

André Blank

THE SECRETS OF HEALTH

FOR BODY, MIND AND SOUL

Food is life. Do not ever underestimate the importance of food.

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- The treasure trove of knowledge
- The gate to the universe
- Be **your own** creator being
- ETRT Eat the right thing
- FWTS First win then start
- Balanced health
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Publisher: Vivoterra AG, Bern

ISBN: **978-3-907212-18-9**

2nd Edition, 2023

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There is no consultant who can heal you vicariously. All he can do is show you a way to heal yourself. Given the dynamics of the internet, pages/links mentioned in the book that were still current at the time this book was completed may have since changed or no longer exist. Any case stories in this book are taken from the author's practice. All names and data of patients have been changed for the protection of their privacy.

Dedication

In the spirit of love and gratitude I dedicate this book to my family, my masters, and teachers, especially to my father Erwin Blank, whom is also my Way Master and mentor. If it wasn't for him, I would never have been able to find and walk this path. His support in my studies and work on this book has been significant and continues to support me – at all times!

This book is dedicated to the dream of past, present, and future humanity, to that dream of health, happiness, and peace.

Furthermore, this book is dedicated to all those people, known or unknown, who have inspired the human family in the past, all over the world, throughout their lives and forever with their work. For this, I thank all the people of the world who have worked for years, taking on difficult times because of this, who never lost heart and could not be defeated.

Likewise, this book is dedicated to our ancestors, to all the children and parents who have already been born, and to all the generations who have not yet incarnated. This book is meant for all those who have an "awake" consciousness.

It is for all those who can exercise their free choice whenever they want but have not yet decided to do so.

I feel gratitude that this knowledge brings health, freedom, confidence, and peace to all people.

“Many people, especially the arrogant among them,
want to punish you for telling the truth.,
for being truthful, for being right, or for simply being yourself. Never apologize
for being right or for being years ahead of your time.

If you are right and you know it,
then state your position openly. Even if you are a minority
of one person. The truth always remains the truth.”

Mahatma Gandhi

“It is not really a sign of health to be
excellently adapted to a profoundly sick society.”

Jiddu Krishnamurti

“Two truths cannot contradict each other.”

George Ohsawa

“Every front side has an equally large back side.”

Law of nature

“Man is the result of his environment.”

Kikuo Chishima, M.D.

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Foreword

By observing the processes of nature, we quickly realize that they are subject to a constant rhythm. Night follows day, and day follows night; winter follows summer, and summer follows winter. Each cold and dull period is followed by a warm and sunny one.

In many ancient cultures, a deep understanding of the natural order developed from these observations. People came to recognize various laws in the movements of nature. For example, the Chinese derived a simple principle to describe opposing energy tendencies, which they called Yin and Yang. Thereby Yin is the expanding and Yang the contracting energy. The two cannot be separated because they are antagonisms (*opposite complements*). One does not exist without the other.

Throughout the whole universe, there is nothing that is identical. Thus, each form of life also has its species-specific food. Whereby the human being is the only being that can eat everything. All living beings take in both visible (physical) food like air, water, minerals and also invisible (spiritual) food like vibrations, waves, various rays. We may refer to the physical food as food for the body and the spiritual food for the soul and mind.

We absorb the physical food for the body through breathing and digestion, while we absorb the spiritual food via the brain and the spiritual heart. In the brain, it is primarily the pineal gland (hypothalamus) that takes in the spiritual food. Through the digestive process, the physical food is transformed into body cells. At the same time, the spiritual food is also distributed in the physical body via meridians.

While physical food can only be supplied in a limited volume, spiritual food can be supplied in an unlimited amount. However, the spiritual food can only be partially digested (understood) when the time is “ripe” for it. The physical, material food is absorbed through the nose, the mouth and partly through the skin reaching the lungs and the intestinal tract, meanwhile the spiritual food is absorbed through the spiritual heart and the pineal gland and is distributed in the body via the meridians (the nervous system, like the respiratory system and the digestive system, does not

belong to the spiritual part, but to the physical part of human beings. As a kind of “transitional area”, the meridian system can be assigned to both parts). Together, both forms of food provide proper nourishment for the whole body.

As far as the quality and the quantity taken in are concerned, there is an antagonistic and complementary relationship between the physical and the spiritual food. Or to put it in other words, between the material and the non-material food.

As we eat more material food, we can take in less food of a non-material nature. Moreover, the more animal food we consume, the more long-waves we receive and the fewer short-waves we receive. Similarly, the more plant food we eat, the more short-waves we receive and the fewer long-waves. Eating plant food promotes a comprehensive mental and spiritual outlook and helps us become less susceptible to the small worries of the relative world.

We are what we drink, eat, and think. We are transformed food. We are entirely responsible for our physical, mental, and spiritual health. We are at all times our own masters, and there is no one to change our destiny except ourselves. Changing the physical diet makes the necessary change of attitude easier. But primarily it is attitude and thinking (disentangling judgment) that we need to change.

Each of us must work to create a world in which health, peace and justice are not the exception but the rule.

I would love to help you with my book in regaining your true and natural health.

The greatest transition of mankind away from chemistry to nature has begun!

It is all about you, about your quality of life, about your productivity and about you living a healthy life.

1 Mea Culpa

My own interpretation of Mea Culpa. As we go along our life's journey, we should center our consciousness, our attention, on the two most important areas in our lives:

What does nature give me? What am I giving to nature as a result of my behavior and way of life?

That is, when I suffer from an illness, feel pain, or experience difficulties of any kind, or experience joy, am in good health, I should always ask myself:

1. What have I given to nature through my behavior and way of life so far?
2. What has nature given me in return so far?

One thing should be clear to us: We can only harvest the very things that we have sown before. This means that we should not ask the doctors and the pharmaceutical industry, what can you do for me? We should ask ourselves, what can I do for nature, because nature gives me back exactly the harvest that I have previously sown in nature. This is Mea Culpa.

If we feel pain, we should not simply complain about that pain. Instead, we should learn to better recognize what pain is and why we get pain. Understanding it this way, pains are a gift from the Great Spirit so that we can recognize what we have done wrong – or are still doing wrong – in our way of life, and that we may now correct these mistakes. As such, pain also possesses a “meditative” element. If we cannot interpret the pain symptoms ourselves, we should not be too ashamed to ask for help from a Way Master or an experienced health counselor. As the Way Master Lao-Tse used to teach: He who asks is a fool for a minute. He who does not ask is a fool for life.

In order to become truly happy, we must understand ourselves better. The very idea of karma implies the possibility of changing our destiny. With his will, man can intervene in his karma and transform it. The human being is not a rigidly structured

being. He is constantly evolving. There is a multitude of possibilities available to him at any time. Beginning with the stubbornness and confirmation of the ego to the adaptable softness and abandonment of the ego.

It is this adaptability that we should understand by following the universal order, and thus fitting into the harmony of the universal order. To act against the current of the universal order brings forth corresponding karma. That is, selfish karma, actions, or characteristics. It can be compared to ulcers, which, if not healed in time, cause the decay of the whole organism, of the whole person. It represents the pull of the diabolical concatenation. That is why it is necessary to "cut off" bad karma. Bringing life to perfection means reaching pure and perfect freedom. Only those who are in harmony with the universal order are truly free.

2 Health and disease

Every human being creates his world with his thoughts. The invisible creates the visible. While the visible is always the manifestation of the invisible. And the invisible are now our thoughts and conceptions.

In modern Western civilization, why are there so many hospitals and sanatoriums, so many pharmaceuticals, so much medicine, gigantic medical technology, and drugs, so many mental and physical disease(s)? How come there are so many prisons, such a great number of police, government apparatuses, and also such an incredible number of air, sea, and land forces?

The answer is very simple. We are physiologically sick and so is our mind.

But why is this happening in these great, civilized countries? Simply because we are ignorant of the real causes of this disease: of its philosophical, biological, moral, and physiological roots. Why are we like this? Because we have been brought up this way. Modern education does neither develop the capacity for freedom, happiness, and justice in the human being. On the contrary, it makes man “professional”, that is, an irrational slave, cruel, simple-minded, devoted to money.

Happiness or misery, sickness or health, freedom, or enslavement: it all depends on our daily behavior and on our daily actions. These actions are dictated by our judgment, our consciousness, which in turn is brought about by our comprehension of the nature of the world and the infinite universe. Yet there is no school or university where we can learn how to judge, think, and understand correctly and freely. There is nowhere in the world where the true values are realized. All politicians and corporate leaders tell us how the world would improve, and how we will have more progress. They have forgotten the law of nature: The larger the frontside, the larger the backside.

Life is infinitely interesting and wonderful. All beings (with a single exception: human beings), birds, insects, fish, microbes, even the parasites, live freely and happily in nature, never employed, never forced by others or themselves to do anything. There is not a single animal in nature that goes to the doctor and fetches its medi-

cine by prescription, there are no deer, crocodiles, giraffes, lions, snakes, elephants that work unhappily or for others or for money and receive wages, pay taxes and health insurance fees. You will not find among all these living beings a rheumatic or a diabetic, an asthmatic or a cancerous predisposition, a kidney patient who must go on kidney dialysis weekly, one with too high or too low blood pressure.

The reality is even more glaring than perception. Thick clouds of fear cover the world. Does this mark the end of a great civilization, is it the beginning of a new one? Is civilization a living nightmare? Even on the moon or on Mars, man's miserable fate would remain the same if he failed in untangling one's judgment and if one did not understand that all these antagonisms are synonyms. All efforts of man are useless. They only lead to the goal, which is diametrically opposed to the sought after. The misfortune of man becomes greater and greater. The greatest calamity is the fear of doom through nuclear war. It is all the result of a lower power of judgment that determines our behavior.

At what point can we declare that we are healthy? Health is freedom from disease. Being healthy embraces continual evolution, flexible change, and joyful adaptation to the ever-changing world. It represents the natural product of a way of life in harmony with the laws of nature.

From an individual point of view, a person can be fully functional in a physical sense but have psychological issues and live a socially isolated life. The extent to which these three aspects of health interact, however, is something we can sense very quickly in ourselves or in our fellow human beings. Our body reacts to stress, to fears, to conflicts. We become mentally less active as soon as we become physically ill. Similarly, our social contacts are affected.

Being healthy does not mean the absence of illness, but rather a positive and creative state of physical, mental, and spiritual life. Having good health is not something we maintain by protecting ourselves from or warding off illness(es). Health is a state in which we are actively harmonizing with our environment (homeostasis), enjoying our life with many other people. A state in which we are endlessly creating and always evolving.

If "living" is life, then so is dying. Currently, a life lasts only about 30'000 days. But even if it were 50,000 days, what difference does it make? Most of our time is spent

sleeping. We are so attached to this life, but where were we twenty, thirty, fifty or seventy years ago? Our ego did not exist before birth, and it will be the same after death. We cannot live forever on this earth, even if we love this life so much and are clinging to it! It is our destiny to die all alone. We can take nothing and nobody with us. When we die, we part from our friend as well as enemy. We are the travelers who have boarded the express train called "The Life". Or you can also say that we are traveling in the express train called "The Earth" across the vast universe. And one after another we must get off at the stations marked on the ticket. Throughout this journey, more and more people we don't know get on board. Sooner or later, we say "goodbye" to each other. It doesn't matter if we get off one or two stations earlier. Our destination is another world anyway. Once we get off, we thank friend and foe for their shared experiences and the journey they have all taken us on.

Knowing that the mind directs the body, we can assume that an unhappy mind or an unconscionable character will sooner or later also bring physical symptoms of illness. A criminal can become a saint. A sick person can become a healthy person.

It is the same the other way round: Even the (long-term and deliberate) change of mood, posture, and facial expression – in connection with a conscious way of life – can help to put physical symptoms of illness to flight and bring about the longed-for state of health. Maintaining health through upright posture and consciously controlled mood. Only the positive interaction of all factors means health. The evaluation of these factors, however, can be very subjective. Not infrequently, one's own well-being is an indicator of "perceived" health.

Approximately every 20th patient who visits a doctor, for example, suffers from hypochondriacal disorders, which in turn can be defined as an illness. According to these patients, they feel ill, are afraid of illnesses and are so focused on their bodies that they experience physical symptoms that cannot be diagnosed from a conventional medical point of view. On the other hand, someone may feel perfectly well and healthy until they receive a diagnosis from a doctor, such as cancer. Many physical illnesses are therefore not even detected by the patient himself or are never detected at all, because the self-healing powers of the body are at work and illnesses can be overcome by the body itself before they become noticeable to the person affected.

"I want to get well," says the sick person. Please ask yourself one question: Why do you want to get well? What do you want to get well for? This is a very important

question. After all, without answering this question **correctly**, you can never become healthy.

Our physical body is transformed physical food!

Our physical body IS our consciousness, which transforms physical food into our physical body!

Our food forms our blood. Our blood forms our cells. Our cells form our organs.

Us earth-humans consist – in this earth-world – of three areas: The consciousness AND the soul AND the physical body.

To be fully healthy, we must keep all three realms healthy:

1. Expand the consciousness with knowledge of nature.
 2. Give maximum love to the soul.
 3. Give healthy food to the physical body.
- All three areas are important. Just as important is the correct order.
 - We ourselves are always responsible for all our decisions. This is especially true for our spiritual, mental, and physical health.
 - Not only are we responsible for what we do, we are also responsible for what we are not doing.

The “spirit” is in the “consciousness” – or also vice versa -, the “consciousness” is in the “spirit”. Spirit and consciousness are just different names for the same “being”. And then there are “ignorant” – or matrix imprisoned people who are blessed with false doctrine – who call the soul a ghost. For these ignorant ones, “spirits” are also equal “ghosts”, and they are afraid of them. Names are smoke and mirrors. The “being” is more important than the “name” for it.

2.1 The seven principal conditions of health

The basic, natural state of existence during our stay on this planet is that of health and well-being. As we ourselves are a part of the environment and change in ac-

cordance with it, we can adapt naturally to all conditions and live our lives without difficulty. Yet almost all of us have to face difficulties over the course of our lives, which may include the struggle for survival and the continuation of life itself. Not only did mankind have to deal with difficulties that occurred as a result of natural disasters or geological changes, but also difficulties that arose as a result of human behavior. Physical, mental, and spiritual disease(s), as well as social and ideological confusion, prevail throughout the world. Our modern civilization is in a state of chronic biological degeneration that makes its continued existence questionable.

What is the reason why people suffer from so many disease(s)? Why do we constantly struggle with various types of difficulties? What can we do to overcome them?

Every difficulty we face is based on our ignorance regarding our true identity, the true nature of life, and our relationship to the environment as well as the order of the universe. We have developed sciences, produced technologies and doctrines. There has been no end of theories, assumptions, hypotheses, and discoveries for centuries. Still, these scientists do not know what life is. While we may have picked the fruit from the tree of science, we have not picked the fruit from the tree of life. As for the problems of life, the ignorance of scientists is profound.

In the pursuit of happiness, have scientists led us in the wrong direction?

By using modern methods to solve the problems of life, have we reached a dead end? We take pride in the level of education we have achieved, which, as scientists teach us, is superior to that of any previous civilization. However, this education does not teach nature-knowledge. We are proud of our material wealth, which – as scientists teach us – far exceeds the wealth of ancient peoples. We are proud of our organized society, which is more comprehensive – as scientists teach us – than all societies before, and we are proud of the vast extent of modern knowledge.

And yet all people are full of fear and anxiety, worry and depression, and find themselves surrounded by disease and violence, greed and hatred, prejudice, and insecurity. What is the cause of all this suffering? What is the origin of these problems? How can we cope with these difficulties, and how should we approach all this confusion?

We have created a wide-ranging, modern education system to deal with these problems. We have built a remarkable governmental apparatus designed to serve all its citizens in all aspects. We have created an impressive medical and social system intended to provide virtually seamless care to the population. Thousands of billions of dollars (still the world's reserve currency) are now being spent, and millions of people are working within these systems to deal with our present problems. Are these the appropriate and effective methods to build our physical, mental, and spiritual health? Do these systems solve our problems or only create new ones? Does any other method exist that is simple and practical enough that it can be readily applied by all people in their daily lives? If there is such a method, what does it look like? Let's start by considering and exploring a new concept of health and well-being.

1. Never being tired

A healthy person does not experience fatigue in everyday life. After having done our work, we should not complain about tiredness. No matter what difficulties we face, we should be able to adapt to them with an energetic desire to overcome them harmoniously.

We may from time to time feel exhausted after work, but this should have faded away after a short rest or a night's sleep. Mental fatigue should also be foreign to us. By constantly changing our minds about things, including our ideas and plans, our occupation and place of residence, our partner, and friends, we are in an unhealthy state. At all times and under all conditions, we should be in a strong state of physical and mental equilibrium, yet flexible enough to respond immediately to changing conditions and approach the new environment with a spirit of adventure.

2. A good appetite

Throughout our daily lives, we should have a good appetite, a healthy desire for everything we encounter: Desire for food, eroticism, activity, knowledge, work, recreation, experience, health, freedom, and happiness. Limitless desire is a manifestation of health, while limited desire is a manifestation of disease. There is no progress, no development, and no joy and pleasure without appetite, without desire. Therefore, in order to maintain a great appetite, we must be careful not to become over-satiated. We should satisfy only 80% of our appetite when we feel hungry, so that our stomach is not completely full. Oversaturation decreases our appetite and gradually slows down our metabolism, mental and physical activity,

along with our thirst for life. That is why we should always feel a little hungry. There are different rules for top sportsmen and athletes before a competition because high-level sports practice is an extreme behavior. The preservation of emptiness within us is the secret to developing an endless appreciation of life.

3. Good Sleep

Good sleep is not synonymous with long sleep but means sleeping deeply for a short time. Having good sleep is the result of energetic physical and mental activity, while “awake”. As we sleep, we are constantly dreaming. However, we usually do not remember our dreams while “awake”. Nightmares, blurred dreams, and fragmentary dreams are all signs of physical and mental restlessness. When such dreams occur frequently, it is a sign of impending mental illness. Likewise, when we have frequent nightmares, the same forces are at work in the physical and mental realms when we are awake. As a result, we are surrounded by groundless suspicions, imaginary enemies, and other conceits that turn our lives into a battlefield. By eating a macrobiotic diet, we will never be plagued by such dreams. Occasionally, we may have a dream that comes true, that is fulfilled in reality, for example, when we are shown a new discovery in a dream, when we speak with the spirits of our ancestors, or are warned of a natural disaster, or receive guidance as to where our path will lead us. Thus, when we do not have dreams – or only truth dreams – we are seeing the true circumstances. We can then learn how to remember our dreams. We can also learn how to interpret our dreams in the right way.

4. A good memory

Our memory is the mother of our judgment. Without being able to retain in our memory what we have experienced, we would not have judgment or the ability to evaluate the changing circumstances of life. A good memory serves as the foundation of every mental activity. They all emanate from memory and return to memory.

In this context, it is important to know that what we remember is not stored in our physical brain, but in the universe itself. Among the different areas of memory are the memory of names and numbers, the memory of landscapes and events, where we came from and how we manifested in this world at that time. Most important among these different areas of memory is the memory of spiritual destiny, for with its help we can understand the meaning of our lives and the present and develop

an infinite appreciation of the past and a boundless aspiration into the future. A good memory – the ability for us to stay in sync with the realms of memory in the universe – is an essential prerequisite for a meaningful life. Not only does changing the way we live improve our memory for past events and everyday things, but it also improves our memory for our spiritual destiny. People sharing the same food also understand each other better. With the progressive improvement of our health condition, we discover that we can easily understand each other and find it easy to work with people who share the same diet, despite their different backgrounds and upbringings. Whether we are aware of it or not, the reason for this understanding lies in the common, universal memory of infinite oneness.

5. Never be angry and never be envious

If we are enjoying good health, we should never be angry throughout our lives. Being in the infinite universe and all in harmony with our environment, there is no reason to be angry or envious. We understand that all people, all things, all phenomena – including our troubles, illnesses, and enemies – serve a complementary function. Anger reveals our limitation, our lack of comprehensive understanding, of patience and perseverance. The ideogram for anger in the Far East describes it as the spirit of a slave. There is another word for anger that means acute illness of the liver. Angry in Eastern medicine is associated with liver dysfunction in the same way that other major mental and emotional reactions are associated with dysfunction of other major organs. People incapable of coping with changing circumstances often become very agitated, while those who know how to adapt do not become angry or envious. Being healthy means the ability to accept all situations with a smile, to recognize opportunities in difficulties, and to turn enemies into friends.

6. Being full of joy and awake

For an active and productive life, we must be able to respond immediately to the constant changes in our environment. Life consists of a continuous series of such reactions. We should be able to express ourselves accurately, move quickly, behave in an orderly manner, and think clearly. Our reactions should be full of joy and humor. Our facial expressions should be cheerful and optimistic, expressing our positive thoughts. We should exchange greetings with all people we meet. “Good morning”, “Good evening”, “How are you”, “Thank you, good” we should communicate with a smile. Just like the sun, whose light and warmth all people receive, so should our

presence radiate joy and happiness to all people. Joy is the natural result of good health and good nutrition.

7. Infinite gratitude

We should know, as manifestations of the infinite order of the universe, that all people and all beings are brothers and sisters who accompany each other on the journey of eternal life. For us, it should be quite clear that in reality there is nothing that opposes us. It should also be clear to us that the difficulties we face emanate from an underlying disharmony in our way of life. A state which can be changed and transformed into its opposite in a peaceful way without conflict or suffering. It is when we are healthy that we feel an infinite gratitude for the order of the universe and all its manifestations. Health means being able to gratefully accept everything and the willingness itself to give without hesitation – our ideas, our possessions, our activity, energy and even our lives, even to all the people from whom we have received. Even when we are ill, we are in a healthy condition if we are aware of the cause of our illness. It is for this opportunity to learn to feel gratitude and, with an attitude of endless gratitude, to place our destiny in the hands of nature. By the same means, we can be free from physical or mental symptoms of illness. If, however, our lives are not filled with a deep gratitude, we are not healthy and whole people in the true sense of the word.

2.2 What is disease

The answer is not difficult. In the words of Epictetus, "It is man's own fault if he is not happy." There are many people who are unhappy or think they are unhappy. Only a few agree with Epictetus. Those affirming him are realizing that their own fault is the ultimate cause of their unhappiness. I like to say, "If man is not happy, it means that he has consciously or unconsciously violated the law of nature, the order of the universe, because his highest judgment is clouded."

What has a beginning also has an end. It is the disease that leads us to health!

If one makes a mistake in the choice of therapy, for example, by entrusting oneself to symptomatic medicine, this is the starting point, the beginning, which always

ends at an opposite point, the end point, the principle of health, which is nothing other than the reality-based view of life and the universe.

The disease is the guide that leads us to this perspective. It is the infinite itself. For this reason, we must not brutally destroy such a guide. We must not destroy the disease. It is our guide. It is not our enemy; it is our friend.

We must not look for the cause of illness and feeling in the physical body. Every illness and feeling has its cause in the soul and in the consciousness and is directed and communicated by the consciousness. Every illness always emerges first in the soul and consciousness and is noticeable only afterwards in the physical body and never vice versa.

Whenever possible, why should we avoid disease names such as cancer, diabetes, Parkinson's, multiple sclerosis?

After all, we consciously want to leave these WHO disease-name-prisons. In that case, we should not continue keeping them alive ourselves.

Thousands of patents on disease(s) exist. Let's take a look at just a few:

- Patent on Zika "**virus**" (ATCC VR-84)
- Patent on SARS "**virus**" (US patent 7897744)
- Patent on BSE "**virus**" (US patent 0070031450 A1)
- Patent on swine flu (CA patent 2741523 A1)
- Patent on H1N1 "**virus**" (US patent 8835624)
- Patent on AIDS "**virus**" (US patent 5676977)

Surely every symptom needs a name, right? No, symptoms should not be given names.

Symptoms should be described in as much detail as possible without pigeonholing them with names. Or can the body only heal a disease if it knows the name to it?

The human body is the marketplace of the pharmaceutical industry. But only as long as it is sick!

Headaches should be precisely described without attaching the name “migraine” to them.

Migraine is a pigeonhole with drugs to match. Cell proliferation should be described accurately without attaching the name “cancer” to it. The only thing we have to do for headaches and cell proliferations without a name is to find the cause. In most cases, the cause can be found within a wrong way of thinking, leading to a wrong way of behavior and certainly to a wrong nutrition and intake of vital substances. To change our attitude and beliefs, we do not need migraine medication. Proper nutrition and staying away from the satanic realms is sufficient as well.

People have a choice whether to devote their attention and energy to scenarios of how powerful the satanists are and how terrible the future will be... or they can devote their attention and energy to scenarios of how much more powerful the angels are and how beautiful the present may already be.

The energy always follows your attention.

Knowing this is enormously important for health advisors when talking to patients and explaining the diagnosis.

This is where the course is set as to whether the patient will sink into the nocebo mindset and remain ill or rise into the placebo mindset and heal.

Let us train our consciousness to know ways of healing without drugs.

Healing is always through consciousness, the power of the mind. Whereas for the physical body, natural nutrition will remain the ultimate way. Yet, without the right consciousness, even the best natural diet cannot work fully. First in line for healing should be the placebo attitude. And that IS the task of a true “natural healer”, to guide patients towards this attitude. Only afterwards should he give nutritional recommendations.

If I consciously don't invest my energy in my health and say, “God” or “nature” (or whatever you may call it) takes care of everything for me... I am embedded in roses, I am a light being, my soul can heal everything..., yes then you are really quite seriously ill. Such arrogance is always punished with illness. One should better say: I also take responsibility for my physical body and take care of it. All other is a dis-

respect to the Great Creator. And when I choose health, I do not only feel physically healthy, but I am also spiritually healthy. Because a healthy mind and soul always chooses the path of health, salvation, peace, joy, and gratitude.

Physical food is only for the physical body. The spirit does not need physical food. The spirit lives on spiritual food. However, the physical body cannot live without physical food. Thus, as long as we are incarnated in a physical body, it is our task and duty to feed the body with healthy food. If we do not understand this or are ungrateful for this gift, the Great Spirit sends symptoms to our physical body to show us that we have become careless and should correct our attitude.

If conventional medicine merely suppresses these symptoms without bringing about a change in attitude, these symptoms will keep coming back. In fact, the longer they last, the more severe they become. Until we recognize Mea Culpa and correct our attitude.

Now we can find our way back to health!

2.3 The cause of disease(s)

The greatest change has taken place in the way we eat. Dietary changes have resulted in widespread social change throughout every period of history, especially from the late nineteenth century to its present day.

We are transformed food

By far, nutrition includes not only what we drink, eat, and excrete (physical nutrition), but also what we both receive in feelings and transmit or excrete in emotions (mental nutrition), and also what we receive and transmit or excrete in thoughts and wisdom in our consciousness (spiritual nutrition). Changing the way in how we eat goes hand in hand with transforming our physical, mental, and spiritual state. A change of body, soul and mind leads to an altered, social and cultural expression as well as to personal health and individual development. A change in diet precedes a change in human history. In the past, changing natural environmental conditions primarily brought about a change in diet. However, since the end of the nineteenth century, change in dietary quality has largely been the result of technological inter-

vention in the processes of farming, cooking, and natural food preparation. Recently, the change in dietary patterns has been characterized by the following features:

1. Loss of the food staple

Whole grains, the traditional “bread of life” of all earlier civilizations, have been rapidly losing importance as a staple food relative to other food categories. Part of this transition has been the refinement of whole grains into polished grains and the mass production of extraction flours.

2. Increased consumption of animal foods.

There has been a substantial increase in the consumption of meat, poultry, eggs, and dairy products, to the extent that they have displaced whole grains, pasta, flour and other cereal products from their central place in the modern diet. Moreover, the quality of animal foods has deteriorated massively due to inadequate factory farming and the consequential use of artificial feeds, and as a result of the processing of animal products and the use of chemicals, hormones and other artificial agents.

3. Increased consumption of sugar

White sugar, brown sugar, molasses, dextrose, and other refined sweeteners continue to be consumed in record quantities and are being added to many cooked and canned foods, along with artificially produced sweeteners such as saccharin, aspartame, all of which are either chemically synthesized or imported from entirely different climates.

4. Changes in vegetables consumption

The modern age is characterized by the mass production of certain vegetables – deliberately chosen by the “nutrition industry” – such as potatoes and tomatoes, equally intentionally misnamed “night-shade vegetables”. In truth, these are “night-damage vegetables,” while daily consumption of traditional vegetables has declined. With the widespread use of chemicals in agriculture, as well as canning, freezing, and the use of artificial preservation methods, thereby allowing convenient long-term storage and long transportation, the quality of most vegetables is degraded. Nowadays, we can virtually not trace any urine sample that is not contaminated with glyphosate.

5. Changes in fruit consumption

Growing wild or natural fruits have been displaced by uniform (monoculture) hybrid varieties cultivated and sprayed with chemical agents. The consumption of fruits treated with sugar, preservatives, and other additives, as well as that of preserved and frozen fruits, has increased, whereas the consumption of fresh and naturally dried fruits has decreased. At the same time, the modern fruit juice industry has emerged, mainly using frozen concentrates and other heavily treated products, together with sweetened and artificially colored liquids that contain no fruit at all.

6. Change in legumes consumption

People traditionally used to meet most of their protein needs with vegetable protein such as beans and bean products, eating them along with grains and vegetables. At present, vegetable proteins are mainly used for livestock feed and are no longer produced for human consumption.

7. Occurrence of harmful foods

Greed for material wealth (money and thus power) gave rise to modern supermarkets, drive-in restaurants, vending machines and “junk food” meals. Instant convenience foods, sodas, candy, ice cream, coffee, and other excessively fatty, oily, sugary, salty, or highly flavored foods and beverages that are energy-explosive or sensory-stimulating, but of little nutritional value, have often displaced healthy and wholesome foods such as whole grains, beans, and vegetables from the daily menu.

8. Changes in agricultural practices

Over the past century, the increasing mechanization of agriculture and the increased use of chemical fertilizers such as pesticides, fungicides, herbicides and other “yield improvers” have drastically changed the quality of crops, as well as that of meat and meat products. This is the result of studying “agriculture” at university rather than in nature. These educated “theory experts” presume to want to improve nature and teach practical farmers how to improve nature’s mistakes. It is the consumers who pay the bill with their health.

9. Change in salt quality

Within the last few decades, refined sea salt and rock salt, from which nearly all mineral compounds except sodium chloride and trace minerals are removed, has displaced natural unrefined sea salt and rock salt. In consequence of this change,

and due to the lack of other natural foods such as whole grains and vegetables, which also provide minerals, mineral imbalance is now widespread.

10. Change in vitamin consumption

Humans used to consume vitamins and minerals as part of a balanced diet consisting of whole foods. In a nutshell, as a result of commercialization, which has become the driving force in the production, processing, and sale of food, the modern food system has lost the ability to maintain human health and secure the future of humanity.

The irony is that modern mechanical methods of agriculture, mass production, and artificial production of food require far greater energy inputs than traditional methods and are therefore much less economical. The necessity of machinery, equipment, fuel, artificial fertilizers and pesticides, chemicals, transportation, preservation, freezing, packaging, labeling, and advertising drive up the price of modern food. For one unit of food energy to be produced, the modern food industry and agriculture must invest three to thirty times as much energy. Such excessive use of energy to obtain less energy is completely against ecological principles. This makes the farmers dependent on credit institutions, also called banks (bigger machines, barns, stables), and on the pharmaceutical industry (hormones, artificial fertilizers, epidemics in the stables).

Needless to say, most of this wasted energy is obtained from natural resources, namely from various types of fuel, such as gas and oil, from radioactive elements, and from mineral ores for equipment and machinery production. This means that in the modern economy the loss-making energy policy, which, combined with other energy uses, contributes to environmental degradation, and will eventually lead to the depletion of natural resources within a short period of time – possibly before the middle of the next century, according to estimates – is constantly continuing. If we are to avoid such a crisis, we must either develop other, renewable sources of energy or radically change current methods of food production and processing to use energy-saving and natural biological means. Doing so would also require a drastic reduction in the consumption of meat and other animal products, coupled with a shift in dietary emphasis from animal to plant sources of protein and fat (beans, bean products, fish, and seafood).

From a nutritional scientific point of view, the changes in the modern diet can be summarized as follows:

- A drastic increase in the consumption of simple carbohydrates found in sugar, fruit, milk, and dairy products, and a decrease in the consumption of complex carbohydrates found in whole grains, beans, and bean products.
- A drastic increase in consumption of animal protein from sources such as meat, poultry, eggs, and dairy products, and a decrease in consumption of plant protein from sources such as whole grains, beans, and bean products.
- A drastic increase in consumption of saturated fats, which are primarily found in the various animal foods, and a decrease in consumption of unsaturated fats, which are primarily found in vegetable oils.
- A drastic increase in the consumption of highly low-fiber, fatty, oily, creamy, or floury products and a drastic decrease in the consumption of high-fiber foods such as whole grains, beans, and fresh vegetables.
- A drastic increase in the use of synthetic chemicals in the form of fertilizers, insecticides, preservatives, emulsifiers, stabilizers, and artificial colors, as well as a degradation of natural quality, natural texture, colors and odors, and natural flavor.
- A dramatic increase in the use of artificial additives such as vitamins, minerals, hormones, and other supplements, as reflected in the rise of the vitamin industry, and a reduction in the consumption of whole foods that contain these nutrients in natural, organic form.

2.4 The development of disease(s)

All physical, mental, and spiritual diseases are closely intertwined and undergo a similar progressive development. In the same way as many branches and leaves spring from a single root. In fact, there is no disease that develops independently of all the other diseases or disturbances of equilibrium from which a person suffers. The symptoms, no matter how numerous and varied they may appear, are all interconnected and interrelated, their underlying causes being virtually the same. Often, what modern medicine considers to be the cause of a particular disease is merely a symptom that develops into a disease and not the true cause. If we are to remedy

the disease, we must study its origin and root causes, and not just suppress the symptoms and other superficial manifestations of the disorder.

As an example, let's have a look at high blood pressure. A well-known fact is that this causes the arteries and small blood vessels to constrict, requiring the heart muscle to work harder, and eventually to become pathologically enlarged. These manifestations, however, are only the physical symptoms of high blood pressure and not the causes.

One can limit high blood pressure within certain limits with the help of medications and other symptomatic measures, but without a change in lifestyle, including daily diet and attitude to life, it cannot be cured from scratch and will sooner or later recur in a more severe form.

Let us consider another example: suffering from physical and mental exhaustion in anemia due to a deficiency of iron, minerals, or certain vitamins. For the symptomatic treatment of this disease, it is necessary to eliminate the respective deficiency with the help of minerals, vitamins, supplements in the form of capsules, tablets, injections and so on. Applying this method, it is possible to temporarily relieve the symptoms of anemia, but without a simultaneous change in the daily diet and a re-orientation of consciousness, it is not possible to prevent its recurrence. In all disease(s) – physical, mental, and spiritual – we distinguish four factors in their development:

- **Symptoms**

Symptoms represent the manifestations that we usually refer to as illness. They are expressed as unpleasant, abnormal body reactions such as pain, dizziness, itching, fever, cough, vomiting, etc.

- **Conditions**

Underlying conditions cause the various symptoms. Referring to the above example, the high blood pressure is caused by the veins, the development of the disease is caused by constriction of the vessels and capillaries, and the enlargement of the heart muscle.

- **Causes**

Each condition has underlying causes found in the various aspects of our physical and mental tendencies, especially in the general quality of the blood.

▪ **Origin**

The causes of disease – both our general physical and mental tendencies, and especially the quality of our blood – originate in our daily habits, including diet, physical exercise, mental activity, and our general worldview. In other words, all disease(s) originate in our lives as a whole.

I will summarize these areas one more time:

Symptoms are caused by conditions, conditions are caused by causes, and causes are brought about by the origin.

symptoms = what we see or feel

conditions = the physical and mental state

causes = the quality of our blood

origin = our consciousness

Rather than practicing symptomatic medicine, we should instead correct the causes of these symptoms. By using disease names, the differences between symptoms and causes are obscured. The symptoms are falsely declared to be disease(s) and not the ill causes.

2.5 The progressive development of physical symptoms

Generally speaking, the development of the disease(s) follows the following pattern:

1. Phase: General fatigue

Feelings of physical and mental fatigue are at the beginning of the disease. In many cases, this condition is accompanied by muscle tension and stiffness, frequent urination and increased sweating, temporary constipation or diarrhea, and brief periods of feeling cold or warm. The recovery usually takes only a short time of a few hours to a few days with adequate rest, good sleep, proper diet, or sufficient exercise.

19 Conclusion

It is our divine destiny to be happy, and to live completely free and healthy lives.

We will not lose anything by doing so – except unknowingness – and continue to gain every form of knowledge. We will make wonderful progress on our spiritual journey and be able to enjoy it!

Gratitude is one of the most powerful energy sources and has a powerful force of attraction when it comes to our resonance field. When we share our gratitude, we encourage one another and strengthen our positive beliefs and inner balance. We can also inspire one another and, together, open the doors to the source of strength – gratitude.

All the best – remain in peace until the next – here and now.

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About André Blank

André Blank is a certified naturopath, shiatsu therapist, certified nutritionist as well as an author whose philosophy is to help people eating healthy and living a healthy lifestyle.



In 2007, he founded Vivoterra® AG and began importing organic Japanese delicacies such as traditionally made and cedar barrel aged soy sauces, miso products, seaweed, etc. He is the founder, owner, and CEO of Vivoterra® AG.

André Blank then created the website Vivoterra.com, currently one of the leading websites for natural health. Among the main topics are nutrition, natural medicine, fitness, healthy recipes, do-it-yourself home remedies and natural health knowledge.

André Blank has several in-depth educations (Bern, Zurich, Paris, and Vienna) in the medical field. He has been involved for many years in the training and sale of special surgical equipment in visceral surgery for operations.

He has grown up practicing InYology (teaching of Yin and Yang). Not only has he learned about the natural order theoretically, but he has been living it in practice and theory since he was born.

In his early days, his father was already the head of a karate school. As a four-year-old he learned Zen meditation from his father – which they practiced daily. By the age of 5 he started Judo and later Karatedo and Aikido.

André devotes all his energies to the study of InYology (the teaching of Yin and Yang and the order of nature) in practice and theory. He is particularly engaged and studying the fields of Consciousness, Far Eastern Philosophy, I-Ging (Laws of Transformation), I-do (Natural Medicine), TCM (Traditional Chinese Medicine), Shokujo-do (Nutrition), Ryori-do (Healing Cooking), 5-Qi Transformations, Shiatsu (Healing Massage), Zazen, Martial Arts (Aikido & Karatedo and many others).