

MORE
ALIVE
NOW

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Simple Nutrition
to Change Your Life

Susan Frailey RN BSN

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PLEASE NOTE

The material in this book is for informational purposes only. It is not intended to serve as a prescription for you, or to replace the advice of your medical doctor. *More Alive Now: Simple Nutrition to Change Your Life* blends nutrition and ideas from old world traditions, “alternative” health solutions, and 21st century conventions to expand perception and increase awareness of food choices based on the author’s experience. Please discuss all aspects of *More Alive Now* with your physician before beginning any guidelines, and always keep researching and educating yourself to responsibly direct your life and health in a positive way.

What others are saying

“Susan’s book is informative, insightful and inspiring. We can all benefit from applying even just a few of these guidelines. It’s sure to be a manual that I will give to my patients so that they can take daily steps towards healthier lives.”

—Melinda Choy LAc, Elevate Wellness Center

“It is fun when you meet someone who is committed to what they believe in. They are focused and have a sense of power and purpose that draws you in. I have known Susan for ten years and she has this unshakeable resolve to study and experiment with her medical training and education to uncover solutions that self-enable and self-empower rather than be “at the effect of.”

Susan was not satisfied with the old energy of the medical status quo with drugs and limited therapies. She took it upon herself to become her own advocate in an all out effort to show we are fully capable of healing ourselves and managing our own health.

Kudos to her for sharing such an invigorating body of work in her writing.”

—Gene Pascucci DDS

“Susan’s expertise in her field goes beyond current conventional methodology. Her book will change your ideas about nutrition and is for anyone who wants a better quality of life now.”

—Nancy Ziegler RN

“As a sports medicine doctor I work with a wide range of athletes. Some are 80 year old skiers and others are gold medal Olympic athletes. No matter what your age, sport, or athletic goals may be, excellent nutrition is key at any level. This book provides a goldmine of information for anyone who wants optimal health in their life, along with easy to follow guidelines to achieve this. Anyone who is athletic

Table of Contents

Foreword	15
Preface	17

PART ONE: THE BASICS

C H A P T E R O N E	
Optimal Health = Optimal Life	21
C H A P T E R T W O	
The Living Spiral	25
C H A P T E R T H R E E	
“More Alive”	29
C H A P T E R F O U R	
pH Balance	43
C H A P T E R F I V E	
Water and Salt	51

PART TWO: BECOMING MORE ALIVE

C H A P T E R S I X	
The More Alive Now Food Pyramid	61
C H A P T E R S E V E N	
Food Combining	77

PART ONE

THE BASICS

OPTIMAL HEALTH=OPTIMAL LIFE

Every generation seems to seek the key to optimum health and every generation is faced with more and more challenges obscuring the road to health and well-being.

If you look back at holistic health pioneers including Dr. John Harvey Kellogg, Dr. Bernard Jensen, Dr. Fred Bisci, and Paul Bragg, you'll find that the ones who had the longest, healthiest lives focused more on nutrition as a lifestyle. Particularly, on live foods and enzymes.

In this day and age we need to focus on a combination of nutrition, body cleansing, and emotional well-being for wholeness and wellness to function at its optimum. Nutrition is the place to begin and the foundation on which you build your health daily and for decades to come. It appears that nutrition is also the most difficult place for people to change. I hope to make it easier for you to transition into a healthier lifestyle in a way that makes sense and does not interfere with your busy life, but only makes it better. Once established, these habits will last a lifetime.

Think of your cells as live beings within the city of *you* and how optimal nutrition gives them life. Decreasing their toxic load gives them life. Joy and peacefulness release polypeptides to bathe neurotransmitters and create more healthy cells. They are your working team to keep the city alive and well and you supply the tools. Poor nutrition, stress, and toxic input can destroy the working team, one by one, sometimes many at a time, leaving the others weak and disadvantaged. Transportation can go down. The sewer system may be struggling. The electrical grid may be on the brink. It's not just your

“aching back” or fibromyalgia, or chronic fatigue. Everything is connected and working together starting at the cellular level. Life force is enhanced here. Life force is the power company in the city of you. The power company is necessary for all the other operations to continue. If there is pollution (illness, lifestyle, poor nutritional tools) then the plant operates at a much lower output level working under these adverse conditions. A malfunction in the physical body appears long after the problem began on the cellular level. Your body is an amazing biochemical and bioenergetic machine that keeps things at bay until the problem overflows and it has to go somewhere, manifesting as your ailment.

TIP:

Bioenergetics: The study of the processes by which living cells use, store, and release energy. The energy flow through living systems. A central component of bioenergetics is energy transformation, the conversion of energy from one form to another.

My nutritional focus is strongly geared to support the immune system. Our environment is increasingly toxic and I don't believe that our livers, kidneys, adrenals, nervous systems, evolution, or DNA can keep up with the rapid changes. By incorporating the ideas on these pages you can decrease your toxic load and give your immune system a break. Due to environmental toxins, illness, pharmaceuticals, and the internal biochemistry of emotions, the immune system is always fighting inflammation of some kind whether it is cardiovascular, in the joints, or metabolic. All of these micro-processes overburden the body's natural defenses and leave a weak link in the chain for disease—maybe many links.

The most important aspect of nutrition and well-being is what you put into your body and, in the words of raw foodist Fred Bisci, what you leave out. What could be more important than living a full, healthy, quality life for as long as you are here? You have a choice.

What picture do you want for yourself in the next decade? Twenty years? When you are 90? Living life to the fullest 'til the very end can be done. Dedication to nutrition, detoxification, and stress reduction as a lifestyle will elevate your health up the *More Alive Now* wellness spiral for your lifetime.

My expectation is that by describing some of the things that I have researched and tested nutritionally over the years, you will be able to assimilate these guidelines into your life, and within a short time be on your road to vibrant health through your own doing. Be an active part of your health care and always continue your research. It is empowering to change your level of health through your own knowledge and conscious choices.