

# R/Garden Inc. Health Newsletter



14 Enzyme Lane Kettle Falls, WA 99141 E-Mail: cs@rgarden.com

May 2008

## Death Diet for Pregnant Women

By Sally Fallon & Mary Enig in "Wise Traditions"

For decades the USDA has promoted a lowfat, high-fiber, high-carb diet for the general population, schematically presented in the form of a pyramid. Yet even the most brainwashed citizens knew that pregnant women required more animal food, especially more animal fat, in order to have a healthy baby. Now USDA has come up with My Pyramid for Moms, enshrining the same lowfat suggestions in stone for

pregnant women. The guidelines urge expectant moms to eat lean meat, skinless chicken breasts, nonfat milk and dairy products, vegetables and fruits, lots of grains and pasta – and to avoid butter – while carrying their developing child. The same diet is recommended for breastfeeding also. It is impossible to find words harsh enough to describe this genocidal plan – guaranteed to result in

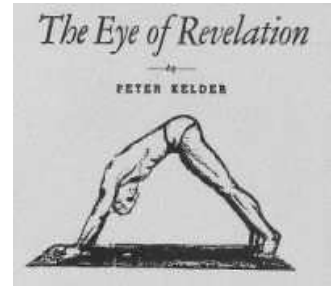


more low birth weight babies, more birth defects, more miscarriages, more health problems, more behavior disorders, more learning disabilities and more suffering for both children and parents than ever before.

**[Editor:** We now know that RAW FAT is the single most important food for nourishing the brain and nervous system. It is very difficult to get in this society. Avocados are great as is raw coconut oil. Raw butter and raw cream are wonderful, but very difficult to find unless you live in one of the few states that allow sale of raw dairy products or if you are able to milk a cow or have access to someone who does. And as these ladies point out, pregnant and nursing mothers need this raw fat even more than ever.]

## The Five Rites of Rejuvenation

The Five Tibetan Rites is a ritual of exercises discovered in the early 1900s by a British army colonel, Colonel Bradford, who was living in a Himalayan monastery. They are practiced around the world and are said to prevent aging. In 1939, Peter Kelder published *The Original Five Tibetan Rites of Rejuvenation*, which helped spread the rites in the western world. Mr. Kelder has since updated the book *The Eye of Revelation - The Original Five Rites of Rejuvenation*, Borderland Sciences Research Foundation, 1989, ISBN 0-945685-04-1. The Five Rites are readily available on the internet and several other people have written books or produced videos about them.



In 1973 I became aware of The Five Rites by reading the original book on the subject by Peter Kelder. I have been practicing them almost daily for the past 35 years. I believe they have been helpful in keeping my body healthy and fit. I wanted to put them in this newsletter so you can be aware of them. They are easy to perform (after you first learn them) and take only about 5 to 7 minutes to do. Below is explanation of each.

The rites are comprised of five different movements (with a sixth added for good measure), with each movement performed up to 21 times (Tibetans believe 21 is a perfect, mystical number). It is best to start with 3 repetitions of each exercise and gradually increase the repetitions.

For thousands of years, medical practitioners have maintained that the body has seven principal energy centers which correspond to the seven endocrine glands, also known as chakras. Chakras are essentially energies within spinning vortexes. As a vortex is increased, the life force becomes stronger and more directed.

*Continued on Page 2 ...*

**DISCLAIMER:** These statements do not imply that similar results will happen with your use of our products. These statements are not intended to recommend any supplement as a drug, as a diagnosis for specific illnesses or conditions, nor as a product to eliminate diseases or other medical conditions or complications. We make no medical claims as to the benefits of any of our products to improve medical conditions.

Continued from Page 1 ...

Recent medical research has uncovered convincing evidence that the aging process is hormone-regulated. The five ancient Tibetan rites are said to normalize hormonal imbalances in the body, thereby holding the key to lasting youth, health, and vitality. The rites stimulate the energy system in the body, wake up the chakras, and get energy moving from your core outward to your extremities.

Here are the Five Tibetan Rites and how they work on the body (remember to breathe deeply using the diaphragm during the movements).

### Rite 1

The first rite is the practice of spinning, which effects the emotional body by speeding up the vortices. Children naturally spin while playing. As one spins clockwise, Lamas say that negative residues are flung out of the body and the bridge is strengthened between the left and right hemispheres. Spinning stimulates the body's energy system and wakes up the chakras.



Spinning. Extend your arms out to the sides and spin (in a clockwise direction). Go as fast as you can without losing control (slow down or stop if you get dizzy). Try to do 21 revolutions.

Follow your right arm so that you spin around to your right. As you begin to spin, focus your vision on a single point straight ahead and continue holding your vision on that point as long as possible. Eventually you have to let it leave your field of vision as your head spins with the body. As this occurs, turn your head around quickly and refocus on your reference point as soon as possible. Using a reference point helps prevent dizziness. Start with 2 or 3 repetitions. Most people can increase this by 1 every day or two until you get up to the full 21. Stop spinning as soon as you feel slightly dizzy. When you finish put your hands together and any dizziness will soon pass.

In India, the Maulawiyah, or whirling dervishes, spin unceasingly in a religious frenzy. They always spin clockwise. The older dervishes are virile, strong, and robust, far more so than most men of their age. Lamas say that this excessive spinning may be detrimental as it over-stimulates some of the vortices, which first accelerates the flow of energy but then blocks it. This building up and tearing down action causes the dervishes to experience a kind of "psychic rush," which they mistake for something spiritual.

Lamas do not carry the whirling to an excess. While the whirling dervishes may spin hundreds of times, the Lamas only do it 21 times, just enough to stimulate the vortices into action.

### Rite 2

Rite two is similar to Western abdominal exercises. By raising the head to the chest, you create an extra stimulus to the solar plexus chakra and the conception vessel moving through the center of the trunk.

Leg Raises. First lie flat on the floor, face up. Fully extended your arms along your sides, and place the palms of your hands against the floor, keeping the fingers close together. Then, raise your head off the floor, tucking the chin against the chest. As you do this, lift your legs, knees as straight as possible, into a vertical position. If possible, let the legs extend back over the body, toward the head. Then slowly lower both the head and the legs, knees straight, to the floor. Allow all the muscles to relax, continue breathing in the same rhythm. Breathe in deeply as you lift your legs and breathe out as you lower your legs. Repeat 21 times. Again you may start with 2 or 3 and build up to 21 repetitions.



### Rite 3

Rite three should be done immediately after the leg raises. It opens the solar plexus and heart. It also increases lung capacity and prevents the sunken chest you find in many old people.

This rite provides an extension and a powerful lifting of the entire trunk, which is the opposite of a defensive, contractive stance. By performing this motion, you are reversing the energy flow and raising the energy to the heart area.

Rite #3. This is a classic back bend. Kneel on the floor, knees under your hips, toes flat, with the body erect. Place hands on back of legs just under the buttocks. Tilt the head and neck forward, tucking the chin against the chest and bending over slightly. Then, tilt the head and neck backward, arching the spine backward, and look upward. After arching, return to the original position, and repeat 21 up to times. Inhale deeply as you arch the spine, exhale as you return to an erect position. This rite opens up the front of the body and spine.



Establish a rhythmic breathing pattern. Breathe in deeply as you arch the spine. Breathe out as you return to an erect position.

### Rite 4

This rite causes a pleasant stimulation throughout the sacral area which stirs the meridians and the energies going to and

from the groin and down the legs. This rite strengthens and tones the legs and glutes.

**Rite #4.** Sit on floor with your legs extended, body erect, feet flexed and about 12 inches apart, palms flat on floor next to your hips, fingers pointed toward your feet. Tuck the chin forward against the chest. Now, tilt the head backward as far as it will go. At the same time, bend your knees and push up to a “tabletop” position, arms straight. Let your head fall back gently. The trunk of the body will be in a straight line with the upper legs, horizontal to the floor. Then, tense every muscle in the body. Finally, relax your muscles as you return to the original sitting position. Again repeat 21 times.



Breathe in as you raise up, hold your breath as you tense the muscles, breathe out completely as you come down. Continue breathing in the same rhythm as long as you rest between repetitions.

### Rite 5

Rite five brings an immediate change in the energy currents of the body. It makes one feel strong and invigorated and brings a happy glow to the face. This is the most powerful rite in terms of speeding up the chakric vortexes.

**Rite #5.** Begin on all fours, toes flexed, palms on floor, weight distributed evenly among your knees, your palms, and the balls of your feet. Throughout this rite, your hands and feet should be kept straight. Start with your arms perpendicular to the floor, and the spine arched downward, so that the body is in a sagging position. Slowly lift your buttocks toward the sky, with a flat back, lowering your head, so your body makes an inverted “V.” Tuck your chin to your chest. Pause, then lower your buttocks while pressing your palms into the floor, until your legs are in a plank position (parallel to the ground), moving your chest out and shoulders back. Inhale on your way up; exhale on your way down. Repeat, up to 21 times. In the rite, your body is moving in concert, moving energy up the spine.



Follow the deep breathing pattern used in the previous rites. Breathe in deeply as you raise the body, breathe out fully as you lower it.

Over the years one useful variation has been discovered. When you practice rites 2 thru 5 it is helpful to go slightly to the left on one repetition and then slightly to the right on the

next. This seems to be more beneficial to the spine.

### Rite 6

There is a sixth rite, but you should read the information about it in *The Eye of Revelation*, mentioned above before practicing it.

## Puzzling Results

### By Sally Fallon & Mary Enig in “Wise Traditions”

Researchers from the Indiana University School of Medicine are scratching their heads over results of a new study, published in the November 6<sup>th</sup> issue of *Neurology*. In 2001 and again in 2004, the researchers evaluated 1146 African Americans aged 70 and older living in Indianapolis, testing them in various cognitive areas including language, attention and calculation, memory and orientation. They also compared use of cholesterol-lowering statin drugs, noting whether, if used, they were taken consistently. They found that cognitive decline in those who had taken statins for a short period of time was less than in those who did not take statins, but those who continued to take statins from 2001 to 2004 had greater cognitive decline than those who were taking statins in 2001 but were no longer taking them in 2004. How to explain these puzzling results?



High cholesterol levels are associated with good cognitive function and people with high cholesterol levels are most likely to be put on statins. Thus at the beginning of the study, taking statins was associated with relatively good brain function. But those who continued to take statins showed predictable cognitive decline—predictable because cholesterol is necessary for brain function. Those with the best brain function figured out that statins made them feel lousy and stopped taking them—thus preserving good cognitive function as they grew older. Perhaps the best conclusion to make is persistent compliance with doctors’ instructions is a sign of poor cognitive function.





## **Twelve Points on Enzymes**

*As compiled by Dr. John Whitman Ray*

1. Enzymes rule over all other nutrients. Enzymes are responsible for nearly every facet of life and health and far outweigh the importance of every other nutrient.
2. Enzymes are needed to help control all mental and physical functions. Each body cell has in excess of 100,000 enzyme particles necessary for metabolic processes.
3. Enzymes cannot function properly without the presence of other substances which are known as coenzymes. Coenzymes are minerals, vitamins and proteins.
4. Once enzymes have completed their appointed task, they are destroyed. For life to continue you must have a constant enzyme supply which requires continual replacement of enzymes.
5. Enzymes are found in all living cells including raw foods or those that are “cooked” at a temperature lower than 116 degrees Fahrenheit. Enzymes begin to perish when the temperature increases beyond 116 degrees. The degree of enzyme destruction is a function of time and temperature.
6. Enzymes are primarily proteins, yet enzymes need amino acids for their normal function. Hormones are primarily proteins which require interaction with enzymes to regulate bodily processes.
7. Enzymes aid in transforming proteins into amino acids. Protein does not perform its function unless broken down into amino acids. Amino acids can be considered as an enzyme carrier whose function is to transport enzymes to various functions in the body.
8. Enzymes help extract chelated minerals from food. Enzymes transform chelated minerals into an alkaline detoxifying agent which combines with acid cellular wastes and toxic settlements within the body thus neutralizing them and preparing them for elimination.
9. Enzymes use minerals to create an even balance of dissolved solids both inside and outside the cells, thus equalizing both internal and external pressures which we call osmotic equilibrium.
10. Vitamins are required as coenzymes to work with enzymes in every chemical reaction of the body. Without minerals extracted from food by enzymes, vitamins would be unable to perform their function.
11. An enzyme deficiency must be carefully considered as a possible precursor of bodily imbalance and consequent disease symptoms.
12. Enzymes are, therefore, justified as a supplemental dietary substance which need is parallel with mineral, vitamin and all other supportive therapies.

### **Product Information Line**

**For questions about any of the R-Garden products and how to use them, call Irene on the Product Information Questions Line 1-800-406-7431. She is available from 8 a.m. till 5 p.m. Monday, Tuesday, Thursday and Friday Pacific Time.**