

Principles of Energy

Einstein's Theory of Relativity (mathematical expressed by $E=mc^2$) states that all matter (m) is a unique combination of heat and electricity. Energy (E) is actually a combination of two parts: Electricity and Magnetism, while c^2 is the square of the speed of light, a very large number.

Energy (E) defined is the property of matter (m) and radiation that is manifest as a capacity to cause motion or the interaction of molecules. Matter (m) defined is any physical substance distinct from mind and spirit, which occupies space and possesses mass. Light (c^2) defined is an electromagnetic radiation consisting of energy.

Energy has form and can be measured. Light is a form of energy. Heat is a form of energy. Electricity is a form of energy. Matter is a form of energy, as is Magnetism. Magnetism is a by-product of Electric currents as is Light and Heat. The Ionization Analysis Method measures the exchange of these energy forms and utilizes this information to monitor the efficiency of the body's essential functions and identify where correction is needed.

The relationships between these forces of Energy define the world we live in and the bodies we experience the world through. It is the [Electro-magnetic spectrum](#) visible to the eye that distinguishes characteristics of color, hue, saturation, and brightness. This spectrum progresses from left to right, from long wavelength to short wavelength, and from low frequency to high frequency. As the frequency varies so do the energy patterns. Frequency can best be described as a ratio of resistance. It is this ratio that determines the unique electro-chemical, electro-physical, and electro-magnetic characteristics of each element. Looking at the periodic table we see the elements (minerals) and the various energy patterns that reveal specific frequencies. These energy patterns consist of nine (9) crystalline forms. They include The Cubic, face centered; Cubic, body centered; Cubic; Diamond; Hexagonal; Orthorhombic; Rhombohedral; Tetragonal; and Monoclinic. Various combinations of these nine (9) energy patterns make up all structures of life (i.e. rocks, plants and animals, man). These structures range in frequency from the simplest living creature to the most complex – man. **Rule # 1: Once you know the Frequency then you know the Diet.**

All forms of energy have the ability to travel - and they do. Energy travels in [electromagnetic waves](#) using Light as its medium. Light is the source (medium / inertia line) from which all physical substance (energy patterns) is generated including sound and color. Light (Energy) travels through us, in us, and around us. Or perhaps it would be more accurate to say we are moving in and out of this Light Energy. Every cell in the human body is in a constant exchange of energy in all its forms. We consume it, spend it and store it. All that we are, experience and observe takes shape and form on this

physical plane, as one or more of these various forms of Energy – Light, Heat, Matter, Electricity, and Magnetism. Life is dependant upon these various forms of energy and the exchanges that occur between them. For instance, if energy, in the form of magnetism were removed from the human body it would turn to ash. As Einstein stated earlier, all matter (physical substance) is congealed light. In other words Light is the common denominator of all Life. Using deductive reasoning, therefore, it is accurate to say that disease can be defined as the absence of Light (energy) in the body. **Rule # 2: Man does not live off the food he eats, but off the energy he is able to obtain from that food.**

As beings of light translated into mass (matter) our physical bodies can be characterized by properties of density, elasticity, electrical, magnetic, thermal and composition. Composition includes characterizations due to habits of formation, crystal structure and symmetry or the lack thereof. We are solid state beings, our physical bodies are composed of elemental minerals (energy/matter). These elemental atomic mineral structures act as electro-magnetic generators, building, bonding and plating the physical body. This electro-magnetic process increases the Mineral Energy Reserves responsible for maintaining the vital force of our cells, tissues and organs. In the economy of the human body, Health is dependant on the supply and demand of energy. As long as the mineral (energy) balance of supply and demand is maintained, the basic molecular structures of the body will continue to properly form. If the mineral supply is out of balance or interrupted, the electrical flow will be altered, the magnetism will be altered and consequently the structure, form, function, color, temperature and density of cells, tissue and organs will be altered. These changes in the mineral content not only affect the level of energy and wellness one may experience but directly affect the DNA/RNA structure of cells. **Rule # 3: The first day of [Disease](#) begins when the demand of energy (minerals) exceeds the supply.**

The initial interaction of energy in the human body occurs through the process of digestion. Digestive enzymes provide the resistance factor needed to reduce the elements (mineral energy) of food into a frequency of energy the body can utilize. Resistance is key to the release of energy. Resistance is a term used to define the reactive friction between elements that come together from various energy (frequency) levels. Energy is a by-product of resistance. Man obtains only 20% of his mineral energy from the food he eats and 80% from the atmosphere, which contains a vast amount of trace minerals. Other types of energy absorbed from the atmosphere include the full spectrum of visible light and cosmic radiation that take the form of electro-magnetic frequencies. The more efficient the digestion the more efficient the body is in extracting mineral energy from the food and the atmosphere. When two elements come together (food + digestive enzymes) an interaction occurs (digestion / resistance) whereby the electro-magnetic fields of the elements are synchronized releasing energy to create a new molecular structure. This repeated interaction is the energy that man lives on. **Rule # 4: Energy will always follow the line of least resistance**

According to Einstein's Theory, if a body emits a certain amount of energy, then the mass of that body must decrease by a proportionate amount. Writing to a friend he says, *"The relativity principle...demands that the mass is a direct measure for the energy contained in bodies; light transfers mass... This thought is amusing and infectious, but I cannot possibly know whether the good Lord does not laugh at it and has led me up the garden path."* Einstein and many others were soon convinced of its truth. Relatively speaking, (no pun intended) all matter is congealed light. Congealed defined is to solidify, take form or take shape. Simply stated everything in our universe is made of the same stuff –Energy.

When we consider the electromagnetic function of the human organism, the exchanges of energy, conversion of frequencies and the various patterns that occur as a result, our conclusion is that health and disease is determined by the ability of the body to maintain balance between these forces of energy. I AM gives us that ability by identifying the changing energy patterns before they form what we call disease and gives man the foresight to establish and maintain the intricate balance of energies that is so crucial to the strength and integrity of his being.

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