

Excene Bv Computeroutlet Ervaringen Met Excene Bv

Food is your MedicineDr. Arya Publications, Pune

“What you plant you priced”, it’s that simple with you and food. Our body is our land. Before it’s too late we need to eat as per our body language and body intelligence. Your body speaks??? Yes, it speaks only truth as it remains in the present. Your mind may speak lie and stale. But, not your body.

7,000,000 of the 25,000,000,000 red blood cells in the body of an average man, die every second, so that 7,000,000 new ones must be produced every second of our lives. A wonderful example of the creative operations always at work in our bodies. The materials out of which these new cells are built are supplied by food. It is to supply material with which to carry on the building up of the tissue and replace that which is broken down. In other words, to supply material for growth and repair, that we eat. Last but not the least, physically, physiologically, and biochemically, we

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are (human beings) herbivorous. Our food contains fruits, vegetables, grains, nuts, dry fruits, pulses, oilseeds, roots, leaves, herbs and milk products. Let us eat vegetarian diet for health, happiness, and harmonious life. Every cell has got tremendous intelligence and sensitivity. Truly what you eat you become. Then eat healthy, happy and consciously. Let's eat conscious diet and get connected with consciousness, the whole. Lets truly become one within and with oneness.

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