

# Teachings by Murielle

Self-Healing Through A Better Understanding Of The Physical Creation

March 2018

*Murielle*

Aware of the deeper levels of existence since her birth, Murielle has been perfecting her teachings through her own life experiences, healing herself from the inside out, guided from within toward the betterment of each person, ...by teaching, touching, helping, healing everyone that enters her life through her Love & Light that can be called Unconditional...



## True Nutrition...

Cells in the body get broken down... cells in the body get built up. These being the two opposite sides of metabolism: catabolism & anabolism. In order to be able to rebuild its structure and keep its integrity, the physical body must rely on its built-in programming without which its survival would be impossible.

Rebuilding itself also requires nutritional elements which must be obtained from sources outside of the body. Eating food allows the body to potentially procure some of those needed nutrients that can then be utilized in the formation of new cells but only if these match its built-in programming and have not been altered structurally.

There is more to nutrition than the nutrients found in what you ingest as food and drinks within your physical body. There are multiple steps that are often taken which render their content useless within the body, and even toxic if they remain in the system for too long. The reason for that is not usually understood and therefore not explained to people for different reasons. What follows explains what occurs within your body which determines if something is of value or not, inside your body.

Regardless of how nutritive a substance is supposed to be, there are determining factors to be considered, such as its compatibility with human physiology, and also its potential

structural alterations, has it been changed in any way from its original, natural state. For example, has it been heated, processed, fermented, or cooked.

Also important is the understanding of food combining. If some food groups get combined with other food groups in the wrong combination where they each require different digestive environments, they will end up neutralizing the digestive process all together, causing food to ferment and putrefied, and leaving the body unable to extract any nutrients from the undigested, transformed food.

When a substance that is meant for human consumption gets transformed, either before or within the body, it can end up so changed that the body cannot recognize it as a food. If the body, in its wisdom and programming, cannot recognize a substance as a food, it will not be able to break it down through the digestive process, into its simple elements, needed for the cells to absorb them within their structure.

If the body is unable to recognize transformed food as a usable substance for its cells' nutritional needs, it will treat it as a foreign substance, as a poisonous material that needs to be eliminated from its domain. It will not treat it as a food to nourish its cells because the molecular structure has been rendered unrecognizable as a food.

Another determining factor affecting the body's ability to absorb nutrients is its toxicity levels. When the body is saturated with toxins, the cells are forced to bath in an environment that is not conducive to their nourishment, absorption is hindered.

To emphasize the subject matter, following are a few excerpts taken from my book, "The Small Book Of Health";

<http://benowpublishings.com/books-articles-written-by-murielle>

...

Food for human consumption must have all the following criteria. It must be toxin-free. It also must be edible in its raw state by itself. It must be water-sufficient to meet our needs. It must be processed efficiently without depleting your vital reserves. It must have all of the adequate nutrients such as vitamin content, mineral salts, essential fatty acids, sugars, amino acids, fiber. It must also have sensory appeal (color, aroma, shape, taste). It must be alkaline in metabolic reaction. And it must be easily digested.

...

To the degree to which a species deviates from its Natural diet, to that degree will it have to pay the consequences of the indiscretions made which means the price of disease. Each have their own, unique physiological traits that are built specifically for handling and processing their own natural diet. In Nature, few species will ever deviate

from their intended, natural diet as their instincts will be attuned enough to guide them properly, and to reject anything that doesn't belong in their system. We, as human beings, have deviated far from our natural diet, and have stopped listening to our instincts to guide us toward our natural food. We are now paying the high price of disease, and of health loss and deterioration.

...

Certain processes need to occur in order for your physical body to actually receive some nourishment. Understanding these is important because true nutrition is not simply a matter of eating something. Much more is involved in how nutrition actually gets accomplished, and how nourishment reaches every cell inside of your body, if at all. These processes must be understood and aligned with if you are to create a healthier body. Around 90% of your precious energy is spent processing these vital functions.

...

Continual self-poisoning from improper food combining has to stop in order to return to a healthy state. Nutrition is impossible if proper digestion cannot be done, as no nutrients can get extracted and be brought back to the cells. Without proper nutrition, the body degenerates.

This is also true when looking deeper within the cellular structure of your cells. They are living organisms. They eat and eliminate, just as you do as a whole human being. The cleanliness of the cells' environment is crucial for their survival. It is also extremely important in their ability to absorb nutrients that are trying to reach and nourish them. Even if the cells could survive a saturated environment that is filled with toxic wastes and poisonous debris, within this condition, their survival is still not assured, as their nourishment is jeopardized.

...

Your body's health is dependent on its internal purity. Saturation of toxic matters inside of the body can increase to such high levels, that some damage can be done, and become irreversible.

That is why your physical body must internally be kept as pure and as clean as possible in order to keep you full of life and healthy. Cleanliness at the cellular level is where it matters the most, because it is where true nutrition occurs when unhindered by toxins.



In Love & Light, Always...

*Murielle*