

High Frequency - Vibrational Food Groups For Better Health And Increased Consciousness

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We are far, far more than just tissue, fluid and bone. We are energy, prana, chi or qi. We are energetic beings, and some of us just happen to operate at a higher energetic, vibrational, state than the rest. We all had it as children, some just let it go and never found it again. What enables one to operate at a higher vibrational state depends on many factors.

- Creating / Creativity
- Sun Exposure / Sun Gazing
- Motion
- Fun
- Laughter
- Games
- Eating High-Frequency Foods
- Gratitude, and Love all possess a very high vibrational state.

The more of this that makes up one's life, the higher vibrational state he or she will operate at. Youthfulness, health, wellbeing, vitality, and consciousness* is the reward. To the degree that the above factors are absent from one's life is to the degree that youthfulness, health, wellbeing, vitality, and consciousness will also be absent.

**Consciousness - "being aware that you are aware." "The state of being truly awake." Dr. Ettinger*

"Tell me what you eat and I will tell you what you are." Anthelme Brillat-Savarin

For this chapter, I will only be focusing on High Frequency - Vibrational Foods (HFF's). High-Frequency Foods are those left in their native state, unprocessed, with no chemicals or genetic modifications. HFF's are also grown in abundant sunlight and in nutrient dense soil. A perfect example of this is a pineapple, which is one of the highest of all HFF's. A pineapple is grown in [volcanic soil](#), on the highest mountains (Hawaii) in the world, with unimpeded sunlight.

Preparation of High-Frequency Foods is just as important as quality when consuming HFF's. A meal prepared with love and gratitude not only tastes better it resonates with a higher energy

level. A verbal or silent prayer, or giving of thanks, reflecting love and gratitude for the HFF meal you are about to eat, will increase the energy in you and around you even further.

By merely changing your diet to include more HFF's your consciousness and health will improve. When this occurs you begin to feel and see the difference, within and around you. I know this may sound silly, but if you know me you know I'm speaking the truth.

When you change yourself, you change the world.

High-Frequency Foods (best) -> Low-Frequency Foods (worst)

- **Just picked** -> fresh -> frozen -> pasteurized, homogenized or processed -> **artificial**
- **Raw (alive)** -> steamed -> boiled -> **microwave (beyond dead)**
- **Biodynamically farmed** -> organically farmed -> conventionally farmed, non GMO-
> **GMO**

Organic vs. Non-Organic

Yes, organic food costs more than non-organic food, but it's worth it! Organic food, especially that grown by conscientious farmers practicing biodynamic principles or at least good stewardship of the land, are even better. These will be the foods with the highest vibrational energy and give you the best bang for your food dollar.

If organic food is not available or if you find it too expensive, then at least avoid the so-called "dirty dozen." These 12 have been proven to contain the highest levels agricultural chemicals:

- Apples
- Celery
- Cucumbers
- Grapes
- Leafy greens
- Nectarines
- Peaches
- Peppers (bell and hot)
- Potatoes
- Strawberries
- Tomatoes

My recommendation is to either completely avoid them or buy them organically grown.

"The more you feed your body what it needs, the more efficient it becomes and the less you need to feed it. Think weight loss, weight gain." Dr. Ettinger

The 5 High Frequency - Vibrational Food Groups

1. Dark leafy greens and green juice

Land versions

- Green vegetables contain chlorophyll, plant blood, which absorbs sunlight - energy. Leafy greens, like spinach, collards, kale, dandelion greens, Brussels sprouts, zucchini, broccoli, and bok choy vibrate at high frequencies. These greens are high in alkaline minerals, which balance acidity, assist in proper waste elimination and retard disease.

Water versions

- Sea vegetables — arame, dulse, hijiki, nori, Pacific or Atlantic kelp, bladderwrack (type O blood)
- Algae (blue-green; Klamath Lake [fresh water], spirulina [salt water]) Algae (green; chlorella).

2. Tropical fruit (ripe)

Mango, papaya, pineapple, and carambola aka starfruit. These are more or less edible versions of sunshine.

3. Sprouts

Sprouted seeds (including nuts, grains, legumes and beans) are loaded with vitamins, minerals, phytonutrients, and enzymes, as well as highly digestible forms of complete protein.

1. Plants, baby (sprouted) — buckwheat grass, fava bean greens, pea tendrils, sunflower sprouts, sweet potato greens, and wheatgrass.
2. Sprouts (light by weight) and green sprouts — alfalfa, broccoli, chia, clover, garlic, onion, and radish.
3. Seeds (sprouted) — flax, hemp, pumpkin, sesame, and sunflower.

4. Raw Cacao (see #5 for additional information)

Anandamide: The human body naturally produces endorphins after exercise. This opioid like neuropeptides, inhibit pain impulses and may even provide a sense of euphoria. Another such compound is the neurotransmitter anandamide, also known as "the bliss molecule". While humans have to work hard to produce enough anandamide to reach higher levels of ecstasy, only one plant produces this chemical as part of its normal metabolism, cacao! Not only does cacao contain anandamide in high concentrations, it also contains enzyme inhibitors that decrease our bodies' ability to breakdown the bliss molecule. When we eat raw cacao, the anandamide produced by our brains along with the anandamide found in cacao may continue to circulate in the body for extended periods of time, helping us feel great all day long.

Further research - anandamide and: acetaminophen, CBD, and lecithin.

Theobromine: cacao contains about 1% theobromine. Theobromine is a chemical relative of caffeine but it does not act as a nervous system stimulant. Theobromine dilates the cardiovascular system making the heart's job easier. It acts as a heart tonic - increases shen - see #5 below. The combination of theobromine and magnesium make raw cacao an important component for heart-health.

Important note- To fully benefit from cacao's high-frequency benefits, eat cacao/chocolate that is as close to its natural state as possible. Whole cacao beans and nibs are best. You lose almost all of the health benefits when you eat commercially produced chocolate.

5. Medicinal Mushrooms

All edible mushrooms resonate with high vibrational energy, but Chaga and Reishi possess the highest vibrational energy, in my opinion. Medicinal mushrooms possess immune-modulating, antioxidant and anti-inflammatory properties. Reishi, like raw cacao, increases "shen." Shen is the life-force energy you have in abundance when the heart is in balance. Shen gives you passion, enthusiasm, confidence, purpose, and vision. However, it also gives you patience, good judgment, perspective, humility, and sobriety. The more shen one possess the more ethereal he or she becomes.

I hope that this will inspire you to add more high-frequency foods and activities into your life.