

# Practical Holistic Nutrition

Index Only of the Full Book... a naturally sweet taste of the full meal



Photo Credit: Alex Grey

Written By

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## SKETCH

NOTE - MOST LINKS ON CHAPTER PAGES WILL NOT WORK AS THIS IS ONLY AN INDEX !!!



The information in this Manual is not intended to be used for the diagnosis or treatment of disease. Its use is purely educational. Consult with your physician for prevention, diagnosis or treatment of disease.

Practical Holistic Nutrition is:

Practical... hands-on classes such as my [Cleanse, Rejuvenate, Rebuild](#) 2 day course or 3 day retreat in the Barossa make the information in this book very real, useful, and practical.

Holistic... as the cover page artwork shows, the reason why nutrition has been ineffective and has evolved into a multi-billion-dollar supplement business, is because we have forgotten about the energetic aspects of our very being and the **FACT** that we are integrated multi-dimensional hu-man beings and we **MUST** pay attention to the energy side of our nature and the food we eat to be **REALLY** healthy.

Practical Holistic Nutrition allows our bodymind to become a fit vehicle for the emerging supra-mental consciousness that is manifesting itself more and more as we move deeper into the Golden Age.

## Chapter I

(MTOC)

# Practical Holistic Nutrition

In this section you will learn about:

- ❖ [The Potential for a longer healthier life;](#)
- ❖ [Newly discovered antioxidants;](#)
- ❖ [Anti-aging supplements;](#)
- ❖ [Green superfoods;](#)
- ❖ [New aids in the prevention bag;](#) (More Topics)
- ❖ [Health on all levels - the wholistic approach;](#)
- ❖ [Quote from the grandfather of natural medicine;](#)
- ❖ [The 11 Basic Principles of Physical Wellness;](#)
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  - b. [X2O](#)
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  - d. [Enzymes](#) (More Topics)
  - e. [pH Balance](#)
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  - m. [In-Liven](#)
- ❖ [Holistic Nutrition in a Larger Context](#)
- ❖ [Summary of the 11 Principles](#)
- ❖ Definitions and Quotes
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  - b. [Sound](#)
  - c. [Holy](#)
  - d. [Heal](#)
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  - g. [What Makes It Holistic?](#)
  - h. [Food](#)

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- ❖ [The Four Essential Macromolecules & Their Uses](#)
  - a. [Carbohydrates](#)
  - b. [Lipids](#) (Fats)
  - c. [Proteins](#) (MTOC)
  - d. [Nucleic Acids](#)
- ❖ Other Important Molecules and Molecular Processes
  - e. [Lipoproteins and ATP](#)
  - f. [Enzymes](#) ([Back to Page 1 Topics](#))
  - g. [Summary Chart of Digestive Enzymes](#)
  - h. [Lipoproteins in Blood](#)
  - i. [Blood Cholesterol](#)
- ❖ [Heart Disease](#)
- ❖ [More on Fats - Fats and Aging](#)
- ❖ [Food & Supplement Anti-aging Strategy](#) (MTOC)
- ❖ [The Pineal Gland and Melatonin](#)

This information is not intended to be used for the diagnosis or treatment of disease. Its use is purely educational. Consult with your physician for prevention, diagnosis or treatment of disease.

We live in exciting times. We are awakening to the potential of the human being to live a much longer life than is currently thought possible by the mainstream consciousness. What is more important, this longer life span can be lived relatively free of disease and with youthful health and vigor. ([Back](#))

In the last 30 or so years we have witnessed the research and discovery of antioxidants<sup>1</sup> such as Xooma X2O and Blast, Oligomeric Proanthocyanidins (OPCs), melatonin, dehydroepiandrosterone (DHEA), Vitamins E, C, A, and glutathione and selenium that are powerful chemicals which act as free radical scavengers to help prevent various pathologies of the immune and other body systems. ([Back](#))

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<sup>1</sup> An antioxidant is a compound that prevents others from being oxidized by being oxidized itself. They are also known as free-radical scavengers. A free radical is a highly reactive substance that can bind to and destroy body components. Free radical formation has been connected with aging and for the initiation of many chronic degenerative diseases such as heart disease and cancer. Antioxidants are compounds that protect against free radical damage. One of the latest theories of disease is called free radical pathology. Vitamin c and E, selenium, zinc, betacarotene (provitamin A), OPCs and X2O Blast are examples of antioxidants. They seem to work better (synergistically) in combination.

# Barring grace

(Which is not possible)

you are what your cells

assimilate

and fail to eliminate

Dr. Robert March, BS, ND

[\(More Topics\)](#)

## Practical Holistic Nutrition

### Section II An Expansive View Of Food

In this section you will learn about: [\(MTOC\)](#)

- ✓ [Food for the physical body;](#)
- ✓ [Food for the emotional body;](#)
- ✓ [Food for the mental body;](#)
- ✓ [Food for the spiritual body;](#)
- ✓ [The Merkabah;](#)
- ✓ [DHEA;](#)
- ✓ [Foods & Supplements to enhance Immunity;](#)
- ✓ [The Principal Vitamins;](#)

a. [Fat Soluble](#)

1. [A](#)
2. [D](#) [\(More Topics\)](#)
3. [E](#)
4. [K](#)

14. [CoQ10](#)

b. [Water Soluble](#)

1. [B1](#)
2. [B2](#)
3. [B3](#)
4. [B5](#)
5. [B6](#)
6. [B12](#) (Water Sol)
7. [Folic Acid](#)
8. [Biotin](#)
9. [Choline](#)
10. [PABA](#)
11. [C](#)
12. [Bioflavenoids](#)
13. [OPCs](#)

- ✓ [Recommended dosages;](#)
- ✓ [pH Acid Base Scale;](#)
- ✓ [Toxic Bowel Syndrome;](#)
- ✓ [Fungus;](#)
- ✓ [Candida;](#)
- ✓ [Beneficial Antifungal Nutrients and](#) [Supplements;](#) ([top of topics](#))
- ✓ [How do you know if you have a fungal infection?](#) ([Page 2 topics](#))

## Chapter III

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- ✓ Quotes:
  - a. [Einstein](#)
  - b. [Hippocrates](#)
  - c. [Epictetus](#)
  - d. [Rilke](#)
  - e. [Sufi](#)
- ✓ [Strengthening the Immune System \(IS\)](#)
- ✓ [Cousens and Subtle Organizing Energy Fields \(SOEFs\)](#)
- ✓ [Heart Chakra and health](#)
- ✓ [Significant Units of Action & Professor Brekhman](#)
- ✓ [Cooking and SOEFs](#)
- ✓ [Vitamin A and the Immune System](#)
- ✓ [Vitamin C and the IS](#) (More page 2 topics) (MTOC)
- ✓ [Vitamin E and the IS](#)
- ✓ [Green Superfoods like In-Liven and the IS](#)
- ✓ [OPCs and the IS](#)
- ✓ [X2O Blast - the strongest antioxidant on the planet](#)
- ✓ [Selenium and the IS](#)
- ✓ [Kelp and other Sea Vegetables & the IS](#)
- ✓ [Vitali-Tea & Essiac Tea](#)
- ✓ [Siberian Ginseng](#)
- ✓ [Echinacea](#)
- ✓ [Goldenseal](#)
- ✓ [Astragalus](#)
- ✓ [Fu Zheng Therapy](#)
- ✓ [Negative Dietary Habits](#)
- ✓ [Keys to strengthening the IS](#)
- ✓ [Foods to avoid](#)
- ✓ [Tapping into the Zero Point](#)
- ✓ [Food Combining](#)
- ✓ [Cursio Diet](#)

## Chapter IV

# Practical Holistic Nutrition

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In this section we will examine:

- ✓ [The acid/alkaline question](#);
- ✓ [Symptoms of excess acidity](#);
- ✓ [Ways to Alkalize the System](#);
- ✓ [Symptoms of excess alkalinity](#);
- ✓ [Ways to Acidify the System](#);
- ✓ [pH Chart for Urine & Saliva analysis](#);
- ✓ [The Path Less Traveled On](#);
- ✓ [Pasteur's death bed utterance](#); ([To Bottom](#))
- ✓ [What is the "terrain"?](#)
- ✓ [In-Liven](#)
- ✓ [Oligomeric Proanthocyanidins](#)      [MegaPro OPCs](#) ([To Top](#))
- ✓ [Vitali-Tea](#)
- ✓ [Transfer Factor](#)
- ✓ [Directions For Taking Supplements](#)

As with all of physiology, the correct acid/alkaline balance for each person is unique to the individual. You have reached acid/alkaline balance if the following indicators are present: you're energy levels stay up all day enabling you to accomplish your tasks without depletion; your mind and nervous system remain calm and clear; your muscular system and connective tissues are free of excessive tightness and pain; your digestion is efficient and your bowels are moving regularly; you don't catch colds and flus; you are generally happy with a good sense of physical, mental, emotional and spiritual clarity and well being.

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## THE PATH LESS TRAVELED ON

The current understanding of the pathological action of viruses, bacteria and fungi, from the perspective of Robert Young, PhD.<sup>2</sup> and others, has come about from the study of the work of several scientists who pioneered the path less traveled on. More about their work later, but first, let's look briefly at the approach of modern medicine. ([Back to the top](#)) ([MTOC](#))

The history of "modern medicine" has been a history largely dominated by economic concerns, ie. greed, rather than by true ideals of healing and service. This is very easy to see when we analyze the "fruit" of our highly touted modern medical approach. This trillion dollar a year disease industry has given us the following fruit: The United States is around number 18 among the industrial nations of the world in infant mortality (number 1 is best). We have more people dying of chronic degenerative diseases per capita than many other industrial nations. Our 30 billion dollar "War on Cancer" has been a complete failure. And I could go on, and on and on. ([Back to the top](#)) ([MTOC](#))

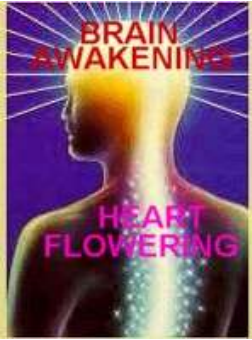
The development of poisons, most originally derived from petrochemicals, to kill the enemy (the germ) by the pharmaceutical<sup>3</sup> industry has been the path most traveled on. This industry has developed around the idea of disease as espoused by Louis Pasteur<sup>4</sup> (1822-1895) and his disciples. Pasteur's theory laid the foundation for western medical microbiology.

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<sup>2</sup> Much of the information for this chapter has been resourced from Dr. Young's book, Sick & Tired, available from the author for \$19.95 by writing him c/o 134 East 200 North, Alpine, Utah 84004. His other text, One Sickness, Disease and Treatment, contains a number of excellent anti-fungal recipes. The price of this book is \$9.95.

<sup>3</sup> In Webster's 1828 American Dictionary of the English Language, the word pharmaceutical means to practice witchcraft or use medicine; poison or medicine.

<sup>4</sup> For an accounting of historic facts surrounding the life and work of Louis Pasteur, see the books: The Dream and Lie of Louis Pasteur, by R.B. Pearson and Bechamp or Pasteur, by Florence Nightingale.



## Bibliography Of Books For More On Nutrition and Vibrational Healing (MTOC)

**A Revolutionary Way of Thinking** by Dr. Charles Krebs & Jenny Brown published by Hill of Content Publishing Pty Ltd 86 Bourke Street Melbourne 3000

**Acupuncture Points, Images & Functions** by Arnie Lade, Eastland Press, POB 12689, Seattle, Washington PZ [98111] © 1989

**Alternative Medicine, Expanding Medical Horizons**, available from National Institutes of Health, phone 202-512-1800, ask for book # 01704000537-7. \$25

**Alternative Medicine, The Definitive Guide** compiled by the Burton Goldberg Group, Future Medicine Publishing, Inc., Fife, Washington, © 1995

**Awakening Intuition, Using Your Mind-Body Network for Insight and Healing** by Mona Lisa Schulz, MD, PhD published by Harmony Books © 1998

**Awakening To Zero Point: The Collective Initiation** by Gregg Braden, published by

**Blueprint For Immortality, the Electric Patterns of Life** by Harold Saxton Burr published by Neville Spearman Limited © 1972

**Breakthrough to Creativity, Your Higher Sense Perception** by Shafica Karagulla, MD published by DeVorss & Co., Inc., © 1967

**Bringers of the Golden Ball** by Robert Chamberlain March published by The Message Company © 2007

**Cancer & Natural Medicine** by John Boik, Oregon Medical Press, 315 10th Avenue N, Princeton, Minnesota [55371] (612) 389-0768

**Chronic Fatigue Syndrome And The Yeast Connection** by William Crook, MD, published by Professional Books, Jackson, Tennessee state. © 1992.

**Conscious Eating** by Gabriel Cousens, MD, published by Vision Books International, c/o 3356A Coffey Lane, Santa Rosa, California state [95403]. 1-707-542-1440. © 1992.

# Biographical Sketch



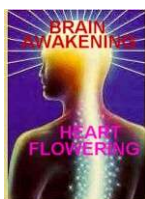
**Robert Chamberlain March, BS, MsT, RMT, ND** - Robert is the founder and former director of the New Mexico Academy of Massage and Advanced Healing Arts in Santa Fe. He ran the Academy from 1981 to 1994. You can visit the Academy's web site at [www.nmhealingarts.org](http://www.nmhealingarts.org). He has been involved with meditation and natural healing since 1970. A former teacher of all the sciences and math, Dr. March holds degrees in Biology, Massage Therapy and Natural Medicine. ([MTOC](#))

His specialty as a Naturopath is Vibrational Medicine, which he has been practicing since 1977. He is a Master teacher, having taught various classes in natural healing over the last 28 years including Massage, Deep Tissue Massage (SERVE Work), Anatomy and Physiology (A&P), Aromatherapy Massage, Anointment Healing, Psychoneuroimmunology (PNI), Energy Anatomy, Chinese medicine, Assessment Tools For The Natural Therapist, Meditation, and Practical Holistic Nutrition.

His background includes 8 years as an International Vegetarian chef and authoring 12 books in the healing and consciousness fields. ([MTOC](#))

He has recently completed the first in a series of cassettes and CDs entitled **WorldChant™** that features songs & chants from around the world. Robert is a student of esoteric wisdom from all traditions.

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