The Energy and Consciousness of Food.
Stepping beyond nutrition, calories, vitamins and minerals.

Inspired by the teachings of Dr. Robert Morse and Bernard Jensen.

The natural diet of a primate is primarily fruits with some tender leafy greens, seeds, blossoms, some bark, pith and an occasional insect. This is an important realization to us, because by eating what we are designed to eat, our body will be able to heal and restore.

We are designed to eat our food raw, like all living beings. There were no mistakes. We love animals. We naturally have compassion for all of them, and if you leave a baby with a rabbit and a carrot, I will assure you, the rabbit will not be looked at as food. We are drawn to the produce market by the smell and the colors. These are the living foods, the source of our sustenance. When we see road-kill, or even a slaughter house, we are easily revolted. Our mouths do not water from seeing a cow walk by. There is nothing about a living animal that makes us hungry. We are simply not designed to look at them as food.

What most humans are consuming today is very far from being foods from nature. We were not made to consume pesticides, fungicides, additives, carcinogens etc. We were made to eat food. All this poison is making us acidic. It is creating so many imbalances within our system that we think we are different from each other. We think we need chemical medicine to function. An animal will only get a human disease when it starts eating human foods. Think about that for a minute.

The food and health connection is huge! No matter how spiritual we get, it is all energy, and foods are energy also.

Energy is the number one factor needed for life to exist. It is determined by the movement and interaction of the atoms that comprise all life. Absolute all. Energy can never die, only change form. Atoms (energy) cannot be created or destroyed, only changed. Energy level can be high or low, kinetic or potential. Kinetic, meaning energy at work, and potential, meaning stored energy.
A great example of the difference between potential and kinetic energy is found in comparing cooked foods with raw foods. The electromagnetic energy of cooked foods is dramatically lower than that of raw foods.

Why?

Because when heat is applied to a compound its molecular structure changes somewhat, as electrons are altered. When we heat water, its form changes from liquid to vapor. With heat, unsaturated fats become saturated. Water-soluble constituents are destroyed, leaving only some of the elements that comprise them. Also, dangerous and carcinogenic compounds are created when foods are cooked. Heat destroys the enzymes in food, which are necessary as catalysts.

Can you see the picture?
How cooking and altering chemistry is not a good idea?

The more energy your cells have, the healthier your body is. The less energy a cell has, the closer to destruction it comes. Carbon, hydrogen, oxygen and nitrogen are the basic elements of all organic matter on earth. All foods and their constituents (like proteins, carbohydrates and fats) are mostly created from these basic elements, which are the building blocks that determine to what category molecules or compounds, etc., belong. These categories of molecular structures (such as sugars, starches, proteins, fats) make up the foods that sustain life on this planet.

What does this have to do with consciousness? Absolute all life has an awareness or consciousness to it. Just because you cannot talk to plants or animals does not mean they do not have awareness. Some individuals have developed the ability to communicate with other forms of life. This means that foods also have an awareness or consciousness to them. Each type of food has its own unique individuality and reason for existing. God does not create something for no reason.

Guess what? Our beloved fruits have the highest electrical energy of all the foods. The higher the quantity of angstroms a food gives off, the higher the energy of the food. Volt-ohm meters and electromagnetic meters can measure this energy. Dr. Robert Morse’s clinical studies have shown that fruits will regenerate brain and nerve tissue, whereas vegetables will not. As a rule, fruits are brain and nerve foods as well as the cleaners of tissue.

Vegetables are the builders, which are suited for muscle and skeletal tissue. Nuts and seeds are structural foods and are strengthening to the body as a whole. These are not optimal detoxification foods. They do not have the highest

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potentials in energy, and does not have an astringent or hydrating effect on the body.

**Electromagnetic energy is rated in units of angstroms. The higher the quantity of angstroms a food gives off, the higher the energy of the food.**

“When you eat foods picked fresh from nature, and eat them without cooking or processing them, the high electromagnetic energy of that food is transferred to your body and its cells.

This is true with chemistry as well. Chemical compounds and structures are broken down by digestion, and the individual components or elements are then absorbed through the intestinal wall into the bloodstream. From there they are carried to the liver and to individual cells for energy or restructuring, and the remaining byproducts are then excreted. There is a process called biological transmutation, where the body transforms one energy source into another. This process is not understood well in the health or medical fields. We are just beginning to see more of the picture from quantum physics. It is enough to say that through chemical (oxidation), parasitic, and enzyme action, life is constantly being transformed.” – The Miracle Sourcebook

**ENERGY OF FOODS:**
- Fresh raw fruits 8000 to 10,000 angstroms
- Vegetables (fresh, raw) 8000 to 9000 angstroms
- Milk (fresh, raw) for children under two years of age only. 8500 angstroms
- Vegetables (cooked) 4000 to 6500 angstroms

**ENERGY OF TOXIC FOODS:**
- Milk (pasteurized) 2000 angstroms
- Cheese 1800 angstroms
- Refined white flour 1500 angstroms
- Cooked meats 0 angstroms

**BODY FREQUENCIES:**
- Human (average) 6500 angstroms
- Cancer Patients (generally) 4875 angstroms

The importance of the information in this previous chart will become clear when you understand that as homosapiens we need at least 6000 to 7000 angstroms of systemic energy at all times to even begin to smile, no less to be happy and healthy.
According to Christopher Bird in his book The Secret Life of Plant, (see bibliography), at approximately 4500 to 5200 angstroms, you are more susceptible to cancer or other seriously degenerative issues.

“The lower the energy of the food you eat, the lower your systemic energy becomes. This creates hypoactive or underactive tissues. The more energetic the foods are that you eat, the more vibrant and healthy you become. As we increase the energy of the physical body, we lift ourselves up out of despair and disease. This opens the senses to a whole new world of understanding and health.

The vitality you can achieve is indescribable; it can only be experienced. The body is a tremendous machine; fully aware of itself, with self-healing and cleaning mechanisms already built in. The body can get so healthy that you don’t even realize that you are using it. No aches, no pains, no weaknesses, only pure energy. If you wish to experience this pure energy you must consume pure energy. It’s that simple. Have vitality, have dynamic energy, have fun, go raw! If you’re green on the inside, you’re on the inside.”
—Dr. Bernard Jensen

In order to raise our vibration, to detoxify heal and regenerate the body, we must raise the electromagnetic energy of the system as a whole. Eating fruits that are high in energy will raise the potential of the body to create new cells. Not only that, it will allow the body to intelligently rid itself of all lower potential cells. Meaning damaged, mutated and weak cells. All leading to degeneration of tissue, and what we call disease.

As a species, we need to eat what nature intended, to achieve the health nature gave us.