

## **Herbs and Foods—Medicine or Poison?**

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What I know, what I don't know. What I see, what I don't see. I listen to my thoughts of what is possible and what is not. There is a reality in the making, a truth we live by, and a truth we die by. On this sunny Friday afternoon, I choose this week's topic—not because I want to, but because I was chosen to do so by life, by those around me, and by those who believe in an external force called herbs. Some say herbs have a healing energy. But I look around, I listen, and I see. I see a young girl who literally eats the perfect diet—mostly fruit and veggies—lying almost paralyzed in her bed. She should be vibrant, energetic, and in the prime of her existence. What is she doing right? What is she doing wrong? What caused her to get to this extreme level of near-bedridden debilitation? What I know is that it was not an accident. She does not know what she did, besides that she added about 30 supplements, herbs, and vitamins to her daily routine. She took them week after week, month after month, year after year. So, we breathe deep, listen to our head, and follow our innate intelligence. And my infinite wisdom sees herbs as poisons.

As TC Fry explains, “Herbs are treasured not for nutrients but for their so-called medical value. The basic assumption that herbal plants contain something magical and mysteriously healing—which if taken will miraculously heal our health condition.” People believe that herbs—either processed, whole root or leaf, or powdered form—have the ability and intelligence to navigate through miles of arteries in order to reach an area of the body that needs healing energy. Those who believe in the magical power of herbs do not even question if the body can recognize herbs, or if the body even needs herbs in the first place.

So, I sit and meditate and think about our bodies' physical requirements for sustaining life. From my understanding of TC Fry's work, we need “glucose (80-90%), fat (4-5%), amino acids and mineral salts (ions or electrolytes, 3%), fatty acids (about 1%), and vitamins (a fraction of 1%).”

Based on this, I conclude that herbs can meet 0% of our nutritional needs. So, why would we need them?

I sit in quiet gratitude and humble appreciation for the remedies I have chosen for healing, energy, and quiet regeneration. Personally, I have chosen fruit, fruit, and more fruit. As a 70-year-old, I am still in the midst of my youthful regeneration. I believe in fruit, its healing energy, and its potential to help regenerate. It's very difficult for me to fathom that a plant, which is (for the most part) yucky in taste and nutritionally void, has medicinal or curative powers. I sit here in quiet disbelief thinking: Where did this western idea come from? Are people gullible enough to think that herbs can help the body heal despite that they themselves are classified as toxic stimulants that create a toxic overload, which impedes the body's innate abilities to heal itself?

When overloaded with toxic debris, our body has the intelligence and capability to expel the toxic overload using both external and internal offense mechanisms. This is done without herbs. Regardless of whether the herb is in liquid, pill, or powdered form, it is dead and can provide no life force for the body.

TC Fry has explained what our body needs for restorative purposes. He says, “rest and sleep are needed during healing because the body must regenerate as much nerve energy as possible.” My friends, this is the secret. Herbal pills, powders, and loose-leaf teas all have no power—zero. They are totally dead and will drain the body if used for medical purposes.

As I write, I think of yesterday when a lady came to me for consultation because she has breast cancer that has metastasized to her liver. What I know, what she knows. For one, she believes in the healing power of chemotherapy. She was given the best treatment by the medical establishment. She chose her vitamin and herbal supplement regime carefully, and took about 40 pills a day. She was doing what she believed to be the best for her body and the best protocol to cure her breast cancer. As far as she knew, her dietary choices had no influence on her illness or treatment. The chemotherapy pills were her only hope. In her infinite wisdom, she could increase her chances of survival by taking supplements and herbs. Her beliefs were based in the medical approach to treating breast cancer, but the medical approach also claimed that, if the cancer metastasized in her liver, her prognosis would be slim.

It was at this point when her friends brought her to me. What do I say? Do I speak that everything she did up to now was destroying her and her chance for survival? Do I speak that chemotherapy is a poison and will do your body more damage? Do I say every herb and supplement is a waste of money and effort? Do I say that, with no guarantees, her chances would be way better if she believed in her body’s internal healing ability?

Tough words, tough love, tough choice. I don’t know. I blessed her and told her to believe in and to love herself, and that whatever path she chooses is the right choice.

Much love to all.