

Regeneration Principles and Processes

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Basic Principles of Regeneration

1. The human body is in constant change. Its cells are continually wearing out and dying.
2. The human body has a built-in capacity to repair and replace cells as needed. It has a perfect plan.
3. Degeneration is the process of replacing old cells with inferior-quality new cells. This occurs when dietary materials have lost their life-giving power, because of poor soil conditions, improper harvesting, cooking, preservation, combining, or processing. Most of the "food" consumed today promotes degeneration.
4. Regeneration is the process of replacing old cells with superior-quality new cells. It occurs when dietary materials have retained and enhanced their life-giving power, through proper growing, harvesting, preparation, combining, and assimilation.
5. Regeneration enables the body to perform all of its physical functions more efficiently. These functions include respiration, circulation, reproduction, assimilation, elimination, and auto-immunization.
6. Regeneration on the physical plane opens new pathways to progression on emotional, mental, and spiritual planes. Conversely, resistance in these areas can retard the body's physical regenerative progress.
7. Regeneration includes the process of cleansing (catabolism) and the process of building (anabolism). At times, the body may emphasize one of these processes more than the other. Generally, neither process should be forced unnaturally.
8. Regenerative processes can occur in regular cycles throughout a lifetime, with

periods of intense cleansing / rebuilding activity alternating with periods of balance and stability. As long as regenerative food is available, the body will strive for higher levels of efficiency.

9. For most efficient functioning, the body has a constant daily need for regenerative food. Because of the high concentration of nutrients needed to achieve this benefit, it is advisable to use concentrated whole foods, preferably herbal. It is equally important not to overload the body with "dead food" or with supplements containing isolates (vitamins and other nutrients reduced to their pure chemical state).

Process of Regeneration: Cleansing

Cleansing is the process of breaking down and/or eliminating undesirable food components (especially fats and proteins); accumulated drugs, toxins, unassimilated minerals, and degenerating cells; and yeasts, fungi, and other parasites.

When detoxification and elimination functions are perfect, the person is not aware that cleansing is taking place. This state occurs when the liver, kidneys and bowels are strong and well supported nutritionally; and when enough fluid is being used to move toxic materials along quickly.

However, when these conditions are not met, cleansing "signs" may be experienced. As the toxic materials are broken down and released into the system for elimination, old aches and pains may be intensified, or new ones encountered. Depression, fatigue, and irritability may occur. These discomforts will pass when the elimination process is complete. As the body focuses its energy inward, it may experience chills, fever, thirst, weakness, tiredness, loss of appetite, and disinclination to exercise. At such times, nourishment should be easily digestible, with an emphasis on herbal beverages, whole

food concentrates, steamed vegetables, or vegetable juices. Extra sleep is required, and fluid intake should be increased.

When the body's eliminative capability is overloaded, it will experience such discomforts as nausea, constipation or diarrhea, sores or bad taste in the mouth, skin breakouts and itching, excessive perspiration and body odor, frequent urination, etc. Managing these "problems" nutritionally is largely a matter of choice and experimentation. Increasing exercise and fluid intake will assist the body to eliminate more efficiently. Cleansing processes can be supported by a "lighter" diet and nourishing all body systems with regenerative foods. Increasing the use of cleansing beverages will allow the body to speed up the process, but might also increase the discomfort.

In a regenerative cleansing process, the body may loosen and release mucus-like waste from various body orifices. A loss of weight may occur, sometimes greater than what would be considered desirable. These are both temporary and normal conditions, and need not be disturbed. The body is indicating its need to "houseclean" before intensive rebuilding.

Achieving Balance

Persons who find themselves constantly in a "cleansing" process might ask themselves the following questions:

Am I eating enough regenerative food to allow my body to achieve the balanced state it naturally desires?

Am I drinking enough pure water?

Am I exercising sufficiently (according to my own needs and capabilities)?

Am I using enough of my "regular" diet to allow my body to make changes smoothly?

Am I eating excessive amounts of offending foods that are keeping my system constantly overloaded? (Some things to consider: dairy products may add mucus; meats eggs, or cheese may constipate; food allergens may provoke reactions; all forms of sugar may aggravate a systemic yeast

infection, further compromising the immune system.) Complete elimination (for a few weeks) of all suspected sources of discomfort will help to identify food sensitivities. These foods should be introduced back into the diet gradually (one item at a time, not more frequently than once every four days), while carefully observing reactions. Eventually, as the body continues to regenerate, its tolerance levels will increase.

Signs of Rebuilding

When higher better nutrition is available to the body, it will selectively reject and replace lesser quality cells and tissues. The replacement process sometimes brings about temporary symptoms of "nutritional deficiency," as the body works to achieve a new level of efficient functioning.

As areas of the body literally "come to life," aches and pains may occur. The nervous system may be receiving signals from newly-functioning areas. It can be strengthened with herbal food concentrates.

As the body diverts energy to the building process, greater need for sleep occurs naturally. Similarly, as the body requires a greater supply of "building materials," appetite increases. At such times, it is important to feed the body high quality regenerative foods in adequate amounts.

As the body rejects lower quality mineralization, it may experience signs of increased need for "replacement" calcium and other minerals. Muscle cramps, breaking fingernails, toothaches, nervousness, and other symptoms may confuse a person by the resemblance to dietary "deficiency." Again, it is important to increase mineral-rich regenerative foods, and adequately feed the busy body.

*Ann Cue, Master Herbalist and nutritional counselor, has over 20 years' experience with the procedures of natural healing. This article is an updated version of one originally published in a **Cues for Health** newsletter. It may be copied freely for personal use, but only in its entirety.*