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#32

Take The First Step Toward Vibrant Living!

By Cherie Soria

Our health is a reflection of the way we experience life. The sad truth is most people do not know what it means to live a vibrant life. Many people think they are healthy because they have no visible symptoms of illness, but the best way to measure health is to look at the amount of vitality and enthusiasm for one has for life. Today, millions of people are literally sick and tired from living fast, eating fast, and eating fast foods. Most of these fast foods are cooked, refined, often fried, and toxic to our bodies. They are eaten on the go or in front of the TV, without consciousness or appreciation for any nourishment they may provide. The increasing numbers of people who are sick, depressed, and walking around unconscious is a telling story of how we live our lives.

Taking the first step toward vibrant living is easy -- simply add more raw plant-based foods to your diet. It is a profound way of taking responsibility for your own well being and getting on the road to conscious, joyful living. The results are better health, more energy, more enjoyment of the foods you eat, and more appreciation of the simpler things in life. This back-to-nature approach to eating provides more life to our bodies, minds, and spirits, and enables us to appreciate the gift of being fully alive.

People are often surprised when they begin eating raw foods that they find greater enjoyment in eating than they did on their previous SAD (Standard American Diet). This depth of satisfaction is not only physical it is mental and spiritual, as well. Eating more raw foods increases one's health, and encourages a mindful appreciation of life and a greater connection with nature. This does not mean that eating cooked food is bad, only that the more we replace cooked foods with raw foods in our diets, the more vitality, clarity of mind, and presence of being we experience.

Eating simply does not mean giving up the ecstatic pleasure of food. On the contrary, natural foods prepared consciously, with "satva" (presence of mind) are even more pleasing. When we prepare food in a state of appreciation, love is transferred through the food to us. Simple, delicious, live foods prepared with loving consciousness leave us feeling lighter and freer in all aspects of our being. Perhaps there is another part of us that requires nourishment, which cannot be measured by scientists.

Many people who transition to a raw vegan lifestyle find that they require much less sleep and feel better, immediately. Others experience rapid detoxification because raw foods can stimulate cleansing of both the physical and emotional bodies. Therefore, unless you are gravely ill, we suggest that you increase the amount of raw food in your diet slowly, over time, to avoid cleansing reactions such as headaches, dermatitis, lethargy, stomachaches, gas, and emotional outbursts. Support your transition to be most enjoyable by listening to your body, and increasing the amount of raw foods in your diet moderately and gently.

Many people think it's difficult or complicated to get started on a raw food diet it takes a long time to prepare and it requires special equipment. The truth is, it can be as simple as peeling a banana or as complicated as making Banana Torte with Chocolate Sauce. They are both good it's up to you how much time you want to spend in the kitchen. A simple smoothie or blended soup can be easy to prepare and still be delicious and totally satisfying. Then again, sometimes you want to prepare something more complex, like lasagna or ravioli. Most of the comfort foods you now enjoy can be prepared without cooking if you set-up your kitchen to support a new way of preparing foods that is delicious and nourishing on all levels.

Below you will find many ideas and suggestions that will assist you in the preparation of simple, delicious foods to suit your lifestyle, time available for food preparation, and taste preferences. This is a moderate approach, created to inspire and assist those interested in becoming healthier and more conscious about their food choices, in a most delicious way. You will find guidance for setting up and managing your raw food kitchen, including hints about food storage and making the most of your time. To assist in eliminating guesswork, there is a list of foods and equipment to have on hand to maximize ease and enjoyment while transitioning to this most life enhancing, vibrant way of living.

Setting-up and Managing Your Raw Food Kitchen

Having your kitchen set-up to make raw food preparation easy and fun is an important key to staying with the raw lifestyle. Even if you do not intend to eat ONLY raw foods, having a well-stocked pantry, and the supplies you need, will help you in your transition to a high-raw lifestyle. When you can create delicious satisfying raw foods easily and quickly, you will succeed. The basics of a raw food kitchen includes foods and supplies to keep on hand and basic kitchen equipment that make it easier and more fun to create everything from simple daily fare to gourmet masterpieces. To help make food preparation easier and faster, I have provided some tips about storing, ripening, and

sprouting, and included a few, simple recipe ideas.

Basic equipment for a raw food kitchen

A stove and pots and pans for cooking are among the things you will NOT need in your raw food kitchen! In fact if you are happy eating really simply, there is very little equipment you need for daily food preparation, other than a refrigerator, blender, some good knives, and a cutting board. But if you want more than salads, blended soups and smoothies, there are a few other items you will want to have. Here is a list of equipment and supplies that will make it easier and more fun for you to live the raw food lifestyle in style:

- A good chef knife with a non-serrated blade, 6 – 8 inches in length
- A good paring knife with a non-serrated blade
- A wet-stone, diamond steel other type of knife-sharpening system
- A bamboo or wood cutting board
- A blender or Vita-Mix for making smoothies, soups, juices, dressings, and sauces
- A good water filter to remove chlorine and other chemicals from tap water
- A colander/strainer for washing and draining produce
- A large salad bowl for holding salad greens and tossing with dressing
- A hand shredder/grater for carrots, beets, gingerroot and vegetable pasta
- An assortment of rubber spatulas
- Glass storage jars with lids
- A salad spinner to help remove water from greens
- Sprout/nut milk bag to use for growing sprouts or straining almond milk
- Biodegradable soap to wash dishes and non-organic produce

For more gourmet raw food preparation you may also want to add the following items:

- A food processor such as a 9-, 11-, or 14-cup Cuisinart
- A spiral slicer for making beautiful pasta from squash and root vegetables
- An dehydrator with teflex sheets for making crunchy snacks and dehydrating soaked nuts
- A selection of spring-form pans and torte pans for making exquisite looking desserts
- A garlic press
- A hand-held citrus juicer or reamer
- Plastic screening (available at hardware stores) for draining soaked nuts/ seeds
- Cheesecloth for making live nut cheese

Stocking your raw food pantry

Some of the following foods may require a search party to find, but are well worth special ordering to allow for lots of variety, texture, and flavor. The internet is handy for ordering dried foods such as sea vegetables and sun-dried tomatoes. Use non-chlorinated water and organically grown produce whenever possible.

- Assorted sea vegetables. Includes nori sheets for sushi rolls and dulse or kelp to use as a salty seasoning. Found in Asian markets health foods stores and International Foods sections of some supermarkets.
- Assorted dried fruits. Includes raisins, dates, pineapple, mango and papaya. Used for sweetening desserts in place of sugar.
- Sun-dried tomatoes. Found in Italian specialty markets, health food stores and international foods sections of some supermarkets. Used in marinara sauce, dressings and other dishes.
- Fresh onions & garlic. Store in a cool, dark, dry area of the pantry.
- Natural, sun-dried sea salt, or Celtic salt. Preferred over regular table salt (sodium chloride). Use sparingly.
- Assorted organic dried spices/herbs/extracts. Purchase in small quantities to keep fresh and bug-free. Store in dark cool environment. Spices and herbs are best when replaced twice a year.
- Wheat-free Tamari or Nama Shoyu. A naturally fermented, unpasteurized, salty seasoning that adds depth to dressings, sauces, and Asian foods. Although it is not

technically raw, it contains friendly bacteria, so it is a live product.

- Rapadura or sucanat. Dehydrated cane juice that is less processed than many other forms of sugar. Used in desserts and sweet sauces as an alternative to brown sugar.
- Raw Agave Nectar. A light, low-glycemic sweetener for those watching their sugar intake. Use in place of honey, which is not a vegan product (it is an animal product).
- Carob and cocoa powder to make desserts for celebration
- Seeds for sprouting. Includes alfalfa, broccoli, onion, flax, buckwheat, mustard, legumes...
- Acidophilus powder capsules. Found in health food stores and some supermarkets. Very useful for people who drink chlorinated water or have taken antibiotics. Also used in making live nut or seed cheeses. To make cheese, use 2 capsules of powder per cup of nuts (discard gelatin capsules), and blend with a small amount of filtered water until creamy. Pour batter into a cheesecloth-lined colander and put it in the pantry for 8 hours. Store in the refrigerator until ready to use. Lasts about a week.

Basic foods to keep in the refrigerator

I recommend that all oils, olives, nuts, seeds and other fatty foods be kept in the refrigerator to maintain their integrity and not become rancid. This is very important. A few ounces of olive oil can be kept in a cool place in the pantry, because the cold refrigerator will cause it to become too firm to use without heating.

- Organic extra-virgin oils. Olive oil, coconut oil, flax oil, avocado oil, pumpkin oil and sesame oil.
- Toasted sesame oil. Though not raw, a few drops added to Asian-style dressings and sauces will provide a cooked flavor for those in transition.
- Raw (not roasted) sesame tahini. Delicious in sauces and dressings. Sweetened for desserts and fruit dips. Can be a base for milk with the addition of dates and a little vanilla.
- Raw (not roasted) nuts. Includes almonds, walnuts, macadamia nuts, and cashews. Used to make piecrusts, cookies, candies, etc., sauces, dressings, milks, creams and cheeses.
- Brown sesame seeds, pumpkin seeds and sunflower seeds. Used in sushi rolls, dressings, sauces, and patés.
- Dried, shredded, unsweetened coconut. Used in fruit salads, pies and other desserts.
- Light (in color) unpasteurized miso. Found in Asian markets or health food stores. Used to flavor cheeses, pates, soups, sauces and dressings.
- Ripe avocados. Keeps up a week or more in the refrigerator (if they are not overripe when they go in).
- Ripe fruits. Excluding bananas, which turn dark brown when refrigerated. (Freeze ripe bananas for ice cream and smoothies.)
- Assorted fresh greens. Includes lettuce, parsley, kale, cilantro, etc. Store in sealed plastic containers or Evert-Fresh (green) bags.
- Assorted fresh vegetables and non-sweet fruits. Includes cucumbers, sweet red peppers and zucchini.

Foods to keep on the kitchen counter, away from direct sunlight

- Bananas
- Avocados (when ripe move to the refrigerator)
- Tomatoes
- Seasonal fruits
- Sprouting/growing greens
- Soaking nuts and seeds -- soak in glass jars for several hours, then store in refrigerator.

Ripening and storing produce is an important part of managing a raw food kitchen

- Greens such as lettuce and fresh herbs store best in tightly sealed plastic bags or containers in the crisper section of the refrigerator. Store below the top shelf to avoid frostbite.
- Check produce often -- especially fruit -- to ensure appropriate ripeness for meals.

- Store dry goods like seeds for sprouting, dried fruit, etc. in clear glass jar with tightly fitting lids in dark, cool cupboards. Identify clearly to eliminate guesswork, save time, and extend shelf life.
- Store nuts, seeds, and oils in refrigerator or freezer to insure integrity of oils that rancid easily in warm climates.
- Bananas need nurturing to insure there will be enough ripe ones daily to eat and use for smoothies. Rotate from cooler to warmer areas of the house, depending upon how many you have. Don't store in refrigerator because they turn brown and mushy and make everything taste like banana!
- For morning smoothies allow 1 - 3 bananas per day per person. Buy them several days to a week before using to allow time for brown spots to develop. When they over ripen, you can peel and freeze them for use in smoothies and ice cream. Do not defrost frozen bananas?use them frozen.
- Avocados also need special care to insure you have ripe ones everyday. Purchase avocados green and allow them to ripen at home away from probing hands of other shoppers. Once ripe, avocados can be stored in the refrigerator for several days. If they are put into the refrigerator before becoming fully ripe they can last for a week or more. Avocados are great in salads, blended soups, dressings and desserts. That's right? desserts! I suggest you limit your intake to no more than ½ - 1 avocado per day per person.

Ideas to save you time in the kitchen

- After returning home from shopping for produce, wash your vegetables, except leafy greens, and put them in sealed containers in the refrigerator to insure longer life and maximize convenience when you need them. To prepare vegetables for quick and easy juicing, wash and trim several days' worth of carrots, beets, celery, etc. and store in a sealed container in the fridge.
- Chop vegetables for salads and soups twice a week and store in sealed containers in refrigerator for quick meals. Do not precut cucumber, tomato, peppers, leafy greens, or avocado, as they degrade quickly.
- When creating salad dressings, make extra quantities, to speed meal preparation throughout the week. For best results do not use fragile ingredients such as fresh peppers and cucumbers if you expect to keep the dressing in the refrigerator for more than a couple of days. Create a couple of basic dressings and vary the herbs and fruits to change the flavor before serving. Keep in mind that once chili peppers are added, food becomes more heat intense the longer it sits, so be cautious in the amount you use if it will be eaten the following day.
- Once a month, peel garlic cloves, mince or press, put them in jar and cover with olive oil. The cloves will keep for weeks and speed meal preparation.
- Make pesto sauce and freeze in small jars or ice cube trays for convenience. When basil is in season, make large quantities of pesto to enjoy all year round.
- In the morning, while preparing morning fruit or making a fruit smoothie, rinse sprouts and soak nuts and seeds. Rotate fruit to insure even ripening and check leafy greens to refresh and replenish when necessary.
- Nuts and seeds become more digestible if germinated by soaking in water for several hours. Store them in water in the refrigerator for instant availability to make milk, cheese or pates.
- Pure water is essential! Most cities add chlorine and other chemical agents to kill bacteria in the water. While that does reduce the number of illnesses caused by dangerous bacteria, it also kills the friendly bacteria we need in our intestinal tract in order to remain healthy. A good practice is to filter your water using a carbon filter, which should be changed once a year. You can also purchase water that has been purified using osmosis or distillation.
- When possible, buy organically grown produce! If organic fruits and vegetables are not available, wash produce well, using a mild biodegradable soap and rinse thoroughly. Vegetables that have been waxed or obviously coated should be peeled. Peel all root vegetables that have been treated with chemicals or had fungicides added to their soil. Fruits and vegetables with thin skins, such as strawberries and tomatoes are less safe

than those with thicker skins and are also often less flavorful. Whenever possible, choose fruits and vegetables that have been picked ripe.

For those of you just getting started even these simple steps may seem overwhelming at first, but when you have what you need to prepare health-promoting meals at home, you are less likely to grab fast food, making your journey toward vibrant living a joyful and successful one.

Grow your own sprouts for a rich and rewarding experience

Sprouts are LIVE foods – alive and growing. They are filled with vitality, which they pass on to us! It's fun to grow your own, or nurture commercial sprouts for a day and give them more life.

- If you purchase alfalfa sprouts, rinse them well, drain thoroughly, and place in large jar covered with plastic screen or cheesecloth. Nurture them (they are babies, after all) and support the development of more chlorophyll by keeping them on kitchen counter in the light for a day. The chlorophyll-rich leaves will increase in size and deepen in color. Do not put sprouts in direct sunlight, as that will destroy them. Rinse once in morning and again in evening, draining sprouts completely, each time. After a day of being in the light, they will have more vitality. Rinse again, drain thoroughly and store in refrigerator. Use within a few days.

- Asian bean sprouts should be rinsed well and drained until nearly dry, then stored on lower shelf of the refrigerator. Avoid the top shelf, as sprouts may freeze.

- Check sprouts stored in the refrigerator daily and rinse them, if necessary. Store well drained in sprouting jar, covered with a screen for easy rinsing.

- Purchase sprouting seeds for a fun and rewarding experience. They are easy to grow and delicious in salads. Children enjoy sprouts more when they are involved in soaking, rinsing, and watching them grow. Almost any grain, seed or nut will benefit from soaking and allowing time for germination.

- To grow sprouts, soak seeds in a jar of warm water for 6 – 12 hours, then rinse and drain every 12 hours until they are ready to harvest. When you rinse sprouts, mix them around well, so the ones in the middle will be allowed to see the light of day and turn green. Before refrigerating, place in large bowl of water, swish in water to loosen the hulls, remove sprouts carefully to avoid hulls, and drain well. Discard hulls. For detailed information about growing different kinds of sprouts, refer to “Angel Foods; Healthy Recipes for Heavenly Bodies”.

Cherie Bio

Cherie Soria, founder and director of Living Light Culinary Arts Institute, is the author of Angel Foods: Healthy Recipes for Heavenly Bodies and coauthor of Comiendo Pura Vida (Eating Pure Life). Cherie has been teaching vegetarian cuisine for over 30 years and gourmet raw vegan cuisine since 1992 when she studied with Dr. Ann Wigmore. Cherie is often referred to as the mother of gourmet raw cuisine, and has personally trained many of the world's top raw food chefs and instructors.

For more information about Living Light Culinary Arts Institute, Cherie's food presentation videos, books, and raw vacations, or to purchase culinary supplies and equipment for the raw food kitchen, call (800) 816-2319 or e-mail

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#33

Raw Food and Sexual Nutrition

by Brigitte Mars

Aphrodisiacs are named after, Aphrodite, Greek goddess of love, fruitfulness, and beauty. An aphrodisiac is a substance that puts one in the mood for love and can include food, herbs, good conversation, moonlight and lingerie! Some aphrodisiacs may

have a direct effect on the erogenous zones. Some may stimulate, irritate or be diuretic, causing one to experience more sensation in their genitals. Aphrodisiacs may affect the mind, cause relaxation and prolong lovemaking. Their shape, texture or smell may be reminiscent of sex.

There is an ancient worldwide belief called The Doctrine of Signatures that believes plants give us hints as to what they are good for, by the way they look, smell, taste, and grow. Aphrodisiacs may be highly nutritious and by improving health, bring about healthier libido. Both sex and food are closely related by being pleasurable and physical. As good health is essential to sexual vitality, good nutrition is imperative. When we are in poor health, sexual vitality decreases. Sexual energy is extra energy. When one is depleted, sexual vitality diminishes.

Many of the foods mentioned here contain the seeds of life: the design and pattern for creating new life, with the potential to grow into a replica of themselves. For example a pumpkin seed planted, could spread into an awesome vine, bearing several pumpkins, resplendent with nourishing seeds, benefiting the reproductive system. A raw pumpkin seed contains this spark of life, yet a roasted salted one would rot in the ground.

In Asian Medicine, it is the Water Element or Kidney System that governs sexual vitality. According to this tradition, black colored and salty foods such as dark miso, olives, sea vegetables, black sesame seeds and dark colored mushrooms nourish libido.

Vegetables play a part in the food pharmacopoeia of sexuality. Some have suggestive shapes like asparagus (a genito-urinary stimulant), which was cultivated by the Arabs and Greeks as an aphrodisiac. English herbalist, Nicholas Culpepper (1616-1654) said that asparagus "stirreth up bodily lust in man and woman."

Shiitake mushrooms are used in the Orient to make women more responsive. In general, roots such as carrots, dandelion and burdock help energize the lower chakras. A Japanese proverb says, "A man who likes carrots, likes women." It would be unwise to serve your beloved wilted carrots. Okra is stiff and exudes a slimy fluid, not unlike sexual fluids.

Garlic and onions are warming and stimulating. Egyptian priests and devout Hindus were forbidden from consuming them in the belief that they would lose control over their sensual desires. Though notorious for causing bad breath, the trick is for you and your beloved to both eat them and no one will notice the odor.

Arugula was often used in ancient love potions. It is still found growing around phallic statues in Greece and Rome. Celery contains androsterone, a sexual hormone, which is released in the sweat after being consumed. It attracts women and has traditionally been included in aphrodisiac recipes.

The French word for beet, betterave, is slang for penis or "man root." Avocados were once called ahuaactl in South America, meaning "testicle." Indeed, they are a well hung tree. Sea vegetables, both salty and dark colored are mineral rich and nourish the thyroid gland and entire endocrine system, which when under active, lessens libido. Winter squash and cabbage are warming nutritive sexual tonic foods.

Phosphorus found in chutneys, curries, salsas and spicy foods stimulate circulation to the sex organs.

Fruits entice passion with their sweetness and succulence. Consider their shape, hot colors and juicy nature. Apples, apricots, bananas, cherries, dates (especially Jujube - Chinese red dates), mangoes, mulberries, peaches, persimmons, strawberries, and watermelon (Eat the seeds too. They are a Kidney tonic) are all considered sex tonic foods. Suck the fruit out of a perfectly ripe persimmon. Try eating ripe mangoes in a bathtub with your beloved. Figs and pomegranates, known for their abundance of seeds, are traditional love tonics. Pomegranate means "apple of many seeds" and due to its blood red color has long been a symbol of fertility, birth and sexuality. In the

tropics, where they grow, soursop and durian, they are considered supreme sexual foods. There is a saying in Malaysia, "When the durians fall, the sarongs rise." Better to eat a piece of ripe fruit than to over stimulate blood sugar levels with excessive amounts of sweet juices.

Nuts and seeds are foods of love. Being fertile, they contain the reproductive energy of plants. Almonds, hazelnuts, hemp seed, pine nuts, pistachios, poppy, walnuts, pumpkin, sesame (especially black) and sunflower seeds are rich in zinc, an important component of sexual fluids. Halvah, made of sesame seed and honey are food for inability to orgasm and to give courage. Nuts and seeds are excellent sources of nutrients, high in protein and essential fatty acids. Soaking them overnight and rinsing the next morning, removes enzyme inhibitors, softens them and enhances their digestibility as well as "bringing them to life" as many will sprout "tails." Always avoid rancid nuts and seeds.

Chocolate and rose water contain a chemical called phenylethylamine that is also produced by the brains of people in love and simulates post coital bliss. Chocolate was the love tonic of Montezuma who drank some fifty cups daily, before visiting his harem of six hundred women. During the 1800's, physicians suggested chocolate to boost libido. When enjoying chocolate allow it to slowly and sensuously melt in your mouth. Raw chocolate is now available through Nature's First Law . Rose water is not truly a raw product, though I sometimes include just a teaspoon for flavor to make raw nut and fruit lassis and desserts.

When buying rose water, make sure it says distilled to avoid buying a synthetic product. Use lavish amounts of the culinary herbs in your cuisine, when desiring to evoke the senses. Warming spices are considered aphrodisiac including anise, cardamom, cinnamon, cumin, curry (a blend of herbs), paprika, pepper and turmeric.

Ideal food for sexuality should be light, moist, sweet and easily digested. Moist foods lend their yin to sexual fluids. Naturally sweet foods, such as fruits and vegetables, provide energy and stamina. Always avoid eating close to bedtime. Not only does it interfere with sleep and digestion, it satisfies the passions so you will have little left for your beloved.

Super foods for sexual vitality are given through the grace of bees. Honey was recommended mixed with ginger by the Arab physician, Avicenna. Honey has also been mixed with powdered ginger and anise seed, and applied to the genitals to increase virility. Bee pollen, considered the sperm of flowers, aids the recovery of sexually active people and is highly nourishing. Bee pollen can help improve sexual activity and sperm production. Bee pollen is known to contain 185 nutrients, including all the amino acids. It is used as an aphrodisiac in France and increases energy. If you have pollen allergies, use only in increments of a grain daily. Others can build up to one teaspoon daily. It is best to only support small local bees keeping companies as they are more concerned about the health and safety of precious bees that perform so many pollinating services for our planet. Respect them as we can not live without them!

Women and men need clean arteries for optimal arousal. As erection is achieved by blood moving into the penis, hardening of the arteries can hamper that essential function. A diet rich in animal fats (including pasteurized dairy products), heated and hydrogenated oils can block nerve sensitivity and cause stagnant chi. (life force), so that adequate blood can not reach the genitals.

Eating refined sugars and carbohydrates decreases libido. Icy cold foods can cool your passions. It is also best to eat small frequent meals to be emotionally stable. In general, eating less is an excellent way to stimulate sexually vitality. Save some hunger for your beloved! Ice cream before bed cools your jets.

By feeding a potential mate, you exhibit your ability to provide food and pleasure. Share meals with your beloved as much as possible. Say a blessing first. Enjoy beautiful, delicious, healthful food. Prepare food with a vibration of love, enjoying music, pretty things to work with and luscious organic ingredients. Food tastes great when eaten

outside. Enjoy picnics, even if it's in your own yard, under a tree.

Enjoy the sensation of eating with your fingers. Inhale the aromas of your food. Taste and savor. Let eating be a sensual pleasure. Remember to avoid any foods topically that you may be allergic to orally.

Flowers are the sex organs of plants. Decorate your food with organic edible flowers such as violets, rose petals (organic - with the white heel removed), day lilies, marigolds, and hibiscus. Show your beloved that they are adored! Make food a healthful, beautiful and flavorful expression of your love.

The best aphrodisiac of all is to be deeply in love!

Brigitte Mars is the author of: *Sex, Love and Health, Addiction Free Naturally* and *Rawsome!*

Brigitte Mars is an herbalist and nutritional consultant in Boulder, Colorado, where she teaches Raw Workshops with her husband. Their daughter, Rainbeau Mars, is featured on the cover of David Wolfe's new version of *Eating for Beauty*.

www.BRIGITTEMARS.com

#34

Raw Foodism: The “High-Carb” Diet

By Lorena Bull, R.D., The Raw RD

Raw foodists seem to be on the right track when it comes to preventing or treating obesity. Currently in America, at least 50% of all adults are overweight or obese. This presents a major public health crisis. Obesity is associated with many high risk medical conditions, including heart disease, hypertension, and an increased risk of certain cancers. In search of a “magic pill”, many people have been following diets low in carbohydrates, such as the Atkins Diet. These diets are based on a change in the composition of the diet to high fat and high protein on the assumption that it is the carbohydrates that make people fat. Such diets severely restrict carbohydrate intake, relying instead upon high fat and high protein foods in the form of meat and dairy products. The preferred fuel for the body is glucose, which is provided primarily from the digestion of dietary carbohydrates (starches). When starved of sufficient carbohydrates, the body switches gears and begins breaking down fat. Weight loss results from a self-induced state of ketosis whereby the body uses fatty acids for fuel, in the absence of glucose. There may also be significant weight loss initially from water loss as muscle tissue is broken down. All of this results in rapid weight loss leading to the instant gratification that so many find attractive.

Admittedly, a few current studies have shown that over a six-month period, participants following a “low-carb” diet had a greater loss of body fat and better lipid profiles than participants following a calorie-controlled low-fat diet. However, at one year, the difference in weight loss was not significant. So could this signal the beginning of the end of the low-carbohydrate diet craze? The low-carb diet, which is currently being followed by approximately 11-13% of Americans, seems to be gradually losing its popularity.

One difficulty observed with maintaining a low-carb diet is menu boredom. People simply get bored with the limited food selection so satisfaction with the diet is low and adherence to the program diminishes. Low-carb diets may cause an increase of uric acid which may lead to gout in some people. Typically, they are not nutritionally adequate, as they are low in vitamins A, E, thiamin, B6, folate, calcium, magnesium, potassium and dietary fiber. Also at issue is the increased risk associated with a high intake of saturated fat. Linda Van Horn, PhD, RD, of Northwestern University, and

principle investigator of an intensive four-nation study presented findings at the 44th American Heart Association Annual Conference on Cardiovascular Disease Epidemiology and Prevention (San Francisco, March 2004) indicating that the thinner people tended to eat a diet high in complex carbohydrates while those who ate a higher protein diet were heavier. These results were based on 4000 men and women, age 40-59 in the U.S., U.K., Japan and China. The key point here is that the people who were thinner were eating a diet high in complex carbohydrates, i.e., fruits, vegetables and whole grains as opposed to more simple carbohydrates like white rice. This brings us back to the raw food diet.

Raw food diets tend to be high in complex carbohydrates because more whole foods are used, namely, fruits, vegetables and whole grains (by some). The natural fibers in these foods are consumed along with the carbohydrates. There are some obvious exceptions in the broader raw food world in which certain foods could be identified as being high in simple carbohydrates, e.g., sweet fruit juices where the fiber is not also consumed, or the use of raw honey or maple syrup in the diets of some raw foodists. But generally speaking, raw food diets are high in complex carbohydrates.

Current research on obesity and weight loss indicates that it is, in fact, the simple reduction of calories that leads to weight loss, regardless of the composition of the diet. So for long-term success, it really doesn't matter what percentage of carbohydrates, fat or protein are consumed as long as fewer calories are being eaten than are being burned. The number of calories in a raw food diet that is high in fruits and vegetables is often limited by the high water content of the foods consumed. To demonstrate the obvious, one cup of almonds, which have a low water content contains 820 calories. You would have to eat 58 cups of cucumber slices to get the same number of calories! The calorie density of fruits and vegetables tends to be low because the water content is high.

Like the low-carb diet, another diet that has, historically, been very popular is the very low fat diet. This diet also works as a result of overall calorie reduction, however eating so little fat can be problematic for some people, as this diet may cause gall bladder disease and may be low in certain nutrients. In contrast to the risk of saturated fat and the lack of fat in the very low-fat diet, the raw food diet can provide an adequate amount of good fats from a variety of sources, including avocados, nuts, seeds, coconuts and olives, to name just a few. With proper attention, the raw food diet can provide an adequate quantity of most nutrients, however, it is critical for individuals to consider supplementing their raw food diet with vitamin B12, as there are no reliable vegan raw food sources. A deficiency of this vitamin can lead to pernicious anemia, a medical condition with dire catastrophic and sometimes irreversible consequences.

Could a raw food diet be low-carb? The simple answer is yes, if all that was eaten was olive oil! Would this be a healthy diet? Of course not. And certainly not one I would recommend to anybody! A raw food diet however, high in complex carbohydrates with moderate fat, can be a healthy and effective tool for weight loss when calories are controlled and care is given to assure adequate intake of nutrients, thereby avoiding the risks associated with low-carb or very low-fat diets. And it tastes great!

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#35

Live-Food History and Modern Research

Gabriel Cousens, MD, MD(H), Diplomate in Ayurveda

The history of live foods goes back before we had these fancy theories. We can trace it thousands of years to the Pelegasians, ancient Greeks reported by the father of history, Herodotus, to have lived to an average age of 200 years. They ate mostly fruit, vegetables, nuts, and seeds. Another long-lived group that reportedly taught live foods was the Essenes. According to his biography, Pythagoras, in approximately 500-600 B.C., studied with the Essenes on Mount Carmel. Not only did he become enlightened, but he learned about live foods and then took that knowledge back to Greece with him. This knowledge was passed on to Plato and Socrates.

The biggest breakthrough in live foods that affected the modern world, however, was at the Bircher-Benner Clinic in 1897, when Dr. Max Bircher-Benner discovered the writings of Pythagoras about the virtues of live foods and began using this information in his clinic. He himself benefited from live foods when he found that they healed his jaundice and his inability to eat. In summing up the whole essence of the healing and disease process, Bircher-Benner wrote that the tremendous increase in disease experienced in Europe was not inevitable. He wrote, "We are pressed by an overwhelming burden of incurable disease which hangs over our lives like a dark cloud. It is a burden that will not disappear until men [and women] become aware of the basic laws of life." From my perspective, one of the basic laws of life is to eat our foods whole, organic, and in their natural, raw state.

In the early part of the twentieth century, another great physician, Max Gerson, discovered the healing power of live foods, first for his own migraines, and then for the healing of lupus, which was considered incurable at that time. He applied his approach to every sort of medical disease, from clogged arteries to mental disorders, and he began to believe that live food and a live juice diet is more than just a specific cure for certain diseases. Dr. Gerson taught that consuming raw foods is a way of eating that restores the diseased body and mind's ability to heal itself. He saw that live foods are a way to rebuild the vital regenerative force of the total organism. In 1928, he was able to cure Albert Schweitzer's wife of T.B. and later healed Albert Schweitzer of insulin-dependent diabetes. He also found a live-food diet extremely effective for the treatment of cancer and in 1958 published a book called *A Cancer Therapy--Results of 50 Cases*. All 50 of these cases were healed with live foods. As part of Gerson's legacy there are live-food clinics throughout Europe today, as well as fasting clinics using juices that help people heal according to these principles.

One of the more recent leaders in the live-food movement is Dr. Norman Walker, who lived to the age of 116 and ate primarily raw foods and juices (some say he only lived to 109). Dr. Szekely who over a period of thirty-three years, from 1937 to 1970, saw more than 123,600 people at his clinic in Mexico (approximately 17% of them came with diagnoses of "incurable"), with a better than 90% success rate using live foods.

Dr. Szekely discussed four categories of food, which I believe is a helpful way to begin to understand the issues of food. He did not categorize them according to their biochemistry but according to their energetic effect. He categorized foods that have a high degree of life force as biogenic. This means having the ability to enhance the human life force, or energize the subtle organizing energy fields. Biogenic foods help us to reverse entropy and the aging process. They are just-picked, high-enzyme raw foods, namely sprouts and baby greens, that have the capacity to revitalize and regenerate the human organism. The second category of foods he called bioactive. These are foods capable of sustaining and enhancing an already healthy life force. They add to our subtle organizing energy fields. These bioactive foods include fresh, raw fruits and vegetables. Because they are not as young and vital and just off the vine, they have a little bit less enzymes and life force, but are still extremely beneficial to the system. The third category is biostatic food, which basically includes fresh organic foods that have been cooked. These foods

are marginally life-sustaining in the short term, but are gradually life-force-depleting in the long term. The fourth category is called biocidic foods. These are life-destroying foods, foods that without question disrupt and deplete the subtle organizing energy fields. The biocidic foods are highly processed commercial foods, full of additives, preservatives, pesticides, herbicides or hormones, that often have been microwaved, irradiated, and/or genetically engineered. They are the plastic, convenient junk foods. They also include all cooked flesh, because cooked flesh so rapidly putrefies.

We actually have a wide variety of food choices. The ideal, of course, is to choose foods that add so much energy to our system that they reverse the effects of entropy, and therefore reverse the aging process and enhance health. These, of course, are the organic, whole, raw, biogenic and bioactive foods.

There are many advantages to biogenic and bioactive foods. One of these is increasing immunity. Specific immunity-supporting factors in raw foods are the gibberellins and abscisic acid, which are found in avocados, lemons, cabbage, and potatoes. The other way that raw food helps to boost the immune system is that it keeps us healthy by its detoxification properties, anti-free-radical enzymes, cleansing properties, and their physical and energetic enhancement of our total organism. In other words, when we are healthy, the immune system naturally follows suit.

Another subtle point to this is based on research by Dr. Paul Kouchakoff, medical doctor in the '30s, who found that when we eat cooked foods, we get an increase in the white blood cells in our system, as if the cooked food is a foreign body. This does not happen when we eat live foods. Therefore, we can conclude that cooked food, in essence, is a stress on the immune system.

One of the most important aspects of live foods is that they are live wires. The bioelectricity of live foods is not normally considered when we think about qualities of food and its effect. In Russia, Dr. Israel Brekhman did a simple experiment. Mice were fed cooked food and live food at different times. Then he measured the amount of energy and endurance that the mice had. When the same mice were eating only the live food, they had three times more energy and endurance than when they were eating cooked food.

Theoretically, if it were simply a matter of calories, there should not be a difference in endurance. However, there is. This is because food is not simply calories. It is all the subtle nutrients, general nutrients, and electrical energies of the food. The electrical potential of our tissues and cells is a direct result of the aliveness of our cells. Live foods enhance the electrical potential in cells, between cells, and at the interface of cells with the microcapillary electrical charge. When cells have the proper microelectrical potential, they have the power to rid themselves of toxins and maintain their selective capacity to bring in appropriate nutrients and oxygen supply.

Professor Hans Eppinger, who was the chief medical director at the first medical clinic at the University of Vienna, found that a live-food diet specifically raised the microelectrical potential throughout the body. He discovered that a raw-food diet increases selective capacity of the cells by increasing the electrical potential between the tissue cells and the capillary cells. He saw that raw foods significantly improved the intra- and extra-cellular excretion of toxins, as well as absorption of nutrients. He and his co-workers concluded that live foods were the only type of food that could restore microelectrical potential of the tissues, once their electrical potential and ensuing subtle cellular degeneration had begun to occur. In essence, you can say that by restoring the electrical potential of the cells, raw foods rejuvenate the life force and health of the organism. Therefore, a live-food cuisine is a powerful natural healing force, which gradually restores the microelectrical potential and overall functioning of every cell in

our body.

Kirlian photography has been a useful way to validate our understanding of the bioelectrical effects of live foods. Different researchers have found an electroluminescent field (natural radiation fields) surrounding living organisms that takes the form of a coronal discharge that we can see with Kirlian photography. The Kirlian photography clearly shows that live foods have a much stronger auric or luminescent field than cooked food. Some research even shows that the same person eating junk or cooked food has a much smaller field than when they change their diet and eat whole, natural food. This leads us back to the original point, which is that all living organisms are made up of patterns of resonant energy or subtle organizing energy fields. This energy is reflected in the functioning of each cell, and the electrical fields of the cells maintain the integrity of the biological system.

The electroluminescence that we see with Kirlian photography, can be said to be a measure of life force in the cell. And, the stronger the life force of each cell, the stronger the electroluminescence in the Kirlian photography. In essence, it is the sum of the electrical potential of each cell. The more healthy our electrical potential of each cell, the more healthy electrical potential of the tissues, the more healthy we are.

Considering the importance of the electrical potential takes us to a statement made by Nobel laureate Szent-Gyorgyi, who described the essential life process as a little electrical current, sent to us by the sunshine. He is referring to highly charged single electrons, which are involved in transferring their energy to our own submolecular patterns, without changing our molecular structure.

Dr. Joanna Budwig, who has degrees in medicine, physics, pharmacy, and biochemistry, is one of the first researchers to combine an in-depth knowledge of quantum mechanics and physics with an in-depth knowledge of human biochemistry and physiology. She has concluded that not only do electron-rich live foods act as high-powered electron donors, but electron-rich foods also act as a solar-resonant field in the body to attract, store, and conduct the sun's energy in our bodies. She theorizes that the photons of the sunlight, which she calls "sun electrons," are attracted by sun-like electrons resonating in our own biological systems, especially in the double-bonded electron clouds found in our lipid systems.

These sun-like electrons are also called "pi electrons." And these pi electrons have the ability within our molecular structure to attract and activate the sun photons. Dr. Johanna Budwig believes that the energy we absorb from these solar photons acts as an anti-entropy factor or anti-aging factor. As a result of her theory, she believes that live-food-and

particularly flax seed, which is three highly active electron clouds and their double bonds--helps bring a tremendous amount of pi electrons into the system. On the other hand, people who eat refined, cooked, highly processed food diminish the amount of solar electrons energizing the system and reduce the energy down from the amount necessary to create a high-electron solar resonance field. In fact, according to Dr. Budwig, processed foods may even act as insulators to the healthy flow of electricity. In other words, the more we take in solar electrons as a result of our dietary intake of live foods, the better we are able to resonate, attract, and absorb solar electrons, in direct resonance from the sun and other solar systems.

Our health and consciousness depend on our ability to attract, store, and conduct electron energy, which is essential for the energizing and regulation of all life forces. The greater our store of light energy, the greater the power of our overall electromagnetic field and, consequently, the more energy available for healing and maintenance of optimal health. Metaphorically, a strong solar resonance field promotes the evolution of humanity to reach our full potential as human (sun) beings. Light supports evolution, and a lack of pi electrons in our bodies hinders it.

Biophotons, discovered by German researcher Dr. F.A. Popp in 1984, represent

another level of energy. Dr. Popp wrote a paper titled “Biophoton Emission: New Evidence for Coherence in DNA” pointing out the existence of the biophotons, which are the energetic phenomenon of ultra-weak photon emission from living systems. Dr. Popp showed that the DNA is an important source of photon emission, and he was able to measure this emission with a device he created called the “biophoton meter” He found 97% of the DNA associated with biophoton transmission, and only 3% filled with genetic information. These ultra-weak photon emissions from the living cells in organisms are different from the phenomenon of bioluminescence.

Basically, what he found is that the healthiest people have the highest amount of biophoton emission, and that people who are the sickest have the lowest amount of biophoton emission. The existence of biophoton emission is a critical aspect of understanding why it is important to have an abundance of live food in one’s diet, because biophoton emissions are given off by DNA, RNA, and other forms of macromolecules, including enzymes, chlorophyll, and hemoglobin. Dr. Popp found the higher the biophoton emission in the body, the more health energy that we had. He found that wild, organic foods gave off twice as much biophoton energy as cultivated organic crops. He found that cultivated organic foods gave off five times as much biophoton energy as commercially grown food, and that cooked and irradiated foods gave off almost no biophoton energy. The scientific and health message here is obvious.

People have been eating live foods for thousands of years. Those who continue to eat live foods, in this tradition, seem to have an extended life span, higher quality of health, abundant vitality and even joy, and significantly less chronic disease. Recent research into calorie restriction has supplied some evidence as to why those who are on a high percentage of live food seem to have such superior health and longevity. In my clinical experience, the minimum percentage of live food in the diet to have this healing and energetic effect is 80%. As we go deeper into the physics of it, we begin to understand that live food has the highest amount of quality nutrient concentrates, the highest amount of phytonutrients, vitamins and minerals, the highest amount of bioelectrical energy, the highest amount of biologically active water, the highest amount of pi electrons, the highest amount of biophotons, and the highest amount of subtle organizing energy field energy. In other words, from the physical to the electrical to the subtle organizing energy field level, live foods are superior for our health and well-being than any other type of food.

When we nourish ourselves with live foods, and in particular the Rainbow Green Live-Food Cuisine, we have the most potent diet for maintaining health and well-being that is available on the planet. The wonder and delight of this is that the Rainbow Green Live-Food Cuisine is absolutely delicious. As you will see in this book, with our more than 375 delightful recipes, eating primarily raw foods is a gentle, tasty, nature-oriented, and gradual way to restore health, diminish and heal from chronic degenerative disease, and extend quality of life and longevity. On a live-food (80-100% intake) diet, one can have a low-protein, low-fat, high-carbohydrate diet, or a high-protein, moderate-fat, low-carbohydrate diet, or somewhere in between, according to one’s biological individuality. There is no limitation. As I point out in detail in *Conscious Eating*, from an Ayurvedic approach you can completely balance a person of any dosha, including one with a vata constitution, once you understand the principles.

As we probe deeper into the understanding of live foods, as I explain in more detail in my books, *Conscious Eating*, and *Spiritual Nutrition and the Rainbow Diet*, live foods can help to turn us into superconductors of not only the electrical energy, but of the cosmic energy. In this way, they help us enhance our sensitivity to the Divine. In my experience with thousands of people in many, many groups who have turned toward live foods, the overwhelming natural response is to be open and to move toward a more spiritual life, whatever one’s particular religious tradition may be. Live foods serve as one of the building blocks for spiritual development and ultimately what I call full person

awakening on every level.

With permission from:

Gabriel Cousens, MD, MD(H)

Rainbow Green Live-Food Cuisine

Chapter Five: "Health Secrets of Live Foods"

#36

Raw vs. Cook, Modern Research Refitted

by William Harris, MD

author; The Scientific Basis of Vegetarianism

Raw food enthusiasts have always been a part of the vegetarian/vegan scene. Their core idea is that enzymes are still active in raw food whereas they're denatured, hence inactive, in cooked food. No contest. Next question: So what? The theory is that all food should be eaten raw to avoid the destruction of the enzymes in the food itself which are held to be essential to proper digestion. One aficionado has stated that "enzymes present in raw foods take priority over secreted (digestive) enzymes."

Now Ganong's Physiology (1) lists 25 human gastrointestinal digestive enzymes from salivary glands, lingual glands, stomach, exocrine pancreas, intestinal mucosa, and the cytoplasm of mucosal cells. There are at least 11 polypeptide gastrointestinal hormones regulating the secretion of these digestive enzymes. If food, in fact, could digest itself for us, why would a parsimonious evolution (or an efficient God) have bothered installing these enzymes, hormones, and the segments of the GI tract that are set up specifically to process them and their respective food components?

Neither Ganong nor thousands of scientific writers on the subject of digestion make mention of any value of intrinsic food enzymes in human digestion. There is one exception: Prochaska LJ; Piekutowski On the synergistic effects of enzymes in food with enzymes in the human body. A literature survey and analytical report. Med Hypotheses (ENGLAND) Jun 1994. In this article the authors mostly repeat the well understood effects of heat in breaking down vitamins, amino acids, and producing undesirable cross-linkages in proteins, particularly in meat. They do not produce a surfeit of evidence in support of the "enzyme theory", although they do point out that cooking beans increases their digestibility by destroying the trypsin inhibitors therein and they cite this as evidence that these enzymes can survive the digestive enzymes at least long enough to cause negative effects. They also present tentative evidence that there is some degree of synergy between some food enzymes and human digestive enzymes, a concept that would at least seem plausible. However they admit: "In the absence of active enzymes in food, the foodstuffs are still able to be digested and the nutrient release from food still occurs, but not at maximum efficiency." This is a far cry from "the enzymes present in raw foods take priority over secreted enzymes."

A search of Medline and the American Journal of Clinical Nutrition, however, failed to turn up a single additional article in support of this thesis and four physiology, biochemistry, and nutrition textbooks, while elaborating on human digestive processes to the point of tedium, also did not mention any useful predigestion of food by the food's own enzymes.

A teleological mind-set is reflected in the idea that a benevolent nature designed foods to predigest themselves for the benefit of man. Amylase, protease, and lipase are used to mobilize stored carbohydrate, protein, and fat for the benefit of the food organism itself, be it plant or animal. Animals have additionally evolved large organs to synthesize and secrete other enzymes for digestion of food in whatever form it comes. This evolved machinery would not have been necessary if foods could adequately predigest

themselves.

Cooking is a form of predigestion in which heat is used to hydrolyze nutrients which would otherwise be hydrolyzed at body temperature by digestive enzymes. The end result is the same, but one raw food author seems to obliquely suggest that another reason for leaving food enzymes intact is so they can be absorbed intact into the blood stream to continue their digestive work there. Such a process would be catastrophic as the absorbed enzymes would be peptide fragments and would be more likely to generate allergic and autoimmune reactions than robust good health..

Some of the pros and cons of the raw diet:

Pro: Humans are the only species on the planet who cook their food, so cooking is unnatural..

Con: We're also the only species that build computers and write treatises. That's unnatural, too.

Pro: We've only been cooking for a half million years so we're not well adapted to cooked food.

Con: On the other hand, one recent author suggested that the learned ability to cook raw tubers over a million years ago resulted in such an increase in dietary Calories that it reduced sexual dimorphism in the pre-humans who employed it, and that in turn led to the psychosexual bonding that gave rise to human families and civilization (2).

Pro: A raw vegan diet rather reliably leads to weight loss and that would be great for the 30% of Americans who are either overweight or obese.

Con: What happens to the people who are already raw fooders but continue to lose weight from reduced Calorie intake?

Further food limitations on a raw diet:

A raw diet places even further restrictions on the vegan diet. Among the first dietary restrictions would be grains. Human population growth since the agricultural revolution 12,000 years ago has been tied to grain cultivation and a 1994 Scientific American article underscored this, ascribing wide spread spinal defects in ancient female skeletal remains to the all-fours posture required to knead grains to the point where they could be cooked and consumed (3). People have been pounding grains to insensibility as long as they've been around, to get rid of the nutritious but poorly digestible outer shell. American grocery shelves are not by accident stuffed with white breads as far as the eye can see; many people do not like or even tolerate whole grain bread. As example and according to a mid-30s apologist for white bread, the Germans, after over-running Belgium in WWI, decreed a 98% extraction rate for Belgian bread in a well-intentioned attempt to improve Belgian nutrition. However, Belgian tummies responded to the resulting German black bread with epidemic malabsorption problems and the incidence of tuberculosis went up. Whole grain bread may be good for most people but for a subset of new vegans the gluten content may unmask a previously unrecognized celiac syndrome.

Raw fooders respond to this by saying that grains should not be milled but sprouted and this usually does improve nutrient values and digestibility. On the other hand sprouted alfalfa contains a non-protein amino acid L-canavanine which is thought to trigger systemic lupus erythematosus (SLE), an auto-immune disease. Various other seed sprouts may harbor Salmonella and E. coli bacteria, although this probably reflects contamination during production and distribution, rather than intrinsic fault in the seeds.

On a raw diet, potatoes, a generally well tolerated staple, also go out. To counter that, it can be said that potatoes with green skin contain solanine, a toxic alkaloid that has been popularly, though not scientifically, incriminated in some arthritic conditions. But we could probably get along without potatoes, too.

Other casualties would be soy and many other beans. Raw soy contains trypsin inhibitors, goitrogens, and a laundry list of other allegedly adverse factors. If you have any doubt about the ability of raw beans in general to cause gastrointestinal

disturbance, try eating some yourself. Even when cooked, fava beans, a Mediterranean species, win a place for themselves in medical textbooks under the heading "Hemolytic Anemias-Favism."

The raw food literature is rife with "life force", a metaphysical concept that dates back to ancient medical theory with more recent abuse at the hands of George Bernard Shaw (Man and Superman-1903), William Faulkner (Light in August-1932), and the red stripes in the present Uzbekistan national flag. However, the German chemist Friedrich Wohler by 1828 had carried out the first synthesis of an organic compound, urea, an achievement that began the decline of the vitalistic theory that had dominated organic chemistry and that had required the existence of a "life force" for organic synthesis. Modern biochemists synthesize vastly more complex molecules than urea without any recourse to "life force." Perhaps, as it has been suggested, metaphysics is for people too lazy to study physics, a field in which there are still enough unexplained mysteries in the fine structure to accommodate all the mysteries of life. It's not necessary to sweep all those mysteries under a metaphysical rug dubbed "life force."

Things that are alive exhibit metabolism, the combining of food, water, and oxygen through enzyme-catalyzed chemical reactions in order to obtain energy for functioning. They also exhibit such properties as growth, reproduction, movement, and response to stimuli. But pitching raw food on the basis that it is "alive" creates a semantic minefield for vegetarians.

Sure, the greens are alive until they have been cooked and the enzymes have been denatured, but then so is a piece of fresh beefsteak. The cells from both could be kept alive in tissue culture. Does that mean we should eat raw beef because it's "live food?" Does it mean the cow that the live steak was taken from is still alive? Does it mean that the dim consciousness that inhabited that primitive skull and presided over all the fear reactions that we also experience when faced with death is still there? Of course not; the cow had something the greens don't have, a nervous system, it's consciousness is gone forever, and that's what the whole ethical vegetarian case is about. "Live food" arguments really muddy the waters when you're trying to explain the ethics of vegetarianism to a meat eater.

All the foregoing sounds like a frontal assault on the raw fooders, but it's not. I agree with them that raw foods should be a major if not sole part of the diet but not for their reasons. Raw foods are not healthiest because they're "live food" or because of "life force", "living enzymes", "nerve energy", or "chi", but because the foods that can be eaten raw (mostly vegetables, fruits, nuts and seeds) coincidentally have enormously higher nutrient values than the foods that either have to be, or usually are, cooked.

Summary: The Raw Fooders are probably right but maybe not for their stated reasons.

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#37

Why Raw? What are Living Foods? What is a Living Foods Diet?

By Jim Tibbetts

These and many other questions are asked like this, which is good. Let me explain. Living Foods have been around since the time of Adam and Eve. Throughout history there have always been people that were vegetarian, vegan, raw fooders and those on a living foods diet. The term vegetarian includes a large group of people that do not eat any red meat and most do not eat any white meat (poultry) too. Some vegetarians eat fish, some eat eggs and some drink animal milk. A vegan does not eat any animal products (meat, fish, eggs, milk). Both vegetarian and vegans usually use a lot of grains and cook their foods. But a new generation is rising up of Raw Vegans.

A raw fooder or people eating Living Foods are usually vegan and use little to no grains and little to no cooking. Whenever you cook anything over 118 degrees some of the nutrients are destroyed and the protein is denatured. Thus people in the Living Foods movement use dehydrators, there are those who are 80/20, those who are 95/100% Raw. In Living Foods the foods are living and not dead, the enzymes are still alive and nutrients intact.

Studies have shown that the average vegetarian has 55% less degenerative diseases and the average vegan has 77% less degenerative diseases. From the clinical evidence, the average person on Living Foods probably have around 97-99% less degenerative diseases. In health and healing centers around the world, a raw vegan diet is used to heal degenerative diseases like: arthritis, diabetites, osteoporosis, cancer, etc.

The healthiest and longest lived people in the world are the Hunza's in northern Pakistan, the Vilcabamba in Ecuador, and the Georgia in Russia. Many studies have been done on the Hunza's and the average life expectancy is 90 years old and many live to be a healthy 110 to 125. One doctor who lived with them for seven years concluded that their diet more than anything else is responsible for their extraordinary health and longevity. Their diet is mostly a raw vegan diet with only 1% of the protein coming from animal sources (milk, cheese).

These are some reasons why a 'Living Foods' or a 'Raw Vegan' dietary lifestyle is superior over a cooked and processed foods food's lifestyle with meat.

1. Raw Vegans would eat less food naturally

On a living foods diet 15 to 30% less food is needed after several years. This is because the food is more nutritious, less energy is needed to break it down and less food is desired. Cooked and highly processed foods destroys the nutrient content of the foods and creates a greater desire for more cooked food.

2. Raw Fooders usually need only two meals a day.

Most people on a raw foods diet only eat two meals a day because that's all they need and desire, sometimes a light snack or juice drink is in between the two meals. Thus not only is the food time cut down but also the amount of time preparing food is cut down and the food digests quicker and gets into their metabolism quicker.

3. People eating Living Foods would usually only need to eat six days a week.

Most people on a living foods diet fast one day a week or eat a cleansing fruit diet. The fast day can be a juice fast or a water fast, but the juice fast gives energy and nutrients. After a couple of months juice fasting one day a week, the body desires this weekly day off. There is a lot of energy on a juice fast. For most people the juice fast is probably the best type of fast since they could continue their work day as normal. Then once or twice a year a 7-10 day juice fast can be taken.

4. Living Raw Fooders usually need less sleep.

It takes a year to two years on a raw foods diet to reduce the amount of time needed for sleep. In two years people on a living foods diet can reduce the amount of sleep

needed by 1 to 2 hours a night. After several years some people only need 4 to 5 hours sleep a night. Some people on a living foods lifestyle get down to 3 hours a night that they sleep. This is because a lot of energy is used to break down food and living, raw foods digest quicker, easier and use less energy, thus less sleep is needed. Stop and think about it if you slept two hours less a night that's 14 hours a week extra you would have!

5. Raw Vegans often have less gas, body odor and bad breath.

Living foods break down naturally and there's less gas given off, less body odor and less bad breath. Meat eaters give off considerably more gas, body odor and bad breath.

6. Raw Vegetarians will have more Physical endurance, energy and mental alertness. This is often thought to be a subjective quality but some of the greatest athletes have been vegetarian. Anyone eating living foods will tell you they have more energy. Most cooked foods, starchy and grain foods are heavy and take a lot of energy to break down and often times make a person tired and drowsy. Furthermore, Living raw foods such as fruits and vegetables do not have these highs and lows in blood sugar.

7. Raw Fooders have more Peace and less Stress

It goes back throughout history that claims have been made that eating meat creates more negative emotions like lust, anger, gluttony, etc. Today most strict vegetarians and raw veggies would make the same claim that meat causes or excites these negative emotions and that they have more Peace on a raw vegetarian lifestyle. The stress of the animals is also in the meat and the acidity of meat and cooked food only supports and perhaps increases the stress.

8. Raw Vegans would have less illnesses and diseases.

Studies have consistently shown, over the last 30 years, that vegetarians have far less degenerative diseases (such as: cancer, arthritis, diabetic's, osteoporosis, etc.) and illness (such as: colds, flu's, rashes, etc.). Raw Vegans have less illness and diseases than vegetarians who have less than meat eaters. Virus and bacteria are scavengers who live off of garbage, and when people are clean inside, like raw vegans who eat living foods, there's no garbage in their blood and body and little place for virus and bacteria to settle into. It has been found that most long term raw fooders never get sick or have any major illnesses.

9. Raw Fooders do not get bite by mosquitoes

People whose nutritional physiology is balanced through a raw foods diet do not get bit by mosquitoes. The B-complex are a natural repellent to mosquitoes and a healthy balanced living foods diet allows the body to give off what it needs to naturally keep mosquitoes away on its own. This has been noted by many raw fooders who are 100% raw.

10. And finally people on raw living foods have a longer lifespan. Oftentimes living to be well over a hundred healthy years old.

#38

Living Food Therapy

By Brian Clement

In the early days of Hippocrates Institute, Ann Wigmore, the founder, had just healed herself of colon cancer through the use of a vegan diet rich in fresh greens and grasses. Much of this cuisine came naturally to her since, as a little girl growing up in Eastern Europe, the fellow villagers would often eat from the earth and use plants as

medicine. After bringing about her own recovery, she could not contain herself and this sprouted into America's first and foremost healing center. She resided in Boston so she faced her first dilemma "where are we going to get fresh greens twelve months a year?"

During this period of the mid-twentieth century, the Essene Gospel was published by Edmond Bordeaux Szekely. When Ann read the wonderful words of healing and found that she could use the berries of wheat to germinate into grasses she was elated. In the middle of winter when the snow was pouring down she graced the windows of the original healing center with sprouting wheatgrass. In the 1960's a fellow Lithuanian immigrant came to Hippocrates emaciated, moving towards death. Victorus Kulvinskus healed himself and set out to be the co-director and scientific intellect behind the development of the Hippocrates dietary program. Under his vision, Hippocrates expanded its diet by adding hundreds of nuts, seeds, grains and beans that could be germinated into vibrant living plants. Hence, Sproutarianism was born. Combining raw, organic vegetables and fruits and the newly created power plants created from the grains, nuts, seeds and beans, the most nutritious and healing food on earth was compiled and launched as the Hippocrates Health Program Cuisine.

As science slowly caught up with the importance of nutrients in rebuilding and the body in healing and resisting disease, discoveries of enzymes, phyto-chemicals, and unique other nutrients has given us a comprehensive understanding of how these significant sources of nutrition activate the immune system and build dynamic red blood cells that make up every inch of one's body. As we progressed through research we uncovered the problems that correspond with the consumption of un-ripened and sugar laden fruit and it has become less frequently employed than before. The well-known carrot and beet juice which is touted as "wonder liquid" has also been removed from the diet due to its exceptionally high sugar content. All of these sucrose delectable's promote the development and growth of microbial, mutagenic, fungal and spirocate disease.

For half of the Institute's history, the use of supplements was not suggested. Similar to the dogmatic natural hygienist, we incorrectly felt that we could gain every bit of nutrition the body needs in every single case through food itself. Beginning in the late 1970s we opened our minds and conducted some important blood profile research which changed our direction on this crucial subject. Using whole food supplements to expedite the building of the immune cells so that they can efficiently and rapidly eliminate disorders and permit the growth of healthy cells revolutionized the healing process that Hippocrates affords people. Those who arrive at Hippocrates to attend the life change program often have potentially fatal diseases. Now, in the beginning of the 21st century, half who come to us are serious health seekers such as athletes and entertainers, as well as the majority being regular people striving to improve their mind/body functions. Each person receives comprehensive blood and oral testing done at the beginning and end of their stay and, for the rest of the alumnus life, the staff analysis their blood tests and counsels them by mail. This has created a library of research data which major universities, such as Columbia, have utilized in their pursuit of greater understanding of humans potential resistance to disease.

Our exploration is to continually challenge our current procedures, to refine them, and to replace them when we have found a new avenue to supercede the current processes. Continual growth and improvement on the nutritional front is necessary in this time of extreme disorder. Younger people are being struck by greater maladies and ,in increasing numbers, facing greater diseases. Nutrition should not be looked at as a hobby or a trend it must be looked at in its chemical glory. The body requires the proper chemistry to allow it to function and flourish. The Living food Program that has been developed over the last half-century provides every cell with its needed fuel. We look forward to assisting any person who is ready to acquire pinnacle health with our passion and experience.

How My Son Jesse Got Well--And Stayed Well--On All Raw Organic Vegan Living Foods

By Dr. Ruza Bogdanovich, N.D.

Jesse was born perfectly healthy. When a few months old, we reluctantly allowed him to be given polio vaccine. We did not know at the time that it was a live polio virus. He reacted with high fever, convulsions and paralysis. His condition degenerated under assault from medical interventions. Doctors recommended a ligament removal to loosen up tightness in his legs.

Shocked, we literally ran from the hospital. We set out on a long journey in search of the truth. Everyone told us Jesse's situation was serious and would only worsen with age. From one opinion to the next, from radical to illogical, natural to supernatural, we could not stop.

He grew thinner. New symptoms surfaced, like juvenile diabetes. His feet turned purple. Doctors told us he might need surgery to remove his toes. Again we said no.

I read books, listened to medical experts, and grew more confused. Years passed before the epiphany came. I had to take matters into my own hands. I finally listened to the inner voice of my Mother, Nature. Unnatural, processed foods were the culprit that was making Jesse sick and unable to heal.

After a long fast that cleared my mind, the answers appeared from all directions. A career change was my first step as I grew more aware Natures ay would not harm Jesse. After obtaining a doctorate in Naturopathy, however, all my questions were not yet answered. I had to look deeper into the law of cause and effect.

Jesse's biggest problem was being unable to absorb nutrients that were processed and de natured. We were criticized by doctors, parents, neighbors and well-meaning friends for not putting Jesse on steroids. And how dare we not feed him fast-foods or milkshakes so he could gain weight!The simple fact is in order to heal and stay well, we must oblige ourselves to Natures immutable laws. In other words, we must get out of Nature's way with our human interventions and totally follow Her path so the body can heal itself.

Jesse instinctively understood what I rediscovered. The rest was easy, though the path itself was not always smooth. Just when he started to feel better on his raw organic diet, healing crises appeared. Overcoming initial dejection, he fasted many times, became more aware, conscious of his body, of his connection with the universe and love.

On his raw diet, Jesse's condition improved rapidly. I saw him peaceful, smiling, crying with joy and thankfulness, forgiving everyone. Not only did Jesse help himself by obeying Natures laws, but thousands of other by being the example. He wanted to get the word out. It was his idea to focus on children and not charge any money for them. He felt it was our duty to help the innocent ones.

Today Jesse travels the world with me and talks to kids about his experiences. He is happy, healthy, and remains totally raw.My book, THE CURE IS IN THE CAUSE, culminates with a simple conclusion. Nature is our ultimate teacher. Get out of Natures way by staying on Her path. Do this and we heal ourselves, others, and our Mother Earth.

To contact Dr.Ruza or Jesse Bogdanovich, call 775-783-8735. For the book order go to www.thecureisinthecause.com

Atkins a Nightmare of a Diet

By Michael Greger, MD

The inter- nationally known vegan doctor, Michael Greger, MD has written on the Atkins diet. The following is an edit of some of his writings on the Atkins diet. (1)

When the chief health officer for the State of Maryland, was asked “What's wrong with the Atkins Diet?” He replied “What's wrong with... taking an overdose of sleeping pills? You are placing your body in jeopardy.” He continued “Although you can lose weight on these nutritionally unsound diets, you do so at the risk of your health and even your life.” (2)

The Chair of Harvard's nutrition department went on record before a 1973 U.S. Senate Select Committee investigating fad diets: “The Atkins Diet is nonsense... Any book that recommends unlimited amounts of meat, butter, and eggs, as this one does, in my opinion is dangerous. The author who makes the suggestion is guilty of malpractice.” (3)

The Chair of the American Medical Association's Council on Food and Nutrition testified before the Senate Subcommittee why the AMA felt they had to formally publish an official condemnation of the Atkins Diet: “A careful scientific appraisal was carried out by several council and staff members, aided by outside consultants. It became apparent that the [Atkins] diet as recommended poses a serious threat to health.” (4)

The warnings from medical authorities continue to this day. “People need to wake up to the reality,” former U.S. Surgeon General C. Everett Koop writes, that the Atkins Diet is “unhealthy and can be dangerous.” (5)

The world's largest organization of food and nutrition professionals, calls the Atkins Diet “a nightmare of a diet.” (6) The official spokesperson of the American Dietetic Association elaborated: “The Atkins Diet and its ilk--any eating regimen that encourages gorging on bacon, cream and butter while shunning apples, all in the name of weight loss--are a dietitian's nightmare.” The ADA has been warning Americans about the potential hazards of the Atkins Diet for almost 30 years now. (7) Atkins dismissed such criticism as “dietician talk”. “My English sheepdog,” Atkins once said, “will figure out nutrition before the dieticians do.” (8)

The National Academy of Sciences, the most prestigious scientific body in the United States, agrees with the AMA and the ADA in opposing the Atkins Diet. (9) So does the American Cancer Society; (10) and the American Heart Association; (11) and the Cleveland Clinic; (12) and John Hopkins; (13) and the American Kidney Fund; (14) and the American College of Sports Medicine; (15) and the National Institutes of Health. (16)

In fact there does not seem to be a single major governmental or nonprofit medical, nutrition, or science-based organization in the world that supports the Atkins Diet. As a 2004 medical journal review concluded, the Atkins Diet “runs counter to all the current evidence-based dietary recommendations.” (17)

A 2003 review of Atkins “theories” in the Journal of the American College of Nutrition concluded: “When properly evaluated, the theories and arguments of popular low carbohydrate diet books... rely on poorly controlled, non-peer-reviewed studies, anecdotes and non-science rhetoric. This review illustrates the complexity of nutrition misinformation perpetrated by some popular press diet books. A closer look at the science behind the claims made for [these books] reveals nothing more than a modern twist on an antique food fad.” (18)

Endnotes:

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- (4) Obesity and Fad Diets. U.S. Senate Select Committee on Nutrition and Human Needs. 12; April 1973 CIS S581-13.
- (5) Shape Up America! news release 29 December 2003.
- (6) Journal of the American Dietetics Association 102(2002):260: Chicago Tribune 18 October 1999.
- (7) Tampa Tribune (Florida) 19 October 1999: Journal of the American Dietetics Association 66(1975):277.
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- (9) Institute of Medicine. Weighing the Options: Criteria for Evaluating Weight-Management Programs, The National Academies Press, 1995
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- (11) Circulation 104(2001):1869.
- (12) The Cleveland Clinic. High Protein, Low Carbohydrate Diets. August 2003.
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#41

Vegetarian and Raw Diets

By Jim Tibbetts

Consensus in the medical and academic community takes a long time. It took 30 years to prove that high cholesterol levels cause heart disease. When there's a majority of clinical studies present then there is a very good chance it is true. For over 30 years, studies (scientific, cross-cultural and historical) have been done on vegetarians and have proven time and time again that a vegetarian and vegan diet is healthier than meat eaters. The raw living foods vegetarians are the healthiest.

To quote a few of the many studies: Vegetarian diets low in fat or saturated fat have been used successfully as part of comprehensive health programs to reverse severe coronary artery disease." Journal of the American Medical Association (1) In a study of more than 10,000 vegetarians and meat-eaters, British researchers found that the more meat consumed, the greater was the risk of heart attack. (2)

The Seventh Day Adventist are a group that has been studied because of their beliefs and diets. In a medical journal, Dr. Jeremiah Stamler, a cardiologist was talking about lifestyles and demonstrated with statistics on death rate quotes. He noted that: "An additional comparison has recently become available, with data on mortality for three groups of California Seventh Day Adventists (non-vegetarian, lacto-ovo-vegetarian and pure vegetarian) compared with the California general population. Seventh Day Adventists have lower mean serum cholesterol levels than Americans generally. For 47,000 Seventh Day Adventist men (aged 35 and over, age-sex-standardized) mortality rates were 34% lower for non-vegetarians, 57% lower for the lacto-ovo-vegetarians and

77% lower for the pure vegetarians compared to the general population. The results were evident that the strict dietary standards of the Adventists made them much healthier. The Adventist men had a heart attack mortality rate only 12 percent that of the average California male. Lung cancer was reduced 80 percent; Uterine cancer in women was reduced 46 percent. In nearly every major disease, Adventists ranked well below the average in risk.(3) And they lived an average of ten years longer than the average Californian.

A survey by the U.S. Dept. of Agriculture and a study in the American Journal of Clinical Nutrition shows that the vegans are the most efficient in terms of nutrition because they can consume less and get enough nutrients at the same time. They are eating more fruits and vegetables with almost double the fiber of the lactovegetarians. And their average protein intake is 35 grams, the average American is usually over 100 grams.(4)

	Meat-eaters	Lactovegetarians	Vegans
protein	85 g	55 g	35 g
fiber	4.5 g	8 g	15 g
salt	2.5 g	1.2 g	0.25 g
calories	2000 cal	1800 cal	1600 cal

About 10-15 million of the U.S. population is vegetarian (depending on how you define it); under 1% of vegetarians in the U.S. is vegan (1997 Roper poll estimated about a million) and probably less than .5% is raw vegan. Yet in the last 3-5 years a lot of interest has been generated and the numbers are growing for people on raw living foods, which is on the rise.

There are numerous schools of thought in the U.S. and overseas about nutrition, diets and diet therapy. In a general way, all of these can be summarized into three major groups. The first major category are the Standard American diets. There are probably over a thousand different diets and schools of thought in this category. The second major category is the Health Food diets and schools of thought. There are probably several hundred of these different diets. The third major group the smallest is the Living Raw Vegetarian diets and schools of thought which there are only about one or two dozen schools of thought on raw vegan diets. If you think of a snowman, the big ball on the bottom is the SAD, the middle size ball in the middle is the Health Food diets and the third smallest ball on the top is the Raw Living Foods diets.

Studies indicate that vegetarians often have lower morbidity and mortality rates... Not only is mortality from coronary artery disease lower in vegetarians than in non vegetarians, but vegetarian diets have also been successful in arresting coronary artery disease. Scientific data suggest positive relationships between a vegetarian diet and reduced risk for... obesity, coronary artery disease, hypertension, diabetes mellitus, and some types of cancer.” American Dietetic Association Position Paper on Vegetarian Diets

The term ‘vegetarian’ does not mean ‘vegetable eater’ but it stems from the Latin vegetus, which means ‘whole, sound, fresh, and lively,’ or ‘to enliven’. Most vegetarians believe that plant foods are life giving, alive and bring health. The word ‘diet’ comes from the Greek work diata, which means ‘way of life.’ A diet needs to be a lifestyle in order to be effective. Studies on health and healing indicate that the cluster that gives the most life is the Raw Vegetarian (Vegan), then the Vegetarian and last the Partial Vegetarian which gives the least life of these.

I. Raw Vegetarian/Living Foods Diet Lifestyle’s

- Raw Healing & Mono Vegan: 95 to 100% raw; no meat, fish, fowl, eggs, dairy
Very little condiments or sweets,
- Raw Gourmet Vegan: 80/20 to 100% raw;*

no meat, fish, fowl, eggs, dairy

Uses condiments like honey, spices

- Raw Vegetarian: 80/20 raw*, gourmet
& limited fish, eggs, goat's milk, etc.

II. Vegetarian Diets/Health Food Diets

- Vegan: no meat, fish, fowl, eggs, dairy
- Standard Vegetarian (basically American):
 - strict veggie or ovo-lacto; lacto; ovo
- Cultural Vegetarian (Macrobiotic, Chinese, etc.):
 - strict veggie or ovo-lacto; lacto; ovo

III. Partial Vegetarian Diet/Health Food Diets

White meat vegetarian - poultry & fish, eggs, milk

*Note: Cooking destroys parts and even kills the foods. When 20% cooked is used for raw veggie it means, dehydrated, slightly cooked or heated up but not cooked for a long time which would kill the veggie's. Thus 80/20 implies about approximately 80% raw living foods and 20% commercial or slightly cooked foods. The 80% is not exact and can vary.

Another way of categorizing diets is the amount of cooking.

I. Living Food Diets (Superior Health)

The Raw Veggie Diets are 0% to 20% cooked

The Vegan Diets are about 10% to 30% cooked

II. Health Food Diets (Semi-healthy)

The Vegetarian Diets are about 30 to 60% cooked

The Partial Vegetarian Diet are about 50 to 70% cooked

III. Standard American Diets (Unhealthy)

The Food Pyramid Diets are about 40 to 90% cooked

The Standard American Diet are about 50 to 100% cooked

For a Raw Living Foods Diet these five categories are usually considered base foods:

1. Vegetables (green and leafy vegetables, potatoes, etc.)
2. Grains (rice, barley, millet, wheat, bulgur, etc.)
3. Legumes (beans and peas of all sorts)
4. Fruits (apples, oranges, plums, etc.)
5. Nuts and Seeds (almonds, walnuts, peanuts, etc.)

Endnotes

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(2) Akers, Keith, A Vegetarian Sourcebook, p. 57. Citing: J. Brody, "New Research on the Vegetarian Diet," in The New York Times, October 12, 1983.

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HALLELUJAH DIET

By Rev. George H. Malkmus

1. OUR PHYSICAL BODY IS A LIVING ORGANISM, COMPRISED OF LIVING CELLS.

The Biblical foundation upon which The Hallelujah Diet is based is found in Genesis 2:7, which reads: "And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of LIFE; and man became a LIVING soul." Every one of us possesses a body comprised of LIVING cells, until we die! At death, these LIVING cells die, and start to decompose. Everything our physical body is comprised of, is made up of LIVING cells - from our blood to our bone; from our hair to our nails; from our muscles to our immune system - our entire physical body is made up of LIVING CELLS.

2. THESE LIVING CELLS WERE DESIGNED BY GOD TO BE NOURISHED WITH LIVING (RAW) FOOD.

This is the second Biblical foundation upon which The Hallelujah Diet is based! It is found in Genesis 1:29, where we read: "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree in the which is the fruit of a tree yielding seed; to you it shall be for meat." God's original diet, given to mankind in the Garden of Eden, was a pure vegan, LIVING (raw) foods diet. This diet was designed by God to nourish the LIVING organism (physical body) He had created! Who would know better how to properly nourish our physical bodies than the Creator of them? When it comes to the nutritionists, and dieticians, and formulators of various diets that contradict God's plan for the proper nourishment of our physical bodies, we find a message from God in I Corinthians 3:19: "For the wisdom of this world is foolishness with God . . ."

3. ALL COOKED FOOD IS DEAD FOOD, AND DEAD FOOD IS NOT THE PROPER FOOD OR FUEL TO NOURISH OUR LIVING ORGANISM.

Any diet based on predominantly DEAD (cooked) food, cannot properly nourish a LIVING organism. LIFE BEGETS LIFE! The Bible tells us in Deuteronomy 30:19: "...I have set before you LIFE and DEATH, blessing and cursing: therefore choose LIFE, that both thou and thy seed (offspring) may LIVE." For a little scientific experiment you can perform in your own kitchen to prove this, take 5 raw carrots - Cut off the top of the first raw carrot, place it in a shallow basin of water, and watch it grow. Now take the remaining 4 raw carrots and cook them - boil one, steam one, bake one, and microwave one. Now take each of these cooked carrots out of their heat source, cut their tops off, and place each in a shallow basin of water, and watch them grow. Will they grow? Of course they will not grow! Why will they not grow? Because they are now DEAD! You cannot properly nourish a LIVING organism, comprised of LIVING cells, with DEAD food! That is why The Hallelujah Diet is predominantly a LIVING foods diet. ONLY LIVING foods can properly nourish a LIVING organism (physical body).

We do allow 15% of The Hallelujah Diet to be made up of cooked food, and there are some very important reasons we include some cooked food in The Hallelujah Diet. Though God's original diet was 100% raw vegan, many people have great difficulty going on a 100% raw vegan diet because of cravings, too great or rapid weight loss or too rapid a release of toxins. The small percentage of cooked foods allowed in The Hallelujah Diet takes away most of the cravings for cooked foods, slows down the release of toxins, prevents too rapid a weight loss, and makes the diet more doable for the masses, while still giving excellent results. These cooked foods would include - baked white and sweet potatoes, baked squash, whole grains (brown rice, lentils, millet, quinoa, etc.), whole grain pastas, steamed or wok prepared vegetables, etc.

On The Hallelujah Diet, at the same time we are switching from a basically DEAD (cooked) food diet, to a basically LIVING (raw) food diet, we are also removing from the

diet, all refined foods. These refined foods include refined white flour, refined white sugar, white rice, as well as toxic table salt and caffeine. These are the substances that contribute to weight gain and physical breakdown, and must be eliminated if we want to experience ultimate health.

4. ANIMAL SOURCE FOODS ARE NOT ONLY DEAD FOODS (they are almost always cooked), BUT THEY ARE ALSO FIBERLESS FOODS, LOADED WITH ANIMAL FAT, ANTIBIOTICS AND GROWTH HORMONES, AS WELL AS OTHER TOXIC SUBSTANCES THAT DO GREAT HARM TO OUR PHYSICAL BODIES.

The Hallelujah Diet produces such superior results, not only because it is comprised of predominantly LIVING (raw) foods, but also because the diet eliminates those foods that are harmful to the body. Most people do not realize that animal products are either the cause or a contributing cause of up to 90% of all physical problems being experienced today. Thousands of scientific experiments have proven the harmful effects of animal products. So on The Hallelujah Diet, all foods of animal origin are eliminated! Just with the elimination of animal products, many people experience tremendous improvements in their health. For instance, we have testimonies of allergies and asthma simply disappearing after the elimination of dairy products, and PMS, acid stomach problems and colon problems, disappearing after the removal of animal flesh foods.

One of the reasons The Hallelujah Diet is so successful, is because the diet removes those foods that are causing our physical problems – primarily refined grains, refined sugars, and animal products. The Bible tells us in Proverbs 26:2: “. . . the curse CAUSELESS shall not come.” Every physical problem we experience has a CAUSE, and if we want to improve our health and normalize our weight, we MUST eliminate those foods that are CAUSING our physical problems!

5. ALL ANIMALS IN THE WILD, WHETHER CARNIVOROUS OR VEGETARIAN, CONSUME A 100 PERCENT LIVING FOODS (RAW) DIET, AND HAVE EVER SINCE CREATION. ANIMALS IN THE WILD ARE NEVER OVERWEIGHT, AND RARELY EVER GET SICK.

Through the years, we have received tens of thousands of testimonies from people reporting, that when they eliminated the cooked refined foods and animal products from their diet, and adopted a predominantly living (raw) vegan foods diet, they experienced the same excellent health that animals in the wild have been experiencing for the past 6,000 years.

#43

Thank God for Raw - A Witness

By Julie Wandling

As a Health Minister for Hallelujah Acres I have discovered that many people come to the raw foods diet seeking health after being ill. Some very ill, like myself. At the age of 35, I found myself weighing in at 315 lbs at 5”10. I carried it well, I thought. My knees and back hurt like crazy but hey, doesn”t everyone”s? One day in January of 2000, I believe I had a mild heart attack or angina attack. The pain was intense. The next day, I went to the doctor who told me I was too young to have a heart attack and sent me home. The next month I went to another doctor for a checkup. That doctor told me my blood pressure was 190/100 and I needed to go straight to the hospital. I didn”t listen but instead went home to learn about this crazy diet my mom, already a Health Minister, was preaching!

I spent several weeks reading every book on raw foods I could find and learned so

much. I threw out all the cooked food items in my house along with everything that needed cooked to eat it! I went to the health food store, took a tour of the produce department with my kids led by the manager, and loaded up on citrus, romaine lettuce, carrots and apples for juicing, etc. I even bought things I had never heard of before like kohlrabi, nappa cabbage and bok choy. Then came the really hard part.....making them taste like something I wanted to eat! I had been a caterer/chef for 10 years prior so took what I knew about creating delicious, appealing dishes and applied it to these raw foods.

I took over 200 traditional recipe books to the flea market, sold them all and used the money to buy my new kitchen toys! I bought a juicer (actually Mom bought it for me-thanks Mom!), a dehydrator, a food processor, a water distiller, good knives and a cutting board. I ditched the microwave, the deep fryer, and the crock pot.

Next thing I knew, I was in raw food Heaven! Some people think we raw food people are taking away their foods but we are really offering them the most wonderful, delicious, variety of foods imaginable! Slaws, smoothies, pies, nutty munchies, salsas, pates, juices, cookies, sauces, dips, finger foods, party foods! Not to mention the melons, dates, figs, almonds, lettuces, peppers, berries, crunchy grapes, fruits-ah, I love fruits. So much food-so little time to eat it all!

In the beginning, I simply made a conscious effort to eat right-every day, every meal, every bite til it was just what I do! I became like a pioneer, packing food to take with me so I would never be reliant on society to feed me. I have as a result lost 130 lbs. I can play hard every day and live life to the fullest!

Because of what I learned from mentors such as Rev. Malkmus and Dr. Graham while taking into consideration my obesity and heart issues, I made an effort to limit fats and salts in the recipes I came up with. I also tried to keep the ingredients simple and affordable. All of the “keepers” can be found in my two recipe books, Thank God for Raw and Healthy 4 Him. Because my children needed to transition to mostly raw you will find some compromising recipes in the books as well. Some cooked, some mostly raw, all vegan.

I encourage everyone interested in going raw to get out all the recipe books and get into the kitchen to discover your new favorite foods! Going raw required me to develop an adventurous spirit not one of fear.

I found keeping the following staple foods on hand to whip up a number of great raw recipes or enjoy as they are for quick meals helps me stick with my plan!

Staples: Lettuces (romaine, leaf), Spinach, Celery, Broccoli, Red Bell Peppers, Cabbages (green, purple, bok choy, nappa), Carrots and Apples for Juicing, Wheat or Barley Grass, Sprouts, Tomatoes, Cucumbers, Dates, Bananas, Fruits in Seasons (grapes, mangos, strawberries, cantaloupes, watermelons, cherries, berries, oranges, grapefruits, etc.), Almonds, Walnuts, Flaxseeds, Sunflower Seeds

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#44

Why do people want to be healthy?

By Paul Nison

When I give lectures, I always wonder about the main reason people take the time to hear me or someone else speak about health. There are many individual reasons, but in this article I want to focus on the most popular one. I have found people don't want to

read books about health or come to lectures to learn about nutrition. Most people could not care less about learning about nutrition. The main reason people come is to cure disease. That's it! That is a good reason, but if people had taken more of an interest in health and nutrition from the beginning, they would not have to worry about this problem. And they have to think, if the main focus on eating healthfully is to avoid disease, once they are cured, are they still going to eat healthfully?

I feel for whatever reason people change toward starting to eat better and live more healthfully is great. But, do they think of the reason for doing so?

If you truly want to become healthy, you can't just focus on food. There are many other areas to think about. The funny thing is that it might seem hard to figure out the food issue, but food is the easiest part for most people. It's the common daily stresses of life that really get people sick. The body is amazing and can deal with so much. Many people eat a very bad diet and stay healthy for a certain period of time. But letting the daily stresses of life get to you, will get you sicker much faster than will most poor food. A situation only becomes stressful when you let it. So instead of avoiding these stressful situations, we should look toward not letting them become an issue.

There are so many self-help books on how to make this happen. There are many paths to take to de-stress so to say. I feel an important issue people need to understand is that they need to slow down. Speeding up and looking for ways to de-stress is adding more stress to your life.

"Zeal without knowledge is not good; a person who moves too quickly may go the wrong way." Proverbs 19:2

The answer is "SLOW DOWN!" So many people in this world are always trying to speed up and go faster. The more you have going on in your life at one time, the more stressful it will be. That counts for everything: food, work, playing, etc. Too much too soon is going to cause too much sickness very fast.

#45

Raw and Medical Categories

Dr. Douglas Graham DC

These are some categories of medical and scientific study with reasons that confirm the use of raw living foods over cooked foods. The following is edited from a longer list by Doug Graham, a raw food enthusiast.

Anatomy: Humans like plant eating animals do not have the anatomy and physiology to eat meat. (See previous section)

Anthropology: Anthropologists state that animals have a successful track record of raw food eating of over 600 million years, and that humans were eating raw foods for over a million years. Grains and harvesting was introduced only about 10,000 years ago.

Arthrology: Many arthritides have been known to become completely healed when raw foods replace cooked foods. Joint specialists have long recognized the beneficial use of produce for optimal joint health.

Biology: It has been noted that all wild creatures consume a diet of exclusively 100% raw living foods. Domesticated animals are the only ones besides man to suffer from the same degenerative diseases as man.

Cardiology: Heart specialists recommend the consumption of uncooked fruits and

vegetables which are cholesterol free.

Chemistry: The alkaline minerals of raw foods support the alkaline pH of the blood and lymph. Fruits and vegetables are the richest sources of the minerals needed by the body, while cooking denatures and destroys some of them.

Comparative Anatomy: There are no exceptions in nature: animals that are anatomically similar thrive on similar foods. Humans are anatomically similar to the anthropoid primates, all of whom thrive on raw living foods.

Dermatology: Necessary to the health of the skin, intact essential fatty acids are found only in raw foods, as heat destroys them. Cooked foods have giant molecules that clog capillaries, blocking the flow of essential nutrients to the skin.

Endocrinology: Cancers of the ovaries, testes, breast, thyroid, pituitary, adrenals, pineal, parathyroid, pancreas and other endocrine tissues have all been linked with cooked meat consumption. The consumption of raw foods is associated with cancer prevention.

Epidemiology: The study of disease occurrence has shown that food poisoning is almost always the result of eating 'bad' cooked foods and almost never from raw foods. It almost always results from eating animal and not plant foods.

Eiology: Disease is spread when toxic microorganisms from decaying matter is consumed. The decay in cooked foods can be hidden, in fresh raw living foods it cannot be, as visual inspection and sense of smell will always recognize it.

Genetics: Our closest genetic relatives live on all raw foods, predominantly fruits. All of the anthropoid apes, with whom we share approximately 98% of our genes, live on an all raw diet of mostly fruits and vegetables.

Gerontology: The longest lived and healthiest people in the world are primarily if not totally vegetarian.

Gynecology: Women who increase the percentage of raw living foods in their diet invariably report a direct relationship reduction in PMS symptoms, reduced cramping, shorter periods and less blood loss.

Hematology: Red blood cells take on their healthiest appearance under dark-field microscopy when raw fruits and vegetables are abundant in the diet. The consumption of heated fats reduces the rbc's ability to carry oxygen.

Histology: Due to electrolyte contents contrary to our needs, intracellular fluid levels are reduced and extracellular fluid levels are raised resulting in dehydration to all tissues when cooked foods are consumed.

Immunology: Raw Living foods best supply our nutrient needs while providing the lowest level of toxins, allowing for optimum immune function. Cancers, immune dysfunctions, and general vitality levels all respond well to raw food consumption.

Neurology: Nerves run our body, and tell us all we know about the outside world. Cooked foods dull nerve function by reducing the body's ability to bring oxygen to the brain, by introducing toxins and limiting nutrient supplies.

Nutrition: Raw plants provide all our nutrient needs in the precise quantities and proportions needed. They are the best sources of vitamins, minerals, enzymes, coenzymes, antioxidants, phytonutrients, protein, fat, carbohydrates, fiber and water.

Obstetrics: Toxemia, a serious concern in pregnancy, is most common when the kidneys and liver are overloaded by the toxins found in meats and other cooked foods. Raw foods allow the body to do its detoxifying work at optimum rates.

Oncology: Cancer researchers have claimed for decades that a diet high in raw fruits and vegetables is the best as regards cancer prevention. All studies done on heated foods have shown them to be carcinogenic. There is a very strong link between the scientific studies on meat eating and cancer.

Osteology: Cooked animal protein has been shown to result in bone density (calcium) loss at a higher rate than the same amount of protein from raw plants. The alkaline minerals predominant in raw foods allow bones to remain strong.

Pharmacology: Organic foods are drug free. Animals are subjected to many drugs which are passed on to the consumer.

Proctology: The soluble fiber of raw fruits and vegetables promotes colon health. Cooked meats have no fiber, a definite negative for the colon. Grains have mostly insoluble fibers, which act as irritants to the intestines and colon.

Physiology: Every aspect of our physiology is designed to function at its best on raw living foods. There is not one aspect of our physiology which could be said to substantiate the consumption of cooked foods and meat as preferable.

Rhinology: Most people are allergic to wheat and other cooked grains. Few are allergic to raw fruits or veggies, it is one food group that is eaten world wide. Ear problems, asthma, and other forms of congestion are also linked to grain eating.

Urology: The high volume of uric acid in meats and the acidic minerals found in grains are very difficult on the kidneys. The alkalinity and high water content of raw foods make for good kidney function and a well hydrated, alkaline body.

#46

Smoothies and other Delicious Blended Delights

By Elysa Markowitz

Summer is a wonderful time for cool, refreshing, blended smoothies. I enjoy making smoothies with fresh or frozen fruit. Living in Desert Hot Springs, it gets blistering hot here - over 120 on our 'best' days. So, keeping my electrolyte balance is a priority. Making a smoothie that gives me the potassium, sodium, calcium, and magnesium - the four minerals of the electrolyte brigade - is essential to avoid heat exhaustion or sun stroke. Knowing that I need all four of the minerals sets me researching what is in the foods I am choosing - making it more of an adventure.

Fresh fruit in season is the main ingredient. Figs are a rich source of magnesium, as are oranges, strawberries, pineapple, and dates. Bananas, blueberries, papaya, peaches, and apricots are filled with potassium. Apples, coconuts, and grapes are rich in sodium. Take your pick and then find their running 'mates' to help keep cramps away (which may come from a calcium, magnesium, or potassium deficiency).

Sunflower seeds, almonds, and/ or sesame seeds are rich in calcium, plus offering a source of protein. These need to be soaked (8 - 12 hours) and rinsed to remove a coating mother nature has graciously provided which prevents these seeds and nuts from sprouting - thus becoming a seed, ready to grow into the plant they came from. This enzyme inhibitor, as it is called, is nature's way of preserving the seeds from

sprouting during the wrong season, or in the wrong location (like inside a warehouse). So rinsing and removing this coating helps us in two ways: it makes these foods easier to digest, and it transmutes these foods into a seed form, which now combines better - if food combining is a concern. The nuts and seeds - germinated, or sprouted, have now gone into a biological transmutation. This fancy wording means that the plant is now in another stage of its growth process - a sprout. The fat content decreases and the protein content tends to increase. Don't drink the water you have soaked the nuts or seeds in, throw it out in your garden, your plants will love it.

Soaking nuts and seeds also makes blending, or juicing them much easier. I say 'juicing' because with the Green Star machines, one can take a soaked almond (or any other soaked nut), sunflower or sesame seed, and put it through the feeding chute (with the juicing screen in place), and with just water - will 'juice' the nut or seed. Blend this with a frozen or fresh fruit, and you can make an amazing drink. This takes us past the blender possibilities - and adds another choice to summer thirst quenchers.

Another benefit of blending soaked nuts or seeds with fruit is that the sugar from the fruit is digested slower. This can also help if you want more protein in your smoothie, without using soy, or dairy products. When I was the chef at the Tree of Life Rejuvenation Center, Dr. Cousins would insist that a nut or seed sauce was offered with the fresh fruits for breakfast. His logic was that the protein, fats, and calcium from the nuts and seeds helped to prolong the digestion of the fruit, also making it less of a sugar high, and then low, when the fruit got digested. Having had way too much sugar myself as a child (I often refer to myself as a sugar - baby in recovery), I notice that I feel better, more grounded when I add a fat / protein source to my smoothies. Even when eating an orange, I prefer to combine it with an avocado to avoid the sugar rush from the orange. It is a wonderful breakfast on its own.

Sodium can also be added by using miso. The white or mellow miso varieties work well with fruit. A little dab will do you - 1/4 - 1/2 tsp. of miso to a 3 - 4 cup recipe, will add wonderful friendly bacteria, enzymes, and electrolyte balancing sodium. Out here in the desert, drinking water alone does not always quench your thirst. Adding 1/2 - 1 tsp. of miso to a cup of warm water can relieve the symptoms of heat exhaustion. I have seen it turn folks around in a heartbeat - drinking the above mentioned 'cocktail' when they have been outside too long. South River Miso Company makes the most delicious varieties of miso. They can be found on the internet at: www.southernrivermiso.com .

So to make a smoothie that will thrill your taste buds as well as quench your thirst give this recipe a go: (from my latest recipe book: Smoothies and Other Scrumptious Delights; 2003, Alive, Burnaby, Canada)

Mango Moments

Blend:

1/2 cup (125 ml) fresh or frozen mango pieces

1 cup (250 ml) apple juice (fresh is best)

2 tbs. (25 ml) raw macadamia butter

(or 1/4 cup of fresh, soaked macadamia nuts)

1/4 cup (50 ml) hemp or flax seeds (ground into a 'meal' / powder)

Serve in a fancy, chilled glass.

Elysa Markowitz, Gourmet Raw Food Chef, Author has written three raw food recipe books, filled with color photographs, and use friendly recipes; Living with Green Power; A gourmet Collection of Living Foods, Warming Up to Living Foods, and Smoothies and Other Scrumptious Delights. She hosts an a world wide radio program in the Internet on www.healthylife.net called Opening New Doors, and Eating Naturally. Turn on your computer, go to the web, and find out when it is playing in your time zone. Please feel free to call her at: 760-251-7488. She can call you right back and is happy to share information and talk.

Fluoride, The Deadly Fraud

by Charlotte Gerson

Reprinted from the Gerson Healing Newsletter, from Health Naturally, June/July 1994, with 18 reasons of why Fluoride is dangerous.

Did you know ...

1. That according to the handbook, Clinical Toxicology of Commercial Products , fluoride is more poisonous than lead and just slightly less poisonous than arsenic.
2. That according to the Physicians' Desk Reference: "In hypersensitive individuals, fluoride occasionally causes skin eruptions such as atopic dermatitis, eczema, or urticaria. Gastric distress, headache, and weakness have also been reported. These hypersensitive reactions usually disappear promptly after discontinuation of the fluoride."
3. That the Canadian Dental Association recommends: "Fluoride supplements should not be recommended for children less than three years old..
4. That from 1990 to 1992, the Journal of the American Medical Association published three separate articles linking increased hip fracture rates to fluoride in water.
5. That in March 22, 1990 issue of the New England Journal of Medicine, Mayo Clinic researchers reported that fluoride treatment of osteoporosis increased hip fracture rate and bone fragility. That a study by Proctor and Gamble showed that as little as half the amount of fluoride used to fluorideate public water supplies resulted in a sizable and significant increase in genetic damage.
6. That in 1993, researchers from the National Institute of Environmental Health admitted: "in cultured human and rodent cells, the weight of the evidence leads to the conclusion - fluoride exposure results in increased chromosome aberration [genetic damage]."
7. That in 1988, the ability of fluoride to transform normal cells into cancer cells was confirmed by Argonne National Laboratories.
8. That research of Dr. Dean Burk, former Chief Chemist of the National Cancer Institute, showed that about 10,000 or more fluoridation-linked cancer deaths occur yearly in the United States.
9. That results from Battelle Research Institute showed that fluoride was linked to a rare form of liver cancer, in mice, oral tumors and cancers in rats, and bone cancer in male rats.
10. That since 1990, the National Cancer Institute, the New Jersey Department of Health, and the Safe Water foundation all found that the incidence of osteosarcoma, a type of bone cancer, was far higher in young men exposed to fluoridated water as compared to those who were not.
11. That in the largest U.S. study on fluoridation and tooth decay, United States Public Health Service dental records of over 39,000 school children, aged 5-17, from 84 areas around the United States showed that the number of decayed, missing and filled permanent teeth (DMPT) per child was virtually the same in fluoridated and nonfluoridated areas.
12. Dr. John Coquhoun, former Chief Dental Officer of the Department of Health for Auckland, Zealand, investigated tooth decay statistics from about 60,000 12- to 13-year-old children and showed that fluoridation had no significant effect on the decay

rate of permanent teeth.

13. That according to October 1987 issue of the Journal of the Canadian Dental Association: "Survey results in British Columbia with only 11% of the population using fluoridated water show lower average DMFT (tooth decay) rates than provinces with 40 to 70% of the population using fluoridated water" and "school districts recently reporting the highest cavities-free rates in the province were totally unfluoridated."

14. That in 1993, the Subcommittee on Health Effects of Ingested Fluoride of the National Research Council admitted that 8 to 51% sometimes up to 80% of the children living in fluoridated areas have dental fluorosis [fluoride poisoning].

15. Malfunction of the fluoridation system in Hooper Bay, Alaska, May 21-22, 1992 resulted in one death and the illness of 296 others, one critical.

16. Fluoridation of runoff and effluent into the water ways of British Columbia and the U.S. Northwest is being blamed for a precipitous decline in their salmon stocks in the last century, from 10 to 16 million a century ago to less than 2 million in 1991.

17. The only developed countries that still fluoridate their water are parts of England, Canada, the United States, Southern Ireland, Australia and New Zealand. Japan and Hawaii, along with 21 European countries, have banned or discontinued fluoridation.

- These seventeen points have been compiled and published by the Safe Water Foundation, 6439 Taggart Road, Delaware, Ohio, 43015.

18. Fluoride and chlorine are also said to have been involved in the increase in Thyroid problems because of their interaction with iodine.

It should be kept in mind that drinking water with fluoride is the main way people take fluoride in but in taking a hot shower, the pores will open

Charlotte Gerson is the daughter of Dr. Max Gerson. She is the founder of the Gerson Institute, a non-profit organization dedicated to the holistic treatment of degenerative disease. The Gerson Therapy is well known for its success with Cancer and other degenerative diseases. www.gerson.org 619-685-3535 ; 800-838-2256

- Reprint of this popular article in the last issue -

#48

Fluoride for Population Control?

by Charlotte Gerson

Dr. John Yiamouyiannis has done a great deal of work and writing regarding the dangers of fluoridation. Among other items, he wrote a book titled Fluoride: The Aging Factor. In the book he describes the many dangers of fluoride, of which accelerated aging is only one.

Another article, also by Dr. Yiamouyiannis, published in Acres, A Voice for Eco-Agriculture, November 1994. In the article, he quotes the work of Dr. Stan Freni of the USDA in Arkansas, just published, showing that fluoride in the water was linked to a decrease in fertility. Dr. Freni, in this study, examined populations around the United States and found a decrease in birth rates in areas where the fluoride concentration in the drinking water was higher than 4 ppm.

In another study, by S.W.J. van Rensburg and W.H. de Vos that "interference with reproduction was shown long before there were any symptoms of ill health. Reports came in as long as 20 years ago on how 27% of the males tested on a fluoridated college campus in Florida did not have a high enough sperm count to successfully impregnate a woman."

“In the second part of these studies K. C. Kranwar, et al, In Vitro Inhibition of Testosterone Synthesis in the Presence of Fluoride Ions, IRCS Medical Science Library Compendium, Vol. 11, pp. 813-814 (1983) it was shown that 12 ppm fluoride leads to a depressed testosterone synthesis as well as a depression of testicular and spermatozoid function in males and a loss of fertility in females.”

“The October 12, 1984 issue of the Wall Street Journal pointed out in a front page story: ‘In recent years, infertility specialists have seen a marked increase in the number of couples unable to conceive. At the same time physicians note the average sperm count among men is decreasing.’”

There are many factors involved in the disruption of the extremely delicate human reproductive system, including chemical pesticides and other industrial toxic waste products, such as dioxin. Each of these factors in isolation, is a threat to the reproductive health of the nation. Several factors together become more potent in combination than simply the sum of the individual effects, a fact that chemical manufacturers and polluters would like to keep hidden. To intentionally add another highly toxic pollutant, an industrial toxic waste, to our water supplies, vitamins, toothpastes, and mouthwashes, with the full, scientific knowledge that it causes a wide range of diseases in humans, including infertility, is cynicism of the highest order.

The rising rate of infertility in the United States has given rise to entire industries, from fertility drugs to in-vitro fertilization, from surrogate mothers to baby-selling. Desperate young couples spend tens of thousands of dollars to overcome the effects on their fertility of the chemicals in their toothpaste, drinking water, soda pop and vitamin pills.

It is extremely important for each of us, in the light of the emerging body of knowledge regarding fluoride to take steps to safeguard our own health and well-being. Since we are not being protected by our governmental or industrial organization, we must take our own steps to avoid the toxic wastes they attempt to make us consume.

There are measures you can take to protect yourself from this government assisted industrial fraud. Remove fluorides from the water you use for cooking, drinking and bathing by reverse osmosis, distillation and filtering. Refuse dental fluoride treatments for yourself and especially for your children. (Children have been known to die from accidentally swallowing the fluoride gel.) Use nonfluoridated toothpastes, available at health food stores and even at your local drug store. Educate yourself about this important issue, and pass on this knowledge. Lobby for the removal of fluoride from your water supply. Avoid all fluoridated products, and urge suppliers to provide unfluoridated ones.

#49

Are there Nutrient Deficiencies in the U.S.

By Sherry A. Rogers, M.D.

Sherry A. Rogers, M.D. is one of the leading environmental medical doctors in the country she has numerous books and is involved in professional associations. In her newsletter, Health Letter, Summer 93, she has a article on: “Dispelling Another Myth Nutrient Deficiencies Are Rare in the U.S.”. This is an edited version of that article.

“How do we get Nutrient Deficient? There are a number of ways, all of which are so subtle that nutrient deficiency is rarely sought as a cause of symptoms. For starters, the processing of foods to improve taste and extend shelf life is a major cause. When you process brown rice by grinding, bleaching, and other processes, you lose roughly 80% of many trace minerals, like magnesium, manganese, copper, zinc, and more.

And an equivalent loss occurs when you go from whole wheat berries down to bleached white flour, one of the mainstays of the standard American diet (SAD) in the form of white bread. So this last 50 years of processed foods is a vast experiment in what the human chemistry can adapt to. It is a huge experiment to see if by throwing out 80% of the nutrition of one of the major components of the diet, the health of mankind will suffer or not. And it has.

Nutrients can be lost a number of ways, as various cooking techniques reduce nutrient content, like microwaving. Likewise, nutrients are lost with storage (time) and heat, but also with other techniques of preservation, such as irradiation of foods.

Nutrients are also lost from the soil with repeated growing of crops as well as harvesting before natural ripening has occurred. Also the forced ripening with chemicals, like ethylene gasing of produce picked green before it has matured (one of the reasons a tomato in the winter can taste like cardboard, and difficult to believe that it is in any way related to that succulent vegetable you grow in your garden). There are other factors that also reduce the nutrient value of foods, such as EDTA which is used to preserve the green color of frozen broccoli lowers vitamin B6 in the vegetable.

But one more cause of nutrient loss is rarely mentioned or looked for in medicine: the loss from overwork of the detoxification pathways. For every time you walk into a grocery store and detoxify even one molecule of pesticide, you use up or throw away forever one molecule of glutathione or whatever other nutrient was silently used by your body to detoxify this chemical, even if you can't smell it.

Since we are the first generation of man ever exposed to such an unprecedented number of chemicals, detoxification is going on in most of us rather constantly. So most people are using up nutrients faster by being in a constant state of accelerated detoxification. Since the average person is exposed to and must detoxify in excess of 500 xenobiotics (chemicals) in a day, it comes as no surprise that a vast majority of people are nutrient deficient, and the scientific literature bears this out with astounding repetitiveness.

In essence, most people are losing or using up specific nutrients in the daily work of detoxifying our 21st century chemical environment. The problem is that the loss of these nutrients then makes them sitting ducks for other medical problems, but medicine is still not training doctors to look for these curable causes of symptoms.

This becomes extremely important if you study the scientific research to learn that some incurable cancers, for example, have been literally cured by just giving vitamins. Take vitamin A, which is known not only to retard the development of malignancies (cancers) but to reverse some cancers. But vitamin A is used up or depleted in the work of chemical detoxification.

Nutrient deficiencies are also common side effects of various drugs, yet medicine rarely looks at the nutrient levels that have been driven down by the drug. For example, magnesium deficiency is a common side effect of diuretic (fluid pills, blood pressure pills) therapy, yet an intracellular assay is rarely done, much less the more accurate loading test. And ironically, an initial undetected magnesium deficiency can be the very reason for the symptom for which the diuretic was prescribed in the first place (i.e., as in cases of magnesium deficiency-induced hypertension).

A literature search on just about any nutrient reveals a wealth of information substantiating widespread and unrecognized deficiencies. For example, let's look at copper, a mineral whose adequacy is not routinely checked for. When we think of copper, we often think of toxic or high levels from copper tubing and water pipes. But actually the majority of Americans are deficient in copper. A National Institutes of Health study showed that 81% of people have less than two-thirds of RDA (recommended daily allowance) of copper.

Another study revealed that hospital meals provide only 0.76 mg of copper per day,

whereas people need 2-4 mg for health, and even more for healing and chemical exposures. Another study by the F.D.A. showed that when they analyzed 234 foods which are the core of the American diet, they provided less than 80% of the RDA of copper. And yet another study of 270 United States Navy SEAL trainees (highly selected “healthy” young men), 37% had low plasma copper levels. And plasma copper is a very insensitive indicator of copper status.

Since they used an inferior test to assess copper adequacy, that means they missed many that were low. And when you realize that young “cream of the crop” healthy men are deficient, and that low copper can cause arteriosclerosis and high cholesterol, it comes as no surprise that they were surprised to find arteriosclerosis in young soldiers on autopsy.

What this means is that nutrient deficiencies contribute to chronic degenerative diseases of old age, but they begin in teenagers! In other words, copper deficiency is an example of one of many very common mineral deficiencies that are rarely checked for, yet they begin in teenagers, and when allowed to go undetected, can cause the very diseases we are treated for as adults, like high blood pressure and cholesterol. But instead of correcting the causes, medications are used to cover up the symptoms. And chemical exposures increase the loss.

Another study showed that 80% of Americans get 1 mg of copper per day, which is 1/4th of what they need. And another study which analyzed twenty different types of U.S. diets, showed only 25% of the people got 2 mg of copper a day (1/2 of what they need) and the majority of the diets provided only 0.78 mg of copper per day. So all copper studies seem to point to the fact that the majority of people are deficient. When we randomly studied 228 of our patients, 165 or 72% were deficient in copper.

So, no matter whose studies you look at over the last 20 years, there is a wealth of data showing that copper deficiency is rampant in the United States. And among the symptoms that can stem from copper deficiency in its over 21 enzymes is hypercholesterolemia (high cholesterol) and arteriosclerosis (hardening of the arteries, which causes early heart attacks, high blood pressure, strokes, and Alzheimer’s), the number one causes of death and disease in the western world. And furthermore, many of the enzymes of copper are needed to detoxify chemicals. And bear in mind copper is but one of 40 essential nutrients.

When we look at zinc, literature reports indicate that unsuspected zinc deficiency is also relatively common. In one study only 13% of randomly selected patients had normal zinc levels, and 68% of the population ingested less than 2/3 the RDA for zinc. Zinc deficiency has been shown to be prevalent in studies throughout the world; in all age ranges, in pregnancy, chronic disease, after surgery, and in chemical sensitivity. ...

Obviously cases of solo deficiencies are rare, and multiple deficiencies are the rule. And the literature is full of reports of, for example, hypercholesterolemia from copper deficiency, or chromium deficiency, or magnesium deficiency, vitamin C deficiency, etc. And once the individual’s own unique biochemical defects have been identified and corrected, you may have a patient who needs no medication. ...

Meanwhile, assessing and correcting nutrient deficiencies has been a major tool in overcoming chemical sensitivity. So when you hear someone saying, “There is not such thing as a nutrient deficiency in the United States if you just eat a balanced diet”, I trust you can set them straight now. For without this knowledge, they have nary a hope of helping those heal who have severe chemical sensitivity and the seemingly endless array of symptoms that it can masquerade as.”

#50

What Nutrients are Lacking in Our Diet?

By Joyce Johnson

Joyce Johnson is a Nutritional Counselor and in a tape called; "God Wants You Well" she gives a good overview of why we need supplements for our diet. She is a practicing nutritionist, she was a director at the Pritikin Research Center (she is research minded) and she had rheumatoid arthritis and numerous other serious problems that she cured herself of.

"I want to say that 'God Wants You Well' I think that this is the most important statement that I am going to make today, God wants you well, think about that. What is happening in this nation is that we have more deaths from disease; heart disease, diabetes, cancer, more arthritic pain and more obesity than any nation in the entire world. And this was designed not by God, but it was designed by man. Because it is primarily the food technology that is causing all these problems. If we had eaten the food, as grown, as God had planned it, you would be perfectly healthy and living long lives, productive and energetic as was intended by God's plan. But what is happening is that man thought that he had a better idea.

For instance if you think back in the Old Testament, all the laws are right there. For instance it tells us that we should rotate our crops and let the soil rest every seven years. According to God's plan if we were to do that we would have a high nutrient value in our food. But man has ignored that law and consequently our soil has become depleted. Now our food is lower in nutrient value. And the reason it is lower in nutrient value is simply because the soils are depleted and we do not have enough minerals going into that plant.

Another thing that we have here is that we have food that is harvested before it is ripe. Have you ever eaten a nice red juicy tomato picked right off the vine? Growers usually pick the crops before they are ripe. In the Bible it says that there is a time to plant and a time to harvest. And what happens before that produce is picked before it is ripe, it does not have the same nutrient value, it is a lower nutrient value.

How about the length of time in storage. We were meant to pick the plant and eat it which would give a high nutrient value. But what happens is that every single day that it sits in storage and it sits in the grocery and in our home, it loses its nutrient value. Furthermore, even in fresh produce they use preservatives, which again lowers the nutrient value. Thus when we compound all of these 'food growth' problems we begin to see there are serious problems since we can not get the nutrient value out of our food.

The second major problem is that we have too much fat in our diet. If you look at the foods we ate in 1900 and the foods we eat today, you would see that we eat more fat and more fat and more fat every decade, and sometimes every year. Nutritional scientists will tell you that fat is the number one culprit and sugar is number two. And when you eat sugar it releases fat from your fat cells, from your adipose tissues it is released into the blood in the form of fat. So sugar actually becomes fat in your blood too. Thus it is a correct statement to say that the number one cause of disease is fat.

The number three problem is that we eat less fiber every year. Because the number one protective factor is fiber. It started off that we had fiber in all of our food but then we began to refine the food. Like we would make white rice out of brown rice, or white bread out of whole grain bread. And this refining technique meant that we were removing fiber from our food. So if you looked at a graph from 1900 to now you would see a steady decline in the amount of fiber consumed. This is a basic and simple way of understanding what has been happening in our diet and these two major problems.

A fourth concern about nutrition today is that we need repeatable research, not just one isolated study. With several research studies there is nutritional evidence that is really concrete. Be discerning, don't just believe what aunt Jane or a friend tells you or what

a health food store may tell you. For example, a health food store may say you can use honey and that is a lot better than sugar. But honey and sugar metabolize exactly the same in the human body and they both cause triglycerides to go up, lower the defense system and so on. We need to get away from the idea that nutrition is a food fad. Nutrition is soundly based on science and also we have a lot still to learn. We've learned more in the last 10 years about nutrition than we knew in the previous 1,000 years.

Yet it is a bit funny that in Leviticus it tells us, in the Mosaic Law, not to eat fat. And here in the decade of the 20th century, nutritionists are saying, we have a new idea, do not eat fat! God wants us well, after all we can not serve the Lord if we're sick at home in bed, tired and worried about your health. When you have the health and energy then you can go out and spread the Word and do what you can in his service. It is absolutely basic that God has given us a wonderful body and what we do with this body is our gift to him. He only gave us one house to live in.

The Nathan Pritikin program was an organization that took a group of men and did a review of the literature of certain populations for nutrition. They would take population of people that are very sick and study what they ate. Then they would take populations of people that were very healthy and study what they ate. It was discovered that there were certain nations of the world and populations that were living long, healthy, productive lives, without all the modern diseases and sicknesses (like heart disease, diabetes, arthritis or cancer). They were always on the same diet with an emphasis on whole grains and on the vegetables. They ate no sugar and no refined foods and no fat.

We invented the hydriodic press back in 1915. Which meant that now we could take 18 ears of corn and make corn oil and that's suppose to be normal. And of course it escalated the fat consumption tremendously. Furthermore the cattle when it used to graze the range was 8% fat, now the cattle are in lot feeding so they can not exercise and are shot with hormones and are 85% fat. Thus beef used to be a very useful food is now a poison because of the high fat content it is a cholesterol and fat source. When it was 8-9% fat it was a protein source.

These healthy populations in these countries were on a 5 to 10% fat diet. In the American diet we're on 40 to 50 to 60% of our diet in fat. Moreover these healthy populations were always exercising and did not have preservatives and artificial things to their foods. These findings were then tested in a laboratory, such as, the American diet was given to monkeys and the monkeys would have a heart attacks. And monkeys do not even have heart attacks.

So keep telling ourselves that we are striving forward to be able to reach the optimum energy level, the optimum level of health that God has intended for you to have. Thank You."

Joyce Johnson also has some comments on supplements after discussing diet. The following is not intended to promote any one type of supplement but to demonstrate that there are some supplements that are superior to other supplements and that they do have a positive healing effect on various illnesses.

"I spent ten years studying which vitamins I can use in my practice. I worked with all kinds of different supplements, to try and figure out which ones I was going to endorse. Most of those supplements out there are not even absorbed by the human body. And some research shows that these supplements can be harmful, like a drug. Such as certain synthetic vitamins causes adrenal gland breakdown. Yet many people believe that a synthetic vitamin is the same as a natural vitamin. But this is not true since there are still nutrients in the foods that we have not even discovered yet so how could man put them in a synthetic vitamin? How is man going to duplicate that in the test tube?

When you find a company that takes the food, removes the water, removes the fiber, presses this food, this concentrated food into a tablet, without heat. Then this

concentrated food is like a raw vegetable, then it is really something great. This is natural and God's food, it is natural. Then I found only one company that was doing solid research. Good research helps us to be sophisticated and not let people pull the wool over our eyes about nutrition.

Then I found a company that was doing ten million dollars a year in research. This company has the largest research and development laboratory in the world, they had the largest nutrition company in the world and the most scientist on the staff. And they were printing in the American Medical Association journal, prestigious Nutrition journals, and they even turned their research and products over to Universities to study their products, as independent research, like Georgetown Univ. and Sanford Univ. This takes guts because after they study the product, it becomes public record.

First it was a whole food, second it was never heated, third there was all this clinical research. What does all this clinical research mean? Number one that your getting maximum adsorption, number two that there's no side effects (do not underestimate the side effects problem), and number three the studies tell us that anything that the body does not use is excreted in the urine.

Some vitamin companies use contaminated stuff in the vitamins such as liver. Today liver is contaminated from the polluted environment since it filters the toxins and poisons out, so it is contaminated. Bone meal is even a contamination since research shows that from nuclear fall out there's Strontium 90 in bone. So you need a company that knows it is not contaminating the vitamins with animal products or fillers or cold tar. Every single company I investigated has cold tar in their vitamins, except Shaklee. And cold tar is cancerous."

Put in a simple way as to why one should take food supplements: Because they give a measured amount of essential nutrients in a convenient form. And it relieves the concern as to whether a person has had their needed amount of vitamins each week. For example have you had the necessary amount of copper or magnesium that you need each week? A vitamin solves this biochemical need and relieves the worry.

Shaklee makes the claim that: "These products are not intended to treat, cure, or prevent any disease." They are not trying to compete with modern medicine and thus do not make this kind of legal claim about healing's. But there are products that have many stories of people with more energy and better control of their systems. There are many, many witnesses from Shaklee people about the healing and restored health that they have received through Shaklee vitamins and herbal supplements.

In one booklet: An Ounce of Prevention, there are numerous personal witnesses about how Shaklee changed their lives and brought health and healing. The stories include personal witnesses about: Allergies; Arthritis; Asthma; Asthma & Allergies; Back Problem; Blood Pressure; Bowel Problems; Cancer; Canker Sores; Carpal Tunnel syndrome; Cholesterol; Chronic Infection; Crohn's Disease; Diabetes; Emphysema; Eyes; Fatigue; Headaches; Heart Disease; Hiatal Hernia; Hot Flashes; Hyperactivity; Hypoglycemia; Infant; Irritable Bowel Syndrome; Kidney Problem; Leg Ulcers; Learning Disabilities; Leg Cramps; Lupus; Multiple Sclerosis; Pregnancy; Psoriasis & Eczema; Shingles; Sinus Infection; Skin Discoloration; Sports Nutrition; and Weight Loss.

Another little booklet, The Cell Can Tell, has about 28 different stories of people that were helped through Shaklee Supplements. The booklet makes a very good concluding comment, "Shaklee processes the very best raw materials available in such a way that the nutrients are preserved and balanced. Other supplements or vitamins may be shaped the same, but our cells can tell the difference!" The body does know a natural vitamin from a synthetic one. "There is only one major disease in America, and that is malnutrition. All ailments and afflictions to which we may become heirs are directly traceable to this major disease." Dr. C.W. Cavanaugh
"All I ever did was listen to nature and pass the word along." Dr. Forrest C. Shaklee Sr.

Preventative Health Care in America is usually ignored until somebody gets sick or has

a disease. Preventative Health Care needs to start before a person gets sick, in order to help prevent the sickness. There are many good supplements so look for the goods ones!

#51

Caffeine Blues, Coffee's Dangers

By Stephen Chermisice

Edited from Stephen Chermisice's book, *Caffeine Blues, Wake up to the Hidden Dangers of America's #1 Drug*. He gives an insightful look into coffee.

Most of my readers are aware of the evils of coffee, and probably all of them have given up this habit. However, I often meet raw foodists or vegetarians who, otherwise following a healthy lifestyle, still drink coffee. It's their guilty pleasure they say. Others still have an occasional cup of green tea, maté, guarana, or other caffeinated beverages. Some may even think that these beverages are healthy. For many, it's chocolate, which gives the same strange "pleasure" as the beverages.

The effects of caffeine on the body are well researched, but you never hear about it in your newspaper. You never hear about it anywhere because the whole nation, if not the whole world, is addicted to caffeine. Doctors, journalists, scientists, writers, everyone drinks coffee. Those whose job is to inform us are usually heavy coffee drinkers. And few of them ever rise up to speak against this popular drug.

But one did, his name is Stephen Cherniske, and he's a scientist who spent 10 years of his life researching the effects of caffeine on the body and compiling them in a shocking document, "Caffeine Blues." On the first page of this book we can read:

Caffeine can't provide energy, only chemical stimulation and induced emergency state that can lead to irritability, mood swings, and panic attacks.

Caffeine's ultimate mood effect can be letdown, which can lead to depression and chronic fatigue.

Caffeine gives the illusion of heightened alertness by dilating pupils, quickening heart rate, and raising blood pressure. In fact, caffeine does not increase overall mental activity.

I have read "Caffeine Blues" and selected the most relevant information and quotes out of it for this article.

The Great Caffeine Hoax

You may have read somewhere, or have been told in school, that as long as caffeine was consumed in "moderate" quantities, it did not pose any threat to health. You were reassured. Once in a while, you may even read somewhere in the newspaper about the "benefits" of drinking coffee. So far, so good. Who could ever say anything against coffee?

Mr. Cherniske responds:

"I had been told only that caffeine was a mild stimulant and its association with health disorders was unproven. I was also told that caffeine is not addictive. Since I knew from my own painful experience that the opposite was true, I reasoned that perhaps I had been snowed on the whole topic.

"What I quickly learned was that everyone has been snowed — researchers, doctors, journalists, and especially the public. The deception has been well coordinated by an industry whose goal is quite simple: to get as much caffeine into our bodies as possible. The caffeine industry knows caffeine saps your natural sense of vitality, leaving you dependent on their products to get through the day. They know that you actually crave their products and, more importantly, that you suffer when you don't consume them.

“It's a marketing dream, and it's legal. No wonder more and more companies are jumping on the caffeine bandwagon, churning out products from specialized coffees and teas to 'herbal' caffeinated energy pills, caffeinelaced fruit beverages, 'supercharged' soft drinks, caffeinated beer, and even caffeinated bottled water.” (Caffeine Blues, page 4)

The Caffeine Stimulation: Not Energy

Caffeine is a poison. The body has absolutely no use for it as it is a danger to its living function. It must detoxify it through the liver and reject it with great effort. The “stimulation” we feel after drinking coffee is nothing more than the expended effort in eliminating this poison.

The Law of Excitation

Herbert Shelton clearly explained the delusion of stimulation in his classic book, “Orthobionomics.”

“Whenever any irritating substance or influence is brought to bear upon the living organism this occasions vital resistance and excitation manifested by increased and impaired action, which, always necessarily diminishes the power of action and does so in precisely the degree to which it accelerates action; the increased action is caused by the extra expenditure of vital power called out, not supplied, by the compulsory process, and therefore the available supply of power is diminished by this amount...

“Under all circumstances, vitality or energy of any character whatever is invariably manifested or noticed by us, as energy, in its expenditure, never in its accumulation.” In other words, what appears to give us energy is draining our energies. The stimulation people get from drinking coffee is an expenditure of vital forces, not real energy which can only come from rest.

Cherniske who well understands this, wrote: “Caffeine does not provide energy — only chemical stimulation. The perceived energy comes from the body's struggle to adapt to increased blood levels of stress hormones... Using coffee for moodenhancement is a short-term blessing and a long-term curse. While the initial adrenal stimulation may provide a transient anti-fatigue 'lift,' caffeine's ultimate mood effect is a letdown, either subtle or profound. Advertisers and coffee 'institutes' have kept this side of caffeine from public view...“While caffeine users may feel more alert, the experience is simply one of increased sensory and motor activity (dilated pupils, increased heart rate, and higher blood pressure). The quality of thought and recall is improved no more than the quality of music is improved when played at a higher volume or speed.” The energy we get from caffeine is similar to the “energy” a horse gets when whipped. It is not energy gained but power spent responding to an injury.

Tolerance

About tolerance to caffeine, he says: “What is tolerable for one person may be excessive for another. Moreover, what is tolerable caffeine intake at some point in your life may actually cause health problems just a few years later.” (Caffeine Blues, page 8) We often hear that caffeine is only bad when consumed in excess, but when taken in small quantities it is not dangerous, and could even be beneficial, raising “mental alertness.” But since when can a poison be good for you?

“... of all the thousands of research papers that have been published on caffeine, none have concluded that caffeine is good for you.” The truth is that the moderate coffee drinker is a rare gem, because coffee is so addictive that most consumers eventually end up drinking quite a bit. And the “average person” is a myth anyway. This person described by scientists in their research papers when they statistically analyze caffeine consumption simply does not exist. Not everyone reacts to a poison the same way, not everyone can detoxify it at the same rate, and not everyone consumes the same dose.

Those who are purified by, for example, a raw vegan diet, will react more strongly to

caffeine than the average person. Children are more affected too, because their organism is purer. So the same dose of caffeine will have different effect on different people. So we can see the fallacy of recommending “moderation” - because it doesn't mean anything. Moderation can only concern the healthy factors of life, not those that are damaging to it. Moderation in them is impossible. Any quantity will be an excess. But how did we come to drink coffee?

It seems that coffee beans were used as a drug long before they were used as a food. The practice of giving toxic substances to the sick has been in vogue for a long time and has not changed much today. A large percentage of today's pharmaceutical drugs contain caffeine as one of their “active ingredients.”

“It was not until the thirteenth century that Arab monks made a revolutionary discovery. Roasted coffee beans could be made into a drink. No more falling asleep at prayers! The news spread from monastery to monastery, then hit the streets in the world's finest coffeehouses.” (Caffeine Blues, page 14)

“When coffee was first brought to European cities in the seventeenth century, people were repelled by its color and taste. They complained that it smelled and looked like roofing tar. But after they experienced its stimulating effect, the beverage was quickly proclaimed to be one of nature's miracles. Historians record this phenomenon without noticing the irony of what they are writing. Caffeine is, after all, a psychoactive drug, and human beings tend to crave substances that alter their states among them caffeine, morphine, nicotine, and cocaine. Indeed, all of these alkaloids are chemically related and, while they produce widely different effects, all are poisonous.” (Caffeine Blues, page 17)

Now coffee has conquered the world to the point where almost everyone drinks coffee, if not tea, if not another type of caffeinated beverage, such as coca-cola. Americans are the largest coffee drinkers in the world - with a dazzling record of 420 million cups drunk every single day.

Toxicity of Coffee

Coffee is not a food, it is not a drink - it's a poison. It's a “mild” drug containing a whole array of toxic substances. In addition to caffeine, coffee contains hundreds of volatile substances including more than 200 acids. These the body must reject by a great expense of energy, which is the strange stimulation perceived as “energy.”

“Caffeine is a biological poison used by plants as a pesticide. The caffeine gives seeds and leaves a bitter taste, which discourages their consumption by insects and animals. If predators persist in eating a caffeine-containing plant, the caffeine can cause central nervous system disruptions and even lethal side effects. Most pests soon learn to leave the plant alone.” (Caffeine Blues, page 17)

But humans have fooled their instincts and tastes bud and transformed coffee into a drinkable beverage, often mixed with milk and sugar. The same holds true for chocolate. No one would ever think of eating cocoa beans, because of their horrible taste. So we mix it with sugar and fat and call it chocolate. But our sense of taste was right in detecting that poison - used by the plant as a pesticide to repel insects.

Caffeine, like theobromine (found in chocolate), has to be detoxified by the liver, and injures it overtime. Caffeine is a poison for the liver. But caffeine is not the only toxic substance in coffee.

“Remember that coffee contains a host of chemicals, not just caffeine, among them a group of extremely toxic compounds known as polycyclic aromatic hydrocarbons (PAHs). You might remember them as the cancer-causing agents isolated from barbecued meat.” (Caffeine Blues, page 53)

Chocolate

Chocolate contains a small amount of caffeine, but also contains a good amount of another substance called theobromine. This is an substance analogous to caffeine,

producing similar physiological effects. When you combine the caffeine and the theobromine contained in a one-ounce piece of chocolate, you end up with the stimulating power of 40 milligrams of caffeine!

But everyone drinks coffee!

“When it comes to coffee, the most common reaction I hear is, ‘How can it be bad for you? People have been drinking coffee for centuries.’

“To a scientist, this observation is meaningless. History is filled with cases where millions of people made serious mistakes. There are herbs in China, for example, that have been used medicinally for thousands of years, and are still being used to treat sinus congestion. But repeated use of these herbs over time can cause cancer of the nose and throat. Epidemiologists (scientists studying the distribution of disease in populations) have estimated that this habit has caused premature and painful death for millions of Chinese people. Clearly, great numbers of people can be wrong, especially when they don't know the facts.” (Caffeine Blues, page 49)

I have a saying: A lot of what popular wisdom holds true is wrong. With so much misinformation spread today, I rarely say this line inappropriately.

“You should also question the sanity of common statements that we hear from friends, celebrities, and co-workers. In the movie *Shadow of a Doubt*, Joseph Cotten's famous line was, ‘I can't face the world in the morning. I must have coffee before I can speak.’ Now, substitute for the word coffee any other drug, say amphetamines. If a person said he or she can't face the world without amphetamines, we'd call him or her an addict. We'd whisk the person off to rehab and maybe even throw him in jail. But because coffee is a drug we consume ourselves, we wink and nod and say, ‘Yeah, ain't it the truth!’” (Caffeine Blues, page 50)

Caffeine and Impaired Digestion

“Impaired digestion is more of a problem than most people realize - and it gets worse with caffeine. That jumbo 32-ounce soft drink or the double espresso we have with meals is a major contributor to the bloating, pain, and gas that roughly 50 percent of American adults experience after they eat. And these symptoms are only the physical signs of indigestion. Unseen are the harmful by-products of fermentation and putrefaction. Some of these by-products are absorbed back into the bloodstream, and the toxins that stay in the gut increase your risk of gastrointestinal disease.” (Caffeine Blues, page 60)

Caffeine and Sleep Disturbance

“There is a popular notion that coffee before 3 P.M. can't disturb your sleep. In fact, caffeine at any time of the day can cause sleep problems, especially if you are under stress.”

It seems that caffeine disturbs the most important phase of sleep, the deep-sleep phase. It's a vicious circle: caffeine intake leads to decreased sleep quantity, which leads to increased caffeine intake, which leads to decreased sleep quality, which leads to disease and fatigue, which leads to increased caffeine intake, and so on.

“We also tend to think that caffeine-related problems are mostly experienced by people in the workforce. In reality, those hardest hit appear to be the elderly. Even though seniors tend to cut back on coffee, the caffeine they do ingest is detoxified much more slowly and their nervous systems are much more sensitive than those of younger people. Research is now showing that sleep disturbance among the elderly is a major factor not only in age-related physical degeneration but in mental degeneration as well.” (Caffeine Blues, page 85)

Caffeine & Malnutrition

Coffee also causes many nutritional deficiencies. Poisons in tea and coffee, including caffeine, cause an increased loss of B vitamins in the urine. There is also a loss of calcium.

“Research just published in the *Annals of Nutrition and Metabolism* found that caffeine increased potassium loss by nearly one-third. To make matters worse, such mineral

loss appears to be accelerated when caffeine is mixed with sugar. Studies show that the mechanism behind this mineral-wasting phenomenon may have to do with the fact that caffeine impairs the kidney's ability to hold on to calcium, magnesium, and other minerals. Most recently, zinc was added to the list of nutrients depleted by caffeine.” (Caffeine Blues, page 90) To add to this list, iron absorption is also impaired when caffeine is taken.

Caffeine and Mental Illness

I have known for a long time that even a moderate caffeine intake may cause a small depression, the “blues.” I have noticed this on myself a couple years ago when I started drinking green tea, thinking that this beverage only had a tiny amount of caffeine in it. I couldn't fall asleep before 2 a.m. and started to experience a mild depression. As soon as I discarded the green tea, it went away. How many people feel depressed and tired for no apparent reason? And how many of them drink coffee or tea and can't give it up?

“If a person were injected with 500 milligrams of caffeine, within an hour he or she would exhibit symptoms of severe mental illness, among them, hallucinations, paranoia, panic, mania, and depression. But the same amount of caffeine administered over the course of a day only produces the milder forms of insanity for which we take tranquilizers and antidepressants.” (Caffeine Blues, page 124)

Coffee and Constipation

“... many people claim that caffeine helps them maintain normal bowel regularity, but that is the same as relying on laxatives. Either way, you're using a drug to induce bowel movements, and ultimately many coffee drinkers become dependent on this laxative action. Without the caffeine stimulation, they experience what is known as ‘rebound constipation.’ (page 173)

Caffeine and Headaches

“Forty-five million Americans suffer from chronic headaches. Seventeen million are migraine sufferers.” “The person with a headache doesn't know that it was caused or triggered by caffeine, so he or she looks for a painkiller (analgesic). Studies show that in 95 percent of cases, the analgesic drug contains caffeine. Such painkillers work, especially if the headaches was caused by caffeine withdrawal, but the caffeine ultimately triggers another headache. Ultimately, the hapless sufferer becomes dependent on the painkiller for even a modicum of relief, but the headaches increase in frequency and intensity. This may go on for many years, creating a cycle of pain and depression that destroys the quality of life.” (Caffeine Blues, page 185)

“A caffeine deprivation (withdrawal) headache results from the normal opening (dilation) of blood vessels that are constricted by caffeine. In other words, habitual caffeine intake keeps blood vessels in the brain constricted. When caffeine is not consumed, these blood vessels return to their normal blood-flow potential, and it is this increased circulation in the brain that causes the throbbing agony of a caffeine withdrawal headache.” - (Caffeine Blues, page 186)

Adrenal Exhaustion

“Caffeine contributes to adrenal exhaustion, wherein a raft of important hormones are depleted. The destruction is not silent. You'll feel it every day in many ways as you simply can no longer command the vitality necessary for what were once everyday tasks.” (Caffeine Blues, page 197)

Caffeine and Women

“Compared to men, research shows that caffeine is much more damaging to women, producing adverse effects at lower intake. The effects are even more far-reaching when you consider the harm caffeine does to fetuses and nursing babies.” (Caffeine Blues, page 225)

Here are other facts about caffeine concerning women: caffeine causes iron deficiency;

increases calcium loss and risk of osteoporosis; caffeine produces short-term mood elevation, but contributes to rebound depression.

Ecology: pesticides, rain forest destruction and land use issues. Coffee is the most important crop in the world. More than wheat, rice, corn, or livestock. More than fruit, more than vegetables, or any other staple crop - coffee is number one. More than cars, more than steel, more than everything, only third next to petroleum and some metals used to make weapons. The reason: coffee is a drug, nearly everyone is addicted to it, and it's part of the culture.

Coffee also happens to be one of the most heavily sprayed agricultural crops. In the countries where it is grown, there are few restrictions concerning pesticide use, where there are fewer laws to protect workers and the environment. "Coffee plantations use huge amounts of pesticides that pollute the land, rivers, and destroy plant and animal life around them. The beans go off to market, but what happens to coffee pulp and the processing water? This water, now laden with pesticides, fungicides, and nitrogenous waste, goes directly into local streams, rivers, and lakes. With no filtration or reconditioning, the water pollution harms aquatic life as well as the health of people who live alongside those same bodies of water. And the coffee pulp? It sits in huge, rotting piles, leaching out its high nitrogen discharge into the groundwater and eventually into the same polluted waterways." (Caffeine Blues, page 276)

Cherniske also mentions in his book how coffee plantations have probably contributed to the destruction of Rain Forests more than any other crop in the world, since large portions of the forest are destroyed every year to make room for the coffee plantations. Coffee culture is labor-intensive and requires large portions of land and resources. These are astronomical numbers once you get your calculator out and consider that the world demand for coffee is 13 billion pounds a year. Since the average plant produces one to two pounds of roasted coffee a year, this will require 7 billion trees. Judging from what the average farmer can get from one acre, it ends up that 70 million acres are devoted to grow this non-food, this drug, this poison that contributes to human suffering and ruins the health of the millions without their being aware of it.

70 million acres devoted to the culture of coffee. Let's ponder that for a moment. 70 million acres... If we add to that the land devoted to cacao culture (for the making of chocolate), tea leaves culture, sugar cane (for the making of sugar), and grape culture (for the making of wine), we would arrive at frighteningly high numbers. Hundreds of millions of acres of the most fertile land in the world exclusively devoted to the culture of non-foods and beverages that contribute to the suffering of humanity. Why talk about a lack of food? We're simply cultivating the wrong plants for the wrong purposes!

The corruption of the health food industry.

"Until the 1990's, caffeine was one of the no-nos of the health-food industry, like sugar and white flour. Caffeine-free herbal teas got their start in the healthfood industry, where caffeine-free products have traditionally been the hallmark of natural food choices. Now those same stores have huge display bins full of coffee beans and many have coffee bars serving pumped-up caffeine concoction. How did this happen? (Caffeine Blues, page 266)

"The face of the industry changed as the original visionaries sold out to conglomerates for whom profit superseded health principles. The proliferation of organic coffee bins in natural food stores took off, and before you knew it, manufacturers of health food products discovered what the food and beverage industry has known for decades: Caffeine sells." (Caffeine Blues, page 267)

Coffee replacement and giving up coffee

We know it: giving up coffee is rarely easy, especially for those who have been drinking a few cups a day for many years. The detoxification symptoms can include headaches, depression, tiredness, and many more discomforts.

Cherniske mentions a plan where one can give up coffee with little discomforts, by

gradually replacing coffee with herbal replacements until no more coffee is drunk. However, this process seems a bit long, and I personally would recommend a more radical method, but people will go with what they think they can do best. It takes 60 days for your body to eliminate all the caffeine and really see the results. But this could be accelerated by a short fast, or a raw food, eliminating diet, such as a strict raw fruits and vegetables diet.

There are coffee replacements that can be used to give up coffee. Health food stores now offers a wide range of products, usually made from roasted cereals, that have a similar taste to coffee. However, you have to make sure that you buy genuine, caffeine free replacements. Items such as guarana, kola nut, green tea, maté tea, and ephedra are just other plant sources of caffeine and other stimulant drugs. They impair the body's functions just like coffee does. There is also a new product called "Teecino" that brews like regular coffee but does not contain any caffeine or any coffee beans. It is made from dates, figs, carob, barley, etc.

#52

Vaccination, Aggression, and Misinformation

by Marjolaine Jolicoeur

Has vaccination— and the propaganda campaign for it— run amok? We hear from England that a man, Jerry Friedman, is suing his employer after he got fired because he refused to be vaccinated against the measles. Friedman, a vegan (partly for ethical reasons) claims religious freedom to refuse the vaccine, since it is prepared on chicken embryos. This article explores, in depth, the dangers of vaccines and vaccination. The vaccine for the measles is cultivated on chicken embryos, just like the one for influenza (the flu), yellow fever and mumps. These embryos are formed entirely after 35 hours of incubation. We can see their heart beat after the fifth day. The birds come from huge henhouses containing more than 10,000 birds (in addition to 700 males). In the production of its flu vaccines, a pharmaceutical company consumes around 160,000 eggs per week.

The vaccine against Japanese encephalitis is cultivated on mouse brains and by-products from the slaughterhouses are to be found in various steps of the fabrication of the vaccines. On top of being cultivated on animal or human aborted fetus cells, vaccines bathe in formaldehyde, phenylic alcohol, mercury, aluminum, gelatin, bovine serum, albumin coming from human blood, aspartame and antibiotics. No wonder that these vaccinal cocktails have multiple side-effects — pains at injection, fever, aches, articulation pains, asthma or eczema crisis, allergies, anaphylactic shock, Sudden Infant Death Syndrome (SIDS), autism, meningitis, convulsions, encephalitis, multiple sclerosis, diabetes, lupus, and various types of cancer. The use of multiple vaccines potentiates the side-effects risks of every vaccine and their interaction is a time bomb.

The animal by-products in vaccines include a great risk of viral contamination. No laboratory can guarantee the asepsis of animal cells used in vaccine culture. The flu vaccine, for example, in addition to being prepared in an animal embryo, may contain the chicken leukemia virus, and be transmitted to the vaccinated human. It also contains elements coming from the pig because an enzyme taken from the stomach of the animal separates the cells in laboratory. A discovery made by Swiss researchers and reported in the Washington Post (12.9.95), noted that the enzyme, reverse transcriptase, contaminated the vaccines for the measles and the mumps. This enzyme comes from chicken embryos used in the making of the vaccines against the flu and the yellow fever. This enzyme is associated with the presence of a retrovirus, a type of virus that can modify the genes permanently.

Mercury

Thimerosal, a salt composed of ethyl mercury and thiosalicylate, is a conserving agent added to prevent bacterial and fungal contamination. It contains 49.6% mercury. It was

introduced in vaccines in the 30's, but, following numerous studies on its side-effects, vaccines now tend to be made without it. However, in Canada, thimerosal can still be found in a great number of vaccines, including the ones against Hepatitis B, meningitis and influenza. This mercury derivative in vaccines is extremely allergenic, carcinogenic and toxic when it is injected directly in the blood. It accumulates in the brain and weakens the respiratory, digestive, nervous and immune systems. According to Hugh Fudenberg, M.D., an individual who has received five consecutive vaccines against the flu has 10 times-higher chance of getting Alzheimer's disease than a non-vaccinated individual. This can be partly explained by the fact that the vaccine contains mercury and aluminum, and that the accumulation of these substances affects the cognitive functions of the brain. Researchers Markesbery and Ehmanns have demonstrated, after having autopsied patients suffering from Alzheimer's disease, that the brains of the affected persons contained a higher level of mercury than those without the disease. This accumulation of mercury from vaccines is on top of what is absorbed from other sources, such as dental fillings, food (fish) and certain products such as ophthalmic and nasal drops, and the solution for ophthalmic or immunoglobulin lenses.

Aluminum

According to the vaccination concept, aluminum serves as an immunity adjuvant, creating an inflammatory reaction that raises the antigen-antibodies reaction. It is used in the majority of vaccines. It has been estimated that a child, through vaccination, receives up to 3.75 mg. of aluminum during the first six months of its life. Aluminum's strong toxicity is well known: it causes neurological and immune-related troubles. Its presence in vaccines is more and more often shown to be related to the increase of allergies throughout the world. Many drugs contain aluminum. Coated aspirin has 44 mg. of aluminum per tablet, and many anti-acid drugs contain aluminum. Drugs against diarrhea have more than 600 mg. of aluminum per tablet.

Gelatin

In a large number of vaccines, gelatin has a stabilizing function. It's a product made from slaughterhouse leftovers, such as the cartilage, skin, and bones of animals. In Europe, the contamination of gelatine by BSE (Bovine Spongiform Encephalopathy) has been widely noted, and the use of bones coming from countries where a large number of BSE cases have occurred, such as the UK and Portugal, has recently been banned. Gelatin in vaccines is greatly allergenic.

Bovine Serum

In October, 2000, the Health Department of England took from the market an oral polio vaccine cultivated on bovine fetal calf serum, which was suspected to be infected with the BSE or the mad cow disease prion. The vaccine given to 11.5 millions children and adults during the last two decades had been prepared with serum coming from English cows that may have been contaminated. In Canada, bovine serum is contained in the poliomyelitis vaccine, and in the series of vaccines against rabies, chicken pox (varicella), and hepatitis A.

Linked to intensive farming and the horror of slaughterhouses, bovine serum can also be the host of viruses that become mutagenic in the human organism. The Bovine Leukemia virus endemically exists in American herds, as well as a virus genetically close to HIV, which is suspected to be related implicated in human AIDS. These viruses can be transmitted to humans and provoke leukemias.

Dr. Ryo Harasawa of Tokyo University in Japan and Dr. Massimo Giangaspero of Milan University in Italy, as well as many of their colleagues in Germany and Belgium, have detected the bovine diarrhea virus in many vaccines produced in Europe, the US, and Japan. These include vaccines for German measles, influenza, measles, and mumps.

The bovine serum is used in many steps of the cellular laboratory culture. In the BCG vaccine, the tuberculosis bacteria come from the serum.

Diseases and Vaccines

The serious short-term and long-term side effects of vaccines exist but deliberately

remain obscure because of a well-orchestrated campaign of misinformation. Every vaccine, without exception, carries negative side effects, and monographs provided by pharmaceutical laboratories describe them very well. However, after their descriptions, the manufacturers often add: “no cause and effect link has however been established between these reactions and vaccination.”

The Flu Vaccine, repeated each year and massively given to elderly people, can bring about allergic type reactions such as urticaria, angioedema, allergenic asthma, neurological diseases such as facial paralysis, encephalitis, encephalopathy, demyelination troubles, labyrinthitis, and the Guillain-Barré syndrome.

The Hepatitis B Vaccine could be at the origin of an increase of neurological troubles leading to multiple sclerosis, and grave and invalidating diseases in adults. In France, more than 300 cases of acute demyelinations imputed to the vaccine have been recorded, among them a small number of teenagers. (The vaccine damages the myelin, the sheath nerve and this degeneration is the first symptom of multiple sclerosis.) An impressive number of articles published in scientific magazines report severe auto-immune and neurological complications following the vaccination against Type B Hepatitis: nausea, vomiting, diarrhea, fever, urticaria, tachycardia, heart palpitations, zona, eczema, purpura, paralysis, Guillain-Barré syndrome, optical nephritis, conjunctivitis, vision troubles. Also cases of arthritis, rheumatism, liver problems, asthma, and even deaths.

Dr. Barthelow Classen, known for his work on Type 1 diabetes, believes that there is a link between vaccination, especially against hepatitis B, and insulin-dependent diabetes. In the *New Zealand Medical Journal* (May, 1996), he noted a 60% increase in juvenile diabetes after a massive vaccination campaign against hepatitis B between 1988 and 1991. The hepatitis B vaccine is not the only one implicated in this diabetes/vaccination relation. Classen also discovered that the incidence of diabetes in Finland was stable in children under 4 years of age until the government modified the vaccination calendar of children. In 1974, 130,000 children of 3 to 4 years of age were vaccinated against hepatitis B and meningitis (type C). Then they were injected with the vaccine against the whooping cough. In the following years, there was an 64% increase of type 1 diabetes in vaccinated children.

The vaccine against pertussis (whooping cough), given at the same time as those for diphtheria and tetanus to children, may also have a link to diabetes. This vaccine contains a toxin secreted by a microbe, the *Bordetella pertussis*, a toxin described by some as a “virulent poison” and having a disastrous effect on the pancreas. It can also lead to hypoglycemia: two German researchers, Hennesen and Quast, discovered, in 1979, that in 149 children having received this vaccine, 59 developed hypoglycemia symptoms. Cases of juvenile diabetes also occurred after vaccinations against the mumps and the German measles.

The DPT (diphtheria, pertussis and tetanus) and its relation to autism is becoming clearer. After this vaccine and those against the measles and hepatitis B became of general use, an increase in children autism was recorded. A study led by Ray Gallup noted an increase of more than 300% in autism cases between 1992 and 1997 in 25 American states. An increasing number of experts believe the weakening of the immune system really constitutes a syndrome in autistic people — a neuro-immunological trouble. More than a third of the affected children show a reduced count of CD4 and CD8 lymphocytes, which may hinder their organism in producing the necessary antibodies to fight the viruses coming from vaccines. DPT can trigger an epilepsy crisis, meningitis, and create allergic encephalitis, which in their turn may lead to autism and other behavioral troubles. “Parent of autistic children frequently report disorders immediately after the inoculation with the series of vaccine for diphtheria, whooping cough and tetanus” declared Dr. Vijendra Singh, professor of immunology. The later published a study on autistic children, in the *Clinical Immunology and Immunopathology* (1998), which demonstrated that an exposition to the measles virus could trigger off an auto-immune response interfering with the development of the

myelin.

The persisting presence of the measles virus in the intestines of autistic persons has been noted. Dr. Andrew Wakefield, director of a group of research at the Royal Free Hospital in London, published a study in the *Lancet* (February 1998) done on eight children affected with severe intestinal affections. They became autistic right after the DPT series of vaccines.

The vaccine against the German measles may lead to rheumatoid arthritis. Researches indicate that 41% of vaccinated women developed articulation pains, 9% a transitory arthritis, and 5% a chronic arthritis.

Meningitis

Bacterial meningitis is caused, according to allopathic medicine, by three germs: the meningococci, the pneumococci (mostly responsible for pneumonia) and the H. Influenza (type B/Hib). Recently in Quebec, numerous cases of meningitis have appeared. The weakening of the children's immune systems who receive repeated doses of vaccines since their birth may well be linked to this.

The pneumococcus vaccine can cause an erythema and an induration during injection, fever, general discomfort, allergic type reactions such as urticaria, angioneurotic oedema, or an anaphylaxis as well as vasculitis, a general skin outbreak, myalgia, and various neurological troubles including the Guillain-Barré syndrome.

The Haemophilus influenzae B polysaccharide vaccine given to two months old babies can induce convulsive crisis, pains during injection, irritability, sleepiness, diarrhea, vomiting, otitis, skin eruptions and infection of the superior respiratory tract.

In September 2000, the newspaper *The Observer* of London, after the discovery of secret documents, exposed the death of 11 persons following a recent massive vaccination against type C meningitis. The vaccine caused 16 500 negative reactions, and when we know that only 10 to 15% of these reactions are reported to the Health Department, the number of side effects and deaths is without a doubt higher.

Two of the declared deaths succumbed to a "meningococcal septicemia," an infection of the blood related to meningitis. The vaccine, instead of protecting them, gave them meningitis. More than 13 million babies, children, and adults have received the vaccine in England during the year 1999/2000. The vaccine manufacturer is even suspected of having deliberately hidden the side effects to the general public, with the complicity of government employees responsible for the vaccination campaign. Two of these employees were member of the administration council of the pharmaceutical laboratory manufacturing the vaccine. MISINFORMATION.

A few months ago, there was an information session held for parents at the Sainte-Justine hospital in Montreal under the theme "Why vaccinate our children?" It was led by two pediatricians, among them Dr. Jean-François Chicoine, and sponsored by the pharmaceutical company Merk Frosst, a vaccine manufacturer. In order to exert maximum pressure on the parents, Chicoine declared: "It's big social responsibility. We're also going to be vaccinated for others." However, if mass-vaccination protects us and is so effective in the war against diseases, like we have been led to believe, why be afraid of the non-vaccinated? The vaccinated people carrying viruses represent a greater menace than the non-vaccinated ones, as it was the case for the vaccine against polio. In spite of numerous scientific studies done by allergy, immunology, neurology, as well as biochemist specialists on the dangers of vaccines, pediatricians keep on maintaining that vaccination does not weaken the immune system, that risks remain low, and that good nutrition and hygiene have nothing to do in the prevention of diseases. Are we witnessing chronic insincerity or a sad connivance with pharmaceutical labs?

Fortunately, more and more intelligent physicians are exposing this vaccination dogma and dare to question it. Many are telling us that all these diseases against which children are vaccinated were progressively disappearing before vaccination. Worst still, even though they have been entirely "immunized," some children still suffer from these

diseases. These vaccines seriously affect our immune system, and their inherent dangerous qualities open the doors to various diseases.

In Japan, for example, the number of Sudden Infant Death Syndrome (SIDS) cases dropped dramatically as soon as they stopped vaccinating children under two years of age.

Sweden, in 1979, banned the pertussis (whooping cough) vaccine, after discovering that the diseases affected vaccinated children and caused neurological troubles. Even though Swedish children are no longer vaccinated against the whooping cough, the death rate for this disease is not greater in Sweden than in the vaccinated populations of other countries. In the USA, according to Susan Ellenberg, Ph.D., director of the "Division of Biostatistics and Epidemiology of FDA," in 1997, 43 children under two years of age died from hepatitis B following vaccination.

Natural Immunity

Quebecois children, starting from the age of two months, receive a whole series of vaccines and follow-ups spread out over a few months — more than 18 chemical mashes.

Babies are systematically vaccinated against rare diseases such as tetanus, diphtheria or hepatitis B, although they probably have as many chances to catch these diseases than to win the lottery. When going to foreign countries, vaccines against meningitis, the rabies, Japanese encephalitis, yellow fever, tetanus, three follow-ups for hepatitis A and B, and a small test for tuberculosis are recommended. Enough to get you sick before setting one toe aboard the airplane.

In Quebec, no vaccine is obligatory. Every individual can refuse a vaccine. Vaccines are mandatory in most US states, and children cannot attend public schools without having received them. You may however find useful information on how to legally avoid them in the books recommended at the end of this article.

No vaccine is obligatory for travel abroad, except for the one for the yellow fever that certain countries, in Africa or South America, may request it if you come from an infected zone. (Seven severe complications, among them six deaths, have been reported after the vaccination against the yellow fever, in the British medical magazine *The Lancet*, July 2001, which brought questioning over the security of the vaccine. In Brazil, a 5 year-old girl died five days after the inoculation, struck by fever, headaches, discomforts, and vomiting, three days after having received the vaccine against yellow fever, and the combined vaccine against the measles, the mumps, and the German measles. Dr. Michael Martin and his colleagues at the American Center for Disease Control (CDC, Atlanta), reported post-immunization complications that affected four American tourists, which caused three deaths in 1996 and 1998. They suggested a possible causal relation with the vaccine and advised to verify if the travelers are really going to an infected zone, and to take precautions before recommending the vaccine.)

To keep on vaccinating babies, whose immune system is not really developed, with highly carcinogenic, mutagenic, and allergenic substances, is consternating. The immune system does not become mostly mature before the age of 6-7, keeping on evolving up to adult age. The complexity of our natural defense mechanisms ridicules all the vaccination theories, who are part of a false and obsolete conception of health. Our immune system absolutely does not need artificial and chemical products in order to build its immunity. How can we make the population believe that a mixture of a sick animal corpses, viruses, and toxic substances would strengthen our immunity against diseases, and that this terrible aggression of our integrity will bring us health?

A healthy diet and good hygiene maintain our natural defenses. For prevention of, or during infection diseases, multiple natural treatments can be considered — such as homeopathy, acupuncture, medicinal herbs, clay poultices, vitamin C, A and zinc intake, rest, massages, warm baths against fever, good hydration, fasting, etc. [JEAA does not recommend homeopathy, medicinal herbs, and vitamin therapy — Ed.] These therapies can also drain our organism of accumulated toxins and poisons, from the too numerous

vaccines we have received since childhood.

Another important fact is that non-vaccinated children, having a better immune system, can go through childhood without ever suffering from any infectious disease. (My own son, now 24 years old, has never received any vaccines, and has never caught any childhood infectious disease — not the measles, the mumps or anything else. We also traveled many times to India and Nepal, without vaccines and without diseases.) To be truly healthy, we must, before anything else, not succumb to fear.

Even having no scientific training, we, as parents, travelers, or subjects of the pressure of doctors and the lobby of multinational pharmaceutical companies, will be brought, more and more, to question vaccination. For some scientists, the future belongs to vaccines. More than 200 new vaccines are actually tested: vaccine cocktails taken in one dose, vaccines inoculated by intranasal way, or others directly genetically incorporated to fruits and vegetables. Our health capital belongs to us and does not necessarily have to go through the dictatorship of pharmaceutical labs.

Vaccines manufacturers care for their profits before anything else, and not really for our health. And on ethical grounds, vaccines remain the bloody symbol of animal exploitation — the suffering of the cattle, mice, chicken, and monkeys sacrificed on the vivisection altar. Their corpses forever foul the vaccines.

Translated by Frédéric Patenaude

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Book suggestions

- The Immunization Resource Guide by Diane Rozario (60 pages) — Where to find answers to all your questions about childhood immunizations.
- Immunization: Theory vs. Reality, by Neil Miller (157 pages) — Medical ploys, Gulf War syndrome, childhood shots, and more.
- Immunizations: The People Speak! by Neil Miller (78 pages) — Contains hundreds of questions and comments addressing all aspects of the vaccine controversy.
- Vaccines: Are They Really Safe and Effective? by Neil Miller (79 pages) — Systematically evaluates every “mandatory” vaccine to determine their safety and effectiveness.
- What Every Parent Should Know About Childhood Immunizations by Jamie Murphy (192 pages) — Explaining what vaccines are, how they are made, and the toxic chemicals used in their production.

#53

Mad Cows, Mad Wildlife and the rise of Alzheimer's Disease in North America.

By Colm Kelleher Ph.D.

(1) The number of deaths from Alzheimer's Disease has increased by more than 9000% in North America since 1979. In 1979 only 653 people died from Alzheimer's Disease. By 2004, that number jumped to 60,000. About 5 million North Americans currently have Alzheimer's Disease.

(2) A study from Yale University showed that approximately 5% of Alzheimer's Disease patients were incorrectly diagnosed. The patients actually had Creutzfeldt Jakob Disease (CJD). One variant of CJD is caused by eating the beef from mad cows.

(3) The infectious agents in mad cow disease, CJD, and other wildlife brain wasting

diseases are called "prions" and are almost indestructible. Normal sterilization of surgical instruments will not kill them. Patients have died from procedures using prion-contaminated surgical instruments.

(4) A September 2004 survey of pathologists in California showed that more than 70% were reluctant to conduct autopsies on CJD patients, fearing contamination of their instruments and facilities.

(5) Toronto coroner Dr Murray Waldman has alleged that many funeral homes do not embalm patients who have died from CJD, fearing that their facilities will become contaminated with deadly prions. Waldman also argues that there is a statistical link between eating red meat and Alzheimer's Disease.

(6) Prions can be transmitted in the blood supply. In Europe, people have died after receiving blood from prion infected donors.

(7) Veterinarian Dr Richard Marsh presented strong scientific evidence that mad cow disease was already present in United States cattle in the 1980s. His data were ignored.

(8) In spite of assurances from the USDA that since 1997, cows are no longer fed to cows in the US, several loopholes remain, even in June 2005. It is still OK to feed cow blood to cows. Dead cows can also be fed to chickens and chicken litter is then fed back to cows.

(9) Several clusters of CJD have been reported in the United States in the past decade. The Center for Disease Control (CDC) has dismissed all of them as statistical flukes.

(10) An epidemic of chronic wasting disease, also called mad deer and mad elk disease, is currently spreading through the United States. Since 2003, the disease has jumped from the epicenter in Colorado to New Mexico, Utah, Wisconsin, and in 2005 it had reached New York State. Every year eleven million hunters try to kill deer and elk and many of them eat venison.

(11) In 2002 a number of reports of young hunters dying of brain wasting disease surfaced in the scientific literature, although the CDC said the deaths of the hunters was not conclusively linked to eating contaminated venison.

(12) A 2004 letter to Science Magazine cited evidence that flies could be vectors for transmitting prion disease.

(13) On June 10, 2005, the USDA announced a possible second case of mad cow disease in the United States. According to a June 10 Associated Press report quoting Agriculture Secretary Mike Johanns: "Johanns, former governor beef-producing Nebraska, said that there was no health risk and that he intended "to enjoy a good steak." The statement was reminiscent of then Agriculture Minister John Gummer and his young daughter Cordelia consuming hamburgers on television in 1996 to assure an anxious British public that beef was perfectly safe. Shortly afterwards, scores of young people began dying of human mad cow disease in the UK.

Colm A. Kelleher PhD is the author of; Brain Trust: The Hidden Connection Between Mad Cow and Misdiagnosed Alzheimer's. He is a senior research scientist in the biotechnology sector. For more information, see: www.colmkelleher.com

Helping Children Become Healthier

by Valya Boutenko

www.rawfamily.com

Parents often ask me how they can make their children eat healthier. I tell them that they can't make their children eat healthier, but they can inspire them to want to become healthier. It is not true that children don't want to be healthy. Everyone wants to be strong, smart, and full of energy. What children are protecting themselves from when they say they don't like healthy food, is the pressure to do what they don't want to. If your children are revolting to the idea of health food, it means they have a will of their own. It is a sign that they want to choose for themselves, and this is a blessing.

Problems occur when we want a child to want something he or she does not want. In this case, it is important to consider what we would like the reason for the child's action to be. Do we want our children to mindlessly obey our command and the commands of others? Do we want them to do what we tell them to out of fear of punishment? Or do we want our children to make decisions that are motivated by their own positive values? Punishments can create temporary compliance, but it's unlikely that these kind of tactics will make children better decision makers. When children know they will be punished for certain actions, they deal with the situation in the most logical way, and begin to lie.

Punishments and force produce only anger, defiance and a desire for revenge. They encourage power over reason, and crush delicate relationships between children and parents. As Marshall B. Rosenberg writes in his book *Nonviolent Communication*, "I wonder whether people who proclaim the successes of punishment are aware of the countless instances of children who turn against what might be good for them simply because they choose to fight, rather than succumb, to coercion."

So what is there to do? How can we help our children become healthy? I have noticed that children are highly susceptible to inspiration. When kids are around my brother and I, they start eating healthy things without our even mentioning raw foods. They can see for themselves how easy it is to eat good things, and how much fun it is to be healthy. As Krishnamurti once said, "To teach by example is not the best way to teach, it is the only way."

As parent, grandparents, and friends, you are one of children's greatest influences. You can influence them to make good choices. I think there is no difference between children and adults. Grown-ups have more life experience, but age is not a division that can separate human beings from one another. There is nothing children love more, than to be spoken to as equals.

They are so intelligent, that it is often unnecessary to simplify things for them. I am frequently amazed at the depth of understanding children possess. Sometimes children have been told to sit still and be quiet so regularly, that they are not sure how to communicate their true thoughts and feelings. In these situations questions like, "How was school?" are not enough to open their hearts and let them say what they feel. It is sad for me to see how often kids are often hurtled into different diets without any clue of why it is so important.

When I speak to young humans about health, I try to make it very clear why I think it is so essential to be healthy. For me, health is truly the greatest gift there could be. To be healthy means to live a life without disease. It means being youthful throughout all of life, recovering quickly from accidents, and having lots of energy. Live foods have made me more alive! I first changed my diet when I was eight years old. In the beginning, I ate mostly fruits without many vegetables. This is common for children. Eventually, though, they do develop a taste for greens and veggies too.

The most important thing to do when introducing raw foods to children, is to make it a positive experience. First impressions last forever, so it's a good idea to present children with something yummy, like banana ice cream, or mango walnut pie. In all my ten years of eating raw foods, not once have I met a child who didn't enjoy eating sweet fresh fruits. With some of the more difficult cases of wonderfully strong-willed children, it is sometimes necessary to leave something scrumptious on the kitchen table, and leave the room. Upon return, it is usually gone.

Communication plays a significant role in the success of changing the dietary habits of young kids. Eating healthy can be uncomfortable in some social situations. It is vital that children have someone to talk to who understands how they feel, someone who can reassure them that they are doing the right thing. For me, it was hard to be the only one in my whole school who ate raw foods. It helped me that my parents talked to me and ask me questions like, "What happened today that made you feel the way you do?" Together, discussed the discoveries we made every day.

My mother often shared the information she read about with me.

Once, when I was in third grade, we had a pizza day. I was sitting with my friends eating my lunch of cucumbers, bell peppers, and apples, when a girl from a different class sat next to me. "Look at this yummy pizza!" she said. She wobbled the wilting slice of pizza at me and continued, "You can't have any because you eat rabbit food!" "I could have some if I wanted to," I said, "but I just don't want to."

"Why not?" she asked. "Because," I said, "the bread was made out of genetically engineered wheat, sprayed with pesticides so toxic, that the people who worked with it had to wear full-body suits and gas masks. The cheese that is on your pizza could be several years old. The tomatoes have been picked green, placed in a refrigerator and gassed red with ethylene. And the pepperoni might be made out of a number of various animals. Personally, I have no wish to eat such a combination."

That night, my mother got a phone call from an angry lady, who said her daughter refused to eat dinner. It was these types of experiences that have helped me to believe in myself enough to be comfortable with being different. It's important for me to eat things that make me healthy, because I know what it's like to be unhealthy. I understand what is true for me, and this is why it is no longer difficult for me to go to social events and interact with others. I feel that I can relate to anyone just by being human. Children (of all ages) are extraordinary beings, and it is wonderful to live on a planet with so many of them!

55

First Year Journey of a Raw Teen

by: Rick Kump

For every raw foodist, there is an experience, and each of ours is unique. For a teenager, trying to find his way in the world, I have come across many challenges and resistance. Not only have I overcome most of these, but I have used them to my advantage. Raw foods have made me stronger in every way I know.

Throughout junior high, I was "the vegan." It was during those years that I first became conscious of the effect one's diet has on the world. I was always interested in health, but I never took it seriously. It was tough being different, but I grew in so many ways because of this. As a vegan, I became angry with the world, and I stored my negative thoughts. I had no idea that later I'd later be forced to deal with these.

It was my vegan diet that led me to the discovery of raw foods. Three months before my fifteenth birthday, the idea of eating only raw food presented itself to me. I thought it was extreme. I imagined an elderly couple cutting up broccoli and eating it with a fork! After a little research, though, my views changed. This diet made too much sense not to

give it a try. Little did I know, it was more than a diet; it is an entire way of life. Ready to start a new adventure, I jumped right in... WOW!

Raw foods forced me to analyze my lifestyle. My previous diet was anything but healthy, consisting mostly of soy, grain, and condiments. I am still adjusting my diet and lifestyle to my needs. It is an amazing process.

Unlike soymilk, eggless cookies, and meat substitutes, raw foods don't give the impression of denial. No longer am I living solely without meat, dairy, and eggs, I am living with raw fruits, veggies, nuts and seeds! I was drifting further from the societal norm, but in school I put up with less resistance. My "diet" was a lot easier to defend. God, nature, and human logic were on my side. Many people who previously were hostile towards me became truly interested. I was becoming a more reasonable, peaceful person, and I didn't even notice!

Transitioning to a raw food diet has been the biggest challenge of my life. I regret not keeping a journal during this pivotal time in my life. A journal would have helped me put everything into perspective. During this time, I ate nuts and seeds by the pound to suppress cravings. My stomach was not used to the light feeling. Occasionally, I'd turn to peanut butter, but I was eating a lot better than before. The change in eating habits was hard, but not the most difficult part for me. I had intense mood swings and emotional releases, which created strain on already weak family bonds.

My parents, avid meat-eaters, mocked my rapid weight loss. "Emaciated" and "anorexic" became frequent words in their vocabulary. For a teenaged male, whose ideal image for himself was one of bulging muscles and gorilla-like strength, these words really hurt. My family bonds were further weakened by money situations. I was constantly asking my mother to buy me bananas and raw seeds. My parents told me I was "fading away," but when I ate, they made me feel guilty about it. I wasn't getting enough food.

The problems I faced left me doubting my new lifestyle. The night of Halloween that year, cravings hit hard. I went to a party and gave into social pressure. A few pieces of candy sent me on a downward spiral like nothing I've experienced. The next two months I felt like hell. Detox, cravings, emotions, toxins...everything was blurred. I felt like a failure, and I was embarrassed by this. I suffered through intense junk food cravings, but I had no one to tell. I wouldn't even ask for help online, the only place I had raw support. I was too embarrassed.

Towards my family, I used a "raw facade," pretending to be raw, but inside I was fighting myself. I searched for the bottles and packages with the highest calorie and fat content. I ate jars of salsa and drank salad dressing until my taste buds burned. I devoured whole boxes of crackers when no one was looking. As I binged, I might as well have been a cocaine addict, shooting up in an alley. I lived for those releases, the artificial satisfaction brought about by these foods, crushed by an overwhelming sense of defeat and sickness but a few moments later. I cried frequently, and I felt crazy. I confronted my emotions and my tough childhood, not by choice, but because it needed to be done.

Despite my setbacks, I persevered. I used my backyard as my getaway, a place to go, free of guilt and pressuring family members. I kept trying and had some good, raw days. On my first raw Thanksgiving, I was truly thankful.

It was around January when the guilt became too much. I didn't want to lie or sneak around anymore. I started telling people I was transitioning, but I was in denial. Now, I could eat as much cooked food as I wanted, and I could do it without secrecy. I ate lots of vegan "nutrition" bars, oils, and hummus. Finally, I admitted to myself that my "transitioning" was nothing more than an excuse to binge and a guilt-free way to feed my addictions. By March, I decided to quit my self-abuse. I went raw, 100%, and I felt great! Over one year later and here I am, writing this article.

A lot has happened this past year. Raw foods revolutionized my life and thinking. Some

changes have been physical. A few brief fasts over the summer left me feeling much cleaner. For a few months, I had so much mucus it seemed as if I was spitting every few minutes. Needless to say, that was anything but appealing to my family members. My face has cleared, but light acne proves that I am still “cleaning house.” Cravings are a rarity now, and my need for concentrated fats continues to wane. I’m doing very well on mostly fruit and vegetables, and I’m getting enough food. I am now more active than I have been in my entire life, and slowly, I am gaining muscle.

Once an atheist, I now have faith. To know there is a higher power is a profound feeling! Raw foods have shown me the magic and mystery of the universe. I have a new kind of confidence in the human race, and I strive for peace, within and around me. I wake up every morning, anticipating the wonders of the day. I am living proof that not every teenager has to be stressed, depressed, and hopeless.

As my family continues to become accustomed to my changes, they change too. Both of my sisters are now vegetarians, one who aspires to be raw like her big brother. My lifestyle has created tensions for sure, but I’m overcoming these. Overall, our household is much less toxic.

My senses have sharpened, especially my sense of thought. Food was not a problem in school--I faced the halls with sunflower seeds, apples, and carrots in my backpack--but schoolwork became dull and tedious. I made my days bearable by doodling, stretching in my seat, staring out windows, and receiving hall passes whenever possible.

Last fall, however, after my first raw summer, school was different. It was more than a waste of time; it was prison. After much debate with my mom, I left public school. I concluded that there are too many things to learn to wait for someone else to assign them to me! Now, the world is my teacher. When I left school, I was worried that I’d become a hermit. The opposite is true.

It has only been recently, with raw foods and free time, that I have begun to reach out and explore the world. I have discovered many new interests, and I am meeting so many people. For a year, I had no raw support besides online e-groups. Now, I am meeting raw people everywhere but only since I’ve started looking! I even found an organic buying group very close to my home, which has expanded my variety of foods.

Raw foods let me live a real life. The things that I’m learning now will help me in the future, but I’m living for the present. Besides tutoring students and volunteering at a forest sanctuary, I’ve been certified as a raw nutrition specialist. I’ve helped many individuals and entire families on their way to a better life. I donate a lot of my time to helping out children and other teens, struggling with vegetarian, vegan, or raw food diets. I’m finding the time to write, and I’m working on an in-depth book about my raw food journey. I am also a full-time activist, fighting for those with little or no voice. I like to think of myself as a strong contributor to the raw food movement and a passionate activist who is changing the world!

I believe raw living will continue to show me the way. What way? I’m not sure, but I am reaching out for the special things that the universe has in store for me. I have, by no means, achieved the perfect lifestyle (whatever that is), but I am learning so much, and I keep moving forward. Challenges present themselves, and I work to overcome them. I adapt my lifestyle to fit the opportunities given to me. No matter what age we are, we can embrace our struggles for the betterment of ourselves...and the world..

#56

Fasting Blues

By Judy Beier

Oh, why did I choose fasting?
I must have been out of my mind.
M.D.s think this is crazy,
Just pop some pills and be fine.

Oh, why did I choose fasting,
When "chemo" is fully insured?
If you're still with us in five years,
You'll count as one who's been cured.

So what's so wrong with "chemo," anyway?
The hair grows back, they say.
Just plop on that cute little hat,
And go back out and play.

Oh, radiation is so necessary,
It kills bad cells, none more.
But give me just a moment—
To stand behind this lead door.

Oh, why did I choose fasting?
They offered to cut out that part.
A couple of days of resting,
And you'll be back at K-Mart.

Oh, why did I choose fasting?
My front has reached my back.
My stomach says "Hello" to my backbone,
Will they even know me back home?

My clothes go on frontwards or backwards,
Don't know if my head's on straight!
Be sure to look at my front view,
On my profile, you'll just have to wait.

So who wants to lie down and be still,
To let the body do its repairs?
God gave us bodies self-healing,
In this quick-remedy world, who cares?

God is so great and God is so good,
He could zap me well, if He would,
But He makes me lie down and be patient,
Restoring the body my choices have spent.

In fasting I don't lose my organs.
When done, they're restored.
My hair and nails don't fall out,
And my body feels brand new, once more.

He gave us this system: immune,
For healing our whole lives through.
So why cut, burn, and poison it,
For when nurtured, it keeps us in tune.

Lord, thank you for each day of fasting.
Each night my body dumps junk.
From your "Garden" fresh foods without sickness,
But Adam requested fried skunk!

Now Lord, I know why I chose fasting;
My path was determined by You.
Complete trust in Me, your Word says,

But obedience must follow, too.

To adhere to "The way, the truth, and the life."*

In a world so closed and opposed,
Takes more than, "I will" or "I want to,"
Reliance on His power—God knows.

So why, for me, did He choose fasting?
In stillness: joy, in time: healing, as He has shown.
"So go celebrate choice foods, sweet drinks, all sharing,
Now understanding the words
that have been made known."**

*John 14:6 (NIV)

**Nehemiah 8:10-13 (NIV)

Fasting Blues
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#57

Letters to Rhio

April 3, 2004

Dear Rhio,

I'm Julie and I love your recipes, and would like to continue enjoying them.

But I have a problem. My son Jordi is one and a half years old and wants to eat what I eat or else he gets very frustrated. My daughter Michelle is 5 years old . A few weeks ago I stopped giving her bread, after Karen Knowler advised me to do so. Michelle is now a different child. She now eats rice quinoa or potatoes with lettuce, steamed broccoli or cucumber and some raw carrots. She also likes nori and avocado. Michelle is now learning to eat vegetables now that she stopped eating wheat.

Could you teach me how to feed Jordi and Michelle so that we can sit at the table and enjoy our meals together. You can even come to Holland and stay with us for some time if you'd like that. I'm now very tired with my search for little children and toddler food and would like to get some help as soon as possible.

Hope to hear from you soon ,

Love from Julie
from Holland

Dear Julie:

You are doing a wonderful thing with your children by teaching them to eat Nature's foods right from the beginning. God bless you! I know it's not easy and I don't know if I have any answers for you but maybe a few suggestions.
First, if you go to website: rawfood.com and look in the book section under "parenting", there are a few books geared towards children and the raw diet which might be helpful to you. I have not read any of them yet, so cannot suggest one over another.

A few suggestions:

Perhaps you could start the meal with some fruit which you can eat as well as Jordi (at 1 1/2, you would have to puree the fruit for him). Fruit before the main meal is OK, so you can then move on to your main meal. By that time, hopefully, Jordi will be almost full and won't want to eat too much more. But if he wants to continue to eat, then maybe

some of the creamy pate recipes would be ok for him. Like the Toona for example, but you would have to make sure that it is blended and pureed very well. Of course you don't want to eat Toona every night so there's where I draw a blank. (Make sure any of the pates are not too spicy by separating a bit for him before spicing it up.)

If you're eating something more chunky, the only way you could give it to him is by pureeing it very well. Perhaps you can show him that you have more teeth and that's why you have to puree it for him. But some dishes I think would not be appropriate for a 1 1/2 year old.

I've read in magazines such as National Geographic that some indigenous peoples - the mother's will put the food in their own mouths and chew it up first and then feed it to the child, little by little. I'm not saying you should do this, but only that I've read that it's been done. Birds do that too, they bring the worms for the babies and chew them up a little before putting it into the baby bird's mouths.

The recipes that would be appropriate for Jordi would be pureed fruit, pureed vegetables, (for example you could make the Broccoli with Cheddar Sauce and then puree it., the nut yogurt's, the creamy soups, the nut ice creams, the fruit sherbets. You could also pass the pureed fruit or vegetables through a strainer.

I hope that I have been able to help a little. If you get any more information, please share it with me.

Thank you so much for your invitation. We might just come to Holland some day and so will be sure to contact you, but I know you will find some help long before that. I think it will become a lot easier when Jordy gets more teeth.

Many blessings to you and your family,

Rhio

May 19, 2004

Dear Rhio,

Sorry for my late reply. My son Jordi started teething needed extra attention and that slowed me down on the answering of my e-mails. I just wanted you to know that things has changed here for the better and you have been a great help.

First I looked on the website:/www.rawfood.com as you advised me to, for books on raw parenting and found out that I had three books on my own bookshelf waiting to be read once again: Raw kids by Cheryl Stoycoff, Introducing Living Foods to your Child by beth Montgomery and The Organic Baby & Toddler Cookbook [only the raw part as my son Jordi would not eat anything that has been cooked].

I had read Raw Kids before but now it started to live for me. With this book it was easy transition for my daughter from eating bread. And after a juice weekend in Belgium she traded her potatoes and quinoa for fruit salads and smoothies. Now and the she would ask for some brown rice, but since the weather has become so warm Michelle only wants fruits and nuts. So Rhio this is like heaven for me. Thank you very much for helping me to pick up and study this book again.

As for Jordi the suggestions with the fruit and the creamy pate work very well. But the greatest and most wonderful thing that you have shared with me is the story about how the indigenous peoples and the birds would feed there babies. This was the missing part in our dinner time life. My son was trying to tell me this but I did not really understand it. He would put his finger into my mouth to take out the food that I had chewed on. then he would feed me lettuce and then ask for it after I had chewed on it. Now your loving story has opened my eyes . When we would eat our favorite salad of tomato cucumber grapes avocado and lettuce Jordi would eat from my bowl and he would feed me his lettuce to chew for him and this makes him feel so wonderful. He feels great because he can eat everything that mommy can eat. And when I see his

shining face I am the happiest mom in the hole wide world! Thank you very much Rhio.

Blessings and love to you,
Julie

Letters from Patrick to Rhio

April 18, 2004

Dear Rhio,

. . . The other problem I have is that, I seem to need to always be eating... And when I'm at my school for example, it's really hard for me to bring with me enough food to last me the whole day. Yesterday while I was home, I ate a huge salad ... Massive.. The size of Arkansas and I was so full when I finished it... Felt so satisfied and happy... It was so good... Green leaf, spinach, carrot, jicama, green bean, red pepper, tomato, cilantro, black olives, greek olives, garlic, sunflower sprouts, broccoli sprouts, broccoli, apple cider vinegar and olive oil... And DAMN, it was GREAT!!!!!! 2 hours later... I am STARVING... I did it all over again... Same thing (I made enough for 2 servings)... and Yum yum... Great meal.. feel great.. Who needs meat?? Looking around at all the restaurants in my city as I'm driving... thinking "Fools! Eating death on a plate..." ... and then 2 hours go by... OH MY GOD... I'M GONNA PASS OUT IF I DON'T EAT. And then I just am like... I can't make like 8 servings of salad for a day... That's insane. Isn't it???

-Patrick

Dear Patrick:

When people convert to a raw food diet, sometimes they feel very hungry in the beginning. This is what is happening to you, as you so humorously expressed!

Some teachers say that this hunger is because the body has been deprived of real nutrition for so long that when it finally gets some -- it can't seem to get enough. It could also mean that your previous diet was primarily made up of very concentrated foods which took many hours to digest. Raw food meals digest in 1/2 to 1/3 the time of cooked food meals.

You have only been on a raw food diet for a short time -- this hunger should taper off gradually. And actually after about a year or two, you will find that you eat much less than you did before you began. However, the appropriate amounts of food to eat also depend on the type of work that you do. People who do hard physical labor would need more food for energy than people who sit in an office all day.

All studies done on the optimal amounts of food to be eaten for longevity, indicate that less food is best. We can all get along on much less food - but again, NOT IN THE BEGINNING of the changeover to raw. Right now, just go with the flow of what your body is telling you it needs. Listen to your body - it will get easier.

An idea for you - so you don't have to eat so many salads - is to also eat WITH the salads some raw foods that are more concentrated. Like have some dehydrated crackers and/or a pate with the salad. Pates and crackers are more concentrated foods that stay with you a while longer. I believe that if you have these in addition to your BIG salads, you will probably be able to last until the next regular mealtime (approx. 4 hours).

Also, in my book *Hooked on Raw*, in the Main Course Dishes section there are many, many recipes which are a little more concentrated and guaranteed to stick with you a while longer. Masala Mung and Masala Medley are two very easy and fast recipes to prepare (once you have the legumes and grains sprouted). You just toss them with a little oil, lemon and spices and ready to eat!

I know it is hard to believe now, but there will come a time in your raw food odyssey when you won't want so many of those big salads. Don't get me wrong, I love BIG

salads - but at some future time you will be satisfied with more simple fare, and you won't be getting hungry every two hours!!

Many blessings to you,

Rhio

May 2, 2004

Rhio,

Thanks for your email... Always overflowing with thoughts and information, which is greatly appreciated.

What you say about eventually not having a big salad is hard to imagine. I know that when I eat solo vegetables like multiple carrots or celery.. I feel very unsatisfied.. In fact almost unpleasant... But, I do enjoy like eating cucumbers solo.. Those are one thing that I really like, but if for a whole meal I were to just eat 3-4 carrots and some celery... I know I would feel very unfulfilled.

One thing I can say about this raw food diet: Before, I was NEVER enthusiastic about food. I actually hated having to eat. I felt like it was a waste of time and just was never appealing unless I was STARVING... anyway, I think since I've gone all raw, is when I really start getting excited. When I make my Julliano's bread, the mock tuna, or even, when I make a big salad, I feel like it's SO good... Today while I was driving home, I started thinking about what I would cook before... I imagined the smell and taste.. I thought about eggs, meat, etc... The thought that came to my mind was lethargy. No appeal really. Especially thinking about how I was eating on the body ecology diet (all steamed vegetables and meats like fish & eggs) made me feel like yuck..

What you say about me needing to listen to myself is true. I guess I just want to have black and white answers to a colored world... Guess it doesn't work that way. I just think I really want to know as much about what is good and what is bad, and why..

But what really bugs me is when I think about traveling. How hard is it to visit my Grandparents and eat raw.. It's nearly impossible. And I feel like how can I go against everything I've been doing and eat meat or cooked food again.. it's so hard... So very hard.

Patrick

Dear Patrick,

It's not hard.. no it's not hard. And if it is hard now, it'll become easier once you get the hang of how to handle food needs in all situations. . It's EASY ...

1. You will start to feel good all the time, like you're on some kind of high.
2. You will have so much energy, you're still going when everyone else has pooped out, like that little bunny on TV (oh you don't watch TV, but it's an advertisement for a battery that just keeps going and going).
3. You will find that you may lose some friends that can't adapt to your new ways and you'll gravitate towards friends that are more flexible and tolerant
4. You'll make an impression on all those around you and sometime when they are in trouble with their health, they may call you for more information because you planted the seed in their head. Others will just want to go the raw way because they are inspired by your example. And of course others will just think you're weird.
5. You won't have any doctor and dentist bills, or very few.
6. Family situations may be challenging at first. But when you persevere, relatives will come around to at least tolerate or even respect your ways. I always take food to family gatherings, enough to share. And if somebody (like a Grandmother) puts something on my plate out of love, I take a teeny little bite

and say something loving but then stick to my own food. David Wolfe's father and mother are both medical doctors. When he made his changes, they were up in arms, but now I hear that they respect him.

7. Over time you will come to know all the places and sources where you can buy superior food.

8. More raw restaurants are going to be opening up soon - I hear there are at least 7 in the works. There are health food stores in every major U.S. city.

I'm glad you're now enthusiastic about food. Food IS a Celebration - the earth celebrating itself, its life and diversity, and sharing it with us and all the creatures. Maybe before you weren't enthusiastic about food because on some subconscious level you were aware that the food you were eating was an artifact instead of a real food (food artifact = something created in a factory by chemists). When you see, smell, handle and taste real food, it's a pleasure. And if you could have a garden, I encourage you to do that because you will get so much joy out of seeing things grow and tending them.

Rhio

April 23, 2004

Rhio

Do you ever sit down and eat.. and say..
"mmmmm.. vegetables..." then say "mmmm.. nuts..."
and then the next meal say "mmmm.. vegetables...."
and then say "mmm vegetables and nuts..." and then say "....nuts..." and then say
"salad again?" and then say "more nuts?" and then say "tuna that is really nothing more
than nuts?" and then say "salad and nuts?" and then start feeling like you have no
variety in this raw food quest??? That's how I'm feeling right now.

Patrick

Dear Patrick,

You are very funny!!!

No, I never feel that way because in Nature's garden there is so much variety and diversity. There are literally thousands of different vegetables and fruits to choose from and then there are thousands of different varieties of the same fruits and vegetables. Then there are countless varieties of nuts, seeds, legumes, rice, grains, roots, weeds, herbs and spices. Then there are tens of thousands of ways to prepare this bounty into delicious and satisfying gourmet meals.

Of course you are not going to find all this diversity in your local health food store. But it does exist and is available. Sometimes you will have to plant it yourself from heirloom seeds, sometimes you can forage for it, sometimes you will find different fruits and vegetables in the ethnic communities of your city. And when you visit foreign countries, you will discover yet more unusual fruits, vegetables, etc.

In our own American Indian societies before we took away their autonomy, they consumed hundreds of different types of foods that we would not even recognize, because they are not made available today.

I think that as you get further along, you will discover more and more flavors to please your palate.

Rhio

July 26, 2004

Dear Rhio,

I have seen the light. When I looked back over my initial emails to you, I found myself

asking, "Who is this Patrick character? He sounds vaguely familiar but I can't be sure!"... Meaning that, I found myself saying "Oh yeah... Huh...".. Remembering how I was endlessly hungry.. Yet now I find myself completely satisfied with every meal... And might I add, every meal is becoming more and more of a masterpiece as I refine my rawfood preparations skills. Even times when I am a bit busy with my life, I might go for a very simplified meal.. A

carrot, some cucumber, cultured vegetables, and a few olives... This in itself satisfies a Collins... But a new Collins mind you.. The old Collins indeed would have tossed and turned a salad a mile high to reach that realm of satisfaction.

Speaking of which, lets talk about size... Back in the day, I was making these salads that barely would fit in my 5 quart glass bowls. Seriously, I had to use two bowls just to toss the damn things.

This being how I was generally in life --- Huge appetite ---, has made it kind of difficult for me to break this habit. Now I find myself countlessly saying, "Damn, I am hungry..", and making me some kind of awesome rawsome meal.. Piling on the ingredients... "No, I can add broccoli too.." -- "wait.. I've also got celery.... and we can't leave out the spinach".. It goes on and on.. And the end result..

COLLINS IS FULL!!! 1/4 of the meal is eaten.. and I am wishing I had invited 3 others over for lunch so that this food could be eaten.

"What happened to my appetite?!?" I ask... So now, I am having to readjust how much I make... And it also then helps out with grocery costs because I spend less on produce because I get more greens of collard for my dollar. ...

The bottom line: I don't pass out when I don't eat.. I eat less. and I am happy about it. All of it.

Sincerely,
Patrick Collins

More Articles in Later editions. Thanks for your interest.

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All degenerative diseases are the result of the exact same process at the cell level, subject to the same cause and effect relationships in accordance with the same laws of nature. When the universal process of degenerative disease is revealed the idea of curing any of them makes about as much sense as claiming to cure a law of nature. Enabling the body to heal is a simple process of reestablishing the normal distribution of life-supporting fluids throughout any particular tissues of the body. By 1948, Hymen S. Mayerson was able to calculate that half of the blood proteins escape the blood stream every twenty-four hours under normal conditions, and if not for the lymphatic system, we would literally drown to death in our own internal fluids. Because a diet good for one neurological disease has been shown to be beneficial for other neurological diseases and we personally know people who have been diagnosed with Alzheimer's, ALS and MS who say they have benefitted from the Wahls Protocol. Elimination of grains and sugars is an important part of Wahls Protocol as is dairy because they cause inflammation. "-itis" & Chronic Degenerative Disease. Itis at the end of a word means inflammation. It pertains to organs in such diseases as colitis, pancreatitis, and bronchitis. As well as to joints and muscles as in the case of arthritis and myositis. Cellular inflammation is also responsible for all for degenerative diseases such as diabetes, chronic fatigue congestive heart disease, Parkinson and Alzheimers just to name a few. Blog. Posted on May 21, 2018May 21, 2018. Teaching Your Kids to Meditate. Meditation is a lifelong practice. Not only do people tend to stick with it once they start reaping

A comprehensive guide for the best plant-based protein, nutrition and health benefits, and delicious and simple recipes using plant protein. Learn about the top 10 plant-based proteins and how to incorporate them into your diet from dietitian nutritionist McKel Hill. Curious about plant protein, how to use it, what are the best plant-based protein foods, and why you should be eating plant protein foods? So are a ton of other people! I get asked all the time, "How can I get enough protein without eating meat?" I guarantee you, it's easier than you think if you incorporate these 10 sources of plant-based protein. Bookmark this page for a comprehensive guide to the top 10 plant-based protein sources and how to use them daily. Most plant-based proteins don't, and experts continue to debate how important that is. For starters, there are a lot of vegan proteins that are complete, such as soy, quinoa, amaranth, and buckwheat. Furthermore, if a protein's completeness is very important to you, you can combine "incomplete" proteins to produce one: rice and beans is a very popular example. At BarBend his writing more on nutrition and long-form content with a heaping dose of strength training. His underlying belief is in the middle path: you don't have to count every calorie and complete every workout in order to benefit from a healthy lifestyle and a stronger body. Plus, big traps are cool. I thought on "Vegan Diet for Athletes: Can You Build Muscle with Plant-Based Nutrition?" Tom Warkentin. Earn Your Plant-Based Nutrition Certificate. We've partnered with renowned online education provider eCornell, to offer a revolutionary program to help you understand the importance of diet and nutrition for your life. In a few short weeks arm yourself with the knowledge you need to improve your overall health, learn new skills, or even inspire a career change. 100% online, work at your own pace. Attentive and interactive learning team. Science-based foundation. A trusted credential. Learn more.