

Nutritional Diversity

Revision 1

An All Natural Guide to Better Success in Every Way, *For Troubled Youth*

Released, November 5, 2018 Revised February xx, 2019

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Forward :

This has been primarily an athletic performance study since 2012, it is an ongoing study here in the Republic of Panama. In a world of diet confusion and diet experts who are just wrong, I offer today's authority on correct nutritional information. The revision links to more elaborated material on the web.

The first revision of the athletic science I release tailored for troubled youth. This nutritional plan is so powerful it has the power to revolutionize human life in several ways. Also, because young kids in poor or troubled situations are perfectly skilled and prepared for operating the new small source business models that will help the nutritional requirements of the diet be met in communities and cities. This is no doubt the diet of the future. This diet could be the leveling factor against antibiotic-resistant bacteria(s) concerns, about this bacterial breed made stronger by strong antibiotic medicine. If we want to see the needed balance in this world ever, we should empower with the formula for sustainably and the path to wild, natural freedom directly to the poor. In the spirit of true athleticism, it is these tougher people who will make the best athletes.

'Poverty is the worst form of violence.' — Mahatma Gandhi

There is an opportunity for the blessed to run a new play, versus the oppressive ridiculous one that big law makers have quarterbacked for them keeping drugs illegal, and pumping money into prisons and drug wars rather than in education about drugs (?); where troubled young people are perfect to work this new health into our culture, and start the first wave of business and production models. Agriculture needs to be completely re-started anyways, and in learning from previous mistakes we need to be sure needs heart and soul again, so in the interest of also having the balancing effect in society I thought to do a round of offerings to the youth development centers. For humans to have the best Nutritional Diversity diets, we need a diverse amount of people creating new permacultures, everywhere and becoming experts on the species in which they propagate there. The practice of creating these agriculture can heal trauma and anger issues much more so than other remedies, even without the new recommendations on consumption.

There is almost nothing more empowering in all aspects of life, than growing a sustainable amount of better food for yourself and learning how to use it more intelligently.

It's quite the story how I came here and got into all of this, one day I will bang it out on the keys. I think to jump into things like new plant consumption requires a certain adventurousness that most likely will come from troubled roots. For now it's the priority of delivering the core of the discoveries from the nutritional study, in a smart and careful way, that is in the forefront.

Readers will find that in every way of this study and experimentation the antidote to all of human societies ailments and the next step in our evolution is likely the change in our diets from 4-24 soft food species to 30-200 different robust species regularly. This will inherently render the modern agriculture system obsolete and knock out every other domino in the line to planetary salvation. One will gain an understanding of the damages to pollinators that is being done by pesticides and modern agriculture chemicals. The same will see the cure to all of this and the health crisis' within this human optimization goal for ourselves as individuals. If it directly effects you, and your smart enough, and disciplined enough, you will make the change, and other dominoes around you will also begin to fall.

To get a full-spectrum or adequate amount of supportive nutrients for top performance I have found through intensive study that eating in the area of 85 different food species, breathing stretching and exercising regularly provides for drastic increases to the quality of life at any age. In this document I outline a full range of specific daily add ins that fall in the *sufficiency* range.

My next revision will be more complete, and more athletically applicable in many great ways. This one is free, and I will distribute it myself to troubled youth centers and prisons who should implement my prison gardening model, offer it on the web for viewing and download, until I finish the complete book.

I must give Special Thanks to my Dad, My Uncle Bo, and friends Sam Meager, Mickey Kennedy, Andrew Hyde, Mikhail Ioffee, Micheal Dichioria, Bruce Hill, Holly Weaver, John Lang, Jessica Housand Weaver, Tina Trebino, Mayo Aragon, Manuel Gagne, and a few others for your honest and unwavering support and /or interest in this stuff, through some of my toughest times. I have to thank Joe Rogan and Craig who showed him to me too, for helping restore my IQ. I think, he is being honest and pulling out some real honest gems. The thanked here should know that they will now be likely stalked and harassed for supporting this top shelf information and myself, sorry.

To the new level of humanity in our age, the Nutritional Diversifist: Good Luck,

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Applying Nutritional Diversity's regimens and doctrines is a sure way to see progress in every part of your life. This natural message from nature and an all natural wildlife and plant study from Panama has been a diet, health and fitness discovery that will revolutionize human health and nutritional security on this planet.

These factors have been realized in the course a of the last five years, in an intensive and dynamic study in the rain forest, diverse micro-climates, and jungles of Panama, Colombia and Costa Rica. Biodiversity is the secret to all healthy life and living things, and it is where extremely potent nutrition can be cultivated.

This revision contains the following three main sections.

1. [Stomach Nutrition](#)

2. [Physical Training](#)
3. [Business Models](#)

Along the course of our study since 2012, we have seen this Nutritional Diversity Science play it's role in successful diabetic treatments, ulcer forming colitis treated, severe depression treated, sexual function restored, arthritic conditions improved and alleviated completely confidence restored and athletic and mental performance enhanced in every case. We have seen young and old alike free themselves on permaculture farms and in this in ways not comparable to other treatments, environments, or on other diets or medicines. While a few doctors are in the study circle here in Central & South America over the last few years, we are NOT doctors. I hold no license of any kind, and you need to take responsibility for your health and what you put in, around and on your body, with the utmost importance.

These regions are some of the last dense biodiversity, and they remain under constant attack and defense from corporate and governmental interests. It's of the utmost importance that Nutritional Diversifists realize a relationship with nature, and deep understanding of respect for these elders.

The core doctrinal factors of this new diet type have been realized only just in the last 5 years of this study, and interestingly, no other nutritional information seems to hold this in depth key to health and performance. Welcome to the cutting edge.

Stomach Nutrition

This first revision, features links to other material on the site that is still in working progress so that this first new wave of Nutritional Diversifists can stay right on top of the research as it is typed up. You are now part of a live, living science and formulation is needed.

Today we partake from the tree of knowledge more specifically technological knowledge, and tomorrow we hope to partake from the tree of life. What is that tree of life? Is it the natural knowledge of natural life? If this is so, is to take from the the tree of life, taking in a Nutritional Diversity? The stomach nutrition, is another ecology, one that instead of fueling the planet, it fuels us. We are biologically available to many things, but mentally and culturally closed to most of them in a thought that our technical knowledge will win in a race against our possibilities in nature.

The ND diet study has found that the starting **Nutritional Diversity** of stomach ingredients should be a *minimum* of 30-60 species sourced initially from [permaculture farming models](#). The maximum is still unclear. We have tested up to 115 specie diets, and they are much more powerful. A digestive mechanism must be created over several weeks at the 30-60 specie starting place realization. Thirty for the weaker, older and sixty for the younger stronger physiological system.

Essentially watching the Jaguar, the leaf cutter ant or one of the many primates in the most nutritious most lively tropical environment, where they need the most robust system to survive it can be observed that each eat well in excess of the range of specie I have found to be a correct starting place for a modern human stomach. They all hold a relationship with nature that fruits and builds senses and skills that sound like ones we were rumored by legend to one day in the past have. I come from a heavily

Native American influenced region of the Americas (New Mexico) and growing up I heard a lot of stories that talked about building these specific types of abilities. The information about stomach function here is not based on this, but I do recommend that readers here look into this relationship with nature more, for their health and performance and their understanding of nutrition and how we biologically translate materials.

I did a series of survey's using farming students from Europe, Australia and North America, finding that people today eat from between 6 and 24 different species to a minimum effective dose (enough of the food for it's essence to work strongly in the system) a good number below my minimum sufficiency findings. The diets featuring numbers closer to 24 are usually in better financed households.

Certain doctrinal factors have been realized from this study that just can't be argued with, and across the board, the results have been recorded. I will go over them as they come up in respective sections of this *ND Diet application manual*. The need for avoidance of major Academia has also been realized and the convolution of diet information has been at nuclear-like levels by this 'culture of experts' for so long it's curious. What I have come to call the 'direction of dissection' is a mistake that produces mistakes and waists to much time. Things like the discovery of [increased turmeric uptake triggered by black pepper](#) could pivotal to unlocking the true potential of diet. Start finding combinations both in the garden and in the stomach *and relate or combine them to your senses and abilities with a good focus*, to achieve the most conclusive results with your nutrition.

The deepest of plant experts will be familiar with stories such as that of Makah Nootka medicine man, who believed in song to heal plants and humans, and used breath (seminole) and song, to initiate the healing process in biology. There is interestingly supportive results that came out of the Backster set of testing that indicated hard "breath & intention, together" was measurable to effect the plants nervous response up to 100 feet away. In short, we can scientifically say that, breath is a communication well received from, plants. We can say the same for music and song.

The Steps to Success

Firstly source out a **permaculture** farm,. This word may be new to you but it's an underground movement that is coming up fast. First step to success is to get the diversity up to a minimum of 30 foods a month concentrating on getting as many hard foods in as possible. Today on your own, start to study leaves and plants yourself, visit these farms and ask them to study and [certify with Nutritional Diversity](#) (www.nutritionaldiversity.com) to ensure quality production for you the customer, and offer to buy a steady supply of what they can provide. They likely have your starting base there as permaculture focuses on growing things together, like NDdiet focuses on eating things together. Certain species may grow well together but adversely not ingest well together so just know that growing together is not always an indicator of a good digestive combination. Work with what you can, do whatever it takes, grow your own, and get your diversity up! I will talk about other food sources in this section, but permaculture farms are the deal place to start. Also most permaculture farms will be open to growing specific new things for you.

Eating this highly diverse way is now the most powerful secret in my athletic arsenal, and people in the gym or on the track ask me all the time, "how do you work out like such an animal!?" Using this discovery we have been able to throw the shovel and the machete in the hot sun from 5 am to 8pm, wondering how and just appreciating it greatly. Creative ability increases and we have seen the diet play a role in the treatment of many issues now to include diabetic treatments, ulceric colitis treated, severe depression treated, sexual function restored, arthritic conditions improved and alleviated

completely confidence restored and athletic and mental performance enhanced in every case. While a few doctors are in the study circle here in Panama over the last few years, we are NOT doctors. I hold no license of any kind, and you need to take responsibility for your health and what you put in, around and on your body, with the utmost importance. I have my story and my findings, and you can do your own research, and or slow-going, careful experimentation on what I say.

Fight off all sickness, all depression and optimize yourself using this simple switch. Grocery store produce is loaded with chemicals, so sourcing new nutrition, new growers, or growing your own is your biggest task here. This convenient food source also narrows your spectrum of diversity which is the health biggest mistake. |After learning more about the natural foods we should be eating, and cultivating, everything in a grocery store begins to look insane. It's the root of the health crisis.

The next chapter in your own ND diet study, is to find out which species work well together, and which may be slowing things down a bit.

So many nutritionists today are confused. They study in what I refer to now as "the direction of dissection." This is the wrong way, we need to be studying in the direction of diverse combination. We know seeds grow we don't need to see research papers breaking down why, and if we do they are probably not exactly correct about it all. We need to know what like turmeric and black pepper do for one another, support and help each other in the system. We have found an interesting formula that seems to apply as functional guide to combining and has allowed us to unlock very harmonious spreads of effectivity and performance.

A free health presentation July 18th this year (2018), by "The Real Truth About Health" which really showed the connection between our diets, and some of the problems and issues on our globe. Statements like "doctors know nothing about nutrition," and "if we go by the USDA food pyramid we will perish," were some of the opening statements made by these doctors, in a presentation on the latest scientific findings on proven benefits to your health from a Whole Food Plant-Based Diet panel participants; M.D, Pamela A. Popper, Kim A. Williams, MD, MACC, FAHA, MASNC, FESC, Ph.D., N.D., T. Colin Campbell, Ph.D., Caldwell B. Esselstyn Jr., which claimed to be the new current diet "truth." There was no mention of diversity, permaculture or modern agriculture chemicals. There was mention of whole plant based food consumption models stopping and regressing several diseases.

Stomach Nutrition : (*noun*) refers to nutrition that goes down the human throat into the human stomach. This is a primary nutrient intake method for animals and humans, and breaks down into the following subcategories in this manual:

- [Plants](#)
- [Animals](#)
- [Water](#)
- [Digestive Culture](#)
- [Food States](#)
- [Increments](#)
- [Cleansing Operations](#)

Digestive Culture

There is as digestive culture of life that builds up in the stomach over the week and the month and the year, the lifetime, constantly improving itself as time goes on in relation to the minimum effective

amounts of Nutritionally Diverse intake, that assists the body in food uptake. This very important nutritional factor is very overlooked by health, nutritional and fitness concentrations in most human health or fitness sciences.

Recently this digestive culture has been named the gut microbiome. If we look at the universal principles in nature we can assume that, this culture and mix of species, should be robust and diverse like the strongest cultures in biology we see in general.

A healthy inner digestive culture that also has been referred to as an inner gut ecosystem, or more recently the microbiome, is made up of friendly microflora (good bacteria) that reside in our intestines and keep us healthy and strong.

According to Ayurvedic theory, poor quality food and inconsistent eating habits can create a dullness to the upper gastrointestinal intestine, which, if uncorrected, will result in further deviations from overall health. Ayurvedic medicine is one of the oldest known forms of medicine and it uses all natural plant based medicines - food is medicine.

Nutritional Diversity dieting can supply a heavy arsenal of healthy bacteria for this microbiome. The dose of ingestion of a substance is what many times decides if will behave as a remedy or toxin.

More so, eating bad food leads to unhealthy, bad food cravings. This creates a feedback loop, since the poor food choices driven by the cravings reinforce the digestive dysfunction.

Ayurveda has six core principles one of which being Astrology, also an importance to human optimization, like rhythms and like the tides, likely the drummers of them, but that we will get into later.

Over modern time, the introduction of antibiotics, pasteurization, and processed foods, along with a lifestyle of constant stress inside of extreme convenience, has damaged our inner ecosystems, and that could include generational genetic dysfunctions according to the findings of Epegetic science. An unhealthy inner ecosystem can lead to fatigue, poor health, and a digestive tract that functions inefficiently. Today humans are more undernourished and over-stressed than ever. The planet suffers incredible pollution and ecologists worry that many species are going to start going extinct in an apocalyptic fashion.

Much energy is expelled digesting meals, so you want to pay attention to increments, pay attention to maintaining a good digestive culture that can burn through the tank quickly and most importantly pay attention to your body - fatigue, nausea, and other symptoms will come with a bad digestive culture. Food digestion will become slower, and when food is not digested and expelled quickly it becomes toxic, and provides clear avenues for illnesses such as cancer.

Eating whole foods like [avocado](#), [papaya](#) regularly can help digest more, and more efficiently. Avocado is less likely to be sprayed in cultivation. There are as many plant essences as there are plants, and slowly and carefully, just as a plant grows can we cultivate knowledge of each one.

Largely ignored in microbiome study today, is the possible function of fungi, and a mycology of the stomach. Mycology is a huge part of my focus now, and for the last year most of my research has been in mushrooms and fungi.

An old school remedy known as kombucha could help digestion happen more efficiently. It uses a culture known as a symbiotic culture of bacteria and yeast (SCOBY). A syntrophic mixed culture, generally associated with kombucha production wherein anaerobic ethanol fermentation, anaerobic organic acid fermentation, and aerobic ethanol oxidation to acetate all take place concurrently along an

oxygen gradient. This stuff helps digestion and uptake of nutrients go faster, which means you can consume more using it. This is an example of mycology workings in the human digestive system. This kombucha practice is just the simple beginning. Once we understand gut mycology better, we will likely be able to do some superhuman things from it. The leaf cutter ants (two genera *Atta* and *Acromyrmex*) of this region can lift twenty times their own body weight. They take pieces of leaves, and mind you, leaves from a Nutritional Diversity of plants, back to their incredible nests and they cook up a fungi on them and that is what they eat. According to modern scientists, next to humans, leafcutter ants form the largest and most complex animal societies on Earth.

Simple digestion experiments with yourself, can help you make a mind to stomach connection.

You might try eating carbs alone. Then proteins alone, in different sittings. This could promote a more direct uptake, that weightlifters who take protein supplements are familiar with. Usually a concentration on carbs comes before output and a concentration on protein comes after output, for recovery and to support strength / muscle gains. But even this thought is changing among the popular nutritionists who many now recommend proteins before and carbs after work out, to preserve energy and avoid the lag caused in carbohydrate digestion. Those stacking on weight will eat more carbs, and those person's leaning out will eat less.

I will get into more about getting to know plants and foods a bit later on. Making a mind to stomach connection is a serious advantage, just as much as knowing about and growing your robust digestive culture is.

Obviously to get to know on an individual basis the 30-60 species you start with in this diet endeavor, will take a bit of work, but I am confident that it will pay off heavily to the final diet plan. It is not necessary to achieve the fuller-spectrum of results, but the best ND Cook is going to really know his stuff right.

Nutritional Diversifists should be weary of any process that is too complicated or too hard to accomplish regarding their nutrition while starting out. Focus on new species, and good sources.

Stress management can be aided with specific herbal supplementation and physical practice such as meeting simple exercise requirements. Stretching out and 20 minutes of breath-work can create a large decrease in daily stress. Stress is a killer. one of your biggest enemies, and the one you should most, "just let go of." On the farm I am able to more easily get it all into a rhythm which is another key.

Its really best to go and learn from nature how biology decomposes, and also how it stays strong.

In the most bio-diverse concentrations of life on this planet; mainly in the still existing rain-forests and jungles we can observe easily and clearly over a matter of weeks, that all these millions of organisms and micro organisms work together. Along this path which is a natural meditation and pondering, deeper independent thought and focus on rivers, waterfalls, and vines sets in. The thoughts begin to emerge and it's certainly clear that there is something very serious and healthy about everything there.

There are no examples of heated or complex preparations, or heavy tool use. The basic idea of eating natural greens fresh from the leaf, and fish fresh from the river are quickly and clearly taught a primary way for life to exist. Cooked food is good. Man knows fire for an advanced purpose, of releasing different nutrients and allowing us to assimilate more nutrition. Cooked greens constitutes a large portion of my diet.

This nature teaches me mostly that I must eat a large diversity of foods.

There is not a reason to assume that we know better than this nature, or we ourselves are more powerful than this nature. When we really don't even need to know about digestive culture, bio-diverse necessity and how much more powerful we can become ourselves by employing it.

If we are living the simple natural life as nature can quickly teach any of us who look to it for guidance; clearly we must be respectful, polite and appreciative to really grow in this life, among believe in the diversity, incorporate it and survive better with a higher quality of life from these powers, rather than from those found in our cities. These principles are right in front of us in nature. It is as if we built the city with the sole purpose to disconnect, domesticate and deceive those who live there - to own them. The word town itself is an acronym of to-own. They live in the to-own.

"Any intelligent fool can make things bigger and more complex... It takes a touch of genius - and a lot of courage to move in the opposite direction." -Albert Einstein

Heated, strained nutrition such as teas, and coffee's can be high in acid and upset the PH and the digestive culture. Alcohols are extreme concoctions that produce a large range of negative effects on the body, including the killing of the digestive culture. For me alcohols let the demons in too. While it may be fun to dance with devils from time to time, the damage inflicted on one's life for doing so is always clearly seen and measured.

Simply following the leads of our cousins in the trees, will have you on the right trail. Refined sugars, and fluoridated or chemically treated refined salts, prescription drugs, and harsh extracts can also damage or pollute this culture of life. They don't employ any of the refine, extract or ferment. The leaf cutter and the soil itself cooks a fungus, the bee and the flower makes a honey and decomposition employs small amounts of fermentation, honey and fungus. Darkness, light and pure water are the keys to life. Selfishness, will kill you in a imploding black hole, and selflessness will empower you and make you happy.

I used to work out with a couple guys that would drink alcohol every weekend. They would always complain they would not get the results I would. I would tell them constantly " stop drinking!" Coffee is every morning in every movie and TV show. Alcohol is every night. Cut these two out, and your off to the races. People do not realize how impactful this consumption is.

The quick high, the quick escape, the chemical aids, we get great outside results, and pay for them on our insides and our children our most important things pay for them too. Overcoming addiction has been one of our modern life's greatest challenges. The chemicals out there might as well be called black magic. The social and metaphysical poisons in our modern lives may as well be called voodoo.

Interestingly and an introduction to what I call Nutritional Dynamics, helping someone else get their gut microbiome in check, is a great way to realize new revelations about microbiomes and human health in general. Help people, help life – it is the most powerful way to help self.

Working Together, in Rhythm

We see in nature that we all work together and depend on the larger life cycle to survive. Each of these cycles of life seem to be within an grander timeline of rhythmic vibration, revolutions and understanding. The plants and nature existed thousands of years before us and they hold knowledge and ability that can unlock new levels of potential for you. Interestingly they communicate with each other through mycology, and you may need some inside yourself to be communicated with by them.

In this world, hearts beat, memories are made, intelligence advances, these things we refer to in

English as *Love* and *Desire* play their roles, while sites, smells, and sounds affect our life and give us our own interpretations of life itself. New theories of the age start to show spirituality as a science, or the two being one in the same now finally connected, such as the title and phrase "biocentricity," which claims consciousness *is* the basis of science as we know it. Not to say this conclusion is fact, we can't say that so clearly as of now.

We see thousands of species and many new ways within them of detection in their anatomy to things we as humans have no sense for, and are left with thousands of questions about what they do. Emotions were never really explained to us in our nuclear age of airplanes and space travel. Many times when one person is angry other people die. There is an ant somewhere in the world, an electrician told me, would go in a line. Some sort of accidental signal on another plain of feeling, was being imitated by the machine.

Would it be far fetched to think that bees humming everywhere have something to do with the world turning and ringing like a bell as Tesla thought? We must be able to get this sense of digestive culture while modern science does not describe it, in fact from constructing more rhythmic cycles that include benefits like the mind to muscle connection and muscle memories and dexterity built one atop the other in the world of endless potential that is the biologically hosted mind or consciousness.

Physical activity according to all the studies so far has the biggest, by far, impact on the gut microbiome.

A true human student of nature, observes these potentials and the ultimate human disciplines out there, then test it and put these types of knowledge into their own personal helpful religious practices *or* rhythmic routines that they know help balance out their lives. So we have examples everywhere in several ways to enhance or destroy our lives. We clearly have this free agency this higher IQ and self awareness of things. Yet, because of pop cultural guidance and the influence of celebrities and idols it seems we damage ourselves many times more than we aid ourselves - against our own nature.

Anyone who has spent a couple of weeks in the jungle knows when a frog or a lizard dies there is an army of little guys that will devour or carry off the carcass in a matter of hours or minutes. They will equally take care of a human who dies unattended in the Jungle in the same way nearly just as fast. They have death sensors. They are biological removers of potentially harmful rotten material within the larger life cycle.

We build this wonderland of life in our stomachs when we eat healthy and natural Nutritional Diversities. A small microcosm of biological stuff that works together with the body and helps digest food and ensure optimal intake into cells. We build it really great over a month of really nutritionally diverse stuff, and no consumption of alcohols and coffees or other high acid foods or extracts which kill it off, or provide it with unnecessary obstacles. Now that it's built we are free and we are high enough to see the truth over all the obstacles that have blocked it.

Digestive culture like human culture like plant culture, permaculture, etc. all things, needs water. Much more than you were taught to drink in grade school. Hydration is key to performance, and these days no one is sufficiently hydrated.

Water comes in amazing amounts of different forms and states. It's structure changes and water receives, light vibration and influence.

Hydration and water delivery to the cells is increased with more green living plant consumption. This is very important for athletically inclined individuals.

Water Diversity, would be the best type of water supply, and certain water sources today should be scrutinized and looked at more closely.

Water is number 1, your water is the most important factor in your life. In my final revision of this material water will be a primary focus with page loads to take in about it. For now, lets take a new quick look at [water](#).

So much to talk about here. Hydration is another key to life, maybe the main one. We humans are made mostly out of water and we cannot live without it. If a human body or any other biology for that matter has no water, it has no life. Water should be our priority, and yet most consumed today is not good or close to acceptable.

I am not young enough to know everything. – Oscar Wilde

Water comes in various forms and states beyond ice, water and steam. Dr Masuro Imoto showed that water responds to emotion and interprets and translates so many types of energies inside and outside of the body. Water is dynamic and complex and its structure is easily changed.

Connectivity of water is often increased by [salt](#). I remember a childhood experiment my Dad and I did where we added salt to water and used to close a circuit from a battery wired to a nail dropped into it, and a light wired to nail on the other end of the container that demonstrated this.

Sources and collection methods on through, filtering and nurturing water can become a full time job for someone looking to consume and possess a great diversity and spectrum of healthy, miracle waters. I say the venture could not be more important, nor is there a venture ultimately more important right now even than working on [excellent filtration](#) and water [structure](#) conditioning models and techniques for you and your family.

The [EPA conducted testing on city supplies across the U.S.](#) and found some shocking information about the centrally distributed [supply of H2O in cities](#).

What your going for here is Water Diversity. Several sources and none of them city or commercially bottled sources hopefully. Spring , rain collection, distilled, and mountain fresh are great choices.

Mountain fresh means your high up, where the chances of contamination or slim. Springs are abundant, if you know how to dig. Distiller s now are easy to get and fast to distill. At the ND Island site I mix spring with rain in one big tank. I would like to put a few more sand filter tanks, or 4" PVC sections into the system, with different mineral rocks, and maybe even clear portions if I can order where, sun light can get in. An insect screened, exposed to nature rocked river channel would be great.

Oxygen; the one atom part and companion to the two atom parts of hydrogen whose liquid form is referred to as **water**. Seventy percent of the earth's surface is made up of water, and 95% of that is in the oceans. One to two percent of this water is in groundwater, and then an incredibly small fraction of that is used by humans and other mammals. By mass, oxygen is the third-most abundant element in the universe, after hydrogen and helium.

Oxygen in the atmosphere exists in a perfect balance whereas we have just enough to breath, not too much which would cause everything to burn up and never stop burning until it's gone. Oxygen in the human works the same way, although through important pathways. Without proper exercise, breathing practices and stretching practices these pathways can become obstructed, clogged, corroded and in need of repair, until dead completely. The atmosphere has 78% Nitrogen.

Oxygen is a chemical element symbolized by an 'O' and the atomic number 8. It in the family of the

chalcogen class on the periodic table and is a highly reactive nonmetal oxidizing agent that forms oxides with most elements as well as other compounds.

Proper oxygenation or over-oxygenation can be the solutions to these problem, fat loss and candida and other toxin removal and more. Like the flame, we are eating oxygen, and without that eat going on we will, 'not be breathing.' The conversion of anything and the reduction of anything, is greatly due to the amount of oxygen in the picture and at what rate of delivery available through pathways, if any.

Water is all shapes and sizes, it is the universal element, also, because it can take on any form, and is the largest moving whole element on the earth. A deep minded individual will be a student and follower of water, naturally. Noticeable beings without this interest or awareness in their water, represent a certain type of idle, consumer intelligence that usually creates trashy areas and a trashy bodily and spiritual systems.

The human body is 99% water when it is conceived. The human body is then 80% water when it is a born as a baby. The body is then 50% water when it is old with wrinkled skin.

Naturally water comes up from the ground fresh. Barbados, is very fresh, a Caribbean island completely comprised of surfaced, dead reef, which purifies the water, and whose rum is famous for being fine to take daily without hangover effect. Sewage systems for houses were traditionally a hole drilled down 30ft. Barbados is famous for some of the clearest waters around. When I was there at my good friend's kick butt vacation house, with Uncle Harry, and Uncle Bill and Uncle Mike, from the *Temple building in Philly era*; I went swimming early one morning and a turtle, a full sized turtle swam right up to me and may have well said "cawabunga dude."

Spring water is good water usually and the earth unfortunately should separate surface plastic fibers and other contaminants throughout it various levels, contaminants that will eventually make their way back to the sea.

Mountain water shows the most balanced PH, and it is considered a living water.

According to Bruce Lee to mimic water in physics, is the ultimate physical art ability, and what he as a martial, physical, body artist himself strived to achieve this ability, "to be like water."

Victor Enusian expanded on Dr. Masaru Emoto 's work, studying the effects of also radiated water, finding that the structure itself changes, and adopts a pathological wave exceedingly far outside the range of radioactive contamination. In the 'structure change zone,' suicide rate increases were noticed among other negative neurological effects. He understands that the brain is 85% water and that this new pathological order of the water will be effective for something with radiation it's not anything good, but with other structures it can be.

In the particular cases of the radiated water, science paints the scenario that the new water structure meets the brain plasma water structure and has an immediate conflict, ultimately the person is removed of most sentiment, to include the will to live. So the structure of the water in us is very important.

Heavily chlorinated, fluoridated, [plastic fiber contaminated](#), heavy metaled and whatever else structure components of the water most commonly taken today in both bottles and city water supplies, can't be expected to produce much better results than the radiated stuff.

Water is one of the most important resource to all life. Without it we don't exist. If a once living being losses all water it is dead – biologically speaking at least. U.S. and many other centrally distributed, large city water plants around the world, have been tested to show some alarming substances. As the word and the knowledge spreads, people become more and more interested in the very important

endeavor of finding themselves a way to clean that up. I want to clean it up for me too and convey the message to loved ones about how important the water we consume is, that includes a few recommended home water solutions.

Just like with the [ND Diet](#), there is a sourcing issue, and if we can get a great source there no need so many costly devices.

Where we get our water from is the starting place of importance, and how we care for that water we get is next.

Today with centrally distributed city water supplies, a few different home water solutions should be applied, at each home especially for drinking water.

Water in U.S. homes, and homes around the world has turned out to be at many times contaminated, with serious contaminants such as heavy metals, [microfiber plastics](#), harsh chemicals, even pharmaceuticals and caustic sediment matter.

The number one thing to health is water, and there must be somethings residents can do clean it up for themselves and for their loved ones.

Built into my world of convenience, I stand for the city water service to put a high amount of chlorine in the water for sanitary purposes which then goes into and all over my body each day. I have to get to work and do some meaningless task, and I don't have time to read this piece on water, I need to get ready and jump in my shower that kills my skin each day, everyday, of my whole life to the point that I don't even realize it (but it is the [easiest test](#)), and likely my insides could show signs of the same. I go on day in and day out ignoring the fact that I drink chemicals I can smell coming from the top of my glass. Could the chemicals themselves have something to do with the lackadaisical manner in which I let myself consume poisons both from my tap and my [local grocer](#)?

It may seem like a far fetched question, or an over-exaggeration of a simple sanitary function until Pharmaceutical substances were found in tests done by the United States Environmental Protection Agency that revealed in all 50 samples of the study, conducted across each of the 50 states existed positive results for several drugs. Most of the medications discovered there lower blood pressure, except for Carbamazepine which is used to treat schizophrenia, bipolar disorder and epilepsy.

It is arguable whether high blood pressure is indicative of health risk, everyone who exercises maintains a high pressure accepting system because of the intensely high blood pressures they experience during their times of exercise. It is also arguable that lowering blood pressure with pharmaceuticals is much like sedating people, which technically one could consider it to do.

For the number #1 resource of my family; I would like to improve the water quality in my life and the in the lives of those I love.

You may hear terms "reverse osmosis, multi-staged," and things like "xxPSI, x"PVC," but don't worry getting someone to help you with this stuff should be easy, thanks to our world of convenience where most people don't do anything for themselves, most fellas, who are really poor will know their way around these terms because they cannot afford another person to do this work and have earned to do it themselves, and for \$20 are more than willing to help fit you out with something. You know he helps you, you help him. There we go.... now we are moving.

For urban drinking water it is recommended best that a gravity counter-top filter be used anyways. They are little more in price as the other in-line filters but historically produce the cleanest filtered drinking water when it comes to the city supply. It won't get all of the harsh stuff that may be there

even then.

The field install system traditionally is not that complicated. A series of sealed tanks can be set up one with rock, one with sand, one with charcoal even, on to the final holding tank where water draws into the system. Sometimes people after this before the tap will put a few string filters which usually do good to pick up the micro sediment stuff. If your system is spring water, or roof collected, a little bit of the sediment may even be good for you.

Whatever which way, it is time to stop ingesting the chemicals primarily chlorine and fluoride. I would like to stop showering with them too. There has been one product that has stood above the rest in the removal of the chemicals and that is the [gravity fed, Big Berkey Water Purification counter-top system with fluoride filter add-on](#). Next in this counter-top gravity line of hot stuff I recommend is the [Nikken PiWater](#) system. I work with both of these systems, and the primary differences are Nikken's attempt to imitate a prime water structure using hand picked elements and information from around the world in a plastic case that allows light to enter, whereas the Big Berkey is stainless steel in construction, and is the United States' most popular solution. Depending on what divine water information you may be looking at, in wanting to work on your water more you can juggle the two or do like me and get one for home, and one for office.

Also cheaply done, is a [multi stage inline system](#), that filters water for the entire home, water going into toilets, showers, air coolers, will all be cleaner with one of these. I say for around \$250-\$850 installed go ahead and hook the house or apartment up with one. Then there is the [under the sink inline system](#), which works for a few taps that people want to get cleaner water from without waiting for it to cycle through the counter top gravity filters. Some companies make a nice shower filter that installs right at the shower line, that stay there in-line and filter water from the shower.

[Water Ionizer](#), is what many medical patients prefer and using this device which is rather expensive the user can make both more acidic and more alkaline water adjustable to their preference and based on their supply. There is a lot of arguing about this but ionic charges likely do play some part.

Then of course the frontier way to know your good is to boil the water. Some say distilled is the way to do it, that is all a whole other conversation, very deeply described in the complete ND Diet text. I have seen some permaculturists' throw a rock or two or a few into the pot while cooking water, believing that it helps re-mineral-ize it, especially when rain collected.

Evaporation, in the sun, with an open, possibly cloth or screen covered, container is a great way to see that chemicals separate from the large body of water.

A spring in a city is also likely contaminated I know arsenic was present in underground dessert aquifers where I am from, there have been brow-raising radiation tests there also. In a place where much of the National Weapons developments and tests are made to include the first nuclear bomb building, where the dream team of scientists operated, I guess this should not be so shocking.

I remember posting to Facebook, a result about radiation leakage and I was amazed at the comments, saying things like " I wonder how long it will take to see effects," and other comments that spoke to the lack of seriousness in our culture. This not caring attitude is behind pollution and contamination and clearly an optimal human will care more about these things. Why we don't seem to care is another conversation.

Don't be like everyone else, take the time to get some water solutions into your home. All of these home water solutions are better than nothing, with your city water supply. Ultimately another source would be better here companies have started selling the large 5 gallon waters harvested from spring

sites for \$5.00, and many people pay that, it is a good business. The city water supply is the one that most needs home water treatment. Certain U.S. city water taps have been found from toxic to flammable and I can only imagine what the effects must be like sitting down here in pretty Panama, where I still have to go through the motions to get good clean water in my cup. Anything centrally distributed like this is inherently open to being poisoned and hurting a lot of people.

Certain individuals myself included, notice and believe in the science class idea that chemical separation and then evaporation of a lesser substance will take place in an open container. Refrigeration, cold or heat may play their part if they exist but over time in any condition the lesser substance should move to the top, and be the first to evaporate.

We used to fill glass bottles with water and place them in the sun for a bit, then move them to the fridge hoping that this process would be quickened. Along the way I met a man who explained to me that he would put a lemon, a lime, a leaf of mint, and a quart crystal into a glass picture and place in the sun. He said with honesty that he found it to be a more fulfilling water. Sounds a bit ludicrous and far fetched. Low and behold I was able find plenty of research to support these ideas. There are even internal UV light featuring products advertised, in the water purification market. A friend of mine does this sun tea with the hibiscus flower and claims it becomes more hydration-functionally for him. Could it be at least in part, the time and care put into the process?

Distillation is a heavily debated process regarding drinking water, but it is pure water technically. Andrew Norton Webber, says distilled water has helped him retain several youthful qualities and achieve health from an episode of sickness, and many other agree. Certain schools of thought caution that the mineral-less water may help remove toxins, but help remove from the body some vital elements also. Rain water also get's the mineral leaching criticism, and over time drinking from a rain water tank, and not entering the sea, one could start to feel this maybe, although it could be something else.

In my humble experience my best water days were some from mountain spring, some from rain collection, some distilled and all filtered to some degree, and many servings of water treated with many different treatments, such as adding a few [orange slices](#).

Most water recommends in our mainstream education recommend far too little water consumption, while our military training is more correct, and that water up, never have yellow coming out.

[Nutritional Diversity, key principles](#) are my guiding light in this water respect also, and that is; a diversity of the best sources, and structures available is best for optimal human performance.

Somewhere in this crazy complex journey (I fail as of now to bang out on the keys in a complete story) of mine, I found the work of Dr. Masaru Emoto, who photographed flash frozen water crystal structures, and spawned the practice of thanking, playing music for and praying to water. Thank your water. I thank mine. If you look at this research you will too. If you think about this long and hard, realizing that we ourselves are three fourths water, and the plant's and living essences around us all have one thing in common and that is water; you too will see from the good doctor's very recent research, that an attitude of gratitude will overcome most of the issue.

While Maseru's critique's are plenty-full, anyone who has been around snow, has seen these shapes before, even if their skepticism is out of balance with trying to hear about Mr. Emoto's hippy ideas. Just listen to nature, ask God and try it out see if it helps you to feel differently.

Mr. Emoto offers a highly duplicated on Youtube way to find the same type of results using some damp rice in three different jars treating one harshly and writing the word hate on the glass with a sharpie

marker, the next in a different area of your space write love, and treat it each morning with a hug and a kiss, the third don't write anything, don't pay it any mind, ever. This particular experiment reveals each time reflectively a terrible moldy cancer on the ignored, and slight moldy cancer on the hated and the best condition on the loved. Obviously make sure all the rice is the same, and clean and the jars are clean..

Permaculture and Nutritional Diversity are food production and nutritional intake systems mainly about plants, and growing and nurturing life in a symbiotic relationship with ourselves and the biology around us. Our study finds the plants produced by modern agriculture, mono-crop systems to be toxic and less than adequate nutrition for humans, contributing to the malnutrition of humans and the mass killing of millions of pollinators all over the planet that are necessary for all biological happiness and survival. The decline in interest in old fashion healthy farming, and the rise in interest in all industry including agricultural, the rise of the age of chemical cures are all solid math behind the decline in human health and the rise of human health crisis.

Through years of domestication, we have lost an edge in our immune systems, and in our physiology overall. This makes it exiting to study wild plants.

Through the use of sane cultivation methods that have existed several times throughout our human cultural history we can quickly re-achieve more correct farming and robust production. We have many times produced thousands of known species in cyclic waist disposal and food production intelligence's, all of which are now not present in time, and are badly needed again in a bold shotgun approach hastily organized across the water filtering, food and air producing mechanism we depend on and call our world.

Going back to the stronger less domesticated species of plants and foods, is a great idea and is sort of a double-upgrading to the quality of foods taken in.

Wild plants are in abundance, they are strong, they present new tastes and starting out you'll likely want to cook most of it. I must say though today I enjoy routinely fresh smoothies all the time all day, fresh with wild tropical plants and have been doing so now for five years. See [Food Testing](#).

Whether its wild stuff or stuff you grow, I now define a ratio of 10% raw drank or eaten before 90% cooked at a volume of 5x that of protein intake. Many times I make a cooked leaf dish with the fresh ten percent on top. High protein leaves are big draw for the Nutritional Diversifist especially one who is vegetarian. Darker green in leaves or darker colors are said to possibly indicate higher protein content.

There are plethora's of known species that can be selected, that grow fast, and start producing heavier and stronger nutrition right away. My main model in this is, as I have been pretty nomadic here and because of the dire need for rapid installments; I am using a select base 30 species, getting what I can determine from the wild, and hopefully getting another thirty food species from other growers I know or that have been certified by our [online Nutritional Diversity certification courses](#). Most of these sites I set up myself, and this is an example of a business model where, you can become an installer of these robust species and automated systems for simple, and I am telling you it is an easy sell.

Growing your own nutrition is the way to grow what you need specifically. One valiant hypothesis that came from this study has been that with the [right fungi in the microbiome](#), the right dynamics as far as the decisions made by the farmer, and the relationship of being the gardener of their own food could trigger the cultivars or wild species to produce special made nutrition just for them.

The Clive [Backster tests](#) and more, reveal that it is very important how we harvest our stuff, and how

we treat the all knowing, telepathic nature around us.

Animals includes all walking creatures for the purposes of this manual. Again, a diversity of parts, and of species is what we are going after with animal nutrition.

We eat [fish](#), [chicken](#) and [cow meats](#) usually around the world, we don't find lamb, [goat](#), and other meats as much and populations of humans before us ate most of the red blooded, fish or fowl stuff they could their hands on. Rabbit, certain fish, certain fowl, goat and lamb I have seen become very procreative on the small farm.

Bats and rodents are known sustainable foods, wild and easy to catch through primitive trap technologies for several populations. Insects are great foods for others, and certain amphibious or serpent foods are also popular culture dishes.

Obviously a certain amount of experimentation has gone into, these different animal food types, but red meat seems always soluble and highly nutritious to humans in any dose. There is not highly toxic species of mammal in this category as exist with in the plant kingdom. White meat follows just behind as far, as an across the board edible animal food source.

For this reason, an others, I checked out and tried some things mentioned in the new red meats diet craze, I ate more of the red blooded organs, and some of the benefits from red meat consumption realized by the "[Carnivore diet](#)," movement and switching it up to red meats only for a while to see how it went. Large groups of people have claimed to have restored their fertility, overcome incredible health feats using red meat, and some using an only red meat diet.

Paleo-nutritional studies indicate, the hunter gatherer likely practiced an advanced herbal-ism in wait for an animal catch. He had no large mono/culture which means naturally he would have ate more of a diversity, and this is always missed in paleo diet information. In harsh, nature -adapted paleolithic time periods, the time between catching fis or animal was not long. There was many more animals and fish also during this time.

I would like to encourage the farming of new animal food types, or old ones rather but re-modernize them. [New chicken varieties](#), not the commercial ones, rabbits, meadow dogs, nuicke (small species here about the size of rabbit), quail, pigeon, certain insects and maybe those to make robust foods for the rabbits, in a nice little cycle of nutrition building. For purely production reasons, leaving lists of other reasons unmentioned, it makes the most sense to raise animals, living a full and free life. Turning ten percent of it free at adolescence could be a helpful practice for this world.

Most important factor with these farms, is giving the animal a just and loving life. We cannot all go out and start hunting wild game at once, like the blaze of fire this information is now obviously, but the reforestation efforts, nature protective s and permaculture initiatives this will spark, will also provide more habitat for wild game also. We all need to farm again even our red meat, and I provide even [urban farming models](#) to do so. Remember that the less domesticated specie is the best meat, because it has the best physiological system, and as intro to food dynamics; it was happier because it was free-er. For this reason preservation of these species, should be it's own movement that any conscious new agriculture company should participate as leaders in.

The most concerned nutrient in fitness today, is protein. There is a lot of argument about animal proteins. There is a lot of abuse in modern day animal farming. There are many other essences of these animals that are very important, and they are not sufficiently considered by most diet science.

As a standard, for a fit person, Nutritional Diversifists should be shooting for one gram of protein for

every gram of body weight. Certain programs maybe go for half a gram, or a gram and a half or two grams depending on the goal. Then you want 5x any non plant derived protein amount in, plants. I know it sounds crazy, but this is what is optimal for a routine regime standard; take in five grams of diverse (the minimum of 30-60 different species to start) plant matter for every gram of protein. This is why you have leave the grocery store alone also, this would have you full of chemicals. I like to see my diet receiving most of it's proteins from animal products, and plant matter and less from supplements although the first [supplement](#) (other than the [ND Starters](#) supplement) I recommend to new gym heads is [protein](#).

What do you know, the next doctrinal factor regarding animals and meats, is, *diversity*. Get a diversity of them. Get the organs, eat those, make a broth with the bones, drink that, make a soup with the brain ([keto](#) lovers delight). Find yourself some good loving small farmers, and ask them to farm some stock specifically for you. Work with them on the care and foods the animal receives, visit that animal as often as you can and as the intro to Nutritional Dynamics; take a real hold over your health.

The carbon forming parts of meat primarily red meat when cooked also present a new form of healthy nutrient. At the same time raw meats (healthy of course) also offer their raw nutrients which cover slightly different digestive grounds. There is a range of nutrition in the preparations of the meat. There is information on the web, that warn against this material as a carcinogen, but many of the experienced and intelligent nutritionists I have spoken with have found themselves leaning towards the food in a state closer to general carbon being a plus versus a minus.

Nutritional Diversity Science very much came from in part, the study of other animals and insects in the biological cycle of life. I have made it a doctrinal

I have taken up the study of the local animal here in and around Panama City, known as the the Nuike, which is like a small prerry dog, and also the jaguar. The Jaguar hunts over 85 known species for survival, in Panama where despite being smaller than South Carolina is home to more than 10,000 varieties of plants and more than 1,500 different types of animals. It is the last land for the jaguar, a marvel and sacred animal of human cultural interest with records dating back to 500 B.C.

In the dedicated study of Nutritional Diversity Science which is natural inclined and seeking to be a complete look at edibility and uptake of all forms of biological nutrients I land in a new study site near Panama City where deer, several new species of monkeys, a hand picked ecological scenario featuring many imports dating from the time of the canal's construction are featured, as well as a plethora of these small prerry dog-like guys known as the nuicke. In one small hill that was formed a top of rubble and garbage waist that could date back to 1881 this small rodent like animal has been a "Delicious" barbecue item already and has terrible overpopulated the area making gardening very difficult for residents. I have been using the Premier companies electric fence, and I know automated systems very well from my time in the Navy working with Fire Fighting agent mixing systems and I have used these tools in combination with my discovery of strong species for a strong ND diet plan to design urban automated systems garden plans that keep these guys out and allow for Nutritional Diversity food production at the home level very easily, and very productive.

I have some good experience with chicken farming, and with goat farming a bit. I feel that I near mastered chicken farming, and surely we were producing more eggs, and the most nutritious chicken meat than our neighbors. I attribute the success to genetics, portability of chicken housing establishments and nutritionally diverse insects.

I was near exited to work with a nutritionally diverse dog and maybe a horse food mix, but that opportunity was deleted by someone who was making their decisions in fear about working in or with

the unknown, and was not courageous enough to stand up to a low paid local staff who felt threatened by talent. I tell people over and over that at the end of the day we make decisions in love or in fear, and we need to be experts at being honest with ourselves in analyzing those decisions. When and if we make decisions in fear we are best to stand up without fears of looking weak or anything else and go back and iron that mistake out with a decision in love. Maybe the horse and dog food will come down the line, and that is surely not dependent on one person's fears of loves. I don't need to be the one to create it either, here yet another opportunity exists for someone else to make their name in Nutritional Diversity science, you may notice that I

I took the nudge of circumstance as an opportunity to venture yet again into a new place close but new, in the geographical diversity focus which narrowed my sights in on the two wild creatures for selection.

Another of the narrowing experiences was seeing my good friend who was also my Uncle's good friend' who met me in the new geographic region of around the oldest city in the America's with a newspaper in his hand pissed off about the government titling and selling of more of the Jaguars last corridor which exists today as a small part of Costa Rica and a larger part of the smaller land mass known today as the Republic of Panama. This Panama portion of the corridor has been under attack several times, including recently when human indigenous residents were forcefully pushed out for the making of another hydro dam' that sells it's power to neighboring countries. Yet another good friend of mine, covered this in a video that got the attention of Vice HBO productions who also did another video. Regardless of the humanitarian and ecological protection outcries and exposure the damn was constructed and recently finished.

Love

Which brings us to the love element, the most dynamic and powerful element in the health and nitrification of animals, plants and humans. Photosynthesis itself is arguably a chemical process set in motion and possibly maintained also by love itself. Food, rest, water and love is the defines the nurturing of a human.

The hellish modern profit production systems of today produce an abused animal, fed chemical concoctions, and hormonal altering substances that transfer to the person eating it. the abuse is transferred, the anger and resentment is transferred, the chemical is transferred and the abusive nutritional elements are taken into the system and used as supportive material by a highly adaptable organism that can live on garbage known as the homo sapiens, or human being.

The Vegan diet movement and others have been extreme protesters of any animal consumption and understandably so in the face of such abuses. This does not change our physiology or evolution based in animal consumption (I know this arguable) but does start people looking at the dynamic factor of paying attention to the love of our food. Vegans should love Nutritional Diversity Science, it's harvesting techniques and permaculture-like growing methods. Outside of most Vegan understandings is that plants do differ from animals in that we can harvest parts of them and not kill or hurt the plant much, leaving the plant alive and taking only a portion of it as harvest. If we say thanks, and pay attention to bio-dynamic nutrition principals, we may be granted by the plant a whole new pallet of nutrients as return thanks. Not so many from the Vegan, plant food enthusiast community I have interviewed know about the Backster tests either, that show us the slaughter of plant is recognized in the plant, who likely gives itself a nutrient decreasing shock before death. Bio-dynamic agriculture or nutrition are unknown to them. Most vegans and vegetarians and humans on this planet still as I type this eat from insane vegetable torture and slaughter fields (mono culture, modern agriculture systems) they know nothing about.

The nuicke rodent seems to be very interested in plant material and certainly the stuff we like. I am starting a series of composting and trapping operations here around the small creatures and I would like to see more on their spectrum of consumption. Studying one new popular wild predator and one popular wild prey each year with a very population spirit here, both carnivorous and omnivorous will be very important to human nutritional principle realizations going forward.

Love in the wild has a rare form to us, raw and brilliant courage's and at times consciousness forming, or growing. Love is bundled with many other elements just like in human life, fear is a part of survival too. It is the job of the animal to come up with a perfect balance of both metaphysical and physical nutritional elements in a self sustained manner. Essentially this animal plays a divine role during it's lifetime, and will provide the best nutrition as a food. We as a humans are currently in a life threatening struggle to find this balance ourselves and the most apparent and applicable to a solution teaching from our nature that has been here long before we have is, diversity.

It is with the realm of possibility for humans to love all the animals and the nature see the fears of our world to dissipate with the scarcity a natural effect that will and return with the abundance. This creation of abundance is the fundamental next step in human happiness and freedom from poverty. For now the Jaguar and his habitat must be saved and the Nuicke is an abundant little guy in this little corner of the world we need to reforest and repopulate so badly.

This story hopes to inspire animal farming as well as plant farming and both inspirations in harmony and guidance with natures examples and not those of cocky men who think they know better. It will be a focus and love of nature that brings this all back together.

Polling this idealism, into the fun focus on the Jaguar and the Nuicke it would seem that the Nutritional Diversity formulation for humans is also directly consumable by the rodents and if for lack of a better word, small gardens everywhere could tithe out 10% to a population of those it could be something for the endangered species to benefit from. Conservationists that I have met in the region have curiously not developed any sort of actual experimental hypothesis like this, that considers a natural stage progression with specified species in hopes to simply repopulate the smaller species to feed and repopulate the bigger ones.

I think that Nutritional Diversity diet development for our own betterment is the starting place for the re-population effort. Constructing nutritionally diverse foods for our animals and livestock so far in my research is almost the best love you can give them.

My chicken food creation was simple. Extremely diverse food and plants waists, left in bucket cycles for flies to hit with larvae and grubs to form. I waited weeks, until the whole bucket would be consumed and large grubs would be crawling over the other. This was my chicken food, and it was free. Chicken egg production went up x3 and I never saw my chickens so happy.

I gave my chickens children, peace and great life and full life, and I thanked them and the great spirit when I would harvest the chicken for food. We are each servants to the cycle of life on this biological plane whether or not we embrace that fact.

Just in past months the United Nations Forum on Agriculture launched a large discussion considering egg food and egg farming for solutions to malnutrition and poverty worldwide. That article can be [read here](#). [PDF](#).

Food States

Food states, of ripeness, of rottenness, of dryness, heated, non heated, smoked, blasted, mashed, liquefied, crusiferious, fresh, hard, soft, chunks, powders, and fibrous have their places in a well balanced ND diet.

Learning to feel in the gut and make sure there is proper construction of different food states to enable good movement, good brooming of the stomach and digestive line, healthy stimulation and feeding of the [microbiome](#) and promoting of a high spectrum of assimilated nutrition for the user, is a science in itself.

"Timing is everything," they say in so many fields of work and of play. Ripe applies to a time in the life of a fruit or plant, that usually means when it is at it's most sweetest or most edible state.

I can feel in my body the difference between a green, yellow, and black plantain from hands, to mouth to stomach. Black plantains give me sweeter taste, a more alkaline, less acid form in my system, and I feel both calmed and energized by them. Green plantains rip up my mouth are hard and too hard to eat at all. Here in Panama a traditional food is the '[patacone](#)', which is a pan fried in oil, smashed green plantain that can cause extreme constipation, and is locally reputed and joked about to be passed through the system 'next Thursday.' This way is admittedly edible and good! We must consider that the frying process is something to go light with . Patacones are fried twice. Yellow is a combination , a mid state of these two states, but it is sweet and quickly digested. Waiting until the plantain is completely black with even some mold spots on the outside, renders it a great sweet taste, optimal digestibility, and it also dehydrates, better than a fruit role up and keeps that way for a year or more. Following this state comes a state in which I would obviously not touch the material, and likely it will be ridden with other living creatures in or out of a nice storage by that time, although for other certain fruits this more decomposed state is desired.

Leaves and fresh greens are always best picked right from the stem. Most red stuff is also best fresh as possible, but likely can sit in a fine, slow changing state for little bit. Yellow and orange foods that start green, usually have these modes of ripeness, the best being at the softest state just before rot, or fermentation. Certainly a few spots of heavy decomposition of the material is indication that the fruit is ready for optimal taste and digestion on a natural fruit, and at times, maybe half of something is to be tossed back to the compost. Be weary of the pretty perfect plastic-y stuff from the grocer, real food comes with holes, bad parts and some rough edges. This is the real fresh stuff.

Nutritional Diversity could rationally involve, and be more diverse by eating a diverse amount of food in a diverse amount of different food states. In fact and just as you may suspect this is exactly the food state pattern we are going for.

Living in nature for a while removes the need to understand science, and fractions of plant values such as chlorophyll. The fresh state is clearly the biologically intended state of foods preferred in the interest of nutrition, and nitrification by most primates and mammals.

The fresh state means unprocessed, from organic nature, that means grown among a diversity of thousands of other things in biological dependency known as the circle of life. Hopefully the fresh state is eaten within a few seconds of harvesting so that nitrogen, chlorophyll and other essences needed for a happy healthy existence, in your Nutritional Diversity.

This fresh picked mandate can instantly effect depression, happiness, focus, flexibility and a range of

disorders and ailments positively. Interestingly several diets including the traditional Panamanian diets include very little if at all fresh vegetables and fruits.

In Nutritional Diversity studies we have eaten thousands of different leaves and plants out in the jungle. We took the time to do it right, and educate ourselves about how to approach this safely. We have made ourselves tremendously sick at times, and we have risked the worst, but mostly tremendously healthier than we have ever been.

The fact that there are no wise men today to teach us the human foods in a more advanced way is curious. This Nutritional diversity way of eating is original to our time, and has been lost for ages. There³ was certainly a time when we were not domesticated and without modern agriculture which would have circumstantially forced us to have more knowledge and eat more diversely. During this time the benefits of large spectrum diversity would have become clear, and several athletic cultures have been told to be able to outperform today's many cultures. The recognition that even in the grocery store, all items are best left on their shelves is astounding and heavy.

Chlorophyll is believed to be by many, the divine exchange between plant and animal. This essence alone could be the guide of positive mood and in turn, in more positive relations with nature that unlock more benefits. There is a game in nature where certain mental states are effected by certain food states, and through these states certain doors open for certain new ideas and influences.

Officially I recommend at this time, Nutritional Diversifists eat ten to thirty percent of things in a fresh state just before eating them in a cooked state.

From the moment a food is harvested, and no longer biologically active in it's living state it starts to loose important nutritional value. It starts to receive a different nutritional value, and certain changed values. When heated it goes through more of this. It can be very helpful to the throttling of performance, recovery and managing the lag of digestion to understand a few concepts concerning cooked foods.

Fresh, ripe fruits also can take on great new tastes, and combined with spices other ingredients can take on brand new elements in the pan or other cookware.

Cooked is the primary state of food consumed in today's human culture. It's not necessarily the best state, and may be totally necessary only because of the grotesque way in which livestock and plant produce is largely produced in the corporate state.

Through its popularity and the popularity of other softer packaged foods we have conditioned ourselves [weaker mouths](#) and stomachs and the adjustment back to raw meats could be jolting.

Wild game in a bio-diverse nature, according to legend anyway, can be eaten raw, bloody and has been by humans for thousands of years. Sushi today is a popular raw food, concoction famous for being a healthy food.

Heated food, one would think, loses life in essence and depending on how long it is heated it goes more and more towards a simple carbon state. Heating and cooking food is not bad, for humans, interestingly we benefit greatly from cooking things and it is arguable how much of that has to do with our evolution in good ways and in bad. None the less, today for humans heating breaks down toxins, heating is how we can clean up water, and soften food for our delicate jaws. It would appear that just like for the leaf cutter ant, humans are into a bit of preparation and changing the food state before consumption.

Certain soups and heated preparations can be effective, also for healing.

The gradual balance of fresh versus cooked, can fluctuate and fluctuate intelligently as the Nutritional Diversifist learns him or herself more and remembering that more cooked food can be assimilated; reform their rest-play-breath-meditate-workout-create-stretch-eatfresh-eatcooked-kambucha*-othergutmycology* algorithms.

Chlorophyll , a much needed substance highest in green leaves, and even higher in green grasses, helps humans with mood, depression and fitness performance. It is a vital ingredient to human and primate life, performance and happiness. Chlorophyll is not present or use-able from cooked states. This is big discussion today also in anti-aging interests. So essentially, when feeling down, you can simply up the fresh uncooked green foods intake and level out with gains of new perspective and good mood, which is always a better place to decide for your life from.

Popular cooked foods are often root foods. These foods have great history of strength in humans, they are the foundations of there respective plants, most of which produce very healthy edible green tops. The are largely thought of having to be cooked by the modern man, and they do change into great flavorful cooked states. Many of them do have to be cooked to be edible at all. They are said by some to be high on the alkaline binding, and I feel them feeding my muscles on heavy performance days.

Cooking bones for long periods of times some recommends say 15 hours, is said to release use-able bone marrow, and through experimentation with this, I have found myself that it helps build a stronger joint, and keeps bones dense enough lots of heavy lifting. Remember it is heavy lifting that will program nutrients to be used for heavy lifting.

There surely could be harmful out comes to cooking, we know that certain things cooked together sometimes produces an awkward, unexpected result. We also know that certain things cooked together can digest easier together and athlete can use this to take some digestive work out for his system, and apply that energy to training. Diet science today as unreliable as it is has pointed out certain understandings of changes in food that don't seem so cool when cooking it.

Acrylamide is a chemical that is can be used in the manufacturing of paper and plastic, and is often found in products like caulk and food packaging. Alarmingly, acrylamide is also found in certain foods that have been prepared at a very high temperature — i.e. food that was fried, grilled or broiled. It's found more in starchy products like bread and potatoes. How come? An amino acid called asparagine found in these foods forms acrylamide when heated at a very high temperature.

Cooked foods are soft, you need to be sure that you mix in hard foods, 5x plant fiber ratio for the cooked foods is a good rule of thumb also. If your trying to cook more to eat more, and to save the energy for digestion but get the fiber, and the jaw strength, go more strong fiber foods, like broccoli, asparagus, red torch ginger flower, avocado leaf, piffa or peggi baji palm nut.

Another concern is the HCAs (heterocyclic amines) that form on chicken and meat when grilled over a high flame. HCAs have also been linked to cancer in animals, though research in humans is still limited. Funny thing is there is also a school of thought that heterocyclic amines are very helpful to athletes.

Interestingly and not often considered or thought of is soaking, which interestingly brings chick peas and root foods alike into soft states, as if cooked, but never were. The soaked state is simply the opposite of the dried state where the food is introduced to more water.

Drying foods has been practiced for ages, and certain valuable changes take place in food that is dried. Dried foods are like super vitamins, highly condensed nutrition. Eating dried state foods, means drinking twice the water to digest them.

I myself am a huge fan of this state, you can front load a portion of your food supply, get greater tasting stuff much of the time, and solar methods of dehydration are easy for me, on my farm which has lots of sun regularly.

Food dehydration is easy and there are many ways of dehydrating food. Dehydrated foods can be stored for long amounts of time without going bad or changing in form too much at all.

Powdered states follow dried states, and have been formed by humans for thousands of years. It's a great way to store different types of nutrition. Powders are also quickly and easily assimilated or passed through the system.

When using powders in a drink, living fresh vegetable or fruit should be eaten at the same time, so that the powder can bind with the living plant matter and digest easier. Digestive helpful foods should be considered such as [papaya](#) or [avocado](#).

For now Nutritional Diversity science excludes extracts outside of oil extracts.

Hydrogenated vegetable oil, should be labeled "Black Death." This is the cheapest stuff used by nearly every restaurant and household today. It's terrible stuff that really binds to the lining of the digestive track and does not want to come off. The process of hydrogenating oils is not natural, and therefore dangerous. Most will agree that the trans fat product of this process said to give the product more shelf life is unhealthy, but still don't realize that with an oil made this strong, the residue stays in the system. Keeping things on a steady movement towards exit is keystone to human health, any hold ups and stay behinds outside of our natural [microbiome](#) in the digestive track can lead to all sorts of problems.

I recommend a table spoon a day of [coconut oil](#) to everyone, six weeks on, six weeks off to repair any serious gut scratching, and also to cut bad grease in the gut from fried foods.

Hard states are good, they sweep out the bowls and promote regularity. The keep [teeth and gums strong and healthy](#). For every gram of soft food should really be 5 grams of hard stuff. This is a guarantee for no soft food build on the walls of the digestion or get stuck anywhere on there journey to supply different nutrients to different parts of the body.

"All biology grows against resistance." This number one core value to Nutritional Diversity doctrine is important here, we want to build strong stomachs, strong digestive engines and we can train our stomachs just like we can train the rest of ourselves. The human being used to be very much stronger and less domesticated if you will. Our stomachs and dental health had been documented in various ways in various times throughout history as being much more useful, less sensitive and healthy. Condensed pharmaceutical pills and injections have had a lot to do with this and these too should be left in there boxes on the shelves of their stores. Eating harder foods, and [spicy foods](#) are some ways to improve dental health, and form a stronger, more robust digestive engine. Interestingly an herbal rule of thumb is that sour, bitter foods often are the most medicinal.

Tree leaves cooked with high fiber ground shrubs, even some [yuca cassava leaves](#) a few berries and fruits, some really crunchy shoots, and some fresh ktuk, garlic vine leaf, cranberry hibiscus with the Mexican yellow flowered energy plant, with a lemon juice, elder flower dressing appetizer is an example of one of my favorite quick to make farm plates. Notice everything cooked and a few fresh items have harder foods qualities?

Imaginatively, the hunter-gatherer's gatherings would likely have been shoots, nuts, fruits, softer shrubs as much smaller amounts, compared to tree leaves, mushrooms and small herbs in meadow clearings. What I am identifying here in other words is that tree leaves, such as that make up the howler monkey's

complete diet and some of the stronger leaves such as [dandelions](#) or common hibiscus are almost the perfect hard food in our diets. Some of this should certainly be cooked at first, for those starting out, but moving to the point where the fresh leaf burrito contains a few tree leaves is a good direction.

The Core Principles

Nutritional Diversity's Primary Articles of Operation.

The Nutritionally Diverse articles, takes into account modern diet culture and the changes that need to be made from it. The top principles to the Nutritional Diversity food diet are as follows.

1. **All biology grows against resistance.** This is the primary principle to keep in mind at all times concerning your training and nutrition.
2. **Everything received is nutrition.** Nutrition is all things practiced and received by the body, the mind and the spirit. It is then processes by the body and the soul into who you are, physically, emotionally, and spiritually. Information is brain-food and it is important. Half of our physical nutrition is food. The other half is exercise and productive physical output. They are equally vital for health. The choice to seek the genuine is the most important choice.
3. **Intense exercise is mandatory,** it is the programming function used to tell the body what to do with nutrients it has consumed. Food and exercise , go hand in hand for the healthy and this is really recognized when one really steps it up in the ND diet.
4. **Rhythm and cycles** are a lost vital art. To be an optimal human, you must sync yourself with the rhythms and cycles of the nature in which you come from and depend on. The worst thing, to happen to humans, is the deception that they are smarter and know better, and can disconnect from nature and be better.
5. **The more species the better,** a starting minimum of 30 for the weaker older stomach, and 60 for the younger healthy stomach. **The plant diversity should be between 30-60 species** for beginners and after 12 weeks time, more of a diversity of species can be ingested. Our team has leveled off mostly at 90 to 120 in experimentation thus far, going as far rarely as 200 and propelling unbelievable athletic and farm work performance. We have yet to find stomach and digestive problems as a result of even wild foods eating.
6. **The vegetable food group should make up the volume of 5x the amount of protein or carbohydrate material consumed** in gram or ounce weight. I know this sounds like a lot, if it gets to be too much lower the entire ratio together starting with the protein and try to select more high protein leaves. There are several ways to help digestion outlined in the [Complete Nutritional Diversity Diet](#) text.
7. **Keep your people circle small, and require absolute honesty from everyone in it.** Today one of the biggest threats to human health is social, emotional and spiritual disease. Psychologists refer to these modern societal sicknesses as pathogens just the same as military Chemical, Biological & Radiological warfare defense specialists refer to biological weaponry.
8. **There is a point of overload and overkill.** Paracelsus theorized that everything was both toxin and remedy and that the dose is what decided which. Any diversity in excess of 100 species should be stacked with digestive aids like avocado, and kombucha. African tribes learned that any group of people in excess of 180 people should break in half and go a certain distance away or to a new river, which could have saved much of the worlds problems and populations should

we have kept through to today. Imagine if U.S. Populations did this. Extremism should be noticed and avoided. Coffee, alcohol and hot liquid, extracts should make up, combined, less than 2% or nothing at all of diet. Overkilling, and overloading should be avoided.

9. **Sodium and minerals** should be in the range of 3 to 10 grams per day depending on size and output. Most people today ingest fluoridated table salts in quantities of one gram or less per day.
10. **Food and water should be thanked.** Before harvest, at preparation, and at consumption. There is a dynamic attribute in the water and in the plant flesh that holds the water that reacts to an attitude of gratitude.
11. **Fresh, raw food should constitute 10-30 percent** of diet and the rest of the food consumed should be cooked.
12. **Hydration and sodium consumption must be sufficient. 3-10 grams of salt per day, and no yellow in urine,** the more clear urination the better, and onto a plant the best. Generally 1 6 oz glass of water per half ounce of food should be consumed throughout the day. Salt needs are going to ultimately be based on the rate and volume of sodium loss.
13. **Share what you can spare.** Decide what you don't need, and then privately give it to someone who does need it. A selfish act today is of the most noble, and spiritually healthy practice one can engage. Those who give the most in life receive the most in life, that they can keep the most in life. Share with others this helpful information.

Recently in a two and a half month stay in Panama City, following a month in Boquette, and expensive ex-pat mountain town that claims to have the best coffee in the world, I re-learned the Anglo-Saxon dominated city culture . I also visited the wealthy “Spanish Social Club,” where those who also have the Spanish passport (there are many who have the Panama and the Spanish passport), sat in luxury dining hall, like in a fancy hotel, fit to seat a few hundred people with an Olympic pool just out of the window, presenting a mighty attitude of being the Elite echelon. In their positive credit this would be a very capable group and it seemed each one owned several pieces of real estate. Collectively this very civilized and mannered community is no doubt likely one of the most powerful houses in the Country. The most powerful house however in the big city is the Jewish community who also has a very fancy Social Club and one I would not be permitted to visit I am told. The parking lots of these two places however give a reflection of the group, as also the richest car collections in the 'pais.' Because it is interesting, and to complete the full story on the basic components of the classes here; the Nugle tribe are always the grunt work horse of the slave class both in the city, and on the farms, the darker the skin, the lower in class naturally attributed, this is of course changeable by family wealth. The lighter skinned Latino is the preferred class for politics and the “ballroom” level of this society. Black populations stay relatively to the Caribbean side and the areas where they were imported, such as Colon, Almirante, and the Northern Carribean Islands here in Panama. Very interesting tribe here known as the “Kuna, or Kuna-Yala” with incredibly interesting, highly preserved culture, vibrant dress and well organized ranks, are said to be the only un-conquered tribe in Central America. A success attributed to being once nomadic, they did a brilliant job of claiming for there own, a sum of the most beautiful islands in the world, and a top five tourist destination here; the San Blas Islands. There tapestries are most distinctive and recognized style of “Panama art.”

On this voyage, here in the big city and the small expat city, where I was well again reminded of the percentages of things coming out of mouths, that was in anyway real. In the sick city the people talk only to manipulate you into their benefit. Or to compete with the city culture reputation, status quo, here is a lot of lies and little truth in the big city. A stark contrast from the world of nature where everything is honest and direct. Only after several prodding and repelations you may earn the respect for the attempt at a fair deal in these places. In these places if a person can take full advantage of you

they will do it. The even darker lesson is if they cannot take advantage of you they will likely want nothing to do with you. While some of this is understandable in that if they can't take you, they fear then that you can take them for the ride instead, this fear is combined by their deeply selfish nature likely underlined in some very dangerous sickness, such as drug or power addiction. I find that sexual sicknesses and other extreme depravities run rampant in the wealthy. I found that richness can be a curse, that allows the spoiled and unprepared to destroy themselves with these kinds of self-defeating practices of control-freakism, and addiction. During this time I myself struggled greatly with these things and I was in no way ever spoiled or taken care of really much at all, I often looked to the sky and thanked God for my poverty at that time. I don't like a proud person and so I would not want to be one. I realized how weakened a strong man can become, my weakening was granted from an incredible force of negativity no decent person would wish on someone, or severely damage a child to evoke (parental alienation), I was a pretty tough guy most everyone respected, to the point of following, for other really tough guys older than I, several times over.

This time, after years in the hills and various farms obsessed with plants, the honest love of nature that saved me; I was swayed by the ultra rich, when I thought I landed a few times an actual genuine rich person. Out of three hopefuls, I did find one. The other two were hopefuls until it was discovered they were liars, otherwise known as bullshitters, full of false promises offered only if what they want is given, and even then they would likely not deliver any kind of fair trade. These people live in the world where they walk across a thousand backs every minute. They have the best real estate, the best machines, and they realize this in deeper layers than their immediate first consciousness. This walk of backs was learned like they learned walk on the earth, you never think about "moving your legs," or give a thought command, you just move them.

A true person who is in search of truth and true meaning in their lives, will be in constant disappointment with other men around him in this life. It matters not where he came from, this change to a true person, and this start as a liar exists also in the poor, in fact I would call it a poor state of mind. Changing to a true person is easiest and best when done young. The more time that passes and the deceptive becomes an adult, and beyond, the more likely the person will not change for a very long time, likely the next lifetime. Unfortunately there are systems in place with thousands of paychecks and workers moving the baits around to tempt people into becoming the selfish deceiver. Today it will take the most valiant of men and women to become completely honest but I believe it is those people that will be allowed by the intelligence's that we come from, to continue to live. It is really a quite perfect plan, and very effectively today we see people make their choices, define themselves and stand on one side or the other of good and evil.

Interesting though how many of these negative selfish individuals are often bridge ways to descent people. These vampires thrive on descent people, so descent people can interestingly be connected through the black hole. This comes always at a price, paid to the ugly bridge making troll.

He also connected me with this cell repair guy that was like a sabotage agent from hell. Whole time had a fine phone sitting on his desk, among st millions of dollars with of bullshit in stupidly well organized cause he is a Sometimes you just gotta let it out.

Anyhow I was connected with an aunt of one of these selfish rich kid – adults, and she explained wanting her whole life and asking dozens of church authorities, to know the significance of the passage in the bible, which reads

Whoever has will be given more, and they will have an abundance. Whoever does not have, even what they have will be taken from them. Mathew 13:12

She never her whole life got an answer until she read, the Magic by, Rhonda Byrne a book that reveals life-changing knowledge about the power of 'gratitude,' a word that was hidden from this very passage. Her story was quite the experience. Whoever has gratitude, can have an abundance, a person who does not, will loose what they do have.

In this life the good side or the bad, will empower those around us, and those who ride the fence, will ride on the front lines of the conflict between the two.

These rather dynamic, and modernly considered spiritual philosophies are testable and testify to the importance of metaphysical and attitudinal powers. The power of intention.

From Emotto and others we learn the structure of water can change according to these metaphysical influences. At some point we will understand diet to include diet dynamic attentions, like something from a Rudolph Steiner lecture.

A Nutritional Diversifist's Basic Guide to Knowing Plants & Other Nutritional Elements;

Author, artist and craftsman, Jesse Cornplanter (September 16, 1889 - 1957) commented on the Iroquois philosophy of Muskrat Root also Known as Water Hemlock,

“The old people say that Muskrat Root is like any other herbal medicine you want. When you want it, it stands up where it grows calling to you. That is why it is easy to find a medicine you seek.” [1]

In this case, interestingly it is those who want to die that is being refereed to here, as this plant is highly toxic and just little bits will kill. It is recognized by the tribe as a plant with this aim only, and for this particularly species they may argue with the idea that all things are both healing and toxic, and that this difference is keyed by the dose. This teaching, that comes from many of life's experiences, contains the message that intention is very important.

Really knowing plants, and food items is to clear your stomach on a one day fast. Go ahead and clear the mind while your at it. Stand with the plant, talk to the plant, treat the plant(s) as if it is a member of your family. Bring it water, play music for it, talk with it, and protect it from the bad guys. This plant likes you so much it will let you pee on it, do that urea is a main ingredient in commercial and home fertilizers and many medications for us, nitrogen. A breathing mantra practice for yourself there in front of it wouldn't hurt. Remember this biology in front of you in your bio-dependence, it like's you breathing with it. I know this all sounds a little hippy dippy but stay with me, it's pretty scientific actually. The love and appreciation of plants can be earned, and if so the plant will communicate a new level of truths to a body able to receive them.

The Nutritional Diversity diet concept is focused mostly on edible plants largely, although arguably, all plants are edible considering a proper dose is known for it. On your clear stomach, now having spent time clearing that stomach with the plant, or Nutritional Diversity of plants; eat one plant by itself at a time over the next course of days so that your body and mind can meet each plant in your Nutritional Diversity individually and so your body has a chance to get to know, recognize and appreciate that plant on a one on one basis.

Keep in the back of your mind throughout this getting to know your ND process that certain plants and food items have both helping and inhibiting elements to them. As Nutritional Diversifist's we are

looking to come to know what plants work well together and what plants cancel each other's essences out of play. As a Nutritional Diversity community we cannot at this time answer the question, "If they grow well together do they consumer well together?" In the case of the most functional and well covered attack team of specie, [turmeric root and black pepper](#), for this to be true there would need to be a third and maybe even more plants to the equation being that, the black pepper vine, would rather grow on another structure type than the small hedge green leaf of the [turmeric root](#), or even it's cousin [ginger](#).

Through this very practice most users begin to develop an appreciation with nature in general and loose the hard heart it takes to throw seeds in garbage bags while preparing their food. They may find themselves picking up trash when they see it in nature, they may have done this before but now it is with a new attitude. To see proposals to cut down thousands of tree's for whatever purpose may come up on the job, and the once well acclaimed pro now has emotional problems making the big new road. He may latter on become one of the "funny," or "crazy men" we see running around picking leaves and having long beards, no longer at all invested in their outer appearance.

Prepare yourself. To get to know nature, in a deep personal way, according to my suggestions, is an extreme thing. Any of us familiar with Sean Penn's movie "Into the Wild," based on the book, and story of Christopher Mcandleesses early 1990's adventures into the wild eventually dying on his last a deepest trip from starvation and toxic plant consumption of a look-a-like to something in one of his books. If he had used a different [method of plant identification](#) and better planning, he could have met different ends. Also the if he had been consuming a full range Nutritional Diversity Diet, he likely would have been just fine consuming the toxic plant.

To really know a plant, is to grow a plant, so get out there and do that.

Without the 25 million square miles of leaf, humans and livestock don't eat and don't breath. If used correctly it is plant essences at the base of all healing and providing for the every need of the human. All life is brought "through the sweetness of photosynthesis," as so eloquently put by Peter Tompkins and Christopher Bird, in the book "The Secret Life of Plants."

Agriculture for most, and for most of time determined, the wealth of the nation or state. Uphof did a six hundred and some page "Dictionary of Economic Plants," that has remained a good reference on the subject of plant economics.

Carl von Linne, the grandfather of modern botany declared that plants only differentiate from other species in movement, or lack of. Charles Darwin smacked that down when he proved each tendril could move independently, later siting the observation that only when it is of great advantage to them, they will display the movement which is so slow that most will not notice.

Cleve Backster a 1966 expert lie-detector examiner, and teacher to the world of polygraph examiners around the U.S., and the world, one day in sheer curiosity hooked the machine up, to small palm in the office chosen by his secretary, happening to be a very sacred, but popular house plant known as the *Dracaena*. The plant secrets a sap known to the homeopathic world as "dragons blood," and many homeopaths claim it is a miracle. The red sap with medicinal properties goes for about eight dollars for half an ounce worth. Long story short, Backster discovered that the plant knew when he was a threat to it, and knew when he was faking threat to it. Under real intention of damaging the plant just before actually doing it, he was able to create electronic surges in his machine concluding the plant knew he was going to attack it and released a response. This is now a term in botany called the "Backster Effect" and it refers to the recognition that plants have a very perceptive intelligence, and the likely communicate with these very electric pulses to other plants.

2013 research from the University of California, Davis showed that couples in love did not only skip a beat when seeing each other, but their hearts and respiration cycles would also synchronize with one another.

Lew Childre, Jr., did some interesting research like this which he called 'tapping into coherence,' which he described as a sort of personal fluency or attention to being calm and happy at all costs, an inner peace of mind in which people are able to synchronize themselves and their heart rhythms with a worldwide happy, healthy frequency. Today his Heart Math Institute has focused on stress management techniques and identified life stressors and the permitted effectiveness on us that they have to be a leading cause of illness both physical and mental.

Backster continued his research, living out his day with various plants connected to the galvanometer, when the making of his breakfast started triggering a response in one of the plants, as he cracked his eggs open; accidentally finding out that an unhatched egg, which he eventually hooked up to his galvanometer had a faint impulse at 160 to 180 beats per minute, matching the heart rhythm of a one to four day old chick.

New Jersey cytologist Dr. Miller concluded that some sort of "cellular consciousness" must be common to all life.

Backster eventually found that across all living things there is a reaction to dying tissue, and murder of a living thing, as small as mixing a jam preservative into a yogurt that was killing some of the micro-bacteria in the yogurt.

Marcel Vogel, an expert in luminescence picked up the study and in interesting possibility of quantum physics, determined that one plant reacted to the pain of another plant more so when Vogel was paying attention to it. Little did he know at that time, that his journey would eventually theorize that plant's were able to read minds; not just intentions, but attentions which increased the response level.

Vogel an also expert interest in Native American knowledge and culture, said that the American Indians knew very well about these facilities and would go into nature, putting their back against the pine trees to rejuvenate themselves with their power. Finally Vogel demonstrated to the producers of a TV show called "You Asked For It," the plants abilities to read his mind and emotions, their minds, and emotions and then showed how they can attune back to nature.

Furthermore Vogel felt that there was realm of essence we could not detect, with out organs or with our science, that held a instant form of intelligent communication all it's own. Some may imagine this as the innate and perception of certain dogs, who can tune into a persons intentions, character, spiritual consistency or fears. He was able to determine this, by exhalation strongly, from first one foot away to later one hundred feet away, achieving the same response in the plant. At 100 feet away it became very clear that there was some other force of energy or communication with the plant that doubles with reparation. Vogel theorizes that possibly with a concentrated thought made while holding the breath in, could make the communication more specific and complete.

After tons of experiments Backster went on to form elaborated theories such as that plants and maybe certain animals, wish to be eaten, and assimilated into life forms but only under a communicative relation like that of a kosher ceremony or something akin to the Christian rite of Communion.

He observed that the plants would give a calm if not no response when this type of communication happened between Backster, others and the plants hooked up to the meters. He continued to favor the Dragon plant for many tests, and realized that mindless brutal slaughter of living specie did provoke a very emotional reaction from her, a reaction unseen when a self made ritual of thanks and honor would

be performed.

Another plant ability of perception, can be easily tested by any Gardner and that is plant a vine, near a pole and observe the vine crawl ever so slowly towards the pole, then just before the vine reaches the pole, move the pole and notice the vine also changes it's direction to the new place of the pole.

I pose the question that could it even be plants can speak to birds and birds can deliver their seed to a certain nearby or worldwide locations that would make for a nice home for these children. Human are the only things that live outside of nature, I mean as to take pills, develop chemicals, take those, and to build cities and structures where most biology dies. Could we be somehow separated from a nature right in front of our eyes? If so would this be to our benefit or demise? Obviously if this is in fact the case, we are lacking something and missing something that all other biology has, that can't be to our benefit. It must contribute to our loosing. Certain [studies in permaculture](#) have well illustrated that [if we live in harmony with nature](#) we can support, many billions more humans, animals, fish and trees. It almost seems as though right now the earth is in communication to try and rebuild itself and utilizing well the few resources we have left her with.

From me, now having read this information if you *believe* you can know your plants better, that's a fun experience. One that I myself am *most thankful* for.

Transactions between pollen producing plants and pollen moving animals, make up a significant portion of what biological scientist are now calling bio-diversity.

Gary Paul Nabhan

We could say that the whole result of the psychedelic experience is the understanding that nature wants to communicate with us.

Terence McKenna

The complex chemistry present in nonmonocropped natural systems automatically limit the emergence of disease and insect epidemics *and* resistance.

The larger number of plants with diverse chemistries that occupy the largest number of ecosystem functional categories, the more vital and healthier the ecosystem.

Stephan Harrod Buhner

There are many men charged with duty of examining the construction of the plants, animals and soils which are the instruments of the great orchestra. These men are called professors. Each selects one instrument and spends his life taking it apart and describing its strings and sounding boards. This process of dismemberment is called research. The place for this research is called a University.

A professor may pluck the strings of his own instrument, but never that of another, and if he listens for music he may never admit it to his fellows or students. For all are restrained by an iron bound taboo which decrees that the construction of instruments is the domain of

science, while the detection of harmony is the domain of poets.

Professors serve science and science serves progress. It serves progress so well that many of the more intricate instruments are stepped upon and broken in the rush to spread progress to all backward lands. One by one the parts are thus stricken from the song of songs. If the professor is able to classify each instrument before it is broken, he is satisfied.

Aldo Leopold

In the absence of complete understanding, this apparent species redundancy is best regarded as a system adaptation against a highly variable and unpredictable environment. In many cases it is likely to be an essential component of, and in fact may well be used as a measure of, the systems ability to continue functioning when stressed or disturbed.

B.H. Walker

Any given environment usually contains several plants with widely different attributes, showing that there is seldom a unique solution to a given set of environmental changes. This is consistent with the finding that complex, non-linear, highly linked systems (such as plant metabolism) have multiple stable states.

R.J. Scholes

The Food Tour

The idea of this section is to give a level of depth to our food, previously missing in modern culture, and currently unconsidered. It is actually quite interesting this section, and there is much about this science that is important and explained here. Certain readers looking for pure application, and want less of a read for their direction may opt to skip this section.

One of the first things volunteers and students do when they get to a permaculture farm is take a quick food tour to identify some of the plants and foods there at that particular farm. They are usually not as in-depth as they could be. When we look at how other cultures have related to the crop, or the plant we get a certain set of values from that cultural understanding. When we know some of the scientific breakdown of the plant it can help us know how to use it better and with what accomplices. When we

So much can be said for this fast growing food! We grew lots of **bananas and plantains** at the Original Nutritional Diversity & [Permaculture farm in Panama](#). They are strong fast growers and along with papayas area a great starting canopy for shrubs and other smaller sized plants. Perennials, and productive at that, these are the largest herbaceous flowering plants.

The fruits are staple starches for many tropical populations, and the leaves are great for serving, and wrapping other food material for steaming or baking.

Eat a banana in the gym and during study for her b6 vitamins, potassium, and other vitamins and minerals.

On the farm a fella can get rolling with a few bananas. They quench any hunger and keep it at bay for a

good round to three. I really like them because we get a lot of cover material or til-less bed topping off of banana trees and there a lot of functional tricks I know to double up production. The trunks of harvested banana plants are great for terrace making. The “banana circles,” are the popular mention of late among permaculture designers that report up to 8x the production using this method. The most common circles are described as 4 to ten meter, I have a few circles at different diameters even one about 25 feet across with a 7 foot high compost stack in the middle of it now. Here they reside on terraces and flat lands also. I fertilize our terraces often and the banana do very well there. They do well on regular hills also on flat grounds. Once we get our babies in around this big heap with large tree work wood in the center we will torch (it has been twice already) it and then pile it again and then cover the entire 25 foot circle in pumpkins and plant a female durian or [jackfruit tree](#) in the center.

Chiquita bananas plantations are a 45 minute 5\$ speed boat trip from the island I am now, and I have seen the ships load up with container after container countless times, in the Almirante. Panama port.

Another growing trick I like to do, is to chip away small sides from the base of the banana tree, which stimulates more baby rhizome shoots, for crop doubling, or now quadrupling. Remove and transplant these rhizomes and all seed planting, and other transplanting on new moon to first quarter moon. I plant at the top of a hill or terrace sequence first and work my way down to speed production of the overall crop. Another thing I really like about bananas is there quick use of liquid nutrients, which is a large amount of our homemade fertilizer production is very liquid. I fertilize all the time with an 80% water / 20% plant material, compost sun tea in large 20 gallon clear plastic tanks. We through everything in these things, scorpions, cucarachas, fruit peels and tops, egg shells, dog poo and quarter pitchers of [Nutritional Diversity Batidos!](#)

“Good design depends on a free and harmonious relationship to nature and people, in which careful observation and thoughtful interaction provide the design inspiration, repertoire and patterns.” -Permaculture ‘co-originator’ David Holmgren

I find the best growths with bananas generally, is on a one inch raise, on a well draining slope with the banana circle form or terrace form, with ginger root planted around the base in a dedicated two foot covered and tended zone. The way I treat this zone, is by adding various fertilization elements after my base chipping procedure. I will dump a bag of beach sand, rake a pile of postured and sunned cut grass around, dig away a piece of earth from it’s base and throw in a shovel of super black sledge from an irrigation channel nearby. I will shove small twigs in around, and place rotting wood branches as Lincoln Logs in a square. If ever I am frustrated I will run around with the axe, and bash the wood up more and more. A time later, I have such good soil around these guys, every vine from the jungle is coming in after them much faster even if 20 feet away. For this I am building a dog run by cable to establish a no grow zone and extra security border for the farm on that dense jungle side. The only thing that scares me there, is the Fertulance, snake one of the most venomous snakes in the world- I think they will keep their distance from the large Pit Bull dogs.

Of-course, if you take your time and dig large holes in your terraces, and fill those holes with chop and food scrap and old wood pieces, and form large composts there, and then plant your bananas, the result’s are astounding.

Another permaculture use of the banana tree I imagined for an area is to hold large wood pieces for ground leveling, and at the same time path lining. I am using a row of banana trees who have grown well and in sync together I notice, to hold large logs from branches we cut away from the house. I will then fill in behind the logs, and once level plant peanut grass to take over and hold it clear of other

growths. Then we will cut back the jungle a bit more on the other side of the bath and again line it with bananas, but this time in between each tree we will add [cassava](#), red torch [ginger](#), [turmeric](#), backed by coconut trees to make a firm wall against jungle growth.

The 8 meter banana circle with the cut leaves piled in the middle, are said to produce up to 8x as many fruits as those planted otherwise. I would say on flat land this is my go to technique if I am going to through some plantains or bananas in. I keep most of them on terraces and hills so I can use the leaf fall as covering in no-till systems, and a few sizes of circles even on hills. My plants go off everywhere as if they are in a rhythm now. As I make these updates and abridgments into a more complete text this January 2019, today the 24th I have about 20 racks shooting all about half way to ready.

Next I want to try some pumpkin and other squash ground cover also some black pepper and garbanzo bean vines, in sort of a three sisters tropical combo.

In *Tamil Nadu*, the banana is referred to as one of the three ‘**royal fruits**,’ along with [mango](#) and [jackfruit](#), for their sweetness and flavor. This triad of fruits is referred to as *ma-pala-vazhai*. I have selected these Royal Fruits, a [Royal Herb](#), and ‘[Angels Fruit](#)’ to name a few of my selects for my ‘Royal & Angelic’ tropical [Nutritional Diversity](#) this training season.

We are working with the North American Hopi three sisters permaculture technique, using plantains instead of corn and planting with [pumpkin squash](#) and bean plants.

The goal for us with our plantain and banana crops next is to dehydrate half of them. The best way to do this, is to wait until they are black, protecting them from insects of course, and even to have a few white mold spots appear on the shell. Then peel it and dehydrate it either by sun or by dehydrator. I saw a good one build for around 60 bucks using an electric stove coil and old computer fan. I prefer to do it on a sun day in a insect netted box on tin foil. Then I refrigerate them in plastic bags for gifts. Better than fruit roll ups, seriously healthy stuff and great for camping pack too.

An unfortunate history, brought forth and unfortunate change in the banana I am sad to say. The banana we eat, has no seeds that actually grow, and are pretty much a genetically modified banana, the plantain has undergone the same kinds of changes. They are effectively sterile mutant species. Every banana eaten is an exact clone of the last, and we spread them by rhizome transplanting only. The original species had many more seeds, perfectly round little black BB gun pellet looking things that could crack a modern day human tooth.

None the less, the processes involved back then were almost bio-acceptable and chemicals were not used, and so also the nutrition is effective.

Until the 1960’s a different banana was the choice, until mono-culture cropping allowed for the infestation of what we now call the Panama Disease. The near extinct by the pathogen species that died largely at that time was the GrosMicheal. The new banana is known as the Gavandish. [Permaculture farming models](#) can grow either or both specie with little problems.

Plantains and banana's were worth the enslavement of thousands, they are some of the easiest to grow of the delicious fruits, and now a days some of the cheapest, a buck will basically get you

High in thiamine and vitamin B6, **Jackfruit** of the fig, mulberry, durian and breadfruit family (Moraceae), is the largest tree born fruit, weighing as much as 35 kg (80 lb), 90 cm (35 in) in length, and 50 cm (20 in) in diameter per fruit. The Jackfruit tree whose wood is preferred for the making of musical instruments, can produce up to 200 fruits per year, a potential 500 kilos of fruit per year, per tree. I start the tour with this exotic, in loving respect of one my favorite teachers who introduced me to

it. I love this stuff.

Artocarpus heterophyllu : Jackfruit is a sweet delicious [mango](#), pineapple, apple, flavor and dehydrated or frozen it is the best candy ever, much better than a fruit roll-up or ice-pop.

In *Tamil Nadu*, the jack fruit is referred to as one of the three ‘royal fruits,’ along with banana and [mango](#), for their sweetness and flavor. This triad of fruits is referred to as *ma-pala-vazhai*.

Jackfruit is a powerful food that replenishes energy and revitalizes the body instantly and the fruit feeds muscle and joints too – let me tell ya.

Jackfruits can be dried, fried, roasted, added to soups, used in jams, juices, ice cream and we are lucky to have so many of them close to us in Bocas del Toro, Panama. Some [chicken](#) with fried jackfruit toppings had become a perfected master piece for a brief chapter by one of the farm’s gracious contributors.

I could run this farm with the kids that will line up and do tasks or handstands on end, for frozen jackfruit bells, that are about the best natural Popsicle fruit treat I have ever had myself. Make it fun by waiting to tell them that it’s from a tree, and trick them by saying it’s one of Willy Wonkay’s new secret treats you have on exclusive order.

The Jack fruit seed, is also a great food boiled or powdered into a flour, and also boiled and sliced as a salad topping or stir fry ingredient. I did a mashed potato style boiled seed mix with butter and it was great!

It is one of the rare fruits that is rich in B-complex group of vitamins. It contains very good amounts of vitamin B-6 (pyridoxine), niacin, riboflavin, and folic acid. The core and stringy materials of the jack fruit, can be fried or boiled and chopped down into a natural epoxy glue.

The Jack fruit tree is thought to have originated in Asia (Southeast) or India, and is the national fruit of Bangladesh. Our Panama team here is blessed to be tutored by a permaculture legend, and just the most magnificent of old schoolers, here in Central America whose bio dynamic wonder farm has around 25 Jackfruit tree’s among 500 other wonder species that he hand picked for his island paradise just minutes away from our home base.

Today I cover the Jackfruit on Thanksgiving and we are thankful for our teacher ##### (not sure he wants his name mentioned), and all of the fruit miracles that have become a part of our lives through his amazing work. Jackfruit is a powerful food that replenishes energy and revitalizes the body instantly, and has possibly had a positive joint tissue effect on a long time joint injury of mine.

Sting-less bees like the *Tetragonula iridipennis* here in Central America are the jackfruit pollinators, and as such, play an important role in the super fruit’s cultivation – you will see them hovering around the ripe jackfruit. The tree once established for five to seven years, is a very low maintenance high production tree that is fun to climb. After seven years it can live in the jungle for a very long time.

Note: Nutritional Diversity doctrine places a strong preference on plants from the tropical jungle as the most potent nutritional sources, also to plants that may not be from the jungle but can hang in the jungle. Many popular foods today simply wont survive long at all in the jungle, outside of a handpicked one like my friends’.

The jackfruit tree although cultivated for over 6000 years, is easy to grow and very productive with

valuable to wood to boot; is oddly passed up by the modern agriculturists of today. Outside of a personal farming relationship like ours, Jackfruit fresh off the tree is fairly rare and hard to get a hold of, at least I have never had this access to it before nor had I had it ever before here- ever.

Jackfruit tree wood, is a high quality, rot resistant, beautiful timber, the softer of which is also used for boat making.

Jackfruit is rich in dietary fiber, which makes it a good bulk laxative. The fiber content helps protect the colon mucous membrane by binding to and eliminating cancer-causing chemicals from the colon. Certain studies show that heavy Jackfruit consumption could treat colon issues.

Jackfruit is a big part of my miracle cleanse and human optimization trip to Panama or Costa Rica that I done a few rounds of now with friends, and those very interested in human optimization.

The fresh fruit is a good source of potassium, magnesium, manganese, and iron. It is also another great natural food to help regulate a healthy and optimal cardiovascular state. With about 95 calories in about a half a cup, they aren't quite as high carb or caloric as staples like rice or corn.

Around 300 B.C., the Greek philosopher Theophrastus wrote: "There is also another tree which is very large and has wonderfully sweet and large fruit; it is used for food by the sages of India who wear no clothes."

Jackfruit has a lot in it to support natural testosterone production, and regulate a healthy blood flow making it another athlete's choice. The tree represents power and productivity in many ways, and has been named in many studies and ideas relative to hunger crisis help and nutritional solutions to help pull up poor communities.

Jackfruit as a Vegetable : Like the [plantain](#) is used in it's green state for patacones (fried smashed green plantain), boiled and made into a mash, the green jackfruit has been historically also harvested green and bioled into a nice edible state. In Indonesia, young jackfruit is cooked with coconut milk as *gudeg*. In many cultures, the young fruit is boiled and used in curries as a staple food. In northern Thailand, the boiled young jackfruit is used in the Thai salad called *tam kanun*.

Jackfruit Seeds : Rich in digestible starch, protein and minerals jackfruit seeds are a handy ingredient to a good Nutritional Diversity. The seeds can be dried for storage, and can be roasted also for include into a nice trail mix, I am experimenting with a honey, sesame seed roast topping. Jack fruit seeds can be boiled or soaked and made into a nice mash potato like puree. Today for Thanksgiving we will have a mashed jack fruit seeds and mashed potato mix with a nice turkey gravy!

I may have discovered while working at one site, with rainwater collection, direct-to-tank quick system that the mineral content of the jack fruit's seeds is very sufficient and is able to well re-mineral-size a mineral low system, a common effect of consuming un-grounded water rainwater supplies or distilled water supplies. Being that jack-fruit seeds are handy carry items I also keep a few cup fulls in my pack's emergency trail rations for this reason.

Consumption of jack fruit regularly is also very healthy for the skin. I have always thought that a great skin cream for boxers could be made from the pulp, as the latex properties in jack fruit help very much with skin durability also when applied topically. Consumers of jack fruit will notice that much of the fruit consumed goes directly to the skin, without the need for topical application, and that there is also a slight change in the body's aroma after consuming large amounts of jackfruit.

Dehydrated jackfruit, is a great way to keep it over time and tastes better than fruit roll ups by like 500000%. Vitamin B6 and thiamine concentrate, great for keeping steady testosterone production supportive nutrients in the system. The mineral and carbohydrate content of the seed is significant, and powdered seed flour and dehydrated fruits are easily mixed into [Nutritional Diversity](#) organizer containers.

Jackfruit is a muscle building, small tendon supportive, miracle food. I was taking a few things at once trying to repair an elbow injury my first year eating this regularly but it was one the fastest repairs and it did seem to be in large part due to the jackfruit consumption. I am back at the Jackfruit having, miracle farm with the Angel Army Capitan Jeremy and his little brother, and consuming it again heavily (September 1, 2017) and already I can feel some tendon strain I had the last week, after turning up my workout regimen; week three in yet another dedicated climb after two days off about a half a 50lb fruit and I was healed up again. It is having a direct muscle supportive effect also on the muscle build. I am studying these effects using the incremental isolated food testing techniques, and staying with it's use over time.

The skin organ, is the large very important covering of the body. Jackfruit is great for the skin. One thing to consider about skin health, is that with chemicals in soaps, shampoos, conditioners, many skin creams and sun blocks,city water supplies, etc. the skin is likely fighting to maintain optimum health creating a drag on human optimization and athletic processes. Relieving this drag is important, and Jackfruit is well consumed and applied topically in addition to [avocado, and coconut oil, among many other things.](#)

Get Jacked on Jackfruit...heheh.

The **mango** tree produces a tropical fruit, loved by most, worshiped by some and it has very delicious and nutritious reasons for that!

A juicy *drupe* belonging to the genus *Mangifera*, a genus of flowering plants in the cashew family, Anacardiaceae, contains approximately 69 species, with the best-known being the Common Mango (*Mangifera indica*). This fruit is native to South Asia and is the national fruit of India, Pakistan, and the Philippines, and the national tree of Bangladesh – whose national fruit is the [Jackfruit](#).

I love Mangos, they are excellent dietary fiber, likely the most excellent I myself have ever consumed. Pigging out on three to six mangoes can relieve the bowels, completely. Fiber is such a huge focus for the Nutritional Diversity diet, and mango really is a best source. I eat the leaves almost ever day, and here in Panama I can find those leaves around towns no problem too. When Mangos are in season I am sure to run around indulging all season long. It has become my healthiest time of the year when I am not near the beloved [jackfruit](#) that is.

In *Tamil Nadu*, the mango is referred to as one of the three ‘**royal fruits**,’ along with banana and [jackfruit](#), for their sweetness and flavor. This triad of fruits is referred to as *ma-pala-vazhai*.

I note it as a royal relative; in my carefully chosen arsenal of species, included in my tropical island initial [Nutritional Diversity](#) selections. Royal, brain food, and tropical island are all some of my favorite phrases, and I am luck y that they are all parts of my life.

The Sanskrit Goddess Ambika, is depicted in the ‘Ellora Caves,’ as sitting under a Mango tree. In other works of sculpture she is depicted holding in one hand, one mango and one mango branch, in another. In the remaining two of Ambika’s four arms, she holds her two sons in one, and in the other a rein. Mango possibly is being represented as something equally important as two sons in one hand, the mango branch taking up a full of other hand could represent the power of mango leaf or wood, or who

knows. I would like to think the rein represents discipline, and ‘having the reins on things.’”

Galla hormone production in the brain is supported by mango, it is a brain fruit, and this is why I have chosen it as a Nutritional Diversity original 30 – the first 30 plant species written about on NutritionalDiversity.com. Other reasons for this priority selection are it’s alkaline and anti-cancer properties (cancer is one of today’s leading health afflictions), effectively and well studied against several of the most common cancers.

Mango leaves and tree’s are great members of the farm, providing great cover, aroma, and we use the baby leaves in our green smoothies, often. The mango peel, is also rich in phytonutrients, such as the pigment antioxidants like carotenoids and polyphenols, so after you create your super solid snack with mango, save the peel for a face wipe (see ‘topical application’ below) or include into a later day smoothie.

Mango contains enzymes that help in breaking down protein, to include high levels of glutamine acids. The fibrous nature of mango helps in digestion and elimination. It is rich in pre-biotic dietary fibre, vitamins, minerals, and good sugars for blood building and nutrient uptake.

I really like mango’s a lot, a few times in the week, because they are brain food, they really activate the senses especially while in the meditative or training-meditative zone. It is even said that mango’s stimulate or strengthen the effects of other neurologically activating foods. So those of you advanced in Nutritional Diversity Science who are starting to narrow more effective shakes and come up with more dynamic combinations, remember mango’s and brain stimulating fruits. So take mango with other certain herbal supplements, and while you study, and want to hone your focus.

Some say a mango a day keeps the doctor away. I say a mango, plus an [avocado](#), and [a variety of 60 more foods species](#) a.k.a., a [Nutritional Diversity](#), each day to keep the doctor very far away, and in an optimal human state – [human optimization](#).

Like [oranges](#) mango’s go great as a mid gym snack, or half at mid workout and the other half after to help healthy vitamin uptake from other foods and supplements and to give the system a nice vitamin c boost. This vitamin c consumption during training times also helps fight off infectious things and viruses in the gyms, or from the team such and flu’s and staff infections.

Mango studies have found that the fruit is rich in tartaric acid, malic acid and traces of citric acid that primarily help in maintaining the alkali reserve of the body.

Alkalinity could* be the main health factor in humans.

Professor Ehrett died in 1922, his popular lecture on a Mucusless Diet System of Eating Your Way Back to Health, which was published decades later, focuses on acids that convert to alkaline in the body and maintaining an sufficient level of alkalinity as the reining factor over human health and against human illness.

I myself, do not agree, with Ehrett’s entire published work under this title. However on the main point, I do agree with alkalinity being a king factor over the human health.

Nutritional Diversifists, will inherently address this very element well. Also in well balanced, quickly forming and able style by the intelligent consumption of the right selection(s) in a solid Nutritional Diversity plan.

Foll0wing the Nutritional Diversity complete regimen, delivers a perfect ph, and alkaline balance to the human system, more so than any other popular diet by ten fold. Those of you reading only for

nutritional information regarding the mango, enjoy knowing that mango is an alkaline creation food. Mango's are some time tested miracle foods that .

Mango's and their leaves are incredible stomach nutrition, too good to pass up, also because its real good help to pass on; all the other foods you eat in your Nutritional Diversity. Mango's and their leaves aid the health of the stomach track in so many ways, preventing cancer's alkalizing the system, and providing the right ingredients to keep steady bowel flow, a key to human health.

In India they say that '*Aam ke patte*' (Hindi) can *bid adieu* to many sickness. This is a reference to mango leaves dried and crushed into powder. The leaves of the Mango tree should not be ignored.

Mango leaves contain tannin, alkaloids, glikosid, steroids, triterpenoids, saponins, magniferin, phenolic and flavonoid components. In addition, mango leaves have antimicrobial properties that can be used as a functional food. Mango leaves also can inhibit the growth of harmful bacterias. Anthocyanin content in mango leaves are expressed as a character in red, purple and blue.

While the leaves are young and red, the leaf cutters will come from afar to get them.

The passage in the bible, about knowing if a tree is good by it's fruits, is very true for the mango tree, as it's fruits are delicious, and the entire tree is a powerful health benefit to humans and permacultures everywhere.

Antioxidants like quercetin, isoquercitrin, astragalin, fisetin, gallic acid and methylgallat present in mango protect the body against cancers of the colon, prostate, breast, and even against leukemia.

Vitamin B-6 or pyridoxine is required for GABA hormone production within the brain. It also controls homocystiene levels within the blood, which may otherwise be harmful to blood vessels resulting in coronary artery disease (CAD), and stroke. Mango has a low glycemic index (41-60) so going a little overboard will not increase your sugar levels.

So many recommend a tea made with the leaves, and while the flavor is great of this tea I do not recommend tea making, and if tea making is practiced possibly not drinking the liquid while it is hot should be employed.

I say take some green and the red baby mango leaves for 5% of a nice salad, and some more baby leaves and one adult, or portion of one adult leaf for 5% of a nice smoothie.

This mango and mango leaf, soak or tea is said to treat a wide variety of ailments, many related to blood sugars.

Mango tree leaves contain tannins and anthocyanins, which help to treat diabetes early. Mango leaves tea, or two day soak, or blended up raw (best), is very good for helping to treat diabetic angiopathy and diabetic retinopathy. It also helps to treat hyperglycemia. The leaves contain a compound called taraxerol-3beta, and the ethyl acetate extract that has a synergy with insulin and stimulates the synthesis of glycogen, balancing out and optimizing the blood.

Mango leaves have been very proven as a home remedy for nervousness, even treating small veins, varicose veins, and the vascular system and related dysfunctions that can underline these issues. For other reasons too, in the mango brain stimulus, it has been considered a mood booster and even and aphrodisiac.

I use the reddish, new softer leaves mostly, which can be used raw. When cooking also I use the young leaf, but I have noticed a greater tea-like flavor can be gained through the the thicker twig and leaf.

Give skin a vita-topical-boost while also naturally cleaning the pores of dirt's that cause acne. Better

than any store bought stuff with 20 cancer causing chemicals in it, Mango is all you need to balance out the skin, but this with [jackfruit](#), [coconut](#), and [avocado](#) rubbed on regularly and you should have the skin of Gods. Considering that the skin is a large organ and bleach and fluoridated water showers or hard water showers do their very visible damage

Mango Trees can be very productive if fertilized, loved and placed in the right spot. Mango trees grow to 35–40 m (115–131 ft) tall, with a crown radius of 10 m (33 ft). The trees are long-lived, with some specimens that still fruit after 300 years. Maybe we get a longer life from partaking of the mango?

Cinnamon, most commonly refers to the inner bark, in powdered form from the *Cinnamomum* tree. It has a long history as a sought after spice and medicinal herb in many sources including the Bible. It's recorded as a heavy import into Egypt around 2000 B.C. It goes good as a topping for lots fruit salads and many other things.

The phoenix supposedly build it's nest from cinnamon and cassia or kasia. Herodotus mentions other writers who believed the source of cassia was the home of Dionysos, located somewhere east or south of Greece. Today cinnamon is thought to come from India Burma, and Bangladesh regions.

The Greeks used *kásia* or *malabathron* to flavour wine, together with absinth wormwood (*Artemisia absinthium*). While Theophrastus gives a good account of the plants, he describes a curious method for harvesting: worms eat away the wood and leave the bark behind. Kasia and cinnamon were also the two herbs recommended by Moses for the making of anointing oils.

Cinnamon reduces levels of total cholesterol, LDL cholesterol and triglycerides, while HDL cholesterol remains stable. This is a very handy ability and those of us who are on a budget and eat tons of eggs and other high calorie stuff like crazy should have a nice looking topper of cinnamon on the fruit blend from now on.

Cinnamon is also high in antioxidants, even more so than garlic or oregano. It has anti-inflammatory powers, and reduces heart disease, and treats and prevents diabetes. It cuts down on mucus in the body, and according to Professor Arnold Ehret's Mucussless Diet System (1922), this is the most important goal in human health.

Cinnamon has been shown to lead to various improvements for Alzheimer's disease and Parkinson's disease. It has also been significantly studied for anti-cancer properties, in both animal and human cell studies.

Cinnamon can be used for athlete's foot, indigestion, to improve brain function, and to help lower blood glucose levels, among many other benefits.

Ancient references seem to point out the significance of the oils in cinnamon. This oil has so far been shown to effectively treat respiratory tract infections caused by fungi. Cinnamon is further noticed for it's ability to help stop the growth of bacteria as well as fungi, including the commonly problematic yeast *Candida*.

Cinnamaldehyde, the main active component of cinnamon, may help fight various kinds of infection. In food storage situations a small amount of cinnamon oils can prevent harmful bacteria from forming such as salmonella.

A laboratory study looking at HIV infected cells found that cinnamon was the most effective treatment of the 69 medicinal plants studied.

This is tree bark, filed into a powder, and I think it makes an argument for the edibility of solid woods,

at least as powder. It also makes point for aromatic plants, in that they have potent medicines as well as aromas.

Fitness Training

Fitness Training is another 'it's everything.' Without it, you're simply not living the human experience. Strive to produce a measurable fitness, and circulation health result everyday. Build on it, set further and higher goals each week, the results are the most amazing transformative results you can imagine.

This training is what programs your body about how to use the nutrition, where to put it, how to convert it, etc. It **is everything** to optimizing one's self. You can eat great, but if you do not exercise your not going to be in optimal shape or health, inside or out. There is no getting around it, there are no hacks, we don't cut corners. Resistance is what tells you to be strong as a human physiological and mental being. All biology grows against resistance. In essence a optimal human is one who can resist all forces that try and push it in another direction. The natural man, exercised all day, he had to in order to survive in the wild, and he had abilities and dexterity that we don't. The Permaculture farmer today exercises in a time frame and quantity, closest to the natural man as he is tending to the farm, although the Nutritional Diversifist is able to do so much more than this.

Fitness training is more or less the ultimate focus of Nutritional Diversity Science as it is described in the final text, the [Complete Guide to Nutritional Diversity](#). If optimizing for fitness ability and performance strength, we optimize also against sickness and we have top notch immune systems. I take the same approach in growing plants, if we shower it with love, care and nutrition it will have no trouble surviving once adolescent and the treatment continues. Once I study a plant enough and figure out what treatments it really likes, I become totally confident that it will be more productive and tough than other plants of it's kind.

Fitness is a depth-y technique to provide accurate feedback about one's food to the body, program the body how to use the food, and and in so much gain a deeper understanding about the particular food or food combination's impact and potential.

Fitness really should be looked at as a programming function, telling your body how to use and what to make of the nutrition you have given it. Most gym-heads will tell you to eat great, and supplement awesomely without exercise, is exactly a one way street to become out of shape. If you get real about it, and give it the inputs, your body will respond accordingly.

It bothers me when books, like the Four Hour Body become best sellers, with statements on the cover "hack your health" and statements in Tim Ferris the author's interviews like, "I put all that in there purely because market research data told me too," are exactly the things our culture does not need, it does not produce a genuine product and this is not going to really help anyone like a genuine things would. You simply have to put the time in, and cut the toxins out, and build a real discipline against what you don't like to do. I even recommend to people who want to toughen up quickly, to sleep on the floor. I tell them that after a week or so the bruises on the hips down come back the body is stronger and more firm even lower back pains go away for people engaged in the practice. A bamboo or thin yoga mat, or rug can be used also.

I myself am an athlete who is looking for fitness advantages. I am dedicated to an all natural diet and health.

People often ask if I use synthetic [health supplements](#), like the stuff in the bags and the tubs shown every other page in the muscle mags. The answer is yes. Also many of these supplements are not as synthetic as you may think. The other point is I only use supplements when in the city, and I don't really use them so much at the farms. That's the extent of what I have or will use and I am very selective which products to try or use routinely. The supplement industry has actually done a pretty good job developing a functional array of stuff for us, and there are a lot of companies who really focus on health and natural derivatives and intelligent, safe approaches to their products, who have great reputations.

At the same time, I will offer a few disclaimers, before digging into the fitness regimen. I have never done steroids, or human growth hormones and I don't think I ever will so this text won't discuss that. Just with this diet alone in a mass building plan, I start getting bigger than I intended to faster than intended too and with all natural there is zero risk!

I am studying the [stem cell research in Panama](#). Panama is a place where alternative medicines are allowed to be practiced according to an alternative medicine allowance and law here protecting the indigenous and the alternative medicine practitioner. It is one of the only countries that features this kind of quality and it allows for this kind of specialized and less regulated research and testing.

This safe, logical science of stem cell injections is illegal in the states, although it's real ability to heal, slow down the aging process and help performance is clear now. [Stem cells](#) are human organic cells, that exist in everyone, and I am a big fan of the new [stem cell testimonies](#) coming out around the world, especially coming from the [UFC Athletes](#).

Gene augmentation, and CRISPER technology is something to look at, although I am not there yet as a dedicated supporter to these technologies because I don't know enough about them yet, but I recognize the game changing potential there, and no chemicals are injected or ingested with these procedures; so they make for worthy mentions in a "[Cutting Edge](#)" text.

[O3, Ozone treatments](#), also are natural based elemental discoveries that have had incredible effects to athletes and medical patients. My formula is to be as strong as you can be for as light as you can be. I am not a bodybuilder, I want to be a functional athlete, I want ability and I don't care so much what that looks like.

I have found that adhering to the methods contained in the Nutritional Diversity Science as far as it has progressed today, and the things I am writing into the slowly forming, more "[Complete Human Optimization Manual](#)" (a Revision to come later along in the study) enables me to out-perform those who do not follow this way of eating and organizing their nutrition.

I have now been teaching a fairly vast array of individuals this health miracle I call [Nutritional Diversity](#) over the past couple of years. I am currently setting up a few farms with new species here around the city, and throughout Central and South America, experimenting with a few [small cooperative food buying group](#). It's interesting. There are go-getters, and there are lazy people out there in the world, there are hammers and nails, leaders and followers. At this time the cards reveal common place in our time of, regurgitation and plagiarism rather than actual experimentation and experience. I have always found it best to get the genuine root as as close to it as possible, but even at the telephoned level it will do it's good. At the end of the day in this health crisis that's what we all have to really want.

Cross Training

"Cross training" describes the same rule of diversity; the more diverse the exercise movements and resistances the stronger, the more capable the athlete. So cross training became a popular phrase and most tennis shoe makers had cross training models through the 2000's.

Fitness breaks down into a fundamental start of stretching, natural and artificial resistance otherwise known as calisthenics, and cardiovascular /stamina exercises. The assorted tasks required when working a [permaculture farm](#) target each of these areas pretty well, and this is done in a dedicated controlled, meditative practice that builds discipline and form, surely the way to hone these skills and abilities to their utmost potential.

"Cross-Fit," a program in which I have been recently introduced to, has a well formed and thought out regimen for our time. This is a sort of all age group sort of upper class health culture. They even have Reebok sponsored Cross Fit Games. Here in Panama I go to a gym sometimes with a friend where membership is \$250 a month, and the gym has 128 members. This is a Cross-Fit specific gym. The guy who put this particular one together has done a great job. It is likely a crowd like this, at least in the beginning that will be able to afford this nutrition. See [Business Models](#).

Remember human optimization, **certainly requires** fitness programming to send the correct commands on how a particular practitioner wants to use his nutrition. One practitioner may want serious strength, another may want serious stamina, and the two different formation methods could call for some differences in consumption but mostly in the way the human system reacts to the physical training, and then adapts accordingly is seen as a most potent result. Everything goes down better with a plan. This moment right now is the opportunity to pencil out a plan, focused on what ability, or better, a diversity of abilities that is desired.

No doubt a well rounded, optimal athlete will be able to do it all; gymnastics type and /or tree climb type dexterity, balance, yoga, wrestling /grappling forms, striking forms, breath mantra's, extreme balancing practices, etc.

The most obvious consumption factor in training, is water. Also known elements of depletion are whats in the human water to include [sodium](#) and other minerals. Many sports drinks claim to address these factors. Covered in sweat and with fatigue setting in, we know lots of water is required, [salt](#) and [oranges](#), the traditional youth sports sideline refreshers can help.

To be a fitness master, a good starting place of study is clearly in [water](#), the conduit of life essence, the operational fluid that gets hard to keep at sufficient levels with more increased activity.

The next big consumption element of focus is protein. Protein consumption is a big task for many athletes, one that is hard to accomplish a sufficient level of in the modern diet, which makes a big market for [protein supplements](#). The nutritional world definitely knows as solid as a rock that protein plus training, equals muscle gains and muscle recovery

Carbohydrates effect stamina and most studies show carbohydrate consumption has training benefits and allows the athlete to toggle their weight gain and loss torque. My nutritional computer (myself) tells me this common study conclusion is accurate.

Fats and fibers and all the dissected nutritional elements listed across modern nutrition charts are the current focuses of most dieting fitness enthusiasts today. Who design out based on what they know or is recommended a diet and fitness routine of yesterday. Yesterday is a big mistake from agriculture to central distribution to genetic modification, to chemicals that kill our pollinators in waves which

seriously threatens our planet. Today the wave we start to focus back on natural plants, and whole foods, and leave the zombie state one step at a time. The focus in consumption most important going forward, is getting 5x the proteins and carbs ingested, in plants, a diversity of at least 30.

Rhythm and routine is the next key for sure, and there are many ways Nutritional Diversity provides to expand on that [rhythm and routine](#), for a more optimal self.

[Plant fiber](#) including [non-digestible plant fiber](#) are largely ignored necessities that are grossly under-consumed, which is a key consumption element poorly addressed overall in today's diet culture. A sufficient diversity is possibly the most grossly under-sought necessity, one that would be unconscionable to other primates and mammals.

Energies of motion or kinetic energies are always healthy. This goes for motion of your blood, heart, and bowels. Electrical stimuli in the body such as the brain and nervous systems should be able to operate at peak levels regularly. Human's who lived solely in nature would be this way as other primates who live solely in nature are today. A product of nature would strive to achieve mind-body coordination that is of another level than the modern city dweller. We have all heard if you do not use it, you lose it, and how many can still do their algebra?

Thinking and certain mind exercises also can open and stimulate connective pathways of an electrical type and chemical type just as physical movement activates chemical and electrical communications in the muscles, arteries and various other tissues. Certain natural substances that effect the mind are a heavy focus point of scientific interest just recently. Mind to muscle concentration and connection can act as multiplier for physical results. Meditation, extreme focuses exercise, and certain mind games and techniques can be employed to build a complex and focused muscle and strength. To make a mind, muscle breathing pace to multiple motions and actions is what we are going for as an optimal performance state of functioning.

In contrast, stagnant non-moving things are usually decaying and dead or well on their way to being so.

Dedicated rest is important and that rest should be best done in dynamic accordance with the resting cycle of the world as in night and day to produce the most productive and creative energy.

In physical training we also have speed, breathing, resistance, time, balance and dexterity to consider. Temperature, heart rate, blood pressure, chemical balances, hormonal balances, mental state, stress, also play significant roles in physical performance, although focusing on a Nutritional Diversity [diet diversity](#) of foods is the best way to keep these things in good ratio.

Slow forms and slow moving energies like plants and the sloths are healthy and particularly strong usually. Watching a sloth move is like watching a Chinese circus performer do his slow incredibly strong show of awesome strength and artistic ability in a fairly meditative state. Speaking of the slow moving [sloth](#), a unique study [here in Panama](#) is examining its waste products for its effects on specific cancers and other afflictions. One way to up the resistance in resistance training is to slow down the speed at which the repetition is executed. This can be especially help full to those who have limited access to a facility. Many of these disgusting corporate prisons, are perfect examples of places where people are unable to access gym and fitness anymore and what a crime all that is too. Kung Fu forms and other martial arts forms were very helpful and mandatory to practitioners, because of the mind to muscles connection s and also because of the *practice slow to do very fast and accurate one day*, is a great formula.

A boxer or [UFC fighter](#), will likely train for explosive speed and sacrifice some power for the fast execution. A foot ball player is also training for an explosive start, and the strength to grudge it out in

short plays, some sessions are all running, some are all grudge and grill, some sessions mix it up and come game time, there is some good ability there in all the needed departments. If the football player is on the line, he is looking for short term strength and as much size as possible.

Limbs moving together and limbs moving on their own, new balancing techniques, flows of movement, are well covered across loads of texts predating this one. We train for a specific application usually, and most athletes want the benefits also of cross training in many different and diverse schools and training environments. I have made [Ju Jitsu](#) and some form of striking mandatory focal points in my complete Tao / doctrine for myself. These systems are so advanced there is no need to develop anything but only recommend the best wheelhouse for future human optimization hopefuls. I feel that some of those are Yoga with breathing focuses, Ju Jitsu, Muay Tai, Kung Fu, Jeet Kun do, Tai Chi, Chi Gong, and reading the Tibetan Book of the Dead.

A sedentary lifestyle is death to our health. Active = optimal. Sitting still, doing nothing, minimizing your productivity, being lazy etc., are all things that will remove quality from your life. Office jobs are now a known risk this way, human's pay a price for sitting in that chair all day in the artificial light.

When it comes to diet and fitness, I read everything I can get my hands on, but most important is when I find something excellent I incorporate it - I DO IT!. For the fitness training pages of this guide, I will cover the points that are not well covered by other sources, and important for all [Nutritional Diversifists](#) to know.

I like what Navy Seal, Army Ranger and 200 mile race runner, David Goggins says "embrace the suck, enjoy the pain."

Train for "a hour a day, do your "jog," is a thing of the past. We are optimizing now, this NDdiating information is here. A big part of this is going to be expanding your fitness routine to cover across the whole day. Looking at other primates, and going into nature teaches you first thing, you are meant to be able to expel energy all day. A rhythm, is necessary to be optimal. Building a rhythm will be a large part of my fitness section.

The modern gym allows us to focus on muscles in a whole new way I totally say, take advantage of that. The tools in there are great for strength building, and the gym equipment industry has a lot of thought and know how invested in their machines and resistance tools.

In the gym it is important to understand some informational principles about today's mainstream printed and gym-lingo information. There is a lot of people who are not getting results simply because they are not getting things the right way or they are missing key elements. You need to know what you are doing, it should be a very disciplined physical practice and the risk is also great that you can hurt yourself.

In the gym following a [good gym warm up routine](#), the human physiological possibilities are incredible. Not following a sufficient warm up, and rhythmic build up, possibilities will be slashed. There will be what we call gym killers in there that are doing things others can't. They will have different secrets to their game, and they may tell you them, they may not, I myself am always moving from city to city and I am always asking people to tell me the highlight secrets of their routine and diet. For me its been these little secrets and changes that make worlds of difference.

Most guys in the gym, are straight up get it done folks! I always try to hire for my businesses out of the gym, boxing or the [ju jitsu](#) club. You'll know the gym killer type because they walk always with their chin high, likely on their toes, ready for any challenge. They walk around like they own the place, like it is their domain. Maybe they use a lot of weight or can hang in their for hours, maybe they are just

super cocky, maybe they have a fight record to go with their gym smashing abilities. Whatever it is they turn a few heads with the way they stomp around that place, and they know what they are doing so others watch them. Learn from those who actually have results is usually a good idea but beware of those who get those results in cheater ways. There are destructive modern chemicals in the gym too. A huge mistake newbies make is going with some assigned trainer from their gym with zero results themselves, I see it all the time.

Like anything if your serious about results you need to study, take responsibility for your health and your training, and give the training it's respect or it's gonna hurt you and own maybe even you.

People like to talk, and to write. So many science and health documents are so wrong, just so far from beneficial, it's curious at times. A million people will regurgitate everything I write and never be a formidable practitioner of it. They will simply want to sound righter, or smarter, or ahead of others. Books like the 4 Hour Body become best sellers, where how many people have seen a change in their life from employing the many "hacks." This is exactly what I mean, regurgitated material from a new source, is always a little rough, and less nutritious. The author of the book is in no special physical shape himself, before reading his material that I would say mostly ineffective and waist of time where other things should be employed, typical corner cutting results, ones that need to be redone, I notice he was maybe a physical endeavor never actually embarked but only wrote about?

There is a great error, in "knowing," without experiencing. Regurgitated material should be avoided. If a fat man starts telling you how to get skinny, and you listen to that, you are un-experienced. Try to concentrate on actual experience in your life.

Gym wraps and belts are purchased by the thousands each day. There are a lot of products for working out. I do not recommend wrapping joints, and using belts. Do more joint building exercise and work your core more, do tons of sit-ups, push ups, pull ups and light dead-lifts and leave the belts and wraps on the shelf. I can do more than the wrappers can. Interesting right. If you are wrapping something to use it, you either already injured it, or your going to.

Exceptions are boxing or kickboxing wraps can be good to start with and for fight night but even then I highly recommend you build up a non-wrapped self sustaining strike power and ready joints.

Working out of the system of convenience. Instead of driving walk, or run, maybe it's far, park a good distance away and walk half. Start looking for ways that you can build yourself out of convenience. We have over domesticated not just our nutrition, but ourselves. It is to the point that we are evolving into a weaker species. In everything from plants to bees human beings domestication is a process of weakening for control.

Building ourselves out of convenience is a good option to employ while in training season to help build discipline and to activate the primal memories of our human genetics. To apply the Nutritional Diversity diet you must already no longer shop in the convenient super markets, as step in this direction. Nutritional Diversifists' must do the foot work and drive out, or work out to buy food from a [permaculture](#) somewhere. Next wake up early and try walking or jogging with a backpack of clean clothes to the local gym, workplace or wherever. These things and even sleeping on a harder surface (not always!) or jogging in the rain (adults only, with cleats, on field), cause the body to switch into a more progressive, and functional physical performance state.

Everything is Possible. You can do it all on your own. You just need to study up and have a good head game and plan about it like with anything else. You can't hear "you can't" any more, because you can't is a lie to begin with. What ever else, they told you in the modern health information world, could be

just as fickle as that also.

The following subsections, and articles fulfill a next to complete, fitness doctrine for the Nutritional Diversity community.

1. [Breathing](#)
2. Rhythm & Routine*
3. Stretching*
4. Gym*
5. Running & Cycling*

These sections are each key elements of a complete human optimization plan.

*section to come in future revisions.

Any experienced gym veteran will tell you that if you warm up right, you will avoid injury and build better muscle form, and muscle ability.

One of the biggest mistakes I see a lot of guys doing is a short warm up, and a long heavy session. Take your time, and build up your physical ability the right way. I say that if you can do the following routine 12 times resting only a short bit per rotation, that your ready to get into the heavy the stuff. The warm up is the starting place for the serious trainer and it is very important. For me, many times, my starting place is also my ending place, because I find it best to work the warm up, do high rep, and sort of [pyramid](#) down from the heavy stuff, to really focus on my stamina and cardiovascular conditioning towards fight time, or game season.

Getting started with the gym, or coming back to it after some time off, you want to do a minimum of two warm-up-weeks first, where the little muscles are trained and made ready to do big muscle stuff. This period is the most important period, of your gym career. It is the vital period of training where the muscular and athletic supportive foundation is laid. The analogy is something like to build a high building, it must be upon a strong foundation. During the 'warm up weeks' period we do the very same warm up illustrated below, two to ten times per day.

To some people this may seem even simple for a warm up, but trust me, its highly evolved, and covers a lot of important daily stuff.

“The definition of genius is taking the complex and making it simple.”

— Albert Einstein

Walking around the gym guys are seen in every direction all wrapped up, carrying muscle but limping around and gelling to the max. They are not accomplishing my definition of fitness in anyway.

New education in fitness is also needed. It is curious how little we know about our own biology and physiology on the norm, but that just gives you a leg up because you are getting the very powerful information few have today.

Rather than using a belt, I do 1000 sit-ups and or leg lifts a day and do tons of high rep dead-lifts. If I am using a wrap on a joint, I am on the bench healing, or at least not using that joint with any heavy resistance. Experience and injury has taught me, that as soon as you feel the slightest tweak, it is time to go home, rest up do the gels and the vitamins most importantly [eat a lot of highly diverse foods](#) for

the rest of the day and touchdown to the prayer bones to pray for a quick recovery to that area. One of the top causes for injury and bad development is not warming up right. Another is over-doing it in weight or training time. Remember that rest is a big part of play. Sorry to be redundant on this point but it's true and I want to save you the year benched you can get from a minor injury weightlifting.

Back to cycles think in terms of 1. open, healing, resting, nutrition and 2. zone, damaging, resistance and programming.

The modern gym is a great place one builds their muscles strength and size, bone and cartilage density. The specific damage, resistance and programming users are capable of in the gym is no short of scientific spectularity. Get in the zone they say. Bulk up and get strong, look good and be tough, is the goal of most gym-sters. Many want to loose the pounds and convert fat. Either way, if this warm up is followed not only will body flow stay open and vital, but injuries will be avoided and the gym goer is able to set and develop a supportive ligament and bone system that will in the long run support incredible athletic ability and strength. The warm up will bring better health, larger range functionality, strength, balance and fast twitch muscle dexterity.

All humans should be doing at least this warm up per day. The following warm up should be the gold standard for gym sessions that want to be multiplied from what they were before it.

Working out with [exercise bands](#), can help older or fragile frames become stronger step by step, and drastically accelerate the warm-up and injury prevention power (serious people should go ahead and get a nice [set of exercise bands](#)).

Through the gym doors, and before leading up to them, you want to get your breath mantra started. Start using your total lungs. Deep breaths, in through the mouth and nose together, exhaling through the mouth only to be more forceful is okay, and recommended at times.

This should start slow, and intend to speed up towards the end of the warm up where we are going to lock into a hyper drive setting, the warm up is the thing that will dial that in.

About half way through this warm up start focusing in, this breathing to a in through the nose only, out the mouth only breathing posture where your trying to touch the ceiling with your chest on the top of your breaths.

Your torso, namely the abdomen is the core of the human, it supports all the movement and pounding of runners. The region from the leg sockets to the chin represents the complete core.

Starting with the abdomen as the #1 strength importance overall, no less than 50 sit-ups, declined best should be the opening move on the gym floor. I myself do a set of 150, then two more rotations of whatever I can do of them until abdominal muscle failure, in the warm up, super set rhythm.

I constantly come back to sit ups through out the entire gym session, because 'core first.' Toe touches, seated and standing, legs straight should be well preformed before leaving for the gym, which brings me to some serious stretching.

Not many people in the gym today will feature a workout like this, and that's one place they are really missing power and inviting injury from.

Stretching is one of the most valuable practices in the gym. I wish I had known this importance longer.

Stretching is as important as any of this. It must be done everyday. It is necessary to maintain proper vascular, respiratory and muscular function. Yoga, is the most advanced popular (classes and study groups can be found everywhere) and ancient stretching doctrine, that one could study for decades and

still have much to learn.

Also this routine, can be added to your existing Yoga arsenal, as Yoga does not contain all of the following information. The following does not come close to describe Yoga, which again and again I must recommend to the interested human optimist.

The two standard door frames 27", and for bathrooms and closets, 19 inches, can be used for back and pectoral stretches helping beginners work into functional stretched-states using standard household installations. Please do stretch, and modify these ideas yourself more, and to fit you more. For me, there are two trees outside I prefer to use for the 'door-frame stretching exerciser routines.' Pull ups require a fixed bar or ledge, and while these are calisthenic exercises mostly, some equipment is necessary. I also like to do a heavy breathing mantra with an elevation simulation face mask. Dedicated workout space is very important, I advocate for some exercise at home, but definitely most exercise should take place out of your home. It is in the community gym that you will make most of your progress here.

At rest times in between sets a stretch should be employed for the entire duration of the rest increment.

"Everything should be as simple as possible, but not simpler." -Albert Einstein

Flow is vitality, stagnancy is rot, disaster, sickness, non function, etc. Flexibility is inherently representative of youth and youthfulness and reasonable stretching, is the programming formula for youth. Yoga is a worldwide dedicated class and group practice where tutelage is available in almost every community.

Top Flow is that which communicates from one hand through the center chest to the other hand. It is the dynamic spread from straight across to the lateral degrees the arms travel for a jumping jack, and three dimensional motions that take place in front of and behind the straight chest of an individual.

Before leaving out to the gym you want to do a few minutes of door frame stretching. That is using a 26" standard (not bathroom or closet) front door sized door frame, door open, with feet in the middle grab the inside and the outside of the frame and lean in forward and lean back ward, adjusting your stance as necessary and gently stretching your back and chest muscles as the primary muscle groups of the forward and backward leaning stretches.

Cables or tension cords, also known as resistance bands for right side; stand feet shoulder width apart right foot forward, back straight looking at the ceiling. Connect your right elbow to your right rib cage, facing forward of a cable connected directly behind you; move your hand from straight out to your side 90degree perpendicular, rotate the grip point into the center of your chest touching your sternum, using a cable-weight setting or rubber cable tension you can do 25 times. Maintain the connection of your elbow to your ribs throughout the set.

Chi Gong an ancient discipline like Tai Chi, calls for a momentum and flow related exercise that mirrors the small handheld Chinese toy drum whereas by twisting the handle two strings with weights attached to the end smack the drum simultaneously producing a sharp snare-like sound. With feet shoulder length apart, straight across or diagonally (one step forward or one step backward), the shoulder front, that carries an inlay of nerves, acupuncture points and flow veins and vessels, where the pectoral major meets the deltoid is tapped with the opposite hand while the back of the kidney is tapped by the other hand. alternating head position and feet position should be done in this exercise. I do this all throughout my day every day and definitely before training. Spinal position and straightness is very

important and this exercise helps to keep the spine in its groove, to lead the rest of the bodies' structure. Do the exercise with feet shoulder width apart, straight under the shoulders for a few minutes then switch up between traditional (left foot forward, right foot back, maintaining a shoulder width distance apart) and southpaw (right foot forward) stances.

This exercise is extremely helpful in maintaining spinal correctness, joint and skeletal pliability, and for certain important endocrine system functions. You will notice the hip, and the knee benefit greatly from this exercise also.

These stretches are all about the legs and the lower flow system.

Front to back and side to side, feet as wide as you can take it stance.

Sitting on your feet, knees in front of them on the floor, lean back on to your hands grabbing your feet or the floor behind you. Push your pelvis area as far up and forward as you can arching your back, but keep your knees firmly on the mat. Breathe deep and focus on pushing the pelvis up and forward, looking upside down and directly behind you, while deepening the stretch by pushing your shoulders back further and your chest out now. There is a more advanced version of the 'bridge,' that you can graduate to, but this is the starting line.

With these seemingly basic stretches held for 2 to 5 minutes each basic core flexibility is enhanced. A feature which not much gym produce is flashing around these days. It almost seems like a completely lost art to large gym communities across the America's I have noticed.

“If you can't explain it to a six year old, you don't understand it yourself.”

— Albert Einstein

Bands can help do the inner groin area, in the seated or standing positions, do the hip-flexor's reverse motion, with the band connected to something at least twice your own weight or fixed in concrete. This area is immensely important, and largely ignored, and is area common for hernias.

Calisthenic exercise refers to exercise where the trainer is using his or her own body weight for the exercise, most of the stuff we have covered so far. One armed push up or pull up is still considered calisthenic and is the jumping jack, or the two armed pull up.

The following [super set](#) rhythm, involves a rotation of four calisthenic exercises to be performed one [set](#) at a time before rotating to the next exercise. The calisthenic warm up rotation should be completed three times without more than 20 seconds of rest between sets.

Push ups - To muscle failure minimum 40 to go to the gym. Your muscle failure number should longer and longer as this goes on, now I do around 100 each time.

Pull ups, your going for 20 here, that's the optimal body weight set for the optimal warm up, for the optimal athlete. Gym practitioner hopefuls should stick it out on the play ground until they can at least warm up with 12 pull ups. Hate to break it to you, but your stepping in the wrong direction if you enter the gym zone before you have passed my calisthenic warm up minimums.

Dips, your going for 30 here, minimum to be gym worthy is 22 on this first warm up [set](#).

Double (60) or single (20per) **leg squats**, best opened with 10 box jumps. If your legs are well trained do one legged leg squats.

Sit ups, minimum of 50. I do them now on the super declined sit-up up bench or the wall hanger.

After the three rotations has been completed its your opportunity to push the line out, and throw some leg lifts on there, and run to the elliptical machine and run out your tank a bit more before a quick rest and the main course of the gym nutrition. Your breathing mantra, should be at rabid dog mode.

Finishing the warm up described above, gym practitioners are ready to rock and roll. If the breathing mantra is done right, 'rock and roll' takes on new meaning.

When I finish this warm up (3x) which takes me about 25 minutes to complete start to finish, because I hold my stretches long; I flip a mental switch that says "now this gym is gonna get hurt, not me."

Believe it or not after doing this a long time, now I kick into a new gear here at the finish of the warm-up. Which bring us to the Gym Killer Workouts.

Remember that:

Great spirits have always encountered violent opposition from mediocre minds.
-Albert Einstein

A Champion is someone who gets up when they can't. - Jack Dempsey

Grim Reapers have an ugly sounding name because they make you feel like you want to die, but that is exactly what makes you a champion for doing them.

Jumping up as high as you can, sprawling out as fast and hard as you can to push up position, from here explode to return to standing position as fast as you can and jump again to repeat the process.

With some break beat or old school 50-70 bpm music I get a really groovy rhythm to it, and if I do them everyday for week I can into the hundreds fast, people may notice with an impressed look on there face and I just go and go and go.

This is a momentum based workout made to train muscles used tons in wrestling, military operations, triathletes, and much more, its really a great one to add in.

This one is outside of your warm up, this is the stay warm, and trust me it could be on of the top optimal things you can be doing. I call this this one the "urination obligation."

This one is a nature synced, rhythmic cycle of important energy and stamina generating movements and is an excellent way of turning up the metabolic throttle to hold a steady optimal state, as well as enhance a super endurance machine.

When you need to urinate which should come out as clear as it goes in by the way (drink more if not), hold it and do two 2-6 minute stretches and some grim reapers, push ups or isometric resistance, or balance exercises. This also incorporates ideas of erectile performance and urinary track performance, which is more relative to overall system performance than many think. If time is limited at urination trips, do clap push ups (explode on your push, jumping up a bit and clap hands together returning to the push up position) or Chinese push-ups.

In the joint fellas in a set, don't let each other piss without doing some workout like this. When things are hard, you need to be harder than those things to make it by, no? All biology grows against

resistance.

Morning exercise, bike run and swim together is so powerful. The way I do it on my best days is I go to bed at 1930, I get up at 0330, shower get in my best running gear, maybe quick ND shake and I am on the track no later than 4:30. I thank myself a thousand times throughout the day, for starting it this way. Brain works better, everything is better. I saw the sunrise every color in nature this morning, I breathed it, I ran through , I swam in it, I take it with me throughout the day. Incredibly uplifting, huge boost to performance. Turns out the moon and the sun, help me too for being smart enough to get in the right groove, and rhythm with them.

On the island I would bike up to Bluff beach, the most beautiful beach I have ever seen, and at 5 am there is no one out there I own the whole thing on most every day (a wild truth), than I do sand sprints, swim tons and bike back. I spend two hours out there, and get back at 7am ready to hit the day. Devine.

Stretching and meditative states have dual benefit and are well timed together especially, in such busy lives as those lead by the modern day men and women of our time.

Other great practices while stretching is reading, watching movies or informational videos, while writing, while waiting, while in between sets at the Gym. I believe myself that stretching should be done with concentration, mood music maybe, and a focus on breathing.

Mental connection with posture should be in function while standing and seating, or holding any position for a sustained duration of time. Thoughts like 'spine straight' can add years to ones life and can make life much more comfortable and enjoyable. I was once diagnosed with scoliosis, but I am convinced that by mentally correcting my spine as I type this and at all times it will correct over time, just as a straight spine could be curved over time do to neglect of this mental concentration.

Remember that we are supposed to be much smarter, and stronger than modern diet has us running today. We have to expel loads of contaminants from eating loads of porquerias. Stretching is a big part of helping detach those contaminants and candida from their resting places in the system, as we use nutritional and other exercises to rid them right out.

I try to be as religious as I can be with my stretching and stretches, sticking to the basics and making sure I get them in daily has been enough to make me feel young again.

Hydration in all things, and certainly in stretching needs to be adequate for an ultimate performance process.

I firstly and fore-mostly recommend the dedicated study of Yoga, different Yoga's and from different Yogi's (the dedicated students and teachers of Yoga).

There are some core rhythms and stretches that I would like done each day by Nutritional Diversifists, that will prevent common injury, open nutritional flow, and can take place with an almost unnoticeable subtraction of time from ones day, in a very supportive to other things in your day; rhythm cycle.

Business Models

This ND diet inherently requires that food come from a permaculture or organic gardening source, alternative agriculture source or wild source. This is so that we can consume lots of plants, without the modern agriculture chemicals in them, that build up in our systems and largely also contribute us to the hospital care industry.

There is no where near enough of this food in modern distribution to fill the amount of mouths that find this information today. Insanely, this whole planet produces low grade centrally distributed, food domestication that fall far below what the Nutritional Diversity study has come to realize as acceptable "nutrition."

I have loads of people now whereas I can get them the coaching and the info, of course then they want my diet, but growing my ND supply to caer to more individuals and households and my circle of friends should take time and care! I cannot get them the food in near adequate supply here in Panama City and I work with Permacultures all over Latin America. The market and the demand is much larger than the current supply here in Panama. Right now Costa Rica is one of several top Permaculture innovation locations on the globe and Panama is turning it up now that the education has bleed in over the years and also because *Master Bruce*, a pioneer of Costa Rica's permaculture came here and taught for the last 30 years.

The demand is there and growing fast just as the opportunities for qualified Nutritional Diversity specialists, in both food production and farming as well as in distribution, cooking and retail selling. It's almost like a Multi Level Marketing enterprise distributed direct from the earth, a wholesaler who requires work, not money, and offers the highest quality of life. How so many people live in poverty when there is so much dense forest to hide in left, is sort of hard to pull of when you think about it. The deceptions are well played and most people now depend on the city rather than the biology they did before. We need to be thankful there is dense forest left at all. Very soon possibly because of modern agriculture's effects on our pollinators, there may not be. Regardless of learning about birds and bees as children, we grow into adults that think they know better in a modern Babylonia of a society.

It's hard not to be human in the face of a human. Jesus always reputed to be calm in nature on the high road, freaked out when certain money business was going on in the wrong place at the wrong time. There will come times where fighting for basic freedoms, against certain oppression and deception will become necessary. To fight a stealthy deceptive creature, without those same skills, could be an error. The other error is to try them in learning, then fall in the pit of using these advantages and become a product of them. The wise-men we once had to teach us these points of importance have all been killed by those who would want us to live as we do today. This is important history to know and to look into. There is a fight of mutlifacted forces between these two lifestyles, one dependent on nature and freedom and the other dependent on control and city-techology. While governments now make small farming more and more difficult, the revolutionary, life and planet saving thing for governments to do is 1. disappear, or 2. insentivise small farms with something potent like no taxes first year in business and great breaks from there on out and ban chemical farms that will kill us all. It is no doubt at this time a smart move to invest in farm land at the least. Really, best to go there and live. I would honestly

like to see humans reclaim freedom and land, it may sound crazy now but really if we all go at once out into the forests, and we conscientiously live in harmony with nature what can really be done about it. Solar power is excellent, it's easy to learn to tech yourself. We have all the PVC, and all that. It has never been easier to be self sustainable. I think these technologies are well inside the line of acceptable, and they carry limited damage to the planet.

Yet, the opportunity for small businesses related to the diet to open up in this city market is excellent. Take a look at how the supplement market is a gauge on the interest to independently pay more and import to home better nutrients.

Grocery stores have already inflated food costs even for their chemical and machine dependent farming models. With no machine, chemical or technological industry to support, already inflated food prices, little competition and the new healthier Nutritional Diversity business models, and nutrition have plenty of room to work. This type of distribution by this type of consciousnesses, should illuminate one use plastics, one use tins, one use anything, also.

The simple knowledge I am sharing here, should render in the readers mind, that all products in grocery stores should be avoided.

Who doesn't want to pay more for something that does not have the poison and was grown responsibly with love and care? Charge more it's a niche market, and until these business models become popular, we have a window of opportunity to come up with as poor and oppressed people. Moses, may have simply led us to freedom and health through knowledge like this, from the sickness and slavery we are born into as *troubled youth*, in a poverty we had no alternative to.

Be smart take the steps today and tomorrow to get yourself inline with good food, and start bringing it to your loved ones. You do your karma right, your people right, your health right and hopefully soon after your financial position will be right.

Good Nutrition in the City as it turns out is far more important now, and complicated to achieve correctly.

Just the other me and close friends in an extremely urban setting, of an elevator had a stunning conversation. I am used to this conversation, so were they. Wild statements, like "we need to get 30 to 60 different species as your minimum but we can't use grocery store produce cause you'll just fill yourself with chemicals. So we need new plants, and new growing methods or do we harvest from wild plants, or semi-domesticated plants in areas we clear but not areas that were agriculturally attended to?"

Insanity is buying groceries so then maybe sanity is buying a farm for the better *Permaculture-like* method? Maybe just buying from a farm you can trust to have a little bit of a [higher standard in food production](#) is enough. In Costa Rica there are tons of permaculture farms, their large population and large land mass combined with great tourism, facilitated one of the first and now one of the biggest, permaculture and organic growing communities. Here in Panama we have a lot of work to do, and we are far behind but a small population, and there are a lot of co-studies and fun studies in human physiological science here in this Republic because of unique laws they have protecting the rights for alternative medicine practitioners to practice their crafts.

I offer the soon to be, new wave of [Permaculture](#) & [Nutritional Biodiversity](#) Revolutionaries; an urban model set for homes and small businesses and integration of good produce of a sufficient variety into the city.

The easy one is to form a cooperative supply company from near by permacultures getting fresh food lists with fresh food deliveries to clients, like the [Panama City Nutritional Diversity Supply Company](#). This will motivate restaurants to make better stuff, and get a good culture going for this age of better nutrition. Households, and athletes can get the real nutrition they need, keeping up with their city lives. An evolved food market, email list or online ordering interface to get fresh stuff that is available at that time could be employed. Good food is most important right now, also so people can detoxify from here on out over a good amount of time.

With the possibilities in species out there, it will be great for Nutritional Diversifists' to have several outlets and dealers of the food to go to. We shouldn't have trouble with competition for a very long, time, we should see instead motivation for creativity and a larger array of diverse food species available for all.

The New Urban Model Set for Good Nutrition in the City itself is a task where it can be expected that demand will exceed supply and so what is needed is growers and organizers who present to clients. A simple email list could be the start of a large distribution process, because once someone is educated about the grocery store / mono culture currency, they will be looking for the Nutritionally Diverse Permaculturist and affiliates

Getting a good Nutritional Diversity assembled or just good nutrition in the city is impossible right now.

The Urban Model, or really any model for ND dieting, ultimately should be a cultivation oriented model. To achieve the best nutrition you want to cultivate most of it. Next it would be great to have foods from a diversity of Nutritional Diversity Diet Science schooled or Certified, Permaculturists in a trade system so that we can all up our nutritional bio-diversities with great food by averse amount of great growing systems, and growers.

One position in this agenda on the production end, I call the 'Urban ND Guerrilla,' and he can make deals with everything from yards to baloney's to come and plant nutritionally diverse gardens, using Nutritional Diversity calculated species sets, including *aggressive management automated systems*, maintain and service them, halving the harvest with property owner. This can be a high school kid, or whoever and this person can do it all over the city. Then essentially this model covers the cooperative, [PCNDSC](#), type of model covered above.

The Urban ND Guerrilla is a great one for people who like to help others, and this position can expand hopefully towards the gardens of the future, high tech high production cutting edge systems and system development.

I was moved also by Los Angeles' "Gangsta Gardner," Ron Finley's story and a few others like him too.

While serving in the United States Navy back in 03', one of my first jobs was working on automated systems designed to mix liquids together and get them on target using piping, spray, flood and hose systems to fight some of the nastiest chemical and jet fuel fires.

In the case of the urban gardening set up I can't help but see the award winning production schematics in the sky, with compost teas attached and tilapia or catfish tanks worked into a kick butt automated plant feed system.

I know many don't like Google Alexa systems, however there is 100\$ water valve that can receive rain and humidity information and gauge it's water allowance accordingly to an exact regular dosage for the plants protected by this system.

I myself feel that Automated Systems integration, especially those as intelligent as the one described above or more so, solar power and even things like mirrors pointed for darker areas to increase light delivery during brighter times to certain awkward urban areas are stable, must have farming concepts.

Tech:

Materials needed are PVC piping (various sized), PVC cement, optional hose or soak-er hose, optional spray nozzle(s) or sprinkler heads, electric fence, water timer valve(s), optional food grade tanks for fish farming and water cycling and compost tea, and fertilizer.

Systems can go from as simple as a timer-ed sprinkler on a hose to more intense based on budget. I myself like the time-red sprinkler. I can design all the mixing into a system that needs no sprinklers also.

<http://a.co/d/ccLfT3z> , <http://a.co/d/j8GIsDb> , <http://a.co/d/cKLE3M0> ,
<http://a.co/d/0ogo9n3> , <http://a.co/d/a04rdG9> ,

Smart timer water valves range from 22\$ to around 100\$ and are easy to install. The one that impresses me is the B-Hyve, WIFI, Alexa compatible timer that can consider weather conditions enabling it to provide more effective, balanced operation. PVC piping is around 10\$ a 1/2 diameter 11 foot long section. 55 gallon food grade plastic drums here will cost around 30\$. Systems can be as simple as maintenance watering, and advanced to include tilapia and catfish tanks, also compost tea makers. Multi-timing can be had to facilitate both foliage spray and soil feeding. Bio-char coverings and intense plant food development systems to include soil creatures and fungi are drastic focuses especially when using the right species. The fungi part is something I really want to explore more.

Premier One Portable Solar Powered Electric Fencing for land based gardens is an easy option to employ, I am a fan. Here except the roof top location I will get to soon, I will require using this otherwise the small critters will get in. For a good fence its around 200\$ and for an energizer that hooks up to the house about \$120, and there are some solar ones that I think are the better investment because of mobility and I have seen how good they work for about 250\$. I can estimate a flashy set up with all of this from around 1000\$, and smaller set up for around 200\$

For difficult land areas nutritiousness can be restored to soil cultures through strategic underground buried waist areas. I recently inspected housing area all fill no water layer for 5 feet, solid red fill grade stuff. The trees back there found there way most for surely, but the conditions not ideal for a revolution in this yard. Using my inspection hole I will dump the trash can located food scrap for composting in the hole bury it and let it do it's thing. This particular house can go on for a decade filling a normal 30 quart trash can with solid food scrap and disposing of it in a hole like this strategically selected. No doubt about it, this will make the yard much more nutritious and attractive to worms and plants. It saves the animals from tearing the trash across the street and it's one right way to deal with those organic food waist items.

Home composting can be taught, and blending of food scraps in the normal blender can a great way to speed this up. Compost piles will be safe inside the electric fence.

If you want you can read up on the Rural [Permaculture Guerrilla](#).

Another important position in revolutionizing health for communities is the green roof expert. That's right folks it takes a bit more concentration and some welding, roofing and / or carpentry skills but food can grow on roof tops, and this kind of thing can apply for government subsidization. It couples great with solar as a skill and community energy saving, or producing effort. There are lots of different installation and management styles for these roofs, but they provide great cooling, and can be world class production systems. Automated and solar powered automated systems can be easily integrated. These can very easily pointed towards extremely sophisticated and being on the roof are ripe and ready for high production. An operation like this could employ permaculture experts, automated systems engineers, architects, artists and materials experts

The Neighborhood Retail Dealer for Good Nutrition in the City > Get the product, put the word out keep building your clientele. Most troubled youth in the city are all checked out on this one but basically what you want to do is go find Permacultures, and start offering everything they have. Refrigeration will be the only mandatory overhead here, and I don't think to deal with your friends and family any sort of business or professional license or inspection is necessary. Print out the free .PDF version of this text or simply share the link so people can understand and better deal with their nutrition once dealing with you.

Get a diversity going, get rare species, get species that are strong, that grow good, think about growing some in the [guerilla permaculture](#) manner.

For each of these models ND will learning course and certification, possibly even inspection of procedures, that I find to satisfaction and dynamically appropriate. I will work with businesses on a yearly certification basis to help them become better and keep a Nutritional Diversity standard, that everyone can trust in. We built an [online food ordering model in Panama City](#).

The [Nutritionally Diverse Cafe](#) is an important feature of the Urban Model, I think gym cafe's are a great starting place. The Nutritionally Diverse burrito man could be just as popular as any cafe type , especially if he delivers.

NutritionalDiversity.com will be offering a few supplements, and seed kits very soon to help provide complete [biodiverse nutrition](#) directly to homes.

Timing is everything with these niche markets cause eventually everyone's doing it and the competition just saturates the market place. Now is the time to get going in this health revolution!

The Bio diverse, or Nutritionally Diverse Cafe concept is great because it is a place where the family can go not just nourish their bodies with better Nutrition but a great way to learn about key principles in life and hydration. Eating should be like this as much as possible!

The moment customers come in they offered a glass of water from our [water diversity](#) stock; ozone water, distilled water, filtered water, or vitamin water. With a Nutritionally Diverse Meal, a Nutritionally Diverse shake is a great compliment.

Developing recipes with a larger range of ingredients, is just as it seems, it is more complicated, but can provide more [nutritional coverage](#) and we believe it is the key to [the next level of health and](#)

[performance](#). I recommend having a few complicated fuller spectrum recipes for later in the day and then having the keep it simple combinations as I call them, or even one plant at a time during the workday, although this method requires sort of all day snacking. Smoothies and blended drinks, are a great way to make the [Nutritional Diversity](#) concept more convenient.

Nutritional Diversity diet is developed across several permaculture farms and wildlife areas, and in a study and education center in Panama. The educational center is equipped with a cafe, and a few models for [permaculture](#) gardens that supply the bio-diverse foods to try there "garden to table." This is the way food should come to the table, same day harvest fresh, and five minute harvest fresh is the best. Refrigeration does prolong freshness time.

The sustainable cafe with the [Ultimate Nutrition](#).

We have several drink recipes at the cafe with around 15 species, all organically grown and totally comprised of our own stuff here at our farm, grown by us. These drinks can be combined with our meal options, to grant near 60 organic species to the consumer with outstanding taste! We do to-go boxes also so that friends can come in, eat a Nutritional Diversity meal and take a few with them to re-heat later and keep the diverse nutrition going. It has been a successful venture so far with a lot of healing and a lot of interest. This is a great small business model being that as the [food toxicity information](#) gets out there more and more, demand will grow for this kind of nutrition. Imagine if tomorrow an existing food outlet, such as the Subway food franchise started offering these greens at even a small increase in price, the lines would be very long there. The grocery stores right now do not carry these things. They carry the [centrally distributed food that is toxic](#).

We plan soon to do a fine-r dining, nature model of a reservation only breakfast, dinner and lunch place. Breakfasts that really wake you up and give you the fuel for the day. The breakfast part of the day is great for those looking to switch off of coffee a bit, and those who are off to seriously hardcore output day. Discounts for those running or biking in of course, we will have showers for the sweat covered audience to ready right there for work. Here in Panama you can do these things, no red tape. We will have warm towels and a pool to do laps in. A Sauna and hot tub, and we will open at 4 am. What kind of life can we make here? The ND Diet doctrine and texts, tend to be fans of intermittent fasting which is consuming only water till mid day or later. This does not have to be every day, but maybe everyday that a ND Breakfast cannot be consumed/ scheduled.

Eating at our nice little cafe / restaurant here in Panama folks can get to know what better nutrition is from the front lines. The cutting edge of nutrition can be in a business you start just like ours here. New Nutritional Diversifists, chef's and developers of the diet can link with us now on Facebook and Instagram as well as right here in our own forum - that one is for serious interests that we can talk to a bit and feel out. We are building quite [the team](#) behind all of this and if you are interested in working on this more [please advise how](#).

The Menu development realizes the availability of different like tasting things so the menu can stay tasting good while swapping ingredients.

Burritos are a good way to hold a bunch of stuff together without trying to have so much in the recipe that sticks it together such as with the veggie burger or multiple meat burger.

Stir Fry is the next obvious one that, could be easy to build on. Sheppard's pies and the like, but the best for me is the fresh salad.

Hostals and permaculture farms alike many times feature positions at work away sites, and volunteer for cheaper travel cost outlets. The farm or hostel will offer lodging and possibly food for peoples hours of volunteer work in exchange.

Could this be a good model to start a food exchange with also. Food and lodging can have their values, while hours in different lines of work can have their respective value also. Experienced and unexperienced versions of work would have different values as well as permaculture versus modern agriculture grown foods do too. This would be an interesting experiment, and one that could logically help determine more fair values for produce and service.

Could the exchange rate with farm work find a value system that is sustainable? Of course it could. Could we value work at such a rate where our produce could provide for five more? Surely.

Certainly a hostel with a market and a full produce section, would make for a drastic increase in the quality of the hostels guests' lives but also in the surrounding community. Should a resident earn to stick around for a while and get the learning curve of richer cooking, then the popularity of this concept could become explosive.

Some permaculturists believe that farms practicing the "fair share" core principle of permaculture, in a move to set a basic bar of selfless care and operation, produce food with an intrinsic imprint grown into the living plants in their growth and in their own intentions that other produce does not have. Several cultures throughout human existence have taken very seriously certain growing and harvesting functions for food they are willing to eat. This work for food and shelter model plays well into a community equality and functional operation to these ends. Learning and experience is always gained.

The Anarchist Commune in the Rainforest: Poole's Land a presentation I watched on Youtube produced by VICE Published 19 November, 2018, was a great expose of a work exchange communal success. Just like an old schooler of mine, a Chiriqui located hotel owner, was the thing that worked for the hippies in the 60s, Poole's Land's success and security are based on the cannabis crop, in Poole's case this is extended to all plant based medicines, like magic mushrooms. Drugs, such as cocaine or heroine are not allowed there.

This nutritional exchange for work concept is really something I want to explore more, and I think this kind of community has lots of potential, and a much better quality of life.

Supplements are good. Some are really good. Modern nutritional supplement science, while much of is synthetic, I don't feel that is as harmful or risky as grocery store food is. Sport supplements can contribute to health, there are some of course that could be-harmful. My doctor friend here in the mountains of Chiriqui, believes too much of protein supplementation can mean bowel destruction. I believe the ratio is the same as with meats or potatoes, that getting five times this weight in plants is what is necessary to keep health, performance, digestion and gut track optimal. I encourage anyone to take advantage of the sport supplements market, you can get healthier and get a fuller spectrum of nutrients this way. It is equally important that five times the taken volume of supplement matter, is taken in plant matter.

A complete or high spectrum [Nutritional Diversity](#) is so hard to put together. Formulation of [nutritionally diverse supplements](#), and can be a great answer, and business model.

As a brand, *Nutritional Diversity* is recognized as study in Panama, as way of eating, an athletic

performance enhancer, and soon as a lifestyle trend.

The global dietary supplements market size was valued at USD 133.1 billion in 2016 and has been projected to accelerate at a CAGR of 9.6% from 2016 to 2024. Predictably, this represents a market size worth \$278.02 billion by 2024, according to the Grand View Research Company. Everyone is using supplements today, and with our modern diets, there is good reason for that.

Even in competition with other similar 'diverse' supplements, which there are non at this time; the combinations in this Nutritional Diversity Science are endless, and experimentation is needed, the market can take as many cool [biodiverse supplements](#) as creators can create, may the best team of qualified Nutritional Diversifists win.

To provide a strong foundation, we have developed a [Nutritional Diversity Certification Program](#) to help maintain a certain set of standards and wisdom behind new supplement developments. Permacultures can make supplements using the produce that does not sell. Now doubt revolutionary supplements will come from this Nutritional Diversity design formula.

We are starting to develop a few [good supplements](#) of our own. [Supplements for Nutritional Diversity make sense](#). We have done the formulation on several supplements, and we have the company and the sourcing all ready to go, including Amazon listing. These supplements are sourced, mixed, and to be sold in the Untied States Only Market, first. But these products will soon be wanted world wide.

ND supplements will really move on the market place, when winning combinations are discovered, and created.

This Nutritional Diversity Science and Standard, is a realization that applies to all humans, this new need for much higher diversity in our nutrition, is the first step in a long global narrative to better food security, better nutrition and quality of life, and possibly helping problems noted in global climate changes.

This new playbook is going to be just as more inspiring as it is supportive to the actual deed, of doing for nature what is needed for a heavy return in self. In other words, the knowledge immediately lights the path to the potential, and this kind of motivation is one of a kind, effective, powerful motivation.

Once a person applies the knowledge and begins to cultivate a diverse set of nutrition for himself or herself, and ingests it, the nutritional support is unmatched in diet on the planet today and the feelings are just the way you would expect – phenomenal. The momentum if uninterrupted for a good time becomes pretty much unstoppable. We never eat again the way we once did.

In Closing.

It's been a few years now that people have been telling me to get this all together in a text. I did not want to miss the opportunity to hand down a few more dots I have been able to connect. It is my prayer that this document helps people, and the way they see their relationship to nature. I assure you if you go by the suggestions laid out in this short revision, you will prosper greatly from doing so.

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The Forgotten Pollinators New Ed Edition ISBN-13: 978-1559633536

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