

Arthritis and

POPULAR OPINION as to rational nutrition assigns man's cell lives and behavior to blind, non-intelligent, mechanical physiological processes. Yet the fact remains that man is essentially a spiritual being, a living spirit. He is not just physical matter, mechanistic force, and the automatic result of digestive organs, food combinations, and physical breeding.

Indeed, biochemistry confirms that certain mental states, sentiments, emotions, passions, and appetites have an important bearing upon the consumption, assimilation, and distribution of specific chemical elements. When one particular will, impulse, or emotion is stronger than some other, a particular chemical element is selected in greater proportion than another chemical element. Man is in himself a universe, and the cells of his body are intelligent entities which are attuned to his mental processes and will impulses in terms of instinctual wants.

Succinctly, we attract to our cell lives only those elements or forces in foods which are identical in quality and character to our thoughts and emotions; i.e., which conform to the same vibrations and motions as that of our own cell world. Otherwise nutrients are refused by the tissues, for there is no magnetic attraction.

Cell selectivity of nutrients from the blood is not a blind, mechanical process, but one based on *moral* needs. The cells pick from the blood only those nutrients which feed and sustain our mental, moral, emotional, and will impulses, and thus preserve our spiritual and psychic identity.



Wired Art

the Emotions

A sudden burst of passion, rage, anger, or fear—vibrating in their respective octaves or wavelengths—can easily alter cell vibration and thereby create an uncongenial magnetic field, causing cells (in harmony with the law of interior vibration) to refuse, momentarily at least, the very nutrients they may be hungering for; and permanently if these moods persist, for they then become subconscious or unconscious acts.

The average nutritionist does not generally attribute the quality of mind and life to the mineral kingdom; but modern science is rapidly moving forward to this point of view. Some of the more daring of scientific minds have expressed the opinion that the desire and will, emotions and feelings, awareness or consciousness of the mineral atoms, differ only in degree from those of men.

Calcium, for example, enjoys the qualities of strength and durability. Without an adequate amount of lime, firm and healthy bones cannot be built. Calcium, combined with magnesium, phosphorus, and silicon, make up more than half of the bony structure of the body and impart textile-like strength to all the tissues. Indeed it is calcium that gives solidity and power of locomotion to the body. But in excess it causes arthritis.

Biochemical research reveals that strong will power and hard steady work usually go hand in hand with great calcium consumption and large bones. People in whom will power is lacking have soft tissue construction. Thus fearlessness is a calcium characteristic; lack of will power and vitality characterize the calcium deficient man. Calcium-carrying

foods develop the volitional area of the brain and increase motor nerve impulsion, especially the bone impulse.

This is in harmony with biochemical findings which indicate excessive cell selectivity of calcium from the blood in the presence of hard-hearted, unyielding natures. Vindictiveness, the desire for vengeance, slowness to forgive, an unmerciful attitude of mind that is stubborn to the point of a bull-headedness that refuses to let go, give rise to cell absorption from the blood of too much calcium. In the pure type of calcium temperament, there is an inability to understand human beings and their failings.

It is not calcium excess alone that permits hardening, calcification, and ossification somewhere in the body; it is also and emphatically a lack of sodium salts in the organism. Sodium serves to render more soluble the lime and magnesium salts in our food, and to keep them in a liquid state in the blood for perfect assimilation. Lime and magnesium, if not kept fluidic by sodium, are soon deposited in various parts of the body.

Neutralizer or antagonist and solvent of acid waste poisons, sodium may be termed the balancing salt, the restorer of equilibrium within the organism. That is why there is greater cell selectivity of sodium salts from the blood in the presence of mental harmony or equanimity, spiritual serenity, and emotional stability. Biochemistry again proves that erratic mental states that produce depression, irritability, gloom, and quarreling, that are vindictive, unsympathetic, uncharitable, indifferent, and display an aversion to people and disinclination for social activity, are definitely antagonistic to the adequate absorption, assimilation, and proper appropriation of sodium salts, their affinities and compounds.

Fluoride of lime is the rubbery element that provides the natural elasticity needed in the body structures to prevent fractures. It is the creator of elasticity in flesh fibers and blood vessels, giving them the ability to expand and contract. Under the normal influence of fluorine, calcium cannot decay, ulcerate, calcify, infiltrate, crumble, generate pus, indurate, or harden, nor increase excessively in any of the bone structures.

Mental elasticity is the psychic attribute that insures the proper appropriation and assimilation of fluorine. Thoughts, too, must be elastic, capable of yielding, modifying, expanding and contracting. Thus an unsympathetic, uncharitable, and unyielding disposition does not set up the necessary psychic rate of vibration or brain pulsation that insures adequate cell selectivity of the blood for fluorine.

Sulphur, too, has a chemical affinity for calcium. Sulphur is the uproarious, agitative, explosive, and convulsive element in Nature—angry, active, smoky, corrosive, pungent, and volcanic. Hence it is quickly burned up and readily exhausted in the presence of emotional irritability, the tendency to hysterical outbursts, spit-fire impulsiveness, volcanic outgushes of emotion, and extreme impatience and touchiness.

Phosphorus, likewise, is a fiery element enjoying fusion or intermarriage with calcium. An idealistic, altruistic, and religious nature and an intellectual brain favor adequate attraction and appropriation of phosphorus from foods and blood. Phosphorus is the essential and indispensable medium through which the higher intellectual forces and primary nervous energies can manifest. Stimulating as it does the brain cells in the top of the head, the cerebrum, obviously phosphorus enjoys cell selectivity when the mind is vibrating at its highest point.

The luminosity of the higher cerebral centers via phosphorus is the spirit's medium of expression. Corrective dietary measures and supplemental nutritional adjuvants will be properly appropriated and attracted to the cell in the presence of emotional stability. Let us therefore permit the light and heat of the cosmic love vibration to flood our being more fully. Let us allow it to ignite every cell and drop of blood with its phosphorescence. Then the fire of divine love will gleam forth resplendently as a shining star out of the mental darkness of ignorance and intolerance, giving light to many a rough and cluttered path on our journey through life. Then no longer will calcium remain the provocative isolationist—the unabsorbed and malassimilated stepchild, which is the basic cause of arthritis. Thus we may be free of this scourge. □

—Lillian R. Carque, Sc. D.