

Friedman Chiropractic, Inc.



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FOOD ENERGETICS PART I

Nutritional science is an increasingly important field as our society ages and baby boomers seek healing modalities to enhance their quality of life. Science knows the importance of carbohydrates, proteins, and fats for health as well as the vital role of vitamins and minerals. However, all the nutrients essential for health are still not known. For example, vitamin C is composed of ascorbic acid, rutin, hesperidin and bioflavonoids but other co-factors have not yet been discovered. A look at ancient healing systems, based on more subtle food qualities, may help us fill this void.

Magnetism is the basis of many worldwide traditional healing systems. Japanese-based Macrobiotics views food through

Yin and Yang (positive and negative). Chinese Medicine utilizes hot/cold/damp/heat, and Ayurvedic medicine employs the elements of fire, earth, air, ether, and water in their food system. The science of Homeopathy takes the

essence of a flower, root, bark and transfers them to water to extract their radiant energies. The common denominator to all these systems is the belief that the true substance in food is the life force or prana, which is a subtle non-physical electrical energy. The higher the life force of food we eat, the better our well-being.

Each food has its unique life force principle. A unique western system outlined

by a scientist named Andre Simoneton in his book, "Radiations of Food, Human Waves and Health," believed that every particle has a wavelength that can be measured in Angstrom

"Herbal remedies have the power to elevate our vibrations, draw down spiritual powers and cleanse the mind and body."

— Paracelsus

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Units. The higher the Angstrom units, the greater the radiant energies of the food, and the higher the healing potential.

Mr. Simoneton lists 4 categories of food from the highest to the lowest in radiant energies which ranges from 0 to 10,000 Angstrom units. Basic good human health is 6500-7200 units. Anything less than 6500 units depletes the body, and energies higher than that vitalize the body. Category One (6500-10,000) includes fresh, raw vegetables, whole grains, olive oil, ocean fish, shellfish, almonds, sunflower seeds, coconut, peanuts, hazelnuts, soy and fresh dairy. Category Two (6500-3000) includes eggs, peanut oil, wine, boiled vegetables, cane sugar, cooked fish, and honey. Category Three (3000 to 0) includes cooked meat, sauces, coffee, tea, chocolate, jams, processed cheeses and whole bread.

Category Four (no life force) includes margarine, alcohol, white sugar and flour.

Simoneton found that pasteurization and processing destroys food value, but freezing caused little loss of potency. The conclusion of his studies was that optimum health was dependent upon foods and herbs that radiate higher Angstrom units than the human norm of 6500. Those foods are primarily vegetables, fruits, nuts and grains.

Simoneton's research validates ancient systems which are primarily plant-based. We need to balance the best of scientific chemical analysis of foods and their value along with the findings that sustained our ancestors for thousands of years. In Part II of this topic, we will discuss how the nervous system impacts food energetics.

Office News: Dr. Friedman now working most Saturdays.



Pythagorean Center for Natural Healing

A Facility of Friedman Chiropractic Inc.

With the inception of our website, we decided to personalize Friedman Chiropractic, Inc. in honor of a physician-philosopher whose approach to natural healing epitomizes our methods.

His name was Pythagoras.

For more information on this remarkable man, please visit our website.

Applied Kinesiology...

...is a diagnostic tool using the muscle structure of the body to aid in the examination of a patient. Its use allows immediate feedback aiding the doctor in making decisions on what type of care the patient needs.

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