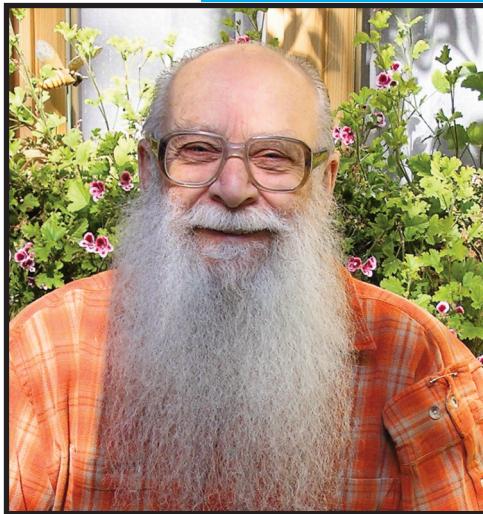


FIGU-LANDESGRUPPE CANADA



DIET AND NUTRITION

This booklet compiles information and articles on diet and nutrition from FIGU and "Billy" Eduard Albert Meier's contacts.

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INFORMATION FROM THE BILLY MEIER CONTACTS
FIGU SWITZERLAND

DIET AND NUTRITION



FIGU-LANDESGRUPPE CANADA
INFORMATION FROM THE BILLY MEIER CONTACTS
FIGU SWITZERLAND

DIET AND NUTRITION

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IMPORTANT NOTE

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FIGU-LANDESGRUPPE CANADA

112. Also, poor nutrition, deformities of the kidneys, as well as urinary obstruction and urinary tract infections can be causes for kidney stones.

113. However, foods that contain a lot of oxalate are particularly the ones that form kidney stones.

114. What is also significant in this regard is sugar, which is why sugar-rich foods and beverages, etc. shouldn't be enjoyed in excess but only in moderation and with a limit.

115. Added to this is the liquid water, which plays a very important role, so that the toxins and, thus, also the excess oxalate are washed from the body.

116. Therefore, it is essential that sufficient liquid is always drunk, but always only within the limits of what a person needs.

Dangers of Soy

Excerpt from Contact Report 267

267th Contact – addendum – Private talk from 30th June 1998

Translator: Wiebke Walder and Robina Foley

Billy:

Then I would like to ask you first of all concerning soy products, about which so much fuss is being made, and from which also various food, spices and oils as well as Tofu are being produced.

I have eaten Tofu already in several variations; however, no form has tasted delicious to me but rather repulsed me.

To me it appears like a disgusting form of paper-mache or polyurethane, in any case, inedible, which is why I do not understand that many people stuff themselves with it and rave about it.

In this regard it is the same phenomenon as with the tasteless and flavourless sow's pear, respectively the avocado fruit, which once was genetically manipulated and grown for pigs' food, which in our time, nevertheless, is used by people as food.

Ptaah:

The taste buds of many human beings on earth are altered or even destroyed to the extent that they perceive the real taste of food etc. only more or less distortedly.

Billy:

That's what I thought too.

However, this was not my actual question; which concerns whether soy products are really as healthy as the food industry likes to portray them?

Ptaah:

The main principle lies in the amount, because too much is unhealthy, as you always say.

Basically soy is a high-quality plant protein in which Isoflavones are also contained in large quantities in the form of phytoestrogens.

Nevertheless, the protein and the Isoflavones, as well as other substances of soy, are in no way harmless.

In particular with long-term consumption of large quantities, the Isoflavones effect the hormone balance quite critically.

However, all the other soy substances are not harmless either, which is why they should be used as food only with sufficient caution or not at all.

In particular no kind of food for children should contain any soy products at

all, because with regard to the Isoflavones, especially the health of babies, toddlers and adolescents is impaired by soy products and in other respects health is seriously damaged.

Already less than one quarter of a milligram of Isoflavones per one kilogram of body weight per day can cause very bad and irreparable health defects in children of every age, namely in relation to consciousness activity, the brain, the intelligence, the world of thought and feeling, the psyche, the physical body and the behaviour pattern etc.

If pregnant women consume soy products it can lead to heavy and irreparable damages to the foetus' body, limbs, nerves, cerebrum and muscles as well as to body deformations.

More than a quarter of a milligram of Isoflavones per kilo of body weight should not be given to babies and toddlers under any circumstances.

Said with easy and generally understandable words and concepts, soy products of all kind, because of their toxic ingredients, in larger quantities are even capable of impairing the health of strong adults and to cause serious damage, which can lead to growth of tumours, respectively cancer and to the fostering of brain-, consciousness and behavioural disorders, personality changes and to infertility.

Especially breast cancer in women and men is often caused by soy products, as well as depression and Parkinson's, namely in particular when a hereditary disposition exists for it.

Also Alzheimer's and dementia can be results of an excess of the Isoflavones, as well as an impairment of eyesight, the taste buds, the ability to concentrate, the moral balance and various other important life factors.

Billy:

Then what ought to be the amount of soy that the adult may take?

Ptaah:

The quantity depends on the concentration of Isoflavones, of which a person should consume no more than half a milligram per kilo of body weight daily if he does not want to be impaired toxically.

Billy:

This means that a person of 70 kilograms of body weight should not consume soy products that exceed 35 milligrams of Isoflavones.

However, with soy consumption this amount is reached very quickly.

Ptaah:

This is indeed the case, because already a normal soy drink of 2.5 dl in size contains about 30 milligrams of Isoflavones.

waves can reach into the actual cooking item.

66. So for this, completely closed cooking containers are necessary, which don't allow microwaves into the interior and into the cooking item.

67. The microwave oven itself must, of course, also be constructed in such a way that no waves can penetrate out of it, so that the surroundings or humans aren't encountered by them.

68. And since I'm already clarifying these issues, it would be appropriate that this is also done in relation to Alzheimer's disease, so that it isn't supposed that microwave radiation is the basic cause of this evil.

69. It is certainly true that microwaves are only a small influencing factor in relation to Alzheimer's disease, as this is also the case with aluminum particles.

70. Both are not direct causes or producers of the disease but merely factors that are contributory, under certain conditions, with the emergence of Alzheimer's disease.

71. With that, the facts should now actually be clear.

Billy:

Thanks; that really should be without misunderstanding.

On Kidney Stones

Excerpt from Contact Report 216

216th Contact - Monday, March 16, 1987, 11:11 PM

Translator: Benjamin Stevens

Quetzal:

107. That is actually the case, yes.

108. Susceptibility to kidney stones can be inheritable through a gene-contingent, metabolic defect.

Billy:

And what specific substances form kidney stones, or where do they come from?

Quetzal:

109. Calcium oxalate stones, as kidney stones are called, are caused by several things, such as by foods.

110. These include, among other things, vegetables such as beets, asparagus, rhubarb, nuts, and beetroots (garden beets, red beets), etc.

111. However, other products are also to be mentioned, such as cocoa and cocoa products.

relation to food that is cooked with microwaves? Is there actually a certain danger for the person, apart from the harmfulness of the waves themselves on the human organism, etc. ? ...

Then, you gave me the following answer, which seems to contradict itself with your prior statements, since you said that cooking with microwaves is harmful. I assume that you probably expressed yourself too imprecisely for us Earth folk, which is why we probably misunderstand something. You said:

Ptaah:

The use of microwaves for the preparation of food is safe, as a rule, if your question relates to the microwaves' influence on the food and its consumption. The person can quite safely eat microwave-prepared foods. Only the microwaves themselves are dangerous, if the person is hit by these. Many microwave ovens shield the microwaves in no way, whereby humans – and even animals and plants – are hit by these and are damaged health-wise. Thus, the danger for humans, animals, and plants lies in the microwave radiation itself, which can lead to very harmful effects on all living organisms – apart from the fact that, for example, microwaves applied medically in the right dosage can very well be beneficial to health.

First, you said that using microwaves to cook is harmful, but here, you said that cooking with these waves is not harmful. How should we understand this now?

Ptaah:

60. It seems that I did, indeed, express myself unclearly at that time.

61. The facts are as follows:

62. Cooking with microwaves is actually extremely dangerous, but only in the sense when the food comes into direct contact with the microwaves, so thus, if the food is directly irradiated with microwaves.

63. Once this happens, transformation processes, which it also always concerns, take place in the food, through which partially poisonous and hazardous substances emerge, through which humans can be harmed in many different ways and, in fact, also are harmed, as I must rightly say.

64. Due to the direct irradiation of food with microwaves, the cooking item succumbs to a transformation, through which health-hazardous substances develop.

65. But otherwise, this isn't the case, and cooking with microwaves is totally harmless, if the ovens are constructed in such a way that they are only heated up by the microwaves, and indeed, from the outside; consequently, no

Billy:

And what is the case with drugs made of soy respectively concerning their Isoflavones?

Ptaah:

Such drugs are in no way recommend, if, on one hand, they are not adjusted for the body weight, and, on the other hand, are taken for too long a time, or if the person is especially susceptible with regard to Isoflavones.

Milk: The Calcium Depleter

Excerpt from Contact Report 217

217th Contact – Friday, May 8, 1987, 2:07 AM

Translators: Dyson Devine, Vivienne Legg and Benjamin Stevens

Billy:

...But now, something else: particularly in Switzerland and in Germany, a lot of advertising is always made for how milk should be healthy and a calcium dispenser. However, Ptaah once said that this doesn't correspond to the truth. I also heard this repeatedly from physicians and scientists. What's up with this?

Quetzal:

30. What Ptaah explained to you and what you've otherwise heard repeatedly about milk is correct.

31. Milk is very well a great source of energy, but not necessarily healthy and tolerable for every person.

32. But in particular, milk may not be awarded those health values that are publicized, for example, by the milk producers and by the responsible persons of the milk industry and other utilizers of milk who produce food and beverages.

33. In fact, milk, particularly cow's milk, contains many substances that aren't exactly to be designated as health-promoting.

34. Unfortunately, also in reference to milk calcium, many erroneous views and assertions prevail, for this doesn't promote bone structure but is truly a robber of calcium, which removes the body's own calcium, even from the bones, by what means there isn't a supply of calcium to the body and the bones through milk but, on the contrary, a removal of calcium.

35. And since, as a rule, too little calcium is already otherwise supplied to the body – as this is also the case for many vitamins, trace elements, and

minerals because today's foods, even fruits and vegetables that become more and more over-cultivated, contain less and less of these substances – the Earth person should take this separately or add this to his normal diet as a food supplement.

Billy:

Also for this answer, I thank you, and it will certainly help so many people. By the way, various people have also asked me about how healthy milk actually is. So I can now give them a useful answer, naturally pointing out that you've explained everything to me more exactly.

Dangers of Smoking and Vegetarianism

Excerpt from Contact Report 154

154th Contact - Friday, December 4, 1981, 11:01 PM

Translator: Benjamin Stevens

Billy:

Then that's right. I still have another question, but which doesn't refer to these things but to smoking: as Semjase once told me, but so did you, smoking is a lot less dangerous than what is always maintained by anti-smoking organizations, etc. But Semjase told me very specifically that these anti-smoking campaigns weren't driven because of and against smoking but rather to cover up far worse things. About this, I would gladly like to learn a little more from you, if you can give me information. For my part, I only know from Semjase that scientists and even certain governments are behind these campaigns against smoking because they want to conceal their criminal machinations thereby, namely the contaminations of the atmosphere and landscape with different kinds of poisons and the like. But mainly, as Semjase said, the various contaminations generate the largest percentage of all those cases of disease that are well-known as cancer and that are attributed to smoking pleasure. Thus, the criminal contamination of the atmosphere and food, etc. is concealed by this, while these scourges among humanity are simply imputed to smoking alone. But all those are to blame for this great contamination, who produce contaminated food and all sorts of substances or let such accumulate or escape, even if these are only tiny amounts, such as radioactive waste or outfalls in hospitals or nuclear power plants, etc. The leaked radioactive radiation is held in the air and is whirled about, as it is also stored in all existing matter. Therefore, if a human being or some other living organism inhales such air,

particles taken in by humans are hazardous to them because they release, among other factors, the terrible Alzheimer's disease. In terms of cancer, it is to be said that in the future, the microwave will increasingly appear as its cause, for microwaves are, unfortunately, becoming more and more heedlessly as well as irresponsibly used for all kinds of purposes. Cooking with microwaves destroys the vitamins and, at the same time, is to be specifically described as a great evil, this along with many other misuses. Even the eyesight of humans and animals is endangered by microwaves, and in the specific case, the cataract is to be mentioned, which can be caused by microwaves more and more. Different types of cancer, as I said, increasingly have microwaves as their cause, but in addition, simple and non-cancer-conditioned damages to cells will appear more frequently and cause many other evils. Through microwaves, it frequently occurs that the fruit of pregnant women is harmed or even destroyed and becomes missing, and in this connection, the unknowing doctors aren't able to determine the origin of this because they simply lack the necessary apparatuses and tools as well as the necessary knowledge. But that's not enough, for the woman's fertility is also endangered by the waves because it is very easily destroyed by these waves, as it is also the case that the man is robbed of his procreative power. On certain worlds that are well-known to us, it is common with the humans that women and men can be sterilized by microwaves, in order to counteract an overpopulation of the planets by the humans.

Billy:

But I, for example, was advantageously subjected to microwave treatment, in order to get rid of nearly intolerable pains, to which I had fallen due to my knee osteoarthritis.

Then, you said the following:

Ptaah:

Of course, because microwaves can, with reason, also have curative and progressive purposes and application possibilities, when they are brought to application with intellect and reason. On Earth, these things and the concerns about microwaves are not yet so well known by the people and especially by the scientists and researchers, etc. that they would be capable of fully handling these forces, which is why at present, and for the upcoming future, they cause more harm than successes achieved in the positive.

I then asked you further (241st Contact of 2/3/1992, see page 70 et seq.):

Billy:

Since we're already talking about food: how does it actually behave in

radiation changes the composition of the food, and can develop potentially poisonous and dangerous substances, which can severely damage one's health. In more conventional cooking, wherein food is merely heated, this does not occur.

In addition, the microwaves can cause psychic damage to humans and animals, cause brain damage in humans, and even destruction of the brain. They contribute to Alzheimer's disease, and pose a risk factor for eyesight, for example cataracts. Microwaves cause cellular damage and cancer, can damage or destroy the fetus of pregnant women, and induce sterility in men. They also disrupt the life of plants.

A microwave oven must be built in such a way that it does not irradiate the food being cooked, and does not allow radiation to escape to the outside.

On the other hand, microwaves can also be used for health-promoting purposes, if the correct dosage is known. At the moment, there is not sufficient relevant knowledge available, so that more harm than good is done.

Cooking with Microwaves

Excerpt from Contact Report 260

260th Contact - Tuesday, February 3, 1998, 10:27 PM

Translator: Benjamin Stevens

Billy:

Thanks. Then here's the next question. In the 238th Contact on 5/18/1991, we talked about the dangers of microwaves (see Pleiadian/Plejaren Contact Reports, Block 6, page 325 et seq.). Concerning this, I would like to read aloud the conversation that we had about it:

Billy:

You once told me that microwaves are very dangerous, which is why one shouldn't cook with them, etc....

You then explained the following:

Ptaah:

... but now, regarding microwaves, I'll be happy to explain to you briefly that these are extremely dangerous for humans; they not only destroy the psyche of humans and animals and the life of plants in severe cases, but they also impair, such as in humans, their entire brain functions up to brain damage, whereby also cancer can appear, which is also already the case with the Earth people. Regarding the aluminum particle, it is to be said that aluminum

then he automatically arrives into the deadly "pleasure" of the radioactive radiation, which also has an incredibly strong carcinogenic effect. And how cancer has gained ground with the human beings of the Earth since the first atomic bomb explosion on Earth, this will be clear to each one who actually gets to the bottom of these things. Indeed, it's not that cancer was already on the rise before; rather, it only came about since human beings and all earthly life forms began to eat contaminated food, to live with contaminated substances and hazardous waste, and to breathe in radioactive air.

Quetzal:

52. That is of correctness, both your words about the concerns about food, nuclear use, and radioactivity, as well as the fact that criminal machinations are pursued, in order to make smoking pleasure primarily responsible for humanity's scourge of cancer through the use of false propaganda.

53. Smoking pleasure is truly only to blame for this epidemic to a lesser extent, and such has been the case for a long time because the actual damages of smoking are of a different nature, such as in the areas of nerve damage and the asthmatising of the respiratory organs, etc., as well as the impairment of blood circulation through deposits in the bloodstreams, etc.

54. But all these phenomena of smoking pleasure are even lower, relatively seen, than the damages of the bodies and organs of human beings and their necessary physical developments, etc. by widespread vegetarianism as well as by the criminal pollutions and contaminations of foods and substances of vital importance of all kinds and the air, but also by released radioactivity.

Billy:

Then vegetarianism should be more harmful to human beings than an average amount of smoking?

Quetzal:

55. That is of very important correctness, but this shouldn't suggest that this means an animation for smoking pleasure.

56. Smoking is harmful in every case, but often less harmful than other wrong actions and lifestyles.

Proteins and Osteoporosis

Excerpt from Contact Report 230

230th Contact - Wednesday, October 11, 1989, 4:01 AM

From: English Discussionboard of FIGU: The Body Jan 6, 2010

Billy:

Yes, thank you. Then a question about protein: athletes cram themselves full of protein products, in order to build muscle, to have more strength, and to have more endurance. In a newspaper article, it was written that in this regard, up to three or four grams of protein are often supplied to the body, and especially dairy products and the egg whites of eggs play an important role. But for my part, I think that this certainly cannot be healthy.

Quetzal:

538. That is correct, because in fact, the supplying of such protein into the body can be hazardous to health and, under certain circumstances, can even lead to death.

539. Too much protein removes calcium from the bones and makes them brittle and, thus, fragile.

540. In particular, large quantities of milk should be avoided, for especially this removes a lot of calcium from the body.

541. Too much protein also harms the function of the kidney and, thus, the overall health of the body.

542. In terms of health damage, children of all ages are especially vulnerable to many forms of milk protein, which is why milk and milk products should be given to them as little as possible.

543. Especially to infants, nothing but breast milk should be given, so no animal milk.

544. Large quantities of milk, taken regularly, are also harmful to adults.

545. The daily requirement of protein for humans typically amounts to 500 to 1,000 milligrams per kilogram of body weight, whereby the protein requirement increases with great physical efforts and may reach, at most, an uppermost value of 1,750 milligrams.

546. Infants are to be at the lower limit of the aforementioned amount, which also means that the protein requirements may vary according to age, which is why older people and also younger ones, under certain circumstances, may have a lower protein requirement.

547. But if this is not ensured, then there is the risk that osteoporosis will appear, a condition where calcium, phosphorus, and alkaline phosphatase

America and Europe, spirulina finds use as a dietary supplement mainly in initiated circles; consequently, it is, so far, only available in this form and not as actual food.

Detailed information on Spirulina platensis and the great valubleness of this microscopic alga can be found in the very informative book by Frank Felt [Spirulina -Food for Life, ISBN 264840], who has occupied himself with orthomolecular medicine for many years.)

Billy:

Thanks. Certain algae and other aquatic plants are, therefore, not only full replacement plants for all types of vegetables but, beyond that, also very much more valuable than any vegetable cultivated on Earth, if I understood your words correctly.

Quetzal:

63. That is correct.

Are Microwave Ovens Dangerous?

Excerpt from Guido Moosbrugger's lecture

"The Billy Meier Contacts"

Toronto, Canada June 6, 1998

Millions of microwave ovens are in use on Earth – in the United States alone, they are found in 60% of all households. The various advantages are well known; microwave ovens work very quickly, saving time. The short cooking time, in turn, saves vitamins and aromatic ingredients present in vegetables cooked this way. Also, lengthy thawing of frozen food is eliminated. Besides saving time, microwave ovens also save energy.

Microwaves are, as is well known, electromagnetic waves, whose frequency range lies between radio waves and infrared light, with wavelengths from about one millimeter to one meter. For microwave ovens, decimeter waves, within the range of a few Giga hertz, are the most suitable.

It is now positively established that microwave radiation is dangerous, if it cannot be properly contained within the oven. Officially, it is maintained that the microwave shielding built into the oven is fully effective. However, according to the Pleiadeans, this assertion is not completely accurate, because the necessary metal covering for shielding the oven window has not yet been discovered [S. SB. S. 2318].

Ptaah has explained that cooking with microwaves is actually very harmful, when the food comes into direct contact with the microwaves. The microwave

acids, vitamins, as well as trace elements and minerals.

62. Such foods can be found both in salty seas as well as in fresh waters, so therefore in brooks, rivers, streams, and lakes.

(Note by Billy: May, 2003: with the addressed nutrients from seas and freshwater, it concerns, on the one hand, as explained by Quetzal, vegetal and organism-related plankton and, on the other hand, algae and other aquatic plants of the most diverse kinds. But primarily, a freshwater alga, namely an algal species by the name of *Spirulina platensis*, lies behind it – a bluish green, microscopic alga [general name: "blue-green alga"], whose spirally coiled cellular filaments [hence, spirulina] exhibit a size of approximately 0.3 mm. The genus of blue-green algae comprises about 1,400 species, which are spread all over the world, but they appear, as explained, mainly in freshwater and much less in seawater. Originally, the species of blue-green algae grew in tropical and clean as well as mineral-rich waters of Asia, Africa, and South America, and they were particularly widespread in lakes. The microscopic alga draws its essential nutrients from sunlight, water, and heat. Through photosynthesis – in the case of 40 to 50° Celsius – it binds minerals, trace elements, and vitamins, which are present in the ground, as well as in the air and in the water, and converts them into a complex and natural and very valuable food. *Spirulina platensis* has a very thin cell membrane and, thus, no cell wall made of indigestible cellulose, as this is given, in contrast, to other microscopic algae and plants. This thin cell membrane ensures that the spirulina food-algae can take in the very valuable substances of the blue-green alga in the gastro-intestinal tract in an optimally receptive manner and in the human organism very well.

If one looks at the ingredients of *Spirulina platensis* as percentages, then there are 60% proteins, 14% carbohydrates, 8.6% ashes, 6.4% raw fibers, and 6% fats. In addition, *Spirulina platensis* contains a whole number of essential and nonessential amino acids, essential fatty acids, plant pigments, vitamins, minerals, and nucleic acids.

Spirulina platensis has already been known in various countries since the middle of the twentieth century and has also been in use as food, particularly in Japan; however, a triumphal advance around the world and to the whole of humanity, unfortunately, has not yet occurred up to the beginning of the third millennium, even though millions of people already use spirulina products. Unfortunately, many people are disgusted by algae products, but usually only because these are largely unknown in the human food chain. In

are in the referenced range.

548. Each milligram that goes beyond this measure can cause health damages, affecting the body and the bones, as well as the brain, whereby the latter is impaired in its clear functioning.

549. And before you ask:

550. Osteoporose, respectively osteoporosis, is a systemic disease of the skeleton, whereby a decrease in the bone mass takes place, as well as a high-class deterioration of the microarchitecture of the bone tissue.

551. This condition means that the bones are brittle and fragile; therefore, there is an enormous risk of fracture.

552. This condition already occurs in younger people as primary, idiopathic, respectively juvenile osteoporosis.

553. Secondary osteoporosis occurs in older people, particularly involutional osteoporosis.

554. And when I speak of the Earth people in particular, it must be said that age-related osteoporosis steadily increases in large quantities worldwide, for the necessary substances are not supplied to the body, bones, and brain, etc. by the food.

555. Already for quite some time, foods, including vegetables and fruits, have been increasingly lacking the substances that are of vital importance for people, such as vitamins, trace elements, and minerals, etc., which leads to increased illnesses and to the depletion of bone tissue.

556. And this evil will still increase in the coming time.

557. Therefore, it is advisable that in addition to the usual food, all lacking substances are supplied to the body separately, namely in the form of dietary supplements, as they are freely commercially available worldwide.

558. Pathogenesis, the exaggerated depletion of bone tissue, is crucial for the development of osteoporosis, which occurs through the osteoclasts, which normally regulate the ongoing bone renewal.

559. Osteoporosis can, indeed, be caused genetically, respectively by the genes; although, movement also plays a certain role, but especially wrong nourishment, together with diseases of an endocrinial, gastrointestinal, and malignant form.

560. Also, various medications can contribute to osteoporosis, as well as all sorts of beverages, including alcohol.

561. Through a decrease in the mechanical load capacity, the danger of fractures increases.

562. When fractures appear with extremities, these are associated with

acute pains, which dissolve again, however, after the healing of the fracture.

563. But if fractures of the vertebrae appear, then the pains that degenerate chronically continue to remain, as a rule, even after the healing.

564. This is why permanent deformations appear with mismatches of the facet joints.

565. Also, changes in the static loads and the false loads of ligaments, muscles, and tendons contribute to chronic pains.

566. The lack of certain substances like mainly vitamin D, fluoride, calcium, estrogen, progestin, and calcitonin leads to osteoporosis, which is why these substances must also be supplied when osteoporosis has already become acute.

567. These substances inhibit the resorption of the bones, which also applies to specific medicines.

568. If a person reaches old age and suffers from osteoporosis, then certain anabolic steroids can also be very helpful.

569. Gymnastics, physiotherapy, and analgesics should not find general use but should be adapted to the clinical picture of the person affected by osteoporosis.

570. As a rule and duty, preventive measures should be taken by people who have a healthy bone structure but with whom an increased risk of osteoporosis or osteopenia exists, yet who are still spared from fractures.

571. This rule and duty also applies to those of higher age and is highly recommended.

572. For the prevention of osteoporosis, there should also be an increase in physical activity, along with a diet that is rich in calcium and that includes a sufficient amount of vitamin D, together with all other substances.

573. Also very important is sufficient exposure to sunlight, but it must also be ensured that eyesight, skin, and tissue are not harmed by the solar radiation.

574. This warning will especially be important in the future because through the depletion of the ozone layer, solar radiation will become more and more aggressive, and in the future, the summers will become hotter and hotter.

575. Thus, the danger of the black cancer of the skin by the Sun will rise in the future, and it will particularly encounter those people who, unprotected, exposed themselves to solar radiation, as a result of their unreasonableness.

fruits, and vegetables, which are safe for diabetics, but it must be ensured that they actually are harmless because some herbal sweeteners are also more or less harmful to health and the general well-being as well as to the immune system.

Billy:

One would have to know these plants, etc.

Quetzal:

52. They are well-known; therefore, they don't have to be mentioned specifically.

Blue Green Algae

Excerpt from Contact Report 228

228th Contact - Monday, May 1, 1989, 6:05 PM

Translators: Dyson Devine, Vivienne Legg and Benjamin Stevens

Billy:

I still have some questions: at an earlier time, we once talked about the fact (Later Note: 100th Contact, Friday, 1/6/1978, Quetzal, sentences 81-84) that there are still many undiscovered nutrients on Earth that are very valuable for humans, but only few are aware of this. In addition, so you said at that time, the Earth people, for inexplicable or incomprehensible reasons of disgust, would avoid these, as you said. At a later time, you gave a further explanation about this, which, unfortunately, was not recorded in a contact report. You spoke of the fact that the aforesaid nutrients existed in the seas, rivers, and lakes. Does it concern small and micro-life forms?

Quetzal:

58. On the one hand, yes, and to be sure, in the form of vegetal and organism-related plankton.

59. Overall, it concerns very small organisms floating along in the water, which don't move themselves but which are moved by the timeless weak or strong waves of water.

60. But other nutrients also exist in the form of all kinds of algae, etc., which humans could utilize for themselves if they would only strive for it or wouldn't be disgusted by it.

61. The aforementioned products or nutrients, plankton and algae, are diverse and, moreover, are not only satisfying but also health-sustaining and health-promoting, for they contain many vital substances such as various

On Artificial Sweeteners Excerpt from Contact 223

223rd Contact - Sunday, May 1, 1988, 9:07 AM

Translator: Benjamin Stevens

Billy:

Aha. And what about saccharin, which was widely used during World War II as a sugar substitute? And what about the sweeteners that are used nowadays, like also the cyclamate, or whatever that stuff is called? Can I use this to reduce my increased weight – and even take such sweeteners instead of sugar?

Quetzal:

43. You should avoid that because sweeteners of various natural and chemical kinds, especially in the form of cyclamate, are partially very detrimental to health and usually cause exactly the opposite, namely that they promote weight gain through increased appetite.

44. Moreover, they are extremely unhealthy, as I already said.

45. The body actually takes in many different sweetening substances, and particularly cyclamate, and thereby damages, as I said, one's well-being of health and one's immune system, and indeed, especially in those people whose intestinal functions are such that they even convert the sweetener in the form of cyclamate into cyclohexylamine.

46. A poison that, in greater quantities, leads to high blood pressure and, thus, can become life-threatening.

47. And in fact, many people also die from it, without the physicians being able to recognize the actual reason for the cause of death – due to the lack of knowledge of the harmfulness of cyclamate.

48. Furthermore, cyclamate also causes damage to the sperm cells as well as to the testicles of men, by what means impotence can arise.

49. Even in women, damage can occur through sweeteners, and especially through cyclamate, through which infertility results.

50. Moreover, sweeteners of the form cyclamate can produce a carcinogenic effect in men and women as well as in animals.

Billy:

And what, then, should those people do, who suffer from diabetes, who can no longer eat anything sweet, if that is so?

Quetzal:

51. There are completely natural and healthy sweeteners of plants, berries,

Billy:

Uh, that was quite an explanation. But many thanks for the details.

On Drinking Too Much Water Excerpt from Contact Report 199

199th Contact - Sunday, February 3, 1985, 2:18 AM

Translator: Benjamin Stevens

Ptaah:

16. As you wish.

17. State your questions.

Billy:

Thank you. – Now, it concerns the fact that my doctor told me – as, by the way, also various other people, among whom are also the core group members – that I must drink at least 2 to 3 liters of water or tea, etc. a day for health reasons because this is necessary for humans. But on my side, I cannot remember ever having to drink so much, not even in the desert, where it was always very hot. I was always content with a small cup of hot tea or with an Arabic, respectively Turkish, small coffee. Also, it is only rare that I'm really thirsty and then drink a little more than usual. But at the same time, I feel fine and can't complain about the fact that I would have a little discomfort due to drinking some liquid that I would take to myself.

However, other people constantly say that they take to themselves several liters of fluid a day because it must be like that. What do you think about this, as a doctor?

Ptaah:

18. The fluid needs from person to person are basically different, so one needs more than the other.

Billy:

But that doesn't quite answer my question; moreover, I would yet like to say that sometimes, I don't take any fluid to myself for several days, if I disregard one or two cups of coffee. Sometimes, I even omit that.

Ptaah:

19. That is well-known to me.

20. But for further explanation, I would like to say that in general, a false notion prevails on the Earth, particularly with the medical profession, that larger amounts of fluid are of importance for human needs.

21. But this is only partially the case because this only relates to people

who indicate a greater need for fluid, but individually, this is very different.
 22. So there are persons whose daily need for fluid is very high, while others get by on very little and perceive the drinking of water or tea, as well as other liquids, as torture if they have to drink such without a real thirst.
 23. But no thirst means that the body doesn't need any fluid, etc., not even for the washing out of toxic substances, etc.

24. Yet if more is drunk than what thirst requires or what is mandatory for reasons of illness, then this can cause discomfort or even damage to health.

Billy:

That is clear to me, and in fact, I always feel uncomfortable when I must drink something without actually being thirsty. I actually have to force myself constantly to drink a glass of tea or water with my oral medication because the liquid chokes me due to the lack of thirst and often makes me downright gasp for air.

Ptaah:

25. That is understandable to me, but you probably won't be able to avoid taking some liquid to yourself, with which you must wash down the medicines.

26. Thus, you have to get along with the choking, as you call it.

27. But don't let yourself, through wrong opinions, be forced to take in larger amounts of fluid each day, if your thirst doesn't demand it.

28. The view that each day, humans require at least two to three liters of liquid or even more corresponds to crazy teachings that, if followed, could lead to bad health problems.

29. Such a need for fluid, in reality, only applies to a portion of all people, but the causes for this are illness-conditioned or are based in reasons of a genuine thirst, due to warmth and heat or due to the perspiring exertion of the body, with which I also address the corresponding work.

Nutrition

Excerpt from “And Still They Fly”

2nd Edition, by Guido Moosbrugger, 2004, pg 21-22

The Errans nourish themselves according to the laws of Creation, which means that they consume a balanced, measured and nutritious diet of both mineral and vegetable as well as animal foods. Of primary value is nutrition obtained from fruits and vegetables. They categori-

Sea Salt vs. Table Salt

Excerpt from Contact Report 216

216th Contact - Monday, March 16, 1987, 11:11 PM
 Translator: Benjamin Stevens

Billy:

It is always said that sea salt should be much healthier than regular table salt. Probably for this reason, namely that it is supposed to be healthier, it is also sold at much higher prices than normal salt. Moreover, the prices are set so high that they are often 40 or 50 times higher, or even more, than what traditional table salt costs.

Quetzal:

88. That is undoubtedly an evil scam because sea salt doesn't contain any better or higher values than actual table salt.

89. Both salts correspond to the same values.

90. Therefore, when it is maintained that sea salt contains better values or is healthier than the so-called normal salt, this corresponds to a lie, if not fraud, since very high prices are demanded for it and, thus, dishonest business practices are pursued with this.

On Garlic as an Antioxidant

Excerpt from Contact 223

223rd Contact - Sunday, May 1, 1988, 9:07 AM

Billy:

Since we're already talking about these things: can you still tell me what natural means, which are freely available to everyone – such as berries, algae, grain, herbs, spices, fruits or vegetables – are the most effective against heart attacks?

Quetzal:

41. There are several of these.

42. What can be brought to application most suitably is garlic, which contains very many antioxidants, like also apples – which, like garlic, are extremely healthy – whose antioxidants cause a slowdown of that cholesterol which can lead to a hardening of the arteries.

Billy:

So it is utter nonsense, what is said about blood type-specific foods. Even male doctors concern themselves with this matter and affirm that certain blood types require particular foods.

Ptaah:

61. On the one hand, that is based on delusions and, on the other hand, on the desire for profit.

Billy:

That is surely so, when I think of all the books that are written in favor of this nonsense and by which vast amounts of money are earned. The money and the image are very well the most crucial points of the matter.

Ptaah:

62. That is certainly so.

Anti-Cancer Properties of Tomatoes

Excerpt from Contact Report 216

216th Contact - Monday, March 16, 1987, 11:11 PM

Translator: Benjamin Stevens

Billy:

If I may address you again on what you once said in reference to tomatoes: these contain active substances which prevent certain types of cancer?

Quetzal:

228. That is correct:

229. Tomatoes actually contain certain active substances that can prevent certain types of cancer to a large percentage, and indeed, particularly prostate cancer.

230. However, it is important that always enough tomatoes or tomato products are used for food, and especially in a cooked state, because through the cooking process, the active substances are strengthened.

231. But in a positive, preventive form, other types of cancer are also able to be influenced by the tomatoes' active substances, as this is also the case with other types of vegetables as well as with fruits and all sorts of herbs and other plants.

232. But about this, in accordance with our directives, I may not give any explanations in an official form, for this would offend against the self-development in terms of the research and insight collection of the Earth people.

ly reject a purely vegetarian nutrition because negative side effects can result in the form of abnormal mental activities and conscious reaction abilities of an excessively positive nature. Consequently, critical judgment is impaired to the extent that a person can no longer distinguish between what is real and what is unreal. As for the purely physical side-effects, it must be said that adults can tolerate such a one-sided diet over an extended period of time with relatively little harm, but can cause growth disorder and other negative symptoms among children and adolescents. Insufficient vegetarian food or an excessive amount of animal products give rise to the exact opposite effects such as sluggish thoughts and reactions which are also undesirable. Consequently, Errans do not abstain from animal food but never indulge in excessive amounts. They never slaughter domestic animals such as cattle and swine, as we do. Lower animal forms such as rabbits, ducks, and chicken and only slaughtered and consumed under extreme circumstances.

Nevertheless, people do not have to go without meat specialties, since cutlets, for example, are also on their dietary plan. But how does this relate to the aforementioned? Well, it simply means that the meat used for dietary purposes is artificially cultivated with the help of cell cultures. Therefore, we should not be surprised to find out that on Erra, veal cutlets are produced on an assembly line without having to slaughter a single animal.

According to Quetzal, many earth people unfortunately have very different and erroneous opinions about nutrition that have equally harmfully effects on them. The erroneous opinion that a human life form can develop to its full and healthy potential without animal substances is just as false as the assumption that large quantities of animal substances improve the physical constitution. The truth is that great deficiencies appear if either excessive animal substances are consumed or none at all. The entire structure and preservation of human life forms are dependent upon floral and faunal nutrition, at least those pertaining to the physical body. If, for example, faunal nutrition is not available or is abstained from based on erroneous assumptions, then plant substances of equally nutritious value must substitute the lack of animal substances. But this is not yet possible on earth because these nutritious plant substances have remained practically undiscovered. The few that are known are shunned for some unintelligible reasons of disgust.

It would also be interesting to find out what the inhabitants of Erra drink. I do not know enough about this to give a full report, but it is certain that natural juices in all possible variations play a major role. Pure alcoholic beverages are completely unknown. Instead, beverages similar to alcohol are consumed without causing intoxication- not even if a person drinks large quantities.

In my opinion, it would be commendable if our nutritionists would familiarize themselves with the nutritional habits of the Errans in order to give the people of earth appropriate advice on healthy nutrition in the future.

Necessity of Salt in Our Diet

Excerpt from Contact Report 214

214th Contact - Tuesday, February 3rd, 1987, 2:39 PM

Translators: Dyson Devine, Vivienne Legg and Benjamin Stevens

Billy:

Then another area: it is well-known to me that salt is very important for humans, as it also naturally is for animals and plants. But now, what interests me is when, in fact, the first large salt deposits formed on the Earth and, furthermore, how the balance of salt affects the person. You should, at least, be able to answer the last question, as a physician.

Quetzal:

94. That is correct.

95. And since I also deal with geology, I can also answer the first question for you.

96. The first large salt deposits on Earth formed around 340 million years ago, but the main ones first formed 240 to 270 million years ago.

97. In relation to life forms, salt is very important.

98. But if I should speak of humans alone, then the following is to be explained:

99. Salt is an extremely important component of the blood.

100. Normally, between 45 and 50 grams of sodium chloride flow through the veins of the person in a solution as sodium and chlorine ions.

101. This concentration of salt must remain constant.

102. If there is too little of it in the blood, then there arises an excess pressure in the red blood cells, making them burst.

complain about a lack of health.

Food and Your Blood Type

Excerpt from Contact Report 306

306th Contact - Thursday, July 19, 2001, 4:23 PM

Translator: Benjamin Stevens

Billy:

I actually could have imagined that myself. Then to another question: already for many years, books and assertions have been circulating with regard to the notion that food is determined for people according to blood type, that people of certain blood types would, therefore, have to eat food that is coordinated to their blood type and so on, if they want to remain truly healthy and naturally live. Is this true?

Ptaah:

52. The assertion that food is to be determined for a person according to his blood type is not only wrong but ridiculous, because each person is basically an omnivore, who can actually utilize all healthy and non-toxic foods.

53. Moreover, all health-sustaining food is equally valuable and suitable for every blood type; consequently, with regard to food, there is no difference for certain blood types.

54. Nevertheless, it is to be noted that each person, regardless of his blood type, is different in regards to the usability of and compatibility with food.

55. This can be determined both by genes as well as by illnesses, and in particular, allergies have a major influence.

56. Metabolism and catabolism are also of great importance, for also in this connection, differences arise from person to person, but which, in these forms, also have nothing to do with the blood type of the individual.

57. Thus, also in this regard, reactions are different from one person to another.

58. Even though other differences also appear with the foods of various peoples and races, this has nothing to do with the blood types but solely with the foods that thrive in the various countries, etc. and that are used by the people.

59. In your linguistic usage, you have a suitable saying that can be attached to this:

60. "Other countries, other customs and practices – other peoples and races, other foods, meals, and beverages."

because you then perceive a thirst feeling.

116. This also applies to certain substances that your body needs, like even salt, sugar, vinegar, lemon juice, or orange juice, etc.

Billy:

Yes, that is actually so. As a rule, I eat what I feel an urge to eat.

Quetzal:

117. So I said.

118. And you do well with that, since you simply don't let yourself be tempted by uncontrollable cravings.

Our Daily Vitamin C Requirements

Excerpt from Contact Report 260

260th Contact - Tuesday, February 3, 1998, 10:27 PM

Translator: Benjamin Stevens

Ptaah:

278. I understand.

279. Yes, it is correct:

280. The Earth human beings had the ability to produce their bodies' own vitamin C.

281. However, through de-evolutionary circumstances affecting their bodies, this ability was gradually lost; consequently, in the bodies of modern humans, only minute traces of this vitamin are produced; although, 14 milligrams per 1 kilogram of body weight are needed each day.

282. Since this production is largely absent, however, the necessary amount of vitamin C must be supplied to the body from the outside.

283. Normally, this would have to happen via food, which is now no longer possible, however, due to the overall change in the food, including the fruits and vegetables, which is why artificial vitamin C must be consulted.

Billy:

Many doctors and vitamin opponents, etc. deny this, however.

Ptaah:

284. They are all completely delusional and cause a lot of harm with it.

Billy:

I know, since I follow your instructions with the multi-vitamins, trace elements, and minerals and take the daily minimum of 14 milligrams of vitamin C per kilogram of body weight, and since then, it has been getting better with my health, and indeed, quite immensely, so I can now actually no longer

103. But this, then, has the consequence that no more stimuli can be transmitted to the heart muscle; consequently, the heart ceases to function and, thus, stops beating, respectively stops pumping blood through the veins.

104. However, salt not only flows through the veins but through the whole body.

105. Without salt, the human body would be immobilized because no cell could function.

106. Every single somatic cell is surrounded by salt water and swims about freely therein.

107. If the salt of this liquid dwindles, then the pressure ratio alters itself in the cell so dramatically that the cell membrane disappears and the cell receives no more nutrients.

108. Only when the salinity, respectively the concentration of salt, remains constant in the body can the heart, muscles, and nervous system of the person function smoothly.

109. Each day, the human body loses salt, through the urine, through tears and sweat, which is why it is vital to supply the body with salt again, along with the necessary amount of liquid, but this differs depending on the person and his physical constitution, so no uniform or general measure can be mentioned.

110. Thus, one person needs several liters of fluid per day, while another, during the same period, gets by with very little, perhaps only one, two, or three deciliters.

111. In addition to the properties of the body and all its organs and to the loss of fluid, climate conditions and physical strain and motion naturally also play an important role, as well as the drinking discipline and the mental and volitional attitude of the person.

112. Excessive drinking is unhealthy because too much salt is removed, so new salt must be supplied to the body, which means that more liquid, respectively water, collects in the body than what is necessary healthwise, which can cause damages through overhydration.

Billy:

For my part, I drink very little, sometimes no more than two deciliters per day.

Quetzal:

113. That is known to me.

114. However, you won't suffer any harm from that because you're one of those people who only need very little liquid.

115. When it becomes necessary, you automatically drink some more



Photo #62 June 14, 1975 / 1:16 p.m.
Semjase's beamship during a flight demonstration.

Location: Berg/Rumlikon, Switzerland
Photo: "Billy" Eduard Albert Meier

Photo #171 March 29, 1976 / 5:56 p.m.
1976 Flight demonstration of Semjase's newest beamship. The new technology enables the ship to travel through time and enter other universes and dimensions.

Location: Hasenböl-Langenberg ob Fischenthal, Switzerland
Photo: "Billy" Eduard Albert Meier