

You Are What You Eat

Have you ever heard the saying "you are what you eat?" It is true that we become what we eat. Your body is dependent upon the food that you eat for energy, cell repair, replacement, and detoxification. Our cells are constantly being replaced. On the average, for an adult, 300 to 800 billion cells are undergoing replacement daily. The cells that need to be replaced have completed their life cycle or have become a threat to the community of cells that sustain us. The greatest and increasing threat to the health and function of your cells is the constant exposure to toxins. These toxins have been identified as entering your cells:

- 1) Through the air you breath.
- 2) Through your skin from the chemicals in personal care and laundry products.
- 3) With the foods you ingest specifically those containing preservatives, artificial flavorings, food dyes, artificial sweeteners, high fructose corn syrup, processed sugar and salt, genetically modified foods, irradiated foods and foods exposed to insecticides and pesticides.
- 4) Through the drinks you ingest including carbonated drinks, diet drinks, energy drinks, and pasteurized milk all of which actually dehydrate the cell and place an increasing burden on your detoxification and protection processes.

Your body is a living organism that requires live food with living nutrients. Food is energy! Your body is energy dependent on the nutrients that your food initially provides. All the qualities of the food including color, shape, texture, taste, size and weight express and manifest different levels of vibration (energy) present in them.

In order to properly cleanse your body, a food-combining regimen should be instituted and followed at least 80% of the time. Before this can be done, it is essential to understand your body's natural cycles, digestion and some basic principles. This week we will address your body's natural cycles called Circadian Rhythms. Circadian means "around the day. Circadian rhythms are occurrences of different functions of the body at certain times during each 24-hour period. There are three distinct 8-hour cycles:

- 4:00 AM to 12:00 noon = Elimination (body waste and food debris)
- 12:00 noon to 8:00 PM = Appropriation (eating and digestion)
- 8:00 PM to 4:00 AM = Assimilation (absorption and use)

When you awake in the morning with "morning breath" and a coated tongue you are experiencing the effects of the elimination cycle. Digestion takes more body energy than any other function. When you awake in the morning you have more available energy than at any other time of the day.

Learn more next week when we feature the Basic Principles of Proper Digestion and Food Combining.

The 80/20 Rule

Lifestyle change over dieting is the key to long-term success. Diet's only work for a short period of time and a high percentage of people regain their lost weight. At DrBender.com we teach and encourage lifestyle change rather than dieting. Dieting refers to restriction and hunger while lifestyle change creates healthy habits that satisfy your appetite. Dr. Bender's 80/20 rule has proved successful for many years not only in weight loss but in creating a healthy cellular environment. Dr. Bender encourages you to practice 80% of the time "eating to live" feeding your body live foods that offer nutrients and energy and 20% of the time partaking in food that you would not eat on a daily basis. For example, celebrating your birthday and having foods and dessert special to that occasion. The idea is to make the healthy habit the routine and the splurge the exception. Following the 80/20 rule allows your body the ability to compensate and remove the toxins that are taken in during your 20%. Set a goal for yourself even if it means starting at 60/40.