

PROFOUNDLY RAW



Inspiring Guidance,
Offered by
12 Raw Food Authors

profoundly raw

the seedling grows so innocent and small
that spark of life is the truth of us all

with a child's curiosity we learn through the years
running, jumping and hugging our fears

inner strength and wisdom guides the way
growing and learning, it's humbling each day

among purity and love there is never strife
love is the truth to eternal life

knowing the power of the words we say
clarity of expression will pave the way

breathe and let go, it's liberating to surrender
our eye of awareness will help us remember

that opening our hearts will heal us all
that's the truth of living profoundly raw

-meredith frantz

www.TheRawSeed.com

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Editor's Notes

by Angela Stokes-Monarch

I am SO excited to bring you this **inspiring collection** of writings from 12 well-known raw food authors. Each author has contributed one of their favourite chapters from their book(s), to co-create here a 'profound' overview of a healthy, **vibrant** raw food lifestyle ;)

I would like to thank all of the other authors for their **generous contributions** and for all the AMAZING work they are sharing...

Our yummy contributors are:

Alissa Cohen, David and Katrina Rainoshek, Angela Stokes-Monarch, David Wolfe, Jinjee Talifero, Gabriel Cousens, Kate Magic, Kevin Gianni, Shazzie, Matt Monarch, Tonya Zavasta, Paul Nison

As this list above reflects, the chapters have been organised **alphabetically** by the first name of the author and with contributions from the men and women **interlaced** one at a time, starting with ladies first ;)

Massive **kudos and gratitude** also to the super-talented Dustin and Meredith, who provided, respectively, the original **artwork** on this ebook cover and the sweet opening **poem**.

Please be aware that most of the chapters you see here below are simple, **stripped-down**, plain text versions, whereas the books they are drawn from may have **lush pictures and photos** – this is simply a 'sampler' ebook...

If you **resonate** with something you read here, you might love to acquire the **complete version** of any of these books to enjoy in full. All the books included here can be purchased from [The Raw Food World](#) at **15% off** using [THIS LINK](#) – a special offer just for "Profoundly Raw" readers ;) (See the [last page](#) of this ebook for special offer details.)

If you enjoy this ebook, please let us know (angela@rawreform.com) and perhaps I'll **co-ordinate** some similar projects in the future...

For now, I trust you enjoy this journey into a 'Profoundly Raw' life... ;)

All love,
Angela. xxx

Winter Solstice, Dec. 21st 2009

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“Living on Live Food” by Alissa Cohen

Q. What About Protein (And Calcium)?

A. This is by far the question I’m asked most frequently.

Protein does not create protein in your body. Amino acids create protein in your body. And the best source of amino acids are leafy green vegetables.

When you eat meat, fish, or chicken, you’re not getting as much protein as you think you are. Take chicken, for example. Say there are 20 grams of protein in a chicken breast. Once you cook it, you destroy half the protein. Now your body has to digest and assimilate this heavy, dense source of 10 grams of protein, that will take up to 100 hours. How much do you think is getting stuck in your body as toxic waste by the time it reaches your colon? How much protein from a cooked chicken breast will you actually get? Maybe a few grams, if you’re lucky.

When I speak to bodybuilders and athletes about this, they often insist that animal protein is the best protein available. If it’s such a good source, why do they need so much of it? Some of my bodybuilding friends feel it necessary to eat large portions of meat with each of their six daily meals!

Many green vegetables are excellent sources of high quality protein. A bowl of uncooked greens or sprouts may only contain a few grams of protein, but you can digest and assimilate all of it because they still have all of their vitamins, minerals, and enzymes intact. This makes this protein far more useful to your body.

You Come Out Ahead In Two Ways:

First, you’re getting high quality protein without the other harsh and dangerous substances, like hormones, antibiotics, chemicals, drugs, and other unknown substances forced upon farm animals to make them as fat as possible in the cheapest possible way. Second, you’re getting a lot more protein while eating a lot less food.

In *Conscious Eating*, Gabriel Cousins writes: “According to the American Dietetic Association, pure vegetarian diets in America usually contain twice the required protein for one’s daily need. Harvard researchers have



found that it is difficult to have a vegetarian diet that will produce a protein deficiency unless there is an excess of vegetarian junk foods and sweets. In fact, if vegetarian protein is consumed in its live state, even less protein is needed because research shows that one half of the assimilable protein is destroyed by cooking.”

John Robbins, in *Diet for a New America* reports: “If we ate nothing but wheat (which is 17% protein) or oatmeal (15% protein) or pumpkin (15% protein), we would easily have more than enough protein. If we ate nothing but cabbage (22% protein) we’d have over double the maximum we might need. In fact, if we ate nothing but the lowly potato (11% protein) we would still be getting enough protein. This fact does not mean potatoes are a particularly high protein source. They are not. Almost all plant foods provide more. What it does show, however, is just how low our protein needs really are. There have been occasions in which people have been forced to satisfy their entire nutritional needs with potatoes and water alone. I wouldn’t recommend the idea to anyone, but under deprived circumstances it has been done. Individuals who have lived for lengthy periods of time under those conditions showed no signs whatsoever of protein deficiency, though other vitamin and mineral deficiencies have occurred.”

Consider The Sources Of The “Information” You’re Getting!

Robbins also notes that the National Dairy Council has spent tens of millions of dollars to make us believe that osteoporosis can be prevented by drinking more milk and eating more dairy products. Yet throughout the world, he reports, the incidence of osteoporosis correlates directly with protein intake. Recent research has shown that with a greater intake of meat and dairy products, there is a higher rate of osteoporosis...not the other way around! In fact, the world health statistics show that osteoporosis is more common in precisely those countries where dairy products are consumed in large quantities: the United States, Finland, Sweden, and the United Kingdom.

Most of the research that has been done on protein has been funded by the meat and dairy industry. We have all been taught, in school, from television, from our parents, to drink our milk so we will grow up with healthy bodies and strong bones. In his book, *Living Foods for Optimal Health*, Brian Clement agrees: “Unfortunately the meat and dairy industries speak louder than medical journals. Their multimillion-dollar advertising campaigns ignore what even the most conservative medical investigators no longer deny - excess protein robs our bodies of strength. With their high protein content, milk and meat actually contribute to the accelerating development of osteoporosis. Certainly most people do not know that one teaspoon of sea kelp mixed in a glass of water gives approximately a thousand times more calcium (without animal protein) than an eight ounce glass of milk. You can bet you won’t hear that

information pop up in a catchy jingle. This false fan fare is not new. Remember when the manufacturers of Wonder Bread convinced your family in the 1960's that white bread could build strong bones in twelve ways? Wonder has since had to recant. But we were "duped."

The more protein in our diets, the more calcium we lose. Eating a high protein diet rich in dairy products is not a good way to get your calcium. Your best sources are green, leafy vegetables such as collards, kale, cabbage, lettuce, along with apricots, figs, sesame seeds, sunflower seeds, almonds, and other raw foods.

Intuitive Eating author Humbart Santillo writes: "On a low protein diet, less calcium is needed since the body doesn't need additional calcium to neutralize the by-products of heavy protein consumption. Moreover, the high phosphorus content of protein foods causes a lowering of calcium in the blood, and this leads to calcium loss in the bones. When one starts lowering the protein content and increasing the amounts of vegetables and fruit in the diet, blood calcium normalizes, and calcium loss from bones is diminished."

Numerous studies directly oppose the National Dairy Council's recommendation of 1200 milligrams of calcium per day. For example, the Medical Tribune reported, in a major study in 1984, that "vegetarians were found to have significantly stronger bones."

Take a look at these statistics from researchers at Michigan State and other major universities. They found that, in the United States, by age 65, that:

- *Male vegetarians had an average bone loss of 3%
- * Male meat -eaters had an average bone loss of 7%
- *Female vegetarians had an average bone loss of 18%
- * Female meat-eaters had an average bone loss of 35%

Another study published in the New England Journal of Medicine shows that calcium supplementation has no effect on the rate osteoporosis occurs as compared to women who took no supplementation.

Nathan Pritikin also points out an interesting fact about osteoporosis: "African Bantu women take in only 350 milligrams of calcium per day. They bear nine children during their lifetime and breastfeed them for two years. They never have calcium deficiency, seldom break a bone, rarely lose a tooth. Their children grow up nice and strong. How can they do that on 350 milligrams of calcium a day when the National Dairy Council's recommendation is 1200 milligrams? It's very simple. They're on a low protein diet that doesn't kick the calcium out of the body...In our country, those who can afford it are eating 20% of their total calories in protein, which guarantees negative mineral balance, not only of

calcium but of magnesium, zinc and iron. It's all directly related to the amount of protein you eat."

High animal and dairy protein consumers tend to experience higher rates of breast cancer, 40% more coronary disease, more hypertension, 2.3 times more colon cancer, 3.6 times more prostate cancer, and 10 times more lung cancer than non meat eaters.

As far back as 1961, The Journal of the American Medical Association estimated that 97% of heart disease could be prevented by a vegetarian diet!

Kidney stones are also a serious problem resulting from too much protein. Excessive protein puts an enormous amount of stress on the kidneys. It doesn't just disappear from the body. Kidneys have to work very hard to get rid of it, and it can begin to degenerate the kidneys and to cause hypertrophy and inflammation.

Recent research is debunking many other previously held "truths." Take iron, for example. Vegetarians suffer less from anemia than meat-eaters, yet most people do not believe this. Why? Because we've been told by the meat industry that the best source of iron is - you guessed it - meat!

Gabriel Cousins, author of *Conscious Eating* has this to say about anemia:

"Why do vegetarians have less anemia? The answer, I believe, lies in the leafy greens, which often have a higher concentration of iron than flesh foods. For example, according to the USDA Handbook No. 456, gram for gram, kale has fourteen times more iron than red meat. Spinach, Popeye's comic strip power food, has approximately eleven times the iron as ground beef. Strawberries, cabbage, bell peppers, and even cucumbers have more iron per weight than ground beef or sirloin steak. Researchers have also found that Vitamin C, which is high in fruits and vegetables, significantly enhances the body's ability to assimilate iron."

More important than what we eat is what we can digest and assimilate.

Q. Why Don't I Have To Count Calories And Fat Grams Like Other Diets Require? Won't Avocados And Nuts Make Me FAT?

A. Forgive me, but the second question always makes me sigh because it's so often asked by people who've been eating pizza, chocolate cake, ice cream, burgers and fries all their lives...and now they're afraid of an avocado and some sprouted almonds? Yet this is a valid question and I know it concerns many people.

There's a huge difference between cooked fats and raw fats. Studies linking fats to high cancer rates, heart attacks, kidney failure, high blood pressure, high cholesterol, angina, cardiovascular disease, and many other diseases have been done with cooked fats. Obesity is linked to a high, cooked fat diet.

Raw plant fats, on the other hand, have exactly the opposite effect. Raw fats, found in avocados, olives, coconuts, nuts, and seeds contain antioxidants. They contain oils that produce healthy joints, nerves, and bones. Raw plant fats do not cause the body to gain excess weight because, unlike cooked fats, they still contain the enzyme lipase, which is needed to digest fat. By cooking fats, lipase is destroyed, along with other important enzymes and minerals. Lipase breaks up raw plant food as it is eaten, and helps the body to digest oils in these foods. Because this food gets assimilated and digested properly, it is not causing all kinds of chronic and degenerative diseases, and it's not getting stored as excess body weight.

You will not get fat by eating avocados, olives, sprouted nuts and seeds, and other plant fats!

When I first started this diet I was eating two to three avocados a day and losing weight! I didn't have much weight to lose, but the few extra pounds just melted off, because I was eating fats in their whole, natural form with all of their enzymes intact.

And By The Way: Cholesterol Is Not Found In Plant Fats.

Foods like avocados, olives, nuts, seeds, nut butters, and coconuts do not contain cholesterol. Cholesterol is found in animal products: meat, poultry, fish, dairy, cheese, eggs, and products derived from these foods.

While transitioning from a cooked food diet to an all raw diet, it's important to include high quality plant fats in your food intake. In the first few weeks, do not, in order to lose weight faster, eliminate fats from your diet. I've seen many people try this and they inevitably fail. You will lose weight eating avocados and nuts and other high fat foods on this diet, especially in the first few weeks. You may wish to adjust your diet to a lower fat intake as you progress, but don't do this too early on. Fats tend to fill you up, eliminating that "hungry" feeling; and they keep cravings at bay.

"Speeding Up" The Weight Loss Process Can Be Hazardous

My client Janice had been doing extremely well, eating fruits, vegetables, nuts, and seeds. She started by making a lot of the recipes found in this book and then began to eat more simply. She'd have fruit in the morning,

salads with avocados for lunch, salads with different veggies in them for dinner, a vegetable soup, or flax crackers with guacamole. She'd eat crackers with almond butter on them, grab some nuts if she got hungry, or, if she was "starving," throw together some dried fruits and nuts for a quick dessert.

Within three months, she had already lost 45 pounds! She only had 15 more pounds to go to reach her goal weight.

But Janice grew impatient. She wanted to "speed up" the weight loss.

So she began cutting out avocados, and then nuts. No more desserts, nut butters, or flax seed crackers. She started to eat more vegetables and less fruit (reasoning that, after all, fruits had more calories than vegetables).

Naturally, Janice started getting hungry! What's more, she tried ignoring her hunger. She could have (and should have) quelled it simply by having an avocado, a dessert, some almond butter on a celery stick, or by eating fruit until she felt full.

But she didn't. Instead, she waited until her hunger got out of control and she'd end up bingeing. She'd eat everything in sight: pizza, pasta, pints of ice cream. She told me she felt as if she were starving and that she needed "real food" because this diet was not filling her up.

What a cycle Janice put herself through! After bingeing, she'd go back on the diet, but - again, in a hurry to lose weight - she'd ignore any sort of plant fats and she'd end up starving. I reminded her about how well she'd done on the diet before throwing herself into her unnecessarily strict regime, but Janice continued this crazy cycle for a few months. Eventually she totally abandoned the diet for three weeks.

After those three weeks I got a call from Janice. She felt terrible.

All her old aches and pains had returned, along with a stuffy nose and watery eyes caused by allergies. She was, once again, suffering from heartburn. Her memory wasn't as sharp as it had been only weeks before. Her motivation was down, she felt foggy, tired and lethargic.

She also felt depressed and negative. The zest she'd had for life while on raw food was ebbing away. She realized she'd made a big mistake. After a few days back on raw and living food, she felt, once again, like a new person.

I still see Janice occasionally, and she's doing just great. When she feels the need to cut back on her food, she does so with careful consideration. She doesn't cut out the fat, and still eats everything in moderation. When

she feels like she needs more food, fat, or fruit, she eats it. She's been on this diet for a little more than a year, has lost all the weight she wanted to lose (60 pounds), and has recovered from severe allergies, colitis, asthma, depression, and other ailments. She's a very happy person.

Please don't get me wrong: I believe in the enormous body of scientific evidence that supports the notion that if we don't overeat we are healthier. Regardless of the type of food, eating minimally has been shown to increase life span and improve health. Some of the longest living, healthiest people in the world have been known to eat sparingly.

But please allow yourself enough time to transition yourself into this way of eating! We are products of a culture that encourages overeating and far too much poor quality food. Give your body the proper raw and living foods it needs to build good health. Once you are receiving foods that truly nourish your body, it will be easier to eat less than you were used to.

Raw Plant Food Is Good For Your Looks, Too!

When I started eating raw plant fats instead of cooked fats, I noticed that my hair and nails were growing faster, healthier, shinier, and stronger. My skin grew smooth and soft. Imperfections such as lines, pimples, and large pores began to vanish.

One of the first things people notice after starting this diet is how much younger they look.

Before going raw, I wouldn't dream of leaving the house without make-up: not even if I were going to the gym! Now, a decade later, and in my mid-thirties, I look better without make-up.

Adhering to this diet is like having a natural face-lift: better yet, one that lasts!. Sometimes I think it should be called the "Beautifying Diet." If you only try it for reasons of vanity, you'll be satisfied...and amazed at how vibrant, healthy, glowing, and younger you'll look.

So don't worry about counting calories or fat grams...and don't worry about getting FAT!

If you'd love to read the rest of "Living on Live Food", you can purchase copies at 15% off, [HERE](#).

Alissa Cohen is one of the world's leading authorities on raw foods and healthy living.

An internationally recognized author, speaker, and raw food chef and consultant, Alissa's devoted following includes thousands of people throughout the world who have maintained successful weight losses, healed themselves of a myriad of diseases, and swear by her simple and fun approach to fantastic health.

Covering every aspect of a living foods lifestyle, Alissa's book catapulted her into the international limelight, landing her an appearance on the Today show, The Tyra Banks show, an "Ask Alissa" food column, a nationally aired raw food cooking show and a worldwide following that looks to her for weight loss and healthy living advice through raw foods.

Alissa opened Grezzo restaurant in January of 2008. Grezzo is located in the heart of Boston's historic North End (known as "Little Italy"). Grezzo is Boston's premiere 100% raw organic vegan restaurant.

Alissa is also a Certified Fitness Trainer, Nutritional Consultant and Mind-Body Therapist. At 40 years old, she has the looks and energy of a 20 year old. She has been eating and teaching raw foods since 1986.

For more information on Alissa Cohen, visit www.AlissaCohen.com



“Deep Food: Accessing Nutrient Density from the Ground Up”

by David Rainoshek, MA and Katrina Rainoshek,
published in *Raw Food Works*

THIS CHAPTER IS ABOUT TRUE NUTRITIONAL ABUNDANCE. By looking deeply at our current food choices and their impact, we can far transcend the flashy, heavily advertised, excitotoxin-laden, nutrient poor, disease-causing “foods” which are ubiquitous in modern life. We can see the wisdom of accessing abundance at every level: nutritionally, emotionally, culturally, and spiritually, with food from – and as – fertile ground for a deeper, more authentic expression of our individual and collective potential.

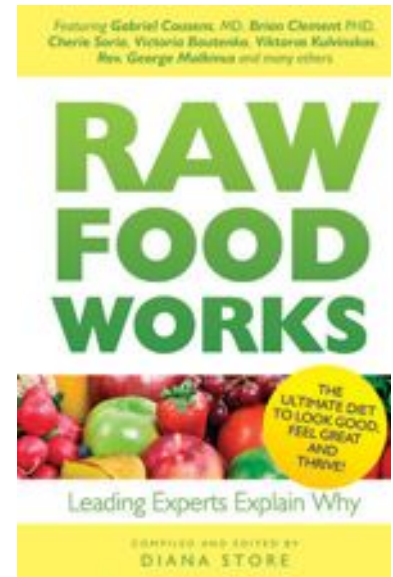
There are over 50,000 edible plants on Earth, yet according to anthropologist Jared Diamond, author of *Guns, Germs, and Steel*, approximately 90% of the human diet consists of just 15 foods:

1. *Corn* 2. *Wheat* 3. *Rice* 4. *Coffee* 5. *Soy* 6. *Potato* 7. *Cacao (chocolate)* 8. *Barley* 9. *Chicken (flesh and eggs)* 10. *Dairy (from goat)* 11. *Dairy (from cow)* 12. *Meat (from cow)* 13. *Coconut* 14. *Orange* 15. *Cassava root (also known as Manioc and Tapioca)*

Over the last 11,000 years, as socio-cultural evolution worldwide has progressed from foraging to horticultural to agricultural to industrial to technological, few of these 15 food staples have concomitantly evolved in our industrial-technological stages to qualify as *Deep Food*: nutrient-dense; disease preventing and reversing; and health-promoting mentally, emotionally, spiritually, culturally, economically, politically, and environmentally. In recent centuries our foodstuffs have grown increasingly *shallow*, having been subjected to the impersonal claims of western industrial *agribusiness*, shipping, preserving, irradiation, flavoring, packaging, and the substitution of colorful advertising for true substance.

In the 21st Century, we find ourselves more fortunate than our ancestors, in that nutrient-dense foods, superfoods, and nutritional supplements are more widely available than ever before. **How can we heal the damaging aspects of the modernization of agriculture and food done by industry and technology, while incorporating the multiple benefits afforded to us by better organic practices, nutritional understanding, food availability and variety.**

We will investigate:



- Deep Food, nutrient-density, and the significance of these designations
- why we are seeing a simultaneous arising of the best and worst foods ever available
- what our best nutrient dense foods are
- the personal and cultural significance of these foods
- why eating a plant-based diet cannot stand alone in one's personal quest to live deeply in excellent health at every level
- the three fundamental qualities to cultivate in yourself to courageously and successfully claim and encourage Deep Food and abundant living for yourself and the world

DEEP FOOD / INTEGRAL

Deep Food, as we are coining the term here, is defined by four main criteria we are using from the Integral All-Quadrants All-Levels Approach (AQAL Approach or Map) of Ken Wilber. (Bear with us for a moment if this concept seems too complex for the subject of food. We think you will see that food quite deservedly merits the application of the AQAL structure, and in doing so we can gain a whole new understanding of food, and an appreciation for what we are defining as Deep Food.)

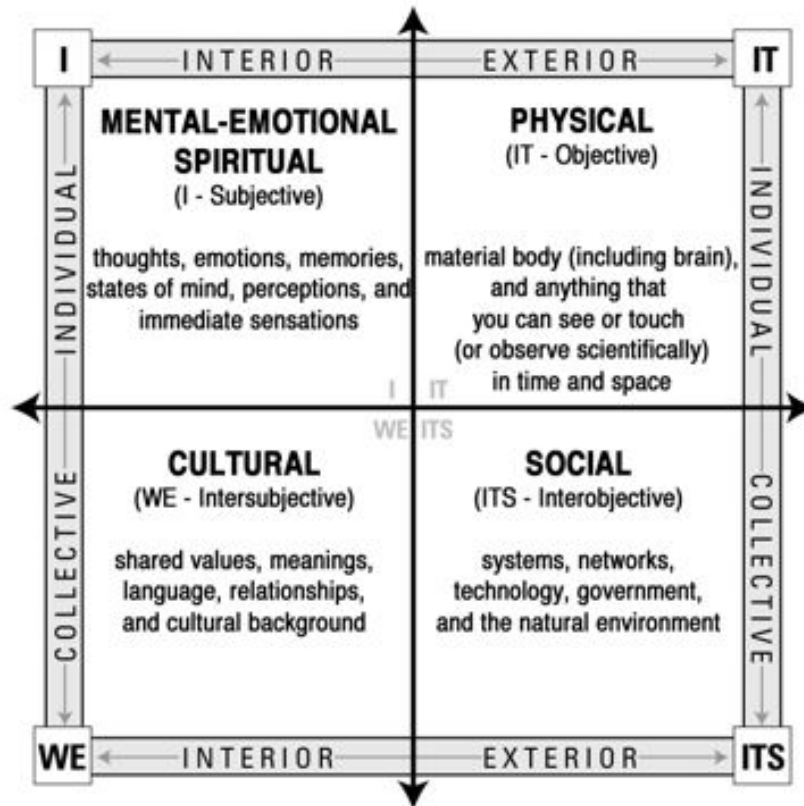


Figure 1: The AQAL Map Showing the Four Quadrants by Ken Wilber in *A Brief History of Everything*

This four quadrant AQAL model (see Figure 1) is extraordinarily useful because it represents the main perspectives or dimensions of every aspect of the manifest world: first person *mental, emotional, and spiritual* (I-Subjective), second person *cultural* (We-Intersubjective), and third person singular (*physical* It-Objective) and plural (*social* Its-Interobjective). An Integral View, as opposed to a partial or reductionistic view, *takes all four of these quadrants into account*. As we will see, Deep Food signifies an Integral Approach to nutrition that needs to be understood and applied if we are to heal and transcend the pathologies of our industrial and technological stages of social development and their impact on food growth and consumption.

How can we tell if a food is shallow or deep? The most important factors (using the AQAL Map) in locating a food on the continuum from Shallow Food to Deep Food are:

PHYSICAL (IT-OBJECTIVE)	the soil and how it is farmed treatment or care of the food from harvest to table (packaged, preserved, flavored, frozen, cooked, fresh, raw, living)
SOCIAL (ITS-INTEROBJECTIVE)	the social – political – economic – ecological ramifications of the food
CULTURAL (WE-INTERSUBJECTIVE)	our relationship to the food, i.e. its cultural and mythological significance
MENTAL-EMOTIONAL- SPIRITUAL (I-SUBJECTIVE)	effect on the mental – emotional – spiritual states and development of an individual

Deep Food, in short, signifies a food or cuisine that drives the higher levels of development in any of the quadrants *without compromising development in any other quadrant*. This is very important. Since the advent of modernity and postmodernity, reality has been so chopped up that our approaches to social, economic, political, scientific, and medical concerns have become *reductionistic* or myopic. A simple example would be the mass production of foodstuffs via the mechanization of agriculture from farm to truck to fluorescent-lit grocery to table. From an economic standpoint of food costs, this lower-right quadrant (Economic “Its-Intersubjective”) method of production may look great, but it seriously degrades the health of the individual in their body (the upper-right quadrant or Physical “Its-Subjective”), their mind (the upper left or Mental “I-Objective”), and it dehumanizes or renders the food culturally bereft of deep significance (the lower left or Cultural “We-Interobjective”). Deep Food honors development in every quadrant, to the greatest extent possible, and once a person has the use of this term and its implications, authenticity and duplicity are easy to distinguish.

DEEP FOOD / PHYSICAL: IT-OBJECTIVE / NUTRIENT DENSITY

Ironically, westernized cultures are simultaneously overfed and undernourished on low-nutrient, high-calorie foods (“empty” calories), creating the preconditions for diabetes, heart disease, hypoglycemia, hypertension, depression, chronic pain, cancers of all kinds, and the most obvious: *overweight/obesity*. A July 2008 Johns Hopkins University study published in *Obesity* projects that by 2030, 86% of Americans (the world’s best case study for diet westernization) will be overweight or obese, and according to study author Youfa Wang, MD, PhD, 24% of U.S. children and 75% of adults will be overweight or obese by 2015. What is going on here? We can start to answer this question by looking at the Social quadrant which includes political and economic realities of today’s food supply.

Adam Drewnowski, an obesity researcher at the University of Washington sought answers, and investigated why economic status is the most reliable predictor of obesity in America. With a hypothetical dollar to spend, he purchased as many calories as he could, and discovered that he could buy the most calories per dollar in the *middle aisles of the supermarket*, among the towering canyons of processed food and soft drinks where a dollar could buy 1,200 calories of cookies or potato chips, but only 250 calories of carrots; 875 calories of soda but only 170 calories of orange juice. Why is this?

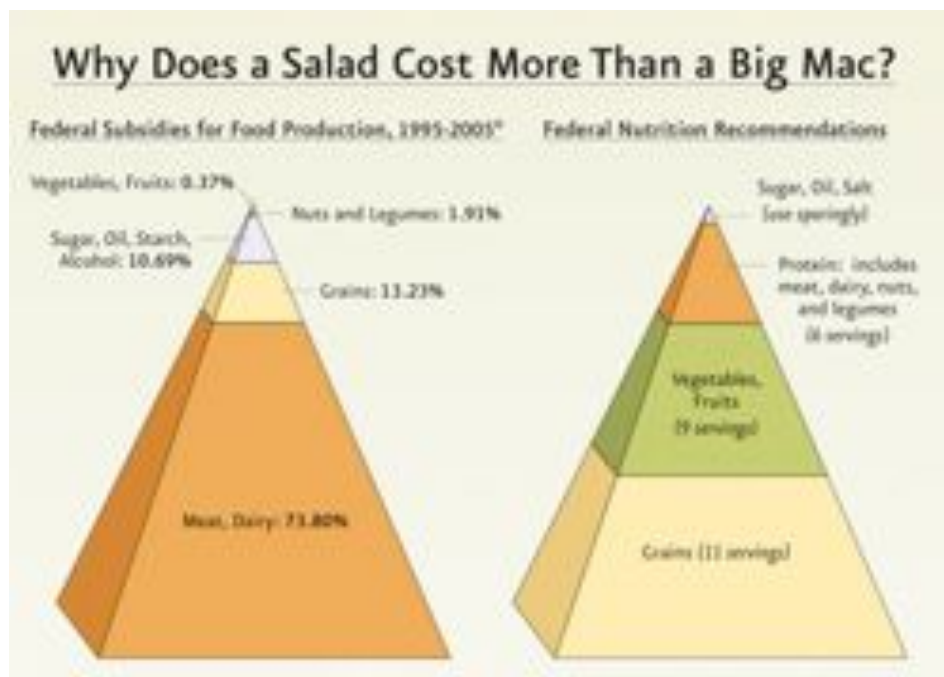


Figure 2: U.S. Federal Subsidies 1995-2005 vs. U.S. Federal Nutrition Guidelines (Physician’s Committee for Responsible Medicine, August 2007)

Corporate interests are finding, whether by design or default, that cheap

foods with long shelf lives, properly advertised, colored, flavored, conventionally grown and preserved (read: irradiated) can reap more profits at the store, and down the road at the doctor's office, the pharmacy, and in the hospital, as opposed to fresh, unadulterated living, organic, disease-preventing, nutrient-dense foods grown and prepared with agricultural and culinary integrity. Government subsidies, seen in Figure 2, are not even remotely guided by the Federal Nutrition Recommendations, much less a plant-based diet, which is gaining an ever-increasing lay and professional following which includes the public health endorsement of a plant-based diet by the American Dietetic Association and the Dietitians of Canada:

Vegetarians have been reported to have lower body mass indices than non-vegetarians, as well as lower rates of death from ischemic heart disease; vegetarians also show lower blood cholesterol levels; lower blood pressure; and lower rates of hypertension, type 2 diabetes, and prostate and colon cancer. Well-planned vegan and other types of vegetarian diets are appropriate for all stages of the life cycle, including during pregnancy, lactation, infancy, childhood and adolescence.

Vegetarian diets offer a number of nutritional benefits, including lower levels of saturated fat, cholesterol, and animal protein as well as higher levels of carbohydrates, fiber, magnesium, potassium, folate, and antioxidants such as vitamins C and E and phytochemicals....

It is the position of the American Dietetic Association and Dietitians of Canada that appropriately planned vegetarian diets are healthful, nutritionally adequate and provide health benefits in the prevention and treatment of certain diseases.

Contrast this with corporate-interest interpretation:

"All foods and beverages can fit into a healthy diet."

- **National Soft Drink Association**

"Policies that declare foods 'good' or 'bad' are counterproductive."

- **Grocery Manufacturers of America**

This is reminiscent of a Taoist story about the orange salesman who discovered how to preserve and sell oranges that appear fresh year-round, "but inside - dry as an old cocoon." When challenged on his ethics, the salesman replies that his oranges are merely an accurate representation of many aspects of the larger society and culture: the politicians, clerks, attorneys, religionists, and schools are "all gold and gems without, but dry cocoons within." With urbanization, we have created a shiny-dry orange life experience and culture. Our poor food environment is a fundamental symptom of how as a group we have settled for flashy, *shallow* foods, role models, television programming, politicians, lifestyles, emotional and spiritual experiences.

FROM THE GROUND UP

Despite the myths we have been told and sold, we are not Mars-bar eaters, Super Big Gulp drinkers, or Big Mac snackers, and do not suffer from a deficiency of these nutrient-poor junk foods. None of us is suffering from a deficiency of Red Dye #40, Blue Lake #5, disodium inosinate, MSG, aspartame, or any of the other excitotoxins that have been deliberately placed in our foods to seduce and addict us for profit. For millions of years we have been physiologically, biochemically, and genetically designed to eat a diet of organic living plant foods. The overwhelming medical, sociological, and historical data corroborate this. Food is a fundamental way that we interface with our home the living planet and with our cultural ancestry (that existed predominantly *without heart disease, diabetes, and other diseases of overconsumption*). It is the most important and subtle way that we acknowledge an association or dissociation with who we truly are, and the stuff of which our greatest capacities are developed. When we are at a lack for the most basic nutritional elements, this affects every other level of our being profoundly as we ascend the Nest of Spirit (formerly known as The Great Chain of Being):

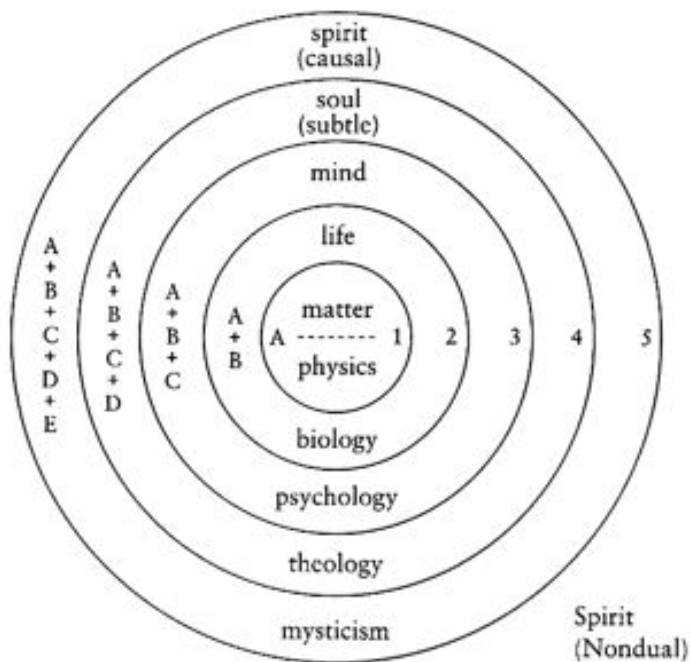


Figure 3: The Great Nest of Spirit in *A Theory of Everything* by Ken Wilber

Matter (food) → Body → Mind → Soul → Spirit

Food is the ground on which the “higher” aspects of our being grow and mature. When matter is not cultivated and included with conscious care,

individual and cultural pathologies are created – as we are now witnessing in full force in westernized cultures. As we discuss Deep Food from an Integral perspective, keep the basic progression of the Nest of Spirit in mind, as it is the Perennial Philosophy common to all the major world wisdom traditions – lending a far greater, globally unifying significance to Deep Foods.

NUTRIENT(S) MATTER

We will present data momentarily, but organic means food grown in nutrient-rich soil, without harmful agrochemicals, biological/genetic tampering, antibiological agents, or irradiation processes. Fresh-raw-live means that your food has not been compromised by cooking/processing before it came to you, and you are not going to insult your miracle food or your living body by heating and destroying the nutrients in what you eat.

When you cook food, according to the Max Planck Institute, you coagulate 50 percent of the food's protein. Other research shows that 70–90 percent of vitamins and minerals, and up to 100 percent of phytonutrients are destroyed when food is cooked.

Processing, cooking, pasteurization, and irradiation are all food handling methods that destroy the nutrient-dense qualities present in our foods when they are in their natural state. Because of these nutrient-destructive processes, we tend to eat more food in an effort to access a nutritional value equal to what we would have received from the uncooked food in its whole state. This additional eating is largely behind the Johns Hopkins projection of 75% overweight in the U.S. population by 2015. Nutrient dense foods have what is known as a high *satiety index*, meaning that your body is *satisfied* by the food sooner, and you experience this as an *aliesthetic taste change*, or the natural message to stop eating. In short, eating raw/living plant foods enables your body to get more (nutrient density) for less (calories eaten). For this reason the scientifically proven life extension method of CR (Calorie Restriction) happens naturally on a raw/live food diet, please see chapter 13 for more information on the healthy life practice of what we call Calorie Prudence.

Nutrient-dense foods and cuisine have an abundance of bioavailable nutrition, including:

Protein (leafy greens are 20-30% protein)

Fat (including omega-3,6, and 9 fatty acids)

Carbohydrate (living and raw carbohydrates are lower on the glycemic index than cooked carbohydrates)

Minerals (numerous sources suggest we need 92 mineral elements for optimal health)

Enzymes (only live, plant-based food sources contain living enzymes)

Phytonutrients-Vitamins-Antioxidants-Chlorophyll (plants contain

hundreds or thousands of essential health-protecting/promoting phytonutrients, many of which are destroyed by heat)

Probiotics (healthy, beneficial *flora*)

Water (cooking and processing evaporates away valuable water from our food)

When most or all of these elements are in play, we have what Dr. Richard Anderson defines as a true food:

“I propose that the true definition of a food is as follows: a substance that nourishes or fuels the body with life-giving forces (i.e. life-force, vitamins, minerals, enzymes, amino acids, etc.) without injury to its normal functions, thereby strengthening, energizing, and maintaining it. Food is not simply something one puts in the mouth, chews, and swallows. Food should not deplete or rob the body of its needed essence or harm it in any way. Dead or dying foods take an enormous toll on the body.”

Nutrient density is defined as a ratio of nutrient content (in grams) to the total energy content (in kilocalories or joules). Nutrient-dense food is opposite to energy-dense food (also called “empty calorie” food). According to the Dietary Guidelines for Americans 2005, nutrient-dense foods are those foods that provide the highest amounts of vitamins, minerals, enzymes, and phytonutrients per calorie. For example, superfood algae, vegetables, sea vegetables, and non-hybridized fruits are nutrient-dense. Processed, refined, pasteurized, irradiated food products containing added sugars, flavors, saturated fats, and alcohol are nutrient-poor. When you eat nutrient-poor foods, you must eat more food in an attempt (often futile) to get an equivalent amount of nutrition. Nutrient density can also be understood as the ratio of the nutrient composition of a given food to the nutrient requirements of the human body. Therefore, the most nutrient-dense food is one that delivers the most complete nutritional package in bioavailable form.

Our top nutrient-dense foods are: leafy greens; Blue-green algae such as spirulina, chlorella, and E3 AFA; grasses; nuts and seeds; sea vegetables; green superfood powder concentrates; bee pollen granules; deep pigment phytonutrient-rich foods such as berries, pomegranates, etc.

Dr. Joel Fuhrman, author of *Eat to Live*, has created an excellent chart on the nutrient density calculations of various foods. Notice that leafy greens are the top foods listed!

Nutrient Density chart

Kale	1000	Cantaloupe	120	Banana	36
Collards	916	Apple	91	Walnuts	35
Spinach	886	Peach	88	Almonds	33
Bok Choy	839	Kidney Beans	84	Chicken Breast	32
Romaine Lettuce	462	Green Peas	84	Low Fat Yogurt	31
Boston Lettuce	412	Sweet Potato	81	Apple Juice	30
Broccoli	395	Soybeans	74	Eggs	29
Artichoke	352	Tofu	69	Feta Cheese	25
Cabbage	344	Mango	61	Whole Wheat Bread	25
Green Peppers	310	Cucumber	59	Whole Milk	23
Carrots	288	Oatmeal	55	White Pasta	22
Asparagus	280	White Potato	53	White Bread	21
Strawberry	254	Brown Rice	49	Peanut Butter	21
Cauliflower	269	Salmon	48	Swiss Cheese	18
Tomato	197	Shrimp	46	Ground Beef	17
Cherries	197	Skim Milk	43	Potato Chips	13
Blueberries	155	Grapes	40	Vanilla Ice Cream	6
Iceburg Lettuce	132	Corn	37	Olive Oil	2
Orange	130	Avocado	36	Cola	0.6

Figure 4: Nutrient Density Chart by Dr. Joel Fuhrman

THE MAGIC OF NUTRIENT DENSITY

In the context of a plant-source-only, raw/live, organic diet, it should be understood that we are not denying ourselves the fuel or nutrients we need. Nor are we in a cycle of deprivation. We are taking in a delicious, filling, natural, appropriate amount of calories that are nutrient-dense enough to activate an *alioesthetic taste change*. The alioesthetic change is experienced as when we feel pleurably satisfied from eating. It is also known as the “stop eating” signal we get from our body. This taste change most commonly happens when eating raw and living nutrient-dense foods. Think about it: Who overeats a salad? Eating a processed, cooked diet laden with excitotoxins (such as MSG) provides the double insult of low nutrient density combined with the supersensory stimuli of artificial flavorings, driving body and mind to continue to ask for food long after our calorie needs would have been satisfied by a tasty nutrient-dense meal. You would think that by eating a lower-calorie diet that a feeling of restriction or deprivation would result, but when your body receives all the minerals, phytonutrients, vitamins, enzymes, protein, essential fats, complex carbohydrates, and water it requires through a plant-source-only meal, a feeling of deep satisfaction is experienced right down to the cellular level. We are satiated by these foods that are high on the satiety index. A completely new sense of abundance is realized as we begin to seek quality over quantity in our food. When we eat in such a way that everything we consume has purpose, we are living a life of true depth, which becomes indicative of the dynamic things we attract in every

aspect of our life.

HEALTH *BEGINS* IN THE SOIL!

Societies and cultures throughout human history have risen and declined by this fundamental truth. In his groundbreaking work, *Collapse: How Societies Choose to Fail or Succeed*, Jared Diamond carefully examines the ecological reasons behind the collapse of societies throughout human history:

It has long been suspected that many of these [collapses] were at least partly triggered by ecological problems: people inadvertently destroying the environmental resources on which their societies depended. This suspicion of unintended ecological suicide – *ecocide* – has been confirmed by discoveries made in recent decades by archaeologists, climatologists, historians, paleontologists, and palynologists (pollen scientists).

The methods by which we farm – for better or worse - significantly impact soil fertility, nutrition and human health, ecology, national energy policies, economics, culture, and national security.

Nowhere do we see the relationship of soil fertility, farming techniques, and the resulting health consequences of the food consumed more pronounced than in the United States. This is partly because there is so much data available to give us a picture of the results of this 70-year experiment. Each year since World War II, intensive agrochemical-based farming practices have produced agro-chemical-laden food of lower nutrient density at a significant cost. The U.S. Department of Agriculture periodically publishes data on the nutritional content of food. Historically, since the 1940s, each publication of this data shows a decline in the average nutritional content of food. Wheat, for example, used to average a protein content of 19% in the 1940s, but today it averages about 12%. A prime example that this type of poor food production is not working is the very expensive U.S. health crisis in nation of overfed, undernourished people. In 2009, the United States will spend \$2.9 Trillion on health care, yet ranks near the bottom in terms of overall health among industrialized nations. According to the National Institutes of Health in 2005 – 2007, 1 out of 3 children born in the U.S. will develop diabetes in their lifetime, over ½ of all Americans will experience cancer, and over 65% are currently overweight or obese. The most striking examples can be found in our youth, who are now developing what *was* called “adult onset diabetes” as young as age 6. According to the U.S. Centers for Disease Control, overweight among those ages 6-19 has risen to nearly 15 % from just 4% in the 1970s. Statistically, we see the most egregious preventable health issues in the world today in the U.S., where we find the world’s highest percentage of conventionally-grown and processed foods. 95% of food production is non-organic, and *90% of the money Americans spend*

on food is used to buy processed food. This is a crisis which we can trace back to conventional mechanized farming practices, the impact of the relative “strip mining” of the soil, agrochemicals in our diets (including in our newborns), and the nutrient-poor, genetically modified and irradiated foodstuffs produced and consumed since WWII.

Industrial Agriculture has accelerated soil erosion at an enormous pace. The United States loses 2 billion tons of topsoil a year to erosion, and according to the U.S. Department of Agriculture the yearly cost is \$40 billion—in lost productivity, silting of reservoirs, and pollution of waterways. In the last 40 years, nearly 1/3rd of the world’s arable land has been lost to erosion and continues to be lost at a rate of more than 10 million hectares per year. 90% of U.S. cropland is losing soil above replacement rates. Loss is 17 times faster than formation, on average. At this rate, during the next 20 years, the potential yield of good land without fertilizer or irrigation is estimated to drop 20%. We need to encourage sustainable organic agriculture to reverse this trend, and we as individuals have the power through a Deep Food approach. Health begins in the soil that feeds the food that feeds you!

DOES ORGANIC MATTER?

In her research at Johns Hopkins University, Dr. Virginia Worthington investigated the nutrient and toxic (heavy metal and nitrate) constituents of food in the U.S. She combined the research from all available studies that give numerical figures for organic content of specific nutrients and toxins in various foods, using 37 papers and 1,240 comparisons.

For the five most frequently studied vegetables, lettuce, spinach, carrot, potato, and cabbage, she gives average percent differences for four nutrients. The figures are interesting: "For example, vitamin C is 17% more abundant in organic lettuce (conventional 100%, organic 117%)." In the case of spinach, average vitamin C content is 52% higher.

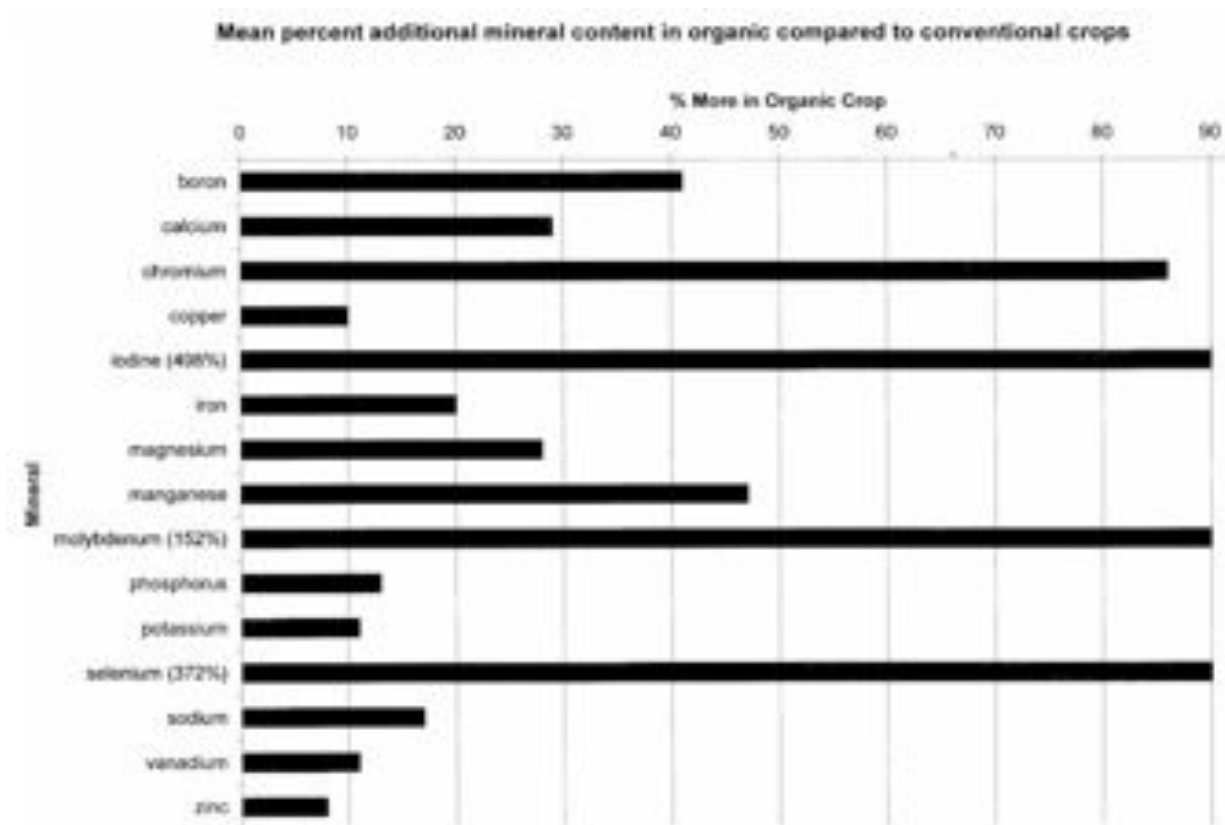


Figure 5: Mean percent additional mineral content in organic compared to conventional crops
 Worthington, Virginia, MS, ScD, CNS, *The Journal of Alternative and Complementary Medicine*, 7(2): 161-73, 1991.

With well over a thousand individual comparisons, there were twelve nutrients with sufficient data for a statistical comparison: calcium, copper, iron, magnesium, manganese, phosphorus, potassium, sodium, zinc, beta-carotene, vitamin C, and nitrates. "For each of the significant nutrients, the organic crops had a higher nutrient content in more than half of the comparisons. For the one toxic compound, nitrates, the organic crop had a lower content the majority of the time." **For more on the importance of organic, please see chapter two by Cherie Soria.**

DEEP FOOD / ITS-INTEROBJECTIVE / POLITICAL – ECONOMIC – SOCIAL – ECOLOGICAL

"If people let government decide what foods they eat and what medicines they take, their bodies will soon be in as sorry a state as are the souls of those who live under tyranny." – **Thomas Jefferson (U.S. President)**

Political. As you saw in Figure 2 earlier, "Why Does a Salad Cost More than a Big Mac?" government subsidies have little to do with protecting the public health, and are closer to keeping us at the feeding trough of the masses with corn, soy, wheat, and the animal products created by

them. If you were one of the 2 billion people worldwide who saw the movie *The Matrix*, we can compare our present reality to the field of humans Neo is rescued from, all being fed liquid pink goo. We know it as corn syrup and hydrogenated vegetable oil, with corn starch, bleached white flour, food coloring and excitotoxins mixed in.

In 2005, the Consumers Union released *Out of Balance*, an eye-opening report on the state of political agency vs. the almost pornographic advertising/spending by U.S. food corporations. It found that in 2004, the food, beverage, and restaurant industries' Super-Sized Mega Big Gulp Gordito advertising budget weighed in at U.S. \$11.26 billion, as compared to the mere Dixie Cup-sized \$9.55 million spent on communications for the federal and California *5 A Day* programs designed to encourage eating 5 or more servings of fruit and vegetables each day. Thus, the report said, "Industry expenditures for food, beverage and fast food advertising are 1,178 times greater than the budgets for the California and federal *5 A Day* campaigns."

MEASURED ADVERTISING DOLLARS (2004) FOR SELECTED FAST FOOD BRANDS

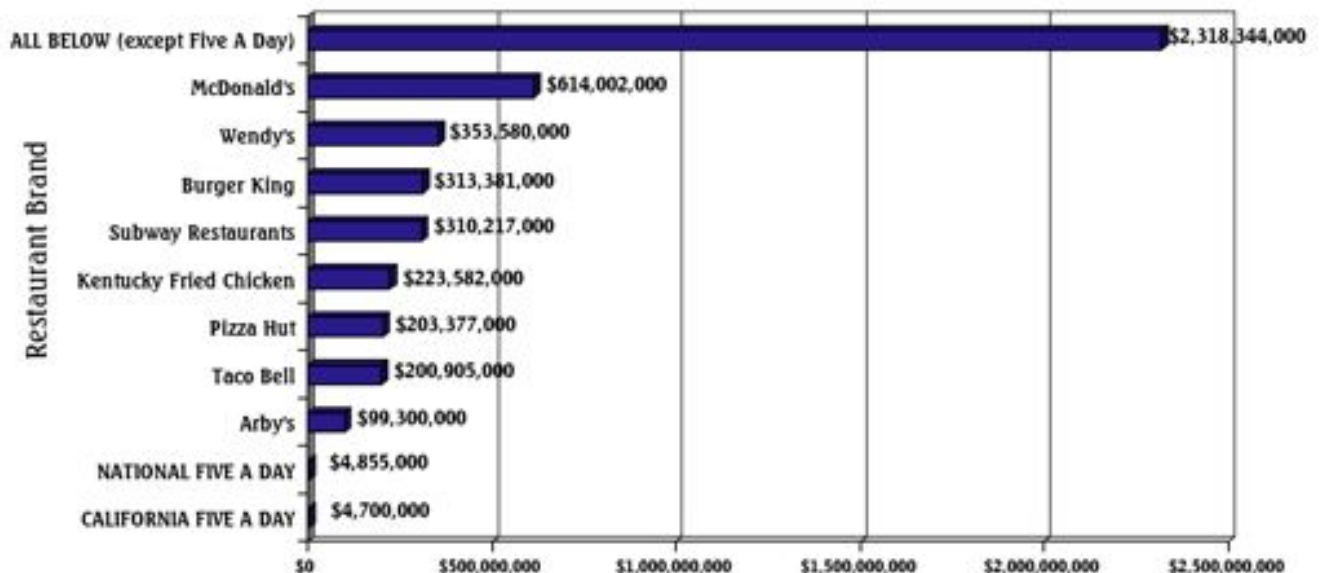


Figure 6: Measured Advertising Dollars (2004) for Selected Fast Food Brands. Source: "Out of Balance" by The Consumers Union, September 2005

We could go on like this in a scathing, blood-boiling four-part book series discussing the U.S. Farm Bill, U.S. National Cattleman's Association, the U.S. Food and Drug Administration, CODEX Alimentarius, the American Medical Association, Grocery Manufacturers Association, Big Pharma, and what Thomas Szasz calls our modern *pharmacracry*... (and you should check out the sources we have for you in this endnote). The bottom line is that shenanigans such as this are the warp and weft of westernized corporate ownership of political bodies, most often too weak to effect

significant change which we need desperately if we (in the U.S.) are not all going to be overweight by 2045, as Johns Hopkins University now predicts.

So the questions arise, “Is there a political solution? What are we to do?” We will provide an opinion on this at the end of this section, but first let’s look at some current economic, social, and ecological issues related to our food.

Economic. Shallow Foods have been created by a laser-pointed focus on economics, at the expense of every other quadrant: Mental-Emotional-Spiritual, Physical, and Cultural. Even realities in the Social quadrant such as Ecology are ignored, or used only to serve the economic goals of the Shallow Foods Economy. Shallow Foods are economically served by the following realities: low-cost mechanized conventional monocrop agriculture; cheap transportation (not for long with peak oil, however); and food processing to extend shelf life – irradiation, pasteurization, hydrogenation, homogenization, dehydration, freeze-drying, cooking, canning, freezing, added preservatives. In addition to these destructive practices which allow the Shallow Foods market to persist economically, industry is also leaving out, or taking out, many aspects of what makes for Deep Food and replacing them with pretty colors and food-scientist created flavors. One of our favorite images in Ram Dass’ book *Be Here Now* says, “Painted cakes do not satisfy hunger.” Quite right, and eating painted cakes is killing us.

In 2009, medical costs in the U.S. will top \$2.9 Trillion – that’s Trillion with a “T” as in Terrific for the medical/pharmaceutical industries, and Terrible for the U.S. economy. We will spend around \$1.3 trillion on food, *90% of which, as we said earlier, is used to buy processed food.* We spend more on medical costs than we do on our food! We are what we eat, and what we are eating is making us sick.

Social. The Shallow Foods Economy reaps the unwanted dividends of high crime, violence, suicide, and depression, according to definitive research presented by Dr. Russell Blaylock in his lecture, *Nutrition and Behavior*. Dr. Blaylock presents an impressive array of studies on both juvenile and adult prisoners in the U.S. system (highest per capita rate of prisoners in the world), which is further backed by Dr. Gabriel Cousens in his chapter, “Food Effects on Body, Mind, and Spirit” in *Conscious Eating*. Dr. Cousens sites two pieces of telling research, which we will quote here in full:

When teenagers’ diets were changed from their typical high white sugar, fast-food diet, a marked decrease in the teens’ acting-out, violent behavior occurred. For example, Mrs. Barbara Reed, a probation officer in Cuyahoga Falls, Ohio, found that when she switched offenders from a diet of fast foods to a diet higher in fruits and vegetables, every one of the 252 teenagers in her case load stayed out of court as long as they

maintained themselves on a healthy diet.

A two-year, scientifically precise study with 267 subjects by Steven Schoenthaler, Ph.D., published in the *Journal of Biosocial Research*, showed that while the average American eats approximately 125 pounds of white sugar per year, juvenile delinquents in custody averaged about 300 pounds per year. When this sugar intake was significantly reduced, junk food was reduced, and fruits and vegetables were increased, there was a 48% decrease in antisocial behavior of all types, including violent crimes, crimes against property, and runaways. This was true for all ages and races. This amazing result was achieved simply by changing the diet with no cost to the taxpayer.

The U.S. consumption of processed foods, concomitant high crime rate, and the results shown above should be all the evidence we need to walk swiftly and with purpose towards Deep Foods for our own social welfare.

Ecological. In the section, "Health Begins in the Soil!" we have already covered the deleterious effects of conventional agriculture, and the importance of adopting organic farming methods for human and ecological sustainability. One last point deserves highlighting, however, and that is the animal food industry as practiced in the U.S. and other industrialized nations, and its effect on our natural environment. We discussed in chapter 1 the United Nations study, "Livestock's Long Shadow," which illustrates the massive greenhouse gas impact of the global cattle industry.

"It takes the equivalent of a gallon of gasoline to produce a pound of grain-fed beef in the United States. Some of the energy was used in the feedlot, or in transportation and cold storage, but most of it went to fertilizing the feed grain used to grow the modern steer or cow.... To provide the yearly average beef consumption of an American family of four requires over 260 gallons of fossil fuel." — **"Meat Equals War," website of Earth Save**

Raising animals for food involves a massive hoarding of resources. There is a tremendous loss in energy, materials, labor and caloric value. There is a tremendous amount of energy and grain that is required to feed the cows. The food required to feed 100 cows could potentially feed 2,000 people. The cows in the world consume two times the calories as the world human population. In the U.S. the cows consume five times the amount of grain as humans. Better use of these resources could help solve the food crisis on the planet and prevent the death by starvation of 29,500 children per day (according to UN statistics) and approximately 40 million people who starve to death each year.

Cattle farming, including dairy cows, causes losses of up to 85% of existing topsoil each year. In addition, the amount of water used in the

dairy industry (and its by-products) is extremely high as compared to that required to feed a plant-based lifestyle, which can potentially save 1,500,000 gallons of water and 1 acre of trees each year when compared to a meat-based dietary approach. On average, one pound of beef protein takes up to 22 to 27 times more petroleum to get it to the table than a pound of plant protein.

Then there is the poo problem. According to the National Resources Defense Council, "Giant livestock farms, which can house hundreds of thousands of pigs, chickens, or cows, produce vast amounts of waste. In fact, in the United States, these "factory farms" generate more than 130 times the amount of waste that people do. According to the U.S. Environmental Protection Agency, livestock waste has polluted more than 27,000 miles of rivers and contaminated groundwater in dozens of states." At this point we can safely say, and we are speaking for the Earth here, "I am sick of all the sh#!"

Finally, an excellent primer by the Worldwatch Institute on the ecologically disastrous cattle industry called, "Meat: Now It's Not Personal," sums this section up perfectly:

As environmental science has advanced, it has become apparent that the human appetite for animal flesh is a driving force behind virtually every major category of environmental damage now threatening the human future—deforestation, erosion, fresh water scarcity, air and water pollution, climate change, biodiversity loss, social injustice, the destabilization of communities, and the spread of disease.

DEEP FOOD / WE-INTERSUBJECTIVE / CULTURAL AND MYTHOLOGICAL SIGNIFICANCE

"One of the primary results - and needs - of industrialism is the separation of people and places and products from their histories. To the extent that we participate in the industrial economy, we do not know the histories of our families or of our habitats or of our meals." - **Wendell Berry**

Our processed, pre-packaged foods have little cultural or mythological density, further alienating us from our cultural heritage and ancestry. We find ourselves lost wanderers in a plastic-wrapped wasteland of Shallow Foods with no authentic orienting identities or significant mythologies, save those provided by the food industry: Ronald McDonald, the Trix Rabbit, Twinkie the Kid, songs about wieners - not the stuff of *enduring nations*. Westernized cultures have developed a pathological cultural orientation to food that is increasingly regressing down the Spectrum of Diet™ towards narcissistic, me-generation faddish fast food. "I'm Lovin' It" - never mind what "It" is: pesticides, herbicides, fungicides, algacides,

larvicides, pasteurized, homogenized, subsidized, advertised, televised, modified, fortified, bleached, branded, irradiated, flavored, toxic, synthetic... pathetic.

Western culture has been uprooted, having jettisoned – not included – the importance of being involved in our food as an *agricultural* enterprise from farm to table. In school, we used to joke that out-of-touch kids thought food came from a supermarket; the Me Generation (of all ages) increasingly thinks food comes from a drive-thru window when called for through a nickel-plated speaker. However, we can through a Deep Food awareness, reorient ourselves to an abundant variety of organic nutrient-dense plant foods, and re-learn the significance of real food in our lives with these cultural and mythological practices: Human Community; and Personal and Cultural Mythology.

Human Community. Experientially, contact with food and culture as a product of human (not industrial) agriculture and community is key. In Wendell Berry's classic, *The Unsettling of America: Culture and Agriculture*, Berry conclusively demonstrates that today's agribusiness removes farming from its cultural context, and is destructive to the lives of farmers and to our culture as a whole. For Berry, food in all its stages *is* culture, mythology, and religion. It is perhaps our most fundamental connection to the earth and the ongoing cycle of birth, death, and rebirth. The modern separation from the production and processing of food, mainly through the replacement of *agriculture* with competitive *agriscience* and *agribusiness* – creates suffering not only in our physical health, but morally, culturally, and as communities of people. Berry writes, "If a culture is to hope for any considerable longevity, then the relationships within it must, in recognition of their interdependence, be predominately cooperative rather than competitive. A people cannot live long at each other's expense or at the expense of their cultural birthright—just as an agriculture cannot live long at the expense of its soil or its work force, and just as in a natural system the competitions among species must be limited if all are to survive." This is a strong argument for the development of a cooperative localized food culture, and an essential component of Deep Food.

Personal and Cultural Mythology. In his film *Sukhavati: Place of Bliss*, mythologist Joseph Campbell explains that in the history of world mythologies the sun represents consciousness.

"The sun does not carry a shadow in itself. When the sun sets, the light sets with the sun. It is not the sun that is in darkness but we that are. So the sun represents the light and energy of life and consciousness not engaged in the field of time, but disengaged absolutely. In Buddhism the light is called the mother light, the light of consciousness and the undifferentiated light of consciousness."

Therefore, when you eat plants what you are doing mythologically and practically is *consuming consciousness*, because the plants are *sun foods*. The more we eat sun foods, the more light and consciousness permeates our being and radiates from our actions. Reality bears this out. Plant eaters have reduced rates of dementia and Alzheimer's, and consume more of the foods that maintain a sharp mind, including water, minerals, essential fats and amino acids. It is also a cuisine that protects our health, and that of the planet by encouraging sustainable agriculture, and ensuring that all on earth can be fed. My mentor and colleague Dr. Gabriel Cousens often remarks that we could feed the world seven times over on a plant-based diet. From the authors' study and experience, health professionals using plant-based live food nutrition in helping their clients see an average 70-90% reduction in many prominent western diseases.

When we eat sun foods, we eat consciousness, which represents the father energy in mythology, yet we are also eating food from the earth representing the mother energy. In this way, since we truly are what we eat, and because these foods have such a profound ability to help us heal and prevent disease, we *become the mother*, we *become the father*, both through the food and in our growing up: standing on our own two feet and seeing to our own health instead of relying on so-called food manufacturers, doctors, governments, and the pharmaceutical industry to tantalize, sicken, coddle, and drain us dry. We become the authority and the guiding force for our own health reality, and with our newfound strength self-actualize our personal and collective true potential.

Finally, an excellent guide to the cultural mythology of food is *Nectar and Ambrosia: An Encyclopedia of Food in World Mythology* by Tamara Andrews. She writes, "Food myths and food symbolism permeate ancient literary traditions. To people of times past, food was not mundane; it was magical. It was not only a means of sustenance but an affirmation of resurrection and renewal in the world... [Our ancestors] created food myths rich in symbolism, myths perhaps intended to keep accumulated knowledge alive from generation to generation... The ancients regarded agriculture not just as a scientific endeavor but as a religious art."

DEEP FOOD / MENTAL: I-SUBJECTIVE / NUTRIENT DENSITY AS A WAY OF LIVING

The food we eat is the most fundamental way that we acknowledge who we are (eaters of nutrient-dense plants), and our determination to have deep life experiences. When you eat *with purpose* the most nourishing food possible, free of toxicity and full of life and abundance, you will seek this in every aspect of your life experience.

The most successful plant-based raw foodists we know practice what Integral Philosopher Ken Wilber calls "spiritual cross-training," in which

consistent practices of self-development that are seemingly unrelated work synergistically to improve the performance of one another. In other words, you will be a better writer if you spend less time writing, and more time also adding in meaningful exercise, spiritual practices, cultural activities, nutrition, and so on.

Through cross-training for our personal evolution, and not just hyperfocusing on cuisine, we recognize that shifting to a diet of nutrient-dense plant foods is not an act that exists in a vacuum *by itself*, but part and parcel of a larger determination to acknowledge who you are at a fundamental level and to live your authenticity to the best of your ability. Those who are most successful at raw/live foods do it in the context of Spiritual Cross-Training, and draw in with purpose the best persons, information, events, environments, and experiences possible. This makes the challenge of moving up The Spectrum of Diet™ and into raw/live foods easier, as it is just one aspect of a greater life shift. While live foods may be your first shift towards the amazing life to which your deepest inclinations compel you, please view it – and make it – part of a larger worldcentric Act of Love for yourself and all beings.

THE SPECTRUM OF DIET™ IN WESTERNIZED CULTURES

FAST FOOD	STANDARD AMERICAN	WHOLE FOODS	COOKED VEGETARIAN	COOKED VEGAN	RAW/LIVE VEGAN	JUICE FASTING TO JUICE FEASTING
EGOCENTRIC	SOCIOCENTRIC			WORLDCENTRIC		
SHALLOW FOODS / EXISTING				DEEP FOODS / LIVING		

Figure 7: The Spectrum of Diet™ in Westernized Cultures, David Rainoshek, M.A., www.JuiceFeasting.com

As we shift toward an organic, live-food diet, we also shift from low nutrient- to high nutrient density foods; from the creation of symptoms and disease to their transformation; dead food to vibrant, living food; maximum to minimum health care costs; below average to above average lifespan; millions dying of starvation to almost none; a *translative diet* of eating for comfort alone to a *transformative cuisine* of eating as a means and support for personal growth. Research and data from nations worldwide show that moving to a plant-sourced diet means the possible prevention and elimination of overweight/obesity, heart disease, diabetes, arthritis, hypertension, depression, and constipation, to name a few. Moving up the Spectrum of Diet™ is, in short, a transformation from a shallow narcissistic/egocentric existence of eating for oneself to an increasingly deep conscious worldcentric way of living as an Act of Love. This Spectrum, combined with the lens of the AQUAL framework provides a very useful understanding of just how Deep our food and cuisine can be.

DEEP FOODS / THREE INTERNAL ESSENTIALS

There are three important qualities to develop when incorporating and encouraging Deep Food in a Shallow Food environment, which we will discuss vis-à-vis Zen instruction by Roshi Philip Kapleau in his classic, *The Three Pillars of Zen*. These essential qualities can be the foundation for *any* shift or growth, be it transcendental realization or a more earthly achievement, and they are: Faith, Doubt, and Determination.

FAITH

First, one needs faith in live, plant-based, Deep Food nutrition, society, and culture; in the community of persons who will support them; and in one's own and others' ability to transform even the "incurable." This kind of faith comes naturally to some, and to many of us it is earned by a conscious decision to water this seed in ourselves by seeking out faith-building experiences, information and persons. Kapleau writes it is "a faith that is firmly and deeply rooted, immovable, like an immense tree or boulder," that we must cultivate and maintain to eat at the level at which we want to achieve in our life.

DOUBT

Second, you need to palpably feel what Zen masters call a "doubt-mass." This is a mass you feel in your gut about what conventional society tells you - and does not tell you - concerning agriculture, food and health. A strong doubt that your health and life is as good as it will ever get. Doubt that life gets more dull and painful and joyless as the years go on.

"It is a doubt as to why we and the world should appear so imperfect, so full of anxiety, strife, and suffering, when in fact our deep *faith* tells us exactly the opposite is true. It is a doubt which leaves us no rest. It is as though we knew perfectly well we were millionaires and yet inexplicably found ourselves in dire need without a penny in our pockets. Strong doubt, therefore, exists in proportion to strong faith." - Roshi Philip Kapleau, *The Three Pillars of Zen*

Serious doubt about what you currently consider to be true must be developed which will drive you to keep moving up the Spectrum of Diet™. Most suffering is about getting stuck, or *dukkha* as the Eastern traditions call it. Doubt about the permanence of our current situation, no matter how terminal or permanent it may seem, can help to un-stick our wheels and create the thoughts and life practices that will foster transformation and healing.

DETERMINATION

Third, we are propelled by mature faith and doubt to a place of solid determination that we can - and will - get unstuck - *sukkha* - that we can find more beauty, peace, and abundance in the moments, days, and years ahead. A determination is in place to rise above the limitations, avarice,

and sanctified misunderstandings that grease the machinations of the impersonal claims of postmodern society. We are determined to swim free of the momentum of mediocrity, and claim our inheritance of wisdom passed on to us by our ancestors who would surely have us jettison this path of individual and collective destruction we are now on and choose instead to consciously discover what the world is to be when: all are fed and we are not poisoning our air, soil and water. Perhaps then, too, individual religious dogma and mythos will be seen as a mere supporting structure for a mystical union of all traditions at the level of Spirit...

The progression on the inter-religiously acknowledged Nest of Spirit is from Matter to Body to Mind to Soul to Spirit, and each level includes and transcends the one before it like Russian dolls. If you want a transcendent experience – a *unio mystica*, with the Divine, or even if you just want to live happily at peace in your culture, nation, family, ecology, body and mind, then you will do exceedingly well to include the best foundation of Matter possible: a cuisine of Deep Food.

**If you'd love to read the rest of “Raw Food Works”,
you can purchase copies at 15% off, [HERE](#).**

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The book “Raw Food Works” (compiled by Diana Store of RawSuperFoods.com) arose out of the conclusions of three International

Living Food Summits, which took place between notable experts in the raw food field between 2006 and 2009. Twenty people contributed to the creation of the book, which comprises a carefully structured description of a discussed set of principles, for the optimum diet for health and longevity.

Highlights include thorough information on various topics including Vitamin B12 (Gabriel Cousens, MD and Dr. Brian Clement), Enzymes (Viktoras Kulvinskas, MS), which conventional produce is most and least sprayed (Cherie Soria), Chlorophyll Rich Green Foods (Victoria Boutenko), Essential Fatty Acids, (Dr Rick Dina), overwhelming evidence about the benefits of a vegan diet (David Rainoshek, MA), with many supporting charts and scientific references.

For more information on the Rainosheks, visit www.JuiceFeasting.com



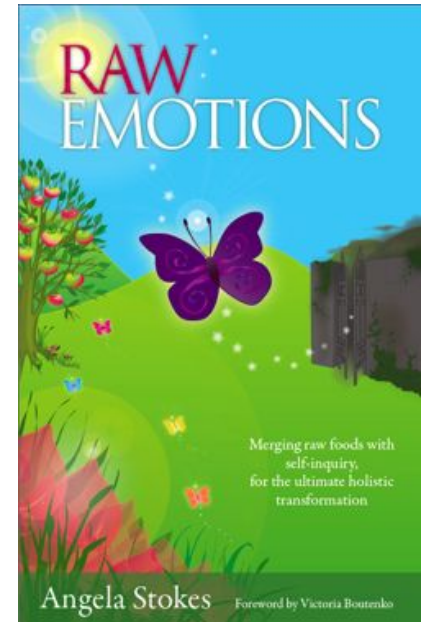
“Raw Emotions” by Angela Stokes-Monarch

Emotional Healing and the Raw Lifestyle

Eating raw can be considered one tool or pathway on a healing journey. In our modern societies, many of us live quite distant from direct contact with nature and this can impact our well-being in myriad ways. Going raw can then be a bridge from any disjointed, addictive patterns into active transformation on all levels, as we come more into alignment and reconnect with nature, simplicity and our ‘true selves’.

If you are new to the raw lifestyle and curious to know more of the fundamentals about eating this way, please turn to Appendices A and B, where you’ll find twenty top tips for eating healthily as a raw foodist, followed by ten simple, delicious raw recipes.

Beyond impacting the physical level, there are many ways in which eating raw can affect and help uplift our emotional, mental and spiritual well-being. This is what we’ll be exploring in this section.



In the Long-Run

I want to make this absolutely clear from the outset: **if you truly go 100% raw, in the long-run you will naturally come to require less food**. There is no healthy way around this. As the body detoxes, it simply and inevitably becomes a more and more efficient ‘processor’. Assimilation improves and you will therefore require less food to function optimally. Now, financially and in many other ways, requiring less food may, of course, sound great. However, *emotionally*, this can be very tricky for some people to handle. We come face to face with our compulsive food patterns and dependencies. We may have changed the actual *foods* we eat, yet self-destructive *patterns* of eating persist. The body may require less fuel, yet we still compulsively want to eat large quantities. It becomes increasingly harder to ignore this contradiction the longer we stay raw.

While it is true that a raw lifestyle can be a fantastic tool for helping to shift one’s focus from eating for emotional to primarily physical reasons, if you are not well prepared for those shifts, the impact can feel devastating. It is therefore highly advisable to have some solid alternative activities to turn to, diverting your attention from eating. We humans are

virtually *always* looking for something to **distract** ourselves with. Before the going might even *begin* getting tough, give yourself a head start by experimenting with some of the ‘spiritual’ or emotionally-supportive exercises outlined in the Guidance section below. You will then have these already lined up as positive options whenever cravings arise, rather than turning to food. You will be creating a rich foundation for your transformation.

Off the Scale

Do you have a tendency to weigh yourself regularly and find that your mood is often influenced by the numbers on the bathroom scale? If so, I strongly suggest either giving the scales away, or at least cutting down your use of them to perhaps once a week/month. Obsessively weighing ourselves and fretting over each number seems far from beneficial for our serenity. Instead, pay more attention to the way that your *clothes* fit to get a sense of how your body might be changing. Weight constantly fluctuates, especially for women during each menstrual cycle. Keep in mind too that muscle weighs more than fat, so the number displayed on your scale may not really be telling you that much in terms of your health anyway.

Being raw can be an outstanding tool to release all that isn’t our true self and ‘shine up’ all that IS our real essence. Almost everyone who goes raw encounters big shifts in life: jobs, partners, homes, etc., so there can be quite a lot of upheaval. This is not something to fear, however, but an absolute **blessing** to celebrate, as you move into a life that contains and supports the things that you actually love. The ‘false’ self falls away and your whole vibration and being change. It can take courage to pursue that, to follow your highest truth and stay with it: just remember you are not alone.

To ease the process, choose to focus first and foremost on *recovery* from self-

destructive, limiting behaviour, allowing any desired weight loss to inevitably and ‘effortlessly’ unfold. Many overweight people focus on body image and seem to believe that losing the extra weight and being slimmer will be ‘the answer to all their problems’. They might choose a mainstream diet to follow, for example, experience some weight loss, then find themselves shocked to discover that their ‘real’ issues that require healing are in fact still staring them in the face. Being thin has somehow not miraculously made everything OK. The fact is, *however* you lose the weight or keep it off, the spiritual malady still lies beneath the surface, awaiting essential healing. Without addressing the emotional and spiritual aspects of your transformation *as well* as the physical, you cannot expect to experience **sustained** and real freedom from the ‘troubles’ of your life. *Thinness* is not the hallmark of recovery or of a happy life. True happiness comes from inside us, not from wearing a certain dress size. We don’t have to wait until we are a target weight or size before allowing ourselves to experience good things.

If someone does try to ignore/bypass the emotional and other aspects of their transformation that arise, they usually end up feeling ‘stuck’ in some way. This may manifest as yo-yoing endlessly back and forth

between cooked and raw foods, wanting to be 100% raw and thinking you can't maintain it, or simply feeling depressed. This discomfort arises when our behaviour jars against our highest truth. When we ignore the messages from within and don't explore things for release, it's easy to feel out of alignment and stagnant. By starting out on this path of transformation, it's like you've given your body and whole being permission to begin releasing old 'waste'. This includes emotional waste and now it is time to process it. This can be a **prime opportunity** to readjust aspects of your life - if you choose to see it that way. Sometimes people feel they 'just can't handle' exploring their transformation on all levels, yet the truth is that we can get through *anything* if we choose to, especially with support. The more people who choose to step into integrity and transform, the more support there is for everyone to release the old paradigm of a society that seems to be based around fear and distraction.

I completely understand that, at times, it may *feel* very challenging to be on this kind of raw healing journey; yet overall, I believe wholeheartedly, through my own experience, that the benefits can truly outweigh any perceived disadvantages. If you commit to enjoying your healing, get



support and work through any issues as they arise, you *will* witness a wonderful transformation. Let's face it, at the start of *my* raw journey, I was nearly 300 pounds and had no interest in health or well-being whatsoever. Yet as I write this, I have stayed on this path of active transformation for over six years now. Would I still be doing this if the rewards were not fantastic? It's just a matter of choice...and I truly believe that...



If I can do it, anyone can!

Is Food Your Entertainer?

On reflection, most modern humans seem to have quite a peculiar relationship with food, which could benefit from some re-evaluation. It usually comes down to this:

We treat food like entertainment.

We pick up food if we're partying, lonely, celebrating, miserable, upset, rewarding ourselves, anxious, seeking comfort and so on. Yet these

situations have little to do with the primary purpose of eating food: fuelling the physical body. We've become so detached from nature and our true sense of self that we no longer clearly perceive the real role of food in our lives. Instead, we've made it our 'entertainer/comforter'.

As an example, let's take someone who is feeling very lonely and withdrawn. Eight o'clock in the evening comes around and their loneliness expands into a huge sense of emptiness. Rather than looking *inside themselves* at their patterns and starting to take action to create a different life path, they make a beeline for the kitchen and emerge with a big bowl of popcorn. We so often reach out and grab food, trying to make it fill a gap it *cannot* fill. Doesn't this seem like an odd and illogical scenario, from the outside looking in?

If someone with this kind of relationship to food then goes raw and carries these behaviour patterns with them, things can get really messy. Going raw is, in many ways, like

pressing the 'release' button in your body and life. As you stop taking things into the body that clog it up, your cells finally get the chance to 'exhale' all the waste that has been building up for

years. The body always moves towards optimal health and efficiency. Over time, it will come to ask for simpler and 'cleaner' combinations of foods, as well as *less* food. If you ignore these requests and instead keep using food for entertainment or comfort, you can run into many health issues, including bloating, gas, drowsiness, lethargy, pimples and more, as the body struggles to handle all the excess and unnecessary food.



A clogged cell 'exhales'

When we view life mostly as a series of opportunities to eat, we miss out on so much of the real richness that we can experience here. Without a deep and **rewarding** relationship to the Universe and community around us, many of us reach out to food as a substitute, even though food is neither intended for that purpose nor close to a match for so much else that is on offer in life. It's like using a band-aid on a gaping wound that really needs stitches. As a quick cover-up, it might seem to help in the short term, yet it leaves the deeper wound still waiting to heal. If we don't address and resolve the core situation (in this case, our dependence on food as a substitute for a deeper connection to life), our unhealed issues can easily multiply.

As we have seen, we arrived at having such a strong *emphasis* on food in our societies through myriad ways. For a start, pretty much everyone eats, so food is an easy commodity to sell. Advertising for processed foods is highly visible throughout our media and in public spaces. Food is legal, often cheap and widely available. Parents use it as a quick way to quieten/reward their children. People share food socially. The list goes

on. It's easy to see how we can develop such an affinity with using food, sometimes to the degree that it is almost a reflex action.

However, let's be clear: **food does not = fun**. It's a fuel that keeps you vibrant and alive to HAVE fun. You can also of course *have fun* when you eat; it can *be* fun, for example, to try exciting and tasty new raw recipes or enjoy occasions where food is available as part of the festivities. Naturally it's also wonderful to see people delight in their new raw explorations, rather than moaning that they 'can't eat bread anymore' and so on. Essentially, the point is to choose to NOT make food the *centre of your world*, your primary source of fun and the thing you turn to for comfort. There are so many other more effective and enjoyable ways to address and express our emotions than by eating, as suggested throughout the 'Guidance' section. Slowly, slowly, we can move into a space where we *really* know how to entertain and enjoy ourselves, beyond food.

Let's make food something we simply consume,
rather than something that consumes our lives.

This kind of clingy relationship with eating as our source of fun is not to be confused with the 'preoccupation' with food some of us experience when we first go raw. Usually, at the start of being raw, there can be quite an intense learning curve, with lots of new information to assimilate. It's common to feel like your attention is often on food-related matters. However, as this re-education process starts to settle down over time, the focus on food can feel less directed, if we are willing and ready to release this. So this temporary pre-occupation with food can be seen as a different thing entirely to *constantly* feeling fixated on foods as our source of 'fun'.

Finding the Balance

As we've learned, food addictions and imbalances do not simply disappear when one goes raw. It's common for people to carry unhealed compulsive patterns over into their raw lifestyle. There are certainly things about being raw that *can* help to release patterns that no longer serve you. There are no guarantees, however, that being raw = an end to food issues.

We've learned that when we stop eating highly processed foods like standard bread, pasta, cake and so on, the *physiological* addiction to those toxins is broken. Those foods have been helping distort and suppress our real feelings for years; now it seems we can free ourselves from such food-based emotional discord. The raw foods we eat instead can also genuinely **nourish** us, help clear up our blood stream, balance our blood sugar levels, clear up our brain fog and



free us from sudden and sometimes disastrous mood swings. So in some ways, it seems it's easier to feel more balanced and happy and to eat less. That's great in theory and for some people going raw, it works impeccably. Often, however, coming off those heavy addictive processed foods like bread, we can hit major emotional detox. Binges can easily follow as an escape route.

We're used to spacing out and numbing ourselves with things like refined sugars and the sedating opioids in bread, pizza, cakes and so on.

Without that kind of continued intake to 'medicate' our feelings, stuff down the stress and keep us hazy, we are faced - perhaps for the first time in our lives - with confronting our real feelings. So, instead of reaching out for our favourite cookies or candy to numb out when we start to feel uncomfortable, we now have new choices to make.

Again, some of us will turn to complicated raw recipes or heavy, high-fat foods like nuts, seeds and avocados to

(unconsciously) try to weigh ourselves down and avoid **connecting** with our emotions. We may also typically eat large amounts of these foods or many heavy meals in the space of a day. These foods take a lot of energy to digest, so can divert focus away from our emotions, yet they really don't numb us in quite the same way as the processed, toxic foods. We are still left with more 'raw' emotions to deal with than might feel comfortable.



Your body is releasing old, stuffed-down emotions, just as surely as your cells are throwing out old physical waste. On top of that, you're also learning new things about how to handle your *current* emotions (if only from reading this book). This ongoing process can feel like a challenge. Get support from others who understand what you are experiencing; speak honestly about what is happening for you; **breathe deep** and use any of the other tools shared below to help you work through things. Remember that you are not alone and you *can* get through anything that comes up for you.

Many people do choose to turn away at this point, however. The prospect of facing their true feelings and no longer medicating themselves with processed food feels too overwhelming and they slip away from the raw lifestyle. This is surprisingly common even among those dealing with life-threatening illnesses who learn about going raw for healing. They may *say* that they don't want to die and will 'try anything' and yet, when it comes down to it, they actually don't want to live without the foods they're addicted to, so they choose to turn away from this healing path.

Another factor that can stump some people arises when they start to 'un-numb' themselves, only to feel 'confronted' by a society that seems so deadened emotionally that it feels painful to even **be** awake emotionally

and tuned in. This is another reason why many simply put their heads back in the sand. The truth, however, is that if you do start to un-numb yourself and diligently hold and nurture a **loving space** towards those you encounter, you will start to see shifts around you and that loving space you have been holding will be reflected back to you many times over.

So, how do we find the balance between eating raw and coping emotionally? Thankfully, the longer we're raw and omit the most toxic foods COMPLETELY, the easier it gets. Our food issues become much less about avoiding our old toxic 'Trigger' foods and more about seeking and enjoying balanced patterns *within* our consumption of raw foods. If you *do* still find yourself bingeing on raw foods, it can at least be *less* harmful overall than bingeing on processed/cooked foods, although bingeing of any kind is not a recommended strategy.

For many, a classic stumbling block with going raw is the notion that 'if you're raw, you can eat everything you want, still lose weight and feel great.' While this certainly holds true to a degree (especially in the very beginning), statements like this tend to ring alarm bells for me... If someone uses that kind of reasoning, for example, to binge-eat three pounds of dates in one day, then that really doesn't seem healthy or balanced to me. Transferring compulsive behaviour from one way of eating to another is not the aim here.

If you binge, this indicates that you are acting compulsively and suggests that you are in avoidance. Is there something that is not being expressed or addressed? Ask yourself this and turn to the *Raw Emotions* 'Guidance' section for help in addressing whatever comes up for you.

What we are ultimately aiming for overall is **Moderation**. If we can create a gentle consistency in our new lifestyle, this is a great gift to ourselves in terms of balance and serenity. For many, this is easier said than done - being consistent and balanced with *anything* in life can seem challenging. Aim for regular, gradual improvement rather than obsessing. Find a balance of slowly incorporating the new into the old that feels comfortable to *you*. There are many tips in the 'Guidance' section to help you create a stable new framework - use them! Also remember: it is what we do **most** of the time that really counts, rather than any little blips here and there.

Raw = Healthy, Right?

Eating raw is **so** radically different from the 'junk' that most people usually eat that it's easy to understand why people think it must be fine to eat anything as long as it's raw. Over time and with experience, though, it becomes clear that the picture for **optimal health** is much

more refined than this. Just because something is raw, doesn't mean it's the greatest choice for our health, especially in large quantities. You can still be left feeling drained, puffy and spacey after eating raw meals. You can even (re-)gain unwanted weight. Raw food is still *food*, even if it's not what most people are used to fuelling themselves with. Just as with other foods, at some point the 'calories in/calories out' equation comes into play. If you are under the illusion that raw food is some kind of magical elixir that you can eat endlessly and indiscriminately, with no complications, you might find some issues popping up for you.

It is possible to technically be eating 100% raw and still not be eating in a very healthful way. For example, you could be eating many packaged or gourmet raw foods, like crackers, dried fruit treats, cakes, raw chocolate and raw pizza all day long. There is unlikely to be much **fresh**, living content in this kind of menu, so someone eating like this is unlikely to feel great in the long-run.

Try to imagine, in contrast, a paradigm beyond all packaged foods, where everyone eats simply from the Earth, gathering their food directly and eating it immediately. In that kind of situation, someone who eats raw cakes, crackers and pizzas all day long would seem a little odd, yes? It is only because we're so *accustomed* to eating complex and packaged foods that eating lots of 'gourmet' raw foods may seem comfortable for us, at least in the beginning. As ever, just because we *can* do something, doesn't necessarily mean it's the greatest choice for our health.



Raw Food: the 'Healer'...?

Another common misconception that often goes hand-in-hand with 'you can eat whatever you want, as long as it's raw' is the idea that 'raw food heals us'. It is not the *raw food* itself that heals us, or even the fact that raw food has more enzymes. It is the fact that we *finally* stop putting so many things into our bodies that are damaging, clogging us up with toxins and other debris. Your *body* does the **healing** by itself, once you stop adding in so many obstructions.

I no longer get ill. This is not primarily 'because' I eat raw food; it is because I don't put so many things into my body that are obstructive and cause disease. There is a big difference.

Similarly, a squirrel or other wild animal is not healthy *because* he eats raw food; he just doesn't consume things or quantities that are toxic and cause disease. Being well is our *natural* state; disease is not.

As mentioned above, I could ‘technically’ be eating raw food all day long and still feel terrible if I’m eating masses of ‘raw junk food’, oils and nuts, to the exclusion of, for example, fresh and vibrant green vegetables.

It can take time, though, to reach a place where we feel **balanced** with our raw food intake. There is no pressure to do it ‘perfectly’, right from the start. More dense/gourmet raw foods can be great stepping-stones towards a more vibrant, lighter lifestyle. Just have the awareness that, as a raw foodist, over time you will come to require simpler combinations and less food, to feel optimal.

Take, as an example, a 28-year-old who has been eating a ‘Standard American Diet’ their whole life. They will have ‘levelled out’ with this way of eating. They’ve had a lot of practice at it and most likely eat roughly the same kinds and quantities of food each day. If they then go raw, it’s like a whole new ball game and they may feel as though they no longer know what to eat, how much to eat, or when. It will take time to ‘balance out’ with this new way of life too. It may well be close to five years or so before they feel really clear about what works well for them, on a daily basis.

What are the some of the rewards of doing all this? Well, as our bodies become ‘cleaner’, more alkaline and free from the dizzying influences of processed foods, pesticide residues, factory-farmed meats and so on, we often emerge feeling lighter, more calm and peaceful. Perhaps we have more interest in others around us; we’re more open, **loving**, accepting and active. We can see more clearly what we’d love to be directing our energy towards and we take steps forward. We question things, experiment and enjoy; we are not passive participants in life - we are explorers. Few of us really make much use of the power of thought; most peoples’ thinking tends to be clouded and numbed by low-grade food (refined grains, processed sugar, etc.), pharmaceuticals, ‘negative’ patterns and societal conditioning (including the strong influence of television). As we eat more raw food and less ‘toxic’ food, our brain fog starts to shift and lift and we start to see and question more the nature of our reality.

On the way, as we have discussed, a wealth of emotions often unfold to be healed - the main theme of this book. Along with all the information you are accessing here, your other great ally can most certainly be a community of like-minded individuals...



Raw Food Community

I strongly recommend reaching out for great support on this journey from other like-minded 'explorers'. Do not underestimate the value of support. The reason why groups like Alcoholics Anonymous are so prolific and successful at helping people is the **support** they offer from others who are on a *similar path*. Most people in our current societies are immersed in processed/cooked food addiction. It can seem very daunting if you feel like the only one swimming 'upstream' while everyone else is gushing on down past you. Help yourself out by connecting with others who seem to be on the same path as you.

You might even find it useful to ask someone to be a mentor for you on your transformative journey. Identify someone who inspires you and 'has



what you want' in terms of the lifestyle, health, vibrancy and joy that they seem to embody. Ask them to share their perspective with you so that you can learn from their experiences. Speak to them regularly and be open to what they communicate. It is said that we are 'the sum of the five people we spend the most time with', so who are *you* sharing your time and energy with...?

Occasionally, people embarking on this transformative journey can experience a lot of bitterness rising up inside them. They may think, 'Why wasn't I brought up like this in the first place? Why do I now have to learn this whole new way of living, by myself? Why was I lied to? Why was I sent to mainstream school?' and so on. Using the many tips in this book can help you work through and release any such resentment. Realise that holding on to bitterness serves no-one. Work through what comes up for you and move on, keeping your '**eyes on the prize**' of how you really want your life to be - your Optimal Vision.

There is no need to ever 'go it alone' with your raw journey. I believe *one* of the reasons many raw foodists do not currently tend to live much longer than their cooked/processed peers is social stress. Modern raw foodists can easily feel isolated, awkward or strung-out, especially if trying to handle detox alone, in a speedy city environment.

Although interest in raw foods is expanding at an unprecedented rate, as yet there is little infrastructure or mainstream understanding for this **simple** way of life. Consequently, some people experience being raw as a struggle and yo-yo back and forth with it. Linking up with fellow raw enthusiasts, to share and support, is invaluable.

I hope the time will come when books like *Raw Emotions* will be obsolete museum artefacts because humans will have shifted so far forward into alignment with more natural ways of being. People will giggle at the

notion that such things were ever perceived as needing to be explained in a book. Communities everywhere will be eating simply, from their gardens, enjoying their life paths and feeling balanced... This can all become manifest, if you choose it. Keep it clear in your head that, whatever anyone else may tell you, by taking this **healing path** you're actually 'going sane' rather than 'crazy'. There *are* other people out there who understand; connect with them.

If you are reading this book from within a 'citized' environment, where you don't feel very connected to nature, I'd like to share here a part of my own Optimal Vision. This is something I see as a *vital* component in moving towards greatly improved personal and world health.

To The Land...Spade in Hand

We are blessed to have a strong, positive shift currently occurring in the collective consciousness. People worldwide seem to be waking up more and more to the value of 'greener' lifestyles, including organic farming, alternative medicine, raw food, recycling, permaculture principles, renewable energy sources and more. Being 'green'/environmentally friendly definitely seems to be gaining popularity. As a result, even though it may not always seem so, it's becoming easier than ever to connect with others who are on a healing path.

I see the brightest vision for our collective future at present as one in which as many people as possible get to the land and start **growing** their own food, using organic/biodynamic/permaculture principles. The benefits of this are far-reaching, from protecting our food sources, to being and feeling more directly connected to life, to regenerating the soil and the whole ecosystem. Act now and get your goodies growing, from heirloom and organic seed sources. Even if you only start growing a few things (lettuces, cucumbers, tomatoes) and plant them in pots/windowsill boxes, these are steps in a very positive direction, which you can keep expanding upon later. Be sure to also give your plants lots of love and attention - they are highly sensitive to human thoughts and actions.

The '**Anastasia**' series of books, mentioned earlier, contains hugely inspiring information and imagery about growing our own food. Anastasia gives precise guidelines on how to grow foods and design a garden that will optimally serve each person. Most modern people are distantly separated from their food supply, growing little to nothing themselves. This is another feature of the kind of society we've been living in, where 'natural' things can seem



remote and disjointed. Gathering food from your own surroundings has become the exception rather than the norm. Instead, people work long hours daily in jobs they often dislike, to receive some pieces of paper (money), which they then take to a brightly lit store full of packaged/lifeless food, that has often been shipped thousands of miles. They hand over some of the paper in return for these 'foods', most of which clog up their bodies with toxins. Who is benefiting here? Compare that scenario to people who are living on a piece of land where they grow their own produce. They simply step outside, pick food and eat. Which lifestyle seems to make more sense to you? The more people who get active and start growing food, the more support there will be for this grounded, loving and 'natural' way of life.

Many of the current practical challenges involved with 'being raw' directly reflect the way we've created societies that encourage people to disconnect from the land, consume poor-quality food and stay hooked in the same system. Imagine how much easier life could potentially be as a raw foodist if you and all those around you were growing your own produce and living more or less **self-sufficiently** from the land. Doesn't that sound like it could be a more joyful and fulfilling way of life than the standard nine-to-five office, commuting, getting-money-to-take-to-the-supermarket-and-pay-the-mortgage routine...? Hmmmm, I think so...

If you've had enough of being numbed and dumbed with poor-quality foods, it's time to take spade in hand and dig for victory...

Let's take a look at the following analogy. In the wild, a **tiger** is naturally 100% raw and is likely to be very healthy. Imagine taking the same tiger and keeping it in an artificial environment such as a zoo, while still feeding it 100% raw. It's going to be a lot tougher to keep the tiger calm than if you feed it a combination of raw and cooked/processed foods. The cooked/processed items can help to 'numb' the animal to its environment and keep it docile/more obedient/manageable. The same is true with domestic pets: people 'dumb them down' with kibble and so on, so that they're more manageable in the artificial home environments we inhabit. Now, while it's unlikely that most people feed their pets with that kind of objective clearly in mind, whether these actions are *conscious* or not, they can still be regarded as part of the same system.

The very same scenario applies to contemporary humans. We frequently numb ourselves with processed/cooked foods, we lack vital energy; we routinely stay 'in the system' doing things we don't truly enjoy, responding to advertising and media, living in artificial environments and so on. Through our choices, we have helped to contain ourselves in a particular system. By the same token, we can also make *new* choices and

shift ourselves out of this system and beyond, to a life where we feel more genuinely connected and joyful.



Going raw sets you off on a journey towards more simplicity and truth, nurturing a real connection with nature again. You might find that you want to go and live outside - for example, in the woods or by the sea. You may find that being in cities and the 'civilised' world starts to feel increasingly uncomfortable to you. Eating more food straight from the Earth can help return us to a sense of our true essence.

There are degrees of involvement in such shifts, of course. The more wild, freshly foraged foods you eat, for example, the more likely you're going to want to reconnect to the land. However, you certainly *can* live on shop-bought raw foods in busy cities, eating at raw restaurants and so on; it's all a matter of choice.

Many folks who maintain a raw lifestyle in a stressful city environment soon sense that they feel unsatisfied and uncomfortable there; they feel moved to make further changes. With a cleansing raw lifestyle, the body detoxes and wants to keep moving *onwards* to the next level of more vibrant health. If you resist this impulse by continuing to live in a toxic, stressful environment, eating mostly pre-packaged, dense raw foods, you may find that you experience weight gain, develop degenerative diseases and so on, just like many others who live in such places.

This is one of the key reasons why some people stop eating raw, although they may not realise this *consciously*. The lifestyle calls them forward, to step into a place of more authentic connection with themselves and the Earth and they are perhaps neither ready nor willing to make that move. It may feel as though there is 'too much' to let go of, dissolving so much of the familiar structure they have been part of, plus they may not want to experience such upheaval.

Feeling this discomfort, they may assume 'eating this way just doesn't work for me' and revert to eating less raw. They *choose* to stay in the toxic environment, rather than move onwards into the more vibrant health they *could* embrace on their raw path, in less toxic surroundings. Yet would a zebra, for example, ever metaphorically seem to say, 'Raw food doesn't work for me, I'll just whip up some pasta instead'...? The environments we choose to stay in can have a substantial influence on our food choices and health in general. Choose where you live with care and take note of ways in which it seems to affect how you feel and the choices you make.

The raw path is shining brightly right now to help people move towards simplicity and reconnection with the Earth. It's one aspect of a significant

revolution in consciousness, in which we can all actively participate. The more people who engage in this lifestyle, the more overall demand there tends to be for organics, raw foods, eco-friendly products in general and so on. When increasing numbers of people start to *want* to grow things themselves and spend more time in nature, the wonderful knock-on effects are blissfully abundant... So, whether it's a flowerpot, a window box, a garden plot or more...touch the Earth, befriend the land, take spade in hand and get to it, **Active Transformer!**



Conscious Connections

Our lives are filled with choices we make; in our current times, what we choose to *buy* and *use* are potent reflections of our preferred lifestyle. We can all bring our **consciousness** into our every consumer choice, from organic cotton clothing to solar power, vehicles that run on 'green' energy, eco-friendly paints, furnishings and more. You vote with your dollar with every purchase you make; thus buying 'green' can help you to feel good about your contribution to the economy and world health. Eco-friendly products may seem a bit more expensive at first, yet just think about the overall higher value of them from the larger perspective. As you shift your habits away from purchasing cheaper, often poorly made, pollution-contributing products towards a greener lifestyle, your sense of healthy connectedness to all life will surely accelerate. If the idea of 'buying green' is a new concept for you, I highly recommend watching the wonderful twenty-minute video entitled 'The Story of Stuff', to help facilitate this shift in your own life. (See <http://www.StoryOfStuff.com>.)

A happy resurgence in community living also seems to be currently underway, with countless vibrant ecovillages forming worldwide. (Again, a great number of these communities are inspired by the ideas shared in the 'Anastasia' books.) Many people feel understandably isolated living alone in city apartments, or raising children without extended family.

Choosing to live instead in a **community** with other like-minded people, sharing ideas, child-care, celebrations, seeds for growing food and so on, can be an enormously enriching shift. These communities need not be strictly organised, by any means; perhaps a collection of family plots, closely located, which allows people to connect with each other as they like. Each family/individual has their own piece of land and housing, plus there may also be shared community spaces for

gatherings. Indeed, it is often considered ideal for *each individual* over the age of around thirteen to have their own dwelling/space, so that there is always somewhere private for each person to go in times of reflection/integration or to release tension. When people come together into communities in this way, the potential seems much greater for feeling more connected to nature, at peace, understood and supported. (For more information about growing your own food and living in communities, see the Resources section below.)

So, there you have a glimpse of part of *my* 'Optimal Vision'...

**If you'd love to read the rest of "Raw Emotions",
you can purchase copies at 15% off, [HERE](#).**

Award-winning author Angela Stokes-Monarch lost an amazing 160lbs with a raw lifestyle, reversing morbid obesity. Angela went raw in May 2002 and her life has since dramatically transformed. Her website, RawReform.com shares her amazing story of recovery, along with guidance and inspiration for others. She shares videos, before/after pictures and also blogs almost daily (<http://rawreform.blogspot.com>). Angela offers books, retreats, consultations and lectures internationally on raw foods. In February 2007, she completed a 92-Day Juice Feast and her juicing book inspires countless others into juicy journeys. Angela has shared her story widely through international media, including a story on CNN News that became the biggest health story of the year on CNN in 2008. Angela's most recent book 'Raw Emotions' explores raw food transformations beyond the physical level.



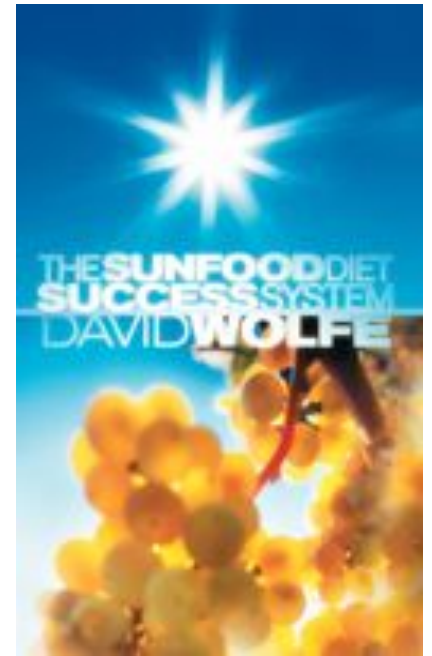
For more information on Angela Stokes-Monarch, visit www.RawReform.com

“The Sunfood Diet Success System” by David Wolfe

Chapter 21: SUN

“We choose the god-like splendor
Of the best-loved Sun
To inspire us;
May the shining Sun
Brighten your Life!”
— *Ramayana*

“If gorillas had a religion, they would surely be Sun worshippers.” — *Dr. George Schaller, Year Of The Gorilla*



Have you discovered absorbing nutrition directly from the elements — the air, the soil, the water, the Sun?

All life on this planet derives from our great Sun. The Sun beats like a great heart through every living organism. They say the molecules that make up our bodies were born in the great infernos of our superabundant star.

The air we breathe is transformed Sun energy. During photosynthesis, as plants absorb Sun energy, they transform carbon dioxide (CO₂) into vital oxygen (O₂) for animals to breathe. Here, at the first step, Nature dictates the necessity of animal life upon the underlying matrix of Sun-imbued plant life — animal respiration depends specifically on solar energy.

The foods we eat are energy reservoirs of transformed Sun energy. Through photosynthesis, plants capture energy from the Sun and lock that power into their stems, leaves, seeds, roots and fruits. All animals are transformed plants. The body of the zebra is nothing more than grass. The body of the lion is also grass, as it preys on the grass-eaters.

To a great extent we are heliovores — beings nourished directly by Sun energy. Sunlight can transform your health. The human body, with many capillaries in the skin surface, draws in Sunlight that is converted directly into nourishment by hemoglobin in the blood, just as chlorophyll converts Sunlight into nourishment in the plant. Remember, hemoglobin and chlorophyll are identical except for one mineral. Hemoglobin contains iron, chlorophyll contains magnesium.

Sunlight makes us bright and cheery. It cultivates a healthy positive attitude. A lack of Sunlight has the opposite effect. We see that people in colder climates who stay indoors all winter are often afflicted by a seasonal depression which has been attributed to a lack of Sunshine during the winter months.

The same elements in green-leafed vegetables which protect the leaves from ultra-violet radiation also protect you when you ingest those leaves. One of these substances is beta-carotene, literally shielding the nucleus of each cell.

The benefits of Sunshine are improved by eating correctly as the Sun and fresh air act like magnets in drawing toxic matter to the skin. When the body is clean and internally protected with antioxidant plant compounds you will be amazed at how long you can be in the Sun and how well you tan.

Antioxidants are found naturally in richly-pigmented foods such as algae, cacao beans, all types of berries, grapes and dark-green leaves. When people eat correctly and are detoxified, reasonable exposure to the Sun cannot lead to skin cancer.

A diet high in cooked fat (free radicals) and chemicals, and low in green leaves and antioxidant plant compounds has been positively linked to skin cancer. This is because free radicals and toxins in the unprotected skin are baked and mutated by the Sun's rays. Researchers at Baylor College of Medicine found that people on a low-cooked-fat diet had a greatly reduced risk of developing pre-malignant growths and non-melanoma skin cancers.

Sunlight improves our health in many different ways. A good Sunbath is an incredible waste eliminator, as it draws toxins out of the skin. The skin is the body's largest eliminative organ.

Dr. Kime tells us in his wonderful book **Sunlight**:

“Cholesterol [formed by the body, not foreign cholesterol] turns to vitamin D — a vitamin needed for proper bone formation — when Sunlight or ultraviolet light strikes the skin. Without this vitamin the bones do not become calcified and will bend easily. This condition is called rickets.”

Dr. Kime describes that Sunlight builds the immune system and increases the oxygenation of the skin.

Dr. Kime writes:

“A study of the results of combined Sunlight and exercise, showed that group that was getting the Sunlight treatments with exercise, had improved almost twice as much as shown by their electrocardiograms, as

had those who only exercised, even though both groups were on a general health resort treatment program.”

Sunlight lowers blood sugar. It is a natural insulin. A diet high in sweet fruit must also be accompanied by Sunshine on the skin to help metabolize the sugar. Sunlight helps to store the sugar as glycogen in the liver, muscles and cells for later use.

Exposing the skin to the Sun stimulates the capillaries and brings more blood to the skin surface. This helps to heal cuts, bruises and rashes. In World War II it was discovered that exposing abrasions, open wounds and broken bones to direct Sunlight led to quicker healing.

Many types of molds and fungi are destroyed by direct Sunlight. Candida cannot survive in direct Sunlight. A good step towards overcoming candida is Sunlight on the naked body (reference **Lesson 13: How To Use The Sunfood Triangle**, Eating To Overcome Candida).

Sunlight increases the strength of digestion. Sunlight increases the body's internal "fire." In Chinese oriental medicine we find the concept of yin-yang balance and we see that "cold" raw foods may be balanced with hot Sun energy.

Sunlight improves the eyesight, regulates the hormones and increases mineralization potential. Bringing direct Sunlight into the eyes (Sun-gazing) unmitigated by glasses, windows or filters at dawn and dusk has been part of the doctrine of breatharianism (living on energies other than food) for thousands of years. At dawn and dusk, more atmosphere is present between us and the Sun, splitting the light like a prism into more wavelengths to activate unknown elements of consciousness. This extra atmospheric cushion also provides more protection so that one does not burn one's retina.

The practice of Sun gazing should begin with 30 seconds in the morning and evening and then increase to longer periods as one acclimates. Adepts at this practice are said to Sun gaze for as long as 45 minutes at dusk and dawn. Sunlight directly on the skin, especially on the breasts and reproductive organs heals impotence and dysfunction in those areas. A contributing cause of challenges in those areas is restrictive clothing and a lack of Sunshine.

Try cacao butter, coconut oil or fresh aloe vera gel as a Sun lotion. Cacao butter is the best natural sunscreen that is a whole food.

By following The Sunfood Diet your resistance to ultraviolet (UV) radiation and Sunburns will increase. Due to the antioxidants in my raw-food diet it is difficult for me to get burned under the Sun; even if I have not been in the Sun for several weeks. The best UV protection is inner protection.

Commercial sunscreens disable the body's natural sunburn alarm mechanism. Most suntan lotions, creams and butters are made of chemicals mixed with cooked-fats which produce free radicals in the skin just like dietary cooked fats. For these reasons I do not recommend commercial sunscreens — purchase only organic, high-quality sunscreens containing stable oils.

Seek out at least 30 minutes of direct Sunlight each day on as much of your body as possible. No matter where one lives, the practice of simply allowing the Sunlight to reach one's exposed face will provide benefits.

There is no mistake in Nature. We are designed for a life of "Fun in the Sun!" Enjoy the abundance Nature has to offer — soak in the golden rays of life. Sunlight is good mood food.

Consider the following: "Everyone, ill or well, looks better, feels better, gets healthier and functions more gracefully after exposing every part of their naked bodies to the beautiful Sunshine. Sunbathe each moment you can. It enlivens you in every possible way!"

Whenever possible and whenever you remember, practice the art of Sun gazing at dusk and dawn.

If you'd love to read the rest of "The Sunfood Diet Success System", you can purchase copies at 15% off, [HERE](#).

David Wolfe — Health, Eco, Nutrition, and Natural Beauty Expert
CO-FOUNDER: TheBestDayEver.com Online Health Magazine
PRESIDENT: The Fruit Tree Planting Foundation (www.ftpf.org)

With a masters degree in nutrition, and a background in science and mechanical engineering, David Wolfe is considered one of the world's top authorities on natural health, beauty nutrition, herbalism, chocolate, and organic superfoods. Leading the field with his vision, mission, education, and business, David has over 15 years of dedicated experience and understanding of the



inner workings, the delicate chemistry, and hardcore mechanics of the human body and how the body is affected by the modern-day stressors of today's fast-paced, over-worked, and unbalanced lifestyle, which is literally a "killer" to our beauty, health, and longevity. With a life-long passion for inspiring people to "Have The Best Day Ever," David has touched the hearts and minds of hundreds of thousands of people across the world. David is a true living master of what it means to "walk the talk" on the road to higher and higher levels of natural beauty, vibrant health, and peak-performance. A highly sought after health and personal success speaker, David has given over 1700 live lecture events in the past 15 years.

For more information on David Wolfe, visit www.DavidWolfe.com

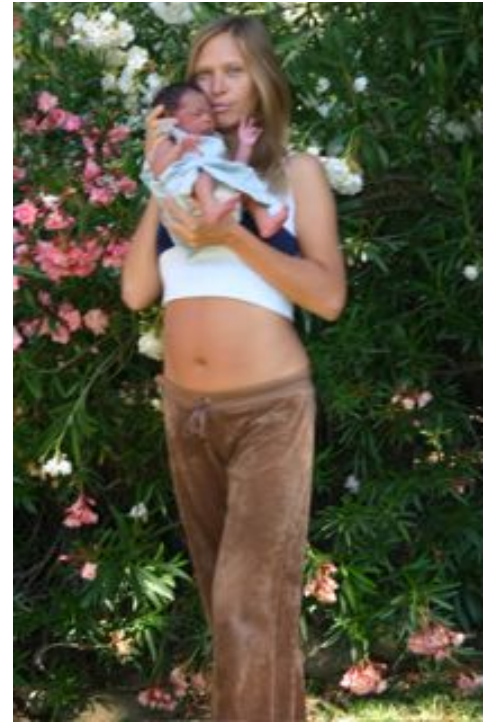


“The Yoga Of Nursing” e-book by Jinjee Talifero

To My Mother, for her words of wisdom - to give these beautiful children of mine my full attention during this special and sacred time in our lives...

The Union of Nursing

Yoga means Union. So of course nursing is a union, a union of Mother and child, of the human and the Divine. The Divine Mother Spirit (the feminine aspect of God) represented by the human mother, shining from within the mother, in union with the almost divine child, coming from somewhere not of this world, so innocent and pure, without issues, addictions, or negative thoughts.



The purpose of this writing is to share the insight about what a beautiful and powerful union nursing can be, and to explore the meaning of this insight further, and how it can benefit mother and child, and the world.

The Divine Child

And someone might say, ah, but the human child is merely an animal, and certainly not divine? - In some ways, almost an animal, and yet in some ways almost divine! When I look into the eyes of my two-month-old daughter, Yarrow, she raises her eyebrows. We've turned it into one of our games. We each raise our eyebrows in turn, with a big smile, and eventually we begin to laugh together. It is as though we are communicating psychically, knowing that something is hilarious, even if we don't know what it is. It is divine hilariousness, - laughter due to nothing!

The Look of Bliss

The first of these games or wonders that Yarrow taught me was the Look of Bliss. I looked at my newborn baby Yarrow happily as she nursed. I gazed into her eyes and saw her happiness returning mine. I was profoundly moved that this happened, and before I knew it we were beaming at each other, climbing higher and higher up the bliss channels, - and I was more amazed by each level and amazed that I was there, that she was there, that this could be. It became almost a game, that at some point gave birth to the eyebrow raising laughing game, and also to the cooing game.

The Cooing Game

On this one, Yarrow coos while she's nursing. I coo back. It is a way of communicating our pleasure and happiness. Let's face it, this is as good

as it gets. Sometimes our coos escalate in ever more animated tones, alternating sometimes as in a conversation, sometimes cooing together in unison, until we break down in laughter...and, this is just a three month old baby!

Our coos are a language without words. We communicate appreciation, comfort, contentment, happiness, pleasure, love, joy, and bliss. We start out with appreciation, back and forth, which moves us into higher levels of wonderful emotions, as stage by stage we ascend to bliss, which seems so incongruous somehow on this imperfect world, that we have to just laugh.

The Singing Game

I often sing to Yarrow. She has some favorites that I sing regularly: Twinkle Twinkle Little Star, Little Yarrow Girl (to the tune of Surfer Girl), and the jazz ballad You Are Too Beautiful... She smiles and laughs as I start to sing, and then she starts to coo to the music, singing along. Once when she was five months old she sang along with the last four tones of Twinkle Twinkle Little Star, cooing on key with each note, matching my voice. Is she going to be a singer, or is this the result of our connection through yoga nursing?

These Wonderful Yoga Nursing Games

In breaking it down into these games for the sake of trying to explain my experience of breastfeeding Yarrow, it isn't totally accurate of course; in reality these games are mixed up and blended together, - and we aren't conscious of what we are doing but we are just in the moment, fully living, ecstatically.

The Practice of Yoga Nursing

If you want to bring up a little yogi or yogini, a person in touch with their spirituality, yoga nursing is a great way to start them on their path from day one. Your child will grow up in tune, aware, conscious, intelligent, communicative, sensitive, happy, loving, and good.

The First Lessons

Nursing is a time to teach your baby about spirituality, about life, about who they are and what they are doing here. I look in Yarrow's eyes - and I can see when she is searching my eyes, and I see what she is seeking. So I respond to her with my eyes, saying silently or sometimes vocally "You are so loved, so precious, so special", and sometimes I tell her "You've come to a very magical and wondrous world - and you are going to have so much fun doing gloriously amazing things!" And her eyes tell me that they understand. Then she sometimes stops nursing and gives me a big smile.

Slowing Down

My Mother always told me to focus on what I was doing. I never listened.

But she gave me a serious talk when I had my first baby, convincing me to stop everything else and feally focus on the baby while nursing her, at least sometimes. So I tried it. I did notice a difference. If you are talking to your partner, talking to a friend on the phone, watching TV, reading a book, working on the computer, or even trying to run around doing things while nursing the poor dangling child as I have many a time to my visiting Mother's aghast looks, then the baby may be very unhappy and may fidget a lot. This is because babies don't just want milk - the physical sustenance - they want you - the mental emotional spiritual sustenance. They want to communicate with you and to have you communicate with them, i.e. to commune!

Communing with your Baby

It is said that communing with God is the high point of spiritual and religious efforts. And having had that rare experience on just a few occassions in my life, I agree nothing in the world feels better than spending time with The Loving Creative Essence of the Life Force (God), just BEING together - the I AM - the Creator and the BELOVED - the Created, The I AM BECOMING (me/you). Just feeling completely loved and loving completely, and knowing it is an eternal love, all-powerful, complete. But for most of us this isn't easy or commonplace.

Emotional Eating

We have been hearing so much in the diet world about Emotional Eating, always telling us to stop doing it. But Yoga Nursing is teaching me that emotional eating is OK!

But get the real stuff - fruit - it is Mother's Milk from the Earth Mother. When you eat processed cooked, packaged foods it is like drinking formula. Eating these toxic foods to sooth our emotions can cause weight gain and illness. But you can eat as much fruits and vegetables as you want and feel the same sense of emotional release, relaxation, nourishment, nurturing, time out, gratitude, and bliss - as a yoga nursing baby!

Mother's Milk - all milk - contains opiates. This drugs our baby in a positive sense - makes it bliss out, and eases pain. If your baby gets hurt, latch her on to your breast for fast pain relief, and of course she will receive comfort for the emotional trauma too.

So, if nature sets us up from the beginning to eat when we are feeling bad, to eat for emotional reasons, how bad could it be? So, you don't need to stop your emotional eating! No, eating can be a healthy time-out from stressful emotions that can offer real communion with God - as long as you are eating life-giving foods such as raw vegan fruits, vegetables, and sprouted nuts and seeds, including nut-milks.

Lessons in Eating Attentively

Yoga Nursing is teaching me to slow down and focus on eating my food when I eat, too! For that is my communion with my Heavenly Mother, the great nurturer.

I am so grateful for this experience. I feel closer to God. I also know that when God/Mother Nature feeds us, through the fruits of the earth, She is enjoying it as much as we are. I know now, through experiencing the union of conscious breastfeeding, that when we eat, we are communing with the Divine, with our Creator (who not only created us but also created the original food that grows here on earth to feed us). So as much care as possible should be taken to take time out and really focus on enjoying our food when we eat, really being conscious of the love that this food represents.

Prayer should not simply precede a meal, but the whole meal should be a prayer, a meditation, a yoga exercise, honoring our own body, feeling the love of God, tasting the love God has for us. Flavors are one of the many ways we see God's love in action. They are one of his gifts to us, like colors, tones, our senses, our minds, our personalities, our bodies, our planet, and this life we've been given freely. Just eating consciously can make one aware of all this! Just being in the moment as we bite into a fruit, being present as each bite releases a burst of flavor, zinging your whole being! How did this marvelous fruit get here? Who planted the seed, who tended the earth, who harvested it, who brought it to you? It is a gift from the Abundant Source of all - its shape, round, like our first source of nourishment, like the sun, like the galaxy. A perfect orb! Life-giving!

If you'd love to read the rest of "The Yoga of Nursing", you can purchase copies at 15% off, [HERE](#).

Jinjee Talifero is a 100% raw vegan mother of 5 children, all home-birthed, nursed, home-schooled, and raw vegan (3 of them raw since birth)...She is the co-author of 16 eBooks on the raw vegan diet and co-producer of the documentary film "Breakthrough" with her husband Storm Talifero, who has been raw for 35 years. They live in Ojai, California where they are building a Green Raw Vegan Co-Housing Community.

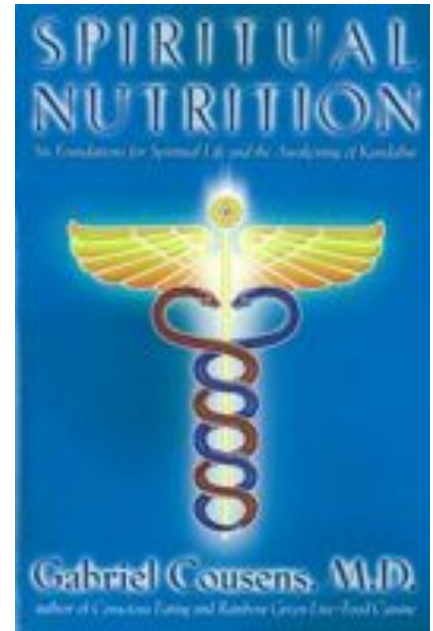
You can meet the whole Talifero family online at www.TheGardenDiet.com



“Spiritual Nutrition” by Gabriel Cousens, M.D.

Vitamin B12

The work at the Tree of Life and all the author’s nutrition books –Spiritual Nutrition and the Rainbow Diet (the previous edition of this book), Conscious Eating, and Rainbow Green Live-Food Cuisine – help provide an optimal situation for everyone to be successful vegans and live-food practitioners. To that end, we address every issue connected with being successful. Breakthrough information has arisen based on new studies and techniques that call for a more accurate assessment of the role of B12 in the vegetarian diet. The B12 issue is one that is critical to a successful, healthy, vegan, and live-food way of life.



B12 acts as a coenzyme whose job is primarily connected to the methylation process needed for the production of phosphatidylcholine, myelin, melatonin, catecholamines, DNA, RNA, cysteine, and normal red blood cells. Several forms of active B12 work as coenzymes in the body: adenosylcobalamin, methylcobalamin, cyanocobalamin (found in supplements and fortified foods because it is the most stable form of B12), and hydroxocobalamin. There are many natural B12 analogues in food, but they do not work as active coenzymes in the body and may actually block the active B12 coenzyme function.

Understanding B12 Absorption

Understanding B12 absorption pathways in humans gives additional weight to the B12 issue. The only organisms known to manufacture B12 are bacteria, which are found in water, soil, and the digestive tracts of animals and humans (and, consequently, in their tissues or milk). B12 is not in honey. In flesh foods the B12 is usually attached to a carrier protein for transport or storage. When this protein-bound B12 reaches the stomach, the acids and enzymes that are secreted in the stomach free up the B12 from the protein it was bound to, and it becomes attached to a specific protein, the R-protein, which transports it through the stomach into the small intestine.

Intrinsic factor, a protein complex that transports B12, is also made in the stomach. In the small intestine, the B12 is separated from the R-protein via pancreatic enzymes and becomes attached to the intrinsic factor (IF). The IF then takes it to the ileum, the last part of the small intestine, where it is absorbed by special receptor cells designed to receive the IF-cobalamin complex. The IF-cobalamin complex protects the

B12 against bacteria and digestive enzyme degradation.

It makes sure the ileum cells absorb it in priority over the B12 analogues. B12 absorption may also happen by passive diffusion, which accounts for 1–3 percent of the B12 absorbed. B12 from supplements is not bound to protein so it does not need to go through this complicated process. When large amounts of B12 are taken in from supplements, it can overcome IF defects, and be absorbed by passive diffusion. It can also be absorbed sublingually (under the tongue) at higher rates than passive diffusion in the ileum.

The average non-vegetarian stores between 2,000 and 3,000 micrograms (abbreviated mcg) of B12 and loses about 3 mcg per day. About

60 percent of the total amount of the B12 in the body is stored in the liver, and 30 percent is stored in the muscles. The body has a special circulation pattern between the digestive tract and the liver. Through the bile, we secrete 1.4 mcg per day of B12 into the small intestine, and healthy people reabsorb about 0.7 mcg. Research suggests that if people have a low B12 intake, their absorption rate increases to draw more B12 into the system. However, there is still a general potential for slow loss, depending on the variation in this special type of circulation process, known as enterohepatic circulation, before we develop the potential for B12 deficiency symptoms. Slight differences in enterohepatic circulation may determine how long one can go before developing a B12 deficiency. All this is taking place above the large intestine and has nothing to do with how clean the colon is.

Importance of B12

To understand the significance of this issue, we need to understand a little about the importance of B12 in the diet. B12 has two main functions. One is that methylcobalamin is catalyzed by the enzyme methionine

synthase to change homocysteine into methionine. When this enzyme is not working or is deficient, the homocysteine in our system increases. Elevated homocysteine also happens with deficiencies in B6 and folic acid.

Recent research has associated elevated homocysteine with the increased potentiality of heart disease, deterioration of the arteries and nerves, increased hearing loss with age, and a 170-percent increase in having two or more pregnancy losses in the first trimester. Other conditions associated with an elevated homocysteine are Alzheimer's disease, neural tube defects, and increased mortality. When the homocysteine is elevated, it appears to be a nerve toxin, as well as a blood vessel toxin. The second major function of B12 is as a coenzyme using 5-deoxyadenosylcobalamin in the enzyme methyl malonyl-CoA mutase in the conversion of methyl malonyl-CoA to succinyl-CoA. The succinyl-CoA is part of the energy production at the mitochondrial level in the cells that are the energy factories of the cells and therefore the entire body.

This is one of the reasons B12 deficiency may lead to low energy.

One of the major symptoms of B12 and folic acid deficiency is macrocytic anemia. Folate, also called folic acid, is needed to turn the uracil into thymidine, an essential building block of DNA. This DNA is needed for production of new red blood cells and for red blood cell division. B12 is involved in the pathway that creates methylcobalamin. This B12 also produces a form of folate needed to make DNA. So, if there is no B12, folate can become depleted and DNA production slows down.

Accurate Measurement of B12 Levels

Another little side part of the conversion of methyl malonyl-CoA to succinyl-CoA is that when the B12 is not available, the methyl malonyl-CoA level increases and is converted to methyl malonic acid (MMA), which accumulates in the blood and urine. Since B12 is the only coenzyme required in this pathway, MMA level in the urine is considered the new gold standard as an indicator of B12 deficiency. Other causes of high methylmalonic acid are genetic defects, kidney failure, low blood volume, dysbiosis, pregnancy, and hypothyroid condition. The MMA test is important because the progressive medical community no longer considers serum B12 levels an accurate measurement of appropriate amounts of B12. In other words, a normal serum B12 may not mean that B12 levels are healthy. We need a urinary assay of MMA to really determine the answer. This is an important point, because when the author first wrote about B12 in *Conscious Eating*, the establishment of the MMA assay as the gold standard had not taken place yet. Some of the author's statements at that time were based on the world research, which was using serum B12. A serum B12 of 200 pg/ml (picograms per milliliter) or more was considered adequate. As a result of the new gold standard and what we know about MMA and homocysteine, it is now agreed that the B12 serum levels should be around

340–405 pg. In some cases, as much as 450 is needed to maintain a normal homocysteine level. Therefore, to be optimally safe, serum B12 levels lower than 450 may be considered as indicating a B12 deficiency.

B12 Deficiency

A variety of symptoms of B12 deficiency are important to vegans and livefoodists. The first is low energy. It could be a reason why some people just don't feel well on these diets, besides not getting the right protein-carbohydrate-fat mix for their constitutional type. There are specific neurological symptoms, often described as "sub-acute combined degeneration." Some of this damage can be almost irreversible, if it becomes chronic. This nerve system degeneration affects peripheral nerves and the spinal cord. Some of the typical neurological feelings include depression, numbness and tingling in the hands and feet, nervousness, paranoia, hyperactive reflexes, impotence, impaired

memory, and behavioral changes. These B12 deficiency symptoms are consistent with those suffered by the famous fruitarian Johnny Lovewisdom, who led a short-lived, vegan community in Ecuador. He suffered from weakness, partial paralysis, and after a few years, was unable to stand or walk. Similar symptoms happened in another short-lived, fruitarian community in Australia.

Other B12 deficiency symptoms include: diarrhea, fever, frequent upper respiratory infections, infertility, sore tongue, enlargement of the mucous membranes of the mouth, vagina, and stomach, macrocytic anemia, and low white blood cell and platelet count. These symptoms should not be confused with a “healing crisis.”

Two of the major possible causes of nerve damage caused by B12 deficiency are: (1) a lack of methionine available for conversion into S-adenosylmethionine (SAM) because of lack of sufficient B12, causing a lack of SAM, which is needed for production of the phosphatidyl choline needed to make myelin sheaths (coating for the nerves); (2) the accumulation of propionyl-CoA (a 3-carbon molecule) resulting from the inability to convert methyl malonyl Co-A to succinal Co-A (4-carbon), creating an excess of 15- and 17-carbon chain fatty acids, which are incorporated into nerve structure and alter nerve function. Some of the causes of B12 deficiency are low dietary intake of B12 and/or poor absorption, which usually comes through loss of intrinsic factor and/or a lack of stomach acid.

Consistent research over the last decade has shown that vegans and live-food practitioners of all ages and sexes have a much higher risk of becoming B12 deficient. There are more than fifteen studies on vegans and an additional three studies on live-food vegans. The most dramatic was a study done by Dong and Scott on eighty-three subjects at a Natural Hygiene Society conference. Of the non-B12-supplementing, primarily live-food vegans, 92 percent were B12 deficient. This likelihood seems to increase with the amount of time as a vegan. There are no studies that show that vegans do not get deficient over time. This does not mean that everyone becomes B12 deficient within six years – it may not show up for years. One case study by Bernstein in 2000 describes a man in his eighties who had been vegan for thirty-eight years and reported excellent health. Over a period of a few weeks, however, he began to be emotionally erratic, depressed, confused, and incontinent, and lost motor skills so significantly he could barely stand without help. He was diagnosed as having senile dementia. But, fortunately, his B12 was tested and found to be so low it was not detectable. After one B12 injection he could sit without help by the next morning. The incontinence stopped within forty-eight hours, and by the end of one week his mental state returned close to normal.

B12 deficiency is particularly hazardous for newborn babies, especially babies of vegan live-food nursing mothers who are not using B12 supplementation. Since 1980 there have been 130 reports of serious B12 deficiency in the infants of vegan mothers whose primary food was breast milk and the mother did not supplement her own or the baby’s

diet with

B12. Lack of B12 in the mother's diet has been shown to cause a severe lack of myelin in nerve tissue. B12 supplementation in infants has shown a rapid increase in B12 values, but the question is whether there are some long-term developmental problems, even if the B12 values are returned to normal. Von Schenck, in a review of twenty-seven cases of infant B12 deficiency done in 1997, suggested that in many there was permanent damage. Seven were followed for twelve years after diagnosis. Five of these seven had abnormal neurological development twelve years later.

Vegan pregnant mothers need to supplement with B12 during pregnancy and the breast-feeding period. Goraya, in 1998 in India, reported that many infants had a B12 deficiency among breast-fed infants in low socioeconomic status. Some, but not all, responded to B12 therapy. The conclusion is obvious: Prevention is the key concept. In contrast to the average adult storage of 2,000–3,000 mcg of B12, newborns of mothers with normal B12 have about 25 mcg. Studies have shown that the milk during the first week of life does contain large amounts of B12. The B12 storage in infants at birth is normally adequate to last the first few weeks of life. Afterwards, they must get it from breast milk or other sources. If a vegan or live-food mother is already B12 deficient during pregnancy, the baby may be born with seriously low B12 levels and develop clinical signs of deficiency as soon as two weeks. The general research suggests that even among non-vegetarians, B12 can be insufficient in infants, and that perhaps all breast-feeding mothers should consider B12 supplements for themselves and their infants during the time of breastfeeding. This lack of B12 in the mother's diet during pregnancy has been associated with a lack of myelin production. A B12 deficiency in a baby takes somewhere between one to twelve months to develop. It often manifests as failure to thrive and slow developmental progression. The babies are often lethargic, lose their ability to use muscle adequately, have tremors, and even their sensory attunement decreases; they also have irregular macrocytic anemia. There is some question, even though the values return to normal, that children with a sustained B12 deficiency before starting B12 supplementation may have sustained abnormal neurological development.

The good news, as supported by at least one major study in the United Kingdom in 1988 that studied thirty-seven vegan children, is that normal growth and development takes place in children who were breastfed for six months at a minimum, when there was B12 supplementation. Other studies have shown that young and teenage children who were supplemented with B12 were found to grow normally. Adults who were vegetarian without B12 supplementation for more than six years usually had lower B12 than non-vegetarian adults in the general research. In one study of adults by Crane et al. in 1994, 81 percent of the vegan adults had a B12 lower than 200 pg and 19 percent of those 81 percent were less than 100 pg. That corresponds with the percentage of adults

found to be low in B12 in most vegan and live-food studies. In the author's clinical experience, meat eaters as well as vegans and live-fooders tend to have a fairly high rate of B12 deficiency, although meat eaters have less incidence. Among vegetarians and vegans, a high proportion is below 200 pg. In one study, 62 percent were below 200 pg, and 19 percent below 100 pg. The 1982 study, reported by Dong and Scott, of live-food vegans with eighty-three subjects from the Natural Hygiene Society showed that 92 percent of the vegans had a B12 lower than 200 pg, and in 53 percent it was lower than 100 pg.

The World Health Organization (WHO) considers B12 deficiency to be lower than 200 pg, using the old criteria. The rates of B12 deficiency tend to increase over time on a natural hygiene diet. Another study in Finland in 1995, reported by Rauma et al., examined B12 status of longterm, 100-percent live-food vegans and found that 66 percent of the subjects had a B12 lower than 200 pg. One study done in 2000 by Donaldson at Hallelujah Acres on primarily live-food practitioners, but with some B12 supplementation via nutritional yeast, showed only about 15 percent of the people were lower than 200, and none of them less than 160. The supplementation with nutritional yeast was 5 mcg of B12 from one tablespoon of Red Star Vegetarian Support. Repeated studies on vegans in a variety of different world regions all showed a significant B12 deficiency in vegans who did no B12 supplementation, especially if they were vegan for six years or more. Some of these studies included: in Australia with Seventh Day Adventist ministers by Hokin and Butler in 1995, in Thailand in 1988 by Areekul et al., in 1990 in Israel by Bar-Sella et al., by Tungtrongchitrat et al. in 1993, Crane et al. in 1994, and in China in 1998 by Woo et al. There seemed to be an increase in B12 deficiency over time. When vegans took B12 supplements, there was no significant difference between the vegan and non-vegetarian B12 levels. This is also true with elderly, B12-supplemented lacto-ovo vegetarians versus non-vegetarians.

Many non-vegetarians also have a poor B12 status because there are many other factors that can cause B12 deficiency. They include: malabsorption or inadequate intake of protein, calories, or B12; radiation exposure; drugs and a variety of toxins; paraminosalicylic acid; alcohol; pancreatic tumors; failure of the small intestine to contract and move food, associated with bacterial overgrowth; oral contraceptives; fungal infections; liver and kidney disease; tobacco smoking; B6 or iron deficiency; and mental stress.

B12 in Food

Up until this time, many of us have felt that additional supplementation for live-food practitioners with sea vegetables or probiotic formulas was sufficient protection against B12 deficiency. This does not seem to be the case, according to research. Among macrobiotics, who primarily cook their food, we see a very high percentage of children actually having growth retardation due to low B12

intake. Many of us have felt that spirulina, aphazonimom-flo-aque (AFA), and all the sea vegetables had enough active B12 to avoid a B12 deficiency. Although the research is not fully in, we do know that, as pointed out in *Conscious Eating*, these substances do have human active B12. The problem is they also have a significant amount of analogue B12 that competes with the human active B12. This analogue amount was not measured in the author's studies that were presented in *Conscious Eating*. Using the MMA excretion approach, which is now the gold standard, research showed that when people used dry-roasted and raw nori from Japan, the dry-roasted nori actually made the MMA status worse, which means it actually reduced the B12 level. Therefore, dry-roasted nori could possibly worsen a B12 deficiency. Raw nori seemed to keep the MMA at the same level, meaning it did not harm the B12 status, but the research showed it did not particularly help it either. No food in Europe or the U.S. that has been tested shows it lowers MMA. Research absolutely has to be done to answer this question fully. The author is hopeful that the gold standard level of research in the future will reveal an authentic, natural, B12, vegan food. Already, Vision Industries, Inc., is interested in doing this level of B12 research with AFA.

Many vegan foods have been suggested that may have active B12, but few are proving to actually raise B12 levels or prevent its loss. The research has shown, for example, that tempeh (cultured soy) does not supply human active B12. Research in both the U.S. and the Netherlands has confirmed this. One paper, by Areekul et al. in Thailand in 1990, showed that tempeh from one particular source in Thailand did have some B12 analogue, but that fermented soybean did not contain B12 and *Klebsiella pneumoniae* was isolated from the commercial tempeh starter.

Other foods such as barley, malted syrup, sourdough bread, parsley, shitake mushrooms, tofu, and soybean paste, had some B12 in them but did not seem to alter B12 status. Amazake rice, barley miso, miso, natto, rice miso, shoyu, tamari, umeboshi, and a variety of nuts, seeds, and grains did not contain any elements or even any detectable B12 analogue. The author's study using the earlier gold standard test of using B12 active bacteria to determine human active B12 did show indeed that arame, dulse, kelp, kombu, and wakame had significant human active B12. But research suggests they have higher analogue concentrations, which may cancel their human B12 effect. A study done in 1991 by Miller found that serum

B12 appeared to be unrelated to consumption of wakame, kombu, and other sea vegetables or tempeh in macrobiotic children. Other researchers feel that it is possible that raw nori, not dry-roasted nori, is a source of active B12. Other studies have shown that dulse did have a certain amount of B12 analogue per serving.

Until research is done to see if these actually lower the MMA levels, we can't assume that because a food has human active B12 it will help avoid B12 deficiency, because the actual non-human active analogues may be blocking the human active B12. The same question arises now with AFA, spirulina, and chlorella. So, until we actually do the urine MMA

test of these, to see if MMA is affected, it is reasonable to eat these foods, but not count that they are actually going to raise your human active B12.

Getting B12 in a Less Tasteful Way

There is one exception to this lack of vegetarian B12, which is that we do produce B12 from bacteria in our large intestine. But since this B12 is produced in the area below where B12 is reabsorbed, it is really not available for absorption. Some people have argued that many species of lower mammals do not need B12. This is true because many species that are primarily vegetarian animals eat their feces. Human research also has shown if you eat your feces, you will get enough B12. (The author does not recommend this practice). Dr. Herbert conducted research in England in which vegan volunteers with a documented B12 deficiency were fed B12 extractions made from their own feces. It cured their B12 deficiency. So, there is a natural vegan way to do it. It may not be the most “tasteful way,” however. The issue is not whether one has a clean bowel. B12-producing bacteria grow in the bowels, but humans do not normally absorb B12 from the large intestine.

Some have theorized that organic foods, in various regions, would improve the B12 tests by lowering the MMA levels. Unfortunately, there has been no research to show that washed or unwashed organic food has made a difference in lowering the MMA. One study, by Mozafar in 1994, has shown that when B12 analogues are placed in the soil with cow or human manure, the plants do absorb them. Unfortunately, many soils in the U.S. and around the world are deficient in B12. Many animals, aside from eating their own feces, will ingest a variety of eggs, insects, small vertebrates, or soils. For example, gorillas, who are the closest to vegan of all the species, will eat insects and sometimes their feces. So there are ways to do this for vegans, but again, they may not be pleasant to consider. The author would love, at this point, to come up with a “tasteful” alternative.

The Need for More Research

The author’s serum B12 of 600 pg may have thrown off his conclusions when he wrote his summary in *Conscious Eating* in 1990. The author may have been within that 20 percent of vegans and live-food practitioners who don’t seem to be affected within the first six to ten years. But he remains more concerned about the other 80 percent who are B12 deficient and the approximately 50 percent whose B12 levels have sunk to less than 100 pg over six years.

These overall conclusions are not finalized. Although there is not enough research to prove there is absolutely no vegan food that increases human B12 in the system, there is enough to suggest that preventive supplementation be taken to prevent B12 deficiencies. It is a possible suggestion that large amounts of dulse, raw nori, and an algae

called cocolithophorid algae, also known as pleurochritias cartera, may provide sufficient human active B12. Unfortunately, these have not been fully tested with the gold standard. It took thirty years to prove that smoking cigarettes causes cancer, but as with smoking, why wait thirty years to find out?

Healthy Levels of B12

The next question is, what is a healthy level of B12 in the blood serum?

The answer is that a serum level of 340–405 pg keeps the homocysteine level within normal range and 450 pg may give optimal coverage for most everyone. For a general framework, the following healthy levels may be of interest. The normal serum homocysteine level is 2.2–13.2 micromoles/liter. The normal adult urine MMA is 0.58–3.56 micromoles/liter. The normal level of B12 for breast milk is 180–300 pg per ml. The normal urine level for children is 820–11,200 micromoles/liter of MMA. The normal serum B12 level of children is 160–1,300 pg per ml.

Using the MMA test, elevated MMA was found in subjects with a B12 up to 486 pg. This is a really important statement, because up until this time, most of the studies in the world basically say anything above 200 pg is not considered deficient. That was somewhat why Conscious Eating suggested that B12 in many vegans and raw-foodists was low normal, but still within normal. Using the urine MMA test, studies show that without supplementing with B12, vegans have higher homocysteine levels than lacto-ovo vegetarians and non-vegetarians, which means they are deficient in B12. The good news, of course, is that B12 supplementation will reduce these high homocysteine levels back to normal range.

Supplementation of B12

The research conclusion is: It is a reasonably safe bet that about 80 percent of the vegan and live-food population, within six to ten years, runs the risk of a subclinical or clinical B12 deficiency and increased homocysteine levels. Over a thirty- to fifty-year span, that portion could reach 100 percent. An even higher percentage of newborns run this risk. Out of concern for all, particularly for the author's fellow live-food practitioners and vegans, it is well advised to supplement with an actual B12 human active supplement, especially during pregnancy and while breast-feeding. There are vegan B12 supplements, which allow us to be fully successful vegan, live-food practitioners.

The author's general recommendation is that, if you have symptoms of B12 deficiency, start with a 1,000-mcg injection once per week for one to two months or an oral administration of 1,000 mcg per day for four to eight weeks. After about two months of the oral, the dose can be cut in half. One month later, one can even cut that in half again. Nutritional Red Star yeast is a B12-fortified food that significantly cuts the B12 deficiency rate down to 15 percent in one study, but as a yeast it can activate

candida infection. The safest and healthiest approach is to do the supplementation approach with a B12 living extract.

The art of supplementation for B12 is relatively simple. The minimal need is about 6 micrograms per day. We lose 3 mcg per day. At the Tree of Life we have an activated high-cellular resonance B12 supplement that has 6 mcg per one-half teaspoon. The author recommends a minimum of one-half teaspoon two times per day in water. This liquid form is ideal for children. The author feels that a smaller daily intake better mimics how the body assimilates B12. Chewing a B12 tablet or letting it dissolve in the mouth is also a simple way. Crane et al. in 1994 suggested a 100-500-mcg tablet at least one time per week if the tablet was chewed. Those who chewed a 100-mcg tablet one time per week for six weeks brought their B12 from a below-normal average of 116 up to 291. Those who swallowed it without chewing, raised it from an average of 123 to 139. B12 supplements made of cyanocobalamin are damaged by prolonged light exposure. Because of vulnerability of smokers to cyanocobalamin, oral supplementation with methylcobalamin (dibenzocozide) and adenosyl cobalamin (coenzyme B12) can be used. Hydroxycobalamin is also a good form of supplement but is primarily in the injectible form. The Tree of Life uses this form for injection. Research shows that it is retained in the body more than cyanocobalamin. Methylcobalamin and adenosylcobalamin require 1,000-2,000 mcg per day for adequate supplementation.

Another question that is relevant to B12 supplementation is how much is safe. The Institute of Medicine has not set an upper limit of safety for B12 intake. Other researchers suggest that B12 intake of 500-1,000 mcg per day is completely safe and that the cobalt and cyanide contribution in 1,000 mcg of cyanocobalamin are toxicologically insignificant. However, people with cyanide metabolism defects, chronic kidney failure, and smokers are safest to use another form than cyanocobalamin. This is because they may have compromised cyanide detoxification ability.

There is not, at this time, any significant evidence that cyanocobalamin is harmful to vegan smokers. It is more of a theoretical consideration.

Some people eat according to their philosophy and belief of what they feel is natural. This may cause problems. For example, the black Hebrews, a group of African-Americans who have migrated to Israel, have horrendously high levels of infant B12 deficiency, with a certain amount of B12-deficiency-related deaths, as well as adult B12 deficiency. They did not believe in taking supplements. Data in a 1982 study by Shinwell and Gorodischer showed that, of the infants who were breastfed for three months and then were given diluted homemade soymilk for three months to one year, a significant percentage had protein deficiency, iron anemia, zinc deficiency, and B12 deficiency. Among the twenty-five infants with this condition, three were dead on arrival, and five more died within a few hours of hospital admission, despite treatment. Serum levels were low in nine of fifteen cases, and undetectable in three. This is a not very good example to show the world how we want to treat our children.

We can make those choices. There is a theory of what it means to be natural, but there is also a theory of what it means to be healthy.

What is meant by being successful is in being completely healthy, which includes having no B12 deficiency and no elevated homocysteine levels. It is the author's medical opinion as a holistic physician, nutritionist, vegan since 1973, live-food vegan since 1983, and as a person committed to supporting all those who choose to become healthy livefood vegans, that it would be wise to incorporate some B12 supplementation in your diet. It is more natural to be healthy than it is to be anything less than that. It may be the first time in history since the Garden of Eden that as a culture we have the capacity to healthfully follow the vegan teaching of Genesis 1:29.

If you'd love to read the rest of "Spiritual Nutrition", you can purchase copies at 15% off, [HERE](#).

Dr. Sir Gabriel Cousens M.D., M.D.(H), D.D., founder and director of The Tree of Life Rejuvenation Center, is a leading author, world renowned spiritual teacher and expert in raw, living foods nutrition. Dr. Cousens developed the Tree of Life Rejuvenation Center in 1994 in Patagonia, Arizona. It is one of the most unique spiritual centers in the world, helping individuals and the planet transform and heal physically, emotionally, psychologically, and spiritually, transitioning from a culture of death and war to a Culture of Life and Liberation.

In 1973 Gabriel transitioned from a meat-eating lifestyle to vegetarian, and started teaching meditation. In 1983 he transitioned to a 100% vegan live-food lifestyle.

Gabriel is married to Shanti GoldsCousens; he has two children and two grandchildren. He regularly teaches health and spiritual workshops, fasts and courses, and retreats at his two centers, tours with his book releases, and appears on popular talk shows. He has committed his life to world service and to establishing these programs on an international basis so that he, and everyone who chooses to help, can participate in the healing and transformation of the planet.

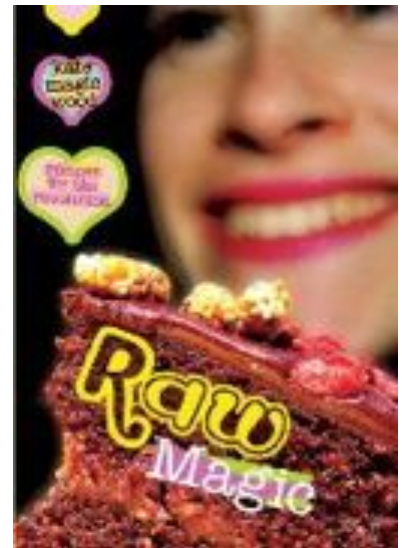


For more information on Gabriel Cousens, visit www.TreeofLife.nu

“Raw Magic” by Kate Magic

What is Raw Magic?

There are some foods that have the power to change your life. There are certain foods that when you eat them, your body is in heaven, your cells start singing, your mind becomes ecstatic. “Yes,” they cry in unison, “Yes, these are the foods that I have been waiting for. These are the foods that I have been craving, that my body has been missing my whole life.” Sometimes, it is a particular nutrient you have been lacking. But more often with these foods it is their synergistic properties. They have a magical energy which comes not only from the nutritional combination they contain, but from the way they are grown, the lands they are from, their history. Many of them are sacred plants in their countries of origin.



There are many amazing foods I have omitted from this book, foods that are more commonly recognised as superfoods: vegetables like broccoli, kale and cucumbers, fruits like cranberries, blueberries and grapefruit, sprouts like lentils, sunflower or alfalfa. I was tempted to include avocados and olives, buckwheat and oats, all foods I eat on a daily basis. But these are foods that most of us are familiar with, and if you are not then there are plenty of books out there that do cover them. This book is about the new breed of superfoods which are unique to the West in the 21st century. Never before have we had access to such a wide variety of plant foods. Some of them we are accustomed to in different forms, like cacao; others have been around for a few decades now, like Spirulina; some are widely known in their country of origin, but novel to the UK, like goji berries; and some others are utterly brand new to us, like purple corn. When I was a child, avocados and kiwis were considered exotic, now they are standard fare in every shopping basket. I believe that such is the potency and vitality of the foods in this book that as people catch on to them, they are going to revolutionise the way we eat, shop and live.

These foods are transformative foods. By eating such high potency foods they change the very nature of our reality. They affect our consciousness and raise our energetic level to a degree that has profound implications on all areas of our lives. It is not possible to eat these foods on a daily basis and not feel altered. We live in a culture which is intrinsically false; fuelled on junk food, media lies, false gods and political whores, we have forgotten how to be our true selves. These foods help us realign, connect with who we really are, and tune into our higher selves. It becomes increasingly harder not to live in our power when we eat this way, and this can be a hard adjustment to make in a world where the individual is

fundamentally disempowered. Revealing our inner core is usually painful, as we let the masks of self-deception slip away, we have to let go of people and life situations which have been holding us back and preventing us being fully who we are. It is a scary thing to do, to step into our truth and reclaim our birthright when we have been taught our whole lives to avoid truth at all costs, to keep up the facades and not rock the boat. But the more of us who make these choices, the easier it becomes. And the more we attract into our lives people who have made the same choices and appreciate us for who we honestly are.

Rocking the boat is what we are here to do! Isn't it exciting and exhilarating when you stand up for what you truly believe in? Our time has come, and the old ways are not working anymore. Paradigms are crumbling and new ones are rising in their place. As we understand eternal truths, we see the world for what it is, and understand how desperately things need to change. We align with our higher purpose, the divine intelligence, and see what our life's path is. What mission have we been given? What is our role here at this time? It is to wake the world up, to guide humanity through the massive shifts and changes that are taking place. And of course, that starts with ourselves. We must awaken ourselves, and we must keep the balance between being fully awake i.e. masters of our own reality, knowing that we create everything with our own energy, taking full responsibility for our lives as a manifestation of our own inner state of being; and between being of service, helping to awaken the sleeping masses, and doing everything we can to help people through these times. And you know what the best part is? It's fun. Believe it or not, the universe actually wants us to be happy, it doesn't want us to suffer. And the more we work with the universe, the happier we become, the less we suffer.

We are used to a duality in our minds over food. When I grew up, I had issues around my weight. I was trapped in a no-win situation. I could either eat, and feel dense, heavy, fat and sluggish, or I could not eat and feel good in my body, clear and light, but ungrounded, spaced out and weak. As most teenagers do, I was worried about how I looked. I fluctuated between liking the look of my body and feeling happy about myself by not eating, or satisfying my instinctive biological need for foods and but not really liking myself. I turned to drugs to help me see my way out of this duality, to escape into an artificially induced state of oneness and bliss. The chemicals I put into my body for years didn't do me any favours physically. But they did open me up to a higher state of being, an understanding that I could experience life the way I wanted to. I understood that my life's path involved trying to find ways to recreate those highs naturally, to adopt lifestyle choices that could assist me in living in my highest truth. I turned to raw foods and yoga, and have been working with those disciplines for nearly two decades now. I can honestly say the process has been revelatory. It has been an arduous and at times painful journey, but the results just keep coming, and they keep getting

better and better. Every time I am opened up to a whole new level of being in myself it blows me away.

This journey is like peeling back layers of an onion. You peel back one layer, you make improvements in your diet by adding certain foods and cutting out others, make changes in your lifestyle to move closer to having the life you really want. For a while you feel amazing, on top of the world. But then you uncover a whole other layer of issues, another set of physical, emotional and mental blocks to work through, that had been lying hidden deep within you, but are now out and exposed because you have peeled off the rubbish that had been covering them. This process never stops, it is the path we follow as humans, and the more we are in it, the more we learn to love it, to accept it all, not to resist but to enjoy it all, the ups and the downs; the pain and the pleasure are equal gifts, two sides of the same coin.

So how can foods have such a powerful transformative effect? Thanks to films like “What the Bleep?” and “The Secret”, and books like “Messages in Water”, people are beginning to fully grasp the concept Buddha taught us, “With our thoughts we make the world.” Everything is energy, and everything is connected. Every thought we have, every action we take, affects the quantum field. The universe is a living breathing intelligent mass and we are inextricably a part of it. If we focus on something long and hard, we affect the quantum field. If we tell the universe over and over, “I haven’t got a boyfriend, I haven’t got a boyfriend,” what’s the result? No boyfriend. If we replace that with, “I am attracting a beautiful loving nurturing relationship into my life,” result? Result. The skill is in maintaining that focus and intent when the spanner gets thrown into the works, when we have to deal with the stuff we manifested for ourselves without realising pops its head up. Every single food in this book gives us a boost to such a degree that we feel noticeably better about ourselves. When we feel better about ourselves, we take more forthright action, make clearer decisions. Challenges are more easily overcome, obstacles more easily dissolved. That’s Raw Magic in a nutshell; it’s a win-win-win situation. Your body, your health, your mind, your life, your family, your friends, your planet; everyone’s happier. It’s a simple concept, but it really does have the power to change the world. And it’s not if, it’s when. Not “is it possible?” but “yes, it’s going to happen!” once enough of us decide for ourselves that this is the future, and the future is now.

Supersexy Curry

Serves one

15 mins

Blender

Charged with superfoods, this dinner is perfect for feeding to your very

own god or goddess.

1 large avocado
3 small tomatoes
2 sticks celery
¼ red onion
1 lemon, juiced
2 tbsp hulled hemp seeds
2 tsp curry powder
1 tbsp maca powder
¼ tsp suma powder
100 g or 1 cup cauliflower
½ red pepper
50 g or 1 cup spinach
1 tbsp goji berries

Peel and pit the avocado, and put the flesh into the blender. Half the tomatoes, and chop the celery sticks into eighths, and put them in the blender too. Add the onion, lemon juice, hemp seeds and curry powder and blend to a thick puree. Add in the maca and suma and blend briefly. If you blend maca for too long it goes bitter. Remove the sauce from the blender and put in a bowl. Chop your cauliflower into small bite-sized pieces, and dice your pepper into pieces the same size. Stir the cauliflower, pepper, spinach and gojis into the sauce. Eat straightaway.

Green Gloop

Serves four
10 mins
Blender

This recipe reminds me of the glorious Gela of www.RawReform.com. When we lived together, we both had this affliction called Spirulina Mouth, which involved eating large quantities of spirulina, then smiling at someone and scaring them with our deep green teeth and lips. For some reason, delivery men love to ring on the door just when you're eating spirulina.

2 avocados
100 g or 1 cup lucuma
50 g or ½ cup spirulina
3 tbsp agave
250 ml or 1 cup water

Scoop the flesh out of the avocados and put it in the blender with the lucuma, spirulina, agave and half the water. Put the blender on and

slowly add the rest of the water until you have quite a thick pudding. Keeps in the fridge for up to a week. If you just can't help yourself, you can add 50 g (1/2 cup) chocolate powder and some extra agave to taste, and turn this into a secretly chocolately green gloop.

**If you'd love to read the rest of "Raw Magic",
you can purchase copies at 15% off, [HERE](#).**

Kate has seventeen years of experience of raw eating, and is raising her three sons on the raw diet. She is the author of 'Eat Smart, Eat Raw', the UK's best selling raw recipe book; and 'Raw Living', a recipe book and guide to the raw lifestyle. Her third book, 'Raw Magic', a ground-breaking book of superfood recipes, was published by Rawcreation in 2008, to rave reviews. She is Creative Director of the Raw Living website which offers information on eating raw, as well as an online shop. Her fourth book, "Ecstatic Beings," co-authored with Shazzie, has just been published.

Kate has been featured in most of the UK's national press and has spoken at numerous festivals and events around the country, primarily on raw foods but also on superfoods and on natural parenting. Kate is driven by a passionate desire for change. Everything she does is fuelled by her vision of humanity living together in peace and unity, and restoring our mother earth to a garden paradise. She believes raw foods and superfoods to be an important tool to unlocking our inner potential and empowering ourselves as individuals to create the revolution that is so urgently needed at this time.



For more information on Kate Magic, visit www.KatesMagicBubble.com or www.RawLiving.eu

“High Raw” by Kevin Gianni

Overcoming Potential Stumbling Blocks – Chapter 13

Anytime you set goals or start taking action toward a big change in your life, you will experience challenges or stumbling blocks along the way. To understand this, let’s use an example of driving to a job you’ve had for 10 years. Think about your commute to and from work — have you ever had one of those days where you get home and realize you don’t remember driving from work to home at all?

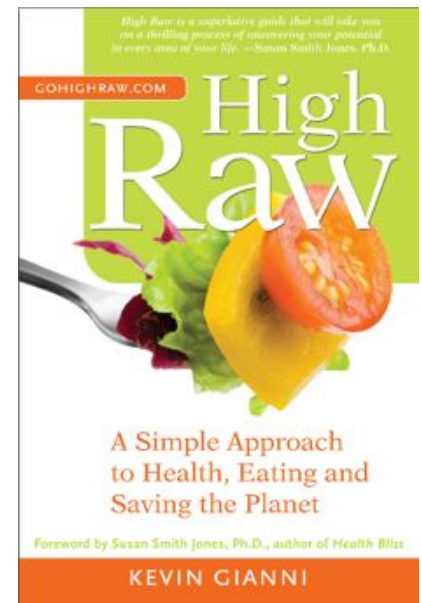
The reason is that your trip is so ingrained in your mind that you don’t even have to think about it anymore. If you encountered a detour one day and had to take a new route home from work, you’d actually have to think about which roads to take...you’d really have to pay attention. But for your usual trip home from work, it’s so automatic that it seems like you barely have to pay attention...you’re on autopilot. It’s the same with our habits. They are so ingrained that we are literally on autopilot as we go through our day. When you decide to change your diet, experiment with new recipes or start a new exercise routine, it may take some thought and planning at first. When everything is going well, you may find that doing things differently is pretty easy, but when stumbling blocks show up, it may feel more challenging.

Typical stumbling blocks on the way to creating your best health are: cravings, stress, information overload and feeling like you don’t have the money to invest in the healthy food, products or services you desire. These stumbling blocks are so common that I receive hundreds of questions about them on a regular basis.

The first place I start in helping clients overcome stumbling blocks is the idea of willpower vs. empowerment.

Willpower vs. Empowerment

Willpower is defined as self-control or controlling one’s actions or impulses. It is what we are told we need to have in order to change our habits. Stephen Covey describes habits as having a “strong gravitational pull” in *The Seven Habits of Highly Effective People*. So if you think about it, when you apply willpower to change habits, it is a constant battle of the gravitational pull of that habit against your own forces of self-control. Imagine what it feels like to be in a constant battle. You may do well at first, constantly pushing and pushing, but eventually, willpower crumbles. And when it does, you might simply go back to your old habit, feeling that it’s the more powerful force. Humans both desire and resist change. While change may be desired, resistance to change is almost an



instinctual way to protect ourselves. Resistance to change is a common reaction because humans tend to want things to remain in homeostasis or balance, which can often translate into wanting things to stay the same. In fact, resistance to change is so strong that the fields of change management and organizational development were created to help organizations reach big goals by helping employees adapt to change. So how can you change successfully so that you can reach your health and wellness goals? Instead of focusing on the battle of willpower, imagine what it would be like to feel empowered? To be empowered means that you are equipped with ability or enabled. Think for a moment about the difference between imposing self-control to do something vs. feeling equipped and enabled to do something?

Juice Feasting expert David Rainoshek created the concept of the Spectrum of Diet™, which approaches diet and nutrition along a continuum from low life-force foods to high life force foods. The idea is that you can see where you are on the spectrum and work to move up to a more healthy way of eating. If you looked at the spectrum and you were eating a standard American diet (SAD), you'd see that you have many steps in the spectrum to go before you got to the raw food diet. Now, what I don't agree with here is putting food in a hierarchy, saying that the raw food diet is the best, but I do like the idea of seeing how you might progress from one type of eating to another. For example, if you are currently eating SAD, the progression would be to whole foods, then you might move to a vegetarian diet, then a plant-based diet and then to the raw food plant-based diet.

In other words, the Spectrum of Diet™ is showing the possibility of how you might progress. What if you felt you had to go from SAD to raw overnight? You'd be skipping several steps. You'd actually miss the skill, knowledge and behavior changes you might be making along the way. You might apply willpower to make the change and "bam," you'd be going from eating Twinkies to eating kale and drinking green smoothies. However, having skipped all the steps in between, you haven't really empowered yourself — equipped yourself with the ability to make the change. You might find that you have to grit your teeth and force yourself to stay on track.

Many people do this...they use willpower to go from SAD to raw, without empowering themselves with the skills, knowledge and behaviors to really support a true change of habits. This is why so many people go right back to eating Twinkies again. Willpower eventually breaks down, and the timing is different for each person.

My goal in encouraging a step-by-step approach through the Five Principles of High Raw, is for you to equip yourself with the ability to create new healthy habits at your own pace. This is not an overnight switch, but a progression. If you say, "I'm going to do this" and slowly move up the ladder toward your goals, you can decide how you will move along the continuum toward a more plant-based diet as described in Principle #1: Eat Real Food and Think Like a Raw Foodist.

I recommend that you plan to make small adjustments from where you are now to where you want to be, unless there is a pressing health reason to make big, immediate changes. If your health requires big changes immediately, your health practitioner can be a great support in making a quick transition. For everyone else, there is really no need to make drastic changes. Remember that humans resist change, but you and your body may not even notice small changes. You give yourself a chance to get used to the change and then you build from there. This is a great way to coax yourself into making big changes over time. In a way, these small changes trick you into thinking that this is how you've been doing it all along.

If I had gone directly from SAD to raw food, I would still think about foods that I used to eat. I would still crave Entenmann's cake from the grocery store. Today, I don't crave those foods anymore and the thing is, it's because I know it isn't even food. I gave myself a chance to progress and learn over time.

When you aren't focused on being 100% raw or 100% perfect, you'll see that you have the ability to move along the continuum of healthy eating all the time. If you are not feeling like having raw food, you might have steamed kale and cooked quinoa. You no longer have to bounce back and forth from one end of the spectrum to the other because you have learned how to support yourself with healthy eating along a continuum. You don't have to say, "If I failed at raw foods, I'll go back to pizzas, soda and Twinkies."

So when you're trying willpower it's never going to work. You're never going to be able to push yourself long enough because eventually it's going to crack. Instead, trust that you are empowering yourself to make changes in your life by building upon what you've learned before.

Eliminate Cravings

Everyone has experienced cravings, but did you ever think about where the craving is coming from? Do you think it's you who doesn't have the willpower? Cravings are really a habit. In essence, you have associated a food with a feeling or emotion. From a physiological perspective, your body is looking for a hit of dopamine, sometimes called the "master molecule of addiction."

Dopamine is a neurotransmitter (chemical messenger) in your brain that is associated with the feeling of pleasure. When you eat a food you are craving, it stimulates dopamine, which then makes you feel emotions of happiness, satisfaction, reward or pleasure. The more concentrated a food (the more processed it is), the more you may stimulate dopamine, which is why many people have cravings for junk food. So YOU are not your cravings...in fact, you are responding to a chemical reaction in your body. There are other physiological reasons you may have cravings, but the dopamine reaction explains why your emotions may be so involved. Are cravings making you feel like a zombie walking to the refrigerator?

Are they sabotaging your goals to lose weight or maintain a healthy weight? It would be pretty tough to use willpower to overcome a physical and emotional reaction, wouldn't it?

I used to experience the pull of cravings myself. I used to host an open mic in Bethel, Connecticut every other Thursday. On those Thursday nights, I'd show up, play a couple of songs on my guitar and then invite everyone else up. People would sign up and play songs — and everyone would have a good time. It was at a coffee shop and they had the most incredible brownies. So I would have a brownie every Thursday night. The thing is, I would get home and I wouldn't be able to sleep because the sugar in the brownies was intense. I would roll around in bed, wishing I never ate the brownie. In the morning, I'd wake up with dark spots under my eyes. I'd feel so tired that it was hard to get out of bed. In spite of how I felt, I would still go to the open mic and get a brownie every Thursday night.

One day, I made a decision, "I don't want to be addicted to these brownies anymore." But that didn't do a thing to stop the craving. I would sit down at the open mic and start playing a song...all the while, thinking about whether or not I was going to have a brownie. How ridiculous is that? It's a brownie...just a little piece of cake! It had this magnetic pull on me that was literally insane. But I knew that I needed to take control. I realized one thing about myself when it came to brownies: I had this electrical charge towards them. There was something that was putting me in this position and giving me a feeling that I wanted. *I realized that if I could eliminate that charge, I wouldn't have to think about brownies any more.*

It's the same with any type of addiction. Think about cigarettes right now. If you are not a cigarette smoker, do you ever have a craving for cigarettes? Most likely you do not crave them at all. I used to be a cigarette smoker and when I was smoking cigarettes, I would crave them like crazy. Once I quit smoking and eliminated that craving, I have a whole different reaction to cigarettes. Today, if you put a pack of cigarettes in front of me — or even lit one and put it in my mouth, I would feel nauseous. I think it's disgusting. So what happened between craving cigarettes and not craving them? *I lost the emotional charge towards it.* I was able to replace it with something else.

Willpower just didn't work...making the decision alone didn't work.

Here's what does work for eliminating the charge of cravings:

- **RECOGNIZE THAT CERTAIN FOODS ARE AN ADDICTION.** Now that you understand the dopamine connection, you can see why certain foods, particularly foods high in sugar, are addictive. Instead of beating yourself up for having no willpower, you may decide not to eat addictive substances. More and more studies are showing how highly addictive sugar is. The only difference between sugar and cocaine, is that sugar is legal and readily available. Because sugar is so widely accepted and in so many processed foods, it causes many health issues. And it's not just

processed sugar. You may find yourself addicted to other sweeteners because they have the same or a similar effect. I'll cover more about sweeteners in chapter 14.

If you aren't sure about the addictive nature of sugar or other foods you are craving, pay attention to how you feel after you eat it. Do you feel hung over? Do you have dark circles under your eyes? I know that if I go to a restaurant and have any sort of sugar by mistake, like dressing in a salad or something, my body immediately reacts.

- **CLEAN OUT YOUR CUPBOARDS.** If you have food in your cupboard that you would rather not be eating, throw it out. Don't even bring it into the house. Let's say you want to avoid chocolate, but you keep a little stash in your house for when cravings strike. Think about what happens when you know a food you crave is in the house. You might be more likely to eat it. Instead, do not have these foods in your house.

- **ASK QUESTIONS.** Remember what got me on track with my health? I asked myself a question, "Is there something better than this?" You can do the same thing with cravings. Questions are very powerful because they get you out of autopilot and get you thinking differently. Ask yourself why you feel this pull. When I realized I was still craving brownies, I began to ask myself, "Why am I feeling this pull to these brownies?"

- **FIND OUT WHAT IS MISSING IN YOUR LIFE AND ADD SOMETHING BETTER.** Have you heard that craving sugar means you lack sweetness in your life? Cravings can often be distractions from what we really want in our lives. Think about what happens when you eat the food you are craving. When you eat sugar, do you feel warmth, peace or euphoria? Where are you missing those emotions in your life? What could you be doing that would allow you to experience them without food? The exercises in chapter 10, linking your passion to health and the perfect day exercise, are great ways to help answer these questions. Let's use the cigarettes and brownies as an example in my own life. What did cigarettes bring me? What do brownies bring me? In the case of cigarettes, I used them to breathe, relax, to be social, to take a break. I used brownies to have fun and to get a little pick-me-up. Think about it, if you can identify why you're going towards the food you are craving, you can start to substitute it with something else that will give you a similar feeling. When I used to smoke cigarettes at work I would go and take a five-minute break, sit outside and have a cigarette. That's a nice break. Why couldn't I just go and sit outside and not have a cigarette? Why not? Or what if I took a five-minute break and did deep breathing, to give me more of what I was getting from the cigarette? Once you realize the payoff you are getting from any habit or craving, you can start to choose a healthier habit that fulfills what you truly want. With the brownies, once I asked myself why I was so pulled to them, I finally said, "I get it." I decided to have a cup of herbal tea instead. I

realized the tea would calm me and I wouldn't have to worry about the brownies anymore. How cool is that? So I completely eliminated that addiction to brownies.

- **CREATE A PATTERN INTERRUPT.** As you go through the process of eliminating cravings, you may recognize a pattern. A pattern interrupt is putting something between you and what you are craving so that instead of having the craving and then taking action by eating what you are craving, you do something to interrupt the act of eating.

Let's use me and the brownie as an example. Let's say that I was craving a brownie. Instead of just eating it, I started drinking herbal tea. That interrupted my pattern of being on autopilot and just eating the brownie. There are many options for pattern interrupts: repeat a mantra, do a meditation, go for a walk, call a friend or even the practice of asking yourself questions. A good question is, "Is there something better that I can reach for now?"

Just the simple act of asking yourself this question can help you change your habits. You can train yourself to reach for better things. When you go to the refrigerator at night and you're looking for something sweet and you ask yourself, "Is there something better that I can reach for?" You might end up having a salad. You can literally save yourself from the clutches of some sort of awful addiction that feels like it's controlling you — because you are empowering yourself to move beyond it and create new habits.

- **CREATE A HEALTHY RECIPE INSTEAD.** Anytime you change your diet, you may have tastes you miss. One example is crunchy food. The standard American diet is full of chips, pretzels and other crunchy snacks. The thing is, you can replicate many of the tastes you like with healthier versions of those foods. This may take some planning if you want to make it yourself. There are many recipe books that show you how to make meals that taste like foods you may have left behind. For crunchy foods, you could make raw crackers or chips, for example. You'd be surprised at how delicious crackers made with raw vegetables, nuts and seeds can be. Some examples are flax crackers or kale chips. You can even dip kale chips in raw tahini.

You can find out how to prepare some of these healthy snack ideas like kale chips on our website: www.RenegadeHealth.com

These snacks are really easy to make on your own, but if you don't have the time, there are some excellent options at the health food store or online raw food stores for raw chips and snacks made with healthy, organic ingredients. Going to a raw food restaurant, like Quintessence in New York City, is also a great way to sample healthy food. Quintessence makes amazing raw, non-GMO corn chips that will show you the potential you have to make delicious, healthy substitutions for junk food.

Remember to ask yourself questions first though. Is it crunchy food you are craving or is it really the salt? I think it's often the salt we're addicted to. As you eat a more plant-based diet, you may find that your body is

getting more minerals and you won't crave salt as much. So remember, instead of remaining in autopilot or that zombie phase of cravings, practice these techniques. You'll see that you become more conscious and aware of what's happening in your mind and body — and you'll be empowered to make real changes in your life. Another important area to address with respect to eliminating cravings and reaching your health and well-being goals is reducing stress. Who of us isn't stressed out these days? Stress is a fact of life, but how you deal with it makes all the difference when it comes to your health.

Reduce Stress

Besides the typical aspects of life, we are bombarded with e-mail, the Internet and cell phones — sometimes, it may seem like we have too much to process in too little time. The fight or flight response of stress is meant to protect us in times of danger. However, many of us are feeling stress so often that it becomes chronic. Too much stress means too much cortisol, a hormone called the stress or death hormone. Elevated cortisol is linked to many health conditions, such as weight gain, premature aging, fatigue, lowered immunity and constipation.

Type A personalities, who are very driven, may react to stress more often than type B personalities, who are more laid back. As a type A personality, I know how critical it is to reduce stress. But the first thing you need to do is figure out what's causing the stress in the first place. Just like with cravings, if you can identify what is causing the electrical charge, then you can get to the heart of what is causing stress. Let me give you an example. Let's say that you hear your company is going to have layoffs. You are having lunch with two friends and one of them is worrying about losing her job. She's wondering how she'll pay her bills and how long it will take her to find a new job. She's worrying about her family. Your other friend has decided that she's going to wait and see what happens, but she's also planning to update her resume, thinking perhaps this is an opportunity for an exciting new job. Which friend do you think is experiencing more stress?

How you react to any given situation determines the level of stress you will feel. Certainly, news of an impending layoff could cause stress, but the friend who immediately starts thinking of all the bad things that could happen is bound to feel more stress than the friend who is seeing a potential opportunity for change.

Two people can be in exactly the same situation and perceive it differently. Is it possible that a layoff could be equally perceived as scary and negative or exciting and positive? How you perceive any given situation is the key to the level of stress you experience.

For you, losing a job could have an electrical charge — or an emotional charge to it. Ask yourself, "What is it?" Are you worried about not being able to pay the bills...or not being able to survive? Often, at the very deepest level, stress has to do with survival — because it's a deeply

ingrained, reptilian response to protect us and help us survive. Because it's reptilian, it comes from the part of your brain that is instinctual and automatic. However, you don't have to simply react in an automatic way to stress. If you pay attention and ask yourself questions during times of stress, you can decide how you want to perceive and respond to stressful situations.

Here are some techniques to reduce stress:

- **ASK QUESTIONS.** You've heard me suggest this technique again and again and for good reason: it helps remove you from unconsciously reacting in autopilot and instead, consciously responding to what is happening. Ask yourself what the electrical charge is to a particular stressful situation and then ask yourself, "How do I want it to be?" This will get you thinking about how to take action.
- **TAKE ACTION.** Taking a High Raw approach, think about Principle #5: Take Action. Once you have identified the electrical charge and how you really want it to be instead, you can start taking action to move in that direction. Let's say you've realized you are stressed about the layoff because you're afraid you won't be able to pay your bills. How do you want it to be? Perhaps you decide that you want to feel comfortable that you can pay your bills and find a new job. So what action could you take? Maybe you decide to create a budget, so you can understand your expenses. Then you take a look at your savings and see how you are doing. And finally, maybe you put a spending plan in place that you feel comfortable with. You might even join your friend in updating your resume and looking for a new job. In fact, if your current job isn't the job of your dreams, perhaps you do the exercises in chapter 10 to identify your passion and your perfect day. What if you took action and found an even better job that you truly loved? Or started your own business that you had been dreaming about?
- **USE STRESS RELIEF TECHNIQUES.** We talked about pattern interrupts with respect to eliminating cravings and they can be excellent for stress relief as well. You could repeat a mantra, do a meditation, practice deep breathing, do yoga or anything that helps to calm your body and mind. I like using Emotional Freedom Techniques (EFT). EFT is a process of tapping on emotional acupuncture meridians, while repeating statements about releasing what you don't want and reframing what you do want. People have used EFT as a pattern interrupt and behavioral change for all kinds of issues from addictions to phobias and unwanted patterns. While I don't think it's a cure-all, I do think that tapping on those emotional acupuncture points can help your mind and body relax. When you are stressed, notice what's happening in your body. Chances are, your breathing becomes shallow, your heart is beating faster and your muscles are tight — particularly in your neck and shoulders. EFT is great because it's easy and you can do it anywhere. If you are stressed,

you may not be able to calm your mind and body enough to meditate or do yoga. With EFT, it's very active and actually acts as a bridge from a very stressed mind to a calmer, relaxed state.

· **NOTICE IF YOU ARE ADDICTED TO STRESS.** You can become addicted to stress, just like you can become addicted to sugar and other foods. This is often referred to as the “adrenaline lifestyle.” One of the hormones secreted in the stress response is adrenaline, which gives you a shot of energy. That's what allows people to run really fast if they are being chased. Too much adrenaline, just like too much cortisol, is harmful for your body over time. However, just like an addiction to caffeine, you could become addicted to that hit of energy. Pay attention and see if this is true for you and if so, commit to actively reducing stress with the techniques mentioned here — or pick something else that works for you. Consider doing a two-week experiment with a low stress or low adrenaline lifestyle and seeing how you feel. Remember that this is a habit and it may take time to change. You may want to add this to your health goals and take steps toward making changes. If you are an adrenaline junkie, you might be someone who tries to take action on everything at once, which is exactly the opposite of what I am recommending in the *High Raw* approach. You owe it to yourself to find out how it feels to take things at a slower pace and enjoy the journey.

Overcome Plateaus

The term plateau is bandied about in health and fitness as a negative state. Plateaus are seen as a holding pattern that a person can't seem to get beyond. If you think about the meaning of the word plateau, it's really about a relatively stable period or level. How you perceive a plateau, just like how you perceive any situation, will determine if it becomes stressful for you or not.

Since we hear about plateaus mostly when it comes to weight loss, I would venture to guess that this fear about plateaus has been created to entice you to buy more products. The reality is that plateaus mean nothing more than a temporary stable period. When it comes to weight loss, if you are losing anywhere from 20–100 pounds, your body may have a period where it stalls for a bit as you begin to release weight. If you're focused only on the numbers, you may be excited when they drop and then feel like a failure if they stall.

Instead, I encourage you to forget about the numbers and forget about plateaus. In chapter 9, where we covered Principle #5: Take Action, I addressed the idea of expecting results too quickly. Sometimes our bodies know best and we have to give them time to adjust to our new health and fitness routines.

Have you ever exercised really hard for two weeks and noticed that you looked exactly the same? That can really defeat your motivation to exercise, if all you are looking for is immediate physical changes. Now,

what if instead, you tuned into how you felt? What if you noticed that you felt really good, you felt like your blood was moving and as if you had more energy when you woke up in the morning? Rather than focusing only on numbers, take an inventory of how you feel. That's how you recognize that success comes in many forms and you may be missing some important cues if you only look at numbers.

Here are some tips for responding to plateaus:

- TAKE AN INVENTORY OF HOW YOU FEEL. Tune into your body and your moods. Notice all of the benefits you are experiencing from inside, rather than simply focusing on the outside.
- FOCUS ON BUILDING GOOD HABITS. Recognize that a plateau is simply a stable period and trust that this is a time when you can focus on creating or maintaining good health habits. If your goal is only about losing 50 pounds, you may miss the opportunity to focus on the feeling of creating a habit that supports your well-being for a lifetime. Trust that your healthy habits will allow you to reach your goals. In this way, you can lose weight without having to stress about it.
- ACCEPT THAT SOMETIMES, THERE ARE BUMPS IN THE ROAD... AND ADJUST. Sometimes if you have a health challenge, you might have a recurrence. This has happened with me. Remember in chapter 7, when I had razor burn that went away when I eliminated dairy and then came back when I ate dairy again? This kind of recurrence can bring about the same feelings as hitting a plateau. However, when you are focused on optimal health, the goal is living the best that you can for as long as you can. When you embrace that, you can accept those bumps in the road and take action to adjust your habits.
- LOOK AT THE BIG PICTURE. On the way to reaching your health goals, you may experience slip-ups, plateaus or other challenges. Instead of getting stuck in the details along the way, what if you focused on the big picture? I'll share an example about investing in the stock market. Some people watch the stock market everyday and stress about the big ups and downs. Day traders will even take action based on those daily rises and falls, constantly moving money in and out of certain stocks. However, experts say that moving money based on these ups and downs is actually detrimental to long-term returns. In fact, it is the people who focus on the long-term picture (or the big picture) that do the best. Reacting based on market ups and downs tends to bring about the worst results. It's the same with your health. If you focus on the little ups and downs along the way, you may miss the incredible gains you'd make over the course of a year or two years. So it's only in the moment that you're feeling down. If we can focus on the big picture — the long-term — through your entire life, you're always going to come out on top.

Overcome Information Overload

Another area that causes stress in our lives is information overload. We've all been there, right? How can you not these days in our information society? First of all, it's important to trust yourself. If you take the *High Raw* approach, the five principles will empower you to be your own best health advocate. Trust that you have the information you need in each moment and that you are doing your best with what you know.

Next, if you are feeling like you are overwhelmed by all the information and not sure what to do, go back and re-read chapter 9, which covers Principle #5: Take Action. Chapter 9 addresses the idea of taking everything one step at a time. Remember, stress causes a hormone reaction that is detrimental to your health. Your health and well-being will benefit more from taking things one step at a time, at your own pace, than trying to reach all of your goals overnight.

I recently re-read *The pH Miracle*, by Robert O. Young and Shelly Redford Young. I was definitely interested in alkalizing my body, because my minerals had been low. *The pH Miracle* has so many good suggestions that it can be easy to get overwhelmed with where to start and how much to take on. After I finished the book, I went online and ordered three products that I thought would be effective for my own health situation. I didn't do ALL of the things or take ALL of the products he recommended. After taking those three products, I felt like I had addressed what I needed to for my health and I knew I could move on. You see, I didn't have to do everything in the book because I used *High Raw* Principle #3: Know Your Body. I trusted the results of a test I had gotten done and I trusted what I knew as my own best health advocate. That allowed me to choose a small piece of what *The pH Miracle* suggested and move on from there.

I did the same thing when I was dealing with Lyme issues. I read *Healing Lyme: Natural Healing And Prevention of Lyme Borreliosis And Its Coinfections* by Stephen Harrod Buhner. There's a lot of information in the book, so I just chose some basic principles and took action. As I mastered those principles, I kept reading and adding new ones. This eliminated the overwhelm because instead of trying to tackle the 50 recommendations in the book, I chose a place to start and practiced that until I was ready for the next step.

Here's the key: start with one thing. Just do it. Take action on it. Get it done, then move on to the next step. When you can grasp this, you've got it made. Add to this the unshakable confidence that you know you'll achieve your goals and you can relax and enjoy the process of creating optimal health!

As they say, attitude is everything — and that's true when it comes to achieving your health goals too. When I was dealing with Candida, I said, "I know I'm going to get over this!" When I was dealing with Lyme, I told myself the same thing. I didn't want sympathy from anyone, what I DID

want was to get better. And that's the attitude that I really recommend you have, because it's going to really work for you. Know that it's just going to happen. Instead of saying, "I'm going to fight it," say, "Let's go! I'm going to rock and roll. I'm going to transform my health. I'm going to figure out what's going on here, and I'm going to take care of it. And if I need to, I'm going to find people to help me get there."

Trust your intuition, but be safe too. Remember High Raw Principle #3: Know Your Body. Get tested. Figure out what's going on and how to know when it's resolved.

Money Concerns – Can You Afford Good Health?

When it comes to investing in your health, I'm going to take a tough love approach because there's nothing more important than your health.

When you receive my newsletter, I have a quote at the bottom that says: "Most people work hard and spend their health trying to achieve wealth. Then they retire and spend their wealth trying to get back their health."

The thing is, what do you have if you lose your health? I think health is the most important thing, which is why High Raw Principle #2 is Make Health Your TOP Priority. When you make your health your top priority, nothing gets in the way, even money. In my own life, I've seen this principle in action. There were times I did not have \$100 for a test that I knew I needed, but I made it happen because I knew that the test would help me achieve my health goals.

When someone comes to me and says, "I know I need this supplement, but I can't afford it because it's \$20," I ask: "Do you have cable television? Do you need that? What else do you have that you don't really need that's less important than your health?"

The reality is a lot of things are less than important than your health. I would almost go out on a limb and say almost everything is less important than your health...including your cable TV and your cell phone. So many people pay big monthly bills for these items and yet, don't want to invest in their health. It's up to you to decide what's more important to you.

I've gotten emails from people who make \$5,000 a year and they still eat organic foods. They've figured it out. They've found a way because they've prioritized their health. So you can find a way to afford organic food, supplements, tests or whatever you need to be healthy or reach optimal health. When you recognize that it's all about your priorities, you'll find a way to make it work.

So, how can you afford to do this? Well, what you can do is start somewhere. What I've always found is that if I stretch my comfort level when it comes to finances, over time there's always enough. For example, when my wife, Annmarie, and I wanted to buy a water filter, we could only afford a \$100 water filter. We started there and then upgraded to a \$300 water filter. Next time we buy a house we might buy a whole-house filter. What's important is that we started somewhere and built to a

better filter from there. And each time, we focused on the fact that we had the best water we could have at that time. And we felt good. Maybe you live near a spring and can get free water. In Moab, Utah, there's a spring that you can access from the road and people show up on Sundays and fill their jugs for the week. In that case, you don't even need a filter because you may have free solutions available to you.

Here are some tips for making your health more affordable:

- TAKE SMALL STEPS. If you feel you can't afford to buy organic food, start with just one food at a time and plan to add more as your budget allows. Maybe switch your regular lettuce to organic lettuce. Sometimes, just the act of taking that one step is the fuel for finding other solutions. Maybe you'll start gardening or sprouting. Maybe you'll find that you eat less organic food because it is so mineral rich. Perhaps an opportunity for additional work comes your way, so you can earn more money. In any case, taking a small step may lead to bigger steps AND it will certainly empower you to feel you are taking charge of your health.

- CULTIVATE A BELIEF IN ABUNDANCE. When you start from an attitude of "I can do this, I'll make it happen," everything starts to change. If you're not sure, just say that and feel what it would be like to believe it. Now say, "I can't do it, I can't afford it," and see how that makes you feel. When you believe in yourself and in abundance, it always shows up. That may sound silly — and it certainly does not mean going beyond your means — but cultivating a belief in abundance can truly bring about amazing results. Practice this for yourself and see what happens.

- FIND FREE ALTERNATIVES. If you are creative and open-minded, you may be able to reduce your costs by seeking free alternatives. One example is bartering (trading) with health experts for their services. You may have a skill — say you're a massage therapist — you can trade your skill for theirs. So you provide a free massage and they provide a free consultation. Be willing to talk to people and negotiate a trade that works for both of you. People do this all the time, especially in small businesses. You may be able to trade for products as well, so be open-minded and don't be afraid to ask! Whether you live near a fresh spring or have some space to start a garden, you may be able to lower your costs significantly. Some well known people in the raw food movement actually forage for food and superfoods in fields and forests.

- DO A "SYSTEMS CHECK." One of the pitfalls in achieving health goals is thinking you need every supplement and every health product. For example, you may read about symptoms and protocols and think you have a health condition that requires all of the recommended supplements. What if you ran a systems check on your body instead? Planes get a systems check before they take off and we can do the same things ourselves. Write down the systems in your body and do a check on

each of them. You might find out that there's only one area you want to address. This way, you can avoid all of the supplements or most of the steps in a protocol. You can zero in on what you really do need to take and start there. This is also a place where High Raw Principle #3: Know Your Body is incredibly helpful. The more you know, the easier it will be to run a systems check and zero in on what you truly need.

By now you are probably starting to see a theme: you can do it. When you believe you can achieve optimal health — when you have embraced *High Raw* Principle #2: Make Your Health Your TOP Priority — you can make it happen. Along the way, there may be stumbling blocks. Everyone experiences them and if you trust that they are a normal part of the process, you can practice the techniques in this chapter and keep moving forward. You may even find, like I did, that you learn more about yourself along the way, that challenges exist only to make us stronger. And in your case, when you look at the big picture and stick to your goals, they exist to make you even healthier.

**If you'd love to read the rest of “High Raw”,
you can purchase copies at 15% off, [HERE](#).**

Kevin Gianni is a health advocate, author, and interviewer whose programs and online seminars have helped thousands of people worldwide learn more and improve their health. His expertise includes exercise, energy techniques, nutrition, paradigm shifting and stress relief.

Kevin is the founder and host of The Renegade Health Show, a fun and informative daily health show that is changing the perception of health across the world; the author of *High Raw*; and the creator and co-author of *The Busy Person's Fitness Solution*, the optimal wellness system that helps busy people reach optimal health using only 3-4 hours of their precious time a week. He is also the co-founder of HealthBookSummaries.com, which he created with Mike Adams, and the creator of the widely viewed “Rawkathon” interview series, which includes interviews with leading experts in the raw foods movement. Kevin is responsible for helping thousands of people worldwide reach a level of health and fitness they never thought was possible. He is often quoted as promising “maximum results in the minimum amount of time...guaranteed!”



For more information on Kevin Gianni, visit www.RenegadeHealth.com

“Evie’s Kitchen” by Shazzie

How to start a child on raw food

Maximising your child’s instinct

Do you remember when you were little and you’d do anything to avoid eating boiled cabbage and sprouts? Often, young children won’t eat their vegetables because they’ve been overcooked and they taste and smell sulphurous. Children act instinctively and can easily decide if something’s going to be good for them. Evie has always enjoyed green juice. In the beginning I’d involve her in the juicing process and she’d get a sweet treat if she drank all her juice. After a short while she’d ask for the juice and then drink mine too. It wasn’t long before I had to start making extra. I figured that if she ate nothing else “good” all day, she was getting a huge amount of greens in the most easy-to-assimilate form.



Which came first, the chickweed or the cress?

If you want to start your children on green juice, mix a small amount of it into some juice that they already drink. If they love apple juice, try making apple and celery or apple and cucumber first. Slowly and gradually increase the greens to include kale, parsley, coriander, greens from your garden, rocket, watercress and spinach. Soon your children will get a taste for it as it’s so nutritious. If your children are hooked on sweet-tasting food then it will take longer for them to enjoy green juices. Persevere and you will reap your reward: vibrant children with the best taste in food on the planet.

Another way to add juice to your child’s drink is to make a strong green juice, pour it into ice cube trays and freeze it. Pop one cube into any drink before serving and she can have fun watching the green iceberg crashing around the cup as she drinks.

Children need to connect to the earth and see where their food comes from. Wander around your garden with them or go to the woods. Take a wild food book and a bag. See if you can fill your bag with edible plants. Eat the leaves and fruits there and then. Make a salad, pie, smoothie or juice when you get back to your kitchen. These free activities help you spend essential time with your children, while they

eat and learn the art of self-sufficiency. Perfect!

In the autumn I take Evie down the lane by my house. We pick brambles (blackberries) off the bushes and eat them. Evie comes home purplefaced and ecstatic from her wild food walk, and my kitchen remains clean!

One of the most rewarding pastimes you can have with your child is to grow food with her. If you don't have a garden you can grow cress, sprouts and herbs inside. If you do have a garden, or even a patio, you can grow countless varieties of edible plants. Once you get overexcited

about growing foods you can get an allotment, share space with neighbours, grow community food gardens or just keep foraging in the woods. Consider planting fruit trees wherever you go, too. Children love revisiting them as they grow up and become abundant with fruit.

Getting a child excited about raw food

So you're into raw food and you've read all the benefits, but what happens if your child isn't in such a hurry to give up his pasta and tomato sauce? I have three nephews and each one has gone through a (lengthy) stage of calling me weird. They've also gone through stages of letting me feed them the food I eat. My eldest nephew loves avocados, thanks to my dad. My youngest loves raw chocolate. The middle one, well, he still calls me weird. However, when I looked after him for a fortnight at the age of fourteen I did get him eating a few raw vegetables before he had his beans on toast. All older children will eat some raw food if you explain the benefits clearly.

Making food appealing is easier than you may think; yet the starting point will be different for each child. Some children are fussy eaters; some are hearty eaters. Here are some tried and tested pointers for small children:

Silly plates: This involves doing anything surreal with food. Children love the unexpected. Put food on dolly's plates, or use oversized and mismatching cutlery. Try feeding dolly first. Feed your belly button. Let your child feed you. Reverse roles, act like your child and call your child Mummy.

Fishing: When Evie was small we put goji berries, raisins and other dried foods in the bath. Evie fished them out, and then ate them.

Where food comes from: Get your child involved with gardening, wild fruit hunting, eating edible flowers, growing pots of sprouts,

and making animal sprouts (use tights to make a face and grow sprouts inside. The sprouts will come out like hair all over the “animal”).

Hide and seek: I hide little food parcels around the house or garden for Evie to seek out.

Blankie picnics: When it’s cold outside, we lay down a blanket or tablecloth and have a picnic inside with party cups and plates. We get dressed up and eat to party music in the presence of many dollies.

Eating in the car: It’s funny how children will eat in a car when they refuse to eat at home. Take advantage of it by preparing pots of cut up vegetables for all your car journeys.

Eating around the stupormarket: That stupormarket trolley came in so handy when I couldn’t get Evie to sit still and eat. Avocados, bananas, punnets of berries and even cucumbers got demolished before we’d arrive at the checkout. I kept the labels to scan, though!

Making food together: This is a really important practice. When Evie was really little I’d put the juicer and cutting board on the floor. She’d eat as I made the food. She still does it now, sitting on the worktop. Make dough from ground flax and water and get them to shape it. Dehydrate it to make nibbly biscuits.

Funny faces: We use sprouts for hair, a tomato for the nose, red pepper for the lips and olives on cucumber rounds for the eyes. Suddenly, a drab salad snack is appealing and fun.

Starting a baby on raw foods

If your baby isn’t yet eating solids, then it’s even easier for you to introduce raw foods when weaning time comes. If she’s never eaten cooked foods, she won’t miss them. However, if you eat cooked foods don’t expect your child not to notice. It’ll be in your breastmilk, on your breath and on your clothes. Practise what you preach.

What are the first foods?

Evie’s first food was organic papaya with breastmilk. Making the new food recognisable by adding a familiar flavour works well during all transitional stages. Sitting your child on your knee facing you makes the situation feel like a breastfeeding session, so she’ll feel more comfortable, confident and at ease.

Give the food on a spoon if you need to, but it’s best scooped up on

a clean finger, so you know it's the right temperature and you still get that intimate connection with your baby.

Some of Evie's other first foods were: bananas (go steady as they're constipating in large amounts and can cause extreme pain for your baby), avocados, mangoes, wheatgrass juice, spirulina and raw carob powder, all mixed up in varying combinations. There are many other soft fruits that are good blended, such as berries, durian, young coconut meat and its water, peaches, plums and so on.

8-12 months

To the above foods you could add two or three teaspoons of sprouted puréed quinoa, a quarter of a teaspoon of maca, a teaspoon of mesquite powder, half a teaspoon of algae, a pinch of marine phytoplankton or a quarter of a teaspoon of hemp protein powder. Go steady: these foods are powerful and young children are still getting most of what they need from breastmilk at this age.

Look at the Recipes section for more ideas about what to first feed your baby.

I frequently pre-chewed Evie's food when she was smaller. It's a natural practice that reduces the possibility of choking. It also helps children digest the food, as your enzymes start the digestion process for them.

"I sometimes chew lettuce or spinach for her and then feed it to her. I know that is something I can only share with you and my husband. Everyone else out there would think I was insane and filthy."

— A Mummy, by email.

Evie had all of the foods I mention above from seven months (along with breastmilk) up to about thirteen months. At that point she became one of those...
Toddlers!

Toddlers spend masses of energy and lose their baby fat as they climb, jump, roll, run, play and generally flail and flap.

Because of the increase in movement they need to start eating more nutrient-dense foods along with the

familiar nutrient-rich breastmilk.

As a 16-month-old toddler Evie loved chunks of avocado, cucumber, dehydrated nut and sea vegetable burgers, mangoes, bananas, nuts (she would overeat on these, so I had to limit them), apples, carrots, broccoli, cauliflower, dehydrated cookies, nut mylks with ecstatic foods added, various green superfoods, durian, green vegetable juices, tomatoes, sea vegetables, various raw food bars, and lots more.

I also made her light raw chocolates and other raw chocolate delights, which she adored in very small amounts.

As you can see, even at such a young age Evie ate a wide variety of foods. Her two main superfood mixes contained over 60 ingredients, and all the food I gave her was organic wherever possible. We ate wild food when out walking, and it was easy making a small packed lunch for when Evie was looking after some other adult.

A typical day for Evie's food at 21 months

Breastmilk throughout the night.

½ cup of cashew nuts and water on waking (she often made me chew them for her and spit them into her mouth).

Water.

1 small cup of freshly squeezed orange juice.

A couple of veggie chips.

Water.

Breastmilk.

½ cup of soaked/sprouted buckwheat.

Breastmilk.

1 banana.

Breastmilk.

½ avocado with ½ cup of mixed sprouts rolled in ½ a nori sheet, topped with about ½ a teaspoon of Crystal Manna.

Water.

2 cups of raspberries.

Breastmilk.

½ avocado with ½ cup of mixed sprouts rolled in ½ a nori sheet, topped with about ½ a teaspoon of Crystal Manna (again).

Water.

5 walnuts.

Water.

1 choccie brownie.

Bed, with breastmilk throughout the night.

Beyond toddlerhood

Omitting “empty” foods such as pasta and potatoes gives us the opportunity to get more of the good stuff in. It’s essential that your child enjoys good quality fat and protein-rich foods. The consumption of soaked (preferably fermented) nuts and seeds needs to be high and continuous.

**If you’d love to read the rest of “Evie’s Kitchen”,
you can purchase copies at 15% off, [HERE](#).**

Shazzie has been a vegan since 1986 and a raw foodist since 2000. She became an instant raw food superstar in 2000, when she started her world-famous blog which attracted millions of readers.

Shazzie’s passion is in the arts: she paints, designs and writes. She has written five books: Shazzie's Detox Delights, Detox Your World, Naked Chocolate (co-authored with David Wolfe), Evie's Kitchen and Ecstatic Beings (co-authored with Kate Magic). Shazzie is also the Managing Director (CEO) of Rawcreation Ltd (trading online as Detox Your World). She’s also written three ebooks: the free Raw Britannia (part of her Make Raw Food Mainstream campaign), Shazzie Whispers (which is freely available via her blog) and Ecstasists Anonymous (commissioned as part of a Hay House campaign).

Shazzie works a maximum of ten hours a week, using the rest of her time to play, laugh, love and be. She lives the life of her dreams in her own beautiful cedar home, nestled in a countryside community on twenty-three acres of shared land in East Sussex, UK. She raised her daughter, Evie, on a raw vegan plus breastmilk diet to the age of four. Evie, who was born in 2004, is unvaccinated and a "free range child".



For more information on Shazzie, visit www.Shazzie.com

“Raw Success” by Matthew Monarch

Interrogating the Raw Diet

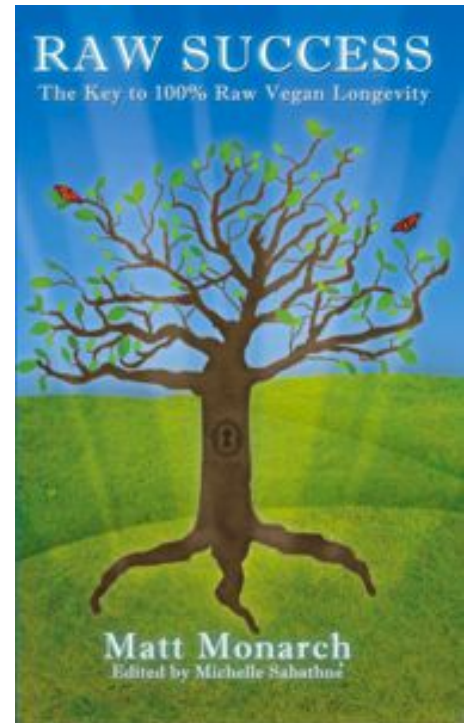
Most of us go RAW to enjoy the full potential of our body – energy, joy and beauty, throughout a long and pain free existence. Sounds Heavenly. Yet as I look around the Raw community a few questions emerge:

Is the Raw Lifestyle making good on its promise for long life and health?

Where are all the amazingly vital Raw Foodists, living past 100?

Why aren't Raw Food Eaters living decades longer than cooked food eaters?

If you look at the Raw Pioneers – Paul Bragg, Herbert Shelton, Bernard Jensen, William Esser, Johnny Lovewisdom – they lived between 80 and 93 years, or less. It seems to me that a 100% Raw Food Eater does amazingly well in the beginning, compared to a cooked food eater. Diseases are healed, persistent pounds are shed, and depressions lift. However, as we continue eating Raw, over time, we lose our advantage and the gap closes. *Raw Success* addresses why the Raw Foodist is not thriving well past the age of 100, and reveals how we can encourage ceaseless regeneration.



My Story

Seven years ago, my world went from hamburgers to celery. Overnight, I became a 100% Raw Foodist. One single word describes my experience: transformation – *rapid* transformation. I rejuvenated, became younger, experienced electric vitality, and for the first time ever, my life took on an undeniable spiritual dimension. Convinced of the benefits of Raw Living, I wanted to progress quickly.

After my sixth year of consuming exclusively Raw Food, the tides of transformation changed direction. In fact, my body stopped becoming younger. This body that was so thrilled to throw off years of stored toxins and waste, had caught up to the present day, and *I started to age on a Raw Diet*. Aging was inevitable and had to happen at some point, but I became extremely interested in ways to delay aging and increase vitality, for as long as possible.

Everything I have learned – from myself, books, “experts”, the bruises of experience and all the triumphs of experimentation – I offer to you here, for your long-term *Raw Success*.

Chapter 1 – Living Forever *The Fountain of Youth*

There are many reasons to eat only Raw Foods. Not the least of which is the reversal of time – to become younger, to once again experience the beauty, health, and vibrancy of youth.

Why do we become younger with a Raw Lifestyle?

The answer is simple:

We eat less food.

It's true. Profoundly and simply – *the key to becoming younger is eating less food*. The body jumps at any chance to heal itself and become younger. Eating less food gives our body the ideal opportunity it's been waiting for! Compared to cooked and/or processed food, Raw Food is "less food" in two ways: *Less Quantity* and *Better Quality*.

1. **Quantity**: Eating less bulk – while Raw Food is nutrient dense, it is mostly just water, and thus, *actual* bulk is less than concentrated cooked foods. We get the nutrients we need without having to Super Size.

2. **Quality**: Eating better quality food – cooking and processing not only deplete the nutrients in food, in some cases it also mutates the cellular structure of the elements composing that food. These mutations are often harmful to the body, whereas organic live foods are harmless and mostly water: *water distilled by nature*.

Obstruction-Free

Did you know that the human body is a Perfectionist? The body's dream come true would be for us to live in a pristine environment on water alone, breathing in the heavenly fragrance of pure clean air. I am not going to explain in detail the theory about how and why Breatharianism is possible; that's another book in itself. (While I have not experienced this myself, there are reports of numerous humans on this planet who live and **thrive on air, water and sunshine ONLY**.) In truth, everything else is obstructive to the body to one degree or another. An *obstruction* is anything that hinders one's progress towards optimal health. In other words, if we are not Breatharians living off pure pristine water and air, then we are putting obstructive elements in our system.

The real question is:

Which foods are least obstructive?

Raw Foods

Another way of saying 'least obstructive' is 'least damaging'. Raw Food can be considered an obstructive element to our body, but it is much, much less damaging than cooked food. When we eat this nutrient-rich

Raw Food, made of mostly water, there are fewer obstructive elements entering our system than if we were to consume large portions of dense dead food made with ingredients we can't pronounce. Similarly, someone eating an Intermediate Diet, which eliminates refined sugars and processed starches is putting fewer obstructive elements into their body compared to someone on the Standard American Diet.

The Reward

Eating less obstructive food frees up the body's energy to detoxify itself of anything anti-life that may be stored in its cells and tissues.

Also, if you are eating only Raw Foods and drinking their juices, you get the added bonus of rapid regeneration of your cells, tissues, organs, and blood, all the while furnishing the body with the finest nourishment for continued smooth performance and well-being.

To become younger is to experience *massive regeneration*, so that one not only heals the typical damage that cells experience during the course of a single day, but the body also has enough surplus energy to repair long-term damage sustained from our past habits as well. The results are that we look and feel renewed. Add to that a rich spiritual connectedness, which is a natural part of being Raw, and it is like Heaven right here on Earth. If you had your wish, wouldn't you want to become younger forever, reaching higher and higher levels of vitality and health?

There comes a point, however, after the body has thrown off its major load of toxins and has healed to a considerable degree, that the process of becoming younger stops and aging begins. It was during my mid-20s that I crossed over to a Raw Lifestyle. By year six, I had already released most of my worst toxicity and that's when I stopped becoming younger. Taking youthfulness to the next level would require one to eat less food, but as you will learn, that decision can have surprisingly negative consequences to our lifespan.

The Observation

The effects of Raw Living have always fascinated me and I began to watch Raw Foodists with hungry curiosity, in hopes of learning from their experiences. Often, I would meet men and women who started their Raw journey much later in life than me. I began to notice something strange. Their process of becoming younger showed no signs of slowing, even after 10-15 years Raw - they were still healing, becoming more energized and *more beautiful.

*(*The elders who transition to a 100% Raw Diet seem to stand out far more fully and vibrantly in contrast to others in their age range. It is really quite extraordinary to see.)*

I discovered that the reason was this: They had more damage and toxins to clean up from the added years of poor living, so they were enjoying a longer process of becoming younger.

To illustrate this fact, there is a story I want to share with you, and it requires a brief introduction to a great man. Dr. Fred Bisci has been my primary mentor during this Raw journey. He has a PhD in Nutrition, and has seen well over 25,000 people during his 50- year career. Because of Dr. Bisci's extremely high success rate for helping heal people from degenerative disease, he is quite respected and sought out by those who suffer. In addition, Fred has been Raw over four decades. There is a priceless interview with him in my first book, *Raw Spirit*.

Now, onto the story:

Dr. Fred Bisci's mom had a stroke at age 84, and her doctors told her she had only a few months to live. Fred convinced his mom to improve her diet under his guidance and his sister's supervision. She recovered swiftly and lived to the ripe old age of 101! Her process of becoming younger lasted longer than mine. Already at death's door, the only place to go was UP! Fred's mom was given so much extra life and energy because there was a huge amount of cleaning to be done. Not only did she evade death for quite some time, but she also pushed on to live years past many of our Raw Pioneers.

The Law of Adaptation

How did we get clogged up in the first place?
The body adapts to what we do OR do not do.

As was highlighted previously, one of the main reasons why a Raw Lifestyle makes us feel and become younger is the results of the detox that takes place with an improved diet.

It is crucial to understand the adaptation ability of our bodies. As many of us know from personal experience, the cleaner our diet, the more sensitive we become. For example, if someone completely eliminates processed starches and greasy foods from their diet, but three years later eats a slice of pizza, they will inevitably feel ill. ***The body adapts to what we do or do not do.*** When we improve our diet, we can no longer tolerate certain lower quality foods.

If you were to ingest an entire tablespoon of arsenic, chances are high that you would die. However, if you were to take a drop of arsenic once every three days and very gradually over many months increase the dosage, after three years you could likely survive that same tablespoon of arsenic. Building up your arsenic tolerance is not the healthiest thing to do for long-term health, but the example illustrates the amazing adaptive response of our bodies.

Not far removed from the arsenic example, is what most of us have been doing all our lives. Imagine feeding a newborn baby a Quarter Pounder® with cheese. Your insides may shout in protest to the idea - "No, don't you dare!" The results could be devastating, similar perhaps to us suddenly consuming an entire tablespoon of arsenic.

We clearly see the mistake it would be to feed greasy fast food to an infant. What we may not be so quick to realize is that many children are

given a version of fast food, being fed processed baby food three times a day. The constant runny nose warning is eventually silenced by repetition. Years pass, a variety of cooked/processed foods are added little by little, until eventually they can tackle that juicy hamburger. Building up your tolerance to “plastic food” is not the healthiest thing to do for long-term health, but you can do it – *you did it*.

As a 100% Raw Food Eater, you become pure and clean again, *like a newborn*. The longer you are Raw, the more sensitive you become. Processed foods you ate before are no longer tolerated. I have been on a Raw Diet for almost seven years. I am convinced that half a hamburger would put me in the hospital. If you were to give Dr. Fred Bisci, 40-year Raw Foodist, the same half hamburger, it could end in disaster. Yet most people on the planet can eat two hamburgers, slap their knee and say “Mmmmm”.

{The glossy section in the middle of the book, The Science Behind It All, explains exactly what happens on a cellular level as the body “adapts” and why we become more sensitive.}

Air Quality

It is essential to talk about the concept of air quality. *Air is another food we ingest*. The quality of our air has a significant impact on the quality of our health.

The bodies of those starting a Raw Lifestyle in their late 40s/early 50s, have greater resistance to a toxic environment. Compared to them, I have considerably less tolerance for pollutants. For example, in a smoky room I am coughing and headachy, while they may show no signs of discomfort. Obviously, my clean young body is more susceptible. On a cellular level I do not have as much buffer against car fumes, smoky rooms, detergents and chemicals.

Bottom line: Toxins have a more damaging effect on a cleaner body. Exposure to these toxins will not shorten our life in the long-run. As healthy eaters, we rapidly heal from the damage done and will live a healthier, longer life if doing the 100% Raw Diet correctly.

However, if I were forced to live *day and night* in a smoky room with a 55-year-old man who had been Raw five years, and a man on a Standard American Diet, my seven-year Raw, early 30s body would suffer the most damage. The 55-year-old five year Raw Foodist would sustain minor cellular injury, and the SAD dieter may never feel a thing. Without new, good quality air and an opportunity to regenerate, my higher level of health would actually work against me in this situation.

Which brings us to this ironic fact:

A body that is not full of vitality, and is in a weakened state, can endure and live longer under adverse conditions than a cleaner body.

{Please note: This statement does not say that a less-vital body will “thrive and experience amazing vitality”, it merely implies survival.}

To illustrate this hypothesis, Hilton Hotema offers the perfect example in his book, *Man's Higher Consciousness*.

In a clinical experiment, a group of scientists put Bird-A in a glass cage with no air outlets. Breath by breath, the bird exhaled CO₂, and the air in the cage became increasingly more toxic. Because the process happened gradually, the bird was able to adapt to the CO₂ rich environment. Bird-A was then removed from the glass cage. Bird-B was placed in the same CO₂ rich environment. Bird-B died in moments from shock. Bird-B had no time to adapt like Bird-A, and the sudden extreme toxicity made it impossible to sustain life.

In addition to foods, we are very sensitive to air quality, to the toxic load we breathe with each inhale. Based on the bird example above, it stands to reason that if you took a man who walked this pristine Earth 5000 years ago and dropped him into the current polluted state of our planet, most likely he would not survive long.

Raw Food Makes Us More Sensitive

It is undeniable: I am dramatically more sensitive to cigarette smoke now as a Raw Foodist than when my diet was cooked. The damage to my cleaner, vulnerable cells is evident. In my first book, *Raw Spirit*, I wrote about a Raw woman who smokes cigarettes. She was unaware how injurious smoking was for her compared to someone on a typical diet. I encouraged her to either quit smoking or start eating cooked food, because the cleaner our diet, the more harmful foreign substances are to our body.

Is it true to say that a cooked, processed food eater lives as long as the Raw Foodist because they can better endure the present condition on Earth? Does the Raw Foodist age and die prematurely, compared to their potential of 100+ years, because of our environment?

I feel that the toxic environment is *one* of the main reasons the gap narrows in the long- run, and cooked and Raw Food Eaters die at the same age. Luckily, there is a solution, which I will describe in detail, along with the other reasons why we do not seem to be succeeding in the long-run. If done correctly, the 100% Raw Food Diet is the ultimate diet for the human organism, giving us the ability to thrive well beyond the century mark. More than anything, your body wants these natural "miracles" to take place.

The Young Raw Foodist

Someone who starts young and stays Raw reaches a point of extreme cleanliness early. After a few years they have already cleansed,

regenerated, and become younger. The body quickly repairs a large portion of the damage done from the previous years of processed foods and substances. Additionally, they can cleanse deeper on a cellular level compared to someone who started later in life (like Fred's mom) making them even more sensitive. At this level of immaculate inner health, the long-term Raw Food Eater is more susceptible to our Earth's polluted environment, and toxic chemicals.

*It seems as if it is advisable to become Raw at age 40 versus age 20.
Is there a way around this?*

Yes, with Consistency, Cleansing and The Optimal Diet.
{By the end of the book, this answer will be fully clear to you.}

Chapter 2 – Stabilizing Out *Quality and Quantity*

If you become Raw at age 25, in less than a decade, there is a great chance that your body will stabilize and start to age instead of becoming younger.

Let's look closer at why this forecast for the long-term Raw Foodist is seemingly inevitable. Knowing "why" will help us discover how to go in a different direction.

In Chapter 1 we said that becoming younger happens when we *eat less food*. Once again, the magical combination Raw Food offers is *better quality* (nutrient rich) meals and *less quantity* of food.

Many Raw Foodists come from a SAD or processed diet background. Raw Food is the highest *quality* you can ingest, taxing our bodies the least. The chemical elements of a baked potato or hamburger are damaging to our bodies, whereas live Raw Foods are perfectly made to nourish and energize the body. Furthermore, Raw Food is mostly water! Although the meals you eat may look similar in size compared to your previously cooked menu, if you were to blend a large Raw salad to liquid, and then remove the water content by placing it in a dehydrator or oven for a few hours, you would be left with a mere handful of powder. Thus, the actual bulk of food eaten in a Raw Meal is considerably less than a cooked food meal – addressing the factor of *quantity*. Higher quality food and smaller meals are less obstructive, making them the perfect recipe for regeneration.

Less Food Can Lead To No Food

Based on the age you begin a Raw Diet, your health condition, and your consistency with eating the same quantity and quality of food each day, over time your body will *stabilize out*. The massive detox stops, and then at some point you start to age because you've caught up to your own evolution. The only way to restart the process of becoming younger is to *eat less food*. You would need to eat less and less over the years to

continue the process of age reversal. This is futile – all Raw Foodists would eventually be eating miniscule amounts of food or become Liquidarian, living exclusively on liquid. Then what?

The benefits of extreme dieting would indeed include slower aging, increased strength, vitality, and phenomenal spiritual receptivity. However, exponentially more sensitive than a Raw Foodist, a long-term Liquidarian has even less endurance for adverse conditions and their longevity would be compromised in the long run, not from diet, but from toxins in the air they breathe.

What Is “Normal” To You?

Our body is the most ready and willing servant for our happiness. It is always pushing us towards greater levels of perfection and health. Whenever it is given a chance through fasting or improved diet, the body goes into immediate healing.

In an ideal, pristine environment, our body could live on pure water, small amounts of food and nutrient dense, flowery, fragrant air. Yet we are not dwelling on a “Garden of Eden” planet anymore. As crazy as it might sound, we actually need to stop the body from loving us too well and pushing us too far forward.

Let me explain. There is a new concept I’d like to introduce to you. To describe this new idea, I’ve coined the term: *Stabilizing Out*.

Stabilizing Out happens when the body gets accustomed to a habitual quantity and a certain quality of food. Biologically, we stabilize out, no matter what our diet is like – whether we are on a cooked diet eating three fast food meals a day, or a Raw Diet eating two small meals a day. If we are consistent, eventually, our body settles into a “normal” food day; this is called “stabilizing out”.

Once you *stabilize out*, eating more than your usual amount of food often results in a feeling of illness or fatigue. Furthermore, because the body loves progress, even if you are “perfect” and eat exact daily portions, at some point, your body will again try to raise the bar by encouraging you to eat less food. Often this nudge towards progress will be felt as sluggishness after eating your typical meal. This is the body encouraging a reduced appetite, so that you can reach higher levels of health and energy.

Unless your diet continues to improve, at some point you will suffer sluggishness and begin to age. The danger is that the cleaner your diet, the faster this progression occurs, and the more sensitive you become to adverse environmental conditions as the years go on.

Giving In

To avoid discomfort and regain vitality, many give in to the body’s prodding and eat smaller meals. Can you see how this process is never ending? The body is always moving toward greater levels of optimal health, becoming cleaner and more efficient, needing less to thrive. This

applies no matter where you are starting.

For example, a long-term Liquidarian who has stabilized out in a routine of 4 veggie and/or fruit juices a day, would experience lowered energy and physical discomfort if they were to drink a 5th or 6th glass of juice. JUICE! What's more, their body will eventually encourage them to drink 3½ glasses of juice rather than their typical 4. At some point they will feel discomfort and sluggishness unless they reduce their juice intake.

Before becoming Raw, I ate three processed food meals a day – mostly microwave chicken patties, Subway sandwiches, In-and-Out Burger – the diet of a college bachelor. My body tolerated the menu well; I exercised, rarely overate, and felt energized. As a Raw Foodist, I thrive on much less. For years now I have consistently eaten two simple Raw Meals a day. My body has *stabilized out*. If I consume larger portions or more than two meals, immediately my energy drops. Additionally, my body is now trying to push me further by creating occasional bouts of sluggishness after a typical sized meal. It's saying, "Eat less fat and sugar". What's incredible is that 99% of the human population would feel extremely hungry and energized on my diet, yet my body wants to keep moving forward, into less and less food intake.

Will I Get Enough Nutrients if I'm Eating Less Food?

The nutritional needs of each individual vary depending on your level of cellular cleanliness. The more you detox, the cleaner you become on a cellular level. As you stabilize out at new healthier levels of eating, you will have more energy and need less food.

The person eating a Standard American Diet requires more calories and nutrients to function well. The person eating an all-Raw Diet can accomplish the same endurance with less food because when the body is clean, it is more efficient and requires less fuel for energy. Someone who has been on a Raw Diet 40 years will need less food than someone who has been eating Raw for only five years. And a 5-year Raw Foodist needs less food than someone eating Raw for 1 year.

{I recommend reading the section entitled "The Science Behind It All", which explains exactly what happens on a cellular level as the body evolves to new levels of health.}

Squeaky Clean

Many start the Raw Lifestyle to reach "ultimate health". Naturally there are some who wish to become as pure as possible in their Raw choices, excluding certain foods or combinations that feel too dense or not ideal. I personally do not recommend eliminating concentrated foods such as nuts and seeds. I want to comment further about this issue, as it is becoming quite popular with some Raw Foodists.

Some people think that eliminating concentrated foods such as nuts is a dietary improvement because the digestive system is less taxed, thereby bringing us closer to an optimal state. This is a half-truth. Many years

ago, when the Earth's environment was pure and pristine, eliminating concentrated foods would have been beneficial. If done correctly, the body becomes more vital, strong, and in tune to heightened spiritual experiences. However, in today's compromised air quality, by cutting out nuts, one would ultimately shorten their lifespan because of their vulnerability to the current adverse conditions facing our planet. In the long run, eliminating concentrated foods lowers our endurance for adverse conditions, and any inconsistent actions in the future will take a greater toll on our vitality. Why walk on a tight rope? Not only do I feel there are immense benefits from the nutrients nuts and seeds provide, but they also help to slow our body's evolution.

Too clean: We do not want to become so pure that the environment takes its toll on us in the long run. For 99% of the Raw Foodists reading this book, your diet is not in a danger zone. It takes many decades on a consistent, "extreme" Raw Diet before you need be concerned about the environment's effect unless you are living in an extremely toxic environment. However, it's good to be aware of factors that play a part in our long-term *Raw Success*. {*There are other reasons why 95% of Raw Foodists do not succeed in the long-run, which I will continue to share with you later in this book.*}

Super Sensitivity

Even after a mere five day fast, my body threatens to evolve. Returning to my regular meals is a great adjustment and I usually experience grogginess as my body makes room for the unwanted quantity of food. My body is shocked to be eating again, and that is after only five days of abstinence! Imagine eating very little food for decades... Consistency would be crucial to avoid shocking your system.

In my previous book *Raw Spirit*, I wrote about a man who only ate 12oz of food once a day for many years. A friend convinced him to try 16oz in his daily meal. That extra four ounces almost killed him. We each have a threshold. Like I said before, if I were to eat half a hamburger today, there is a great chance I would need medical attention. After seven years on a 100% Raw Diet, I can no longer tolerate what used to be a daily ritual. In contrast, the majority of folks can eat two thick-meat hamburgers, and feel fine. Again, it is extremely beneficial to understand that if you were to feed 45-year Raw Veteran, Dr. Fred Bisci, the same half hamburger you gave me, he would likely suffer some potentially lethal consequences.

As the above example illustrates, the further you take your diet by eating less quantity and higher quality food, the more sensitive you become to inconsistencies. A Liquidarian will not only be more sensitive to the current condition of Earth, but there is a greater chance of shocking their system from any change to their typical diet.

It is difficult to convey the sensitivity issue of extreme long-term dieting. Most people don't experience this type of danger because they never take their eating to that level. Even as 100% Raw Foodists, we cannot

truly fathom the sensitivity of a Liquidarian or Breatharian. There are many layers of sensitivity. One who consumes rich Raw Food dishes frequently during the day, would experience a much greater sensitivity in the long-run if they were to *consistently* eat only two light Raw Meals a day. The lighter the food, and the more the body is allowed to “fast” with an empty stomach, sensitivity levels drastically increase. I believe that many of the Raw Pioneers who didn’t live past the century mark ran into health complications because they did not do the 100% Raw Food Diet optimally. At some point their bodies may have reached a level of crisis. Confused, they may have returned to eating animal protein or other cooked foods, attempting to remedy the problem. This type of shock to their system could have ended in disaster. Having read what I’ve written so far, please, do not be scared of becoming too sensitive. It is something to be aware of for *long-term* success so that we can adjust accordingly. This book is going to guide you to your longest possible lifespan, potentially far surpassing the century mark on the 100% Raw Food Diet.

To Summarize

In summary, there are two main factors to consider:

1. Consistency

If you have been consistent for quite awhile in quality and/or quantity of food, your body has stabilized to a new level of health. Once stable on a Raw Diet, we must be cautious with our *quality* and *quantity* of food. It is unwise to yo-yo between cooked and Raw Food Diets. The longer you have been doing this, the more sensitive you become. Any changes you make are best done gradually, to avoid bodily shock.

2. Being “too dirty” or “too clean”

We do not want to suffer the bodily harm, lack of vitality, and disease from a processed, cooked or SAD diet. Neither do we want to get boxed into eating only very small, basic Raw Meals or a liquid diet. That level of cleanliness would make us very susceptible to our environment.

Raw Foods are powerful - they are a fire, not a feather. It is in our best interest to go deep in our education about the Raw Lifestyle, so that we can make wise choices now and in the future. The trick is to keep moving forward with the least detrimental effect to us now and in the long run.

**If you’d love to read the rest of “Raw Success”,
you can purchase copies at 15% off, [HERE](#).**

Matt Monarch has been 100% raw vegan since 1998. Matt dove head-first into this lifestyle after reading Norman Walker's classic book 'Become Younger'. He didn't go raw to relieve health issues; being raw simply made sense to him. After five years raw, Matt wrote the book 'Raw Spirit', covering various physical challenges and spiritual shifts that going raw can involve. Matt considers his second book, 'Raw Success', like his "Bible" for being raw. He travels worldwide teaching about eating healthily and healing degenerative diseases. He runs the popular online store TheRawFoodWorld.com, along with a daily online raw food TV show and monthly radio interview show.



For more information on Matthew Monarch, visit www.TheRawFoodWorld.tv

“Raw Food and Hot Yoga” by Tonya Zavasta

Chapter 12 - A Perfect Bowel Movement: The Key to Your Best Health and Looks

This morning I left the bathroom feeling euphoric: I’d had a perfect bowel movement. I was *so* thrilled. I felt *good*. Not only that, but my body was telling me, raw foods *work*! How I wanted to share this ecstatic feeling with someone.

I tried my husband. I told him everything. The shape, color, and...gosh, dear, *no smell*! He looked straight at me sternly, squarely. I saw a scowl there. No one’s look says *nyet* like a Russian husband’s.

I could spare him the details, he told me. “Too much information,” he said, adding, “I think you are going dotty.”

Apparently needing yet more Russian-flavored rejection, I decided to call my mother in Moldova. Surely *she* would be as enraptured as I, but oddly enough, she wasn’t. I’m as weird as my father, she told me, reminding me of the time dad had worried her by talking about growing a new tooth when he was in his seventies. “The apple doesn’t fall far from the tree,” she said. “Who else but his daughter would be excited about a visit to the restroom?”

When I told Sharron, my editor, what her new topic was going to be, she immediately said, “You need to get *out* more.”

No outlet left for my fervor, I thought about *you*, dear reader! My readers, I knew, would *definitely* want to hear about this. So, folks, pull up a chair—or a stool, for that matter—and gather round.

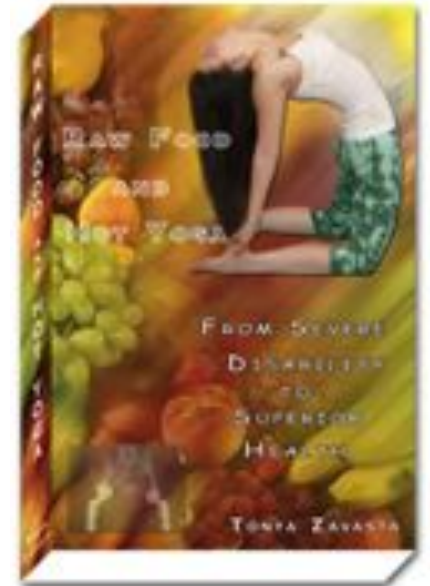
Flawless complexion begins with an ideal digestive system. Acne, blackheads, pimples, rosacea, excessive wrinkles, and other skin blemishes are not skin problems, they are gut problems. You might discover that dark circles, puffiness and eye bags will disappear once you tune the workings of your digestive system.

“Take all that is given, whether wealth, love or language, nothing comes by mistake, and with good digestion all can be turned to health.”

—George Herbert

I’m a Platonist, you know. A believer in ideals. And here I’m going to tell you about the ideal bowel movement. I am calling it an “ideal” movement because, in my research, I found there is simply no consensus about what is “normal”...bowel movement-wise. There are *levels* of normal, and every person is going to have a different level.

Your digestive system breaks down food so it can be absorbed into the



bloodstream and delivered to the various parts of your body. A bowel movement, properly considered, actually starts with your first bite. When you swallow your food, it goes down the esophagus and into your tummy. The stomach is about the size of a clenched fist, and enlarges the more you eat. An adult's stomach holds about one liter of food, a child's just a little bit less.

Here your food churns around for two to four hours until it is broken down into a soupy mush called *chyme*.

Chewing, saliva, peristalsis (the involuntary contractions of gastrointestinal muscles), bacteria, hydrochloric acid, digestive enzymes, bile, and other secretions all work to give each meal the consistency of pea soup. Digestive cells absorb sugars, starches, fats, vitamins, minerals, and other nutrients, while waste products continue traveling down the line.

The chyme is gradually squeezed out of the stomach through a long, coiled tube—the small intestine. Here the food you've eaten, now in a mashed state, is absorbed into the bloodstream, and the remainder passes on to the large intestine. The small intestine is more than three times longer than the whole body—in an adult, it's about 21 feet long! Your food may spend as long as four hours in the small intestine, where it becomes a thin, watery mixture. Food is broken down even more in the small intestine, so your body can absorb all the nutrients that are extracted from it with the help of the pancreas, liver, and gallbladder. These organs send different juices to the small intestine, helping it to digest food and allowing the body to absorb nutrients. Your pancreas produces juices that help the body digest carbohydrates, fats and proteins. Your liver makes bile, which helps fats to be absorbed into the bloodstream. The gallbladder serves as a warehouse for bile, storing it until the body needs it.

Nutrient-rich blood flows directly to the liver for processing. Your liver filters out harmful substances and wastes, turning some of this waste into more bile. The liver even helps figure out how *many* nutrients will go to the rest of the body, and how many will stay behind in storage. For example, the liver stores certain vitamins and a type of sugar your body uses for energy.

The leftover waste—remnants of the food your body can't use—goes on to the large intestine, or colon. At $2\frac{3}{4}$ to 4 inches in circumference (about 7 to 10 centimeters), your large intestine is thicker than the small intestine and is almost the last stop in the digestive tract. Like the small intestine, it is packed into the body, and would measure 5 feet (about 1.5 meters) long if you spread it out.

In the colon, the body gets its last chance to absorb water and some minerals into the blood. All the leftovers are combined in your colon, packed together, and partially dehydrated. As water leaves, the waste products that are left get harder and harder as they keep moving along, until they become solid. The remnants—our feces—consist of water, indigestible fiber, undigested food (such as small seeds), sloughed-off dead cells, living and dead bacteria, intestinal secretions, and bile.

Bowel Transit Time (BTT) is the measure of how long it takes food to pass through your digestive system from one end to the other. BTT varies from one individual to the next. If you put beetroot in your juice or eat blueberries, you can determine your own BTT. Simply calculate how long it takes the red or black color to show up in your stool. If food travels through your body too quickly, not enough nutrients get absorbed. But if it travels too slowly, the pressure in your intestines increases and excess toxins are absorbed instead of being eliminated.

Worn-out red blood cells in the bile give human excrement its distinctive brown color. Healthy stool should be medium to light brown. It should be well formed, cylindrical, fairly bulky, somewhat textured, and easy to pass. And it shouldn't smell—much. At very least, you should find no strong, pungent odor.

If your stool is dark in color, it's been in the colon too long. Exception: when you've eaten some type of food that is very dark and it's obvious that what you're seeing is only a color thing, not a consistency issue. Your stool is composed mostly of dead bacteria, sloughed-off dead cells, and some fiber that has not been broken down. Dead bacteria are light brown, and a healthy stool displays this light brown color. Other colors can indicate the presence of undigested food or, in more serious cases, blood. The stool can also be off-color as a result of taking medication or vitamins.

A healthy digestive system produces a stool with no signs of undigested food. Undigested food particles usually mean accumulated debris is preventing proper digestion. There should be no mucus in your stool. During the detoxification phase, as you move nearer to a more fully raw-food lifestyle, you'll most likely see some mucus in your stool, but this will be temporary. In most healthy digestive tracts, mucus will not be present in or on the stool.

When you eat meat, dairy, and a lot of cooked food, your intestinal-transit time lasts too long. Water and toxins are pulled out of the fecal matter and absorbed through your colon wall. This makes your fecal matter stiff and hard. Your colon will now have a tough time moving this hard fecal matter through its sections and out the rectum. You'll literally feel this result as you go about your business—the result is a great deal of puffing, grunting, and groaning in the bath-room.

If you eat raw foods, it takes about 24 hours after swallowing your first bite for feces to be pushed out of the body. To determine whether your bowel movement is healthy, we look at its color, smell, the difficulty of evacuation, and degree of hardness.

Experts disagree on two stool characteristics: the number of pieces and their buoyancy. Sadly, most of these experts do not have firsthand experience with the raw foods lifestyle to know about the highest degree of normalcy for bowel movements.

After being raw for 12 years, I believe I now have a *perfectly* working digestive system. (Okay. Now, for the squeamish, here's where to brace

yourselves...) The stool is one long smooth evacuation if the colon is not spastic, impacted, constipated, or dehydrated. Each bowel movement should be in one piece, about the shape of a well-formed log, tapered at both ends. Some websites say it should be of the size of a banana. From my experience, the product of a good, cleansing bowel movement is much longer, more like two bananas end to end. This makes perfect sense because the stool should be an exact replica of the internal space in your colon.

Strive for a soft, smooth, snake-like stool between one and two feet long. If you think that is impossibly long, you're in for a big surprise when you stick to a raw foods lifestyle. One amusing aside: When I shared this fact with one raw food enthusiast, she looked concerned and asked, "Will I need a bigger toilet?"

Fret not, friends—your old standard "throne" will do.

Your stool's length should conform to the segment lengths of a clean and healthy colon. Each of the colon's three distinct anatomical segments—ascending, transverse, descending—is between one and two feet long. Passed stool tends to break at these segment junctures. So your stool should be at least one foot long. A person six to seven feet tall might have a colon about six feet in length. So that tall person's stool should be about two feet long, the length of the descending part of the colon.

What, then, if your stool is much shorter? A shorter stool usually indicates the colon is unable to process food properly and that the stool produced lacks the right moisture balance. Your stool's diameter should be roughly 1½ to 2 inches. A smaller diameter indicates constriction, perhaps due to a deformed colon or to accumulated layers of encrusted mucoid matter. A larger diameter indicates poor colon muscle tone—likely from a lack of fiber in the diet.

Floaters or sinkers? As for "floating versus sinking," one school argues that stools should float. Some experts say buoyancy is a sign the body has absorbed the minerals in the food and that these nutrients are not contained in the waste. Another camp believes healthy bowel movements should touch bottom because of their bulk and fiber content. Yet a third group believes that buoyancy is not an issue—your poop can sink or swim so far as they're concerned.

In my experience, a healthy stool half-floats and half-sinks. Stool that floats high, right on the surface, is usually filled with undigested fat or gas from fermentation. Stool that sinks fully usually includes undigested minerals or is compacted from lack of moisture.

When you eat raw foods, a bowel movement should be an easy thing, taking no more than a minute. If you're in there for more than five minutes, pushing and squeezing to have a painful bowel movement, then you're constipated. Consistent straining to have a bowel movement leads to hemorrhoids, varicose veins, and fissures. There are those who will tell you that hard stools mean you have not been drinking enough water. In my experience, this is not true of people who follow the raw foods lifestyle. I don't drink any water and my stool is never hard. This again shows how the rules for cooked food eaters simply do not apply to those

who eat 100 percent raw.

“A good reliable set of bowels is worth more to a man than any quantity of brains.”

—Henry Wheeler Shaw

After a stool is formed inside you, you’ll feel the urge to “go.” You should have one bowel movement roughly 24 to 36 hours after every meal, or three a day if you eat three meals. (On a 100 percent raw food regime, you’ll find it’s almost always just about 24 hours.)

Your first bowel movement should take place in the morning when you wake up or soon after you’ve had breakfast. Typically, you should experience the urge for a bowel movement 20 to 30 minutes after you eat. The other bowel movements should be during the day. If you eat two or three meals a day yet have only one bowel movement, then the second and third meal are backing up in your colon, staying there too long and, over the long haul, are inviting disaster from toxicity.

Your stool should not be messy. You should find no smear and almost no fecal residue on your toilet paper. In fact, an *ideal* bowel movement would leave no need for toilet paper. (Imagine what you’ll save—no more minivan-filling 84-roll bulk packs! But please, don’t short yourself, lest you are farther afield from the Platonic ideal than you think.) Even after 12 years 100 percent raw, I do not have an ideal stool all the time.

Little need of toilet paper is a good indication that no fecal matter is left sticking to your colon walls. Remember...a bowel movement is really the elimination of all fecal matter that passes through your colon from the food you’ve eaten in prior meals. Let me talk plainly for a moment...Imagine: If poop sticks on your paper, it most likely will stick to the interior wall of your colon. Get “unstuck” through good eating practices, and you’ll not need expensive “bidet” toilets, either. On raw foods, life gets easier and easier.

However, it might be *years* before you have your *ideal* bowel movement. Just take my word for it—it’s worth striving for.

“Give me good digestion, Lord, and also something to digest; but where and how that something comes, I leave to Thee who knowest best.”

—Mary Webb

When you begin to eat mostly raw foods and the detox effect kicks in, you might see the most awful things in your stool. (Check on the Internet...many colon hydrotherapists’ websites display galleries of coarse pictures of the most awful bowel movements—but they are not for the faint of heart!) If your colon is toxic, you might temporarily see loose, clumpy, mucous-covered stools or even more weird stuff leaving your body. This should be temporary.

And don’t, as they say, “sweat the small stuff.” It’s time for celebrating! Your colon is cleansing itself, thanks to an ever-improving raw foods diet. These petty annoyances are a good sign you’re getting healthier and

healthier.

Practicing Bikram yoga will greatly contribute to your ideal bowel movement. The only reason I don't discuss it further here is that you will hear all about this benefit of hot yoga from every instructor you encounter in your practice.

Well, enough for today! Do excuse me, won't you? I'm off to the, uh...powder room. This is one type of enjoyment no one should miss.

If you'd love to read the rest of "Raw Food and Hot Yoga", you can purchase copies at 15% off, [HERE](#).

Tonya Zavasta is the author of six pioneering books on the link between raw foods, optimal health and natural beauty. With a mathematics/science background, Tonya's comfort zone reaches from quantum physics to cellular metabolism to the salad bowl.

Confronted with the necessity of extensive hip surgeries to enable her to walk normally, Tonya sought a lifestyle that would support her recovery and offset the ravages of multiple operations.

Her tireless research led her to the beautifying powers of raw foods and since the age of 39 Tonya has been following a 100 percent raw food

lifestyle. Twelve years later, she is walking testimony to the power of the

raw foods to bring out the natural beauty within all of us.

Her books, *Your Right to Be Beautiful* and *Beautiful On Raw* are about how to radically improve your life, health and appearance through the raw food lifestyle. Her latest books *Quantum Eating* and *Raw Food and Hot Yoga* are an exploration of the most advanced anti-aging practices. Now in her early 50s she radiates health in every sense of the word, and teaches "raw eating" all across the world.



For more information on Tonya Zavasta, visit www.BeautifulOnRaw.com

“The Daylight Diet” by Paul Nison

Just say no to eating after sunset.

As children, we learn and establish our habits based on our observations and then mimicking what we see. Whether they involve eating patterns or a way of speaking, adults’ actions imprint messages on young, developing minds. Children are “programmed” in this way, at a young age, to believe that what’s popular—what most people do—is the right thing to do and the right way to do those things. We can’t know it as children, but, as we become adults, it is much more sensible to use our own personal experiences to guide us to learn right from wrong.

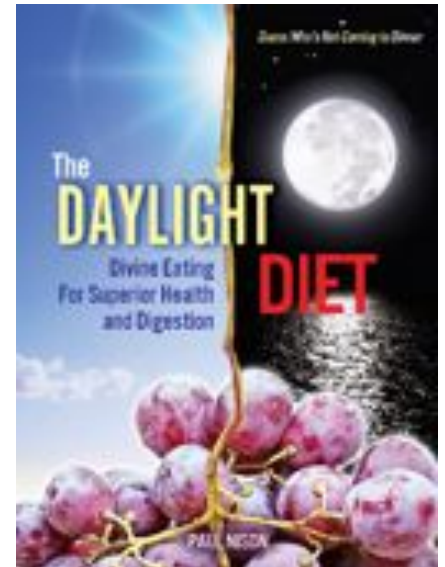
As I observe Americans’ eating habits today, it is obvious to me

that most people are still thinking as a child: They eat whatever and whenever they want, believing that, if everyone else is doing it, it must be OK for them. Advertisers realize this, too, and use it to create their marketing campaigns.

Everyone wants to be healthy, so why do they mimic the practices of sickly people? Blindly following the blind usually results in some type of crisis. The prudent approach is to pay attention to what works best for your own situation, not someone else’s. Nevertheless, that is what child-thinking adults do everyday when they emulate gluttonous eaters: They indulge and enjoy every food to excess, and, once health fails them, they blame others for their dilemma.

Been there, done that.

New York City is often called the city that never sleeps. Another title we can give New York City is it’s the city that never stops eating. I’ve traveled all over the world and have never been to a place that had more 24-hour crowded restaurants in the middle of the night. Not even in Las Vegas would I find the cafes and restaurants so packed at these wee hours of the morning. Being from New York City, I can attest the two most popular places are restaurants and hospitals. It doesn’t take a genius to see the connection. For many years, I was one of the rats in the race: sleeping little and eating all the wrong foods at the wrong times. As a young man, I worked outrageous hours. I desired to be independent early in life, so I took on many jobs. Unlike the average teenager who would get a job after school, I decided to do things



differently. My first job started before sunrise, delivering newspapers. Even the birds weren't awake yet. This would not have been so bad if I hadn't just gone to sleep a few hours earlier: After school, I worked at a nightclub and then at a 24-hour bagel store. Sometimes I had more than one job at a time. After graduating from high school, I worked the "graveyard" shift, 10 p.m. to 5 a.m., at the U.S. Post Office. So, during my teen years, my lunch hour was usually between 2 a.m. and 3 a.m. No wonder that, several years later, I would suffer from a digestive illness. I found out the hard way why they call it the "graveyard" shift.

Soon after I learned about the raw food diet, I became a raw food chef. This was long before my revelation about not eating at nighttime. I first worked at one of the most popular vegetarian restaurants in New York City, Caravan of Dreams, adding raw food recipes to its menu. Later, I helped open the world's largest raw food restaurant in New York City, The Forth Dimension. In both restaurants, the food was so delicious that I found myself eating much more than I should have been. Fortunately, because the food was raw, my digestive condition didn't return, but I came to realize that I had to put my foot down—or, rather, put my fork down—and eat less; otherwise, the digestive issues that had plagued me in the past were going to recur.

I did fine for a while, but a bigger problem was forming: Being in the restaurant business in the city that never sleeps put me on a schedule where I was up until the early hours of the morning. My busy time at work was dinner, serving everyone food, and after my shift, it was my time to enjoy nightlife and indulge. I often ate late at night. There is a saying that you become like the people around you, and I was surrounded by many latenight eaters. Even though I was finally eating less, I ate my main meals later and later into the night. I was just like the people I described at the beginning of this chapter. (That is why I understand them so well.)

At that point in my life, I worked with people interested in raw food, and all of my close friends were raw food eaters. This made eating an all-raw diet easier, of course, but none of us realized how unhealthful it was to eat late at night. We overstuffed ourselves, thinking we were always going to be healthy because our food was raw. We thought we knew all there was to know about diet, and we were going to be an example to the world about how to avoid disease. We couldn't have been more off the mark.

Today, as the raw food movement becomes more popular, I see lots of people making a similar error. I feel blessed to have learned there is more to life than your diet. I've also seen too much to believe raw foods alone can be a panacea. Sadly, many of the people I befriended in those days are no longer interested in a raw food diet. They claim it didn't work for them. Some of

them still struggle with the same common sicknesses and lack of energy that they had prior to adopting a raw food diet. The reason the diet didn't work for them wasn't the raw food, but eating too much of it too often, and eating it late at night. Today, they continue to overeat and continue to suffer, and they have yet to discover the correlation.

Going up against the norm

It's not simple to make diet changes in a society that creates many social events around eating, particularly late-night dining. Even within the so-called health field—the vegetarian and raw food movements—most food-related events are held in the evening. Regardless of the food you eat, if you consistently eat when it is dark outside, your health will never thrive.

Because people are so influenced by their friends and family, they choose to follow the crowd straight to obesity, illness, and disease. The result of late-night indulgence has led to a weight crisis. We now have the most obese people in history, with more people overweight than ever before. Not only is obesity affecting their appearance, disease is also on the rise, because the majority of people are eating way more than they need. In the search for a cure, all but a few wise people run to the doctor for medicine and drugs. This just leads to the same results of more pain and no cure.

Instead of doctors making people aware of their unhealthy addictions, they often give them a reason to make excuses and continue the downfall. Once doctors start to notice a pattern of unhealthy behavior, they invent a disorder and give the public the idea that they don't have control over it. They claim the condition either runs in the family, or it's such a common issue, there is just no cure except to control the symptoms rather than the cause.

I am not blaming doctors for our own faulty behavior; nevertheless, after being in many doctors' offices and hospitals, I have seen how they pay little attention to the connection between food and health, and none between food and eating after sundown.

In my last book, *The Formula for Health*, I wrote about how too much food and lack of sleep are two major causes of disease; I joked that there is something called "sleep-eating." Yes, people eating in their sleep and not even knowing it! It makes a good joke and gets a nice laugh, but the sad thing is that it is true. As scary as that is, one thing I find even worse is that many people overeat late at night and are fully aware of it, but do not attempt to stop.

I once encouraged a group I was speaking to not to eat late at night. I suggested instead of everyone staying up late and eating, why not try getting to sleep early and waking up at sunrise

and having a party early in the morning instead of late at night? Nearly everyone thought that was crazy. I find it crazy that people will stay up all night eating and being social, and then they are too tired to get up in the morning.

Since countless people eat late at night and some throughout the night, I sometimes feel hopeless that I will ever convince anyone that late-night eating is harmful to your health. I once read that it's easier to convert someone to a different religion than it is to convince him to change his diet; I have to agree. I once advised a fellow with diabetes that some dietary changes would help him get off insulin. He declared he'd rather take insulin than have to give up junk food. (At least he was honest and not making excuses.)

An addiction or hereditary?

The addiction of late-night eating has grown to be a universal epidemic. Scientists now believe Night Eating Syndrome (NES) affects up to 27 percent of obese people, and roughly 1.5 percent of the general population. (From my observation, it seems more like 95 percent of the population.) It's so enormously widespread that it's now officially a "mood disorder," which, in my opinion, trivializes the problem and relieves the patient of any control over his condition. The patient can now accept the doctor's diagnosis, believing any solution is out of his control and absolving him of any personal responsibility for his problems. This produces fear and stress in the patient, resulting in further late-night bingeing. Then doctors prescribe drugs to treat the issue and not the cause, and, on top of that, the doctor says food must be taken with the drugs, creating even more overeating.

To make matters even worse, doctors are now implying that NES is hereditary. Well, yes and no. If the whole family has the same eating pattern, then they will all suffer from similar diseases. To a doctor, that may be "hereditary;" in my opinion, it's a lifestyle-related condition.

Given that the majority of people will comply with a medical doctor rather than use common sense, convincing someone to modify their diet can be extremely difficult. In spite of this, where there is a will, there is a way, and it's my goal in this book to show you the way. Regardless of your age or ethnic group, your body was designed to digest food best during the daytime. Adhere to the strategy in this book, and before long, you should no longer desire to eat during nighttime hours. Once you comprehend the message and experience the results, living on the Daylight Diet will continue to become more enjoyable, and you'll wonder how you ever wanted to eat late into the night.

**If you'd love to read the rest of "The Daylight Diet",
you can purchase copies at 15% off, [HERE](#).**

At age 20, Paul Nison was diagnosed with inflammatory bowel disease (also known as Crohn's disease and ulcerative colitis), a deadly affliction.

His search for a cure began with medical doctors, but they didn't have the answers he needed. After trying almost every so-called cure to overcome his pain and suffering, Paul finally discovered the benefits of eating more simply.

As Paul continued to study, he was led to read the Bible; he found a massive amount of health information with the scriptures of the Bible. While studying the Bible Paul learned about the ideal times to eat our food, during the daylight hours.

This is the topic of Paul's latest book *The Daylight Diet*.



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