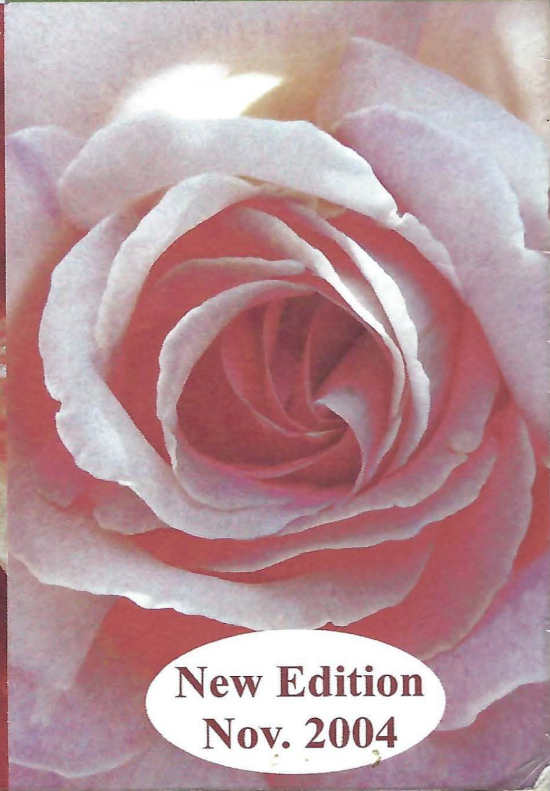


Nourishment

Home Grown

Dr. A. F. Beddoe, D.D.S.



New Edition
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NOURISHMENT **HOME GROWN**



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a Vital-to-Life Book

NOURISHMENT HOME GROWN

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To the most beautiful whole person named
Jeanne
with whom I am privileged to share the most
exciting spiritual journey of this life.

TO THE MANY...

There is part of a verse of scripture that says, "...there is nothing new under the sun." (Eccl. 1:9) This expresses a very basic fact. All that is contained in these pages was the result of the talents of many individuals too numerous to mention. They came from many generations not just mine. All are a part of discovering what had been established before the foundation of this world. Yet, without them nothing would be known that was established because of the unique gifts they were blessed with. It has been my privilege to be the scribe of these principles and any credit I receive must also reflect upon all that have made it possible. I am blessed because of "the many" who had similar interests. Like all blessings, the multiplication only takes place when shared and becomes ours together.

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GOALS OF THIS BOOK ARE TO:

- Understand Divinely-ordained and Divinely-maintained laws and how to work and cooperate intelligently with them in your garden.
- Learn to grow whole and completely nutritious foods that are first and last of the highest quality.
- Understand and use methods of building soil mineral energy.
- Understand and use methods of stimulating the proper growth through proper release of soil energy.
- Achieve understanding of the hows and whys of plant diseases related to the soil.
- Arrive at an understanding of the relation of human degenerative diseases to the soil and how your wellness is affected by your gardening methods.
- Understand how your garden can affect the health of your body, mind, and spirit.
- Dispel misunderstanding about garden methods and products.
- Be able to judge the value of new methods and products you may meet.
- Become equipped to help others and impact the health of yourself as well as your community.

FORWARD

Thirty years of investment research and consulting have taught me at least one basic axiom: "In order to solve any problem you must first determine the root cause of that problem. Once the root cause is set up, then and only then, can various corrective remedies be applied to locate a positive solution." Does this sound simple and logical? Of course. Yet the failure to get to the root cause of thousands of major problems in the world is the basic reason why solutions are not found.

One of the major problems facing all of us, as we grow older year by year, is the quality of our individual lives. Government statistics continue to tell us that we are living longer. What these statistics fail to reveal is that thousands of people are beginning to contract heart disease, cancer, leukemia, arthritis and a host of other health problems at much younger ages. The only logical conclusion is that, even with the miracles of modern medicine, something is still wrong. A problem exists!

About ten years ago, on my retirement from the investment business, I began research on several different subject matters that I had always wanted to study but time requirements had made it impossible. One of these was the longevity of man—past and present. After several years of intense research, two positive conclusions began to emerge.

First, the life span of modern generations is beginning to decline. The pattern is now shifting from longer lives to shorter lives. Statistics for this conclusion will be definitive as we move past the year 2000. What does this projection mean to you, your children, your grandchildren and your great-grandchildren? In round numbers, here is what it adds up to. If you live your full three score and ten years (70), then your immediate offspring may only live to be 60 years old, your grandchildren 50 years old and your great-grandchildren only 40 years old. Do I have your full attention now? I hope so. The measure of modern day longevity is very, very real, yet is mostly not recognized as a problem, let alone understood. If

my above figures, about life expectancy, are only halfway correct, then I believe we do indeed have a big problem to solve. We are all involved in the problem. We know it as “Our Lives.”

Second, my research began to reveal that the solutions to the longevity problem are wrapped up in several basic laws of longevity. Those laws all start with the study and understanding of air, water and food.

Nourishment Home Grown is Dr. Beddoe’s fourth book on the subject matter of nutrition for plants, animal and humans. This is the first book written primarily to you and me—the average John Doe Citizen. Written in words that, while at times appear complicated, are clear and forthright in loading us with positive answers that we can and should implement into our own lives.

I know that few authorities on the subject of good health would challenge the following statement: “The best foods for a long and healthful life are fresh, fully nutritious fruits, vegetables, nuts and grains.” Now, while there may be few challenges, there is a basic problem that these same authorities are unaware of or are not addressing. Dr. Beddoe states, “In a four year study... it was found that mineral levels in the plants had dropped from between 8% to 68%.”

Five years ago, as I traveled in my motorhome from California to Florida, I conducted my own testing of foods. My personal test results show that on average the fresh food we buy in markets contains only 30-50% of the nutritional value they should have. This is a shocking revelation. And, in fact, this is the root cause of why longevity is beginning to shorten. Remember, I’m not talking about “junk-foods.” I’m not talking about pesticides, herbicides, fungicides, or steroids that we hear so much about in the news; all of which define other problems. I’m talking about the foods, designed by the Creator Himself, that have allowed mankind to survive for some 6000 years.

Not only has Dr. Beddoe been among the first to clearly recognize these critical problems, but he has set his life work trying to solve them. The book contains a well-spring of information—nuts

and bolts type information about you, your body, and its interconnection and dependencies on the fuel or food you consume. Elementary basics such as, "If the nutrients are not in the soil, they will not be in the plant, thus they will not get into your body;" how plants take in nutrition from the soil, water and air; which nutrients are best, when, how much and, most important, why. This book could be titled, All You Ever Want to Know About Growing Nutritious Food, but Did Not Know Who or What to Ask. It's all here now for you to read.

This book is not just for home gardeners. It must be read by all persons concerned with their own and their families well-being. Never loose sight that our two most precious assets in this world are good health and long life. All else is secondary. Nourishment Home Grown will help you achieve both these goals.

I predict you will read this classic book more than once, and as your own understanding of the problems and potential solutions grow, so will your appreciation and thanks for the effort and work of Dr. Alexander F. Beddoe.

—Ed Jensen

PS—2002

There are certain basic laws of God that must be observed in order to have the vibrant energy necessary for a quality life style and a life span longer than most people even dream possible. Therefore, all life is a matter of the choices made by each individual. Ignorance is the root cause of all sickness, dis-ease, and disharmony. These dysfunctions typically all start with lack of body energy. Learn or not to learn, is strictly up to each individual.

I reconfirm to all readers that now, after another 10 years of my own personal research, that this little book, by Dr. Beddoe, contains more true wisdom in its first three chapters than 95% of all books ever written. Most importantly the entire book deals with our most precious asset, our lives. When prospective parents of future generations realize that to raise strong, healthy, disease proof children, they themselves must be in perfect mineral and physical balance, before the time of conception, then indeed we will be moving down the path toward Gods perfection. I am thrilled to report that this stage of our evolvment is slowly beginning to occur.

Fundamental truths cannot be covered up forever, by slick drug company advertising campaigns, medical ignorance of the role of air, water and real nutrition in our daily lives, or religious superstitions.

I say to you learn, learn, learn. Never stop learning, and then create, create, create your own world of perfect wellness, harmony and abundance. It is all possible and that's the way it was planned to be. Believe me, I know.

May you move forward with love, peace and abundance forever.

—“Grandpa” Ed Jensen

X —

INTRODUCTION

“When are you going to put out a book to teach the home gardener how to benefit from the Biological Ionization principles” that you learned through Dr. Carey Reams. I don’t know how many times, over the past 25 years, that I have been asked this question. In response to the first requests, I tried to put together a small syllabus with an audio tape to accompany it. The response was good, but it was only a beginning.

You see, I had a dream that developed as I worked with Dr. Reams. When I first started comprehending how significant and valuable the proper understanding of Biological Ionization was, nothing was written on the subject. The spread of the information was dependent on word of mouth. This has some advantages, but mostly disadvantages. The major disadvantage, particularly destructive, was the way the principles got distorted or exaggerated as they were passed on by word of mouth. So the big question, “why was there nothing written in a comprehensive way to share the information and keep it from being distorted or lost?” Since that time a dream began to develop in my head. I dreamed of putting together books for helping people in all walks of life learn the right information about Biological Ionization. Then they would be able to put it to use in the home and family—what better form of natural health insurance.

The first release of this book in 1992 set a very important milestone. With the release of both the human health text and the agricultural text, I knew there still had to be at least another book to benefit a much larger group of individuals. The health and agriculture books were successful, but they have a narrower spectrum of appeal because of their technical approach and cost. This book added a whole new dimension of exposure to Biological Ionization concepts. The largest hobby-interest group in this country (better known as gardeners) will now have available the third edition of understandable and easy-to-use information that can potentially af-

fect all areas of their personal lives beginning with their own garden soil.

The science of soil chemistry, called agronomy in the agricultural field, has made little if any nutritional impact in the area of home gardening. That's understandable. Agronomy, as applied in the soil framework of the farm, usually requires expensive soil testing and even then the information derived and the interpretation given are subject to a high degree of difference. Of course, the home gardener can't afford the soil testing, especially when they are only purchasing more confusion. Whatever principles of agronomy the gardener has access to in, his or her favorite publications, either serves to make soil chemistry more confusing or to suggest that soil chemistry really is not important enough to pay attention to—especially as related to health.

You and I do depend on this earth to grow the food we eat. The quality of food we consume is dependent on the quality of the soil it is grown in—contrary to what a lot of nutritionists and schools of health teach. A four year study that sampled over 4000 plants from farms in Midwestern America found that mineral levels in the plants had dropped from 8% to 68%. Think of it! Nutrient levels in the food we eat that are 68% lower than what they used to be! And who said what they used to be was optimum? You and I cannot function at our physical best with that sort of degeneration taking place in our food. Yet this shows what is taking place world-wide, especially in the industrialized countries.

I'm here to tell you how important soil chemistry is to the health of your garden and its produce, as well as to yourself. Our gardens will form a key link in making up for and replacing the lost nourishment the public has come to accept so complacently in the supermarket food.

In a way this is a technical book. That is, in the sense that it takes information that has produced high-quality produce in the commercial arena and uses it to create a simplified approach so the gardener can reap the benefits. You will notice that the book lacks all sorts of gorgeous pictures. In fact, you will notice few illustra-

tions, and the ones used are simple. Yet, you will find systematic and workable information. You, the gardener, need to know that you can make a difference in the health of yourself as well as your family by the way you husband the food grown on your sub-acre.

This book does not duplicate what is already out there in hundreds of other garden books. It is no ordinary garden book. On the contrary, its purpose is to cover the missing links of all those other books. Remember the books titled, "All You Ever Wanted to Know About... but Were Afraid to Ask." Well, this book could be comparable, but its title would say something like, All You Ever Wanted to Know About Growing Nutritious Food, but Didn't Know How or What to Ask.

Those acquainted with me or who have been under my counsel or tutelage, come to understand, sooner or later, that I function from a spiritual base which I cannot and will not separate from my knowledge of human health and agriculture science. As you read what I have to share, there is no way I can divorce what I understand spiritually from my knowledge scientifically—they must work together. It is there because it is me. In a sense it is my biography, because it acquaints you with how my thoughts are referenced to a dimension that some of you may not have considered being related to health and garden. Thus, I invite you to examine, unbiased, the concepts which are the basis of Biological Ionization Principles. Orville Wright put it this way: "If we all worked on the assumption that what is accepted as true is true, there would be little hope for advance." As you focus on what is in the pages that follow, you will see that it is not based on what is commonly accepted.

Remember, read this book carefully! The principles and their applications are designed to meet the average conditions that exist in most soil situations a gardener will meet. This means there is the chance that in some garden soils the particular suggestions may not produce the intended results. Nevertheless, the principle applied still is applicable with some additional change based on your investigation.

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Have fun and be ready to experiment with some modification of the procedures outlined. As long as you stick with the principle of why that procedure is being done, there will be no limit to the new ways you can apply the techniques and grow top quality garden produce.

HAVE FUN AND BE HEALTHY

CHAPTER 1

THE BEGINNING... IONIZATION"

Light...the beginning. Matter was without form, there was only the void—the appearance of emptiness. Yes, it was only the appearance of emptiness for there was no third-dimensional matter, with its ions to reflect the Light. Yet the Light was all around and the power of *The Source* filled everything—even what appeared to be emptiness.

All molecules of matter are congealed Light, in various combinations of ionic vortices, we call elements. Yes, matter is composed of congealed light energy creating things out of the void, which then appear out of that which was not visible. Matter is energy—light energy—congealed into wave vortices, known as anions (electrons) and cations (protons).

Many scientists today, scoff at the idea of creation. Because of this, science has taken a certain turn in its interpretation. As a result of that turn, the application of a large share of the scientific discoveries in the twentieth century have effected the destruction of mankind—the temple of God.

When Einstein presented his famous formula, $E=mc^2$, to the scientific world, revealing what, in fact, had really always been, there began a path of discovery of how energy is matter and matter is energy. Unfortunately, through this discovery, the world then experienced a dreadful introduction, to this revelation in math, with the violence that was perpetrated against Hiroshima and Nagasaki, in the form of the atomic bomb. On the surface it “appeared” that all that had been understood from Einstein’s mathematical discovery was how man was able to be more inhumane to man.

Yet, understanding how light congeals to become matter, provides the vital basis for realizing the importance of the health of the soil as related to the human body temple. Herein lies the founda-

tion for the gardener and farmer to know how to build and control soil mineral energy for the development of the highest possible food quality.

As we have previously stated, creation is the “putting-together” of light into ions (anions & cations) of living matter—the science of Biological Ionization. Therefore, Biological Ionization is the study of creation—how energy becomes living matter and living matter becomes energy, on a continuous exchange basis. Biological Ionization reveals the principles that sustain and promote the highest quality of life on its ideal frequency. Biological Ionization opens up an understanding of how frequency provides the key to how healthy cells and tissues can be built and maintained in plants, animals or humans.

Biological Ionization, then, is the study of the laws of creation. Many people look on these laws as only the laws of nature. But the “laws of nature *are* but the habits of God—*The Source*.” Understanding this fully, depends altogether on your point of reference. In the study of Biological Ionization it is important that we not lose the reference point, for we are studying Divine creative principles as they apply to the third dimensional physical realm.

To illustrate the need for a point of reference, let’s address a question together. What is twice as hot as zero degrees Centigrade? If yours is a typical response, among other answers they can range anywhere from “I don’t know,” or “zero,” or “64 degrees Fahrenheit.” These responses all illustrate the problem of “no reference point.”

Without knowing or understanding that there is a reference point to the above question, we have no way of determining the answer. The reference point, to the question above, is minus 273 degrees Centigrade, also known as “absolute zero”—the coldest point and one where all molecular vibration appears to stop. In knowing that reference point, we can determine the answer to the original question would be plus 273 degrees Centigrade. This is because 0 degrees Centigrade is 273 degrees above the absolute temperature of zero where all molecular motion appears to stop, i.e., motion be-

ing frozen solid. Thus, the answer to twice as hot as 0 degrees Centigrade would mean the same distance above zero degrees as “absolute zero” is below zero degrees, or plus 273 degrees Centigrade.

The problem of no reference point has plagued science from the very beginning. By rejecting the true or spiritual reference point, science has become “science falsely so called.” However, the concepts of Biological Ionization have a bench mark, a reference point. And that bench mark is creation—the knowing that God is *The Source* and sustainer of all that is. That the universe, and its *Source*, are friendly and thus are the wellspring of wisdom and knowledge and no accident to our being and knowing.

Unfortunately, most of science is based on a type of evolutionary (no reference point) concept—the “big bang.” That is to say, that “All that Is” came about by an inevitable random accident. This, therefore, is like saying that the Encyclopedia Britannica could have easily resulted from an explosion in a print shop! In this concept, there is no acknowledgment that man, a mortal creature of time and space, has any higher value or purpose than a temporary unknown existence for three score and ten. This concept says the universe is hostile, and man simply an accident of time, is here to conquer or be conquered, to be successful, productive and happy in a fleeting and futile existence.

“Modern” agriculture is based on a similiar evolutionary concept when it does not look to God, *The Source*, for friendly wisdom, guidance and understanding of how to solve what appears to be unsolvable. When man does not rely on celestial assistance he is a victim of time and space. He functions from fear and attacks symptoms instead of the cause. He does not learn the divine principles of reasoning from cause to effect. That is, he must wait for problems or disease symptoms to manifest. He then names the symptoms and attacks the symptoms with substances that are, for the most part, foreign and poisonous to the whole biologic mechanism of life.

Many even so called “organic” and “eco-ag” approaches have clung to the basic concepts of “modern” agriculture and still work on the symptoms, although with less harmful substances. But

because the root cause of many similar soil and plant problems are the same, and because of the varying reactions of ago-biologic situations, it becomes a trial-error or a gambling approach.

Agricultural education, how we work with the challenges of the soil, plant, and animals on our farms, what we think of ourselves, what we think of others, (and our treatment of them), our family and social relationships—all are greatly affected by our reference point.

In an evolutionary concept you have the gods of science, of industry, of medicine, of world politics, and of world finance. The masses are followers to be directed, used, or duped as may best suit the purpose of the gods. Whenever it is to the advantage of the gods, the followers are kept in ignorance. While certain values are given to the masses, the advantage is always to the gods—particularly in matters of money by which the masses are controlled.

From the divine viewpoint, each person is as important as the other because of the Spirit within. Each by choice can choose his own destiny—destiny not being limited to our current world—for this is only the beginning. For having been created in the image of God we have the capability of becoming more and more godly throughout all the ages of eternity with no limitations put upon our growth and development—not even death.

From a creation viewpoint, we each have access to Divine information and assistance to reveal methods of how to husband our farms as well as our bodies, our minds, our spirits, and to becoming individually responsible for these things through the making of intelligent and informed decisions.

This is freedom. And freedom is based on creation. We are fast losing our freedoms. However, one who has the true knowledge of freedom within his heart can never lose his freedom.

Creation has established the third-dimensional dependence on the elements, and their ions, of the earth—ashes to ashes, dust to dust. That dust is made up of colloids containing all the minerals needed for biologic life's ionization process.

But man is more than just dust. Man has been gifted with the spark or "Light" of the Divine. This spark of Divine Life is the

inherit quality and core around which ions of mineral clay produce a vessel in what the living, breathing, thinking, choosing Being functions.

Man is spiritual by nature with the spark of the Divine placed within him. Thus, since matter is simply congealed Divine light energy, man is basically a being of light energy. By allowing the knowing of who and what he is, man will allow a transformation to take place in the physical body. In other words, if man's physical body ("Doc" Reams called this the cationic body) becomes so vitalized by Divine Spirit presence, there will be a point at which transformation of the physical (cationic) body will result in what "Doc" called the anionic body. The cationic (or physical) body has its' frequency raised, by the over powering presence of the Divine and becomes an anionic or higher energy body. You could say this is a transformation. This is an ascension. Sounds similar to a man who's name was Enoch. This is love expressing more perfectly.¹

When man chooses a course independent from love, *The Source / The Light*, he dies spiritually. The radiating light, of the Divine spark, that could suffuse every ion of his physical being is suppressed, and his vital energy begins to diminish. If the suppression of the Divine spark of a man continues, death is the inevitable result—death, that is, of the **cationic body**, as "Doc" called it.

The greatest cause of premature death of the **cationic physical body** is ignorance. Ignorance of the laws of life—the Divine **cationic** Laws of life. This is why man's ignorance affects more than himself. Yes, our earth suffers from man's ignorance. "*The earth waxes old like a garment, and they that dwell therein likewise.*" Here is the reason for knowing and understanding how to husband our gardens and farms properly. In fact, the laws of creation explain the benefits of following its' methods. "*These are the blessings that will overtake you: Blessings in the city, Blessings in the field; Many children, Ample crops, Large flocks and herds; Blessings of fruits*

1. Interestingly, "Doc" Reams contrasted the cationic and the anionic bodies. He said the cationic body operates at 37 degrees centigrade (98.6 degrees Fahrenheit) while the anionic body operates at 980 degrees centigrade. While the cationic body only got

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*and bread; Blessings when you come in, Blessings when you go out.” (Deut. 28:1-6) However, there is also a warning that exhibits the natural consequences of choosing not to follow the perfect *Biological Ionization* laws of creation. Those consequences are listed as exactly the opposite of the blessings. “You will be confused and a failure in everything you do, until at last you are destroyed disease among you until you are destroyed from the face of the land... tuberculosis, fever, infections, plaque, and war ...blight and mildew to cover your crops....The heavens above you will be as unyielding as bronze, and the earth beneath will be as iron. The land will become as dry as dust for lack of rain, and dust storms shall destroy you....upon you Egyptian boils, tumors, scurvy, and itch, for none of which will there be a remedy...madness, blindness, fear, and panic upon you. You shall grope in the bright sunlight just as the blind man gropes in darkness. You shall not prosper in anything you do; you will be oppressed and robbed continually, and nothing will save you.” (Deut. 28:20-29)*

Prosperity in any area of agriculture and all life depends on knowing, understanding, and applying knowledge. By understanding the laws of Divine Source that apply to soil, plant, animal as well as man, we can go a long way toward relieving the ills of mankind—and showing man who he really is. This understanding must include the continuing creative *Biological Ionization* process by which man receives his life sustaining energy. Then the gardener and farmer will have more effect on the health of the world than all the health institutions, and their personnel, that have ever existed. Yes, the best doctors and health practitioners really should be and must be the best gardeners and farmers. It is their nourishing commodities that are the foundation of a fully alive and healthy world.

The energy for the growing plants and animals on the farm comes continually through two channels. One is the atmosphere and the other is the soil. Most common farm products should get 80% of

about 2% of the total energy out of the food consumed, thus needing eliminative organs, the anionic body had no eliminative organs because it got 100% of the total energy out of the food it consumed.

their energy from the atmosphere and 20% from the soil. However, the average farmer today is not supplying the 20% because of the lack of understanding of proper divine laws of soil chemistry principles and procedures.

This energy comes to us in three forms—heat, electricity, and matter. All matter has within it heat and electricity, and it is these forms of energy that are responsible for the magnetic force that is still, to a great extent, a mystery to the scientific world.

The fundamental building blocks of all the earth and the physical life that is on it are the basic atomic elements as described by traditional science in what is known as the *Periodic Chart of the Elements*. These elements are the building blocks that combine to form various molecular structures that make up all biologic life. These elements all have certain chemical, physical, and electromagnetic properties. These properties are expressions of energy that are contained within the atoms of these mineral elements. This energy is available and exchangeable in the growth process of plants, animals, and man through each species frequency adjusting digestive process.

The plant utilizes at least 84 different minerals according to some. When any one of these minerals is missing or in short supply, or when something interferes with their proper uptake or in the combining into organic plant structure, the plant will begin to experience a deficiency. If the deficiency becomes prolonged and severe enough, the symptoms of that deficiency will be manifest as various types of plant diseases or insect problems. In the concepts of Biological Ionization, all disease is the result of a mineral deficiency or loss of mineral energy, whether plant, animal, or human. The *cause* is ionic mineral-energy deficiency and the *effect* is the disease, whether manifest in plants, animals or humans.

Each species of plants and animals functions on a certain frequency (vibration)—like a musical chord. Research done in the early 1930's, by Dr. Carey Reams using an early model oscilloscope, revealed that biologic life contains basic frequency arrangements. The frequency of each unique specie is what kept that specie

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in existence because only animals and plants with the same basic frequency pattern were able to naturally reproduce. Look at Figure 1-1 to understand the progression of frequency from the lowest to the highest.

Figure 1-1 shows the progression from the lowest frequency, the basic building blocks of all biologic life called minerals or *elements*, to the highest group known as man. The X represents the frequency number for the particular sub-species. The number of zeros, between the decimal and the X, tell the group or “kind” similar to the way it is used in the book of Genesis. For example, the banana frequency calculated in the 1930’s is .000(15). The number fifteen is written with parenthesis around it to show it holds a single decimal position for the value of X as seen in Figure 1-1. It so happens that in the banana example the (15) part of the frequency number comes from the number 1.5 which is 1/2 the actual chromosome number of 3 for a banana. The three zeros tell us the time, or how quick the atoms vibrate (circulate) throughout the molecules of the plant kingdom.

Now let’s expand a bit more regarding frequency with what Dr. Reams discovered. The frequency of a given specie also contains subfrequencies, just like any piece of music contains notes, measures, time signatures, chords and clefs, etc. To change a note in a piece of music, for example, is to change the measure, is to change the chord, etc., etc., which changes the music itself. That is, the music changes from the inside not the outside. Likewise, plant, animal and human bodies change (i.e., degenerate) from the inside, if the mineral energy from the vital food cannot be supplied on the

FREQUENCY TABLE ACCORDING TO REAMS (Figure 1-1)

| | |
|---------|--|
| X.0 | = Frequency Configuration of Pure Elements (e.g., Calcium, Zinc, etc.) |
| .X | = Frequency Configuration of Compounds (e.g., Sodium Chloride) |
| .0X | = Frequency Configuration of One Celled Organisms (e.g., Bacteria) |
| .00X | = Frequency Configuration of Insect Families (e.g., Fruit Flies) |
| .000X | = Frequency Configuration of Plant Families (e.g., Fruit Trees) |
| .0000X | = Frequency Configuration of Animals (e.g., Cattle) |
| .00000X | = Frequency of Man (e.g., all races) |

frequency which that entity functions on. Yes, plants, animals and humans require mineral energy each on their frequency, otherwise they cannot be fed ideally or completely.

The way your television receives the program you watch can illustrate the frequency concept. If the channel (frequency) coming to your TV is not the same as the channel (frequency) your TV is tuned to, there will be no picture or program—no broadcast to view. The information coming in is not on the frequency (channel) of what the television is set to receive. Plants, animals and humans work the same way, when it comes to receiving food energy. If it is not on the right frequency of the plant, animal or human, the food energy cannot be utilized. Intriguing concept don't you think?

So why did I share this with you? My desire is not only to set the stage for the uniqueness of what follows, but to give you a beginning glimpse into the unsearchable magnificence with which you and this world were Divinely structured.

For every action, there is an equal and opposite reaction. For every cause, there is a related effect. You will be learning the how and why, so don't miss the forest by concentrating on the trees. As with building a house, you must lay the foundation first. So it will be with the ideas in this book. Learn to apply the basic principles and then build from there. Avoid just finding the best ingredients and making a "Heinz' fifty-seven" application. Don't take the attitude, "if a little is good, a lot must be better." To get the full benefit of the information in these pages take one step at a time and really husband your soil and crops. The rules are not complex, but they need to be followed. When they are, you and your family will be blessed from the ground (soil) up.