

NUTRITION TIPS FOR ASCENSION: Becoming the Highest Expression of God Essence Incarnate and Catalyzing the Shift to a Silicate Light Body Matrix

In this time of ascension, we are experiencing an interesting paradox with our nutritional needs. On the one hand, we are feeling a bit off of our game because of ascension symptoms that can make us feel out of alignment with our natural state of good health and well-being. This makes us crave comfort food- low vibration processed food or foods heavily laden with sauces and rich ingredients. And while they may be momentarily satisfying, they dull our senses, lower our awareness, and take us further out of alignment. Comfort food also allows us to form an energetic buffer (read: extra weight) to keep unfamiliar energies out.

Some of the very high light vibrations that are filtering into our awareness may seem uncomfortable and unsafe for us to assimilate. We often use comfort food to build up this energetic buffer to make us feel safe.

What is most necessary for our bodies is not just food but fuel. In order for our physical bodies to assimilate and utilize these high light transmissions flooding our awareness now, we need to fuel and nourish the cells of the body as they are becoming more crystalline in form.

The human body was designed to evolve and thrive through consuming fresh foods, grown in uncompromised soils that have high levels of micronutrients. Foods high in water content are also optimal. This is Ascension food!

Fresh, unprocessed foods with high micro-nutrient levels and high water content are the optimum fuel to not only maintain good health, but to also meet the demands of your evolving cellular structure as it is strongly affected by increased Photon Belt activity. The light emissions from the Photon Belt (a Toric field of energy that emanates out from Alcyone, or the Great Central Sun, in the Pleiades) are shifting our cells from carbon-based structure to the pre-silicate structure that lays the foundation for Light Body status. Having your DNA Activated also accelerates this shift.

Chlorophyll

Did you know that chlorophyll, the substance that is responsible for the green pigmentation in plants, has a molecular structure almost identical to the human blood cell?

Interestingly, chlorophyll is chemically similar in composition to that of human blood, except that the central atom in chlorophyll is magnesium, while iron is central in human blood. Chlorophyll has been seen to provide health benefits to those who ingest it. It has anti-oxidant, anti-inflammatory and wound-healing properties. Here are some of the known chlorophyll benefits:

- It has been seen to help in the growth and repair of tissues.
- Chlorophyll helps in neutralizing the pollution that we breathe and take in every day.
- It efficiently delivers magnesium and helps the blood in carrying the much needed oxygen to all cells and tissues.
- It is also found to be useful in assimilating and chelating calcium and other heavy minerals.
- It had been seen to have a good potential in stimulating red blood cells to improve oxygen supply.
- Along with other vitamins such as A, C and E, chlorophyll has been seen to help neutralize free radicals that do damage to healthy cells.
- Chlorophyll is also an effective deodorizer to reduce bad breath, urine, fecal waste, and body odor.
- It may reduce the ability of carcinogens to bind with the DNA in different major organs in the body.
- These are only a few of the multitude benefits that chlorophyll can do to the body.

So, eating your leafy greens and drinking green juices regularly feeds the blood, the cells, the tissues and the organs of the body to ensure optimal functioning. It also cleans and de-calcifies the pineal gland.

The Pineal Gland

Besides regulating sleep patterns and sexual development, the Pineal Gland has the ability to connect us to other dimensions like the dream world, spiritual realms such as deep meditation and astral travel and during near death experiences through the release of DMT. Dimethyltryptamine is a psychedelic compound of the tryptamine family.

This is the same compound that is found in Ayahuasca- a very strong hallucinogen used to induce trance states and deep healing. It occurs naturally in trace amounts in mammals, where it functions as a neurotransmitter, and is also produced in humans.

The fact that it is produced naturally in humans would suggest that we are truly meant to be visionary beings- able to tap into the information in other dimensions. This dimensional perception transcends the ego and has the ability to rapidly heal our suffering and conflict introduced by the illusion of 3D reality and opens the door to resolve karma and soul contracts on many different planes of existence.

Cleaning up the Pineal Gland is very useful for those wishing to develop their multidimensional perception and “do spiritual work” in different states of awareness.

Consuming fluoridated tap water, eating processed foods with excessive amounts of calcium or eating foods polluted or contaminated with mercury, all contribute to the calcification of the pineal gland and should be avoided.

Also, your DNA is constantly being upgraded as you experience higher and higher vibrational energy coming in during this time of planetary ascension. Your DNA is composed of amino acids, peptides and proteins. Eating clean proteins (nuts, seeds, legumes) not only sharpens mental acuity, but also feeds the pineal gland and energizes the mitochondria (power center) of the cells and DNA.

Eating raw, clean proteins helps the body to run on cleaner fuel. You will feel lighter, more spiritually connected to ascended realms, less sluggish in your energy and your physical body will have an overall high vibration of its own- better able to integrate the light transmissions coming into your awareness at this time with much more comfort and ease... and with less ascension symptoms!

A quick note on what to avoid so you can keep your Pineal Gland at its optimal functioning level:

- ~ excessive consumption of caffeine or alcohol
- ~ flouridated tap water. Most unfiltered tap water supplies have heavy concentrations of fluoride, chlorine and bromide- not a happy mix for the Pineal gland or any other part of the body! Get yourself a good filter or reverse osmosis filtration system installed on your kitchen faucet.
- ~ processed foods (they build up calcium deposits in the body and in the pineal gland)
- ~ flouride toothpaste

- ~ calcium supplements not balanced with magnesium (magnesium helps direct the calcium to the bones where it's needed most)
- ~ Any bottom-feeding fish (mercury is found in high doses in tuna especially)
- ~ cooking with Teflon
- ~ conventionally grown fruits and veggies (high level of pesticides)
- ~ non-organic wine or tea (heavily sprayed with pesticides as wello

Here's what will help you naturally detox and decalcify the Pineal Gland:

- ~ cilantro
- ~ wheatgrass, spirulina or blue-green algae (not from China)
- ~ liquid chlorophyll
- ~ organic apple cider vinegar
- ~ MSM with organic Sulphur (excellent anti-inflammatory)
- ~ raw cacao
- ~ Vitamin C (1000 mg per day or more)
- ~ fresh organic oranges, lemons, limes added to drinking water and eaten whole
- ~ oregano oil, neem oil
- ~ garlic
- ~ organic Nori (seaweed)
- ~ liquid ionic Boron supplement

Other things to benefit your Pineal Gland:

- Doing a **liver cleanse** is also helpful. See below.
- A **healthy sauna** or a sweat lodge with help.

- **Sleeping in complete darkness** without any lights for 6 to 8 hours per night (including avoiding the TV, night light, electronic clocks or devices showing the time in lights). If you get up to use the bathroom, try not to put the light on.

- Some studies have shown that [radiation from cell phones](#) can be harmful to the pineal gland!

The Liver

The liver is considered a Master Organ in that it assists so many of the other organs and systems of the body and it can be completely regenerated very quickly.

When the liver is cleansed and toxins are removed, one notices a host of benefits that include increased energy levels, better cognitive functioning, weight loss, and a better overall metabolism.

Simple ways to cleanse the liver:

~ turmeric helps in detoxification of the liver. It helps in boosting enzymes which can flush out dietary toxins from the body. Consume half a teaspoon of turmeric with a dash of pepper with a glass of warm water first thing in the morning

~ start your day with room temperature or hot water with a squeeze of lemon

~ eating more cruciferous vegetables like cauliflower, broccoli and brussels sprouts, cabbage and kale. Also cold-pressed organic oils such as olive, hemp, and flaxseed offer great support for the liver. Citrus fruits like lemon, lime and orange are excellent as well.

For more information on cleansing the liver and doing a Liver Detox, there are several books available in bookstores and on amazon that can help you. ****You may also ask me for recommendations.***

Silica

Silica is a natural compound, found all around us in nature. Silica makes up over a quarter of the planet's crust and can be found in most rocks, clays and sands. Before the soils of the earth were compromised or leached of vital minerals due to over-farming and pesticide use, this trace mineral was a natural part of our diets.

This important trace element was historically considered more harmful than helpful to our health – for example, it’s known that when inhaled in its crystalline form, over time, silica can cause serious lung disease.

But silica comes in many forms. And there’s lots of evidence that its water-soluble form, which is found in certain plants – including the herb horsetail – is highly beneficial to health. Traditionally, horsetail has been used to treat wounds, strengthen connective tissue and support the kidneys.

Ingesting silica through the foods you eat helps the cells to evolve from their current carbon-based matrix structure to silicate matrix structure.

Foods that contain silica

- Wholegrains like oat bran and whole grain oats
- green beans
- rice
- cucumbers
- tomatoes
- artichokes
- nettle leaf tea
- horsetail herb
- bamboo extract
- asparagus
- dandelion greens or dandelion tea

Micronutrients and Electrolytes

To maintain your brain, muscle, bone, nerves, skin, blood circulation, and immune system, your body requires a steady supply of many different raw materials—both macronutrients and micronutrients.

You need large amounts of macronutrients—proteins, fats, and carbohydrates. And while you only need a small number of micronutrients—vitamins and minerals—failing to get even those small quantities virtually guarantees disease.

These micronutrients are VITAL for optimizing the restructuring process that the physical body must undergo in order to prepare for Ascension.

Here are some micronutrients and accompanying food sources that are highly recommended [*as shared by the Linus Pauling Institute.*](#)

Electrolytes are important because they balance the pH of the body- bringing the body up to being slightly more alkaline in nature.

An electrolyte is any compound that, in solution, conducts electricity and is decomposed or electrolyzed by the electricity. Ions existing in a liquid state are electrolytes. Ionic compounds exist as crystals rather than molecules, and are dissolved in the fluids of the human body creating cell salts. The ionic bonds help to create cell salts, which give strength to the tissues of the human body, increasing cellular integrity.

Electrolytes have many important functions in the body:

- Water management functions in the body, hydration
- Produce nerve impulses, essential for muscle function
- Transport nutrients to the cell
- Maintain blood pH levels
- Support mental functioning through strengthening neural net
- Convert calories into usable energy more efficiently
- Build foundation for the enzyme activity in the body
- Catalyze the process of biological ionization (Ascension)
- Help to control the flow of current, in and out of cells

Staying well hydrated with as much pure, filtered or reverse osmosis water as possible and supplementing with electrolytes may be very helpful for an ascending human!

Sodium, chloride and potassium are the 3 main electrolytes and are found in foods we eat and some things that we drink. Excellent natural sources of electrolytes are coconut water, watermelon water, lemon-infused water with a pinch of Himalayan Sea Salt or supplementing with electrolyte powders such as **Natural Calm**.

Grounding the Body

The body's trillions of cells require an ongoing interaction with Earth's electromagnetic field and pulsing energies. The human body needs physical contact with the ground. Earth's energies are the foundation of your body's own energy and it is fueled by the planet's energy system and fields.

Constantly moving your body with exercise and physical activity while making contact with the ground is vital to refresh the body, mind and emotions. It is also a good idea to "ground" your energy whenever doing any spiritual work.

I've included a PDF of several grounding practices to choose from here.

[Grounding and Energy Protecting Techniques.pdf](#)