **Chi Kung and Yoga.** Both have a strong focus on the breath. As well as flooding your body with oxygen, you will become more flexible and balanced.
3. **Aerobic Exercise.** To get oxygen pumping through your heart and veins 20 minutes or more aerobic exercise is hard to beat. Jogging, swimming, cycling, all get your heart rate up and accelerates the elimination of toxins and wastes from the cells.
4. **Green Vegetable Juice.** Drinking a glass (or 2) of fresh, raw, organic green vegetable juice is one of the best ways to get a concentrated hit of oxygen into your body. Apart from receiving the oxygen your body will be flooded with enzymes and minerals which are so vital for healthy cell functioning. Green juice is the foundation of a living food lifestyle. If you decide to do nothing else, we recommend you drink green juice daily. It will change your life!
5. **Leafy Green Salads** are also a great source of oxygen. We recommend you eat at least one everyday!
6. **Oxygen drops** (Sodium Chlorite). You can oxygenate your water by adding drops of sodium chlorite to your drinking water. Not only do you get the oxygen, it will also kill most harmful bacteria and microorganisms living in the water. Be careful to follow the instructions on the bottle: if you have too much to begin with your body may start eliminating toxins (detoxing) faster than you are accustomed to causing headaches, fatigue or nausea.
7. **Ozonated Water.**
8. **Ozone Therapy.** This is a vast and controversial subject. Ozone therapy has proven effective in eliminating a wide range of disease including so called incurable diseases like cancer, AIDS and hepatitis C. Ozone can be administered in several ways including: intravenous, rectal or vaginal insufflations, far-infrared sauna cabinets and body suits to name a few.

Intravenous ozone appears to be one of the most effective methods of delivery, however, it is frowned upon by the Australian and US medical establishment and is slow in being introduced.



Detoxification and The Healing Crisis

If you have lived your life eating a regular western diet with processed un-natural foods and chemicals, it is likely that when first changing to a living food diet or even just by introducing green juices or more oxygen your body will go through a healing crisis.

A healing crisis is in effect when the body is in the process of eliminating toxins. Reactions may be mild or they may be severe. One should expect this and work toward it. The body's inherent desire is perfect health and we have the ability to earn our way back to that state. To do so, the body must go through an elimination process called the healing crisis.

A healing crisis results when all body systems work in concert to eliminate waste products and set the stage for regeneration. Old tissues are replaced with new, and stored toxins are eliminated. A cleansing, purifying process is underway and stored wastes are more easily removed. Sometimes there is pain of greater intensity than the lower level of chronic problem gives, but it is usually of short duration.



The crisis will usually bring about past conditions in reverse order to the original problem. People often forget the diseases or injuries they have had in the past, but are usually reminded during a healing crisis. Reactions may include skin eruptions, nausea, headache, sleepiness, fatigue, diarrhoea, a cold, ear infections, boils, or any other way the body uses to eliminate toxins. The crisis usually lasts three days, but if the energy of the patient is low, it may last for a week or more.

The body needs juices, and especially water, preferably ozonated, to help carry off the toxins. Clay is also helpful, taken orally. This is a time for rest – mental as well as physical rest.

One crisis is not always enough for a complete cure. The person in a chronic state, who has gone through many disease processes in life, must go through these processes again. Often the crisis will come after one feels his very best, setting the stage for the action. Most people feel an energy boost the first few days. Then toxins are dumped into the blood stream for elimination by way of the liver, kidneys, spleen, skin, bladder and colon. Listen to your body and go as slowly as your body needs to so that your cleansing is gradual and comfortable.

With a more serious condition there may be many small crises to go through before the final one is possible. Everything must be considered and given its proper place in the build-up to a healing crisis. One should expect it and work towards it. Then the goal of optimum health can be achieved.

Without proper guidance someone who is experiencing a healing crisis may think that living foods and juices do not agree with them and that they were better off on their old diet. It can therefore be very beneficial and reassuring to go through a healing crisis with someone who has already experienced the process themselves.

Pascas Cafe

with
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