

The Eartharian Transformation

E.T.

Part: 1

People all over the world are now beginning to wake up to the fact that most of our health disorders, even the so called ageing process is greatly attributed to the accumulation of substances that literally change our bodies from young, vibrant and flexible energy machines to old, decrepit and frail pillars of salt.

The Eartharian Transformation is nothing new or revolutionary; it's only the rediscovery of a natural way of mastering life we once knew before our decline in consciousness eons ago. It is a way of life that observes Universal Law and directly addresses the law of Cause and Effect. ET is a lifestyle that empowers us to realize our highest potential as universal/multidimensional Beings. One of its simple benefits is slowing the body's ageing process to where we can experience "once again" extended life spans filled with extraordinary health, vibrancy and consciousness while within the body vehicle.

What causes most of the disease we suffer from and how we experience ageing is the process of self imposed accumulation. From the moment we're conceived our bodies begin to accumulate toxic, acidic and inorganic mater due to the many unnatural substances and suboptimal life practices created by previous generations.

Through what is now called the **Standard American Diet (SAD)** research has shown that acidic build up and the accumulation of toxic substances often results in a condition called acidosis, which is the starting point of many chronic diseases. This just scratches the surface of the truth behind how we manifest health imbalances. There are several definitions for the word diet, but if you will permit one with a bit of humor, diet means nothing more than what we shovel into that hole just under our noses. ET is a natural life practice and alkaline based diet that replaces the unnatural, acidic and mostly toxic diet habitual of most Americans.

The definition of disease, according to the medical dictionary reads as follows. **disease** /dis-ease/ (dī-zēz') *any deviation from or interruption of the normal structure or function of any body part, organ or system that is manifested by a characteristic set of symptoms and signs whose etiology, pathology, and prognosis may be known or unknown.* In layman's, it simply means being in an unnatural state of "**Dis-ease**" opposite of a normal, natural and healthy state of being at "**Ease**"

There are many forms of disease and the statistics are alarming as to how many Americans are suffering from some sort of health disorder in the US alone, and these are just the reported cases of well known diseases like cancer and heart disease. There are millions of people suffering from health disorders that are unaware of them because they are unaware they're

actually suffering from a dis-ease. The reason being is that they've accepted certain discomforts and ailments as a normal part of their daily life. This is due to the fact they never knew what feeling vibrantly healthy was like, because they never knew what good health felt like through a more natural diet and way of life.

A simple metaphor for our unnatural habits and addictions is liken to beating oneself over the head with a hammer, though while in pain, never understood the cause of the pain until discovering how good it felt when the action that caused it stopped.

A perfect example of an under recognized condition is practically a pandemic in the US. Many Americans are suffering from low energy or chronic fatigue and are completely unaware of it because they see it as perfectly normal. Much of the population is on a perpetuating cycle of stimulants to keep them going. In fact, many Americans can barely get out of bed without the stimulant known as coffee and have several cups and energy shots or drinks that follow through out the day. The reason for this is primarily due to The Standard American Diet. In short and simple truth, it is the accumulation of countless, unnatural and toxic substances that burdens our body's systems to where we need stimulants to give us artificial energy, which in turn we form a dependency upon, much like an addict. This, in itself burns out our body at a rapid pace.

For most health disorders to occur and become chronic they need an acidic or low pH environment. Coffee and energy drinks are just two of many catalysts that promote such a condition. If or when the body becomes too acidic, sickness and or death can occur. Take cancer for example. Dr. Airashi; known for his research on acidity in the human body and its link to diseases like cancer showed that in order for cells to survive in acidic environments, they will eventually develop cancerous characteristics. Even though an accumulation of cancerous cells (like tumors), can be eliminated entirely through an operation, they can reoccur because the acidic surroundings (terrain) still remain after the operation. So the logical answer is the prevention of contracting such a condition to begin with. When we stop the development of unhealthy symptoms like acidosis at the source, by addressing the cause of the problem and not the effect, we can then realize and experience dis-ease free lives. For the foregoing reason, we must value and practice a lifestyle predicated on the old proverb; ***an ounce of prevention is worth a pound of cure*** and not the other way around.

Why did I eat that?

When we closely observe our behavioral habits with food, it's obvious now more than ever that the most overlooked aspect to this thing we call eating is the question "***WHY***". On the surface it would seem obvious, but when we delve deeper it's anything but.

It is becoming more and more prevalent that food is a drug; literally a narcotic and millions are addicts, food junkies. Point blank, it's the #1 substance abuse problem in the world and the truth is; when we abuse (especially in the US) what was meant to benefit, energize and prolong the life span of our body's, food then becomes a detriment that shortens life. It's been said ***"we are an over fed, under nourished***

nation” and this couldn’t be more true. We eat for so many reasons we’re not fully cognizant of, including the sedative or stimulant effect food can have upon us. This is obvious in that we tend to eat when we are.

- Stressed
- Depressed
- Happy
- Sad
- Mad
- Sick
- Bored
- Tired
- Lonely
- To be social
- In need of comfort
- In pain or sorrow

We even eat when it’s TIME, when the clock says so, instead of when our bodies naturally remind us.

In lieu of the foregoing, it’s clear that most of the time we eat for all the wrong reasons and many of them are more psychological than physiological. Yes, we do eat when we’re hungry and for nourishment, but so little of the time is this the case. Most often, we eat just for the sheer taste and pleasure of it, along with the sedative or stimulant effect. (Gluttonous pleasure junkies)

That’s the problem

Yes, food is a wonderful pleasure; in fact it’s truly a gift, the experience of taste and the sensation eating gives us. But now everything we do evolves around food, and it appears we’ve taken it to the point of literal self destruction.

Unbeknownst to the masses, even to those of us on a more serious health conscious path; **what** we eat, **how** often we eat and **why** we eat is something we’re just not fully conscious of in every moment. The truth is simple; food can be a life supporting sustenance or a substance that cause’s health disorders, hindering us from realizing higher states of health, longevity and consciousness when we abuse it. The list of food related diseases is too long to go into.

We’ve all heard: **cleanliness is next to godliness**, but most have never understood the full meaning. We’ve also heard **the body is thy temple**, but many don’t understand what it’s a temple of. Thus, it’s been said that we are light beings, beings of light/life energy (spirit) in physical bodies. This couldn’t be more true because without this miraculous spark of life within (god technology if you will) our bodies

couldn't function or better yet exist. Furthermore, ***"Life is much more than what we make of it; it's what we are."*** No need to thunder away with a sermon, but everyone will have to reckon with this truth sooner or later and respect it accordingly.

To eat or not to eat

Whenever we eat, there is an energy and residue exchange that can deplete this life force in our bodies, which simultaneously leaves a residue behind. If the food we consume is not void of impurities, plant based, non GMO (mostly raw or live) and nutrient dense, it leaves a toll on the body. When the body isn't receiving more in the energy exchange than it took to process and assimilate what the body needs to receive in the exchange, then it's being cannibalized energetically in the process. The body is receiving less in energy/life force than it took to process what was meant to fuel the body.

In our culture, over eating and consuming bulky, high calorie, low nutrient foods, along with toxic substances is what's now called *The Standard American Diet (S.A.D)*. The ongoing process of consuming the S.A.D diet burns out our light bulb (if you will) much faster than it was designed to. In fact, the S.A.D. diet, along with our current state of mind appears to be the number one contributor to all the new diseases that seem to be popping up every day and our growing health crisis.

That said, now comes the other side of the double edge sword; residue. In the energy exchange, there is also a residue or remnant left behind that accumulates and literally chokes the light or life out of these once perfect organic organisms we call our bodies. Meaning, the light can't remain in the temple any longer because the temple is no longer a place where life can reside after it's been corrupted with layer after layer of toxic plaque-like tarnish. Simply put, the accumulation causes a short circuit or disconnection over time. It is this simple, but very inconvenient truth that many can't believe or don't want to hear because of our psychological programming and physiological addictions with eating. *Truth is, we're unconsciously killing ourselves and loving every minute of it because we love our food to the point of its abuse and distortion upon our bodies.*

It's been said many times in defense of eating unhealthy, dead and denatured foods; "but I don't care, I love this or that food; I've got to have my such and such fix; we're going to die anyway; at least I'm going to die happy. The answer to that is; when you're on your death bed; long before your time, it's very doubtful you'll be happy, so why speed up the process? Though we love our food and it gives us so much pleasure in one way, the truth is, it doesn't love us back in another when we eat unconsciously.

In this time of self health and empowerment, it is true to the upmost degree that we have free will, which means we can do anything we want. However, it does not mean that what we do doesn't come without ramifications unconsciously attached to it. So a word to the wise should be: The next time you eat, make sure you don't find yourself asking a familiar question we seldom answer ***"Why did I eat that?"***

Case and point; The Standard American Diet and our stressful way of living is the number one reason we suffer from so many health issues. Meats, all animal protein, pasteurized dairy products, over cooked, dead and processed foods laden with chemicals and preservatives; along with soft drinks; sugared fruit juices; even most bottled waters are acidic.

What many consider to be normal, healthy eating habits is actually the cause of many health problems over time. This is due to what is called consensus thinking, which is the thought process of; if everyone else is doing it, it must be ok. Well, we all know the analogy our mothers used when we were children about jumping off a bridge. That said how naïve are we when we look at ourselves from a higher conscious perspective to consider who it is that causes every effect we experience. We don't have to look far to see this truth in relation to food when we take account of all the food related diseases we're now experiencing that didn't exist even 50 years ago.

Chronic Dehydration

The number one disease in the US is chronic dehydration. **(Robert to insert the liquidarian factor)**

Organic machine

The body is a miraculous organic organism, comprised entirely of organic compounds. Every day it's being bombarded with non-organic, acidic and toxic elements stemming from the self imposed conditions we created. When this organic machine (body) is functioning properly; in every moment it's repairing old or damaged cells and creating new ones. Simultaneously the body's metabolic process releases acids as waste product from the foods and other substances we ingest, which decreases the pH of our blood or life fluids. It is even more prevalent with the consumption of highly acidic foods. In order to neutralize this acid your body relies on alkaline buffers; substances that help increase the body's pH back to neutral; being around 7.3 on the pH scale.

If your body does not contain enough of these alkaline buffers, which come from alkaline forming foods; acid accumulates in your blood and bodily tissues, interfering with the function of your organs, muscles and biological systems. This is one of the factors that lead to Cancer, Obesity, Diabetes, Hypertension, Kidney disease, Digestive problems, Heart disease, Neurological disorders, Gout and Acid Reflux. Perhaps you've seen the pharmaceutical commercials for the dis-ease known as Gout and acid reflux disease. The commercials, like others of they're kind offers treatment for the effect of the dis-ease, but not what is most often the cause (The Standard American Diet and lifestyle). Alkaline forming foods provide the alkaline buffers your body needs to maintain optimal pH, weight and health. Many studies have shown that when pH drops below 7, unhealthy symptoms begin.

There are many informative books on the importance of Alkalinity and a Plant Based Diet. Here are just several: *Alkalize or Die*, *Crazy Sexy Diet*, *Are you Digging your Grave with your Teeth*, and *The Acid-Alkaline Diet for Optimum Health*. There has been much research indicating that acidosis affects more than half of the population. In order to reduce the amount of acid in our body to prevent acidosis; not to mention other toxic build up (both being ground zero for many health disorders), it is crucial for your diet to consist mostly of alkaline forming foods.

Part: 2

So what exactly are alkaline forming foods?

At this point it must be said that this information is nothing new, only something to be reiterated and strongly emphasized. Fresh fruits and vegetables, raw sprouted seeds, nuts, grains and legumes are alkaline. Bluntly put, but hard for many to except is that this is how we were meant to eat in order to live long, healthy and “Dis-ease” free lives. I like to call this; ***“Eating from the tree of life”***.

“Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food”.

This now ancient quotation is not only interesting in that it suggests a plant based diet, but now with GMO or denatured fruits, vegetables and grains introduced into our food chain (***Foods altered from their natural state, like Seedless for example***), it also points out that those are to be avoided as well.

Our mothers always told us “eat your vegetables”, but probably didn’t completely understand why. Not only do greens provide the important nutrients like the vital vitamins and minerals to make us big and strong like she said, but they are also the most alkaline forming foods for overall health that you can eat. Examples include FRESH:

- Broccoli
- Dandelion and Chard greens
- All kinds of sprouted greens (like alfalfa)
- Spinach
- Kale
- Cabbage
- Salad greens (spring mix & herb mixes)
- Arugula
- Green beans
- Asparagus
- Wheat grass juice

You get the picture, it's not rocket science and the list of greens goes on and on

Greens aren't the only alkaline forming foods; most vegetables and many raw fruits, nuts and virgin cold pressed oils are as well. These can also help you maintain an alkaline body. Some other alkaline forming foods include:

- Carrots, Celery and Beets
- Apples, Bananas, Pears, Papaya's (the list of fruit is long)
- Raw Sprouted Almonds and other nuts and seeds
- Sprouted beans and legumes
- Raw Almond milk
- Avocados

How should I eat?

Again, it's not rocket science; it's not a complicated matter. Actually with the exception of some Superfoods; if your food is not straight off the **tree, plant bush or vine**, the chances are it is complicated and suboptimal. Your diet should consist of about 80 percent alkaline forming foods, half consisting of raw produce from your local farmers market or health food store, the other 20 percent from Superfoods. Ideally you should consume a wide variety of the aforementioned foods every day as the basis or staple of your diet.

Because many find it difficult transitioning to an alkaline/plant based or (GREEN DIET) with so many tempting animal based foods and fast foods surrounding them, especially busy adults and children who just won't eat whole, raw green foods. A.L.T. offers Green Alkalizing Meal Replacements that provide a full spectrum of super foods, grasses, and plant based protein, vitamins and minerals along with other alkalizing vegetables in a convenient great-tasting powder. These meal replacements are to be mixed in a blender with fresh fruit or juices for smoothies and shakes. This helps make it an easy transition to a healthy Green Diet.

These Superfood meal replacements are a very efficient way to supply your body with everything it needs to enjoy a healthy transition, while improving the way you look and feel. They are packed with omega 3 fatty acids, enzymes, fiber, vitamins and minerals such as calcium, magnesium, phosphorus, potassium and zinc, which are crucial for maintaining optimal alkaline or pH.

A.L.T. offers a step-by step process to transition from the Acidic, Sub-Standard Animal Based Diet to an optimal Plant Based or (GREEN DIET) of nutrient dense foods with as little difficulty as possible. However, it is a life choice that must be made with purpose, conviction and

dedication. Many have attempted to convert to a plant based or vegetarian diet and have failed because of the lack of conviction. The reason was not just the lack of will, but the lack of knowing why and the reason for this was a lack of education. It's been said that Adolf Hitler was a vegetarian. This is highly doubtful because if he knew the real meaning and deeper purpose behind the practice; he would have never declared war or ordered the taking of one single life, let alone millions, which ultimately resulted in the taking of his own life. But this is a deeper subject to go into.

Depending on the level of health, nutritional practices and how long you feel comfortable with the duration of the first phase; ET begins with Phase One; which is a 7, 14, or 21 day inner Terrain or BODY modification protocol. The longer you can do Phase One comfortably, the more it will benefit you. Note; the process is much more psychological than physiological. As long as you're not experiencing physiological discomforts, you should strive to complete the full duration of your choice from the three duration choices. The longer the duration, the more beneficial it will be.

Step 1. Standard meals are replaced with a liquid nutritional feast of highly alkaline, vitamin, mineral and enzyme rich super foods that nourishes and purifies the body all at the same time. Solid bulk meals are replaced with smoothies and or shakes, using meal replacement powders mixed with fresh fruit and water or alone with fresh juice. Almond, coconut or hemp milk can be used for shakes and smoothies as well. The meal replacements are as follows:

- Ultimate Green Protein
- Elixir MRE
- Tonic Alchemy (Superfood blend)

Supplements:

- Chlorella
- Spirulina
- Blue Green Algae
- Fulvic Acid
- Magnesium Chloride

2. After completing the first phase of ET, the transition to a complete plant based (Green Diet) begins with omitting sub-optimal foods and life practices and replace them with optimal ones. Once committed, you will find it easier than you think. You will notice that with the way you look and feel your body will actually prefer these optimal foods over the suboptimal ones.

Non Vegetarians (Beginners) would exchange one (Standard American Diet) meal in their daily caloric intake with a Vegan or Super Food Meal.

Dinner example; instead of the usual take out or home made chicken, beef, pork or fish, along with a starch and usually a useless over cooked, frozen or caned vegetable (if they're included at all) you would replace them with preferably a raw vegan meal.

It's not about the food in your life; it's about the life in your food.

There are many vegan and raw food recipe books, both online and in print, but see our super salad video on earthshiftproducts.com for an example. Note: it is a wise practice to eat raw and sprouted whole foods as often as you can because you're ingesting live food and enzymes for a living body. It is unwise to put dead substances into a living organism, particularly the carcass of an animal.

3. Gradually, but as quickly as you're comfortable with, replace the second meal and eventually complete the transition to where the plant based (GREEN DIET), is the only way you ingest food. The Superfood smoothies are always a good practice as a meal replacement during and after Phase 1.

One goal in the alternative life style is for the body to require less food; preferably twice per day at most or in small quantities through out the day. LESS IS MORE when replacing frequency; low nutrient; bulk and volume eating with live; nutrient rich foods; which are only needed in small amounts. At this point it should be mentioned that many look to add a food or supplement known to be healthy to their diet on top of what they're currently eating, thinking it will be the answer for improving their health. This is not the answer; it is all about taking away from your diet, not adding to it. Again, it's about omitting the suboptimal and replacing with optimal ONLY.

In emphasis of the profound truth behind the aphorism made by Hippocrates; *let food be thy medicine and medicine be thy food* is the harsh reality. If food is not a medicine it, then it must be a poison.

When we eat consciously or optimally, it's not about how much we need to eat in order to thrive and live long healthy lives, it's about how little. It's about the life and nutrients in our food, not the volume or quantity. Not to sound dogmatic, but there is good reason that gluttony was deemed one of the seven deadly sins. When we stop to take a deep look at ourselves, it's all about self awareness, above all, who that self is. A simple but profound truth about life is; ***what we don't know about life is what's killing us.*** And just one aspect to this is; the more we eat dead and denatured foods, the quicker we burn out our body. Not to mention what the other stresses and burdens we place upon it does.

Life Force/ Energy Retention

In addition to alkalizing the body; when we eliminate bulky, processed, dead and denatured foods that are low in nutrition and highly acidic (suboptimal) and replace them with small amounts of nutritionally dense, live, alkalizing foods (optimal). The body then uses less energy to assimilate what it's ultimately not getting back in the process of a suboptimal diet. At the same time the body is not under the constant attack of excessive toxic acidity and energy burn. Thus, the body actually receives more nutrition, and life force (Prana) energy than it expended in the assimilation process.

To summarize; when we consume small amounts of raw, mineral rich, heirloom and non GMO foods, it not only feeds the body with these nutrients, but replenishes energy instead of cannibalizing it in the assimilation process of consuming dead, low nutrient and high caloric foods.

ET. is not a diet or cleanse for rapid weight loss and detoxification. Like many programs the progress gained will eventually be reversed because they were not designed as a way of life. ET is a lifestyle change that offers ideal weight, health and body maintenance for life. It begins with a nutritional feast that helps dissolve toxic build up while cleansing, nitrifying alkalizing, and shedding excess baggage from the body permanently. It works in combination with the use of Fulvic Minerals, Magnesium Chloride and other supplements that assist in the process. They all work together to transform the body with little to no reactions in the transition or rebirthing... if you will.

Extraordinary health and long life is not something to be had, it is something to be well kept.

Other than the prevention of health disorders, the list of benefits a GREEN DIET can provide include:

- Removal of toxins from the body
- Easier digestion
- Removes mucoid plaque
- Restores the acid/alkaline balance
- Removal of parasites
- Cleanses the blood, skin and organs
- A much better feeling of wellness
- More energy
- Less lethargy and tiredness

- Less constipation and bloating
- Lower weight and maintenance
- Less bodily aches and pains (Headaches)
- Less cravings for unhealthy food
- Clearer skin, healthy glow
- Less/no stomach 'flu'
- Less Irritability
- Helps Candida and yeast infections
- Less smelly stools
- Eases Inflammation of the colon (IBS)
- Lessens the occurrence of Polyps
- High antioxidants and enzymes
- Increase good cholesterol/decrease bad cholesterol
- Improves cardiovascular function
- Promotes positive nitrogen retention
- Promotes pro-longevity
- Increases metabolism
- Promotes healthy kidney function
- Promotes healthy liver function
- Improves mental clarity

ET (Basics for beginners)

The **do's and don'ts** on how to begin and maintain the GREEN lifestyle of extraordinary health.

- **Don't** eat refined sugar of any kind.
- **Don't** consume distilled vinegar, iodine based salty foods, white rice, gluten or GMO foods of any kind (no wheat, corn & soy products) No fried food, saturated fats or hydrogenated oils, coffee, soft drinks or alcohol.
- **Do** try to eat raw/live foods as much as possible
- **Do** allow at least five hours between meals so the digestive system has time to do its work.
- **Don't** eat a big breakfast because it's difficult for the body to digest and it slows you down. Fresh fruit with raw nuts and or seeds is an excellent morning meal.
- **Do** drink eight glasses of pure or eight stage R/O water a day that is restructured with minerals. Or distilled/ restructured water along with herbal teas and fresh juices.
- **Don't** drink posturized milk or consume dairy products of any kind.

- **Do** go out in the Sun regularly. The Sun has healing photonic light energy and vitamin D for the body to absorb.
- **Don't** eat animal flesh or fish of any kind. If necessary, eat them no more than twice a week. Strive to omit them out of your life completely and get your protein from plant sources only.
- **Do** make sure you have regular bowel movements. (a raw vegetarian/vegan practice will help ensure this)
- **Don't** rely on enemas or high colonics to assist with bowel movements and cleansing, but they are good to do occasionally.
- **Do** exercise regularly, but not to an extreme intensity.
- **Don't** wait and just rely on drugs to treat a health problem, prevent them with a healthy lifestyle. (Note the proverb; An ounce of prevention is worth a pound of cure)
- **Do** think positively, cultivating a peaceful state of mind, clarity and above all, love and gratitude for your life. (This is crucial)
- **Don't** neglect your sleep.(Go to bed early and rise early as a life practice)
- **Do** practice deep breathing, stretching, yoga and good posture.
- **Do** practice the art of meditation (mind clearing) to improve you physically, mentally, emotionally and spiritually every day.
- **Do drink** the six liquids of vitality and fast on them one day per week or at least once per month to detoxify your system.

This information is offered for education purposes only, it is not intended to diagnose, prescribe or treat illness. It is valuable to seek the advice of a medical practitioner or an alternative holistic health care professional before making any lifestyle changes. These statements have not been evaluated by the FDA. Any products or methods mentioned are not intended to diagnose, treat or cure any disease.