

new hypothesis exists today which only waits final scientific proof.

What is the new disease prevention theory? The basic hypothesis that is under study at this time is simply this: Western man's diet began to shift in the latter half of the nineteenth century with a significant increase in more refined foods and a corresponding decrease in foods high in roughage. For example, it is estimated that our ingestion of whole grain products has declined by almost half since 1900. Further, our intake of fresh fruits and vegetables also has fallen through the availability of processed products with lessened fiber value. The effect of these changes is to bring about a gradual but irreversible rise in certain diseases. The first to appear is appendicitis, but the killers come right along behind—cancer of the colon and heart disease based on cholesterol buildup. Chronic diseases also come into the picture in the form of diverticulitis and increased tendency toward diabetes and others like varicose veins and hemorrhoids. Dr. David Reuben completely details the relation of these diseases to food fiber in his book *The Save Your Life Diet*.

Burkitt could not accept the idea that these diseases were nearly absent in East African natives for any reason other than diet because he saw that those natives who took up the "civilized" diet of their Western neighbors immediately began to experience their diseases as well. So, he and a broad following of scientists in many lands are now in the process of generating the final scientific proof that dietary fiber will show positive links to the prevention of these diseases.⁷³

This information that we quote from is not part of any secret document smuggled to us by a news reporter. We quote from books, magazines, and newspapers.

All of which are available to the common people. The choice is yours. We are disciples of the Aquarian gospel. We can only inform the reader of the dangers in various foods.

The rest is up to the individual.

THE SIN OF AGRIBUSINESS

Most Americans do not farm the land that they get their food from. Immediately this shows one of the reasons for the superior physical fitness of farmers compared to executives, the life of the executive being primarily administrative and sedentary. Lack of physical culture is by far the greatest single contributor to the disease rates in this nation. In 1962, the late President Kennedy recognized this fact and subsequently re-established the President's Council on Physical Fitness.

When we speak of physical fitness in relation to the farmer, we are by no means referring to the type of lifestyle endured by the African-American slave. Slavery could easily be called a form of exercise, but the life expectancy rate for people engaging in such *exercise* was less than forty years. If a slave lived longer than that, his or her body was usually bent and debilitated from physical and mental exertion.

The relationship between physical culture and agriculture in America is an astounding one indeed. American agriculture has gone from one of the greatest to one of the worst. On examination we find that:

The vulnerability of the United States agricultural system is the result of our ever-increasing dependence on energy-intensive agricultural technology, a growing reliance on processed foods, and the development of genetically-engineered . . . hybrid crops which demand vast doses of water, fertilizer and pesticides. The rise of corporate agriculture . . . has encouraged the use of unecological farming practices which fly in the face of every known "law" of natural systems. Since 1950, while this change was occurring, the number of acres under cultivation in the United States has remained constant, about 325 million acres, but the number of people living and working on these farms has dropped by 50 percent.

It appears that there is something seriously wrong with

the American agricultural system. Since 1910, United States agricultural efficiency, as measured in energy, has decreased tenfold. Diversity is the backbone of a healthy ecosystem, serving as nature's insulation against disease, inclement weather and pests.

In the days before hybrids and agrichemicals, farmers grew corn in three-year rotation cycles of corn-oats-clover in order to regenerate soil nutrients. (Clover acts as a nitrogen fixer in the soil.) Farmers used little or no fertilizers and planted about 10,000 seeds per acre, according to U.S.D.A. statistics. By 1970, farmers had replaced crop rotation with 150-pound-per-acre applications of nitrogen fertilizer and were planting 25,000 seeds per acre. Yields-per-acre had jumped to 90 or 100 bushels. But this increase, attributed by the U.S.D.A. to hybrid seeds alone, actually was the result of extensive fertilization and more efficient planting technology.

The U.S.D.A. has consistently failed to tell the public the truth about the effects of this system on the soil, the nation's most basic and valuable resource. Although chemical fertilizers have been in existence since the 1840's their widespread use did not begin until the mid-twentieth century. Their presence has brought about a change in the definition of soil fertility. Once, fertility was a measure of soil structure and nutrient content, the result of years of careful farming and maintenance. The word "fertile" today often refers only to the amount of three important water soluble, nutrients in the soil—nitrogen, phosphorus and potassium. These nutrients are the ones most commonly found in chemical fertilizers. Forgotten are healthy soil structure, water content, trace minerals and the presence of organic matter (humus)—all ingredients of fertile soil. The importance of these three elements to food production has been so over-rated that the soil itself has often been ignored. According to Michael Allaby and Floyd Allen in their book *Robots Behind the Plow*, "Nitrogen-phosphorus-potassium fertilizers became a substitute for land."⁷⁴

With this information, it becomes painfully clear that the Anglo-Saxon methods of farming are completely incapa-

ble of growing food fit for human consumption. If we examine the history of the agricultural development of America, we will find that there have only been two groups of people that have farmed American soil successfully, these groups being the American Indian and the African American.

It would be a pipe dream to think that the racist food barons would concede this fact. But that should come as no surprise to the reader. Our point is that due to slavery, the knowledge of farming was almost exclusively nonwhite in this country. After the end of chattel slavery, the large landowners found that it was impossible for them to do with the land what the Indian and African American did with it. This necessitated the development of hybrid grains and farming machines. At this time, however, these machines and grains are inferior in nature and scope to what was being produced by people.

It is the history of Western man's machismo and slavery life-style that finds him, at present, sickly and weak. This weakness is due to his reliance on other people and machines to do his work. This is America's history in particular. Lack of physical culture therefore exists due to the history of the greater culture of this country.

ORIENTAL HEALTH ARTS

If we study the life-styles of the ancient people, we will find that all of them developed some form of exercise system. Although the martial health arts are associated with the Oriental people, it will be found that the oldest forms of martial arts are African and Indian in origin, usually being developed by priests and monks. These health systems were designed to develop the spirit, mind and body of the individual.

Eastern thought has never believed in a separation of the three. The list of various health systems and martial arts

styles are infinite; however, Tai-chi chuan, Kung Fu and Aikido are proving themselves to be the most esthetic forms. Due to this they are being taught more completely than karate which has become a de-spiritualized art of violence. Violence being, as H. Rap Brown has said, "as American as apple pie!"

If we examine the sports of modern times we will see that they are nothing but holdovers from the days of the Roman gladiators. There is no difference in the construction of modern stadiums and the Roman Coliseum except for materials used. If we examine the physical results produced by such *games* as basketball, football, baseball, hockey and boxing, upon the professional athlete, we will find that upon their retirement from the game they are far from healthy.

Within the African American community, basketball is a very popular game. This is due, in part, to its relationship with scholastic acceptance. If we study the young men of the ghetto we will find that knee problems are common.

There are few professional sportsmen in America who can claim to be as healthy as the martial arts master. This is one of the reasons why in modern China, Tai-chi chuan and gymnastics are national sports. Any physical fitness program that does not work for the total development of the human organism, is bankrupt from its inception. The most significant point to be realized in the development of a physical culture is that it must first be based upon the tenets of philosophy.

The most inclusive of all martial arts philosophies is that of Jeet Kune Do, expounded by the late Bruce Lee.

We are well aware that there are many people at present who are exploiting the name of the late Master.

It is our intention to show that only with a deep philosophical understanding of the martial arts as a whole, can anyone truly refer to themselves as a practitioner of J.K.D. We would suggest to the reader the following books as sources on martial arts philosophy. *Fundamentals of*

Tai-chi chuan by Huang, *What is Aikido?* by Tohei, and *The Kung Fu Exercise Book* by Mimick. By no means do we feel that these are the only authoritative books on the subject. They do, however, provide a foundation from which a martial arts library could be developed. It must always be remembered that the late Bruce Lee acquired over two thousand books on the subject of martial arts during his lifetime.

Upon analysis of the many books written about Bruce Lee, two stand out as being highly authoritative, these being, *Bruce Lee, King of Kung-Fu* by Dennis and Atyeo, and *Bruce Lee: The man only I knew, by his wife, Ms. Linda Lee*. No analysis of J.K.D. would be complete without a discussion on the *Tao of J.K.D.* by Bruce Lee. There are those who feel that Jeet Kune Do was a commercial enterprise of Bruce Lee's, and not to be taken seriously as a new form of martial and health art. However, we have found the following to prove otherwise.

He made no attempt to advertise the Institute and there wasn't even a sign outside the door. He hoped that the school's reputation and the value of his instruction would be spread by word of mouth. He wanted to teach people who, apart from a genuine interest in the martial arts, were prepared to grapple with the philosophical ideas underlying them.⁷⁵

With this statement from Mrs. Lee, let us concern ourselves with more profound matters. Under the title: *Mental Cultivation in the Tao of J.K.D.* we find (1) Krishnamurti, (2) Zen and (3) Taoism. This provides us with concrete proof of the spiritualism within J.K.D. It will also be to the reader's benefit to know that Bruce Lee was a psychology and philosophy major in college.

As we look out into the streets of America today, we see many young people imitating the various movements and sounds that the late Master Lee made in his movies.

Let us be honest. The things we saw Bruce Lee do in the movies were primarily for the movies. In real life, Bruce Lee did not use the nunchakas or make any noises while fighting.

The nunchakas were used exclusively in the movies to heighten the action.

It was the firm belief of the late Master Lee that the body was the ultimate weapon. To this belief we adhere to faithfully.

THE DIET OF BRUCE LEE

Bruce Lee, died at the age of 32 with the body of an eighteen-year-old. No football or basketball star in America will ever make the claim that when they die, science will find their body to be half their chronological age!

What was the secret behind the late Bruce Lee's body? To this question we have devoted much research and have found the following.

Bruce Lee was constantly exercising various parts of his body and experimenting with various diets to increase his endurance. As all athletes and doctors know, endurance is the key to life and success.

We are not the advocates of competition either violent or nonviolent; however, competition calls for maximum health and endurance. This being the case, an analysis of the endurance diet of Bruce Lee will be of benefit to us all.

To some, Bruce's food intake might seem adequate; but he burned energy like a furnace. Even as a child in Hong Kong, Robert remembers, Bruce was a "muncher." "He'd munch on anything. He'd use his lunch money on candy, his allowance on snacks." Outside school lurked a corps of vendors peddling all kinds of food—raw squid, octopus and pig intestines which Bruce would "eat up like candy." Even in Los Angeles he had developed an interest in health foods and high protein drinks.

Several times a day he took a high protein drink made up of powdered milk, ice water, eggs, eggshells, bananas, vegetable oil, peanut flour, chocolate ice cream—it was more like a thick, unstimable soup than anything else. He also drank a lot of his own juice concoctions made from vegetables and fruits—apples, celery, carrots and so on, prepared in an electric blender. He also drank a lot of honey tea and fresh orange juice in Hong Kong because he perspired so much, particularly while working. He topped these off with Chinese tonics. We bought a lot of our stuff at health stores although it is not true that he refused to eat anything unless it came from one of these. He loved meat and Chinese food, in particular. He took every possible vitamin pill and in time became very knowledgeable about vitamins and very aware of the dangers and never took more than necessary—making sure that he had the right quota of A, B, C, D, and E.

He had been hooked on special food kicks long before he found himself becoming dehydrated in Hong Kong. As Jim Coburn says, "The thing that really scared me was when he was drinking beef blood—he'd put hamburger in the concoction." Jim adds, "That's really bad for your blood."

However, he discontinued this practice before long as he was concerned about the sterility of beef blood. Following Bruce's example, James used to prepare his own high protein drinks until he found he had gout. "I was taking super high potency protein and my body just couldn't digest them all—I was crippling around and I didn't know what it was, I thought it was arthritis." In fact, Bruce once found he had a high iodine thyroid count. The doctor couldn't figure out what was causing it and asked him what he had been eating. It turned out that the high iodine count was caused by overindulgence in Japanese seaweed wrapped around rice, and he was ordered to cut out this overindulgence. Throughout our time in Hong Kong, Bruce fought a running battle between his enormous output of energy and his resulting loss of weight.⁷⁶

He owned an electrical device which, when strapped around his waist, slowed down his blood circulation, forcing him to work much harder to complete his exercises. He a-

voided restaurant food and lived on a diet of raw beef, eggs and milk mixed together in a blender, together with many glasses of fruit and vegetable juice.⁷⁷

What we have shown the reader is an example of a high-protein meat diet. It is quite unfortunate that Bruce Lee is dead. If he stopped drinking beef blood because of fears of its cleanliness, we feel that it would have been a logical development that he fear the entire animal. We can only imagine the level of achievement Master Lee could have made had he known of the relationship between endurance, sports activity and a low protein vegetarian diet. In the Tao of J.K.D. we have the following listed under the heading of Nutrition.

- (1) Break down/build up
- (2) Muscular diet

Let us examine some of the latest scientific research on these subjects.

Professor Irving Fisher of Yale University performed experiments for the purpose of comparing the endurance of meat-eating athletes from Yale and vegetarians from the Battle Creek Sanitarium. (Fatigue is associated with diminished alkalinity of the body fluids. These are much less alkaline in meat-eaters than in vegetarians, as shown by the fact that the urine of flesh-eaters is highly acid. This is one of the reasons why the latter have shown themselves to be inferior in feats of endurance.) Fisher's experiments clearly showed that the endurance of vegetarians surpassed that of meat-eaters. As a result of his experiments he concluded:

"(1) Large flesh-eaters, even when trained, show far less endurance than flesh-abstainers, even when the latter are leading a sedentary life.

"(2) It is probable that the superiority in endurance of the abstainers was due to the absence of flesh-foods or to a smaller quantity of protein or to both, as well as to abstinence from tea, coffee, and condiments." In a paper, "The Effect of Diet on Endurance," Prof. Fisher describes as follows the effects of a decreased intake of animal foods: "The

phenomena observed during the experiment may be summarized as a slight reduction of total food consumed, a large reduction of the protein element, especially flesh-foods, a lessened excretion of nitrogen, a reduction of odor, putrefaction, fermentation and quantity of the feces, and a slight loss of weight, a slight loss of strength, and an enormous increase in endurance." Dr. Kellogg, commenting on Fisher's experiment, says: "The results of this comparison were certainly surprising, and showed almost conclusively that those who used low protein and little or no flesh, not only had greater physical endurance, but far greater than those who were on a so-called 'training diet' (of meat-eating athletes)."

Iotenko, in determining the endurance of individuals by means of the ergograph, found that vegetarians exceed meat-eaters by 53 per cent in mechanical work performed. His tracings and the results of his experiments agree with those of Prof. Fisher at Yale. Dr. Arnold Lorand writes: "When a meat-eater has a heavy load to carry, he soon becomes overheated, perspires, and very soon grows tired. It is quite otherwise with the carbohydrate-eating vegetarian, who does not suffer in the same way—a fact, which I have myself tested by experimenting with various kinds of food. The ability to work is maintained through combustion of the carbohydrates, and the vegetarians are able, as we shall later explain more fully, to continue certain kinds of work, such as marching, rowing, etc., much longer than meat-eaters without being so fatigued, even after a very long period of activity. We shall also relate almost incredible feats performed by the Congo Negroes and other vegetarian tribes. One example may, however, be mentioned: As the troops of Tippoo Tipp were annihilated, a Congo Negro carried the joyful news in a letter from Lukungu to Matadi in one day, a distance of 100 kilometers, and another Negro carried the letter on from Matadi to Leopoldville, another stretch of 100 kilometers, also in one day. When we consider that this was over untrodden roads, not in any way to be compared with ours, and furthermore, remember the tropical temperature, which, while it does not particularly affect the Congo natives, must nevertheless be taken into account, the feats just mentioned must be regarded as most remarkable.

"Another advantage of a diet largely vegetarian lies in the fact that nervousness is, in general, less prevalent among people living upon such food than in those who are meat-eaters. In this respect there exists a certain inferiority in the meat-eating European, as compared with the Orientals and other vegetarian nations, who look down upon the Europeans on this account, and have but little consideration for them."

Professor Baelz, of Tokyo, Japan, made some experiments on vegetarian natives, and after measuring and recording some of their feats of endurance, he gave some of them meat, which they took eagerly, and regarded as a great luxury, because it was used by the "upper classes"; but after three days they came and begged to be let off the meat, as they felt tired on it, and could not work as well as before. The Professor then made similar experiments on himself, and he also found that he was sooner tired, and more disinclined for exertion when he took meat. The Japanese, whose capacity for continuous and strenuous labor is remarkable, live upon a diet of rice, pulse, fruit, roots and herbs. The Chinese and the Hindus, the only ancient civilizations still surviving, live upon a similar diet, while Egyptian natives live upon bread, onions, beans, legumes and dates. We must not believe, however, that this untiring and unusual muscular activity is the result of peculiarities of race or climate, for very much the same thing may be observed among Caucasians. It is an undisputed fact that vegetarians are always ahead in any athletic feats where success depends upon the power of endurance. "Does muscular strength decline on a rich protein (meat) diet? Physicians are well aware of the weakening effect of a meat diet, such as, in the past, has been prescribed for diabetics. If the lower protein estimate of Chittenden and others, say of 60 grams, be sufficient, is it not a question, then, of serious moment to severely burden the organs of digestion and assimilation with from 120 to 200 grams of protein?"

The end products of protein digestion which cannot be entirely consumed in the body leave behind a large proportion of incombustible waste material which the liver and kidneys are called upon to excrete, putting extra exertion on these organs. If this large amount of protein is unnecessary,

it is not a very far step to the assertion that it must be injurious, because a considerable amount of energy must be devoted to catabolism in the cells and to the excretion of its waste products by the kidney, energy which might otherwise be utilized and assist in metabolism of the muscles.⁷⁸

The case of vegetarians being weaker than meat-eaters has been refuted most aptly by Mr. Macpherson Anderson.

In support of the claim that a vegetarian diet is conducive to strength as well as good health, included herewith is a paragraph describing the feats of Mr. Alexander Macpherson Anderson, known professionally as "The Mighty Young Apollo." This professional strong man has secured many world and Australian weight lifting records in all class divisions.

Apollo has pulled the greatest tonnage by his teeth of anyone in the world. He twice drew up a slight incline for a distance of 100 yards a fully loaded electric tram weighing approximately 22½ tons. On various occasions he has also pulled by the teeth four *Sun* newspaper delivery trucks, five passenger automobiles hitched together, and a double decker bus. Apollo changed to a vegetarian diet early in 1951. He has found no diminution of his strength since the change. . . .⁷⁹

We hope the reader does not think that we intend to perform such a task. However, the fact that this man was a vegetarian proves our point. It is due to the harmful effects of meat upon the nervous system that we contend that vegetarianism is the only proper nutrition for the study of Jeet Kune Do. We do not disagree with the concepts of endurance laid out by Master Lee, we merely feel that these concepts were based upon individuals whose diets were inadequate for the task.

The Tao of J.K.D. states the following:

Muscles have no power to guide themselves, but the manner in which they act, and consequently the effectiveness of our performances, depends absolutely on how the

nervous system guides them. Thus, a badly executed move is the result of impulses sent to the wrong muscles by the nervous system, or sent a fraction of a second too soon or too late, or sent in improper sequence or in poorly appointed intensity.

Well-executed movement means the nervous system has been trained to the point where it sends impulses to certain muscles, causing these muscles to contract at exactly the proper fraction of a second. At the same time, impulses to the antagonistic muscles are shut off, allowing those muscles to relax. Properly coordinated impulses surge with just the exact intensity required and they stop at the exact fraction of a second when they are no longer needed.

Therefore, learning coordination is a matter of training the nervous system and not a question of training muscles. The transition from totally uncoordinated muscular effort to skill of the highest perfection is a process of developing the connections in the nervous system. Psychologists and biologists tell us that the billions of elements in the nervous system are not in direct connection with each other, but that the fibers of one nerve cell intertwine with those of other cells in such close proximity that impulses can pass from one to others by a process of induction. This point at which the impulse passes from one nerve cell to another is called the "synapse." A powerful athlete is not a strong athlete, but one who can exert his strength quickly.

Since power equals force times speed, if the athlete learns to make faster movements he increases his power, even though the contractile pulling strength of his muscles remains unchanged. Thus, a smaller man who can swing faster may hit as hard or as far as the heavier man who swings slowly.⁸⁰

The legacy left behind by Master Bruce Lee can only be appreciated by those who apply serious concentration to the Tao of Jeet Kune Do and its philosophical influences. Jeet Kune Do has been defined as a circle with no circumference. This circle is defined thusly:

Jeet Kune Do, ultimately, is not a matter of petty technique

but of highly developed personal spirituality and physique. It is not a question of developing what has already been developed but of recovering what has been left behind. These things have been with us, in us, all the time and have never been lost or distorted except by our misguided manipulation of them. Jeet Kune Do is not a matter of technology but of spiritual insight and training. The spirit is no doubt the controlling agent of our existence. This invisible seat controls every movement in whatever external situation arises. It is thus, to be extremely mobile, never "stopping" in any place at any moment. Preserve this state of spiritual freedom and non-attachment as soon as you assume the fighting stance. Be "master of the house."⁸¹

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THE FORMULA FOR POWER

$$P = V - 0 + F \times S$$

Power equals vitality minus obstructions plus force times speed.

Physiological Power = Vitality minus obstructions—Prof. Arnold Ehret. In the high-protein, mucus-forming diet, every movement produces toxic buildup in the blood and muscles (auto-intoxication).

Physical Power = Force times speed—Master Bruce Lee. A small projectile (hand, foot or ball) propelled at high speed is equal in force to a large object propelled slowly (one-inch punch).

THE PHILOSOPHY OF DIVINE NUTRITION

SUPERCONSCIOUS (Occult study)
 Kanya Academy of Occult Science
 Spiritual Astrology

CONSCIOUSNESS

Dr. John E. Moore—Hobology
 Dr. Frantz Faron } Psychanalytic Concepts
 M. K. Gandhi—Satyagraha

EI Hajj Malik El Shabazz—Universal Consciousness

METABOLISM

Anabolism—Longevity—Endurance
 Divine Nutrition
 Herbiology
 Apatian Nutrition
 Liquidarianism

TEMPLE MAINTENANCE

Yogametrics → confidence, muscle, strength
 Gymnastics → Total body flexibility
 Bicycling → Most efficient means of transportation in terms of energy consumed as a function of body weight (15 calories per gram per kilometer)

Handball → Hand conditioner, running exercise
 Free-forming Dancing → Broken rhythm and grace
 Skipping Rope → Balance and timing

THE TAO OF JEET KUNE DO

SPIRIT

MENTAL CULTIVATION

Krishnaamurti
 Zen
 Taoism
 Master C. C. Jacobs
 Acupuncture
 Dr. Kan Yang

PHYSIQUE

Supplementary Training
 Fitness Program
 Conditioning

Breakdown/Buildup

ANALYSIS OF POLLEN CONTENT

ANALYSIS OF POLLEN CONTENT (continued)

VITAMINS

- | | |
|----------------------------------|-----------------------|
| 1. Provitamin A (carotenoids) | 5-9 mg % |
| 2. Vitamin D | 9.2 micrograms % |
| 3. Vitamin B-1 (thiamin) | 7 milligrams % |
| 4. Vitamin C (ascorbic acid) | |
| 5. Choline | |
| 6. Inositol | |
| 7. Vitamin B-12 (cyanocobalamin) | |
| 8. Vitamin K | |
| 9. Vitamin E | |
| 10. Biotin | |
| 11. Folic acid | 5 micrograms % |
| 12. Vitamin B-6 (pyridoxine) | 5 micrograms % |
| 13. Pantothenic acid | 20-50 micrograms/gram |
| 14. Rutin | 16 milligrams % |
| Rutin in beehive pollen | 13% |

MINERALS

- | | |
|---------------|---------------------------------|
| 1. Calcium | 1-15% of ash |
| 2. Phosphorus | 1-20% of ash |
| 3. Iron | 1-12% of ash |
| | .01-0.3% of fresh pollen |
| | .6-7.1 mg % of air dried pollen |
| 4. Copper | .05-.08 % of ash |
| | 1.1-2.1 mg % of fresh pollen |
| 5. Potassium | 20-45% of ash |
| 6. Magnesium | 1-12% of ash |
| 7. Manganese | 1.4% of ash |
| | 75 mg % |
| 8. Sodium | 2-10% of ash |
| 9. Silicon | 1% of ash |
| 10. Sulphur | |
| 11. Titanium | |

ENZYMES AND COENZYMES

- | | |
|----------------|----------------------------|
| 1. Diastase | |
| 2. Amylase | |
| 3. Saccharase | |
| 4. Pectase | |
| 5. Phosphatase | 9. Cytochrome systems |
| 6. Catalase | 10. Lactic dehydrogenase |
| 7. Diaphorase | 11. Succinic dehydrogenase |
| 8. Cozymase | |

Note: The cozymase in mixed fresh pollen runs about 0.5-1.0 milligram per gram, comparable to amounts in yeast.

PROTEINS, GLOBULINS, PEPTONES, AMINO ACIDS

(7-35%, average 20%; 40-50% may be free amino acids; 10-13% consists of amino acids in dry pollen.)

35 grams of pollen per day can satisfy the protein requirements of man; 25 grams of pollen per day can sustain man because it contains the 6.35 grams as indicated by Rose, plus other amino acids.

Pollens contain the same number of amino acids but vary greatly in the quantity of each.

- | | |
|--------------------|------|
| 1. Tryptophan | 1.6% |
| 2. Lysine | 5.7% |
| 3. Methionine | 1.7% |
| 4. Threonine | 4.6% |
| 5. Phenylalanine | 3.5% |
| 6. Valine | 6.0% |
| 7. Isoleucine | 4.7% |
| 8. Leucine | 5.6% |
| 9. Cystine | 0.6% |
| 10. Arginine | 4.7% |
| 11. Histidine | 1.5% |
| 12. Glutamic acid | 9.1% |
| 13. Tyrosine | |
| 14. Serine | |
| 15. Proline | |
| 16. Hydroxyproline | |
| 17. Glycine | |
| 18. Alanine | |
| 19. Aspartic acid | |

FATS & OILS—5%

- Fatty acid (may be 5.8%). Hexadecanol may be 0.14% of pollen by weight. Alpha-amino-butyric acid is present in pollen fat.

- Unaponifiable fraction of pollen may be 2.6% by weight.