

62. FOOD FOR THOUGHT

One of the key ingredients for healing and staying well is diet. Most people realize this. But unknown to most Americans is the emotional impact that any given food may cause. It is, however, a well-understood subject by many "vibrational-" or "energy-healers." Acupuncturists or others who practice "energy medicine" (that which heals by balancing the energy of the body-mind) are such healers.

Energy theory -- the philosophy behind energy medicine -- holds that vital energy (the same force that makes the heart beat) moves from organ to organ as long as life exists. It has an ideal rate of flow; but if it moves too quickly or slowly within the body, symptoms arise. One type of symptom is emotional imbalance -- grief, anger, resentment ... even excessive joy. Each of our many emotions has an organ for its "home."

Every food we eat affects the flow of energy in one way or another. Abuse of a food causes an inner energy disturbance; then our biochemistry is changed. Emotional distress (and perhaps worse) follows. So claims energy theory.

A good example is salt. This commonly-abused substance is said to affect the kidneys. These organs respond to salt abuse in many ways, not the least of which is to produce a biochemical imbalance that manifests the response we know as fear. Thus, a word to the wise: if you find yourself feeling more fearful than is called for, avoid your salt-shaker for possible relief. It'll take some time for positive results, but this really does work.

More information on the how foods (and which foods) affect the bodily organs is found in the G-Jo Institute's *Master of G-Jo Acupressure Home-Study Certification Program* -- see **www.g-jo.com**