



BIONETICS. THE STUDY OF LIFE.

# NUTRITION & EXERCISE TAKING RESPONSIBILITY

## VIBRATIONAL MEDICINE THROUGH NUTRITION

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*“Nutritional deficiencies are extraordinarily prevalent in the current American diet. Despite consuming a sufficient amount of proteins, carbohydrates, and fats, individuals often develop vitamin and mineral deficiencies that trigger a host of ailments and diseases. ... We are deluged with environmental pollutants—herbicides, pesticides, exhaust fumes and particulates, industrial chemicals and wastes, household and office chemicals, formaldehyde, hydrocarbon-based synthetics, recirculating air systems, microwave radiation and other electromagnetic disturbances, and noise! All of these environmental stresses place heavy demands on our bodies’ nutrient reserves, antioxidant arsenals, and detoxification systems.*

*Our nutrient needs are greatly increased by such common exposures.*

— Dr. Ralph Golan  
from the book *Optimal Wellness*

True healing requires conscious intention, active participation, commitment and personal responsibility. In reality it's not such a tall order; but for those of us who have never truly known what it's like to feel **good** yet haven't hit bottom, true health is as good as inconceivable. **And yet...** it may only take the conscious intention to **get well**, with an understanding that healing begins **from within**. For the body to return to a place of harmony and balance, and in order for genuine healing to occur, a dramatic life shift may be needed, precipitated by simple shifts in awareness and lifestyle. Once you have made the decision, however, it doesn't mean that you have to get there alone. Assistance is available from holistic practitioners who use modalities that provide the necessary support and education, and who can create an atmosphere in which healing can occur. Your part, when it comes to your health, includes finding a zest for life, practicing good nutrition and exercising properly—three vibrant aspects to good health.

If we follow the concept of vibrational healing to its center, we must acknowledge that if health manifests on all levels—physical, mental, emotional and spiritual—then the **healing process** must also include those components. This is true of the thoughts we think and the food we eat. Everything in our lives plays a multi-dimensional role, although the extent may not be fully recognized. Of the components, diet is probably the most undervalued, and is often seen as only as being one-dimensional. Diet should be seen far more than as just a means to satisfy hunger; good nutrition is a critical key to good health. We gain energy for our bodies by eating food that has energy in it.

Phytonutrients found in plants and other foods provide sustenance that, until the last decade or so, we were not aware of. Now we know, for example, that genistein, found in soy products, is helpful in supplying a form of **good** estrogen, and that women who need estrogen and use soy regularly in their diets have less osteoporosis and milder menopausal symptoms. Many other nutrients found in foods promote all bodily functions: healthy eye function, mental alertness and normalized blood pressure, to name a few.

While all plants used for food will contribute some level of phytonutrients to the diet, organically-grown, whole, unprocessed foods provide the highest nutritional value and vibrational or life-giving support. Filtered drinking water and steamed foods (rather than microwaved) also contribute by not adding toxins or changing the molecular structure of the natural products.

Gary Zukav in his book *Seat of the Soul*, says of vibrational nutrition, “When it becomes necessary...for the physical, emotional body of a person to heal, a dramatic shift in nutrition is often required wherein a person must release every one of his or her eating habits and take on the habits of eating certain foods that are much higher in vibration.”

These would be whole live foods such as vegetables eaten raw, or prepared simply with low heat or steam. It may not be easy to change but our willingness to change our eating habits provides the momentum for new, healthier habits to form.

## HEALING AND EXERCISE

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Even the best protocol of nutrition and homeopathy is not complete without a sound program of strength training and cardiovascular exercise. Exercise reduces stress and promotes healing—just don't over do it! A fitness trainer is able to outline an in-depth exercise program, although most health clubs have a well-informed staff to answer questions. **Please note: Be sure to consult your physician before starting any physical exercise or nutritional program.**

For strength training, BodyScan™ practitioner and fitness trainer Gil Greiner suggests that the average person work with weights four times a week for 20 minute periods. Ideally, Gil recommends that each body part be worked twice a week, with approximately six sets of 8-10 repetitions per body part.

For cardiovascular exercise, fitness trainers and health practitioners alike advise workouts three to four times a week for 20 to 40 minutes with frequent outdoor exercise such as hiking or biking, or walking being sure not to exceed your recommended exercise heart rate during any period of the exercise.

If weight loss is desired, other factors must be considered: metabolic rate, set point (the place we get **locked into** based on metabolism and age), level of athleticism and body-to-fat ratio. Lifestyle changes are always involved, so it is best to consult a health care practitioner, rather than engaging in fads or crash diets.

A wellness program can be both fun and effective. In his book *The Heart's Code*, psychoneuroimmunologist Dr. Paul Pearsall, says, “While many of us have responded by working out regularly or eating more low-fat foods, too many of us have turned obsessive about fitness and health. Trying to avoid dying rather than to enjoy living, we use strict eating and exercise regimens that take all the pleasure out of eating and all the fun out of physical fitness. We might make our attempts at healthy living more effective if we stopped just trying to avoid a heart attack and starting putting more heart—shared joy and less guilt—into those things we do to protect our health.”

Remembering to laugh, to be with friends, and to be open to love in our lives is often the best medicine. Many times we put off the joys of life, and do not recognize that true happiness is not a destination, but a resting point during our journey.

