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## Eating E thereally, really!

**I**n school we learn that food contains nutrients, vitamins and minerals. As adults we often classify food as protein, carbohydrate or fat. As healers we know that a body is more than just the physical. So what about our food?

Foods also have an ethereal body. All living things do. Plants absorb sunshine (photons) and metabolize them into bio-photons. The prefix "bio" denotes a living entity. So bio-photons can be thought of as the vibrational output that plants create from sunshine. Vibration is how our cells communicate and how energy moves through the chakras, channels, meridians and nadis. Bio-photons high vibration facilitates communication among our cells. According to Dr. John Switzer, MD, Director of the Ayurvedic Clinic in Feldafing, Germany, "Bio-photons will energize our body, detox our organs, enliven our brain, stimulate our hormones, eliminate cravings, and even turn back the biological clock."

The fresher and less processed a piece of food is, the higher vibration it has. For example, a freshly picked dandelion leaf will have a higher vibration than a leaf of lettuce bought at the market two days ago which has a higher vibration than a sheet of nori (dried seaweed). Processed and cooked foods have few or no bio-photons. Fresh, whole plant food equals high vibration. When your vibration is higher, you can process higher vibrations and will be called to do so more often. When your vibration is high you will attract higher vibrations into your life. We learn, in Healing Touch, that we need to raise our vibration before working on a client. Why not have higher vibrations all the time?

A deficiency of bio-photons compromises the energetic and physical body. An abundance of bio-photons can quickly enliven and heal the energetic and physical bodies. Healing Touch can be used to heal a body and eliminate or reduce the need for surgery; promote recovery from undiagnosable pain, and clear stuck emotions and unhealthy mental patterns. Bio-photons and food can change health on an etheric level, which shows up in the physical, emotional, mental and spiritual levels, too.

Drinking green juice often produces a rush of energy and mental clarity. Why a rush? Juice is absorbed into our bloodstream faster than food or drink with fiber (such as a smoothie). Many people do not have a juicer or time to juice so they drink smoothies. When fresh greens – from your garden, the wild or sprouts you have grown at home – are used, the amount of bio-photons you ingest is high. My clients are always willing to try drinking green smoothies for breakfast. Most create a habit once they start. Why? They report feeling more clear-headed, having more energy throughout the day and, if they are healers, having more awareness. Many have also reduced or eliminated medication

