

THE PROBLEM WITH FOOD AND DIET ON EARTH (ENGLISH)

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Mari Swa: Hello again thank you for being here with me once more. I hope you are very well today. I am Mari. This information can be seen as science fiction or as the viewer sees best and I post it for entertainment purposes only. Still, I take my information very seriously and for whoever has eyes to see.

As you all know, YouTube is not the place to discuss certain issues openly and this is one of those issues. However, I can still share my opinion on the matter with certain limitations as I do not want to go against YouTube's regulations. I cannot give medical or dietary advice because I am not a board-certified medical professional.

After having said all that for YouTube, let's go on to business. In this video, I will be discussing some of the issues I see regarding food and diet in general but inclined towards what is going on with vegan, vegetarian, and carnivorous tendencies regarding spiritual and aware communities. I will not go into genetically modified foods or additives because those are very big subjects and I cannot even go into them on this platform. As a basic rule, all genetically modified foods are very harmful to anyone who consumes them and the same for food additives of all kinds, using the main rule that if you cannot read and pronounce an ingredient easily, then it is a toxin and you should stay away from it.

I have noticed that food and diet in general have become a big issue or problem everywhere, but even more within the spiritual community. The media is full of experts who state their professional opinions with supposed laboratory tests and studies, all backed up with fancy titles framed in mahogany hanging on the wall behind their desks at their office. The problem is that those so-called experts who are part of the Matrix end up strongly contradicting other supposed experts who also have fancy titles framed in mahogany and who are also board-certified Matrix agents.

The problem with them and one of the strongest reasons why they contradict each other is because of the economic interests that are behind them, as more often than not they have been hired by large food or drug companies who enrol those professionals to publish biased studies that back their products so they can be certified for human consumption with no regard for what they really do to human or animal health and with a complete disregard for the most basic ethics. But we all know that deep down that is precisely the plan, and healthy humans become a problem for the system and do not consume medical supplies and products if you know what I mean.

As I have been pointed out, the system has even labelled the need to eat healthily as a mental problem, so if you worry about your health and carefully choose the food you want to eat, then you are mentally ill and therefore crazy. As you can see, anything you do that is not what most people and NPCs do, then you have a problem. The system heavily discourages anyone that stands out as they intend to have everyone work and think in a robotic hive mind way because that is how they are controlled the easiest.

Most of the contradictions are about if one or another ingredient is safe for human consumption or not, and about nutrients and the studies that back them up. Yet, the

list of contradictions and differences of opinion between medical and dietary professionals is very long. But, besides this constant contradiction problem that is coming from the official medical community, we must see the other set of belief systems which also cause another set of complex problems, this time coming from the spiritual community.

There are two main reasons why people turn vegan or vegetarian: ethical and for health. I know most of the people who listen to me are highly aware and involved with spiritual practices, which may be a little shocking to you, but this is the data I have. I know that this subject is full of contradictions to the point where any person who wants to research what is the best diet will meet with countless contradictions and problems that end up confusing him or her even more. And my opinion here is also adding to that confusion, but that is not my intent, and I am only giving it here in case it is useful to you, but you and you alone should decide what you put into your mouth and why. This is one of the things where you must decide for yourself what to believe and what is best for you. Don't let anyone mess with your food. No one can decide for you. As always, inform yourself as best as you can and from multiple sources, and then make up your mind about what is best for you.

Spiritual communities and gurus have been pushing vegetarianism for a very long time. It looks like it started in India some 600 years BC, right after the time of the Buddha, observing official time frames for Earth. It is strongly pushed because it is said that a vegan diet is necessary to be able to elevate your frequency to become more spiritual, more etheric, and also to shed karma because you are no longer consuming other living animals. It is said that if you consume animal products, you are eating death, and if you are eating plants, you are eating life.

We here see a problem with all this, and this is where my opinion comes in for what it is worth. According to my historical data, veganism was introduced in India as a means for the overlords of that area to control the people as it would keep them weak and sick. I am only sharing that piece of information with you. I can't know if it is the truth.

Then, observing the concept of eating animal products as eating death because you are also absorbing all the suffering energy and low vibrations of the poor animal, sorry to say, the very same thing happens with plants and if you consume plants. According to the data of my civilization and also the new data found on Earth, plants are very much aware of what is happening to them and also suffer.

They give off a response that can be measured, a response that can be related to them experiencing fear and suffering. They also have a strong defence response and mechanism, which is to liberate a long range of strong antinutrients to stop whoever is eating them and make them think twice about consuming those plants again. And those anti-nutrient chemicals can be very strong, to the point where they must be considered as poisons and toxins.

Contrary to eating animal products, where the animal is already dead, many plants are consumed alive and conscious, fresh as they say. Of course, as a human Lyrian, it is far easier to empathize with an animal who has eyes and a nose than with a carrot. It is just the fact that a carrot or any other plant is far from the concept we have of what is conscious and aware, which makes us empathize with another creature that is closer to who we are, like a cow, a rabbit, or a chicken.

But ignoring the fact that plants also suffer, even if it is in their own way, is only part of another belief system. What you choose to think is correct and ethical even. Anyhow, from higher above points of view, they are suffering as much as any farm animal, and whether they are part of the animal, or the vegetal kingdom has little to nothing to do with the fact that they are suffering. But here, and as you can see, everything we do ends up hurting someone. It is part of being alive because animals, including us Lyrans, must destroy and decompose what we consume to survive, while plants create life out of primal components in the soil and sunlight.

My data here indicates that humans and all Lyrans have not evolved past the need to consume animal products, especially meat from large ruminants, as their correct human diet. Many people on Earth have been on a vegan or vegetarian diet for a long time, since they were very young or even for a few generations. I am aware of that, yet many of them claim to be healthy when they are not, and by far. But I still believe that at least some of them have been able to develop the ability to be vegan. Yet, it is important to know that not everyone can achieve this. Humans are not made equal, and what suits one may not suit another.

Many people have tried to go vegan for health or ethical reasons and have only ended up with very strong health problems derived from their bodies not being able to find their needed nutrition only from eating plants. One of the biggest examples of this is regarding proteins, where many pro-vegans claim that plants can provide all the ones a human body requires, but my data indicates that this is not so, as the type of protein is different. Therefore, it is not appropriate for the construction and maintenance of human tissue.

Many people who started to become vegans or even vegetarians at any age have stated that they feel great for the first year. Then they struggle during the second, only to end up dropping veganism or vegetarianism at the end of that second year because of countless health issues and problems that can be quite strong.

According to my data, meat products digest easily and fast, while plant products rot in the intestines, causing problems. This means that the amount of intestinal gas is a good indication of a proper diet, where the less gas a person has, the more appropriate a diet is to their personal bodily requirements.

There is no way to get over the horrible fact about how badly animals are treated in meat factories, as the amount of suffering there is simply incalculable, and there is no way to get around this. Yet, this cannot go over the fact that human Lyrians as such have been consuming meat since the beginning of time, and their physical body requires it. Back in the day, there were no cruel meat factories, and all animals had a free-roaming life. But human nutrition facts have not changed. In the end, we are all being consumed and even eaten by something else, as we are all part of a food chain one way or another. Not to mention all that is going on with the lizards, you know what I mean.

The system, the Matrix, strongly promotes eating vegan for the greater good, they say. But remember this other fact: it is easy for a farmer with a small estate to become independent food-wise when raising animals such as cows and chickens, while it is very difficult for that same farmer to be able to produce his own food only from vegetable gardens and plantations. The reverse happens with big food companies, where it is very easy for them to produce large amounts of plant-based foods and very difficult for them to produce and finance animal products on the same

industrial scale. And then there is that nonsense issue about cow farts producing bad planetary changes, but that is more of a crazy conspiracy theory subject, wink wink.

All these contradictions about what is medically correct to consume, added with what is or is not ethically and spiritually correct, end up confusing the public to the point where the mere act of eating, regardless of what they are eating, causes trauma. As in eating becomes a traumatic experience. It is accompanied by strong feelings of guilt and even despair when it was supposed to be a beautiful experience. This is a subject where you are the only one who can decide what to eat and why. Don't let anyone get in the way of your food, as there are downsides to everything, to every dietary tendency.

It is said that you are what you eat, and everything you eat can be seen as life or as death. You are not eating death if you consume animal meat, not any more so than if you consume plants. Contrary to what spiritual masters say, you are not condemning yourself to reincarnate to pay for bad karma because you eat animal products any more so than if you eat plants. Eating plants or animals has nothing to do with your spiritual level and awareness, because you cause suffering whatever you do, so it is about how you handle that sad fact that counts.

Ask yourself what is more important: to save a few chickens or the health and future of your children? And I don't like to say those words, and you have no idea how much they hurt me, but I must as they are the result of years of research about the correct human diet; research done by the Taygetans, and by them looking for human data online as well which backs up what they have found.

I know Taygetans have been vegan for generations, but those are Taygetans, and they have developed some enzymes that help them digest plant-based food more efficiently than what humans on Earth can. But there is another sad fact about Taygetans and their vegan diet. They are, generally speaking, not very healthy. They are fragile, they break easily, and they get sick frequently too. And it is only because of their advanced science that they can more or less reverse their health issues and problems. And they also have taken their physical resistance as part of the facts of life as how a Lyrian body is.

This is until they discovered interesting facts coming from other Lyrians, such as from Earth humans, where the Taygetans are suddenly facing the fact that humans are far more resistant to accidents and even to illness than they are. Most Taygetans wouldn't last six months on Earth before falling sick with countless ailments, all derived from their diet and how fragile they have become after generations.

This is new data for you all, I know, as my predecessors have heavily pushed the notion that Taygetans are very healthy, and they may be, but they are also very fragile, including the strong men who are, generally speaking, much larger on average than an Earth human male.

Spiritually speaking, karma is something you and only you control it using your mind and your belief systems. There is no reason to pay for karma as it is said in religious communities which observe the concept. Remember, the main purpose of religion is to control the population.

Then there is all the fanaticism and the hatred even that the vegan and vegetarian community has against the people who are not. Please remember that not everyone

can be vegetarian. Each person's metabolism is different, and many, most, cannot be so. This is yet another example of the powers at be weaponizing something to their advantage, as this breeds fanaticism, exploiting the starseed's natural empathy towards animals and weaponizing it to create more separation and more conflict among the human population.

Dear starseeds, you are on Earth, and it is hard there. The ugly truth is that it is a question of eating or being eaten. The Urmah, for example, are a very ethical and conscious advanced race. They have developed the capacity to grow and produce the meat they require for their dietary needs as large felines. They grow meat tissue in their food laboratories, tissue that, although alive as a group of cells, was never part of an animal. We don't have that capacity, at least not yet. The technology is non-existent in Taygeta, and on Earth, synthetic meat is not real meat and is very dangerous for your health.

But even though the Urmah have developed the technology to grow meat in a laboratory, they are also known to hunt their food in the traditional way whenever it is necessary, and they do so up to this day. Advanced and interstellar or not, cats will be cats.

There is so much more to say about this subject, and I am sorry if I disturbed your beliefs about food. This will be all for today. Thank you for watching my video and for liking, sharing, and subscribing for more. And I hope to see you here next time.

With much love.

Your friend,

Mari Swaruu