

Nutrition & Relationships

by Qaraandin



Much talk has been devoted to the sorry state of female/male relationships within the Black community in the U.S. Although female/male relationships are no where near as sorry as we are led to believe, most - probably all - of the relationship problems that do exist will be resolved as our diets improve.

A holistic female/male relationship encourages physical, emotional, mental, and spiritual stimulation for each of the parties - separately as well as jointly.

We have been encouraged to believe that the sexual part of our relationships is the most important. Improved nutrition will improve overall health - physical, emotional, mental and spiritual health - and, ultimately, the health of our sex lives.

Each one of us is an individual, unique expression of the Creative Forces. For that reason, each one of us will have to fine-tune the diet to gain maximum benefit.

In order to maintain perfect health, the body requires all of the vitamins and minerals in exact proportions. Although the amount of each vitamin and mineral needed varies from person to person, it is clear that each person needs some combination of all of them.

The body is weakened whenever there is a deficiency in even one area. Because we “don’t have time to be sick,” all too often we ignore the body’s attempts to get our attention so we can get back on track.

We get the blahs, just don’t feel quite right and can’t put our finger on what is wrong. We get vague aches and pains. We don’t hurt enough to stop or even slow down. Most of the time we ignore our “tiredness” even though it would be smarter for us to take inventory and find out what our bodies are trying to tell us.

Once we reach a certain age, we chalk our aches and pains up to “old age” and accept them as “inevitable.” All of these conditions are nothing more or less than evidence of a diet that needs improving.

According to Dr. Paul Goss, N.D., M.T.,

“Frustration, especially when it comes from sexual dysfunction, has to be the world’s oldest problem. It comes from a slow down of body energy, which cuts off some of the oxygen to parts of the body. The lack of energy in the body is caused by not supplying the body with live foods that produce fuel for active response.

“Frustration can cause one to be uptight, disgusted, upset, irritable, hungry, lazy, and tired because the body is not functioning the way Nature intended it to.”

What usually happens is the person with the poor diet does not recognize the irritability, or the rudeness, but those who must deal with the person - especially those who are most intimate - are very, VERY much aware and sometimes painfully so.

What we are learning now is that many of the problems that we face will be resolved when we improve our diet to one that includes plenty of fresh raw fruits and vegetables, nuts, seeds, grains, sunshine, fresh air, pure natural spring water, exercise, and rest.

Some folk report that they don’t sleep throughout the night since they have improved their diet. I’d like to suggest that this is a good time to pay attention to spiritual affairs. Between 2:00 and 6:00 a.m. is when there is less electromagnetic interruption in the atmosphere because some radio and tell-lie-vision stations are not broadcasting. Many questions are answered and problems resolved if we just bask in the silence.

Some of the mental symptoms relieved by an improved diet are: memory loss, senility, mental depression, some learning disabilities.

More emotional stability is also usually reported when the diet is improved. That is because the body is a big chemical factory and emotional problems are often the result of chemical imbalances in the brain.

Some physical benefits of an improved diet include: more strength and stamina; improvement in the functioning of all of the senses - touch, taste, smell, sight, hearing, intuition, thought transference, etc.; a stronger immune system.

What does any of this have to do with female/male relationships?

We have all heard of PMS or Pre-Menstrual Syndrome. What are some of its symptoms?

- ◇ Irritability
- ◇ Water retention
- ◇ Mental imbalance

What are some of the symptoms of menopause?

- ◇ Irritability
- ◇ Hot flashes
- ◇ Insomnia
- ◇ Hormone imbalance
- ◇ Mental instability

When we look at a vitamin chart we notice that most of these symptoms are related to deficiencies in various B vitamins. Some of the symptoms are related to deficiencies in vitamin A, vitamin C, vitamin E and various other vitamins and minerals.

Do you think women would spend too much time suffering if they understood clearly that what they’ve been

told is “just part of being a woman” is the result of poor eating habits - nothing more and nothing less?

And what about the man’s monthly cycle? He has one, too, and we know it - even though most medical books do not mention it. Women talk about it: “If I didn’t know better I’d swear he has PMS!” Men joke about it: “What’s the mater with you, man? Is it that time of the month?”

In truth, a man’s body goes through cycles just like a woman’s. So, yeah. He has PMS. And, yes. It is that time of the month. He would also benefit from improving his diet.

Adjusting the diet is the key to correcting the problem. When we speak of the diet, we must be clear that we are talking about more than just the food that goes in the mouth. Everything and everyone we allow in our environment is part of our diet and has an effect on our health.

We cannot expect to mindlessly watch movies, tell-lie-vision shows, and videos where females and males are constantly disrespecting each other and calling each other out of their names and expect to be able to create loving, healthy relationships.

We can never have any hope of respecting ourselves and our mates when we are constantly singing and humming songs of disrespect.

When we want to create healthy relationships we have to be willing to take responsibility for what comes out of our mouths as well as for what goes into our mouths.

We cannot expect to build loving, caring, honest relationships with dishonest people who do not care to create love around themselves. People who stir up stuff just for the sake of seeing confusion have no interest in love.

Anyone who says you should love them unconditionally as they abuse you or who tells you that unrequited love is the only true love is using your ability to love as a weapon against you.

As your diet improves, your feelings about yourself will change for the better. The better you feel about yourself, the more you feel you deserve when you are in relationships with others. Not just romantic relationships, all relationships.

That is not to say you will abuse others. Abusers mistreat others because they do not love or respect themselves. Quite often, such self-dislike is the result of chemical imbalance that comes from a poor diet.

When we remember that everything we see, hear, taste, touch, and smell is part of our diet, we realize that the things we put on our bodies because we do not value our uniqueness plays a part in our chemical imbalances. The very chemicals we apply to ourselves to make ourselves feel more attractive cause us to like ourselves less.

We are never satisfied with what we see in the mirror because we are never satisfied with what we see in our mind’s eye. The problem is not with the mirror, it is with the mind! Change the mind and the reflection in the mirror will be more to our liking.

It is long past time for us to stop blaming others for the problems we create for ourselves with the things we allow to go into our bodies. We must also stop blaming others for the problems we create for ourselves with the “stuff” we allow to go into and come out of our mouths. When we begin to exercise a little “mouth responsibility” we will find that many of our relationships will improve.