

The Provident Living Times

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Nutrition Is a Vital Key for Well-Being

INTRODUCTION

This article is a general overview of Module Number Five of the Nine Provident Living Modules. It aims to add structure and order to the concept of food-storage and how to get the most out of it for the near-term and long-term. I present several longer in-depth classes on this topic, watch for them in the future.

Failed nutrition, before, during, and after an emergency, whether through ignorance or apathy, sets the stage for the loss of strength and health when needed the most. In the simplest of terms — **Good Nutrition Is Not An Option!** Module-5, the nutrition area, covers a large area of critical importance that, unfortunately, is horribly abused by most people. This abuse of the physical body is perpetrated by gross ignorance, years of habit, and constant marketing efforts just for the coveted larger market share (i.e., Profits).

There is more to food storage than just putting aside some extra food, and there is more to nutrition than just something to eat that tastes good. You must learn and correctly develop key principles of empowering nutrition for long-term self-reliance to live comfortably and safely through very difficult times.

Food and drink are the easiest and most common ways of damaging your body, mind, and soul. Things consumed as food and drink are not by default nutritious. Nutrition only happens through willful educated choices.

You must know how to develop a viable approach to providing for nutritional needs over the long-haul no matter what may happen. Some are easy, some are more challenging, but all are doable. Don't wait and hope you have an answer, begin practicing the principles and methods you will one day depend on.

The Nutrition Module is divided into two primary areas.

YOUR DAILY BREAD

For peak performance, strength, and best health you need adequate daily amounts of nutrient-dense unadulterated natural food and drink. What you eat today and every day before any disaster is important. And then, what is even more important, you must have the ability to keep on eating a well-balanced diet despite what has happened.

When selecting foods for everyday use and storage be, sure to learn and take into consideration the **True 5-Food Groups**:

- 1) Live Foods– fresh vegetables, fruits, fermented foods, nuts, seeds, meats, eggs, etc.
- 2) Sleeping Foods– seeds, fresh flash-frozen, freeze-dried, dehydrated
- 3) Dying Foods– fresh foods left to decay or sleeping food awakened and left out
- 4) Dead Foods– pasteurized wet pack cans and pouches
- 5) Deadly Foods– store-bought: candy, soda, boxed mixes, and meals, etc.

For the highest levels of health and strength it is best to consume as much of your “daily-bread” and drink from groups one and two, and almost none from number five.

All food and drink will fit into one of four categories:

- 1- **Expedient Foods** — An expedient food is one that can be consumed without any preparation. There is no need to cook, heat, boil, add water, or any other form of preparation. Some expedient foods are fairly shelf-stable while others have a more limited self-life. These can be either commercially produced or made at home.

Examples of expedient foods include:

- > Wet-pack cans, bottles, and pouches of pasteurized foods like pork and beans, stew, tuna fish, peas, peaches, non-condensed soups, stewed tomatoes, beef chunks, pineapple, green beans, olives, etc.
- > Pre-cooked packaged goods (often quite dry to extend life) such as whole-grain crackers and granola.
- > Low moisture (air-dried or freeze-dried) ready-to-eat foods such as vegetables, fruits, nuts, seeds, cheese, and homemade jerky (store-bought jerky is adulterated with many unwanted additives).

It should be noted that many of the expedient foods will fall into the “dead food” grouping because they have been pasteurized by heat. Fresh foods in season that can be eaten without cooking are expedient live foods. These could include apples, broccoli, sweet peas, carrots, cabbage, peaches, tomatoes, etc.

- 2- **Convenience Foods** — This is a category of food that is very easy to prepare in a short time with only small amounts of energy. The most common things needed for their preparation would be to: add water and let stand, add boiling water and let sit, or add water and bring to a boil and simmer or add water and cook on a griddle. These can be commercially packaged foods and meals or they can be put together at home, ready to go when needed.

There is one particular convenience food that takes little effort to prepare but takes a longer period to be ready — sprouts. In the case of sprouts, you are taking a “sleeping food” and waking it up to become a live fresh food.

- 3- **Long-Term Storage Foods** — These are foods of the type that have been properly prepared to store for extended periods (5 to 20+ years).

The two general types in this area are simple whole foods/ dehydrated ingredients, and dehydrated meals.

Whole foods will include the obvious grains and legumes, which are well suited for long-term storage if they are kept dry and cool. Also, whole foods include a variety of basic commodities with no additives and little or no processing. They will mostly consist of dehydrated ingredients that are air-dried and freeze-dried fruits, vegetables, and meat or fish. When these dehydrated items are kept dry, cool and in a low oxygen environment, they will store for a very long time while still retaining a high percentage of their food value.

Important to go along with these commodities for meal preparation will be spices, herbs, seasonings, and very critical — healthy fats/oils.

Dehydrated meals can also fall into the convenience category. Some of these can be quite tasty and have a fairly good nutritional profile. In most cases, they will be things like stews, soups, casseroles, bread, and deserts.

However, consumer beware when buying any of these dehydrated meals. Don't just purchase based on the advertisements — you'll want to do some very important investigating:

Read the ingredients — if you cannot pronounce them, why would you want to eat them.

Loading up your digestive system and detoxification capacity with all manner of artificial colors, flavors and preservatives are not going to help your strength and health during a period of extreme physical, mental, and emotional stress.

Also, you want to avoid MSG under any of its 20 plus names used to mask its presence. MSG is a neuro-stimulant used to spark the taste of bland foods, it has many negative effects upon the body, especially for the nervous system. It is a neuro-toxin.

High fructose corn sweetener or for that matter corn sweetener of any kind, should be rejected. And don't even consider artificial sweeteners of any kind. If it is going to be sweetened, then one of the many natural sugars (cane, beet, date, palm, coconut, etc.) will be less harmful than any of the manufactured sweet-tasting concoctions. The main thing is you don't want a lot of it.

All of the things listed in this topic of, "Read the ingredients", plus many more, fall into the category of "Deadly Foods" mentioned previously.

Scrutinize the serving size — I've seen several food units supposedly for one-year that only provided 1,200 calories per day. That might be okay for an inactive 5-year-old, but 1,200 calories a day will not even come close to sustaining an active adult. On 1200cal/d an adult at rest will steadily lose weight, and then with any amount of activity the loss of body mass will be accelerated and the ability to do work will be minimal. The typical

lifeboat survival ration provides 1,200 cal/d for people who are just sitting in a life raft and expecting to be rescued in a few days at most.

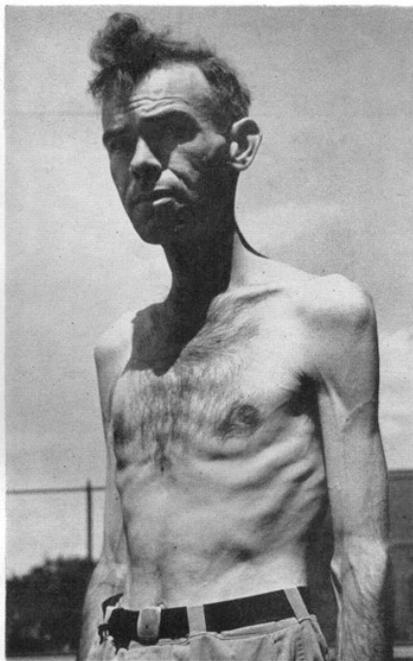
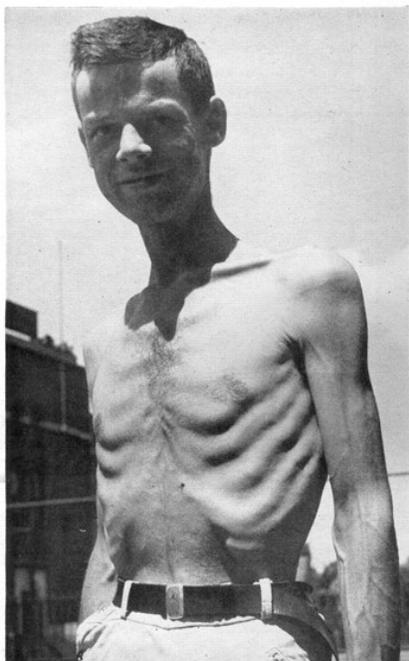
You'll also find some serving sizes are as small as ½ cup, more commonly they are around 1 cup. Not only is the calorie count too small, but when was the last time you knew an active adult that was satisfied by a meal of only one 1-cup in size serving!

Then there are the companies that promote that they provide 1,500cal/d? One-thousand-five-hundred calories sound like a lot at first blush. You might want to review the WW-2 Minnesota Starvation Experiment and see how that affects your thinking on this — here are some links about that study, plus I give a synopsis below:

- Story from Diet & Nutrition (has study pictures) – <https://www.refinery29.com/en-us/minnesota-starvation-experiment>
- An article in, The Journal of Nutrition (with some pictures) – <http://jn.nutrition.org/content/135/6/1347.full>
- A good longer article – http://www.madsciencemuseum.com/msm/pl/great_starvation_experiment

In Brief, this is what the study revealed

The experiment began in November of 1944 with 36 healthy military-age volunteers to study the effect of starvation and how to help the European populace recover from the deprivation of war. The program had three phases.



AFTER FIVE MONTHS OF STARVATION DIET CONSCIENTIOUS OBJECTORS SAMUEL LEGG (LEFT) AND EDWARD COWLES HAVE LOST 35 AND 30 POUNDS RESPECTIVELY

Phase-1 was a control period of 12 weeks where the men were given 3,200 cal/d. They went about regular housekeeping duties and participated in medical tests and endurance studies. The only extra exercise they were given was to walk 22 miles a week, a little over three miles per day.

Phase-2, the starvation period, began in February of 1945 when their daily calorie intake was cut to an average of 1,800 for 26 weeks (6-mo). They continued with the same tests, evaluations, and 22 mi/wk walking. Their diet was calculated to be similar

MEN STARVE IN MINNESOTA

CONSCIENTIOUS OBJECTORS VOLUNTEER FOR STRICT HUNGER TESTS TO STUDY EUROPE'S FOOD PROBLEM

to that of the people in war-torn Europe, consisting mostly of: potatoes, rutabagas, turnips, dark bread, and pasta (lots of starch and low in protein and fats). Note: The Starvation Study diet is similar to most prepackaged long-term food storage programs – Lots of starchy grains and sugar, but low in protein and fats.

Very quickly the men's performance suffered dramatically. They became fixated on their hunger. They lost all desire for anything except food and had little interest in anything, including sex. On average the men lost 25% of their body weight during the starvation period

Phase-3 was a controlled recovery period of 12 weeks to understand what it takes for people to recuperate. One group was given 1,900 cal/d, another 2,700 cal/d. But they all still reported that they felt like they were starving, even with the additional calories. Because they had been in a starved state, they did not really start to recover until their daily intake was much higher.

After the final control period ended the men were allowed to eat as much as they wanted, some of the men exceeded 10,000 cal/d for a period of time. Most of the men gained at least 10% over their initial weight (the body's natural starvations weight gain response).

Taste before you buy. The company's idea of what tastes good and yours might not be on the same page — Don't just try the one sample they want to give you either (believe me, from personal experience that might be the only good tasting one on the menu).

Although survival is not just about how the food tastes, it sure does help if you don't have to fast for three days before you get desperate enough to choke some awful tasting thing down. I've had some food storage items that were really that bad, and I'm not at all a picky eater either.

Even though foods are being set aside for future use, it is important that the 'expedient', 'convenience', and 'long-term' storage foods become a regular part of your everyday diet. This does two things, first, you are rotating and refreshing your food stores to keep it as new as possible — realize that if you have enough food set aside for three years it will take you at least that long to go through it. Secondly, you will be living a very simple concept of, "eat what you store and storing what you eat".

This means that if you are not already working with and eating these kinds of whole foods along with other storage items, you need to start now so the learning curve will not be as steep when the time comes. Also, there won't be sudden taste and digestive upset shock to your system because nothing much will have changed at mealtimes.

One final note on stored foods — throughout the years I've had the opportunity to evaluate several food storage programs plus a number of people have had me review their long-term emergency supplies. I've found there are three things commonly deficient on the food side of things:

- 1) oils/ fats/ essential fatty acids,
- 2) good quality complete proteins (all of the essential amino acids), and
- 3) dietary fiber (both soluble and insoluble).

You might have an adequate supply of calories, it might taste good, and it might not be adulterated with all kinds of artificial additives, but if it's short on oils, and/or protein, and/or fiber, your health and strength will suffer greatly.

4-**Future Foods** — This nutrition category is extremely important to develop as an ongoing process. One of the questions that people commonly ask is, “How much food should I store for the future — enough for six-months, one-year, three-years, seven-years, just how much do I really need?”

My answer is, “That all depends on how long it will take you to get your personal food production up to where it's provides 100% of what you need!”

If you are already producing 75% of everything that you now eat, then a 1-year supply might be enough (more is better).

Why so much when you're already producing most of your food? Two considerations:

- 1) How long will it take you to scale up to 100%—it might realistically take several years—you'll want to make up the difference in the meantime.
- 2) You also want to keep on eating should you have one year of total crop failure (more storage is always better).

What if you don't have a garden at all? Or perhaps you have a hobby garden producing some fresh vegetables, fruits, berries, and perhaps a few eggs. In this case, you'll need a seven-year supply of food on hand. That's to give you a chance to scramble and get production going now that things which would have made it easier are no longer readily available.

So, take it from there and figure out how many years of food you need to have in store. A significant part of your “food storage” will be making provisions for the replenishment of your “future foods”, things like, non-hybrid seeds, tools, things to ameliorate the soil, and other supplies that will allow you to produce food for as long as needed.

If you want to reduce your food storage budget, then start growing more of what you eat now, and will keep producing into the future. It's also important that you learn how to preserve your production for use through the year, plus extra held over for future use. You'll want to learn and practice the different ways of putting up foods without the requirement for electricity.

FOOD PRODUCTION AND PRESERVATION

We've already introduced this topic above as, **future food**.

After storing foods for future use, a major part of this area will be gardening — the growing of plants for food (vegetables, grains, fruits, legumes, berries, tubers, etc.).

However, it's also important to include the "wild-harvest" of plants. They are very nutritious and you don't have to do much in order to have them available (most of the time people mistakenly call them noxious weeds).

Gardening will be a major part of your **future food** diet. For most people, based only on what they can raise, it will be very difficult to remain healthy and strong over a sustained stressful period on a purely vegan diet (one not containing any animal products). Getting the complete profile of the essential amino acids (the building blocks for proteins) is one challenge that needs to be met by careful planning. A little more challenging on a vegan diet is getting enough vitamin B-12. Another vital nutrient shortage from the common vegetable sources will be the essential omega-3 fatty acid. One of the richest common plant sources for omega-3 is in the wild harvest of Purslane (a very nutritious "weed").

If you are not already successful and healthy on a strict vegetarian diet you may find it very difficult to maintain your health and strength from the limited plant-based diet you can grow in your garden. Most people will find it very beneficial to add in homegrown free-range eggs, which are a great source of protein and omega-3 fatty acid.

Therefore, to round out your food production regimen, small animals should be seriously considered. Easiest among these will be the grouping that includes chickens, ducks, and rabbits. The next level up, depending on your circumstances, will be the likes of goats and sheep, followed by the large bovine group for milk and meat.

CLOSING THOUGHTS

Before ending this overview to Module #5, **NUTRITION**, one thing vital for your overall nutrition is education plus hands-on experience, in other words, knowledge. The knowledge I'm referring to is for your current ongoing daily nutrition, the nutrition of foods you have in storage, and the nutritional value of your diet when you are producing much or all of your own foods in the future.

Obtaining knowledge begins with getting correct information, however, information is not knowledge. You only have true knowledge on a subject when you have gained the correct experience along with the correct information, hence the formula for knowledge, $K = \text{Information} \times \text{Experience}$.

There are numerous sources of learning available to you: books, live classes, audio instruction, videos, and online materials. Now is the time to take full advantage of this access while you can, and to build a hard copy library for your future reference.

Some of the generally lesser-known nutrition topics you'll want to dig into for living in a grid-down world includes: spices, herbs, oils, preserving foods by fermentation, cheese making, permaculture, raising chickens, rabbits, goats, sheep, beekeeping, putting up foods without electricity, making bread with natural leaven, etc.

The entire area of nutrition may seem like an overwhelming topic. Certainly, there are a lot of facets to it, however, none of them are extremely complex, nor do they require any fancy, high-tech, or expensive equipment. Consider that up until 170 years ago the world's population lived totally without electricity and the internal combustion engine (and all of the marvelous things those two power sources bring to us).

With that in mind, recognize that we have a far greater understanding of how things work than those past generations could have ever guessed. On top of that, we have at our fingertips access to the information they had plus so much more. Any one of us that chooses to, can learn anything we need to know to live comfortably, even in times without all of the advantages that electricity and the internal combustion engine bring to us.

This closing thought, you really don't have to know it all, own it all, do it all. In fact, you can't. For this reason, it will be very important to build close relationships, friendships. Partnerships, with people you can trust, that you can help and they can help you. I call it "community".

Get started now, don't wait.

Wishing you the best adventures in the days ahead,



Jim Phillips

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