



Eating For Ascension

~ Love the Foods That Love You Back ~

Meg Davis

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Eating for Ascension Food List

This vibrant selection of nutritional foods is a starter list from an extended list of foods available to us on the Ascension Eating Plan. We are removing all animal products, toxic foods and harmful liquids from our eating, so we have the opportunity to become acquainted with new options that contain better nutrition and greater healing properties. We may try brand new foods, and combine healthy favorites in fresh ways. By making these simple changes we will: better meet our nutritional needs, experience increased vitality, improve our health and raise our body functioning and frequency to support our Ascension. Following the Food List section, there are three straightforward phases that will carry us to our goals and support our graceful transition to an Ascension diet. This way of eating may be easily adapted to personal needs, goals and tastes. As always, trust your body and intuition. The guiding principle is: Love yourself through nutritional choices.

Whenever possible select the highest quality product – organic, local and fresh. Organic frozen is fine, too. Produce that comes straight from the farmer or from a local farmer's market is optimal. If you are still eating dairy, try to find raw organic, low pasteurized and non-homogenized.

When we are experiencing a chronic illness, resolving a health problem or even desiring to lose weight, we can adapt this list for our personal needs, but understand that simply eating solely from this list will eliminate almost any health problem.

Sometimes we need to clear impurities from out of the body. These impurities accumulate over the years through consuming the typical American diet. The upcoming “Detox and Cleansing” section will be helpful for those willing to embrace this health option.

Here are the basic percentages of healthy intake we are aiming for:

70% vegetables/fruits

20% legumes, nuts/seeds, healthy grains

10% healthy fats

****If you are just starting to make changes to your diet, follow the suggested step-by-step path, which gives you a place to begin and guides you steadily to full health. The changes are in three phases designed to gently bring us into alignment with the Training for Ascension*

teachings of Sananda, Creator, One, Dr. Kathryn E. May PsyD., and The Company of Heaven. Adopt a pace that feels in alignment with your Highest Good. Remember - this is not about denying your body "treats", this is about loving your body into Ascension! Have fun, smile and laugh about it all. Laughter is raising our vibrations!



OK, my Beloved Family... Here we go with all the foods we can love ourselves with!!!





Vegetables



- | | | |
|------------------|-----------------|-----------------|
| Acorn squash | Artichokes | Avocado |
| Asparagus | Bamboo shoots | Bean sprouts |
| Bell peppers | Beets | Beet greens |
| Bok Choy greens | Broccoli | Brussel sprouts |
| Butternut squash | Cabbage | Carrots |
| Cauliflower | Celery | Chives |
| Chard greens | Cucumber | Eggplant |
| Endive | Escarole | Garlic |
| Green beans | Green onions | Jimaca |
| Kale | Kohlrabi | Leeks |
| Lettuces | Mushrooms | Mustard greens |
| Okra | Olives | Onions |
| Parsley | Pickles | Pimentos |
| Pumpkin | Radishes, white | Radishes, black |
| Rhubarb | Rutabaga | Salad greens |
| Sauerkraut | Spinach | String beans |
| Shallots | Summer squash | Tomatoes |
| Turnips | Turnip greens | Water chestnuts |
| Watercress | Winter squash | Yams |
| Yellow squash | Zucchini | |

Higher Carb Veggies

(Have 2 or 3 times per week or less)

- | | |
|----------------|----------|
| Corn | Parsnips |
| Sweet peas | Popcorn |
| White potatoes | Soybeans |
| Sweet potatoes | Yams |
| Cassava | |

Fruits



Plant proteins

Vegetables...

- 1 avocado = 10 grams protein
- 1 cup broccoli = 5 grams protein
- 1 cup spinach = 5 grams protein
- 2 cups cooked kale = 5 grams protein
- 1 cup boiled peas = 9 grams protein
- 1 cup cooked sweet potato = 5 grams protein

Quinoa seed

- 1 cup seeds (sprouted for better absorption) = 9 grams protein

Legumes/Beans (lentils are highest in nutritional content)

- 1 cup soybeans = 28 grams protein
- 1 cup lentils = 18 grams protein
- 1 cup refried beans = 15 grams protein
- 1 cup garbanzo beans (and hummus) = 14 grams protein
- 1 cup pinto, kidney, black beans = 15 grams protein

Miso Soup

- 1 cup broth = 6 grams protein

Buckwheat (seed, great to use as a flour)

- 1/2 cup flour = 15 grams protein

Hemp and chia seeds

- 4 Tbsp hemp seeds = 15 grams protein
- 2 Tbsp chia seeds = 5 grams protein

Tempeh/Natto (fermented foods made from soy beans)

- 1 cup = 25 grams protein

Grains

- 1/2 cup amaranth flour = 7 grams protein
- 1 cup cooked brown rice = 6 grams protein
- 1/4 cup wheat germ = 14 grams protein
- 1 cup raw oat bran = 16 grams protein
- 1 cup cooked steel cut oatmeal = 7 grams protein
- 2 slices sprouted grain bread = 8 grams of protein

Powders (Use only high-quality, non-GMO, organic products)

- 2 Tbsp spirulina = 14 grams protein
- 2 Tbsp chlorella = 24 grams protein
- 20 grams Hemp Powder = 11 grams protein
- 37 grams Pea Protein Powder = 25 grams protein

Be aware! In a vegetarian diet, combining legumes, rice, and quinoa results in a high carbohydrate load; this may lead to blood sugar problems. It is better to have quinoa plus 2 or 3 vegetables OR brown rice with veggies OR legumes with veggies. Try not to combine legumes, quinoa and rice together. Know the carb content of the foods.

Carb charts: http://www.monkeymatters.com/charts/simple_index.htm

Water, water, water, water, water, water, pure clean water

Herbal teas

Vegetable broths

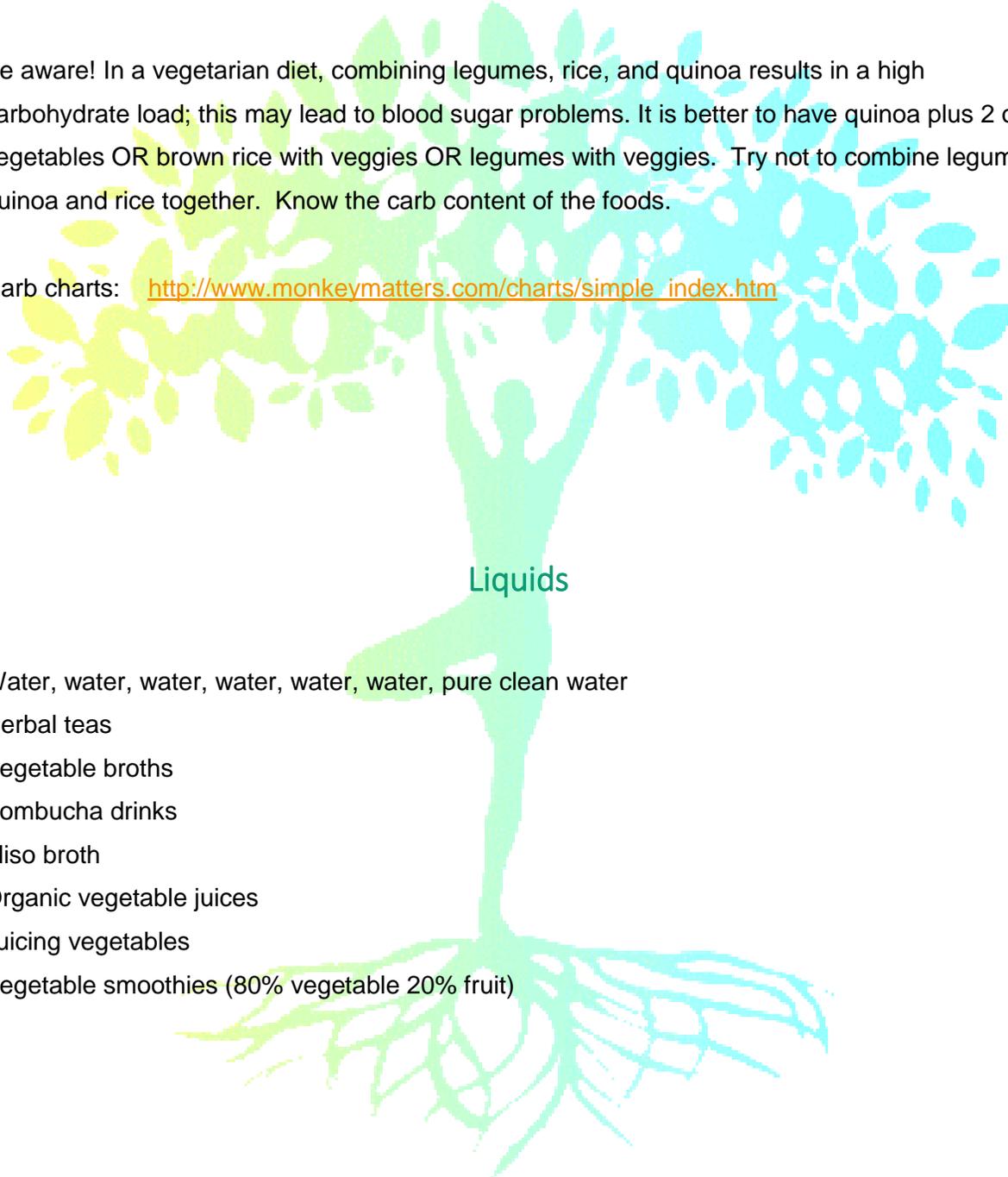
Kombucha drinks

Miso broth

Organic vegetable juices

Juicing vegetables

Vegetable smoothies (80% vegetable 20% fruit)



Liquids

Fermented Foods

The following foods can be purchased at a health food or grocery store, or you can make them yourself. Profound health changes may be experienced by incorporating these foods into your daily diet. Viruses, bacteria, candida, parasites, amoeba, and other microorganisms are handled easily in a digestive tract that has healthy gut bacteria. These foods can and do repair any damage to the gut lining from overdoses of antibiotics, pharmaceutical drugs, birth control pills, NSAIDS, steroids, etc.

Kombucha

Pickles with active bacteria

Miso

Kimchi

Sauerkraut/fermented vegetables

Coconut yogurt

Tempeh/Natto

Websites to make cultured vegetables

<http://www.culturedfoodlife.com/cultured-vegetables/>

<http://paleoleap.com/fermented-food-recipes/>

<http://yumuniverse.com/strengthen-your-inner-ecosystem-with-0raw-cultured-vegetables/>

Websites to make Kombucha

<http://www.culturesforhealth.com/make-kombucha>

<http://stupideasypaleo.com/2013/05/19/homemade-kombucha/>

Seasonings - Spices - Condiments – Dressings

All organic non-irradiated spices and herbs are fantastic – lots of nutrition and flavor!

Coconut and soy liquid aminos

Tahini (ground sesame seeds) - as dressing, dip and warm topping

Nut butters: almond, cashew, sunflower seeds, pumpkin seeds, etc. (Note: peanut butter is associated with high levels of fungus)

Hummus

Apple cider vinegar (Be sure to choose one that has active enzymes often called “The Mother”)

Organic mustard

Olive oil mayonnaises

Celtic Sea Salt or Himalayan Pink Salt (source of natural iodine)

Meg's Favorite Dressing Recipe:

3 parts cold-pressed olive oil

1 part Bragg's apple cider vinegar or juice of fresh lemon

2 or 3 Tbsp tahini

Sea salt and pepper to taste

Add water for desired consistency

Whole leaf organic Stevia

Raw honey

Dates

Bananas

Coconut flour

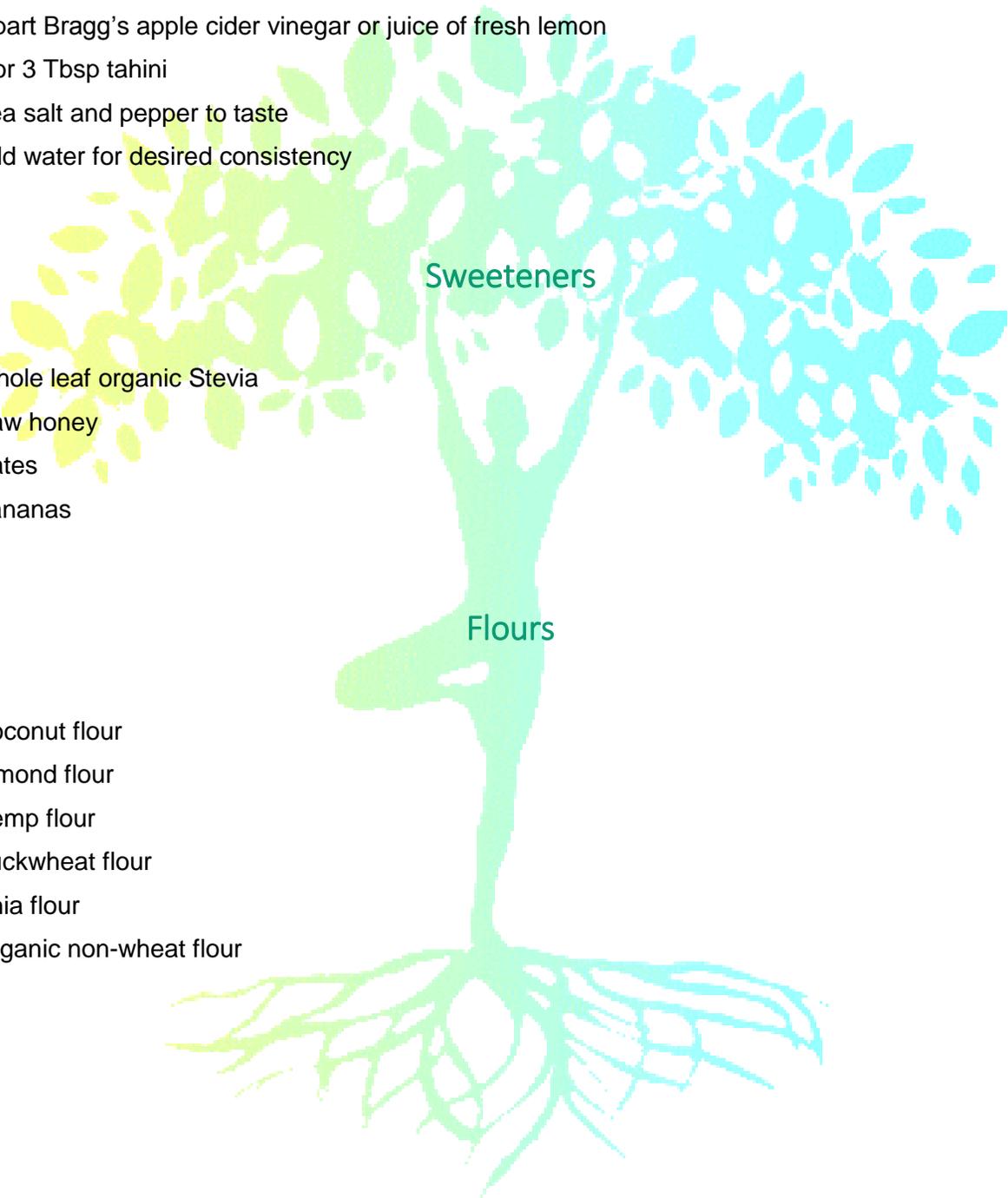
Almond flour

Hemp flour

Buckwheat flour

Chia flour

Organic non-wheat flour



End of



Food Section

Step-by-Step Phases to Transitioning

This section is for people who would like to know where “On Earth” to begin.

Phase I

1. Begin eating A LOT of vegetables... vegetables at every meal. And, YES, even breakfast :)
 - Increase raw vegetable intake, if digestion can handle the roughage
 - Steaming is best, then stir-fry, sauté, roast, boil or make a soup
 - Combine several veggies in a meal, you can eat more than you think
 - Juicing is always an option, as well as smoothies, if prepared with minimal fruit

***Tip from Meg:** I LOVE my Oster Steamer and never have to use the stove and never burn anything. It shuts off automatically and stays warm until I am ready to eat. An absolute life-saver, and because I can cook so much at one time, I only have to prepare foods about 2 or 3 times a week. It cooks all my vegetables and grains, frozen or fresh, and I can reheat with it.*

2. Remove from your diet: alcohol, caffeine (or switch to organic decaf), added sugars or sweeteners, energy drinks.
3. Remove from your diet: all white foods... bread, potatoes, flour, pasta, rice, sugar.
4. Eliminate fried foods.
5. Lower your intake of processed foods: box, bag, can.
6. Begin to lower intake of animal products. Reduce the amount of meat products to 1 meal a day or 4 times a week. Eat free-range eggs, organic meats, organic dairy and wild-caught fish.
7. Add a new healthy fat to your daily intake: coconut oil, avocado, olives, nuts, and seeds.
8. Try new spices and seasonings.
9. Make your own salad dressings and dips.
10. Reduce eating out.
11. Drink a minimum of 4 glasses / 36 oz of clean water a day.

Phase II

For Phase 2, continue everything from Phase 1 and include the following...

1. Remove all wheat products, except sprouted grain breads and products (crackers, cakes, cookies, bagels, pasta, bread, pita chips, baked goods, etc.).
2. Purchase organic, whenever possible.
3. Eliminate all animal meat and fish... only eat eggs and dairy products that are free range and organic.
4. Add new protein sources to replace meat: tempeh, miso, legumes, quinoa.
5. Find a fermented food that you like and add it to your daily diet.
6. Add more raw veggies to your diet – increase salads and make your own dressings.
7. Begin preparing homemade soups and steamed veggie combinations that you like.
8. Try new foods... nuts, seeds, quinoa, new veggies, a different fruit, a different fermented food, a green smoothie. Chia seed tapioca is a yummy treat.
9. Eat one meal each day that is made of only vegetables with a good fat.
10. Drink a minimum of 6 glasses / 48 oz of clean water a day.

Phase III

For Phase 3, continue everything from Phases 1 and 2 and include the following...

1. Congratulations! Vegetables and fruits comprise 70% of your diet.
2. Add 1 more fermented food daily.
3. Drink a minimum of half your body weight in ounces of clean water.
4. Consume a low overall carbohydrate load (see above for ranges).
5. Consume little or no processed foods, and remove products containing added sugar.
6. Achieve an animal-free diet (meat, fish, dairy, yogurt, cheese, butter, ghee, eggs, cream sauces, baked goods, desserts containing eggs or milk, etc.).
7. Eat 100% organic, if available.
8. Eat almost exclusively from the Eating for Ascension Food List.

Spirituality and Nutrition

As we fill with Light, we become more aware of the sacredness of all Life. Through our teachings with the Masters, through greater intimacy with our Higher Selves and through our loving interactions with the Animal kingdoms and all the Earth Realms, we recall Who We Really Are. We move into the knowledge of our interdependence with all sentient life. When we bring this awareness and gratitude to the table, we imbue our food with a higher vibration, which translates into the group consciousness of our cells.

Bringing Gratitude to the Table

Being consciously aware of our entire environment, including where and how we eat, is an important aspect of our spiritual health. Here are a few questions to ask that can heighten the experience of sharing a meal and raising our vibrations.

Q: What are the sounds I hear around me when I eat?

Q: Who am I sharing this meal with? What is their vibration?

Q: What am I doing when I eat?

- Is there a TV on with fear-based news?
- Am I driving in the car?
- Am I taking time to eat in peace, or am I hurrying through the meal to get back to "work?"
- What am I looking at while I eat?
- Am I being mindful during my meal? Am I talking, if so, what about? Is it peaceful or upsetting?

Q: What is the pace of my eating?

- Am I chewing completely?
- Am I breathing at a comfortable rate during my meal?
- Am I sitting back and restful, or leaning forward and stressed?

Important Note from Meg: The "Rest & Digest" nervous system needs to be in the ON mode while we eat to maximize the absorption of our nutrients. Research shows that watching TV during a meal can decrease the absorption of nutrients by 50% due to being in the "Fight/Flight" mode.

The Four Aspects of Food

“There are four aspects of food: biological nutrition, psychological nutrition, spiritual nutrition, and social nutrition.

“Biological Nourishment: the nutrients in optimal foods have the power to heal and balance physical health.

“Psychological Nourishment: food influences mood; conversely, mood, emotions, and feelings often affect food choices.

“Social Nourishment: dining with others in a pleasant atmosphere affects well-being.

“Spiritual Nourishment: eating with an awareness of the mystery of life in food and connecting with it via mindfulness, appreciation and a loving consciousness may enhance health.”

~ Excerpt from The Living Centre

<http://www.thelivingcentre.com/cms/spirit/spiritual-nutrition-feeding-the-body-nourishing-the-spirit>

Mindfulness and Eating

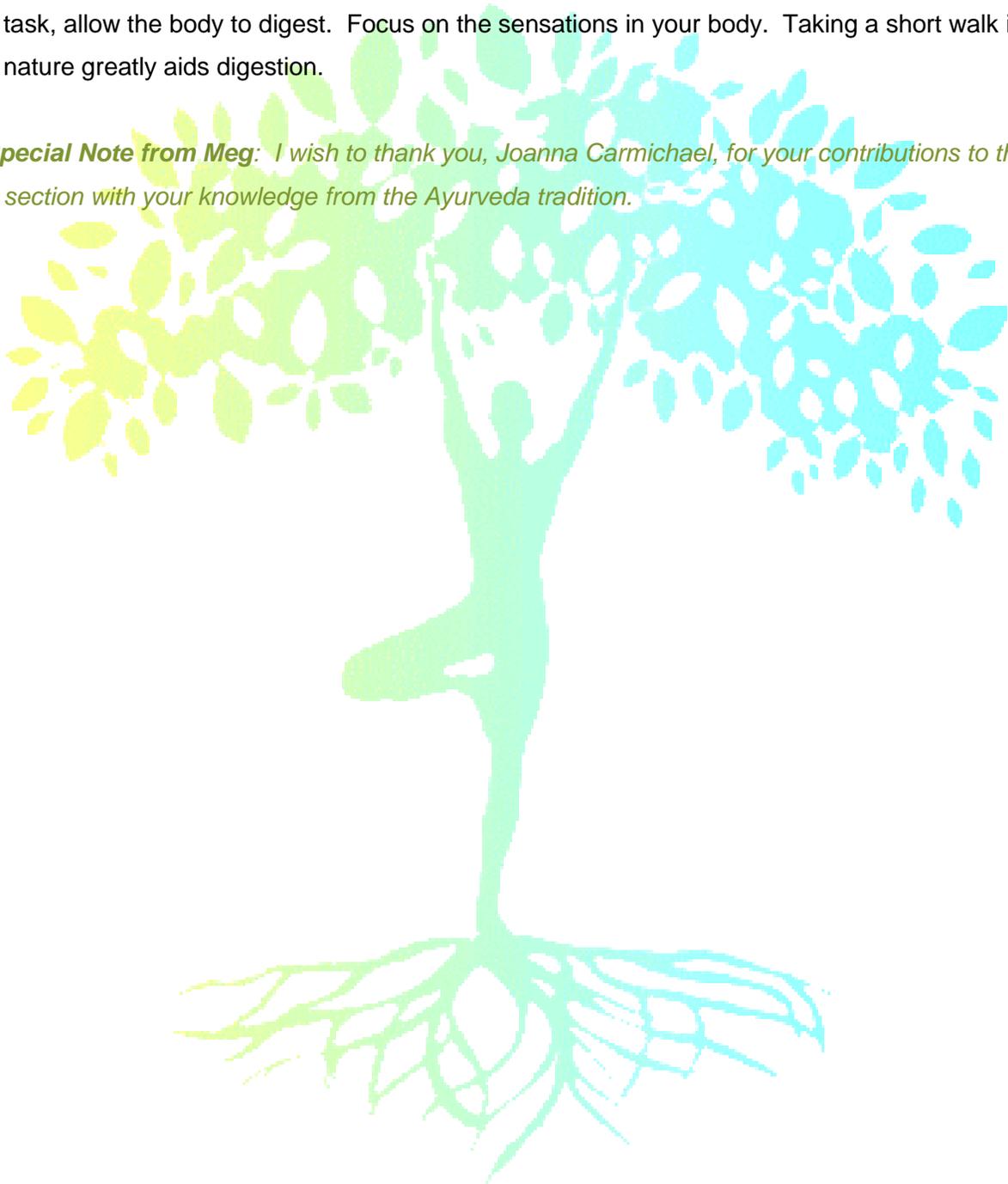
- Eat Consciously. Many of us like grazing throughout the day, some like to eat 2 meals a day and others 3 meals a day. There is no right or wrong way... Listen to your body, it will signal you. Be aware if you are eating for reasons other than hunger such as emotional eating, unconscious habit or adherence to an arbitrary time.
- Eat freshly prepared foods. Raw and lightly cooked foods are preferable to overcooked foods.
- Eat only when hungry.
- Stay hydrated! **Being hydrated allows us to better hear our body's hunger signals.**
- Eat happy. Refrain from eating when upset. Also refrain from making food a reward.
- Eat relaxed. Eating while standing or driving decreases digestion.
- Consume food and drink at moderate temperatures. Especially reduce ice-cold foods and beverages.
- Eat at a comfortable pace. Stay conscious during the entire meal.
- Let your appetite be your gauge. A healthy appetite gauge is about at "3" on a scale of 1-10. Eat before you are famished and want to gobble everything in sight, and stop when you are at a "7" so that you feel full but not overstuffed. Like a washer that is over filled - the clothes cannot agitate with the detergent and the water (the environmentally friendly detergent, that is... lol), and the clothes do not get cleaned. Likewise, when we overstuff ourselves, even with good food, the food cannot mix & mingle with the digestive juices for proper digestion to continue.
- Digest the previous meal before starting the next one. Digestion takes between 2 to 3 hours.
- Eat in a quiet settled, comfortable environment. Turn off the TV. Put the paper down. Remove all distraction and even eat in silence if you can, so you can really taste the food, absorb the nutrients, and enjoy the meal.

Meditation Exercise: Put one piece of food on your spoon or fork, start looking at it and smelling it. Anticipate what it will taste like. Then, with your eyes closed, take it into your mouth and begin to chew it consciously, listening to the sound of your chewing and discerning how it tastes and how it makes you feel. After swallowing, see how far you can follow the food down your esophagus and into your body. Feel the bite of food dropping down into your stomach. Take another bite and do it again. Notice the level of mindfulness you bring to eating.

- Honor the sacredness of taking food into the body. Add flowers, a placemat, lovely dishes and glass, a candle to the dining area.

- Eat food that has been prepared with love. Love, love, love. Food is a form of love.
- Eat the largest meal of the day at breakfast, brunch or lunch. Eat the smallest meal in the evening.
- Eat; then rest. Spend a few minutes just sitting and relaxing after eating. Contemplate how you feel. Instead of popping up before you are even finished chewing to get on with the next task, allow the body to digest. Focus on the sensations in your body. Taking a short walk in nature greatly aids digestion.

***Special Note from Meg:** I wish to thank you, Joanna Carmichael, for your contributions to this section with your knowledge from the Ayurveda tradition.*



Carbs and Weight

Carbohydrate consumption is not the only consideration in the weight discussion, but it is the most important. Before attempting any "diet plan" I recommend adhering to the carb counts listed below to see if your health goals can be achieved. If after one month of strict adherence to the suggested carb counting, you experience no weight loss or gain, then other hormonal and toxicity issues may be at play.

A person's toxicity level, from years of the consumption of non-organic foods and animal products, does play a role in achieving optimal health. Removing toxins is best addressed once a balanced nutritional level is achieved. A detoxing and cleansing section is in the works and will be added to this Eating for Ascension Guide.

Carbohydrate Levels for Losing Weight, Maintaining Weight or Gaining Weight

- To lose weight, consume less than 50 carbs a day. Increase carbohydrate level to maintenance level once desired weight is achieved.
- To maintain weight, shoot for between 50 - 120 carbs depending on your health and exercise level. The more exercise you engage in, the more carbs you can eat without gaining weight, while maintaining healthy blood glucose levels.
- Do not consume over 150 carbs a day, unless you do heavy exercise such as marathon-like activity. In that case, make sure you take in a high vegetable content along with additional healthy fats such as coconut oil, nuts and seeds for nourishment. Do not resort to quick-burning carbs such as pasta, bread, and sugar.

Rules and Regulations

(Editorial Staff remarks)

As I am participating in the construction of this wonderful E-book with Meg, the question of “what are the best guidelines to follow for an optimal health plan”, for me, came up. I wasn’t sure exactly what foods to combine or how to combine them to get an efficient amount of protein and fiber or what would improve my digestive system. I wanted a chart to breakdown possible scenarios of what to eat daily.

For example, if I have a vegetable and legume in the morning for breakfast, then lunch I could do fruits with nuts, and dinner whatever remaining combination I wanted. This thought process is what prompted this section of the book, *Rules and Regulations*.

As it turns out, there are **no rules and regulations** to follow. That is an old thought-pattern that has to be eradicated. So for all those who, like me, are looking for the rules and regulations of how this eating plan works, understand that there are none. Meg kept asking me to explain what it was I was looking for and why was I asking for a script. After much thought, it turned out to be just a bad habit that needed breaking.

In conclusion, (paraphrasing the conclusion between Meg and I), life is to be intuitively lived. My body and I together will feel what it is we need. We are spontaneous beings who love adventure and excitement, so there can be no rules set by one person for another person. What works digestively fine for one may not work digestively fine for another. Every item on this food list is good for Ascending bodies. It is up to us to decide how we want to enjoy it!

~ Eleanora John

Creating Community – Sharing the Load

Where does the feeling of being overwhelmed come from? What causes it? Mother God breaks it down for us, and the answer is surprisingly simple. Feeling overwhelmed is the result of taking actions or following beliefs that are deep down inside us, not loving towards ourselves.

“Up until now, no one really appreciated – or very few really appreciated – just how destructive and devastating the things that are being served that are called “food,” which really are not food. They’re not food at all. They’re poison. Just how devastating they really are to the human body and the human mind.

And you, beloved ones, are inhabiting this beautiful structure. The human body is so complex, so intricate, so sensitive. You were designed that way on purpose. It’s a wonderful thing to be intricate and sensitive. It makes you what you are. It means you’re capable of great creativity, great knowledge and wisdom.” ~ Mother God

Note from Meg: To hear Mother God’s entire uplifting message on our health and nutrition, please use the following link: [Channel Panel with Mother and Father God \(Sekhmet and Alcyone\)](#). When we listen, Mother God floods us with her love along with the feeling knowledge of these lessons in nutrition and health.

When it comes to making new choices in our eating style and living patterns, we may become overwhelmed or discouraged. The primary reason is because in order to make the desired changes, we must face the potentially unhealthy or outdated beliefs, choices and actions that brought us to the point where we are now. In my practice, one of the most paralyzing factors I encounter when people decide to enact change is the feeling of being overwhelmed. Yet, it doesn't have to be this way. The changes themselves are quite simple and clear. All we need to do is to shift our attitudes and approach to the changes we desire to embrace.

If you are reading this guide, you have made the choice to master Eating for Ascension. It is important to pick the pace for your highest good that promotes a loving, yet committed transition. For some, this means beginning and ending at Phase 3. Others may begin more moderately. If you find yourself overwhelmed with making these suggested nutritional changes, it helps to consider the following possibilities and their solutions:

- Am I setting goals or acting in ways that are anything other than loving? Am I creating feelings of overwhelm, or is it really just a lack of information, feeling inconvenienced, or lack of support? Once you uncover the root thought creating the overwhelm, you can dissolve it. Then it only becomes a matter of engaging your creativity to discover a solution to the perceived problem.

- Am I trying to do it all alone? If so, ask family members for help with shopping, cooking and preparing meals. Create community within your own home.

- Am I desiring to make nutritional changes, yet facing resistance or being sabotaged by family members who are not willing to make those changes? If so, be sure to explain your decisions to your family with courage and assuredness. It's important to share with your family members what foods you want to eat and why. They may not understand how our bodies react to Genetically-Modified Organisms (GMOs), herbicides, pesticides, and the harmful effects of high carbohydrate intake.

- Am I removing too many foods from the menu, without first adding in new foods? *Meg's Food Love Rule: Add foods first, remove foods second.*

- Am I experiencing resistance to making needed changes in my diet due to old programming that states I 'need' certain foods to be healthy, or familial habits that do not take into account my body's changes and current needs? If so, tune into your cells to ask what is best for you, and let go of all other considerations.

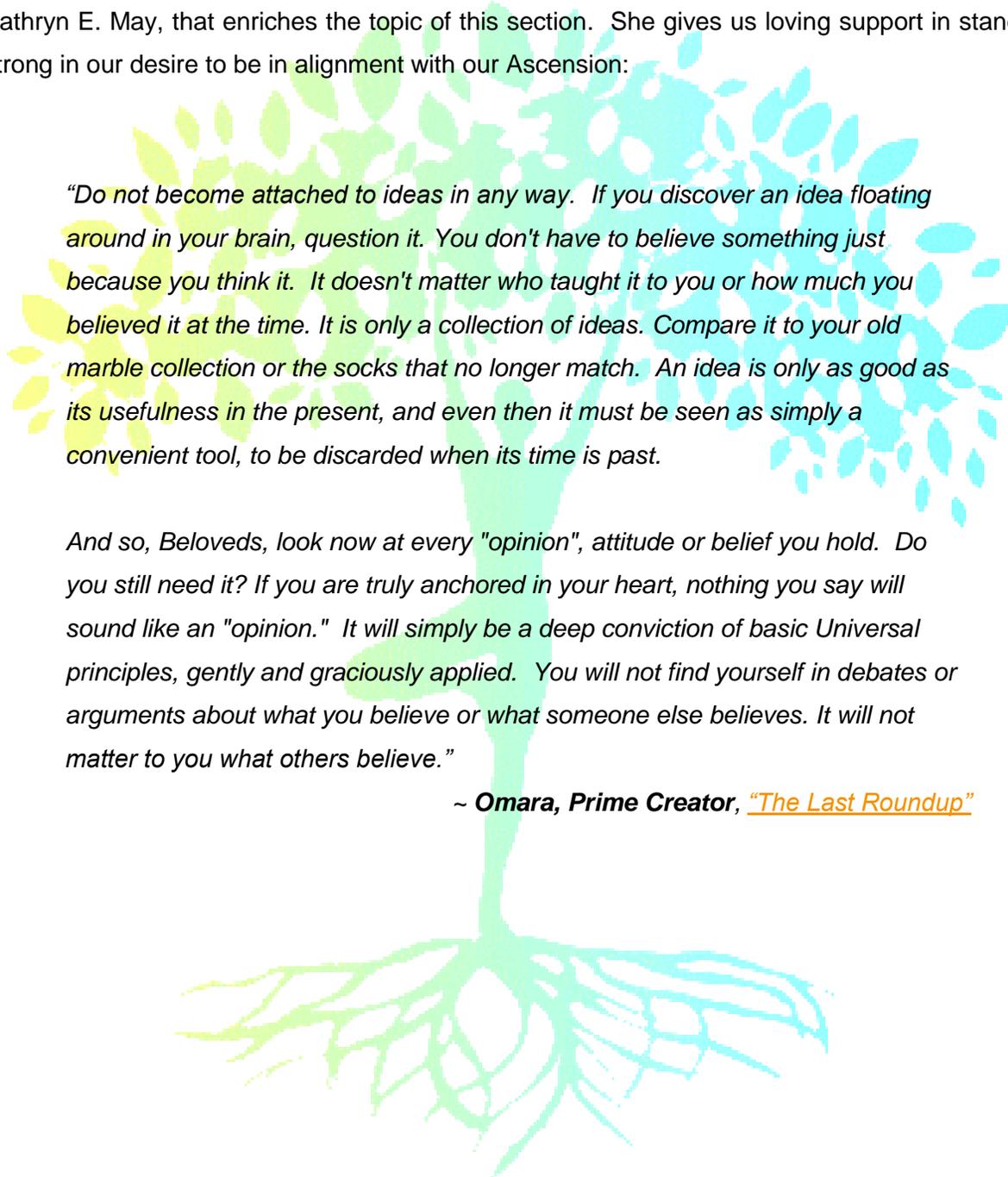
- Am I stuck with the old thoughtforms that I cannot make changes in my diet without the consent of a doctor? If so, remember that you know your body better than any doctor. Why do you think she/he asks you a lot of questions about how you feel and where does it hurt? We have the abilities to heal ourselves.

- Am I concerned that eating healthy is not in my budget? If so, remember by eating healthier you are saving money in the short and long term. As your body corrects itself through nutrition and a positive emotional attitude, the need for medication or other pills is lessened and eventually becomes obsolete. The savings in this results in more money in your pocket and less doctor visits.

Consider joining with neighbors and friends who have similar health goals and create a "food exchange." I make the hummus, and you make the fermented vegetables. I make the soup,

and you make a big meal of stir-fry. Maybe others would like to join to try new foods, such as Kombucha, or 1 organic meal a week for everyone, or 2 healthy juices/smoothies per week. Get creative, give and ask for support. Others may be feeling the same way you do.

I'm including an excerpt from a message to us from **Omara, Prime Creator**, channeled by Dr. Kathryn E. May, that enriches the topic of this section. She gives us loving support in standing strong in our desire to be in alignment with our Ascension:



“Do not become attached to ideas in any way. If you discover an idea floating around in your brain, question it. You don't have to believe something just because you think it. It doesn't matter who taught it to you or how much you believed it at the time. It is only a collection of ideas. Compare it to your old marble collection or the socks that no longer match. An idea is only as good as its usefulness in the present, and even then it must be seen as simply a convenient tool, to be discarded when its time is past.

And so, Beloveds, look now at every "opinion", attitude or belief you hold. Do you still need it? If you are truly anchored in your heart, nothing you say will sound like an "opinion." It will simply be a deep conviction of basic Universal principles, gently and graciously applied. You will not find yourself in debates or arguments about what you believe or what someone else believes. It will not matter to you what others believe.”

~ Omara, Prime Creator, [“The Last Roundup”](#)

Resources

Health News: <http://www.naturalnews.com/>

Carb Counting Charts: http://www.monkeymatters.com/charts/simple_index.htm

Nutritional info of foods: <http://nutritiondata.self.com/>

Recipe websites:

<http://www.yummly.com/>

<http://www.vegancookingwithlove.com/>

<http://www.foodnetwork.com/topics/vegan.html>

http://www.eatingwell.com/recipes_menus/collections/healthy_vegan_recipes

Gut - Brain Connection: <http://www.gapsdiet.com/>

Articles

Grains: <http://www.marksdailyapple.com/definitive-guide-grains/>

Sugar: <http://www.marksdailyapple.com/the-definitive-guide-to-sugar/#axzz3EiMTfNLa>

Fats: <http://www.marksdailyapple.com/fats/#axzz3EiMImiVI>

Blood Sugar and Diabetes:

<http://www.marksdailyapple.com/diabetes/>

Gut Flora information: <http://www.merrittwellness.com/archives/1292>

Artificial Sweeteners: <http://www.merrittwellness.com/archives/377>

Blood Sugar Videos:

<https://m.youtube.com/watch?v=bcvg4DnLvn8>

<https://m.youtube.com/watch?v=1RE4cXeX7Po>

Gratitude from Meg

I recognize and celebrate the interdependence experienced in this creation. I express my deepest gratitude to all levels of inspiration. I thank my teachers and guides that inhabited every book, presented at every lecture or seminar, and created every website that led to an increase in my awareness of the sacredness of my body and how to lovingly care for it. I share this accumulated wisdom with the greatest hope of lovingly nudging and inspiring all of humanity into the same awareness. I am in deep gratitude to Eleanora John for taking my work and creating this masterpiece. Her creative expression and technical skills make possible the sharing of this document for the world. Christine Burk, my sister, you make my words fly in clarity and elegance, thank you.

Thank you Kathryn, Gabriella, the Healing for Ascension Tour Group and all the loving family that listen to the Channel Panel healing calls and archives... for the platform to share and for your Self-Loving questions, which inspire me. I thank my patients, my co-workers and my friends for their innumerable insights. Thank you Sananda and The Company of Heaven for your wise guidance, constant support and Divine inspiration, all given through nudges and whispers. Even when I didn't know you were there, you are always there. Thank you Harriette and Ted, my adoring parents for courageously walking this life and letting me witness the harmful effects of toxic foods and poisonous drugs. You inspire me to clear this darkness from Terra. And thank you our Beloved Star Terra for having the tremendous strength, unimaginable endurance and choosing to embody loving patience, giving us "time" to WAKE UP! We are grateful beyond words.

Love and Light,
Meg Davis

FOOD FOR THOUGHT! Eat, Love and Ascend!



Contributions

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The Lady Portia Foundation

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