

Joachim M Werdin

**PRINCIPLES  
OF  
PROPER  
NOURISHING**

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On the way of experiencing life man may move through the sphere of proper nourishing. I have written this book in order to transfer to people practical information about this theme. Following this principles causes that diseases leave man and the ageing process slows down.

# 1. CONSCIOUS EATING

The conscious eating (CE) method is one of the most efficient ways for people aspiring to non-eating. CE gives your body exactly what it needs (real body needs) in right quantity and at the right time.

Here is how to do it step by step. Let us assume that you feel hungry. Proceed as the following points suggests.

1. Stop for a while, relax the mind and body and ask yourself: “what is it?”. Now, FEEL the answer, do not THINK about the reason, because you need to feel it. The more feeling there is and the less intellectual process happens, the more Consciousness is manifesting itself. The thinking process (intellect, the conscious mind activity) is a smaller, more limited sphere of Consciousness. The human needs to transcend it in order to better understand the mind and the body. So feel the answer. It is possible that at this point the hunger will vanish and ... well, in such a case this is the end of CE.

Another possibility is that a picture or emotion will emerge, because blocked emotions, thoughts, thinking mechanisms, when they are being pushed out, first are felt as hunger. If this is the case and you start to eat, they are being covered with food and put back inside your psyche.

2. Do you still feel hungry? Go to the next step. Ask yourself, what it is that you want to eat. Scan through different foods and feel what food is most appealing to you. Having found it, imagine for several seconds, that you eat it. Imagine feeling it in your mouth and stomach. Ask yourself again: “what is it?”, and feel the answer. If the hunger vanishes, you can stop here. Also at this moment some pictures or significant thoughts may emerge to help you understand yourself more. Immerse yourself in them, let them fully pass through you, feel them all over the mind and body, so that you understand better what they all are about. After they are gone, they will never make you hungry again.
3. If the body really needs some substance called food, the hunger you feel will not vanish at this stage, so continue the procedure of CE. Take the food that you feel the body needs to eat. But do it

consciously, feel your every move, how you are taking it, cutting it, cooking it, preparing it etc. Use your feelings to carefully observe yourself (deeply feel yourself). Continue to concentrate on the same question: “what is it?”, and wait for an answer with your feelings (it is the feeling to answer, not the mind). At this stage the hunger may vanish and pictures or unusual thoughts may appear. If nothing happens, proceed to the next step.

4. You are now sitting in front of the food that you feel hunger for. Slowly take a piece, all the time observing yourself by feeling your every slightest movement and body reactions. Bring a piece of the food to your nose and smell it. Delight yourself in the smell and keep your feelings open for the answer to: “what is it?” question. You need to feel it, not to find the answer by thinking. Again, the same may happen: either the hunger disappear or emotion, picture, thought appear(s). If not, continue.
5. Now bite the food. Keep it in the mouth and immerse yourself into feeling it. Feel the whole intellect, psyche and body reactions. FEEL, FEEL and FEEL, observe and do not think.
6. Next, very important, chew it for a long time, never less than three minutes; the longer the better, even a few hours in extreme cases. Usually three to six minutes is enough. Swallow ONLY when it has changed to liquid and changed the taste. Remember, the food you are chewing will change taste once or more. Never swallow it before the taste has changed, else it will not be conscious eating procedure. FEEL, FEEL and FEEL, observe and do not think. When chewing you may start to feel disgusting taste and will not want to swallow it, then spit it out.
7. Proceed this way with every bite until you feel that you are full. Doing so you are making sure that you satisfy the so called “real body need” (for specific substances, regardless of what the body uses it for).

With CE you are all the time making yourself conscious of the process that you are going through. The process starts by feeling hunger or thirst. As you proceed with CE, you discover what it actually is. If it is not the real body need, you will not force the body to eat what it does not need. The best care for the body is to give it what it needs, when it needs and in the right amount.

With CE you are becoming a non-eater consciously, without fighting or misunderstanding, without making many mistakes. You are discovering the real relation between your body, the Earth and your psyche. When food finally stops playing its role in this relation, it will naturally become useless and will drop off you an unnecessary part of this game called life on Earth.

CE is one of those actions which make us more conscious about IAM. The more IAM manifests itself through our mind and body, the more solutions we know, the better we see, feel and understand, the less questions we have. In other words, you really need nothing because you are the source of everything. You only need to ALLOW the source to manifest itself.

In "normal" daily circumstances IAM is suppressed by the intellectual part of the mind. CE and other conscious techniques of doing something allow the intellect to become more silent, more passive and therefore receptive to the always existing voice of the intuition. Since the intuition (superconsciousness) is the direct link to IAM, it knows everything, it has solutions for everything, it gives you whatever you need.

Conscious eating, conscious sleeping, conscious talking, conscious ... whatever it is, makes you ... more conscious, allow you to expand the sphere of Consciousness that you are living in. When you expand it sufficiently, you will have no more questions, because you will really know.

Every man is a different universe, that's why such a thing like universal diet does not exist.

When you follow a diet – you harm the body. When you follow the body's real needs – you strengthen the body.

## 2. CHEWING

From the moment when man puts something into their mouth in order to eat it, chewing becomes the most important thing. Proper food chewing is the basic condition to fulfil so that the body can treat food properly. Insufficiently chewed food, falling into the stomach, has no chance to be treated properly by the digestive system, thus it becomes a burden – such food harms the digestive system.

The stomach is an organ which constitutes the second link in the digestive system chain of the body. The stomach is to accept matter which is already properly prepared, that is, sufficiently crumbled, mixed with saliva and initially digested. If any of these processes is not performed, the stomach is unable to fulfil its work completely. Then this improperly prepared matter goes from the stomach into the duodenum. This process continues till the excretion. Due to this reason, the body excretes matter which is not fully processed. The body would not assimilate all that it could do from the eaten food, if it was not properly chewed and mixed with saliva. This is one of the causes of body diseases and ageing.

This simple action of chewing has a huge impact on the entire body. If you want to compare, you can easily do it. On one day, swallow your food without chewing (to the extent possible). After a few days' break (for body recovering), eat with the proper chewing. Now, when you compare your health, feeling, and appearance of the body excretions, you will have no doubts.

What is the proper chewing?

Before something is swallowed, first it has to be chewed in order to bring it to a maximum liquid consistency possible, and it has to change the taste. For example, when you are eating bread, before you swallow it, you need at least three minutes of continuous chewing, so that the bread bite changes into a liquid (liquid mash, heterogeneous suspension in the saliva), that has a different taste from the initial bread bite.

If the taste becomes unpleasant, it's an indication that the body does

not want it. Then, without hesitation, spit the mouth content out. The body already has taken everything that it needs from the chewed food. If you swallow it, you unnecessarily change the body's self-cleaning system.

It is worth to chew also liquids, that is, mix them well with saliva by seeping them through the teeth. Liquids need shorter chewing time before they are swallowed.

It's important to mix cold drinks with saliva, because the additional advantage is warming them before they are swallowed to enter the stomach.

Man following the principle of proper chewing notices soon that their body can be sufficiently nourished only by chewing food. The body seldom needs swallowing food that was chewed for a long time.

In this way, it is easy to notice that the body rejects most of the processed foods by telling you with the taste. A good example is deeply processed (far from nature) food, e.g. cake, pizza, chips, sausage, and dairy – when they are chewed for a long time, they change to disgusting taste. Hardly anyone feels like swallowing it.

Fruits and some other not processed foods, after longer chewing, change the taste to even nicer than the initial bite. In such cases, of course, one ought to swallow, not spit out, the food longer chewed.

Thanks to long chewing, one can feel when and which food is advantageous for the body. Also, one can feel what the right amount to be eaten is.

Besides that, experience achieved from proper chewing helps create essential knowledge on the way to not-eating.

Chewing, as described above, is a component of Conscious Eating method. Without proper chewing CE cannot be performed.

### **3. WITHOUT DRINKING**

Drinking while chewing makes it more difficult for the digestive system to process food in a proper way. People usually sip a drink, when chewing something, in order to faster soften and crumble solid food. As you can guess, when solid food is faster made into a mash, it makes one to feel like to swallow it earlier, before it is well mixed with saliva, thus the stomach receives improperly processed matter.

Drinking while eating solid matter also disturbs the digestion process, because it dilutes the saliva and digestive juices. Then the diluted digestive juices digest the food more slowly, which creates conditions for earlier rotting of it in the intestine.

Abstain from drinking directly prior to eating, so that the digestive juices are not diluted and you do not fill the stomach with a liquid directly prior to eating of the proper food. If you feel thirsty, drink to quench it, but wait a dozen of minutes before starting to eat.

Washing down directly after eating is even worse. This practise worsens the digestive process, as just described. It is better to drink after the digested food leaves the stomach.

If you feel that you have not enough saliva when eating something, you can change your food to something wetter, instead of drinking to assist chewing. However, remember that long enough chewing mashes any food and changes it into a liquid form.



## 4. WITHOUT MIXING

One of the most important principles of proper nourishing is to have only one type of food in one meal. For example, when you eat rice (carbohydrates), do not add to it, in the same meal, eggs or meat (protein). Eat only rice, and eat the eggs later when the rice is moved farther from the stomach.

Every food needs defined digestive juices. The chemical composition of digestive juice for a given food can differ from the composition required for processing another food efficiently. This difference in the composition can cause mutual disadvantageous reaction between both digestive juices.

Thus, when two different types of foods are mixed in one meal, the secreted digestive juice cannot process the mixture properly. This manifests itself by putrefying process in the intestine, flatulence, constipation and other digestive disorders.

Proper mixing of foods is especially important in case of unnatural foodstuff, which is everything that was processed (cooking, frying, baking, smoking, etc.) prior to eating. When man eats food directly from nature, which is not processed, the body manages it much better in case of mixing different foods in one meal. The difference is made by the enzymes contained in the food (more about that later).

Here are examples of errors most often made in mixing foods:

- Food containing much protein (e.g. meat, egg, soya, bean) eaten in the same meal with food containing much carbohydrates (e.g. potatoes, bread, rice, pasta).
- Fruits mixed with dairy – yoghurt, cocktails.
- Salads or juices made by mixing together fruits with vegetables.
- Rice, potatoes or bread mixed with butter, margarine, lard or other oil.

I suggest that you find more information about (im)proper mixing of foods.

Usually eating only one type of food in a meal is most advantageous for the human body. For example, you can make a breakfast consisting of mainly carbohydrates (e.g. rice + sweet potato), lunch consisting of only vegetables and dinner consisting of mainly proteins (e.g. bean + egg).

If you feel this to be too difficult to follow, or that your meals are too poor, you can do your own research about mixing foods properly.

## **5. DIRECTLY FROM NATURE**

Nature is an integral whole consisting of elements perfectly adjusted to each other. When observing nature, you see how everything is functioning perfectly. Sometimes it may seem to you that some programs of nature can be perfected. However, when you learn about these functions, you can see that they are already perfect. Elements constituting nature are already ideally fitted to each other and working in such a way that any man's "correction" can only harm this order.

Some of nature elements are programs of transformation. In this transformation, some bodies are changing on the basis of the others. A typical example is eating. For example, a plant is eating (absorbing) water, air, minerals and sun's light. Man eats fruits of plants or entire plants. The Earth and air are eating (absorbing) products of man or entire man.

The transformations happening in every of these stages do not need any intervention – materials, energy, products of metabolism are found in nature in proper form. If man intervenes in nature's functions, for instance, products of nature are modified or changed by others, the transformation is disturbed. Disturbing nature brings about results incompatible with programs of nature, thus causing harm to people.

A typical example of intervention in nature's transformation is food processing. Cooking, frying, baking, smoking and other processing produces something artificial that is not found in nature (with some exceptions).

The human body is a product of nature and it is subject to nature's mechanisms. Feeding man with artificial substances that are not found in nature, causes perturbation to the natural transformations concerning man in nature. So what follows is intervention in laws of nature. As experience and observation of nature show, the interventions in its programs disturbs life of people, animals, plants, water, soil, and air.

Which beings in nature, except man, cook, bake, etc. their food? Which beings on the Earth, except man, genetically modify their food? As a result of man's such activity, the appearance, health and life expectancy of their bodies are worsening.

Food prepared for man by nature is ready for eating. Every food prepared for man by nature has a perfect composition, for the body to deal with it properly. Any processing of this food leads to production of substances which are not known to nature, thus human body does not accept it.

Thermal processing of food naturally found in nature destroys enzymes. Enzymes contained by nature's food are necessary for proper digestion. Destroying the enzymes (temp. 48°C and higher does it) renders the food indigestible and turns it into poison for the body. Such food forces the body to use its own provision of enzymes. This provision is normally non-renewable. When it is fully consumed, the body dies. This provision is enough for a few dozens of years. This is why, among others, people eating raw food have healthier body and live longer.

The body of a statistical Earth inhabitant is forced to eat processed food almost from birth. This is one of the reasons why sudden change to eating only raw food can cause unpleasant reactions – symptoms of drug rehab. So, it is worth doing the transition gradually, because the body does not like sudden changes, although it is very flexible in terms of adaptation.

By the way, think about the resulting savings for you, society and environment, when people eat only raw food. Another book can be written about this theme.

A big part of humanity lives in regions which are not inhabitable for human all year round. People live there because they have learned to warm their houses and store food for times when the soil does not yield crops (food), mainly in winter.

The Earth has assigned for man the subtropical and tropical zones for living around the year, where food is always available and does not

have to be preserved.

If you live in cold a climate, it will be difficult for you to eat raw food around the year. For the time of winter, better go to a warmer region where you have fresh food at arm's length.

## 6. WITHOUT FLAVOURINGS

Have you heard comments similar to these ones? “Without salt it is tasteless.” Without sugar it is too bitter.” “Meal without flavourings tastes bad.” “I have to be spiced well.”

When the body does not need something, man, not being hungry for it, does not feel like eating any given dish. But if this dish is treated with flavouring (sugar, salt, herbs, vinegar, etc.), most people would eat the dish with pleasure. This proves that people often eat dishes not because they are really needed by the body, but because of the taste.

When something not needed enters the body – poisoning occurs, thus the body is forced to remove or store the excess matter. This is one of the reasons of accelerated ageing and earlier body death.

All the flavourings are substances that deceive the senses of taste and smell, which in nature serves as indications of real body needs. Look into nature, which being, except man, puts flavours in food?

When the body demands food, man clearly notice what they feel like eating, they are hungry specifically for this. The taste of food indicates to man what their body needs, then it tastes good even without any flavouring.

You can verify this theory on yourself. When you are satiated, you do not feel like eating any given meal, which is without any flavouring. Later you will feel like eating it, but if it was sufficiently tasteful, that is with flavouring and in beautiful shape. You don't feel like eating it raw.

Do not eat it but wait longer. After, say, a few hours or days, you will clearly feel like eating this (hunger) with pleasure, without any flavouring and even raw. This happens only when your body really needs this food.

Another example. Most people, who like to eat meat, would never eat it when it is raw. This is because they like to eat a product made from meat that is duly prepared and spiced. If their body would need

meat, they would eat it raw with appetite. Some people, in fact, having fasted sufficiently long time, feel like eating meat even raw. Nature does not cook, so it provides only raw meat for eating, but if you do not feel like eating raw meat, this means, your body doesn't really need it. Then, if you force it to eat meat, you harm the body.

You probably have heard about using “herbs assists in digesting”. This is a fact, herbs and other substances affect digesting, taste, and appetite. Another fact is that the human body does not need these things. What man needs is to eat right substances in right quantity and at the right time. Being close to nature and observing body taste indications are helpful for right nourishing.

Following the taste choice of the body, one has to be aware that indications of the taste sense can be wrong in case of addiction. Addiction caused due to often and regular consumption of a given food makes the sense, in this case, to indicate wrong body need. Pay attention to this and do not follow this indication of the taste sense. Willingness of the taste sense for eating things like, e.g. candy, chips, fries, doughnut, cake, wheat bun, chocolate bar, ice cream, hot-dog, pizza, cornflake, popcorn, soda, and colourful yoghurt almost always means wrong indication, many times due to addiction.

## **7. ONLY WHEN HUNGRY OR THIRSTY**

This results from preceding principles of proper nourishing, because it is about real body needs, which body manifests by hunger or thirst. Let me emphasize here that commonly practised eating of meals at fixed times and, associated with this, cooking the same meal “for all”, causes more harm than benefit.

On the one hand, the body of man eating meals at fixed times (breakfast, lunch, dinner) – after all we cook “for the entire family” – is forced to accept food when it does not ask for nourishment. On the other hand, the body is more often given substances which it does not need.

Using the CE method lets one feel that fixed times for eating is something that does not serve human body well. The body is served best by what it demands, and it has to be consumed exactly when the body needs it. The amount is also defined by the body.

Let me mention this again, about forcing children to eat. Parents complain that their children do not want to eat at meal times, but they cry out for food in other times. Well, they behave rightly, because the body of a child knows well when and what it needs. So, a parent caring about their child follows the child in this concern. They give the child freedom to choose the time to eat and the food type. At the same time, the parent protects the child against poisons like those mentioned above.

Forcing a child to eat, even to finish everything that was prepared for them, causes wounds, which are inflicted on the defenceless child during the development of their body and psyche. In this way germs of future mental illnesses that will reflect on eating, are created, e.g. anorexia or bulimia.



## 8. DRINKING AND WATER

Only things that nature gives man to drink are suitable for them. The main drink that nature gives man is the water naturally flowing in a spring or river, and lake water.

When you open a fruit (e.g. coconut), cut a plant (e.g. cactus, birch), a fluid flows out – sometimes you can drink it. Note that this liquid is not pasteurized, with preservatives and in a plastic bottle – which you will never find in nature.

Man already has lost the ability to check the quality of water by smelling or tasting, the way animals easily do. Let's take a simple experiment.

Take water and divide it to two parts. For the duration of one night, keep one part in a glass bottle, and the other part in a plastic bottle, such as those bottles that water is sold in. Next, in the middle of a room put two identical glass or metal bowls side by side. Pour the water from the glass bottle into the bowl on the left, and pour the water from the plastic bottle into the bowl on the right.

Call a dog, cat, rabbit, or other animal – let the animal choose the water. What do you suppose, from which bowl the animal will drink? You probably guess that if the animal smells both waters, it will choose the one that was kept during the night in the glass bottle.

Now you go and smell both waters. Do you smell the difference?  
No?

Then drink both of them.

Do you also not feel the difference in taste?

Oh dear!

You see, the basic ability – checking the quality of water. How does it function in you?

Well, not many people living outside of nature still are able to do that.

Man's body is composed in a vast majority of water. The quality of

consumed water has a direct impact on human body, even if one does not feel that. For example, chlorine or fluorine added to water harms the nerve system, bones, teeth, and eyes. Bathing in such water harms the skin and hair.

If you are living in a city, probably your tap water is poisoned. For the sake of your health, do whatever you can in order to treat the water before you drink it, or buy good water.

Water in a plastic bottle also is not drinking water. Water solves poisoning chemical components contained in the plastic, even if it has food grade certificate. When you buy / keep water, do it only in containers made of glass, wood, stainless steel, silver, porcelain, or other material that does not poison water.

How to treat water for drinking – it's a different large theme for a separate book, so I am not going to develop it here. However, there is much available true information about this theme – just look for it. It is worth, because what is more important than health?

How much water to drink a day? Well, exactly as much as the body needs. More is harmful and less is also harmful. Advertised recommendations saying to drink, say, two litres of water, may be not good for your body. So, follow your body's real need.

## **9. NOT AFTER 4 PM**

Here 4 o'clock pm is agreed upon, although for most people it is the right time. Considering statistically, taking the functioning of the human organs into consideration, this is about the time between 2 pm and 6 pm. The most important is to finish eating the last meal on a given day 4 to 8 hours (depending on food type) before going to bed. The later last meal is eaten, the lighter it should be for digestion.

Too late eating makes, among others, the body unable to finish digesting everything before starting the night rest. This means that the digesting organs are forced to work beyond measure, and the content of the alimentary canal is poorly processed. Food staying there for too long putrefies and poisons the body.

Forcing the organs to work during the time destined for rest, regeneration, and removing toxins from the body, contributes to feeling weakness in the morning. One does not feel like getting up and feels weak. Also bones, head and stomach can ache.

Eating just before going to bed is not only a sign of addiction; it is also the action comparable with slow suicide. The body of man behaving like this attracts illnesses and has little chance for full cure.

## 10. IN SILENCE

There is a Polish saying: “One should not gab during eating, because things lay badly in the belly.” (*„Przy jedzeniu się nie gada, bo się w brzuchu źle układa.”*) The actions of eating and talking are incompatible, that is, they badly influence each other – one who chokes can easily notice this.

When one talks during eating, food is chewed worse. It happens sometimes that during eating one is under a stress because of discussion, this later may manifest in stomach ache or diarrhoea.

People meet at a table in order to talk – parties are examples of this. Some people cannot imagine a social meeting without snacks. However, an unusual party, when people exercise eating in total silence, can be organized.

Eating in total silence lets one focus on eating only. Thanks to this, the life energy is directed to the digestive system more consciously. Man, when eating in silence, can better focus on the chewing, swallowing, and feeling the impact of the given food on the body.

Eating in silence is practised by people occupying themselves with spiritual development – this is a well-known practice in yoga and in many monasteries. The main purpose of this practise is the recognition and enjoyment of what is being eaten, and also the focusing on the presently performed action.

Besides this, there is the method of Conscious Eating, previously described – it can be properly performed when in silence.

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