



*Proceedings of the Sixth International Permaculture Conference
September-October 1996, Perth, Western Australia*

© Copyright Permaculture Association of Western Australia Inc. and authors.

Living Biogenic Nutrition

Yvonne Swindell & Manny Stuhl (Australia)

[Submitted Paper]

Living Biogenic Nutrition was designed By Professor Edmond Bordeaux Szekely. He classified foods into four categories according to their quality and functions, generating life and health in our bodies:

- **Biogenic:** cell-renewal, life regenerating – germinated cereal seeds, nuts; sprouted baby greens.
- **Bioactive:** life sustaining – organic, natural vegetables, fruit.
- **Biostatic:** life processes slow down, aging processes accelerate (cooked, stale foods, *but* legumes must be cooked *after* sprouting first).
- **Biocidic:** life destroying – processed, irradiated foods and drinks.

Biogenic foods

These should compose 25% of daily food intake.

Cereals, seeds, nuts when sprouted create a star-burst of enzymes that liberate transmuted amino-acids, vitamins, hormones, minerals, dextrinise carbohydrates plus essential fatty acids.

Bioactive foods

These should compose 50% of daily food intake when eaten together with biogenic “sprouts”.

They synthesize entirely new compounds which perform superior biogenical and biological functions:

- Destroying biostatic and biocidic processes, microbes, and faulty digestive processes.
- They strengthen the oxygen transport and cell respiration.

- More efficient metabolic action accelerates cell renewal and stimulates natural self-healing (even in some cases of carcinoma).
- No destruction of enzymes, hormones, some vitamins and minerals by heat.
- No heating of fats and oils (when they become toxic).
- No deterioration of the quality of proteins; amino acids are ready, transmuted and pre-digested.
- Astronomic increase in all vitamins.
- Biogenic and bioactive foods are digested without increase of leucocytes (white blood cells) in the stomach which always occurs with foods denatured by heat and processing.
- This leaves the leucocytes free and active in the blood-stream for more efficient defence from multitudes of invaders in the air, the total environment. Note: we breath 700 quarts (1200-1300 litres?) of air per hour.

During and after eating a normal cooked dinner our blood pressure rises and our pulse rate can double which can, if smoking and drinking is added, predispose to heart attacks.

So plants in their vital freshness give us:

- Fats in the form of unsaturated essential fatty acids.
- Carbohydrates which digest slowly, releasing energy for long periods.
- Complete proteins in the form of pre-digested amino-acids.

There is a way of storing fresh vegetables to our great advantage – **Sauerkraut**. It synthesises the whole vitamin B complex (including B12) and vitamin K by a natural lactic acid fermentation. It must be made with organic vegetables. No salt, vinegar, water or anything is added.

Unpasteurised goats milk yoghurt, soft cheese, keffir, etc are all lactic foods.

Note: Antibiotics kill all intestinal bacteria, so it is most important to take acidophilus products to reline the intestines with the right “friendly” bacteria, destroying the harmful gas, odour, and disease-forming bacteria.

Biostatic cooked foods

These should compose 25% of daily food intake.

- Zarathustra bread is a 5000 year old recipe from Zeno Avesto. We have made, and are making, unyeasted bread made from crushed sprouted grains and legumes.
- Sour dough bread, made with organic or biodynamic flour.
- All legumes (except alfalfa and mung bean sprouts) must be sprouted and toasted or simmered for 10 to 20 minutes. All dried beans, lentils, peas etc

must be soaked for 8 to 12 hours and that water thrown away. Rinse several times and leave to drain for 8 to 12 hours. Wash and drain again until tiny shoots appear. Simmer in fresh water until soft(ish) or toast at 100°C for 10 minutes.

Note: Soy beans need double soaking. When cooked, all legumes can be blended into “Humus” to your taste!

Legumes have developed many toxic chemicals to protect their nascent seeds from nematodes, micro organisms etc. This is called allopathy.

All seeds contain phytates in their outer seed coats. When seeds are soaked and germinated, enzymes are created which will split and neutralize phytates. Zinc is one of our body’s most important minerals, but it is immobilised by phytates in a chemical compound which our digestion cannot utilize, unless we “sprout” seeds, whole grains etc. So here is another job of major importance for enzymes and a reason for sprouting first and then eating!

In addition to phytates, legumes contain other harmful ingredients that can be eliminated by sprouting and germinating and then heating. Raw soy beans have a substance that stimulates goitre, and also a trypsin inhibitor. Trypsin is an enzyme necessary in the digestion of protein. Lima beans have a toxicant, glycoside, which yields hydrocyanic acid. Raw fava beans can lead to hemolytic anaemia.

So *always soak* then throw away the water, *germinate* for 2 – 3 days, washing and draining, then *heat* before eating. Then your metabolism will work in peace, and you will never more experience indigestion, wind and pain after consuming your favourite winter pea soup!

Sprouting and vitamin liberation

How does sprouting’s star-burst of enzymes affect vitamin liberation? The research results from several American universities are shown in Table 1.

Researcher	Source Material	Sprouting Effect
Dr Burkholder, Yale	Oats	Vitamin B2 increase of 1300%
	Baby green oats	Vitamin B2 increase of 2000%
	Wheat	Biotin increase of 50% Inositol increase of 100% Pantothenic Acid increase of 200% B6, Pyridoxin increase of 500% B3, Niacin increase of 500% Folic Acid increase of 600%
Dr Bailey, Minnesota	Wheat	Vitamin C increase of 600%
Dr Mack, Pennsylvania	Soy beans	Vitamin C increase of 553%

Table 1: Research results for vitamin liberation

Note: The above figures are found in *The Chemistry Of Youth*, printed in 1977. Similar figures are found in *Nutritional Science and Health Education*, printed in 1978, but not in earlier editions of the above title by Dr Curtin Shears.

The *Chemistry of Youth* gives us a mind-blowing encyclopaedia of knowledge, much of it gained by Professor Szekely's 33 years research as a medical doctor at his ranch "La Puerta" in Baja, California. He had personal consultation daily with over 30,500 people and gave 56,00 lectures. His findings, a few of which have been given in this paper, were all backed by laboratory and clinical statistics. He pioneered organic growing at the same time as Sir Albert Howard, the "Father of Composting".

Jesus said "... eat always from the table of God: The fruits of the trees, the grains and grasses of the field, the milk of beasts and the honey of bees."

The Essene Gospel of Peace – Book 1.

"They ate only fresh fruits and vegetables, seeds, grains, nuts and legumes, germinated seeds and grains, and tender small 'baby greens' taken fresh from their gardens and orchards right before their meals."

Translated from the Plinius' manuscript (great Roman Naturalist)

Note: After the discovery of the Dead Sea Scrolls at Qumran, Professor Szekely translated two of them – *The Manual of Discipline* and *The Thanksgiving Psalms*. See the *Teachings of the Essenes from Enoch to the Dead Sea Scrolls*.

Has there ever been a man in history, who has given the world so much knowledge and insight, both scientific and spiritual? Microbiology (graduate of the Pasteur Institute), biochemistry, medicine (physician), clinical psychology, nutrition, organic husbandry.

The professor mentions desperate planet pollution and radiation. His spiritual writings are prolific from many facets: *The Essene Jesus and Sermon on the Mount*, *The Living Buddha*, *The Zend Avesta of Zarathustra*, etc. Some 80 books.

Yvonne Swindell and Manny Stuhl are both Diplomaed teachers of the International Biogenic Society, founded by Professor Edmond Bordeaux Szekely and Romain Rolland 1928.

After being chosen to study in the Vatican in 1923 and finding 25 miles of parchments and manuscripts, Prof. Szekely visited the Benedictine Monastery at Monte Cassino and completed the Essene Gospel of Peace. Prof. Szekely is the author of over 80 books, including two autobiographies: Search for the Ageless: Vol. 1 & 2.