

DIET AND CIRCADIAN BIOLOGY

Once you have achieved a clean home environment, focus on the foods you'll be eating to cleanse your body. Shifting to an organic vegan or vegetarian diet during the cleanse is essential for success. In order to flush harmful toxins, you must give your organs a rest from unhealthy foods so that they can function at peak efficiency.

FOODS TO AVOID INCLUDE:

- Processed or packaged food
- Sodium-rich foods and MSG
- Meat
- Soda
- Caffeine
- Added sugar
- Artificial sweeteners
- Dairy
- Refined carbohydrates
- Trans fats
- Wheat and gluten

When it comes to food, the primary law is photosynthesis. There is no food on this planet that doesn't link back to photosynthesis. That means the organic tomato that you bought may not be organic enough for your mitochondrial engines, especially when your engines have been damaged by modern life and therein lies the key. Light determines how your mitochondria handles electrons and protons.

Disease is like an out-of-tune radio. If we dissolve toxins like glyphosate, cyanide, arsenic, deuterium, fluoride and chlorine into our drinking water, breathe in chemtrail residue and industrial chemical toxins, our signal gets distorted and we don't hear the music of the spheres, the sounds of the world.

Our bodies, in their inherent wisdom, use temperature (fever) to dissolve the distorted, crystalline water, and then uses mucus to flush out the toxins. Unfortunately, we call this "sickness." It is not. It is the road to the restoring our health.

Modern medicine attacks this natural process to provide "symptomatic relief," but end up driving the toxins deeper into the tissues, without curing the problem, and while adding more toxic drugs and radiation to the already existing storehouse in our bodies.

In addition to exposure to these common environmental toxins, nearly all preventable diseases and disorders are caused by decreased oxygen and nutrients in the blood, day after day, month after month, year after year.

That's why coconuts and pineapples can't be a healthy food if you live in the wrong latitude. Just as a flower will not grow in certain light environments, the same thing is true of you.

If you live in Boston, your eyes and skin get a quantum signal from the sun. That quantum signal is wirelessly transmitted through the air, through the blood to every mitochondrion in your body.

Your mitochondria know exactly what they should be expected to get. So, when you bring them something that they don't expect, in physics, it's called "chaos."

In medicine, a synonym for chaos is "inflammation." Inflammation is linked to hydrogen. Hydrogen comes in three forms on planet Earth.

Light hydrogen is called *protium*, there's *deuterium*, which has a neutron attached to it. And there's *tritium*, the radioactive form of hydrogen. Biology doesn't use the third form.

Every day, you're supposed to fast. That's why the first meal of the day is called break-fast. Your last meal should be when the sun is out, and it shouldn't be big.

The biggest meal, from a circadian perspective, should be breakfast. The next smallest meal should be lunch. The smallest meal—dinner. From there, you fast all the way till the sun rises. You need to see the sun rise.

The key is, you have to see the light in the morning, because the light turns on the molecular clock or timing mechanism in your eye, called the suprachiasmatic nucleus, and that connects your retina to the hypothalamus, through the leptin melanocortin pathway of the central retinal pathway.

The better the clock works in your body, the easier it is to lose weight or to heal. That means that the light through your eye in the morning is more important than the food you eat! Because that is the periodicity reference of the clock-timing mechanism. When you break your fast, light is recalibrating the clock in your body.

The clock in your body controls leptin and melatonin. Melatonin controls autophagy and apoptosis, because it's tied to cortisol.

Melatonin and cortisol are the hormonal axis that actually controls this. Sunlight controls both of them. We're back to photosynthesis again. Once you get this, you see how people are making a mistake.

So, every morning, you go out and look in the direction of the sun. Not through glazed windows, but outside, without glasses or contacts, you look to the east, like a sphinx, with your feet on the ground for 30 minutes, then you can go eat your breakfast. And how you eat your breakfast is tied to circadian biology of photosynthesis, based on where you live.

Someone who lives close to the equator in the tropics, can get away with eating more carbohydrates than someone living at more northern latitudes, because it naturally grows there, it's not going to cause them a problem.

This assumes that they are going out and getting their skin and eyes in the game, because if they don't, they ruin the clock mechanism. That clock mechanism is the key to fixing your engines. That is the key.

When a physician teaches this to their patients, they are improving their clock timing mechanism to give them back time.

Patients have to completely understand how to create and capture the ultimate resource in the cosmos—which is time. The most valuable asset we have is time. Time is the only thing that anywhere in the cosmos, we can't make more of. That's what physics teaches us.

It's the most scarce asset anywhere in the cosmos. It's the ultimate resource for life, because it's the scarcest thing we have.

In biochemistry, all the steps in glycolysis, all the enzymatic steps come from the sun putting hydrogen on the carbon backbone, in the right place. The right place is determined by your engines, the mitochondria. If the hydrogen is not where it's supposed to be, that's how a pineapple can cause a problem on December 31, when you live in Boston.

Processed food is bad, but the reason we're told it's bad is wrong. The reason is that it's not grown under the power of photosynthesis. Or, it's been affected by man-made ingredients that puts too much deuterium and not enough hydrogen inside your mitochondria, which is just like an engine.

There's a part of it, the fifth cytochrome, called ATPase, which makes ATP, the energy protein or currency of the body.

Blue light by itself, with nothing in your mouth, raises blood glucose. It also increases insulin. All the diet people blame carbohydrates for what blue light causes.

The most important thing in your life you can do for your health isn't diet, it's seeing the sun rise. If you do that and eat healthy, you'll win. All saturated fats, in fact, the whole food web is created through photosynthesis, by an enzyme called "rubisco."

When you eat something that was made in a lab, that doesn't have the photoelectric process to protect it, therein lies the problem. Deuterium is the reason it causes inflammation.

When there is deuterium in the ATPase engine, it slows down and that's how inflammation begins, that's how leptin resistance begins, and that's how insulin resistance begins.

ATP can only be made when the head of the ATPase turns 3.4 revolutions. What makes it spin? H^+ , light hydrogen. Deuterium cannot fit in the spin.

When you put deuterium inside the mitochondria matrix, you break it—your Ferrari becomes a Nissan Sentra, blowing black smoke. Which is the reason why coconuts and pineapples at the Winter solstice is a no-no.

Animals during that time of year become ketogenic, they eat all fat and protein, because nothing grows photosynthetically during November.

Once you break nature's laws, you're introducing different levels of inflammation. In other words, it's chaos. Sunlight depletes the deuterium from the water created at cytochrome C oxidase. Fat makes the most water in the mitochondria; Carbs make the least.

Photosynthesis didn't make the polyunsaturated seed oils; they came from a laboratory process. There's no solar process that determines the deuterium content in that oil. If you eat a diet that has light controls, you will win.

The water you make in your mitochondria is different from the water you put in your coffee, or even the water that is consumed into photosynthesis to grow things.

Mitochondria produce water that is deuterium-depleted. And that's the water that's critical in getting the food story right. And when you don't make that water, that's when you have a problem. You are chronically dehydrated.