

# Find Your Nutritional Balance

The Ancient Meso-American  
Formula for Balance

Deciding The Next Steps in  
Your Healing Process

by Emily Lucero

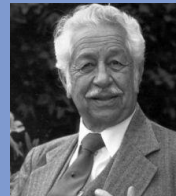
For Remedios Naturales &  
Sobadores del Llano, LLC



remedios  
naturales

# Emily Lucero - Training

- **Carmen Petra Lucero Vigil** (1918-2014) - Paternal Grandmother and Lifelong Learner
- **Eduardo Trujillo** (1908-2014) - Maternal Grandfather, Lifelong Learner
- **Dora Trujillo Lucero** - My Mother, RN, Public Health Nurse
- **Edmundo Lucero** - My Father, PE #4312
- **Pauline Lucero** - My Sister, MA, LPCC
- **SF Public School Educators:** Mrs. Martinez (1st grade), Mrs. Sandoval (4th grade), Mrs. Warren (5th Grade), Cathy Keeran (Special Ed.), Neomi Garwood (English), Ron Propp (Math), Beverly LaMunyon (PE), Nancy Mike (Volleyball Coach), Corrine Najaar (Chemistry), Chris Clemens (Physics), Mary Cornish (Writing/Humanities)
- **Brown University Professors - Barbara Tannenbaum** (Theatre Arts and Communication), **Lois Monteiro** - Professor Emerita of Behavioral and Social Science, **TedSizer** - BA, MA, PhD, Founder of the Coalition of Essential Schools
- **Gail Ackerman**, Owner/Teacher White Iris Iyengar Yoga Studio
- **Marion Martinez**, Family Therapist, Contemporary Hispanic Artist
- **Kay Gallegos, PhD** - Family Therapist and Public Health Educator
- **Cynthia Bear Sahlfeld** - RMTI, LMT
- **SF Community College Staff** - EMT Licensure, Pilates, Yoga
- **Elena Ávila (and her comadres)** - RN, MSN, Curandera
- **Massage Therapy Clients** since 1986
- **Madeline Goulard, PhD, D.C.**- Aeronautical Engineer, Chiropractor, Applied Kinesiology Practitioner, Herbalist, Emotional Healer
- **Jim Sánchez, Santiago Sánchez y Lucero and Soledad Sánchez y Lucero** (my family)
- **School of Natural Healing** - Dr. John R. Christopher



# Elena Ávila, RN, Curandera. (1944 - 2011)

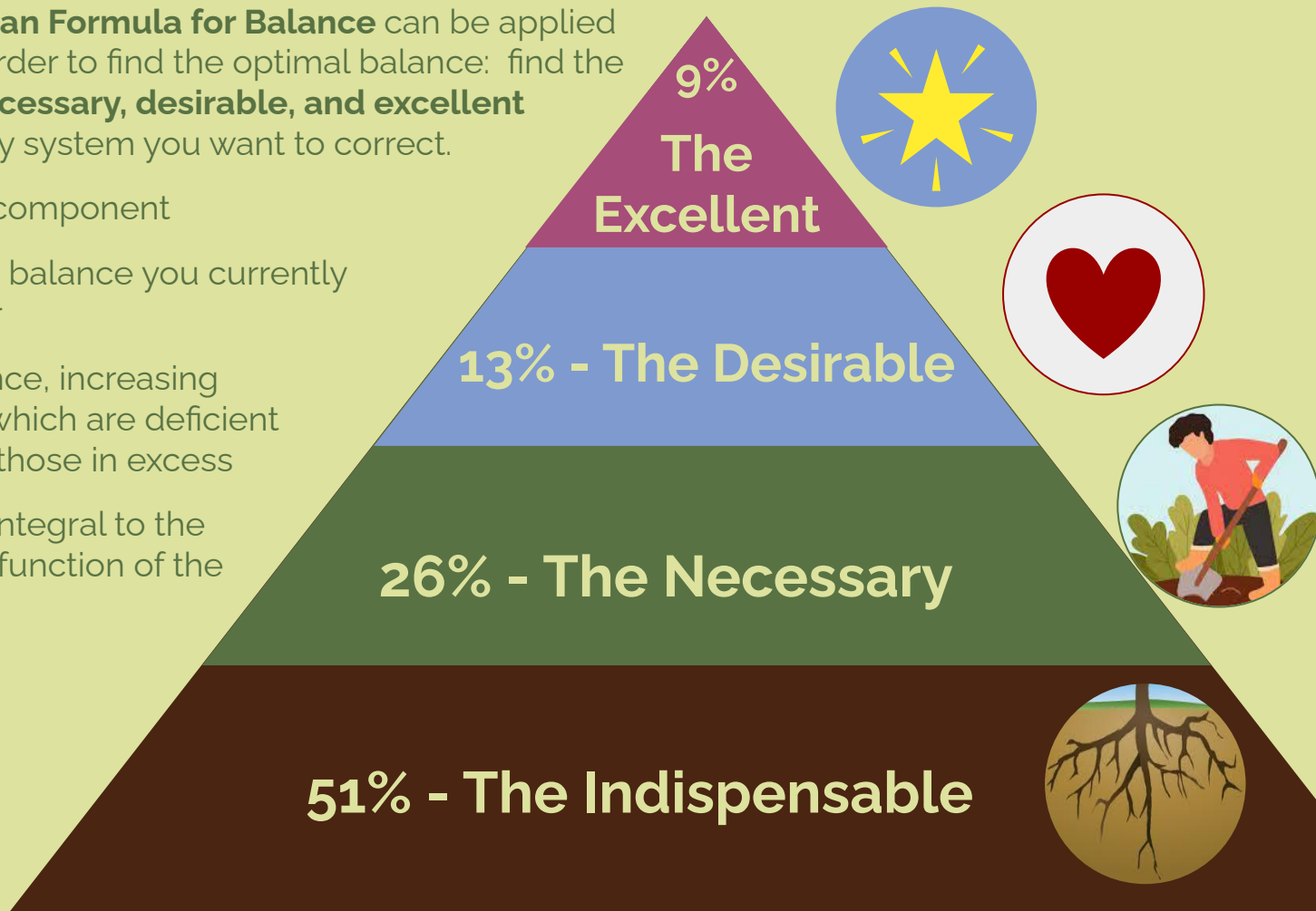


- Mexican-American, raised in El Paso
- Learned traditional healing from her grandmother
- Masters in psychiatric nursing
- Traveled throughout Latin America training with indigenous healers
- Based in Rio Rancho and Albuquerque and worked throughout NM
- Private practice in counseling
- Authored *Woman Who Glows in the Dark*

Mentored Emily in Curanderismo 1989-1996

**The Meso-American Formula for Balance** can be applied to any system in order to find the optimal balance: find the **indispensable, necessary, desirable, and excellent** components of any system you want to correct.

1. Identify each component
2. Estimate what balance you currently operate under
3. Shift the balance, increasing components which are deficient and reducing those in excess
4. Movement is integral to the structure and function of the formula

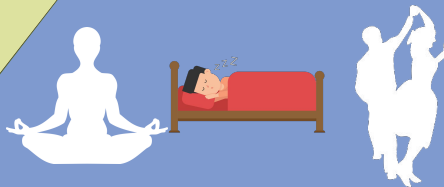


Meso-American formula  
for balance as applied to  
Health/Wellness of the  
human body

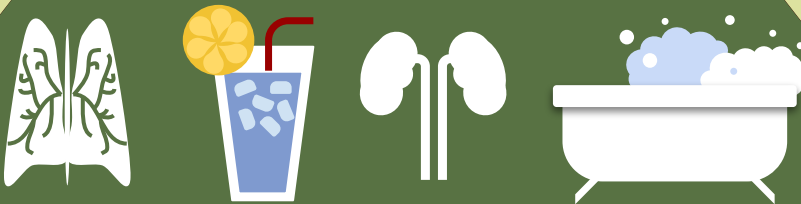
9%- Nutrition



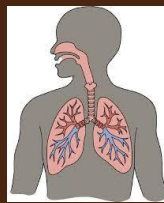
13% - Rest



26% - Hydration



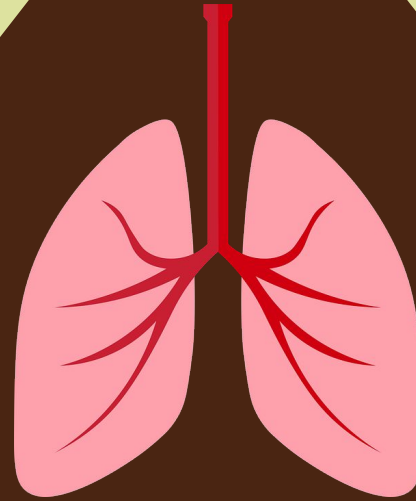
51% - Breath



**Breath** is what keeps us *alive*. A person will die within 9 minutes after breathing ceases. We can live several days with no hydration; can live weeks without proper sleep (at 9 days without any REM hallucinations start); people can live months and even years without ingesting food.

Breath is a broad term which includes not just oxygen/carbon dioxide exchange by our lungs, but the concept of the Great Spirit, Prana, Chi, Space (Intramolecular space as well as outer space), Higher Power, Source of Life, God, Ama, etc.

It is taught in the Mayan/Aztec culture that the **Source of Life** and our connection to it is accessed and developed in our relationship to Breath as defined in this formula.



**51% - Breath**

# Physiology of Proper Breathing

## Clean Air

- Keep live plants in your spaces
- Use commercial air filters
- Get rid of carpets
- Eliminate chemical fragrances in personal, laundry, and cleaning products
- Filter air during exposure to exhaust fumes (traffic, etc).

## Clear Lungs

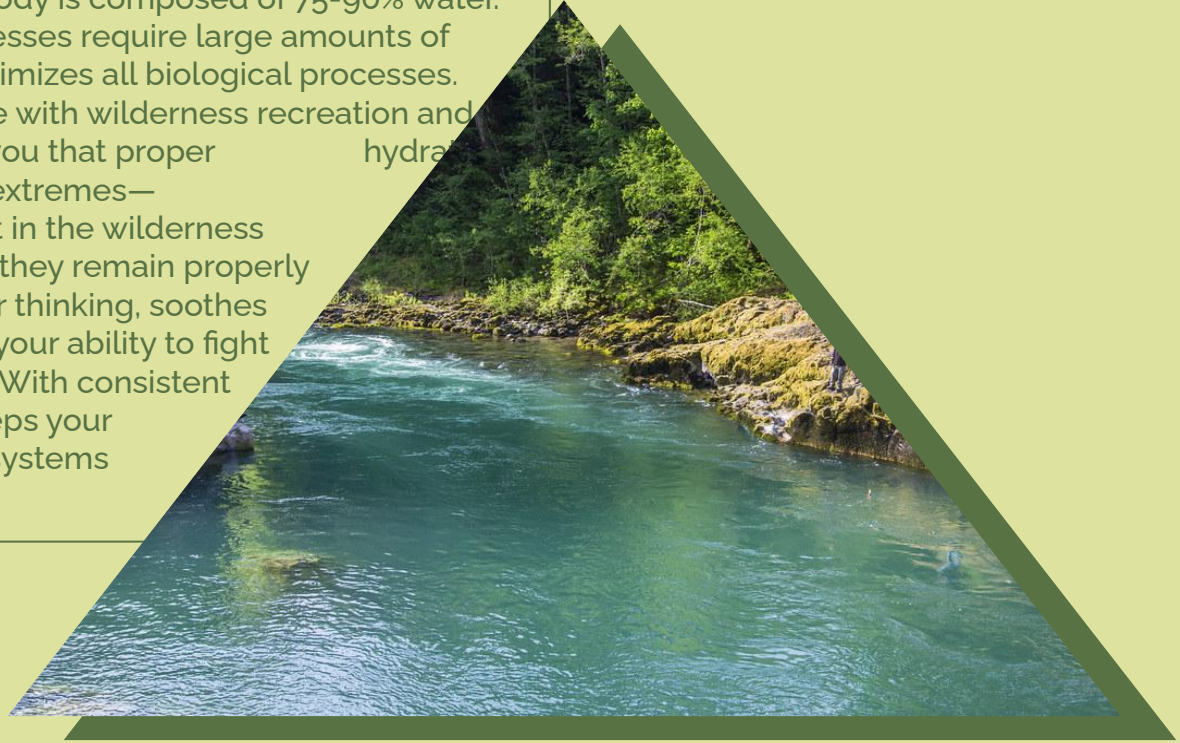
- Steam with aromatic essential oils
- Aerobic exercise
- Breathing exercises
- Ventosas
- Wear a mask with an exhalation valve when exposed to high levels of toxic vapors or particulate matter in the air

## Clear Sinuses

- Cleanse with a Neti Pot
- Steaming
- Aerobic exercise
- Nose salve

# 26% Hydration

It is estimated the human body is composed of 75-90% water. All of our biochemical processes require large amounts of water. Proper hydration optimizes all biological processes. Anyone who has experience with wilderness recreation and rescue techniques will tell you that proper hydration is the key to survival in the extremes—so much so that people lost in the wilderness survive 8-10 times longer if they remain properly hydrated. Water clears your thinking, soothes muscle aches, and fortifies your ability to fight infections and heal injuries. With consistent use, good-quality water keeps your organs and all of your vital systems cleaner and working better.



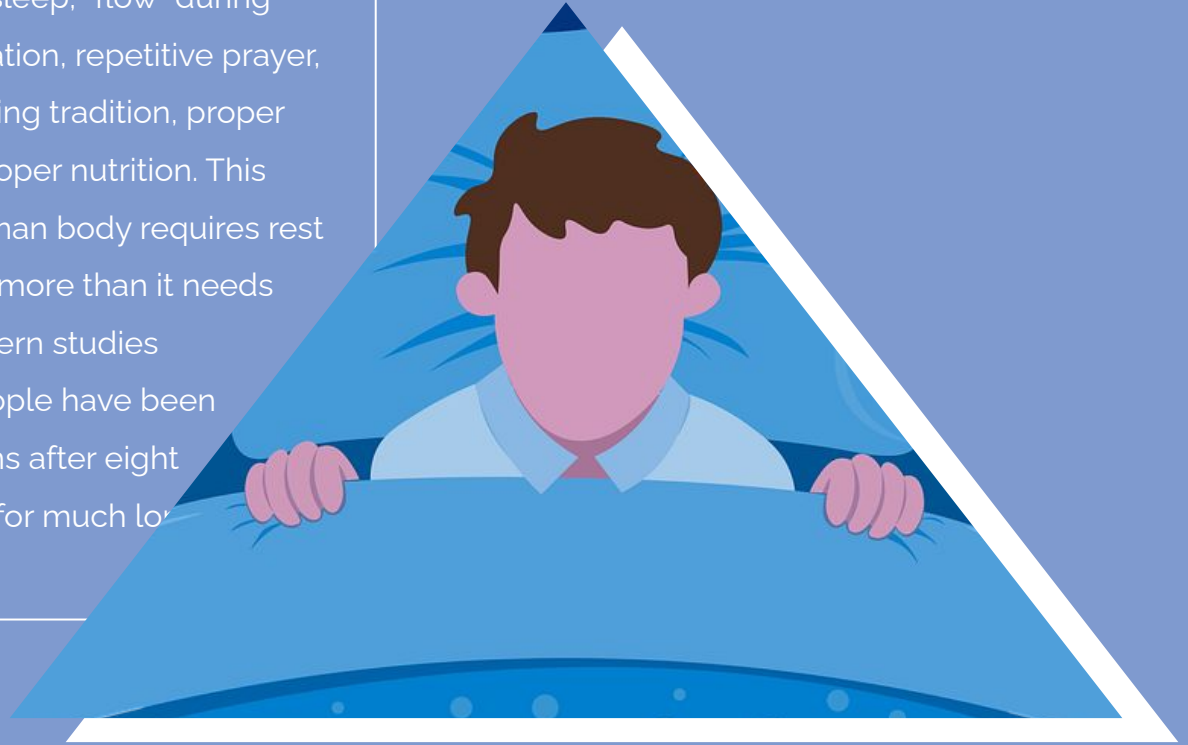
# Hydration

- Good Quality Water
- Clean and Protect Your Skin
- Improve Lung Health
- Baths/ Hydrotherapy
- Kidney Health
- Hydrating Diet
- Humidifier or dehumidifiers



# 13% Rest

**Rest** falls in the “Desirable” category and includes all types of rest: play, dance, sleep, “flow” during work, resting the mind, meditation, repetitive prayer, etc. In the ancient Mayan healing tradition, proper rest is more important than proper nutrition. This tradition believed that the human body requires rest to cleanse and organize itself more than it needs food. This dovetails with western studies around sleep deprivation. People have been proven to develop brain lesions after eight days of no sleep, but can last for much longer without food.



# Rest

- Rest vs. Sleep
- Proper, full breathing
- State of Flow while working/playing/creating
- Diversion/Laughter/Dancing
- REM
- Exercise
- Meditation
- Bathing



**Nutrition** is what  
allows us to *thrive*.  
That will be the focus  
of this presentation

9%  
**Nutrition**



# Meso-American Formula for Balance as applied to DIET

A **Fruit** is the nutrition around the seed of a plant, which feeds it after sprouting occurs and allows it to grow firsts leaves and roots.

A **Vegetable** is the the root, bark, stem, leaf or petal of a plant.

**Grains, Nuts, and Seeds** are the part of a plant that can sprout, allowing the plant to reproduce itself.



9%  
**Animal products**

**Animal Products** (meat, fish, eggs, animal milk, insects, poultry) have no fiber, contain bioavailable hormones, and have high levels of waste products from their own diet and environment.

13% - **Fruits**



26% - **Vegetables**



51% - **Grains, Nuts and Seeds**

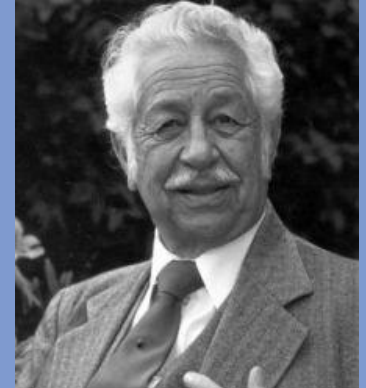


# Cleansing and Healing Using Foods and Herbs

## What is the “Mucusless Diet”?

The School of Natural Healing promotes a vegan diet which is free of foods which cause our bodies to produce excess mucus which clogs up our lungs, sinuses, digestive system, arteries etc.

The Meso-American philosophy promotes that about 9% of our diet (by calories) should come from animal products, the reason being that animal foods contain no fiber and no water (and thus are very difficult to digest). They are **high in fats and proteins**, are a source of usable hormones by our own bodies, and are the highest food sources in their concentration of calories, nutrition and waste products from the foods they eat (they are the top of the food chain). The teaching is that they can create an excellent nutritional balance when sourced from well-fed/clean/healthy animals and consumed sparingly. It is difficult to maintain a healthy dietary balance without them when you have a busy life.



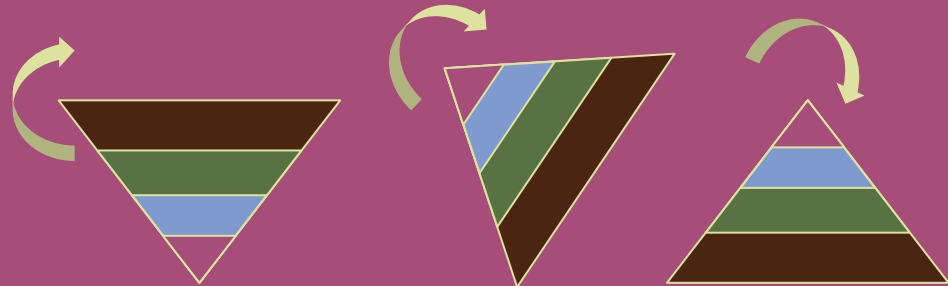
**School of  
Natural Healing**  
Founded in 1953 by  
Dr. John R. Christopher

# Use the Balance Formula to Cleanse and Heal

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When you begin working towards a healthier, balanced system, cleansing needs to be **systematic** to avoid a crisis:

- Start with **breathing, moving**, and improving **hydration**
- Address **dehydrating** components of our lifestyle: Alcohol, coffee, smoking, travel, prescription and OTC medications
- Drink, cook and bathe with healthy, balanced water.
- Assess salt/potassium balance in diet.
- Channels of Elimination need to be working well to avert a cleansing crisis. Think of it as you would when taking on cleaning and maintenance of your house or vehicle. Assess your bowel movements and work towards a BM for each meal you eat EVERY DAY.
- Generally, adding more vegetables and reducing the fruits and animal products is where we must start. Think about it as reducing the DESIRABLE and increasing the NECESSARY--in keeping with human nature.
- Cleanse in this order (concurrently with the above if you want faster results or after them if you need to go more slowly due to your current state of health and your other responsibilities):
  1. Skin
  2. Lungs and Sinuses
  3. Digestive System
  4. Kidneys
  5. Liver
  6. Bloodstream and Lymphatic System



# Cleansing and Healing Using Foods and Herbs

**Wholesome foods** are foods in their natural state (unrefined, unprocessed, dried, frozen).

- Wheat berries
- Flax seeds
- Potatoes/Corn
- Whole Fruit
- Whole Vegetables



**Partsome foods** are refined and/or require preservatives. They have components added or removed that alter the quality.

- Refined wheat flour
- Flax seed meal and/or oil
- Potato/corn chips
- Concentrated Fruit & Vegetable Juices
- Canned/Boxed/List salt and preservatives on the labels.

# Cleansing and Healing Using Foods and Herbs

## Organic

- Nutrition is from balanced soil with balanced nutrients
- Cannot Grow Unless Soil is Balanced and Healthy
- Waste Products can be Source of Compost and Healthy, Balanced Ecosystem



vs



## Inorganic

- Contain Chemical Fertilizers, Pesticides and Herbicides
- Nutritional Balance is disturbed affecting our health when eaten
- Waste Products Negatively Affect Ecosystem and not just our health, but the air, water, soil, others with whom we share the planet

# Cleansing and Healing Using Foods and Herbs

## Juice cleansing

- *Whole* Juices (unfiltered) stimulate production of all digestive enzymes
- Cleanse the *GI tract* with a daylong fast of Raspberries and Carrot Juice to jumpstart cleansing of the digestive system.
- 3 day fasts with a single juice (apple, carrot, grape) - *for those who are healthy and do not take regular medications* - will get all of your systems moving faster. This is a more extreme option and is best done with guided help from an herbalist/natural healer.



# Herbs used to cleanse the GI Tract

- *Ginger* tea, crystalized ginger or ginger capsules with meals to warm and initiate digestion of sugars and carbohydrates
- *Apple Cider Vinegar and Raw Honey* in  $\frac{1}{4}$  cup water before all meals will clean the stomach, help it produce enzymes, and balance the pH.
- *Cayenne* (in capsules or tea) improves circulation and heals the walls of the stomach lining.
- *Nopal/Prickly Pear* with  $\frac{1}{2}$  tsp raw honey twice daily between meals to balance blood sugar and heal lining of esophagus and stomach
- *Peppermint/ginger* tea with meals to movement in the intestines and production of PANCREATIC ENZYMES and all digestive enzymes in the gut.



## Herbs used to cleanse the GI Tract *continued*

- *Cedar Berry Tincture*: take with all meals to balance blood sugar and stop allergic responses to foods and pollens: restorative of pituitary, pancreatic and adrenal functions
- *Bentonite Clay* before 2 meals/day to clear debris from the walls of the intestines
- *Cascara sagrada* in capsules at bedtime will stimulate regular bowel movements; is safe, non-addictive and doesn't have a backlash effect when you wean off of it if other digestive habits are
- *Flax Seeds* liquified in Smoothies/green drinks every morning to clear and heal small intestine.
- Long-standing digestive issues often result from bacterial infections and/or parasitic infections. You can add anti-microbial and/or anti-parasitic herbs to these herbal therapies for 3-6 weeks, but it is best to seek guided help from an herbalist/natural healer to minimize side-effects and achieve best results



# Suggested Supplements in the “Mucusless Diet”

Each of these supplements are powerful in their ability to correct long standing nutritional imbalances

## Green Supplements

- **Kelp:** thyroid nutrition
- **Alfalfa:** multi mineral
- **Spirulina:**  
multi-mineral and high in protein
- **Chlorella:**  
multi-mineral, builds blood
- **Multi-green powders:**  
all of the above

## Healing oils

- **Olive oil:** excellent usable source of fats
- **Wheat germ oil:** essential for restoring hormone balance
- **Flaxseed Oil:** balanced source of fats to repair GI tract, joints, skin, mucus membranes, vascular system, nervous system
- **Lecithin:** vegan source of fat which repairs all cell walls, joints, skin, nervous system

## Other

- **Cayenne:** increases blood circulation, closes wounds
- **Apple Cider Vinegar:** corrects pH of stomach, is probiotic and enzymatic
- **Black strap molasses:** iron deficiency
- **Raw Honey:** enzymes, immune support
- **Elderberries:** immune support; potassium

# Wrap Up

- Begin Where You Are and Be Kind to Yourself
- Choose Wisely and Start with 1 or 2 Simple Steps
- Increase the Quality and Amount in Small Increments: Movement, Breath, Hydration, Breathing, Moving, and Seeds, Nuts, Grains and Vegetables
- Decrease the Quantities of What is in Excess in your diet **Gradually**: Specifically, Fewer animal products, Fewer Dehydrating Habits, Fewer 'Partsome' Foods
- Have Patience with the Process to Avoid a Healing Crisis
- You can find this info on our website under the "formula for balance" tab

