



UBERMENSCH

UBERMENSCHHEIT: BECOMING A SUPERMAN

The following health protocols consist of a distillation of research and experiences over the course of a decade or two. The author's work "Hell-th: Stairclimber to Heaven or Elliptical Path to the Abyss" explains his journey along the broad and winding path that led to this waystation. Perhaps this is not the destination but is nevertheless a draught of nourishment for weary travellers along their own personal journey. That this is a mere waystation and no destination the document is presented in a relatively unstructured form without index and has no beginning or end. It will undoubtedly be added to and subtracted from as the journey continues and knowledge is gleaned through experience.

principles of fasting

#1: the more restrictive the fast the more aggressive in its purifying influence: eg. fruit diet 'fast' vs. distilled water fast; the latter is much more purifying and healing, more effective in all respects. It is also more difficult physiologically/'sensationally' as unpleasant feelings caused by cortisol secretion leaving self feeling weak, lethargic, anxious and disoriented depending on the degree of internal toxicity. Therefore recommend gradually introducing fasting as follows: i) meat eaters--->temporary vegan diet ---> fruitarian diet(possibly inclusive of cooked vegetables);

principle #2: the longer/more restrictive the fast the longer the phase of return to the normal diet

AGING

cells pick up defects=aging (DNA teleportation); block teleportation=identity preservation
bacteria/microbes also(eg. chemtrails)

psychotronic generator/crystals/bones--->amplifies morphogenic field(DNA telepathy)=+life force

REPTILIAN CONSCIOUSNESS

hierarchical thinking; aggression; conflict; division; lack of compassion; ritualism

DETOX

activate skin to eliminate toxins during fast. 'elimination cycle':

- 1) exercise (blood flow)
- 2) tonic (massage)
- 3) cryo ('cold' phase closes blood vessels, hot opens)
- 4) homeostasis

fractalized hologram of everything=Self

HGH (human growth hormone)---produced only in sleep (before 2400/0000hrs(midnight))
nightwork--->can't change circadian rhythms=shortens lifespan

caffeine contains methylxanthine=thinning of bones

<caffeine also is chemically related to strychnine and is a nerve poison; poisons the heart/makes you 'heartless'>

Left brain: dealing with world(logical lattice/bitmap/blueprint work imposed on reality)

Right brain: integrative/participatory

cause of disease: TOXICITY

toxins can be broken down to: hydrogen; carbon; nitrogen; sulphur--->combine with
Oxygen=detox toxins can't live in oxygen rich environment as anaerobic micro-organisms
H₂O₂(ozone) oxidizes above=clean air

chronic pain= symptom of low voltage make new cells:

50mv=reduces toxins; H₂O₂; O₂; vitamins/minerals/amino acids chronic disease=~ability to make new cells

physical causes of disease:

nutrient starvation; sleep deficiency; chemical toxicity; injury; PH imbalance; proliferating pathogens; toxic bodily responses; oxygen scarcity; emotional states; EMF

negative ions=life(negative charge)--->pathogens can't take negative charges;

balance=negentropic(opposite of entropy)

BRAIN

Right hemisphere

Left hemisphere

verbal linguistic

transduction holistic/metaphorical info transduction[logic;math;cause-effect]

[imagery;art;dance;intuition;subjective;spontaneous;holistic;dream imagery; creation of imagery]

Left side of body(eye;nostril; Right side of body(opposite side)hand;bodyside;ear)

detox HERBS:

liver: milk thistle; dandelion root; licorice root; agrimony; wild yam root; barberry bark; bearsfoot; silymarin

kidney: marjoram; cat's claw; comfrey root; fennel seed; chicory herb; bearberry; gravel root; marshmallow root; golden rod;

HOW TO COUNTER PSYCHIC VAMPIRISM/VAMPIRES:

'finger interlock technique': thumb+middle finger, both hands interlocked; imagine light sphere; eyes focused on region of pineal gland

ENGRAM=electrical impression in brain

photic stimulation(light flickering and colour) in alpha/theta range=reduces anxiety, increases relaxation/mental clarity,etc. (strobe lights of varying freq./flicker rate); also called photic driving add sound=sonic driving=audiovisual integration

MIND/YOGA:

wu-shin: ('no-mindedness', sun tzu); zen-style meditative technique involving cessation of discursive thought/internal dialogue through concentrating attention on the ajna chakra(third eye/pineal gland) between eyes and seeing through the visual field of sense data(if keep eyes open); crossing eyes assists somewhat to mechanically shift attention via sensory feedback loops to this region; eyes shut works best; best position if zen pose(on knees) or mountain pose(standing erect), fingers avoiding contact to minimize sensory input from extremities, tongue on hard palate(roof of mouth)to increase activation of region; neutral spine; nostril breathing with mouth shut; breath retention optimal to build up CO2 in blood circulation and create greater nerve stimulation/nerve force generation through internal pressure

CLOTHING:

bodily apparel is multi-factorial in its utility: warmth; mechanical protection; comfort; fashion; psycho- social/magickal influences. The 'most for the least' principle of economicity obtains here, ie.clothes are necessary to wear in most cases in society, therefore their utility should be maximized/optimized in all respects to suit as many beneficial purposes as possible for the individual.

The following presents various examples/recommendations of apparel that serve most purposes for the above/average person: [sources for all: thrift stores; hand-me-downs; garage sales; military surplus supply stores; used via internet, eg buy and sell]

temperature: coldest weather: goose/duckdown filled clothes(parkas/snow pants/face masks, etc.). Duckdown is less expensive. Exterior should be heavy cotton twill or wool, etc.), possibly treated with waterproofing for wet weather. 'milsurps'(military grade surplus) are best quality but incur possible social stigma with certain groups(PC libtards, trendoids,etc.)

fur/leather mitts: lining should be exterior, and contain additional inner layers; goretex gloves with polar lining)

boots: mukluks/snow boots ideally with rubberized bottoms(feet) and goretex material for waterproofing. thermal underwear(long johns): merino wool,etc.; wool socks(outer); cotton/nylon(inner); snow goggles optional

note: dressing in layers increases warmth via convection.

wet weather: waterproof garments(pvc lining/goretex exterior or similar fabric); shoe covers(rubber) hot weather: brighter clothes deflects heat, darker absorbs heat. Light linen/cotton/silk is best. A few clothes as possible should be worn at all times tailored to prevailing conditions(social setting; temperature; environmental threats/hazards,etc.)

Hazard gear: stab/slash proof gloves(kevlar; semtex; or similar fabric); with leather exterior ideally extending beyond wrist to protect arteries. Gloves that protect against needle stabbing also available. Kevlar lined jacket/clothes for same purpose and to prevent abrasive effect of falls,etc. colours: for magickal/psycho-social influence of different combinations amplifying/modifying effect of colour fabric/texture: influences mood in different ways depending on person(something to keep in mind in inducing certain states/mood alteration) weight: influences mobility as well as mood

mobility/stretch: based upon principle of specificity(specific purpose require specific things) the garments should suit the task.

Enhancing mobility through garments. As most athletes/martial artists practice, loose but not baggy, light weight, somewhat stretchy fabric that is breathable non-abrasive and feels good/not at all detectable on skin is best such as cotton, silk, etc. Also increases elastic/kinetic force through elastic cuffs or tucking pant legs into socks and jacket/shirt into gloves is desirable. This works through placing pressure on tendons which augment the stretch/shortening cycle of muscular contraction via feedback loops in the golgi tendon organs. Pressure activates tendon/muscle complex which increases electrical activity and speeds nerve transmission time

and hence contraction enabling one to act more quickly. Wearing a belt or tucking the shirt into pants/shorts has a similar effect activating trunk musculature.

BED:

earth bed via copper wires to outside ground, preferably in/through moving water source to increase voltage

-drape EMF shielding fabric/tent around pyramid to buffer EMFs from cell towers/wireless routers/electronics/dirty electricity from wall/electrical outlets/machinery-have water flowing in surrounding environment

-ensure bed is away from above as far as possible

-place orgonite pieces(preferably pyramids) underneath/around bed according to sacred geometric/feng shui protocols

-surround bed with plants(= increase oxygen/chi/prana/vril/orgone/odic energy)

-run negative ion generators 24/7 and keep windows open as much as possible

-have alternate bed(as above) with South polarity magnets to stimulate body

copper: necklaces; bracelets; chain/wire around waist(inside pants touching skin or inside money belt made of silk etc.)

Energy medicine/healing equipment:

O₃/plasma generators: this type of machinery destroys pathogens in the atmosphere through binding with them

-kills bacteria, pathogens both external/internal to physical body.

-O₃ dissolves in water and is absorbed through drinking/assimilating water external application: atmospheric cleansing/germ/bacteria/pathogenic destruction

recommended usage: ozonation of water for internal application: bubble in desired quantity of water 5 minutes minimum:

1) neti pot: 'amaroli neti' once sinuses are clear of mucous pour O₃ water into sinuses'.

variant: a) plug lower nostril and retain to allow diffusion of O₃ into brain and head. Sensation points to efficacy/reality of absorption of O₃ into cerebral tissues<caveat: may be dangerous>.

2) drink a)post; b)with straw while bubbling for maximal absorption

3) rectal insufflation: a) bubble ozone internally via enema attachment to existing liquid administered to colon(eg.water,teas,etc.)<caveat:can be very dangerous;not recommended>

MAGNETISM:

create magnetic field around body to increase longevity/vitality/healing.

Greater strength/quantity of magnets=greater effect

type: neodymium rare earth magnets=most powerful; those shaped to conveniently apply either polarity(North or South) for intended purpose; preferably flat with rounded edges effect:

North: sedation; calming; drains excess energy; caveat: potentially depletes vital energy

South: stimulates; activates; adds energy; caveat: potentially augments tumerogenesis(tumours)/carcinogenesis(cancers)

applications: on objects:

South pole on plants=growth; on water=+energy/voltage; on bed=energizes/stimulates

on bathtub=magnetizes water or on taps(at end) with funnel=vortexes water, increases voltage through movement(hydroelectricity)

on body=magnet on heart strengthens; increases virility if sit on; right side of neck=decreases blood pressure; on temples=reduce psychosis; schizophrenia; epilepsy; on crown of head=increases melatonin/human growth hormone; forehead with North pole at base of skull=increases psychic awareness

North pole: opposite effect

magnets in shoes=increase magnetism in soles

CLEANING:

(internal/external applications):

Uv light; plasms(allegedly stronger; degrades environmental pollutants; spores; bacteria; fungus; chemicals)<Jorg Lans von Leibenfels, 'Theozology' wherein is discussed UV light and certain kinds of radiation as a mechanism of spiritual development>

CLEANING(internal/external):

UV light; plasma(allegedly stronger degrades environment pollutants spores, bacteria, fungus, chemtrails)

POSTURE:

move to circulate blood/prevent calcification of tissues

standing: rock hips side to side; front to back; hula hoop(increases peristalsis); bend trunk from mid section; bend from lumbar spine; side to side; neck: side to side; front to back; jaw: side to side; thrust forward; squat on huanches: remain sitting on them; repeat: squat up<--->down; swing right leg--->left leg and revers; bounce on balls of feet; evert/invert feet; wiggle toes; alternate hand squeeze with hands extended; raise arms over head; alternate elbow flexion/extension; pronated/supinated; stretch arms behind head, leg behind body; bend at

waist/extend trunk with arms behind back; head erect---

>remain in posture; fold arms behind back: right over left and vice versa; place hands behind head in similar posture; shake hands; hand circles clockwise/counterclockwise, opposite direction so they move towards each other; bounce lightly on knees

head should be positioned over shoulders with spine in neutral position(normal curvature), neither lordotic(arched back) nor kyphotic(stooped forward)

READ:

left<--->right eye only (reading backwards letters/words,right to left, etc.): activates opposite cerebral hemisphere (right brain)

ENVIRONMENTAL/XENOESTROGENS:

BPA:

receipts; stain resistant clothes; epoxy resin; CDs/DVDs; dental filings pthalates: shower curtains; toys; vinyl floor; lubricating oil: shampoo; raincoats

PBDEs(poly bromated diphenyl esters): 'flame retardants'; couch; chair; clothes; insulation; mattresses; computers

triclosan: toothpaste; hand soap; mattress; towels; cosmetics

BRAIN:

forebrain shuts down when in anger/fear state

midbrain=classical/operant conditioning(stimulus--->-response)=susceptibility to mind control

SUNLIGHT:

UV is proportional to Cancer; vit.D3 requires UVB not UVA sunglasses=no(causes scleral damage)

how: no UV light. UV light needed to produce melanin to protect skin; sun exposure only when exposed to UV light

through windows=no; filters out UVB; destroys vit.D3 in blood

lack of sunlight=MS(multiple sclerosis); myelin sheath destroyed(in nerves) sun exposure guidelines: when(before) skin turns red; sunburn=bad

UV radiation index=myth you acclimatize to sun; increase cholesterol=increase vit.D3 synthesis

sunlight on genitals=max.testosterone(200% increase); 120% increase on back and chest time: before 1000AM and after 1500PM summers

create sun shelter in winter

sungazing: morning with rising sun(stare briefly into sun; look aside; repeat 5 minutes)

DIABETES:

cause: overworked pancreas(beta cell burnout):

too frequent meals

decrease fat and protein; reduce simple sugars/caffeine/stimulants;

reverse: increase insulin receptors(exercise/sun)=increase insulin sensitivity/fasting

hypoglycemia: fat coats cells' insulin receptor sites=no glucose availability; fat absorbed via lymphatic system--->thickens blood+prevents O2 delivery to cells<a debatable and dubious claim>

excess insulin=excess cholesterol deposits=atherosclerosis=degeneration of capillaries=blindness/ deafness; haemorrhaging; clogs internal mucous lining; blocks hormone entry insulin secretion is proportional to fat generation=craving/weakness proportional to hormone sensitive lipase refined starch=cell damage(excess insulin)

protein consumption is proportional to insulin needs=insulin resistance/type 2 diabetes 'diseases' that are actually diabetes: heart disease; cancer; arthritis; MS; alzheimers; parkinsons; dementia

cellular metabolism('life'):

glucose+O2(high G.I.=best) maximum efficient utilization=maximum life

fat: paralyzes activity of insulin=increased blood sugar/thickens blood carbs: brain; nervous system; RBCs; kidney cells; preferred energy source

protein: clogs basal membrane of cells= decreased oxygen + nutrient uptake; keep at basic level (no more than 30 grams per meal)

NUCLEAR RADIATION:

symptoms: confusion; vertigo; colds; depression; low energy; weakness; anxiety; hysteria; insatiable hunger; nervousness; aching joints; memory loss; feeling of unreality; explosive behaviour; rheumatism; tiredness; mood swings; sore throat; hot/cold flashes; loss of willpower; gastric distress/G.I tract/bleeding; extreme headaches; immune system failure; sinus infection; nosebleeds; loss of neural networks='zombie states'(no executive function).

shelter: indoor central rooms away from outer

walls/windows/basements/bunkers/caves/sewers; 3-4 feet underground/earth/stone/concrete/
heavy metals above fallout: 2 weeks underground elimination:

hormones: DHEA; melatonin; foods: starches: brown rice; vegetables: broccoli; alfalfa; fermented; cruciferous(cabbage; brussels; broccoli; turmeric; kale; green leafy(swiss chard; spinach; dandelions); sprouts; kelp/dulse; wheatgrass; herbs: cilantro; basil; rosemary; spices: ginger; turmeric; ginko; seed: pumpkin; sesame

substances: chlorophyll; vitamin A; bee pollen; resveratrol; baking soda(1/2 tsp 2 weeks max); potassium iodide tablets; epsom salt(foot/bath/ingest); clay/mud(skin packs->sun->rinse off);

clay(internal): bentonite; zeolite; diatomaceous earth); external: foot/bath; zinc; selenium; algin/ alginates; plantain(internal/external); aloe vera; vit.a/b/c/e; pectin; lecithin; vegetable gums; binders/emulsifiers; sea water(internal)

BASTI/ENEMAS:

yoga/age old natural hygiene technique for colon cleansing/absorption of nutrients directly into the bloodstream via veins through osmosis

yoga technique: mula bandha(activates muladhara chakra; initiates development of kundalini serpent fire to be worked up to higher chakras/energy centers/

-blood/internal organ and tissue purification depending on substance absorbed

two modalities: 1) flush; 2) retention; latter=absorption/circulation around bloodstream through absorption via osmosis

retention procedure:

a) flush colon with water/urine(1.5lx1-2times) using enema bag in bath tub-->step out and expel into toilet(if weak perineal muscles/unpracticed possibly use colema board over toilet); repeat if necessary

b) absorb tea/substance;retain; remain in tub an dmassage side to circulate blood.Liquid should not be more than slightly warmer than body temperature(use back of hand to test prior toadministration)

-variations(see liver herb list for specific effect desired)<caveat:recommend against any retention enemas as possibility of sepsis/septic shock; also insulin shock w/ caffeinated beverages as caffeine is absorbed directly into the bloodstream via the bloodvessels in the colon>

water used(same as to be drunk): shungite/other stones(negative ions/different resonances); magnetize water(neodymium magnets); add silver(either bars or preferably .999 silver bullion) &/or gold; always vortex prior to consumption stirring rapidly clockwise to generate energy(speed up 'time flow' as with a clock/confers energy)

distilled+ structured+magnetized+vorticized=best

condition: perform once to twice per week after defecation; back to back once per month with 10 minute interval;warm bathroom; lie on folded towel on back; lubricate/insert tip; absorb; run plasma/ozone/negative ion generator+possibly infrared sauna simultaneously

optional(called 'rectal insufflation'): bubble ozone from ozone generator prior to administration(caveat: not directly into body as dangerous).

Ozone oxygenates tissues internally; deep cleaning & killing all pathogens. Used to purify water and as an insecticide in Europe("flood you body with oxygen", McCabe).

(retention herb list; caveat: not recommended as potentiality to cause septic shock/sepsis/bowel irregularity):

energize: green tea; herbal teas(eg. rosehip,etc.); kola nut; ma huang; guava leaf; oregano; dessicated citrus peel; rosemary; mustard; ginger; ephedra sinica; fennel

strengthen: shilajit; garlic; horny goat weed; oatseed/straw; saw palmetto; fennel seed; fenugreek; caraway; turmeric; ginger; tribulus terrestris; rosemary; guggul; cardamon; MACA root; epimedium; photi; wild yam; tongkat ali(longjack); dill; sarsaparilla root; pine needles; celery seed

detox/calm: dandelion; valerian; camomile; chapparrel;

DEFECATION:

conventional 'western' toilet: causes strain and eventual colon cancer through incomplete elimination and retention of faecal matter in colon leading to putrefaction & chronic obstruction(sepsis, etc.). Use: elevated toilet stool(~18" high;can be homemade out of wood); user should squat and compress the abdomen with the thighs to fully excrete waste matter and eliminate the obstruction. This increases longevity/energy as v(vitality)=p-o but reducing the 'o'(obstruction) it increases the 'p'(power) and thereby the 'v'

Bidet attachment: as the name connotes it is prevalent in Europe('Bidet') and in all civilized nations. To properly clean the anus and debris via water spray. Eliminates waste of T.P and deforestation. Costs nothing financially as he can be hooked up to plumbing via toilet. Most important feature: maximal cleanliness. How does rubbing chemicalized paper on yourself clean you? What kind of chemicals are used in toilet paper? Alternative to this(or absence of proper attachment) a pot can be used; fill with water and clean with hand; wash hand. however repugnant this may be to some it is better to be as clean as necessary than have unnecessary excrescence adhering to the body.

G.I tract/digestion/excretion

digestion;; cold food=putrefaction; cold liquid=cancer; decreases digestion; no drink 30 minutes prior to food or 2 hours post

4-5 hours between meals; eat less; chew more; hydrate; O2(oxygenate); room temperature(hot=squamous cell carcinoma/G.I tract/mouth cancer; cold=decreases digestion/stomach cancer);

decrease fat; increase carbs

elimination:squat position: no stagnation of faecal matter in colon therefore no polyps; IBS; ulcerative colitis; diverticular disease; colon cancer

colitis: no soluble fibre; spices; sugar; caffeine ;fat

RADIATION:

microwaves

'electrosensitivity': headache; earstrain; tearing; fatigue; weakness; vertigo; sleepless; drowsy; moods; irritable;sexual problems; myocardial pain; trembling(eyelids/fingers/tongue); increase

cancer risk/central nervous system damage; organ damage

ELF: exhaustion; fear; violence; sexual aggressivity; change in cellular chemistry; hormonal changes; control DNA transaction process

Smart Phones: dopaminergic(taps into associative learning pathways)

'why people 'love' their cell phones: synesthesia(cross-sensory phenomena; audio-->visual and vice versa)

increase insular cortex activation(associated with love/compassion); entrainment=increase stress(addition to email/.social network checking=increase stress=feedback loop=addiction) SMA(supplementary motor area activation:use visual/motorcortex'touch pad';visualizing) microwave radiation: interferes with decision-making capacity; chronic stress; low efficiency;

cataracts; heart attacks; malignancies; circulatory problems; permanent deterioration of the nervous system; diminished and disposition to consideration of new ideas(closed minded); increases drowsiness and depression; emotional distortion; passivity

CANCER:

cancer=survival mechanism; fungus

causes: low body temperature; DHEA: pregnenolone; no/low mitochondrial energy production "cancer does not cause the person to be sick, it is the sickness of the person that causes the cancer."

-poor self-image; unresolved conflict/worries; past emotional trauma

acid environment: cancer cells have mutated to neutralize trapped metabolic waste; lactic acid; uric acid; urea and ammonia

re: Dr.Leonard Coldwell, "The Only Answer To Cancer"

"the benignity or malignancy of a cancer in fact depends on the capability of tissular reaction of a specific organ expressing itself ultimately in the capability to encyst fungal cells and to prevent them from developing in ever- large colonies"

tumors: sodium bicarbonate(baking soda); oral--->G.I tract; enema--->rectum; 6 days on 6 days off

<dose? 1/2 tsp/time>

skin cancer(melanoma): 7% iodine tincture; spread on 1x/day 20-30 minutes each time chronicdiseasewhenyoulosetheabilitytomakefunctionalcells=cellwalldeficientfungidamage ATP cause=lowvoltage

LONGEVITY:

telomere lengthening: DHEA increase; antioxidant increase; free radical; decrease: no hormone overproduction: inharmonic colours; noise; no sun; indigestion; cold climate;

constipation/overeating; air pollution; environmental estrogens; chemicals no toxemia crises: overeating; anxiety

no enervation: overactivity; noise; radiation; extreme climate; overeating; sexual excess; vaccinations; toxins; stress; rapid detox;

chronic disease: retention of toxins

no congestion: mucous-inducing incompletely metabolized food

WATER:

source: gravity fed spring

drink: ionized(purpose: cleansing body tissues; rids one of positive charges; boiled for 15 minutes such that O₂ penetrates); ozonated; distilled:(removes calcium from the body but most purifying/detoxing); absorbs CO₂=acidic environment; hard water= increases longevity;

R.O.S(reverse osmosis water)=acidifying

formula: shungite+gold+silver+plant leaf in sun on orgonite; stirred prior to drinking; magnetized/O₃/distilled elimination of chlorine: 1)boil); 2)set in sun;)filter

water type: prioritize: 1) spring water from reliable spring--->2)distilled water--->3)R.O.S water (reverse osmosis)

MOUTH:

PH=key; acidity(grains/refined sugar/honey/dried seeds/fruits/cooked food/unripe fruit/fluoride/animal products); less chewing=less saliva=increased residue/bacteria=decay;also less water=less saliva=greater acidification

plaque caused by acid PH

nutrients needed for health teeth: vit D₃; silica; vit.A; magnesium; phosphorous; calcium; flourine;

K₂; vitamin C; amino acids

chewing decreases stress hormones

further causes of tooth decay: hormonal imbalance; gum disease/periodontal(bacteria in blood--cavitations from maxillofacial surgery/wisdom teeth extraction; possible bone fragments=bacteria=cancer) triggers liver to produce c-reactive protein=blood clot formation which affects heart(=attack)=chronic inflammation

protocols: post 45 minutes to 1 hour after eating:

1) rinse mouth with water(distilled)--->2)brush with solar panel toothbrush on 45 degree angle against gum line and all surfaces of teeth, back and front--->3)rinse/spit--->4)floss--->5)rinse--->6)oil pull (olive oil) 5 minutes--->7)rinse with water--->8)swish with edible clay

(calcium/magnesium rich variety)

dental work:

root canals=cancer (the preservation of necrotic tissue in a living body=bacterial colonization/spread); cavitations: if filings obtained and can't cure naturally: no metals filings as they interfere with the body's electrical system picking up emf: porcelain or non-BPA filings only

Teeth and Meridians:

front 4 teeth(top and bottom) --->urogenital system(adrenals/testes/kidney/pineal/bladder)canines('eye teeth') --->gallbladder;liver;pituitary;eyes

premolars(top)/molars(bottom)--->large intestine; thymus;pancreas;lungs

upper molars+lower premolars--->stomach; thyroid;parathyroid;kidneys;pancreas

wisdom teeth--->heart; adrenal glands;blood pressure(improve condition ofsame)

teeth: keep mouth closed(nostril breathe; normal breathing refer to previous 'MOUTH' section; gum stimulator enables anchoring of teeth and prevention of gingivitis)

SANITATION/PURIFICATION techniques:

Skin: largest organ of detox. recommend shaving body hair for cleaning/detox problem: skin cells; debris/clogged pores;

solution:

3 x per week a)stiff scalp brush+loofa+ alternate days with 3 baths per week with exfoliating cloth over total body surface[exfoliates skin/opens pores/enables detox/sweating/gas exchange];b) pumice stones; c)sun exposure[post exfoliation]; d)heat/seat/infrared sauna[enables natural acids to clean skin/detox dermis by oxidizing fat cells and secrete sweat]; d)cardio[sweat=detox]; e) oil massage from periphery to center of anatomy to heart detox/cleanses of waste matter; vasodilatory effect=gas exchange/waste removal/brings blood to periphery of skin/circulates it; breaks up deposits; ; f)violet ray plasma device; g) air bath[gas exchange];(toe and finger); clip regularly cutting across to avoid hangnails; rub oil into nail beds/cuticles to nourish and cleanse skin via free fatty acids(antimicrobial/bactericidal)

cartilage: i) movement[secretes synovial fluid/lubricates joints]

ii)force/load bearing exercise[cartilage stiffness is proportional to load; stiffer=stronger; similar to muscle] iii)vibration[transmits force through crystalline structure]

bones:i)movement/stress/force/impact/vibration/pressure[increases density; stimulates RBC production/movement via increased metabolism/mechanical pressure

ii)(cf. nutrition) remodels bones

HAIR:

though considered by many self proclaimed 'gurus' as an 'extension of the nervous system' enabling psi power/remote viewing capabilities recommend shaving off/cutting as easier to clean Self. nose hairs: use trimmer

esophagus('food tube'/stomach/G.I tract: amaroli(auto urine therapy); occasional fasting(24-36 hours)

intestines: citrus juice; O2 based cleanser(magnesium oxide powder on empty stomach); clay; activated charcoal; fruitarian diet occasionally; colonic hydrotherapy(back to back enemas no need for 'professional' services)

LIVER:

'liver flush' recommended by prominent 'gurus'(such as Andreas Moritz) is a scam as what is expelled is saponified olive oil and is therefore not recommended

-liver is the major organ of detoxification; functions mainly between 2200-0200 hrs mainly when people are encouraged to poison themselves by consumption of alcohol which is a nerve toxin which destroys every cell it contacts

-meals eaten later in the day obstructsoptimaldetoxification should be prior to1700

ideally nutrients for detox:

herbs: dandelion; supplements: MSM; malic acid(from apples); proteins: chlorella; bee pollen; legumes; juice: citrus; raw beet juice/powder

LUNG:

major organ of detox

always nostril breath/belly/'full' breathe

breath holding=tissue saturation with oxygen+blood vessel massage nostril breathing breaks up arteriosclerotic plaque; do pranayam breathing prio to eating

cardio facilitates the above+habitual practice which must be consciously learned if not entrained in early life('keep your mouth shut')./swaddling of children(cardio helps for deep breathing)w/ 3rd eye meditation

TESTICLES:

recommend no ejaculation to conserve fluid as related to nervous/brain tissue; consequence of conservation=retention of you/longevity; greater strength/energy supply,etc; reabsorption of components into body=no waste of elements

tantric yoga (auto or other)

<caveat: benign/malign prostate hyperplasia/hypertrophy/prostate cancer if no ejaculation? minimize to 1x/week maximum>

anus:

bidet attachment/'pot'

shave (to eliminate/minimize residue which generates bacteria) oil(from basti: lubrication of enema bag tip=antimicrobial/germicidal) cf. 'basti/enema section

GENITALS:

exfoliating cloth(scrub)--->oil

AMAROLI/SHIVAMBU/AUTO-URINE THERAPY:

(not recommended as potentially causes infections; also claims to therapeutic value probably exaggerated)

purpose:-'auto-vaccine'; internal microorganisms create antibodies/antigens/antitoxins excreted via urine; reabsorped=vaccine highly specific to own biology and pleomorphism or pathogen/viruses in body

-re-absorption/re-use of nutrients; hormones; enzymes=increase longevity/health through minimizing metabolism

components:

melatonin=anti-aging/calming

-urokinase=vasolidation

urea=anti-viral;(converted into glutamine via ammonia)=increased immunity

-reduces pressure on brain and spinal cord

-anti-carcinogen

-germicidal/antiseptic

-salt: cleanses mucous membranes+laxative; detaches wastes/draws water into intestines; removes surplus sugar from blood; draws toxins from veins

-cortisone

-diuretic: accelerates flow of substances(eg. uric acid) out of body

-cleanses kidneys

-purifies blood stream

-biological transmutation/sympathetic resonance:

urine=liquid hologram containing crystalline vibrations; purpose=healthy body resonance through positive feedback/forward loops; rectifying ailments through this vibrational information=homeostasis/authenticity

shivambu/'waters of shiva'=urine purification/detox/ hormonal nutrient recycling(kriya yoga) see reference section for sources

purification/detox: anticancer agents: dehydroepiandrosterone(a male anabolic hormone); uric acid/urea(antibactericidal): destroys worms; cleanses gastrointestinal tract; male hormones conducive to antiaging; DHEA serves as a powerful testosterone booster as deepening of the voice and sensation post consumption confirms as well as increased vitality and energy

-also facilitates perpetuation of life through furnishing substance generated by oneself; recycling of own substance enhances personal resonance can maintain identity over time(DNA/energetic signature reabsorbed)

-protocol prescription:

1) mouth swish/rinse daily 1st in morning; rub on eyes

2) neti(using neti pot or cup or spoutpouring in one nostril and out other tilting head to side); cleanses sinus; tear ducts; eustacian tubes of mucous and debris much better than water because of uric acid contained therein. Recommend to finish with water to prevent possible infection <warm distilled:1-2 cups in neti pot-->

3)basti(enema):i) purge ii) retention(retain indefinitely to the point of absorption if desired expel 30 minutes later, cf.'basti'section)

4) drink: most important to absorb hormones/nutrients; recommend 2x250ml/day

SANITAS(sanitation/cleaning or specific areas of body):

EYES:

a) sun gaze(to side of sun early morning allowing solar rays to enter into pupil-> activates pineal gland & energizes body/brain

b) kriya yoga

c) pinhole glasses(read simultaneously; don't wear glasses as weakens eye muscles=weak eyesight)

d)-eye problems are typically caused through different shape of eye ball; only wear glasses when essential(driving, etc.)

-sunglasses: filter out UVB and cause macular damage; sun gazing doesn't but is natural (not recommended however as may cause macular/scleral damage)

-eye glasses: glass lenses if must be worn as plastic deteriorate over time worsening eyesight especially if 'coated'

EARS:

a) earplugs:prevent entry of debris;enable/facilitate'inner peace'through shutting out extraneous noises: 'the stinking breath of the mob'

b) hydrogen peroxide in dropper: i) lie on side 10 minutes allowing H₂O₂ to 'sink in'; ii) flush ear with bulb and warm water letting wax fall out; iii) repeat with other ear; iv) repeat monthly; caveat: cut tips; ear wax 'pokers' impact ear wax in ears and possibly damage eardrum, etc.

NOSE/NOSTRIL/SINUS:

trim hair with nose hair trimmer

-neti first in morning

external environment purification/sanitation:

dishes=vinegar+hot water+scrubber--->drip dry<environmentally friendly internally and externally> atmosphere: plasma/negative ion generator/ozone generator; sunshine(antimicrobial); fresh air/oxygen; plants: generate oxygen

EATING:

ozone to cleanse vegetables; bubble in water

silverware/plate: anti-microbial/germicidal; transmits nano particles into body to perform similar function

-no need to 'clean' silverware as self-cleaning(argentum an element in the periodic table)

.925 sterling silver no silver plate as off gases nickel or other alloy/base metal(copper, etc.)

ceramic knives: no heavy metal/chemical contamination with fruit acids etc. caveat: chipping

PREPARATION OF FOOD:

A) raw: exposure or 'raw, ripe, in season, organic' fruits and vegetables to i) astral light: solar radiation/moonlight(especially when waxing)/starlight(certain astrological conditions, certain influences; eg. venus prior to sunrise)

b) magnetism: positive ions on bowls/containers increase voltage adding energy to fruit/vegetable c) to soften raw vegetables: i) boil hot water and pour over veg. In glass container; seal and leave for 30 minutes or ii) use crock pots/cook pots(glass bake ware) for regular fare and add to steam raw produce after-->seal

B) regular cooked:

soak all grains/grasses (eg. millet/buckwheat)/legumes minimum 24 hours to soften germination/sprouting of the above increases nutrients many times but is time consuming

-sugars in above must be dextrinized for optimal assimilability meaning adequate temperature/duration of cooking necessary to convert starches into sugars(dextrinization=dextrose) and adequate liquids(water) must be used

-cooking with water-most efficient as more viscous and substantial liquids impede proper dextrinization although thin vegetable juice broths and low sugar liquids(eg. cabbage juice, etc.) are possibilities

ORGONITE:

see 'orgone accumulator handbook'

what: orgone=prana=chi=odic force=ki=bio-energy=magnetism=astral light=vril

orgonite: material/physical structure created through layering of organic and inorganic matter fused together through proper methods that creates a piezo-electric effect therefore increasing bio-energy within a certain radius proven through kirlian photography and one's own intuition materials:

organic: beeswax; fibreglass/polycarbonate resin and hardener; candlewax; clay/mud inorganic: iron oxide/metal powder(aluminum; brass; copper,etc.); powder shaving dust(sand/clay); crystals

equipment: i) mold(preferably trapezoid-giza pyramid proportions with capstone removed; invokes energies; otherwise pyramidal)

ii) lubrication(olive/coconutoil,etc.)

iii) heat source(if using wax/clay inoveniv)stirstick

optional additions: magnets; tesla coils; copper/aluminum/other; crystals(appropriate) embed these within structure ideally centered and oriented in appropriate direction(emitting energy) desired.

1) mix up organic melted matrix and 2) place in mold;3)add things as hardens to desiredlevel

orgonite ideas/types:

a) food/charge plate(use deep dish as mold=plateeg.1+"x6-12")

b) orgonite blanket: multilayered carbon steelwooland i) wool; ii) cover with nylon/silicon exterior; iii)sew to compact materialstogether

c)

mattresspad:followb)abovewithmoresolidmaterialsand/orlayerseg.latex;cork;wood(always metal and organicmaterials)

d) orgone pads(as above cushoin etc.);

e) orgone accumulator box:i) small(like aminirefrigeratorforenergizingfood;i)large:mammalia/sentienttityenrgizing

f) earth pipe: purpose: tapping into electromagnetic fields of earth; transmitted along trajectory of pipes:how:1) 1 1/2" copper pipe 13" long; 2) tape one end closed; 3) tape wire pipes together; 4) stand up with taped eneds at bottom; prepare double pointed quartz crystals wrapped in copper wire(creating tesla coil); 6) 2-3 mixed liquid organtie into each; 7)drop crystals in pipe; 8) let cool; 9) add more orgonite; 10) stick in ground; wire to earth if desired with copper wire preferably into flowing water(utilizes hydroelectricity); if still in doubt of legitimacy/actuality of orgonite think of lightning rods;chembusters: same as charge plates only

for breaking up chemtrails(earthpipes also have this effect if directed towards chemtrails); place outside; preferably trapezoid/pyramidal structure;tesla coils: metal wire spiral usually copper which harnesses energy

orgonite amulet: crystals/[semi]precious stone[s] place in metal pill capsule(from pharmacy) after filing with orgonite; wear as amulet

'odizer' food energizer: trapezoid/pyramid structure(preferably adhering to giza pyramid proportions/pythagorean golden ratio);

copper sheeting on capstone 10 % of structure; 1 side faces magnetic north

-add orgonite terminal points(double terminated crystals/orgonite pyramids in corners/capstone of pyramid);-add charge plate underneath;use bees wax/mud/clay(health reasons;to prevent off gassing of volatile([in]organic chemicals form resin/candlewax which should be reserved for outdoors if at all); neodymium(N35-N52) magnets evenly distributed along bottom= increase voltage/charge

For all orgonite recommend using only beeswax; metal powder and crystals as more healthful than synthetic/chemical resin

BED:

place pyramid frame(larger sized) as above around bed with bed placed in center following same proportions as above(giza/pythagorean) materials: iron bed frame; metal solid core door(without window); copper pipe(large enough to surround bed); orgonite pyramids and charge plates; magnets(as above as many as desired and evenly distributed on bed frame and door surface) 1)place door on frame head facing magnetic North slightly elevated; 2) place magnets 'appropriately' as above negative polarity facing up ward for reducing inflammation increasing voltage/negative ions/healing/relaxation; 3) place orgonite mattress pad up to 8" thick on door; 4) place sheets/orgonite blanket on top

POSTURE:

'alexander' technique; chiropractic; osteopathy(atlas readjustment)

daily activities: stand for 2 hours minimum ideally 3(to maintain bone mineral density)

sitting: conventional sitting in a chair with thighs at a 90 degree angle or more acute with torso upright or bent forward is contra-indicated for the following reasons: kinking the femoral artery reduces blood flow and eventually leads to thromboses, strokes and heart attacks which is why office workers are prone to these conditions in 'western' society. In japan standing desks are used and those conditions do not obtain to as great a degree. Second compression of spine through extreme pressure/force generated through itself via the pushing(not pulling) force of gravity emanating from the galactic center(or black sun/source field). This leads to degeneration of the intervertebral discs and vertebrae over time leading to sciatica, shrinking/reduced height. The pressure generated in such posture is extreme. Also wears down the pelvis

BLOOD/LYMPH:

gravity boots: lymphatic drainage, etc.; yoga technique(legs/arms over heart) blood shunting/milking technique: alternate hand squeezing russian systema spetsnaz blood shunting/ muscle activator technique:

contract all muscles beginning with calves ascending to neck repeatedly to bring blood/oxygen into tissues to awaken in morning

-trampolining=lymphatic drainage especially if arms are lifted overhead intermittently throughout the session

VIBRATION:

handheld massages/standing vibration machines/foot baths transmit vibration through tissues assisting in breaking up adipose tissue/calcium deposits in joints, increasing blood supply to area and increasing muscle electrical activity through localized stimulation of nerves. Facilitates relaxation of tissue that have excessive tone and are overly stimulated/contracted through activating other areas and creating a more balanced electrical activity throughout the region. Given that the physical body is a crystalline transceiver (transmitter/receiver)of electromagnetic fields the vibration (or disturbance of social/energy fields) resonates /radiates throughout the body facilitating its own homeostatic resonance (Aristotle's entelecheia, loosely translated as 'integrity') through feedback loops-the mind/body/spirits self- knowledge/ self-identification of itself through itself.Musical so has this effect as well as any sound waves(in fact every 'thing' which is registered in consciousness as a 'thing' is vibrational/informational and therefore a meaning conferring alteration of consciousness in and as itself). caveat: excessive use of vibration generating equipment can cause nerve damage through overstimulation (the 'white hand' people on road crews and miners get through continual vibrational overuse injury). However a briefer session daily or even multiple times per day would not be detrimental reading/studying/work postures: an addition to standing on ground(ideally barefoot on stone/slab or wood/boards/bamboo/hemp mat is to obtain reflexology mat/sandals and stand on this alternating with perhaps slightly comfortable item as above if the sandals are sharper spikes/pointed. magnetic insoles or addition of magnets to mat/sandals which increases voltage through feet

reverse: standing: enables greater circulation of blood and increased metabolic rate. This increases energy expenditure and reduced adipose tissue for sedentary people. Also enables shifting of weight which reduces calcification of joints, improved blood circulation and electrical activity/tone of muscle. The notion of varicose veins caused by venous backflow(blood flowing backward and pooling in veins which have one way valves) being caused by standing for prolonged periods is a myth-a result of sedentary life and lack of physical movement. Thus recommended is to spend most of the day standing/ moving while one works.Equipment: obtain or make(out of wood or metal) a standing desk. If this is excessively difficult at first self may transition from sitting for prolonged periods by alternating with standing periods increasing the latter while decreasing the former over time and or working in a kneeling position a la japanese kneeling desk. Eventually self develops adequate conditioning to enable self to stand for the requisite period and eliminate deleterious influence of sitting for prolonged periods. further recommendations: meals should be taken in kneeling or cross legged position on cushion.

CLEANING(internal/external):

UV light; plasma(allegedly stronger degrades environment pollutants spores, bacteria, fungus, chemtrails)

HYLE:[physical]

EXERCISE purpose:

develop the physical body into a light body and efficient soul vehicle to manifest one's destiny

-cultivate its existential modalities and create a harmonious state between itself and the subtle bodies which concretize in its form-amplify awareness/consciousness of the atma; fundamental purpose is attainment of the diamond body within the duties/parameters necessitated by the material world(Midgard) and its circumstances/conditions, ie. the development of willpower to fulfill one's destiny

modalities/faculties:

STRENGTH: i) tissues<--->ii)will(interplay between cultivating both necessary to knit together Midgard and Asgard via intensity of concentration of energy fields and their directedness/focus upon a given modality of employment.

optimal time: 1500-1900hrs: 1500-1700hrs: power/endurance/muscle(red fibre); 1700-1900hrs; strength(white fibre)

tao of physical strength:

strengthening physical structures to use/strengthen the will through nerve force development; 'the soul is developed through extreme living'

-physical force/intense emotion(concentrated upon an object)=development of willpower

(not to the following: the author recommends only doing weightlifting with mainly cables and light free weights as heavier lifting causes musculo-skeletal damage; joint deterioration and imbalance as well as excessive adrenal hormone secretion and sympathetic nervous system dominance. As aforesaid this causes joint damage; excessive adrenal stimulation and musculoskeletal imbalances over time. Efficiency is key but within the paradigm of lighter weights (80% 25repetition maximum) and higher volume (4 sets of 15-20 repetitions for 2-5 exercises 3 times per week).

-a)weightlifting schemata;[musculo-skeletal nervous system total body systems] i) force vector through axial skeleton(spinal column, hip/knee); 'vertical' from sky to earth via bony levers(skeleton) moved around arthroses(joints) via muscles via nervous system via will--->back to will=willpower

specifics: ii) heavy as possible; iii) most basic exercises; iv) least amount of time: "most amount of work; least amount of time": German overload principle/principle of energy economicity: "minimum output maximum productivity/yield"

-common sense principle: "most for the least";v) qualified by physiological ability to generate enough ATP to produce the desired training effect:speed-strength/power(olympic

lifting); absolute strength (powerlifting); hypertrophy (bodybuilding)

-type of activity ('exercise' type): related to purpose or type of work depending on desired result:

1) nerve force: a) olympic lifting (power: def. speed strength):

exercises: clean and jerk (C&J); snatch; front squat; push press/jerk; step-ups rep range: 1-3

rest period: 30 seconds-1 minute between sets sets: 8+/exercise/workout

exercises: 2-5/workout = volume (sets x reps x weight; max volume = max nerve force output = max willpower development; caveat; volume should be proportional to recuperation/rest

cycles: micro/meso/macro (monthly/quarterly/yearly)

-recommend: 30%+ weight/strength training energy (relative to overall temporal structure/goal: long term progressive strength increases, competition; maintenance---alternating work with adequate rest to create a harmonious state often called 'homeostasis')

-b) absolute strength ('powerlifting' style strength/weight-training):

exercises: deadlift (variations); squat (variations); overhead press (variations)

rep range: 3-15; rest period (more = more force output/set-ATP regeneration = max force output sets: 5-8/exercise; exercises: 2-5/workout; 2 minutes max; 30 seconds preferable as time saving/ cardiovascular benefit

cycles as above

strength/endurance/strongman: 'world's strongest man' is a good forum or showcase of this style of training as is wrestling (competitive/olympic)

recommend exercises:

w/barbell: with other implements: logs; barrels; anvils; stones; weight vests; anchors; pull sleds; cars; weighted pull trailers

waiter walks: walk overhead with barbell extended to arms length elbows 'locked out'; - take barbell from squat stands/cage to clean position (against collar bones) and jerk overhead or C&J from ground or hang position (hips extend from arms); walk: i) backwards; ii) forwards; iii) back and forth; iv) sideways, etc.

-length and weight selected depend on desired effect, etc.; longer = more balance/proprioceptive development; less intense; less large motor unit recruitment and vice versa with more weight/mass having greater effect on cartilage [stiffness]/bone [density]/increased metabolic rate/myocardial thickness, etc (as with all of the following exercises):

farmer's walk: dbells in each hand; walk around as with waiter walks; bbell on back (caveat: less biomechanically sound, possible spinal damage given forward motion and necessity to flex/bend cervical spine to accommodate bar); barbell in front of thighs (awkward movement)

1-dbell overhead snatch: from hang or ground or clean to get overhead and walk with fully extended); 'instability training'; must do with both hands in different sets to retain symmetry.

static holds: from deadlift-->hang(hold for time);

-from standing press/C&J-->overhead(as with waiter walks)

-squat: different hip/knee angle eg. 45 degree, 90 degree, etc.

the purpose of this in addition to the above is to strengthen tendons and increase joint stiffness as cartilage/joint stiffness is proportional to load; also enables heavier weight to be endured as maximal mass can be utilized

weight vest walks: heavier=less time; vice versa; eg. 0-60 lbs x 45 minutes; 60-100 lbs=10-20 minutes; 3x/week

-notes on 'crossfit' and other trendy exercise modalities:

the notion of combining exercises that rely upon aerobic energy systems(aerobic exercise)with anaerobic energy systems is flawed for the following reasons:

1) to regenerate ATP(adenosine triphosphate-'the energy currency of cells') requires adequate time. Those energy systems utilized in anaerobic exercise(exercise undergone 'without oxygen', ie. anaerobically) confer enough ATP to produce brief and intense neuro-muscular effort up to 30 seconds.ATP requires 30 seconds to regenerate. to continually produce effort('work') drawing upon ATP reserves beyond this time is impossible as no ATP exists upon which to be drawn. Given that the recourse is to hypersecrete cortisol an adrenal stress hormone that causes catabolism (breaking down)of glycogen(the storage form of glucose in liver and muscle) for energy. The demand for ATP cannot be met in spite of this meaning that the end result is an excess of adrenal gland metabolism and consequent burn out/exhaustion. Therefore undergoing exercise modalities that require heavy,intense neuro-muscular exertion ('work') beyond a brief intense period (which are properly spoken of as aerobic) cannot be sustained at the same level of intensity ceteris paribus and even at a lower level induce hypercortisolemia and concomitant adrenal fatigue. The threshold existing between anaerobic(ATP-CP-adenosine triphosphate/creatine phosphate) and aerobic(oxygen/glycogen) energy systems is the turnover point on the continuum of metabolism that switches necessitates different exercise modalities eg.load-bearing;brief intense neuro-muscular contractions/nerve force output to sustained, enduring, lower level continuous exertion. Certain muscle fibre types are utilized in each and cannot be 'cross trained' at the levels of intensity prescribed in 'cross fit' training without failure contraction for the above reasons(lack of ATP). Red fibre(slow oxidative) in muscle enables sustained contractions having a greater blood supply thereby drawing upon oxygen in circulating blood to deliver oxygen to muscle fibres for sustained contraction over time; white fibre('fast fatiguable') having poorer blood supply enables rapid,brief contraction drawing upon ATP-CP localized to contract.The two being distinct can'tbe'cross-trained'. Strongman exercises are similar as they represent an exercise modality of sustained neuro-muscular output with maximal loads. They are thus contra-indicated if adequate rest periods of minimum 30 seconds(to regenerate ATP) are not taken. However the benefits of strength endurance they confer render their inclusion in a routine valuable if undergone for briefer periods per set, or kept to a minimum(eg. walks with weight vests and other more lengthy exercises). The focus of a strength

training routine should be on speed and absolute strength relying upon olympic and powerlifting exercises in that order of inclusion. If one's goal is metabolic conditioning/the development of sarcoplasmic hypertrophy (increase of mass in the muscle cell sarcoplasm)/the infusion of blood and lactic acid into the muscle/increase of VO2 max (lung volume)/endurance the lower weight/higher rep 'pumper' style of bodybuilding routine below is indicated which can be much easier on the joints utilizing an 8-12 or even 15-20 repetition scheme.

ROUTINE PLANNING/DEVELOPMENT:

design a routine to be well-rounded, eg. incorporating different modalities of exercise: endurance; strength; agility; etc. monodimensional routines have minimal carry over to real life unless the life is monodimensional (and this could be an undue limitation to the individuals' self-cultivation/expression), ie. they could be selling themselves short).

prescription: speed strength/skilled movement(1st)

'core movements', ie. those utilizing most lean body mass and requiring most force output-that undergone

1st(eg. speed strength/skilled movements)

(2nd)

strength endurance: preferably kept separate in a distinct training period, preferably with a day of rest separating the two; accessory movements/exercises

(3rd/4th)

-those which rectify deficiencies and supplement the overall capacity of the person (such as trampolining, cardiovascular, balance; coordination; those requiring less intense exertion and those who enable a cool down period, eg. cardio for blood circulation; clearance of hydrogen ions; lactic acid; CO2 from muscles, etc.)

Beginners--->advanced trainers: number of exercises/sets/weight(eg. 'volume') would vary as would complexity; more volume/complexity with more advanced ceteris paribus not all advanced trainers require complexity, the goal should be economy (most pays off for least investment, eg. Bulgarian olympic lifters.)

Exercises:

Higher skilled movements develop the neuro-muscular coordination and greater central nervous system activation/control of physical body. Basic core exercises that establish strong pillars upon which to build:

Recommendation: all exercises be done barefoot on solid hard ground (stone preferably, though concrete can serve as a substitute). This strengthens the feet as well as more effectively transmits sensation throughout the body enabling increased control & self-awareness. Press; The goal ('the heights'-getting the bar at arms' length overhead in a lockout position and feeling its weight impinging on Self from above).

reasons: enables balance and dexterity; this facilitates 'handling' through conscious awareness, the obstacles pervading Midgard (mundane life/physical) and inevitable soul development <perfection, there is no evolution not even metaphysically just devolution and perfection> generated through the application of knowledge to human experience, ie. wisdom. The instability of the bar, the juggler's magic act, in balancing it conditions consciousness to gain awareness of that same instability and the duty as an incarnate soul to stabilize it. This is known instantaneously through the performance of the act.

Squat:

reason: enables understanding via receptivity to physical 'falling' sensation of squatting down; the movement must be controlled necessitating heightened consciousness to avoid injury/deal with threats to physical body: heightened awareness serves as the doorway through which information enters, opens the tap of information flow; This exercise forces itself upon one being a literal physical burden shouldered; understanding of what once carries is a necessity in the act of carrying: a bag of feathers requires a different response neuro-muscularly/psychobiologically than a load of iron. This is an exercise requiring constant control to avoid the sickle of saturn; a sublimation of the death drive; Self must drive the feet into the ground in the concentric movement to attain the heights(physically/topographically the 'top position' of the movement). The sinking sensation(death) is understood in the decline(eccentric movement) and must be actively resisted for survival, the continuance of the spirit in the flesh.

caveats:

squats place excessive load on the spine ; hips; and knees and have a poor return for their energetic investment. To actuate the thigh musculature for maximal muscle contractions with squats one must load the joints excessively-hence not recommended. As leg extensions (rectus femoris/vastus medialis and vastus lateralis muscle activation/sartorius-'quadriceps muscles)) and leg curls (semimembranosus and semitendinosus- 'hamstrings' muscles) place minimal load on the joints while conferring the same stimulus to the muscles they are a better alternative.

Deadlift:

reason: activates solar plexus via spinal cord and correlative peripheral nervous system employment. Truck muscular contraction initiates feedback loops that necessitate continual nerve transmission to maintain sustained contraction.

-Body must move as a unit a sun center axis point around which the limbs orient head alignment ,must be symmetrical with body with eyes maintaining centralized focus(on target) which anatomy moves as it were rotationally around this psycho-biological point. Hence it is the middle pillar unifying opposites, left/right side of body. effect: stability; enduring strength; radiation of nervous energy throughout physical body raising the serpent fire to Sol, the sun of mind. Bridges gap between sun(mind/manas/soul) and earth(feet/physical ground).

caveat: places excessive load on lumbar spine and excessive stress on central nervous system, hence overall not the best exercise for back. Rely on hyperextensions for erector spinae and pull-ups/lat-pulldowns and/or standing barbell rows

weight routines:

note; the first below routines are examples for building raw power/strength and are damaging to joints if done consistently over time. hence if to be done at all they should be done only periodically, eg. once every month; 1.5 months or 2

A: minimalist

3x/week; 1-2 exercises/session; 8-10 sets/3-5 reps/10-30 seconds rest/15-20 minutes maximum

a)(M=deads)/T=off/W=squat/Th=off/F=C&J/S=off/S=off

◦ M=deads/rows/T=off/

W=squatx2variations/Th=off/F=C&J/Press/S=off/S=off)M=C&J/Deads/T=off/

W=squatsx2variations/Th

=off/F=C&J/press/S=off/S=off

B: 'minimax/maximin' variations: ('minimizes the maximum possibility of loss maximizing the minimum possibility of gain')

8-10 sets/3-5 reps/10-30 seconds between/2-3x per week; 1-2 exercises/session; 15-20 minute max. M=deadlifts/rows/T=squats/W=press;press->waiter walks overhead/Th=deadlifts; rows/F=squats/press/S=off/S=off

recommended: deadlift variation: powerlifting; sumo; chinese(chinks);

C&J squat variations: low bar; high bar

press variations: push jerk/push press; standing press; C&J

stepups: utilizing a 16" high(approx knee height+) stable bench 1+' wide and longer than shoulder width place barbell on back and step up on bench with 1 foot then other -->reverse. The some(unilateral) or alternate legs may be emphasized

Minimalist speed-strength routine:

squats(low bar); push press/jerk(2 minutes rest between sets) repeat(high bar; low bar squats)

push press/jerk 5sets x 5reps

The above routines are designed to economize time/\$/effort (your energy) while utilizing the following concepts/principles conducive to a state of harmonious well-being in the physical and for performative capacity in most daily routine affairs.

T.U.T (time under tension)/'poliquin' principles of charles poliquin: his repackaging of the "German Overload principle"(most amount of work least amount of time): more time under tension=more volume/intensity/training effect

-goal should be to generate as much 'work'(as defined in physics) for any given time, ideally in the least period. This generates maximal force output recruiting as many motor units/muscle mass/having maximal metabolic/hormetic effect thereby economizing training time and

achieving the most beneficial training

effect for strength and general conditioning using external objects/load/mass. This applies to most practical applications of strength such as in emergency situations where speed-strength (the ability to rapidly generate maximal force output and recruit in minimal time as much motor tissues-eg. muscle, tendons, etc. as possible) is necessary. For other applications such as strength endurance (the ability to exert maximal force out put through a period of time) the appropriate training modality is necessary to apply in accordance with the principle of specificity, ie. training modality related specifically to a goal where the changes occurring physiologically/anatomically specifically relate to the effortful action, ie. are specifically 'relevant' thereto. Rest should always be balanced with exertion such that continued exertion can be upheld maintaining or improving upon physical capacity in terms of one's agility, flexibility, strength, endurance, speed, posture, nerve force, etc, The more intense the exertion the more recovery (rest) requires emphasis.

better resistance training (weight lifting) routines for overall fitness, strength and conditioning:

3 times per week spaced out as evenly as possible (eg. tues/thurs/sat): perform all exercises with 0-30 seconds between sets in sequence: <--->=superset (alternation); --->sequence

the heavier the weight the lower the reps and vice versa

day 1: legs: (superset leg curls & leg extensions reversing the order biweekly, eg. leg curls 1st--->leg extensions 2nd and reverse): 4-5 sets of 12-20 repetitions--->calf raises (machine; barbell; dumbbell alternating legs from weight plate or block)

day 2: arms+shoulders: (a giant set of antagonistic muscle groups as above: eg. biceps: alternate biceps curls<--->triceps pressdowns--->bent over dumbbell lateral raises--->dumbbell alternate standing raises= 1 set; do 4-5 of 12-20); omit forearm training as possibly causes carpal tunnel syndrome and reduces fine motor dexterity

day 3: chest+back: (superset antagonistic muscle groups: lying dumbbell flies/cable crossover--->lat pulldown/barbell rows/pullup (weighted or no)--->hyperextension; 4-5x12-20 reps

Strength endurance:

'Strongman' style exercise: the purpose of this exercise modality is to 'endure' throughout muscular exertion over time the performance of a certain exercise. it builds 'endurance' under load/external object although bodyweight can be utilized as in 'static' exercises such as remaining in a certain position while undergoing muscular contractions also called isometrics (same measure, the limbs/joint angles neither increasing 'eccentric' nor decreasing 'concentric' during the exercise). This latter was used by Bruce Lee and was popular in the early days of strength training as well as in the military. examples: plank position; '6 inches'; freestanding squat; push up position; leg raises with legs outstretched; a comparatively useless exertion as doesn't utilize normal bodily motion in 'real life'.

'olympic lifting exercises':

snatch/C&J: requires great flexibility and neuro-muscular conditioning/mind/muscle motor unit

recruitment pattern development the development of the neuro-muscular 'groove' through which the exercise is undergone. This requires a longer amount of repetitive training. Also requires proper equipment for best execution: adequately tensile barbell with rotating collars ('olympic barbell') lifting platform and shoes with elevated heels preferably made of wood.

purpose: speed strength maximal nerve force generation multiple sets of single movement enables best recovery and no delayed onset muscle soreness(DOMS)

'powerlifting exercises':

deadlift: simplest, quickest, least amount of equipment most efficacious in body systems training(neuro- muscular): force vector transmitted through axial skeleton and utilizing maximal lean body mass(muscles, cartilage, nervous tissue,bones,connective tissue). No weight belt=creation of 'weakest link', ie. lumbar spine ligaments and lower back as well as trunk musculature('muscular corset'). This equipment leads to spinal injuries which belt-less lifting prevents. The purpose of weightlifting/strength training is implicit in the name,ie. building strength through weight/mass 'lifting', eg. exerting muscular force against an external load resisting the pushing force(not pulling force)of

gravity itself emanating from the galactic center<black sun>. This enables oneself to 'merge' with the deity, 'unio mystica' nait and hadit. mechanism of attunement plucking the cosmic harp and performing a role in the orchestra of the Divine.

types of deadlift: sumo(wide stance; clean grip shoulder width apart)

ducktoe(toes close to gether angled outwards 45 degrees;wide grip hands out stretched to limits-can be hard on the knees; hips and low back and cause postural problems. Also called 'chinese deadlifts or 'chinks'); romanian deadlift(snatch grip: wide as possible; under/overhand)

performance: position self with barbell over feet in center of bar; take grip position; maintain neutral spine(neither flexion nor extension but normal spine curvature). Let fall to ground. Squeeze bar throughout, hold breath throughout lift. Lift with legs pushing into ground('through the ground' in the imagination) and maintaining maximal muscular tension(time under tension;more tension=more nerve force=more training effect). Eyes directed towards one spot('focal point').

squat:(the 'deep knee bend' of yesteryear physical culture)

purpose: similar to deadlift: stimulating/activating as much LBM as possible for least motion/time expenditure for strengthening body systems(musculo-skeletal/nervous/cardiovascular/endocrine/connective tissue, etc.) Adheres to the German overload principle and constitutes one of the fundamental pillars of a strength training

regimen which could be diagrammed as 'routine planning/development section'.

Typically self starts by stepping under a weighted barbell itself positioned on squat stands/power cage. Stand erect/shoulder across trapezoid muscles(below neck) maintaining fastness in torso with spine in neutral position eyes facing spot parallel to eye level (imagined or actual). A mandala may be affixed to wall to entrain the mind; step back unracking bar maintaining

symmetry; squat down in controlled fashion maintaining a bar path (imaginary/actual path bar travels from start to finish) within the same plane in both eccentric (descending) and concentric (ascending) phase of exercise. Rerack; wait 30 seconds-2 minutes and repeat for desired rep and set parameters. Drive feet into ground when transitioning between phases. Anecdote: Egyptian lifters do this exercise as fast as possible with 1- 1.5x bodyweight. Their goal is speed. This may conflict somewhat with absolute strength development (as in powerlifting). It may better develop the kundalini shaktipat/nerve force as more rapid rate of force development has greater effect in overall nervous system conditioning). Caveat: head must be parallel to neutral spine eyes focused on targeted object (visible or invisible).

Press: (many variants but 'push press' or 'push jerk' is prescribed)

Bar taken from racks/squat stand or 'cleaned' from hang (sometimes from ground but this incorporates erector spinae muscles over much and is best reserved for C&J movement of which this mirrors one of the phases) to clavicles with grip beginning as overhand and hands/arms then positioned under with elbows directed either forward, midway, downwards (180 degree angle from torso), the latter is best. Self then dips down and drives the bar upwards with axial skeleton starting from hip/knee transmitting force to arms which complete the movement overhead supporting bar for time if desired (as in waiter walk, etc.) Eyes are again focused on target and neck thrust forward somewhat as bar clears face preceding it.

Strongman/sustained strength:

(absolute strength; ability to continually exert force output over longer duration with maximum load of external object transmitting force through axial skeleton over most amount of body tissues thereby recruiting maximal motor units/contractile tissue (eg. collagen fibres in cartilage=increased stiffness=stronger joints=less injury=greater integrity of physical body)

exercises: farmers walk; static holds; waiter walks (all with dbells or bbells); sled pulls; implement throws; weight vest walks: i) walk for time; ii) for distance (with max weight) -- external load centered around trunk; force vector transmitted through axial skeleton).

1RM (1 repetition max) lifts: power lifts (deadlift; squat, etc.); possible static movements at certain ranges of the lift; intensity is the goal -- 'most amount of work least amount of time' = maximum force output for an adequate time to achieve desired result

-length of time proportional to weight; heavier=shorter time

note: usage of energy within the scheme of one's life should be harmoniously managed, ie. allocated in such way as to support all the purposes that enable one to attain the diamond body. This might be called 'optimization', ie. the best of all possible good things, accentuating the positive, eliminating the negative to the greatest possible extent.

-This exercise modality should be segregated from Others as builds different capacity; do on separate day if possible

-exercise/workout; 3-6 (3 main minimum); sets: 3-8/exercise; reps=1 cycle:

recommendations; 1x/week of training eg. 25% of weight/strength/training

Accessory movements/exercises:

with equipment:

purpose:

general safety/utility in daily life in emergency situations, etc.

i) neck training:

a) head harness (extension/flexion-lying or bent over) b) weight plate (extension/flexion on bench)

b) weighted helmet

c) spinal twists (with small barbell bar ~15 lbs max or broom handle etc.)

a) rotation (standing/seated)

b) side to side (one side up <---> one side down): 20 reps each medium pace; keeping torso; faster pace with lighter weight

iii) chin up/dip bars: over/underhand: wide/medium/narrow grip spacing

purpose: blood circulation; electrical activation of muscles; synovial fluid secretion (joint lubricity); collagen fibre strengthening

iv) trampoline: purpose: motor coordination/balance/proprioception (body position awareness/equilibrium maintenance); lymphatic drainage (raise hands above head extending arms periodically or throughout session); joint strengthening (cartilage stiffness proportional to load therefore impact is desirable for this purpose)

5-6 minutes per day minimum (preferably 2x per day every 8-1 hours)

v) hand exercises: a) bouncing balls: i) metal (tungsten carbide steel = heavier; chrome steel = less); ii) stone (different weights; resonances; eg. nephrite jade; haematite; schorl different influence on body/mind/spirit) iii) bells (inside) = greater dexterity developed to avoid tinkling ('gypsy touch')

vi) spring squeezers (hands): a) 'oldtime' (multispring rectangular frame); b) '1spring' v-type <hurts wrists>; c) eagle claw type (wide grip)

vii) pinch pins with weight attachments; vi) pinch

weight plates, etc.; hold for time; use select fingers to develop specific muscles etc.

NON-IMPLEMENT TAO of PHYSICAL STRENGTH:

static exercise: maintains/sustained conscious control over physical body: static squats; fingertip pushups (dynamic/static: strengthens fingers/bones/joints//wrists); 'jumps' ('plyometrics'); 'dynamic tension' exercises (sustain musculature contraction in various limbs)

dynamic: walk on tiptoes; balls of feet (widdershins/clockwise/back and forth/outside of feet-inversion/eversion); acrobatics/gymnastics

-internal organs; skin; eyes; energy centers; gums; teeth, etc. (see appropriate sections).

CARDIO:

large muscle group(eg.thighs/legs; shoulders/arms/chest) continuous movement repetitive

% of heart rate maximum(HRM): 45%+

purpose: greater than normal respiration(inspiration--breath in; expiration--breath out) is achieved; that blood is circulated at a more rapid pace; that heart rate increases/blood temperature increases/perspiration occurs(secretory toxins)/gas exchange(CO₂/O₂) occurs at a more rapid rate and greater volume thereby oxygenating tissues and clearing away waste/secrete synovial fluid in joints/ increase electrical activity in muscles/ oxidization of adipose tissue(eg. fat loss). The above enables the purification of the physical vehicle and enables greater concentration; metabolic efficiency; detoxification/clearance/elimination of wastes(via sweat/water vapor/CO₂/H⁺[hydrogen ions]exhalation] recommendation: 30 minute session 5x/week minimum with the same amount of regular walking daily if living a sedentary lifestyle; 1 day of rest/week maximum

modalities:

with equipment; elliptical(upper/lower body=increased metabolic boost/physical capacity); recumbent cycle(easier on spine/perineum than cycling); stationary cycle(less so and can also cause testicular cancer and impotence through crushing the blood vessels in the perineum shutting off blood supply to the genitals; also wears down the perineum); stair climber; treadmill(running); bicycle(racing bike=faster); rowing machines(not as continuous/rapid paced;/ too much muscular tension/ resistance to enable more rapid movement without undue strain)

without equipment: brisk walking; running(hard on joints; recommend barefoot on dew, grass under sun)time: morning in fasted state between 0600-0900 or when convenient according to schedule/purpose of individual

-sweating profusely and continually should one of the main goals(eg. of detox).

ZARYADKA(joint mobilization exercise):

This is similar to tai chi/qigong and is derived from a ukrainian surgeon Nikolai Amasov. all movements ~30+reps following one another ad sequentia(in sequence) without break; approximate time: 15-20 minutes

Intend to go as fast as movements can be performed without undue strain. Purpose: secretion of synovial fluid/muscular electrical activity/blood circulation/lymphatic fluid circulation/prevention of joint calcification/development of corresponding movement patterns: stand throughout

- 1) neck:i)side to side ii)extension ←→ flexion iii)rotation(left ←---> right);
- 2)clavicles(shoulder girdle): i)forward; ii)backwards;
- 3)cervical spine(hands across chest): i)forward ←--> backward;
- 4)thoracic spine(arms pressed against side): left ←---> right(side to side);

- 5)(widen stance): lumbar spine(hands sliding on out thighs): left<--->right(side to side);
- 6) birch pose(Yggdrasil)/arms outstretched: left<--->(spinal rotation);
- 7)(crook elbows spinal rotation): left<--->right;
- 8)(bend elbows/rotator cuff/alternating up and down opposing arms motion);
- 9)shoulder/arms rotations: i)forward ii)backward(in opposite directions)
- 10)(bend over at waist, hands extended as blades):
- i)extend arms alternating up<--->down;
- 11)(bent over still; cross arms): i) out<--->in right over left ii) left over right;
- 12)(standing erect) cross arms over chest: as above 11)i)/ii);
- 13)(bend elbows; as above);
- 14)double punch(space ghost punches);
- 15) (drop hands to sides;opposite motions):
- i)elbow flexion/extension(blade hands); ii)supinated hands
- 16)(possibly locate supporting object if need to balance against): i)right leg--->left leg(bent knee flexion);
- 17)repeat with knee extended(martial arts kicks);
- 18)leg extension to side: right--->left leg;
- 19)knee extension to front: right--->left;
- 20)(bent over) mule kicks: right--->left;
- 21)foot rotations: i)clockwise; ii)widdershins: left-->right recommend: daily between 0500-0900

WORKOUT ROUTINE examples further:

zaryadka(a Ukranian term derived from Nicolai Amasov): 30 reps per ea. joint in natural plane of motion from head to feet: neck->spine->scapula/shoulders->elbows->hands/hip->knee-

>feet; rapid pace continuous throughout all joints: 7x/week: walk: 2x30min V 1x45min.- 1hr./day;

4x/week:cardio(see below):

5x/week:BWR(iff no weights otherwise omit) 2-3on1off3on1off V 5-6on1-2off pattern; brisk

hand squeezers→trampoline(5+min.)→BWR:(med./wide)pull-ups<→pushups:3x20;15;10->(med./ wide)pull-ups<→pushups:3x20;15;10→>(med./wide)pull-ups<->pushups:3x20;15;10->broomstick twists/side rotations->2x20-30->pushups<->pull-ups(alt.)->hang/side-to-side(for

time)->spinal twist->neck:supine/flexion->prone/extension:1x100->side/rotations(2x20;10)-><>neckbridges-><>weightless static squats at 90° or other angle for as long as necessary; walking up stairs/hills(long strides); load-bearing(iif[]): farmer's walk w/ weights+<> overhead; marches w/ pack/weight vest

YOGA routine(+read V meditate): stand: arms behind back(? on spike sandals)<->hands over head(diamond pose)+mudras; sit/kneel: zen;folded;lying: supine: lotus(legs crossed); corpse(legs straight);prone: cat stretch(back arch)/superman

Martial Arts: ad libitum

Weightlifting: purpose: strength, metabolic conditioning<preferably omit as overtaxing on the nervous and other body systems>

means:highest intensity/shortest amount of time/fewest number of sets/volume; 1 exercise per muscle group(see below)x6 sets of 8-12 reps full ROM(range of motion)

+superset(alternate sets of exercises) antagonist muscles(eg.Chest+Back):

Schedule:2 days off---on--off--on--off--on 1 week off every 9 weeks

1st day: Lower Body(Legs: Quads+Hams; Calves);->1 off day-->2nd day: Chest+Back+Hams->1 off day-

->3rd day: Shoulders+Arms: (bis+tris)+Quads+accessories Exercises:

chest: decline dumbbell flies; cable crossovers; pec deck;back: pull-up(weighted using dipbelt); dbell row;

cable pull inbiceps: alt dbell curls; alt.dbell hammer curls;triceps: pressdown; skull crushers;shoulders: bent over flies; (alt.)cable raisesquads:sissy squats; hack squats; dbell squat; hip belt squat; roman chair squats;hams: Romanian-stiff- legged deadlifts;calves: dbell; calf machine;forearms: wrist curls(flexion— extension); wrist rolls

Cardio: a)Steady-state cardio: 20-30 minutes at brisk pace or b)HIIT(High intensity interval training): 5 min warm-up+5 min cool down for all: egs. a) 30 sec on:30 sec recovery(x6 sets);1 min on:1 min recovery(x3 sets) ;5 min steady(hard)--->5 min recovery- ->5x20 sec intervals

References: "The Physics of Fitness", Doug Brignole

DARK SIDE OF STRENGTH TRAINING:

The light side is what accords with cosmic/natural law, ie. harmony(attunement with the sum total); Dark side is the inverse, namely ego-driven vanity and self-absorption. The credo of the modern age: 'demon et deus inversus', the degeneration/materialization of culture including physical culture: from productive strength development and 'being all you can be' in accordance with your True Will to self-genuflexion, status seeking and superficiality: 'max. muscle/min.fat'; capped teeth; tanned skin; 'bigger, stronger, faster': qui bono? For what purpose and why?How long, how sustainable in terms of acheiving the diamond body and the surrounding environment(mental/physical/social.natural)? The image of the steroidal bodybuilder gorging himself every 2-3 hours, injecting cycles of synthetic hormones; consuming fat loss drugs; spray

tan on the skin, etc. Contrast this with any healthy/string person from 100+ years ago--who lived longer/better? why? The former bears no resemblance to the latter spiritually or materially. The mass monster bodybuilder is the embodiment of beast consciousness, the classical olympian the embodiment of the consciousness of the gods.

Commentary on team sports:

benefits: creation of hive mind/ubermensch/collective consciousness; rule-based activity; subordinates individual to collective; merges individual with collective; creates followers/creates leaders; physical talent and its expression restricted to adherence to rules and apparently trivial purpose(eg. throwing implements in hoops/holes/nets, etc.)

detriments: all the above when used for a negative purpose cultivation of physical capacity should work towards attaining the diamond body

MARTIAL ARTS: "Arts of War":

purpose: self-discipline[cultivation of willpower; strength; agility; physical capacity directed towards self-defense and other-defense; Love under Will [ie.True Will]]

style: given that society now(assuming temporal linearity) is not a society from 15th century japan or 8th century China or India or Ireland or Germany etc. it behooves the aspirant to adopt a martial arts style or styles that accord with the present aeon and all of the conditions relevant thereto. This the individual must decide

recommendations: arts which are meta-physical as well as physical: which condition/develop the will and energy bodies as well as versatile applicable skill sets to street level practice/emergency circumstances: ninjutsu; kung fu(dim mak and othervariants)

emphasis should be on developing the martial elements of consciousness, invoking martial energies to subjugate physical threats qua threats a.s.a.p. brief contact if any and only if necessary and to the extent of its necessity. "Deadly force to combat deadly force"-the extreme of natural law principle of counter- violence. cf. law enforcement force continuum charts

practicality: brief contact=striking martial arts(ninjutsu/kungfu); centrifugal force based (aikido/judo/hapkido); uses opponents force; joint locks(jiu-jitsu); weapons: knife; baton; cane most encounters are brief

advice: carry weapons on hand at all times; use only as above indicated(eg. self-defense in accordance with natural law against violence initiated by others) or to combat deadly enemies

note: positive law[the law of the state] is not Moral/Natural/Cosmic/Divine law

-disregard all laws when beneficial to your higher purposes; the right of self-preservation supercedes all others; the state and its agents are not'god'

-the individual is sovereign and can develop his own capacity--no martial arts 'guru' is necessary

Vegan arguments against animal products:

chicken/eggs: formeldehyde in feed

[red]meat: [joint] inflammation; sluggishness; fat; +estrogen(gyno,etc.); acidification; dark circles under eyes; toe pain(sulphuric acid/gout); (heme) iron=excess oxidation; arachidonic acid; meat phosphorous=acid buffered by muscle/bone calcium=osteoporosis; White blood cell+; +immune reaction+heart palpitations; excess fat=diabetes(type2)

butter: nauseous flavour/estrogenic

fish=lou gherigs' disease; mercury(especially in larger)

DHEA=prostate cancer vitamin D3=sun

low back pain= no blood flow to discs because of

+fat fat=toxins/estrogen

cholesterol: studies 'proving it healthy' based upon 'average' people not vegans
eggs=choline=TMAO; fat; gyno; estrogenic; tight chest; mucous; joint inflammation

counter arguments against vegan: healthy animals=no problems; ph might not be as severe an issue an issue-the body regulates its own ph somewhat; too low acid=lack of ability to digest food; lack of hydrochloric acid

<recommendation: follow 'Pflicht zur Gesundheit'('Obligation to be Healthy' routine below)>

SLEEP:

20/2100 hrs

temperature: max 70 degrees fahrenheit decrease EMF/electrical devices off slightly elevated

head=magnetic North(northern hemisphere); magnetic South(southern hemisphere)maximumoxygen24/7

pyramid cage around bed(see BED section)wake:04/0500

sleep alone(DNA teleportation); biorhythm=constant waking tired?=sleep earlier in day not extend sleep to next

fluid: none 2 hours prior to sleep/hot bath: 2 hours prior outdoors on ground=best

TESTOSTERONE PROTOCOL:

eat before hunger; smaller meals; moderate protein

vegetables:brassic(garlic; cabbage; turnips; onions; brussels; kale; swiss chard; broccoli) herbs:
ginger; tongkat ali; hoshu wu; rosemary; turmeric; tribulus terrestris; cardamom; radix astragalus;

MACA; epimedium

amino acids: glycine; glutamine; taurine

vitamins: A(25kiu); E(400iu); C; B minerals: zinc; boron; selenium; calcium; magnesium

minimize: fluoride; caffeine; basil; mint; soy; licorice; PUFAs(polyunsaturated fat); cumin; dill; fennel; celery; fenugreek; marjoram; caraway; thyme; cilantro

exercise:

time: short/intense; low rep; med-high sets

type: olympic/.powerlifting; heavy compound multi-joint most lean body mass; sprint(minimize slow long distance cardio; no greater than 25 minutes); competition/victory; reduce mental/physical stress(cortisol)

lifestyle: low bodyfat; sunlight; stress resistance; sleep: 8 hours

TOXINS:

general symptoms: shoulder blades(tight); stomach(upset; overeating); mucous(stuffy nose; congested throat); skin(sallow; aged; lined); eyes(bloodshot; crust); tongue(coated; acid/bitter/salty taste); head(unclear; aches/pains/dizziness; headache; temperature; no/low concentration)

organs:

liver:

[symptom:lethargy/fatigue(waking);headache/nausea/migraine;yellow cornea(white);bruise/capillary fragility/muscle aches/stiff joints/rheumatism/white/yellow tongue/bad breath/unclear skin/chemical sensitivity/fluid retention/congested lymph sinus/reduced equilibrium/fine motor skills/hand tremors/negative thinking/dark circles/puffiness around eyes/increase body fat/LDL cholesterol/decreased digestion(bloating/fulness)/constipation/reduced concentration/memory/ADD/hyperactivity]technique: castor oil pack; coffee enemas

substances: citrus(lemon/lime); silymarin; dandelion greens; MSM; protein; malic acid(apples); epsom salt; wild yam; fennel seeds; ginger; fenugreek

skin:

technique:loofa/exfoliation/hot/cold showers/sweating/sauna(far/near infrared)/oil massages
substance: sun; air bath

colon:

technique: colonic hydrotherapy; enemas;

substances: soluble fibre(fruit); O2 based cleaner; activated charcoal; clay(zeolite; bentonite; diatomaceous); psyllium seeds; lignans(flax)

lymph:

technique: trampoline(+g-force/blood flow); epsom salt bath; loofa; oil massage kidneys:

substance: corn silk; marshmallow root; citrus; water

PESTICIDES:

most to least: apples; celery;sweetbell peppers; peaches; strawberries; nectarines; grapes;
spinach; lettuce;cucumbers; blueberries;potatoes;onions;sweetcorn; pineapples; avocado;
cabbage;sweetpeas;asparagus; mangoes; eggplant; kiwi; cantaloupe;sweet potatoes; grapefruit;
watermelon

COLOUR: EMOTION correlation

violet:spiritual idealism

pale blue: impersonal devotion to ideal spectral

blue: religious devotion

dark blue: religious thought/feeling

bright green: sympathetic responses; tolerance; adaptability; politeness; worldly wisdom

yellow green: adaptability

livid/dull green: jealousy

grey-green: spiritual mentality

light yellow: impersonal intellectual interests ; intellectual power/brighter=higher

spectral yellow: strong intellectual force

brownish yellow: selfish intellectual acitivity

orange: pride/ambition

brownish orange: avarice brick

red/brown(dull): lust; avarice; greed

dull red: sensuality; animal passion;

bright=anger

scarlet: impersonal energy

crimson red: passion;love; brighter=higher

rose: affection

rose-violet: altruism

grey:fear;depression;terror; bright=selfishness

black: malice; hatred;revenge

colour psychobiology continued:

red=[+]right to life/independence/freedom; low life force; vital energy/strength; grounding; [negative] emotional suppression; emotional excess; protection(fear of survival);stimulates blood pressure. used to boost sluggish circulation

orange:=[negative]greedy/wantonness; nocturnal; excessive anger/rage; inadequacy; excess; indulgence;[+] humour; security; vitality; extroversion; bowel problems; infertility; appetite disorders; sweet cravings; emotional shock and trauma; well-being; creativity; physical vitality; digestive system. bowel problems; antidote for depression

yellow=[~]egotism; lack of personal idolatry; nocturnal; dissociation; [+]life spirits; inner power/freedom; self-worth; self-esteem; courage; enlightened; intellectuality; faith;coincidence; renunciation; humility; mineral: sulphur; vitamin A/C; stimulates: empowerment; authority; mastery; tone's liver; gallbladder; stomach; pancreas
stomach/pancreas/liver/gallbladder/improves eyesight; memory; thinking ability; concentration; alertness; reasoning; logic/ is a laxative/diuretic

green=[~]decay; inhibits growth; frequent urination/diuretic/nocturnal; [+]calm; tranquility emotional balancing/peacefulness; detoxifying; eye tonic/toner; drains infection; excess fluid; cardiac/cellular edema; detachment; exhaustion; hysteria; nervous tension; stabilize heart; reduce stress; balancing red/orange=stimulation(nervous/irritable);eases stress; lowering of high blood pressure; strengthens immune system

turquoise=thyroid/parathyroid{=}creativity; self-esteem; access willpower; healing; reduce BP; calming/relaxing; cavitations; mouth ulcers; tongue/mouth problems; heart inflammation; thyroid stimulation; balance thyroid/parathyroid; bronchial inflammation; ear infection; overeating; hear/express truth; hyper-critical/gossip; physical problems; verbal expression;

energizes thyroid; emotional healing; immune system problems

blue: sedative(pain/fear/inflammation);anti-inflammatory and antiseptic; calms a fever; thyroid imbalance; stress/nervousness

pink: joy; gentleness; naivete; vitalizing; heart problems; lack of love; exhaustion; emotional suffering

indigo: depression; detachment; over-intellectuality; cooling; grounding; clear thinking

{+}intellect; mind; detachment from emotion; stimulates growth; lower BP; intellectuality; mental clearly; wisdom; discernment; knowledge; frayed nerves; anxiety; tones lymph; cleanse psychic currents; stabilized suppressed emotions; boundary creation; expansion; stimulates senses; relieves pain/inflammation; universal healing; blood purifier; lymphatic congestion; swollen joints; skin irritation; soothes internal organs; cools/soothes; purifying for the blood. rheumatism; arthritis brings down the inflammation as blue but more powerful; helps to release fears and calm the mind

violet=confusion; dissonance; nausea; disorientation; headache; loss of ego identity; weak ego; irritable; hypersensitivity{+}->comforting; anaesthetizes/purifies; relief/peacefulness; brain disorders; neurosis; soothing; emotional stability; narcissism; egotism; attunement; peace; promotes sleep; restful awareness; purifying; restores calm to mind; nervous headache; migraine; eye problems; viral and fungal problems; insomnia

magenta={~}hysteria; understanding; wisdom; attunement with higher self; tension; increases circulation; adrenals/heart/sexuality; strengthens heart; stabilizes rhythms; heart tonic; impotence; fragility; spiritual understanding; universal thinking; lack of energy; violet and red; these are the combined energizes

pink=comforting

black=patience; stability; neutralization; material gain; protection; karma; death; manifestation; laws of society; limits; obstacles;

GEMSTONES:

red=increases energy pink=soothes mind/body/emotions

yellow=mental growth; healing energy; self-esteem; lightheartedness; cheerfulness; hope; warming; energizing; calms nerves

orange=+feelings of self-worth/personal power

gold=enhancement of brain function; enhances emotional body; strengthens will; increases energy flow throughout body;

copper=influences the flow of blood; aid metabolism; detoxifies body; aid to exhaustion and sexual imbalance; conductor of energy

blue=calms the mind; sooth pain; reduces blood pressure; inducing sleep; calms nerves; reduces fluid retention; aligns body/mind/spirit; stimulates psychic abilities; clarity and inspiration

green=strengthen the heart/liver/kidney/immune system/nervous system; tonic for the body, mind and spirit; enhances dreams/meditation; emotional balance; releasing anxiety and fear; dispels negativity; rid oneself of negative self-image; feelings of inadequacy; shyness; shame; grounding and balancing purple/violet=enhances right brain activity; blood cleanser and energizer; calms and prevents explosive tempers; psychic abilities; inspiration; intuition

brown=reduces restlessness and giddiness; stabilizes mind; cleans and protects astral field; aids against hyperactivity and excess energy

white=gaining affinity with the higher self /soul/etheric body; enhances full spectrum of energies in body/mind/spirit; receives/activates/amplifies energies(energy transducer)

black=protects; strengthens physical and etheric bodies; enhances personal magnetism/will/courage/optimism

flashing colours to induce auto-hypnosis:

fire=red and green

water=blue and orange

air=yellow and violet

earth=black and white

negatives: strong electromagnetic fields: 50-60 hz(power lines/towers; appliances; heaters; boilers)

JOINTS:

heavy impact forces(eg. olympic lifting)

cartilages of joints subjected to regular impulsive loading with relatively high contact stresses is mechanically much stiffer and better adapted to withstand exceptional loading

lower load=softer cartilage

load is proportional to stiffness of cartilage

cartilage heavily loaded infrequently softens due to decrease in proteoglycan production, the collagen network loses its cohesion and the cartilage deteriorates

caveat: excess force damages joints. Thus one must optimize load to optimize joint health

FRUCTOSE:

doesn't suppress ghrelin=no satiety

30% fructose load=fat; hepatotoxin; metabolic syndrome(obesity; type2 diabetes; lipid problems; hypertension; cardiovascular disease); increases very low density lipoproteins=heart attack;

<fructose not fruit; soluble fibre seems to buffer the effect/influence of fructose. This is debatable>

PH of foods:

minerals:

acid: sulphur; phosphorous; chlorine; iodine; choline

alkaline: calcium; magnesium; iron; potassium

food:

fruit:(acid):prunes; pears; apples; mangos; pineapple;olives

(alkaline):raisins;apricots(unsulphured);bananas;dates;figs;lemons;oranges;

vegetables:

(acid)seaweed;kelp;

(alkaline):dandelion;dill;lettuce;turnip;radish;red onion;celery;parsely;
alfalfa;avocados;cabbage;ginger

starch:

(acid)most grain;beans;seeds;

(alkaline):potatoes;beets;cabbage;rhubarb; kholrabi root; squash; roots; millet;buckwheat

substances:

(acid)distilled/reverse osmosis water; (alkaline)epsom salts; baking powder;spring water

kundalini activation:

intense emotional arousal/extreme physiological states

-concentration(focus on stimulus)

kundalini yoga; mantras

energy/vril/boost magnetic fields:

-outward directed energy/control ego/be calm (satori/spiritual virility/olympian
soverignty/active impersonality)

-vibrate @highest possible frequency

-energy expenditure is proportional to quality of life

law of attraction: "everything you focus your attention on gets drawn to you by attraction". DNA:
anger/fear->compresses; joy/love-->unwind/expands

ennervation:

overactivity; noise; radiation; extreme climate; overeating; sexual excess; stress; ejaculation

-fast(decreases digestiveenergy)

-detox(decrease physicalactivity)

less bladder/colon fullness=less pressure on seminal ducts food: masticate until liquid;
v(vitality)=p(power)- o(obstruction)

water:

rainwater; dew(plates on grass overnight->drink); magnetized water(shungite); silver(purify)
+gold(energize) coins

sunlight:

long exposure=skin cancer/overactive parathyroid short exposure: 5-10 minutes/day on hands
and wrists prior to 1000AM and after 1500 hrs (3PM); eyes=full spectrum UV=endocrine

increase (caveat: sungazing causes macular degeneration-not advised)

stones:

aquamarine: +intuition; ruby: +energy/willpower; tiger's eye: willpower; emerald: calm/healing; amethyst; agate: clairvoyance; black tourmaline/shungite=increase healing

metals:

gold(attracts heat to body/accumulates energy potential)orgonite:layers of organic/inorganic materials(creates piezoelectric effect)

shapes:

pyramid: apex=stimulate; base=sedate; pyramid is a torsion field generator; partless machine which speeds up time flow; increase energy by creating spin inflow of gravity increases biological life spirals: upwards+counterclockwise(female) decreases energy; downwards clockwise(male) increases energy

symbol/archetype: 'upload' intention; 'download' energy/meaning

magnets:

North→calms;sedates;decrease inflammation

South->stimulates; increases healing/growth(tumours)

how to determine polarity: attracts same end of compass needle) gauss:3500+neodymium;put magnets together('N'+S'=increase gauss)put on area:Left wrist:back;Right wrist:front

sound:

solfege frequency; 528 hz.=DNA repair freq. ut=396 hz. release negative emotion/guilt/fear re=417hz.facilitate change mi=528 hz=transformation

fa=639hz connections/relationships sol=741 hz awakening/intuition la=852 hz returning to spiritual/order

SOCIAL INFLUENCE:

techniques:

- 1) liking(getting others to like you)
- 2) social proof(popularity)3) consistency(gain commitments)
- 4) scarcity
- 5) authority
- 6) reciprocity(give before you take<-->give in order to get)

CAFFEINE/GREEN TEA/COFFEE ENEMAS:

purpose: blood/liver detoxification

what/means: increases activity of glutathione-s-transferase(GST) an antioxidant synthesized in the liver which: solubilizes free radicals and detoxifies carcinogens, clearing them from the blood. Caffeine stimulates bile production in the gall bladder and dilates the bile ducts. Kahweol and cafestol(compounds in caffeine)stimulate GST, green coffee('yigacheffe') 2x effect. Roasted coffee=600% liver GST; 700% small intestine GST. Eases pain. Blood circulates through the liver every 3 minutes clearing toxins

caveat: as above said causes: potential insulin shock; hypercortisolemia; caffeine addiction; sepsis/septic shock; adrenal fatigue; sympathetic nervous system burnout,etc.

MSM:

(methylsulfonylmethane)=sulphur purpose:

repair/building: joints; cartilage; hair; skin; nails; connective tissue; muscle

-supports energy production in body

-formation of blood protein/amino acids

-analgesic/anti-inflammatory

-inhibits muscle spasm/increases blood flow

-enables proper absorption of blood sugar and insulin

-increases permeability of cell membranes for nutrient/O2 delivery

-cellular detoxification(+liver sinusoids)

-balances ph of bloodstream and tissues of body

-reverse: degenerative, rheumatoid arthritis; fibromyalgia

-reduces inflammation

-facilitates collagen synthesis

electromagnetic mind control:

how to block it:

emf shielding(aluminum/metal); faraday cage; silver particle clothing; metal foil hats, etc.;; change the frequency; meditation/auto-hypnosis trance induction

sources of EMF mind control: HAARP; GWEN cell towers; microwave phone, etc.:

these technologies alter brain wave frequencies and induce DNA modification/expression through alteration of the electromagnetic spectrum/astral light

concrete reduces EMFs by 50%

bone mineralization ratio(daily): magnesium:
1200:calcium:600:vitC:2000mg:copper:2mg:K2:200mcgr:D3:5ki.u: Boron:2-3mg;Zinc:15- 50mg.

CANCER:

no disease can survive in an alkaline environment

increase greens;alkalizing; chlorophyll(gives body O₂); molasses+baking soda=alkalizing
increases

DEW PLATES: glass plates on grass overnight=dew-->drink

When cell denied 60% of Oxygen required=cancerous-->when occurs cells go from aerobic to
anaerobic metabolism; cells survive via fermentation of glucose

free-radical=good; (singlet molecule of oxygen); cause of free radical damage=lack of oxygen
singlets

NEGATIVE IONS:

stand on earth

-'grounding mat'(from earth); footbaths (epsom/salt)

coffee/tea(caffeine)=decreased myoinositol=diabetic neuropathy

collagen/connective tissues; conducts energy and transforms it into different information;a
communication system(brain and spinalcord too)

pratyahara/dharana(control of thought):eg.backwards reading

fasting increases metabolic rate=decreased physiological aging

fasting=gallstones: bile concentrates-->eat fat=gallbladder empties; frequent eating stimulates
gallbladder emptying; increased cortisol=increased estrogen/insulin=increased visceral fat high
meat/fat/low fibre=increased estrogen(colonic dysbiosis);

-fibre=lower estrogen; lignans(woody fibres, eg flax)=lower estrogen lower fat=lower
estrogen; dairy=increases estrogen

muscle: calories=muscle(especially carbs=increase insulin)

muscle growth: ca+(calcium) sustains skeletal mass; zinc(generates skeletal/myotissue;
iron=expansion of red cells)

-fructose inhibits glycogenesis->stores as liver glycogen=fat

EYES:

'bates method'; increase vitamins(especially retinol/vitA/C; cataracts(opaque areas in eyes=low
carotene and anti-O₂; zinc deficiency=macular degeneration; use pinhole glasses;

"Strengthening the Eyes",Bernarr A. MacFadden

HEARING:

saturated fat creates hearing problems; blood cells membrane too stiff can't circulate and nourish cells

fatty diet decreases liver efficiency

SOAP:

glycerine soap dries out skin(pulls moisture from inside); animal fat soap: dry/corrode skin; sodium laureth sulphate=hair loss; sodium based=dry skin; use 100% olive oil soap or natural alternative

CHLORINE(trihalomethanes)=colon/kidney/bladder cancer

BONE:

osteoarthritis= lack of water; too much pro inflammatory food; salt; diuretic; meat/dairy

reduce: phosphorous(excess=calcium deficiency); fluoride; excess sugar, salt(=mineral excrescence; nightshades=arthritis

teeth; mercury('silver') amalgams=10 mcgr of mercury per day=15% of kidneys destroyed over lifespan

-heart disease=inflammation

-chronic disease=refined sugar; lack of oxygen; congestion with waste matter; acidification

-omega-3=increased brain function/mood

-cold water over head=negative ionization=psychic energetic cleanse can change

DNA in vivo; thoughts change DNA

-linear thinking=aging; cyclical=eternal youth

-yellow light bulbs (bug lights)=incandescent; blue light=day only 800 i.u in vitD

-caffeine(theophylline)=no cancer; caffeine breaks down to theophylline a form of methylxanthine spasms -gallbladder=uncongesting liver; roast hydrocarbons in coffee=carcinogenic heater tannins(tea)=cancer

-lower vibrations: anger/rage/survival

-cooking

starches: 450 degrees=dextrinization 450 <best preparation method>degrees simple

-sugar=ca+loss=osteoporosis

-prostateincrease(BPH: benign prostate hyperplasia)=low zinc+B6+increased prolactin=BPH

- home births only not in hospital <hospitals=allopathic torture chambers>
- too little acid=indigestion/acid reflux
- human body=electromagnetic machine(magnetic particles in ethmoid bone and pineal gland)
best sleep; no late eating/sedentary
- sodium benzoate+vitamin C=benzene=DNA damage=carcinogen(brain damage; personality disorders; G.I problems;autism; tumors)
- fertilizer->water supply
- chemtrails->vaccines=death(weakened immunity)
- Gamma Amino Butyric Acid(GABA in cheese especially): an opioid which causes apathy; forgetfulness; dizziness
- tooth decay=fast eating(low saliva production)
- insulin secretion proportional to fat generation=cravings/weakness; also proportional to hormone sensitive lipase
- akrasia=weakness of will

DIABETES:

refined starch causes cell damage and cancer(too great exposure to insulin) protein consumption is proportional to insulin need(to synthesize); therefore excess

protein=insulin resistance=type2 diabetes; 'diseases' which are really diabetes: heart disease; cancer; arthritis; MS; alzheimers; parkinson's; dementia

causes: sugar(refined/excess starch); protein(protein fibre in basal membranes of blood capillaries) type 1 diabetes:

signs: frequent urination(nocturnal); extreme thirst+dry mouth; weight loss; excess hunger
cause: destruction of pancreatic beta cells

type2(meat)/insulin resistance

cells=glucose deprived=diabetic ketoacidosis(when body breaks down fat for energy)

hypoglycemia: fat coats cell's insulin receptor sites=no glucose availability high fat=lipodemia

fat absorbed via lymphatic system=thickens blood=prevents O2 to cells(cellular respiration)

candida symptoms:

bloat(when eating/post); gas("..."); acid reflux; brain fog/drowsiness/headaches; sinus/ear infection; fatigue; dry mouth; vision(blurry<-->clear);hypoglycemia; shaky(if miss meal); constipation/diarrhea; anemic; skin rash; short term memory loss; mood swings; dizziness; disequilibrium; ear ringing/itching; mucous in stools; tightness of chest; sugar craving

insulin: no hypersecretion: 1)at once; 2)repeatedly

deficiency of insulin caused by a mucous forming diet; insulin secretion increases
appetite= blood glucose incompletely metabolized

-fat metabolism=hyper- acidity

hypoglycemia: sugar level drops

symptoms: insatiable hunger; chronic fatigue; brain nourished exclusively by glucose and oxygen
diabetes: liver unable to remove glucose

hypoglycemic: islets of langerhans overproduce insulin(cause: stimulating food; sugar; stress)
caffeine: causes liver/pancreas to release glycogen=increased insulin

high protein=hypoglycemia: uric acid(waste product of protein metabolism) is related to
caffeine(both of the purine family)

RAW FOOD:

vegetables--->stomach bloat(hard to breakdown=metabolic stress=aging)

-deterioration of joints/arteries

-exhausted digestive system->can't break down fibre->bacteria attempt to=fermentation green
juice=toxins(indigestible)

-why initial energy on raw foods: mobilization of immune system to counteract enzyme inhibitors
and food antibodies/alkaloids

DISEASE(definition):

fermentation and decay process of body substance or of surplus and unnatural food material
which in course of time has accumulated especially in the digestive organs and which makes its
appearance in the form of mucous excretion[chemical decomposition of cellular albumin,
ie.protein]

grey hair=gas accumulation(sulphur)

-symptoms of aging are latent disease(clogging up/accumulation of mucous)

-leukocytes(white blood cells/corpuscles=mucous incompletely metabolized food is mucous
inducing

SEXUAL STRATEGY:

Tantra

biological transmutation of germ plasm into grey matter and bioenergy via avoidance of
emission(ejaculation). Cultivate the diamond body through eliminating waste but retaining
bioenergy(same material as brain tissue=semen): "to cerebrate the semen and inseminate the
cerebrum/brain"; fundamental technique of longevity and virility cultivation.

Eros technique(solo or partner): stimulate to the point of no return; consciously control retention; black out(wushin/non-thought) & work the energy upward along the spinal cord/mentally through will power; correlates energy centres/chakras; wait necessary time and continue in cycles. Caveat: "God is love devoid of the ape-like nature"-Jorg lanz von Leibenfels quoting 4:16 in 'Theozoology: The Sodomite APelings and the Divine Electron"

celibacy over profligacy; sex magick over bestial coupling; no ejaculation outside of conception:"inseminate the cerebrum, cerebrate the semen"-->Midgard to Asgard; 1-2x per week ejaculation maximum

'NoFAP'[no porn because causes excessive dopamine spikes as a supranormal stimulus which later lowers dopamine levels causing addiction to return levels to normal to avoid depression(decreased dopamine) in a negative feedback loop; this leads to arousal addiction which leads to dysfunctional brain stress circuits which leads to reduction in normal arousal & erectile dysfunction; impulse control; lowered prefrontal cortical activity & grey matter in this regions (hypofrontality); increases social anxiety(loss of normal contact);suicidal ideation via depression]; minimal masturbation for above reasons as well as a decrease in drive and testosterone levels

references: Mantak Chia books; "Eros and the Mysteries of Love"; "The Yoga of Power"; "The MEtaphysics of Sex", Julius Evola; Dr.Raymond Bernard; "your brain on porn: internet pornography and the emerging science of addiction", Gary Wilson; "Porned Out: Erectile Dysfunction, Depression & 7 More (Selfish) Reasons to Quit Porn", Brian Mcdougal

DECALCIFICATION of soft tissues:

organic sodium(lemon/grapefruit/spinach/celery/dandelion): 1 quart juice/day minimum

CANCER: if body toxins exceed filtration capacity

(via liver/kidney/lymph/skin/lung)=deposits=cyst/moles/tumors/cataract/arteriosclerotic/arthritis/rheumatism/ cancer=stored in weak places

protein metabolism->pancreas(clogs pancreas)=reduced digestive function=reduced pancreatic enzymes=increased protein metabolic waste=liver congestion; therefore no/less breakdown in protein metabolism=no/less cancer

protein consumption increases=60%Oxygen reduction:Oxygen blood reduction=Oxygen starvation=mutation/cancer

cancer recipe:

- 1) alkalizing diet
- 2) detox program
- 3) eliminate causes of cancer
- 4) exfoliation of skin

perpetual youth: warm climate at high altitude; non-polluted; alchemical pathworking

-cooking meat generates fumes=polycyclic aromatic hydrocarbons=cancer

Diet comparison: vegan fasting diets (not long term as leads to denegeneration of myelin sheath in brain and all bodily tissues through lack of assimilable essential amino acids and cholesterol from animal products)

fritarian:(pros): {+}digestion/energy/cleansing/alkalizing/prepare time/stool volume;

{~}energy?<fructose not as efficient as glucose>; ripening; teeth decay; limited/inadequate amino acids

starch-based diets:{+}storage time/shelf life; energy; <glucose?>; cheaper; {~}energy; digestion; sluggish; bloated; mucogenic/congestion; increase prep time; increase stool volume; decrease nutrients; limited

baking soda: O₂ starvation; destroys vitC/thiamine(increase acid=peptic ulcer);

criticism of animal products:

meat=carcinogenic(diseased animals); iron=excess oxidation; acid load=muscle loss; autoimmunity; excess fat=diabetes; arachidonic acid=meat; meat phosphorous acids are buffered by bone calcium and magnesium; increases White blood cell reaction

cheese=indigestible-->putrefaction(rennet from pig pancreas); toxic amines; toxic alkaloids; rennet(calf/pig stomach biproduct); tryptophan=drowsiness; acidifying+estrogenic; calcification cholesterol=body can handle approx 3 oz. animal protein equivalent; the remainder is stored=atherosclerosis-ulcers/abscesses; plaques=reduce hearing; vision; joint function; digestion; brain function=senility

'heavy/high protein' diet=cholesterol; calcium loss(osteoporosis; periodontal disease); immune reaction; glomeruli damage(uric acid); accelerates aging

animal protein=increase insulin; growth hormone increase=cancer/accelerated aging large quantity of dried fruit=triglycerides increase

fat=increase bile production(taxing to liver)=gallstones; skin cancer

eggs: gyne; acidification; bloated/sore digestive tract; symptoms of congestion(heart attack); difficulty breathing; inflammation; anaphylactic reaction

-NA+(sodium)=hypertension caffeine=depression; prostatic hypertrophy gas=excess food per meal;

-rapid eating= gallstones;

-dried beans overstimulation of sensory nerves=forgetfulness

-legumes: 1)soaked in cold water overnight; 2)brought to boil->soak 1 hour->cook til tender metabolism is proportional to constipation

-dried fruit=acrylamides (brain damaging substance)

- steam heaters=chlorine gas=chlorinosis
- fat=reduced O2 content x 20%=sluggish blood=reduced delivery of O2/nutrients to cells
- coffee=acid indigestion
- almonds(remove skins via soaking overnight)
- pine nuts=complete protein
- turmeric=disorganizes chromosomes
- cooked starch=hypertrophied pancreas(overuse/insulin)
- smoking=arteriosclerotic plaque formation
- fat+protein=artherosclerosis/lipotoxemia (a dubious claim indeed)
- vaccines:avoid completely using religious ground for exemption: no foreign matter of any animal into bloodstream
- meditation strengthens pre-frontal cortex
- tongue 'thrush'(white stuff)=candida overgrowth=immune compromised(tongue is the top of the G.I tract)

EARWAX ELIMINATION:

fill glass container with pure water(submerge in pot with heated/hot water to warm or use warmer element to approx body temperature)--->take dropper with hydrogen peroxide---->lie on side for 10-15 minutes placig hydrogen peroxide in ear--->go to sink with head tilted--->flush ear with warm water repeatedly until cup is used up---> repeat with other ear

'PFLICT ZUR GENSUNDHEIT' (translation 'OBLIGATION TO BE HEALTHY'.)

Health Routine:(see "expansions..." for amplification & below for symbolism)

*symbols/acronyms[KEY]:?=possibility(/'possibly');->:sequence:one-direction;
'&'=conjunction/'and';~≈approximation V negation('negative';'not');?= necessity; <-

>(temporal/circumstantial)sequence:alternation;!=imperative/desired;iff:'if-and-only-if';O3='ozone';V=disjunction;pemf=pulsed electromagnetic field; subscript=reference to 'expansions' doc; ECS=electro-cranial stimulation(devices);rf sweep=radio frequency sweep; PWO=post work-out; AVI=audio-visual entrainment; bwr=bodyweight-resistance(below);'u'=urine; BWR:bodyweight resistance*=emphasize;M/T/W/Th/F/Sat./Sun.=days of week; &=conjunction;M=meal/food; min.=minimum; O.E.D=Oxford English Dictionary; '7LS'(7 layers of security);

MORNING V Evening(depending on convenience or schedule):~3hrs.wake:04/0500---> mantra/prayer to the gods--->tongue scrape->swish 'u'; drink:a) 'u'(250 ml.); b)ozonated H2O(distilled/carbon filtered well V dew water(300+ml) environs:(open windows

iff.~toxic);fan(s);~ion/O3(30min.plasma/15min.O3)+light meditation:7 min.meditation(near infrared light/nude/face-sun+ yoga: corpse<--->zen-pose+specific mantra/mudra)->sanitas/ kriya:cold water:submerge face/head/arms/hands;+tongue/eye-kriya#1-charge toothbrush;warm 'u' in jar:preps:A)food(on alternate days);'u'#1: i)neti pot(4x250ml./1 side)? ii)rub in eyes->eye kriya->

Workout#1:(see workout routine for details)zaryadka(~24min.)->?trampoline(~5 1/2min.)->brisk walk(25- 35min.)+star/sun/moon ray exposure+earthing---> 'e'+meditation

break-fast-M-0700-0900(conditions): audio(lectures/radio//politics:T/Th;phil V health+ epsom/seasalt footbath(non bathdays)+near infrared light

+brain entrainment(sound/ECS):Alpha/Theta-hz.+ (eg.5.0, 7.8, etc.)

magnet chair+face sun(indirect eye exposure)->eat w/L-hand/sterling silver cutlery

prayer to the gods--->read-passage of Aryan wisdom literature--->

oral sanitas:a)'u' rinse;b)baking soda+ brush V/& tooth sticks+rinse(1+min.)+c) oil pull(1+min)-> rinse w/H2O

MID-DAY:~8-9hrs.:~0800-1600[alter movement/anti-emf) M2-1200-1400 (see schedule) work/study+brain entrainment(Alpha)+kneel(from book stand eye level/face Sun):stand[barefoot on spike sandals+pinhole glasses+yoga poses(see yoga routine)]->drink(2.5hrs. Post M1):H3O+'u'(250ml.ea.)

EVENING:~1.5-2.5hrs.1700-1930

sanitas:1)'u'#2:body massage; 2)exfoliate/wash:epsom-salt-bath(M/W/F)V(other)loofa: (periphery--->heart+scalp-brush+massager)+3)massage(oil/abangya:1xhand: post bath,2x+vibration machine.1x/week+coronal discharge violet-ray)->4)(M/W/F):gum-stimulator;5)reflexology 6)near- infrared heat lamp

<>last-M3-17/1800 NIGHT:~1.5-2hrs.1930-21/2200 "options"(random order): daily: meditation:specific+entrainment(theta)+indigo/violet/+AVI

write(30 min.):writings draw:diagrams,propaganda,etc;music:bongo/panpipe (workings) sleep:21/2200head magnetic North+magnetic mat+crystals+emf shielding+~ion+<>vaporizer

WEEKEND:kaya-kulpa/quietism/reflexion/experiment/detox(nano colloidal silver/radio freq. sweep/other);review notes

PFLICT ZUR GESUNDHEIT ---Expansions of foregoing document...

(of previous routine-corresponds with sequence of actions; Section by section)

'wake:04/0500' optimal time according to natural biorythms-'living in accordance with nature'
'pray': select suitable prayer for time/place/situation/purpose, etc.;

'drink': H2O[structured/shungite/magnetized/distilled](500ml.)=way in which water should be

prepared; structured via/magnetized(cf 'walter last') opposite polarity in opposition around circumference of vessel held via copper/metal wire; vessel placed on top in center of magnetized ferrous metal surface(eg.Frying pan/plate etc.) amidst geometrical array of N35-N52 neodymium magnets(oct/hexagonal, etc.)/shungite stones: ~ion generating stone(s) placed in vessel preferably polished pyramidal structures with giza pyramid proportions/silver: silver bullion(.999 purity) placed in water to lend nanoparticles of silver for purification(pathogen/bacteria destruction)/carbon filtered well V dew= purest form of water;tolerable quantity post waking given subsequent quantity throughout morning routine'environs': 'open all windows'- max.O2[detox/cellular function/vitality]; 'iff~toxic'='iff not toxic', eg. no chemicals, chemical spraying/chemtrails, insect 'foggin',etc.; lung cleansing/dilation time(traditional chinese medicine); 'fans'- circulate air'; '~ion/O3-negative ion/plasma gas/ozone generator; run all simultaneously to destroy internal/external pathogens;negative ions neutralize positive; kills dust mites/pathogens/viruses;coronal discharge plasma gas destroys pathogens; timings for both ensure adequate effect; 'colored light'-induces certain mood states/vibrational frequencies in accordance with chromotherapy principles(see'color' section); green=balancing; red=stimulating

'meditation'-'7 min[utes]=#of completion; 'face-sun'(East)-boosts energy/harmonic resonance 'corpse<-

>zen'-alternate corpse&zen yoga poses; corpse pose increases magnetism via folding in on oneself; 'specific mantra/mudra'-self-explanatory(season/purpose/day/time);w/tongue pressed to roof of mouth+nostril breathing as always=pineal activation; close and cross eyes focusing on point between/just above eyes(pineal);draws out toxins/facilitates liver detox/calms&relaxes;air bath/sweat/detox/minimizes external sensation(clothing);sympathetic correspondence w/Sol(sun) 'Sanitas'-'cold-water- hands/arms/face=wakeup/activate right hemisphereofbrain/cold thermogenesis;'tongue scrape- eliminate mucous discharge & facilitate digestion through exposureoftaste buds to food for proper enzyme secretion;'tongue/eye kriya'- protrude tongue maximally while staring into colored light;kriya#1- eyes wide stare in light; kriya#2-balls of hands in eyesockets:pushin<->suction(circulates lymph & blood) '/swish-u'- amaroli/shivambu(autourine therapy); /'charge toothbrush'(if solar toothbrush)-activate titanium oxide rod in toothbrush=increase ions('E'); f)neti-u'neti pot amaroli/shivambu: purify mucous membranes via uric acid;condition/strengthen teeth & squamous epithelium[skin]via amino acids/vitamins/minerals:fill neti pot+small cup;4x250ml. Per one side(alternate ea.day); fill eye dropper; tilt head: 'u' in;ears w/dropper in L[eft]x2<->R[ight]x2;drops in eyes->swirl eyes counter-clockwise/blink rapidly;'->' 'e'(enema) jar- fill jarw/'u'for 'e'(fromnosevia neti pot hanging head over jar); 'prep 'e'STC- 'basti');'Food'-prepare foods to finish by end of morning period(incl.cooking);;morning-best for lighter/cardiovascular exercise; iff convenient;'zaryadka'/ joint mobilization('Zaryadka' for specific sequence);trampoline='lymphasizing' exercise: moves lymph fluid around vessels for detox+blood circulation/muscle electrical activation via gravitational'g'forcesofbouncing; star/sun/moon gaze/ray exposure=expose eyes/skull/skinofbody to stellar/lunar/solar radiation to maximum extent(eg.nude); ; expose eyes/skin/fontanelles/temples/body to rays of celestial bodies to increase vitality/harmonizeselfw/surroundingenvironment;'dress'-all jewellery/clothing/ accoutrements /paraphrenalia to correspond w/sum total/purpose[dates/times/alignments-cf. (esoteric astrology; chromotherapy;gems;stones;metals;magic correspondence table(s), etc.);'0700-0900'-break-fast optimal time; ;'conditions'-conditions under which to break-

fast[M1] undergone(constant); no drinking w/meals;'audio(lectures/radio//politics:T/Th.;phil./health:other)-audio to accompany M1=information/learning:'politics'-minimalb/cstressor; 'philosophy./health'-other days as greater utility; 'epsom footh bath'-'non-bath days' as epsom salt bathonthese days; also keep feet clean/detoxed daily(nail beds/soles,etc.);'green-light'-creates balance/harmony; improve mood; induces relaxation/inner sight;far infrared light;'brain entrainment'-useofdesired device in Beta hz.frequency;'magnet chair'-;'face sun(indirect eye exposure)''-solar gaze=increased prana/vitality;'prayer'-appropriate to conditions/preferences;'-read passage'of spiritual/philosophical work; : 'eucharist'-"matter into spirit"=spiritualizationofthe material; SANITAS-brush immediately after fruit; bakingpowderalkalizes mouth;;swish for 1 min. Postswishoil->;post M:(30min.ideal min.) relax; keep torso upright; stomach cleansing time(TCM- at this timeofday)

MID-DAY

approximately 8-9 hrs.('work' period by O.E.D definition);alter postures/move randomly according to purpose&general health(circulation of blood, etc.);anti-emf:minimize electromagnetic field exposure via special clothing/air exposure etc.

read(technical/practical works at this time)+brain entrainment(as during M1 adjusted to proper frequency/protocols, eg.7-8hz., for periods of 15 min. on, 10 min. off;35min., etc - depending on purpose.);'+kneel'(zen pose): bookstand elevated such that proper spinal alignment maintained(neutral spine);see previous standing increases metabolic rate&bone mineral density via gravitational force&resistance thereto;self- discipline/control entrainment; hands/arms extended over head enable blood to flow/lymph to drain;don't drink until min. 2 hrs. post completion of meal; amaroli;

EVENING

exfoliation period; alternating loofa/scalp brush/massage w/ bath+exfoliating cloth days;oil massage(abangya)=i)periphery->center w/hands->ii)vib.machine highest->iii)lowest setting->wipe off(1- 2x/week);stimulate gums inside and out; toe twisting; guasha stone/ruby implement(reflexology); near infrared sauna dilates blood vessels & enables off-gasing of wastes via heat and activation of parasympathetic nervous system which relaxes the body

NIGHT

time dependent on hemispheric lateralization(90 min.max. activity)(left<->right brain)) as in morning conditions; theta w/ violet/indigo light V near infrared heat lamp on viscera write:this doc./relata;philosophical letters;diary;draw: diagrams, blue prints; propaganda;;music:etc.;specific rythmns dependent on purpose;ibid.

sleep: head directed to magnetic North(use compass to arrange bed); use magnetic mat/tress;crystals[shungite; black tourmaline=~ions; others=metaphysical properties]

WEEKEND

voluntary reclusion;;self-analysis(cheiromancy; astropsychology, etc.)/expansion/modification; detox; rf sweep; colloidal silver+other procedures

Martial Arts: striking(eg.ninjutsu/hung gar,etc.)+ throwing(eg.hapkido/aikido,etc.)+weapons: (eg.knife/baton/stick fighting)<-most appropriate for real life situations

simplified PFLICT ZUR GESUNDHEIT (for those not able or willing to implement the above):

0400/0500:

wake--->open windows (if shut) to allow oxygen in--->run ozone generator to oxygenate room: 10-15 minutes depending on size of room--->urinate--->ozonate spring/distilled water+tongue scrape/rinse mouth--->neti pot (alternate days)--->run cold water on jaw/cheeks (stimulates vagus nerve)+rub in eyes(clears away pus/wakes up system)+on face--->drink water (350 ml ozonated)--->prepare food--->kundalini yoga+3rd eye meditation (20-30 minutes): in minimally dressed condition preferably outdoors with rising sun: expose eyes to sun's rays (looking away from sun)--->zaryadka (joint mobilization routine: 20-25 minutes)--->mediation

0500/0600:

drink: 1) activated charcoal(1 tsp) with water--->2) edible clay (1 tsp.) with water(swish in mouth)--->3)citrus juice (2 limes/lemons with water; drink through silicon tube)---> wait 20 minutes

0530/0630:

breakfast: fruit (100-200 grams soaked dried fruit or equivalent calories fo fresh)+starch (0-50 grams dry weight)+ boiled eggs (3 large)with himalayan pink/celtic sea/salt (1/8th teaspoon) sprinkled on + powder (beet powder+ground chlorella tablets+crushed/ground seaweed mixed with water to hydrate)

-masticate thoroughly

-relax 10 minutes after

oral hygiene:

wait 45 minutes to 1 hour post meal:

1)rinse/swish mouth with water--->spit--->2)brush with all natural toothpaste with solar panel brush exposing teeth /mouth to light (sun or artificial)--->3)rinse with toothpaste/spit--->4)floss/rinse--->5)oil pull (5 minutes)/spit/rinse

[use gum stimulator inside and outside of gums 1 time per week; visit a biological dentist semi-annually]

conduct daily affairs

1100-1300 (1PM):(relax/meditate 10-30 minutes prior to meal)

lunch (5 hours after end of first meal)

low glycemic starch (50-100 grams dry weight)+himalayan pink/celtic sea/salt (1/8th teaspoon)+meat (3-4 oz.; small fatty fish=best)+ cooked vegetables+nut butter or butter

45 minutes-1 hour post: swish mouth with edible clay/water (swallow or spit)

1600-1700: workout (see workout routines): 1-1.5 hours

1730-1900: (earlier is best if possible; ideally as far from the workout as possible in time):

supper: repeat pattern of lunch with variation of specific contents---> oral hygiene follows as with breakfast

activities for evening/night:

relaxation/meditation/reading/sanitation

reduce blue light as night approaches: 1st: relaxation--->sanitation(eg. bath,etc.)--->contemplation--->meditation

bathe: 3 times per week with epsom salts and/or baking soda; run water boiling hot, opening windows to allow chlorine gas to escape wait 1 hour to enter minimum to eliminate chlorine; scrub with exfoliating cloth with all natural soap--->near infrared light expose on abdomen/genitals/right side (liver detox)+ ozone generator simultaneously; oil massage, etc.

sleep: on magnetic mattress pad head facing North using all natural bedding (no animal wool/down unless temperature necessitates); sleep on left side or back with roll pillow under neck and lumbar spine to maintain normal spinal curvature in total darkness with windows open if possible or some conduit letting in fresh air. To sleep and perchance...to dream

FOOD Rules:

"What to eat and When", Stanley Clark, M.D; Nourishing Traditions, Weston A Price foundation; "Salubrious Living", Arnold Devries; "We want to live live" Aajonus Vonderplanitz

macronutrient ratio:Carbohydrates(~45-60%+);Protein(~13-15%); Fat(~30-35%) of kcal.;

most nutritional density per kcal./volume; some raw(minimal cellulose/starch) some cooked(other);in season;non- GMO;vary items to prevent allergies/cover nutritional requirements; energy expenditure/caloric requirements: carbohydrates=preferred energy source; beyond comfortable volume/digestibility=+meal frequency& +fats; no hot food(damages internal tissues); no cold food/drink(causes poor digestion)

Source: (survival):1)hunt/fish/forage;2)garden;3)conventional(eg.local farmers; grocery stores);

List:

Animal Products:2-3 servings/day(20-35 gr.per time max.):

1)eggs(free range poultry (soft boil V poach;fish eggs/roe;

2)Meat(sear in pan/place in boiling water to destroy potentially harmful bacteria--->grind raw in meat grinder; ie. Cook as little as possible); a)fish(small cold water fatty: sardines; sprats; mackerel; herring);b)offal(organ meat)liver(watch vitamin A toxicity); thymus;kidneys;heart

c)ruminant:lamb/ mutton; cow; game, etc.); ;3) raw goat cheese(aged high milk fat(MF); preferably pasture/grass fed, no hormones, etc.); raw goat milk

Vegetables(minimal amount necessary;cook until soft to break up cellulose/dextrinize starch/facilitates digestion): 1)greens:*beet tops;

*dandelions;

spinach;kale;flowers; 2)cruciferous:broccoli;cabbage;brussels sprouts, etc.; 4)roots: carrots;beets; squash;turnips; radishes; sweet potatoes 5)fatty:(non-essential)olive(minimize); 6)spice:ginger; 7)herbs:*oregano; parsely;*rosemary

Supplements:chelators/methylators(especially for emergencies such as radiation poisoning): chlorella(10 gr./x powdered); edible clay(calcium montmorillonite-'terramin'; zeolite-(1tsp./week max.);

activated charcoal(1tbsp./x); borax(1/8th tsp.)-1x/week max.;testosterone boosting herbs: (guggul;tribulus;shilajit);MSM(sulphur crystals)(1 tsp./day max.); B12;zinc;beet powder; rosehip powder(vit.C); magnesium oxide; kelp

Fruit: [stewed/boiled/soaked]dried(dates; apricots; figs); raw+fresh(mangos;bananas, etc.); citrus(lemon/ lime in water;drink via glass straw/silicon tube)

--Starch(avoid if possible): (hydrolyzed/caramelized/dextrinized=converted to sugar);~75-90 minutes @ 350 degrees@100 grams:1 cup ratio(dry grain:H2O depending on grain density);a)grass[*millet(+H2O);*buckwheat;wild rice]; b)roots:sweet potato;turnips c)grains[wheat(any variety);barley;rye;oats;rice(brown;black;red yeast)]; d)legume[red/yellow/ brown split lentils/peas- smaller legumes=easier to digest;larger:turtle;navy;garbanzo=+more oligosaccharides as harder to digest]

--Nuts/nut butter:(in shell; freeze to prevent rancidity)walnuts;almonds; peanuts Seeds:(store as above-

>grind)flax; hemp; chia; sesame;pumpkin food growing:hydroponic gardening; potatoes in sacks etc.;chicken coup(eggs->meat); ruminant animals(if access to grassland=milk&meat); dandelion gardens; ; sprouting seeds;conventional gardening(greenhouse preferred as minimal chemtrails/insecticides,etc.)

principle of selection: most nutrients/calorie

energy(calories):protein(e/p) ratio(as low as possible): (total calories by % protein of total) max volume(optimal):as little as possible while meeting all nutritional requirements

Meal Plan examples:

3+M/day every 4-6-within 6-10 hr. Window /24 hrs;.max.variety / 3 meal plan example:

M1: stewed dried fruit(1-200 gr.)+A.P[fish/meat(3-4 oz.)]+greens+ starch(0-50)

M2: starch(0-50 gr. dry weight)+eggs(x3)+nut(1-2 oz.)+cooked vegetables+ nut butter (extra calories if needed)

M3: repeat M1(w/ variations); A.P(substitute 3 eggs for meat)

more calories:(emphasize carbohydrates to extent of digestive comfort)

=fruit; starch;nuts/seed/fat preparation techniques:

starch(soak): 50gr./100gr. dry weight:1/2x250ml. H2O: @ 350°x 80-90 minutes;

in tightly sealed glass bakeware or enamel cookware V lead-glaze free clay crockpot

dried fruit: submerge in H2O--->bring to boil--->drain H2O(save all water for plants, cooking, etc.)

long-term storage:

1)pickling(submerge cooked food in salt+water; store in airtight buckets in cool area) lasts 6 months minimum

-eggs: boil->place in vinegar/water(peel)- b) vegetables: grate/chop finely->add 1 tbsp salt: 5 lbs.-> knead w/ hands squeezing juice out->pack tightly/seal in airtight glass lidded/rubber sealed mason jars for minimum 3 weeks in cool area before consumption; lasts 1/2year minimum ; store in cool/cold area(eg.cellar)

2) waxingcheese:diphardcheesescompletelyinwaxVbrush;letharden->storeincoolarea;

3)solar/sun drying/saltingmeat

3) grain preservation: air tight, mylar bags stored in plastic buckets(prevents moldaggregation/growth)

short term vegan diet=fasting diet; long term=death diet(via nutrient deficiencies especially useable/bioavailable amino acids)

eg. of vegan diet follow above routine only substitute +starch/legume/nut/seed in place of animal products/fat

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