

# **HIGH-ENERGY METHODS**

## **STUDIES IN NUTRITIONAL AND HEALTH PRINCIPLES AND THEIR PRACTICAL APPLICATION**

### **HOW TO SUPERCHARGE YOURSELF WITH ENERGY**

#### **A SPECIAL COURSE IN NUTRITIONAL AND HEALTH SCIENCES**

#### **INTRODUCTION TO THE COURSE**

#### **Lesson One**

#### **A New Concept of Personal Energy, Its Creation and Use**



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**THEME: High-energy and strength levels are normal and natural for humans from infancy to well past 100 years of age. How various kinds of body energies are created and used.**

**COROLLARY THEME: Conventional attitudes, beliefs, and practices serve to rob us of the joys and advantages that could easily be ours.**

**NOTE: Though this counts as a single lesson, it is really two different lessons presented so as to establish perspective—to familiarize you with the basis for the practices that generate high energy and exuberant well-being.**

**INSTRUCTOR: T. C. Fry \***



- **Introduction to the Course**
- **Rationale**
- **Objectives of this lesson**
- **Definitions**
- **Key Concepts**
- **Salient Facts**
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**\*Mr. Fry is president of College of Life Science.**

# INTRODUCTION TO THE COURSE

You are embarking upon a course of study that can turn your life around for the better. If you follow the regime that the facts presented in these lessons decree, your energy levels, strength, and overall well-being should zoom upwards to plateaus that you never dreamed about—to heights that will excite the admiration and emulation of those around you!

How would you like to think with such brilliance, insight, and profundity that you'll feel like a genius? That is quite possible, for this course shows you those rather simple steps you must take to improve the operations of your brain and nervous system.

Have you ever seen fifty- and sixty-year olds chasing around rec fields and the house like teenagers—leaping, running, and playing like youngsters? I would not hold forth this promise except that I do it myself. I see it in thousands of others who have adopted the program which this course teaches. You can do it too?

You can have seemingly boundless energy for mental and intellectual pursuits, for physical and avocational purposes, and for exuberant well-being and happiness if you follow the biologically-correct life principles enunciated in this course. And you'll live longer too—many more happier years than you'd ever expect.

Would you believe that a 91-year old pursues a full-time career teaching 45 piano students? Helen Lindamann of Escondido, California, does. She is a student of the College's Nutritional Science Course and reports that she has found many additional ways to up her performance levels even though she was pretty much following the program taught herein for much of her life.

Would you believe that an 89-year old, who at 46 was a physical wreck with ulcers, arthritis, diabetes, hemorrhoids, and other assorted ills, is rated as active as a forty-year old? Mr. Charles S. Harger of Lake City, Florida, is 89. Besides working full time, Mr. Harger teaches health classes and physical education.

Daily I receive letters and visits from those who have adopted and followed the steps outlined in this course. For instance, I received in today's mail the following letter:

*I have been following Life Science for 11 months now, and I have realized the following wonderful results:*

- 1. My weight dropped 35 pounds and stabilized at a trim 170. It is a pleasure to count myself as a slim and trim guy.*
- 2. A 25-year acne problem cleared up in a few weeks, something many dollars spent on acne lotions and physicians could not do.*
- 3. The aches and pains of the approaching age of 40 disappeared, and I have not been sick a day since I started.*
- 4. I sleep less, feel raring to go all the time, and have scads of energy—I have more energy and pep than I had when I was a teenager. Life has never been so great for me.*

—Wayne Sanford  
Staten Island, NY

As the operator of a Health School in Yorktown, Texas, I witness almost weekly cases of physical wrecks who come

to us as a last resort. Many have no hope, having been medically consigned to live only a few weeks or months. After a few weeks at the health school, we see marvelous recuperation and rejuvenation. At the health school our student guests learn how to overcome asthma, arthritis, breast cancer, genital herpes, acne, and a host of other "incurable" problems. Just as you'll learn in this course to do it on your own, so too do our guests learn to overcome their problems on their own. They learn to assume full responsibility for their well-being. We cure them of their "run-to-the-doctor" syndrome by teaching them full reliance upon their own inherent powers of regeneration. There are cases in our files of diabetics who were on insulin for 20 years or more who have gone off insulin completely within a week or two and been free of the problem since.

I repeat that you can do this for yourself too! You can free yourself of energy-draining problems by making a few salutary changes in the way you do things. You can improve your performance levels in all areas by increasing your strength and energies. Yes, you can really do this for yourself. And only you can do it—no one else can do it for you. You must take full responsibility for your life. This course will tell you how.

This course comes to you in seven lessons. Do not be overwhelmed by the immense amount of text and reference material we have sent you. You may refer to this as the lessons call for, or you may elect to read this material for the colossal benefits to be derived therefrom.

These seven lessons are identical in format to the course of Nutritional Science the College teaches except for the worksheets and tests. The College's Nutritional Science course earns several diplomas for those who satisfactorily pass it. Though this brief course earns you no credits, you can, without penalty, apply your enrollment fee against the full Nutritional Science course. A College catalog has been sent separately for your consideration.

In presenting a lesson, you'll note that it begins with a RATIONALE. This is, very briefly, the exposition of the reasons the lesson has been brought into being. The intellectual justification for its existence are set forth. Then you'll proceed to the objectives of the lesson. Set forth very succinctly are the purposes of the lesson with a view to the expectations of improvement you can realize by adopting the lesson's teachings.

Other features of each lesson is a section defining certain key words that are necessary to the expression of the text material. You'll find key concepts highlighted so that you may readily acquaint yourself with them. This will aid you immensely in mastering and applying the data each lesson presents. Salient facts are presented so that you can have something to hang your hat on. These facts are verifiable in both the scientific literature and the reference materials we've submitted. The foremost facts around which each lesson is constructed deserves special attention. It is what you'll build upon.

To facilitate your mastery of the lesson material, we have outlined it so you can see the scope of the lesson at a glance. The lesson outline will aid you tremendously

should you ever wish to present this lesson to others extemporaneously—from your own knowledge with merely the outline as a prompter.

The body of the lesson presents at length the thematic material that constitutes the message. Following the lesson you'll find a synopsis that briefly summarizes the primary thrusts of the lesson.

Perhaps the most valuable feature of each lesson is the question-and-answer section. These questions are those most frequently asked by readers and participants in seminars, lectures, discussions, etc.

As if all the foregoing is not enough, each lesson has supplementary material for your consideration. For purposes of economy we do not print this as a part of the lesson as we do in the Nutritional Science course. We merely summarize it and ask you to study supplementary texts as found in the reference books and materials included with this mini-course.

All in all, this study in HIGH-ENERGY METHODS should prove the most thorough course of study you've ever undertaken and, certainly, the most rewarding. Bon voyage!

## RATIONALE

Before we humans can intellectually accept new ways of doing things, we must justify in our own minds the wisdom of the step. We must fit it into our mental world in a meaningful pattern.

The thrust of this lesson is to reorient your outlook upon body energies. Understanding their correct contexts in your life functions is essential to constructing a program that assures you adequate energies in all aspects of your being as well as in all pursuits you may prudently elect.

Without a concept that correctly embodies truths that

will replace misconceptions and errors surrounding prior practices, new ideas have little or no meaning and, in fact, are usually rejected by most of us. We humans have a penchant for following our initial teachings and acquired practices, be they correct or erroneous, be they beneficial or harmful.

The endeavor of this lesson is to reveal to you the nature of the energies you use, how they come to be available to you and how you can wield them for your greater enjoyment and enrichment.

## OBJECTIVES OF LESSON 1

The goals of this lesson are manifold.

Firstly, we want you to know the nature and purpose of energy within the human organism.

Secondly, we want you to know the kinds of energy that make you go. Purposeful activity is the first character of all life from the smallest unit of the cell, the cell itself, and the organism which all the cells comprise.

Thirdly, we want you to know the key type of energy over which you have a remarkable degree of control, namely nerve energy. This energy is the key to the usage of two other types of energy we use, namely chemical energy and mechanical energy.

Fourthly, we want you to learn how to generate nerve energy and maximize your use of it constructively.

Fifthly, we want you to know the colossal extent of your body, its infinite complexity, its vast wisdom and providence, and how you are to conduct yourself so as not to infringe upon and interfere with your vital domain.

Designed to set the stage for incorporating in your life regime new and very unconventional practices, this lesson strives to restructure your viewpoints to accord with the biological facts that appertain to our well-being. You cannot enjoy the benefits to be realized if your beliefs and ingrained practices are in conflict with truth and those practices which it decrees.

To achieve your objectives of high-energy, high-quality life, joyous living, exuberant health, and happy well-being, it is necessary for you to cast off those myths and errors that attend conventional living. They stand as obstacles to your progress. You must rise above the common herd, so to speak. You must exceed those misconceptions that have

been foisted upon you by commercial interests so that you may be easier manipulated and exploited.

Upon the completion of this lesson you should be conversant with the following:

1. The kinds of energy your body uses.
2. How the body employs these kinds of energy.
3. How your body creates the various types of energies.
4. Where these energies are created in the body.
5. The raw materials that are used to create the various types of energies.
6. The immense wisdom and providence of your body.
7. The vast and marvelous powers within your body.
8. How your body operates.
9. The purposes your body strives to achieve at all times.
10. Your biologically-natural disposition.
11. Your body's absolute mastery over all activities and processes within its domain.
12. The genetic bases for body wisdom.
13. The efficiency of the body's multitude of organs and organ systems.
14. The communication and control mechanisms that operate your body.
15. The miniscule level of human intellect relative to the colossal magnitude of cellular and body intelligence.

The purpose of this lesson in general is to impress you with a general awareness of your body, its nature, wisdom, providence, and its unceasing efforts to enhance your well-being.

Unless you are aware of the whyfore—unless you understand what your body is all about—unless you know the

scientific bases for the changes you may have to make to conform to your biological imperatives, you may balk at, even reject those very steps you must take to increase your energy levels and overall well-being. You may flaunt the laws of your being unless you understand that your every suffering, your every discomfort and your failure to pos-

sess a body supercharged with energy are a result of violating the laws of life.

The objective of this lesson is to introduce you to concepts that pave the way for you to enjoy unceasing euphoria by learning the principles of life and applying them correctly.

## DEFINITIONS

**ADP - Adenosine Diphosphate** - The resulting compound after an enzyme has liberated the energy of adenosine triphosphate.

**ATP - Adenosine Triphosphate** - The "loaded" shell ready to liberate energy. When the body oxidizes glucose, the energy is captured and transformed into "gunpowder" in the form of ATP.

**DISEASE** - Meaning not at ease, but disturbed. Disturbed or reduced functional ability can result from degenerative conditions where organic derangement has occurred (as in arthritis) or from acute crises such as colds, flus, asthma, acne, itises, etc. Acute illnesses are body initiated and conducted for the purpose of detoxification and healing.

**ENERGY** - While energy is really, in substance, the migration of electrons in matter, for our purposes it means the power to act, work, or perform motions.

**ENERVATION** - Meaning without nerve energy. When we are nervously exhausted, we really mean that our supply of nerve energy has been seriously depleted.

**GLUCOSE** - The monosaccharide (one sugar molecule) that the body uses for oxidation and energy creation. Glucose metabolism is not the only body mode for creating or capturing energy but the most significant.

**GLYCOGEN** - Animal starch. The body stores its fuel re-

serves of glucose as glycogen. The body has the enzymatic keys for easily transforming glucose to glycogen and vice versa.

**HOMEOSTASIS** - Body stability. Maintaining a favorable environment. The body possesses a multitude of control mechanisms that maintain body fluids at a rather constant level of composition. Temperature and other factors that make an ideal environment are also maintained by body control mechanisms presided over by the brain.

**INTOXICATION** - Saturated with toxic materials which may or may not be alcohol. Perfectly "sober" people may be intoxicated whereas if they are intoxicated with alcohol, they are said to be drunk or inebriated. Most Americans are seriously intoxicated.

**METABOLISM** - The sum total of body processes which produce energy and living substance (protoplasm). This encompasses anabolism (building up) and catabolism (breaking down).

**MONOSACCHARIDE** - A single sugar molecule.

**NERVE ENERGY** - The energy of account for the brain and nervous system. Nerve energy is electrical energy measurable in microvolts (a millionth of a volt) that is created under the condition of sleep.

**OVEREATING** - Eating beyond true physiological need.

## KEY CONCEPTS

While this section is interwoven with the rationale, objectives, and salient facts, it is an additional vehicle that helps to translate the essence of the lesson into more meaningful learning material.

One of the key concepts embodied in this lesson is that we are the most that we can be when we have the fullest use of our faculties and the full range of energies needed for their utmost function.

Another key concept is that we can almost totally control the conditions under which we create energy and well-being.

Yet another key concept is that you are the "master of your ship" and your destiny, within the context of reality, will be as great or as small as you make it.

The overriding concept is that you can accomplish any humanly possible objective by preparing yourself for that goal and establishing the basis for the functional vigor required for it.



# SALIENT FACTS

Perhaps the most important fact revealed in this lesson is the know-how that builds well-being and generates profusely abundant energies.

Though in two independent sections, this first section points out that well-being and energy creation are based on the same fundamental practices, namely:

1. Your body has one ideal category of foods (fruits). Any digression from this natural diet results in less than ideal function; and serious transgression of our biological imperative in diet results in impaired function and disease.
2. You must exercise or train yourself for optimum performance in the fields in which you wish to excel. Conditioning or programming must be perfected.
3. Energy generation increases under constant demand. Laborers and athletes who expend many thousands of calories daily must gradually build their faculties to create that many calories. In a sedentary existence, caloric generation may go down to a thousand to fifteen-hundred calories a day, considerably less than is deemed necessary for even modicum level function.
4. The necessities of life must be prudently observed in our life program to insure balance, well-being, and ample energy.
5. You must take charge of your life and become the total master of your "ship." Teaching you how is our reason for being.



# OUTLINE OF LESSON 1

- I. WHAT IS ENERGY?
- II. ENERGY UTILIZATION IN HUMANS
  - A. *Body heat for maintaining homeostasis*
  - B. *Metabolic processes*
  - C. *Motive power*
  - D. *Control functions*
- III. THE KINDS OF ENERGY YOUR BODY USES
  - A. *Chemical energy*
  - B. *Mechanical energy*
  - C. *Nerve energy*
  - D. *Osmotic energy*
- IV. SOME OF THE WAYS YOUR BODY EMPLOYS VARIOUS KINDS OF ENERGY
  - A. *Chemical energy and its functions*
  - B. *Mechanical energy and its applications*
  - C. *Nerve energy and its purposes*
- V. HOW AND WHERE THE BODY CREATES ITS VARIOUS TYPES OF ENERGIES
  - A. *Sources of chemical energy*
  - B. *Primary source of mechanical energy*
  - C. *Source of nerve energy, its storage, and usage*
- VI. THE RAW MATERIALS THE BODY USES FOR ENERGY CREATION
  - A. *Simple sugars (monosaccharides)*
  - B. *Glycogen or animal starch*
  - C. *Fat reserves*
  - D. *Protein for energy purposes*
- VII. THE NATURAL HYGIENE/LIFE SCIENCE VIEW OF BODY ENERGY
- VIII. FACTORS AND INFLUENCES THAT IMPAIR ENERGY CREATION AND USAGE
  - A. *Intoxication*
  - B. *Overeating*
  - C. *Wrong eating*
  - D. *Stress*
  - E. *Failure to utilize faculties*
- IX. HOW ENERGIES ARE DIVERTED BY IMPAIRING INFLUENCES
  - A. *Poisons (toxic materials) as energy-draining substances*
  - B. *Poisons as agents impairing faculties*
- X. ENERGY PROMOTING PRACTICES

# A New Concept of Personal Energy, Its Creation and Use

by T. C. Fry

The thrust of this course is to dramatically increase the amount of discretionary energy which may be employed as you elect. Of course, discretionary energy is that energy which you have over and above body needs for metabolism or life processes. That is personal energy.

Before plunging into the methodology of energy generation and application, let us explore the character of energy itself.

## *What Is Energy?*

The Random House dictionary defines energy as "the ability to do work or the capacity to perform vigorous activity." Don't we all know that? That tells us how energy exhibits but it is not a definition of energy itself. On the other hand, a profound definition is irrelevant to our discussion. What we're really interested in is that "capacity for vigorous activity" in all phases of our existence.

Let's take a crack at a technical definition anyway: "Energy is electron activity. Lack of electron activity is quiescence. The potential for electron movement or migration is a property of most forms of matter." Pretty dull stuff, isn't it. Rather meaningless too, for we're interested in being perky and alert all day long and well into the night as well. So let's get into that.

## **THE PURPOSES OF ENERGY UTILIZATION IN HUMANS**

Life might be defined as activity. No activity, no life. Activity is but energy being expressed in some manner.

### *Body Heat for Maintaining Homeostasis*

Perhaps you should not be interested in the mechanics of heat creation or the whyfore of its generation. That, too, is irrelevant to our methods—what you really want to know is how to have enough energy for your basal metabolism and enough surplus to be a real live-wire dynamo. As much as possible I will stay out of the profundities and verities. I'll try to be brief in matters like these. I present it for there are a myriad of Doubting Thomases ready to pounce upon me intellectually.

Suffice it to say that the body is a self-created environment for its cellular population. All that the some 125 trillion body cells require for ideal living are provided for within a contrived and maintained environment known as the *tout ensemble*, that is, your whole body.

Body heat exhibits as a primary expression of energy within. Maintaining body temperature within certain parameters to assure ideal operating conditions requires the greatest single quantity of our energy. It exhibits as heat.

### *Metabolic Processes*

Every day your body performs countless billions of trillions of processes (quintillions). Each cell, as you'll learn

later in section two of this lesson, is a city or universe in itself that would tax all the world's computers combined for its sheer complexity and operational extensiveness.

Metabolic processes cover the gamut of activities of appropriation and use of raw materials (anabolism) and the elimination of spent cells and materials (catabolism). The amount of energy involved in the body's metabolic activities is small relative to the product created—your body is awesomely efficient—your daily expenditure of energy in maintaining life processes is roughly equal to that expended in temperature maintenance. For some idea how much that is, we estimate that it would bring ten gallons of water from room temperature (about 72°) to the boiling point (212°).

### *Motive Power*

The ability to perform work is the elaboration of energy into meaningful motion. Humans today, on average, expend very little of their energies in motion. The inclination to be active is inhibited considerably by energy drains and impediments though the want or the wish to be active and accomplishing much may exist strongly.

All forms of muscular activity constitute motive power. Motive power is the translation of energy into purposeful motion. The average American expends only a fraction of his/her energy potential into motive power. Almost everyone has the energy potential to be extremely active every day all day long. But few of us can be active, because we're deficient in the most important energy of all—nerve energy.

### *Control Functions*

The keys to the proper utilization of all your body energies are the control mechanisms of the body. Most of your multitude of control mechanisms and regulatory devices is operated by the brain and nervous system. Others are operated primarily by the nervous system and secondarily by glands and organs.

It bears repeating and shouting that the secret to having oodles and oodles of energy is in having a rich fund of nerve energy. This is the most scarce energy in America! Why? Because Americans fail to create enough in the first place and they squander it needlessly in the second place—not because of indiscreet or improvident expenditures so much as activities that, though not in themselves energy-draining, result in great energy drain and even debilitating pathology.

Your internal wisdom is in full control of your body. You can improve your conditions, your food supply and your practices, but you can't help your body operations one iota! Anything you do to "assist" internal functions constitutes harmful interference. You can foul yourself up, but you can't help yourself. The body has its own *modus operandi*. It has been perfected and can't be improved upon. Don't mess around with your body. Further lessons

will explain why and teach you to judiciously leave your body alone. Anything you might do will probably prove to be a big energy drain. Remember, the body is perfect in its operations—it has its own way of doing things. Anything that you put into yourself or permit to be put into yourself that is contrary to your physiological needs (which are air, water, and wholesome food) will foul you up. Suffice that for now.

## THE KINDS OF ENERGY YOUR BODY USES

Your body uses four kinds of energy. These forms do not work independently of each other. They work in harmony and interaction with each other. Their application depends upon first, the master control system, i.e., the brain and nervous system and, secondarily, upon the wisdom and programming within cells and organs. Let's look at them.

### *Chemical Energy*

Your body is a master chemical factory. No laboratory ever built can rival the chemical processes in a single cell. The chemical processes that go on within a single cell are enough to boggle the mind. Though more immense in the scope of its activities, the liver is the most efficient and prolific chemical factory of all. In our wildest dreams, we cannot rival it in either versatility, complexity, or efficiency. Liver cells are specialized in the creation of thousands of chemicals which the body requires. And it creates special chemicals in emergency situations. The enormous intelligence that our cells, liver, and glands have attained in mastering countless chemical processes for body operations stagger the intellect. A book on biochemistry is simply over the heads of most of us.

Glands create special chemicals or chemical compounds to affect special body activities. The secretions of the thyroid, pituitary, pancreas, thymus, parotid, mammary, testes, ovary, and a great number of other glands are generally known and appreciated.

All chemical processes require energy to conduct. One of the primary purposes of chemical processes is the creation of energy! Your cells create your energy supplies. In fact, your body cells can create more energy than you know what to do with! But, alas, the cells create only two kinds of energy: chemical and mechanical (kinetic). The cells create energy **ONLY ON DEMAND!** Stick a pin there. Unless you make a demand for energy (energy extraordinary to intrinsic needs), the cells will not create it! Right there lies one of the open sesame to having all the energy you need to do the things you want to do.

Basically, your energy is created in the multitude of cellular residents called mitochondria. Mitochondria are organelles that function as a unit of life in themselves, having their own metabolism and DNA.

Glucose is the fuel of these intracellular organisms. They oxidize it into a part of the energy-producing compound called ATP or Adenosine Triphosphate. When energy is released, ATP becomes ADP or Adenosine Diphosphate. A single glucose molecule is quickly converted to make the compound ATP again and again from the ADP—about 36 times. This process can go on indefinitely without rest provided other needs of the cells and their organelles (mitochondria) are properly met. Alas, there are quite a few flies

in the ointment. These lessons will help you remove some of those flies from the mainstream of your life.

### *Mechanical or Kinetic Energy*

Your energy of account will exhibit as mechanical activity—movement of your body, arms, legs, fingers, head, face, mouth, eyes, etc. You have over 700 muscles to carry on potentially millions of different motions. Being a live-wire dynamo means that you are assessed as being in a highly-motive state by others. You are a high performer expending much energy in the form of motions of your body and its parts.

Mechanical energy is the cheapest energy you have! It requires less fuel for the visible results than any other of the energies. In performing mechanical energy, less nerve energy is required than in chemical processes and in activities almost purely electrical (nervous) in nature.

When it comes to mechanical and chemical energies, almost all of us have fuel tanks that overfloweth! Most Americans take in about twice as many calories as they require for their activities, en toto, that they indulge. And, really, that's part of the problem. It's sort of like filling an auto's gas tank. After the tank is filled, you put gasoline in the back seat, in the trunk, under the hood, etc. It literally runs out of the car. But, alas, auto performance is impaired rather than aided. Getting too much is harmful.

Mechanical or kinetic energy is created by cells, primarily muscle cells, but by cells with other specializations too. Cells contract, expand, relax, etc., in conjunction with each other to achieve desired movements.

The body has muscles that perform internal processes. We have no control over these muscles or, at best, indirect control. Heart and peristaltic muscles are but two examples. All involuntary movements of the body are commanded as needed by the master control mechanism of the body.

Under your control are the voluntary muscles. When you make up your mind to do something, appropriate electrical (nerve) instructions are relayed to the nerve centers that operate your musculature. It's as if you had a few billion mules going to work for you, all intensely intent on serving you munificently and precisely—not a balky one in the lot! One silent command from the control tower and they respond in unison, with precision, and with all their might. You have a marvelous system going for you! Are you using it to best advantage? Unfortunately, too many of us have millions of balky mules in our system. Getting them in line is a part of this course.

### *Nerve Energy*

Of all your energies, this is the most important. Both chemical and kinetic energies depend entirely on nerve energy for their expression. Though energy is used independently by cells at all times, they are entirely dependent upon the function of the brain and nervous system which uses electrical or nerve energy. If the brain expires, electrical energy ceases and death of the cells speedily ensues. The whole organism, your body, is so interdependent that the impairment of a part or parts of the body impairs the whole.

Nerve energy is a product of the brain. The brain generates this electrical energy while in the condition of sleep.

Human electrical energy is measureable in microvolts. So very little is this relative to our thinking about electricity usage that we must stand in awe at the immense providence of an organism that can do so much with so very little.

When nerve energy is high, you're alert. You have the urge to be active—up and about. You have ambition. You're inspired and motivated.

When nerve energy is unusually low, you may be depressed and indifferent. You "couldn't care less" about so many things—your innate urge is to hit the hay and forget about the world.

The word *spirit* was coined by the Greeks to account for the élan vital. They attributed the spirit of life to our breath. Hence we inspire, expire, respire, etc. But, in truth, the spirit of life is entirely dependent upon the amount of nerve energy you have at your discretion, that is, how much you have for use at the conscious level. Without nerve energy, you can't even lift your finger, so to speak, even if you're loaded with potential energy.

The nature of energy may be divined somewhat by observing people who go without food.

Bernarr MacFadden of physical culture fame in the early part of the twentieth century demonstrated the availability and use of energy with a team of weight lifters. They ate no food other than partaking of water and air. Their ability to lift weights and perform work increased daily as their abstinence from food continued through the twenty-first day. The twenty-first day was their peak and then their work and strength capacities began declining.

In Life Science's own fasting institution, we have "stretcher" cases come to us who, after 25 to 30 days of fasting, have recuperated so much that they feel impelled to engage in vigorous activity. Our health school was decorated by an 80-year-old gentleman during his 30th to 35th days without food! Climbing ladders and wielding tools takes a lot of kinetic energy. The average American's body stores about 200,000 calories, enough to carry him/her for two to four months without food, even if active. A pound of fat reserves represents 3,500 calories. An average man of 150 pounds carries about 40 pounds of fat reserves along with an ample supply of nutrients.

The secret to the use of energy is generating sufficient nerve energy to carry on essential body activities and the voluntary activities you elect to indulge. Under the condition of fasting, the body makes itself efficient again. In later lessons you'll learn how all body powers are immensely enhanced while fasting—including the most important power of all—the ability to create more nerve energy and more efficiently use it. Under the condition of fasting, the multitude of nerve drains that plague most Americans are removed.

For our purposes, the generation of nerve energy and its judicious expenditure constitute the advantage we have on other forms of animal life. All animal life has the same forms of energy we do, but we have a greater capacity for its generation and use.

In the realm of energy, we're talking about nerve energy. Most of us have ample stores of reserves that can be converted into any of the three kinds of energy we need. But the most elusive of the energies is nerve energy. We can be drained of it in minutes under certain circumstances just as a battery can be short circuited. On the other hand, we

can generate enough of it to keep us going great guns for 15 to 18 hours every day!

### *Osmotic Energy*

Many processes of absorption take place in the body that exhibit the use of energy. While much energy is expended internally on active transport mechanisms that move needed substances across membranes, some absorptive processes are affected by osmotic processes. While these involve energy, it is energy you cannot control. It is nice to know about this form of energy expended within but, inasmuch as there is little utility in knowledge for knowledge's sake, we will not pursue its exploration.

## **SOME OF THE WAYS YOUR BODY EMPLOYS VARIOUS KINDS OF ENERGY**

Energy of all kinds are really involved in every body process though we ascribe results to the energy most prominently used. Thus, when the brain instructs the thyroid to secrete thyroxine, we're likely to think of this as a chemical process. Actually the brain was involved in the form of an electrical impulse that constituted the command to produce and the heart muscle was involved in furnishing the motive power that transported the thyroxine to the cells.

### *Chemical Energy and Its Functions*

Basically, all the body's energy is created by chemical processes. Various organic compounds are brought together in certain modes to produce energy. The body produces enzymes which convert compounds from one form to another according to the body's needs. Thus raw materials in the form of food, air, and water are appropriated and used. Enzymes (catalysts) affect the changes throughout the system to meet requirements.

The brain and nervous systems preside over the quintillions of body processes occurring daily. Though each cell is the master of its internal processes, it is always and ever responsive to the constant supervision of the brain. When a cell ceases to be subservient to the system, it is an "outlaw cell" that the body will speedily destroy if the vitality and resources exist for doing so.

The body's primary source of energy is from chemical processes whereby the body oxidizes glucose and transforms the resulting energy into adenosine triphosphate. From this very basic process proceeds the creation of heat, kinetic (mechanical) energy, and nerve energy. That is being simplistic for the body seems infinitely resourceful in the many ways it can and does create or capture energy. For instance, nerve energy is transmitted from neuron to neuron. But each neuron gives the electrical signal a boost of its own self-created chemical energy in transmission. I will not bore you with details for, while such information would be supportive of our theme, it lends nothing useful to the steps you must actually take to realize your objective of more energy and smarter performance.

It is a marvel of body wisdom that it has the know-how to oxidize glucose without transforming it all to heat though a part is lost to heat. When we run vigorously, stepped up oxidation of glucose for energy really heats up our bodies. But most of the energy of oxidation is, I repeat, transformed into chemical energy.

The bulk of your energy is created by quadrillions of mitochondria. If we have some 125 trillion cells as estimated, you may arrive at our mitochondria population by multiplying this figure by the some 1,000 average that occupies each cell of your body. Some cells have as little as 200 mitochondria and others may have several thousand.

Though most of your chemical energy is transformed into kinetic energy, and yet more is transformed into electrical energy, much of it is applied as chemical energy in the creation of enzymes, hormones, compounds, and the great host of special body substances.

### *Mechanical Energy and Its Applications*

You observe mechanical energy being used in everything that you do; in everything that anyone else does. All mechanical energy takes place because it is commanded and coordinated by the brain and nervous system. Even such involuntary actions as stomach contractions, heart-beat, etc., take place in every instance because they have been commanded and directed by an expression of nervous energy originating in the brain.

While we make our mark on the world for our ability to think, it is the action that results from our cogitations that count. Actions involve the translations of thoughts (which arise from nerve energy expenditure) into body movements that beget envisioned objectives. Your abilities are measured by your expression of the mental product of your faculties through mechanical actions.

Inasmuch as kinetic energies manifest only at the behest of mental faculties and the energies for mechanical functions are far more easily generated than cerebral and nerve functions, there is no point in pursuing this at length.

### *Nerve Energy and Its Utilization*

Nerve energy can be characterized as the *elan vital*, the vital force, body vitality, etc. It is the spark of life itself. Though nerve energy is the most important of energies, it is used only within the context of those faculties that give rise to its usage. The brain and nervous system are endowed with templates on programs that result from operational wisdom acquired and imbued over the great breadth of cumulative adaptive experiences.

Thus, the body is operated unerringly from stem to stern by preeminent prior programming. Our intellects are miniscule in scope relative to our autonomous intelligence.

The entire gamut of chemical and kinetic activities are subject to availability of nervous energy. In turn, all activities of whatever character, including nervous energy generation, result from innate programs, either inherent or acquired, that the directing faculties employ.

Though nervous energy is the energy of account in all that we do and it makes us all that we are or are not—though it limits or expands our ability to do things, nervous energy can be no more aptly applied than acquired training provides for. Inherent programs over which we have no control need but have an ample supply of nerve energy for their efficient operation. But voluntary actions over which we have control can be no more efficient or productive than the training, though, and effort that gave rise to them.

This course directs you to having the nerve energy you need in superabundant supply, but it cannot supply you with those subconscious faculties (training or programming)

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that will make you extraordinary. While it takes lots of thought and training to project yourself effectively in this world, that training can be no greater a product than the amount of energy that was available to fashion it. Hence we see that abundant nerve energy is, ultimately, the answer even for our programming.

Programming (training) and thinking are continuous throughout life. You can pick up on this and consciously direct it for your benefit at any point. You can be the master of your life and destiny merely by taking charge and fashioning your course to suit yourself within the context of possibilities. The very taking of this course is your effort to order your life more effectively. And having adequate nerve energy to metamorphose your ambitions into meaningful programming is the thrust of this study. The quality and quantity of your life is dependent on the amount of nerve energy you can bring to it.

## **HOW AND WHERE THE BODY CREATES THE VARIOUS TYPES OF ENERGIES**

The entire body is an energy-generating and energy-using organism. Every cell is endowed with the faculties to create and use energy. The body uses special types of energy, nervous or electrical energy being the foremost, that are created by special cells or in special organs.

### *Sources of Chemical Energy*

For our purposes, we'll limit ourselves to one source of chemical energy: that energy that arises efficiently and sufficiently depending on the type of food we eat and the activities we engage in. This energy comes into existence because of the quality and adequacy of glucose, a simple sugar or monosaccharide. Oxidation of this vital energy medium by the mitochondria (there are several hundred to several thousand of these organelles or inhabitants in every cell) constitutes your primary source of energy. And it is chemical energy that is transformed into mechanical and nerve energy. You have great control over the quantity and quality of glucose your body will have for use for it comes from the food you eat and the conditions under which you eat it. Moreover, your eating practices along with others will determine the quantity and quality of nerve energy you'll have.

### *Primary Source of Mechanical Energy*

The kinetic energy we wield originated from oxidative processes of glucose rigidly body controlled and transformed into chemical energy. A molecule of glucose is sufficient to create 36 cycles of ATP-ADP-ATP from whence mechanical energy derives. Your body has countless trillions of cells (estimated at 75 to 300 trillions) which use glucose primarily and recycle certain wastes secondarily. Each cell contains bacteria-like residents called mitochondria or organelles. Each mitochondrion has its own template (DNA) and metabolism. Energy is created in your countless quadrillions of mitochondria.

Your welfare is dependent upon the functioning of these minute organelles whose well-being, in turn, is dependent upon your well-being. You can foul up the well-being of your countless constituent mitochondria/cells and you can promote their well-being. This course is intended to be in-

structive in the art of so conducting your practices and affairs as to maximize their well-being and thus, your own.

### *Source of Nerve Energy, Its Storage and Application*

Little is known about nerve energy. You can wade through book after book on physiology and biochemistry and receive nary a hint as to its existence. You can read book after book about sleep, the condition under which this type of energy is created, and receive not one iota of information about nerve energy. Isn't it odd that this, the most important energy attending your existence, is almost totally ignored by the sciences relevant to it?

When you read about brain waves in physiology books and the electrical impulses of the brain—when you read about Delta waves, Theta waves, Alpha waves, and Beta waves, you're really reading about the brain's emission of nervous or electrical energy.

Nerve energy is measured in microvolts—so low it is not measurable except by the most sensitive of machines. These machines are called electroencephalographs which means, if translated, brain electricity measuring, and recording.

In all the literature, you'll hardly note a hint as to how this energy is created, what it is for or how you can control it for your benefit. True, there is much detail in physiology and biochemistry books relating to nerve conduction and nerve function. The mechanics of nerve operation are there but their money of account, nerve energy, is almost totally ignored. There's a void so big in our formalized knowledge of the body and its operations that it stuns the serious student. How can we profess to so much knowledge when we gloss over significant bodies that require ascertainment?

How can I profess to write knowingly about an energy almost totally ignored by the formalized sciences? I can answer in this manner: how can you walk around an elephant all your life and fail to acknowledge its obvious existence? And, once you've "discovered" it, is not its character rather obvious?

What I'll discuss, therefore, is in practical terms relating to your creation and use of nerve energy. You'll learn to create and use nerve energy just as you know how electricity is generated and used over electric lines without knowing all the nitty gritty of electrical physics. This course will relate what it is necessary to know from a pragmatic stance rather than from a hair splitter's unabating skepticism.

So, for our purposes, we'll state that nerve energy is generated by the brain while in several stages of sleep. The brain not only generates electricity for its use in conducting your body's affairs, but it stores it for drawing upon as needed. This storage is somewhat analogous to the storage battery of an automobile.

Our study is not so much about the processes of generation and expenditure of nerve energy as about practices that enhance their generation and maximize their availability for your pursuits. Maximizing the results achieved through their expenditure depends on the programming you develop for utilizing more energy.

Most of the body's expenditure of nerve energy is for automatic processes. You can't control the processes but you can make ample energy available to the body for these processes by virtue of what you do.

Some of the foremost users of nerve energy are:

1. The brain. This is the largest single user of nerve energy. The brain consumes lots of nerve energy in its own processes, especially in thought processes at the conscious level.
2. The digestive system including the liver and other visceral organs. The brain must constantly monitor and coordinate every process there that is extracellular. The digestion of a meal as conventionally eaten in America can make such a huge demand for energy on the brain as to make the brain dull and drain us of energy. With the stimulants ordinarily eaten with meals, we may not immediately feel this drain—rather we may feel hyper just as a dope addict but the price to pay a few hours away is a terrible letdown, even depression. In no other area do we drain ourselves of vital energy more than in our eating practices. Moreover, in no other area do we fail of energy generation so much as with our failure to provide the kind of fare that gives us efficiently generated energy.
3. The eyes. The eyes use a considerable amount of nerve energy in transforming light energy that impinges upon them into electrical signals which the brain will interpret.
4. Kinetic activities. When you're active, nerve energy is being expended in directing muscular movements. Ordinary activities require relatively little nerve energy if the body has been trained or programmed for the activity or regularly indulges the muscular activity. If nerve energy is insufficient to adequately meet other needs, there will be little inclination to expend any in activities. Most of us are reluctant and indisposed to be up, about, active, playful—we do not possess the nerve energy necessary for exuberant and profuse physical activity. Physical activity is the epitome of life's finer expressions.

The program enunciated in this course will direct you to ways to have all the energy you need for the optimum pursuit of life's requirements and keener joys.

## **THE RAW MATERIALS THE BODY USES FOR ENERGY CREATION**

While glucose obtained from carbohydrates or body fat reserves is the primary material converted into energy, the body has mastered other energy conversion techniques including the recycling of its own wastes!

### *Simple Sugars (Monosaccharides)*

Glucose is our foremost energy currency of account. No matter what you eat, the body must convert it to glucose before it can use it. If you eat fruits, you receive glucose and fructose (which is readily, quickly, and easily changed to glucose) in what is frequently described as predigested form. These simple sugars are absorbed without formal digestive processes other than chewing and stomach churning. Fructose does not even require an energy-consuming transport mechanism for absorption and glucose, which does, consume only a little.

Starch is a food very difficult to digest. We have little capacity to digest it. If you think you're a starch eater, just conceive yourself eating a tablespoonful of wheat berries, rye berries, or even a tablespoonful of ground flour. You'd probably gag on just that amount and exhaust your starch

license. Humans are not natural starch eaters. Only in the last few thousand years have we turned to starches as a source of food. Cooking has made them an item of the human dietary. But starch foods are a curse. Cooking makes starches a double curse. Even though cooking makes the starches of starch foods more available to us by breaking the cellulose sheaths that house them, there are serious liabilities. Starch foods represent a very poor source of energy because they require extraordinary digestive energies and nerve energies. Further, the toxic debris that usually result from eating cooked starch foods, their unphysiological tendency to acidify the body (not true with starchy tubers, roots, fruits, and vegetables), the toxic debris of cooking and the toxic additives and seasonings make them not only inefficient sources of glucose but energy-draining liabilities as well.

Before the body can convert a starch to energy, it must mix it with ptyalin (salivary amylase). This will convert only 5% to 10% of the starch to maltose, a disaccharide, at best. This may take an hour or two of stomach time. The starchy food is then forwarded to the duodenum at the upper end of the small intestine where pancreatic amylases attend to its further breakdown into maltose and subsequently into glucose and fructose. The body uses only about one fifth the energy in the processing of fruits which yield their sugars in "predigested" form as is involved in the processing of complex carbohydrates of which starch is one. In fact, starch is the only complex carbohydrate we can obtain energy from and very little at that because, it bears repeating, humans are not natural starch eaters. Natural starch-eating animals have a plethora of starch-splitting enzymes and digest starch as easily as we absorb fruit sugars. Our bodies have developed only limited ability to digest starch. For better information, I suggest that you refer to a later lesson: "Carbohydrates: Fuel for the Human Body" by Marti Fry.

#### *Glycogen or Animal Starch*

The body does not use glycogen directly as a media for energy conversion. Rather, glycogen is a nondeteriorating way the body fixes its glucose reserves for ready use. Because the body has its own enzyme keys for rapidly converting glycogen to glucose, it stores its glucose in the form of glycogen. At any given time, the body has ready energy reserves in the morning sufficient for a full day's needs, about 2,000 calories. Anyone who has true hypoglycemia (perhaps 95% of cases so diagnosed are not in any sense hypoglycemic) has very serious metabolic problems. Of course, diseases are bound to develop within the context of a society that eats contrary to its biological character. But most cases of low energy are due to body toxicity which engages the brain and body energies—we would like to use for other pursuits—like performing our work well.

While humans can readily break down their own glycogen, they have great difficulty digesting the starch of other animals through the digestive system. Our glycogen conversion machinery is within the body, not the digestive system.

#### *Fat Reserves*

The body converts excess glucose to fats and stores them in cells as fat reserves—the body will convert its fatty acids

into energy should the need arise. By and large, fat reserves are left untouched if glucose and/or glycogen are available for conversion to energy. The body also converts fatty substances it ingests into lipids which it may store as fat or convert into energy.

While fat reserves are readily converted into energy by processes more complex than glucose transformation, fats ingested are very slow in digestion, thus indicating our poor utilization of exogenous (outside) fats. Foods to which we are biologically adapted are quickly appropriated, thus leaving the organism unfettered with digestive processes. "Stick-to-the-rib" meals that occupy inordinate digestive time and tie up the digestive faculties at the expense of other more important activities are to be shunned. A full stomach inhibits both thinking and physical activity.

Fat reserves are normal. When they are optimal, the body demands less food down to the point it meets current needs only. About 25% of the weight of a healthy person is involved with fat reserves, enough energy potential to sustain the organism from two to four months.

#### *Protein*

While the body has a host of proteins, perhaps as many as a hundred thousand different kinds throughout the body, these are a part of body structure and not available for energy use. All proteins within the body have been synthesized specifically by the body for its own structure. Any protein of any description that enters the bloodstream as protein, even if from another human, is very toxic and is vigorously rejected. A bit of egg white is so toxic it readily causes death.

The body rarely uses protein for energy purposes. Things are in a bad way if it does. If we were to eat proteins as energy sources, we'd suffer grievously. The body must spend much energy and long hours breaking the protein down into polypeptides and subsequently into amino acids. Amino acids still cannot be used for energy. Should the body have insufficient carbohydrates, it will convert circulating amino acids into carbohydrates in the liver by splitting off the nitrogen atoms. The body is about 15 times more efficient at obtaining the energy potential of foods in the form of "predigested" sugars than in converting proteins to sugars.

Proteins are an energy source of last resort as can be seen. The body does not use protein as protein. It uses it as amino acids and then synthesizes proteins as needed for structural, not energy, purposes.

### **THE NATURAL HYGIENE/LIFE SCIENCE CONCEPT OF BODY ENERGY**

While the Hygienic concept of energy is woven throughout the presentation thus far, it is appropriate to spell it out so you can get a handle on it.

Organisms are energy-creating and energy-using mechanisms. Energy being available as needed in its various forms is the essence of life. Life is the expression of faculties through the application of energy.

Though at the distal end of the energy chain, nerve energy is the primary energy in life. Without body wisdom as developed and retained as inherent programming by cells, the nervous system and the brain, energy could not be purposely and intelligently directed and applied.

Because of the overriding importance of nerve energy, Hygienists have a tendency to speak of the quality of life entirely within the context of nerve energy. This is not correct but it does focus our attention more correctly.

Hygienists point out that faculties not used are abused. The same might be said for energy. If you would be a high-energy organism, you must develop high energy-using capacity. Though most of us have insufficient energy to apply to the capabilities we have developed, there are nevertheless, many avenues for joyful and gainful use of energy that we have not pursued.

The program outlined in this course will not only vastly increase your discretionary energies, but creates the bases for their gainful and joyful application. Those measures which generate more energy and make more energy available also free up the faculties that can make best use of that energy.

Life should be meaningful. It is to be enjoyed. Happiness is a virtue and suffering is a curse. Excellence and exalted joys should be the aim of all your endeavors. Freeing your body of impairing influences is thusly a goal that is realized as a "side benefit" when you make yourself an efficient energy-creating and energy-using organism.

Humans are endowed with an unchartable ocean of potential for expression of faculties. But that potential cannot materialize if the means by which faculties and education are expressed is not adequate. To attain the generous potential of which we are the heirs, we must have ample energies.

### **FACTORS AND INFLUENCES THAT IMPAIR ENERGY CREATION AND USAGE**

To paraphrase Dick Gregory, the celebrated comedian, our foremost obstacle in life may be thusly observed: "I have met the enemy and he is me."

You must envision yourself in a state of euphoria because of superabundant energies. You must motivate and impel yourself toward this state such that it overwhelms those conventional, energy-draining practices that hamstring you. You must want a heady euphoric existence so much that you can totally master yourself. You must want it so strongly that you can abjure those "fixes" which keep you in a fix.

Let's briefly survey in this lesson some general areas of impairments that, collectively, impede energy formation and drain us of energies that are created.

#### *Intoxication*

Most of us will admit to the wish to detoxify our bodies. But few of us will admit to being intoxicated for we tend to think of intoxication as drunkenness. Unless we're intoxicated, there is no need of detoxification. Most Americans are intoxicated to the saturation point. You can prove your body purity or toxicity by a little experiment. Just abstain from nutriment other than water, air, and sunshine for 24 to 36 hours. If your tongue fails to become coated a frosty white, you can say your body is clean. However, if it coats, and chances are 99 in 100 that it will, you know that your body is quite toxic. So toxic are most Americans that many have coated tongues even though they're eating. They get "cotton mouth" or "furred tongue." When a physician looks at your tongue, it is indicative to him of problems if it is furred.

So almost all of us are intoxicated though not "drunk" because our brain and nervous system are not enveloped by a poison called alcohol. What are some of the symptoms of intoxication?

The foremost is a notable lack of exuberant energy. We lack the will to jump, cavort, play, or be active though we may want to. Other symptoms may be cleansing crises, chronic as in the case of asthma, acne, sinusitis or acute as in flus, colds, coughs, etc.

Needless to say, all toxicity short circuits your energies and bogs your body down in many unnecessary pursuits. An intoxicated body is a disturbed body and cannot generate energies efficiently, especially nerve energy. A disturbed body does not generate energy efficiently because it cannot conduct the sleep process well—insomnia is more likely to be a complaint. Further, the body expends its valuable energies, especially nerve energy, in ejecting poisons, protecting itself from poisons, and repairing the damages of poisons.

I invite you to pay special attention to the lesson on sleep when it arrives. You may also refer to the book *Better Sleep for a Better Life* among the volumes we've sent as texts and reference materials. But the real gem on intoxication and some of the ways we intoxicate ourselves are within a later lesson. It is entitled: "Are You Drugging Yourself Unknowingly and Unintentionally." All drugs are toxic, and all toxins are drugs, even though they may have been endogenously created as uneliminated wastes.

At this point I want to impress upon you that the most salient ways in which we intoxicate ourselves arise from the following practices:

1. Eating foods to which we're not biologically equipped to handle.
2. Eating cooked foods. Cooking deranges nutrients and renders much of them into toxic debris.
3. Eating cooked foods gives the body almost insoluble digestive tasks. This is also true of foods we're not physiologically adapted to handle. The body must deal with deranged and unusable nutrients.
4. The ingestion of toxic substances that irritate the taste buds. These are herbs, seasonings, spices, flavorings, etc.
5. Ingestion of sodas, coffees, caffeine-containing products, alcohols, nicotine, and a host of other toxic products including all drugs.

When you realize that ANYTHING and EVERYTHING that you put into your body other than pure air, pure water, and foods to which we're biologically adapted (fruits to be exact) is polluting your body, then you'll begin to understand that intoxication is primarily a self-inflicted tragedy.

#### *Overeating*

Most of us clog our system with more food than we need. This burdens the digestive tract and overloads us with fat reserves. What would you think of a car that had so many gas tanks that it was weighted down with them and could travel but slowly and cautiously because they were behind, in front, on top, and everywhere else? It's nice to have a reserve but there comes a point where having more than a prudent reserve is impairing. To paraphrase a Tennyson poem, the dilemma of an obese person goes like

this: "Energy! Energy! Energy everywhere and hardly a bit of it can be used."

Overeating is an impairing influence in itself. Redundancy of any nutrient burdens us for the body must devote its energies to dealing with it in some manner. These are energies that could better be applied to constructive pursuits.

### *Wrong Eating*

Most overeating is of foods and substances that are wrong in the body. We naturally stop eating when we've had enough of foods to which we're naturally adapted. Overeating is usually a habit of eating for "kicks." Eating stimulating drinks and foods is one of the biggest drains upon our energies. Moreover, on the other side of the ledger, our ability to create needed energies, especially nerve energy, is dealt a serious blow.

### *Stress (Really Distress!)*

Most Americans lead hectic lives. This is enervating. A single situation that is highly charged emotionally can drain you of your nerve energy such that you cannot further pursue normal activities. The grief of losing a mate or relative, of losing heavily of your resources (as in the stock market) or other traumatic events can drain you of precious nerve energy almost instantaneously.

Most Americans are put under a strain by the stresses of everyday living. There is little assurance to life pursuits in this country, thus lending to a constant gnawing fear—an unceasing insecurity that drains us of our nerve energy—that short circuits our electrical system through worry, fretting, and concerns. Pessimists and negative-minded people, which include most American adults, are in perpetual short supply of adequate nerve energy to be exuberant and outgoing. If you are gripped by fears, worries, and concerns, you should realize that you are less able to cope with your problems because of the debilitating nature of these emotional problems than if you crossed over and had a superabundance of energy. With energy and increased mindpower, you'd be far better able to cope. As you may be aware, most fears are groundless anyway.

Whether true or not you may as well assume an attitude that you are master of the sphere you live in. Might as well. It's all for the same price and only by so doing do you achieve the mastery and poise needed to make this a better world for yourself and those around you.

At this juncture it is wise to point out that the stress that pervades the lives of most of us is caused by you guess who. "I've met the enemy and he is me." If you're under stress, you're probably receiving in kind what you're contributing to the world. If you'd make the world right, first make yourself right! Stress is a people-made problem. You're one of 'em!

### *Failure to Utilize Your Energy-Generating Capacity*

"Faculties not used are abused" is a favorite saying of Hygienists. This truism is applied mostly to our muscular disposition and our failure to use every muscle in such a manner as to keep ourselves in fine fettle. The same observation applies to our energy-generating faculties.

The body responds only to demands placed upon it. Nature is parsimonious and develops sufficiently to cope

with need with a margin of safety, but overdevelopment is not seen in nature.

Perhaps you're aware that the super strong amongst us who have huge muscular bodies achieve this condition only after extensive hard work in training and muscular exertion. The body responds to the demand made upon it by developing faculties to cope.

This principle holds true in the energy world also! If you want scads of energy, you must place a demand upon the body for energy and, of course, in conjunction, furnish it commensurately with the raw materials for energy production.

Once you remove the impediments, impairments, and drains to energy generation and utilization, you'll feel energetic and be very energetic. The body will furnish you with a heartening abundance of energy to spend. But say you get into a profession that requires extraordinary energy for observation and thinking (cerebration). How do you cope with the extraordinarily heavy use of nerve energy needed for seeing and thinking processes?

Providing your practices are exemplary, your body will gradually create more nerve energy to meet the demand for it. But there are exercises you can indulge that not only expend even more energy, but which create demands upon you that causes the body to create more energy-generating capacity as a response. Those who get heavily involved in business and high nerve energy using pursuits might practice mental weight training by taking excursions into intellectual games that require heavy cerebration such as puzzles, challenging competitive games such as chess, etc., where you sink or swim by your wits. While these pursuits may be draining in themselves, they exercise the mind and make it a bigger energy user, a more efficient energy user, and give it greater energy-creating ability. The body generates more energy to meet the demands made upon it.

Thus we see people vegetate who use little energy and others thrive who use scads of it. We see superb specimens of physically-active people who use 3,000 to 7,000 calories a day in their physical activities—loggers, weight lifters, farm workers, etc. If an inactive individual starts heavy work, he'll be able to perform very little at first. But, with repetition, stamina, and endurance, strength, and energy are gradually built until, in a few weeks or months, the body has responded to the demands made upon it by generating the faculties and energies needed to cope.

Thus, in this course, you'll learn methods that help you generate those energies you want to have as well as methodology that terminates the many energy drains that may encumber you.

If you want to have high-energy levels, you must start performing in a manner that causes the body to generate high energy and conserves that which it does create so that you'll have it at your discretion.

## **HOW ENERGIES ARE DIVERTED BY IMPAIRING INFLUENCES**

The physiology of diversion of energy to "unnecessary" expenditures rather than to the pursuits we want it for will be explored briefly here—a later lesson deals with it at length.

We may liken the body's unceasing efforts at supplying itself; processing raw materials; and producing that which

it needs for energy, growth, and replacement to the operations of a factory. Let's say that raw materials for production are not up to standards. Let's further assume that the raw materials are seriously contaminated. Production and maintenance personnel will experience many rejects due to poor materials and have problems handling and getting rid of the extraordinary rejects. Especially will they experience heavy problems due to materials contamination, thus burdensomely complicating their problems.

Can you see how much extra energy is diverted and wasted in such a case? Can you visualize the immense reduction in efficiency and production? The resources of the factory have been taxed and diverted because of inferior materials. Your body operates pretty much along the same lines.

### *Poisons As Energy-Draining Substances*

If a ship catches fire below deck, things really get out of kilter as personnel are taken from normal operations to fight the fire. And the operation of the whole ship is "nervous," to say the least, when such a situation exists. The operation of the ship is thus hampered.

What would you think of a ship commander who so fueled and operated his ship that fires were experienced rather continually? How would you rate the performance of a captain who was so incompetent in managing the affairs of his ship?

Think of yourself as a ship or a plane. Instead of a crew of a few people or a few hundred, you have trillions. All have been trained perfectly in the performance of their duties. Likewise they coordinate perfectly—there are no foulups under normal operating conditions.

But how should we rate the manager of such a delicate and complex mechanism who, instead of operating the organism as easily and simply as is possible, tried to impose impossible tasks upon the machinery continually and interfered with personnel operations practically without cessation? Can we expect efficiency when personnel are thwarted in their performance from an organism that has so many "fires" going on? Picture this as the case with almost all our populace.

Instead of being active, vigorous, and playful as the 80- and 90-year olds of Hunza who live more or less naturally, Americans of 40 have less pep than they should have at age 100!

Why?

Because Americans have not been taught how to care for and properly operate their flagship—their body. While creatures in nature instinctively correctly conduct their lives, humans have been acculturized in such a manner that they flaunt the operating procedures that assure best operation and performance of their "ships."

One of the foremost transgressions Americans indulge in is to so live as to poison themselves almost continually from substances ingested from without and also from resulting

vitiation of processes within which results in the same evil. Taking on conventional "foods" as fuel in this country results both in direct poisoning and secondary poisoning. Most of us are so burdened by the necessity to deal with an enemy within (poisons) that our energies are inefficiently created in the first place and drained due to diversion in the second place.

Let's learn to operate our "ships" with enlightened "seamanship." Let's detoxify our bodies—put out the fires aboard—and not any longer intoxicate it.

### *Poisons As Agents Impairing Faculties*

There's hardly an American that has not been seriously affected by the ravages of poisoning. Most Americans have experienced a whole raft of sicknesses and diseases. The resulting degenerative conditions fill a catalog as you'll see when you read *The Revelation of Health* which accompanies this course.

Acne is a body-instituted and directed disease wherein the body eliminates poisons directly through pustules of the face. When other areas of the body are selected by inner intelligence, the result is the same though it bears a different name. The disease diverts, discomfits, and affects the person who suffers it. Not only do the toxic materials pose an internal problem, but their ejection through facial derma also causes problems.

Arthritis is the result of accumulations of toxic substances in the lower back, joints, etc. Cartilage is destroyed, calcium urate buildup results, and excruciating pains are generally experienced. Energy and performance go way down. Most arthritis is caused by extrinsic uric acid from meats being absorbed by the bloodstream, being neutralized by body calcium (even if it must be robbed or borrowed from the bones. Dental cavities and osteoporosis are rampant amongst our meat-eating population.) and being put out of circulation in joints and other areas.

Almost all diseases result from poisons. As we almost unceasingly intoxicate ourselves, it is no cause for wonder that we suffer occasional bouts of extraordinary elimination (sicknesses such as colds, flus, itises, etc.). And neither is it surprising that faculties are degenerated under such an unending assault.

The materials and lessons furnished herein are calculated to give you high energy both by increasing your efficiency and by stopping all the drains an impaired body places upon it—and we'll guide you to rejuvenating faculties so that is possible.

## **ENERGY-PROMOTING PRACTICES**

The thrust of this course is to teach you the most efficient practices you can undertake on the one hand and those mind- and body-sapping practices that impair you on the other hand. When you're correct in the proper conduct of your "ship," you'll experience pep and vigor you never dreamed possible!

