

SPEAKS THE CELL: LET'S LISTEN

“The key for each biological problem must definitely be searched within the cell.”

E.B. Wilson 1856 – 1939

This thought introduces a research, which desires to be a stimulus to cover one of the most demanding themes nowadays, which determined an always more intense interest, and which responds to the name of “Nutrition”.

But what exactly it is understood by nutrition.

For a long time, obstinately, it was asserted that *we were what we ate*, but more recently this thought was rectified in:

“We are what our organism is able to absorb.”

This new way of approaching the comprehension of this biologic machine made possible that an experience based on observation of objective notions, the so-called “effects” indicants to generalisation, gave the impulse for searching and finding an information transformation point, from the objective to subjective, giving birth to the application of biochemistry, which certainly, represents one of the most significant ways to understand the “cause” of everything we absorb, in more simple way, to perceive and consequently to disclose.

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This is the research phenomenon of nutrition: a process of identifying the own being, capable to offer valid instruments, on understanding of what is the Material dimension, in order to arrive at, if you “want”, to deepen with studies, sensations and intuitions, actions to incite the realisation of a thought, to be always more integer on his\her daily “expression - action”, proficient to dilate the concept of possible “correspondence”.

The principle of correspondence is certainly, for the human being, an essential point of view for many developments and manifestations with respect to life, in the most ample sense of the term.

“As in High, likewise in Low, as in Low, likewise in High”.

This is the synthesis of the correspondence principle.

But applying it to the cell and nutrition, how can it find a simple translation?

From where to start?

We will return to this argument further on; it served us to anticipate the deepening, supplying a logic cord.

Now we return to the first statement, and it is worth saying that:

“We are what our organism is able to absorb.”

This phrase has in itself the entireness of the being, a correspondence also on what doesn't regard purely the nutritional material, but it also connects our way of thinking and so also the quality of produced energy, in making

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both actions, responding to biologic nutrition and behavioural interpretation.

The set of chemical reactions which determines the transformation of aliments in energy, is names – body metabolism - .

The body metabolism consists on two important phases in order to make us understand what we are through affirming the above, and are known with the names of:

- Anabolism (from the Greek *anabole* – *ana* back and *bole* blow, boost) which represents the transformation phase of induces substances in energetic or accumulation materials.
- Catabolism (from the Greek *kataballein* throwing down) which represents all the depreciation processes of cellular materials in more simple substances which later are eliminated.

The animal energy is manifested in different forms: chemical, electrical, mechanical and thermally.

What makes these forms alike is the vibration or the frequency which each of them produces, and what makes them not alike is the degree of frequency emitted by them.

Here we state another principle which will give us the possibility of a better understanding the following prospectus.

The most evolved organisms are able to use the energetic sources, either the energy accumulated within cells (most of all lipids) or the external energy, contained in aliments.

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The same aliments contain, in this order: water, proteins, lipids, carbohydrates (sugars), which are composed of the same elements that compose the living cells and the also the planet, obviously with different presence percentages, and are: carbon, hydrogen, oxygen, azoth, sulphur and phosphor.

With this vision it is understood that the digestion of aliments represents a metabolic process from which all the cells can achieve:

- For their nutrition;
- For the formation of new cells and tissues;
- For the growth;
- For the various substitutions, cause by alterations in time, of vital processes;
- For extracting the necessary energy for the circulation, the respiration and the final elimination;
- For the constant body temperature maintenance;
- For the development of all the metabolic reactions within organism.

So, which are the organs and the substances that take part to this functions of absorbing and eliminating and how this communication processes take place?

The Science, understood as “Wise ness” supplied during the time, especially during this century, a enormous amount of information on the machine Human Being, but still the consciousness leads us to accept that what we know is minima with respect to the Knowledge that we have to acquire and which is establish by the capacity of connecting data, which respond to these both on a Physical dimension and on the Mental and

Energetic ones.

The Nutrition is a science, so as to say “enterprising” because has the possibility to contain in itself many notions that, through this way of searching, combine giving place to a more vast vision of human being.

It means deepen the own consciousness status
on what we “apparently” are and on what “substantially” we
represent and discover that in most of the cases we do not succeed to
express un harmonic theorem.

This study impose the knowledge of how this biologic machine functions, and through it however, intuit for then understand, the indications supplied for healing the body and not only.

Studies deal with in following sections gave the un-doubtful certainty of how much also our organism is able to alter-ate our behaviour.

Therefore, the word “synergy” was finally acquired and accepted, even if yet no many adhere to these conclusive results, though certified on the “scientific” fundamentals.

To give life and body to what it has been said until now, we pass and consider the primary element from which All is born, the energy, the movement, and so the communication of the systems.

Almost all rapport, in base on polarity principle, can express the complementarities and a synergic communication which affirm the same pole, or the antagonistic one, which express the opposite sense, either with respect to the rhythm or with respect to the development frequency.

The observation of this principle is tangible in all the things, from micro to

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macro cosmos: in our body, for instance, the suprarenal glands express this duality in a functional way; the produced polarity, types of hormones with opposite functions, either as stimulus or as inhibitor, and even as regulators of other organs; each accurate to its specific, in preserving its own space, sharing the own set, forming synergies in the belonging pole, knowing that, in emergency, are even capable of substituting at the opposite pole, through a series of cellular information, transforming the original messages.

The first element, object to a high observation and consequent study, was: understand the oxidative system, exactly function of bipolar messages emphasised by persons, either regarding their behaviour, or base on various, contradictory metabolic functions.

For example, in the same endocrine system it can be defined:

- **Hyper thyroidal**, that has an excessive function from the thyroidal gland and
- **Hypo thyroidal**, which has a function of the same, but decelerated.

The causes might be multiple and will be subject to further analysis.

The interesting thing to be revealed is that the research indicates also a third type of individual:

- **The mix type**, that manifest an oxidative disequilibrium inversely proportioned with the endocrine characteristics (thyroidal – suprarenal).

So we have:

- Hypo-oxidants\Hyper-oxidants

or vice-versa

- Hyper-oxidants\ Hypo-oxidants.

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These studies are the result of years of experiments of researchers from the category of Eck, Watts, Watson and Passwater, through also the hair analysis, more and more known in Italy under the name of “mineralogramma”.

This is an analysis which responds to the literature regarding the accumulation of heavy\toxic metals, lack and\or excess of so-called nutritional minerals.

In other words, it means obtaining an intra-cellular identity of the person, which represents a corollary of information for the extra-cellular vision supplied by the routine tests, as the blood and urine tests. Moreover, above the notions-information for each and every mineral, accurate and interesting studies on relations between certain ones, that biochemical speaking, are revealed as of enormous importance, gave place to the possibility to verify and confirm the alteration of a cellular process, establishing, function of the results both for each single element and the relations between certain ones and for the cross control of ones and another, the prospective metabolic nutritional disequilibrium.

The quantity of minerals in our organism is of 4%, but without them there would be no life because there would be no coherence with the belonging planet, there would be eliminating the process of photosynthesis with which plants are producing carbohydrates.

Impossible, because is the expression of a vital cycle, fundamental for the survival, like that 4% of minerals is for the health of the human being!

The ratio calcium\phosphorus is significant for emphasising the principle of

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unity between the human being and the external world, and between the human being and the internal relationships, of the reading levels which respond to the language of his body, of his mind, of the energy he is capable to develop, in interpreting the comprehension, of life itself.

It is the ratio with which it is measured the oxidative metabolism. Through this, it is understood, in terms of warmth\expressed energy, all the biochemical functions produced by the organism. The calcium is one of the most present minerals, with a weight of approximate 1.5 kg in our body, and is the major constituent of the teeth and of the bones tissue, with a presence of 99%.

The rest of it is localised:

- in nerves and in muscle, where the role of it is changed, becoming a neurotransmitter.
- in the blood, where instead comply the role of transportation, in favour of the coagulation.

It includes through its many functions the capacity of reducing the lead absorption, considered by excellence one of the toxic metals and also the fundamental participation to the maintenance of the acid\alkaline equilibrium.

In this context, very often it is mentioned the “lack of calcium” with even strong prescriptions of stimulators for its absorption or, moreover, of hormonal substances, like calcitonin (polypeptide 32 amino acids hormone).

Well, it is curious how this statement has no foundation.

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This is the most common diagnosis made in presence of symptoms linked to bones pain and/or articular pains, usually emphasised for subjects around the age of menopause but nowadays, identified also to younger persons.

In fact, the symptoms between the lack and the excess of minerals, in the specific case of the calcium are almost the same.

The percentage of excess calcium, so not disposable for the women, identified by the mineralogramma test, is of 8 women out of 10.

This is a very high average, but with this type of examination was possible, by doing a correct interpretation of it, to integrate the minerals and other synergic substances, in many cases, achieving the absolute elimination of symptoms and a net improvement of other metabolic functions, less evident with respect to the symptoms but perhaps more important for the right revelation time.

The possibility of having a biologic interpretation through minerals has certainly profoundly changes the very own way of conceiving this minerals; achieving their knowledge, improving day by day the application and experimentation, through the obtained results, of, in the same time, a simple a complex code demands a profound level of humility and a deep will to learn, which give back the right priority to the study and to the observation of the cause that determines the effect and not the opposite.

On the other hand, the alteration is a process of substituting another already existing process.

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From the cellular point of view, “neoplasie” represents indeed “new structure”, and so the beginning of a substitution process due to the lack of original information, which produced a complete function.

This made us reflect on the development time of a substitution.

It is very important to understand that the emetic and urinary exams have a relative trustfulness, within the concept of prevention, either for the external re-agent components with which they are proceeded or because of the demanded “luck” in finding the emetic segment such as like a sample, which can be compared with a photography, the same information that circulates at a discrete blood speed, which are supposed to emphasise those “new structures” that, in a certain part of the organism, are organising themselves to “improve” their -status quo-.

By dedicating to this type of studies year and year of research, I have noticed, through the observations of the most respectable researchers either doctors or nutritionists that I consulted, that some elements are information of common circulation for relevant pathologies.

The high presence of toxic metals and a low level of zinc, for instance, are considered as a binomial of important relevance for significant pathologies. I would like to say that the contribution of the information within this test (but obviously also of other information) can be considered together with accurate routine exams, which would help the medical staff to understand the status of the patient, in a more global approach.

The globalisation, the entireness is without a shadow of doubt the “holistic” image by excellence and, in virtue of this “search” which I will consider

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more deeply in the following, respects in all this idea of “fusion”.

Nutrition : Micro = Dietetics : Macro

CAUSE

EFFECT

ACTION

REACTION

With this statement, we establish simple dynamics: the dietetics, understood as the study of aliments (caloric provision, minerals, electrics, tolerance and toxicity) has represented for many years the “globalisation”, by activating the scientific observation, on average, of the common people interested in emphasising an apparent welfare state, all centred on the type of alimentation to follow, with corresponding millions of publications and remedies, during the decades.

As a result, this argument has consequently followed the general behavioural line orientated towards the necessity to project, by the own external image, a benefice “condition” of oneself.

The apparent sense of the things has, therefore, satisfied for a long time, the external exigency of identifying the –health status- of each individual.

The alimentations generated through this current are subdivided, with respect to the elements considered to be the healthiest, in:

- constitution,
- extraction,
- territoriality

passing from the vegetarian diet to the partial vegetarian one, from the Mediterranean to the macrobiotic one.

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We will not deal with the theme regarding the ways of *movement*, understood as evolution of various “gymnastic currents”, moreover respondent to the same needs of identification, but instead we will analyse how its participation to the “*micro*” will be perceived as an element of “*non-visible*” communication but *exact expression* of the considered context.

Each biologic machine, even if maintaining a physiologic similarity, incorporates in itself a biologic archive for each individual, given by his/her genetic memory, which represents the “life project”. The being participates at the own existence project, through movement, the correspondence, the frequency, the polarity, the rhythm, the causality, the gender/cast.

These are the principles on which it is based all our “*Knowing*”; achieving the *principle of the own project*, creates a relationship with the Material a lot more “friendly”.

Understanding why someone has the tendency of eating some types of aliments more than others gives a major security with respect to the comprehension of correspondence which can be read through these elements as by how much certainly in a family “someone” is feeding or was feeding himself in the same way, or walked, talked got ill, demonstrating the same tendency.

With respect to the choice of foods, for instance, we can verify, through an intracellular analysis (mineralogramma), that that particular aliment is chosen with coherence, in order to *maintain* a certain *status of metabolic alteration*.

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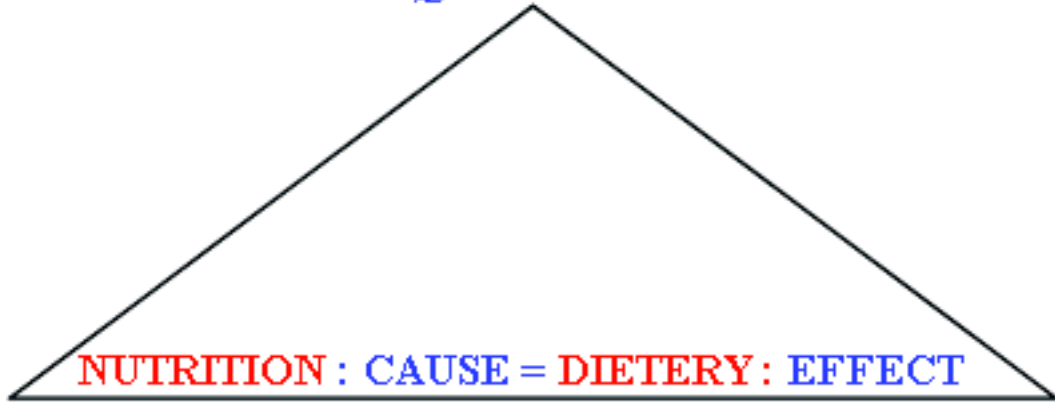
As an example element, a person with excess calcium, almost certainly will have the tendency of eating brassicaceae family which represents elements of inhibition for the thyroidal function, containing also a high level of calcium.

This signifies read and understand the *rhythm* of that aliment that *corresponds* to our cellular aspect, which produce calorie/energy in the exact amount that we can produce inside our organism; that aliment is *representative* for us with its characteristics simply because enters within the aliments that we choose 8 times out of 10. in substance, the organism chooses always what it doesn't manage to use.

Each individual, even if he/she tries to vary, has in himself/herself because of the famous project, a certain code that identifies him/her under all the aspects and also in this.

It is not important to know just how many calories or how many percentage points are expressed for different present minerals or identifying the toxicity of each element, if after we are not capable of understanding to what each value corresponds or to what overall they correspond to; which will be its/their use within the vast cellular world?

EQUILIBRIUM



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