

# **The Raw Foods Bible**



**The Science Behind Living Foods**

**Gourmet Live Food Recipes**

**Acid and Alkaline Balancing**

**Recommendations for Vibrant Health**

**Regulate Your Body Temperature With Food!**

**Cutting Edge Information Enclosed  
From Ancient Societies to Modern Science!**

**Craig B. Sommers, ND, CN  
Naturopathic Doctor  
Licensed Certified Nutritionist**

This book is dedicated to the evolution of Humankind.

Craig Sommers

***“Let Food Be Thy Medicine”***, *Hypocrites (460-377B.C.)*

"Craig's *Raw Food Bible* is a heart filled, conscious contribution addressing the most important foods and physical health providers on earth. Congratulations!"

Brian Clement, Director of the Hippocrates Health Institute

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# Introduction

In this treatise, we will explore many things including the differences between unprocessed, uncooked foods and those that have been processed and/or cooked. There is an ever-increasing population in the United States and abroad of people who refer to themselves as *Raw* or *Living Foodists*. In the pages to follow, I will share scientific documentation gathered from such sources as medical dictionaries, books authored by physicians, researchers, mystics, the Archives of the Vatican, and even the Old Testament.

I have benefited greatly from a diet based on uncooked and unprocessed (whole) foods. (Scientific research proves that nutrients are destroyed in cooking; so are cooked foods still whole foods?) Before I started on the path to healthy living, I thought I was perfectly healthy except for the minor problems of dandruff, athlete's foot, small pimples on my upper arms, reoccurring warts on my fingers and hands, love handles, a small beer belly, pinpoint hemorrhages (small red dots) on my chest, slow moving bowels, poor memory, a short temper, and a twenty-four hour, seven day a week stuffy nose. My doctor said that none of these problems were related to my diet. I saw the registered dietitian at the medical center and she said the same thing as the doctor. None of these problems were related to my diet. But when I cut out the processed foods and the animal products and started eating mostly raw and unprocessed foods, all these problems vanished! My life improved in every way possible! In a matter of five years, I went from working for others for a living and just getting by day to day, to owning a health food store and



earning a license in nutrition. During the two years that I spent working in my health food store on Long Island, counseling walk-ins and those with appointments, I helped many people regain their health. But the responsibilities of running the business took a toll on me and left me feeling stressed. Yoga helped, but the stress would return. I sold the store and went back to school to become a Naturopath and took a teacher training course in Kundalini Yoga. Helping people stay healthy or teaching them how to regain their health is my life's work and I enjoy it very much!

## The Mind

There is a direct connection between diet and the mind. Professor Arnold Ehret, noted European savant, raw foodist and author of many books, explains it rather gracefully in his book, *The Mucusless Diet Healing System* (page 161).

"If your bloodstock is formed from eating the foods I teach you, your brain will surprise you. Your former life will take on the appearance of a dream and, for the first time in your existence, your consciousness will awaken to a real self-consciousness. Your mind,



your thinking, your ideals, your aspirations and your philosophy changes fundamentally in such a way as to beggar description. Your soul will shout for joy and triumph over misery of life, leaving it all behind you. For the first time, you will feel a vibration of vitality through your body (like slight electric current) that shakes you delightfully”.

I have experienced exactly what Professor Ehret explains in this quote and believe that most anyone can experience this transformation as well if they follow the guidelines in this book.

My friend, Robert Ross talks about what it means to be a whole being: “The real value of a whole, raw food diet is that it empowers more than just our health...for with a healthy body and healthy mind, we not only think clearly and less reactively, but with greater awareness, understanding, sensitivity and compassion. A healthy, whole being takes full responsibility naturally, doesn't fall into fear and anger with a knee jerk response to adversity and has compassion for his enemies as well as his friends. We have that whole being in us just waiting to come out and all we have to do is stop repressing it with toxic lifestyle and diet choices. Whole raw foods help us get in touch with our natural power. Whole beings are naturally powerful. The toxins in cooked and processed foods however, block your natural power. Many of these toxins actually have a sedative-like effect on the brain.”



# Chapter One: The Nutrients

## Enzymes

Dr. Edward Howell has been involved with and studied other researchers' enzyme research for many years, finally authoring a cutting edge book called *Enzyme Nutrition*. In this book (pages 33 &



34) he states: "Life could not exist without enzymes. Enzymes convert the food we eat into chemical structures that can pass through the cell membranes of the cell's lining the digestive tract and into the blood stream. Food must be digested so that it can ultimately pass through cell membranes. Enzymes also aid in converting the prepared food into new muscle, flesh, bone, nerves, and glands.

Working with the liver they help store excess food for future energy and building needs. They also assist the kidneys, lungs, liver, skin and colon in their important eliminative tasks. Perhaps it would be easier to write about what enzymes don't do, for they are involved in almost every aspect of life".

"There are three classes of enzymes: metabolic enzymes, which run our bodies, digestive enzymes, which digest our food, and food enzymes from raw foods, which start food digestion." "When ingested, the enzymes in raw food, or supplementary enzymes, result

in a significant degree of digestion, lowering the drain on the organism's own enzyme potential" (page 3).

"Any kind of heat treatment of food in the kitchen destroys enzymes. Slow or fast baking, slow and fast broiling, steaming and frying all destroy 100 percent of enzymes in food. Vigorous boiling takes place at 212°F. Frying is done at much higher temperatures, and in addition to destroying enzymes it also damages protein or forms new chemical compounds with unknown and possibly pathogenic possibilities, imposing still more burden upon the metabolic enzymes" (page 72).

"All uncooked foods contain an abundance of food enzymes which correspond to the nutritional highlights of food. For example, dairy foods, oils, seeds and nuts, which are relatively high in fat content, also contain relatively higher concentrations of the enzyme lipase which aids in the digestion of their fats. Carbohydrates, such as grains, contain a higher concentration of amylase (digests carbohydrates) and lesser amounts of lipase (digests fats) and protease" (digests protein)(page 35).

The banana is an excellent example of how a food is capable of digesting its own ingredients. "The banana has about 20 percent starch when green. The enzyme amylase changes the banana into 20 percent sugar when the fruit is kept warm for a few days and becomes speckled. About one-quarter of this sugar is dextrose (glucose), needing no further digestion. The amylase in bananas works on banana starch, but not readily on other starches, such as potato starch. The ripe banana contains high-class raw calories that

have not earned the evil reputation of cooked calories. Ripe bananas will not make you fat" (pages 49-50).

The Fourteenth Edition of *Taber's Cyclopedic Medical Dictionary* defines an enzyme as "An organic catalyst produced by living cells but capable of acting independently. Enzymes are complex proteins that are capable of inducing chemical changes in other substances without being changed themselves. Enzymes are specific in their action. They will act only upon a certain substance or a group of closely related chemical substances and no other. Each enzyme has an optimum temperature at which it acts with greatest efficiency, and is influenced by the reaction of the medium in which it acts, there being an optimum degree of acidity or alkalinity. Enzyme activity can be retarded or inhibited by low temperatures, high temperatures, and the presence of salts of heavy metals, dehydration, and ultraviolet radiation. Several hundred enzymes have been identified but as many as a thousand are thought to be present in mammals."

Professor Artturi Virtunen, Helsinki biochemist and Nobel Prize winner, showed that enzymes are released in the mouth from raw vegetables when they are chewed: they come into contact with the food and start the act of digestion. And these food enzymes are not denatured by stomach acid, as some researchers have suggested, but remain active throughout the digestive tract. (*Optimum Nutrition Bible*, page 91).

So what's the big deal about getting these digestive enzymes from the diet as opposed to using the body's organs to supply the digestive enzymes? According to the research done by Dr. Howell,

enzyme expert, each individual has what he calls an "enzyme potential or enzyme bank account" and when it runs out, the being's life ends. How does one's enzyme bank account get depleted? According to Dr. Howell, "heavy withdrawals, and skimpy deposits."

"*Enzyme Nutrition* points out that each one of us is given a limited supply of bodily enzyme energy at birth. This supply, like the energy supply in your new battery, has to last a lifetime. The faster you use up your enzyme supply, the shorter your life. A great deal of our enzyme energy is wasted haphazardly throughout life. The habit of cooking our food and eating it processed with chemicals; and the use of alcohol, drugs, and junk food all draw out tremendous quantities of enzymes from our limited supply. Frequent colds and fevers and exposure to extremes of temperature also deplete the supply. A body in such a weakened, enzyme-deficient state is a prime target for cancer, obesity, heart disease, or other degenerative problems. A lifetime of such abuse ends in the tragedy of death at middle age" (*Enzyme Nutrition*, Introduction pages ix and x).



**"The length of life is inversely proportional to the rate of exhaustion of the enzyme potential of an organism.** The increased

use of food enzymes promotes a decreased rate of exhaustion of the enzyme potential." (Dr. Edward Howell, *The Enzyme Nutrition Axiom*). One of the keys to a healthy, long life is to consume dietary enzymes so that the body conserves the metabolic enzymes and uses them for other functions.

"The remarkable thing about the eventual bankruptcy of the enzyme account is that it can proceed quite painlessly, without immediate symptoms. The only warning may be a belated malfunction or breakdowns in some organ far removed from the digestive tract. But the diagnostician unaware of the importance of enzyme nutrition would have difficulty in connecting such a referred process to the true, underlying cause. This is how an assortment of human ailments may get started" (page 73).

Enzymes can also disarm free radicals. "Apples, mangos and grapes contain enzymes called peroxidase and catalase which help disarm free radicals" (*Optimum Nutrition Bible*, pages 91-92). Some mushrooms, sweet corn and raw honey also contain these enzymes along with amylase. However, when these foods are cooked, the beneficial enzymes are destroyed.

There are some foods that contain enzyme inhibitors. For example, lentils, beans and chickpeas contain trypsin-inhibitors that prevent protein from being completely digested. However, this anti-enzyme factor is destroyed either by sprouting or cooking them. The same is true for grains rich in phytates that can bind beneficial minerals. If these enzyme blockers are not inactivated, they can cause an enzyme drain on the body and cause intestinal gas. Nuts with brown skins such as almonds contain enzyme inhibitors. Soaking

the nuts deactivates these inhibitors (This is covered in detail in the chapter on nuts).

“Previously, food was considered to have no effects except for the production of heat and energy from fats and carbohydrates and the repair of tissue by proteins. Now it is known that food can change organs and tissues, including glands, for better or worse. The fact that food can change the size and weight of these important glands (pituitary, testicle, ovaries, pancreas, adrenal, thyroid) has been demonstrated over and over again by careful experiments during past years. Professor Jackson and co-workers at the University of Minnesota fed white rats a diet containing 80 percent sugar (enzyme free) and reported marked differences in the size and weight of all principal organs and glands" (*Enzyme Nutrition* page 104).

"Heat-treated, enzyme-free, refined items of food caused the most drastic deviations in pituitary gland size and appearance. When animals were fed diets greatly restricted in enzymes, the damage in the pituitary was identical or similar to that found in human beings subsisting on conventional food with greatly lowered food enzyme intake" (page 106). The *Taber's Cyclopedic Medical Dictionary*, edition 17, (page 1516) says the following about the function of the pituitary gland. "The pituitary is an endocrine gland secreting a number of hormones that regulate many bodily processes, including growth, reproduction, and various metabolic activities. It is often referred to as the master gland of the body..." It has been proven that a predominantly cooked food diet can make one's "master gland" that regulates so many bodily functions, shrink!

Do you think that this could be a contributing factor in the cause of the diseases of modern society? I do.

Dr. Howell explains how a predominately cooked food diet causes an enlargement of the pancreas. "The pancreas must send messages to all parts of the body looking for enzymes it can reprocess into digestive enzymes. It may even invade the warehouse of the precursors. In a pinch it will beg, borrow or steal them. When it finds them it has work to do. Changing metabolic enzymes into digestive enzymes means extra work for the pancreas. It must get bigger, just as muscle grows from more exercise." "Either way, your brain, heart, arteries, all organs and tissues suffer from an enzyme labor shortage" (*Enzyme Nutrition*, page 81.)

Dr. Howell has assessed more than fifty reports submitted in the scientific periodical literature on nutrition and brain weight over a number of years. He found that animals fed a diet, "armed to the hilt with various vitamins and minerals, " but completely free of food enzymes had consistently lower brain weights than animals fed a diet consisting of a mixture of cooked and uncooked foods (page 76).

I very rarely indulge in cooked foods, but if I do, I consume a dietary supplement of **plant-based enzymes** in veggie capsules. These pills help me digest the enzyme free food so that my body does not have to generate as many digestive enzymes, therefore keeping my system from this burden. If you decide to go this route, beware of animal based enzymes. They may come from the pancreas of a pig or other animal. One popular product is Ox bile (from the stomach of an Ox). These enzymes work only in a particular

pH, unlike plant enzymes, which work under a broad range of acidity or alkalinity. Since they come from an animal and cannot be heated to sterilize (or they would kill the enzymes and not work), common sense tells me to beware.

## Vitamins

The word, “vitamin” appeared in the English dictionary in 1934. It is described as an organic substance which the body requires in very small amounts to carry out thousands of building-up and breaking-down functions.

The vitamins in our foods are sometimes rendered inactive before we get a chance to consume them. The *Taber's Cyclopedia Medical Dictionary*, Edition 17, has this to say about vitamin loss (page 1562): “Loss of vitamin content in food products because of vitamin instability, especially in oxidation and during heating. Methods of preserving foods add to the loss of vitamins. Pickling, salting, curing or fermenting processes usually cause complete loss of Vitamin C. Commercial canning destroys from fifty to eighty-five percent of Vitamin C contained in peas, lima beans, spinach and asparagus. Pasteurization, unless special precautions are observed, causes a loss of from thirty to sixty percent of Vitamin C. Freshly prepared applesauce retains only from twenty to thirty percent of the Vitamin C value of the apple. Vitamin B1 is lost through milling because the wheat embryo, rich in Vitamin B1, is removed from wheat flour in milling. Some vitamins are unstable, being readily



destroyed by oxidation, heat, especially in an alkaline medium of strong acids, light and aging.”

The Vitamin Chart in this prestigious medical dictionary states the following (edition 14, page 1725):

- Vitamin A, “**destroyed by high temperatures** when oxygen is present.”
- Vitamin B1, “**destroyed by exposure to heat**, alkali or sulphites.”
- Vitamin B2, “unstable in light, especially in the presence of alkali.”
- Vitamin B6, “**rapidly inactivated in the presence of heat**, sunlight, or air.”
- Folic Acid, “**destroyed by heat** at low pH, loss in food stored at room temperature” (edition 19 page 2399).
- Vitamin C, “easily destroyed by oxidation; heat hastens the process. **Lost in cooking**, particularly if water in which food is cooked is discarded. Also loss is greater if cooked in iron or copper utensils.”
- Vitamin B Complex, stability, “long continued cooking or **high temperature cooking destroys Vitamin B.**”
- Vitamin B12, “unstable in hot alkaline or acid solutions” (edition 19 page 2399).
- Vitamin E, “**destroyed by heat**” (edition 19, page 2399).

Vitamin B12 is heat sensitive but not entirely destroyed by cooking. Research has shown that between 23.7% and 96.4% of B12 is destroyed by boiling or baking, depending on the type of food and length of time cooking. (*Conscious Eating* by Gabriel Cousens, MD)

*The Vitamin E Fact Book* by the Vitamin E Research and Information Service (1989) states that almonds are a rich source of Vitamin E in their raw state but they lose eighty percent of the vitamin in roasting.

Vitamin C is a very interesting vitamin. Practically all animals make it in their bodies so they don't have to eat it. The exceptions are fruit-eating bats, guinea pigs, the red-vented bulbous bird and primates including man. Linus Pauling, a famous Vitamin C researcher, postulated that humans used to make it. However, from eating a fruit rich diet, we lost the ability to produce it. It is widely known that if we don't get Vitamin C through our diets, we develop scurvy.

Vitamin D is known as the "sunshine vitamin." In other words, when our bodies are exposed to sunlight, (usually twenty minutes is sufficient) we are supplied with our daily need for vitamin D. A baby can get all the vitamin D it needs with only its cheeks exposed to the sun for about twenty minutes.

There are large numbers of illnesses that can be caused by vitamin deficiencies. Volumes can be written on this topic alone (excluding all other nutrients). Just to name a few, lack of vitamin A can cause the eyes to weaken. Lack of vitamin B can cause beriberi. Lack of vitamin C can cause scurvy and lack of vitamin D can cause rickets. The government has set dietary recommendations for these vitamins to prevent deficiency diseases but most researchers believe that these recommendations are less than optimum. Every individual has a different need for vitamins that changes constantly according to

lifestyle factors. In the case of water-soluble vitamins, if over ingested, they will usually leave the body through the urine and not cause any problems. Fat soluble vitamins such as A, D, E and K, are stored in the liver and fatty tissues until the body needs them. The body can survive weeks of consuming foods that lack them without any deficiency signs for this reason. However, there is a major drawback to this. The capacity for storage sets the stage for toxic buildup should an excess be ingested. Excess of vitamins A, D and K can easily reach toxic levels if over consumed. For example, a man driving an Alaskan dog sled got lost, and in an attempt to save himself from death, the stranded man ate the liver of one of the dogs and then died of Vitamin A toxicity. If however a human ate an excess of plant foods, toxic levels of vitamin A would never be reached because plants contain carotinoids that are changed into vitamin A only as the body needs them.

Synergistic and opposing relationships exist between some vitamins. For example, Vitamins A, D and E are mutually antagonistic to each other and it is well known that hyper-vitaminosis A can be treated by vitamin D supplementation. In addition, an excess of vitamin D in the body can be successfully treated with vitamin A supplementation. An excess of the mineral calcium in the body can cause a vitamin A deficiency and a deficiency of the mineral zinc can prevent the body from accessing Vitamin A that is stored in the liver. Vitamin D can become deficient if excess magnesium is present. You can see how indiscriminate supplementation or eating an excess of fortified foods can cause imbalance. Foods in their natural state as the

creator has designed them, excluding genetically modified/hybridized foods have the vitamins and minerals in highly useable ratios. With normal consumption of a good variety, they will not cause imbalance. However, if we eat refined and processed foods that have been enriched with synthetic vitamins and laboratory manipulated minerals and then consume synthetic supplemental vitamins in high doses, there is a possibility of throwing body chemistry out of balance. If you use supplemental vitamins, be sure to use quality products from a health food store and never from discount stores, pharmacies or supermarkets. Sometimes these supplements contain artificial chemicals that can cause ill health.

According to research done by Dr. David L. Watts, some vitamins have been classified as having either a stimulating or sedating effect at the cellular level. For most people, the vitamins A, C, E, B1, B3, B6 and B10 are stimulators while vitamins D, B2 and B12 are sedatives.

I have often wondered if the high dose of vitamin D absorbed from the sun is the reason why most people feel so sedated after a day at the beach.

# Minerals

Mineral deficiencies can cause disease in humans. For example, goiter is an enlargement of the thyroid gland (in the throat) can be caused by a deficiency of the mineral iodine. When iodine is added to the diet, the goiter goes away.

Mineral toxicity is widely recognized. The problems in children who have eaten lead based paints that were peeling off the walls and then suffered lead toxicity is an example. Many historians believe that the fall of the Roman Empire was caused by lead poisoning.

When occurring in food, fluorine is completely different from sodium fluoride that is chemically produced. Naturally occurring fluorine when consumed in plant matter benefits teeth and bones and can even help to protect us from germs but fluorine evaporates from food with cooking. Sodium fluoride (known also as fluoride or sodium monofluorophosphate), unfortunately, does not evaporate from the boiling of treated water and can cause many health problems in the human body. According to Paul Pitchford (and other researchers) in *“Healing With Whole Foods”*, sodium fluoride inhibits proper functioning of the thyroid gland and all **enzyme systems** and damages the immune system. He also lists the following disorders that may result from ingesting this toxin: arthritis (various forms of), lupus, and sclera derma. Ultimately, sodium fluoride increases the risk of cancer and other degenerative conditions. Have you ever read the warning label on toothpaste with added fluoride? It is very scary. It reads, “If you

accidentally swallow more than used for brushing, seek professional assistance or **contact a poison control center immediately**". I recommend fluoride free toothpaste.

Many minerals are lost in cooking. Eleonore Blaurock Busch, PhD. states in her book, *Mineral And Trace Element Analysis*, "Selenium compounds are unstable and loss of the mineral occurs during cooking." Selenium is a very important mineral. One of the many ways that our bodies use it is as an antioxidant in conjunction with vitamin E.

There are also many disease conditions caused by mineral imbalances that are not commonly known. Since every person has a different need for each mineral at any given stage in his/her life, this further complicates things. It has been said that "one man's medicine is another mans poison." Minerals have been called a double-edged sword because too much of a mineral can be just as harmful as not enough.

Since 1986, I have been working with Trace Elements Inc., a laboratory that determines mineral imbalances in humans (and animals). This laboratory uses sophisticated equipment that dissolves human hair into a solution and then accurately measures the toxic and nutrient minerals that are present in the hair. Hair holds an excellent history of the minerals that have traveled through the bloodstream over the time that it took for a length of hair to grow. Through this process, I have helped many people regain their health by recommending ways for them to balance mineral ratios (body chemistry) through their diet.

The synergistic and opposing relationships between minerals and between vitamins and minerals is complex. Let us explore some of these relationships. Calcium and phosphorus work synergistically in bone formation if the two minerals are in proper balance. However, when either one is consumed in excess of the other it may cause a problem with bone formation. Soda and carbonated water contain phosphoric acid to keep the bubbles in solution. Consumption of these man made fluids can overload the body with phosphorus and lead to bone density problems. Animal products are high in phosphorous and can cause this problem as well.

Magnesium can become deficient if an excess of vitamin D exists in the body. According to many experts as well as my own clinical experience, magnesium deficiencies are one of the most commonly seen problems. Magnesium is crucial for many very important processes in the body, including building bone density. I find that when I spend more time in the sun my need for magnesium increases. (As explained in the vitamin section. Vitamin D comes from the sun, so the excess absorbed from spending time in the sun is antagonistic to the magnesium.)

Because of the adversarial relationship between vitamin D and magnesium I believe that the consumption of vitamin D found in enriched cow's milk may lead to magnesium deficiency. Calcium and magnesium also have a synergistic and opposing relationship. Since cow's milk is very high in calcium and low in magnesium, consuming dairy products can also lead to a magnesium deficiency. This contradicts the widely espoused notion that

consuming large amounts of calcium through dairy products is the best way to fight osteoporosis. Whenever you consume large amounts of calcium without also taking in balancing amounts of magnesium (and other minerals and vitamin D), as often happens when there are large amounts of dairy in your diet, you risk actually losing bone density. Countries with the highest dairy intakes have the highest osteoporosis rates while countries with the lowest dairy intakes have the lowest osteoporosis rates. But don't take my word for it. Do some research and see for yourself!

According to research from Dr. David L. Watts, some minerals have stimulating or sedative properties. Most people are stimulated at the cellular level by certain minerals. These stimulating minerals include phosphorous, sodium, potassium, iron, selenium, manganese, chromium, and molybdenum. The following minerals have a sedative effect on most people: calcium, magnesium, zinc, copper, boron, cobalt, barium, silicon, and vanadium.

For example, I have had many clients who suffered from tight and painful muscles and were deficient in magnesium. When magnesium was added to their diet, the tight muscle problems vanished! Magnesium relaxed the muscles at the cellular level.

The best sources that I am aware of for minerals are **organic** fruits and vegetables-especially sea vegetables (see the chapter on ocean grown food) and micro-algae also known as 'super foods' (chlorella, spirulina & blue-green algae). The fastest way to get them into your body is to run the fruits and vegetables through a juicing machine and drink them or to consume powdered micro-



algae, (mix it up with liquid and drink it). There are many other 'super foods': dried cereal grasses such as wheat grass, barley grass, and alfalfa are also excellent sources of minerals. I personally consume all of these foods: some everyday, others on occasion. They make me feel...Super!

## **Phytonutrients**

*Phyto-nutrients* are nutrients from plant sources. This topic could take up many large books. But I will keep it brief. Do you really believe that human kind has discovered all the nutritive factors of foods? New nutrients are being discovered all the time. So, when we process or cook the foods that come in perfect form from nature, what else is being destroyed in addition to what is known?

Dr. L. Newman, author of *Make Your Juicer Your Drug Store*, suggests: "One of the major discoveries in nutritional research was that nature never gives us isolated minerals and vitamins. She always gives them to us in combinations. Man probably does not comprehend one millionth of what still remains unknown in the field. We do know, however, that when we do fair, these vital elements from the master chemist, we are obtaining, besides the known vitamins, vitamins that have not yet been discovered."

"One problem most of us have is that we do not get the nutrients we need from our diet because most of the foods we consume are cooked and/or processed. Cooking at high temperatures and processing destroys vital nutrients the body needs to function properly. The organic raw foods that supply these

elements are largely missing from today's diet." These are the words of the first page in *Prescription For Nutritional Healing*, Third Edition, which claims to be America's #1 Guide to Natural Health, and which is, in my opinion, the most popular and widely used book of its kind in the United States.

There are many important nutrients in plant foods (some of which we may not have identified yet) and these nutrients may be destroyed in processing and cooking. I believe that these are two of the many reasons that it is necessary eat a wide variety of unprocessed and uncooked plant foods.

## **Protein**

According to the Max Planck Institute for Nutritional Research in Germany, protein becomes only fifty percent bio-available when cooked. In other words, about half the amino acids are unusable by the body due to destruction from the heat involved in cooking.

The World Health Organization recommends that five percent of one's total daily calories come from protein. This level is easily reached on a plant-based diet. For example, nine percent of calories in an orange are derived from protein, from zucchini seventeen percent, strawberries eight, broccoli forty-two, cauliflower thirty-one and corn thirteen. The fact is that the commonly consumed plant foods contain six to forty-five percent of their calories as protein. This research comes from John McDougall, MD. He says, "Protein is so abundant in plant foods that it is impossible for any dietician or scientist to design a diet that is composed of

unprocessed plant foods (starches and vegetables) and, at the same time, be deficient in protein. We would not have survived as a species if this were not true.”

All proteins are formed by amino acids joined together in specific sequences. Twenty are known in nature, eight are said to be essential to adults, and ten essential to infants. The belief that one must eat all essential amino acids at every meal in order to maintain health is a myth. The Wendt Doctrine describing thirty years of research debunks this theory. It proves that we have the ability to store these proteins in our cells and to convert them into amino acids that move freely throughout the body to areas that might be deficient. This makes the old “beans and rice” combining to supply “complex protein” unnecessary. The Wendt Doctrine also shows the damaging effects of excess concentrated protein. It clogs the system depleting the cells of oxygen and nutrition and it creates an acidic environment.

According to Leslie and Susannah Kenton, in their book, *Raw Energy*, a steak grilled at two hundred thirty-nine degrees Fahrenheit will have the amino acids lysine and cystine completely destroyed. There are many who believe that the reason more people don't get extremely ill from high protein diets is because of the fact that fifty percent of the protein is destroyed from cooking.

## **Fiber**

Fiber is essential for human health and a shortage of it in the diet can promote many disorders of the digestive tract. Even

people who are eating diets high in fiber-rich vegetables may not be getting the fiber they need to prevent these diseases because the fiber is partially destroyed by cooking. Colon and rectal cancer are the second leading cause of death in the United States. Fiber helps to prevent colorectal cancer, constipation, diverticulosis and most other illnesses of the lower bowel. Fiber also slows the absorption of sugar and is, therefore beneficial to diabetics and hypoglycemics.

All flesh foods, such as beef, chicken, fish, lamb, pig, shellfish, turkey and goat, have no fiber whatsoever. All dairy products, such as milk, cheese, yogurt and butter, are fiber-less. Eggs contain no fiber either. But all fruits, vegetables, beans, nuts, seeds and grains, contain ample amounts of fiber before processing.

The fact is that egg whites and dairy products are constipating. The protein in wheat, called gluten, is constipating as well. When the grain is processed, the fiber is taken out, along with most of the nutrition, and the fiber-less wheat flour is fed to people who then become addicted to this fast source of carbohydrates.

Two thousand years ago, Jesus taught that eating flesh might cause bowel problems. In the *Essene Gospel of Peace*, Jesus said, "And the flesh of slain beasts in his body will become his own tomb, for I tell you truly, he who kills, kills himself, and who so eats the flesh of slain beasts, eats of the body of death". "In his bowels, their bowels to decay (pages 36 & 37)." To me it sounds like he is talking about colon cancer and the link between colon cancer and red meat has been established by modern science.

Modern statistics show that in Africa, the average diet has around seven times more fiber than the American diet, and

colon/rectal problems are rare, while they are commonplace in the United States.

Even the Quaker oats company is aware of the medical benefits of fiber and is using them to market their product to a population plagued by the effects of a diet high in flesh food and low in unprocessed sources of fiber. I found the following written on a box of Quaker Oats: "Three grams of soluble fiber from oatmeal daily in a diet low in saturated fat and cholesterol may reduce the risk of heart disease. This cereal has two grams per serving." The soluble fiber in oats binds with cholesterol-based acids and prevents them from being absorbed into the bloodstream.

*Taber's Cyclopedic Medical Dictionary* (edition 14) gives a good definition of dietary fiber and outlines many of its functions:

"Components of food that are resistant to chemical digestion include portions of food that are made up of cellulose, hemicellulose, lignin and pectin. These substances add bulk to the diet by absorbing large amounts of water and are used in diets to produce large bulky bowel movements. Foods rich in fiber include whole grains, bran flakes, fruits, leafy vegetables, root vegetables and their skins, and prunes, which also contain a laxative substance, diphenylisatin. Diets high in fiber may help to prevent diverticula of the intestinal tract, may help to lower blood cholesterol and possibly prevent cancer of the intestinal tract. Some diabetic individuals on low insulin doses have been able to further lower their insulin requirements by following a diet high in fiber and carbohydrates and low in sucrose."

While diverticula are very common in people on the standard American diet, they are not common in peoples of the world who eat high fiber diets. My own parents were told by their allopathic doctor that everyone gets diverticula of the intestinal tract when they get old and that there is no way to prevent it, but this prestigious medical dictionary states that a high fiber diet may help to prevent diverticula!

## **Essential Fats**

Essential fats/fatty acids are extremely important for health and vitality. Essential fat deficiencies are correlated with degenerative diseases such as cardiovascular disease, cancer, diabetes, multiple sclerosis, skin afflictions, dry skin, premenstrual syndrome, behavioral problems, poor wound healing, arthritis, glandular atrophy, weakened immune functions and sterility (especially in males). This information comes from Udo Erasmus, author of *Fats that Heal, Fats that Kill*.

*Taber's Cyclopedic Medical Dictionary*, (edition 17,) says this about essential fatty acids. "The unsaturated fatty acids cannot be synthesized in the body and have been considered to be essential to maintain health."

There are two absolutely essential fatty acids: alpha linolenic acid- omega-3, and linoleic acid- omega-6. These essential fatty acids must be provided in the diet.

Mary G. English, Ph.D. speaks of conditionally essential fats in her book, *Know Your Fats*. "The conditionally essential fatty acids

include gamma-linolenic acid (GLA), arachidonic acid (AA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). All four of these fatty acids can be made by cells in the body, but there are a number of interfering food substances, illnesses or genetic inadequacies that make these fatty acids become dietary essential for some." According to my research, people whose systems/intestinal tracts have been damaged by repeated use of antibiotics and other pharmaceuticals might have trouble with the conditionally essential fatty acids. It is not an issue for the rest of us. This is one of many good reasons to avoid antibiotics if possible.

"Every living cell in the body needs essential fatty acids. They are essential for rebuilding and producing new cells. Essential fatty acids are also used by the body for the production of prostaglandins, hormone like substances that act as chemical messengers and regulators of various body processes" (*Prescription for Nutritional Healing*, Phyllis A. Balch, CNC and James F. Balch, MD, page 68).

Essential fatty acids (hereafter referred to as EFA's) have desirable effects on many disorders. They improve the skin and hair, reduce blood pressure, aid in the prevention of arthritis, lower cholesterol and triglyceride levels, and reduce the risk of blood clot formation. They are beneficial for candidiasis, cardiovascular disease, eczema and psoriasis and found in high concentrations in the brain. EFA's aid in the transmission of nerve impulses and are needed for the normal development and functioning of the brain. A deficiency of EFA's can lead to an impaired ability to learn and recall information.

Experts agree: “Heat destroys essential fatty acids. Worse, it results in the creation of dangerous free radicals” (*Prescription for Nutritional Healing*, Phyllis A. Balch, CNC and James F. Balch, MD, page 68). Udo Erasmus says “heat destroys EFA’s and turns them into poisonous breakdown products that interfere with EFA functions and create free radicals”. The bottom line is, eat living foods and you will never have to worry about consuming these poisonous breakdown products or this type of free radical that can be so damaging to the body.

**Sources:** One of the most knowledgeable persons on the subject of EFA’s, Udo Erasmus, states, “**all whole, fresh, unprocessed foods contain some EFA’s**”.

“Alpha-linolenic (omega-3) acid is found in high amounts in flax, flax seed oil (approximately 60 percent) and walnut oil (ten percent). Other oils that have high levels of alpha-linolenic acid are perilla oil and hemp oil” (*Know Your Fats*, Mary G. English, PhD, page 238).

“Linoleic acid (Omega-6) is found in large amounts in **unrefined** sunflower seed oil (68 percent)” (Mary G. English, Ph.D., *Know Your Fats*, page 256).

I use one tablespoon of flax seeds ground in a coffee bean grinder (keep refrigerated) on most days and some fresh walnuts on other days to insure my omega-3 intake. For the omega-6, I eat raw sunflower seeds soaked and sometimes sprouted. Hemp seeds are a great source of both omega –3 and omega –6 EFA’s. They can be bought in a health food store. Be sure to refrigerate after opening.



If you are the type that likes to measure things, I included the following info. “The daily requirement for essential fatty acids is satisfied by an amount equivalent to ten to twenty percent of total caloric intake” (*Prescription for Nutritional Healing*, Phyllis A. Balch, CNC and James F. Balch, MD, page 69). This translates into approximately two tablespoons of oil.

I would like to include the following story which I find very amusing. When I was traveling in New Zealand in early 2002, I came across a sticker on an avocado that caught my attention: It read “NZ AVOCADOS NATIONAL HEART FOUNDATION APPROVED.” Just a few years prior to that experience, I suggested to my mother that she include small amounts of avocado in her diet. (My research leads me to believe they are very beneficial). She told me that her cardiologist had told her not to eat avocado and had not told her anything about essential fats. So who is correct? The New Zealand heart foundation or my mom's cardiologist...

## Chapter Two: Studies

### Animal Studies

Many thousands of laboratory animals have been experimented on and all prove the same point. Raw foods provide a health promoting diet and an all cooked food diet promotes disease.

In India, Sir Robert McCarrison fed monkeys a cooked version of their usual diet. All the monkeys developed colitis. Post mortem examinations revealed gastric and intestinal ulcers.

In Switzerland, O. Stiner fed guinea pigs a cooked version of their usual diet. These animals quickly succumbed to anemia, scurvy, goiter, dental caries, and degeneration of the salivary glands. When



ten CC's of pasteurized milk was added to their daily diet, they developed arthritis as well.

More studies are included in the Enzyme section.

### Reproduction

Francis M. Pottenger, Jr., MD, along with Alvin Ford, conducted a ten-year "landmark" study starting in 1932. The study was done under the strictest scientific standards. They took approximately nine hundred

cats and split them into groups. Six hundred of the cats had complete medical histories. Medical observations were recorded on all of the cats. All the cats were kept outdoors in large pens. The groups had the same conditions except that one group was fed raw milk, raw meat and cod liver oil, while the other group had the same meat, but cooked, pasteurized milk, and the same cod liver oil. The cats fed with raw food (hereafter referred to as raw food cats) remained healthy throughout the generations. The cats fed with cooked food (hereafter referred to as cooked food cats) were unable to reproduce after the third generation. Therefore, there were no fourth generation cats fed on cooked food to continue the study. The raw food cats were resistant to infections, fleas and parasites; had no changes in skeletal tissue or fur; their mental states were friendly and predictable; and they had no trouble birthing or nursing.

The cooked food cats were not resistant to infections, fleas and parasites; had changes in skeletal tissue and fur; suffered from heart problems, nearsightedness, farsightedness, under-activity or inflammation of the thyroid and bladder, arthritis and inflammation of the joints, inflammation of the nervous system with paralysis and meningitis, and infections of the kidney, bones, liver, testes and ovaries.

The mental status of the cooked food cats showed much more irritability than the raw food cats. They were unpredictable, bit and scratched. The males had a drop in sexual interest and same-sex sexual activities were observed. These sexual behaviors were not

observed in the raw food cats. More details on this study can be found in the book, *Pottenger's Cats*, by Francis M. Pottenger, Jr., MD.

## **Human Studies**

In 1950, Dr. Masavore Kuratsuna, head of the Medical Department of the University of Kyushu in Japan, used himself and his wife to validate previous studies comparing the effects of raw and cooked foods on humans. Both of them followed a raw version of the World War II prisoners of war diet that the Japanese had given to their prisoners. It consisted of only 728-826 calories per day: brown rice, vegetables and a little fruit, 22-30 grams of protein, 7.5-8 grams of fat, and 164-207 grams of carbohydrates. They followed a raw version of it for three different periods: one hundred twenty days in Winter, thirty-two days in Summer, and eighty-one days in Spring. During this time, Mrs. Kuratsuna was breast-feeding a baby and found that nursing was less of a strain than before the experiment. Both continued to do their usual work and found themselves in good health. Then they switched to eating a cooked version of the same diet. The symptoms of the hunger disease that devastated the inmates of the Japanese camps, edema, vitamin deficiencies and collapse became manifest. They proved that even this inadequate diet could maintain health and even the health of a nursing mother, if eaten raw.

# Digestive Leucocytosis

At the Institute of Clinical Chemistry in Lausanne, Switzerland, Paul Kouchakoff did extensive research on digestive leucocytosis. Digestive leucocytosis is a phenomenon in which, simply put, white blood cells (leucocytes) rush to the intestines as cooked food enters.

Before Kouchakoff's work, digestive leucocytosis was thought to be perfectly normal. But Kouchakoff found that when food is eaten raw, digestive leucocytosis does not occur. In fact, he found that if something raw is eaten before something cooked, this phenomenon does not occur.

If one's leucocytes flock to the intestines every time one eats, day after day, how can the immune system function optimally for the rest of the body? The fact that eating raw foods leaves the white blood cells free for other tasks can only help in the effort to resist disease.

## Chapter Three: Common Foods

### Nuts

Let's explore what some distinguished authorities had to say about nuts. Dr. William Esser, ran a fasting and raw food retreat in South Florida from 1950 until the year 2000. He still played tennis and enjoyed good health when he retired in his nineties and had much to say on the topic of nuts.

In his book, *The Dictionary of Natural Foods*, Dr. Esser states the following: "In nutritive value, nuts are superior to any food stuff per

pound that we know. It is a common opinion among lay people, as well as medical doctors, that the nut, as a source of protein, is of a low grade and insufficient in supplying the needs of the body in building materials. It is thought that without animal proteins of fish and meat, a high state of health is impossible. This is entirely erroneous. According to scientific investigations carried out by Professor Myer E. Jaffa of the University of California, Prof. F. A. Cajori of Yale University and Van Slyke, Osborne, Harris and others, the proteins in nuts are superior to those of animal origin."

Dr. Esser also says: "Nut butter made from fresh, raw nuts can be used to the advantage for those who are toothless. Nuts are not difficult to digest when eaten raw and, in proper combination, unsalted. Roasting and broiling in oil at high temperature causes a release of free fatty acids and the addition of sodium chloride (salt), is sufficient cause for inducing indigestion for even cast iron digestion."

John Harvey Kellogg, MD, inventor of, you guessed it, Corn Flakes! Said this:

"Nuts are free from waste products, uric acid, urea and other tissue wastes which abound in meat. Nuts are aseptic, free from putrefactive bacteria and do not readily undergo decay either in the body or outside of it. Meats, on the other hand, as found in markets, are practically always in an advanced stage of putrefaction. Ordinary fresh dried or salted meats contain from three million to ten times that number of bacteria per ounce, and such meats as hamburger and steak, often contain more than a billion putrefactive organisms to the ounce. Nuts are clean and sterile. Nuts

are free from trichinae, tapeworm and other parasites as well as other infections due to specific organisms. Meats are not".

Soaking raw nuts that have brown skins is a good practice if one has the time and is seeking optimum digestion. For example, the skins of almonds contain enzyme inhibitors but these enzyme inhibitors are mostly inactivated when submerged in water for at least six hours. The almonds swell up and become sweeter. Since almond skins are indigestible, I sometimes go one step further and peel the skins. Just place chilled and soaked almonds in very hot tap water for a few minutes. After doing this most almond skins can be removed by pinching the almond between the thumb and forefinger. In the ancient Indian system of Ayurveda, it is recommended to soak almonds. I find that walnuts leave a brownish color to the water after they have been soaked and also taste much better. Nuts without brown skins such as pine nuts and macadamia do not contain enzyme inhibitors so there is no need to soak them.

Have you ever eaten a raw chestnut? I have. They taste better raw than roasted! I can't figure out why people roast them.

**The Nutrient Data Table on the following page is reprinted from *The Cracker*, January 2000, Published by the International Tree Nut Council.**

## Nutrients in 100 Grams of Tree Nuts

Nutrient	Units	Almond	Cashew	Hazel-	Macad	Pecan	Pistachi	Walnut
Calories	Kcal	578	574	628	716	691	567	654
Protein	G	21	15	15	8	9	21	15
Total Fat	G	51	46	61	76	72	46	65
Carbohydrat	G	20	33	17	13	14	27	14
Fiber	G	12	3	10	8	10	10	7
Sugars	Mg	5	Na	4	4	4	8	3
Calcium	Mg	248	45	114	70	70	108	104
Iron	Mg	4	6	5	3	3	4	3
Magnesium	Mg	295	260	163	118	121	120	158
Phosphorus	Mg	474	490	290	196	277	485	346
Potassium	Mg	728	565	680	363	410	1033	441
Sodium	Mg	1	16	0	5	0	1	2
Zinc	Mg	3	6	2	1	5	2	3
Copper	Mg	1	2	2	1	1	1	2
Manganese	Mg	3	1	6	3	4	1	3
Selenium	Mc	8	12	4	4	6	8	5
Vitamin C	Mg	0	0	6	1	1	2	1
Thiamin	Mg	0.2	0.2	0.6	0.7	0.7	0.8	0.3
Riboflavin	Mg	0.8	0.2	0.1	0.1	0.1	0.1	0.1
Niacin	Mg	4	1	2	2	1	1	2
Pantothenic	Mg	0	1	1	1	1	1	
Vitamin B6	Mg	0.1	0.3	0.6	0.4	0.2	1.7	0.5
Folate	Mc	29	69	113	10	22	50	98
Vitamin B12	Mc	0	0	0	0	0	0	0
Vitamin A	IU	10	0	40	0	77	533	41
Vitamin E	Mg	26	1	15	1	4	4	3
Saturated	G	4	9	4	12	6	4	6
Monounsatur	G	32	27	46	59	41	25	9
Polyunsaturat	G	12	8	8	1	22	14	47
Linoleic Acid	G	12	8	8	1	21	14	38
Linolenic	G	0	0	0	0	1	0	9
Phytosterols	G	120	158	96	114	102	214	72
<b>Cholesterol</b>	<b>Mg</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>



# Sprouts

Sprouts are easily digestible because of their high content of available enzymes and because the sprouting process predigests the nutrients of the seed. Tests have shown when seeds are sprouted their nutrient content increases by fifty to four hundred percent (Rita Romano, *Dining in the Raw*, page 21). For example, wheat contains over five times the amount of Vitamin C when sprouted.

That's not all. Sprouting a grain like wheat turns it from an acid forming food into an alkaline forming one. You will see why this is important later in this book in the chapter on acid and alkaline.

I personally do not eat sprouted beans often because they create gas in my system. I do eat sprouted wheat (kamut) on a regular basis. Other sprouts that agree with me and I enjoy eating are clover, fenugreek, mustard, alfalfa, radish, onion and sunflower. I also use some of these foods to spice my food rather than using dried spices that have lost much of their nutritional value.

# Grains

When wheat is processed to become white flour, it has at least twenty-five **known** nutrients removed from it in the refining process. Yet, it is fortified with only five. These five added nutrients are B1 (thiamine), B2 (riboflavin), B3 (niacin), folic acid and iron. The wheat grown today has been hybridized and is very different from the wheat grown during the Bronze Age. This may explain why wheat allergies are so widespread.

Of all the grains, wheat is the most allergenic. Gluten comprises seventy-eight percent of the total protein in modern wheat and gluten contains an intestinal irritant called gliadin. Children are often given white flour to mix with water to make glue. It will dry hard and stiff. However, if you do the same with whole-wheat flour, it will not dry hard and stiff, and you will not be able to glue things with it. It is the gluten in the flour that causes many wheat allergies, and also the gluten that gives it its glue-like properties. Kamut is a good alternative to the more common types of wheat. Because it is an ancient unhybridized form of wheat, many people who are intolerant of modern hybridized species do not react to kamut. In the recipes section, I give directions on how to make Essene bread (sprouted grain bread) from kamut.

Quinoa (pronounced keen-whah) is perhaps the most amazing grain of all. The World Health Organization states that this South American native is a complete protein with an amino acid profile similar to that of and at least equal to that of cow's milk. It is 16% protein (more than any other grain) and contains more calcium than cow's milk. It is a good source of B vitamins, vitamin E, iron and phosphorus. It is also said to be very easy to digest, an important factor for nutrient absorption. This grain is also easy to sprout. Soak it overnight, drain the water and rinse it 3 times per day. Usually it will be ready within 48 hours. When ready, it will have tiny tails visible. I like to eat it sprouted with some extra virgin olive oil and raw apple cider vinegar. Some people find it too chewy this way but others love it!

Wild rice is a grain that can be eaten without cooking. In order to eat rice without cooking, one must first soak it until some of the grains split down the middle. Soaking time varies on the batch and can take from overnight to several days. (I have even had a batch once that never split.). You should change the water daily. I soak my rice in the refrigerator after the first day. After some or most grains have split open, I add apple cider vinegar, olive oil and chopped red peppers to make a nice dish. I should note here that the texture of soaked rice is chewier than cooked rice and it is probably too tough for people with very bad teeth.

Oats are the only grain that is almost always sold as a one hundred percent whole grain. If you are out to eat, order oatmeal and you can be sure it is a whole grain food! It is also easy to enjoy oatmeal without cooking. Soak a bowl of "slow cook" (as opposed to instant, which is more processed) oats in the refrigerator or, if your house is not too warm, on the counter overnight. In the morning, you will have delicious oatmeal with the same consistency as if it had been cooked. In reference to oats, the American Heart Association states, "Meets American Heart Association food criteria for saturated fat and cholesterol for healthy people over age two." The fact that cholesterol is manufactured in the liver of animals and all plants are free of cholesterol makes this an amusing statement to me.

Both rolled oats and wild rice have been steamed before they go to market but they are still far superior to wheat flour products like bread and pasta.

# Tea

In China, it is widely stated that green tea is a source of Vitamin C. Since Vitamin C is destroyed by heat, we are left with the question, is this belief valid? According to Kit Chow and Lone Kramer in the book, *All the Tea in China*, there was research done in China on the medicinal properties of teas. "Heat destruction does occur, but not in tea (green tea). Something, as yet undetermined, apparently helps stabilize Vitamin C." Is it because green tea contains powerful antioxidants called polyphenols?

The amount of Vitamin C varies greatly depending on growing conditions, the age of the leaves at picking time, and how long they have been stored. Japanese tests found that tea stored three years had lost all its Vitamin C. Fresh tea also contains very small amounts of Vitamins B1, B2, K, P, niacin, folic acid and manganese.

As for black tea, authorities have long believed that almost all its Vitamin C is destroyed during fermentation. I have witnessed black tea drinkers accumulate high levels of the toxic mineral cadmium when doing mineral analysis in my clinical practice.

While traveling in Asia, I visited a tea plantation. Immediately upon entering the building where the black tea is fermented, I became nauseated from the odor released from the fermentation process. I haven't been nauseated by anything since then or for as many years as I can remember before that. I do not recommend black tea.

So what about herbal teas? Some need longer heating times such as roots and barks, and others such as flowers and leaves can have their medicinal properties destroyed by boiling and do not need to be heated for much time at all.

For leaves and flowers I believe the infusion method is best. Place your herbs in a strainer lined with a non-bleached coffee filter. Place the strainer on top of a bowl and pour very hot water over the herbs. What fills your bowl will be the herbal tea.

For roots, barks, berries, nuts and seeds, I feel that the decoction method works best. Soak the herbs in distilled water overnight to soften them and then simmer them in a covered pot for at least fifteen minutes. Strain and drink!

I often enjoy Sun Tea. I put some herbs in a glass jar with water, place it in the sun and drink when warm.

## Sea Salt

I would like to clarify the difference between iodized/kosher table salt and unprocessed Sea Salt. To do this, I will quote Donna Gates, author of *The Body Ecology Diet*. "We haven't been eating salt in this country. We have been eating this stuff in a blue cardboard box that has a little girl with an umbrella on it, and that's not really salt. In order to make that stuff they took salt and refined all the minerals out of it, they put in sugar, bicarbonate of soda and lots of other chemicals. They really honestly should not be allowed to call that stuff salt. It confused millions of Americans for generations

and generations into thinking that they were eating salt. Then we ran into problems with blood pressure.”

Unprocessed sea salt such as Celtic salt clumps together and does not work in a saltshaker. This type of salt is either pinched out or used in a salt grinder (similar to a pepper grinder).

Some health food stores sell sea salt that has anti-caking agents and other added garbage. Let's get back to using real salt! It costs a little more but is worth it! Salt is very alkalizing to the tissues and is loaded with trace minerals. But don't over do it, use this food in very small amounts.

## **Ocean Grown Food**

Readers Digest, August 2003, printed an article called, “Hidden Dangers In ‘Healthy’ Foods”. It revealed shocking news. The following is an excerpt from the article. “Many Americans are ingesting potentially dangerous levels of mercury by eating store-bought fish-gleaming, fresh, healthy-looking fish that they thought was good for them. Hightower's [Internist Jane Hightower] findings have triggered a furor at the highest levels of the federal government, convinced California to post warnings at fish counters, and stirred fears that something in our diet may be connected to mushrooming rates of learning disabilities. Today, nearly every state has issued warnings about mercury in fish” According to the article, many fish have, on occasion, been recorded as having unsafe levels of mercury. The worst are swordfish, mackerel, marlin, shark, king and tilefish. The second worst are tuna, trout, red snapper, flounder, freshwater bass,

grouper and halibut". Fish and shellfish also carry a high risk for many food-borne bacterial illnesses like salmonella. I will discuss these risks of fish in the chapter "Food Borne Illnesses.

Because mercury is excreted through breast milk and the chance of lowering a child's IQ increases as the mother's blood-mercury level rises, I caution strongly against the consumption of fish by pregnant women and nursing mothers. There is a much safer way to get the nutrients that are in fish without the risks involved in eating fish flesh; eat lower on the food chain, in other words, eat sea vegetables.

Humans have a history of eating sea vegetables (seaweeds) dating back thousands of years. Sea vegetables were known for their ability to prolong life, prevent disease, and impart beauty and health. Sea vegetables were not just eaten in the Asian countries but the Scots and the Britons used dulse and Irish moss, as well.

The nutrient profile of sea vegetables is very impressive. Compared to land plants they contain **ten to twenty times the mineral content**, including calcium, iodine and iron, are high in protein and have an abundance of vitamins and fiber. They are very low in calories and fat which makes them an excellent food for those who wish to lose weight.



The seaweeds hijiki, arame, and wakame have been analyzed in their dried state. Each contain more than ten times the calcium of cow's milk. Hijiki contains eight times the iron of beef, and wakame and kelp have

about four times the iron of beef. Kelp, kombu and arame contain one hundred to five hundred times the iodine of marine fish. One hundred grams of nori contains 35.6 grams of protein. Arame and hijiki are rich in vitamins and niacin (*Natural Awakenings*, January, 2003, Jan London). In addition, Seaweeds contain alginic acid, a polysaccharide compound that has the ability to chelate (bind compounds in order to remove them from the body) heavy metals like lead and radioactive elements as well as excessive sodium. (*The New Whole Food Encyclopedia*, Rebecca Wood, page 360).

The most common sea veggies eaten raw, right out of the package, are dulse, kelp and nori. Most people find dulse delicious. All types of sea veggies may be eaten without cooking; you can soak them for easier digestion and to improve the texture and taste.

Certain fish, such as Tuna, are found to be high in the toxic metal mercury, and can cause a toxic buildup in humans when eaten. Shellfish filter large amounts of water, absorbing bacteria, viruses, and natural toxins, such as heavy metals and chemical contaminants. These creatures, especially oysters, clams and mussels, can cause mild to severe cases of food poisoning when consumed if they are contaminated. Shellfish can also become contaminated with salmonella and/or campylobacter bacteria, either from fecal pollution of water or from improper processing or preparation. Sea vegetables, however, do not absorb these toxins like the filter feeders, which makes them much safer than sea animals. (*Natural Awakenings*, January 2003, Jan London).



# Thermal Properties of Foods

Thousands of years ago, both the Chinese and Indian civilizations classified foods as warming, neutral or cooling to the body. Some of the foods on this list did not exist in ancient China or India and have been classified in modern times. This information is useful in finding the right foods to balance your body and mind under different weather conditions and varying personal disposition and physiology.

Many people tell me that it is too hard to eat living foods during the winter, so I have put together the following chart to help.

<b>Warming</b>	<b>Neutral</b>	<b>Cooling</b>
Basil	Apricot	Amaranth
Burdock Root	Beet	Apple
Cabbage	Carrot	Asparagus
Cashew	Corn	Avocado
Collard Greens	Fava bean	Banana
Cauliflower	Fig	Barley
Cherry	Flax seeds	Blueberry
Chestnut	Grapes	Blue-green Algae
Chili pepper (before sweating occurs)	Green beans	Bok Choy
Cinnamon	Kohlrabi	Broccoli
Cloves	Lentil	Cantaloupe
Coconut meat	Pineapple	Chlorella
Dill	Potato	Celery
Fennel	Raspberry	Cilantro
Garlic	Shitake Mushrooms	Citrus fruits (except Kumquat)
Honey	Turnip	Coconut water
Kumquat		Cucumber (very cooling)
Mustard Greens		Dulse

<b>Warming</b>		<b>Cooling</b>
Nutmeg		Eggplant
Nuts (pine, etc...)		Grapefruit
Oats		Hijiki
Onion		Jackfruit
Papaya (with seeds)		Kiwi
Parsley		Lemmon
Parsnip		Lettuce
Pecans (very warming)		Mango
Quinoa		Melons
Rice		Millet
Rosemary		Mulberry
Rutabaga		Mung bean
Seeds (pumpkin, sunflower, sesame)		Nettles
Tea (black)		Peach
Vinegar		Pear
Walnut		Pepper (sweet)
Wasabi		Peppermint
Watercress		Persimmon
Wild rice		Plum
		Pumpkin
		Radish
		Seaweeds
		Spinach
		Spirulina
		Sprouts
		Star Fruit
	<b>Cooling</b>	Strawberry
	Turnips	Summer Squash
	Water Chestnut	Sweet Potato
	Watermelon (very cooling)	Swiss Chard
	Wheat and its products	Tea (green)
	Yam	Tomato
	Zucchini	Tofu (not recommended)

After reading this chart, you can see why many raw/living fooders who are unaware of the thermal properties of foods might have a difficult time maintaining body temperature in cold climates. It seems that the most commonly eaten raw foods, almost all fruits and most vegetables, are cooling. If I am in a cold climate I will consume warming spices with my meals and save the cooling foods for the warmest time or the most active part of my day. My hope is that you will become familiar with the thermal properties of some of these foods and use this knowledge to your advantage.

## Chapter Four: Biblical References

### The Old Testament

Numerous classical commentators, such as Rashi, Maimonides, Nachmanides, and Abraham Ibn Ezra, all stated that God's first intention was for people to be vegetarian. In *The Five Books of Moses*, God's **initial** dietary law was strictly non-meat: And God said, "Behold, I have given you every herb yielding seed, which is upon the face of the earth, and every tree, in which is the fruit of a tree yielding seed. To you it shall be for food." (From *Genesis* 1:29)

The Jews wandered in the desert for forty years in good health on a diet of manna. When they cried out for flesh, which the Lord reluctantly provided in the form of quails, a great plague broke out and many people died. Some commentators have interpreted this

incident as an early warning about the negative health effects of eating meat.

When the Lord promised the Jews a special land in Canaan, He said, "For the Lord, thy God, bringeth thee into a good land, a land of brooks of water, of fountains and depths, springing forth in valleys and hills, a land of wheat and barley, and vines and fig trees and pomegranates; a land of olive trees and honey; a land wherein thou shalt not lack anything in it. And thou shall eat and be satisfied and bless the Lord thy God for the good land which He hath given thee" (Deuteronomy 8:7-10). To me it seems that the ideal diet here was vegetarian too.

*The Book of Daniel* holds the world's first recorded dietary test. "But Daniel resolved that he would not defile himself with the king's rich food, or with the wine which he drank; therefore he asked the Chief of eunuchs to allow him not to defile himself. And God gave Daniel favor and compassion in the sight of the Chief of eunuchs and the Chief of eunuchs said to Daniel, 'I fear lest my lord the king, who appointed your food. And your drink, should see you were in poorer condition than the youths who are your own age, so you would endanger my head with the King.' Then Daniel said to the steward whom the Chief of the eunuchs had appointed over Daniel, Hanani'ah, Mish'a-el, and Azair-ah; 'Test your servants for ten days; let us be given vegetables to eat and water to drink. Then let our appearance and the appearance of the youths who eat the King's rich food be observed by you, and according to what you see deal with your servants'.

"So he hearkened to them in this matter, and tested them for ten days. At the end of the ten days they were better in appearance and fatter in flesh [more muscular] than all the youths who ate the King's rich food."

Later we find that Daniel was able to interpret the King's dreams when none of the wise men of Babylon were able to do so.

"Then the King gave Daniel high honors and many great gifts, and made him ruler over the whole province of Babylon, and Chief Prefect over all the wise men of Babylon."

## **Jesus, The Lost Teachings**

In the 1920's, Edmond Bordeaux Szekely, Ph.D., gained access to the Secret Archives of the Vatican and came across some of the teachings of Jesus that are missing from *The New Testament*. He translated and printed the *Essene Gospel of Peace* into twenty-six languages. Since then, over one million copies have been sold and the price of this manuscript remains only one dollar. If you have never read, it I highly recommend it!

The contents of this book represent about one third of the complete manuscripts that exist in Aramaic in the Secret Archives of the Vatican and in old Slavonic in the Royal Archives of the Hapsburgs. The ancient Aramaic texts date from the Third Century after Christ while the old Slavonic version is a literal translation of the former.

Edmond Bordeaux Szekely, Ph.D., was a well-known philologist in Sanskrit, Aramaic, Greek and Latin, and spoke ten modern

languages. Some of his most important translations are texts from *The Dead Sea Scrolls*, *The Essene Gospel of Peace*, *The Zend Avesta*, and from pre-Columbian *Codices of Ancient Mexico*.

The following teachings are from the *Essene Gospel of Peace*. On page 39 Jesus says, "But I say to you: Kill neither men, nor beasts, nor yet the food which goes into your mouth. **For if you eat living food, the same will quicken you, but if you kill your food, the dead food will kill you also. For life comes only from life, and from death comes always death.** For everything which kills your foods, kills your bodies also."

On page 40, Jesus gives details on how to make raw essence bread: "Let the angels of God prepare your bread. Moisten your wheat, that the angel of water may enter it. Then set it in the air, that the angel of air also may embrace it. And leave it from morning to evening beneath the sun, that the angel of sunshine may descend upon it. And the blessing of the three angels will soon make the germ of life to **sprout** in your wheat. Then crush your grain, and make thin wafers, as did your forefathers when they departed out of Egypt, the house of bondage. Put them back again beneath the sun from its appearing, and when it is risen to its highest in the heavens, turn them over on the other side that they be embraced there also by the angel of sunshine, and leave them there until the sun be set. For the angels of water, of air, and of sunshine fed and ripened the wheat in the field, and they, likewise, must prepare also your bread. And the same sun which, with the fire of life, made the wheat to grow and ripen, must cook your bread with the same fire! For the fire

of the sun gives life to the wheat, to the bread, and to the body. But the fire of death kills the wheat, the bread, and the body."

He goes on to give nutritional advice on how to stay disease free. "So eat always from the table of God the fruits of the trees [fruits, vegetables, nuts, seeds, beans], the grains and grasses of the field, the milk of beasts, and the honey of bees. For everything beyond these is of Satan, and leads by the way of sins and of diseases unto death. But the foods which you eat from the abundant



table of God gives strength and youth to your body, and you will never see disease."

The milk was to be consumed raw, not pasteurized and homogenized, which destroys the enzymes needed to digest it and denatures the nutrients. Studies have shown that calves fed pasteurized milk will always die. Cows in nature eat raw, unadulterated grass and herbs. Modern cows are fed dried grains that have been sprayed with chemical fertilizers, pesticides and anti-fungal agents and then stored for long periods, sometimes becoming moldy. I

do not advocate raw milk today because of the risk of tuberculosis, scrofula and other disease-causing microbes. (Refer to the food borne illness section for further information.)

Jesus also tells people to eat whole food, not processed foods, and speaks of food combining. "Eat, therefore, all your life at the table of our Earthly Mother, and you will never see want. And when

you eat at her table, eat all things even as they are found on the table of the Earthly Mother. Cook not, neither mix all things one with another, **lest your bowels become as steaming bogs.**”

“Take heed, therefore, and defile not with all kinds of abominations the temple of your bodies. Be content with two or three sorts of food that you will find always upon the table of our Earthly Mother. And desire not to devour all things which you see around you. For I tell you truly, if you mix together all sort of food in your body, then the peace in your body will cease, and endless war will rage in you. And it will be blotted out even as homes and kingdoms divided against themselves.”

Jesus (as well as the ancient yogic teachings) gives advice to eat to two-thirds of the stomach's capacity for optimum health (page 42).

"And when you eat, never eat unto fullness. Flee the temptations of Satan, and listen to the voices of God's angels. For Satan and his power tempt you always to eat more and more. But live by the spirit, and resist the desires of the body. And your fasting is always pleasing in the eyes of the angels of God. So give heed to how much you have eaten when your body is sated, and always eat less by a third."

Macrobiotics teaches to eat locally grown foods and foods that are in season. Over two thousand years ago, Jesus also taught these principles (page 43). “From the coming of the month of Ijar, eat barley; from the month of Sivan, eat wheat, the most perfect among all seed-bearing herbs. [He probably was speaking of kamut since modern wheat has been hybridized and did not exist two



thousand years ago.]... In the month of Elul, gather the grape that the juice may serve you as drink. In the month of Marchesuan, gather the sweet grape, dried and sweetened by the angel of sun (raisins) that your bodies may increase, for the angels of the Lord dwell in them. You should eat figs rich in juice in the months of Ab and Shebat, and what remain, let the angel of sun keep them for you (sun-dried figs); eat them with the meat of almonds in all the months when the trees bear no fruits. And the herbs that come after rain, these eat in the month of Thebet, that your blood may be cleansed of all your sins." To me this sounds like blood cleansing herbs.

"Eat not unclean foods brought from far countries, but eat always that which your trees bear. For your God knows well what is needful for you, and where and when. And he gives to all peoples of all kingdoms for food that which is best for each. Eat not as the heathen do who stuff themselves in haste, defiling their bodies with all manner of abominations."

Why these teachings have been kept secret in the catacombs of the Vatican for all these years one can only speculate. They make sense to me and I intend to share them, as Jesus did.

## Chapter Five: Noteworthy People

### **The Albert Schweitzer Experience**

Albert Schweitzer was a severe diabetic. When he sought the help of the raw food pioneer, Max Gerson, he was ill indeed and taking huge doses of insulin. Gerson took him off his high protein diet, commenting that since it is the pancreas that has to supply most of the enzymes needed to digest protein and since it is the pancreas which is ailing already in diabetes, why flog a dead horse? Poorly digested proteins only create more than their fair share of toxic wastes. Gerson put Schweitzer on a regimen of fresh raw vegetables and lots of vegetable and fruit juices including apple juice with all its fruit sugar. Ten days later, Gerson judged it safe to reduce his patient's insulin by half. A month later, Schweitzer needed no insulin at all. His diabetes never returned and he remained healthy and very active until his death in 1965 at the age of Ninety-two. This information comes from Leslie and Susannah Kenton, in their book, *Raw Energy*.

More recent evidence that diabetes yields to raw food treatments comes from Dr. Douglass, head of the health improvement service at the Kaiser-Permanente Medical Center in Los Angeles. Some of his patients have been able to stop using insulin altogether while others have reduced its use to a minimum. In one of his cases, a brittle juvenile diabetic was weaned off insulin and eventually off oral anti-diabetic drugs as well, by a ninety to one

hundred percent raw diet. Douglass found that some diabetics need to restrict the amount of fresh fruit they eat.

## **Edgar Cayce, Christian Mystic**

Edgar Cayce, the most famous mystic of the 20th Century, would go into a trance-like state during which his wife would ask him questions. Out of the 14,879 readings that are recorded and indexed in the library of the Association for Research and Enlightenment in Virginia Beach, 8,968 readings were given for individuals who were concerned about physical welfare. While I cannot find the exact number of people that regained their health due to Mr. Cayce's channeled advice, there were very few individuals who were not helped. Most of the people who regained their health had already tried modern medicine to no avail, and then turned to Cayce. Cayce usually followed a basic diet plan that excluded white sugar, white flour, fried foods and pork. He did recommend lots of fresh fruits, vegetables and salads.

The following are a few examples of Cayce's readings. In Reading #5024-1, a person with gallbladder disease was told: "In the matter of diet, keep away from fried foods. Do increase the amount of raw foods; that is lettuce, celery, carrots, radishes, all of these that are taken as salads." In Reading #1930-1, he was discussing the nervous system. "In the matter of the diet, keep to a great deal of the fruit juices and a great deal of the raw foods taken especially at one meal during the day; whether evening, noon or just which meal depends upon the body. No fried foods at all, ever! The green or

fresh vegetables are very well..." Reading #1191-3, his advice relative to constipation: "We would however, be more mindful as to the diet and as the seasons change it will be well that there be more of the vegetables, and at least one or two vegetables or a combination of vegetables taken raw, but fresh."

Each diet prescribed by Cayce was tailored according to the needs of the individual. Cayce died in 1945.

## Thomas Edison

Thomas Edison, the man credited with the creation of the light bulb, made a very profound statement and one that is relevant to our topic: "The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."



## Tony Robbins

One of my favorite success coaches and teachers is Tony Robbins. I was listening to his audiotape series, *Personal Power*, while driving in my camper and heard Tony say the following words, "If you want to be alive, eat live foods." He also brings up the point that our planet is 70% water and our bodies are 80% water. He says that it only makes sense for us to eat mostly water rich

foods such as fruit, vegetables and sprouts. He explains that proper diet increases one's energy, which is necessary for total success.

## **Brian Clement**

Brian Clement has been an inspiration to my growth process. It was his words long ago that inspired me to take on my current lifestyle. He is the director of the finest health retreat that I am aware of, the Hippocrates Institute.

The Hippocrates Health Institute is the epicenter of the raw/living food movement. For half a century, the staff at Hippocrates has been helping people to help themselves. Thousands have recovered from catastrophic disease and slowed down the aging process. Hippocrates is best known for changing lives through living food and helping humanity live with more integrity

## **Gabriel Cousens**

Gabriel Cousens, M.D., M.D. (H), Diplomat in Ayurveda, holistic physician, author, lecturer and world peace worker is the founder and director of The Tree of Life Rejuvenation Center. It is an innovative, cross-cultural, live-food, educational, spiritual retreat center and holistic medical "spa" committed to the healing and awakening of consciousness within the individual and the world community. The live-food nutritional protocols, detoxifying sciences and educational programs make this center a true oasis for awakening and healing!

One of the many things that I like about Dr. Cousins work is that he teaches the principals of Ayurveda for raw/living food eaters. Other teachers of this ancient wisdom that have crossed my path believe that to practice this tradition one must eat some cooked foods (Which is completely false).

## **Richard Schulze**

Dr. Schulze is a Medical Herbalist and former student of the late, great holistic practitioner, Dr. Christopher. Dr. Schulze healed himself of a life threatening disease and numerous supposedly incurable injuries. He has taught many people how to bring about miraculous healings within themselves. He says, "The whole basic principal and foundation of natural healing is not treating a disease, it's creating a lifestyle that is so conducive of health, with your food program, and your cleansing and elimination programs, and your exercise, and your emotional programs, that your body will heal itself."

The following common sense statement seems obvious to me and holds true in every case of illness that I have ever encountered. "It's very simple to get well, you stop doing the things that you did that made you ill in the first place, and you begin new healthy programs."

Both of these quotes come from the "*The Sam Viser Save Your Life Herbal Video Collection*". I recommend this great work to anyone whose health could use improvement, especially those who have been told that they are "incurable".

# Robert O. Young

Dr Robert Young, Ph.D. in Nutrition, studied Microbiology and Chemistry at the University level, and has been studying the effects of diet and lifestyle on human ecology for over twelve. In his book, *Sick And Tired, Reclaim Your Inner Terrain* he says, "Disease is just an expression of an inverted way of living, eating and thinking". My experience precisely!

He compares a goldfish in a bowl to the human body in saying that if a goldfish's water is not changed and it gets sick, the way to treat the goldfish is to change the dirty water to fresh, clean water. In humans, rather than killing the germs, viruses or treating a disease, change the fluids that our cells are bathed in, thus symptomatology reverses itself. Rather than degeneration you will see regeneration. The fluids that he is speaking of are our blood and lymphatic fluids.

Some of his research is groundbreaking! He measures the frequency of foods. Frequency is measured by counting the number of waves of light emitted per second. The more waves of light, the higher the frequency. He found that certain plant foods have very high frequencies. Wheat grass juice, fresh green juices and vegetables are from 70 to as high as 250 mega-hertz. Hamburgers and chicken have very low frequencies-from 3-5 mega-hertz. Dr. Young compares the effects of these foods on humans to the computer world saying that computers with higher mega-hertz think a lot faster. "As we cook food we reduce the frequency of energy of that food, and it becomes dead food. What we want to be eating is

live foods.” I can say for certain that my brain works a lot faster now on living foods than it did when I ate hamburgers and chicken.

## **Bradford Angier**

A wilderness survival situation is an event that I sincerely hope none of us are ever faced with. However, it is interesting to hear what survival experts have to say about getting the most out of your food. Wilderness survival expert Bradford Angier authored the wilderness survival books “*How To Stay Alive In The Woods*” (published in 1956) and “*Survival With Style*” (published in 1972). In both of these books Angier explains, “When rations are limited, all foods should be eaten raw or cooked only enough to make it palatable. The longer and hotter a food is cooked, the greater the losses of nutritive values. Even toasting bread diminishes this foods proteins and digestibility.”

### **Chapter Six: What to Avoid**

## **Toxins From Cooking**

New research reveals that cooked, starchy foods like breads, potatoes and corn products are perhaps the most detrimental to our health. The New York Times recently reported that cooking most starchy foods actually produces a highly carcinogenic chemical called acrylamide, which is known to cause cancer in laboratory animals.



The Environmental Protection Agency (EPA) currently limits the amount of acrylamide permissible in public drinking water but it does not regulate levels permissible in our food. French fries and potato chips have acrylamide levels several hundred times higher than the E.P.A. allows in drinking water. Yet most consumers have no idea that the process of cooking actually creates health risks.

On June 25, 2002, the World Health Organization (WHO) began a three-day emergency meeting in Geneva to evaluate the recent discovery that certain popular starchy foods, such as potato chips and bread, contain a chemical that can cause cancer (ABC News, 6/25/02). Never before has the agency assembled so many experts so quickly to evaluate food safety. Jorgen Schlundt, head of WHO's Food Safety Program, told ABC NEWS' John McKenzie: "This is not just another food scare. This is an issue where we find a substance in foods that could cause cancer, and in significant amounts."

Alarms were triggered in April 2002 with the announcement that scientists in Sweden had tested more than 100 food items and discovered that potato and cereal products that were fried, oven-baked and deep-fried may contain high levels of acrylamide, a chemical used to make plastics and dyes that has caused cancer in animals. "It did come as a surprise because it has not been considered as a normal process that you would get acrylamide out of food," said Schlundt. Researchers say it is all about heat. The higher the cooking temperature is, the greater the level of acrylamide.

Bread was found to contain fifty micrograms of acrylamide. Cereals, cookies and crackers and potato chips contained one

hundred sixty, four hundred ten, and twelve hundred, respectively. Since the Swedish study, scientists in several other European countries have tested many of these popular foods with similar results.

If you need yet another reason to pass on the potato chips, now you've got it.

## Frying

“Frying food damages otherwise healthy oils. The high temperature makes the oil oxidize so that instead of being good for you, it generates harmful ‘free radicals’ in the body” (Optimum Nutrition Bible, page 52). Frying also destroys the essential fats in food, and when consumed, the free radicals produced by frying can damage cells in the body, increasing the risk of cancer and heart disease and can cause **premature aging**. Frying foods can destroy Vitamins A and E, which also protect us from these dangerous substances. The damaging effects of frying depend on the oil, the temperature and the length of time. “Scores of unnatural breakdown dimer and polymer products with unknown effects on health are produced by frying and deep-frying” (*Fats That Heal, Fats That Kill*, Udo Erasmus).

Over many years of consuming fried foods, our cells accumulate toxic products for which they have not evolved efficient detoxifying mechanisms. These toxins interfere with our body's life chemistry. Cells degenerate and the damage manifests as degenerative diseases.

# Microwave Ovens

The microwave oven heats food with the use of electromagnetic radiation. Burton Goldberg's book, *“Alternative Medicine, The Definitive Guide”* says the following about the use of this kind of radiation for cooking food. “Microwave radiation is not very powerful and it drops off quickly as one moves away from the appliance. Yet, medical science has uncovered disturbing news about the effects of microwave radiation on health... including eye damage and carcinogenic effects.”

There may be another disturbing side to this modern convenience. Microwaving may cause chemical changes in foods beyond those associated with being exposed to heat. For example, researchers have discovered that microwaving infant formula for ten minutes alters the structure of its component amino acids, possibly resulting in functional, structural and immunological abnormalities.”

My recommendation is to steer clear of all types of radiation, especially when it comes to something from which you want to build the cells of your body.

## **Trans Fats, Hydrogenated Fats & Saturated Fats**

The process of hydrogenation of oils has major negative effects on health. The industry uses hydrogenation to add shelf stability for extended periods of time to all sorts of products and to make

spread-able margarine. Udo Erasmus author of, *Fats That Heal, Fats That Kill*, says “The process of hydrogenation uses high temperatures, between 248 and 410 degrees Fahrenheit, in the presence of a metal catalyst, usually nickel, but sometimes platinum or copper. Hydrogen gas is added to the oils. This process takes between six and eight hours. The nickel catalyst used is actually 50% aluminum and remnants of both metals remain in the products and are eaten by consumers.” Some researchers have linked aluminum to Alzheimer's and other diseases.

In a study done by E. Hill in 1979 on rats, it was found that hydrogenated vegetable oils elevated serum cholesterol levels while oils in the natural state lowered them. M. B. Katan and R. P. Mensink conducted a study in 1990 to check the effect of trans fats on HDL and LDL cholesterol in healthy humans. Fifty-four young adults were placed on identical three-week diets except that ten percent of the calories in one group were from trans fats and the other group from saturated fats. The trans fatty acids did more damage to the serum LDL/HDL ratio than did the saturated fat. Not only did LDL increase fourteen milligrams but HDL dropped by seven milligrams in the trans fat group (in only three weeks!).

Hydrogenated fats have been mislabeled by a technicality so that the industry may benefit. Although they are labeled as polyunsaturated, they are actually super saturated. The body cannot make use of them and they block the body's ability to use healthy polyunsaturated oils. It's like a key that fits the body's chemical locks but will not open the door. All margarine, unless stated on the label

to be free from trans-fat, is made from hydrogenated oils. So I say, "Buyers beware!"

In 1994, the Harvard School of Public Health publicized a study which concluded that trans fatty acids **double our risk of heart attack**. This study was aired on all major news programs in America. Also, in 1994 a Television ad that had run for years implying that margarine is good for health disappeared. A June 23, 1999 press release from the same Harvard school stated that if unsaturated fats replaced trans fats, each year 30,000 fewer people would die of heart disease. (This information was compiled from, *Fats That Heal Fats That Kill*, audiocassette.)

"There is a strong association between a high intake of saturated fats mainly from meat and dairy products, and cardiovascular disease. The reverse is true for olive oil" (Optimum Nutrition Bible, page 51).

## **Artificial Sweeteners**

Aspartame may provoke a variety of negative health effects; headaches, blurred vision, seizures, numbness, insomnia, memory loss, eye problems, hyperactivity, rashes, ear ringing and slurred speech. This chemical has been banned or restricted in Italy, Holland, Austria, Belgium, France and Portugal.

"Saccharin has been found to cause bladder cancer in rats and its use has been restricted in Canada" (Eating Safely in a Toxic World by Sue Kedgley).

Primates (including our own species) like man are designed to run on carbohydrates and have a natural "sweet tooth." Unfortunately, the majority of the public consumes processed sugar that actually robs the body of precious nutrients. Even worse, we eat artificial sweeteners that can cause ill health, instead of eating the fruits that contain so many essential nutrients.

## **Artificial Colors, Pesticides & Waxes**

You can easily remove a caterpillar from your lettuce and then wash the leaves to remove all traces of the insect. But it is nearly impossible to remove all pesticide



residues because they penetrate into the cellular structure of the fruits, grains and vegetables. Washing can remove some residues, but these chemicals are made to penetrate. If they were not, then every time the plant was watered they would come off and need to be re-applied. Peeling cannot remove all residues either because of the penetration factor, and the body needs the valuable fiber and nutrients lost in peeling. Is a peeled apple a whole food the way God intended it to be eaten? I believe that a peeled apple is much better than no apple at all, but not as good as an unpeeled organic

one because many foods have the bulk of the nutrients closest to the skin.

Some foods have been genetically modified to have the pesticide actually growing in the fibers of the plant! No pests will eat it; would you? Corn is notorious for this. The only way to be sure that the food you are eating is free of these chemicals is to buy organic.

Meat is not the answer. Most consumers still don't realize that meat, unless organic, has much larger amounts of pesticides than produce has. The grains the animals are fed are very high in these chemicals and are concentrated and stored in the fatty tissue of the animals. If we eat the flesh of these creatures, we are not only ingesting a higher amount of pesticides than in produce but also ingesting other chemicals such as antibiotics, anthelmintics (used to control worms) and growth-promoting hormones- a chemical cocktail indeed!

What are the worst foods to eat if we wish to avoid pesticides? Animal products such as beef and chicken are at the top of the list. Far beneath that come strawberries, bell pepper, spinach, cherries, peaches, cantaloupes, celery, apples, apricots, green beans and grapes according to the Environmental Working Group. At the very bottom of the list, meaning the least sprayed food is avocados. (Compiled from FDA and EPA data).

Samuel Epstein, M.D. has done extensive research and written a book called, *"The Politics of Cancer Revisited"*. He explains that Florida oranges have had their skins dyed with 'Citrus Red No. 2' to conceal color variations that would turn the average consumer "off" or toward California oranges, which have a naturally consistent color

without dye. He goes on to say that "Citrus Red No. 2' is carcinogenic (cancer causing) as are FD&C colors, -Blue # 1, -Green #3, -Red #4, -Red #40, -Yellow #5 & -Yellow #6.

Dr. Epstein explains that the waxes used on non-organic fruits and vegetables can also be problematic because they contain fungicides such as benomyl and sodium orthophenyl, both of which are carcinogenic. Some common fruits and vegetables that might contain these carcinogen-containing waxes are; apples, cucumbers, squashes, peppers, parsnips, eggplants, rutabagas, sweet potatoes, grapefruits, lemons and oranges.

Senator Don Regal who was chairman of the Committee of Banking, Housing and Urban Affairs, authored a 343-page report on Gulf War Syndrome entitled, *The Regal Report*. All of the information therein is available in the public domain. It states that thousands of American service men and women are suffering from memory loss, fatigue, muscle and joint pain, rashes, sores, intestinal and heart problems, and runny noses as a result of service in the Gulf War and that they had probable exposure to low-level chemical warfare agents (nerve agents). In the conclusion of this report is a telling statement. "Non-lethal exposure to pesticides can result in memory loss and nerve agents are chemically related to pesticides."

In my experience almost everyone can use improved memory. It is necessary to consume of the raw materials needed for proper memory function and to avoiding lifestyle factors such as stress that can impair memory. Doesn't it also seem logical to avoid chemicals that are known to undermine our memory function and cause disease?



I will finish this chapter with two ideas that are not considered when so-called “safe” chemical levels are set for humans. Exposure to one compound may compromise the body's ability to detoxify another; and when chemicals and pesticides combine in the body, making new compounds, how can safe chemical levels be set. We just don't have the answers to these questions and avoidance is the key.

## **Caffeine**

Caffeine increases the production of stomach acid, alters the metabolism of fat, temporarily raises blood pressure and can cause insulin to be released. It can cause heartburn and stomach upsets, may trigger migraines and benign breast tumors. Heavy caffeine consumers may develop stomach disorders, heart palpitations, anxiety and insomnia.

The *Taber's Cyclopedic Medical Dictionary*, Edition 17, (page 288) says the following about caffeine: “ An alkaloid present in coffee, chocolate, tea, many “cola” drinks, cocoa, and over the counter medicines such as Anacin, Excedrin, No-Doze, and Vivarin... The pharmacological action of caffeine includes central nervous system stimulation; stimulates gastric acid and pepsin secretion; elevates free fatty acids in plasma; acts as a diuretic; increases basal metabolic rate; decreases total sleep time; and may increase blood sugar level...The possibility that caffeine contributes to cardiovascular disease, various cancers and birth defects has been investigated. These studies have not provided definitive answers.”

The stimulating effect of caffeine can also lead to sexual dysfunction by preventing relaxation in the nerves of the penis. These nerves need to be relaxed in order to allow blood flow to the organ.

Coffee, which is high in caffeine, also contains oxalic acid even when it is decaffeinated. Oxalic acid binds to minerals in the digestive tract and prevents their absorption, which has been linked to osteopenia and osteoporosis. Oxalic acid has also been linked to the formation of kidney stones.

So why ingest a drug such as caffeine? I find that a healthy diet and a good yoga set gives me more energy than I usually need and also benefits my sleep!

## **Food Borne Illness**

Some foods such as shellfish and the flesh and milk of animals can be very dangerous to health if eaten raw. The Food and Drug Administration lists the following bacteria that cause food borne illnesses.

- *Campylobacter*: Found in raw and undercooked flesh such as beef, poultry and shellfish, raw milk and contaminated water.
- *Clostridium botulinum*: Found in vacuum-packed and improperly canned foods. Can be fatal in three to ten days if left untreated.
- *Clostridium Peفرingens*: Found in the intestinal tracts of animals and humans. Can contaminate food left for extended periods in steam tables or at room temperature

via dust particles. Mostly a danger at buffets and picnics where the food is left at forty to one-hundred forty degrees Fahrenheit for greater than three hours.

- Escherichia Coli: Found in undercooked ground beef, raw milk, contaminated water, and occasionally on unwashed fruits and vegetables (can be washed off of fruit and vegetables)
- Listeria monocytogenes: Found in beef and poultry, improperly processed ice cream, soft cheese, raw milk, and occasionally unwashed leafy vegetables. (can be washed off vegetables)
- Salmonella which has over twenty three hundred strains: Found in undercooked beef, poultry, eggs, seafood, raw milk and dairy products with three hundred fifty thousand cases in humans per year.
- Shigella is known to have over thirty types: Found in food and water that has been exposed to fecal contamination.
- Staphylococcus Aureus: Found in foods that have been handled improperly.

Food borne bacteria are destroyed by heating foods at high temperatures in the case of animal products and by properly washing fruits and vegetables. There are many commercial fruit and vegetable washes available in health food stores. My favorite is grapefruit seed extract, also used as a dietary supplement. I knew a woman who led Cancer Clinic tours in Mexico by van from Southern California. She told me that she was constantly getting sick from the

bacteria in the food until she started taking grapefruit seed extract as a prophylactic. From that day on she never got sick. I also used this powerful medicine while traveling for two and a half months in India. Most of the time I ate peelable fruits and vegetables. When not easily peelable, I would soak them in a mixture of grapefruit seed extract (gse) and water for twenty minutes. When eating in a restaurant, I ingested the tablets as a prophylactic. Every other tourist I spoke with either had travelers' diarrhea or had had it in the past. I only experienced it two times for a period of only a few hours when I neglected to take the gse.

I also supplemented my diet with the beneficial intestinal bacteria such as acidophilus regularly. These bacteria colonize a healthy intestinal tract and fight off the harmful bacteria. Unfortunately, antibiotics destroy these health-promoting organisms and leave one more susceptible to harmful bacteria. Thus a cycle of getting sick more and more often occurs and may lead to more serious conditions such as systemic candidiasis and chronic fatigue syndrome.

Zoonoses: Diseases of animals that can be transmitted to man. There are a variety of ways to catch these diseases. We will cover those that are transmitted only through foods. I spent some time in medical dictionaries and other sources and will give terminology straight from these books. Many exist; I have only listed a few.

- Scrofula: Tuberculosis of the lymph glands in the neck. Formerly, this occurred from drinking milk infected with tuberculosis germs; the condition occurs only rarely today.

- Tuberculosis, Bovine: That type found in cattle. It can be transmitted to humans through infected milk.
- Trichinosis: A parasitic disease affecting muscles and causing nausea, vomiting, dizziness and diarrhea caused by eating infected pork or ham.
- Enterococci Faecium: Is a dangerous bacterium found in chickens, which is resistant to Vancomycin, one of the strongest, last resort antibiotics. Fortunately, infections with enterococci are rare compared to salmonella or campylobacter (Optimum Nutrition Bible, p. 41).

This is the 1992 New American Medical Dictionary's, definition of BSE (Bovine Spongiform Encephalopathy/Mad Cow Disease). Bovine spongiform encephalopathy is the fatal disease that has affected cows and has been passed on to humans in the United Kingdom. The infectious agent responsible for Bovine Spongiform Encephalopathy is called a prion; it latches on to proteins in the brain and changes them. It is now proven to pass from species to species and into man. Creutzfeldt-Jacob disease, the human equivalent of the disease, bears the same genetic markings as those in Bovine Spongiform Encephalopathy.

Creutzfeldt-Jakob Disease (CJD) may have greater public health consequences than the suspected number of confirmed cases might indicate. CJD is not reportable in most states and is often misdiagnosed or omitted from death certificates. Prions are thought to cause CJD. It is extremely difficult to kill these infectious agents. Normal sterilization procedures do not eliminate contamination.

What is it? Creutzfeldt-Jakob Disease (CJD) is a horrendous fatal brain-deteriorating disease for which there is no treatment or cure. Most scientists believe CJD is caused by a prion, which is an abnormal isoform of a host-encoded protein (a protein based molecule with no RNA or DNA). While there are many forms of CJD, recently, an atypical form, labeled new variant CJD (nvCJD) was discovered which appears to be more closely related to the clinical and pathological correlates of Kuru. (Kuru was discovered in New Guinea and is said to be caused by cannibalism rituals.) nvCJD has been related to bovine spongiform encephalopathy (BSE) or as it is more commonly called, Mad Cow Disease. The incubation period for CJD was thought to be decades, however, recent clinical presentations have shown it could be much less.

Who gets it and how? The consumption of cow flesh is the most common source for the prions to enter the body. Creutzfeldt-Jakob Disease affects both men and women worldwide usually between the ages of 50 to 75 years, but can strike at any age. The officially stated mortality rate is one to two deaths per one million of the population per year. However, this figure appears to be an understatement as CJD is often misdiagnosed.

In one study by Yale University researchers, **13% of Alzheimer patients were found, upon autopsy, to actually have CJD.** A similar study performed at the University of Pittsburgh showed over five percent of Alzheimer's patients were CJD victims.

What are the symptoms of CJD? The initial symptoms are subtle and ambiguous and can include insomnia, depression, confusion,

personality/behavioral changes, strange physical sensations, balance disorders and/or memory, coordination and visual problems. Rapid progressive dementia and usually myoclonus (involuntary, irregular jerking movements) develop as CJD progresses. Also, language, sight, muscular weakness, swallowing and coordination problems worsen. The patient may appear startled and become rigid. In the final stage, the patient loses all mental and physical functions. The patient may lapse into a coma and usually dies from an infection like pneumonia precipitated by the bedridden, unconscious state. The duration of CJD from the onset of symptoms to death is usually one year or less.

## Chapter 7: Recommendations For Healthy Living

### Acid Alkaline Balancing

Maintaining the human body's pH is extremely important. The pH of the human bloodstreams is 7.4. If it goes out by just a small amount, we will die. Lucky for us we store calcium and other minerals in our bones that are used to buffer the acidity of our bloodstream. Our diet should be composed of about 80% alkaline forming foods and 20% acid forming foods. The standard American diet (SAD) is reversed at about 80% acid and 20% alkaline forming. This pulls calcium out of our bones to buffer the acidity of the bloodstream and can lead to osteopenia or osteoporosis. As has been proven time and time again, the answer is not more calcium, but rather proper diet.

One thing that determines if a food is acid or alkaline forming is the mineral content or "ash" that is left over after the food has been digested. The following common minerals are alkaline forming to the tissues in our body: calcium, iron, magnesium, potassium and sodium. Some acid forming minerals are chlorine, phosphorus and sulfur. Another factor that determines how a food affects our pH is the protein level. Amino acids (building blocks of protein) when eaten in excess cause our urine to become more acidic. The body then pulls alkaline minerals out of the bloodstream to buffer the pH of the urine. This process acidifies the body by robbing alkaline minerals such as calcium.



Whether or not the food is acidic or alkaline in the stomach has nothing to do with whether or not it has an acidifying or alkalinizing effect on the tissues of the body. For example, lemons are acidic in the stomach but alkalinizing to the tissues after digestion. Milk is alkaline in the stomach but acidifying to the tissues after digestion. In general, all animal flesh, milk and ovum (eggs), common grains (wheat, rye, barley), and sugar are acid forming, and almost all fresh, raw fruits and vegetables are alkaline forming. I have included a chart for more precision.

<b>Acid forming</b>	<b>Alkaline forming</b>
Alcoholic beverages	Almonds
Beans (most)	Avocado
Buckwheat	Brazil nuts
Chickpeas	Carrots
Chocolate	Currants
Coffee	Cinnamon
Coconut (Dried meat)	Coconut (young fresh meat)
Condiments (Catsup & Mustard)	Dates
Cranberries	Figs
Dried sulfured fruits (most)	Fruit (almost all)
Fish & Shellfish (all)	Ginger
Eggs	Honey (raw)
Flour products (bread & pasta)	Horseradish
Grains (most, unsprouted)	Lima beans
Legumes	Maple syrup
Lentils	Millet
Meat (all animal flesh)	Miso
Milk products (Ice cream, cheese)	Molasses
Nuts (peanuts, cashews, chestnuts)	Mushrooms
Oats	Onions
Olives (olive oil)	Raisins

<b>Acid forming</b>	<b>Alkaline forming</b>
Plums (prunes)	Salt
Rice	Sea Vegetables (nori, dulse...)
Sauerkraut	Sprouts
Seeds (most)	Strawberries
Soda	Sweet potatoes
Sugar	Umeboshi plums
Tea (black)	Vegetables (almost all)
Vinegar	

## **My Typical Menu**

People often ask me what I eat in a typical day. Nothing about my day is typical but I will answer as best I can. The first thing on my menu is not food for my belly but for my spirit. Yogic type stretching in a relaxed meditative state is very important for health and should be done on an empty stomach. Even if I have to get up very early, I will get up even earlier to have time to stretch. This lubricates my joints and makes me feel great! Remember, “ If you don’t use it, you’ll lose it”.

The first thing that passes my lips after water is fruit. Fruit is easy to digest compared to most other foods and it is rich in pure water and loaded with nutrients. Fruit is the original fast food and the best food to break-a-fast! When possible, I make a smoothie with a mixture of berries such as blueberries (the only food scientifically shown to reverse the aging process), raspberries, blackberries and strawberries. These berries are known to be among the richest in antioxidants of all foods.

For lunch it’s usually vegetables with raw nuts and/or seeds. The vegetables may include carrots, celery, bok choy, tomatoes, radish,

romaine lettuce, parsley, napa cabbage, broccoli, red pepper (never green pepper because they are not ripe), sprouts of all kinds, arugala and zucchini. If I am on the go I eat them whole, sometimes dipping them into raw, unsalted nut butter or guacamole. If I am in a situation that allows, I might cut the vegetables up and toss a salad with cold-pressed, extra-virgin olive oil on it or an avocado whipped in the blender with water for dressing.

An afternoon snack might be sea vegetables such as dulse or bullwhip kelp, a Thai coconut, some olives or a handful of raw pumpkin seeds or Brazil nuts.

Dinners vary and usually begin with a large salad with homemade dressing or fresh lemon juice and Essene bread with avocado or pate'. Other dinners include spiralized vegetables with living marinara, curried vegetables, raw veggie-burgers, a sea vegetable dish or nori rolls (chopped vegetables on raw nori paper with avocado, or nut pate' inside) and unpasteurized miso soup (served room temperature) with finely chopped vegetables in it. Recipes for all these dishes can be found in the recipe section at the back of the book.

There are many other foods that I eat but it would be tedious and nearly impossible to list them all.

Since we are all different, what works for me might not work for you. This diet does work the best for me, it has for many years, and I never felt better in my life!

# Cleaning Reactions/The Healing Process

After years of being on the SAD (standard American diet), most people need to gradually switch over to a healthy diet, and more importantly, cleanse the intestinal tract and get it functioning properly first. When your intestinal tract is functioning properly you will have a bowel movement for every large meal consumed.

Dr. Richard Anderson's book, *Cleanse & Purify Thyself (book one)*, explains the negative side of a quick dietary transition without opening the eliminative channels first. "The problem with going on a raw-food diet without cleansing is this: When the average person goes on raw foods, even for a few days, the body begins to cleanse. What's wrong with that? Well it brings up cleansing reactions. The average person is full of toxic waste that a completely raw food diet without complete intestinal cleansing could stir up more problems than most people want to handle. Fruits are the most cleansing of all. Vegetables do not cleanse nearly as rapidly. It is ironic that because of cleansing reactions, it sometimes appears that eating fresh raw food makes a person sick, while eating cooked or junk foods makes a person feel temporarily better. All that has really happened in this scenario, however, is that the eating of junk foods has stopped the cleansing process."

"Cleaning reactions on a raw-food diet, without cleansing the digestive tract first, can be so severe for the average person, that a lack of energy; a "spacey" feeling; eruptions of the skin; and overloads on the kidneys, liver and other organs can be weakening to the point of ineffectiveness."

I do not recommend a pregnant woman dramatically change her diet to raw foods because the toxins released from storage in her body could possibly harm the fetus or shock the system in such a way as to trigger a miscarriage.

My advice to you: **transition slowly**. If you feel cleansing reactions at inappropriate times, back off a bit by eating foods like steamed vegetables and brown rice. Remember-cleansing reactions are only temporary. If you have the patience to “wait out the storm”, you might feel better than you ever felt in your life!

Many people prolong their own or their loved ones recovery time from infection unknowingly. They have the best intentions when they take or give aspirin or the like. By doing so, they actually prolong the recovery time which keeps them sick longer. What happens is this: the body raises its temperature because that causes the immune system to work more efficiently. For every one degree of temperature rise, the speed at which your immune cells travel is doubled. These immune cells are your white blood cells. The process is called leucotaxis; white blood cells migrate through the blood stream and then through the walls of blood vessels to reach the agent that they must destroy. For example, with a fever of 104 degrees, the immune cells travel 64 times faster than normal to get to the site of infection and destroy bacteria or other problematic agents.

Suppressing a fever goes totally against what your body wants to do to heal itself. It is clear to me that the innate wisdom of the body should not be interfered with in this case. So, unless a fever is dangerously high, I personally would not suppress a fever. What is

dangerously high? Ask your Allopathic Physician. This differs for every individual, especially for children and the elderly.

## **The Liver /Gallbladder Flush**

Dr. Richard Schulz has put together an amazing videotape set called "*The Sam Viser Save Your Life Herbal Video Collection*". In section 40 of the collection, he explains how to flush the liver and gallbladder. Dr. Schulz recommends that adults do this cleanse four times per year (once per season). It is very easy to do. You just drink a simple and very inexpensive mixture on an empty stomach upon awakening for breakfast. Follow it with 2 cups of herbal tea. Do this every day for one week. That's it!

These are Dr. Schulz's directions for making the gallbladder cleanse: For spring and summer cleansing, mix in a blender 8oz of distilled water, 8oz of fresh squeezed citrus juice (orange, tangerine, lemon, grapefruit, or lime, or a mixture of these), one clove of garlic, a one-inch piece of ginger and one tablespoon of olive oil (cold pressed, extra virgin oil). For the fall and winter cleanse the mixture is the same except that you should use apple and grape juice (fresh pressed is best) instead of citrus. To complete the cleanse (after drinking the mixture), wait 15-30 minutes and then drink 2 cups (16oz) of either an herbal detox tea or digestive tea. Once the liver has flushed itself out, the tea pushes it all through. These teas are available from your local health food store (I recommend the Yogi Tea brand). If you would like to increase the intensity of the detox, after a few days on the cleanse, double up on the garlic and olive

oil, if you get nauseous, increase the ginger and drink your tea sooner.

Dr. Schultz says that if the citrus is organic, it's a good idea to throw a piece of the peel into the blender too, because citrus peels have essential oils that stimulate your liver and help it produce more bile. The citrus even helps clean the kidneys and bladder. The garlic is a broad-spectrum antibiotic, anti-viral, gets rid of (some) parasites and disinfects the whole system and the ginger stimulates circulation and helps to prevent nausea.

The liver is the filter of all materials that enter our bloodstream. Airborne chemicals that we breathe in, chemicals that are absorbed through our skin and chemicals that we unknowingly (or knowingly) eat. Did you know that most commercial soaps, shampoos and lotions contain chemicals that penetrate the skin and are sent to the liver for detoxification? This can overburden the liver. I recommend using soaps and shampoos that are free of artificial colors and fragrances. In other words, if there is any word on the ingredient list that you are unfamiliar with, you should take the time to find out what it is. I personally use Dr. Bronner's soaps and Aubry shampoo and conditioner. These products are available from any health food store.

I often see people with dark circles under their eyes, which could mean that the liver is overworked. It makes perfect sense to me to keep this organ functioning properly for optimum health, and this cleanse can help do just that!

# Oxygen / Deep Breathing

Everyone knows that we can live without food for a while but without oxygen we lose consciousness and die very quickly. What most people don't know is that the amount of oxygen that we bring to our tissues has a direct effect on our health. Most people breathe much less deeply than optimal. For example, our brain needs oxygen to perform all its tasks, if there is an insufficient supply, our thinking process will be impaired. However, long deep breathing that fills our lungs with this life giving substance allows our bloodstream to absorb more air and transport it to our brain for optimal brain function.

For vibrant health, the bloodstream must be able to carry optimum amounts of oxygen. Research has shown that a diet containing saturated fats from animal flesh/milk and hydrogenated/cooked vegetable fats lessens the oxygen carrying capacity of the blood, resulting in less oxygen to the brain, muscles, organs etc. A diet high in dark green, leafy vegetables increases the oxygen carrying capacity of the blood.

It has been said that our lymphatic system is the body's sewer system. It cleans up most of the waste products of cellular metabolism. There is about four times as much lymph as blood in the body. If our lymphatic system were to shut down for only 24hrs, we would die. This system does not have a pump like the bloodstream has. The only way that the lymph fluid gets pumped through the tissues of the body is by muscular movement such as exercise and/or



deep breathing, which both move the lymphatic fluid extremely well.

Deep breathing increases the amount of oxygen delivered to the lungs for absorption into the bloodstream and ultimately into the tissues of the body. Most people take very shallow breaths and do not use the full capacity of their lungs. I recommend full inhales and exhales whenever possible. (It is important to inhale through the nostrils unless you are congested). Air is free!

## Deep Relaxation

My favorite position for deep relaxation is lying on my back with my arms by my sides, palms facing up, and my legs straight out, toes pointing to the outside. My breathing is deep but relaxed and **my mind is relaxed** as well as my physical body.

Studies have shown that for most people, only three months of 20 minutes per day spent in deep relaxation causes blood pressure to normalize, overall energy to increase, moods to improve, sleep to improve and both hands and feet to become warmer. (This suggests that it improves circulation).

Deep relaxation can be done in bed for ten minutes upon waking in the morning and for ten minutes before going to sleep. If something happens to stress you out at any time during the day this technique can really help.

# The Mind Body Connection

Emotions have been scientifically proven to have a powerful effect on the immune system. Researchers in medical schools in the United States and abroad have discovered that immune cells such as T-cells, B-cells and Macrophages (the white blood cells) have receptors for neuropeptides. Neuropeptides are created in our body every time we have a thought and our immune cells listen for and react to the emotional dialog. Positive thoughts such as love, joy, happiness, forgiveness, etc. create health-promoting neuropeptides that boost the immune system while negative thoughts such as fear, hate, jealousy, possessiveness, etc. create neuropeptides that can depress the immune system and cause disease.

Dr. Richard Anderson N.D, N.M.D., states in book one of *Cleanse & Purify Thyself*, "Another factor in the ability to adapt a raw food diet is emotions. Remember, thoughts and feelings are the primal directive forces that control our bodies; this includes appetites and desires. Some people will never be raw-fooders until they have transmuted certain emotions."

Many researchers now believe that our emotional state is just as important as our nutritional state in the quest for optimum health.

# Weight Normalization

If you found an age old, and scientifically based method of eating that would almost effortlessly allow your weight to normalize, and if the side effects were that it would slow down your aging process, your blood pressure would normalize, your arteries would open up, your arthritis would go away, your chronic migraines would cease, your diabetes would vanish, your depression would lift and your self esteem and energy levels would soar, would you do it? I have witnessed all of these things happening to people when they shifted to a raw/living foods diet.

It is said that there are two general categories of people, the ones that pass all the artificial chemicals that have been consumed out the opposite end that they came in (the skinny ones), and those that hold on to all the chemicals consumed (people who suffer from overweight). What kind of chemicals? Food additives such as artificial colors, preservatives, flavor enhancers, pesticides, toxins created from cooking, antibiotics, growth hormones and other chemicals in animal products, need I continue? Over the years they build up in the fatty tissue and contribute to weight gain. A friend of mine once said, "If you consume bazaar laboratory concocted nonsense, you will become bazaar laboratory concocted nonsense." My advice to you is to avoid these chemicals as you would avoid a plague!

Dairy products are another culprit that can lead to overweight conditions. Cow's milk is loaded with naturally occurring growth

hormones designed to turn a calf into a cow very quickly. Even organic milk has growth hormones in it that can cause humans to gain weight, let alone the commercial dairy products that have added synthetic growth hormones. There are no animals that consume the milk of another species of animal in nature and there are also no animals that drink milk of their own species as adults. Our society has been sold on the completely false idea that cow's milk is essential by a **paid advertising agency** called the American Dairy Council. The fact is that cow's milk causes weight gain in humans as well as baby cows, is unnecessary and in large amounts detrimental to the health of humans.

Eating living foods, provided that you keep the sweet fruits to a minimum, keeps blood sugar levels normal. When blood sugar is elevated, the pancreas floods the bloodstream with insulin. Insulin then turns the sugars into fat. When insulin spikes, signals are sent to stop the conversion of fat to be burned for fuel. Insulin also suppresses the thyroid, which slows the metabolic rate. It is well known that blood sugar elevates when we eat sugary desserts. But some people are unaware that when we eat bread and pasta, rice, potatoes and many other cooked starchy foods and almost all processed foods, they also turn into simple sugars. Even products labeled as "whole wheat" raise insulin levels and are turned into fat.

When eating living foods, one can usually eat as much as one desires, and if overweight, one will still lose weight! It will not happen as fast as if your body went into ketosis, but ketosis can be dangerous. I have witnessed many people come to see me who had been on ketosis inducing diets and then started to experience

panic attacks, smelled like rotting flesh and had a complexion similar to a corpse. These diets do cause you to lose weight, but eventually you gain it back, plus a few pounds, and it becomes harder and harder to keep the weight off in the long run.

What you want to do to lose weight is speed up your metabolism. The only safe way to do that is to eat often. Metabolism becomes slow if you skip meals like many people do when they want to lose weight. This slowing of metabolic rate is a process that humans have adapted to for survival in ancient times. If food is scarce, the body perceives starvation. It senses that little food comes in, that it is a long time between meals and goes into survival mode. In order to make sure there is enough fuel to keep you alive, it stores as much of the food as it can as fat and slows the rate at which it burns calories. Once metabolism slows down, it is extremely difficult to lose weight. The key is to eat often; remember it must be living foods. Your body will have no choice but to eventually turn the metabolic rate up and the pounds will come off! Try not to cheat unless you experience a healing crisis at an inappropriate time. (Be sure to read the chapter on cleansing reactions). Even a small amount of cooked food can slow the weight loss process dramatically.

For speeding up the metabolic rate, I recommend at least five medium size meals a day, but don't eat before retiring for the night. The nighttime is the time that your body uses to renew its self and the digestive organs need to be rested at this time. If your body spends the first part of the night digesting food, it might not have enough

time to perform the routine maintenance functions that are essential for vibrant health.

Dr. Robert O. Young has been helping people to normalize their weight through balancing out the over acid conditions that exist in many of his clients' bodies. He says that a fat problem can actually be an acid problem. The body maintains fat to neutralize the acid, so as you start alkalizing the tissues, the fat comes off.

I would like to leave you with this thought to ponder. Have you ever seen animals in the wild on their natural living foods diet that are overweight? It just doesn't happen. The only animals that become overweight are the ones fed devitalized, processed, acid forming foods by humans.

## **Summation**

Cooked and processed foods are certainly able to sustain life in humans. Unless the genetic inheritance of the person is exceptionally good, a diet high in cooked and processed foods can lead to a slow but progressive degeneration of cells and tissues which encourages early aging and the development of degenerative diseases.

Cooking foods results in a 70 to 80 percent loss of vitamins, approximately a 50 percent loss of protein and a 100% loss of enzymes. An enzyme-deficient diet may be responsible for reduction in brain weight and size, unfavorable enlargement of the pancreas, wasting of the precursors of metabolic enzymes and many degenerative trends

When heated, essential fats can produce free radicals. Trans fats block cell respiration and are linked to cell damage and disease.

New research reveals that cooked starchy foods like chips, corn products, potatoes and bread produce a highly carcinogenic chemical called acrylamide, known to cause cancer in laboratory animals. The higher the heat, the more acrylamide is formed.

A living foods diet will not make you fat and it encourages your body to reach its ideal weight.

It is now proven that we do not need to consume animals' flesh or their milk/ovum, and that any diet based on a good variety of whole, uncooked, unprocessed plant foods will supply all the nutrition we need. Eating "living" chemical free plant foods encourages optimal health because of the increased antioxidant, vitamin and nutrient profile and the decreased burden of dealing with potentially toxic chemicals.

# Recipes

## Desserts

### Raw Carob Cheesecake

Makes one 8-inch diameter cheesecake, 8-16 pieces.

#### **Crust:**

2 cups pecans, soaked for 4-6 hrs. and dehydrated

¼ cup seedless raisins

1 tsp ground cinnamon

¼ cup pitted dates (medjool or sticky ones)

1 Tbl raw honey or 1 packet stevia powder

#### **Filling:**

2/3 cup **liquefied** (to liquefy, place oil jar in a pan of hot water)

unrefined coconut oil/butter (**not** canned coconut milk)

1 ¼ cups dates (pitted)

1 quart raw cashews soaked at least 3 hrs. then rinsed

1 cup raw carob powder

1 Tbl vanilla extract

½ tsp cinnamon

1 Tbl raw honey or 1 packet stevia powder

#### **To make the crust:**

Put pecans, raisins, dates, honey and cinnamon in food processor and process until it begins to stick together. Press crust mixture evenly into the bottom of an 8-inch spring form pan and set aside.

#### **To make filling:**

Put soaked and drained cashews and liquefied coconut oil in food processor and process until semi-smooth. Add remaining ingredients and process until creamy smooth. (if coconut oil is solid, place jar in a pot of hot tap water until liquefied).



Put filling in crust and spread evenly. Refrigerate for at least 2-3 hrs. before serving.

- Will last for 2 weeks if stored in sealed container in the refrigerator or for 2 months in the freezer.
- Recipe by Cheri Soria and modified by *Nature*

### **Amazing Oatmeal Carob Cookies**

Makes 40 medium cookies

#### **Ingredients:**

3½ cups oat groats soaked over night or sprouted.  
1 cup walnuts soaked overnight and rinsed well, then chopped  
1 cup sun dried raisins  
½ cup raw carob powder  
3 Tbl raw honey or 3 packets stevia powder  
8 oz fresh squeezed carrot juice  
2 inch piece of ginger juiced with carrots  
6 medjool dates or any sticky dates  
1 tsp unprocessed sea salt  
1 tsp cinnamon powder  
5 tsp unprocessed coconut oil/butter (to liquefy, put bottle in hot water)

#### **To make:**

Process the soaked oat groats in a food processor until chopped well. Add **liquefied** coconut oil, dates, carrot ginger juice, honey, carob powder, sea salt and cinnamon, process until processed well (it might be necessary to process in small batches).

In a mixing bowl, mix contents of food processor with the raisons and chopped walnuts.

Spoon out cookie size amounts onto parchment paper covered dehydrator shelves. (Fills about 3 shelves in dehydrator.)

Dehydrate at 100 degrees from 26 hrs to 30 hrs or until firm (less if in a dry climate).

Refrigerate in airtight container! Yummy

- Recipe by *Nature*

## Cranberry Apple Pie

Serves 8

### **Ingredients for the crust:**

½ cup dates or figs  
½ cup raisins  
1 cup brazil nuts (soak 3 hours and rinse)  
½ cup shredded coconut  
Dash celtic sea salt  
Dash cinnamon

### **To Make:**

Blend all the ingredients in a food processor until well mixed and then press it into a pie pan making an even crust.

### **Ingredients for the filling:**

5 Granny smith apples  
2 cups walnuts (soak for 3 hrs and rinse)  
2 cups cranberries (frozen are ok)  
1 tsp cinnamon  
¼ tsp nutmeg  
1/3 cup golden raisins  
1/3 cup honey  
1 c lemon juice

### **To Make:**

Peel and slice all the apples. Chop 4 of the apples into one inch squares (approx) leaving one sliced, then marinate all of them in the lemon juice, cinnamon and 2 Tbl of honey (mix that up before adding apples) for 3 hours (mix well and once per hour). Pulse the cranberries, walnuts and remaining honey in a food processor until forming a thick chunky mixture. Layer the apple pieces over the crust and add a layer of the cranberry-walnut mixture and half of the raisins. Continue layering until all ingredients are used. Leave the apple slices to form the very top layer (one slice per pie slice). Chill and serve!

• Recipe by Shanti Devi (Michal Adi) [Rawpeach25@yahoo.com](mailto:Rawpeach25@yahoo.com)

## **Banana Ice Cream**

Serves 2

### **Ingredients:**

2 frozen ripe bananas (peel bananas before freezing them)

### **To make:**

With an Omega 8001 or 8002 juicer, or with a Champion juicer, using the “blank plate” run the frozen bananas through. Serve quickly, before it has time to thaw.

## **Pine Nut Ice Cream**

Serves 2-4

### **Ingredients:**

1 cup pine nuts

1 cup pure water

4 tsp raw honey

½ tsp vanilla extract

¼ tsp unprocessed sea salt

### **To make:**

Place all ingredients in a blender and process until smooth. Pour into a stainless steel or pyrex bowl, seal top and freeze. Eat when frozen! Yum

## **Appetizers**

## **Durian On Fire**

Serves 2-4

### **Ingredients:**

½ medium size durian

1 green or young Thai coconut (both water & meat)

2 stalks celery

2 stalks/leaves bok choy

1 small piece of fresh red cayenne pepper or jalapeno pepper

### **Directions for Preparation:**

Cut open durian and empty half of it. Remove the pit from every piece of durian and put the yellowish "meat" into a blender. Remove the leaves from the celery and discard them. Chop celery and bok choy and add into blender. Add water and meat of one coconut into the blender. Add small piece of fresh red cayenne pepper or jalapeno pepper into the blender. Note: this pepper could be very spicy so put very small piece first. You can always add more later. Blend everything together and serve in glasses or bowls.

- Recipe by Alok, founder & director of the Alok Holistic Health center [www.AlokHealth.com](http://www.AlokHealth.com)

### **Enchanted Pistachi Vado** (excellent treat, yum!)

Serves 2

#### **Ingredients:**

1 avocado  
2 cups young coconut water (water will work if coconut water is not available, but then it will not be enchanted!)  
10 dates (medjool or soft ones)  
1 ½ tsp vanilla extract (non alcoholic)  
2-4 Tbl chop pistachios (optional)

#### **To make:**

Blend everything except pistachios, chop and sprinkle on top.

- Recipe by Chad Faulk (imagineIAM)

### **Shining Sushetta**

Makes 1

#### **Ingredients:**

1 nori sheet  
1 stalk of celery  
Raw nut butter  
Honey or raw agave  
Bee pollen and/or spirulina  
Cucumber (optional)

**To make:**

Lay nori sheet flat, place celery stalk at end, spread nut butter across stalk, drizzle honey over nut butter, sprinkle bee pollen and/or spirulina on top, dice cucumber chunks and place on top, rap it up with the nori sheet and eat!

- Recipe by Chad Faulk (imagineIAM)

## Breakfast and Nut Milk

### Sweet & Healthy Breakfast Cereal 'ala' Narava

Serves 2

**Ingredients:**

3 Tbl golden flax seeds

3 Tbl brown flax seeds

6 sun dried kalamata figs

¼ cup sun dried raisins

¼ tsp cinnamon

½ cup pine nuts for pine nut cream (see recipe for regatta cheese/cream)

**To make:**

Soak figs overnight. Soak raisins from 15 mins. to overnight. Chop the figs into small pieces after soaking. In a coffee bean grinder or vitamix, grind the dry flax seeds into powder. Mix the flax powder and the liquid from the figs and raisins in a bowl (add liquid slowly, mixing with a fork each time you put more in so that the flax powder can fluff up because it will want to clump). After desired consistency is reached, add raisins, fig pieces and cinnamon, and then mix again. Pour pine nut cream on top and serve! Yummy!!

- Recipe by *Katherine "Narava" Kaufman* and modified by *Nature*

### Nut Milks

**To make:**

Place soaked almonds (soak 12 hrs) or sunflower seeds (soak 3 hrs) in a blender, so that the nuts are even with the level of the uppermost part of the blades. Add pure water to just cover the nuts. Blend until smooth.

Add more water until desired consistency is reached. Sweeten to suite your taste buds with a soft date or two, raw honey or stevia powder (if you use too much stevia, it will become bitter). Strain with a nut milk bag (I use a paint strainer bag from the hardware store) Make only what you will use in one day. These milks go bad after about 24hrs.

## Spreads and Pate

### Omega Three Pate

Serves 2-4

#### **Ingredients:**

1 ½ cups walnuts soaked from 2 –6hrs and rinsed (taste first to make sure they are fresh)  
1 cup chopped asparagus  
1 medium tomato (roma tomato recommended)  
½ cup chopped parsley (stems also)  
2 cloves garlic or 1 tsp asafoetida powder  
4 tsp fresh squeezed lemon juice  
2 Tbl unpasteurized mellow white miso

#### **To make:**

Place all ingredients in a food processor and process until smooth.

- Recipe by *Nature*

### Southwest Style Pate

#### **Ingredients:**

1 cup pecans  
½ cup chopped carrots  
½ cup chopped celery  
½ cup chopped broccoli  
¼ cup chopped onion  
1 Tbl minced garlic  
1 Tbl nori flakes  
½ Tbl ginger  
½ Tbl sea salt (or 1 Tbl chickpea miso)  
Add some jalapeno, habanero or other chili powder, to give it a kick!  
(optional)

(Add the following as the processor is going)

¼ cup orange juice

2 Tbl apple cider vinegar

1 Tbl flax oil

**To make:**

In a food processor place the ingredients excluding the last three and process until smooth. Then add the last three while processor is going, and process a little more.

- Recipe by Bruce Horowitz [chef\\_sprout2001@yahoo.com](mailto:chef_sprout2001@yahoo.com)

**Down to the Roots Pate**

Serves 2 –4

**Ingredients:**

1 large sweet potato or yam (peeled if not organic)

1 small beet (peeled if not organic)

1 small carrot (peeled if not organic)

1 clove of garlic or ½ tsp asafoetida powder

1 or two slices of onion

1 Tbl ground fresh ginger

1 tsp turmeric root (ground fresh if possible)

½ tsp cumin

½ tsp coriander

1 pinch of black pepper (fresh ground)

1 Tbl cold pressed, extra virgin olive oil

**To make:**

Chop and then process all the ingredients in a food processor.

**Suggested use:**

Serve as Burrito filling wrapped in your favorite leaves and topped with such delights as sprouts, avocado, and scallions, use it for dipping carrot and celery sticks or spread onto essence bread.

- Recipe by *Guru Beant Kamke*

## Mock Salmon Pate

Makes 4 cups

### **Ingredients:**

2 cups soaked almonds (soak overnight)  
2 medium carrots  
¼ cup carrot juice (about 1 ½ large carrots)  
3 Tbl fresh squeezed lemon juice (about 1 lemon)  
1 ½ stalks finely diced celery  
4 scallions finely chopped  
2 tsp kelp powder  
1 Tbl Braggs liquid aminos, nama shoyu or ½ tsp celtic sea salt

### **To make:**

Put almonds and carrots through a food processor until creamy. Add liquid aminos and process a little more. Mix the rest of the ingredients with the contents of the food processor by hand in a bowl.

### **To serve:**

Spread onto sliced cucumber or flax crackers or in the middle of a green salad.

- Recipe by *Elaine Love of Pure Joy Living Foods*
- I also add 2 Tbl of dulse flakes for extra flavor

## Living Laughing Creamy Hummus

Serves 4-6

### **Ingredients:**

2 cups sprouted chickpeas  
½ cup extra virgin, cold pressed olive oil  
1 tsp flax oil (optional)  
4 cloves raw garlic or 2 tsp asafoetida powder  
1 lemon (the juice of, no seeds)  
1 tsp unprocessed sea salt  
1 Tbl. mellow white miso  
1 Tbl. raw tahini  
2½ Tbl raw macadamia or raw cashew butter  
3 Tbl water from soaked kalamata figs (let figs soak overnight)



**To make:**

Place all of the ingredients into a high quality food processor, blender or vitamix. Blend until smooth. **For optimum flavor** let set in refrigerator for 24hrs. before eating.

**Suggested uses:**

Spread into celery stalks, bok choy and red pepper quarters. They may be topped with *living marinara sauce* for extra flavor.

- Recipe by *Nature*

### **Ricotta Cheese/Cream**

**Ingredients:**

1 cup pine nuts  
1 cup water

**To make:**

Process one cup nuts with one cup water in a blender. Pour contents of blender into a sprouting bag (a paint strainer bag works well and is available at a hardware store for a dollar!) and squeeze out the liquid (if nothing is left in the bag you processed the nuts too long). This is pine nut cream and works excellent on breakfast cereal. The ricotta cheese will be what is left in the bag. Salt may be added to the cheese.

### **Spreadable and Delectable Cheese**

**Ingredients:**

2 cups macadamia nuts  
1 cup pine nuts  
1 lemon  
1 tsp sea salt (or less if salt is not desired)

**To make:**

Place the nuts, salt and the juice of the lemon in a high quality food processor, or vitamix (tamper needed for vitamix). Blend until smooth. Eat right away and refrigerate the rest in a sealed container.

**Variations:**

Add a small amount of turmeric powder for yellow cheese or any spices.

- Dehydrate for hard cheese!
- Will keep in frig for at least two weeks.
- Recipe by *Jackie Graf*
- I have used 2 cups pine and one cup macadamia with excellent results.

### Cheddar Cheese Slices

#### **Ingredients:**

3 cups sesame seeds, soaked and rinsed  
 2 cups water  
 1 cup red bell pepper, chopped  
 ¼ cup orange juice  
 1/8 cup lemon juice  
 1 Tbl fresh garlic, minced  
 1 Tbl fresh turmeric, minced  
 1 Tbl flax oil  
 1 Tbl Celtic sea salt  
 1 Tbl chopped onion  
 1/2 tsp ginger peeled and minced  
 Hot chili to taste (optional)  
 ½ tsp each: ground white pepper & coriander (Optional)

#### **To make:**

In a food processor, blend until creamy. Then spread 1/8 inch thick onto teflex sheets and dehydrate until chewy.

- Recipe by Bruce Horowitz ([chef\\_sprout2001@yahoo.com](mailto:chef_sprout2001@yahoo.com))

## Sprouted Bread and Pizza Crust

### Pizza Parlor Crust

Makes 2 Crusts

#### **Ingredients:**

1½ cups almonds (soaked 12 hours)  
 1 apple (deseeded and quartered)

¼ cup extra virgin, cold pressed, olive oil  
1 Tbl Celtic sea salt  
1½ Tbl Italian seasoning  
1¼ cups flax seeds (ground into meal)  
1/3 cup water

**To make:**

In a food processor, using the S-blade, process the almonds on the highest setting. Add water, oil, salt and apple. Blend for 1 minute. Add herbs and then slowly pour in flax meal while machine is on. Mixture will begin to clump together. Continue to blend until mixture resembles a ball of dough. Section dough into 2 balls (more for smaller crusts). Place one ball on teflex (or onto parchment paper) and use wet fingers to spread dough around into pizza-shaped circle. Dough should be ¼ inch thin. Form crust by folding edges over. Dehydrate for 12 hrs at 99 degrees (flip over after a few hours and remove teflex sheet or parchment paper).

Top with marinara, macadamia-pine nut cheese and toppings (onions, red peppers, olives...).

- Recipe by *Karen Parker*

**Italian Essene Bread**

Fills about 4 trays in a dehydrator (depending on thickness)

**Ingredients:**

5 cups sprouted kamut berries  
4 cups sprouted hard red winter wheat berries or spelt berries  
2½ cups sprouted sunflower seeds  
½ cup soaked pumpkin seeds (soak for a few hrs)  
½ of a small sweet onion chopped finely  
½ cup onion sprouts or any other sprouts (alfalfa, radish, clover...)  
¼ cup fresh basil leaves finely chopped  
2 Tbl Italian seasoning (Frontier makes an organic one)  
2 tsp unprocessed sea salt  
1 Tbl kelp powder

**To make:**

Place all ingredients in a large mixing bowl and mix very well.

Processing the mixture is not easy unless the correct machine is used because the gluten in the grains clogs most machines and can burn out the motor. Process small amounts at a time if using a food processor or a vitamix. With this method check to be sure that all grains have been crushed; if just one is left uncrushed it will be a hard piece in the finished bread that can chip a tooth. The easiest way to process the mix into dough is with a corkscrew type of food processor such as the Omega 8001 or 8002 juicer with the “blank ” instead of the screen in. I have used an old hand crank meat grinder with great success for years!

**Spread** thin on dehydrator trays lined with parchment paper using a spatula or if using the Omega juicer, the processed dough will come out perfect for bread sticks (form into pretzels or any fun shape!)

**Dehydrate** at 99 degrees for at least 12 hrs. or until dry. Dehydration time depends on many factors, the relative humidity (the higher the longer it takes), the ambient temperature and the thickness of the bread. I prefer to “cook” my bread in the sun when possible. For years I have prepared Essene bread in my camper and “cooked” it on the dashboard with the sun coming through the windshield. In New Mexico where the humidity is 20-30% and the elevation is 5000 feet above sea level the bread will be ready in a few hours. In the New England area the same bread will take 2 days!

**Flip** the bread over when it becomes dry enough to do so.

**Store** bread in a sealed container or zip lock bag in a refrigerator for optimum taste and nutrient retention. Essene bread is considered to be fermented food by some and will continue to ferment if not fully dry and left out at room temperature. This can give the bread a fermented taste. When fully dry it can stay at room temperature for months.

- I have found that Kamut is the best tasting, least likely to mold, and easiest to process (because of its softness) of all the grains.
- I encourage you to experiment with different spices and herbs. There are endless recipes to be discovered!
- Recipe by *Nature*

## Entrées

### Christina's Living Cashew Curried Vegetables

Serves 4-6

#### **Ingredients:**

2 medium tomatoes  
2 cloves of garlic or 1 tsp asafoetida powder  
1 Tbl fresh squeezed lemon juice  
1 Tbl raw honey or one packet of stevia powder  
1 Tbl fresh grated ginger or ½ tsp powder  
1 Tbl fresh grated turmeric (optional)  
1 tsp unprocessed sea salt  
1 can of preservative free coconut milk (cream of coconut) or the meat and some liquid (milk) from young Thai coconuts totaling 13 oz. after blending until the texture is that of heavy cream.  
5 tsp curry powder

#### **To make:**

Place all ingredients in a food processor or blender until smooth.

#### **Suggested use:**

Pour curry mix over the following raw veggies or veggies of your choice.

½ bunch of broccoli chopped into small pieces  
½ head of cauliflower chopped into small pieces  
1 large tomato diced  
1 large red pepper diced  
¼ cup onion sprouts or any desired spouts  
½ sweet onion finely chopped  
2 Tbl chopped leaks or scallions  
¼ bunch of chopped cilantro  
1 cup raw cashews that have been soaked from 4 to 6 hrs and rinsed

- Recipe by *Christina Ott*

## **Bouillabaisse (Hearty Sea Vegetable Stew)**

Makes approximately 12, 8 oz servings.

### **Ingredients:**

Start with 1 ounce each, of the following dried seaweeds: silky sea palm, nori, arame, hijiki.

With scissors, chop seaweed to small pieces.

Soak seaweed in 2 quarts of water for 1 – 2 hours.

Add 8 ounces of chickpea miso. Stir until miso is dissolved.

Place on gas burner, on lowest setting.

Stir in the following:

1-2 teaspoons ground cumin

1/8 cup fresh squeezed lemon juice

2 cups raw tahini (blonde)

2 Tablespoons raw black sesame tahini

2/3 tablespoon minced garlic

1 tablespoon minced ginger

1/2 cup ground golden flax seed

1 tablespoon minced sage

1 tablespoon minced hyssop

1-2 teaspoons ground cayenne

1-2 tablespoons sea salt

1 cup chopped yellow onion

1/8 cup of coconut butter (unprocessed coconut oil)

### **To make:**

Stir every so often. Warm to “finger hot” (Should be thick and creamy after fifteen minutes of gradual warming).

This is an “I can’t believe it’s raw, vegan” dish that could pass for a seafood stew in any gourmet restaurant!

- Recipe by Bruce Horowitz [chef\\_sprout2001@yahoo.com](mailto:chef_sprout2001@yahoo.com)

## **Perfectly Healthy Pizza**

### **Ingredients crust:**

Italian Essene bread for crunchy crust (see recipe in this book)

or

Pizza Parlor Crust for soft crust (see recipe in this book)

**Ingredients cheese:** (makes enough for 4 slices)

1 cup raw almonds

½ tsp unprocessed sea salt

2 Tbl fresh squeezed lemon juice

**To make cheese:**

Soak raw almonds at least 8 hrs (12 hrs is best)

Place almonds and lemon juice in a blender and add pure water until the water level is just under the level of the almonds, add the salt and process until creamy.

Spoon the mix onto the Essene bread and let dehydrate for an hour or so

**Sauce:**

Spoon on Living Marinara sauce (see recipe in this book). Then let sauce warm on top of the pizza in dehydrator for ½ hr or so.

**Toppings:**

Diced onions, tomatoes, olives, red peppers, sprouts and mushrooms (mushrooms are best when marinated in *Nama Shoyu* for several hours)

- Recipe by *Nature*

### Veggie Noodle Marinara

Serves 4-6

**Ingredients for marinara sauce:**

4 medium tomatoes

2½ Tbl sun dried tomato powder

¼ small red beet

¼ small red onion

2 cloves garlic or 1 tsp asafoetida powder

2 dates (pitted)

2 Tbl Italian seasoning (Frontier makes an organic one)

1¼ tsp unprocessed sea salt

1/8<sup>th</sup> tsp cayenne pepper

1 lemon juiced

1 cup fresh basil (¼ cup chopped)

½ cup parsley (¼ cup chopped)

**To make sauce:**

Place ingredients in a food processor or blender and process. Add chopped herbs near end of blending for chunky sauce.

**Ingredients for noodles:**

1 large zucchini  
1 large beet  
1 daikon radish  
1 large sweet potato  
1 jicama (my favorite)

**To make noodles:**

With a *Spiral Slicer* or *Spirooli* spin the sweet potato, beets, zucchinis and daikon radish into noodles. The spiral slicer makes “angel hair” style noodles and Spirooli makes thicker noodles. Both of these machines make noodles that are very long. I suggest cutting the noodles up with a knife on a cutting board for a more enjoyable meal. For a change, try using Christina’s curry sauce or her French dressing recipe (both are in this book) on the vegetable noodles!

**To serve:**

Spoon the marinara on top of the veggie noodles and eat!

- Recipe by *Katherine “Narava” Kaufman*

**Bodacious Veggie Burgers**

Makes 12 burgers

**Ingredients:**

4 cups carrot pulp from a juicer (not the juice)  
3½ cups portabella mushrooms (chopped)  
1 cup almonds soaked overnight and rinsed  
½ cup sweet onion (chopped)  
5 tsp minced garlic or 2 tsp asafoetida powder  
¼ cup cold-pressed extra-virgin olive oil  
1 Tbl unpasteurized mellow white miso  
3 Tbl Bragg’s liquid aminos



**To make:**

Place the soaked almonds in a food processor and chop well. Mix all ingredients in a large bowl (including the chopped almonds). Place ½, or less, of the mix in the food processor at a time, and process until smooth. Mix the processed ingredients by hand in the bowl one more time to insure an even mix. Form patties and place on parchment paper in the dehydrator at 100 degrees for as many hours as it takes to get to the desired hardness. Flip burgers after 6 hours

- . Recipe by *Nature*

**Herbed Coconut Un-Turkey with Herb Stuffing**

Serves 4

**Ingredients:**

1 cup red pepper diced small

1 cup Brazil nuts

½ cup cilantro

¼ cup olive oil

1 tsp thyme

1 tsp sage

2 cloves garlic

1 tsp celtic sea salt

1 cup corn de-cobbed

2 young Thai or green coconuts, cut the meat into medium sized oval shapes

**To make:**

Process all the ingredients except the coconut meat and red pepper. Mix with red pepper and make a sandwich with the coconut pieces as the bread would be and the mixture on the inside. Warm in dehydrator for 1-2 hours.

- Recipe by Shanti Devi (Michal Adi). [Rawpeach25@yahoo.com](mailto:Rawpeach25@yahoo.com)

## Side Dishes

### Pico De Gallo (spicy Mexican salsa)

Serves 4

#### **Ingredients:**

8 roma tomatoes or 4 large vine ripe tomatoes (diced)  
½ med red or sweet onion (diced)  
1 clove garlic finely (chopped)  
1 bunch cilantro (chopped)  
1 or 2 fresh jalapenos (chopped)  
1 lime (juice of)  
½ tsp unprocessed sea salt

#### **To make:**

Toss and allow to sit for 1-2 hrs before serving.

- Recipe by Chuck Ott

### Garlic Mac Mash Un Potatoes with Marvelous Mushroom Gravy

Serves 4-6

#### **Ingredients for Mushroom Gravy:**

1 cup fresh young coconut meat  
½ avocado  
2 cloves garlic  
¼ cup red onion  
1 tsp celtic sea salt  
¾ cup soaked dried or fresh crimini mushrooms  
1 tsp black pepper

#### **To make:**

In a food processor using the S blade, or in a blender, process until smooth, adding water until desired consistency is reached (1 cup works well).

#### **Ingredients for Un-Potatoes:**

1 head cauliflower  
3 cups macadamia nuts (soaked for 3 hrs)  
2 lemons (juice of)

3 cloves of garlic  
½ tsp pepper  
1 tsp unprocessed sea salt

**To make:**

Run the head of cauliflower and the soaked macadamia nuts through a food processor. Add garlic, sea salt, coarsely ground black peppercorns and lemon to taste.

- Recipe by Shanti Devi (Michal Adi). Rawpeach25@yahoo.com

**Candied Yams**

Serves 4

**Ingredients:**

4 yams or sweet potatoes peeled  
1 or 2 Tbl honey or raw agave nectar

**To make:**

In a food processor, using the S blade, process the yams until smooth. Add sweetener a little at a time, processing each time you add, until desired sweetness is reached.

- Recipe by Shanti Devi (Michal Adi). Rawpeach25@yahoo.com

## Condiments

**Christina's Creamy French Dressing** (my favorite)

Serves 2-4

**Ingredients:**

¼ cup filtered water  
1/3 cup apple cider vinegar  
1/3 cup cold pressed extra virgin olive oil  
1 Tbl Bragg's liquid aminos  
2-3 Tbl raw honey  
2½ Tbl cold pressed, unrefined sesame oil for best taste (Flora brand) or flax oil (for higher nutrition)  
2 large cloves garlic, finely minced

1 cup nutritional yeast (not a raw product but loaded with B vitamins)

**To make:**

Put all **liquid** ingredients and garlic in a jar and shake to mix. Then add half of the yeast and shake until creamy. Add the other half of the yeast and shake again until thoroughly mixed.

- This dressing is good right away but it is much better if you let it sit over night, allowing the garlic flavor to mellow and mix with the rest of the dressing.
- Recipe by *Christina Ott*

**Creamy Tahini Dressing**

Makes 2½ cups

**Ingredients:**

½ cup raw tahini (for a salt free dressing use unsalted Tahini)  
½ cup fresh squeezed lemon juice (for sweeter dressing use oranges)  
¼ tsp coriander powder  
1/8 tsp chili powder (optional)  
½ cup cold pressed, extra virgin olive oil  
1 tsp apple cider vinegar (optional)  
¾ cup pure water  
2 cloves garlic  
1 or 2 Tbl raw honey or 1 packet stevia

**To make:**

Place all ingredients into a blender and process until smooth.

- Recipe by Christina Ott
- (More water or more oil for thinner dressing)

## Natures Cool Catsup

Makes 1 cup thick catsup

### **Ingredients:**

½ cup chopped tomatoes  
¼ cup powdered sun dried tomatoes (a coffee grinder works well to powder the sun dried tomatoes if your store does not carry them)  
1 clove garlic or ¼ tsp asafoetida powder  
¼ cup chopped sweet onion  
1 Tbl cold pressed, extra virgin olive oil  
4 tsp raw honey or 1 pack stevia powder  
¼ tsp unprocessed sea salt  
½ tsp Bragg's liquid aminos  
2 Tbl apple cider vinegar  
½ tsp nutritional yeast (optional)  
5 Tbl water for thick catsup (more for thin)

### **To make:**

In a food processor, using the S blade, process until smooth.

- Recipe by *Nature*

## Living Gourmet Mustard

### **Ingredients:**

1 cup yellow mustard seeds soaked overnight (sprouting them is even better)  
½ cup apple cider vinegar  
½ tsp unprocessed sea salt  
½ tsp turmeric (optional)

### **To make:**

In a blender or food processor, using the S blade, process until smooth. Add pure water until desired consistency is reached.

- Recipe by *Nature*

# Recommended Reading/Recipe Books

- *Conscious Eating* by Gabriel Cousens M.D. (the science behind raw foods and some recipes)
- *Sun Food Diet Success System* by David Wolfe (motivation to go raw)
- *12 Steps To Raw Foods* by Victoria Boutenko (how to go raw)
- *Hooked On Raw* by Rhio (mostly recipes but good info too)
- *The Raw Truth* by Rene Underkoffler and Jeremy Saffron (mostly recipes but some good info)
- *Enzyme Nutrition* by Dr Edward Howell (the science behind enzyme therapy)
- *Eating For Beauty* by David Wolfe (great kirlian images)
- *The Essene Gospel Of Peace, book 1* translated by Edmond Bourdeoux Szekely (2000 year old teachings that science holds true today)
- *Raw The UNcook Book* by Juliano (beautiful, full color recipe book)
- *The Raw Gourmet* by Nomi Shannon
- *Natures First Law* by David Wolfe, Dini and Arlin
- *Hippocrates Health Program* by Brian Clement
- *Living Foods For Optium Health* by Brian Clement
- *The Sprouting Book* by Ann Wigmore (how to sprout)

- *Staying Healthy In An Unhealthy World* by Brian Clement
- *Kitchen Garden Cookbook* by Steve Meyerowitz (recipes)
- *Living In The Raw* by Rosa Lee Calabro (recipes)
- *Raw Kids* by Cheryl Staycoff (transitioning children to raw foods)
- *Common Sense Health And Healing* by Dr. Robert Schulze

# Websites

- [WWW.RawFoodLife.com](http://WWW.RawFoodLife.com)
- [WWW.RawFoods.com](http://WWW.RawFoods.com)
- [WWW.RawFood.com](http://WWW.RawFood.com)

## QUOTES

“ Nothing will benefit human health and increase the chances for survival of life on earth as much as the evolution to a vegetarian diet.”  
*-Albert Einstein*

“ My refusing to eat meat occasioned an inconveniency, and I have been frequently chided for my singularity. But my light repast allows for greater progress, clearness of head & quicker comprehension.”  
*– Benjamin Franklin*

“ Our bodies are our gardens, to which our wills are gardeners”



*-William Shakespeare*

“ You are what you eat.” *-American proverb*

*“ When health is absent wisdom cannot reveal itself, art cannot become manifest, strength cannot be exerted, wealth is useless and reason is powerless” – Herophilus 300 B.C.*