

Nutrition in the Light of Occult Science

THE LAW OF ANALOGY is the master key to unlocking mysteries of life and understanding existence in many worlds of being. It is founded on the first hermetic axiom,

“As above, so below,” which obtains because creation is unitary, having been differentiated in and proceeding out of the one God. The law of analogy invokes a higher wisdom than logic. It is the knowing that comes all at once, full and complete, as in a flash of recognition. It is the poet’s intuition, which is borne in simile or, more organically, metaphor. It is with this understanding that one reads Scripture and finds seven layers or levels of meaning, applicable to the seven regions (five Worlds) in which humanity lives and has its being.

Thus we may unlock and apply the passage “Unless a grain of wheat falls to the ground and dies, it cannot be reborn,” to processes in human nutrition and metabolism.

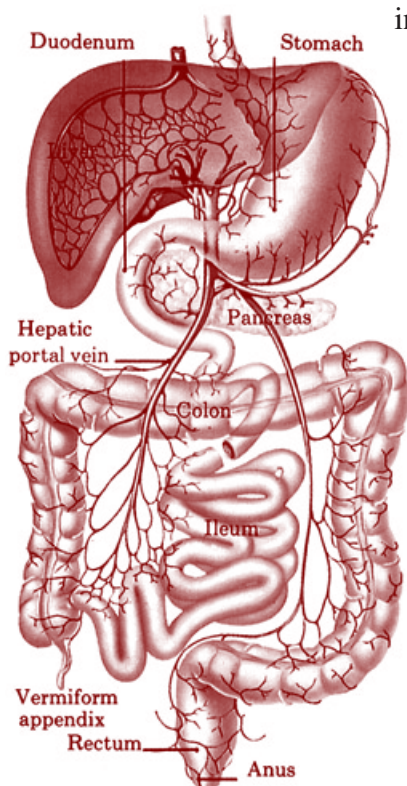
On the physical level, all seed, prior to germination, actually reverts to a near inorganic condition. The organic forces sculpting its concentrated form begin to disintegrate and loosen their hold on its constituent molecules and atoms, opening the

germ up to etheric forces in “mother” nature which truly raise it up from a lifeless condition. Its new life is dependent on its first dying to the state it assumed as a seed.

In like manner, the food that we ingest also must die in us if it is to be lifeful for us. This is only one (and a lesser) reason why the aspirant to the higher life is to eschew meat in his diet. The energy required to rid the foodstuff of its foreign desire forces reduces the energy at the Ego’s disposal for physical consciousness.

It is instructive to consider in closer detail how certain foods die in digestion before they can be reborn in the human’s vital economy. Basic nutrition recognizes three main groups of foods essential to the maintenance of physical life: protein, carbohydrates, and fats.

At the outset it must be made clear that, with several notable exceptions, substances introduced into the human system are foreign bodies and unusable in that form. Whatever is taken into the body must either provide the occasion for it to unfold its own activities, or else the stimulated activity must not be distinguishable from the body’s internal action.



The Digestive Tract

For instance, plant starch (a carbohydrate) is altogether different from the starch-like substance produced by the human liver, called glycogen. To be of benefit, plant starch must first be transformed, and that transformation to sugar is begun in the mouth by being permeated with the enzyme ptyalin, secreted with the saliva. Then in the stomach gastric juices, principally hydrochloric acid, further simplify the substance. Finally, in the small intestine, starch is broken down by the pancreatic enzyme amylase and converted to the sugar maltose and finally to glucose.

Protein, consisting of carbon, hydrogen, nitrogen, oxygen, and, usually, sulfur, is found in all animal and many plant tissues. It must first have its elemental forces loosened so that it may become subject to the formative forces of the etheric body. This dissolution begins in the stomach, where the proteolytic enzyme pepsin reduces the albumin to soluble peptones.

Then, in the alkaline environment of the small intestine, peptones are reduced to amino acids. The pancreatic enzyme trypsin, as agent of the Ego-formation, "kills" the protein as a foreign substance. Here it becomes lifeless, but for a moment, because now it can be worked up by the Ego into the etheric body. If the requisite forces for this dissolution and upbuilding are not present, the residual foreign etheric influence of the ingested protein must be eliminated in the morbid state known as albuminaria, carried out by the forces of the desire body, which governs excretory processes through the chemical ether of the vital body. Albuminaria debilitates the desire body's proper function in the renal (kidney) epithelium. To correct this weakness, the power of the Ego-organiza-

tion in the pancreas needs to be strengthened.

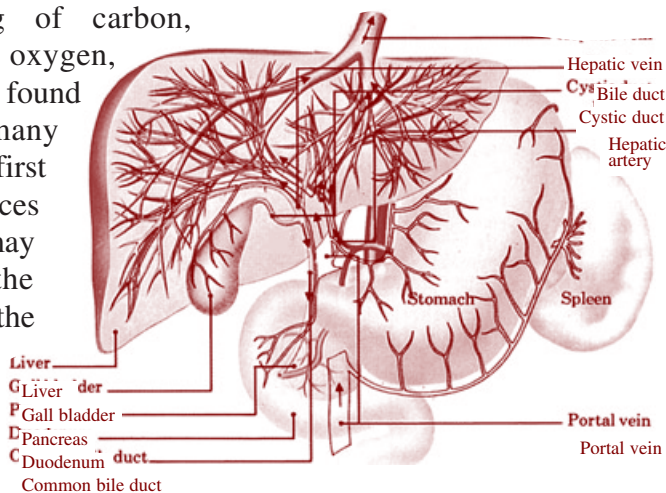
Fats must travel to the small intestine before they are changed into glycerine and fatty acids by the action of the pancreatic enzyme lipase. Bile, produced in the liver and secreted by the gall bladder into the duodenum, the first part of the small intestine, emulsifies the fats and makes possible the absorption of fat-soluble vitamins.

Digestion is largely an unconsciousness operation. All areas of conscious experience in the digestive processes are in the domain of the Ego-organization, notably in the mouth where tastes are registered. Sugar is an Ego food, a carrier of the Ego organization.

Diabetes (mellitus), the inability of the body to retain sugar, causing it to be eliminated in urine, results from a weakening of the Ego and the subjection of sugar to the forces of the desire and etheric organizations. Diabetes is aggravated by everything that draws the Ego-organization away and impairs its effective penetration into the bodily activities, such as recurring excitements, intellectual over-exertion, or hereditary predisposition.

The processes by which foods are simplified to their basic components and then assimilated as material for biosynthesis are subtle and complex and involve the vital, desire, and Egoic forces, as well as the chemical forces of the physical body. In time the science of nutrition will accommodate itself to this larger picture of occult anatomy and its bearing on physical processes. At present, the term "biological individuality" is invoked to account for the differences in each person's response to their food and environment. This understanding shall become increasingly specific and scientific as more facts are disclosed and confirmed. □

—George Weaver



The Liver's Blood Supply

The Liver has two blood supplies: 20 per cent comes from the normal systemic circulation (via the hepatic artery) bringing oxygen, while 80 per cent is the portal venous system draining the intestinal tract from the stomach to the rectum. This brings absorbed food to the liver cells. Over a liter of blood a minute passes through the liver.