

CANONICAL ENTRY 57 / 74

Obesity

Endocrine & metabolic

CANONICAL SOURCE - VERBATIM

Etiology is found in an excess of starches creating a hardening of the glandular system as well as tissues of the small intestinal wall, and thus changing the nature of those cells which absorb and metabolize carbohydrates. A radical change in diet is necessary to bring about changes in the cells of the intestinal tract which will reverse the tendency of those cells to turn most things into sugar.

Correct the diet and restore balance and efficiency with:

- Enlightened Athletics Dietary Protocol

Balance the glandular system, especially the adrenals and pineal gland with:

- nascent iodine

Ensure adequate eliminations:

- proper hydration

- senna laxative

- regular enemas

Correct other abnormalities; nervous system incoordination, circulatory system imbalance, etc., which can create conditions conducive to excess body weight:

- massage

- osteopathic manipulation

CANONICAL COMPANION SET

Esoteric Anatomy for Healing and Revelation

Enlightened Athletics Dietary Protocol