



How we eat, what we eat and much more importantly why we eat at Fountainhead

The original inspiration to build Fountainhead was my mother's prognosis of three years to live with Cancer. I researched nutrition passionately. Read all I could find, studied physiology and nutrition, travelled to the states and met Norman Cousins, Nathan Pritikin and many others. Looked at food from the traditional three food groups approach. Concluded that lymphotoxemia (poisoning by fat) is the main cause of illness in Western world and is therefore self inflicted and curable by dramatic, across the board reduction in fat.

Many years later I arrived at Maleny, to build Fountainhead and started to again research nutrition to decide a big part of what we were to be. Many of my earlier conclusions were still valid, but I soon met John Fielder, whom in my opinion is the greatest mind in nutritional understanding alive today. John practised a totally different approach to maintaining health to anyone I had encountered. John was a "hygienist". John believed that the best way to help a body return itself to Homeostasis was to feed it only live, raw and mainly unprocessed foods after some periods of fasting to enhance detoxification. John explains that the process of digesting cooked foods is one of the most taxing experiences, to gain the minimal nutrition left after cooking and processing, that the body could possibly endure. We tested John's ideas with our selves, others and then eventually with the hundreds of people that come through Fountainhead. We are confident that his approach is the best approach we have found thus far. We still look for ways to improve the system, but are confident that what we do, works very well.

Our Program of Nutrition We offer a program that is different to what 90% of our guests have ever experienced before. That is the idea. Many people, whom are ill, don't see their own contribution to their own health demise. Most are very scared of what they eat, and this contributes further to their health issues. Every Monday through Wednesday we do our juice detox. We consume organic fruit and vegetable juices, filtered rainwater, and green coconut juice where available. We juice at 830am, 1130am, 230pm and 530pm daily. The goal is to "rest" the digestive system, and allow the body to move its energy to "cleaning and housekeeping", (see separate file, "Why we fast"). I believe this is approximately where 50% of the wonderful "new" energy that our guests experience comes from. Thursday and Friday we focus on mainly raw foods, giving way to some cooked from Friday evening and onto the weekend, (combined with still a predominantly raw, unprocessed and vegetarian regime). The only supplement we use is a dried, fruit and vegetable supplement, "Juice Plus". I have not found another single supplement that I would recommend. Raw, live food and eliminating allergic reactions I believe is where the other 50% of the health improvement comes from.

Our health philosophy dictates that we will provide minimal interference with the body healing itself. So no wheat, no dairy and no soy products can be used, (this account. We choose Organic, young and fresh everywhere possible, including growing lots of our own, (Fountainhead Sustainable Farm has used no chemicals for over three years now and is on its way to becoming certified Organic). We do not approve of other supplements as they will interfere with the very process we are trying to achieve. While some naturopathic information has contributed overall to our health philosophy, we do not believe that a herbal pill, overall is much better than a chemical pill, hence we do not preach Naturopathy. We only believe in two food groups not three. We are still learning and have a long way to go. We are currently still learning about Ayurvedic and Chinese Naturel therapies. We are also being educated by Greg Neville to understand where the mind comes into the equation with Nutrition. We want to keep improving our understanding of how we can create health. We teach Guests at Cooking school Thursday and Saturdays to pass some skills on to be taken home and 2005 will see our first Cook, and "No-cook" books published.

Who Fountainhead is for.

We eat for fun, we eat for health, we eat for energy and we eat to think. We eat to try new things, we eat to celebrate and we eat to learn. Our program is radical and will probably be the biggest contributor to your knowledge of health so far in your life. If for the duration of your stay what described here is not doable, I would suggest that you are not yet ready for Fountainhead. If you ask us to adapt to what you already eat at home, we can not. We are not trying to find what works, we have already found it. We practise a philosophy, it is who we are and that is what we offer. If however you are unhealthy, lacking in energy and pre occupied with health issues rather than what to do with your life then Fountainhead could be just what the Natural Hygienist ordered.