

Peace-food - how not eating meat and milk heals body and soul

How often do we end up unexpectedly at the opposite pole and thus achieving the exact opposite of what we actually originally wanted? Probably nowhere else is this more apparent than in our nutrition. In effect, it offers an ideal lesson in polarity and the "shadow" principle. And we are more than ready for this principle, which we are already currently experiencing as much with regard to the financial world as in relation to the future of Europe. This may be the reason why you, dear readers, have turned the book "The Shadow Principle" into a bestseller in a very short period of time, for which I thank you very much. In terms of our nourishment, the shadow becomes perhaps even more significant, but at the same time simpler and more dramatically obvious, for our health.

Everyone knows the story, and it is constantly preached: we should drink lots of milk to strengthen bones and protect us against osteoporosis. But nothing could be more wrong! The exact opposite is true; there is little that damages our bones as much as milk (products). And nowadays that can be definitely proven: in countries like Nigeria, with a minimal consumption of milk, osteoporosis is virtually unknown and in those with the highest milk consumption, such as in Finland, it is a national epidemic - even worse than our own one. Admittedly, milk is rich in calcium, but the bottom line is that it strips the organism of significantly more calcium than it delivers. Milk is actually quite a dangerous calcium thief and enemy of the bones. But not only that ...

It gets much worse; milk has been shown to promote the most dangerous heart conditions, thus contributing to the number one cause of death. And the second leading cause of death – cancer - also increases significantly with increasing milk consumption. This, in combination with the finding that meat is equally responsible for fostering heart disease, cancer, immune deficiencies, illnesses associated with old age, such as dementia and pretty much all symptoms related to modern-day civilisation, may come as a shock for people in our modern society, who in the service of the meat and dairy industry have for decades been actively led to believe the opposite.

The credit for shedding light on this issue is due above all to Colin Campbell, who until recently was a professor in the Division of Nutritional Science at Cornell University. He began his life as a child on a typical U.S. dairy farm, and in the course of his scientific life, was forced to recognize that the foundations of the modern-day Western diet - milk and meat - were demonstrably the causes of the worst disease patterns common in Western civilization, since allergies and diabetes as well as

obesity are all promoted by it. At first, he was reluctant to acknowledge the extent to which animal protein is harmful to us, but over the years and after many experiments, he has become one of the most committed scientific critics of the modern-day fattening-up process that is occurring with animal protein. It is also from him that we have the statement that whatever contains above 0% cholesterol is harmful. In recent times, he has been joined by further scientists whose large-scale studies and vast amounts of data have provided statistical evidence of just what we are doing to ourselves with meat and milk (products). The suspicions regarding meat have been around for a long time and German scientists such as Professor Leitzmann in Gießen have for decades provided an impressive amount of evidence relating to how much healthier a vegetarian, and even more so, a vegan, i.e. an animal protein-free diet is.

Animal rights activists have been kicking up a storm against large-scale factory farming and animal breeding “prisons” for decades. For a long time, nutritional scientists have been calculating what an irresponsible waste it is in the face of the prevailing world hunger catastrophe to convert plant-based calories into those derived from animal protein, while ecologists have also confirmed the link between intensive animal breeding and the global climate-change catastrophe. But little has happened, little has changed, because the overwhelming majority of citizens still vote for cheap animal protein on a daily basis at the supermarket tills. Really speaking – if it is mandatory on cigarette packs – every yogurt cup should carry the warning "milk can kill you" and every packet of meat – the label "meat consumption promotes cancer".

I truly hope - as a doctor of the people, friend of the animals and fan of our Earth – that the ample abundance of evidence and studies that demonstrate the misery caused by meat and milk in such a drastic way may turn the tide and bring us to our senses, thus leading to a decisive turnaround. The change in our own personal nutrition policy is so tempting, light on the stomach and easy to digest, and there is certainly no other measure that allows you to so easily do yourself, other sentient beings and our planet so much good as switching your diet to the colourful and enticing palette of tastes offered by the plant kingdom

For over three decades starting with "Disease as a Path; The Healing Power of Illness" and all the way through to the reference work "Disease as a Symbol", I have fought for increased recognition of the role that the soul plays in the development of disease and have been responsible for significantly raising awareness in this regard. This remains important to me; I continue to stand behind it unreservedly and I am very pleased that "Disease as a Symbol", which is now already in its 19th Edition, will soon also be available in English.

Nevertheless, helping the body to assume its rightful place as the second important

level of psychosomatic medicine is also long overdue. In actual fact, the word "somatic" means body. It is only when we turn our attention to these two aspects of our being that we have the wonderful opportunity to make the best out of our lives.

The easiest, most effective and most sustainable step towards this is to completely turn away from animal protein. This measure not only helps to preserve and promote our own life and other forms of life, but on top of that, is the best personal response we can give to the current threat of environmental and climatic catastrophe.

Above all, however, this measure is helpful to ourselves: As soon as we stop eating the fear and stress hormones of slaughtered animals, we will already feel a great sense of relief, because nowadays most of the population is suffering from deep anxiety. Panic attacks are a relatively new symptom, and a good 30 years ago, back in the days when there was a lower overall consumption of meat and when decentralized slaughtering in small butcher shops was the preferred option, such attacks rarely received a mention. It is only since the shift to large slaughterhouses that this symptom has conquered the modern world. Along with the meat of the tormented creatures from animal-breeding "prisons", we also get a serving of their misery and the negative energy of the torture that they suffered during their final journey into human stomachs. From there, all of these energies eventually make their way into the flesh of the meat eaters. It is from this tormented flesh that the flesh of precisely those omnivores is formed who spend the majority of their lives suffering and (letting themselves be) tormented. As the old, well-known saying has long made clear: you are what you eat.

On the other hand, a vegetarian life of the sort that I have been treating myself to for the past 40 years, offers unparalleled advantages - not only in terms of health, but also in terms of overall sensitivity and performance. As I've since discovered, all of this is enhanced considerably by omitting animal protein altogether. A life that is truly free is also free of this aspect. Not only do wild animals feel how little danger a person following a vegan diet represents, but highly-sensitive people are also able to perceive it as well. Animals become tame, people approach you in a more open and trusting way, and all of this lends a whole new quality to life, as I myself and those in my immediate environment have noticed. While it may be quite a turn-on to swim with dolphins, it is also rather special when butterflies gently flutter to rest on your shoulders and squirrels choose to meditate with you.

Eating colourful vegetables and fruits and knowing how much good they do for me and how little harm they do to others is untainted enjoyment. And life and enjoyment that are not based on the suffering of others feels so much better!

An additional benefit is when your body secretions and odours stop smelling as bad as those of meat-eaters. The Indian ideal of smelling like the last fruit one that one has enjoyed is not an unattainable utopia, but a goal for an all-round healthy life based on an all-round healthy and thus vegan diet.

All relevant medical research results confirm how much healthier vegans are. Experience has also shown how much more vital and creative they are. The lack of vitamins, trace elements, but above all the lack of vitality and life energy and consequently of creativity is weighted far more strongly on the side of the omnivores. It is only vitamins D and B 12 that vegans need to pay attention to, but even that is easy to ensure. We get vitamin D through the sun, and B 12 via "Take Me - Plus," which also contains vitamin D and other essential substances that are responsible for our sense of happiness and well-being.

For decades, I have been exploring all possibilities for increasing health and vitality, creativity, sensory perception and sensual pleasure on the path to deliverance and (experiences of) unity - first by trying these out on myself and then on my patients and using such techniques as (midday) napping, exercises, psychotherapy and meditation. Numerous books have come out of this, and now once again "Peace-food", as well as supplements such as "Take Me", designed to meet our daily requirement for serotonin, and most recently "Take Me - Plus", designed to ensure the supply of the raw materials needed for the production of neurotransmitters and hormones, which in a positive atmosphere can enhance our perception of happiness.

"Peace-Food" summarizes in a language that is understandable for medical novices the most impressive studies on nutrition, which clearly confirm where the healthiest and most enjoyable path is heading. In the meantime, these studies have shown in no uncertain terms just how dangerous animal protein actually is for us and just how attractive doing without it is for our health. The second part of the book is devoted to the effects of animal products on our souls which to this day have continued to be significantly underestimated. Even just the reduction of the overall fear level that results from the renunciation of animal products is in itself a huge relief - a more relaxed life with less fear is such a gift!

The third part of the book sets its sights on our planet and shows how easy, enjoyable and healthy it is for a person to stand by the Earth in her hour of need as she faces the current, highly-acute problems. Those who eat in a healthier way and think more clearly are also able to come up with ideas that are more ecologically sound and innovative. At the TamanGa Centre that we are currently constructing, the new buildings and the renovations on the old buildings are all being carried out using solid wood, clay and solar photovoltaic technology, as well as including

everything that is fun and joyful and being solidly based on the knowledge that we have acquired along the way about positive vibrations. This all involves an incredible amount of work, especially since it is taking place more or less on the side, but it's also great fun, encourages creativity and its success is additionally based - that I'm sure of – to a large degree on the vegan diet of the highest quality, which to a great extent is already being grown in our own gardens.

The fourth section of the book presents a colourful bouquet of possibilities for using simple tricks to reorganize one's life to be healthier, happier and thus increasingly successful. These range from well-targeted bursts of sunbathing, smart lifestyle choices and clever eating habits that include the essential raw materials needed for the creation of the hormones and neurotransmitters responsible for greater happiness. Here as well, there have continually been further advances in knowledge and available practical applications.

Even though, and in fact precisely because, these are challenging times, it is up to us to use these challenges to take the right steps in the right direction. And the more people are willing to do this, the sooner we can start today to build "a new Earth" and give our development a tremendous kick-start. Food connects our inner and outer worlds and external peace can only be based on inner peace. When we start to care for ourselves with greater sensitivity and feeling, the microcosm of the body and the macrocosm of the world will come back to life to an unprecedented extent.

My favourite quote from St Francis of Assisi, "Lord, make me an instrument of your peace" is admittedly old, but certainly not out of date. We can always choose to take it on board again, and in doing so, to give the greatest gift to ourselves - and additionally to our world in a wonderful way.

I would be very pleased if you would support me in developing this field, perhaps already by choosing to join me on the new series of lectures on these and other topics that are now beginning in Switzerland, Austria and Germany or by helping to create and strengthen the field in your own areas of influence ...

Yours truly

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