



You Are What You Eat

The Energy of Food

by Elyn Hilliard

Americans face a growing national health crisis. This dilemma will not be solved any time soon, but many are now aware that we have been holding a magical answer in our hands without fully understanding the power we possess. The solution is FOOD! Even allopathic medicine admits that diet and nutrition play an important role in the process of healing. Food is the one area of health care over which we have the most control and experts now agree that whole food is our primary path to health. However, there is more to the assimilation of energy from the food that we eat than just vitamins and minerals. Energetic properties of the food play an even bigger role. These qualities can include the taste, color, temperature, direction, Qi, and the specific energetic nutrient benefit to the corresponding organ needing to be nourished.

Mastering food selection in today's fast paced world is nearly impossible. We must keep balance in mind. This is achieved by eating in moderation and being aware of the types of energy with which the food will infuse us. In order to heighten understanding and respect for the healing essence in simple food, we must understand how food acts on the body. This information increases the dimension of food beyond just seeing the plant as a vitamin factory.

According to Dr. Gabriel Cousens, M.D., our bodies, and especially our bones, are *Interacting Vibratory Crystal Transmitters* and food is a supplier of specific frequencies that reenergize all levels of energy patterns within the body. He believes that important liquid crystal structures in the blood, cells and tissue also transmit the healing patterns throughout the body. Dr. Cousens theorizes in his book, ***Spiritual Nutrition and the Rainbow Diet***, that the way micronutrients may work to nourish the body is that specific foods possess certain energetic patterns that could resonate with specific complementary organs or systems of the body. As an example, a regenerative electromagnetic quality in carrots may resonate with the cornea and iris, thus enhancing vision properties. Understanding the nature of the crystalline structures in the body helps us to comprehend the efficacy of certain healing modalities, such as Healing Touch.

Dr. Cousens sites three main principles of energetic nutrition that illustrate his theory of food's relationship to energy frequency:

1. To assimilate food successfully, we must completely absorb the total forces of the food into our own forces through a dynamic interplay of crystalline transmissions.
2. The vibration of food resonates with our bone structure, which then amplifies this energy to the whole body, organs, mind, nervous system, blood, tissue cell salts and chakras.
3. Individual crystalline simple sugar forms, proteins and free amino acids, and negatively charged fatty acids carry specific energy patterns to the appropriate cellular receptor sites that need to be healed. Therefore, our dietary choices play a critical role in healing the body.

Designing our own specifically tailored diet with these principles in mind requires some patience and creative intelligence in its application. It may involve trial and error, but the premise is simple: eat what increases your experience of health, wholeness and communion and let go of what diminishes this communion. Diet is a part of a harmonious balanced life that resonates with the universe around you. Follow this universal truth and you will begin to create a feeling of well-being that is in alignment with who you are. Violate this principle, and suffer the ailments of a society that is out of touch with its energetic origins. 🍌

Source: Dr. Gabriel Cousens, [Spiritual Nutrition and the Rainbow Diet](#), The Tree of Life Rejuvenation Center (www.treeoflife.nu)

About the author:

Ellyn Hilliard is a certified holistic nutritionist working with clients who are challenged by life threatening illness. A graduate of Bauman College and Clayton College of Natural Health, she lectures in the Colorado area on whole food nutrition and energy healing. She is passionate about organic gardening, juicing, and Healing Touch.