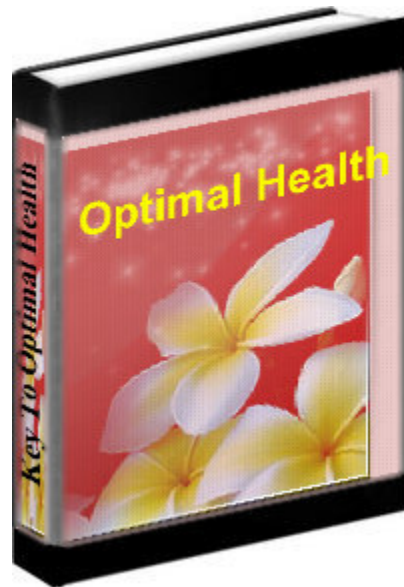


# Key To Optimal Health



**NOTE: The information mentioned in this ebook is not intended as a substitute for consulting your physician. Any attempt to diagnose and treat an illness should come under the direction of a trusted physician.**

In this little ebook **optimal health** means more than the absence of pain, sickness and disease. As important as it is to be physical healthy it is equally important to be mentally, emotionally and spiritually healthy as well. Optimal health, therefore, in context of what is written in this ebook, is a balance of physical, mental, emotional, and spiritual aspects of health. Let us take a look at each of these aspects, beginning with physical health.

## ***Body: Physical Health***

So much has been written about the subject of physical health in the categories of health and wellness, diet and weight loss, fitness and bodybuilding etc. In this ebook I will primarily deal with physical health in its internal aspect which includes building a healthy immune system, detoxifying the body, healthy and quick elimination, and nourishing the cells with proper nutrition. The internal aspect of physical health is the foundation of good health. Aging itself can be slowed down by keeping the internal aspect of our physical health up to par.

Wouldn't you love to have a healthy, youthful, energetic, strong, lean body which is free of disease, sickness and pain well into adulthood beyond the age of 40? It all narrows down to what type of food we put into our bodies – either food filled with toxins and poisons, or healthy, living, vital food.

Mark and Patti Virkler, in their inspiring book “Eden’s Health Plan – Go Natural” write about the importance of proper nutrition:

*“Food is intended to furnish the body with all the live elements needed for the regeneration of its cells and tissues. If the body fails to be healthy, the lack or deficiency of regenerative elements in the food is the cause of, and the responsibility for, whatever ailment, sickness or disease overtakes it. Our bodies seek homeostasis, equilibrium, balance. This equals health. When given the right building blocks to work with, the body maintains itself in health.”*

These building blocks can be found in whole, unbleached, organic grains, rice (wild rice, brown rice etc.), beans, fruits, vegetables, nuts, various seeds and herbs etc. Large portions of these building blocks can be found in the “super-food” family in such foods as Spirulina and Barley Grass. (A super-food is extremely rich in a large variety of vitamins, minerals, trace minerals and amino acids, and can be assimilated by our bodies very easily. Spirulina is a complete protein and is known to be very healthy.) Look in your local health food store for super green foods in powdered form. I personally sometimes use Garden of Life Perfect Food Super Green Formula.

Super-foods are known to:

- ✓ Deter Aging
- ✓ Massively Boost Your Immune System
- ✓ Aid Weight Loss
- ✓ Lower Your Cholesterol
- ✓ Radically Improve Your Energy
- ✓ Enhance Your Mental & Emotional Well-being
- ✓ Boost Your Libido
- ✓ Alkalize Your System
- ✓ Protect against Toxins and Pollutants
- ✓ Beautify Your Skin
- ✓ Cleanse and Fortify Your Blood

- ✓ Nourish and Revitalize your Systems
- ✓ Fight and Protect against numerous diseases including Diabetes, Hypertension, Heart Disease, Stroke, Cancer, Arthritis, Cataracts, Osteoporosis, Acne, Obesity, High cholesterol, Age-Related Blindness...
- ✓ And Much More!

For further information about super-foods you may find the ebook in the following location of interest: [Miracle Superfoods](#).

Again I quote Mark and Patti Virkler:

*"By taking just a bit of a super-food (in capsule or powered drink form) as a supplement to your diet, you will find many wonderful things happen to your body. Essentially, the nourishment will give your body the needed resources to rebuild any broken or damaged parts and improve your body's chances of returning to homeostasis. Testimonies of its power range from improved eyesight, to relief from back pain, to better scores in sports by world champion competitive athletes. Generally, one will experience feelings of increased energy and vitality; reduction and alleviation of stress, anxiety and depression; relief from the discomforting symptoms of fatigue, hypoglycemia, some allergies, poor digestion and sluggishness; and improved memory and mental clarity. People also experience elimination of mood swings, toxin elimination, better sleep, reduced cravings for food and sweets, lower blood pressure and many other health benefits. Then there are many specialized health problems which have disappeared as people's bodies receive adequate nutrition through super-foods. Prostate problems have been normalized, as well as triglycerides, arthritis and diabetes, and many other severe and degenerative diseases. Basically, any and every disease will be fought off by your body, if it has the right tools to fight with. Super-foods give it the right tools. You just need to try it for thirty days and see what it may do for you. I recommend taking a product that includes several kinds of super foods, as they work together in a synergy that can have a profound effect on your health and vitality. If your body needs detoxifying first, you may experience a bit of a "tissue cleansing" during the first few days or weeks of taking the super-food as your body cleanses itself."*

Basically if we put the wrong food (and drink) into our body it weakens the immune system and opens the door for us to be susceptible to health problems of whatever sort (whether it be frequent colds and sicknesses, flues, aches and pains, sores and ulcers, weakness, sluggishness, high blood pressure, high cholesterol,

arthritis, heart problems, diabetes, cancer or psychological disorders such as malaise, apathy or memory problems etc., etc., etc.) Looking on the bright side *a healthy immune system that is not swamped with toxins can fight off diseases successfully!* In fact if you put wholesome food into you body your metabolism will speed up due to healthy, top notch, intestines.

It is preferable to never be unhealthy to begin with and to eat nothing but healthy food from day one. Unfortunately it is not this way. Many have been conditioned to eat unhealthy, fattening, artery clogging foods from childhood to the grave. Many of us think it is a normal part of the aging process to start getting weaker, fatter, having more pain etc. after age 30 and onward. In many cases (definitely not all) premature aging and bodily weakening is the result of years of poor eating habits (as well as unhealthy emotions – another subject) from childhood to adulthood. Due to many years of wrong eating habits it may be best to detoxify.

In the process of nourishing our cells with foods high in fiber such as vegetables, fruits, super-foods, and whole grains our body naturally detoxifies itself in the process, which in turn strengthens our immune system and slows, or in some cases, reverses the aging process. The **key to optimal health** as far as the physical aspect of our health goes, is to:

**Eat plenty of Grains, vegetables, fruits, nuts, super-foods, herbs, being sure to get plenty of exercise, pure water and clean air, excreting waste from the intestines quickly (which is a byproduct of eating plenty of fruits, fiber and vegetables). There are also natural supplements you can take such as Vitamin C, vitamins and minerals, and various antioxidants unless you are getting plenty of these from your regular diet.**

In my own life I have been experimenting with a whole grain diet (for breakfast) for a little over 5 years now, as well as adding more vegetables to my diet (mainly at dinner.) Though I have never been an overweight person, I have nevertheless notice some changes by adding more vegetables and grains to my diet. These changes, in part, consist of the speeding up of my metabolism, as well as healthier bowel movements.

My main breakfast consists of oatmeal mixed in the blender with milk, fruit (apple, banana), whey protein, sometimes honey, dates, cottage cheese, and a little peanut butter. I like mixing it all together and drinking it for breakfast. I rarely deviated from this diet (for breakfast) for 5 years.

About a year ago I added a homemade multigrain cereal to my breakfast drink mix. Here is what I did: I went to a health food store and literally bought various whole grains in bulk (the type where you scoop out what you need and put it in plastic bags etc.) I got a mixture of both grains and legumes, beans, as well as flaxseeds, pumpkin seeds – basically (everything organic): rye berries, whole oats, spelt, millet, barley hulled, raw buckwheat, quinoa, amaranth, lentils, garbonzo beans, wild rice, kidney beans, black beans, chana dal (bean from India).

I ended up with about 20 pounds of this stuff. And what I did was little by little I put it in a powerful blender ([Vita Mix](#)). I then put all the ground up whole, organic grains (by this time they resembled cream of wheat) in empty 5lb whey protein containers. Ever since I have been having about half of cup of this mix everyday for breakfast mixed in my breakfast drink described above. For lunch I usually have a whey protein drink, and for dinner I have a regular meal. This has been my diet for 5 years now.

I am not saying this diet will work for everyone. You may even want to start slow on the grains, and not have too much at once if your body is not use to it. It may cause diarrhea if you go overboard. You may also want to keep the grains and beans/rice separate and just have the grains for breakfast. These are all just suggestions. Also I want to make it clear that though the above is my main breakfast diet, I sometimes have eggs on other occasions for breakfast. And when I cook with oil I use pure virgin olive oil.

Anyway, back to detoxifying your body if indeed you need to purge it and start over with a cleaner diet, for exhaustive information about detoxification any one of the following quality in depth ebooks may be of interest to you:

[Detox Diet Secrets](#)

[Master Cleanse Secrets](#)

[12 Steps To A Complete Body Detox](#)

[Vita Mix](#) (very expensive, but powerful blender. If you follow through this link and then link to the Vita Mix main page a coupon code is automatically inserted at checkout and you get free shipping. But it is an expensive machine I admit.)

I left out other important factors which contribute to overall **optimal health**. They included, but are not limited to, being healed of emotional traumas, maintaining a calm mental attitude, living in a spirit of prayer, faith, hope and love towards others in general, and towards God, Spirit, Higher Power in particular.

Next, I hope to share a little about the three remaining categories of health – mental, emotional and spiritual.

## ***Mind: Mental and Emotional Health***

Mental and emotional health are so closely related it is hard to separate the two. Having a healthy mind is not limited to having a keen intellect and an excellent memory. Someone can excel at this level of mental health but still be an emotional wreck, not to mention being spiritually ignorant at the same time.

Negative mental attitudes or emotions can have a direct effect on our physical health even if we are eating healthy food. Emotional traumas, anger, rage, hate, stress etc., when persisted in day in and day out, weaken the immune system and manifest in ill physical health. A negative mind, over time, often erases all the good that healthy food does for us.

Some forms of sickness, disease, and illness, as well as bad habits like smoking, drinking, drugs etc., are often external symptoms of something deeper. They are effects of a deeper cause. And until that cause is addressed and healed the symptoms will keep coming back like fruit on a tree whether in the form of ill health, disease, anxiety, bad habits of one sort or another, or in the worse case scenario cancer. Luckily there are warning signs when all is not well within.

The subconscious part of our mind is the storehouse of our emotions and memories and it is here where we need healing as far as our mental and emotional life are concerned. Sometimes negative or uneasy dreams (some of which originate from the sub conscious) are manifestations of our own fears and internal wounds. Some dreams are also messages, clothed with images we can comprehend, from our highest level of mind – the super conscious level – warning us when we are making wrong decisions, or heading in a wrong direction. In those rare cases where we are susceptible to the healing energies of the super conscious level of mind we can experience internal healing quicker than we ever imagined. More about this in a minute when I get to the spiritual aspect of health.

Along with a healthy diet it is important to think positive thoughts and maintain a positive attitude, avoiding anger and bitterness towards others. But, thinking positive thoughts and making an effort to be happy, loving, and optimistic, are only part of what is involved when it comes to the healing of our emotional life. We can only go so far by exercising will power alone, as important as it is to use our own efforts when attempting to make a change in our emotional life for the better. All our ethical standards, our rules and regulations for leading an acceptable moral life, all our positive thinking formula are a means to an end, the end being the opening and revelation of the spiritual aspect of our mind – the super conscious level of mind. This brings me to the last category of health, the spiritual category.

I have barely scratched the surface as far as mental and emotional health are concerned. Perhaps the following inspiring ebooks will be of encouragement to you:

[Habit Busting Secrets](#)

[The Roar From Within](#)

[Dr. Wayne Dyers 10 Secrets](#)

[I Create Joy - Emotional Transformation](#)

## ***Soul: Spiritual Health***

Keep in mind when reading this that being spiritual is not to be confused with being religious. Someone who is religious can be operating from a physical, emotional, and mental level only, but be void as far as being spiritual goes. A pseudo religious life (not to be confused with a genuine religious life) that is lived in pride, elitism, self righteousness and egoism is completely opposite of spiritual life. In context of this article being spiritual means living your life from a higher level of mind than that of our sub conscious, and conscious levels of mind, and living a harmonious life naturally from the highest level of mind which some call super consciousness.

Unfortunately our pride and ego, and pre-programmed mindset, often get in the way and cause us untold pain and suffering. But by living in harmony with the super-conscious level of our mind, and accessing the spiritual grace and energy which flow through (from God and Spirit) that same level of mind, our mental and emotional health, as well as our physical health, all fall into place and are balanced.

All our moral, ethical, religious or merely human efforts at trying to be a more loving, positive, optimistic person are a feeble way of (often unconsciously) aligning, or attempting to align, ourselves with that ever present flow of energy, light, grace, and Spirit permeating throughout all creation.

This ever present, but often unperceived and untapped, spiritual energy upholding all creation is the source of a truly happy life even when we find ourselves in the midst of negative external circumstances. It is the ultimate **key to optimal health**. Some call this ever present energy cosmic consciousness, super-consciousness, Christ consciousness, God, Spirit, a Higher Power etc.

Some people personalize it and clothe it with a human form and then worship the person it manifests through. Ancient writings say the heavens and earth were made by the word of God and by the breath of his mouth. This is a human way of trying to accommodate a spiritual truth to the limited understanding of the human brain, using analogies, parables, particular genders, and concepts that can be understood by the rational brain. This often results in misunderstandings and even war and bloodshed in the name of religion.

The naked truth is intuitively perceived by the higher aspect of human consciousness called super consciousness. And it is this level of consciousness (Christ consciousness) that wells up from within to “save,” change, deliver, and heal us when the thick layer of ego, all the emotional blockages, wounded memories, and wrong thinking, are thinned out enough by our own efforts at self improvement. This is the truth of the “Messiah” or Savior figure often mentioned in ancient writings. Eventually we have to let go of our own strivings and let God take over.

Or, we can continue to resist the inner pull and instead live an unnatural life with the end result of disharmony on all levels physical, mental and emotional. (This is the truth about the so called wrath of God. It has nothing to do with God or Spirit being angry at us. But it has everything to do with us bringing suffering upon ourselves by choosing to go our own way, not heeding the whispers and

impressions of the super conscious mind either within ourselves, or speaking through dreams, visions, other people, or even through writing, art, and so on.)

Once we tap into the spiritual flow of grace then a truly changed person is the result, from the inside out. Children are closer to this level of being than adults who have been conditioned and brainwashed throughout life via peer pressure, upbringing, culture and so on. Humility is key, not pride and ego. Attaining to the spiritual level of healing consciousness is the end of all religions. Yoga and meditation in particular teach someone how to get in touch with this spiritual aspect of our being (on the way to which we also contact lower levels of mind such as the sub conscious, and wounded memories that need healing etc.)

## **Meditation: The Key**

The traditional idea about yoga and meditation is that it takes years, perhaps lifetimes, of tedious yoga and meditation practice before one can gain even a faint glimmer of the super conscious level of mind. But as we approach the end of an era, as things are speeding up, as there are changes going on in nature and in the environment, as well as changes at subtle levels (people experiencing more lucid dreams, astral projection, altered states of consciousness etc.), so likewise it is possible to attain to high levels of meditation and consciousness awareness of ones spiritual level of mind in a shorter amount of time.

While nothing can replace the genuine revelation of our spiritual nature which comes as an act of grace, nevertheless there are tools we can use to make us more receptive to this grace and the revelation of our highest level of being. There are different methods of yoga and meditation that people have been using for thousands of years to attain to divine awareness or enlightenment. These methods include: devotion/worship, one pointed attention, chanting, music/drums/bells/chimes, certain herbs, certain body postures and cleansing practices....to name a few.

In our age of science and technological advancement studies have been done on the brain while someone is in a deep state of meditation. As a result of these studies various technologies have been popping up which serve as tools to enable people to attain to higher levels of meditation and altered states of consciousness more quickly. In particular there are what some call [mind machines](#) which consist of none other than stereo headphones, a little device you can play various meditation

music and sounds on, and glasses you wear so as to view various colors. All of this has to do with aligning the brainwaves in such a way so us to not only soothe the emotions and relieve stress, but also to evoke altered states of consciousness.

Some have found just certain music and sounds alone are enough, without the need for fancy equipment. For detailed information about this subject, as well as for quality mind altering, life changing music and sound tracks available (in mp3 format) for instant download (starting at \$5 - \$9.99) go to: [MusicMeFree.com](http://MusicMeFree.com).

## Conclusion

When we are physically, emotionally and mentally healthy in the true sense of the word we are spiritually in tune with the highest level of our consciousness - the super consciousness - so that there is a steady flow of life and energy from that level of consciousness flowing into us as we allow it to flow through us cleansing and vivifying us. This even reaches to ones decisions on what to eat, motivating one to exercise and to joyfully do what is best for the body, mind, emotions, and soul.

By choice we finally willfully chose to move in a joyous harmony with the spiritual guidance and wisdom forever emanating from the inherent harmony within the spiritual energy upholding all creation. The ego fears this and sees it as death to its pride and rebellion. This is the truth behind the often repeated idea of dying on the cross and self sacrifice.

For our own sakes the ever present Spirit encourages us (without interfering with our freedom of choice) to choose to move in the flow and harmony of the ever present spiritual energy upholding all creation so we can experience the true **key to optimal health**, and lasting harmony even after our brief stay in this world is over, and our temporal physical shell is dissolved into nothingness. The end result is a truly healthy, spiritualized, and whole person. This is the truth behind that of worshipping God.

Or we can choose to go our own way, and make our own choices (which are not always in our best interest as far as the long run goes) and suffer the consequences. This is not punishment, but the automatic every present harmony of Spirit cleansing a breach. This is the truth behind the concept of the wrath of God.

God does not have an ego so inflated that he demands worship on pain of sickness and death if he is not worshipped or obeyed. That is a feeble human concept interpreting a spiritual truth as it is filtered, misunderstood, and distorted through the lower human consciousness of the natural mind. Instead, for our own sakes, it is in our best interest to choose to move in the flow and harmony, and underlying law, of the Spirit of life by heeding intuitive promptings, guidance and wisdom.

The Buddha tapped into this deep level of knowing. Lao Tsu, in words and language accommodated to the understanding of people in his day and age, wrote about this in the Tao Te Ching. In the Christian religion Jesus was the personification of this spiritual grace, energy, Spirit, *the eternal Tao*, which many call God, or the Power and Word of God, obedience to which would truly set us free. The esoteric or mystical side of all religions emphasize this same point in so many different words. Some have experienced glimpses of this level of consciousness and try to share what they perceive through writing, some paint, some sing, and some dance etc. Everyone has their own unique way to bring that light and love into the world which they sense in the silence and stillness when the emotions, reasoning and physical body are calm and collected.

But it is one thing to be trained and programmed from without by books, teachers or what have you. And it is another thing to be nourished, strengthened, and inspired from within from that level of consciousness which is beyond reason, beyond thought. All the confusion in religion happens when people try to be moral, religious, ethical or spiritual from the level of their mind, emotions and willpower only, treating it as an end in itself instead of as a means to an end. When this is the case self righteousness or a man made god (which is only a dead image or form of the truly spiritual) is all it amounts to. And this leads to more suffering at a different level. On the other hand someone who is spiritual is someone who is naturally spiritual by living from the Christ conscious level of being. This eventually leads to eternal happiness and harmony long after we leave the current aspect of creation in which we find our consciousness trapped (sort of like in a matrix - but that is another subject).

As we spend time to do that which is most important of all (seeking contact with the spiritual Essence upholding all creation) **optimal health** is the end result, as well as more love towards ourselves and others.

**Quality Resources (A good foundation)**

**[Music Me Free](#)**

**[Yoga Health Secrets](#)**

**[How To Know Your Higher Self](#)**

**[Beginners Guide To Yoga And Meditation](#)**

**[Our Ultimate Reality](#)**

**[Becoming Enlightened: 12 Keys To Higher Consciousness](#)**

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