

# Simple "Food Rules" for Great Health and Long Life

Some notes from the upcoming book "Information & Life" by Marek Roland-Mieszkowski, M.Sc., Ph.D.

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## Introduction

Food delivers **matter** plus **energy** and **negative entropy** (measure of disorder and organization) to growing organisms and energy and negative entropy to adult organisms (matter is used only as a carrier of energy and negative entropy in this case).

Let's consider our food supply from this point of view, which is based on the **Information Theory**.

Once upon a time, all food was organically grown. Financial pressures on agriculture, the development of "modern science" and the application of a narrow-minded approach by some "scientists", led to the following changes:

- genetic modifications to plants and animals, making them less compatible with the environment and our digestive system
- depletion of genetic diversity of plants and animals
- depletion of many natural compounds in soils
- depletion of biodiversity on farms and in soils
- pollution of soils, water and the food supply with various chemicals and radioactive waste

## Simple "Food Rules"

The "Food Rules" below are based on the **conclusions from my paper "Life on Earth - flow of Energy and Entropy"** (see our web site). Food is a vehicle to deliver Energy and Negative Entropy (organization) to living organisms. **Any kind of food processing increases food's Entropy, making it less valuable for the sustaining of Life, thus promoting disease and the aging process.** Below are some specific rules based on this model:

1. Eat organic food which has not been genetically altered.
2. Eat food which is local and as fresh as possible. Eat foods which were familiar to your ancestors, rather than exotic foods not known in your region. Test these foods for your tolerance first if you wish to eat them. Test them item by item and then in combinations.

3. Eat food which is as close to the Sun as possible (i.e. low on the food chain). This usually results in much-reduced levels of contaminants and fewer "broken" molecules which promote the aging process. Also, more food can be produced this way, therefore it is an environmentally-friendly way of eating.

4. Plant sources of organic substances are better than animal sources, since they are lower on the food chain. Again, one will find fewer contaminants in plants and fewer "broken" molecules which promote the aging process.

5. Avoid the processing of foods. The most valuable benefit of food is when it is raw. If processing is required, (due to viruses, bacteria, parasites or to improve digestion) - short cooking in boiling water, (at 100 degree Celsius) is the safest, with the least damage. Frying, BBQ, Micro-waving, baking, etc., all damage the structures of foods due to high temperatures, making them less valuable. It also produces "broken" molecules which are then incorporated into one's body, speeding up the aging process. If one's body cannot synthesize certain molecules, it most likely cannot check them atom-by-atom for lack of structural damage. Damaged structures will be therefore incorporated into the body, speeding-up the aging process. Simple experiments on lab animals could easily prove this.

These ways of handling food could be called "**Low Entropy Cooking**" or "**Low Entropy Diet**". The benefits of this kind of food preparation are; money-saving, since food contains more valuable ingredients; time saving, since it takes much less time to prepare food this way; health improvement and maintenance, since this food will deliver all the required components for the body and its immune system; extension of the life span, since this kind of food will slow the aging process (by about 20% - 40% in my estimation).

6. Eat moderate amounts of food and divide it into 5 small meals a day. In this way, your body will digest and absorb food more thoroughly.
7. Do not mix too many foods at once. Certain foods go well together and promote better digestion.

8. Each meal should be well-balanced and should contain vitamins, minerals, fiber, proteins, oils, enzymes and water, etc.
9. Avoid foods which use cheap, non-organic ingredients and are overprocessed. These foods will have a lot of contaminants and many molecules in these foods will be damaged due to heavy processing. This will result in health problems and promote aging (as much as 20% - 40% in my estimation).
10. Avoid foods containing preservatives or those that have been irradiated with X-rays, gamma and other rays. If bacteria are not eating the food, it is probably not good for you.
11. Your diet should include: plant protein (whole grains and beans are the best source), various plant oils (whole grains, seeds, nuts and beans are the best source), various nuts (fresh almonds and hazel nuts are best), various types of fish which are from the ocean and are low on the food chain, vitamins and minerals, eggs, yogourt, milk and white cheese (goat's milk is the best, if you can tolerate this).
12. A good diet should include 8 to 16 glasses of pure, body-temperature, well pH - balanced water / day. Contaminants such as chlorine, lead, pesticides, herbicides etc., should be removed with a good-quality water filter from reputable companies such as Doulton ([www.doulton.ca](http://www.doulton.ca)) or Aquasana ([www.aquasana.com](http://www.aquasana.com)).

**The best guide to health and a healthy diet is a book by the Canadian author Dr. Udo Erasmus, Ph.D., "Fats that Heal, Fats that Kill". I highly recommend you include this book in your library (please check: [www.udoerasmus.com](http://www.udoerasmus.com))**

**Organic foods, supplements and books can be found in your local organic food stores. Always check ingredients and the source of your food as well as what kind of processing it underwent. Check also: [www.geocities.com/HotSprings/1158/RAWFOOD.HTM](http://www.geocities.com/HotSprings/1158/RAWFOOD.HTM)**

## Foods to avoid

Non-organic, genetically-altered, irradiated and highly processed foods - in particular: all sorts of fast, processed foods, hamburgers and other red meats (animals are too high on the food chain), vegetables, fruits, eggs and seafood produced on non-organic farms, margarines & shortenings (hydrogenated oils - very dangerous ! Hydrogenation is a chemical process which damages the molecular structure of oils and fats, forming many toxic molecules not found in nature.), deep-fried foods, ice cream, homogenized and skim milk, non-organic and non cold-pressed oils, sweets, chocolates and pastry which are made from refined sugars, hydrogenated oils (margarines \* & shortenings \*) and non-organic and highly-processed ingredients, soft drinks which are not based on natural juices and are highly-processed, artificial sweeteners, colours etc., all should be avoided. Avoid soy and soy-derived food products. They contain food absorption inhibitors, hormone disruptors, neurotoxins, denatured proteins, solvents and aluminum. For more information look under "Soy Alert !" at [www.westonaprice.org](http://www.westonaprice.org).

**\*If margarine was better for health than butter, cows would evolve to make margarine.**

## Containers to prepare and keep food

The general rule is to use containers which do not react with food and do not produce contaminants.

The best containers are made of high-quality glass and ceramics, which are lead-free. Some plastics and metals react with food and introduce contaminants.

For cooking, it is best to use high-quality glass and ceramic pots which are lead-free or high-quality stainless steel pots. Other metals like aluminum, silver, copper, lead, iron, zinc, etc. should be avoided, since they react with food.

## Essential supplements:

1. Multivitamin - QUEST "Super Once a Day" (34 vitamins and minerals)
2. "A" 10,000 IU
3. Beta Carotene 25,000 IU
4. "C" 1000 - 6,000 mg
5. "E" 400 - 800 IU
6. Zinc 25 mg
7. Chromium 200 mcg
8. Magnesium 50 mg
9. Selenium 50 mcg
10. Imperial Ginseng "Red Dragon" 500 mg
11. Bee Pollen 500 mg
12. Udo's Choice Oil (By "Flora" in natural food stores) 3 tablespoons (do not cook, start with one teaspoon and gradually increase to 3 over a period of 2 weeks). Very important supplement.
13. Garlic oil capsules 3,000 mcg
14. Lecithin capsules 3600 - 7200 mg

**Please take vitamins and supplements right after meals. Distribute them evenly over 3 meals during the day. Good brand names for vitamins and minerals are "QUEST" and "Natural Factors".**

**Organic foods are available at organic food stores such as "Great Ocean" or from organic farmers at "Farmers' Market" in Halifax, N.S.**

**A good diet can prevent or cure many disorders (including cancer), which are considered to be "non-curable" by traditional medicine, which uses an overly simplistic approach to health.**

**Contact with food is more intimate than sex, since food becomes a part of us, while our sexual partner does not. Yet many people make split-second decisions about what and where to eat, often endangering their health and life.**

**This proposed diet also has a very positive effect on cognition, behavior, level of happiness and psychological mood stability. It also affects memory and intelligence, since information processing capability requires continuous flow of Negative Entropy or Information.**

Remember, "you are what you eat".