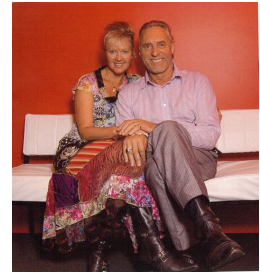


Here are two articles published in a New Zealand Magazine about Denie and Shelley Hiestand



We talk about the vibes we get, we can sometimes literally feel the electricity flowing between ourselves and others, and when our energy is low we say we recharge our batteries. But do we really think of ourselves as fundamentally electric? Well according to California-based and internationally renowned healer and teacher, Denie Hiestand, that is exactly what we are: ourselves and the world around us basically boil down to vibrating frequencies of energy.

Now before you groan at the prospect of hearing all about some New Age guy, from the States, with some vague theory about 'vibes man,' brace yourself. This is a good old home-grown Kiwi talking, a former dairy farmer no less, and what he has to say, not only short circuits everything we have been led to believe about what is healthy and what is not, he backs up his claims with science and research. And it is all published in *Electrical Nutrition* (Avery, a division of Penguin Putnam Inc, November, 2001) which he originally self-published and has co-authored with his wife Shelley, a fellow vibrational medicine specialist.

In addition to looking at our body from an electrical perspective, Denie draws upon agricultural science in his approach to health which includes eating red meat and dairy, whilst vegetarianism gets the thumbs down. He says some of our so-called health foods are "the unhealthiest foods ever produced." And, accordingly, some of those who would consider themselves health fiends are turning out to not be so healthy after all.

When it comes to health, Denie advises, "Look at the people that you're dealing with. The guy who said jogging is good for you died out jogging of a degenerative disease [heart attack] in his early 50s. So that didn't do him a lot of good, did it? And Linda McCartney, a woman who promoted vegetarianism and soy products, died of a degenerative disease [cancer] in her early 50s too. Did she get it right?"

Hmmm! I look at the animated 52-year-old man in front of me and I have to admit he is in pretty good shape. Meeting Denie is a totally electrical experience. He has boundless energy (even following a 12-hour overnight plane flight) and as he talks with a contagious passion for his subject, his energy surges; on some topics it's almost as if sparks fly. >

HUMAN CURRENTS

Karen Farley meets a New Zealand dairy farmer turned vibrational medicine specialist who believes that the process of eating is electrical, and the faster food rots, the healthier it is for us

PHOTOGRAPHY JACKIE MERING **MAKE-UP & GROOMING** NIKKI LOVRICH
MODEL BEICKY (CLYNE) WEARS TOP BY VERSACE **HAIR** KMS **MAKE-UP** ATELIER

First up, of course, I am intrigued to know how a farmer comes to be such an expert on health. Originally from Opunake, Taranaki, Denie tells me he grew up on a farm and after doing an apprenticeship in engineering, returned to the land with his first farm in Waikato. He says he was always pushing boundaries.

"I was the first farmer in New Zealand to get 500kg per hectare on a commercial production farm and got more Rural Bank money than ever before in the history of New Zealand. I fought the system from day one. Did the four-minute-mile of farming in Ashburton on the poorest soils in New Zealand, and me and a group of others basically opened up Canterbury for dairying."

In the end, however, it was his health that suffered. "There were never enough hours in the day so we just worked harder. Eventually my body crashed in my late 30s. I had asthma, a suspected heart condition and chronic fatigue. I laid on the couch for six months unable to function. Just wanted to die."

The turning point came when an acquaintance did some kinesiology on him, which he says, "I thought was utterly woo woo at the time, but I felt an aliveness come back that I hadn't felt for years."

Impressed, Denie says he just had to find out more about this health practice that had worked when all else had failed. But, in his drive to get his health back on track, he also realised that he had years of invaluable experience right under his nose.

"I thought, hang on, I'm one of the best farmers in the world — my oldest cow was 21 years old at the time, that's 105 by human equivalent, I was still calving and milking her every year without her getting sick — so why can't I keep myself healthy?"

"I started to look at my nutrition, because in farming if our cows get sick, the first thing we think is: what am I feeding her, what's in the soil? When I looked at my body from my agriculture science background, that's when I started my recovery."

Through a series of bizarre events which you can read about in Denie's self-published autobiography *Journey to Truth* (ShelDon Publishing, September, 1998), this farmer was also to discover he has a powerful healing ability. And he is what some would call a medical intuitive, though he prefers a more scientific explanation: "There is not a disease state that is not evident in the body's electromagnetic fields prior to its physical manifestation. I basically can look at something and see the electrical matrix, not see it with my eyes, but interface with the electrical processes that are going on. In the clinic, I can basically know every human being that I sit down with. I don't get it wrong. I work in

doctors' clinics throughout North America, they get me to do the 'too-hard-to-deal-with' people. It's not that I'm a freaky type person, everybody can learn to interface with energy this way and we teach this in our courses."

Today Denie is qualified in homeobotanical therapy, cell

electrology, lymphology and vibrational medicine, and, often called the Body Electrician, has extensively researched the electrical workings of the body. In particular, he has tracked the electrical interface between what we eat and our body.

"We've never looked at what actually happens when we eat," Denie says. "Does the food we eat become our life-force? No, it's the field of energy at the molecular level that becomes our life-force. The process is electrical, it is not biological. Ten years ago we didn't have the machinery to measure this. Now, thanks to scientists like Dr Patrick

"RESPONSIBLE FOR 500 HEADS OF ANIMALS, FOR THEIR DAY-TO-DAY HEALTH AND VITALITY...YOU ARE GOING TO LEARN MORE ABOUT HOW NATURE WORKS THAN ANY UNIVERSITY WILL TEACH YOU"

Flanagan, we can eat some food and measure the electromagnetic response of the body.”

Some foods, Denie suggests, are more nutritionally available to us than others according to their vibratory rate, or life-force, which interestingly enough, corresponds to how rapidly it decays. You see, “what we commonly refer to as digestion is actually the fermentation, or rotting, of the food we eat. Animal and fish protein decays the most rapidly and gives us the highest return in energy availability, followed closely by raw fresh fruit and berries. Then come green leafy vegetables, followed by the root crops and other more solid vegetables. Grains, seeds and nuts are the lowest.”

Which leads on to one of Denie's hot topics. He relates the natural cycle of grain producing plants to the reproductive needs of animals; sprouting to provide protein when they have their young in spring, then in autumn, when the food requirement drops off, producing virtually indestructible seeds to survive winter so they can germinate again the following spring. “Three billion years of evolution have made grain seed hard so it won't rot, and we put it in this rotting tank [he pats his stomach], and our bodies have got one to three hours to deal with it? You've got to be nuts.”

Denie in effect turns the official food pyramid we all know on its head advocating more meat eating and less indulgence in lower vibratory foods (yes that's right, all those delicious baked goodies). He points out that our ancient forbears lived long, healthy lives eating a diet in harmony with the vibratory scale he outlines, one rich in largely raw animal and fish protein. And whilst they did gather nuts, seeds and grains, these were stored for times of famine (when they would have been pre-fermented in goat's or mother's milk) or, in the case of grain (unleavened bread), used as a filler.

“These foods take a lot of energy to ferment in comparison to the nutritional value they give. Eating animal protein is a lot more readily available, digestible and fermentable,” says Denie.

He suggests that the problem with our modern diet is that grains in particular are “eaten en masse by everyone, all the time.” This trend only began two hundred years ago, whilst “our bodies have evolved over millions of years” and can't adapt so quickly to such a dramatic change in diet. The result, Denie maintains, is that the digestive rotting process is compromised, our body electrics go haywire, toxins are produced and the seeds are sown for degenerative disease.

From an electrical point of view, Denie says everything we do to our food, including how it is grown, processed and the adding of preservatives (which of course suppresses its rotting ability), impacts upon its electrical matrix and therefore its affect upon our body. He even cites research illustrating that what we say and think around the food we eat affects its electrical frequency, (throwing a new light on saying grace).

And following Denie's logic, even supposedly healthy foods like tofu and soy milk are not actually good for us. “They are among the most highly processed, electrically damaged forms of protein we could possibly eat. As far as agriculture is concerned, soy has long been known to be toxic to animals and up until recent decades was never used as a food.”

Another fairly modern phenomenon, mixing proteins with starch (and we're talking here fish and chips, spaghetti bolognese, pizza, the list is endless), also upsets the whole electrical digestive process. Denie says, “As any farmer or home gardener will tell you, to correctly ferment anything, the conditions must be specific to the food being fermented. A farmer making silage from corn, which is a carbohydrate, knows that the pH required for controlled fermentation is different from that required to make silage from young grass, which is protein.”

Our body, according to Denie, is no different and regulates our digestive enzymes and bacteria to control the pH balance of our digestive juices for different foods. “When we p-



The road from dairy farmer to well-known and respected healer took Denie several years, some unusual experiences and a lot of convincing. In the end, however, he could not turn his back on his destiny. Denie says, “It is important to follow your heart and do what is right for your soul. You've got a right to be who you are. All of it. You've got a right to your passion, your power, your vitality, your outrageousness, your femininity, your sexuality, that's your god-given experience here. And to have that suppressed in any way, shape or form is a travesty. Now I am following my truth, life, love, health and wealth flow effortlessly.”

eat one mouthful of potato [carbohydrate] and then another of meat [protein] the fermentation process is compromised, the food particle's field of energy becomes distorted and toxins are produced." More immediately obvious is that bloated feeling and low energy. Down the track, Denie again predicts, we are in for degenerative disease.

Which leads us to vegetarianism, and sparks really start to fly. "In my clinical experience," Denie declares, "and I have seen close to 15,000 people, long-term vegetarians are the most degenerative diseased group of people in the Western world." He points to typical symptoms of malnourishment from lack of vitality to conception difficulties — problems he has seen remedied through eating electrically which includes eating red meat.

"It's an impossibility for vegetarianism to work for the human body," he continues, "because we're not herbivores. We've got a totally different digestive tract and system. If you want to have a high vibratory rate and be full of passion and life, there's no point eating low vibration food. It's like having a Ferrari formula one and putting 83 octane gas in it. You've got all this incredible capacity, but you're not giving it the fuel. Sorry, it don't work that way."

And Denie is not just talking about nourishing our physical body. Our diet, he says, is also the key to higher consciousness. In his research, Denie has looked into original Bible interpretations. He reminds me of the last supper when Jesus offers the disciples the key to enlightenment. "Jesus grabs a piece of left-over bread and says, 'Imagine this is the flesh, take this in memory of me.' He didn't say take the bread, he said take the flesh. And he looks around and sees some wine and says, 'Look, this is the blood, take this in memory of me.' Now what is flesh and blood? Pure protein. He was telling them to eat animal protein to be able to have the vibratory rate to have the consciousness that he achieved. He talked pure electrical science. These old masters were telling a major truth: religion has distorted that truth."

With Denie's emphasis on eating red meat and dairy, I query the fact that research points to these being the culprits in causing high cholesterol levels. "In most of the studies," he responds, "more often than not the red meat consumption has been in conjunction with starch. It is the poor food combining causing incorrect digestion that results in cholesterol build up. Bread is also one of the biggies that causes clogging up of the arteries. One of my clients was warned that his cholesterol levels were too high. He cut out all the grains from his diet (no sticky buns, doughnuts or bread) and two weeks later his cholesterol was normal again."

One of our other concerns, of course, when we reach for the light-green as opposed to the dark-blue milk container is our weight. But Denie insists, "Fat can't make you fat. Nature didn't get it wrong. The fat in dairy is utilised directly by the body and is available as an important energy and protein source. Obesity is a huge problem in the United States and yet it has one of the most fat-free diets in the world."

The secret, according to Denie, is a simple truth that every farmer knows. "My Grandfather would say: 'protein for production, grain for gain.' When the farmer wants to fatten up the heifer, he feeds her grain. But if you want a cow to be fit, lean and healthy to calve and milk, you feed her protein [young grass]."

The *Electrical Nutrition* way is to eat everything exactly as nature made it, if we wish have optimum health and vitality and be free of disease. Which leads to another one of b-

DENIE IN EFFECT TURNS THE OFFICIAL FOOD PYRAMID WE ALL KNOW ON ITS HEAD ADVOCATING MORE MEAT EATING AND LESS INDULGENCE IN LOWER VIBRATORY FOODS

Denie's key assertions, that raw is best. "The heating of foods, especially of animal protein, destroys many of the nutrients and enzymes required for proper digestion."

I balk at the idea of my steak walking off the plate, and am concerned about the safety of uncooked animal products. "There is actually a plethora of research linking food poisoning, salmonella, parasitic loading, etc with cooked not raw food," Denie assures me. "It is very obvious if raw food is not fresh. The body, in its innate wisdom has put a nose above the food entry point of the body for a good reason. Food that is off, smells that way." And he advises, "Buy your fish and meat fresh from reputable sources; don't let it sit around; and always smell your food."

Not everyone agrees with Denie's approach, of course, and he is the first to admit that most dieticians and nutritionists "get out of joint" with what he has to say. But when they question his lack of academic credentials he simply refers to his farming background, "You get responsible for 500 heads of animals, for their day-to-day health and vitality, and their health depends on whether you can buy shoes for your kids or not, and you are going to learn more about how nature works than any university will teach you."

And he does have a strong band of supporters from doctors across America to scientists the likes of Dr Peter Baumann, retired head of research of Celber Geigy. Denie also has his remarkable success

rate with his clients, with himself as a shining example. He tells me, "In my mid thirties my sex drive was rapidly going. Now, libido relates directly to sperm count

and New Zealand farmers have managed to keep the sperm count of the national breeding herd more or less constant since 1972. So I set myself a goal. If I was right, and my concepts were right, technically I should be able to clean this body up, feed it properly, and reconstruct its biological process through the concepts of Electrical Nutrition.

"Today I am more sexually alive than I was at 18. I out-party my kids who are in their teens and early twenties. I've got far better vitality; my daughter says, 'Dad you're getting damn embarrassing, you're getting younger every time I see you.' If we keep our body clean, it will function electrically which will allow the biological process to happen."

All very well, but I point out to Denie that for most people today, changing their diet so radically would be pretty difficult.

"It is hard," he admits, "but once you've got your body clean, you can be naughty and it will clean up. When it's all clogged up your body can't react to what you've eaten, so it just clogs you up more. When it's clean and actually working, your body tells you when it's had enough."

In any case, Denie emphasises, "Electrical Nutrition is not diet based. I'm not anti anything, I'm not telling anybody to do anything. All I've done is supplied the facts of how nature works, giving people the option to see another reality. A good starting point to correct any electrical and dietary disharmony would be to supplement with electrically available minerals, herbs, enzymes and natural bacteria."

Denie is the sort of person I could sit and talk with 'til the cows come home, he has so much to say. But it is time to go and we didn't even get round to discussing food allergies, his thoughts on diseases like cancer, his convincing arguments against vaccination, the problems with modern medicine, the electrical problems that can surround high-tech child-birth, or... Well, you can read all about it in his book ☐

"FAT CAN'T MAKE YOU FAT. NATURE DIDN'T GET IT WRONG. THE FAT IN DAIRY IS UTILISED DIRECTLY BY THE BODY AND IS AVAILABLE AS AN IMPORTANT ENERGY AND PROTEIN SOURCE"



Shelley with George Clooney on the set of *The Confessions of a Dangerous Mind*. "I'm in a party scene at the Playboy Mansions interacting with the main actors which was pretty cool."

My inroads into Hollywood

She's sexy, she's sassy and she just shines with her enviable vibrancy. Her name is Shelley Hiestand, she's a New Zealander and she's making inroads into Hollywood. Never heard of her? Well, it's just a matter of time...

Her latest project has been *The Confessions of a Dangerous Mind* directed by George Clooney, released late last year. "I'm in a party scene at the Playboy Mansions interacting with the main actors which was pretty cool."

It is just small, bit-parts at the moment, but then some hopefuls toil away behind the scenes for years never to do more than make cups of tea for those on the sets. In any case, for Shelley, acting in movies is just a sideline interest, and it's more like the opportunity came to her, rather her seeking it out.

Having been living in the Hollywood capital, LA, for the past few years, Shelley says, "We meet people all the time who are involved with the movie business. I just happened to meet a casting director who said, 'You have the exact look that I'm after' for a particular movie that was coming up. That's how it all started. Then as a result of that I've got involved with half a dozen things so far. Last week I had three auditions for things coming up."

But performing is not something completely new for Shelley. "I've always loved theatre and the creative arts," she enthuses. When I was a little girl, my parents used to have parties and my mum always encouraged me to stand up and sing the latest song I'd written, or perform a little dance that I'd done. I think I was four years old when I won my first acting competition doing *The Owl and the Pussycat*. I was involved with school drama, then at university [she studied law] I was in the drama club. Theatre has always been one of my highs."

Nevertheless, with so many prospective actors swarming around LA what has made Shelley stand out? Well, she thinks "it could be a little to do with my Kiwi effervescence" and even her New Zealand accent, she says, is a plus because Americans "love it" and "remember you" because of it. But more than this she explains, "A lot of it's to do with energy and how comfortable you are in your body — that



Movement
is life
and the
more fluid
we can
make our
bodies...
the more
energy
flows
through
our cells
and the
more we
get out of
life



The more in tune you are with yourself and the happier you are within yourself, the more you transmit that energy...people pick up on that and...are attracted to your energy.

Manifest all you desire in life

comes across on the screen and when you meet people."

Which brings us to Shelley's main line of business and her passion. Shelley is co-founder and director of the International Institute of Vibrational Wellness — which runs seminars in America, Canada, Switzerland and New Zealand — along with her husband, Denis Huestand. Some readers may remember I interviewed Denis for an article in our summer issue last year about *Electrical Nutrition*, the ground-breaking book he wrote with Shelley's help. Together the couple, who also work with individual clients and run a successful electrical nutrition supplement company, make an electric combination.

Shelley believes the opportunities that have arisen for her are "also a by-product of the work Denis and I do. The seminars are about becoming consciously aware of the energy of who you are and how to manifest all you desire in your life. It's like the more in tune you are with yourself and the happier you are within yourself, the more you transmit that energy and people pick up on that. It's like you become the lighthouse and people are attracted to your energy. That seems to be what's happening for me."

The special skill that Shelley brings to this work is her talent and expertise in music and movement. "Movement is life," she says, "and the more fluid we can make our bodies, the more alive we make them, the more energy flows through our cells and the more we get out of life."

It all seems a long way from law school in Dunedin. But Shelley points out she has always had various strings to her bow. For a start, she says, "I was brought up in a household where movement was important. Both my parents were very active and my mum's a dancer. She's in her sixties and she still loves to dance."

And whilst a student, in addition to theatre, Shelley was involved with teaching clarinet to children and she started practising meditation. "I was always busy doing so much and I used to suffer from headaches," Shelley remembers.

She took a course in transcendental meditation which she says was "what really kept me going, and the headaches went away."

In any case, Shelley says even back then, "I wanted to help people but also I wanted to change the world. I thought I could do this through law."

Full of enthusiasm for her mission, Shelley took on additional responsibilities at university, co-ordinating the free legal advice services, plus she was sexual harassment contact person. By the time Shelley was admitted to the bar, however, she says she came to realise, "You can't change the system from within. Also I found most problems stem from within people."

Shelley decided to go on her great OI. It was meant to be a two-year trip but eventually spread into seven years and led her to not only draw more on her musical and performance talents, but also to move into the personal growth field.

"I spent a lot of time in India studying meditation and other techniques. I also did some work with a dance therapist who specifically looked at how you can use dance, movement and music in the healing process of activating and freeing up the body and different blockages in the chakra system [the body's seven energy centres that transmit and receive information, each relating to a different element and specific aspects of ourselves]."

Her travels also took her to Indonesia, Malaysia, Thailand, France, Nepal and West Africa and she says, "It was fascinating to experience how dances in the different cultures felt in my body and where the issues were with those

cultures. In West Africa, their whole issue is survival. They are a very grounded type of people, connected to the earth. A lot of their dances are the base chakra, tribal, earth dances. Other cultures, for example India, tend to use upper body movements, with the hands, eyes and head, and the energy is more focussed on the upper chakras."

Whilst travelling, Shelley also looked at different music from around the world and how it makes the body move in different ways. She created her own unique music and movement programmes and says, "You can see a lot about where people's issues are in their body by how comfortable they are with the different music and how they move to it."

"The other day, I was working with a girl who is a potential Olympic ice skater and training very hard. I created a dance compilation tape for her with music that resonates with the different chakras. She was really comfortable with the tribal music, she's secure in herself and her body. But when we got up to the second chakra which is more sensuality and sexuality (she's 14, so she's coming into all that) she wasn't comfortable at all. When we got up to the third chakra which is your power centre, she was scared to go there. She'd been brought up in a very strict household with a Middle-Eastern father who was very strict, especially on being a woman and expressing who she was as a

If we are unable to express our emotions, this can manifest as health issues down the track

young woman. She wasn't allowed to wear shorts or anything that showed off the shape of her body.

"So we discussed how hard it was for her to really be in her power as a young woman and express that energy and how she could work with the music on her sensual expression and on feeling more confident and in her power as a young woman. This would not only help to create more fluidity in her dance movements and add power and confidence to her skating, it would translate into her life."

And Shelley emphasizes that music and movement isn't simply something of benefit to those who want to 'move it' professionally. "Everybody can move. Rebounders are fantastic. It's something you can do while watching TV or you can put on your favourite music and just move, bounce and have fun — which is important."

Shelley gives some examples of how we can use music and movement in our everyday lives. "If you are feeling 'spacey', your head is 'in the clouds', or your life doesn't seem to be functioning well on the earthly planes, this is a first chakra issue, relating to the earth element and is all about being grounded. Play African/tribal music and really focus on grounding yourself by stomping your feet and bending at the knees so that the energy can flow downwards.

"If you have blockages in your creativity or sexual energy and are feeling frustrated and things aren't

really flowing in your life, that's very much a second chakra issue. Things like belly dancing, rock 'n' roll, doing the twist, that kind of music can help to free up that area.

"If you are feeling stuck in your life or sluggish and can't get motivated in the morning, it's very much a third chakra blockage. The element associated with this energy centre is fire. It is our action chakra. Put on really upbeat, fast, happy music that gets you going, or gets your "fire" started, and makes you really want to dance or move. This is great way to get you motivated."

But what about those times when everything is already pumping and you just want to slow down? If you've ever got frustrated trying to meditate when everything is buzzing and you just can't switch off, Shelley makes an interesting point. "Meditation was originally developed in India, way back when there weren't the environmental stresses that we have today. So it wasn't too difficult to sit under a tree, close your eyes and empty your mind. These days we have so much happening, to get home and expect to close your eyes and clear your mind in a couple of breaths is almost impossible. We can use music to help us achieve that state. Put on upper chakra music — which is more the meditative, calming, 'new age' or classical music — lie down on the couch and relax."

On a deeper level, however, music and movement can have a powerful impact on our health. "The whole body is like the hard-drive of our life," explains Shelley, "and particular areas, like shoulders, back or throat, hold the stress or trauma of certain experiences."

Especially if we are unable to

express our emotions, this can manifest as different health issues down the track. "Most of the people we have seen who have manifested cancer in their body, are very tight emotionally. It seems to be that the stresses of life in addition to not expressing their emotions results in a tightening of the cells, so the energy can no longer flow freely.

"You can use music to free up those cellular memories, which is what we do in the second module of our seminars. You can then give life and expression to that memory using your body with movement. It's not regurgitating it like a psychoanalyst would have you do. It's amazing how much it shifts people, it's very, very powerful.

"When I studied some of the different types of healing modality, I found this technique worked specifically for me because I'm a very energetic, 'I like to do things' sort of person. I always found that when trying to talk through these processes, I just seemed to go round and round in circles. Doing something active, however, seemed to move the energy through a lot more easily."

Once you become aware of what's happening in your body, Shelley says, "you can see things that are going wrong before they manifest as a disease state. You can also become more aware of your reaction to certain outside influences, how they affect your body and become more conscious of not letting it affect you in that way. You can then relax that area of the body — like the belly, if you are getting all emotionally upset."

However, whilst Shelley assures you can learn to "take your awareness inside and become more consciously aware of how your body feels and where any blockages are." She also adds, "So often today people are numb. They are numb to their feelings and to what's really happening in their body and they do whatever they can to make themselves more numb — like eating the types of foods that pack on the weight and make you less con-

The power you have as a woman is when you are in your power as a woman and can enjoy being a woman

scious of what's actually happening in your body."

So what we eat is a key part of the equation, as Shelley found out for herself. When she met Denie seven years ago, she had been largely vegan for over twelve years and says, "A lot of things were starting to go wrong in my body and I had problems with mood swings. I had always been a happy-go-lucky girl and nothing bothered me. Then all of a sudden I was having these highs and lows."

Tests revealed she had major nutritional deficiencies including protein and B group vitamins. Denie had extensively researched the electrical workings of the body and was convinced that humans are hard-wired to eat meat. However, Shelley says, "I initially thought I could get away with eating one piece of red meat a week, but now I've noticed that the more red meat or protein I eat in the week the higher my energy levels are, the happier I am and the better my complexion. Now I look in the mirror, and for the first time in my life I've got rosey cheeks. So I'm a convert. It works, it really does."

Shelley also learnt some hard lessons about nutrition from her dad. "He died almost four years ago now of a heart attack at 67 after a history of heart disease. Movement is basically what kept him alive so long. The only way he was able to keep physically pumping the blood through his body and his heart was because of his activity. He had a very clogged up system. He was one of these people who didn't express his emotions, his body and cellular structure was incredibly tight. Denie would say to him, you've got to stop mixing your proteins and carbohydrates, you've got to cut out the bread otherwise you are going to clog your arteries back up again."

Unfortunately he didn't heed this advice and movement alone was not enough. Shelley emphasizes, "We are very complex beings — physically, emotionally, spiritually — and we have to nourish ourselves on all levels." To further illustrate this, she points out, "What often happens when people start making positive changes in their life, like eat-

ing the right foods or giving up smoking, is that the body starts to 'wake-up'. People can sometimes find it difficult, because if you are used to not feeling it seems like all hell is breaking loose. Music and movement can help shift things."

Today Shelley eats a largely raw food diet, including meat, excluding grains, minimising her carbohydrate intake and not mixing proteins with carbohydrates, all in line with the principles of *Electrical Nutrition*.

Which takes us back to Hollywood, where Shelley says she's not just making inroads with her acting. "One day, I just happened to drive up to the movie shoot in the crew van with George Clooney and we talked about how to keep the energy levels high when working long hours on the movie set. I was on the set for 14 hours straight, from 5pm to 7am! My energy levels were so high that everyone commented and many asked how I maintain my sexy figure at the age of 35. So we talked about the importance of what you eat and how it's important to have a high protein diet versus lots of carbohydrates to keep your energy levels high. Of course I told him and everyone else on the set to go and buy *Electrical Nutrition*."

I pick up on Shelley's reference to her sexy body and comment on the ease with which she talks about her appearance when most of us hide behind modesty or, worse, self-condemnation.

"A lot of the work I do in the workshops is about honouring your self. First we focus on and honour the things you like about yourself. Then you can look at, 'Okay, if I'm not happy with my body shape, what can I do about it?'"

"How often do you honour yourself as the woman you are, or the person that you are? Especially in front of the mirror, just loving yourself for who you are. There are a lot of women don't give themselves permission to be women and be sexy, to dress up and have fun."

Shelley remembers, "I used to be very much a feminist. I never used to wear clothes that would show off my body. That began to change when I started to do more movement and music and get in touch with my body and the whole sensual aspect of the power of being a woman. I think the power you have as a woman is when you are in your power as a woman and can enjoy being a woman. It's so much fun to be a woman, it's really fun to play with and it makes me feel good."

"Today we often take life way too seriously," she says. "For me, enjoying the physical body, enjoying this life and having fun are important. You don't get out of here alive, so you may as well enjoy the experience while you have it."

Shelley and Denie Hiestand will be in Auckland for the first (10-14 March 2005) and second (17-23 March 2005) modules of their International Institute of Vibrational Wellness trainings. For more information visit their website: www.vibrationalmedicine.com