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Octonutrition

Nutrition to the power of 8

Occidentalia

www.



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If you would like to participate in the development of *Octonutrition*,
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WARNING

The information included in this book is for educational purposes only. It is not intended nor implied to be a substitute for professional medical advice. The reader should always consult his or her healthcare provider to determine the appropriateness of the information for their own situation or if they have any questions regarding a medical condition or treatment plan.

The author is neither a physician nor a dietician or a nutritionist and this book is not intended as a substitute for the medical advice of physicians. Reading the information in this book does not create a physician-patient relationship.

As mentioned in the introduction, this book does not contain sufficient information allowing for the practice of Octonutrition. Its goal is simply to inform on the method.

TABLE OF CONTENTS

Introduction

Part I – Defining health

A. Illusions

B. Reading the body

C. Resonance

D. The 3 axes

E. The 2 parts

Part II – The Human Being

A. Positions

B. Combinations

C. Physical Aspects

D. Divisions

Part III – Food

A. Food categories

B. Selecting food

1. Cleanliness of the stools

2. Carbohydrates, lipids and proteins

C. Digestion, assimilation and elimination

D. Integrity

E. The 3 basic partial substances

F. Basic supplements

Part IV – People and Food

A. How to eat

B. Back to the start

C. The principles

Conclusion

INTRODUCTION

This small essay on nutrition is not based on scientific research. It is only based on observation of many people. It is therefore totally pragmatic.

This is only a short introduction on the subject. Another essay will follow on more complex issues in Octonutrition and, mostly, on how to practice it.

People have always tried to find the right way to feed themselves. Throughout history, human beings came up with many different ways of eating. Even the Bible contains indications as to what we should eat.

The approach I favor is based on the fact that human beings are, at the same time, alike and different from other human beings. My approach is therefore typological, meaning trying to find similarities between people and, based on those, try and see if we can find some constants.

For those looking for a scientific approach, Octonutrition is obviously not the way to go. Octonutrition is only based on observation, reflection and experience. Octonutrition is therefore a pragmatic approach which offers some interesting insights.



PART I

DEFINING HEALTH

A. ILLUSIONS

We see them every day in the papers, in the magazines, on the Internet. They advertise loud and clear: “the best foods against cancer”, “the 8 plants that fights diabetes”, “the 5 foods not to eat in order to avoid heart attacks”, and there are lots more. If health were that simple, we would never be sick. But, this is not the case.

The foods that are good for us are not necessarily the ones that contain the most vitamins or minerals, or antioxidants, or, whatever. On the contrary, those foods can have a negative impact on our health. The foods that are good for us are those which, in a certain way, are in resonance with us. This resonance can depend on a number of different factors: the nature of the food, the time I eat it, my state of mind when I eat it, the food that I eat with it and an infinity of other different factors.

The idea is therefore not to aim for perfection but to try and find a simple and efficient system able to make sure I am in resonance with the food I eat. But we must also understand that no food is perfect for everyone. There is always a dissonance between us and the food we eat. It is impossible to digest, assimilate and eliminate perfectly. But, it is certainly possible to digest better, assimilate better and eliminate better. This is one of the goals of Octonutrition.

There are nowadays two main schools in nutrition:

1. those who believe it is possible to have a nutrition that will fit each and all. In this category, we find paleo, Atkins, South Beach and many others.
2. those who believe that no diet can fit everybody

and that by finding a functional typology, we can help most people. In this category, we find, among others, D'Adamo's 4 Blood Type and Dr. Abrahavanel's body type diet.

Octonutrition squarely fits in the second group. I do not think it is possible to have a nutrition that fits everyone. Some foods are more in resonance with some people and other foods are more in resonance with other people.

Octonutrition is a way to try and find out a nutritional approach that allows us to easily and quickly identify the foods that are in resonance or not with us. No expensive or complicated tests necessary. Octonutrition is neither true or false, it is simply a new way to look at nutrition.



B. READING THE BODY

The body may be the first thing we see when we meet someone. We immediately notice people as tall, small, heavy, slim. But we also see much more than that.

Everybody can easily and quickly read the body and we do it all the time without even being conscious of it. Yet, we can also practice to get better at it, *Percepience* (see Daniel Paquette, *Percepience*, Éditions Occidentalia) is one of the possible ways to do it.

One of the principles on which nutrition is based is that of opposition. All tendencies must be balanced by the opposite. If my body lacks vitamin C, I need to take it, if I lack proteins, I need to add proteins to my diet.

At this point in time, nutrition is very much focused on weight control. This modern focus is everywhere. My interests have more to do with the link between nutrition and health, weight control comes naturally. What is at the centre is health.

As I have said above, the approach I prone is more typological. I believe there are a few nutritional groups inside of which we all fit with some adjustments obviously. I also believe that each human being has unique nutritional needs that change all the time, in a dynamic manner.

I believe that in nutrition as in life, all possibilities do exist. Some people improve their health while drinking at the same time they are eating, others need to eat certain food to be healthy but not others.

As the Bible say, everything does exist in the

universe in order to manifest the glory of God:

As he went along, he saw a man who had been blind from birth. His disciples asked him, "Rabbi, who sinned, this man or his parents, that he should have been born blind?" "Neither he nor his parents sinned," Jesus answered, "he was born blind so that the works of God might be revealed in him. (JN 9:1-9:3)

In nutrition, it is necessary to avoid preconceived ideas. Everything is possible and you can find people improved or aggravated by about anything. As the quotation above makes clear, the glory of God must be able to manifest itself everywhere.

The idea that we must not drink while eating, that we should not eat after 8 pm or that it is important to breathe deeply or drink lots of water is true for some people but not for all.

Roger J. Williams wrote about bio-individuality (Williams, Roger J., *Biochemical Individuality*, Keats Publishing, New Canaan, 1998). He was right when he wrote about the individual differences existing between human beings. But it goes further than that and can be applied to all aspects of nutrition.

In the end, nutrition is a spiritual act whether we want to not. Nutrition is a natural Eucharist where the food symbolically replaces God. But, this is not pantheism because food is not God, it is only a symbol.

To eat is to accept to change, to transform oneself by the intermediary of food but also by the intermediary of God. Nutrition is the first step towards mysticism because feeding oneself is symbolic of the acceptance of God in us (see Paul Tassé, [*Beatituda*](#) at Éditions Occidentalia).



C. RESONANCE

As we have seen, the first principle of nutrition is opposition which allows us to get what our body lacks by eating food we need. But there is also a second principle which is the principle of resonance. If there is no resonance between me and the food I eat, I will not be able to digest it, assimilate it and eliminate it.

For many people, everyday experience proves that it is difficult to eat everything we would like to. Many people react more or less strongly to certain foods and not to others. In reality, our body always has a positive or negative reaction to any food we eat. This reaction is sometimes slight and sometimes strong. Most people also have difficulties listening to what happens inside them and are not aware of the effects of food on their state of health or their state of mind. Yet, it is not difficult with practice to improve on this listening ability and therefore be able to judge the true effects of food on us.

When we talk about natural food, we must understand that there is no good or bad food. Lettuce is not better than carrots and spinach is not superior to radishes. The food that is good for me is the one with which I resonate.

Octonutrition measures the degree of resonance between us and food by looking at the cleanliness of the stools. The cleaner the stools are, the more we are in resonance with the food. This will be described in part III.

Any food that is outside of our nutritional range can cause a host of problems. If the food is outside of our nutritional range, there is no resonance between us and the food. In the same way, if there is no resonance, the food is

necessarily outside of our nutritional range. This is why those two expressions will be used as synonyms. The food we eat for which we have no resonance or a low resonance will necessarily be badly digested, badly assimilated and badly eliminated.

There are many other physical signs allowing us to measure the resonance between us and the food. The cleanliness of the stools is only the easiest to use.

If there is no resonance between the person eating the food and the food itself, the person may be at risk of developing physical or psychological problems. Nutrition is the first step towards health. Without an adequate nutrition, a nutrition including food that resonates with us, it will be difficult to acquire and preserve health.

But our nutrition does not have to be perfect. Our body is easily able to make do with the occasional cheating if this is indeed occasional.

Octonutrition does not focus first on the number of nutrients that exists in the food but more with our ability to do with the food

This does not mean that the nutritional content of the food or the nutritional quality of the food is not important. That would be false. Those qualities are only secondary to the resonance between the food and us. If I do not digest, assimilate and eliminate the food, what is the use of all its nutritional qualities?

Octonutrition gives us a key allowing us to determine our degree of resonance with the food we eat. When using this key, we can do much better with the food we are eating. This makes a huge difference for our health.



D. THE THREE AXES

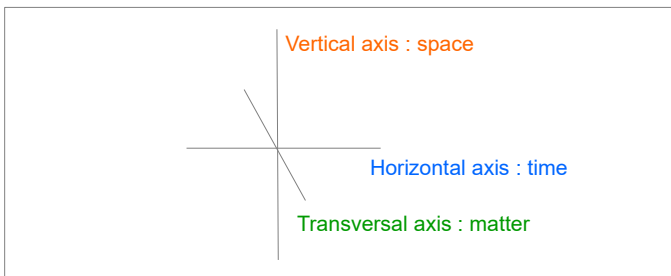
For the needs of this essay, we will be positing that the universe is made up of three basic components: matter, time and space. The scientific reality is obviously much more complex but we are, first of all, interested in finding a model that works for our needs and this model will suffice.

Those three components exist on three axes that are the transversal, horizontal and vertical axis.

Matter is located on the transversal axis, time is on the horizontal axis and space is on the vertical axis. This corresponds to the modern view where time is like an arrow, space is high and low and matter pervades everything.

Those three axes describe all existing beings in the universe. In the context of this essay, they describe:

1. all existing human beings
2. all possible food



In Octonutrition, people have a specific location on each of the three axes. In the same manner, food also does

exist on 1, 2 or 3 axes.

Octonutrition is based on the fact that the food should compensate the person in order to create a balance. Therefore, if, on the vertical axis, the person is up, the food should be down. In this way, a balance is achieved.

Yet, the person always exists on all 3 axes whereas food may exist on 1, 2 or 3 axes. But food does not have to be on all 3 axes. As in the above example, even if the food does exist on only 1 axis, as long as it creates a balance with the person, everything is fine.



E. THE 2 PARTS

We should not confuse the graphs associated with people with those associated with food. They are at the opposite one from the other.

Octonutrition is about matching the profile of the person to the profile of the food. Obviously, the more complex the food is, the more difficult it is to accomplish that.

In this essay, 2 different graphs will be introduced:

1. those representing human beings (yellow background)
2. those representing food (blue background)



PART II

THE HUMAN BEING

A. POSITION

As for people, we are all positioned on one or the other side of each of the 3 axes. Thus, we can be on the vertical axis (space) either high or low. We can be on the horizontal axis (time) either on the left or on the right. We can be on the transversal axis (matter) either in the front or in the back.

Our position on each of the 3 axes is, generally, fixed. My position on each of the 3 axes can only rarely change. Only intense and prolonged stress, illnesses and aging are able, in particular cases, to modify my position on one or many axes. In the majority of cases, there will only be movement on the half-axis on which the person is. In more extreme cases, it is possible for the person to change side. Those possibilities will be discussed in another essay.

Nobody is really perfectly in the centre on each of the 3 axes. Some people are obviously closer to the centre than others.

All human beings can therefore be:

1. high
2. low
3. on the left
4. on the right
5. in the back
6. in the front

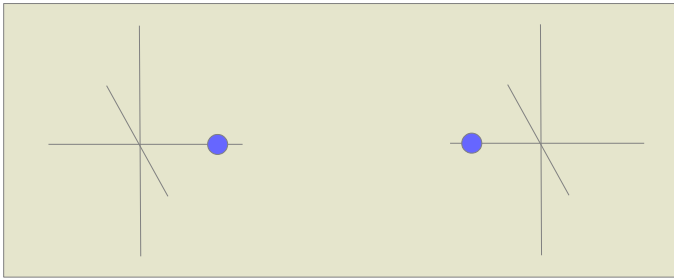
ALL foods have an influence on the 6 positions. Certain food act on only one position, others on more than one. But, all food has an effect.

Our position on each of the 3 axes depends on different factors. Those factors are infinite and can be nutritional, psychological or spiritual. We will not be discussing those here but in the next essay.

It should not be necessary to say that the 3 axes are not independent one from the other but on the contrary that they influence each other without stop. If I show them separately, it is only in order to make things simpler. We must understand that the graphs do not necessarily correspond to reality but are only practical models designed to help us reach a better understanding and a better health.

In the 6 existing positions:

On the horizontal axis (time) (blue), we are either on the *right* or on the *left*.



On the vertical axis (space) (orange), we are either *high* or *low*.



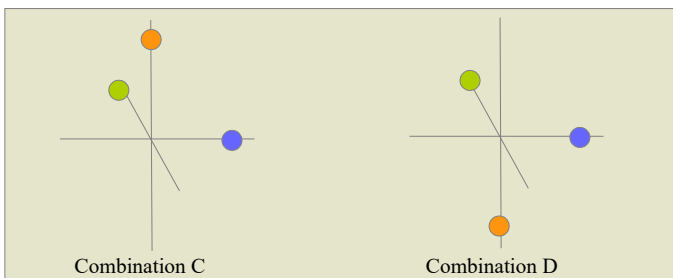
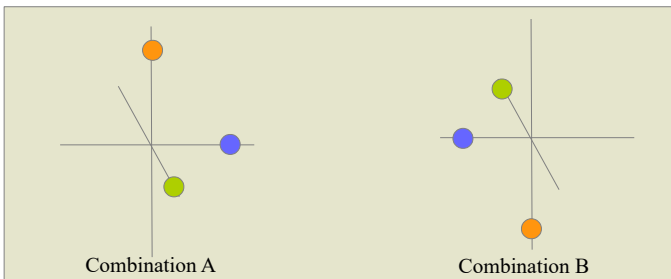
Finally, on the transversal axis (matter) (green), we are either in the *back* or in the *front*:

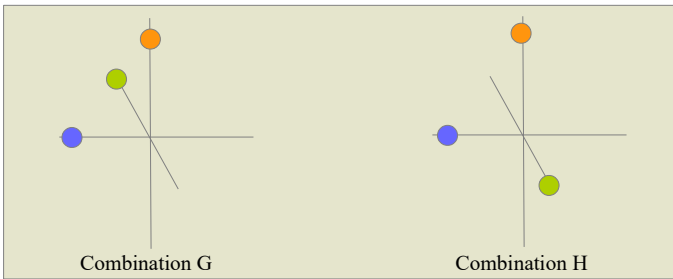
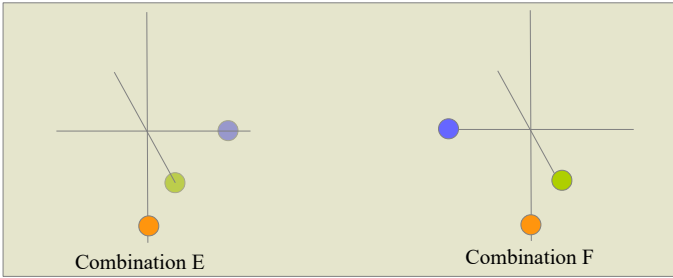


B. COMBINATIONS

Firstly, we must position ourselves on each of the 3 axes. We therefore must find our polarity on each of the 3 axes. This is necessary if we want to know what are our nutrition challenges and what we must eat.

The 6 possible positions can be combined in a maximum of 8 combinations. This means that in nutrition, in the context of Octonutrition, there is a total of 8 possible combinations of people.





All people have a position on each of the 3 axes.

In those graphs, we are not concerned by the variable positions on each of the semi-axis. These graphs are only general examples.



C. PHYSICAL ASPECTS

In order to determine where a person belongs on the 3 axes, we must firstly consider the physical appearance of that person. This is one of the main points of Octonutrition, it does not require any special test or study or questions to answer. Only the physical appearance of the person is used in order to determine what this person should be eating.

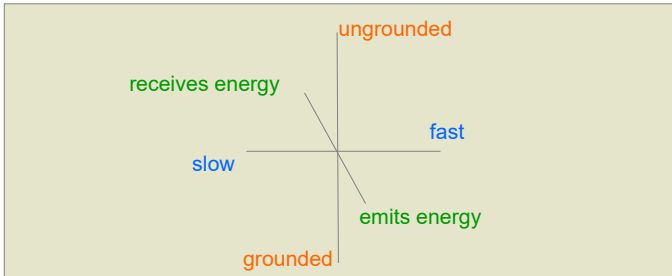
The three physical aspects to consider are: the groundedness, the speed and the strength. The *groundedness* is linked to the vertical axis and thus to space, the *speed* is linked to the horizontal axis and thus to time and, finally, the *strength* is linked to the transversal axis and thus to matter.

The vertical axis, space, is detected by the groundedness of the person. Often, people who have more weight are more grounded but this is not always true. Some skinny people are also very grounded and some heavy people are not. The more the person is grounded, the lower on the vertical axis they are. People who are not grounded are high on the axis.

The horizontal axis, time, is detected by speed. People who go through life quickly, who eat fast, who do things fast and, in general, are preoccupied by the notion of time, are on the right-hand side of the axis. People who go through life slowly, who eat slowly, do things slowly and, in general, are not that concerned by time are on the left-hand side.

The transversal axis, matter, is detected by the strength. But strength is more easily seen through its energy aspect. People either emit or receive energy.

People who emit energy are more nervous, more febrile. They diffuse around themselves the energy they have. People who receive energy on the other hand are, in general, more stable. We do not feel this nervousness in them. Those who emit energy are in the front, those who receive it are on the back.

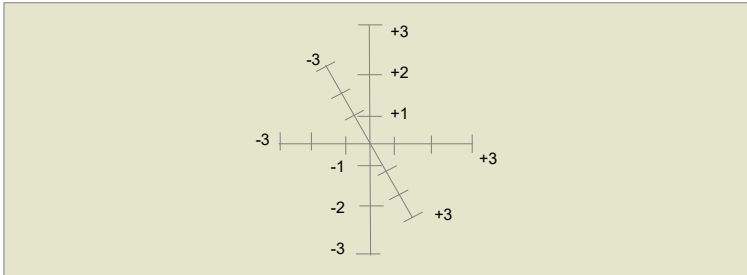


Amongst the 3 axes, one is primary, one is secondary and the last is tertiary. This is determined again by different physical aspects. In this essay, we will not take into consideration this sequence. Its precise role will be addressed in the next essay.

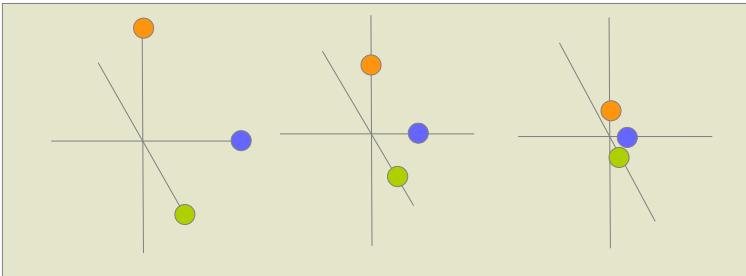


D. DIVISIONS

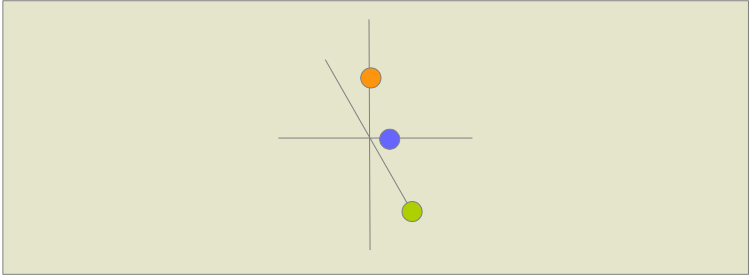
Octonutrition is composed of 3 binary axes. Our position on each of the 3 axes is mostly invariable as we have seen above. Let us note that Octonutrition divides each axis in 6 equal parts:



For example, we could have the 3 following combinations in 3 different people:



This is obviously an example. In reality, in a person, things will look more like this:



Our position on each of the 3 axes can be more or less extreme. We can be very extreme (± 3), average extreme (± 2) or not extreme (± 1).



PART III

FOOD

A. FOOD CATEGORIES

We traditionally divide food in 3 basic categories:

carbohydrates
lipids
proteins

All food is included in those 3 categories. Certain food only belongs to one, others belong to 2 and others again belong to the 3 categories.

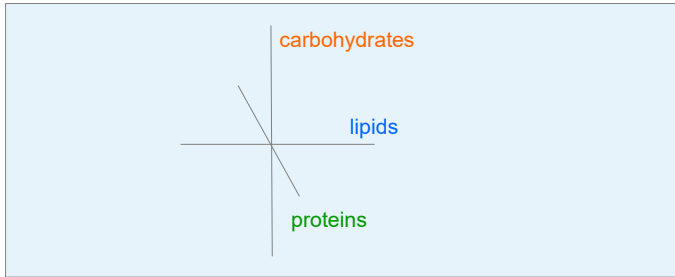
The separation of food in carbohydrates, lipids and proteins is not totally arbitrary. Food that exists in nature often belong mostly to one of those three categories. Thus, animals, poultry, insects are more on the protein side. Grains, fruit, vegetables are more on the carbohydrate side. Oils, butters, animal fats and a few vegetables are mostly lipids.

The vertical axis, the space axis is physically linked to the brain. In order to function, the brain needs glucose, meaning sugar. Sugar and therefore all carbohydrates are the main food of the vertical axis.

The horizontal axis, the time axis, is physically linked to the viscera. The viscera are linked to digestion, to assimilation and to elimination. In order to function correctly, they need fats and oils. Fats and oils are therefore linked to the horizontal axis.

The transversal axis, the matter axis, is physically linked to strength and the muscles that allow us to move in the physical world that is ours. To function, muscles mostly need proteins. Proteins are therefore linked to the

transversal axis.



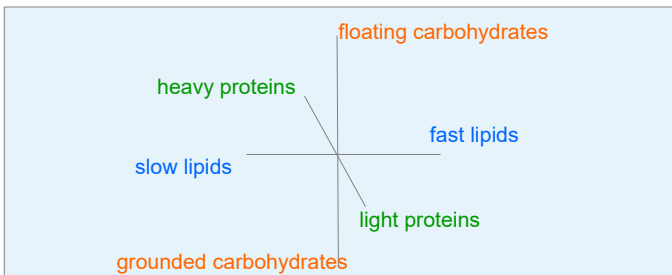
In Octonutrition, there are 6 different categories of food: 2 on each of the 3 axes. We use creative expressions to name them. Those words are only to help us to remember the 6 types:

the carbohydrates are grounded (low) or floating (high)

the lipids are fast (right) or slow (left)

the proteins are heavy (back) or light (front)

As we said in the first part, people have to look for food that is on the opposite side of the axis on which they are. For example, people that are high on the vertical axis must eat grounded carbohydrates (which are down on the vertical axis). People on the right of the horizontal axis must eat slow lipids (on the left of the horizontal axis).



One of the problems with modern nutrition is that it combines those 6 food categories in totally hazardous ways, without any regard for whom eats it. Whether a meal is ok or not depends only on chance. For example, the following meal: a bison steak with carrots cooked in olive oil will be ok if my combination is Low – Left – Front (grounded carbohydrates, fast lipids, heavy proteins). But, for all the other 7 combinations, it will not be.



B. CHOOSING FOOD

1. CLEANLINESS OF THE STOOLS

All human beings are able to read their inner state and to know, without the shadow of a doubt, if all is right or not. But, because our modern world pushes us forward and outside while making things go faster all the time, many people have lost, or think they have lost, this ability to read inside of themselves.

Getting back this ability to read our inner state of being is always possible but it may take time and energy. In order to palliate this important lack, we will be using a different means to choose our foods. The tool we are going to use in Octonutrition is the cleanliness of our stools. The cleanliness of the stools should be first. No matter what the theory says, first of all, the stools have to be clean.

Obviously, the cleanliness of the stools is not the only reading of the body that we should take. There are a number of other ways that are still useful. But it remains the most important because it determines the basic conditions of health which are digestion, assimilation and elimination.

Although the cleanliness of the stools is the first condition to achieve, it is not the only one. The second aspect for Octonutrition is the body's physical beauty. Not the type of beauty related to cultural or social fashion but the beauty of the healthy body. Each combination has an optimal body look that matches total health. The extremes of too little or too much weight do not correspond to optimal health. Each body has an ideal mass that is related to health. In other words, a healthy body should also be in

physical harmony.

Moreover, any other physical or psychological problem is very often a sign of unbalance or lack of resonance with the food we eat. We must therefore pay close attention to any out of the ordinary signs.

We must learn not to trust the attraction we have to food as a measure of resonance. This attraction of the body is often false and can easily take us in wrong directions. The attraction is a very bad measure of the resonance between the food and our body. In most cases, for reasons I will not get into now, the opposite is true, the more attracted we are to a food, the less resonance we have with it and the more harmful it is to us.

The cleanliness of the stools can vary a great deal. It can go from total cleanliness where paper is not needed at all to a lesser cleanliness where we have to use some paper. On the extreme, a diet of food for which we have no resonance may require much more paper.

Optonutrition asks us not to have any preconceived notion about food. We must be totally agnostic towards all food that we eat. The notion of good or bad food must not exist (for natural food obviously). The food that is good for us is the one with which we are in resonance and that keeps our stools clean.

Because of the possible delay between eating the food and eliminating it, it is not always easy to make the link between the cleanliness or uncleanness of our stools and our nutrition. Yet, if we are careful, this is always possible. But, in reality, things are not so difficult. When we eat a food that is outside our nutritional range, a food for which we have no resonance, the body will try and get

rid of it as quickly as possible. The link between the food and the stools then becomes obvious.

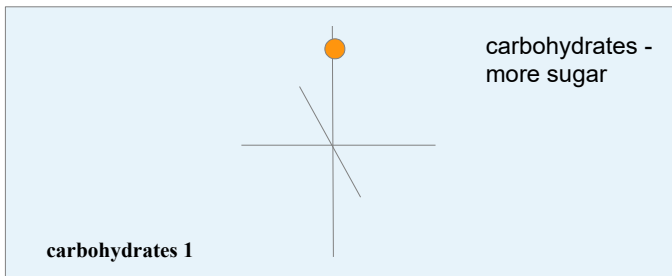
In Octonutrition, the stricter we are in choosing the foods we are in resonance with, the less we have to eliminate. It is as if food being better digested and assimilated than before does not create as much waste as it used to. Conforming strictly to the right foods will completely stop the stools.

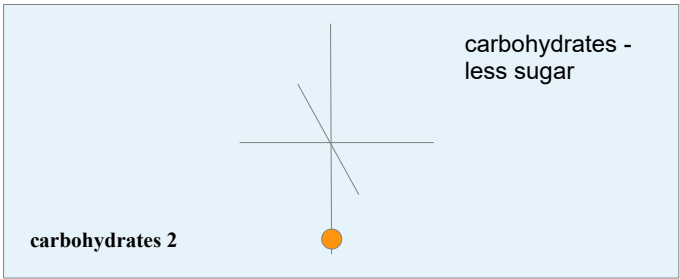
2. CARBOHYDRATES, LIPIDS & PROTEINS

As for people, food can be more or less grounded, more or less rapid and can either give or receive energy.

i. carbohydrates

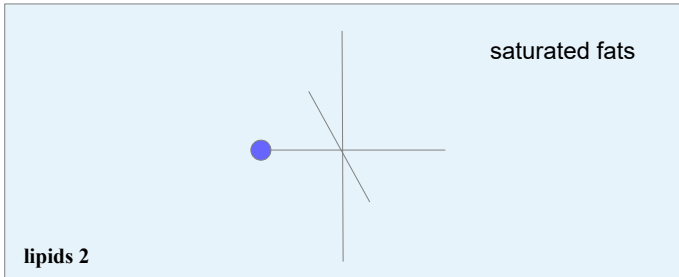
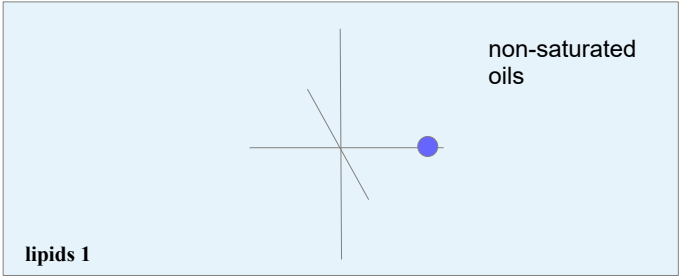
On the vertical axis of carbohydrates, it is groundedness that is the main factor. Sugars appear to be the dividing aspect between high and low.





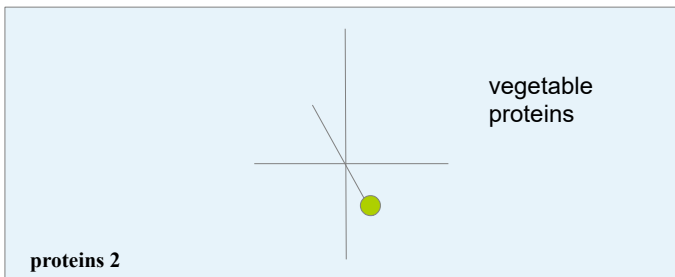
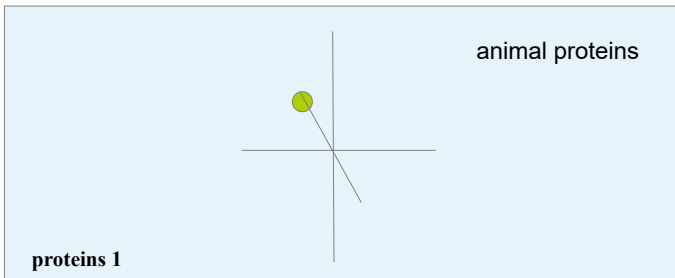
ii. lipids

on the horizontal axis of the lipids, it is speed that divides right and left. For food, saturation appears to be the factor that divides right and left. The more a food is saturated, the more it belongs on the right, the more it is unsaturated, the more it belongs to the left.



iii. proteins

on the transversal axis of the proteins, it is strength or energy that is the main dividing factor. On the level of food, it appears to be the protein's origins that matters. In the front, we have the proteins having their source in the vegetable world. In the back, we have those that come from the animal world.



NOTE: convenience food is mostly not good for Octonutrition because it mixes food in ways where often, foods from both sides of the same axis are present in the food. When you have saturated and unsaturated fats in the same food or floating carbohydrates mixed with grounded carbohydrates, it does not fit any existing combinations from

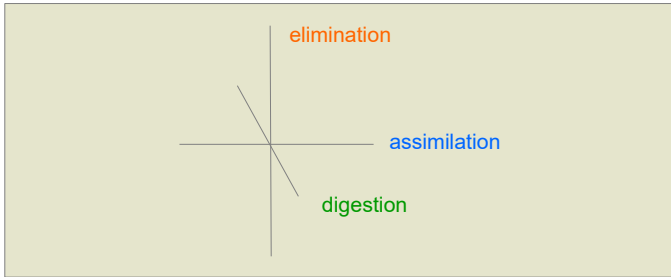
Octonutrition.

But, those choices are not static. The more our position is extreme on any of the 3 axes (meaning closer to -3 or +3), the more careful we have to be with our choice of food. The closer we are to the centre, the more choices we have.

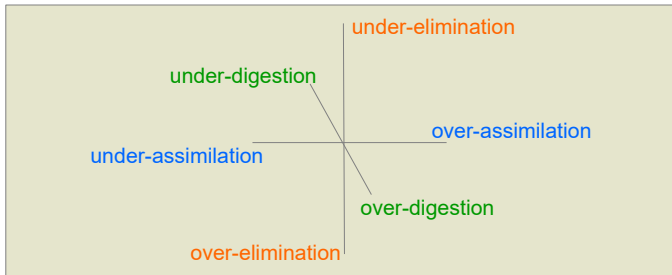


C. DIGESTION, ASSIMILATION, ELIMINATION

Although the 3 axes are intimately linked between them, experience shows us that digestion is mostly linked to proteins, assimilation is connected to lipids and elimination is mostly linked to carbohydrates.



Our position on each of the 3 axes also has an influence on our digestion, our assimilation and our elimination.



D. INTEGRITY

The human body is infinitely complex and we will never be able to understand it in its entirety. There are so many factors involved that controlling all of those is an impossible task.

Some people do very well with whole food whereas others need food that is not as whole. We will see why shortly.

Integrity involves 2 different aspects. Integrity can be qualitative or quantitative. Qualitative integrity is concerned with the intrinsic quality of the food. Things like the quality of the soil, the heating of the food, the changes that we can apply on the food are all part of the qualitative aspect. Quantitative integrity has to do with taking away or adding to the original food.

In history, man has had to deal with a number of different substances in his environment. He quickly found 3 different substances in his everyday life:

1. food
2. remedy
3. poison

Food is what is needed daily in order to ensure our physical and psychological well-being. Without food, we cannot keep the body and the mind functioning. Our sustenive energy lessens and we become unable to move or do things.

The remedy is only needed in a punctual fashion in order to correct a physical or psychological situation which degraded to a point where our daily functioning is

impacted. Its use normally stops as soon as the situation is back to normal.

The poison is a substance that is unnecessary to the functioning of the body. On the opposite, it harms the body and can lead to illness or death.

The main characteristic of food should be its integrity. That means that it is complete, whole, that it has not been modified or altered in any way.

The main characteristic of the remedy is that it is not whole. Obviously, if it were whole, it would not be remedy but would be a food. It is therefore its non-integrity that is at the root of its power. The less a remedy is whole, the more powerful it is but, also, the closer it gets to being a poison.

The main characteristic of the poison is that it is, as the remedy, not whole. In most cases, the poison is less whole than the remedy and has gone through more modifications, more alterations.

In the context of Octonutrition, we have:

food:	integrity
remedy:	lesser integrity
poison:	non integrity

TECHNOLOGIES

The notion of integrity relates to substances that cannot exist by themselves. The extraction of a part of a food is possible by the means of science but also by using more rudimentary tools. The more rudimentary the means is, the closer the substance is to food.

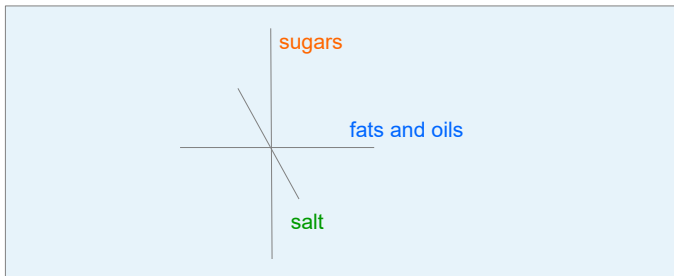
Very early in time, man has modified the foods that were part of his diet. Fire, genetic manipulations, the removal of certain parts of food, all that came early in history. All those changes brought food more towards remedies.

Yet, as is often the case, some people do better with food that is not whole while others do need whole foods. It is therefore important not to condemn foods that are not whole as they are not required for everybody's good health.

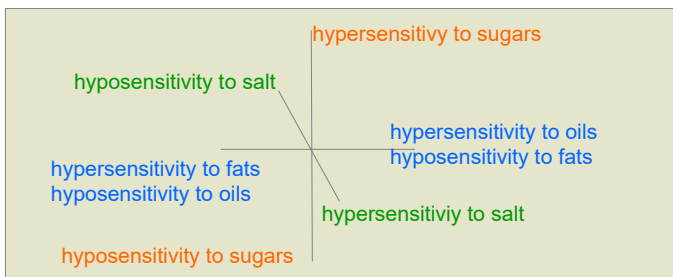


E. THE 3 BASIC PARTIAL SUBSTANCES

The 3 basis foods we eat in large quantities are sugar, salt and fat. Those 3 foods are not really food since they are not whole. They belong more to the category of remedies or poisons.



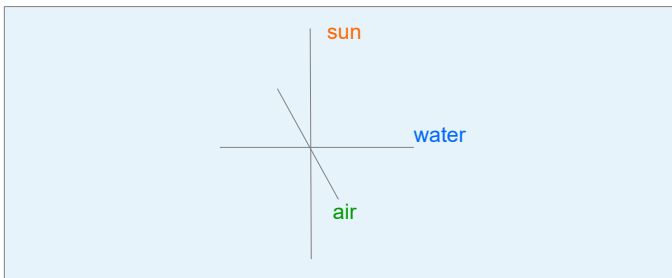
The control of those 3 substances can change our health in a big way. On the vertical axis, those that are too high should more or less avoid sugars whereas those that are low can, more or less, have them. On the horizontal axis, those that are too speedy should have more saturated fats and therefore less oils. Those that are slower should have more oils and less fats. On the transversal axis, those that are too much in front should calm their nervousness by avoiding, more or less, salt. Those in the back that are energy receptors should add, more or less, salt to their diet.





F. BASIC SUPPLEMENTS

There are 3 types of supplements that we often forget about: the sun, the air, water. The sun takes up higher on the vertical axis, it makes us less grounded. Water brings us to the left of the horizontal axis, it slows down movement. Air makes us more febrile, it destabilizes our energy.



We obviously all need sun, air and water. But:

people who are high on the vertical axis must take in less sun and those that are low must take in more sun.

people on the left of the horizontal axis must drink less water and those on the right must drink more.

those in the back of the transversal axis must breathe in more air and those in the front must breathe in less air.



PART IV

PEOPLE AND FOOD

A. HOW WE EAT

In modern nutrition, we try and give the body the necessary nutrients it needs in order to maintain it and give it the energy it needs to function. The problem we face is that those necessary nutrients are in different foods to which we all react in one way or the other. This reaction can go from slightly or heavily positive to slightly or heavily negative.

Therefore, even before the body can get access to the necessary nutrients, it must be able to deal with the food. If the reaction to the food is negative, no benefit will be gained from it and it may even harm the body.

Octonutrition proposes a pragmatic approach in order to determine which foods are ok for us and which ones are not, that is, which foods we resonate with.



B. BACK TO THE START

In Octonutrition as we have seen in part II, there are 3 axes on which we find all people:

the vertical axis:	groundedness
the horizontal axis:	speed
the transversal axis:	strength

In part III, we added the link to the food. We can therefore say now:

vertical axis:	groundedness:	carbohydrates
horizontal axis:	speed:	lipids
transversal axis:	strength:	proteins

Finally, always in part III, we have classified carbohydrates, lipids and proteins by splitting them in two categories each:

vertical axis: *groundedness*: grounded or floating carbohydrates
horizontal axis: *speed*: fast or slow lipids
transversal axis: *strength*: heavy or light proteins

We can therefore find out what the person must eat by looking at the 3 axes and what they mean:

*if the person has: **space +** (a strong groundedness):
the person must eat: floating carbohydrates*

*if the person has: **space -** (a weak groundedness):
the person must eat: grounded carbohydrates*

*if the person has: **speed +** (a fast speed):
the person must eat: slow lipids*

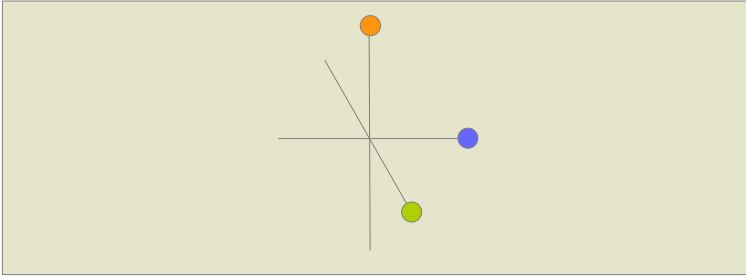
*if the person has: **speed -** (a slow speed):
the person must eat: fast lipids*

*if the person has: **strength +** (emits energy):
the person must eat: heavy proteins*

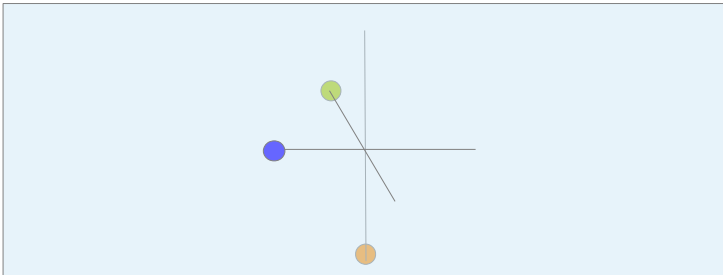
*if the person has: **strength -** (receives energy):*

the person must eat: light proteins

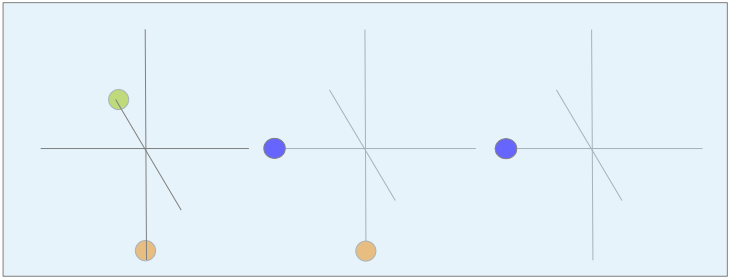
If the person belongs to the following combination (combination A), the person is high, on the right and in the front.



This person needs “grounded” carbohydrates, “slow” lipids and “heavy” proteins. The perfect food the person needs will be composed of those 3 elements. But as few foods contains all 3 axes as we need them, the person has more chances to get what is needed through a combination of foods, a meal.



Most foods belong to 1, 2 or 3 axes. They will therefore look something like this:



C. THE PRINCIPLES – SUMMARY

1. People and food all belong to either side of one of the 3 axes that are space, time and matter. We therefore have 3 axes and 6 polarities.
2. For people and food, the polarity on each of the 3 axes is, generally, fixed. But certain problems can bring along a change on the natural axes of the person. The most common such problems are: an intense and prolonged stress, illness, aging.
3. The axis of space, that is the vertical axis, corresponds to carbohydrates. The axis of time, that is the horizontal axis, corresponds to lipids. The axis of matter, that is the transversal one corresponds to proteins.
4. Each axis is divided in 6 equal parts. All people and all food belong on each of the 3 axes to one of those 6 divisions.
5. Where the person belongs on each of the 3 axes is discovered by looking at their physical characteristics: groundedness for the vertical axis (space, carbohydrates), speed for the horizontal axis (time, lipids) and strength (energy) for the transversal axis (matter, proteins).
6. Each polarity on each of the 3 axes has a creative name allowing us to quickly identify it. The carbohydrates are either grounded (low) or floating (high), the lipids are either fast (right) or slow (left) and the proteins are either heavy (back) or light (front).

7. Each person has a nutritional range that depends, among other things, of their exact position (between 0 and 3) on each of the 3 axes.
8. The vertical axis (space, carbohydrates) depends mostly on the presence of sugars. The horizontal axis (time, lipids) depends mostly on the saturation of the oils or fats. The transversal axis (matter, proteins) depends mostly on the origin of the proteins: either animal or vegetal.
9. Reading our internal state allows us to know the effects of everything we are eating. But, because this reading is often deficient, Octonutrition is using the body's reactions to food in order to know if the food is in resonance or not with the person. The privileged reaction in Octonutrition is the cleanliness of the stools.
10. All of the body's reactions are true in order to test the resonance of the food with the body.
11. The body's physical beauty is, after the cleanliness of the stools, the second most important aspect to consider in order to get optimal health.
12. The food that is best for the person is the one with which the person is in resonance with when the food is eaten. The measure of the resonance is the cleanliness of the stools. It is not firstly the nutritional qualities of the food that matter but rather its digestive qualities, meaning how we digest, assimilate and eliminate it.



CONCLUSION

Octonutrition is not a static approach to nutrition but a dynamic one. It allows for the right selection of food that help us find and preserve our health. Health being the most important gift there is, Octonutrition is a most valuable tool in order to help us find the right food for our body.

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