

# <><><><><><> Balance <><><><><><>

Since the mid-seventies, I have been on a quest to discover what I need to live and enjoy good health every day. One of the driving forces in this journey has been the knowledge that a human cell has an infinite life span when properly nourished. No, I am not seeking the answer to immortality. Having said that, I do feel information is being ignored with respect to the importance of cellular health. Add to these facts, the poor track record we have in this country with respect to health. What percentage of our population is overweight? What percentage of our population is on one or more medications? I feel the results of our progress in helping people enjoy good health leaves something to be desired. In spite of all the resources we seem to have in the medical community, we are becoming more and more dependent on concoctions created by people in white coats rather than in balance and in nutrients created in natural whole foods.

*“The cell is immortal, it is merely the fluid in which it floats that degenerates. Renew this fluid at intervals, give the cells what they require for nutrition, and as far as we know, the pulsation of life may go on forever.”*

Dr. Alexis Carrel (Nobel Prize Winner - 1912)

In a more recent development, scientist were able to keep a cell alive and healthy for 18 years in a petri dish with no signs of aging.

Because of this nagging suspicion that something is being overlooked, I have dug as deep as possible to find answers. The one thing that kept showing up in this search is balance. Everywhere I look in nature, I see balance playing a dominant role. As a result, I’ve started paying more attention to my balance. This includes balance in my spiritual, emotional, and physical life. I also have become painfully aware of the importance of balance in my diet and exercise habits. This shift has been gradual in some sense and extreme in others.

Respecting balance in my life has presented me with some difficult choices for me (Yes, I still love chocolate ice cream). It has also helped me make some major changes in my priorities, and caused me to let go of some time honored notions of what I felt was important in being a whole person. In this paper, it is my goal to share some of what I have learned about balance and have an open discussion with you on how balance can affect a person’s quality of life.

It is important to note that I am not seeking judgment of any kind in this discussion. Each of us has unique needs in maintaining our balance. I have also found that some of these needs can be subject to change almost daily. Discovering the influence balance has on my life has enabled me to refocus and redefine many of my priorities.

This has been a solo enterprise to date and I have found the answers to many of the challenges I was coping with. Starting today, I’d like to open this study up to anyone who is interested. To get the conversation started, I offer the following questions and observations.

When you think of balance, where do you place it on your list of important everyday considerations? Such as balance between:

## **1. Organized Religious Practice versus Personal Spiritual Practice?**

With great reluctance, I have discontinued attending organized religious services. My reason for this action is based on my experience with church leaders who were unwilling to entertain discussions on the importance of diet. Candy, sweets, coffee, and processed foods (high carbohydrate food seem to be the favorite items to have at any group meeting. Questioning their place in the church setting was taken as being outrageous. I realize that questioning the presence of these items had a risk; however, I never thought I would be criticized for

not being willing to take part in the consumption of these foods. I was wrong, as a result, I no longer attend these functions or the services. It is possible there will be a shift in attitude on the part of these people as more information becomes available. I'm sure time will be the ultimate judge in this matter.

## **2. Altruistic & Egocentric Actions?**

In this question I suggest you look at each act you perform or promise towards another person or group of people. Is the driving force behind your actions altruistic or egocentric? Is there balance between the considerations/allowances you make for yourself and the other/s?

I struggled with this one. First I got caught in the judgment trap and then it seemed like almost all my actions/interactions could be classed as egocentric. During this time, I learned about the value of caring for myself. Working out the differences between self-indulgence and self love (accepting the fact that I am worthy of love) was a challenge. Today, it's a bit easier as I've come to respect the truth about who I am and who I am not.

## **3. Aerobic & Anaerobic Exercise?**

Is there time set aside for periods of aerobic (walking, jogging, etc.) and anaerobic exercise (weight bearing) exercise? Aerobic exercise is necessary to assist the body with circulation. During these exercises, the legs act as a second heart in helping distribute oxygen and nutrients throughout the body. Anaerobic exercise helps tone muscles and increase calcium density in the bones. I might add that you do not need fancy machines and you do not need to join a club. Both can be fun and enjoyable. The machines also make very stylish clothes racks.

## **4. Acid/Alkaline Foods?**

Your acid/alkaline balance is extremely important. Both acid and alkaline foods provide the body with important nutrients. Problems only occur when a diet is either too acid or too alkaline. Learning what foods are acid or alkaline can make an enormous difference in helping your body to stay in balance. A general rule of thumb: all meats, dairy, and processed foods are acid. Some fresh fruits (oranges) are acid; most are alkaline. Fresh vegetables are alkaline. A good ratio for most people is sixty per cent alkaline to forty per cent acid.

## **5. Protein, Carbohydrates, Fiber & Lipids?**

Is there a healthy balance between protein, natural carbohydrates, fiber, and lipids (fat) in your diet (they are all equally important)? Here are some suggestions that may help you determine where you are in this respect. When you get hungry soon after eating, it may be a sign of not having enough protein (too much carbohydrate) in the last meal. When you get sleepy/lethargic after eating, it can be a sign of having too much protein after the last meal. Waking up in the middle of the night and not being able to go back to sleep is a definite sign of a high protein diet. Waking up and not feeling rested can be a sign of a low protein/high carbohydrate diet.

The importance of regularity is also something that cannot be over emphasized. Two or more bowel movements a day are a good sign of adequate fiber and lipid intake. Anything less may be an indication of constipation. This condition can also be the result of too much processed food (most processed food lacks healthy fiber and may contain trans-fatty acids) in the diet.

The information contained herein is for educational purposes only. It is not medical advice and is not intended to replace the advice or attention of health care professionals. Consult your physician before beginning or making changes in your diet, supplements or exercise program.

533 North 17th St. *The Dancing Algae Co.* Colorado Springs, CO. 80904

## 6. **Digestion?**

*"Man is not nourished by what he swallows, but by what he is able to assimilate."*

Hippocrates

These words of wisdom are just as true today as they were two thousand years ago. What percentage of your diet consist of fresh fruit and vegetables? How well do you chew your food? Do you let yourself go hungry? Do you eat until you are stuffed? Your answer to these questions will allow you to gauge the health and balance of your digestion (age does play a factor here - nature provides many more enzymes to young people).

## 7. **Hydration Versus Dehydration?**

It is possible to drink to much water; however, this is not very common. When the urine is almost clear and with little odor is usually a sign of proper hydration. Many people don't drink water because of the offending taste. There is a good reason for this when chlorinated water is your only option. The body knows chlorine is a poison; it doesn't want it (The military used chlorine in [Mustard Gas] WW I to kill people).

## 8. **Work & Play?**

Balance between work and play does not necessarily mean a fifty-fifty split with respect to time. Rather, it's about capitalizing on the time available. I have times when I'm able to play at work and there are times when I find myself working at play. I find that my attitude plays a significant role in this area of balance.

## 9. **Relaxation & Meditation?**

I have had a fun time in separating relaxation and meditation. I'd set down to meditate and fall asleep. Then when I decided it was time to relax for a while, I'd find myself meditating. What I do now is combine them with deep breathing exercises. By doing this, I find I'm able to focus on what I feel is more important at the time, either relaxing or meditating, and I go on from there.

There is one other point I'd like to address before closing and that is the importance of a proper level of oxygen in the body. Oxygen is basic to human life. At present, because of our love affair with modern technology, there is less oxygen available in our atmosphere (down from about 35% a hundred years ago to around 20% today). Add to this the fact that when we ate a raw food diet, we were able to produce a much higher level of hydrogen peroxide in the body. This is no longer true because we no longer eat enough raw food. There are various oxygen therapies available and I encourage you to learn about them.

Thank you for taking time to read this paper. When you're ready to join in the conversation about balance, please e-mail or call me.

I look forward to hearing from you and I hope you're having fun with life.

*Bill Cooper*, EFTCC, Ph W.

---

The information contained herein is for educational purposes only. It is not medical advice and is not intended to replace the advice or attention of health care professionals. Consult your physician before beginning or making changes in your diet, supplements or exercise program.

533 North 17th St. *The Dancing Algae Co.* Colorado Springs, CO. 80904

Voice: 719-477-0964 or toll-free 866-477-0964 e-mail: wecooper@ix.netcom.com

Page Three