

~Deeper Wisdom on Fasting~
by Lady Nenari, Princess of the Sea, Lady of Glencoe, Highlands Scotland

For over 20 plus years now I have been on the path of detoxing the body in healing in various forms. When I began such I was quite poorly in my health with loads of health issues as weighing over 400 pounds and a plus size 4X. My first fasting was a cold turkey 40 day seasalt and water fast. Back nearly 15 years gone in my second book I shared the wisdom of seasalt and water and its healing properties because of my own experience with it.

As I grew in my understanding and have done various fastings and continuously daily intermittent fasting for over 15 years (including one meal a day and/or fasting for at least 12 to 18 hours and having two small meals, 8 of those hours being whilst I slept so as to allow the body to rest and RejuveNate then, fasting every other day and eating one meal a day, many variations I have done of this) I have been asked how is it that I look so youthful for my age and also despite having cancer and nearly healed from it how is it that I Am able to do such and rid of the weight I had and heal what was so poorly within me. Thus, as part of what I teach more in~depth in my Divine Feminine Goddess Course and also other courses and things here is some wisdom on this topic for all of the many of you whom have been asking me 'Ok, so where do I start with all of this?, How do I begin?'

Four day cleansing fast (Holiday from Food)

* Day One~ easing into it two small meals for the day instead of usual three or how ever many you eat (focusing on protein and fats). Water with himalayan seasalt (½ tsp for every litre of water; drink 2 to 3 litres of water a day, more if you feel you need it), herbal teas, and coffee alright (decaf though for Divine Feminine encouraged or chickory coffee with coconut creme in it instead of milk or if you prefer heavy creme is fine as well. There are other variations of this that can be used such as placing a tablespoon of butter in such along with MCT oil and such but this is more for as you fast more).

* Day Two~ Juice fasting only. Either juicing such fruits and/or eating them, only fruit and water and seasalt this day (or optionally do day three and four below beginning on day two)

* Days Three and Four~ only water with himalayan seasalt (½ tsp for every litre of water; drink 2 to 3 litres of water a day, more if you feel you need it), herbal teas, and coffee alright (decaf though for Divine Feminine encouraged or chickory coffee with coconut creme in it instead of milk or if you prefer heavy creme is fine as well. There are other variations of this that can be used such as placing a tablespoon of butter in such along with MCT oil and such but this is more for as you fast more. Other sources instead of coffee can be Lion's Mane and Green Matcha both give a slight different essence of brain alertness and Green Matcha (tea, powder, capsules) in caffeine without the harsher side effects) and also Also, Exogenous ketones in the form of beta hydroxybutyrate (BHB) powder (salts, which is BHB mixed with

either magnesium, potassium, or calcium) can help ease the transition in fasting as well bringing you mental clarity and alertness (and is a better alternative to caffeine), fullness, staving off the hangries until you can come into producing the ketones on your own (endogenous ketones) through fasting and low carb means and nothing else than this above for these days. Using BHB can also help you to extend your fasts longer than these four days here as well.

break your fast (which is where the word breakfast comes from actually which is for breaking your fast) after the full day four is over (ie on Day 5) wait until 1 hour before your usual dinner time (about 5pm) and break such fast with a small portion of meat if you eat meat (preferably chicken or fish, lean meat with little fat) and 1 vegetable, if not and you are vegetarian or vegan then 3 small portions of vegetables and then wait an hour and have an actual meal (with a bit more fat is fine and soluble fiber (chia seeds is great!) in slowly go back to eating and see how your body feels.

This will reset your body and the cravings for sugar, sweeties, breads, pastas etc will be less and get more and more less the more you fast. You will also lose weight naturally due to autophagy (the body eating itself or eating/using the excess glucose stored as brown fat (adipose fat) and is really where the term cannibalism came from and is really meant as that is what it means yet this word got bastardised to mean people eating one another which is free from being what it is and is about autophagy as written here) in the body. First 24 to 36 hours you may feel flu like, tired or just plain yucky, which is perfectly natural as this is the body beginning to detox. Make sure you take more seasalt (Himalayan and non white as that is bleach and the mineral content is taken out so make sure it is pink that you can see the minerals in it which will look like different shades of pink) as per given above and this will help, along with 500mgs of magnesium if needed if you have leg cramping etc. and this will help you to feel less yucky. Any hunger or hangryness (as it is now called as of 2018) you feel will also be helped with this. Around 24 to 48 hours (may be longer if you are insulin resistant meaning have loads of fat stores (adipose fat)) you will feel much more energy. You will also notice more mental clarity, calmness, centredness, focus as you are fasting.

Longer fasts you can build up to as well with this after doing this fasting above here, try such now and then in a fortnight from now. Giving your body and organs time to rest from having to process food all the time is the key to RejuveNAtion (RNA~ RejuveNAtion) the body, healing it, and also is the true fountain of youth as our bodies are not meant to be processing food all the time as this wears down our organs and causes premature aging and early death. It is also a misconception that we are to exercise loads to burn more calories to lose weight and to be healthier when it actually does the opposite. Exercising in sort spurts two to three times a week max is good but any more than that places the body into a constant body stress mode which causes more adrenaline, cortisol, and other such hormones in the body to be released causing more stress on the organs thereby creating what I wrote above on our organs.

Fasting has been done by us as humans for thousands of years (great masters such as Jesus, Buddha, Gandhi and others have also done such) to help heal the body. Back in the days of hunter/gatherer we did this as well because we ate off the land and whatever we had that we foraged we ate and some moments we had no food around to eat for days or weeks in-between. Even in Lemuria (which is our first existence on this earth, before Atlantis), we actually began as ethereal soul beings and then into physical being and in physical form we first 'ate' if you will prana/chi/energy. This is why things like Tai Chi and meditation and such are so effective as this is what we lived on originally is this energy. Then from there we did sun gazing which is another form of living off prana/chi/energy. Then as we devolved in consciousness came fruit, vegetables, herbs, plants which absorb the sun's light/energy thus is prana/chi/energy of life, of Source we are eating (along with the water/seasalt/mineral essence in them that we too are). Then animal sources after that in that they roam the earth (usually when humanely done) and thus are another reflection of the absorption of the sun's light/energy thus prana/chi/energy of life, of Source. Our mitochondria is our vibrational energy factory that represents this prana/chi/energy of life, of Source.

We have become far too gluttonous in eating as much and as often as we do. Our bodies do not require that much to live on. We have been indoctrinated to think we are to eat three meals a day and graze and all sorts, and it is simply not true. The hunger pains we get actually are the addiction we have to food attempting us to get our next fix much as an alcoholic or drug addict does. Fasting is a natural way that has been around since the time before time really, to actually give the body a what I call a holiday away from food and breaks addictive patterns in the body and the mind really. Fasting detoxes the body and the organs and can heal so much build up that causes all of these things and brings us back to the original Source (of Source energy) and also of how we were created as Merkaba (Lightbody) Soul essence. It is never about calorie restriction as that is another thing we have been indoctrinated into believing, it is about carb restriction and adding fats and healthy food into our way of life.

As your body adjusts to fasting, you can then go to eating just one meal a day (OMAD) and you will feel most satisfied. Benefit of this as well is you are free from having to spend loads of time and energy on thinking about/buying/preparing food all the time. Having to do so all the time is nothing more than a distraction keeping you from focusing on your passion and why you are here on this earth and healing what is within you, feeling such and healing such. You have loads more time with one meal a day (or every other day and fasting the other day) and is what keeps the addiction going.

To go forward within eating a more healthy balanced way, the key is to keep your carb intake as low as possible (between 20 and 100 grams) per day to sustain autophagy and ketosis (which is where the body produces ketones in the liver which has the body start and maintain the autophagy process). Avoiding processed foods is most important as well as too many things that say vegetarian/vegan have loads of chemicals, sugar, carbs, and things processed and hidden in them that are still as harmful as eating other processed things. Read and watch what is in such things choose as purely as you can.

Everything we eat has carbs (carbohydrates) in them. Yet there are lower ones of fruits and vegetables that can be eaten that can be of help to the body to keep the autophagy and ketones flowing. It is a misconception that we need fibre to go to the toilet or to have other sources of fiber and protein from certain sources. The truth is we get fibre and protein naturally. There is plenty of fibre and protein through fruit, vegetable, and plant based sources if you choose to be free from eating meats. Whey Protein and Pea Protein are also good sources for such as well that are low carb. Some of those lower carb fruits and vegetables are~

Olives

lettuces (all kinds of lettuces such as red leaf, green leaf, romaine etc. and also including watercress, rocket salad (arugula), kale, spinach)

courgettes (zucchini for those in America and Canada)

berries (raspberries, blueberries, strawberries)

cantelope

watermelon (in small amounts)

cabbage

kimchi

gherkins (pickles)

green beans

onions and carrot (in small amounts)

Raw Cacao

flax seed

pumpkin seed

hemp seed

chia seed (chia seed is amazing at expanding in the body, making you feel fuller and also absorbs the toxins in the body as it moves through eating it up and then expels it out when you go)

turnips

jicama

peppers (green pepper is lowest, other colours are ok in small amounts but not much due to sweet content aka carb)

asparagus

bok choy

sauerkraut

broccoli

cauliflower

brussel sprouts

Cucumber

sprouts

kale, chlorella, Dulse, and of the Sea vegetables/seaweed

aubergine (eggplant for those in America and Canada)
brazil nuts
macadamia nuts
pine nuts
pecans
walnuts
avocados
quinoa (in small amounts)
herbs and spices
garlic (one to two cloves max per day)
almond milk (in small amounts, coconut milk and/or coconut creme is a much better choice)
almonds (in small amounts)
mushrooms
hearts of palm

We also have been told that eating fat makes you fat and/or causes heart issues etc. ANYTHING we eat in the body that is in excess is going to give us issues. It is important to rotate our food whether it is meats, dairy, vegetables, fruits. Yet healthy fats actually are healing to the body. Too much of our food has Omega 6 and 9 in it. More Omega 3 is most important. Some of the best healthy fats are~

Ok, so here is a pretty comprehensive list I made years gone now (and I update it as need be) may nae be all of them but a good lot of them~

Good Fats

Avocados
Avocado Oil
Coconut Oil
MCT Oil
Omega 3 Oil
Cod Liver Oil
Olives
Extra Virgin Olive Oil
Macadamian nuts, macadamian nut butter, macadamian nut oil
Hemp Seed Oil
Corriander Seed Oil
Flax Seed Oil
Ghee
Tallow
Organic Grass Fed butter (Kerrygold the best!)
Coconut Butter

Violife Cheeses (most are really good)

Coconut cream

Coconut Milk (the ones for cooking and also for drinking)

Raw unpasteurised dairy

Aged cheeses such as Blue Cheese, Feta, Goats cheese (which Goats Cheese actually is a bacteria that breaks down certain components of the cheese to become caprylic acid which is an a medium chain triglyceride (MCT), Mozzarella (buffalo mozz best yet any good quality mozz is good), Gouda, Swiss/Gruyere cheese, Parmesan

Raw Nuts (particularly macadamian, pecans, walnuts, small amounts of Brazil nuts, pistachios are the best nuts lowest carbs)

heavy cream

whipping cream

mayonnaise (that has olive oil or avocado oil especially)

Eggs

Wild Caught Salmon (and any wild caught fish)

Sardines, Mackerel (in brine is best)

Any fish really (salmon the best for Omega 3's, any fish really that is wild caught), mackrel, sardines, shell fish (prawns, muscles, scallops) the smaller shellfish have less mercury and highest concentration of Omega 3's

Grass Fed/ Grass Finished Meat

Flaxseed

Chia Seed

Hemp Seed

Pumpkin Seeds

Sunflower Seeds

cream cheese (actual cream cheese vegan made by violife is FAB and does taste like cream cheese)

guacamole

vinegarett

salsa

mustard

hot sauce

full cultured and greek yoghurt (coconut yoghurt as well)

Pork rinds (possibly check ingredients, here in this country I have yet to find ones in my area that dinnae have toxins in them unfortunately)

Skyr (higher in protein, lowerish in fat but still a decent source of fat)

cottage cheese (if it is as pure as possible)

sour cream (same as above if it is as pure as possible) as with any of the dairy here you are to be careful of the A casein 1 proteins as this is what causes inflammation and that is what people usually have issues with the most rather than lactose, getting A casein 2 is best)

sunflower oil

Hemp oil

raw cacao (can add a bit of monk fruit in liquid form is best)

*Note~ Divine Feminine Goddesses be careful with too much dairy use in moderation, little bits due to estrogens and other hormones in such that can affect our cycles, opt for vegan cheese options as well that are pure ingredient with no sugars and such.

Good cheeses to eat for men and women that have the least inflammatory profile, best easy of digestion, and lowest casein profile

Blue Cheese

Feta

Goat cheese

Mozzeralla (buffalo mozz best yet any good quality mozz is good)

Gouda

Swiss (called Gruyere cheese in UK)

Parmesan

Meats (organic grass fed/grass finished, particularly sirloin, ribeye), chicken (organic, and even the skin for extra fat), bacon and pork (organic grass fed/grass finished), live pate, haggis and eggs are also zero carbs and if you can eat such or choose to are a great source of protein and saturated fats with zero carbs. It is best to be free from having protein and carbs together. Always best to have fats and proteins together and whilst there are small amounts of carbs in vegetables and fruits this reference here is within having a balance of carbs of the low carb fruits/vegetables and being free from having things such as pastas, rice, breads, cakes, tatties (potatoes for those in America and Canada), and such things.

Things to avoid that are high in carb content (or only have very sparingly and after you have established a more deeper fasting protocol)~

breads, pastas, cakes, cookies, doughnuts, sweeties etc (even gluten free ones as it is free from being about just the gluten or the ton of glue which is what gluten, glueton means as it is literally glue that gums up the body when we eat such and our bodies were never made to eat any sort of flours gluten free or not, it is about the carb content which can be anywhere from 50 to 100 grams of carbs in just one wee serving of any of these things which the body stores as brown fat as the liver can only hold about 100 grams of glucose in any one 24 hour period which means more than that gets stored as fat in the body)

bananas~ sadly one wee banana is 20 grams of carbs so be careful with these

tatties (potatoes due to lectin content and also due to saponins which is used to make soap and is lethal to insects as it is to us as humans as it dissolves the membranes of the cells in our intestinal tract causing many issues. Exception to this is if you make them a resistant starch by

cooking them letting them cool and/or refrigerating for a couple hour then reheating again, this makes tatties a resistant starch therefore less carbs and better able to process in the body)

- sweet potatoes
- parsnips
- beet root
- rutabega
- corn
- baked beans
- beans and lentils (only in small amounts only occasionally due to high carb content and lectin content)
- mango, pineapple, apple, pear, kiwi, grapes, cherries, plums, oranges, peaches (only small amounts occasionally due to high carb content)
- bbq sauce
- ketchup
- maple syrup
- tomatoe paste
- tomatoes (due to lectin content)
- peas (due to lectin content)

Some of these such as ketchup, bbq and other sauces, and other things such as maple syrup can be found in low carb options now and/or can be made of your own low carb. Tomatoes/tomatoe paste can be eaten just small amounts and free from being all the time. Pastas can be made low carb using three ingredients of egg, parmesan cheese, and a bit of coconut flour (coconut flour is a perfect low carb flour that you can make loads of things with, almond flour as well just use almond flour in moderation as almonds in excess can overload the kidneys and adrenals) and then cut into strips, set in refrigerator, then cooked later. Or also konjac or shirataki pasta and rice which is zero carbs and also helps to absorb any carbs eaten <https://www.hollandandbarrett.com/shop/product/eat-water-slim-pasta-fettucini-60007573?skuid=007573>

This will get you started on the path. The key is when you eat and fast to do such in varying it just as our ancestors did in eating sometimes free from eating in others. Sticking to one thing all the time, the body builds up a tolerance to it and has a hard time. Added bonus~ fasting also saves on your pennies in your purse as eating less allocates more financial abundance towards other things :) More to come so stay tuned....in tuned to the heart of the Soul that you are!

In Pure Love ~Lady Nenari, Princess of the Sea (originally written in 2008 and added to in 2019 to reflect the first paragraph and info about hangry/brownfat and some links/references)

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What is the secret to the fountain of youth?

How do you regenerate your stem cells and telomeres of your DNA and activate your Soul's essence of your RNA?

How do you heal from any dis~ease mentally, e~otionally, physically?

It is something that all the ancients did and knew....

and even we did since the hunter/gatherer times

one word....and its the F word....

nae, THAT F word lol!

it is Fasting!

Fasting is the first principle of medicine; fast and see the strength of the spirit reveal itself  
~Rumi

Eating three meals a day (and grazing/peckishness) was created due to egoic self righteousness and judgment rather than biological necessity. In my first book Life Long Learning that I published nearly 16 year ago, I speak about how it is best to eat by our own intuitive clock rather than because someone said to eat 3 meals. When European settlers came to America, they found that Native Americans ate when and as there was an urge to, often one meal and then with days in~between and this was seen as uncivilised rather than the intuitive tuning into the body and giving the body time to rest without having to process food all the time which wears the body down and causes premature aging and death, and so the European people forced the Native Americans to change to 'their' ways.

People always ask me how it is I look so young for my age? The answer is this secret that I have been doing now for over 20 years within this F word of fasting. There is a common misconception that a stable blood glucose is necessary for survival and that it has to come from consuming carbohydrates to maintain blood glucose. This is both unnecessary and can be a detrimental vicious cycle leading to ill health and premature death.

Why? Because what occurs is after you eat some carbohydrates- bread, pasta, rice, sweeties, etc. Glucose enters the bloodstream and insulin is secreted into the body from the pancreas to distribute the glucose properly. It is through the insulin receptor that glucose enters the cells to produce energy. The body, however can only hold about 70 grams of glucose total in a 24 hour period in the liver and about 200 grams in the muscle? So if you take in more than that (a wee piece of bread, a banana, or a cake can have anywhere from 25 to 55 grams alone just that bit) of carbs, the body goes into storage mode and stores it in your body as fat. And the more glucose in the body and stored as fat, the more inflammation of the body occurs.

So what happens is that as your energy levels start to wane if you are free from tapping into that stored glycogen in the body (which is what you are meant to do) instead you just eat another carb and it creates a vicious cycle to where you never use the stored fat in the body

thereby making you more and more ill and aging more and more rapidly. There is an Egyptian Pyramid inscription from around 3800 B.C. that reads 'Humans live on one-quarter of what they eat; on the other three-quarters lives their doctor.'

All illness and aging in essence is the result of cumulative damage to your DNA. Thus all diseases mentally, physically, emotionally from fibromyalgia, to cancer, to fungus, to diabetes, to depression, to anxiety, ADD, ADHD, OCD, you name it, is nothing more from the physical perspective (soulfully is another matter) is the result of too much glucose and the toxins related to it stored in the body embedded in the fat cells causing this inflammation, even if you are free from being 'fat'. If you appear physically fat though it can be even more pronounced.

So what is the SOULution (solution from and of the Soul)? That F word~ fasting as this is where ketosis comes in. If you stop eating for anywhere between 12 to 16 hours (longer if you have insulin resistant which means if you have loads of stored glucose in the body beyond the liver and muscles that is not used up yet and the true breakdown of the glucose occurs when fasting between 24 to 48 hours or longer) the glucose stores in the body deplete and the body will start breaking down fat and using it for energy in the process the liver does of creating ketones. Ketones produce energy for your cells through similar pathways as glucose yet is a much more stable and efficient means of obtaining energy as your primary source of fuel and gets you out of the cycle of highs and lows of carb glucose addiction as it stimulates something called autophagy which is intercellular, ie occurs within the cell, of the cell eating itself and dying off so it can be flushed out of the body thereby creating energy and healing better than any medicine we can take. Fasting frees you in so many ways from having to prepare and cook food all the time, frees your body and mind to heal and thrive, saves you money, gives you time to spend doing the things you love (and with people you love if you choose) and living in your Soul and its purpose without the distraction of food all the time.

Professor of Genetics, David Sinclair and his team found that fasting stimulates sirtuin proteins in the body which are directly responsible for DNA repair and I will add can also Rejuvenate (RNA) your soul essence of your RNA. Also, Professor of Neuroscience Mark Mattson, at Johns Hopkins University Neuroscience showed how fasting promotes the growth of new neurons in the brain and explains why fasting has been linked to the prevention of neurodegenerative diseases like Parkinson's and Alzheimer's and also helps with depression, anxiety, ADD, ADHD, and other diseases. When fasting your brain slows down in synaptic activity making you calmer, more clear headed, able to make proper choices because you are in a smoother recovery mindset.

At the heart of it all we as humans simply have no requirement for carbohydrates from outside sources of breads, pastas, rice, etc and only require little in terms of fruit and vegetable sources of carbs which are natural and much more healthy for us in small amounts. The liver on its own without the aid of man made manufactured carbs of breads, cakes, cereals, rice, etc. produces an infinite supply of glucose as we require it. Further proof of this can be found within a man right here in Scotland who fasted for nearly a year losing 276 pounds consuming only water and vitamin supplements with no ill effects. As it states here

at the beginning of the article 'In 1965, a 27-year-old man in Scotland, Angus Barbieri, decided he wanted to lose some weight. At the time, he weighed 456 pounds. Under doctors' supervision, he began fasting and survived for more than a year without food, setting a new world record.' The article for this can be found here

<https://www.unbelievable-facts.com/2018/02/angus-barbieri.html>

more on what I wrote about this (and also on how to get started) as well here at this link

<https://www.facebook.com/photo.php?fbid=10216357654471985>

Fasting has been done by us as humans for thousands of years (great masters such as Jesus, Buddha, Gandhi and others have also done such) to help heal the body. Back in the days of hunter/gatherer we did this as well because we ate off the land and whatever we had that we foraged we ate and some moments we had no food around to eat for days or weeks in-between. It is said that Plato fasted for greater mental efficiency, the "Luther of Medicine" Philippus Paracelsus called fasting 'the greatest healing remedy' and Mark Twain suggested fasting to be more effective than any medicine. Why? Because the body has the incredible ability to heal itself and to function thrivingly for many thousands of years actually when given the proper ways of care and nurturing love. Will you love your body into thriving aliveness now in this OM, this One Moment?

~Lady Nenari, Princess of the Sea

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For those who were very keen on my recent post regarding fasting and its benefits from my personal experience that I shared here on how to begin in such

<https://www.facebook.com/photo.php?fbid=10216357654471985&set=a.2234042248579&type=3> here is some science behind fasting in how it helps with cancer, boosting immunity, and creating new stem cells in the body ~Lady Nenari, Princess of the Sea

<http://www.thedeenshow.com/scientists-discover-that-fasting-triggers-stem-cell-regeneration-fights-cancer/>

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Aye, a fortnight dearest heart. A fortnight means two weeks. I Am now official on day 7 in just a couple hours which means I have been fasting a week already out of the two and I feel amasing to be faire. My body is what known as fat adapted now (and has been for a long while now) which means my body is used to fasting, intermittent fasting, eating little to nae

carbs and using my bodies own stored fat (or adipose fat or brown fat) as fuel instead of carbs which is how our bodies are designed to truly work, so I feel great, have loads of energy, and allowing my body to properly heal from the cancer and resetting itself in other ways as ye do. Most people struggle with fasting an fear it because their bodies are so toxic inside (even if they are thin) due to processed foods, gluten, sugar, and loads of other stuff in the body stored in the fat cells that whence released during a fast can give ye what they call as the keto flu which is nae really a flu per se, but it does make ye feel knackered (tired), feel blah, hangry (emotions coming up and constant hunger) and such things yet this only usually occurs the first 24 to 36 hours or so off and on depending on how toxic the body is. If ye can ride through it, keep yer mineral intake up with enough seasalt and water, some vitamins and natural herbs (such as a multi~vitamin (me I take vitamins separately so as to get the proper amounts as multi~vitamins have so little relative to what I need), Colloidal Silver or Cats Claw, Elderberry and other such things, as well as, BHB or beta~hydroxybutyrate, wisdom on BHB here BHB <https://peaksupps.co.uk/products/beta-hydroxybutyrate-bhb-ketone-powder> and <https://www.nutrex.com/articles/what-is-beta-hydroxybutyrate-bhb> ) if really needed and rest, it passes. The more ye fast (starting with intermittent fasting first) and eating low carb as much as ye can that ye do before hand in the days or weeks before as well, the easier the fast will be as the body adjusts back to what it was designed to do in the first place really, as it is all the processed foods, carbs, sugars, gluten, and such that buggers up the body's ability to perform as the temple it is for our Soul. Fear around fasting is something that occurs only because we have forgotten that we have done such for thousands of years and I share about such here <http://www.diamondlady.net/assets/files/Deeperwisdomfasting.pdf> to help guide people such as yerself on the path of fasting 😊 May such guide ye in Love always, in all ways beautiful heart. Aye, I do love walking in nature indeed which I will be doing here in just a bit actually. ~♥♥♥♥

Also, white kidney bean extract helps loads with carbs and even more! Information here <https://fcer.org/white-kidney-beans/>

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~Stress, eating, and gain weight~

Why is it that we eat and gain weight all the time, even if we eat healthy foods? The answer resides in a dirty combo that you may be unaware of. In our body we have something known as 11 hydroxysteroid dehydrogenase and what it does is it converts inactive cortisone into active cortisol and we have a lot of this enzyme in our belly fat and we also have four times as many cortisol receptors in our belly than we do anywhere else in the body. So what occurs when we are under stress is that most of the cortisone gets converted to cortisol within our belly fat and many the receptors then makes it so that the lipoprotein lipase within them makes that storing in our abdomen just that much easier.

The reason this occurs is the dirty combo~ stress (ie cortisol) mixed with eating. Stress + Eating when stressed (which produces an insulin spike) = stored fat (ie weight gain) when cortisol/insulin is combined with food. It causes immediate weight gain.

Now, back in our ancestral times when we ate only every so often and we hunted our food and maybe felt stressed by the animals around us that may prey on our families or us in the night and we ate and had that cortisol/insulin mix and gained the fat that was actually a good thing as we maybe were free from eating for another fortnight until food was then available so we would be fasting technically then and thus we would lose that belly fat.

Nowadays unless ye are fasting or intermittent fasting, we are free from being in such a cycle as our ancestors and thus we just continue to accumulate more and more fat and insulin causing diabetes, pot belly's, and all sorts of diseases from the stored toxins within that stored fat.

So what is the SOULution? NEVER eat when stressed, healthy food or any food. Options in SOULution can be the following~

1. Just fast for the day or days you feel stressed (*update 2019, more on fasting of all I have written on it here at this link

<http://www.diamondlady.net/assets/files/Deeperwisdomfasting.pdf>)

2. Intermittent fast and only eat when you are calm and centred.

3. Meditate for a half hour before eating.

4. Deep breathing (buddha belly breathes where you expand your belly as you breathe, as singers we know this as diaphragmatic breath). Start with four of those breathes and then continue such until you feel calm and centred, then eat.

5. Do yoga a half hour or so before eating.

6. Place some cinnamon (1 tsp) into 8 ozs of water and drink it and then wait about a half hour to 45 minutes and then eat.

7. Have seasalt and water (1/4 to 1/2 tsp for every litre of water) a half hour before you eat.

8. Ashwagandha is a wonderful ancient medicinal herb that amongst its many benefits is an adaptogen, to mean it helps the body to process stress/cortisol into a calm and centred state of being.

9. Also, one of the biggest things to do when you do eat is to be free from mixing fats and carbs together nor mix protein and carbs together as this also causes weight gain (and also digestive issues, leaky gut, and the like) stressed or even when free from stress. It is ok to mix carbs and fats or carbs and protein occasionally, and yet this is the operative word here, occasionally rather than all the time as most of us do as most of us were raised this way as children and even our menus at restaurants promote this as what is one of the staple foods on most menus~ Steak and chips. The best option is protein and fats together.

All of these SOULutions are options you can do that help to calm your sympathetic and parasympathetic nervous system thereby reducing your cortisol levels and stress, as well as, stimulating your lymphatic system which has no means to be activated unless we deeply breathe and/or movement (more on that in another article) so that what you do eat in choosing healthy eating options in low or no carb and some fats will be utilised properly

within the body. Above all, healing and integrating what causes the stress in your life is the key to longevity, along with healthy eating and cycling in fasting/intermittent fasting, just as our ancestors did

~Lady Nenari, Princess of the Sea 2009

Also Bone Broth, helps with detoxing the liver, gut issues, arthritis, inflammation, has amino acids which are vital for depression, addiction balance (addictions of any kind) and more! Links here <https://www.medicalnewstoday.com/articles/323903.php> and <https://www.louisehay.com/18-amazing-health-benefits-bone-broth/> and then also here is the link to what I order in <https://www.cosmicmolecule.com/shop/bone-broth>

Best probiotic to take is one that has Lactobacillus Rhamnosus, Lactobacillus Plantarum, and Lactobacillus Reuteri, as well as, as many other strains as possible with the highest CFU possible to help your estrobolome which helps regulate your levels of estrogen (for Divine Feminine AND Divine Masculine both, as men tend to get man boobs from high levels of such which happened to my middle son whence he was wee before I knew about this he got it as we gave him soya and then women can have estrogen dominance (ie too much estrogen and the wrong kind free from being metabolised in the liver properly)) The one I use is this one here

<https://livewellvits.com/products/bio-culture-probiotics-complex-40-billion-cfu-15-active-bacteria-strains>

Bio Culture Probiotics Complex - 40 Billion CFU 15 Active Bacteria Strains

Raw Kefir (unpasteurised and free from sugars) is best as well as it has much more than this even yet if you are unable to get such

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For us as Divine Feminine Goddesses, fasting during our cycle can present its challenges, here is wisdom I shared with a beautiful goddess who recently was struggling with this~ Hello Dearest Goddess~

Can I ask are ye is it possible that ye are in week three of yer moon cycle? This is something I teach of in my Divine Feminine Goddess Course which is~ Menstrual phase week three, the week before period begins is what I call the grumblin Ghrelin (like a grumblin gremlin lol! also called getting the hangries lol!) as week three of our cycle is each month whether we fall with child or nae, tis prepares us for baby and thus requires us to have more protein and carbs so whence we fast during that time it makes us hungry more as ghrelin is the hunger hormone and we as Divine Feminine Goddesses are used to storing fat and carbs more during this time (thus PMS cravings, emotional mood swings, feeling knackered (tired) less energy and such) SO if ye are fasting now it will make the fast a bit harder, nae impossible, just harder to override (and what our Divine Masculine counterparts are free from having to deal with as theirs is nae dependent upon such a grumblin gremlin I mean ghrelin). What

helps me during such moments (even being in the tail end of menopause as I Am we still cycle even if we are free from actually bleeding), is taking extra himalayan sea salt (nae white, with mineral flecks in it as white sea salt is bleached and the mineral content taken out then) 1/2 tsp for every litre of water and more as needed as it gives the body the 50~90 minerals a day the body needs and moreso whence fasting, magnesium and potassium and also magnesium with BHB (Beta Hydroxybutyrate) in it, here are some links~  
BHB <https://peaksupps.co.uk/products/beta-hydroxybutyrate-bhb-ketone-powder>  
<https://www.nutrex.com/articles/what-is-beta-hydroxybutyrate-bhb/> that helps with the gherlin levels along with other things :) Also assisting the detox process with things like activated charcoal that physically pulls out toxins (as well as e~otionally what is embedded in the cells as they heal and/or die off through autophagy) along with milk thistle or uva ursi to flush out the toxins (making sure ye keep yer electrolyte balance up of sea salt and water and the mag/pot I wrote above of) helps as well.

In addition, spiritually/soulfully being gentle with yerself at this time, meditating, yoga, deep breathing (I teach a special technique called the Transcendent Breath Meditation as the Meditational Hypnotherapist I Am), and also deeper healing work with Inner Soul Child Healing which I also teach and have a basic video on here <https://www.facebook.com/Nenari/videos/10214496727269968/> helps as well, simply because the e~motions ye are experiencing are what is also embedded in yer fat cells and other cellular parts of yer body that also get released along with stored toxins (physically, e~otionally, mentally, soulfully/spiritually) and such during a fasting process. So approaching such from all ways body and Soul helps. I have been doing fasting for over 20 year now and mentor many in this path as well from a wholistic path just as I live, BE, and do myself as it helps to have both support and also processes ye can use during this time. I hope this helps ye and ken (know) that ye are doing amasing and ye have this! We all have yer back! Ye can do it! We have faith in ye!

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Where the body and mind are alkaline, dis~ease cannot exist. Detoxing the body by no longer eating processed foods, gluten, harmful drinks, sugar and the like; along with detoxing the mind of harmful thoughts and thought processes is key. Eating wholistically (organically) and creating a wholistic environment within (pure vibration, thoughts, feelings, emotions of Love and all its attributes) and in your outer experience (those in your sphere, being in nature, living environment etc.) is also key. These are the keys to SOUListic Wellness, Body and Soul, Soul and Body health and wellness.

There is to be a balance as we all want to LIVE and enjoy life. Where the imbalance comes in is when we are doing too much of the harmful things to the body far more than the good things that is what creates dis~ease. Along with harmful poisons in our environment, vaccine





poisoning, heavy metal (including mercury, lead, and other metals) toxicity/poisoning, toxins in our food/water/air etc it makes it difficult to eliminate all of them.

At first when our bodies are needing to detox heavily from such things we are to wean ourselves off of what harms us of such foods etc and do heavy detoxing in most cases as the body is ready for (which is why it is imperative to re~learn/Re~member soulfully how to listen to our body and what it requires) and then also put back into the body what it requires for homeostasis and doing this can seem as if we are free from 'living' in terms of having to deny the body of certain things we have come to love.

The question then becomes~ are you so addicted to such things that you feel that living is so tied to it that you are unwilling to REALLY live as Source/God created us to be within the pureness of our soul? Do you want to live a long, healthy, vibrant life or stay in that place of loving your programming of unhealthy ways? Wanting to LIVE as we have been programmed into means harming our bodies and still thinking it is ok. And that way of being is free from ever giving our body (within our lymphatic system, liver/gallbladder, digestive system, nervous system etc) the ability to rest and rejuvenate which it needs to be healthy/vibrant, thereby causing further oxidising/degeneration. This is where fasting/intermittent fasting and also placing more fats/protein within proper sources comes in as fasting is something that we as Soul Embodied having been being and doing for thousands of years.

That said, after a time (and can be some years depending upon the level of detox required) we can in SOME cases go back to such 'living' of such treats etc yet it is to be more on an occasion rather than a daily occurrence. A more of a 80/20 or preferably 90/10 or 95/5 way of being (higher percentage of eating and being what serves our body temple vessel for our soul to the lower percentage of treats etc). For most it is actually the opposite.

Hand in hand (and often at moments is to be begun either first and/or in conjunction with physical detox) is the detoxing of our thought processes, wounds/traumas so that we are a clear channel to hear and understand our body temple and what it requires and also what is free from serving it any longer because most moments we will make choices (including based upon kinesiology/muscle testing or various other methods) that are based consciously or subconsciously upon such wounds/traumas/triggers/harmful thought processes which then will skew the results of the choices.

Many often see all of it as overwhelming and choose to be free from taking all this on. It is overwhelming due to the severity of the disconnection from our Soul Embodiment. Are we to delight in all that life has to offer? Most certainly! Yet to the detriment of our Soul and its path and purpose? That choice is something only you can answer. The choice is up to you! ~Lady Nenari, Princess of the Sea 2008    

For those who want Scientific Research, here is a list of the science behind fasting (updated as I can most recent update 2020)

~Benefits of Fasting Lists of Research~

The 4 R's of Fasting

Remove~ Toxins and infections

Repair~ Probiotic/Prebiotic

Replace so as to Rebuild~

Lowers insulin levels to burn fat

<https://www.ncbi.nlm.nih.gov/pubmed/15640462>

<https://www.sciencedirect.com/science/article/pii/S193152441400200X>

Increases HGH (Human Growth Hormone)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC329619/>

<https://www.ncbi.nlm.nih.gov/pubmed/1548337>

Cellular Repair/RNA Rejuvenation

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3106288/>

Increases Metabolic Rate (Metabolism)

<https://www.ncbi.nlm.nih.gov/pubmed/2405717>

<https://www.ncbi.nlm.nih.gov/pubmed/10837292>

Reduces Inflammation

<https://www.ncbi.nlm.nih.gov/pubmed/17291990/>

<https://www.ncbi.nlm.nih.gov/pubmed/17374948>

<https://www.ncbi.nlm.nih.gov/pubmed/23244540>

Reduces BMI (body mass index) and helps with diabetes and burns belly fat

<https://www.sciencedirect.com/science/article/pii/S193152441400200X>

<https://www.ncbi.nlm.nih.gov/pubmed/19793855>

<https://www.sciencedaily.com/releases/2017/10/171017110041.htm>

Reduces cancer risk and heals cancer

<https://www.ncbi.nlm.nih.gov/pubmed/11835290>

<https://www.ncbi.nlm.nih.gov/pubmed/16126250>

<https://www.ncbi.nlm.nih.gov/pubmed/22323820>

<https://www.ncbi.nlm.nih.gov/pubmed/3245934>

<https://www.thedeenshow.com/scientists-discover-that-fasting-triggers-stem-cell-regeneration-fights-cancer/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4881189/>

~Alternative Day Fasting Research~

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5043510/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2941474/>

<https://www.medicalnewstoday.com/articles/326213.php#1>

[https://www.cell.com/cell-metabolism/pdfExtended/S1550-4131\(19\)30429-2](https://www.cell.com/cell-metabolism/pdfExtended/S1550-4131(19)30429-2)