

Introduction to the Dhatus

by Ingrid Naiman

As you know, I am a mystic, not a scientist, but I will try to bring my understanding down to the ground through what will be a series spanning a couple of months.

First, just to set a stage on which all your preconceptions can be moved about or put into storage, try to imagine why we eat? No, we don't eat because we are hungry or because of where the hands are on the clock or because we heard someone say "come and get it." We eat because we are living in a state of low vitality, this for countless reasons. I think a tremendous argument could be made that humans have no more need for food



than plants that rely solely on sunlight and a bit of moisture. However, we are so deficient in "real" energy that we consume truly voracious amounts of "food" and we do so with astonishing ethnocentricity, habit, fanaticism, and sometimes opinions based on taste, perceived value or risk, etc., etc., etc. In reality, it is very hard to influence eating habits and only a tiny bit easier to get people to change how they look at medicine. If the facts were studied with an open mind, we would have to explain how breatharians survive. If the four food groups made any sense, we'd have to ask why India has the second largest population in the world.

Have you moved any clutter off the stage yet?

If you have ever studied Kirlian photography, you know simple things like plants have auras and if you tear a piece of a leaf away from the rest of the leaf, the aura appears not to be affected initially, but as the days pass, the aura shows signs of adapting to the changed reality of a maimed leaf. If this has no significance to you, then try an idea on for size. Think about how much of the produce we consume has long since separated from its source and lost its aura and what exactly was it that went missing? It was the energy body or the vitality associated with the plant, not the chemicals but the invisible (or barely visible) energy. Some food that we consume was harvested prematurely and made to ripen without exposure to the sun. Have we looked at the aura?

Again, if this is not important to you, never mind, but if it is, consider that part of the reason we are hungry is that our quests for vitality are disappointing. We get a taste rush and then a crushing aftermath of belching, burping, and sugar blues. This alone would be a persuasive argument for growing your own food or at least for sprouting or foraging in local farmer's markets. However, there is more, more, more to nutrition.

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Digestive Power

This is an Ayurvedic term that refers to an individual's capacity to metabolize based on the ability to produce gastric juices and to break down the food ingested. This power varies from person to person. It is based a great deal on constitutional type, but it is also affected by fatigue, stress, and the length of time since the last meal. Eating before the previous meal has been digested is a recipe for disaster. It is a strict "no no" in Ayurveda. So, while we are at it, the short list of "no no's" also includes foods that were cooked, then stored, then reheated. This definitely applies to all the things in tupperware in the refrigerator, but probably to everything in cans as well. Bye, bye, prana! No prana, no energy.

Let's say there is some appetite building up. This is generally proof positive that the gastric secretions have begun and now anticipation is on the rise. Nothing is more welcome now than scintillating aroma. Smell, associated with the first chakra, gets our salivary glands excited and this, in turn, stimulates the gastric secretions even more. No aroma, no pleasure!

What I mean is that post-digestive complaints are really hard to understand, aren't they? Have you ever thought of a moose going to a gathering of other moose beings saying, "Ye, gads, that grass has me burping." Mostly, only humans are dumb enough not to know what to eat.

I don't mean to be offensive, I just want some of the clutter moved off the stage so we can make room for new ideas.

The reality is that people have all manner of gastric distress instead of pleasure. They have bloating and gas and sharp pains that dart here and there because gas is so sneaky and hard to keep still. They have gall stones and gall bladder attacks, acid reflux, nausea, vomiting, headaches, muscle spasms, bad breath, constipation, and endless weight problems. How many giraffes suffer this much from eating?

Appetite

The next issue is not why we eat or when we eat or even how much to eat, but how to prepare the food. Should we eat it raw and die young like cavemen or did they discover fire for a reason? Do we suffer because food is raw or because it is cooked? You will never get pundits to agree on this, but you can read books, google your fingers and mouse to death, and listen to arguments until deafness is almost welcome, but agreement is not to be found in this lifetime. Help yourself to more incarnations!

I am not fool enough to tell you what to eat or how to cook it. I will leave the rest of this section blank. Voids are very interesting places and if you want to try moving stuff into the Void, be sure you enjoy what you are doing.

Skip Ahead

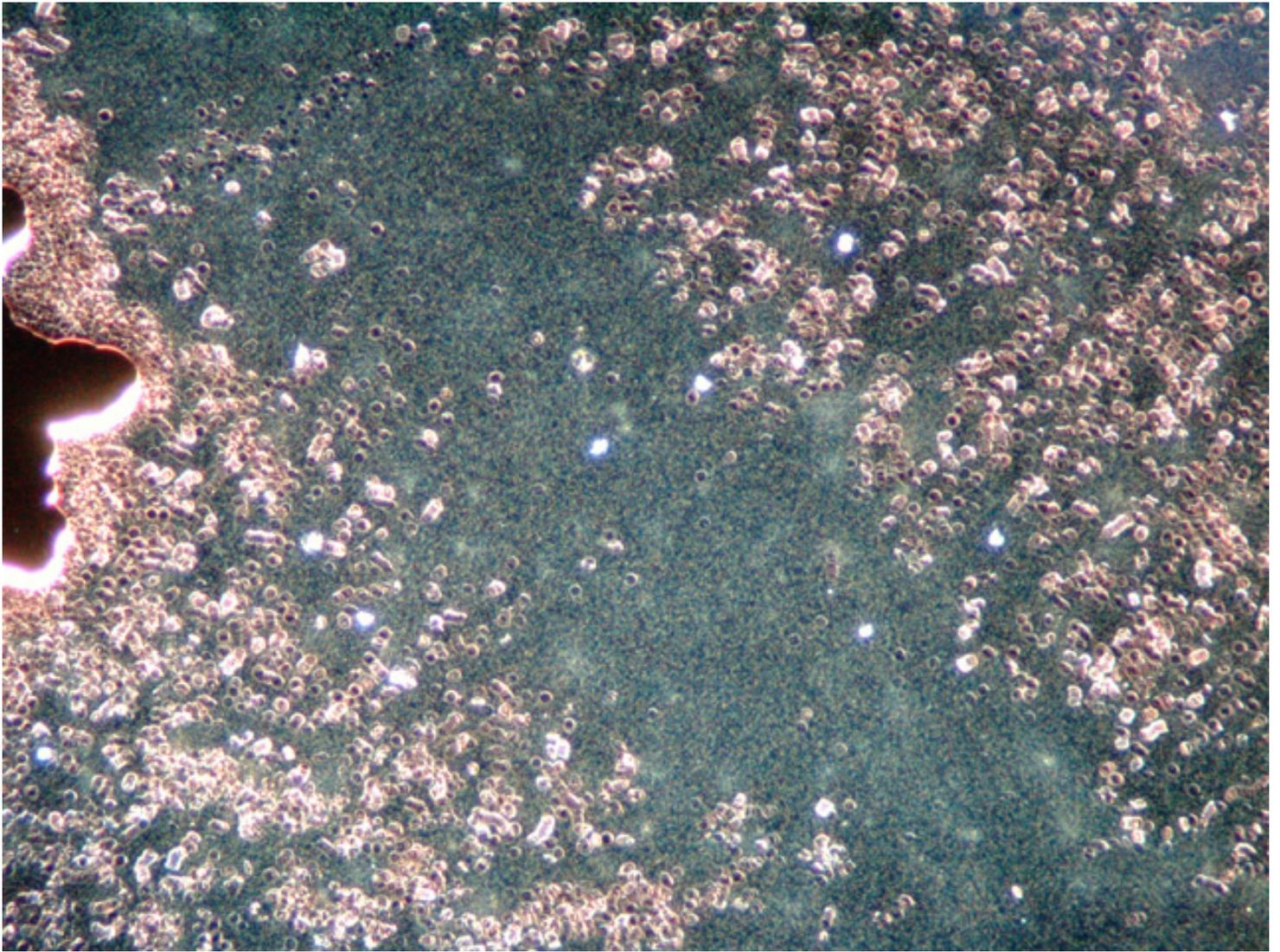
Okay, food has made it to your mouth. Now your palate is supposed to be as crazy as a teenager with impossible hormonal surges. You are supposed to be thrilled and sitting on the edge of anticipation. The food touches the tongue and it's a disappointment, a so-so lackluster let down, or an unmitigated disaster. However, now it is moving down, down, down towards the stomach and in 20-30 minutes, it is going to release some nutrients into the bloodstream.

Enter Ingrid with her Microscope

If you take a sample of the blood before a meal or before ingesting something, the plasma usually looks pretty clean, especially if many hours have passed since last putting anything into the mouth. However, almost as soon as food (or herbs or medicine) is swallowed, the process of entering the blood stream begins. So, the first level of digestion/assimilation affects the plasma. In Ayurveda, this is called Rasa Dhatu, but don't run away. They are just two words and they aren't scary.

A huge amount of modern Western holistic medical opinion is based on pH, the acid-alkaline balance. The theory is that most of us are running too acidic. You can thank the Macrobiotic people for getting this story out and making it nearly incomprehensible even for rocket scientists.

On a nice quiet plasma day, red blood cells and white blood cells are having a good time at the picnic. They are grateful for having been invited to a considerably hosted banquet of nutrients and they are having fun picking and choosing what to eat. They like to browse, contemplate, taste, ingest, assimilate, and then roll around a bit. It's quite relaxing and fun to watch in live blood. However, all you have to do to crash the party is slip a mushroom or pharmaceutical into the smorgasbord. Pandemonium hits and the more vigorous blood cells try to escape the plasma. I told someone today that it is kind of like being on the upper floor of the World Trade Towers on 9/11. You can risk the stairwell or jump out the window. Most of the blood cells try the window and they rush to the edge of the slide and try to sneak out onto the platform of the scope.



Rasa Dhatu

In Ayurveda, as I said, there are seven main nutrients, but really, what Ayurveda is saying is that as the nutrients are increasingly refined, they become sustenance for different tissues of the body. The first level is the plasma and it is a toxic waste for some people. It should be just slightly alkaline and straw colored. Of course, in darkfield, it usually looks black but that's because one is deflecting light so as to see the silhouettes of the tissues and substances in the plasma. If you ever had an aquarium, you know how sensitive fish are to pH and algae and all the other hazards confronting them. The red and white blood cells have more or less the same problem. They are trapped in this soup and it's either delicious and nutritious or blistering and burning and toxic and fatal.

I have given you this link before, but perhaps after setting the stage a little more, you will see more in the pictures:

<http://www.cancerchecklist.com/regeneration/oxygenation.html>

What I am trying to say to everyone who wants to be well is that health begins with what you ingest and then with the condition of the plasma and the nutrients put into the plasma. Every single tissue of your body is

organic and can only be regenerated or rejuvenated with organic nutrients. The rest has to be eliminated in order to keep down the level of toxicity.

In my experience with darkfield microscopy, very few people have plasma that is congenial for the red and white blood cells. In some cases, the conditions are so hostile that the blood dies very rapidly. In other cases, the use of one or more dietary or pharmaceutical agents makes for less than hospitable conditions. So, step one is to fix the plasma. You can do this through dietary changes. I would like to say that supplements help, but the truth is that if the problem is enormous, it will not be overcome by things like my Cleavers Tea. This is a pH balancing formula. It aids digestion and relieves lymphatic stagnation, but if the underlying causes are not removed, deep and lasting improvement is unlikely. One can alkalize and supplement, but it would be better to eliminate fluoride, chlorine, mushrooms, and countless other insults to the system so that the blood cells have a fighting chance of survival in the plasma.



That's the bad news. The good is that going on a green vegetable juice fast and eliminating the culprits brings nearly everyone's plasma into order in a very short time. However, you can't cheat. You have to play by the rules. One patient was diligent about the juice but she continued to smoke . . . oh, quit it, Ingrid. You can think for yourselves, right?

The Series

As I said, this is just the first in a series. However, there will be the usual mixture of emails on other topics so don't panic.

Many blessings,

Ingrid