



# Electrical Nutrition: A Revolutionary Approach to Eating That Awakens the Body's Electrical Energy

By Denie Hiestand, Shelly Heistand

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## Electrical Nutrition: A Revolutionary Approach to Eating That Awakens the Body's Electrical Energy By Denie Hiestand, Shelly Heistand

Completely revised and updated, this groundbreaking self-published book has sold more than 15,000 copies through limited exposure and distribution.

**Electrical Nutrition** outlines the authors' revolutionary theories on health and nutrition based on an electrical model. Everything we think, feel, eat, and do triggers electrical responses in our bodies. Each of our cells is electrically charged, and therefore the electrical availability of what we eat has a profound effect on our health, vitality, and well-being. Instead of focusing on the chemical reactions that occur in every system of the human body, the authors contend that there is a simultaneous electrical reaction that has an equally, if not even more, important impact on our ability to digest and benefit from the food we consume. Any interruption to the flow of the body's natural electrical circuitry will have a negative effect on a cellular level which, in turn, will promote disease.

**Electrical Nutrition** offers a practical program that includes menu plans and a listing of the best "electrically available" foods-a plan that will dramatically increase stamina, vitality, and even libido. By eliminating foods that are "electrically dead," we can rid the body of toxins that promote obesity and a host of illnesses, from chronic fatigue to heart disease, while boosting the body's natural energy and immune function.

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## **Electrical Nutrition: A Revolutionary Approach to Eating That Awakens the Body's Electrical Energy** By Denie Hiestand, Shelly Heistand Bibliography

- Sales Rank: #477500 in Books
- Published on: 2001-11-12
- Released on: 2001-11-12
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .64" w x 6.00" l, .57 pounds
- Binding: Paperback
- 224 pages

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### **Editorial Review**

#### Review

"Everything we do, eat, think, feel and drink affects us electrically. We are electrical and this is an electrical universe," writes Denie Hiestand in his radical new book *Electrical Nutrition*, that looks at health, nutrition and well being from an electrical perspective....

Denie Hiestand says that it is important to first start with what goes in our mouths. The key, according to *Electrical Nutrition*, is to eat food the way nature made it. All fruits, vegetables, animals and fish are gifts from nature. Organic, fresh, natural foods provide the greatest life force available to us.

*Electrical Nutrition* discusses the aliveness of the various food sources available to us. Denie calls it his "rock to rot theory." The quicker something rots the more life-force it has available to be utilized....

He also discusses the soil the food is grown in, which makes a big difference to the amount of available minerals, enzymes and nutrients we get from the food we eat. Hiestand has a background in agriculture and says that most soil has been severely depleted so we need to consider supplementing our bodies with electrically available natural nutritional supplements.... -- *Mendocino Country's Confluence, Oct./Nov. 1999*

*Electrical Nutrition* is a practical self-help health book that will stimulate and challenge many belief structures, but if put to the test, will drastically improve health and vitality. Not only does it cover nutritional information, but is also food for the body, heart and soul. Powerful, dynamic, and controversial, the authors take an electrical/energetic perspective of everything from understanding ourselves, our bodies, and our world, to alleviating disease and formulating our supplements and medicine. Denie's message is so simple. The universe is energy. We are part of the universe. We are energy. Connect truthfully with the energy that is BOTH you and the so-called "universe," and you can finally live a healthy, unfragmented life. -- *Leading Edge Review-Summer 1999*

*Electrical Nutrition* suggests that the common American diet causes electrical chaos in the digestive tract, which in turn explains the chronic obesity and degeneration apparent in the American population.

Drawing on 15 years in animal nutrition and a further 15 years in the natural health field, Denie Hiestand notes the difference between the preventative medicine approach in farming and the "business" of human health care, which could be said to achieve its profitability by maintaining an unhealthy population.

The authors suggest that in the last 70 years our health care system has been an experiment called "modern medicine." Our current beliefs of what is, and is not, good food are challenged.

In his clinical work, Denie Hiestand has discovered evidence that vegetarianism may contribute to degeneration. It is not necessarily a debate between vegetarianism and non-vegetarianism, but a question of the body's ability to electrically assimilate adequate levels of protein from vegetation....

These powerful and controversial assertions are presented in a digestible form for the lay reader. Includes medical references and support from doctors and researchers. -- *Common Ground, CA, Fall, 1999*

If you think you've heard all the pros and cons of becoming a vegetarian, *Electrical Nutrition* will make you think again. The authors claim that vegetarianism contributes to degeneration, obesity and disease because of

the body's inability to electrically assimilate adequate levels of protein from vegetation. But it's not just vegetarians who are at risk. We are electrical beings, says Denie Hiestand and, as such, require electrically-charged, live food. The average North American diet is made up of denatured, electrically-dead foods, which cause electrical havoc in the digestive system. Grains are among the worst offenders, electrically, says Hiestand, whereas fresh meat and unrefined dairy products provide the best electrical supply. Organically-grown fresh fruit and vegetables are also good. Proteins and carbohydrates must be eaten separately so as not to upset the body's electrical balance. Since most of our water is also electrically dead, adequate hydration of our cells and cleansing of the body's toxins can rarely happen. Hiestand explains the processes of disease, and the impact of pharmaceutical drugs, vaccinations, and many other unnatural factors which interfere with the body's electrical circuits, causing disease. -- *Shared Vision Magazine, Vancouver, BC, October 1999*

This book is a greatly needed wake up call! In one chapter the authors state it is due time for each of us to take responsibility for our health and quality of life. The premise of the book is that electricity is essential to all of us and that each stage of refinement our food and water have to go through, the less electricity it supplies our bodies. This book does not steer clear of controversial statements! It says grain products are terrible for us electrically. Even our water is electrically dead. Fresh meat and unrefined dairy products supply the best electrical supply. These are followed by fresh fruit and vegetables grown non-commercially and eaten without other foods....This is a book that forces you to reexamine your eating habits. It also forces the question of why would pharmaceutical companies, the food conglomerates, and the AMA want the general public to realize that if they only change their eating habits they wouldn't need any of their products or services. Read this book! -- *Michael Peter Langevin, Magical Blend-July 1999*

From the Author

Every single frequency of energy interfaces with, is effected by, and is seamlessly connected to every other frequency of energy. This is an electrical universe. There is not, there can not be, there never was and there never will be an individual, unrelated, anything in this cosmos. There is no separation. All energy is a part of all other energy.

The human body and everything around it is energy. This energy has a logical, scientific and perceivable reality. As you increase the vibratory rate of your cells, you become consciously aware of the information contained in the consciousness of the higher frequencies. You become that frequency. Your awareness expands concurrently with your vibration rate. This is the scientific reality of enlightenment, which means enter the light or enter the energy.

It is the basic premise that all disease, trauma, fears and emotional reactions are due to the relative low vibration rate of the molecular structure of the cells. Increasing the vibration rate of the cells will take you above and beyond the disharmonic frequencies, to perfect harmony. All physical, mental and emotional problems start with an electrical malfunction. This electrical malfunction is a low frequency problem. Move the frequency (lift the vibration rate) and all cells function in harmony. The state of dis-ease is impossible.

There is not one disease, not one malfunction that cannot be reversed. Your body desperately seeks its health and vitality. With a little bit of help on your behalf, it will respond beyond your wildest dreams.

From the Back Cover

Reading Denie and Shelley's book *Electrical Nutrition* I am reminded of a favorite quote from Einstein: 'The problems that exist in the world today cannot be solved by the level of thinking that created them.' A different level of thinking produces ideas that make us uncomfortable, that push us out of our status quo stupor. *Electrical Nutrition* comes from a different level of thinking - it may make those of us trained in traditional western medicine very uncomfortable but I consider that a good thing. Like all of Denie and Shelley's work, this book is meant to shake us up, wake us up and get us moving down a different path - the

path to an abundant, joy filled and absolutely radiant life. - Dr. Mary Pellicer, MD. Yakima, WA. U.S.A.

Dietetics describes in the old Greek world, 'the wholeness' or 'naturally correct behaviour of human'. Electrical Nutrition explains itself in the same way. A manual in life philosophy, it also teaches concepts in dietary intake. Nutrition, though decisive, is only a part of this work. Denie and Shelley Hiestand provide a much needed, powerful, but logically presented stimulus. It is Electrical Nutrition for the body, mind and soul. - Peter Baumann, PHD., Basel, Switzerland. Retired Head of Research, Novartis AG, Basel, CH.

Denie Hiestand is the most compelling, stimulating, frustrating, exhilarating, exasperating author I've read since D.H. Lawrence. He's the same in person (as, from the many accounts I've read, was Lawrence). Agree or disagree with his methods and conclusions -- or better still, find yourself engaged in a continuing dialogue with his words -- and you'll be better off for the experience. Just be ready for a wild ride. His message, at first glance so radical, is actually deeply conservative, going back to the Atomists of Plato's era, Jesus and the Fathers of Christianity, and the core writings of Hinduism and Zen. It embraces the physics of Einstein and the quantum mechanics of Feynman (which Einstein couldn't do). Read Electrical Nutrition to improve your health. Suspend your disbelief until what he says has time to sink in. - Robert Kalan. M.A. Educ.

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**Donald Sigman:**

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