



Healing Food Modalities

Many people ask us about different ways of eating to improve or restore health. It can be a confusing issue because so many different methods promise improved health, but they completely contradict each other as to how to achieve it.

For example, one may recommend all cooked food, and another all raw. Where one says to use lots of spices, another says no spice at all. Or one may say that grain should be a major part of the diet, and another say to eat little or no grain at all.

Over the years, we have studied and lived what we consider the four major healing food philosophies:

- Macrobiotics
- Ayurveda
- Raw Living Foods
- Traditional Chinese Healing

What's interesting about these four approaches is that they are each more than a food philosophy. The food element of each is part of a larger philosophy aimed at guiding the individual to a state of greater and greater wholeness or oneness. And, each of these philosophies has its roots in ancient times.

Let's look at each of them individually.

Macrobiotics

Although Macrobiotics was developed in the late 1800's, its roots are in ancient religious and medical codes of India, Israel, China and Japan.

The basic tenet of Macrobiotics is balance. Balancing the yin/yang properties of the body with the yin/yang qualities of whole foods produces health. To achieve this, they say that foods eaten should tend toward the center of the yin/yang scale, and each meal should incorporate both yin and yang foods for a good balance.

For health and balance, foods should be unrefined, whole, and natural, with very little or no milk or animal foods. Also, food should be grown locally and eaten in season with 50-60% of the meals being grain.

Macrobiotics encourages that all foods be cooked, and living the Macrobiotic philosophy is seen as a doorway to the profound within, and, ultimately a way to create Peace on Earth.

Ayurveda

Ayurveda is a system whose tenets were cognized by ancient Rishis in India. In other words, this system comes through divine revelation. It is considered the oldest holistic medical system in the world having been placed into written form over 5,000 years ago.

Like Macrobiotics, it is also based on the concept of balance, but adds the structure of three doshas: Vata, Pitta, and Kapha. The combinations of these 3 doshas make up different individual body types.

Each body type has different food, activity, and enjoyment needs. Keeping each dosha balanced within itself and with the other 2 doshas according to one's body type is the formula for health.

Ayurveda recommends whole foods both cooked and raw, and utilizes herbs and spices to support the [digestion](#) for good nutritional uptake.

In Ayurveda, the manner in which the food is prepared is equally important to the food itself. All activity is seen as sadhana, or action for the purpose of spiritual realization.

Raw, Living Foods

Ann Wigmore is the pioneer of the wheatgrass and Living Foods movement today. It's roots go back to the Essenes at the time of Christ, who believed that all food should be eaten raw, not cooked, and that wheatgrass is the perfect food for man.

Ann cured herself of colon cancer and gangrene with raw greens and developed her live food program to include sprouts, wheatgrass juice, and raw fermented foods.

The basic premise is again balance, balance of the acid/alkaline ratio in the body by eating all raw, high nutrient dense whole plant foods, high in life force and live enzymes.

Traditional Chinese Healing

The Traditional Chinese philosophy centers on prevention of disease through the balance of yin and yang.

The goal of the traditional Chinese approach to health is to balance the yin & yang within each system of the body, and to keep a balanced flow of energy (Chi) between them.

The method is through whole foods with little or no dairy or animal products. The formulations of the foods that best support the body to resist disease came through the compilation of thousands of reports over thousands of years relaying the experience of the people eating these foods throughout China.

Experience

So which philosophy is the right one to follow? Although we've seen miraculous results in different people with the different philosophies, we don't recommend following one specific philosophy. Here's an example of why.

Connie's first husband had a heart arrhythmia that was totally resolved through diet and lifestyle changes based on Macrobiotics. Connie, on the other hand, developed a large fibroid tumour while eating a Macrobiotic diet, and when she changed to a Raw, Living Foods diet the tumour shrank from the size of a volleyball to the size of an egg in just 2 weeks.

We know of numerous other experiences like these where one philosophy has supported someone to restore balance and vitality in their bodies, but that same philosophy hasn't helped another. As we have seen people resolve health challenges with one philosophy

that a different philosophy didn't help, we have learned that by eating and living for a philosophy, we can become blinded to what is right before us.

If Connie had held strictly to Macro, would the tumour have been resolved? It doesn't appear so. When we hold strictly to a philosophy, we're referencing principles and beliefs that we're holding in our minds and not the intelligence of our bodies.

Rather than living and eating by a particular philosophy, we recommend you learn all you can, and most importantly, you listen to your own body. It is, we believe, your best physician and allows your mind to remain open to what is available for support on all levels.

Summary

Although the four modalities we've discussed show differences ranging from all cooked to all raw, and being mainly grain based, to very little grain, there are commonalities worth noting.

- 1) They all seek to restore balance and advocate High Nutrient Dense Whole Foods to do it.
- 2) They all work with the subtle aspects of the food, its preparation, and consumption, as a way of leading one's life to what is higher, even to the recognition of God.
- 3) They are all based on a simple philosophy of regeneration that can be stated:
 - a. The body is designed to maintain and restore health naturally
 - b. When given a wide variety of high nutrient dense, organic, whole foods
 - c. And we are committed to being responsible and accountable for our health, i.e. we are not looking for someone else to "fix us".

Our System

We have developed a system that is built around the fundamentals of these 4 healing foods modalities utilizing high nutrient dense foods that are very delicious. Many people are finding wonderful results with this program because they love the foods they are eating and whole foods give the body what it needs to restore health and chronic conditions. In fact, people who swear they will never let go of a favourite food that is not so healthy for them like coffee, chocolate or bagels, after a few weeks on our program, they don't even want that food any more. They become aware and can sense it in their bodies how it is taxing to their health.

The program includes eating delicious high nutrient dense table foods, classes that make cooking quick and easy and teach how to create a foundation of health, and personal coaching so people easily move through challenges.

Conclusion

Our conclusion from our years of experience is that each of us must find what provides the level of health we're seeking for ourselves. We have developed a very effective program for restoring health, but it's only effective when there's commitment, consistency, and a willingness to make changes.

We recommend learning from everyone and all the resources you're drawn to, then tune in to and apply what you've learned by following your own, inner knowing. In this way, you are your own best physician.

If you would like to learn more about our programs, click on the contact us tab on the website.

Resources

We have many links to resources on our website.

And here are a few good books that can expand your learning about the different modalities we've discussed:

Macrobiotic Cooking, by Aveline Kushi

The Ayurvedic Cookbook, by Amadea Morningstar

Vibrant Living, by James Levin

Healing with Whole Foods by Paul Pitchford

Eat to Live, by Dr. Joel Fuhrman, MD

The China Study, by T. Colin Campbell, PhD