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"Web pages of Jan Pająk - [cooking.pdf](#)"

(i.e. a PDF brochure with the content of web page named [cooking.htm](#) and entitled

"Let us try to eat naturally pure food with balanced yin and yang energies"

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This PDF brochure publishes the text of the web page authored by Dr Eng. Jan Pająk, indicated in the title of it. In turn the author's web pages are forms of fast reporting to the readers results of scientific research accomplished by the author of this brochure. The author is aware, that this research, and the results, are unique, as no-one in the entire world undertook earlier research of topics elaborated in this brochure. Therefore ideas which this brochure presents are the intellectual property of the author of this brochure. All ideas, theories, inventions, discoveries, explanations, descriptions, etc., published here, which have documentary or evidential value, are presented accordingly to standards applicable for scientific publications (reports). A special attention the author has given to the requirement of repetitiveness, i.e. that on the basis of this brochure any professional scientist or hobby investigator who would like to verify, repeat, or extend the author's research should be able to recreate his work and arrive at the same or very similar results and conclusions.

This brochure is another one from a series of similar brochures in PDF, offered free of charges to interested readers through the totaliztic web page named [text 11.htm](#) - which disseminates PDF versions of most significant and most widely read web pages by the author. The topic of this brochure is represented also in the newest [monograph \[1/5\]](#) with following editorial details:

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Englishmen have this excellent saying "you are what you eat". If someone travelled through any two countries which practice one amongst the best and one amongst the worst philosophies of eating in the world, e.g. travelled through the USA and through the South Korea, or through New Zealand and through Malaysia, then he or she knows how vital truth is expressed by this English saying. In spite of this, a majority of us mostly look for the taste in whatever we eat. We tend to forget that apart of the taste, in a healthy, nourishing, and energising food hides much more important secrets. After all, food is not just for the taste and for satisfying our hunger, but also for energising our bodies by energies which Chinese call "yin" and "yang" (i.e. which decide about our health and good feeling), as well as various healing, stimulating, revitalising properties, etc., etc. Therefore, it is about the time to start take notice these other properties of foods. This web page is about our personal cookbook which NOT only contains a lot of recipes for preparations of tasty Western and Oriental meals, but also explains many secrets of food and these meals which typically are ignored,

or unknown in Western cultures.

Part #A: Introductory information of this web page:

#A1. What is the goal of this web page:

The goal of this totalistic web page is to encourage the reader to NOT only write his or her own personal "cookbook" with recipes of traditional native or oriental dishes, but also to explain the most vital matters which in present times are linked to food and to eating.

Part #B: Problems with present foods:

#B1. Food, similarly like everything else in the physical world, has its good and bad sides:

Motto: "If a typical consumer knew how was prepared and what really contains the food that he or she eats, then would never take this food to the mouths."

Items #E2 and #G1 of this web page explain to us that **in the physical world (in which we all live) literally nothing has just good or just bad consequences**. In other words, consequences of everything are in our world a mixture of good and bad. Therefore also in matters of food we must remember that apart satisfying our hunger and acquiring various pleasures, food and eating are also a source of various evils. Thus in our own interest lies to learn also about this evil that stems from food and from eating, and to learn how to avoid consequences of this evil.

Examples of problems and bad sides of present food and cooking include, amongst others, a drop in taste, fattening tendencies, inducing allergies and diseases (e.g. diabetes), persuading people towards a moral fall-down, the contribution towards world's hunger and death of the entire human civilisation,

and many further disasters which are secondary to these mentioned above.

Part #C: The negative impact of the "monopole for knowledge" of the official science on the situation in foods:

#C1. All problems with foods are secondary - the primary cause of these problems is the "monopole for knowledge" of the stubbornly erroneous "atheistic orthodox science":

If we carefully consider the matter, then it turns out that all most vital problems of our present world, including problems with foods described on this web page, originate from the fact, that present "atheistic orthodox science" (i.e. the official science which defines what we are learning in schools and at universities) holds the absolute "monopole for knowledge". This is because this science does NOT have any "competition" which would "look it at hands" and verify the truth and values of whatever present scientists irresponsibly are claiming. So this science arrogantly "tells lies to us" in ever increasing number of areas.

In order to illustrate here the link between an absolute "monopole for knowledge" which is held by the to-date "atheistic orthodox science" and problems with foods which are described on this web page, I am going to explain here briefly how works the cause-effect chain between this "monopole for knowledge" and present problems with foods. And so, the sole fact that the present official science practices an "institutional atheism", and that in spite of the existence of a huge number of [scientific evidence for the existence of God](#) this official science uncritically insists that supposedly "God does NOT exist", causes that the official science overlooks the link between what happens on the earth and the human so-called "morality". Means, it overlooks everything that is explained e.g. on the web page named [morals.htm](#) or on the web page named [seismograph.htm](#). This causes that failing to educate people about the truly immense role of morality. In turn failing to educate people about the true role of morality causes that humans become increasingly "less moral" (or more "immoral"). In turn this human "immorality" causes that e.g. in matters of food commonly is practiced a "double standard". For example, "for ourselves" food producers typically produce now one kind of food, while completely different food

they produce "for sale". (I.e. "for ourselves" they produce food which is clean, fresh, "organic" - means deprived of chemicals, antibiotic, pesticides, genetic engineering, etc. In turn "for sale" they produce food which is poisoned with "everything that they can get away without being punished".) Of course, since almost all immoral producers of food practice such principles, politicians have NO other choice but to rectify such laws and requirements that allow these producers to pollute our foods.

#C2. How the lonely baobab from the Malaysian island of Penang documents the destructive ignorance of science resulting from the "monopole on knowledge":

Motto: "Your fences eat your rice" (i.e. a proverb from Malaysia which reminds to us the old truth that those ones who are paid for implementing something, typically with the elapse of time become the biggest enemies of this something, e.g. "monopolistic science becomes the biggest enemy of progress and truth", "complacent politicians become biggest obstacles in solving problems of a given country", "greedy bankers become most important cause of every economic crisis", "powerful priests become the biggest enemies of truth and knowledge about God", etc., etc. - NOT without an important reason God emphasized this old truth to us by causing that Jesus was sent to death by high priests).

The matter of pollination and procreation of flowers and trees, is NOT only elementary, but also it is researched by entire crowds of present expensive scientists. So we are believing that in this matter there are NO puzzles left, while scientists so heavily subsidised from our taxes know already practically everything on this subject. So no-one is surprised by nonchalant statements of scientists, that commonly known African trees called "baobabs", are pollinated at nights NOT by wind or insects, but by "fruit bats". After all, in spite that "bats" are rather unusual kind of "pollinators", this information with the high certainty is published by present scientists literally in hundreds of works and sources - e.g. the reader can find it in almost every web page devoted to baobabs. However, the truth is such, that this claim of science is just a "huge pile of bullshit". In reality baobabs are NOT pollinated as scientists claim it, nor procreate in the way as science describes this to us. In fact, the official human science (i.e. the science which by some is called the "**atheistic orthodox science**") still does NOT have any clue how baobabs really are pollinated and how they really procreate. (More information about this old "atheistic orthodox science", which still desperately clings to its absolute "monopole for knowledge" - although uses just a single, highly limited, and erroneous approach to research by philosophers called "a

posteriori", the reader can learn from item #A2.6 of the web page [totalizm.htm](#), item #C1 of the web page named [telekinetics.htm](#), item #J2 of the web page named [pajak jan uk.htm](#), and items #F1.1 to #F3 of the web page named [god exists.htm](#). Reading that information the reader will learn a bitter truth explained above in item #C1, namely that **"all problems of our civilisation are secondary consequences of the fatal 'monopole for knowledge' so possessively held by the 'atheistic orthodox science' to date".**) There is even an illustrative proof which everyone can check, and which documents that "fruit bats do NOT pollinate baobabs". For the use of readers, I am going to describe now this proof.

On the Malaysian island of Penang lives a lonely, large, single (female) baobab, over 140 years old - see a photograph of it shown below in "Fig. #C1ab". One can find this baobab in the middle of a rondo especially build over there to protect it on the junction of three streets named "Jalan Macalister", "Jalan Residensi" and "Jalan Pangkor". About this baobab from the Malaysian island of Penang a lot of legends and funny stories is told, e.g. that it was brought to Penang and planted in there by a strange traveller with capabilities of the famous "magician" named David Copperfield, or that when it rapidly releases the excess of water accumulated in its tissues then local people believe a miracle happens and pray to it (supposedly then their prayers are even answered). But the most mysterious attribute of that lonely baobab from the Malaysian island of Penang is, that in spite of blooming generously, it never produces fruits from which its descendants could grow. In the result, until today it has NOT produced a descendant in Malaysia. This its inability to multiply is also documenting the ignorance of present scientists. Namely, present "atheistic orthodox scientists" complacent in their armchairs (as they are described in items #F1 to #F3 from a separate web page named [god exists.htm](#), and also reminded in item #D3 of this web page), nonchalantly express unverified opinion, that in order to pollinate baobabs it suffices that fruit bats feed at night on their flowers. However, on the island of Penang live tropical fruit bats and for sure many of them feed on flowers of the discussed baobab. But still this baobab remains not pollinated and still it does NOT produce fruits capable of generating new trees. In other words, similarly as this is the case with humans, in order to produce descendants, probably are necessary at least two unrelated baobab trees - which mutually for each other perform functions of a husband and wife (i.e. perform male and female functions). So in this matter, baobabs clearly are similar to trees of Malaysian "durian" fruit (i.e. the fruit described in item #G1 of the web page named [fruit.htm](#)) - which also can multiply and produce fruits only if close to each other grow at least two mutually unrelated durian trees. So when a next time we read ignorant claims of present "atheistic orthodox scientists" on the subject of pollination of baobabs by tropical fruit bats, it is worth to have in memory this lonely female baobab tree from Penang, which produces flowers and which is visited by fruit bats, but because there is no male tree around to fertilise these flowers, thus, unfortunately, even after over 140 years of flowering it still failed to produce fruits - thus until today it remains in Malaysia without having its own descendants.

This Malaysian lonely baobab from the island of Penang is NOT the only case when the atheistic orthodox science "tells nonsense" to naive people, thus

causing cataclysmic changes on the Earth the repairs of which are going to occupy the humanity for hundreds, if not for thousands, of years. Examples of next lies and nonsense also spread amongst people by the official science deprived of any "competition" thus having no-one who would "look it at hands" and make sure it tells the truth, as well as deprived of any moral breaks, include, amongst others:

1. Lies regarding God - i.e. that supposedly there are NO scientific proofs that God really exists. These are obvious lies of the official science, as that there is a large body of scientific proofs and evidence which all unambiguously confirm that **God really exists**. Some amongst these proofs and evidence are described on the totaliztic web page named [god_proof.htm](#).

2. "Holding heads in sand" in matters of UFOs. The official atheistic science refuses to research UFOs and pretends that there are NO objective evidence and proofs for the existence of UFOs - as this is explained more comprehensively in item #B1 from the web page named [ufo_proof.htm](#). On the other hand, there is a wealth of such evidence and proofs. The only problem with UFOs depends on the fact that **UFOonauts do NOT want to cooperate with human scientists, while our scientists are too ignorant and too arrogant to be able to research something that intelligently refuses to cooperate with them**. In the result, scientists are too afraid that their ignorance "comes to surface" during the research on UFOs, so they avoid the subject of UFOs like "devils avoid holy water".

3. Ignorance of scientists in matters of phenomena that lie beyond the textbook knowledge and beyond the to-date understanding of the world around them, e.g. phenomena such as telekinesis, telekinetics, telepathy, etc. This ignorance result from the stubborn ignoring and rejecting my "theory of everything" called the [Concept of Dipolar Gravity](#) which explains these phenomena unknown to the official science, and which simultaneously proves the [existence of God](#).

4. Complete blindness of science and its stand regarding "fabrications" such as "bones of dinosaurs" as well as regarding conventional dating of geological structures. Much wider explanation what this error and blindness of science regarding the "bones of dinosaurs" is all about, is offered, amongst others, in item #H2 of the web page named [god_istnieje.htm](#).

5. The spread of "scientific nonsense", like for example the "theory of the Big Bang" which implies that "the entire universe supposedly originates from nothing". The wider discussion of the error of this scientific claim that "the entire universe originates from nothing" is provided in (5) from item #C12 of the web page named [bible.htm](#).

6. The lack of knowledge and ignorance of the official science in even most elementary matters, for example "what is gravity", "how the universe eventuated", "what is the goal of our existence", "what states the most simple recommendation for the correct life, which is effective and proves itself working in every life situation", "what 'morality' really is", etc., etc. On the other hand, the new "totaliztic science" already provided us with explanations and answers to these matters - only that dissemination of these explanations and answers is jealously blocked by the "atheistic orthodox science" which greedily guards its "monopole on knowledge". For example, to learn "what is gravity" see

the web page named [dipolar gravity.htm](#), for learning "how the universe eventuated" see subsections A1 to A6 from volume 1 of my newest [monograph \[1/5\]](#) (summarised briefly in item #E1 of the web page named [will.htm](#)), for learning "what is the goal of our existence" see item #B4 of the web page [tornado.htm](#), for learning "what states the most simple recommendation for correct life, which is effective and proves itself working in every life situation" see the discussion of the "only principle of totalizm" stating that "**whatever you do always do it in a pedantically moral way**" provided in item #C1 from the web page named [totalizm.htm](#), for learning "what 'morality' really is" see item #B5 from the web page named [morals.htm](#), etc., etc.

7. Biased approach, ignorance, arrogance, and a complete lack of progress in solving by the official science the most burning issues of our present civilisation. On the other hand this new "totaliztic science", in spite of its acting without any finances while being almost continually persecuted by the official science, already by now managed to find and to indicate to people solutions for the majority of these problems - for examples of these solutions see web pages named [seismograph.htm, item #B5 \(for earthquakes\), day26.htm, item #I3 \(for tsunamis\), tornado.htm \(for tornadoes\), telekinetics.htm \(for new sources of energy\), eco cars.htm \(for air pollution\)](#), etc., etc.

8. The silent approval for murderous and immoral activities of secretive atomic industry which in its "peaceful use of atomic energy" is probably the biggest killer of people (including inhabitants of own countries). For more information on manners in which "peaceful use of atomic energy" secretly kills people (including inhabitants of their own countries) see items #F1 to #F2 below on this web page, and also items #M1 to #M1.3 on the web page named [telekinetics.htm](#), items #C7 and #I1 on the web page named [seismograph.htm](#), or item #F3 of the web page named [god exists.htm](#). (Notice also fates that are served to passive nations which provide "silent approvals" for immoral activities - described in items #B1 and #B4 from the web page named [parasitism.htm](#) and item #C7 from the web page named [seismograph.htm](#).)

9. The reinforcement by scientists of the culture of unpunished lying and misleading of people. If an engineer builds a bridge or a house which collapses and kills anyone, then usually he lands in a prison. If a medical doctor kills anyone with his medicines or erroneous diagnosis, then at least he is struck out of register. But if a scientist spreads lies under an excuse of scientific research, then he does NOT bear any consequences. In fact, probably no-one ever heard of a scientist who would bear responsibility for lying or for misleading people. On the other hand such a situation gives a bad example to other people, because it spreads and reinforces the culture of unpunished lying and misleading. It would be with a benefit to the morality and to truth when also scientists were taking responsibility for the moral consequences and for the truth of whatever they state publicly. The problem of an immense importance of spreading the truth, even this most unpopular and persecuted (after all, "without learning the truth there is NO progress"), and the problem of responsibility of scientists for the spread of truth, is discussed on a number of totaliztic web pages. For examples of these - see item #F1 from the web page named [totalizm.htm](#), item #K1 from the web page named [morals.htm](#), or item #E1 from the web page named [will.htm](#).

Photographs and descriptions of this lonely baobab from the Malaysian island of Penang, which (baobab) illustratively documents the ignorance of present official science in even so elementary matters as pollination and procreation of trees so well known to all of us, are also presented in item #F4.4 of the web page named stawczyk.uk.htm.



a)



b)

Fig. #C1ab: Unexplained scientific puzzle and a symbol of supernatural mysteries - means a lonely "baobab" from the Malaysian island of Penang. It is a "living proof" that the "atheistic orthodox science" to-date disseminates a lot of rubbish on a significant number of topics that it researches. The point is, that the above baobab meets all requirements which according to the "atheistic orthodox science" to-date must be fulfilled for a baobab to produce fruits and to multiply. But in spite of it, this particular baobab neither produces fruits nor multiplies (although it blooms almost continually). This in turn means, that baobabs still hide a lot of mysteries and supernatural attributes, which real explaining must await until the time when the humanity firstly establishes officially a new "totaliztic science" (i.e. the science which is NOT afraid to explain mysteries) - as this is described in item #C1 on the web page named telekinetics.htm. (Click on the selected photograph to see it enlarged.)

Fig. #C1a (left): A photograph of the entire baobab tree. Notice the information plate visible as it extends on the left side of the photograph, above the fence which surrounds the tree. In July 2011 this plate stated, quote: *"This tree, a native of Abyssinia, was planted in 1871 by Captain Speedy, a soldier of fortune. Baobabs are low spreading trees, flowers pendulous and white. Fruits hairy, oblong of about 30 cm. It can live up to 2,000 years. The fat bottle-shaped trunks become hollow as the trees age, some can hold as much as 5,000 litres of*

water. The natives of Africa used them as storage chambers. Many African chiefs were buried in the hollowed trunks of such trees. Baobab trees are rich in pulp suitable for use in paper industry.") As usually it is the case with official information, in July 2011 this plate stated whatever is obvious and known to almost everyone, but avoided mentioning of whatever in this baobab is the most important.

Fig. #C1b (right): A flower (around 20 cm in length) photographed on 27 July 2011 on the baobab described here from the Malaysian island of Penang. The presence of this flower proves, that if baobabs really are pollinated at nights by "fruit bats" - as naively claims it the "atheistic orthodox science" to-date, then this lonely baobab from the island of Penang would have fruits and it would NOT exist in Malaysia for so many years without producing any descendants. Unfortunately, as usually, orthodox scientists "tell rubbish" on this subject and, as usually, probably it turns necessary that the new "totaliztic science" carries out factual research to explain how baobabs really multiply.

Part #D: Residues of pesticides in foods:

#D1. Immoral overdoing with pesticides in "foods for sale":

A significant proportion of food producers "for sale" typically do NOT take notice of all warning signs, that pesticides induce cancer and many other illnesses in people which eat this food. So they generously spread with pesticides all food that they produce - after all this food NOT supposed to be for their "own consumption". In turn factories which earn billions on sale pesticides exert a strong pressure on politicians so that these delay and make difficult any introduction of laws that would limit the use of these murderous chemicals.

Part #E: Destructive chemicals spoiling our food:

#E1. Kinds of chemicals (different from pesticides) contained in our foods:

Pesticides already described in item #D1 above are NOT the only

dangerous chemicals that contaminate our food. To other dangerous chemicals, most frequently contaminating our food, belong amongst others: (1) various components and impurities contained in chemical fertilisers, (2) preservatives and chemicals that supposed to conserve food (e.g. in order to keep the freshness of fishes for long periods of time, in some countries to fishes is injected "formalin" ("formaldehyde") - means the same dangerous chemical which conserves samples of dead organisms and bodies), (3) artificial colourings, (4) artificial sweeteners, (5) taste enhancers, (6) chemicals which are "leaking" from food packages, (7) components of toothpaste residues of which we repetitively swallow after every washing our teeth but which have this tendency to chock our kidneys, and many other chemicals which cumulative effect causes various illnesses and gradually kills our vital organs.

In order to realize how significant is the risk of introducing these chemicals to our food chain, let us look here in a more detailed manner at one of them, namely at the [poisonous element "cadmium" \(Cd\) spread in large quantities on crop-fields](#) along with fertilizers - especially with super-phosphates. Cadmium is a deadly element (heavy metal) that after the consumption accumulates in bodies of humans and animals, whereupon, among others, destroys the kidneys, liver, lungs, induces cancer, etc. As the chemical element, once you get it into the soil, there is no way to degrade it, and it waits until someone, or something, consumes it. Meanwhile, in nature it occurs typically with layers of minerals which are used for the production of fertilizers, especially from the phosphate group. As a result, each sawing of fertilizer increases in soils of fields and meadows the concentration of cadmium. For example, in April 2013 there was available in New Zealand [quite an alarming web page](#) (I hope that by today it is NOT removed by a government agency), which author has calculated, that in this small state sized like Poland, for the last 70 years, only with super-phosphate was annually sown on the fields and meadows of New Zealand, about 30 to 40 tons of cadmium. Similar situation is probably also in other countries. More interestingly, the New Zealand government does practically almost nothing to effectively stop this poisoning of the soil. There is also NO information to the public about the seriousness of this problem. Therefore, should NOT be the brave television program called "Campbell Live" broadcast on Thursday 11 April 2013, from 19:00 to 19:30, on channel 3 of Television New Zealand, in New Zealand about this poisoning of soil by cadmium ordinary New Zealanders probably would not have the way to find out. However, if the soil is once polluted with cadmium over a certain level, then the food produced in New Zealand is no longer fit for the human consumption. After all, it gradually and quietly kills those who eat it. So no-one should be therefore surprised, that in New Zealand newspapers increasingly often appear recently such articles as [1#E1] entitled "Porirua gets new dialysis unit as kidney failure on rise", from page A6 of newspaper [The Dominion Post](#), issue dated on Tuesday, April 16, 2013. This article states, that in the last two years the number of patients requiring dialysis increased by about 14%, half of which are diabetes. This of course induces the question whether the other half of people with kidney failures are NOT by any chance victims of these numerous poisons that are so abundantly poured-out into the fields and meadows of New Zealand with the tacit support of the authorities? What's even worse regarding cadmium, is that being a chemical element, it is impossible to

have it removed from the soil. So when the fields and meadows once have been poisoned with cadmium, they will remain toxic for centuries. The situation in New Zealand has become so serious, that - according to the abovementioned television program, the authorities of some countries have begun to block selected New Zealand imports of agricultural products. This is because these products have too-much cadmium. In New Zealand itself, the government has also quietly issued the law, that the kidneys and other internal organs from animals older than 2 years are NOT allowed to sell for the human consumption, because they contain dangerous levels of this toxic cadmium (hence from these animal organs are only produced foods for cats and dogs).

#E2. Insertion of unnatural ingredients into foods:

According to the [philosophy of totalizm](#) in our physical world nothing has exclusively good, or exclusively bad, impact or consequences. After all, **everything that surrounds us causes both, good as well as bad consequences**. Therefore the skill of healthy eating and living depends on such behaviour, that makes use of these good consequences, but avoids bad consequences. In turn the key to such a healthy eating is to eat mainly what is natural, fresh, and deprived artificial additions, and also that is continually changed so that we avoid a monotonic eating of the same components and chemicals for long periods of time). Of course, many uneducated people (in this many politicians) are NOT aware of the above truth (and principle of God's action), which consequent action in a real life was proven only by the [philosophy of totalizm](#). Therefore every now and again politicians cunningly agitated by the to-date "**atheistic orthodox science**" (i.e. agitated by this old "monopolistic" and "atheistic" science which is described more comprehensively in item #A2.6 of the web page named [totalizm.htm](#) and in item #C1 of the web page named [telekinetics.htm](#)) generate various immoral "laws" and "requirements" to permanently introduce into food increasingly more new and destructive in long-term components. And so, the most frequently such components are added to drinking water. One amongst most commonly known out of such components forcibly added to our drinking water is "fluoride" imposed on us supposedly in order to increase the dental hygiene of people - for more details see e.g. the article entitled "Fluoride inquiry part of labour's health plans" from page A6 of newspaper [The New Zealand Herald](#), issue dated on Thursday, November 10, 2011. Relatively frequent to water is added "iodine". In turn in Poland during the "Solidarity" unrests persistent rumours were spreading that the government is adding "bromine" in order to "calm down" the excited population. Another frequent "target" of this kind of governmental "laws" and "requirements" is bread. For example, "vitamins" are one amongst ingredients most frequently added forcibly e.g. to all kinds of bread produced in some countries - e.g. see the article "Review too late to stop forced use of folic acid" from page A2 of newspaper [The New Zealand Herald](#) (issue dated on Monday, July 13, 2009), or the article

"Experts play down bread concern" from page A3 of newspaper [The New Zealand Herald](#) (issue dated on Tuesday, July 14, 2009) - both of which articles discuss the matter of a request from the government of New Zealand that all kinds of bread were to forcibly fortified with folic acid. The argument used during the introduction of laws which force onto people the long-term swallowing such components is that they supposedly help for some illnesses. But those people who introduce such laws have NO clue what are true consequences of a long-term (cumulative) consumption of these components. On the other hand I am ready to bet, that similarly as long-term swallowing tooth-past can staff kidneys in some people, while long-term smoking of cigarettes can finish with a lung cancer, also a long-term forcing by politicians to swallow such components forcibly added to whatever we eat, one day also may turn out to be a reason for many deaths and illnesses. Besides, even today in the world grows a number of opponents who try to stop further forcing people to eat such politically introduced components of food.

Part #F: How immoral decision-makers poison us with radioactivity which they irresponsibly and sloppily pass to our foods:

#F1. Sources of deadly radioactivity which gradually accumulate in our food chain and then in our bodies:

Motto: "Wherever secrets are kept, there also exist some immoral feats and dirty tricks committed against people, which in first place induced the need for this secrecy."

On Tuesday, 13th September 2011, the shocked world rapidly learned about a "French manner" of getting rid of radioactive waste from atomic power plants. Namely, it turned out that France secretly burn its radioactive waste in huge furnaces similar to crematoriums from Hitler's Concentration Camps. This in turn means, that the smoke that carries away these radioactive products, after it ascends into the air, gradually falls down on paddocks, fields, gardens and forests not only France itself, but also all nearby European countries, for example Germany, Switzerland, Italy, Spain, Portugal, Ireland, England, Belgium, and probably many other located even further. (As this is nicely expressed by an old Polish saying, "**in nature nothing disappears, but only keeps changing its**

owners".) Because in France there is a lot of this kind of nuclear waste (after all, around 70% of the entire energy generated in France originates from atomic power plants), it should NOT surprise anyone, that after it falls down on paddocks, fields, gardens and forests of Europe, this radioactivity gradually finds its way to the human food chain. As the result, ever increasing proportion of it is consumed by people together with food which this French smoke sprays, or with meat and milk of animals which ate it after it falls down to the ground. No wonder that later in these countries appear unknown previously, murderous strains of bacteria and viruses, of the kind of the killer "E.coli" which raged in Germany in May 2011 and which is described in (xv) from item #B1 of the web page named [plague.htm](#), or these strange cases of "mad cow disease" that "jumped species" and started to be transmittable to humans.

Of course, this habit of "letting with smoke" of radioactive waste is kept in a deep secret and probably the world would NOT learn about it, if NOT an "accident" in one amongst such French furnaces for burning radioactive waste that took place on that Tuesday, 13th September 2011. (That accident killed one person and wounded further four people.) Only due to this "accident" the surprised world learned on that day from television news that such a burning of radioactive waste is taking place in France. Later this burning was also described in some newspaper articles (although carefully, laconically, and diplomatically - after all France is known from acts such as the "Rainbow Warrior bombing") - e.g. see the article [1#F1] entitled "French play down blast at nuclear waste plant" from page A14 of newspaper [The New Zealand Herald](#), issue dated on Wednesday, September 14, 2011.

That "accident" in French furnace for radioactive waste rapidly explained the phenomenon which for a long time puzzled people who watch situation with radioactivity. The point is, that **in recent times we can notice in Europe the continuous rise in levels of radioactivity of soil, vegetation and animals, but until that French "accident" no-one seem to know where these radioactive fallouts come from.** After all, before that French "accident", the only commonly known source of European radioactivity was the catastrophe in Chernobyl. But because of the time distance of that explosion in Chernobyl of 1986, with the elapse of time the radioactivity caused by Chernobyl should diminish, not increase. However, in Europe happens an exact opposite - as this is emphasized for example by facts described in the article [2#F1] "Radioactive boars on the rise in Germany", from page 14 of Malaysian newspaper [The Malay Mail](#), issue dated on Friday, 20 August 2010. That article [2#F1] informs that a growing number of wild pigs from German forests display already so high radioactivity, that their meat become dangerous for consumption. For example, it writes that only in 2009 the government of Germany was forced to pay 425 000 Euro as compensations for meat that needed to be destroyed because of too dangerous level of radioactive contamination. On the other hand, for comparison, only 10 years earlier (although already 13 years after the explosion in Chernobyl), i.e. in 1999, the amount paid for the same compensations for radioactive meat was 25 000 Euro - this allows to roughly estimate that during just those 10 years the level of radioactivity in forests of Germany increased around 17 times. (Probably forests of Germany lie directly on the path of prevailing winds that blow from France.) By the way, it is interesting whether other than Germany countries, e.g.

France itself, also check their meat for the level of radioactivity, or just uncritically sell this meat to their own citizens for eating together with radioactivity contained in it.

Of course, some secretive and immoral institutions (and people) that service nuclear power plants, probably secretly pollute our food, water and air with radioactivity on a whole number of various ways, about which we still do NOT know anything - because these ways were NOT revealed yet to the public scrutiny due to some "accidents". Not without reasons practically all institutions that deal with atomic energy are the most secretive institutions on the Earth - as an example see the article [2#M1] from item #M1 of the web page named [telekinetics.htm](#). This French sneaky "letting with smoke" radioactive pollutions is probably just only one amongst numerous manners on which atomic energy plants and nuclear reactors can secretly poison our food with radioactivity (and on which perhaps they actually poison this food secretly - NOT without reasons they display a complete lack of transparency and almost everything about themselves they keep in deep secrecy). Other such manners may include, for example, polluting secretly our environment via the water used for cooling-down nuclear reactors, polluting via almost invisible vapours and emissions that quietly raise from these reactors, polluting via radioactive waste secretly dumped by some countries into seas and oceans, etc., etc. We must remember that **for radioactivity is also valid the "law of balance" - this means that "the radioactivity produced must be equal to the radioactivity which lands in our natural environment"**. And we must also remember that atomic power plants and nuclear reactors produce massive amounts of radioactive waste, which later secretive institutions that service these power plants and reactors must somehow get rid off secretly and in hiding from people.

In order to diminish, radioactivity requires hundreds, and sometimes even thousands, of years. Thus, sufficiently dangerous for the humanity was already the radioactivity remaining from former tests of nuclear weapons. (By the way, a favourite site for these tests of nuclear weapons were small islands on the Pacific Ocean located not far from New Zealand, e.g. the French New Caledonia - this was the main reason why New Zealanders are deeply disgusted by nuclear energy and why New Zealand still maintains the noble status of a "nuclear-free zone".) Unfortunately, because of some suicidal trend, the humanity as a whole has NOT stopped on waste from those murderous nuclear weapons, and still secretly escalates the density of radioactive polluting of our planet through the so-called "peaceful use of atomic energy" and through immoral and dirty activities of various secretive institutions which produce this atomic energy. In the result, to the greatest sources of radioactivity still accumulating in our food, water and air (and in final count - in our bodies) belong at present the "peaceful" reactors and atomic power plants. This is because these reactors and power plants produce massive amounts of radioactive waste, which in the final count always land in the nature - while later in our bodies. In addition, immoral, slack, dangerous, and irresponsible exploitation of these reactors and power plants, leads relatively frequent to uncontrolled explosions, such as previously was Chernobyl in Ukraine in 1986, while recently was four times bigger than Chernobyl the explosion in Fukushima, Japan, of 2011. More information on the topic of these nuclear explosions, and about escalating pollution of our natural environment with their

radioactive products, is provided in items #M1 to #M1.3 of the web page named [telekinetics.htm](#), in items #C7 and #I1 of the web page named [seismograph.htm](#), or in item #F3 from the web page named [god exists.htm](#).

Radioactivity is a ruthless killer, while someone's active, or passive, participation in the proliferation of it on the Earth (and thus someone's indirect contribution to killing of other people with radioactivity) is one amongst most immoral human behaviours which can be classified to the same punishable by **God** category as e.g. earning money through a production of cigarettes or a distribution of narcotics. Thus, in the light of continually growing amount of radioactivity which we are consuming lately, NO-ONE should be surprised by the escalation of numbers of various illnesses that are related to radioactivity, e.g. cancers. So it is about the time that everyone amongst us starts to understand that the radioactivity in our food is deadly, while these people who fall victims of it cannot count on a normal length of life. As well, there is about the time to understand that **the only truly safe atomic power plants and nuclear reactors are these ones which never were built, or which never were made operational.** It is also worth to remember about the principle of God's action described in items #B4 and #B1 of the web page named [parasitism.htm](#) - and stating that **every person which is passive towards immorality committed with the knowledge of that person, is punished by God equally severely as if he or she was a co-culprit in committing that immorality.** After all, this principle causes that people who know about immoral spread of radioactivity over the Earth, but do nothing to actively try to stop this spreading, will be later treated by God as if they were partners in that spreading - e.g. they will die in young age for some illness induced by radioactivity, or they will receive a descendant who is deformed (or affected in any other way) by that radioactivity.

#F2. How the radioactivity from our food, water and air secretly kill us through inducing our illnesses:

Motto: "The support of passiveness towards the 'atomic energy' that turns our planet into a radioactive dump, in fact equals to acceleration of our own deaths and imposing birth defects at our descendants."

If one analyses how the present "official orthodox medicine" describes reasons for people's deaths, then it turns out that it provides only the "resultant causes" (for example, that someone died of cancer, asthma, failure of kidneys, etc.). But almost never this official medicine seeks and lets public know from what these "resultant causes" originate - means it does NOT seek the "primary causes". In other words, almost never it seeks and reveals publicly, whether the cancer on which someone died results from the fact that this someone swallowed too much of food polluted with radioactive isotopes, whether asthma that killed someone is the outcome of him or her breathing deadly isotopes or pollutants,

whether the failure of kidneys, results from the fact that he or she staffed the body with pesticides or some dangerous isotopes and chemicals contained in the food that he or she ate and in water that he or she drank, etc., etc. As an outcome, various blind to truth "atheistic orthodox scientists" can lie arrogantly in our eyes, claiming that e.g. in the result of Chernobyl nuclear explosion only 60 people have died - for details see 3 in item #F3 from the web page named [god_exists.htm](#). However, there exist various premises to suspect, that if such research of "primary causes" of deaths of individual people were carried out on the Earth, then rapidly the humanity would experience a shock. After all, then **probably the biggest killer of people would turn out to be the so-called "peaceful use of atomic energy"**, or more strictly the radioactivity which people eat, during, and breathe, because on various ways it leaks from atomic power plants and nuclear reactors to our food, water, and air. After all, the radioactivity is already well-known to us as a ruthless cause of various murderous illnesses, e.g. cancer, which kill a significant proportion of people. We know also that it causes various genetic mutations, degenerations, and birth defects in people - which also in the final count lead to deaths of the victims. Radioactivity is also a cause for mutations of various algae, organisms and creatures which poison and make unhealthy our food, and which make difficult our lives. (Interesting, whether the epidemics of ticks which after 2004 started to endanger Polish forests, was caused e.g. by radioactivity blown from France as far as Poland? Similarly, whether the epidemics of poisonous sea slugs on New Zealand beaches - described in item #K1.6 of the web page named [newzealand.htm](#), was also caused by radioactivity?) Radioactivity is also a cause of mass mutations of various murderous viruses and bacteria which are sources of unknown earlier and increasingly more dangerous illnesses, and because of which numerous people and animals must die. Only from the content of item #B1 of the web page named [plague.htm](#) we can see that the number of such unknown earlier deadly illnesses recently grows rapidly. We should also bear in mind that radioactivity may introduce disturbances to correct functioning of the human "program of life and fate" described, amongst others, on the web page named [immortality.htm](#). In turn disturbances in work of this program may cause uncontrolled shifting of some people to completely different times. If such a shifting occurs to times in which these people are still alive, then they may unexpectedly appear in places and times which they do NOT remember, or in which they are NOT remembered by anyone - as this was the case with that English boy which mysteriously appeared in Berlin on 6th September 2011 after two week-long march towards north through empty forests (for more details about this mysterious boy see the article [1#F2] entitled "Mystery boy emerges after years in woods", from page A12 of newspaper [The New Zealand Herald](#), issue dated on Monday, September 19, 2011). In turn, if such a shifting through time happens to years that are beyond the life-span of these people, then they rapidly disappear without a trace and never anyone hears about them again.

#F3. Only people who are immoral and

completely deprived rational thinking still refuse to notice that the atomic energy is the most expensive, most dangerous, and most dirty energy on the Earth:

Motto: "The monopole for knowledge of the 'atheistic orthodox science' and its notorious avoidance of unwanted truths, leads to the situation that the most needed investment of individual people becomes a Geiger counter, while the most safety-oriented activity becomes checking for radiation of everything that people put into mouths."

Today almost everyone falls for screaming advertisements that the most vital household device is a "computer". However, in reality the most needed household device in present times turns out to be a "Geiger counter" (Geiger meter) for measuring the level of harmful radioactivity. After all, for reasons described in item #C2 of this web page, these people who are paid for safeguarding the proliferation of radioactivity over the Earth, means so-called "atheistic orthodox scientists", panicky are afraid of revealing truth to us about a real level of radioactivity. On the other hand, experience of these people, who already purchased and widely use Geiger counters, e.g. inhabitants of present Japan, rapidly revealed shocking facts. For example, it turns out that radioactivity is already present in milk of mothers - as this describes the article [7#M1.1] from item #M1.1 of the web page named [telekinetics.htm](#). Or it turns out that in shops is sold beef in which the content of radioactive caesium exceeds 6.5 times the legally permitted level (which probably is already too-high and unhealthy - only that no-one has the courage to verify this) - for details see the article [8#M1.1] from item #M1.1 of the abovementioned web page named [telekinetics.htm](#). Let us do not forged here about the fact described in the article [2#F1] from item #F1 of this web page, namely that meat from a significant proportion of wild pigs in Germany is already so saturated with radioactivity, that it is too dangerous for consumption and must be destroyed. So if **Geiger counters** become today equally commonly used as computers are, then we would rapidly learned truths that would "raise hair on our heads".

Highly paid experts from "atomic energy" tell the rest of us that atomic energy has many advantages - e.g. is "inexpensive". However, they do NOT count to "costs" of that energy the price (nor payments of the yearly "rent") for these already huge areas of the highly expensive land, which the atomic energy already turned into a "radioactive wasteland" and excluded from the human use for nearest several hundred, or perhaps even several thousands, of years. They also do NOT count the value of these people whom the atomic energy took life, nor costs of hospitals and medicines for healing these defects and human illnesses which were caused by radioactivity. Those experts tell us also that "atomic energy" is "safe". But they do NOT take under consideration this escalation of human deaths, nor these illnesses and birth defects, which were caused by radioactive waste left from this supposedly "safe" atomic energy.

Experts from the atomic energy describe to us an "ideal" situation, which would exist only in the world of absolutely perfect people - i.e. people who do NOT act immorally nor commit errors and mistakes. But in reality we live in highly imperfect and very immoral world. So if only in this imperfect world something is covered with secrets and protected by laws, so that no-one from outside can "look at hands" of the people involved, then some their decision makers begin to act in there in a highly immoral manner, e.g. "letting with the smoke radioactive waste" - so that this waste poisons or even kills people around. Furthermore, many people display slackness, complacency, and the lack of responsibility in matters of safety. In the result, radioactive waste and products of atomic accidents that escape due to slackness, or that are spread due to accidents, gradually turn our planet into a radioactive rubbish dump. Thus, **the only manner to stop that process of hidden poisoning people with radioactivity, is to begin decisive actions to completely block the further use of atomic energy on the Earth.** After all, this dirty energy is NOT the only source of energy capable to replace the to-date burning of fossil fuels.

#F4. If some politicians and decision makers behaved slightly more moral, then our planet would NOT need to be turned into a radioactive rubbish dump:

At this point it is worth to add, that the use of atomic energy, and thus also production of radioactivity, could be eliminated completely from the Earth. The [philosophy of totalizm](#) explains even to us how to carry our this elimination most easily (or more strictly it provides us with recipes for the so-called [free energy](#) - which sources are able to replace in future the highly destructive nuclear energy). Unfortunately, many immoral politicians and complacent in their "ivory towers" atheistic orthodox scientists insist on escalation of these sources of radioactivity in order to satisfy various their personal ambitions. Simultaneously the "atheistic orthodox science" - still holding tightly its "monopole for knowledge", stubbornly refuses to undertake research on completely new eco-sources of "pollution free" energy - of the kind like these suggested by totalizm [generators of free energy](#). The entire item #11 from the separate web page named [seismograph.htm](#) is even devoted to a presentation of the most shocking examples of such already notorious refusal of research on alternative sources of energy by decision makers which represent the "atheistic orthodox science" to-date.

Part #G: Genetic engineering:

#G1. Problems with genetic engineering:

I already emphasized in item #E2 above, that according to the philosophy of totalism **in the physical world nothing has exclusively good or exclusively bad consequences**. For example, a good consequence of kitchen salt is that it improves the taste of meals. But a bad consequence of the same salt is that it increases blood pressure, increases overweight, damages some internal organs, etc. Therefore, the task of cautious people is to protect themselves from everything that is "new" until the time when "bad" consequences of it become known, understood, and are well under our control - and thus when people can avoid them or counter-act them (as I recommend this e.g. with the principle of permanent so-called "telekinetisation" which I discovered - for details see the web page named [tfz.htm](#)). However, some authorities introduce to our fields vegetation and animals which are products of so-called "genetic engineering" WITHOUT awaiting until such "bad consequences" of these experiments become well learned by people. As a result, already at this moment e.g. corn pollinated by wind, which genetically engineered variety was planted in central New Zealand, managed to pollute genetically almost the entire corn production that grows in this country. So practically in New Zealand does NOT exist any more a variety of corn which would have exclusively natural genes (e.g. would have genes which were wisely created and thoroughly tested by God). Similarly is with salmon in there (i.e. with a tasty fish which is farmed in New Zealand for export purposes). Another known example of similar problems are genetically engineered varieties of rice that grow in India.

Part #H: Antibiotics and growth enhancements:

#H1. Problems with antibiotics, steroids, and growth enhancements:

We know that e.g. some producers of poultry (e.g. hens) continually feed their animals with fodder to which they always add some antibiotics, steroids, and growth enhancements. This is because such a fodder causes faster and greater gain of weight in poultry. But it also causes the appearance of "antibiotics resistant bacteria" - and thus the return of times when to some illnesses the humanity ceased to have effective medicines. Furthermore, in people who eat meat or eggs from such a poultry, these additions to fodder cause various undesirable "side effects", e.g. the growth of breasts in men, the diminishing

number of sperm, difficulties in getting pregnant in women (e.g. see item #F5 of the web page named [healing.htm](#)), etc., etc.

Part #I: Impact of human industries:

#I1. Mass extinctions:

The industrialisation pollutes our foods. For example, the industrial catching of fish causes destruction of seas and oceans. It is also a reason for a mass extinction of some fishes - for more details see item #C5 on the web page named [newzealand.htm](#). In turn e.g. electromagnetic fields from our Hand-phones resonate in bodies of bees thus causing their extinction - for more details see item #F1 on the web page named [telepathy.htm](#) and item #C5.1 on the abovementioned web page "newzealand.htm". The excessive burning of fossil fuels (i.e. coal and oil) causes the emission of carbon with its murderous consequences to the climate and to living creatures - e.g. through the appearance of poisonous "algae" in too-hot seas and oceans which cause that a significant proportion of shellfish, oysters, and slugs become poisonous for people (for details see item #K1.6 on the web page named [newzealand.htm](#)).

#I2. Problems with industrialization of mass food production:

To these problem we can include, for example: (1) farming monoculture and its evil consequences (e.g. insects resistant to pesticides, locust, droughts, illnesses, plagues, etc.), (2) nervous cows, pigs, hens, etc. - which in turn causes changes in their milk, meat, eggs, etc., that later influence negatively us - consumers, and many other similar consequences of industrial (mass) production of food.

#I3. Replacement of natural processes by chemical treatments:

All natural processes are beneficial for health and for life - e.g. see "fermentation" described in items #B1.1 and #B1 of the web page named [korea.htm](#). But the "chemical treatments" that currently are replacing these natural processes does NOT display the same life-giving attributes. Thus e.g.

the Polish "sauerkraut" (or even better the Korean "kim-chi"), Polish "fermented cucumbers" and "sour-pigenons" (i.e. "kiszzone ogórki" and "kiszzone gołąbki"), or Japanese "miso" soup all are highly beneficial for the human health. But e.g. "pickles" (i.e. cucumbers treated chemically with vinegar) have only a good taste, but for the health they are NOT so beneficial as such "fermented" food.

Part #J: Electrical fields, magnetic radiation, life suffocation:

#J1. Dying water and organic matter:

Just ordinary water can be "living" or "dead". For example, the German folklore states that in order water is "alive", it must be taken from a source or from a well, after it "flows under at least three hills and three forests". In turn for water to become "dead" it suffices to "lock" it in something for a longer period of time, e.g. lock it in some container or in a pipeline. On the other hand, what we do to water today, is just locking it in waterworks pipelines or in plastic bottles. So practically we all drink water which is "dead". Consequences of such a drinking "dead water" we can see already around us.

#J2. Unhealthy food from under high-tension electrical power-lines:

Already now we begin to realise that many people who live under high-tension electrical power-lines, with the elapse of time get cancers. So by analogy we can predict that also food that grows under such power-lines will NOT be equally healthy as food that grew in natural environments.

Part #K: Immoral politicians and their destructive decisions:

Present politician, similarly like the majority of decision makers, currently almost exclusively make decisions along the so-called "line of the least resistance". It means, make decisions which try to please reach and influential people, concerns, voters, other decision makers, but which do NOT solve problems. From findings of so-called "philosophy of totalizm" it is already known,

that all decisions which run "along the line of least resistance" are "immoral", in turn as such they must later be repaired, while in the meantime they make a lot of harm - for more details see item #A2.1 on the web page named [totalizm.htm](#). In the result, immoral politicians and their destructive decisions only make worse the situation with food.

Guidelines of the "philosophy of totalizm" about principles of making "moral decisions", and thus making correct decisions - which never later require correcting and repair of their consequences, are described, amongst others, in item #A2.1 of the web page named [totalizm.htm](#), and also in item #F1 of the web page named [rok uk.htm](#).

#K1. Political decisions which destroy food:

Food is destroyed e.g. by wars, monopoles, prices politics, taxes, introduction of unnatural additions, etc. - all this is a product of immoral politicians. A good example of just such destructive to food political decisions is the present politics of European Union - where farmers are paid for NOT planting their fields (in spite that inhabitants of many countries of the world still are hungry), or the described in item #D5 of the web page named [fruit.htm](#). custom of many "monopolistic food producers" to destroy a part of produced food only in order to cause an increase in prices.

Part #L: Ignorance and arrogance of scientists who monopolise decision making processes:

#L1. What we already know that scientists still do NOT know about food:

Energies "yin" and "yang", "feng-shui", etc. - for more information see items #B2 to #B4 from the web page named [fruit.htm](#).

Part #M: Whether the humanity is

endangered by the "death through hunger and starvation"?

#M1. Premises about the "death by hunger and starvation" of the entire humanity:

There is a lot old prophecies on this subject. Their example can be an old Polish prophecy described in items #H1 and #H2 of the web page named [prophecies.htm](#).

In turn one amongst mechanisms which can cause such a "death of the entire humanity by starvation" is the current mass extinction of bees already described in item #I1 above on this web page.

Part #N: Is there any hope (in spite of all the above)?

#N1. Sources of hope:

Motto: *"It is enough to walk along a street of any city from a rich country of Orient, to see with our own eyes the superiority of their philosophy of eating over Western philosophies."*

The most vital sources of hope for the future include:

- (1) The existence of Oriental philosophies which concern food and eating (this is why it is worth to learn these Oriental philosophies concerning food). There is a number of vital factors which define the quality of food in philosophies of the Orient. In past inhabitants of rich countries of the West scoffed at inhabitants of the Orient, that these are so "**lean**" and look as if they are "starving". But then it turned out that "being lean" is an "advantage", NOT a "fault". After all, it means health, long life, the lack of visits in doctors and hospitals, more natural feelings and habits, etc., etc.
- (2) The existence of the principle (and a method) of God's acting to "always provide evidence in support of whatever believes strongly" - see the web pages referred in item #O1 below.
- (3) The existence proven in action during centuries of use perfect recipes on traditional dishes.
- (4) The existence of traditions of good eating.

Part #O: What we ourselves can do in order to improve the situation with foods:

#O1. Directions of our actions:

The most vital directions on which we all should concentrate to improve the present (tragic) situation with foods, are as follows:

- Increase of morality - as the "**morality is the key to everything**" (e.g. see items #A3 and #B4 from the web page [morals.htm](#), item #A1 on the web page named [totalizm.htm](#), item #P1 on the web page named [changelings.htm](#), or item #B5 on the web page named [seismograph.htm](#)),
- Eliminate monopoles (e.g. see items #C1 and #M1.3 from the web page named [telekinetics.htm](#)),
- Learn and understand methods of God's actions (e.g. see item #A2.2 on the web page named [totalizm.htm](#) or see the entire web page named [god_exists.htm](#)),
- Help so-called "whistle blowers" - i.e. people who sound alarm and turn attention of others on truth regarding immoral practices of other people (e.g. see item #F1 on the web page [totalizm.htm](#)),
- Cultivate traditions of good food consumed throughout many years by healthy people,
- Cultivate the tradition of natural production of foods,
- Seek new knowledge about food (of the kind of Oriental philosophies of foods: "yin" and "yang", "feng-shui", etc.).

Part #P: So what we should see in food that we consume:

#P1. What we already know that it influences positively our health:

Theoretically we already know a lot of facts on the subject of what influences positively our health. Examples of these facts can be:

- Tradition of "checking effects in centuries-old action" described e.g. in items #B2 to #B4 of the web page named [fruit.htm](#), or
- Fermented food such as Korean "kim-chi", Japanese "miso", Polish "kiszzone

gołąbki z kaszą" or "sauerkraut", described here in item #13 (and also e.g. in items #B1.1 and #B1 of the web page named [korea.htm](#)).

Currently we need to try to implement this theoretical knowledge to everyday practice of our eating.

Part #R: Creation of our private "cookbooks" with dishes worth trouble of making them:

#R1. Let us record traditions of good food before these disappear:

Means, let us write down thoroughly old recipes for dishes used by our grand-parents and parents.

#R2. What is worth being recorded in our family "cookbooks":

Let us write for ourselves a "cookbook" which contains recipes for traditional, healthy, home-made, energy-balanced, food for our everyday use.

Part #S: Summary, and the final information of this web page:

#S1. Summary of this web page:

This web page provided examples of replies and recipes for a healthy and tasty food. It revealed to us also various benefits that stem from finding recipes for just such dishes.

#S2. How with the web page named "[skorowidz links.htm](#)" one can find totaliztic descriptions of topics in which he is interested:

A whole array of topics equally interesting as these from the above web page, is also discussed from the angle that is unique to the philosophy of totalizm. All these related topics can be found and identified with the use of [content index](#) prepared especially to make easier finding these web pages and topics. The name "index" means a list of "key words" usually provided at the end of textbooks, which allows to find fast the description or the topic in which we are interested. My web pages also has such a content "index" - only that it is additionally supplied in green [links](#) which after "clicking" at them with a mouse immediately open the web page with the topic that interest the reader. This content "index" is provided on the web page named [skorowidz links.htm](#). It can be called from the "organising" part of "Menu 1" of every totaliztic web page. I would recommend to look at it and to begin using it systematically - after all it brings closer hundreds of totaliztic topics which can be of interest to everyone.

#S3. Emails to the [author](#) of this web page:

Current email addresses to the author of this web page, i.e. officially to [Dr Eng. Jan Pajak](#) while courteously to **Prof. Dr Eng. Jan Pajak**, at which readers can post possible comments, opinions, descriptions, or information which in their opinion I should learn, are provided on the web page named [pajak jan uk.htm](#) (for its version in the HTML language), or the web page named [pajak jan uk.pdf](#) (for the version of the web page "pajak_jan_uk.pdf" in safe PDF format - which safe PDF versions of further web pages by the author can also be downloaded via links from item #B1 of the web page named [text 11.htm](#)).

The author's right for the use of **courteous** title of "Professor" stems from the custom that "with professors is like with generals", namely **when someone is once a professor, than he or she courteously remains a professor forever**. In turn the author of this web page was a professor at 4 different universities, i.e. at 3 of them, from 1 September 1992 untill 31 October 1998, as an "Associate Professor" from English-based educational system, while on one university as a (Full) "Professor" (since 1 March 2007 till 31 December 2007 - means at the last place of employment in his professional life).

However, please notice that because of my rather chronic lack of time, I **reluctantly reply to emails which contain JUST time consuming requests**, while simultaneously they document a complete ignorance of their author in the

topic area which I am researching.

#S4. A copy of this web page is also disseminated as a brochure from series [11] in the safe format "PDF":

This web page is also available in the form of a brochure marked [11], which is prepared in "PDF" ("Portable Document Format") - currently considered to be the most safe amongst all internet formats, as normally viruses cannot cling to PDF. This clear brochure is ready both, for printing, as well as for reading from a computer screen. It also has all its green links still active. Thus, if it is read from the computer screen connected to internet, then after clicking onto these green links, the linked web pages and illustrations will open. Unfortunately, because the volume of it is around a double of the volume of web page which this brochure publishes, the memory limitations on a significant number of free servers which I use, do NOT allow to offer it from them (so if it does NOT download from this address, because it is NOT available on this server, then you should click onto any other address from Menu 3, and then check whether in there it is available). In order to open this brochure (and/or download it to own computer), it suffices to either click on the following green link

[cooking.pdf](#)

or to open from any totaliztic web site the PDF file named as in the above green link.

If the reader wishes to check, whether some other totaliztic web page which he or she just is studying, is also available in the form of such PDF brochure, then should check whether it is listed amongst links from "part #B" of the web page named text 11.htm. This is because links from there indicate all totaliztic web pages, which are already published as such brochures from series [11] in PDF format. I wish you a fruitful reading!

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