

PRAISE FOR

Grow a New Body: How Spirit and Power Plant Nutrients Can Transform Your Health

By Alberto Villoldo, PhD



“The new manifesto for body and soul.”

—Mark Hyman, MD, *New York Times* bestselling author of *The Blood Sugar Solution* and *10-Day Detox Diet*



“A paradigm-shattering synthesis of wisdom traditions and modern science that enables the reader to move from passive victim to master of their fate.”

—Bruce H. Lipton, PhD, cell biologist and bestselling author of *The Biology of Belief* and co-author of *Spontaneous Evolution*



“The big answer to our health-care problems in the 21st century. This book will change your life.”

—Joe Dispenza, DC, author of *New York Times* bestseller, *You Are the Placebo* and *Breaking the Habit of Being Yourself*



“A program that pushes the reset button, paving the way for health.”

—David Perlmutter, MD, FACN, author of #1 *New York Times* bestseller, *Grain Brain*



“A powerful blend of spiritual philosophy and scientific principles ... brimming with timeless wisdom. You’ll want to keep this book at your fingertips.”

—Gregg Braden, *New York Times* bestselling author of *The Divine Matrix* and *Deep Truth*

Endorsements

“An opportunity to move beyond misperceived limitations and write new empowering stories for our lives. With authority and eloquence, Alberto Villoldo presents a paradigm-shattering synthesis of wisdom traditions and modern science that enables the reader to move from passive victim and become the master of their fate. A powerful and wise prescription for self-healing and an opportunity to reclaim power over your health and your destiny.”

Bruce H. Lipton, PhD, cell biologist and bestselling author of *The Biology of Belief* and coauthor of *Spontaneous Evolution*. His most recent book is *The Honeymoon Effect: The Science of Creating Heaven on Earth*.



“The new manifesto for body and soul. The wisdom of the ancients is being newly discovered in the language of our biology. Alberto Villoldo translates advances in the science of creating health and integrates them with spiritual and life practices from shamanic traditions—the one medicine we all need to reclaim body, mind and soul. There is no one better to guide us on the journey toward living a light-filled, vibrant life.”

Mark Hyman, MD, author of #1 *New York Times* bestseller, *The Blood Sugar Solution 10-Day Detox Diet*, and Director of the Cleveland Clinic Center for Functional Medicine.



“Dr. Villoldo artfully weds traditional wisdom with leading edge nutritional science, delivering a program that pushes the reset button, paving the way for health.”

David Perlmutter, MD, FACN, author of #1 *New York Times* bestseller, *Grain Brain: The Surprising Truth about Wheat, Carbs and Sugar – Your Brain’s Silent Killers*.



“Alberto Villoldo, PhD does a brilliant job in carefully demystifying age-old wisdom with practical cutting edge science. The big answer to our health-care problems in the 21st century. This book will change your life.”

Joe Dispenza, DC, author of *New York Times* bestseller, *You Are the Placebo: Making Your Mind Matter*, and *Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One*.



“A powerful blend of spiritual philosophy and scientific principles woven into the perfection of a practical formula for everyday life! Easy-to-read, yet brimming with timeless wisdom, Alberto leads us on a journey of discovery that shatters common misconceptions about us, our relationship to our body and the world. In doing so he reminds us that the key to our healing lies in our ability to embrace ourselves, and the world, as living, conscious and connected. You’ll want to keep this book at your fingertips.”

Gregg Braden, *New York Times* best-selling author of *The Divine Matrix* and *Deep Truth*

Grow a New Body: How Spirit and Power Plant Nutrients Can Transform Your Health

By Alberto Villoldo, PhD

Publisher: Hay House
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You can start to grow a new body in as little as 7 days, a body free from disease and defying the ageing process. All you have to do is switch on the codes stored in your DNA that helped you grow from a single cell to a full adult. It's a secret the shamans of the Americas have known and practiced for millennia, leading them to health spans equaling their life spans. It's called One Spirit Medicine. It can restore your health and prevent the illnesses of the West, yet requires we bridge modern science and the ancient shamanic wisdom Alberto Villoldo reveals in this book.

Shamans have been blending the power of sacred plants with One Spirit Medicine for over 50,000 years. The plants switch on the genes that create health and silence the genes that create disease. Dr. Villoldo shares extensive scientific research, and how you can employ these plants today. One Spirit Medicine clears the imprints for ill-health from the energy field that surrounds the body to break into password protected regions in your DNA that allow you to repair and upgrade your brain, heal pre-existing conditions, and grow a new body that ages slowly and is free from disease.

Dr. Villoldo explains how spirituality is inevitable once we stop flooding our brain with stress hormones and start to produce the bliss molecules that facilitate the experience of One Spirit. The neuro-nutrients in the book help to access the higher brain that loves exploration, discovery, and consciousness. The practices that detoxify your energy field keep you from repeating the tragic tales and health stories of your family.

In this new, updated edition of the revolutionary bestseller *One Spirit Medicine*, you learn how mTOR is the master regulator of human ageing and how animal protein is what speeds the ageing clock. In effect, animal proteins are the new

“sugar” in our diet. You learn how modern Paleo diets are killing us, how excess protein is fueling cancer growth, and how to keep open the detox pathways in every cell of your body to avoid disease.

Drawing on more than 25 years of experience as a medical anthropologist and training in the shamanic tradition—as well as his own journey back from the edge of death—acclaimed healer and teacher Alberto Villoldo introduces us to powerful shamanic practices, based on healing methods that our Paleolithic ancestors used, and supports them with the latest breakthroughs in science. You will learn how to detoxify the brain and gut with superfoods and supplements; discover ways to work with mitochondria to switch off the “death clocks” of our cells; explore techniques for working with our luminous energy fields to repair our bodies and our brains; and follow the ancient teachings of the medicine wheel to shed disempowering stories from the past and toxic emotions trapped in the body in order to pave the way for rebirth and whole health.

Using the principles and practices in this book, Dr. Villoldo promises you can feel better in a few days, beginning to clear your mind and heal your brain in a week. In six weeks' time you will be on your way to effectively “growing a new body”—one that mends rapidly, ages gracefully, and keeps you connected to Spirit, to the Earth, and to a renewed sense of purpose in your life. Starting today, you can stop the frustrating cycle of toxic eating habits which lead to ill-health and instead direct your body to grow healthy, vibrant new cells by including the critical link you never knew was missing—Spirit.

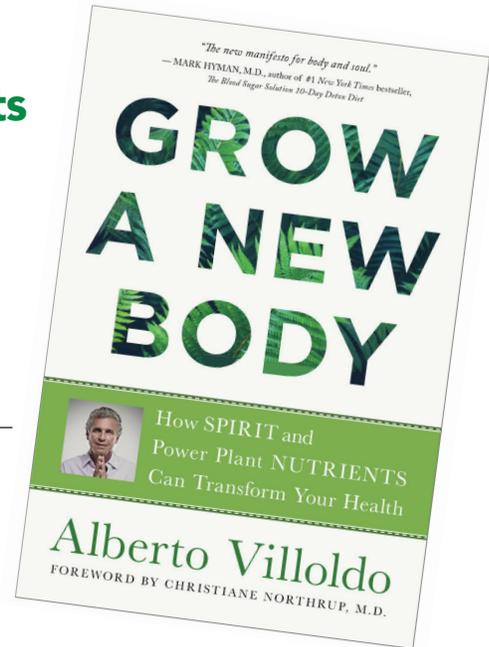


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CHAPTER 1**Medicine of the Shamans**

In the West we do not have a health-care system, we have a disease-care system that recognizes thousands of ailments and myriad remedies. One Spirit Medicine, on the other hand, identifies only one ailment and one cure. The ailment is alienation—from our emotions, from our bodies, from the earth, and from Spirit. The symptoms of this ailment are physical and emotional disease. The cure is the experience of Oneness, which restores inner harmony and facilitates recovery from all maladies, regardless of origin.

One Spirit Medicine states that the best way to heal and maintain health is to *grow a new body* on a regular basis. It recognizes the body as a *system*, not as a collection of parts that can be medicated or replaced when they go wrong. You cannot repair the heart without attending to the gut and the brain, and vice versa. And you can begin to grow a new body in as little as seven days. At the Center for Energy Medicine that I direct, every participant has found nearly 75 percent of all their symptoms alleviated within one week. You can do the same with the program in this book.

There are two food habits that will prevent you from growing a new body: excess sugar and excess protein. We've known about the evils of sugar and sugary drinks for some time. But new science confirms what our Paleolithic ancestors—who were gatherers and occasional, clumsy hunters—practiced: *periodic protein deprivation*. It turns out that excessive protein shuts down the longevity programs in our DNA.

At the heart of the Grow a New Body program is a new way of thinking about what you eat and when you eat it, using intermittent fasting, protein restriction, and fat for fuel to upgrade your brain. Then you will set up a carefully choreographed encounter in nature with the invisible world through a *vision quest*, which accelerates the body's self-repair and regeneration systems and reconnects you to your own deepest purpose. In indigenous cultures, it is customary to go into the wilderness to seek a vision. The early Christians would go into the desert and fast and pray. But the visionary epiphany can take place anywhere—even in your garden or a big city park.

Preparing the Brain

To grow a new body, we need to detoxify the brain and prime it for higher intelligence.

Mother Nature programs every species for longevity. She wants bees, butterflies, whales, and humanity to live a long time. But she does not care that individual bees, whales, or you and I have a long life. The way she does this is by programming the individual for reproduction. The more babies, the better the chances that the species will survive. She invests in the young and makes us fascinated with sex. The young fall in love, have babies, procreate. The young are the strongest, and the strongest survive.

Nature not only seeks the strongest but also the wisest. Intelligence trumps muscle and sinew and teeth. And she allows only two out of the millions of species in the earth to live into old age. In nearly every species, except orcas and humans, the female animal dies before menopause, when she is no longer useful for reproduction. Orcas and humans have some of the largest brains and greatest capacity for intelligence. Orca grandmothers mentor the youths, showing them coves they can hunt in and teaching them the ways of the sea. Human grandmothers traditionally had a role in guiding the young, one which has eroded in modern times.

Nature loves intelligence. The ancients called this wisdom *spirituality*. Not religion, which is a fixed set of beliefs and dogma about who your enemies are and how the world works. Spirituality is about exploring the nature of the mind and the fabric of the cosmos through what the ancients called the experience of Oneness.

Later in the book, we will learn how spirituality requires that we activate regions in the brain that prefer to burn fats for fuel. We will learn that these regions are responsible for creativity, exploration, music, and science, and for hacking our biology to program us for longevity and health. The higher brain centers cannot function properly on glucose, the lower-grade fuel the body uses for everyday survival.

How Do We Do It?

Today's staccato, screen-dominated, I-want-it-now lifestyle keeps us in a constant state of stress. We need to be weaned off the stress hormones that promote a fight-or-flight mind-set and start producing the brain chemicals that create health, serenity, and joy. You cannot experience Oneness just by chanting *Om* or repeating a prayer. You need the brain chemistry that supports it. You can do this with the help of neuronutrients that enable the pineal gland to produce DMT, or dimethyltryptamine, a compound that has been referred to as the "spirit molecule."

DMT is found not just in the human brain but throughout nature: all plants, animals, and even trees produce it. DMT is the main component of ayahuasca, a psychedelic concoction brewed up by Amazon healers as an aid to visioning and psychic exploration. This bliss molecule provides the underlying brain chemistry for us to experience Oneness. The brain produces DMT when we dream, when we meditate, when we make love, and especially when we die. But the brain cannot produce the bliss molecules if it is flooded in stress molecules. We have to chill first, and change our diets.

To start, we must begin by switching to a diet rich in phytonutrients, or plant nutrients. *Phyto* comes from the Greek for plant, and phytonutrients account for the antioxidant, anti-inflammatory, and other amazing properties of certain plants. The plants you will be using during the seven-day Grow a New Body program are loaded with epigenetic modifiers that switch on more than 500 genes that create health and switch off more than 200 genes that create disease. And you will be taking neuronutrients that support brain health.

Ridding yourself of toxins in your brain and body is essential to restoring physical and mental balance. You can't heal your emotions if your mind is careening unstoppably because your brain has been damaged by childhood trauma or pesticides in your food or mercury from your dental fillings. The supplements you will be taking in this program will help you eliminate years of toxins built up inside every cell in your body.

The final key is repairing your biome—the thousands of species of beneficial bacteria living in your mouth, skin, and gut. Upgrading your gut biome (also known as "flora") will help you upgrade your brain by allowing it to manufacture the neurotransmitters that you need to experience Oneness.

Preparing the Mind

To grow a new body, you don't need to shake a rattle or beat a drum as shamans of old did. What you *will* need to do is quiet your too-busy mind and return it to your natural, undomesticated self—to who you are without the trappings of roles and expectations, text messages, and to-do lists—the authentic you at your core. You will meet yourself in the quiet of your inner world during your vision quest and the practice of soul retrieval.

The shamanic exercises will help you shed outmoded stories about your past, limiting beliefs, and toxic behaviors, so you can begin to craft a new destiny infused with health and meaning. The practices will lead you to the experience of Oneness.

You Will Live to 100

The philanthropist Armand Hammer is credited with saying, “If I had known I was going to live this long, I would have taken better care of myself.” Life expectancy for a 65-year-old American woman is nearly 85 years, and in Japan, it is 87 years. Man or woman, you should plan on living to the age of 100. But you don’t want to spend that last 20 years of your life bedridden or unable to remember your grandchildren’s names. You want to spend them in vibrant well-being, taking your humor, your vitality, your sexuality, and your good health into the last days of your life.

You can increase your health span and life span with the Grow a New Body program. To do this, you’ll eat a lot of vegetables—but also fats and some proteins, including fish, and fruit. The rain forest dwellers know the supernutrients that can turn on the dormant antioxidant mechanisms in every cell, quench free-radical activity in the brain, and switch on the longevity genes that prevent the illnesses associated with old age.

The eating style in the Grow a New Body program is based on the periodic protein deprivation of our ancestors. Numerous books have been written about the diet of our Paleolithic ancestors. Few if any of these authors have lived with horticulturalists or studied modern-day hunter-gatherers—they have only read the research of others. In the years I spent in the Amazon, I discovered that the rain forest dwellers, who followed a similar eating style to our Paleolithic ancestors, were spared the diseases that ravage modern city dwellers. While yes, they eat meat, they don’t do so every day, and certainly not in the form of bacon cheeseburgers! They would feast and then fast, depending on their luck foraging. Today we know that feasting and fasting is the key to regeneration and to growing a new body, and that we can detox and upgrade the brain to experience Oneness. (Also, just as important as diet is the stress-free lifestyle and the experience of Oneness with all life shared by these indigenous peoples.)

You don’t need to look outside yourself to find health. You only have to look within. That’s where you will receive One Spirit Medicine.

How to Use This Book

I've designed this book to guide you through the steps to grow the new body that will take you through the rest of your life. This requires that you upgrade your brain, so you can maintain a state of awareness I call Oneness. To get the most out of the process, I recommend reading the chapters in the order in which they're presented and trying the dietary practices and exercises before moving on in your reading.

Part I: Discovering Your Inner Healer introduces One Spirit Medicine; the invisible world of radiant, living energy that informs the visible world of the senses; and Spirit's role as the harmonizing force in your health. You'll be introduced to the tyrannical mind-set that has dominated humanity since the dawn of agriculture and understand how it drives us to war with ourselves and with each other, undermining our health and well-being.

Part II: Shedding the Old Ways identifies the myriad environmental and endogenous toxins (produced in the body) that we're exposed to and explains how to detoxify the body and the brain. You'll learn about the "second brain" in the digestive tract and how to upgrade the beneficial bacteria of your biome to eliminate toxins before they enter your blood or brain. You'll be introduced to superfoods that promote brain and gut repair, discover the toxic effects of grains and sugars, learn how our protein-rich diets are making you sick, and understand how ketosis helps you burn healthy fats and produce neural stem cells to repair and upgrade the brain.

In **Part III: Overcoming the Death That Stalks You**, you'll learn to transform dysfunctional emotional patterns founded on anger and fear, and how brain nutrients can help to improve higher-brain function and help you manage stress. You'll be introduced to the mitochondria, the power centers of your cells. Inherited from your mother, they represent the feminine life force. You'll learn how to reset the cells' "death clocks" and switch on longevity proteins controlled by mitochondria. You'll find out what free radicals and inflammation do to the body and how to reverse the damage. And you'll discover shamanic techniques that can upgrade your body and brain.

Part IV: From Stillness Comes Rebirth supports you in the process of letting go of old, unhealthy beliefs so that you can experience healing with One Spirit Medicine. You'll learn how to shed outworn narratives about your past and embrace a new, liberating personal story. You'll overcome fear of loss and change, and discover a new purpose for your life journey.

In **Part V: The Grow a New Body Program**, you'll put what you've learned into action. You'll dedicate seven days to this plan, and repeat it every three months.

You will learn to change what and when you eat in order to enter into ketosis to activate the regions in the brain that will allow you to have an experience of Oneness. You will also learn to work with neuronutrients that detoxify the body and brain and switch on the genes that create health and longevity. Lastly, you will learn how to do a soul retrieval to recover the vibrant and innocent parts of yourself that were lost because of childhood trauma.

Alberto Villoldo, PhD

Dubbed the “Indiana Jones of the Spirit World” by the *New York Times*, Alberto Villoldo sought out and befriended the shamans of Peru long before it became fashionable. A nascent medical anthropologist, he was looking for new approaches to age-old illnesses—by going back to nature. What he discovered would change his life.

While pursuing doctoral studies at San Francisco State University, he traveled the Southwestern United States, the Amazon, and the Andes researching native healing methods. He later directed the Biological Self-Regulation Laboratory at SFSU, where he investigated mind-body medicine and the neuro-physiology of healing.

Villoldo eventually returned to Peru, where his quest for academic knowledge evolved into a spiritual journey spanning four decades of study, training, initiation, writing, and teaching the science, practice, and philosophy of shamanic energy medicine.

He discovered that we are more than flesh and bone—we are made of Spirit and light, surrounded by a luminous energy field (LEF) whose source is located in infinity. This unending LEF exists in every cell of our bodies, acting as a matrix that maintains our physical and spiritual health and vibrancy. He learned that the wisdom and skills of the shaman are available to all who are called to immerse themselves in this ancient knowledge.

With the blessings of his shaman mentors Villoldo founded the Four Winds Society and Light Body School to train a new group of modern-day shamans. The Light Body School is internationally recognized as the gold standard in energy medicine education, bridging ancient shamanic wisdom teachings with cutting-edge practices in nutrition, biology, and neuroscience. The Light Body School certification trainings take place in California, Germany, and Chile.

Alberto Villoldo’s wealth of knowledge has germinated 17 books, including *Shaman, Healer, Sage* and the top-ten *Wall Street Journal* bestseller, *One Spirit Medicine*. His newest book, *The Heart of the Shaman: Stories & Practices of the Luminous Warrior*, teaches us how to tap into the creative power of the Universe which allows us to dream a new world into being.

Dr. Villoldo’s books have been translated into a dozen languages.



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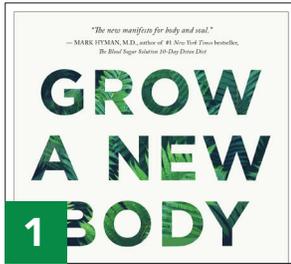
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Skeleton Woman

The First Story Ever Told (with Erik Jendresen)

Images

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Grow a New Body book cover



Dr. Alberto Villoldo



Dr. Alberto Villoldo



Dr. Alberto Villoldo in his studio at Los Lobos Sanctuary



Dr. Alberto Villoldo in his studio at Los Lobos Sanctuary



Dr. Alberto Villoldo in the Amazon



Dr. Alberto Villoldo



Dr. Alberto Villoldo with Peruvian shaman



Dr. Alberto Villoldo with Peruvian shamans during despacho ceremony



Dr. Alberto Villoldo with Peruvian shamans during despacho ceremony



Dr. Alberto Villoldo with Peruvian shamans



Dr. Alberto Villoldo with Peruvian shamans in the mountains



Dr. Alberto Villoldo with Peruvian shamans



Dr. Alberto Villoldo with Peruvian shamans

Q&A

Q: Is it really possible to grow a new body?

A: Yes. You have already grown a body once before. To grow a new body all you have to do is break into password protected regions of your DNA to switch on these same codes. Surgeons have long known that you can remove 80 percent of a person's liver, and it will grow back within two months. And the liver isn't the only organ in the body that can regenerate itself. Your heart is 15 to 20 years old, your bones are about 2 years old, your lungs and skin are around 2 to 4 weeks old, and your intestines have changed all their cells within the last 3 days. Ageing is what happens when your body loses its ability to regenerate itself, when healthy cells no longer replace sick and dying ones. So, imagine what might happen if you direct your body to grow only healthy, vibrant new cells. This book will inform you exactly how to do that.

Q: Why is Neuroplasticity important to grow a new body?

A: Neuroplasticity is a relatively new discovery for science, and it matches what sages have known for millennia about how the world molds and shapes the brain. Not so long ago we believed that the brain could not repair itself or grow new brain cells. Today we know that in response to an injury, or as a result of an epiphany or personal realization, individual neurons can change and even large-scale transformation of the brain—known as cortical remapping—can occur.

Today we know how you can trigger the production of neural stem cells that repair and upgrade the brain. I learned that it's not just the brain that manufactures stem cells. Every organ in the body produces them, but we must learn how to turn on the genetic switches that will trigger repair and regeneration. Pluripotent stem cells will allow you to grow a new body that's healthier and more resilient. I call this One Spirit Medicine because it requires the power of Spirit for renewing the body. Diet, vitamins, supplements, and superfoods alone will not do it.

Q: What does “Oneness” mean?

A: Oneness is a state of awareness where life and death flow seamlessly into each other, and where we reside in infinity. It is the awareness of a reality where our separateness from creation and each other is an illusion—a trick of the mind. We truly are One. You cannot experience Oneness just by chanting Om or repeating a prayer. You need the brain chemistry that supports it. You can do this with the help of neuro-nutrients that help the pineal gland produce DMT, or dimethyltryptamine, a compound that has been referred to as “the spirit molecule.”

Q: Why is One Spirit medicine important to the average person?

A: Nature selects for the longevity of the species and not the individual, investing all of its resources in reproduction. After our reproductive years we are useless to the species—human growth hormone production and free radical scavenging systems shut down, among others.

Our bodies' self-repair systems have been compromised by the toxic Western diet. One Spirit Medicine details ancient methods for detoxifying the brain and body, while clearing and repairing our Luminous Energy Field. We learn the keys to prevention and longevity practiced by the shamans of old: Superfoods that switch these systems back on again, repair mitochondria and unlock password-protected regions in DNA that activate the Sirt1 longevity genes.

We are not slaves to our genetics. One Spirit Medicine teaches us how we can get our health span to equal our life span.

Q: What else does One Spirit Medicine teach us?

A: We can begin to grow a new body in one week with super nutrients and energy medicine—a body that heals, ages and dies differently. But that's not all:

- Ninety percent of our DNA belongs to the microbes that live within us. If the colony is broken, disease happens—we can repair the colony with super probiotics. Microbes are our best friends.
- Nine out of ten Americans have broken brains. It is possible to upgrade our brain to create psychosomatic health.
- Spirituality is the byproduct of a healed and upgraded brain, not meditation.
- Shamans were the first neuroscientists.
- You can't dream your world into being until you wake up from the nightmare. Self-help doesn't help.

Q: Isn't spirituality completely different from scientific fact?

A: Science is relatively new while spirituality is very ancient. I discovered that what the spiritual traditions did was put an archaic language to what we describe today as neuroscience. However, what they refer to as “enlightenment” is optimal brain function—the ability to create psychosomatic health. Many people however associate the term “enlightenment” with organized religion when in reality it's available to all people of any belief.

Q: What is a Luminous Body or Luminous Energy Field? Does everybody have one?

A: Yes, everyone has a Luminous Energy Field (LEF). The Luminous Energy Body/Field is an invisible matrix that informs the anatomy of the body. It contains a template of how we live, how we age, and how we might die.

When there is no imprint for disease in the LEF, recovery from illness happens quickly. By the same token, imprints for diseases can depress the immune system, and prolong recovery time during an illness. The good news is: When we erase the negative imprint that caused the onset of illness, the immune system can rapidly eradicate disease.

The Luminous Energy Field is a reservoir of vital force—a sea of living energy as indispensable to our health as the oxygen and nutrients carried by the bloodstream. When the vital reserves in the LEF are depleted through illness, environmental pollutants or stress, we suffer disease. We can safeguard our health and vitality and extend our active, healthy years by replenishing this essential fuel.

Q: What about chakras? How do they fit in?

A: The chakras are the organs of the Luminous Energy Field. They are wheels of energy created by the endocrine glands where they meet the nervous system. The chakras inform our neurophysiology, affecting our moods and influencing our emotional and physical well-being. The chakras connect to endocrine glands that regulate all of human behavior.

In parts of South America, the chakras are known as *ojos de luz*, or eyes of light. We receive impressions of the world through our chakras, perceiving love in our heart; sexuality, fear, and danger in our belly (second chakra); and insight in our brow chakra (sixth). In a disagreeable situation, our second chakra can go into spasm and we may feel a knot in our stomach. From the unmistakable experience of sensing feelings through the heart center, we come to associate love with the heart, or refer to sadness as heartache.

Every living being has chakras—even crickets, deer, snakes and trees.

Q: How would someone know if they need “energy healing”?

A: When you have a condition that does not respond to modern medical methods, or you cannot find the cause of the disease, you can consider energy medicine. Signs of an energetic imbalance can range from physical to emotional distress or discomfort.

Q: What types of complaints or problems can a shaman help heal through this kind of work?

A: We treat clients with both physical and emotional issues. Some, for instance, may be constantly attracted to the same type of partner who is not good for them. Once the imprint which attracts unfavorable partners is cleared through the Illumination process, the individual will cease to attract those partners.

On the physical realm, I had a patient in whom I sensed a dark spot in his energy field just above his chest. I asked him about his history with heart disease and family history, and to both he said no. Nevertheless I worked on his heart chakra. A few days later my patient called to inform me that his brother had just undergone an emergency quadruple bypass surgery. The Luminous Energy Field can reveal a condition years before it manifests in the physical body.

Q: A more advanced healing practice is Soul Retrieval. Can a person actually lose his or her soul? How does that happen?

A: During a Soul Retrieval the shaman helps a person recover a soul part which fled at a time of trauma in their life. It is a traumatic event which causes the soul to fragment, resulting in a loss of innocence or your ability to trust others. Given enough time, this condition will also result in physical disease. The shaman will help rewrite disempowering contracts and summon the lost soul part to return, bringing with it a renewed sense of trust in life and in people.

Q: How can people who don't practice shamanic work benefit from One Spirit Medicine?

A: Detoxifying the body, removing heavy metals and negative beliefs are essential steps, as well as clearing the energy field. Many of these toxins are held in our fat cells—and the human brain is 75% fat. In the West we live with excessive levels of stress, which cause the body to produce high levels of cortisol and adrenaline both of which negatively impact us and keep the body in a permanent state of fight-or-flight. With the dietary recommendations provided in One Spirit Medicine, any one of us can prepare to make a shamanic journey.

Q: What is heavy metal chelation?

A: Chelation therapy is a medical procedure that uses chelating agents to remove heavy metals from the body. Heavy metal exposure is fairly recent. In the not-too-distant past, any mercury we encountered was bound into rocks, and not free in the atmosphere (in the form of methyl mercury) from burning coal for fuel, or in large ocean fish like tuna. Aluminum use is widespread, from aluminum foils to the coffee pods for use in espresso machines, to deodorant. Lead exposure comes from once widely-used lead plumbing. Arsenic is found in pesticides and in all rice, even the organic brands, because rice is grown in flooded fields, and arsenic binds to the young rice shoots. Europeans (Germans in particular) are far ahead of their American counterparts in heavy metal chelation. If you do IV chelation, be sure you work with a knowledgeable physician.

Q: What is wrong with the Western diet?

A: With the discovery of agriculture 10,000 years ago the human life span was reduced in half. We stopped eating plant products and began to eat processed grains and animals, giving rise to a new social class of masters and slaves, religions ("give us this day our daily bread") and warfare. There is no archeological evidence of warfare prior to the invention of agriculture.

Grains are carbs that turn into sugars. Sugars feed our lower brain, which is predatory, violent, greedy, and needs 10 commandments so we do not kill or steal.

Wheat contains gluten, a protein that is not recognized by the bodies of 90% of the human population. Gluten cleaves the tight junctions of the GI tract, allowing food particles and micro flora to get into the bloodstream and create massive inflammation and autoimmune diseases. The incidence of allergies in non-agricultural peoples is 1 in 1,500. In agricultural societies it is 1 in 3.

The evolution of agriculture was quickly followed by widespread animal breeding, butchering and consumption. Recent research shows that the human body does not need, nor tolerate, excessive eating of animal protein. In humans, we now know, too much animal protein in the diet stimulates the mTOR pathway—part of a complex protein sensing system—which can cause out-of-control growth of cancer cells.

Beyond detrimental dietary changes, the loss of ancient Paleolithic belief systems—oneness of spirit, oneness of life—we become disconnected, disenfranchised (in the earth, not of the earth). We ignore the voice of spirit and nature and we look at the bounty of nature merely as resources for human consumption. We become commercially driven and forget about stewardship and sustainability—the price of which will always be too high. The damage we have wreaked on the ecosystem is irreversible, and has doomed the human race to early extinction.

Q: Why is fasting important?

A: Eating three meals a day is killing us—we used to feast and fast. At the heart of One Spirit Medicine is an age-old practice called the Vision Quest. Through fasting and meditation, a Vision Quest awakens the body's self-repair and regeneration systems and reconnects you to Spirit and your own deepest purpose.

We fast to turn on the body's repair mechanisms and clear brain fog. Even during a very short fast, amazing things happen to the body and brain. In just 24 hours, the production of human growth hormone increases by 1,500 percent, repairing cells that make up our tissues. Not eating sugars for as little as 18 hours wakes up the body's system for self-repair, detoxifies cells, and switches on the longevity genes.

Q: How much protein does the body need to stay healthy?

A: New research shows that we need much less protein than we used to think we did. We now know that excessive protein shuts down the longevity programs in our DNA, and also contributes to the growth of cancer.

I consume about 300 grams of protein a week, which is perfect for my weight (75 kg) and level of activity (moderate exercise.) I consume my protein in two big sittings with several days in between. The body does not need protein every day. Eat your protein, especially animal protein, on a cycling schedule, largely abstaining from protein on the days in between. On my protein days, I will eat a couple of hard boiled eggs at lunch and a portion of fish in the evening, or I might have a double scoop of plant-based protein powder and a helping of black-beans and rice, which is a complete protein.

The key to animal protein is high quality, not high quantity. When we eat meat, we need to be concerned about what the animal ate, too. Most of the meat consumed in the developed world comes from factory farms where animals are treated with extraordinary cruelty, fed hormones and antibiotics, and raised in unsanitary and inhumane conditions. But healthy, organic, grass-fed meat in small portions and wild-caught fish can foster freedom from heart disease, diabetes, cancers, and dementia.

Q: Can fats actually be good for you?

A: Yes—these three fats in particular: Saturated fats. The best are the MCTs, or the medium chain triglycerides, which are used quickly by the body and do not go into storage in fat cells. The best MCTs are found in coconut and olive oil, as well butter and avocados. MCTs are jet fuel for the brain, and supplementing with them during the Grow a New Body program will help to keep your mind clear as your body starts to burn its own fat reserves. It will provide a great transition until you begin to produce your ketones from your own fat stores.

Monounsaturated fats (MUFAs). MUFAs are your good friends. They are found in olive oil, avocados, nuts and nut oils, olives, butter.

Polyunsaturated fats (PUFAs). PUFAs can be good and bad. important ones are Omega 3 and Omega 6. Omega 3 reduces inflammation, switches on the production of stem cells in the brain, helping to repair the memory and learning centers, and protects you from heart disease. Omega 6 is pro-inflammatory, so you have to be careful with

this fat. Processed foods provide us with nearly 20 times more Omega 6 than Omega 3. The Lyon Diet Heart Study found that decreasing the amount of Omega 6, and increasing the Omega 3 fat intake, resulted in 70 percent fewer heart attacks, reduced the overall mortality rate, and protected against cancer. Omega 3 fatty acids are abundant in avocados, grass-fed meat, flaxseed and flaxseed oil, and fatty fish like salmon. And you should supplement Omega 3 daily.

Q: Is the incidence of Osteoporosis increasing?

A: In the United States, 55 percent of persons over the age of 50 will have reduced bone density or osteoporosis. It is likely that these staggering statistics are due to the acidic Western diet, forcing our blood to use calcium to neutralize acid instead of building bone. And most medications designed to combat osteoporosis do not work, or have such terrible side effects as to make them downright dangerous. The latest science is showing that the supplements in my program, and others like it, can help prevent osteoporosis and recover lost bone density.

Researchers at the Mayo Clinic have found that “the food-derived compound SFN (sulforaphane) epigenetically stimulates osteoblast activity and diminishes osteoclast bone resorption, shifting the balance of bone homeostasis and favoring bone acquisition and/or mitigation of bone resorption in vivo. Thus, SFN is a member of a new class of epigenetic compounds that could be considered for novel strategies to counteract osteoporosis.”

Q: Are Alzheimer’s and Parkinson’s Disease preventable?

A: In some circles Alzheimer’s is being called type 3 diabetes because of its connection to high blood sugar and a sugar-rich diet. Today we know that the foods that increase inflammation, including processed grains and refined carbs, are a risk factor for developing Alzheimer’s. The statistics for this disease are terrifying. They show that if you live to be 85 years old, you will have a 50% risk of having diagnosable Alzheimer’s.

The food you eat is not only the cause but also the cure. I speak about it throughout the book. Avoid sugars, restrict carbs, limit protein intake to primarily plant-based protein sources, and eat healthy fats. Supplement your diet with Vitamin D3—research published in the Archives of Neurology shows that the risk for Parkinson’s Disease among patients with the highest levels of vitamin D3 were nearly 75% lower than for patients lacking this essential vitamin. Vitamin D3 appears to be neuroprotective and can prevent the onset of PD.

Another study also published in the Archives of Neurology shows that persons who have the highest level of plasma DHA, our favorite Omega-3 fatty acid, have an 85% reduced risk of developing Alzheimer’s.

A study by Dr. Kirk Eriksen at UCLA and his colleagues at the University of Pittsburgh School of Medicine showed that regular aerobic exercise, regardless of the persons age, reduced their risk for Alzheimer’s by 50 percent.

Q: What is the problem with modern health care?

A: We do not have a health-care system in America, we have a disease-care system. Americans are being killed by the food we eat, the thoughts we think, and the medicine we take. Between the food industry and the medical profession, they get us from cradle to grave.

The “health” statistics are alarming:

- Close to 70 percent of Americans are overweight, and one in three children born in America today will develop type 2 diabetes by the age of 15.
- Fifty percent of otherwise healthy 85-year-olds are at risk for Alzheimer’s disease. Alzheimer’s is being called type 3 diabetes, linked to a gluten-rich, wheat-based diet and a stressed-out brain.
- One in 60 children is diagnosed autistic.
- Millions suffer from insomnia, stress, depression, autoimmune disorders, soul loss, disempowerment, destructive patterns and behaviors.

In the few hunter-gatherer societies that still exist, autism, dementia, diabetes, and cancer are very rare or nonexistent. My research with Amazonian pre-agricultural societies shows that these people have none of the diseases of Western civilization—no cancer, no dementia, no heart disease, because of their diet and communion with the spirit of nature. What accounts for their health and well-being? A primarily plant-based diet and One Spirit Medicine.

Q: Why are so many people unable to find happiness?

A: Our brains cannot produce the bliss molecule (tryptamine) if they are busy producing stress molecules (adrenalin and cortisol.) These “fight-or-flight” molecules are a constant part of modern culture, but when we can’t fight and we can’t flee we are paralyzed. Stress hormones are also deadly to the region of the brain that is responsible for new learning, so we cannot recreate ourselves.

The religious experiences reported throughout history, are the product of endogenous psychedelics manufactured by the brain for its own pleasure and joy. Meditation, babies, puppies, sex and joy increase the methylation of tryptamines, which in turn become dimethyltryptamines generated by the pineal gland. This is the direct equivalent of the brain producing its own Ayahuasca.

Q: How does one overcome the fear of death?

A: Limiting beliefs, overstimulation, an overactive fight-or-flight response—all the mental and emotional stressors we experience lead to our most primal fear of all: fear of death. In aboriginal societies there are rites of passage and initiations carefully designed to cause a person to directly confront the terror of death in order to awaken deep wisdom about non-ordinary reality, the continuity of life in the unseen world. After that you are no longer plagued by a chronic sense of anxiety about everyday matters and can hold a larger vision of your purpose in life.

We all have a taste of this when a loved one passes. We recognize what is truly, important in life, and make vows to ourselves to do more of it and less of our busy work. And then a few days or weeks later we forget, and are back at the everyday grind.

As your brain is upgraded, you will discover that you can let go of your fixation on what you think is absolutely vital to your safety and happiness and essential for your survival. As you release your old, fear-fueled approach to life, you will find you have more faith in your ability to handle uncertainty. You will gain a sense of living in a world that is safe and welcoming, and a universe that supports your intentions and what you value as truly important.

Q: What is an Illumination? What are the potential benefits, and is it appropriate for everyone?

A: The Illumination process, the core foundational healing practice of the Light Body School, is the technique used to clear imprints from a person’s Luminous Energy Field. As the LEF informs the physical body, a shift in the LEF will manifest in the physical reality.

Q: Why did you leave a more traditional medical background to a more spiritual path?

A: As a medical anthropologist, I was curious about other healing systems around the world. Modern medicine, which is wonderful for healing trauma (such as injuries from an automobile accident) is terrible for healing chronic conditions. At a laboratory at San Francisco State University that I directed we were studying how we create psychosomatic disease and whether we could create psychosomatic health. I realized that to find the answer I had to go study with the experts who were in true primitive societies without technology—all they had was the mind’s ability to heal the body.