

# Alchemy of Food for Human Incarnation

By Ron Veitel

The title of this article warrants some definitions before getting into a discussion of the topic. The word alchemy can simply be defined as "a seemingly miraculous power or process of changing one thing into something better." Incarnation is the endowment with a human body or appearance in human form." So the long version of the title could read "The miraculous power or process of changing food into something better, human form." This is the sole reason for eating, to change food into human form. Nutrition research is relegated to the physical sciences, yet if we begin to investigate food and nutrition from the spiritual scientific viewpoint we can see the true relationship between humans and food.

In alchemy there is what is known as the three primes; sulfur (the omnipresent spirit of life), mercury (the fluid dynamics of life) and salt (the base matter). It is within these three states that the human body exists. The musculoskeletal system and flesh can be considered the salt or base matter, the circulatory and lymphatic systems with their fluids of blood and lymph represent the mercurial processes and the respiratory system with its inhalation of oxygen and expulsion of carbon dioxide accounts for the sulfuric aspects. In addition to the three primes there are the four elements; air (breath), water, earth (food) and fire (in this discussion, digestion and metabolism), which influence the spiritual dynamics of becoming human.



*Food consumption is about much more than the technical aspects of digestion.*

The food we consume comes from any of three categories — mineral (salt), plant, and animal. These foods are foreign to the human body since they come from the outside world and are endowed with their own unique qualities and forces. Every ingestion of food raises the question of whether the individual can overcome the foods foreign nature so that he/she can ensoul and humanize it. If the human forces are not strong enough to do this then one may experience the feeling of being sick. According to an Arabian proverb one literally "eats oneself to sickness and digests oneself back to health."

The technical definition of digestion is "breaking food down into absorbable units." I feel this minimalizes its significance. My personal definition for digestion is "The process by which food and its inherent potentials

are destroyed to basic building blocks that can be absorbed into the rhythm of circulatory organs in order to be re-enlivened (ensouled) with the individuals own soul and spiritual properties that prevent illness." The digestive process occurs in the digestive tract which is open-ended from mouth to rectum and walled off from the inside world of the body by the intestinal lining. Therefore, the digestive tract is a part of the outer world running through the body. The first essential step in human nutrition is to remove every trace of outer life from the food so that it is reduced to its most basic units. This would consist of breaking proteins down to individual amino acids, carbohydrates to glucose and fat to fatty acids and glycerol. Once these nutrients are in their most basic states they can then cross the threshold of the outer world of the intestines to the inner world of the circulatory system. It is with nutrient absorption that incarnation begins. Once nutrients are absorbed the body unconsciously experiences which forces of its own must be mobilized for resynthesis. The human organism now assesses the energy required to raise these foreign building blocks to the level of human existence by determining which human proteins, fatty acids and sugars to make. This is the incarnation process of coming into human form and maintaining that form.

In making food choices it is imperative to remember that the food will be ensouled with human properties but not before passing its

information onto the human. Using plants as an example, we know that in growing they take in information such as atmospheric gases, precipitation, pollution and temperature in order to make the necessary changes within DNA to adapt to their environment for long-term survival. When we consume these plants we are taking in their DNA, as well as tens of thousands of other phytochemicals, which interact with potentially millions of human cellular receptors that incorporate this information. If we consume local foods then we are provided information from the plant world in regards to our immediate environment that facilitates our own adaptation.

So to summarize, we could say that the consumption of quality food, preferably local, must go through a miraculous process, the digestive process, of being stripped of all its inherent forces down to its most basic units so that the human organism can then ensoul these units with human qualities to facilitate the incarnation process of taking on human form. The higher the quality of food and the stronger the digestive forces the higher the quality of the incarnation.

*Ron Veitel has been involved with the health industry for 15 years lecturing throughout North America regarding the synergistic relationship between nutrients and food. Currently he is the Nutritional Consultant for Integrative Functional Medicine in downtown Pittsboro.*

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