



Iggy McGowan

VIA DIET
The Source of Nutrition

My life was once extremely chaotic and destructive. I was diagnosed with a number of mental health issues such as depression, anxiety, ADHD to name a few. I had many suicidal thoughts and even attempted suicide. I was heavily medicated for many of these diagnoses, yet my life was still out of balance. I self-medicated for years also with alcohol and illegal drugs. I was involved in a lot of violence and criminal activity. Amidst the chaos and destruction that was my life I always continued my search for balance.

A number of years ago I became a student of Magister Daire Russell, Master of European traditional medicine. Magister Daire practices a complete medical tradition and treats individuals worldwide using soft laser and meridian therapy in conjunction with herbal medicine, hand made from a unique ancient practice to form the base of treatment. His way is based on classical medical herbalism and treatment of injury and disease through systematic diagnosis and treatment of the physical and energetic complex of total being.

With the discipline I had cultivated as a martial artist and the knowledge taught to me by Magister Daire Russell, I completely transformed my life. I now live a simple life that is peaceful and harmonious. I have an amazing level of health and vitality. I eat a pure diet and live a natural lifestyle. My life is now balanced and harmonious as is my mind. I am no longer dependent on anything outside of myself. I no longer drink alcohol or take illegal drugs or prescription drugs and have not for years now.

In my daily work as a martial arts teacher and physical therapist, I guide my clients in the transformation of their lives. I train the mind and body as one. My existing clients are transforming all areas of their life with the application of principles and mindset developed in training.

The physical is transformed.
The health is transformed.
The mind is transformed.
The life is transformed.

I guide clients to break the hold of weakness and step into the stance of strength. As a healer and warrior I will guide you to complete power within self. Overcome the destructive mind. Heal the disempowered body. Master your mind, body and spirit.

Restoring Balance and Harmony to Mind and Body

In my daily work as a martial arts teacher and therapist, I am guiding clients in the transformation of their life.

The foundation for powerful transformation and healing is a pure diet.

This guide is not about weight loss. However, if you are carrying extra weight then you will lose it. This guide is not about deprivation, it is about living a rich, full life where you experience supreme health as long as you are prepared to do what is required.

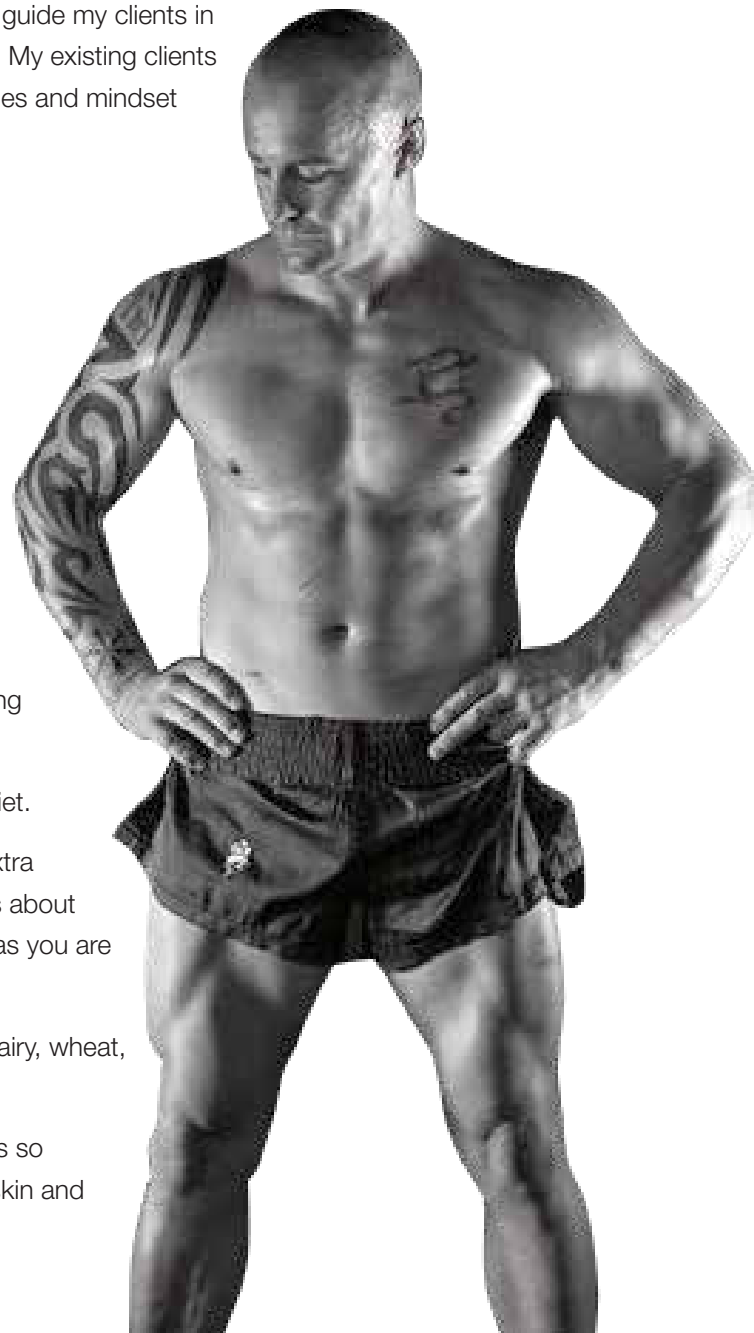
I eat a diet of 75% plant and 25% meat. I have eliminated sugar, dairy, wheat, gluten, grains, yeast, nuts, seeds and anything processed.

Focus on keeping it simple. Its simplicity is the very reason why it is so effective in eradicating disease, eliminating disorders, clearing up skin and shedding weight.



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“Diet is the foundation to a life of power”



The Diet

Meat - Lean, organic grass fed where possible. Of course, I understand there are different budgets so simply do the best you can in this regard. I do not consume grains so it is not recommended consuming an animal that has done so. Cleaver's products are great - they are extremely tasty and free of preservatives and added hormones.

Root Vegetables - Sweet potatoes are delicious and filling and easily digested. They can be cooked in a variety of ways and there are a number of different kinds. Orange is the lowest in sugar and easily digested. Beetroot is another tasty root vegetable. It is beneficial for your heart and blood, stimulates liver function and when taken medicinally (eaten daily), can lower blood pressure.

Leafy Green Vegetables - The darker the better. These are the star of your meal. Green leafy vegetables are alkalising to the body. Disease cannot live in alkaline conditions. Green leafy vegetables are the foundation of a pure diet.

Eggs - Eggs are inexpensive and a great source of high quality protein. Free range where possible.

Raw Garlic - It kills off anything that should not be living in your body and is an excellent fat burner. To eliminate the odour, take 15mL of Chlorophyll in the morning to reduce garlic breath; this is an internal cleanser.

Fats, Oils and Spices - Fats and oils should be minimised initially to clean out the stomach and especially so during weight reduction. Once the stomach is clean and clear, the consumption of good fats and oils create a lean but strong and energised body. Organic Unrefined Coconut Oil and Australian Extra Virgin Olive Oil are the only oils I eat. Coconut oil is best for cooking at high temperatures as it remains stable. Other healthy fat sources are olives and avocados.

Water - Drink plenty of it. If I feel like something different, I will have mineral water. Add a slice of lemon. Stay away from soda water as the sodium levels are high.

Herbal Tea - As coffee is a disruptive bean preventing absorption of nutrients, I drink green tea which contains many powerful antioxidants and also helps burn fat more effectively. There are also a variety of herbal teas.



Supplements

When you eat a pure diet there is no need for mass produced supplements such as multi-vitamins and fish oil. Supplements can never replace a pure and natural diet packed with fresh greens and you can never 'supplement' away unhealthy food choices. What I do take is herbal medicine and liquid Chlorophyll. You may also wish to add a shot of raw apple cider vinegar.

Raw Apple Cider Vinegar - Is a cleanser, encourages good bacteria, has antiseptic qualities, is an appetite suppressant and promotes optimal digestion.

Chlorophyll - Is the bio-molecule that gives plants their green colour and is responsible for photosynthesis. It is an internal cleanser which is why it helps eliminate odours and is packed with vitamins, minerals and amino acids. It promotes optimal balance and overall vitality through cleansing, detoxifying and nourishing the body, whilst also restoring our natural alkaline state so commonly disrupted by acidic foods.

The Detox Period

You are going to go through a detoxification period. It can be as mild as a dull headache for some and as severe as feeling the worst you have ever felt in your life. It will pass so stay on track.

There are so many things you can do to help your body cope during the cleansing period such as:

- Drink plenty of water
- Sweat - exercise, saunas and steam rooms
- Sleep - rest is imperative
- Stretch - move your body
- Green juices - it will soothe your insides
- Dry body brushing
- Massage - make sure you see a qualified therapist
- Rest - sip tea, listen to relaxing music, meditate

Be kind to yourself during this time and listen to your body. No matter how tough it gets, the only way is through it.

"The knowledge to change your life is free. The only cost is action. Anyone can change their life in this moment by simply making one agreement to themselves and sticking to it. It is easy. It is all in knowing how to say no to the past. Yes to the present. Then the future will take care of itself. Many people will not allow themselves to feel ten minutes of pain in the process of change. But through that choice are willing to live in constant pain. Prisoners of guilt and shame. Ten minutes of discipline to let it pass. That is all it takes. With each time that ten minutes grows until change is total. No longer live in shame. You cannot live in shame and guilt if you live in the present. Only you can free yourself. But you must be willing to take the keys when they are handed to you and set yourself free. Knowledge is free. Wisdom is free. Health is free. If you set yourself free"

– Magister Daire.



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What not to eat

Sugar - Sugar is a drug and more addictive than cocaine. If there is any disease in your body, sugar will feed it. You must eliminate ALL sugar from your diet, including fruits (they are loaded with it), no exceptions.

Dairy - We have been led to believe that dairy is good for us but it is only good for the animals whose mother produced it. Milk is for baby mammals. In nature, once the young is weaned from milk, they cease to drink it. Cows milk is made to make a small calf into a large calf in a short amount of time. It is not for human consumption. It has an opioid effect on our brains and throws out our hormones.

Wheat and Grains - As with sugar, dairy and anything else not to be consumed, because most of us HAVE consumed so much on a regular basis our whole lives, we do not realise how good we are meant to feel until we give it up. Wheat and grains included. That means no bread, pasta or rice.

Soy - The bean is filled with alarmingly high levels of aluminium, is an anti-nutrient that causes gastrointestinal issues and disrupts hormones. It contains a phytoestrogen, a potent hormone that will adversely affect your fertility and sex drive.

Seeds, nuts and legumes - Seeds are for the purpose of growing a new plant. This is why they contain anti-nutrients, to stop them from being eaten. Seeds wreak havoc on our digestive system and nature does not want you to eat them, hence the anti-nutrient factor to prevent digestion. The same applies to nuts. They lead to excess weight, skin problems and hormonal issues.

Alcohol - Is full of preservatives. It enlarges your liver so you do not metabolise fat. Most alcohol is filled with sugar, it increases your hunger whilst you are drinking it, not to mention the effects of a hangover.

All of the foods not to eat mentioned are disruptors to the digestive system. The gut has a direct relationship to the brain and your hormones. When you consume anything your gut attempts to absorb and break down what it can. Simply put, the foods mentioned above are not designed for the human body to have to break down, absorb or use. The digestive system is designed for simplicity.

When the stomach is clean it needs only a minimal amount as what you are consuming, your plant based diet, is potent in nutrients.

When you change your diet

To sources of pure energy

You will eliminate false forms of energy

Your body will now have to depend upon its own metabolism

For its energy

Not the drugs of false stimulants

When you have a weak digestive system you will experience tiredness

Until you begin to digest and process in power

Resistance creates exhaustion

In both mind and body

When overloaded with too much thought the mind can not digest and metabolise to understanding

Digestion in both diet and thought

Is the key to both energy and understanding

Slow down in mind and body

to clear the digestion

A busy mind disrupts digestion

Busy people are not efficient

Relax and allow all that is happening to be absorbed

Without an efficient digestion

anything that comes to you is not

absorbed or received

Nourish and be nourished

The digestion loves simplicity

Humans for the great span of existence have eaten basically

The great variety of today is the product of a very modern civilisation

The need for more is fed by marketing

Each ancient area had its simple resources

Available with the season

When the digestion is clear

Nutrition is potent

Eat simply

Absorb more

Think simply

Know more

– Magister Daire.

My Day on a Plate

My day on a plate consists of three meals made up of 75% plant and 25% meat. I'll add a little fat - avocados are great.

I leave 4 hours between meals to allow my stomach to completely clear the meal. I also don't consume any liquids for 30 minutes before and after a meal to aid in digestion.

Diet is the foundation of a beautiful life. Life is a reflection of the energy that you choose to nourish yourself with.

We are nourished by the thoughts that we think and the food that we eat. Both are a choice. When you choose to eat a high quality energy and nutritious plant based diet this choice reverberates through the whole of your life. A higher quality energy then vibrates through your work, relationships, experiences and attracts a higher quality in all areas of your life.

Choosing a quick fix or fast foods and nothing wholesome will call that same lack of energy to you in all areas of your life.

Create a solid foundation for a life of health and wellness. A pure diet of meat and plant is the foundation of a beautiful life.





Below is written work by Magister Daire to further encourage your choice to commit to the simplicity of a natural diet.

Nuts and Seeds

Nature speaks a clear language. Yet in the distance of civilisation man has lost the language. The cycle begins in the seed. The seed is protected, for the plant comes from the seed. If the seed is destroyed the plant will not grow. Many herbivores such as cows and birds can digest the seed - humans cannot. The seeds cause digestive disruption and contain anti nutrients. They cause auto immune reactions that lead to many disorders and diseases. Seed, nuts and grains are the cause of many health problems. The seed is protected by nature. It will slowly destroy you to maintain the cycle. Eliminate the seeds, nuts and grains to eliminate digestive disruption and immune reaction. Eat of the leaves, roots and low fructose fruit (Tomato, avocado, olives). Heal in harmony.

The anti-nutrient action of the high levels of phytates found in nuts and seeds and grains strongly inhibits mineral absorption in adults – especially iron, zinc and magnesium. But the most problematic and destructive response of the immune system comes from the lectins. Lectins are proteins found in animals and plants. They are especially high in grains, legumes, nuts and seeds. They have many protective functions in the human body – everything from recognising pathogens to controlling protein levels in the blood. Their function in plants is to be protective to the plant. Lectins are found in the seeds of plants to protect the seed. The way they protect the seed is that they can cause considerable intestinal distress (diarrhoea, nausea, bloating, vomiting) to those who eat the seeds, in hopes of deterring the consumer from continuing to eat them in the future. Lectins are seen as a foreign invader by your immune system. Antibodies are created in response to the lectins. They may look like cells in your brain, pancreas, etc. so the same antibodies that were created to attack the lectin will actually attack your own body. This is where autoimmune issues arise. To make things worse, on their way into your body, lectins damage the walls of your intestines, helping to create “leaky gut”, so that other large particles can cross the intestinal barrier,

enter your blood stream and begin other immune cascades. This is basically how food sensitivities start. Your immune system gets overwhelmed and confused and starts attacking things at random. Symptoms can range from chronic exhaustion, migraine headaches, eczema, weight gain and depression. Some, but not all seeds are used medically under knowledgeable guidance.

Patience

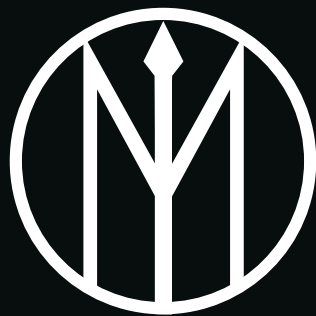
To understand healing is to understand the cycles of nature. The cleansing cycle of 28 days one month. It takes one month to cleanse the system in preparation for healing. The purification cycle of 56 days. It takes three months to come to a foundation. The healing cycle of 168 days - the nine months of physical rebirth. The human gestation period reflected in the cycle of death, purification and rebirth. Healing comes in knowledge of the cycle. Patience is the wisdom it brings.

Discipline

To correct your diet is to correct your decision making. The discipline of choice echoes through the whole of life. Changing relationship. Transforming work. Altering the total experience. There is not one choice in one area. There is the death of the old life. The birth of a new being. Food mirrors our relationship with energy. A return to the purity of nature is the beginning of a nature of purity. Live clean. Love pure.

Healing

You cannot heal a part without healing the whole. The body is an ecosystem - it works together as one. If the headway of the river is polluted the whole river becomes corrupted. If the mouth pollutes the stomach is corrupted. If the stomach is polluted the mind is unbalanced. You cannot heal the body without healing the mind. You cannot heal the mind without clearing the stomach. The plant can heal. The plant can destroy. But the plant must be used whole. Just as the body works as one so does the medicine of plants. Heal yourself in wholeness. Live in harmony with all.



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