

YOUR ELECTRONIC BODY

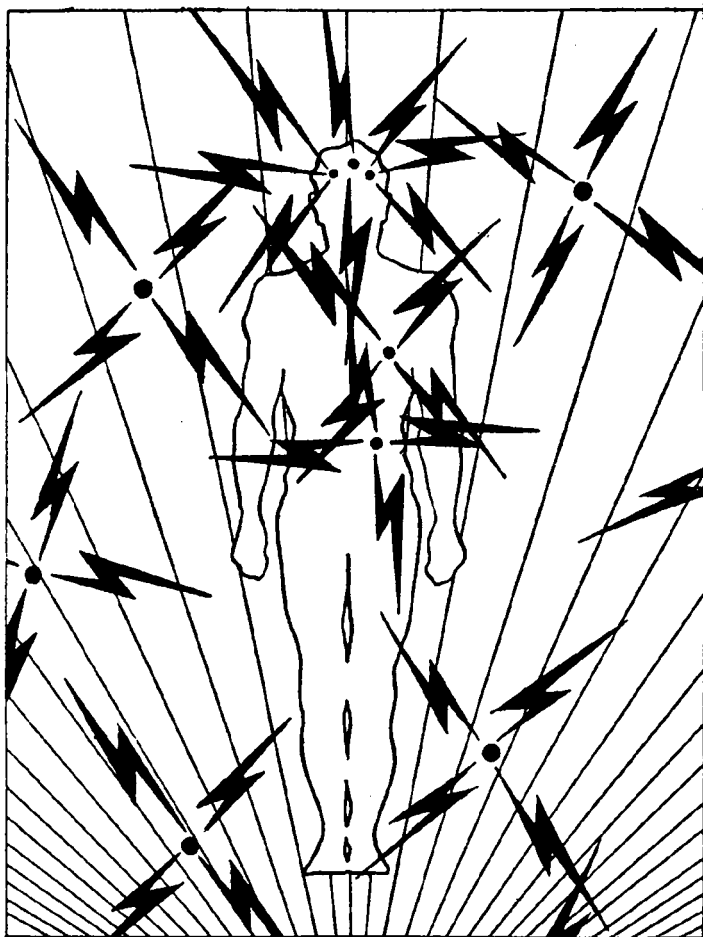
(Each Cell Is Electrically Charged)

AND

ELECTRONIC POTENTIALS OF FOOD

BY

BROWN LANDONE



YOU LIVE IN AN ELECTRONIC WORLD

Every cell and tissue and organ of your body, each particle of food, all matter around you, carry electronic potentials. Such energy is NOT life, but it 'conditions' your body, for greater manifestation of life.

THE LANDONE FOUNDATION

Orlando, Florida

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In USA**

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THIRTEEN TRUTHS RE THIS COURSE

First Truth: This Course does NOT teach you to choose foods that carry electronic charges, in preference to those that do not carry charges, because NO such difference exists; every food particle carries electronic charges.

Second Truth: For fifty years claims have been made, that one or another 'particular' food will cure all ill conditions of this or that particular organ of your body.

There is as yet, NO proven evidence of this; hence no claim is made in this Course that the choice of particular foods will cure particular diseases, excepting only the conditions called 'deficiency' diseases.

Third Truth: This Course does not claim that any lack of strength or vitality can be permanently remedied by food, unless there is a general build up of the health of all the body and improvement of all of its functions.

Fourth Truth: NO biologist or physiological chemist can determine, the degree of any lack of any particular food needed by your body at any particular time. And no physician or physiological chemist has as yet determined the 'minimum' requirements of vitamins or minerals for your body, nor of complete proteins.

What you need may be quite different from what another person of equal weight and similar activities may need.

Hence data in this Course refers only to the general requirements that have been determined.

Fifth Truth: This Course makes no claim that the electronic potentials of foods is anything new; such charges of every particle of food have existed for all ages.

What is new - as emphasized in this Course - is our knowledge of such electronic potentials.

Sixth Truth: Every extravagant claim of exceptional value of any one food is likely due to unbalanced judgment which fails to consider values of other food factors, acting with the particular food, emphasized.

Seventh Truth: The less you attempt consciously to regulate your digestion, the better it will be.

Any attempt - no matter how intelligent - to regulate your digestion, will be as detrimental as attempts, consciously made, to regulate the beating of your heart.

Eight Truth: NO claim is made that - by application of truths of this Course - you can transform your body. It is

claimed only that the more complete your knowledge is, the wiser you will be in choosing combinations of foods which provide the essentials which tend to transform tissues.

Ninth Truth: This Course particularly cautions against acceptance of pronouncements of detrimental effects of too much of this or that food factor. If you keep the body in as healthy a condition as possible, nature will usually rid the body of surplus.

Tenth Truth: This Course urges that the greatest benefit to be derived from all knowledge of our science of food, is to keep free of food fads. Do not become a faddist on the subject of electronic values of foods as taught in this Course, anymore than you would be a faddist re the calorie value of foods, or the value of vitamins, or minerals, or any other food factor.

Eleventh Truth: IF after choosing foods as wisely as you can after study of this Course, there is still lack of vitality or endurance, this Course urges you to seek definite tests by physician or physiological chemist to determine what is not functioning properly in your body.

Twelfth Truth: Because of our complex life of today and the lacks of essential factors in many foods on the market, it is wise - if you wish continued health - to have tests of blood, tests of urine, perhaps even metabolism tests - made every six months. These means of science, are means provided by divine intelligence.

Thirteenth Truth: This Course is prepared as a summary of knowledge for the layman. It is presented, not as the all inclusive knowledge of foods, but as the new knowledge lately discovered, which helps us to balance all that has been previously known of the science of foods.

It is on the basis of the above truths, that this Course has been prepared and written and is distributed.

IF YOU are seeking any knowledge of foods, that claims to present a cure-all for all physiological ills, OR IF you are seeking phenomenal claims to which you can become a devotee, OR if you are seeking faddish knowledge that underestimates all other knowledge of foods, then before reading further, return this Course in good condition as received, and the price you paid for it will be immediately refunded to you.



YOUR ELECTRONIC BODY
(Each Cell Is Electrically Charged)
AND
ELECTRONIC POTENTIALS OF FOOD
By
Brown Landone

LESSON I - WHAT'S THE MATTER
WHY NOT ACCEPT THE NEW?

Miracle One: Scientists have kept muscle cells of a chicken's heart, growing youthfully for 33 YEARS AFTER chicken from whose heart the tissue cells were taken, HAD DIED!

Thirty-three years is eight times the average length of the life of a hen.

This means that scientific feeding and careful attention to elimination continued the life of these heart cell tissues, eight times as long as they would have lived as part of a hen - living on the food and under the ordinary conditions of a well kept chicken yard.

Moreover, scientists at the Rockefeller Institute who helped carry on this experiment under direction of Dr Alexis Carrel, state that if their feeding and careful elimination are maintained, these heart cells can continue living and reproducing and growing - indefinitely; that is, that this group of heart cells HAS ATTAINED physical immortality!

Keeping these heart tissues growing youthfully for 33 years after the chicken died, might be compared to keeping the tissues of man's heart growing youthfully for 640 years!

Moreover, these muscle cells of a chicken's heart have been kept growing not only healthy but abundantly.

They increase and grow new cells.

If all the new growing heart muscle had been kept, they would have grown enough heart meat - in their first 22 years of growth - for more than nine billion steaks!

This indicates that even mere heart muscle cells, will unlimitedly grow new cells - for new tissue, as well as for restructuring and repair of worn out tissues, IF the feeding and elimination are carried on, as under scientific supervision in a laboratory.

This is a prophecy of what may be done for the human body, IF we learn enough about foods and are careful enough

in elimination, - to take care of our bodies as well as scientists take care of growing tissue cells in a laboratory.

Miracle Two: Still more amazing, scientists have kept a MAN'S HEART - living healthily and growing youthfully in a glass container in a laboratory - actually increasing its health and youthful vitality.

Miracle Three to One Hundred and More: Scientists have effected scores of other miracles of growth of tissues in laboratories, each as astounding as those cited above?

WHAT WAS DONE to effect the miracles cited above?

Only two things: (1) scientists fed the cells - heart cells of the chicken, for example - with foods essential for their continued youthful and healthy growth; and then (2) they daily washed away the physiological wastes due to such growth!

Only two things - proper food, and proper elimination!

WE, however, have NOT accomplished any SUCH RESULTS FOR OUR BODIES, even with great care given to elimination, and use of all we know of our science of foods in choosing the best foods possible with plenty of vitamins, minerals, et cetera.

What IS the matter WITH US?

What is the use of depending only on such science of foods as we have had in the past?

We desire youthfulness and health!

We would like to live at least 80 years - vitally, healthily, virily, youthfully.

If our elimination is not satisfactory, it is probably due to the wastes of foods we should not eat, or do not properly digest, or are not eating in the right proportions.

Our science of foods has been augmented by amazing discoveries in the last 100 years!..

There was little progress in food knowledge for 2,300 years; then beginning in 1845, many discoveries followed.

Once we judged foods by quantity, and substances

similar to those of the body; then came knowledge of calories of food; still later knowledge of particular values of starches, sugar, fats, proteins; then of vitamins, minerals et cetera.

So also our knowledge of digestion is new and changing; it was only 120 years ago, that a noted scientist at a meeting of the New York Medical Society, declared that there was still no explanation of digestion so satisfactory as that of little worms living in pockets in the walls of the stomach, crawling out when one ate food; chewing it up into a soft mass; and then crawling back to their little pockets.

The new knowledge of the last 100 years IS amazing.

AND YET, when we think of what we can do in a laboratory - with proper feeding of the cells of a chicken's heart or with a man's heart - it seems very certain that there must still be 'some lack somewhere' in our knowledge of foods, as we use them for daily living.

No matter what knowledge of foods we have discovered in the last 100 years, there is still something lacking.

There is NEED of NEW knowledge of foods for man!

All science has discovered in the past, is but a fraction of what we ought to know, to be able to do one fifth as well for our human bodies, as we have for heart muscles of a chicken!

AND NOW we DO have NEW knowledge of the ELECTRONIC CONDITIONS of every tissue and organ of the body, proven by our greatest physiological scientists, and by the fact that every great hospital is now using instruments to record electronic radiation of every organ of the body, for exacting diagnosis of its condition.

Also we now have NEW knowledge of ELECTRONIC VALUES OF FOODS, and the report of research work in this line, is so reliable that the report is not only authorized but actually published by the American Chemical Society.

It is to relate and unify, a little of this new knowledge of the electronic condition of each cell of your body and of every particle of food you eat, that I write this new Course of our new science of foods.

But there is no use in studying this new Course of Electronic Foods - or any phase of the subject of foods,

or any possible value you may get from wiser choices of foods - unless you first learn:

(1) WHAT 'substances' there are in foods you eat,

(2) WHAT unsuspected ELECTRONIC energies there are for your body, in the foods you SHOULD eat.

Since it is unquestionably evident that there is something still lacking in our science of foods, the first step is to get AN ENTIRELY NEW VISION of what the actual needs of your body are, and of what there is NEW in our knowledge of electronic values of foods that can help you to meet the need of transforming your body from what it is, to what you wish it to be.

Each of the first few Lessons of this Course will be short, to give you a clear concrete idea of one particular angle of the new thought, so that it will be clear before proceeding to the next step.

What's the matter with you?

Are you stuck in the mud of old fixed ideas of foods?

Or are you now on the broad road to the vast fields of new knowledge of very vital importance, already available for you to use?

SOME QUESTIONS OF CONTENT OF LESSON I

Is not man, just as important in your eyes, as muscle cells of a chicken heart, of a chicken that died years ago?

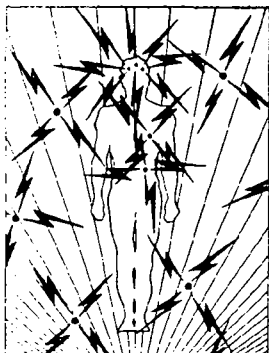
No one cell of the muscle of that chicken heart is immortal, but the group of cells is immortal. Scientists assert that that group of cells can continue growing youthfully forever.

Is not your body also a system of groups of cells?

What is the matter with US? Do you give as much attention to your own body, as scientists do to the development of tissue cells?

What is the matter WITH YOU? Are you seeking and using latest surest knowledge of kind of electronic foods that will tend to transform your own body? Are old and fixed ideas, your greatest hindrance in making any change?

Do you not wish a body - healthier, more vital, greater endurance, greater virility, greater youthfulness?



YOUR ELECTRONIC BODY
(Each Cell Is Electrically Charged)
AND
ELECTRONIC POTENTIALS OF FOOD

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LESSON II
AN ENTIRELY NEW VISION IS NECESSARY

If you wish to effect any radical change of your body, by any new choice of foods or change of your diet, a new vision is necessary!

Be very certain, that you can NOT effect new changes on the basis of old prejudices, or on misinformation or lack of information of the past.

ALL past and present knowledge of our present science of foods is very valuable; yet it is only partial - that it is not yet complete knowledge.

Every generation for a century - almost every decade - we have made some new discovery in science of foods, of which we previously knew little or nothing.

In this Lesson I give you a brief vision of proven facts of THE NEWEST knowledge of the functioning of your body and of foods.

This should help you to free your mind of previous ideas of mistaken theories, and also to open your mind to the new knowledge of electronic values, and thus help you to determine more wisely the proper foods for your body.

First, EVERY CELL carries ELECTRONIC POTENTIALS.

This has been proven for forty years. Moreover, every cell of your body carries two electronic charges - a positive charge at its center, and a relatively negative charge on its outside.

In the next Lesson I write of the significance of these, - for predominance of one of the charges means health, vitality and youthfulness; and predominance of the other charge means fatigue, exhaustion, illness and ultimately death! See Note to Scientists, bottom of page 10.

Second, EVERY ACTIVITY of your body and of every part of your body is accompanied by ELECTRONIC CHANGES.

Third, for 89 years we have known that each HEART beat is accompanied by electronic action.

For 42 years we have had an instrument - the electro-cardiograph - which electrically records the strength of weakness of each beat and the regularity and rhythm of successive heartbeats.

Fourth, we know that every activity of every BRAIN center is accompanied by an electronic charge.

There are even different charges of electronic energy of the different layers of the brain.

Fifth, with movement of the LUNGS, for each intake and each exhilaration of breath, there is a change in electronic potential. This was proven 42 years ago.

Sixth, we know that the male SEX CELL - the sperm cell - moves with tremendous energy and for an incredible time, and evidently by electronic energy.

Seventh, physicists know that every particle of MATTER - whether of living tissues, or food, or inanimate matter - even a sand crystal - carries electronic charges.

Eighth, we know that every FOOD substance we eat carries an electronic charge, and tends to induce a pre-dominate positive electronic charge or a predominant negative charge, during the process of digestion.

Ninth, we know that every step of the DIGESTIVE PROCESS is accompanied by electronic change, so that the liquid fluid substance in stomach or intestines become more negatively or more positively charged.

Tenth, we now know that every food SUBSTANCE, we eat must be torn apart by an electrolytic process, and then REBUILT into another substance by electronic energy, before it can be of use to the body.

Eleventh, we now know that the BLOOD can not absorb, a particle of the substance foods we eat, until they have been changed by electronic energy.

Twelfth, the ABSORPTION of DIGESTED food from the intestine by the blood, is effected by changes due to electronic energy.

Thirteenth, we know that every particle of earth on which you walk, every particle of air you breathe, is

electronically charged so that not only is your body made up of cells carrying positive and negative electronic charges, but you actually live in an electronic world.

The above thirteen facts give you a little hint of the new vision that is necessary in order to understand the manifestation of health, vitality, virility, and youthfulness of your body, and also to help you understand the new knowledge of foods.

ALL activities of brain cells or skin cells, every movement of an eyelash, every beat of the heart, all functionings of the processes of digestion, of elimination, of breathing, of sex, are - one and all - associated with electronic changes.

Hence, it is very wise to approach the science of foods from a new standpoint - that is, the standpoint of the electronic nature of foods, and what effect this has on digestion and the use of food substances and energies in your body.

It should at once be understood, however, that electricity or electronic energy..is NOT life!

It is merely the great energy which "conditions" your body - that is, puts your body into condition - so that its life manifests more fully and virily.

The significance of this Lesson will be of little importance to you unless YOU change your old fixed ideas of food based on partial knowledge, and accept the new vision - not only of the functioning of every tissue and cell of your body, but also of the electronic conditions which make for health and vitality and youthfulness, and those which make for fatigue, exhaustion, disease, and death!

You also need a new vision of the electronic values of foods you eat. Only as you make the new vision of the new knowledge your own, - will you be ready to make use of what is presented in this Course, so that it can be of value to you.

And what do I mean by accepting the new vision and making it your own? Just this: That the new idea of the electronic nature of your body and of digestion and of food becomes so clear, that you will no longer use your old ideas to determine the reliability of the new ideas given you.

Free your mind, so that you will not often say, "Well, BUT I have been taught that such a food is so and so." Or think of some book you have read, and say "BUT Dr S or Dr A or Dr B says this or that about this food."

The change you must now make is as great, as that which scientists had to make when - after holding the idea that the smallest particle of matter was solid for more than 2,400 years - they discovered it was not solid at all, but a little universe of space and energy!

That required a revolution in their thought, for only Democritus, 420 BC, had thought the atom was not solid.

So also today, our new knowledge of the electronic nature of all processes of digestion and of all foods, compels a resolution in your thought - a new vision in order to receive the new truth clearly and use it effectively for your own good.

All progress comes; (1) first by freeing the mind of prejudices; (2) by willingness to give up the mistaken and fixed ideas in which one has believed; (3) by accepting the proof of new ideas; and (4) by making use of them.

An entirely new vision IS necessary for NEW PROGRESS.

SOME QUESTIONS OF CONTENT OF LESSON II

What are thirteen evidences of the basic proof, that give us a completely new vision of life?

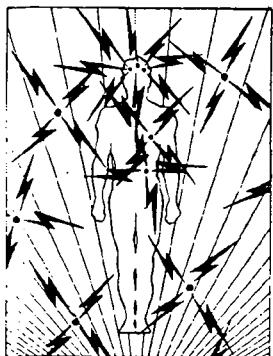
Since every functioning of your body, takes place by electronic energy, it is not wise to choose foods on the basis of electronic energy?

NOTE TO SCIENTISTS: The physician, because of his practice, recognizes the necessity of simplifying statements for the minds of his patients.

This Course is written for the lay reader. To clarify thoughts essential for his understanding, terms are often used without qualifications that would be added for the scientist.

The lay reader is often confused by elaboration of terms of which he knows little.

Physicists and physiological chemists understand that positive and negative are always relative; that a balance or proper ratio of potentials is meant, even when the words 'slight predominance' are used; and that from the standpoint of elimination, health and vitality depend on a slight predominance of a negative potential.



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LESSON III
NEW KNOWLEDGE OF CONDITIONS
OF MANIFESTING LIFE

This Lesson is very short, yet the knowledge it contains might almost be called 'the secret of life or death'.

Much of this knowledge has been known to scientists for 30 years; some of it to a few scientists for 45 years.

First, electronic energy is not life, but it is the energy which conditions the body, so that life can manifest.

Second, every living cell carries two electronic charges - one at its center; another on its outside.

Third, the charge at the center of each cell is the positive charge; while that of the outside surface of the cell, is relatively a negative charge.

To continue living, these must be well balanced.

Fourth, any predominance of a negative charge of a cell, tends to fatigue the cell, and causes deterioration of its structure, disease, disintegration, complete exhaustion, and finally death.

See Note to Scientists, bottom of page 10.

Fifth, the predominance of a positive electronic charge means abundance of energy, vitality, health, quick restoration of the structure, continuing endurance, virility, youthfulness; and one might almost say, eternal life!

Sixth, every tissue and every organ of your body tends to keep a near balance of the positive and electronic charges. But for perfect health, vitality, abundant energy, endurance, virility, and youthfulness, there must be a slight predominance of the positive charged; yet with negative charge to effect elimination.

By 'tissues' of the body, I mean liquids as well as organic structures, - that is, the blood is a tissue of the body, the lymph is a tissue, fluids surrounding brain

and nerve cells, are tissues; also digestive juices, gland secretions, et cetera.

If these tissues carry a slight predominant positive charge, - then there is health, vitality, enduring strength, virility, youthfulness.

The seventh great discovery of the new electronic knowledge is that all foods carry either a predominantly positive electronic charge, or a predominantly negative electronic charge, or a near-balance of the two potentials.

These charges tend to induce similar charges of liquid foods in the process of digestion, and in the substances taken up by the blood from the intestine and carried to every cell of your body.

This Lesson is short! Review it many times. In it you will find the actual key to life and death.

Predominance of the positive electronic charge, is LIFE!

Predominance of the negative charge, is DEATH!

See Note to Scientists, bottom of page 10.

There is very much, I must give you in these Lessons so you will understand the wise choice and use of foods, - but I cannot give it to you all at one time in the first few Lessons.

So even before I continue with essential information, I am now adding a list of some foods, which under normal conditions - when cooked for use - tend to carry comparatively stronger positive electronic potentials.

See list of these foods, CHART I, next page.

Make use of this list, in choosing foods of comparatively strong positive electronic charges.

But, understand also, that as we proceed in our study of the new knowledge of foods, you will learn that SOME foods - when combined with others - cause chemical changes, such that a positive charge may be lowered, or even become negative.

Nevertheless, each of the foods listed below carries comparatively a stronger positive electronic charge, than most other foods you eat.

TWO QUESTIONS ON THE CONTENT OF LESSON III

First, what are the six certain results of a predominant negative electronic charge of a cell.

Second, what are the eight beneficial results of a slightly predominant positive electronic charge whether of cell, or tissue, or organ, or the entire body?

CHART I

FOODS OF COMPARATIVELY "HIGH POSITIVE" ELECTRONIC POTENTIALS

I - SUPER-ACID FRUITS

grapefruit - - - - nd
lemons - - - - 5.4
oranges - - - - 5.6
pineapple (f) - - 6.8

II - SUGAR FRUITS

dates - - - - 11.0
figs - - - - 4.1
raisins - - - - 23.6

III - OTHER FRUITS

apples - - - - 3.7
apricots - - - - 6.8
bananas - - - - 5.5
currants (d) - - 5.9
grapes - - - - 2.7
olives (f) - - - 47.2
peaches - - - - 5.0
pears - - - - 3.6
tomatoes (t) - - 5.6

IV - JUICES FRUIT OR VEGETABLES

cherry juice - - 4.4
grape juice - - - 3.9
grapefruit juice - nd
lemon juice - - - 4.1
orange juice - - - 4.5
rasberry juice - 4.9
tomato juice - - - 6.2

V - LEGUMES

lentils - - - - nd
beans (d) - - - - 18.0
beans lima (d) - 41.6
beans string (f) 5.4
peas (d) - - - - 5.0
peas (f) - - - - 1.3

(t)-non-technically classed
as fruit

VI - UNDERGROUND VEGETABLES

beets - - - - 10.8
carrots - - - - 10.8
onions - - - - 1.5
parsnips - - - - 11.9
potatoes - - - - 7.1
potatoes, sweet - - 6.7
rutabagas - - - - 8.5
turnips - - - - 2.6

VII - GREEN LEAF OR STEM

asparagus - - - - 0.8
broccoli - - - - nd
cabbage - - - - 4.3
cauliflower - - - - 5.3
celery - - - - 7.7
chard - - - - 15.8
dandelion greens - nd
lettuce - - - - 7.3
spinach - - - - 27.0

VIII - OTHER FRUITS OR VEGETABLES

cantaloupes* - - - - 7.0
citron - - - - 9.8
cucumbers - - - - 7.9
mushrooms - - - - 4.0
muskmelon - - - - 7.4
pumpkin - - - - 1.5
watermelon - - - - 2.7

IX - NUTS

almonds - - - - 12.3
chestnuts - - - - 7.4

X - ANIMAL FOOD SOURCE

milk - - - - 2.9

nd-no exact data
(d)-dried (f) - fresh

BASIS OF DATA: Degree of alkalinity given in cubic centimeter required for neutralizing 100 grams of the food -
Milton A. Bridges, Director of Medicine, Department of Correction Hospitals, New York.

* Data from Sherman and Lanford, re approximate potential alkalinity (cc. normal acid)

CHART II

FOODS OF POSSIBLE "NEGATIVE" ELECTRONIC POTENTIALS

I - EGGS

eggs - - - - - 11.1
egg-white - - - 5.2
egg-yolk - - - - 26.6

II - BREAD AND CEREALS

bread - - - - - 7.1
bread white* - - 6.0
bread ww - - - - 7.3
corn sweet - - - 5.9
flour wheat - - - 11.6
oatmeal - - - - 12.9
rice - - - - - 8.1

III - CEREAL FOODS

All foods made of
cereals of approxi-
mately same negative
potentials as above!
breakfast foods
griddle cakes
cakes muffins
cookies waffles

IV - NUTS

peanuts - - - - - 3.9
all other nuts

V - MEATS

beef lean - - - - - 13.9
beef steak* - - - - 11.0
chicken - - - - - 17.0
frog-legs - - - - - 10.3
pork lean - - - - - 11.8
rabbit - - - - - 14.8
veal - - - - - 13.5
venison - - - - - 15.8

VI - FISH

haddock - - - - - 16.0
pike - - - - - 11.8

And all other fish of
approximately same
negative potential:
bass mackerel
cod perch
halibut trout
 and others

VII - SHELLFISH

Oysters** - - - - - 30.0

And all other shellfish
of approximately same
negative potential:
clams scallops
crabs shrimp
lobster and others

BASIS OF DATA: Degree of negative potential, given in cubic centimeters required for neutralizing acidity of 100 grams of the food - Milton A Bridges, Director of Medicine, Department of Correction Hospitals, New York.

* Data from Sherman and Lanford, re approximate potential acidity (cc. normal acid).

** Sherman and Landord give 15 instead of 30.

NB: Acidity or alkalinity of a food as eaten is not necessarily a true indication of its possible relatively negative or positive electronic potential.

Laboratory tests may not truly indicate changes that occur in the body Plums and prunes and cranberries, for example, give alkaline ash when tested in glass tubes in the laboratory; but in digestion, some of their acid is not oxidized, but added as hippuric acid to the urine. Hence these fruits are not included in Chart I.