

Building and Tearing Down – Always occurring

I am here to talk about how things work in our bodies. There are many processes occurring that are misunderstood. When I studied Chinese medicine, I learned about opposites, and how in nature and thus, in our bodies, things offset and balance each other without human intervention. This balancing act occurs naturally and harmoniously, though at times it seems like it is not.

Our bodies are constantly building up and tearing down. For example, our bones have two kinds of cells: ones that build bone, and others that tear it down. Our organs and tissues have growth factors called protomorphogens, and breakdown factors, called auto-antibodies and other things. When these are out of balance, problems can occur.

Things can get out of balance when we do not provide our bodies with real fresh food, that are the bricks of our structure, so to speak. We can also eat too much, rest too little, ingest excessive harmful chemicals and drugs/medications which also interfere with our bodies natural processes. Anti-biotics given when not really needed is one example of this.

A paraphrase from Janet Lang, a Master Endocrinologist about building up and tearing down is quite applicable to this paper. It is about how our bodies need constant repair molecules, called “real food.” And how what we are told is simply lies or ignorance, “We feel that the parts that go into our planes have nothing to do with the safety and performance of the plane. We can get junk parts, recycled materials, rusted and old metals, to build our planes. This is the position of the health care industry. Can any other industry in this country get away with an argument like this?”

This kind of reasoning limits our bodies, and tearing down increases, while building up suffers. We get pain, degenerated joints, leaky gut, skin problems, osteoporosis, cancers, AIDS, and heart disease.

Did you know the rates of polio increased dramatically following the introduction of white flour? Did you know heart disease and many other diseases increased dramatically following the introduction of white sugar, processed vegetable oils, and refined grains?

There is good news. My own example can help. I broke my neck in a car accident 25 years ago. I was told I could never do the things I do, and still enjoy. Things like surfing, running, yoga, and many types of exercise.

Did you know that there is an MD who treats rodeo riders with twisted spines, so bad you could not believe and they are pain free? Did you know that our bones have circulation, tiny blood vessels that get blocked when we eat poorly, that tear down faster than they build up when we do not take care of ourselves? Did you know our gut lining is being renewed every 3-7 days? This rapid cell turnover demands a lot of nutrients. If we do not get them, our gut becomes leaky, and our immune system must respond to the undigested food. We get inflamed. This is the basis for sinus congestion.

There is more good news. Did you know that our blood is always kept in a very pure state, as a priority? And that this is why medicine cannot “treat you” until the blood markers are “out of the reference range.” Because the body will go to any lengths to keep the blood full of minerals, full of hemoglobin, rid of toxins and toxic debris. Because of this, when we get “diagnosed,” it is often a very late stage of degeneration and the last vestiges of adaptation to a diet and lifestyle that does not work for the person.

There is even more good news. If you are alive in a body, there is ALWAYS hope. Did you know I have seen and helped hundreds of people written off by medicine as “untreatable.” People who had chronic pain. Another with so much heat in her body that she has to go around with a portable fan? Did you know that we have many helpers in our gut, little critters that help our bodies metabolism, detoxification, and cell structure? They set up little colonies that do not allow pathogens to camp out. Did you know that our body is so intelligent that when we take in synthetically derived nutrients like ascorbic acid or most B-vitamins, our liver and body will work overtime to clear them? This is why our urine gets so colored, so quickly, and why these type of “nutrients” need to be given in megadoses.

Did you know that megadoses of affection and love often lead to greater health, better sleep, and longer life? Did you know that self-love and acceptance will change our inner cell structure, even our DNA? (See The Biology of Belief by Bruce Lipton)

In closing, I would like to say that humans can live much longer than we are taught, and we can live a full rich life without degeneration or suffering. We have been given so many good health templates over thousands of years, by many, many heartfelt teachers and leaders. My job is to point those who want to listen, back to the road of harmony and health, back to our natural birthright of constant balance of regeneration and tear-down.

We can feel this as peace, satisfaction, and contentment.

In wellness,

Craig Lane 2011

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Appendix I

Table I
The Manifestations of Illness and Root Causes

- Symptoms – outward manifestations
- Conditions – cause/s of symptom/s
- Cause/s – condition of blood, tissues, organs, mental, emotional outlook, etc...
- Origin – physical/mental tendencies/habits, spiritual outlook (Yoga = union)



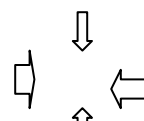
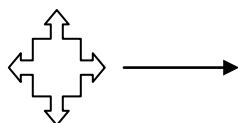
Table II
Stages of Degeneration

- I) Imbalance – first stages of adaptation to a diet and lifestyle that does not serve us...
Examples – fatigue, low grade depression, poor sleep, foggy brain, etc...
- II) Accumulation/Discharge – things like colds, flus, constipation, headaches, pain, etc...
- III) Degenerative Illness/es – the real bad stuff like cancer, heart disease, etc...

Table III

The Path Back to Health

Sickness



Degeneration

Healing \longrightarrow
Reaction
Regeneration

Health

*Diet – building blocks for a solid body and mind/body connection (garbage in = garbage out)

Fats – (essential) good ones help with inflammation, energy, hormones, and cell structure

Protein – (essential) good for repair, rebuilding, hormones, and energy

Carbs/starches/fruits – (non-essential) mostly for energy, but not necessary for life

Minerals – (essential) best from raw foods, seaweeds, animal foods, and never ever from rock based supplements (things like calcium carbonate/oxide/sulfate forms)

Probiotics – (non-essential if we get them naturally in our diet) helpful for gut lining integrity, immunity, and

Vitamins and enzymes – always best from raw foods, concentrated foods like bee pollen, juices, organ meats, butter, eggs of any kind, nuts/seeds, certain fruits and vegetables

Enzymes, raw foods, regenerative foods (see next appendix)

Sunshine/nature – Vitamin A+D, very under-rated way to get vitamin D is a little sun daily

Exercise – Bone and connective tissue, respiratory, circulatory

Support/Love/Touch – circulatory, growth, immunity, recognition of self

Rest/Meditation/Going within – nervous system, repair, concentration, union of all aspects of self, acceptance of NOW

Appendix II – Regenerative Foods

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| Vegetables and herbs |
| Alfalfa grass |
| Aloe vera |
| Ashwaganda |
| Avocado (small amounts and only one-two per week) |
| Beet Kvass |
| Burdock root |
| Cabbage juice |
| Calendula flowers / leaves |
| Cayenne |
| Cinnamon |
| Comfrey |
| Cucumbers |
| Cultured vegetables and fruits |
| Digestive bitters – gentian, dandelion, chicory, |
| Dill |
| Fenugreek |
| Frankincense |
| Garlic |
| Ginger |
| Ginsengs |
| Gotu kola |
| Green juices and chlorophyll |
| Lavender |
| Lotus root |
| Marshmallow and Malva |
| Microalgae |
| Milk Thistle and artichoke leaves |

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| Animal |
| Bee pollen |
| Bone broths |
| Kefir |
| Plain whole milk yogurt |
| Raw butter |
| Raw egg yolks |
| Raw honey |

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| Mullein leaves |
| Myrrh |
| Okra |
| onion |
| Parsley |
| Plantain |
| Purslane |
| Rosemary |
| Sage |
| Schisandra berry |
| Seaweeds |
| Self-heal |
| Slippery Elm |
| Sprouts |
| St. John's Wort (fresh flowers only!) |
| Tulsi and other basil |
| Turmeric |
| Watercress |
| Wild Oats |
| Winter squashes |

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| More special herbs |
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| Calamus root |
| Asparagus root (tops?) |
| Triphala (three berries) |
| Saffron |
| Licorice |
| Guggul |
| Dong Quai |
| Fo-Ti |
| Tribulus |
| Rehmannia |
| Wild yam (yams?) |
| Kuzu |
| Bamboo shoots (fresh) |
| Sweet potatoes |
| Solomon's Seal root |

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| Sproutables and Others |
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| Almonds |
| Apple cider vinegar |
| Beans for their "targeted organ." Eaten in rotation and not daily. |
| Castor oil (topical) |
| Fruits in raw state – there will be one or two for every person in the warm seasons |
| Grains, soaked or sprouted (1-2 cups for 3-4 days per week) most people must rotate grains with vegetable and other carb rich foods |
| Miso |
| Mucilage seeds – flax, chia, psyllium |
| Sesame seeds |
| Walnuts |

Appendix III

Ways to track and assess health

*Raglands – simple blood pressure test anyone can do that assesses adrenal status, circulation, congestion, and liver/kidney function indirectly

*Tongue – way to see into gut health, tissue health, inflammation, and nutrient status

*Bowel movements – the speed, ease, and frequency tell us about our body, and the shape, color, consistency tell us about how our body digested that meal/food

*Belly touch – tells us about immune status, tension, ability to absorb nutrients

*Energy levels – tells us about our food quality, sleep quality, harmony with life

*Appetite – tells us how our emotions, digestion, and inner harmony is doing

*Sleep – waking refreshed and enthused tells us we have exercised enough, eaten good foods for us, and have an alignment with relationships and what life is showing us

*White of eye – shows us blood quality and inflammation and more

*Nails – shows us protein status, inner organ harmony and nutrient status, and blood status

Appendix IV

The Bodies Intelligence (Immunity, Types of “Chi”)

Jing Chi – Kidney essence, inherited/constitutional energy, genetics

Grain Chi – food/digestion

Qing Chi – Air/breathing/skin

Wei Chi – Immunity/lymph/liver/spleen

Zhen Chi >>> correct chi, or correct use of energy, the balancing force in all living things >>> uses Wei chi against Xie Chi (pathogens)

Many more not mentioned