

Teleological Nutritional Targeting

Whole Food Signatures

A stupendous insight of civilisations past has now been confirmed by today's investigative, nutritional sciences. They have shown that what was once called "**The Doctrine of Signatures**"*, part of the teachings of a herbalist and practiced in medieval times, are in fact astoundingly correct.

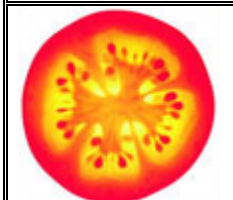
Referred to in the classical period of Rome as the "**Law of Similarities**" it is now called by scientists, "**Teleological Nutritional Targeting**".

It is now contended that every whole food has a pattern that resembles a body organ or physiological function and that this pattern acts as a signal or sign as to the benefit the food provides for the eater.

For instance:



A sliced **Carrot** looks like the human eye. The pupil, iris and radiating lines look just like the human eye...and YES science now shows that carrots greatly enhance blood flow to, and function of, the eyes.



A **Tomato** has four chambers and is red. The heart is red and has four chambers. All of the research shows tomatoes are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows that grapes are also profound heart and blood vitalizing food.



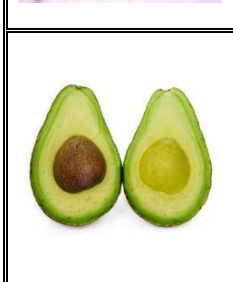
A **Walnut** looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know that walnuts help develop over three-dozen neuro-transmitters for brain function.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Celery, Bok Choy, Rhubarb and similar look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods contain 23% sodium. If you don't have enough sodium in your diet the body pulls it from the bones, weakening them. These foods replenish the skeletal needs of the body.



Egg Plant, Avocadoes and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats just one avocado a week, it balances hormones, sheds unwanted birth weight and helps to prevent cervical cancer. Significantly, it takes **exactly 9 months** to grow an Avocado from blossom to ripened fruit.

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Figs are full of seeds and hang in twos when they grow. Figs increase the motility of male sperm and increase the numbers of sperm as well help to overcome male sterility.



Sweet Potatoes look like the pancreas and actually balance the glycaemic index of diabetics.



Olives assist the health and function of the ovaries



Grapefruits, Oranges, and other **Citrus fruits** look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.



Onions look like body cells. Today's research shows that onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes



Bananas, Cucumber, Zucchini and more target the size and strength of the male sexual organ. It's true!



Peanuts have a profound effect on the male testes and sexual libido. Peanuts were banned as a food for males by the church during the middle ages. Most people don't realize that arginine, the main component of Viagra, actually comes from peanuts.

There are over 14,000 phytochemical constituents of nutrition in each one of these foods and modern science has only studied and named about 141 of them. Also known as "**Phytonutrients**", these compounds are key ingredients in neutralising free radical damage, strengthening the immune system and helping to maintain optimal health. Here is another strong reason to eat them with as little human interference as is practical and possible.

*The herbal practice of the "**Doctrine of Signatures**" is thought to have been popularised by Swiss physician Philippus Theophrastus Bombastus von Hohenheim [1493-1541], but better known as Paracelsus

Kiwifruit & Barley...& LDL (bad cholesterol)

According to Stephanie Dean, R.D., dietician with Baylor University Medical Centre at Dallas, a recent study, found kiwifruit to be one of the most nutritionally dense fruits out of 27 fruits tested.

Kiwifruit are full of antioxidants, vitamin E and Lutein. They ward off vision problems, blood clots, and even lower cholesterol, almost as effectively as the second new super-food which is barley.

The USDA found that barley could specifically lower LDL or 'bad' cholesterol by a massive 17.4 percent, which is a phenomenal percentage.