
A Course in Mastering Your Appetite

Mission Statement: In the course of one's life one would want to have achieved true happiness, true peace and true love. We are dedicated to bringing all three to you by truth, hope and joy.

Pathway One: Who picks your food: your soul or your ego?

*From the authoress of, Unraveling Your Past to Get Into the Present,
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Truth: Do you decide to eat better food and find yourself binging instead?

Hope: Do you hope to get in shape?

Joy: Do you wish you could find happiness in something other than food?

If you answered in the negative then this course is not for you, pass it on to someone who wants it. If you answered yes then read on.

Let us explore truth

Food, what is it? There is food that we need to live; and then there is junk food: the fake food. When you eat to live, you tend to eat natural food. When you live to eat, you tend to eat fake food.

- Do you eat to live?
- Do you live to eat?

What do natural foods do for you? What are natural foods, do you know? Natural foods give you nutrients: vitamins and minerals that your body needs to make new cells: skin, organ, gland, nerve and muscle cells. Natural foods are unprocessed:

- Whole grains and seeds rather than breads, cakes and cookie like preparations
- Raw, juiced or slightly steamed vegetables rather than cooked until limp and laced with chemicals to preserve it in cans or frozen in boxes
- Fresh or juiced fruit that is picked when ripe, rather than preserved with sugar added.
- Fish oils in fruit juice taken for health and home made vegetable oil dressings on a freshly made salad rather than fatty fried foods and salad dressings in a bottle.
- Baked or steamed fish (less fat) rather than meat and fowl (fat rich foods).

Which choice of food does your soul make? Food or fake food?

Which choice of food does your ego make? Food or fake food?

What is ego food? Fake food. Food that takes nutrients out of your body and is the cause of disease. Fake foods are processed: cooked, additives added, nutrients taken out: vitamins and minerals and chemicals added.

What are the fake foods?

1. Any food which contains sugar.
 - desserts
 - candy
 - sauces
 - dressings
2. Any food that is changed or modified from its natural raw state
 - white bread has the bran and nutrients of B vitamins removed, that is the reason the bread products state that they are fortified with B vitamins, especially noted is niacin.

What happens to your body when it is depleted in the B vitamin, niacin?

1. A lack of niacin causes madness. Some doctors thought people were schizophrenic in the 1940's when sliced white bread came out: white flour without the B vitamins, without niacin. It caused many people to go mad.

In the 1950's, soon after the processors of white flour began fortifying it with niacin, 10 % of all state hospital patients in the Southern United States were "cured." This was reported in the book, *Understanding Vitamin and Minerals*, published by Rodale Press and written by the editors of *Prevention Magazine*. Do you have a member of your family who experienced a mental institution in the 1940's.

2. Long before the 1940's poor people on diets limited to meat, corn meal and molasses became deficient in niacin. Their symptoms were:
 - dermatitis
 - diarrhea
 - dementia, deterioration of the mind, hallucinations, paranoia, depression, insomnia

Do you or anyone you know have any of these symptoms?

The madness caused by a deficiency in niacin is called Pellagra. Poor people and black slaves got pellagra due to their diet which was limited to meat, corn meal and molasses. These same blacks when freed by President Lincoln after he waged the Civil War continued to eat the same diet as they were accustomed: meat, corn meal and molasses. Before these disease symptoms were known to be due to a vitamin deficiency, it was called "black tongue" for the tongue turns black. In 1928, 7000 people died of Pellagra: cause unknown at the time. We know now that it was due to the limited diet eaten by many poor people in the South: meat, corn bread, corn, coffee, cornmeal mush and molasses. Niacin was missing in the diet.

Christopher Columbus brought corn plants to Europe from America. Poor people found it easy

to grow, made it part of their limited diet. Whole towns became plagued with people who had scales and dementia.

Why did the Indians who lived on corn not experience this disease? Their diet was not limited. They also ate beans, squash, chilies and coffee, all sources of niacin. In Mexico lime was added to corn after it was ground which makes niacin more absorbable.

In the 1930's the diet of children in orphanages was deficient in niacin and that caused them to be bedridden and depressed with severe sores on their bodies. Depressed! Does that ring a bell? We are a nation of depressed people taking Prozac. Why?

Joseph Goldberger proved that pellagra was not a "microbe" and that it was not caused from eating corn. He ate the red scales from the skin of the children. He did not get sick. He fed the children a better diet that included milk, meat and eggs. Within days the children started smiling and their energy renewed. He cured the children of Pellagra at a time when 170,000 people a year were getting pellagra.

It was not until 1937 that Conrad Elvehjem found that niacin cured people of pellagra. In 1940's another outbreak of pellagra occurred. White bread was unfortified and missing in the essential ingredient found in the whole grain: niacin. Many people were institutionalized, thought to be schizophrenic, only to be cured by food when the flour became fortified in the 1950's.

What are you eating or not eating that may be giving you symptoms of vitamin deficiencies? Between 1880 and 1883, over 6000 men in the Japanese navy died from paralysis, dementia and cardiac arrest. What happened to their food supply?

In 1886, three sailors died and in 1887 none, but that was after they discovered that polished rice was lacking in vitamin B1. Whole rice husks was the cure because the husks contain vitamin B1. What are the symptoms of having a B1 deficiency called beriberi?

- enlarged heart (cardiac arrest)
- paralyzed legs (begins with a weakness and numbness)
- swaying, sheep like walk (imbalance, poor coordination)
- dementia, deterioration of the mind, hallucinations, paranoia, depression, insomnia

How is your mind? Do you suffer from depression?

When people, who wanted to have a sweeter taste than nature gives them in rice and wheat flour, changed nature by removing the nutrient rich husks from the wheat and rice, their very appetite for sweets killed them—slowly and with much pain.

- What is giving you pain today?
- What eating habits are making you ill?
- What appetite cravings are causing you pain?

In 1885 to 1888 Dr. Kanekiro Takaki, proved that the diet of polished rice, rice without husks, caused the death of over 6000 in the Japanese Navy. It was not until 1920 that Jansen and Donath isolated thiamine (B1) in the rice husks. The lack of thiamine had caused the disease beriberi.

What happens when we alter nature's perfect balance? Disease.

What happens when we refuse to pass out information about vitamins and minerals and how a deficiency causes disease? More and more people get sick and die. Why? The ego's of people in the medical profession do not allow this information to be released to other doctors. Doctors who are informed by their medical schools can solve these cases by recommending the proper vitamins and minerals. The research on vitamins and minerals goes back to the beginning of the 20th Century. We are now in the 21st Century. What progress have we made? Why does the medical profession refuse to ascribe diseases to vitamin deficiencies? Ego! Medical and scientific research has proven the efficacy of vitamins and minerals and how they affect the health. We as doctors must use the common sense of our souls and read the research from the 20th Century in order to doctor the people in the 21st Century.

- Who is choosing your diet? Your ego or your soul?
- Who is choosing your doctor: medical or chiropractic? Your ego or your soul?

The common sense of good people is time after time ignored by the so called educated. I would say that common sense is soul sense and that the educated have learned to live by their ego which has no soul sense. If your life is going to be better you will have to take charge of it instead of letting the doctors take charge.

Another disease, scurvy, killed so many English sailors that it became hard to get the ships back to England. These symptoms of scurvy, which is a lack of vitamin C, are:

- Blackened legs (the blood vessels are breaking)
- legs so swollen that the men found it hard to walk
- foul breath (the tissue is rotting)
- spots of black and blue marks from the leaking blood vessels all over the body
- gums bleed and the teeth become loose and fall out
- the bleeding blood vessels make the person weak until death occurs

In 1639 Dr. John Woodall prescribed lemons to cure scurvy. One hundred years later in 1747, Medical Dr. James Lind, a British Naval surgeon, conducted research on twelve men with scurvy. Here is what he fed them.

- The first two drank a quart of cider a day.
- The second two drank elixir vitriol three times a day.
- The third pair took two spoonfuls of vinegar three times a day
- The fourth pair drank sea water
- The fifth pair each ate two oranges and one lemon
- The sixth pair ate nutmeg three times a day

The result: the ones who ate the oranges and the lemon recovered. One took only six days. And

what did the British Navy do? It took them 50 years to institute the practice of giving their sailors lemons at sea. Interestingly enough they discovered that the cheaper limes did not work as some still got scurvy. In 1928 Albert Szent-Gyorgyi isolated vitamin C.

Let us explore hope

You are not poor, nor are you forced to eat what you are given; you are not isolated on board ship with limited food supply picked for you, then why are you in the shape that you are in? What shape are you in? Do you suffer from any of the following? Do you hope to get over these symptoms.

- varicose veins are a result of a lack of bioflavonoids a part of the vitamin C complex
- black and blue marks are a result of the same lack of vitamin C and bioflavonoids
- depression can be from a vitamin deficiency; niacin and B1
- Scaly or dry skin can be from a lack of niacin
- bleeding gums result from a lack of vitamin C and bioflavonoids
- bad breath is a result of rotting tissue could be caused by a lack of vitamin C and bioflavonoids
- swollen legs can be from a lack of vitamin C
- heart problems can come from an enlarged heart which is a deficiency of B1
- mental disorders which can be a result of a deficiency of B1 and or niacin
- paralysis or loss of feeling in your extremities can be from a B1 deficiency
- listlessness, lack of energy and weakness can be from a niacin deficiency

Is your diet comprised of fake food? You may be having some or all of these symptoms if you are eating fake food.

In 1907 an experiment was conducted by a man awarded the Nobel Peace Price for being the father of the vitamin theory, a biochemist, F.G.Hopkins. He fed young lab animals a fake diet: lard and sugar and other substances; the animals failed to grow. He called this diet the artificial diet. When he added milk to these young animals diet they began to thrive and grow. What was different? Milk contains vitamins and lard and sugar do not.

- Does your diet contain vitamins and minerals?
- Fake food is just fat and sugar: no vitamins and minerals.

Even though you may be an adult, you are still growing/regenerating. Your body is making new cells everyday and sloughing off old cells. What happens when your muscles and your skin do not have the vitamins and minerals needed to make new cells: they sag, bulge, get swollen or thin out which we call wrinkled, swollen or thin skin stretched over flabby muscles. Is that what you want?

When your muscles get flabby and your skin looks swollen and wrinkled, do you think face lift and tummy tuck or do you think health; natural food, a balanced diet of fruits and vegetables, vegetable oils, whole grains, vitamins and minerals?

It is our hope that you will learn to think natural: to use natural doctors and to think food is your cure and vitamins and minerals are your medicine of choice before trying anything else. Who are the natural doctors?

- Chiropractors
- Acupuncturists
- Naturopaths
- Homeopaths
- Herbalists

Exercise can build muscle; however, without nerve energy and without the proper nutrients, the muscle will not grow no matter how much you exercise it.

1. A man came to me as a patient one day with a pain in his low back. As a Gonstead Chiropractic Doctor I adjusted his low back and took the pressure off the nerves going into his intestines, his sex organs and his legs. What was interesting about this case was that his right leg had always been smaller than his left. When the nerve healed and the muscle received the current, it grew. He measured the same on the left as he did on the right leg. He tried for years to get that leg to build muscle but it would not. The nerve controls the muscle. If your muscles are out of shape have your chiropractor check your spine to determine whether or not your nerves are healthy. When your nerves are healthy so are your muscles.
2. As a nutritionist and chiropractor, I treated a young man for rebuilding his body after a drug overdose. He was 21. His diet was juiced vegetables, eggs, no meat, fish or fowl, no bread, whole grains, whole fruits and multicolored salads with a dressing of lemon juice, juiced ginger, Bragg Liquid Aminos and olive oil. He also took vitamins and minerals. He was recovering quite well so I said he could get back into the gym. His roommate was getting ready to tryout for a spot on a big name football team: he ate whole chickens, drank milk out of the carton, ate large steaks and all the while laughing at my patients poultry plate of 'rabbit food.' They went to the gym together and after a week my patient's muscles had far exceeded his roommates and his endurance too. Muscles do not need excess protein to grow; muscles need vitamins and minerals, and a good nerve supply.

Let us explore joy

After reading about all that I have written you might say, where is the joy in all of this if I cannot eat cakes, cookies, pies, bags and cans of junk food snacks, altered food, drink sodas, eat fast food, and drink alcohol. Well, you know what that fake diet will bring to your life and it is your choice:

- to eat and live
- to eat and die a slow death much like the ones I have described for you in this first course chapter

You do not have to be a scientist and experiment on yourself. The experiments have already been done: lack of vitamins cause symptoms of disease and taking vitamins and eating food cures these symptoms. Now it is your choice:

- to live as your soul wants to live: on natural food
- to live as your ego wants to live; on junk food.

Is there joy in eating a good diet of real unadulterated food: raw fruits and vegetables, whole grains, vegetable oils, fish and fowl. Oh, yes! Who does it?

The French are famous for their cuisine. Never a junk food junkie would you find in a French man or woman who has accustomed himself or herself on natural foods prepared with the finest spices and herbs to flavor each bite: something to savor.

Do you savor your fast food meal? I think it is more like gobble it down! What is it that you like about fast food?

1. It tastes good?
2. It is easy to get and eat?
3. It is faster than cooking?
4. It makes everyone happy?
5. Everyone likes it?

All good reasons. Do you know that the reason America is overweight today is because overweight people eat fake food/fast food. Do you want to be overweight and out of shape? If you do then this course is not for you, pass it on to someone who really wants to look good and be healthy.

So what about the joy part? Suppose I could teach you in this course series how to eat food that will not make you fat and unhealthy and that you will say:

- It tastes good!
- It is easy to prepare
- It is fast
- It makes everyone happy
- Everyone likes it

I suppose you think this is impossible. It is not. I have seen children who cannot stop eating their mother's salads, prepared by my recipe; and these same children would not touch a veg-

etable before this. Are you that child/adult who will not touch a vegetable?

The French know about love and food; what they know about food is what we will discuss in these chapters of *The Course in Mastering Your Appetite*. Shall we begin by introducing you to vegetables that are seasoned to give your taste buds a new lease on life: a taste treat to savor? First, let me tell you about my homemade dressing: The Five Flavor Dressing and Salad.

The Dressing for the Five Flavor Salad:

- Salty flavor • Bragg liquid aminos (found at your local health food store) - 4 tablespoons
- Sour flavor • Freshly squeezed lemon juice - 4 tablespoons
- Pungent flavor • Fresh ginger root (a knob slightly the size of a golf ball) finely grated - squeeze 2 tablespoons of juice from the soaking wet pile of grated ginger
- mixes flavors • olive oil - 6 tablespoons

The Salad: (eaten without the dressing it is bitter, pungent or sweet and tasteless) do taste these vegetables with dressing

- pungent flavor • Water cress cut in one inch pieces or larger (used by the English for open faced sandwiches at tea)
- Bitter flavor • Radiccio (a red lettuce—an Italian vegetable)
- Bitter flavor • Spinach broken into pieces by tearing or cut into one inch squares or larger
- Sweet flavor • Carrots cut into bite size pieces
- Sweet flavor • Red bell peppers
- Sweet flavor • Yellow bell peppers
- Sweet flavor • Orange bell peppers
- Pungent flavor • Green onions chopped finely
- Sweet flavor • Beets cooked, cooled and sliced to bite sizes
- Sweet flavor • Tomatoes, any kind cut to bite sizes
- Bitter flavor • Cucumber cut to inch size pieces

The salad with the most colors has the most vitamins and minerals. The vegetables with the most flavor have the most vitamins and minerals from the soil where they were grown. This dressing can be made at the beginning of the week and saved in a jar in the refrigerator. The salad can be prepared in advance too. Cut your crisp vegetables up on Sunday and put them into individual baggies: carrots in a carrot only bag, etc. The leafy vegetables should be cut just before eating. How easy it is, is up to your attitude about it; but how fast it is to make your salad from your pre-cut vegetables and your prepared dressing; faster than going to the restaurant. You will feel a difference from the flavors in this salad: people crave it and you will too once you have eaten it.

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