

Health and Self-Cure

Humankind Fundamental Teachings
part 2

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When teaching in my seminars, I explain much more compared to what is written in this book. If all would be written here, this book would be several times larger. I encourage you to participate in my seminars to learn deeper.

The price of this book – your donation.

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WORTH TO KNOW

First, I suggest that you **read part 1** of “Humankind Fundamental Teachings” (abbreviation: HFT1) with deep attention; it can be downloaded for free from Internet. Knowing information from HFT1 is essential for understanding the content of this book. From now on, I assume that you already have read that book. OK?

There are two kinds of information in this book, timeless and current. The timeless means that it was, is and will be valid as long as humans are on Earth. The current is related to circumstances occurring in months and years close to 2020; this information may not be valid in future.

I hope that, having read HFT1, you are well aware of the huge difference between information, belief and knowledge. If you are not, I suggest that you stop reading here and go back to HFT1; otherwise there is a high probability that you will misunderstand what I write in this book.

Be aware that large amount of information shared in this book is what I believe, not what I know. However, before I decide to share information in this book, I first research it deeply to find out the truth. Still, I suggest that you do not blindly believe anything which is written here. To build your knowledge, do you own research and experience it for yourself.

In order to avoid misunderstanding, here are two of my definitions:
health = the general condition or the body and/or psyche;
healthy = enjoying good health, free from any disease.

WARNING

I **never** have any intention to offend any man by expressing my **private** opinions publicly in this book. My opinions are **not** directed to any

particular man unless I call their name. What I write here, it is not personally about you or directed to you. By sharing information in this book, I would like people to hear what I feel, believe and perceive; so that they can benefit themselves and share this benefit with others.

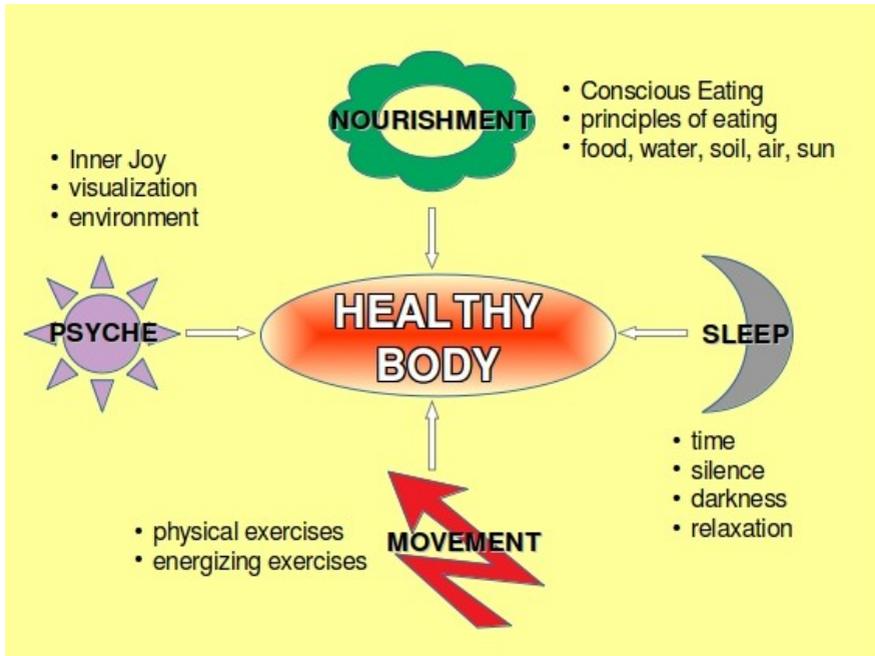
On the other hand, if you have strong beliefs, especially if you follow a system, a religion or so-called official mass-media, you may become unhappy or even angry when reading this book. The same can happen if you blindly believe in widely popularized scientific, especially medical, information. If you do, consider to leave now, do not read this book.

However, if you risk to continue, be prepared for some shocking information, some content that may make you feel hurt or offended. If you feel so, that will be all your own fault. You have been warned.



When you Love yourself sufficiently, you do not judge.
Truth sets you free, but only when you search enough to find it.

FOUR LEGS OF HEALTH



Think about four-legged table – is it stable? Normally, if a table has four legs, it is very stable. Now, imagine that one leg was cut off. Is this table stable? Well, probably not so good. Although it can still stand and, if you pay attention, you can still use it, but it is much less reliable than the four-legged table.

How about cutting another leg of that table? Is now this two-legged table stable? Well, if you insist and are very careful with this table, you can still use it but probably paying attention to the table stability will require more energy from you than making the table practically usable.

I guess that I do not need to ask you what happens to this table if we cut its third leg. Probably nobody would want to call it table anymore.

Health of man is like that table example, it is supported by four legs – you can see them on the picture “healthy body”. As you can conclude by now, it is important to keep all four legs strong because if only one of them dysfunction, health of man is not in perfect state anymore.

In other words, if you decide to keep yourself in perfect health, you need to nourish yourself properly, sleep well, move sufficiently and have properly working psyche. If any of these factors is lame, your body or psyche will not be able to perform perfectly, so health will not be perfect.

There are many factors which affect the functioning of human body and psyche. What I mean by “psyche” is ‘intellect+instinct’, so it is a structure in the mind. Please, make sure that you understand what is the mind and how its parts function; reread “HFT1” if necessary.

Let me describe the four legs of healthy body.

NOURISHMENT

Eating is probably one of the most discussed matters. People have their own beliefs about food and eating, so they follow specific nourishing recommendations and diets.

How to nourish the body properly? What, when and how much to eat? I have answered these questions in “HFT1”; please reread “Conscious Eating” chapter if you are not practicing it. If you practice Conscious Eating, you can skip the nine principles below, you naturally do that to benefit your body.

PRINCIPLES OF NOURISHMENT

Most people do not practice Conscious Eating, for whatever reason it may be, however they care about nourishing their body and are eager to follow some simple principles. The following nine principles of proper nourishing are worth applying.

1. Food directly from nature.
2. Only when hungry or thirsty.
3. Without seasoning and flavoring.
4. Sufficient chewing.
5. Without drinking.
6. Not after 4 PM.
7. Focused and in silence.
8. Proper combination of food.
9. Drinking and storing water.

I would like to emphasize one thing, protect your child against so-called “bad eating habits”, which means anything against the principles listed below. If you let your child to fall into harmful eating habits, it may be very difficult for them to recover. Obviously, the body of man following harmful eating habits will never be healthy.

FOOD DIRECTLY FROM NATURE

Man is a part of nature, so their body is fully compatible with nature. This implies that nature has the right food for man's body. Same, as it is in case of plants and animals, nature provides man with perfect food which is ready to be consumed without any processing.

Man is nature's baby, this is why people say "Mother Nature". Same as the human mother provides her baby with her own milk, which is perfect for baby's body, Mother Nature gives man perfect things to consume. Same as processing mother's milk would spoil it, any processing of nature's food makes it less beneficial for man.

In other words, nature provides man with perfect food, it cannot be improved. Any processing will make it less perfect, which means less compatible with human body. The more processed is nature's food, the more harmful it becomes for man.

The conclusion is, if you want your body to consume the best, the most compatible food, eat directly from nature. Whether it is a mineral, plant or animal, make sure it is not processed, in other words, it must be alive.

Be aware that natural food normally cannot be bought in cities, especially the big ones. When you go to a supermarket to buy food, whether it is alive or dead, it is an industrial product. Even if labeled "natural", "ecological" or "organic", it was produced by the food industry; it is not taken alive from nature. Fewer and fewer shops on Earth sell food brought directly from nature.

As you may remember from HFT1, everything what man eats and drinks is later eliminated from their body, except life energy of the consumed matter, which is absorbed. For this reason Mother Nature provides only

food which is alive, so do not kill it before consuming, just eat it alive. Look, there is no kitchen in nature. No animal would think about spoiling their food before eating. Why man does?

ONLY WHEN HUNGRY OR THIRSTY

This should be obvious that man inserts food into their body when the body asks for it. This is the reason why man feels hungry when their body needs something. However, when the body is satiated, man feels full. These two universal feelings are of utmost importance because they tell man when to eat and when to finish.

If your body functions properly and if you follow these feelings, then you give the body food only when it needs to eat. If your body does not function properly or if you ignore its messages, you may be starving it by not eating or weakening it by consuming too much. When man eats more than their body needs, they poison it and lower its life energy. Later, any excess matter has to be removed from their body. Obviously, overeating promotes illness.

If you practice Conscious Eating, you definitely can feel what I just wrote. If you do not nourish your body by Conscious Eating, I suggest that you pay much attention to and follow those two feelings. Consume only when your body clearly is hungry and immediately finish when you start to feel satiated.

WITHOUT SEASONING AND FLAVORING

Why? – people often ask me – why not to make food more tasteful? The answer is very simple. You do not want to overeat and poison your body.

If you decided to take the best care of your body in the field of eating, you consume only what the body really needs, therefore you do not eat in

excess. To follow your body feelings, you pay attention whether your body is hungry or satiated.

When your body is hungry for some specific food, you will eat it with pleasure and you will like its taste. Obviously, if your body does not like to eat something, it will not ask for it and you will not like its taste.

Now, if you add flavorings to your food, the body's taste sense is disturbed, then you may feel 'better' taste. This is how you just cheated your body and thus forced it to eat in excess.

For the purpose of seasoning food, chemicals or herbs are added. They make food last longer or taste better but it also means that dead food matter is kept even longer, so that it can be eaten later. The human body needs food which is alive. This is not related to preserving food by fermentation – it is a different topic.

I suggest that you do not change the taste of your food. If your body is not hungry, there is no need to cheat it to consume “tasty” food. Wait sufficiently, let your body become hungry; then you will find out that previously not tasty food now is yummy. Yes, when your body needs some specific substances, food which contains them will be tasty without adding any flavorings.

SUFFICIENT CHEWING

I suggest, even if you do not practice Conscious Eating, read it again, especially the part about chewing; to know why it is so important. Just keep in mind for ever: **sufficiently chewed food = proper digestion**. In order for the digestive process to occur properly, it is of utmost importance that you chew food in your mouth until it becomes liquid. When it becomes liquid, continue chewing until it changes its taste. When you detect the change of the taste, you can decide whether to spit it out or

swallow.

Chewing is the first stage of the entire sophisticated process of digestion. If you swallow food which is not sufficiently chewed, then it cannot be properly processed by your digestive track; it will be partially putrefied.

WITHOUT DRINKING

Why not to drink while you are eating solid food? – people ask me. They say something like these sentences. “I cannot eat bread if I do not have water or tea.” “How can you eat dry food without helping it to push farther with water?” “It takes too long to chew if you do not help it with drinking.” Do these sentences sound familiar to you?

This principle is very simple. While you are eating, do not drink. There are two important reasons for that. First, you have to chew food well, but if you mix it with a drink, the chewing process is disturbed. Second, liquids will dilute the digestive juices in your stomach, which also disturbs the digestive process.

“How about a soup? – people ask. Well, as you may suppose, it is not the perfect food for man although it can be very tasty. Anyway, when you consume soup, follow the same principles, where the most important would be to chew food sufficiently long before you swallow.

NOT AFTER 4 PM

I have chosen 4 PM because statistically it is about six hours before so-called ‘night time’ begins and people go to sleep. Actually, it would be more accurate if the principle was titled “with empty stomach” because it is the essence of this principle.

Indeed, if you care about your body, let it sleep with empty stomach. To go to bed with empty stomach, you have to stop eating much earlier. I assumed that an average stomach needs about 6 hours to finish digesting last meal before man goes to bed at night. Hence 10PM is assumed as night time, when people go to sleep, the end of the last meal time would be counted at 4 PM.

Of course, the digestion of your stomach depends on what and how much you eat. For example, if your stomach functions well, you have eaten so-called light, easily digestible food, it may be empty after four hours. In this case you would be able to end your last meal at 6 PM, providing that you go to bed at 10 PM.

However, if you go to sleep later than 11 PM, you should not follow this rule of eating the last meal 6 hours before. This is because the digestive process significantly slows down at night time. If you eat at 7 PM or later, probably that food will not be digested until the next morning.

You need to consider your body and your last food before going to sleep. Is your last meal big and heavy? Then finish it even earlier, may be 3 or 2 PM? Depends how your stomach will perform.

Whatever it is, observe your stomach every night before going to sleep. Is it empty and you feel little hungry? Great! This way it is much healthier. Or, is it full because you overeaten or eat too late – well, your body is going to suffer because the sleep will be affected. You might feel sleepy in the morning, so you will want to sleep longer.

FOCUSED AND IN SILENCE

Many people find pleasure in meetings accompanied by eating. It is unimaginable for them to keep focused on themselves and eating silently while in meeting with friends. Even worse, such behavior may be

considered unsocial.

The digestive process is quite sophisticated and it is impacted by your emotional state. Especially the first digestive stage is important, the stage happening in your mouth, which mainly is chewing. Talking during chewing, make it almost impossible to chew properly. This is why silence is more beneficial choice for your health.

Another reason, why it is more beneficial to be focused on eating, is your life energy. While you are eating, your life energy should be directed to support the digestive process. Some discussions at the eating table may become emotional. Especially so-called negative emotions harmfully impact your body. Emotions burn man, in other words, emotions waste more life energy. Wasting energy to emotions, decrease the amount of it directed to the digestive process. Besides that, you may unnecessarily tense your muscles which will disturb the digestive tract, sometimes this can be felt physically.

PROPER COMBINATION OF FOOD

This is a large topic very suitable for research by nutritional science. The essence of proper food combination relates to efficient digesting of individual chemical components in the digestive tract, mainly fats, proteins and sugars (carbohydrates).

The digestive process involves so-called digestive enzymes which are chemicals excreted into the digestive tract. There are different digestive enzymes required for proper chemical processing of fats, proteins and sugars. Enzymes properly processing fats cannot process proteins or sugars, and vice-versa.

Imagine that you eat eggs with bread and butter which is a chemical mixture of protein+sugar+fat. Your body will have to use, at the same

time, enzymes for processing fats, proteins and sugars. The problem is that when these three types of enzymes are mixed together, they interact chemically. This enzyme inter-reactions will disturb proper digestions of the eaten protein, fat and sugar. Due to the disturbances, none of the eaten substances will be properly digested. There will be partial digestion and partial putrefying of the eaten food.

This is not only about enzymes. Different foods require different time for digestion. Some food will pass through your digestive track in an hour, some other will need two days. If you happen to mix these two types of food, your intestine will have putrefying matter for almost two days.

Who wants to have a putrefying food inside their body? Do you know how to recognize purification in your intestines? When you go to toilet and cannot stand the awful smell, it is a clear sign of purification.

Natural foods contain mixture of fats, proteins and sugars but the interesting thing is that it also contains natural digestive enzymes to process these components in the digestive track. Really, nature provides us perfect food.

For example, if you eat leafs, they may contain all of the tree components, but they will be digested properly. Of course, you must sufficiently chew them and not mix with other food. However, if you cook the leafs before eating, the enzymes are destroyed, then the proper digestion will not occur.

Practically, if you care about digestion, do not mix different types of food. Eat fat with fats if you need to mix foods, or proteins with other proteins, etc. It would be better, of course, if you eat only one type of food at a time, then wait until it leaves your stomach, then eat next food. For example, eat only rice for breakfast. Latter, when you feel hungry, eat only a fruit. In the next meal, eat only a vegetable. Then, when you feel hungry again, eat only an egg.

Here some examples of often made mistakes in combining foods.

Food containing much protein (e.g. meat, egg, soy, bean) eaten in the same meal with food containing much sugars (e.g. potatoes, bread, rice, pasta).

Fruits mixed with dairy (e.g. yogurt with fruits).

Salads or juices made with a combination of fruits and vegetables (e.g. apple with carrot or a smoothie made with banana and lettuce).

Food containing much sugars (e.g. rice, potatoes, bread) combined with fat (butter, lard, oil).

DRINKING AND STORING WATER

Nature provides the best drinkable water. Find a place where water naturally spouts from a rock or sand. Many such places provide the best water for drinking and bathing. Make sure that the rock or sand, where the water is spouting from, do not contain poisonous minerals.

Such spouting water is also called ‘living water’ because it is saturated with energy. You should drink it directly from nature as the plants and animals do. If the water source is too far, you may want to collect and store it before drinking.

What kind of container to use for storing water? Nature gives the answer; use containers made from natural stone. Look, big stone water containers are built by nature, especially in mountains. Natural stone container would be a good solution for water stored in your home but probably they would be too heavy and inconvenient when you are moving.

Next best water container would be made from glass. Among many possible solutions, glass seems to be the right choice in most cases. Glass

is close to nature because it is made mainly from sand. Avoid so-called crystal glass, it may contain poisonous lead oxide.

Pure silver, at least .995, has been known as the perfect material for water container because of its big advantage – antibacterial properties. Use silver cup to drink water if you are not sure whether it is sufficiently clean of bacteria. Silver is more efficient in killing bacteria than many antibiotics.

You can consider ceramic containers but be careful because some ceramics are made with poisonous additives. If you plan to use ceramics, make sure that it is food certified.

The last practical choice for storing water would be food grade stainless steel. Make sure that it is “food grade” because some stainless steels contain poisonous chromium components. The steel container must be certified for storing water.

For short time or for specific purposes, wooden containers may be used; of course, not every wood is suitable. Wood is used rather for storing wine or some herbal liquids, it is not a typical material for water containers unless you live in a jungle, then use bamboo.

That would be all; practically no other material is suitable for storing water. I insist that you do not use any type of plastics, gum, silicon or teflon for storing water if you care about good health. Even if you find so-called “food grade” plastics, do not believe it, there is no plastic which is not harmful for the human body.

Water is the world most universal solvent, it means that it dissolves many substances, including plastic. Although the amount of plastic which water dissolves is very small, but still, plastic is a poison, so when you drink plastic water, you are poisoning your body.

To make a long story short, water or food which are in contact with plastic, should be considered contaminated.

FILTERING WATER



Three stages (ceramic, activated carbon, ceramic+silver) tap water filter.

If you live in a big city or an industrial place, your tap water is probably dead and so poisonous that it is not suitable for drinking or bathing. Using water bought in plastic containers is not a healthy solution either. Filtering water with properly constructed filter is relatively simple and efficient solution.

First of all, make sure that your filter does not have plastic parts which will be in contact with water because you do not want to drink plastic water. The only exception is the tube connecting the water tap with the filter, it can be made from flexible plastic or rubber because all the water passing through it will be filtered. Also the enclosure of the filter device can be plastic because water does not touch it.

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