

Jericho Sunfire: The Fruitarian Warrior's Handbook

First they ignore you, then they laugh at you, then they fight you, then you win.

Mahatma Gandhi (1869-1948)

To cut a very long story very short, I'm a Londoner who was born and raised on manmade, processed and treated cooked foods just like everybody else. As a youth, everything was normal, I got the regular colds and flu's but by the time I reached my mid twenties I started to feel like I was aging too rapidly. It reached the point where it felt like my body was on the verge of a break down and everything that seemed normal long ago now stopped making sense.

I never chose this journey, the Breatharian lifestyle, or to go so far against the grain because it was already a part of me in the first place; I was already a soul having a human experience. I just needed to become conscious of that fact. I feel chosen and extremely humbled to have been given a warning or an alert by what I refer to as my "soul team" and I basically had to choose if I wanted to decline or accept this calling. I was presented with this opportunity via life lessons and messages. I fought it hard, it took some fussing and fighting but eventually I chose to accept my calling to save my health and lead by example. I eventually found the strength and gave up cooked foods, followed my intuition/soul team and went on a strict Fruitarian diet.

Over a very short period of time on the Fruitarian diet, I was exposed to a feeling of well being that I believed was

my birth right. It just felt right. Basically, I just followed my intuition from then on and pigged out on fruits. I enjoyed it so much I did it again and again. Before I knew it, I became a Fruitarian. I was so excited, I wanted to share my health discovery with anybody that would listen because I thought I had finally found the holy grail of health. But needless to say, I met with extremely strong opposition and ridicule from people on the standard cooked food diet simply because I chose not to eat cooked food. I also got strong opposition from Raw Vegans because I just ate fruits.

Due to uncertainty, lack of support, opposition and severe detox symptoms, I quit many times as the years rolled on for many different reasons but mainly because I had no idea what was in store for me or how titanic a task getting off cooked food really was.

Luckily for me, my intuition would never let me quit for good. Which is a good job because now I've made it through my detox, I'm having an absolute blast living the Breatharian lifestyle. But now I want to help people make that start by sharing my experience with Fruitarianism. It was tough but well worth everything I went through. In life and with my lifestyle/diet I've always been fighting in the trenches by myself

against fierce opposition and for years I was unwilling to take on the leadership role because

of my own past personal self esteem issues. In the early days, because of those past emotional issues, I've gone back and forth between Fruitarianism, Liquidarianism and then back to Breatharianism. Why? Simply because I was scared of achieving greatness. Yet in those short periods of Breatharianism, I saw glimpses of the truth and what really is possible.

Now I've embraced my calling completely. I feel as though I've had to go through the fire so I'd be able to tell the story and lead by example. That's how I see my role in all this. I'm not here to be a big shot intellectual or guru because at the end of the day I'm as dumb as a bag of nails and I'm far from being a talker. I'm just here to help people transform themselves, show the possibilities, walk my talk and be the example of how hard work and listening to your inner self/intuition can pay off.

I think we all have to agree on the interpretation of what a Fruitarian is first before any discussion can start. So many people have opposing interpretations. For me, a Fruitarian is simply someone who eats "fruits". So in that case for me eating greens is simply a personal choice and not something you "have to do". When I first started out, people always said that "I had to do this and I had to do that". It was all based on hearsay, rumour or what some guru said. None of it was based on their own long term experience because nobody had stayed raw long enough to really know anything. You don't choose to be fruitarian, your body guides you in that direction and this 'hurting the plant' stuff is all personal opinion/preference and really has nothing to do with being a frugivore. If you have to ask a total stranger what you should eat then you're going wrong somewhere because your body knows exactly what it needs.

Fruitarianism isn't just eating sweet fruits. You are eating fruits of your choice, leafy greens, nut/seeds and some veggies, everything raw, fresh and in its natural state. There are really no guidelines or a right or wrong way to go. You can make it as simple or as complicated as you want to. But at the end of the day, it all boils down to eating what you enjoy and getting active. As I always say, there's so much more to Fruitarianism than food. Fruitarianism is a lifestyle and that includes getting out in the sun and enjoying the natural environment, getting more active, doing what you love and loving what you do and being non-judgemental towards others, etc. It's a total change of lifestyle and body overhaul that takes an incredible amount of dedication and patience to get through all the trials and tribulations that giving your body the job of undoing all the years of bad eating habits can bring. Fruitarianism is the original and stricter form of raw

veganism, it's beauty is in its simplicity because all you do is pick up your favourite fruit and eat it, no flashy addictive raw gourmet recipes, no expensive equipment, no prep time, the hard part is undoing all the emotional and physical damage from years on cooked foods, people go Fruitarian for spiritual, ethical reasons as well as for improved health, having said all that it's really not worth thinking about it too much..."Fruitarianism" is just a label, just do intense exercise and feed yourself what your body needs at that moment, I always tell people to just have fun experimenting and

seeing what works for them, enjoy the lifestyle.

I have never understood the way people get so bent out of shape over the word "Fruitarian" it drives some people crazy and makes people sound so resentful, it's been the cause of so many fights on forums, it makes me wonder what is really making people mad about the word Fruitarian? Is it that people try it and fail therefore they trash it, to me Fruitarian is the same meaning as Frugivore, only it sounds less pretentious so I have always used Fruitarian and in the past I've learnt that people have put a whole bunch of negative baggage into the word Fruitarian, so much so that it's developed a whole new stereo-type that does not represent the true meaning of what a "Fruitarian" is, for me Fruitarianism is not a human

invention because there's Fruitarian animals that have stayed true to their natural eating habits. To me fruits is not really our natural food because plants are living beings too, I believe that the nutrition in fruits is for the fruits themselves and that Fruitarianism is a bridge, a filler, so if you really feel you need to eat something and you don't want to go back to cooked foods then you eat fruits to help you transition to a food free lifestyle, that's my own personal opinion, don't have any hang ups about describing yourself as a "Fruitarian" because it describes your food choices, if you eat more than 70% fruits everyday then you're a "Fruitarian" "Frugivore" simple and plain, I actually think that it's other people that have this Fruitarian interpretation thing all wrong, they think that Fruitarian means limiting your diet to only certain types of food which is not true, Fruitarianism is also eating veggies, nuts and seeds of your choice too, I never that, I was drawn to fruits exclusively but that was my personal choice because I only ate what appealed to me.

The Fruitarian lifestyle is so simple, over the years as a Fruitarian I learnt that I didn't have to bother with calories, proteins or anything of that nature, I stayed away from supplements, water, greens and nuts/seeds, I ate mono and fruits that were in season, eventually I stopped eating

at random, I let my body decide what and when I needed to eat, when I first started I too worried about doing things right because my detox was a nightmare, every day I felt like crap, I felt so weak that I lost all motivation to work out, I was rapidly losing weight and insecurity started setting in, I began listening to too many inexperienced people and high profile raw food gurus, I didn't follow my instincts and at one point got so scared that I ended up making myself eat greens because that's what people said you were supposed to do otherwise I would die but that was not what my body wanted and I just felt blocked up even more.

So I just threw away everything I thought I knew out of the window and I stopped listening to people and I felt much better for it, going Fruitarian was like going back to the dawn of time and some of the things I would love to find out about those times is who in the world was the person that figured out that if you boil rice you could eat it, that must of been one hungry dude, and who figured out that you could kill an animal, eat it's meat and live and how did we end up cooking stuff, now that must have been an accident...eh, can you imagine having to try out all these things, I wonder if they had special taste testers to see if the stuff tasted good and didn't kill you!!!????

I remember when I first started my Fruitarian journey

“Fruitarian” was a four letter word, at that time everything was fairly new to everybody and there were very few Fruitarian guru’s around to tell the tale and the ones that were around were treated like gods, there wasn’t really a name for what we did at that time but Fruitarian was the only real description in use at the time and you were either 100% raw or you were raw but binged a lot and they were generally seen as or took the role as failures because they couldn’t stick to being 100% raw, which is what Fruitarianism was all about, it was like there were the “haves” and the “have nots” and the “have nots” hated the “haves” to the point where the term Fruitarian struck hatred and fear in people that I can only describe as primal.

I would get attacked on forums simply for having the word in the subject line, as time went on it soon became obvious to me that the reason for this was actually primal, people resented Fruitarianism because it represented having to let go of everything that was not natural or of benefit to the body which meant all the little cooked treats and raw placebos had to go, the knock on effect of this was that the detox symptoms would be more intense and many people confused this for actual illness and viewed their reactions as signs that the 100% Fruitarian lifestyle was causing them to get sick, this caused many people to

revolt and say I told you so and the ones that did hold out soon buckled under the pressure and increased detox, then they proceeded to trash the Fruitarian lifestyle and deem it as elitist and unhealthy, it was the whole going 100% thing that people focused on and an ongoing do you or don’t you debate began.

You had the people that supported the strict 100% Fruitarian concept on one side and you had the people that originally wanted to go 100% but couldn’t handle it and were now trashing the idea on the other, this caused a split in the raw movement and the term Raw Vegan was born, it was a very loose term that described the people that basically didn’t want anything to do with fruitarianism which had earned itself a bad rap because of the 100% thing, plus people blamed the intense detox for making people sick and causing other health issues when in fact it was just allowing the body to cleanse and at a time when the cleansing reactions to the Fruitarian lifestyle were not fully understood so of course fruitarianism and fruits got all the blame.

Now the term Fruitarian is only saved for the mavericks out there that are willing to buck the system and want to get off cooked food completely and live a strict Fruitarian lifestyle free of raw gourmet versions of celebrated cooked meals and heated treats, I think when people say

“Fruitarian” or “fruit only” they have a misguided idea that if you don’t eat cooked food then you have nothing else to eat, but you’ll actually find that there’s more different types of “fruits” than you realise and you’ll also realise that a Fruitarian and strict Raw Vegan are actually eating the same things, but this idea of what Fruitarianism is, is a little off, maybe that’s why so many people have issues, just eating sweet fruits or restricting certain things is not “Fruitarianism”.

Here are foods that a Fruitarian would eat: • Sweet Fruits: Oranges, bananas, apples, melons,

grapes, papayas, berries, figs, dates, mangoes, etc. • Non Sweet Fruits: cucumbers, avocados, bell

peppers, tomatoes, etc. • Vegetables: lettuces and other greens, celery, etc. • Nuts and Seeds: Sunflower and squash seeds,

almonds, walnuts, soft coconut meat, etc. • Also: coconut water, juices, water, and other raw

and living foods. Some people say that Fruitarians only eat fruits that fall to the floor or that the plant gives to you, in my opinion, this is all very romantic and all but it's kind of like the whole Vegan thing where people create their own way of eating but think about it, do animals in the wild have books that tell them what to eat, they simply get out there and eat

what comes natural, they don't get caught up in romantic notions or beliefs and they eat because they need to there and then, otherwise they risk not eating for long periods of time, plain and simple, they don't have stores like us that they can pop into at their own leisure.

Going from a cooked food diet to a Fruitarian Lifestyle is a HUGE ADJUSTMENT for the body to make, so don't feel like you're doing something wrong if you feel bad, cooked food is what we are all built from, from generation to generation, to the point where we've built up our own nutritional system around it, we have learnt how to manipulate cooked foods to get the body shape we want, body builders have mastered this process and the fitness guru's try to sell you the "secrets" but what we need to learn is that for Fruitarianism we are going back to nature, there is no system, just eat what you like and allow your body to clean itself in its own time, with Fruitarianism it's not about you deciding what is good for you to eat, it's the other way around, over time your body dictates what it needs for you to eat.

There is no right way to become a "Fruitarian" just learn to follow your natural instincts and bear in mind that we have all been raised and built on cooked foods so it's no longer just of changing diets, we need to realise that we are going to have to go through a total body over haul

before we can even think about getting the benefits of the Fruitarian, we have to change our relationship with food and be willing to make changes, as children we are taught that food is important and that it provides the building blocks of life and yet at the same time we kill the very same building blocks by cooking it and disguising it with artificial flavourings etc.

Emotional attachments are formed and we grow addicted to the food we eat in our Mothers womb, then as adults almost every social occasion revolves around eating food, we need to get free of these addictions and emotional attachments so we can get to the other side and see the truth, as a Fruitarian I've realised that fruit is not supposed to have such importance, I'm not supposed to get all excited at the thought of a banana like a cooked food eater does over eating a doughnut, the bananas purpose is to provide nourishment for the banana, the doughnuts purpose is to stimulate our taste buds and de-sensitize your stomach so you feel full, content and disconnected from your spiritual source.

One of the first lessons I learned was that being a Fruitarian is a lot different to being a Raw Vegan, as a Fruitarian if you go on a raw food discussion board asking questions about Fruitarianism, the chances are you're going to get several different reactions from people that suddenly

feel the need to defend their own eating habits, if they couldn't do it, they will tell you that you are doomed to fail for the same reason they did, if they eat a certain way then they will tell you that you will only survive if you eat the same way as them.

The truth of the matter is that Raw Veganism is now about percentages, they say that if 70% of your food is raw then you're a Raw Vegan but my question is what about the other 30%? Can you continue to eat meat, etc, and still be considered a Raw Vegan? It's that 30% that makes the difference between a person eventually finding peace or a person battling an addicted mind forever and a day, another fact is that being a Fruitarian messes with peoples comfort zones, Fruitarianism is the first step to empowerment and ridding yourself of most addictions is a consequence of living this lifestyle because by eliminating cooked food your body will eventually accept nothing less than being clean.

I personally believe that the difference between Fruitarianism and Raw Veganism is FEAR Fruitarianism is uncompromising and is a hard lesson in letting go, it also dictates that you leave behind the unnatural substances, etc, that we have been built up on such as addictive chemicals in foods and I believe that there is a deep subconscious fear of this, experienced fruitarians

are not as dependant on foods as Raw Vegans and tend to simplify their lifestyle and eating habits, Raw Vegans tend to eat heavier and more complex meals and salads, use dressings, oils and condiments to make the salads and vegetables more appealing. I know of people that are raw and they eat Ezekial bread because it says it "raw" and sprouted and they eat "raw" cookies, make "raw" breads and the latest sensations "raw" chocolate and ice cream but when's the last time you saw a "raw" cookie growing from a tree?

Going 100% Fruitarian is a personal progression, how fast or slow you make that progression is up to the individual but at some point it must be made, it's something you decide you either do or you don't, if you don't then you're going against your spiritual calling and your body's natural will, it's really not our choice to decide if we go 100% or not, we are all supposed free from cooked foods, in my opinion it's our bodies original state, a lot of these debates begin because people like the idea of going Fruitarian but don't want to let go of their cooked foods and want to come to some kind of compromise but that's not what going Fruitarian is about.

You got to go 100% any way you can, you got to break free of all of the addictive and desensitizing effects that cooked food brings, yeah, I'm well aware that the detox process is extremely tough and 90% of the people that try it never get past the first month but shouldn't that be a sign as to how critical it is to get off cooked food, after all, why do we have to go through a detox if cooked food is so harmless?

Why is it that we can quit fruits in the bat of an eyelid and never think of it ever again, yet when we try to quit cooked foods we are bombarded with detox symptoms and

emotional purges, think about it guys there's so much to going Fruitarian than a good concept, it takes hard work and a realisation that cooked food has been manipulated to keep you addicted, so the idea of going 100% is not just for the elitists, it's vital and I think that a lot of people need to really think long and hard about taking these steps. Due to the severity of the detox period the raw community is full of fearful people spreading inaccurate information, my advice to anyone wanting to go Fruitarian is to pick your support or mentors very carefully, because a lot of people are just playing guessing games with your health, they will tell you are getting sick, when in fact your simply cleaning the bad stuff out, these people are usually the ones that are raw one minute then eating cooked the next, their answer to all discomfort is to silence it with cooked food. I just don't get it, we spend half our time running around like headless chickens, playing guessing games

and listening to the high profile raw food guru's telling us how bad cooked food is, then we spend the other half of our time buying all their equipment and recipe books to make the very same foods that they said was so bad for us, I just don't get it.

Now I understand that everyone has their own goals and getting off of cooked food is extremely hard but if your goal is to go 100% Fruitarian, don't let anybody fool you, there's only one way and that's to transition from cooked foods to 100% raw, fresh and ripe fruits, veggies, etc, it's simple, you go from A to B with no getting stuck in between. Transitioning can be done cold turkey or in a matter of weeks, yes raw gourmet recipes serve as a good transitioning tool but spending twenty plus years on gourmet recipes like most high profile raw food guru's do is not transitioning, that's just laziness, many people keep their addictive mentality and never re-programme themselves to get off of the raw pizzas, raw cookies, raw chocolate cakes/puddings, raw ice cream, raw breads, salts and oils, etc, which is cool if it's not your goal to go 100% raw but to use the "I'm transitioning slowly" excuse is not the right way to get the full benefits of the Fruitarian Lifestyle.

Now, I'm not saying that everyone has to go 100% Fruitarian, I'm saying that if it's your goal to go 100% Fruitarian then

do it, raw gourmet recipes are great for those that want to gradually transition or for those that don't want to go 100% but want to eat more raw foods. Beware of the "raw placebos", these are products that are described as raw but are not, as I always say, the food industry is very clever in how they word/label their products, they can get away with calling their products raw or natural as long as it passes certain pre-agreed guidelines, so anything can be called "raw" but not everything is ripe and fresh, it's the freshness that is what makes something truly raw, for example, if you leave fresh fruit juice out in the open air for long enough, it will oxidize and will become acidic and you might as well eat something cooked, to me the whole point to eating raw is to eat ripe and fresh foods in their natural state, all these flashy so called "raw" protein /green bars are not fresh and have no ripeness, they are manufactured and are nothing but "raw placebos".

If you leave raw fresh fruit outside its skin, you will have an indication of when not ok to eat it because it will oxidize and change colour, you don't get this with the "raw"

protein/green bars, they have a much longer shelf life because they are not raw or fresh. Have you ever been Fruitarian for some time and thought how great everything was going only to go head long into a uncontrollable cooked food binge that seemed to come out of nowhere

or have you ever been for Fruitarian sometime only to get stressed out, bored, happy or angry about something then go head long into a uncontrollable cooked food binge that again seemed to come out of nowhere, well don't worry because it's happened to the best of us, but have you ever wondered why that happens and exactly what comes over you to make you rebel in such a way that leaves you feeling sick, bloated, guilty and mad at yourself for slipping back to cooked foods, on top of all that, now you got to go through the never ending fight to get back to being , so Fruitarian why is it when these emotions come up do we automatically resort to these cooked foods, for me I learnt that I could do all the soul searching I wanted to but knowing the reasons "why" still didn't to stop me from slipping up and eating cooked food, I found that the easiest way to stop eating cooked food was to actually stop eating cooked food.

I'm not going to spend this time bashing cooked foods but there are a few elements that go towards our obsession with cooked foods that will show that there's so much more to this Fruitarian thing than simple will power and knowledge, I know so many people that are highly educated when it comes to raw food nutrition and the anatomy of the body, etc and even know a bunch on how to go Fruitarian but cannot implement what they know because they have a whole bunch of emotional attachments to cooked food and sadly most of us went through all our emotional attachment training on what, yes you guessed it, cooked foods, it's kind of like we were programmed from birth by our parents, then as we got older we trained ourselves and fine tuned everything to suit our own particular tastes and emotions, take me for instance, when I was sad, I stuffed myself with ice cream, fries, pizza and everything bad for you, when I was happy I stuffed myself with ice cream, fries, pizza and everything bad for you, when I was angry I stuffed myself with ice cream, fries, pizza and everything bad for you, when I was bored, as comfort food I stuffed myself with ice cream, fries, pizza and everything bad for you, are you starting to see a pattern here yet?

Funny thing was that I never once saw my eating habits as anything but normal when I was growing up, I just figured that I was one of those people that simply liked to eat and in our society and with the group of people I called my buddies that was a good thing, I would eat at every opportunity but I never once associated eating as my way of escaping myself and all my stresses, the great taste always masked the fact that eating all that food was totally and utterly pointless and that all I was doing was filling up my poor stomach with garbage several times a

day, day after day, I never once got any warnings from my body telling me to change my eating habits, I never got sick apart from the odd cold or flu now and again when the weather got cold, in fact when I got the colds and flu's it was always the weather that got the blame, never the food, I was always so stuffed I don't think I would of felt any warning signs if they got up and punched me in the gut, I never questioned anything because everything was just seemed so normal, everybody did what I did, I'd go to the

store and people were always buying or eating food, so it wasn't until my late 20's that I started to pay the price, just like everyone else, I must of missed the warning signs by a mile because I fell apart pretty rapidly, I was pretty much full to the brim and I just could not eat another mouthful of food, for some reason I was not getting rid of what I was eating, or that's what it felt like anyway, it was time to make a change.

See, for me I used cooked food for escapism from life's stresses but it only worked for very brief periods, like five to ten minutes and as soon as the taste faded I had to start all over again, stuffing myself with more food, in fact at times when the taste faded I simply added more condiments and carried on chowing down, it was like medication to me but back then I never once associated my eating habits with escapism, all I knew was that what

I was eating tasted good and made me feel like I was somehow taking part in something special, it always seemed like a treat to eat, especially if I was eating out with friends. I was always eating something and I can safely say that I never went more than fifteen to thirty minutes without food, it took me a long time to come to the conclusion that even after all of this eating, my problems, low self esteem issues, bills and other assorted stresses were still there and had not moved an inch the whole time, in fact as I looked back over the years I've realised that at no point in time did eating ever solve or take care of any of the issues or stresses I ever had, so why on earth was I doing it, why did I always choose to eat my way into oblivion rather than deal with these issues, well as you can imagine after that revelation I asked myself that question many times and each time I drew a blank, the only thing I can think of is that I ate to forget but at the same time like I said before, everybody else was doing it too, you could go into any restaurant, fast food joint and see people eating to forget or eating because they have been programmed to suppress their emotions and because you see everybody else doing it and having a great time, it becomes harder to see it for what it really is and it wasn't until I went that Fruitarian I could see the wood for the trees.

Well, back to making a change, I went Fruitarian because I couldn't stand to eat any more cooked food and over the years I went through all the detox and issues associated with transitioning to the life Fruitarian style, I even discovered that one of the key elements to transitioning to the life Fruitarian style was getting active, so for me the natural diet and intense activity made a happy marriage and I really thought I was the stuff for making that discovery but for some reason I still wasn't able to stay Fruitarian consistently without going on a cooked food binge, it was a major problem for me because it was spoiling how great I was feeling when I stayed , Fruitarian then I started to recognise the feelings I had when I slipped up and ate cooked food and started to put two and two together.

I realised that I was not only eating to fill some kind of emptiness I was feeling inside, I was also eating cooked food because I was programmed to, ok, so now I'd figured that out but what was I supposed to do to get rid of this emptiness and where the heck did this emptiness come from and was the feeling of emptiness and programming connected, to say it took a lot of soul searching and close observation of myself to get to the bottom of all of this is an understatement, I started to see that every time I felt

stressed I wanted to eat cooked food, every time I was happy, I wanted to eat cooked food and I think you guys

know where this is heading right, yeah, you got it, I ate a whole bunch of cooked food, I found that it was especially bad when I got bored and was sat around doing nothing, it was like I was using food to relieve some kind of anxiety and at the same time it felt like it was something I had to do, like I was on auto-pilot or something, I don't think it was that the cooked food was addictive per se, although I'm sure that had a little bit to do with it but I think it had more to do with it being the food that I was programmed to eat from childhood and into my adult life.

It really wasn't until my daughter was born that it all became clear to me, see, as a new born baby I found that every time she cried I had this natural urge to feed her or make everything better for her and nine times out of ten it was her mother's breast milk or food that made her feel better and stop crying, it was the same as she got older, if she got upset about anything we gave her something pleasing to eat and this pattern went on for a while until I'd learned to make better food choices because I saw that once my daughter got the taste of cooked food in her mouth it was over, she was addicted and as the years went by I saw that she was developing a dependency on cooked foods, her mood was greatly affected by the food she ate, if she couldn't get the cooked foods she wanted she would throw a fit, it was as if she started to see these foods as a huge treat, my wife was vegan at the time so I knew I was the one that was going to have to make the better food choices, this prompted me to watch other people with their children and they were doing the exactly same thing but were making terrible food choices like burgers, fries, shakes, burrito's, ice cream and other fast foods, meat and dairy products and cheap candy.

It was sad and incredible to watch these patterns unfold and to even see the children picking up on this by asking for certain foods at certain times, for instance, playing at the park on a hot day made it ice cream time and as soon as they heard that music it's ice cream time or when you go shopping at the store with the children it's fast food time and as soon as they see that certain familiar logo, it's time for those burgers, fries and shakes, it's this experience that really opened my eyes to how emotional attachment to foods can develop from childhood, in fact when I trace my steps back to my early childhood I can always remember my mother buying fried chicken and soda from the famous fast food joint every Friday night, that was a great treat for us because, one, it meant that my mother didn't have to wash up and two, it tasted so darn good and with all the colourful packaging it seemed to be like a gift or a special occasion, eating this stuff made us so happy and yeah it tasted good but most of all my mother bought it out of love because she knew the feelings I got from eating it, everything seemed to briefly disappear and nothing else mattered once we huddled together to eat this stuff, all the excitement and anticipation seemed to over shadow the fact that the food we were eating was actually hazardous to our health.

I can't even remember if I was ever introduced to fruits as a child, all I know is that my earliest thoughts as far as food was concerned was the colourful packaging that came with cooked food which made me feel so special and I personally think that we get

sucked in by the happy TV commercials, bright colours and fancy packaging that help to form our attachments, I honestly believe that this kind of attachment wouldn't exist on raw foods to the extent that it exists on cooked, I also strongly believe that this attachment to cooked food is the cause of many, many emotional issues such as depression and anxiety due to weight gain and obesity, I say this because I know for a fact that raw foods doesn't affect the mind in the same way as cooked food does, you can quit raw foods anytime you want to and not even think about going back to it ever again but if you try to quit cooked foods you have to go through much detox, with drawl symptoms, cravings and great anxiety because you're constantly wanting your next cooked food fix, none of which makes for a good time.

For many people the very thought of going without cooked food forever is a thought that evokes feelings of incredible anxiety and terror, let me ask you this question, have you ever spoken to someone that knows all the disadvantages of eating cooked food and is positive about going raw and they are saying all the right things about changing their lifestyle for the better but as soon as you talk about staying off cooked food for good and being raw happily ever after, they start to talk about the validity of going 100% Fruitarian and how one meal here and there couldn't possibly do any harm, well see, that's the power of emotional attachment in action, the bottom line is that when it hits the fan emotional attachment to cooked food is probably the number one cause for sabotaging your efforts to stay Fruitarian, when relatives or friends come by with a movie and some snacks or ask you out for a night out on the town, when you have a social function to attend where others are going to be eating cooked food, is when I've seen even the strongest willed person lose all focus and reasoning.

We seem to think that are we can't still enjoy ourselves and have a good time with good company or at social events without eating cooked food, but you know what, I'm not going to give anyone the benefit of the doubt or go soft on anyone because we are all aware of the choices

we're making, we slip back to cooked food because we want to, the friends coming around or the big social event is just the excuse we need to justify slipping back at that moment in time, it's not because people are not aware of certain issues or are inexperienced with the Fruitarian lifestyle, trust me, I've been there and done it many, many times, I've made all the excuses and I've sabotaged myself at the drop of a hat, only to realise that I'm just maintaining my emotional attachments to cooked food. A lot of people say that all this stems from not getting our emotional needs met and once these needs are met you will automatically stop acting out these cycles, I'm not saying that this concept is wrong but that didn't work for me, for me it went a little deeper, like I said before I believe that for most of us these attachments to food have been programmed into our minds from early childhood and we all need to take the time to re-educate ourselves and develop associations with new lighter foods such as fruits, veggies and leafy greens, after all how many times do you see animals in the wild eating because they have emotional attachments to their food, when's the last time you saw an obese animal out in the wild, all the animals in the wild that I've seen are pretty lean and muscular according to their genetics and body type due to the fact that they

stay active and eat when they need

to and not for fun or at random like we humans do, wild animals don't have the fast food joints on every corner that we humans do, they don't have super stores filled with old cheap, heavily refined, processed, chemical filled man made junk food, sealed in metal cans or plastic bags stacked on shelves for months, years at a time, like we humans do, they are not fighting sickness and disease or obesity like we humans do, in fact the only obese or sick animals I've ever seen are some dogs and cats kept as pets by us humans.

Well your probably asking what you can do to stop all of this, well I have no idea, that's a solution that will be personal to you, all I know is that it took me years of trial and error to even recognise what I was doing and why I was rebelling and reverting back to cooked foods when I was perfectly happy and healthy being raw, I put in a lot of work recognising and stopping certain programmed behaviours that I had no explanation for because at the end of the day I just got sick and tired of selling myself short and compromising the great health I was experiencing while raw but what I think helped me the most was researching on what true hunger really felt like and to be honest with you after that, it comes down to a whole bunch of tough love because at some point your going to have to implement what you've learnt or know to be true and as many of you already know, that's not always an easy thing to do.

Fruitarianism has always got a bad rap simply because so many people mess it up, most people just don't want to give up cooked foods or stay committed to a healthier lifestyle. A lot of raw guru's are jumping on the anti-fruit bandwagon but let me ask you this, how many of these guru's are in shape? How many of them talk about keeping fit as well as watching what you eat? I don't know about you but I'm not going to listen to some overweight, out of shape guru telling me that what I'm doing is bad for my health or how to live the raw lifestyle, most of the male raw guru's I've seen so far have bigger breasts than the women.

It's been my experience that raw food guru's hate Fruitarianism because they can't sell their "gourmet recipe" books, equipment, super foods or supplements because most long time Fruitarianism know better than to fall for that crap, I've been banned from one raw food forum and all because I posted progress photo's of myself, they said I was advertising, now is that a compliment or what, I must have been looking pretty good if they thought I was selling something, if I looked crap or run of the mill they wouldn't have cared one bit but I was getting a lot of attention and raising awareness, it seems as if they saw

me as a threat to their income and they saw fit to ban me, the reason why I brought that situation up is because we've all got to ask if these raw guru's we are giving power/money to really have your best interests at heart, are these guru's really wanting you to progress past your transitioning phase or are they relying on your addicted mind to keep their profits up, I can say all of this because if done correctly, you really can't make much money from Fruitarianism so I have nothing to lose, Fruitarianism is just too simplistic, plus nature has already given us all we need for free, no need for dehydrators, recipe books or supplements.

A lot of people also have this idea that Fruitarianism is this God like Spiritual lifestyle that only the chosen ones can attain, I know this to be a load of rubbish because to this day I still cannot levitate or have sudden urges to live by myself on the peak of a mountain but I know that it's also what some so called "Fruitarianism" would like to have you believe because I've seen it happen so many times over the years, some people get so carried away with expressing how they feel at any given time, they use words like euphoric and magical, well I'll speak for myself and say that I'm still the same guy I was before I went Fruitarian, not much has changed, I'm still imperfect and I still make mistakes, I still get angry and I still laugh when someone trips up, the problem is that Fruitarianism attracts some colourful characters and the odd loony toon and unfortunately they are the ones that get all the attention, the long time Fruitarianism tend not to want to get involved with all the drama of the raw food forums so they stay away and get on with their lives and that's a real shame because these people could really help smash all these crazy myths and urban legends that surround Fruitarianism. Personally with the whole teeth issue I don't think it's the fruit in fact I know that it's not the fruit causing all the tooth decay issues that are associated with Fruitarianism, I believe the big culprit is the acidic junk that's coming out of every skin pore and hole in your skin during the detoxification period, I really don't think that people really understand exactly how much acid we have stored in our body, in fact that's one of the reasons why we lose the appearance of weight when we go Fruitarian because we no longer need to retain the water to dilute the acid waste from cooked foods. My detox was pretty hardcore and I only had brief tooth aches in teeth that I was already having issues with while I was on cooked foods, I had issues with these teeth because I was getting them bashed in every weekend from playing Rugby without a gum shield and eating cooked/ sweet foods, etc wasn't helping at all, in fact the condition of my teeth was getting worse regardless of how many times I brushed my them or what hi-tech tooth brush I used, so when I went Fruitarian I was eating cleansing fruits that gave my whole mouth a cleanup, but the detox brought out all the nasty acidic stuff out of every hole I had including my mouth and gums. Now all my tooth aches/ issues are no more and my mouth is as fresh as it wants to be even after seasons at a time on citrus, so no I'm not buying into the whole fruits cause tooth decay thing!

I've made the mistake too many times of getting stressed out and obsessed with being pure that I forgot to take the time to enjoy being a Fruitarian, I had to make a clean break away from cooked foods once and for all and making that choice to stop built character in me that I never had before, to make a break and win gave me so much insights into what I was really capable of when I set my mind to it, yes we may slip but we acknowledge it and get right back up again, just start over and start as you mean to go on.

I strongly believe that new Fruitarianism need to do cleanses to get all the stuff that gets stirred up out, I know the experts say to let your body do it all but not everyone's body can do it all at once, I would strongly suggest that you set up a cleansing plan and be consistent with it and

then introduce more raw foods until you reach the level where you want to be, it's simple, the cleaner you are on the inside the less cravings you will have, I can't tell you how many times I've yo-yo'ed and yes I finally got fed up of it and did something about it I QUIT!!!!, I was so fed up I was convinced that all my problems would go away as soon as I went back to cooked food, well I went back and it only got worse, what I didn't know was that my body had already made the choice for me and all I could do is follow, if you stick this out I can tell you know that you will go through many, many more changes of heart because the mind is weak and only the body really knows what it's doing, the only time the confusion will stop is when your detox has subsided.

Sit yourself down in a quiet space and make a decision, it's important to be happy because life is too short to be chasing something you don't really want, if this is what you want then get ready to dig your heels in and work, the only thing I can say is that it's worth sticking it out, I learnt that depending on your mind at these times is really not a good idea because that's where most of the problems lie, I found that I had to jump outside myself and get things done that way, if you go by what your mind tells you your always going to want cooked food, think about it this way you already know that this is what you want so make a

life time commitment to achieving your goals in your own time and your own way, don't set a time limit and don't set any percentages, just try to have as many raw days as you want, yes you're going to slip up but all you got to do is start over again, you got your whole life a head of you, enjoy it!

My personal experience of all the conflicting information is that I reached a point where I had to look at myself and ask myself how "I" felt on fruits! I've been going against the grain ever since, if I was to take any notice of all the info on the internet then I'd still be going crazy to this day, I don't entirely agree with every Fruitarian article that I read and I don't think you can believe every article word for word either, everyone is different and you can only go with what is happening to you personally and make the adjustments you need to make in order for you to keep living your preferred lifestyle, I learnt that at some stage I had to stop searching for information and listen to my body because the more I searched the more I began to doubt Fruitarianism and what shocked me is that I wasn't interested in finding the good info finding the positive information didn't satisfy me one bit it was finding the negative information that satisfied me, the negative info just validated my negative thoughts, it was almost like I was searching for excuses to give up, I also found that I

searched the most when I was going through hard detoxes, binging sessions and when I was on the verge of quitting. I think when you start out on this journey it's so easy to over complicate things (I used to catch myself doing it all the time) I personally believe that it's a result of eating cooked food and having to be more aware of what you're eating, fats, proteins, vitamins and minerals but with fruits you really don't have to worry about any of that! This is what I always tell people that dare challenge me on this subject!! If we can spend all our lives eating cooked food that is void of nutrients then we can surely get by on living fruits!! As Fruitarians you must learn that we no longer have to live by cooked food standards.

I believe that our progress is all in the mind so if you really want to do this Fruitarian thing then you should develop a strong belief system and even though you may slip up time and time again you got to keep trying and keep believing that it's your destiny then in time you will reach the point where you just have to think about getting back on track and your body follows suit. We shouldn't waste valuable time worrying about what's right and what's wrong, it's really very simple, we eat fruits!!

So knock yourself out! If you want to exercise, you should just do it because you enjoy doing it, we shouldn't worry about cleansing ourselves or what fruit can be eaten you should just eat fruits because you enjoy eating them and your body will do the rest. I believe that we worry so much about the definitions of being a Fruitarian that we forget about actually enjoying where we are now and this mindset affects our progress. Let's face it we are never going to be pure because of modern day harvesting practises of our fruits and pollution in general, so why worry about being perfect in an imperfect world. It saddens me to see fellow Fruitarians going through this whole thing constantly worrying but maybe it's a process that we all have to go through in order for our journey to be complete.

I found that when I was eating cooked foods I really didn't realise how much my mind and my body was being altered my body was jam packed with waste and was at a near standstill but was still being led by some addiction, I had no motivation to do anything, now I'm fruitarian, my addiction to cooked food no longer plays such a heavy role in terms of how I feel, I no longer feel numbed down, drugged up, my thoughts are more positive, my mind is more alert and sensitive to what my body needs and more importantly I want to get active and better myself.

Get out and be active, learn how to live again, it's my theory that if you get the fitness right your body will tell you what to eat, so in my opinion, if you have to ask others what to eat, you just ain't active enough, do what's in your heart regardless of how extreme it may seem to others, just because other people think that you are depriving yourself doesn't mean you have to listen, live life to the full and be proud of your choice to take control of their health, get active and let your instincts lead you to what you want to eat.

Food is not the problem, in my opinion it's the process of cooking it is what causes us problems, I've read many stories about people getting by for years eating raw meats and dairy in just the same way as Fruitarians get by on raw fruits but as soon as the same food is cooked all hell breaks loose and the bodies resources are gradually used up after years of trying to digest cooked food and other cooked man made products until we reach the point where some part of the body simply gives up!

On cooked food I felt swollen, smelly, drained, heavy, fatigued and bloated, I've also noticed that I have a low tolerance to the sun, Compared to transitioning to a raw/fruitarian lifestyle, eating cooked food is a living hell and the worst thing is that you don't know this until you have spent some time away from cooked food, in the past I've spent so much time just constantly eating and not even eating because I was hungry I would just eat for taste and comfort, I was not giving my stomach a chance to digest the food I was eating and I've spent years walking around with a belly full of rotten toxic waste in

my gut!

Gallstone from my first gall bladder flush, the coin is an American quarter.

Cleansing yourself to any degree is going to be hard! but in my opinion it is still going to be a better standard of life than being on cooked food, having swollen joints, bad body odour, sickness and disease, etc, are what you can expect for the rest of your life. Why do we put up with this kind of life? Why do we think it's so normal? And even if we do believe it's so normal why do so many of us just simply put up with the pain, being overweight, etc?

I lived many years hardly being able to breathe due to the mucus from the food I was eating and the weight of the waste on my lungs, I lived many years having no feeling in my stomach because I was just so blocked up with cooked food! I had many years of being swollen and having

painful joints but I put up with it because I really didn't know any better, nobody taught me any different and I certainly didn't seek any solutions until late in my life! Don't get me wrong eating cooked food in these modern times is just fantastic there's so many different varieties of manufactured concoctions specially made to keep us coming back for more! And believe me I used to get so much pleasure from eating the stuff but the problem is that cooked food is a slow killer! Just because you can eat plastic and not instantly keel over and die doesn't mean that you're supposed to eat it but that's what we do, these days were eating anything and everything just because it tastes good with no idea of what it's actually doing to our bodies.

Whatever you do on this journey don't let anybody fool you by telling you they have the secrets to the Fruitarian lifestyle, there are no such secrets, going Fruitarian is just a matter of going back to getting in tune with your body, as time goes by you see that getting off cooked food will automatically solve a multitude of modern health issues without you having to know a thing, nature will just simply take its course. It's amazing the difference it makes to your body when you clear all that toxic waste out of your intestines, I found that my energy/vitality flowed much better and my strength increased considerably, my body seemed to glow when I went Fruitarian. I'm not going to wax lyrical about being Fruitarian and tell you that the Fruitarian lifestyle is absolutely amazing and towards the end my energy levels were through the roof, even though it's true I'm not going to tell you that because I'm not a Fruitarian Guru with anything to sell and I don't have to get you all excited so you'll convert but one thing I will say is that just being away from cooked food makes all the difference to your health.

Since going Fruitarian I've learnt that it's all about getting off cooked foods and doing the things that used to come natural to us, such as exercise. Movement used to be such an important part of our survival but now sitting in front of the play station all day comes more natural to us! When

you get off cooked food your body will take away anything that is of no use or anything that is not being used, so I train on a regular basis and I've seen great results already and with very little effort considering that I only ate fruits, no nuts/seeds or greens, better results than when I ate cooked food! A lot of people when they go Fruitarian complain of losing too much weight and it's because they don't do anything to keep

what they have, I've found that when I was Fruitarian I actually wanted to exercise more, it's been a steep learning curve as far as training while in transition was concerned.

As far as the fruit only debates that rage on, I believe that you can take many ways to get to one destination, we all have a right to believe our own personal truths, as for me, I have my own personal truth based on my own personal experience, I've been on fruit only, no greens, veggies, tap/bottled water, nuts/seeds or supplements and did great, anything else just does not appeal to me and I don't thrive on it, personally I think it took me 10 years to fully cleanse and move on.

I think the most important thing here is not whose right or wrong but that although it's important to ask questions there comes a point where you have to live the lifestyle and find out for yourself and experiment, if things don't go right you simply tweak things until it does and find what

works for you, there's certain questions that guru's, me or anybody else just cannot answer accurately because we are not you and you are not us and just because I thrive on just fruits doesn't mean that someone else's experience is wrong, it just means that I gave my body what it needed to thrive and maybe others that "failed" in the past did not. In the beginning there were many, many, many awkward moments and it was all my fault, after all, what was I really expecting the reaction to be but I just couldn't keep my mouth shut or hold back my joy at finding renewed health and vitality, now you got to see this from my point of view, I spent years blocked up and bloated and feeling like I was on a slow ride to hellsville, now all of a sudden I discover a way to undo all of that, so to say I was extremely excited is an understatement and I just thought that people close to me cared about enough to share in that excitement with me but instead I was made to feel like a nut case, an oddball, people tried to make me feel small just so they didn't have to feel guilty for not doing what they knew they were supposed to be doing, **LOOKING AFTER THEIR HEALTH.**

I had become the health freak that people felt awkward around and the joke of the party at social gatherings to the point where I just quit going to them, but I was so happy that I was actually feeling better about myself that I couldn't wait to share my new discovery to anyone that would show the slightest bit of interest, at first people would be polite, then comes the "well where do you get your protein from?" question in a sarcastic tone, as if they have already decided that you're crazy and the thing is that it doesn't matter what scientific evidence you answer back with, they still can't get their heads around the fact that you would even dare go against the grain in such spectacular fashion, I've even had people fly into an all out rage at me just because I chose to eat a bunch of bananas around them, oh and don't you ever dare eat an avocado in its natural state with no dressing, that's just asking for trouble, it's almost as if people see you as betraying the human race by not joining in on the mass suicide, in fact while your patiently explaining the concept of Fruitarianism in their head they are busy thinking how naive and stupid you are.

After the dust died down, the attacks and insults came thick and fast, especially when I was going through full blown detox and I wasn't looking or feeling too good, I don't know

what it is about detoxing but people, even complete strangers seemed to think that they had the right to insult me to my face, it was like I was a magnet for insults, this is something I wasn't fully prepared for, when

I started all of this I never knew all my so called friends would look at me like I was some kind of traitor and desert me as if I had gone out of fashion or something, people were just looking for any excuse to criticize the Fruitarian lifestyle or put me down, just so they could prove that their lifestyle riddled with sickness and disease was the right way after all, this really hit me hard, on one hand, all I knew was that I had discovered something so fantastic that I could hardly contain myself and on the other hand I was learning fast that I couldn't share my joy with anyone, I couldn't share what had become so important to me, my rejuvenation.

I continued on my path regardless and as well as having to deal with other people's fears/issues, I was also starting to have moments of great irritability and anxiety and would catch myself verbally lashing out at people, which was not like me at all, I really couldn't figure out why, until I accidentally stumbled across this thing called detoxification while doing some more research on Fruitarianism, from what I had previously read about transitioning to the Fruitarian lifestyle, it really didn't seem that much of an issue but being the organised type of guy I am, I figured that reading up and getting prepared, would be a good idea anyway, again what I read gave the impression that it would just be minor discomfort and I was real proud

of myself for thinking ahead and getting myself prepared and I figured with my strong will and go getter attitude, I could make the transition without any major problems or issues, after all, I did take the time to look up all the information I needed, I visited all the raw websites and read all the raw books, so I was done and ready to do this, RIGHT? WRONG. Now I look back on it, nothing could possibly of prepared me for the hell I had got myself into, it was a nightmare both mentally and physically, trying to make sense of it all was a waste of time and just made things even worse, it really wasn't like what I had read about at all and on top of that I was rapidly losing weight, I was also getting too tired to work out, I didn't stress about it in the beginning then after another couple of months people that knew me when I was much happier, bigger and more athletic looking started making comments, telling me that I was looking way too skinny, I ended up losing the few friends I had because I was no longer socially accepted, I wasn't the athletic hunk that they had built me up to be, my self esteem went through the floor and I had great trouble dealing with the whole weight loss issue.

I was used to being the big/athletic rugby player, fun loving, life and soul of the party and here I was now, exactly the opposite, a lot of my self esteem was tied up in looking and feeling athletic, after a while I got sick of people telling me I was looking like death and I quit the Fruitarian thing many times because of this, fortunately for me my body had already made up its mind that it wasn't going to quit getting what it really needed just because of my addicted mind and made it clear that quitting wasn't an option by drawing me even closer to fruits and as time went on my awareness of health issues grew and I decided that I wasn't going to stop the Fruitarian thing and that I will learn to love the new me and maybe someday I could be what I wanted to be.

It was at that point that I learnt that the reason why I was losing so much weight, basically we retain water to dilute the acidic pollution we are eating and once you stop eating that pollution and start getting it out of your system, you have no need to dilute it and my body was simply responding to the cleansing/removal of the acidic waste by letting go of all the retained water and unwanted fat that had stored up over the years, so the more toxins that I got rid of, the more weight I lost, so in actual fact on cooked foods I was walking around swollen, it wasn't until I learnt all of this I became really comfortable with my weight loss, after that, when people told me I needed to gain weight I just laughed with pride knowing that it was all for a purpose.

It took me a while but I had to accept that I would probably be doing this Fruitarian thing on my own and in spite of

the people around me but that was ok because for me it was all about doing it for myself and not to follow the crowd but there were still times when people offered me food out of pity because I looked so thin and I would slip up and say "no thanks I'm a Fruitarian" needless to say that I would have many awkward silences and moments where I would be the centre of attention one minute then the butt of every ones jokes the next, throughout all of that I always held out hope and figured that if I could just carry on I would meet some like minded person that could completely understand me, someone I could confide in and share my difficult periods with but that person never showed up, I thought that I could find hope on the internet so I joined all the raw food forums that I could and faced even more hostility from the very people I thought would understand me.

The Raw Vegans were no better than those eating the S.A.D. (standard American Diet) diet in terms of the attacks I faced for being a Fruitarian and it used to hurt when they would tell me that as a Fruitarian my diet was lacking in the right nutrients and that I was crazy as well as stupid not to be eating greens, nuts and seeds for my protein, what made me laugh about their comments was we were all raised and even conceived on cooked foods and with no thoughts of nutrition what so ever we have all have spent the best part of our lives happily stuffing ourselves on cooked foods, which according to the Raw Vegan is supposed to be dead and void of all nutrients, I mean that's the main selling point that raw vegans use to convert people, but all of a sudden as soon as they go raw they want to gripe about not getting protein, they talked as if they had never spent their lives on cooked foods and I know for a fact that I certainly wasn't counting the nutritional content of all the ice cream, pizzas, cakes, chicken, beef, pork, Jamaican, Chinese, Indian, Mexican fast food, alcohol when I was stuffing them down my throat, so why be so picky now.

When my detox came, I really wasn't prepared for my emotional floodgates to open up the way they did, even though I had read all the books written by the top raw guru's, none of what they had to offer came anywhere close to what I actually experienced, they just offered poetic words and generalizations and before I could get a grip on myself, my thoughts were evil/foul, I had a real quick temper, my thought patterns were suddenly altered, depression had totally consumed me and my attitude was nothing but negative, I stopped doing everything because my motivation levels had hit the floor hard

and couldn't get back up.

I was also riddled with anxiety, I spent my entire time from then on lashing out at people, which really wasn't me at all, on top of all of that I was constantly mentally and physically exhausted, as if someone had just flicked a switch, of course everybody thought I was crazy to continue on with this diet, nobody supported me at all and even though I still had faith in what I was doing, I was still totally overwhelmed, I believed every negative thing that was going on in my head to be true, it was impossible for me to tell the difference between fact or fiction at that time, I went from a happy go lucky guy that everyone wanted to be around to the exact opposite. The reason why I was so tired all the time was because my body was using everything it had to give me a total body overhaul, I knew nothing about cleansing at that time because I believed what the guru's said about how amazing the body was and how you don't need to use any artificial cleansing/flushing methods because the body could clean itself perfectly, yeah, that's all very idealistic and all but the body was not designed to digest cooked food, especially in the amounts we eat in just one day nor was it designed to clean all the acidic waste/debris from cooked foods, if it was, then we wouldn't be having the health problems we are having, so unfortunately for me my toxins were just being re-absorbed.

I didn't know what was going on or how to deal with this, all I knew was that I had to get through it, it got so bad that I got laid up in bed for 7 days with severe flu symptoms, it was a nightmare, pretty soon I built up a healthy resentment towards this Fruitarian diet, it was the cause of so much pain and confusion for me, because of the negative thinking I decided that I wasn't happy doing it, for a start, I didn't like the change that went on in me, it stopped me from being my old self, besides all that, I just wanted to eat bucket loads of pizza, fried chicken, fries, ice cream, etc, sooooo bad, all of a sudden, I started to justify the negative things people had said about me and how eating cooked food wasn't so bad after all, I came to the conclusion that I would be so much happier just going back to how I had lived before, I decided to quit and forget about the whole Fruitarian thing for good.

The problem was that the cleansing process had already begun and unknown to me my body had already found what it was looking for, but I still went back to cooked food, I was happy for a week or two then my stomach got blocked up and bloated again, then I got full of snot and sick, I began feeling like an old man again, this would go on back and forth but the more I cleansed the worse I felt when I went back to cooked food and the more of an opportunity I had to look at how my emotions were controlling my progress, each time I quit and went back, I

learnt valuable lessons, but even then I still had to learn the hard way, I eventually came to the conclusion that getting off cooked food was like getting off of drugs, cigarettes or alcohol. What I found really helped me was writing down my goals and how I felt when I was on cooked food and it also helped to stay from stressful situations/people.

I always say that if you have any mental issues like depression, anxiety, etc, cleansing yourself will bring it to the surface, so be prepared for an emotional fight, a fight that may last years but it's a fight that will get easier but please let me tell you this, yeah

everyone's detox experience is different depending on their past sins but at some point it's going to get tough, it may not be at the same time as me but it will come eventually, I know people that didn't feel it until years after they went raw, plus it's all relative to how you go raw, some people will swear that they have never been through a detox but that's because they are still eating fake raw foods/gourmet recipes with dressings and oils, etc, when you transition properly meaning, when you go from raw gourmet recipes to whole fruits in their natural state then you will get a good butt whooping detox in no time but a lot of people simply never get out of transition.

My detox was whooping my butt big time and getting off cooked food was turning out to be way harder than I

ever thought, I would try different ways to gradually wean myself off it but that just gave me a license to carry on eating it, so I would just end up going cold turkey, which usually meant that after a week I would be like a raging bull, I'd be foul, aggressive and hateful, then I would go head long into a massive binge to escape all the pain, confusion and torment.

As the years went by I learnt that I had to detach myself emotionally if I was to stay sane and think outside of myself because at this point my brain was just mush but my main problem was still getting over my cooked food addiction, funny enough candy, meat wasn't the hardest to quit like I was expecting it to be and after a very long struggle I had finally managed to get off of my biggest enemies, bread, cheese and pasta but after that I found that condiments and salt were the hardest of all to give up, for example when I had finally gone 100% Fruitarian I used to eat 6-12 avocados a day with some type of condiment, I allowed myself to do this because I felt it was doing me no harm, plus the dressing was organic and had natural ingredients, you know the drill, but then after a while I started to notice that I'd get mad if anything got in the way of me getting this dressing on my avocados, this happened every so often and I recognised the intensity from my detox days, so I began to question if it was really the avocado I was wanting? So I tried an experiment, I stopped using the condiments and whenever I craved an avocado, I ate it but without dressing, guess what!!? I couldn't even eat one whole avocado in one sitting and the funny thing is that I craved avocados like a big dog but without the dressing I couldn't finish one but as soon as I allowed the dressing I could eat them all day, that just showed me that it wasn't the avocado's I was really after, so I quit the dressing and went through severe withdrawal for about 3 weeks then I was done, now I only eat avocados on rare occasions and without dressing.

Back then I used to think that the world had suddenly been taken over by jerks and they were not shy in telling me what they thought I looked like, I soon realised that if I was going to tell the world what I was doing I was going to have to make sure this was what I really wanted to do, over time I grew to be more confident about being a Fruitarian and when it came to being social I didn't care about turning down other people's food or hurting people's feelings, don't get me wrong I was never disrespectful I just ate my raw fruits and loved it, things stayed like this for a while, so of course I would become the main topic of conversation.

I'm aware of how much of a false impression it gives to people just starting out when you just mention the happy

stuff because I was one of those people that listened to others waxing lyrical about going raw and I ended up paying the price, nobody told me how hard it really was and none of the raw gurus had it right either, but one thing I will say is that as hard as it was for me, every minute was worth it, don't expect it to be an overnight process because it's not and it will take a dedicated individual to get through it, you'll mess up on the way for sure but the message I want to leave you with is that no matter what, you get right back to eating raw foods until it becomes a habit, no matter how long it takes. Breaking away from societies addictions was the best choice I ever made and I will never go back, my skin from head to toe has transformed from rough and tough to soft and silky, I don't get colds or flu's anymore, I don't feel the aches and pains I used to have, my body has gone to its natural shape and I'm no longer bloated and constipated, I'm more at one with my body and my biggest victory of all is that I'm no longer a slave to my/societies addictions, my thoughts are clearer and more positive, don't get me wrong it's not all happy, happy, joy, joy, the world is still what it is and people still do bad things but at times it can get pretty close.

Before you even decide to take those first steps to becoming a Fruitarian it's vital that you prepare yourself with the

correct information as there are too people out there in the raw community playing guessing games, usually it's from people that tried to go Fruitarian but couldn't handle it and quit, now they want to advise others, because now they think they have everything figured out, they are so new that they are still using modern cooked food nutrition requirements to help with their guess work, as soon as it gets uncomfortable the first thought in their head is that they are craving calories/protein and need to get back on cooked foods but they are not craving calories nor protein, they are going through with drawl symptoms and detox, simple as that, think about it if they were craving real nutrition like calories/protein then they would also be craving raw foods, I learnt a long time ago that there's a right way and a wrong way to do this and there's more people doing things the wrong way.

Too many people are living on a transitioning diet, eating things they don't need, when they don't need it and running into problems because they never actually transitioning to anything, there's no end result and no progress, these are not ways to do a Fruitarian diet at all and it's not a way to get the maximum benefits, but everybody has their own goals, some people don't want to give up their cooked treats, some people feel insecure if their stomach isn't stuffed, so they make up ways to stop

the discomfort by stuffing themselves or by eating high fat, badly combined foods, which is cool if that's your thing but I just want to make the point that there is only one right way to go Fruitarian, I've heard this a million times "well when I eat cooked food, I feel so much better, so my body must be needing/craving the protein/calories," no what's happening is that you wanted to eat some cooked food and the cooked food you ate stopped the cleansing/ detox process and that's why you feel "so much better" also the problem is that we have a lot of mental/emotional attachments to cooked food, for

instants when we want to celebrate we go and eat somewhere special, when we are depressed we go and pig out and most family/social events revolve around food and it's those attachments that are 100 times worse than the cravings.

What I've learnt is that there is no solution to this, it doesn't matter how you try to escape, it all boils down to getting through it, this is why I suggest that you get a note pad and write down your goals, so that when you are going through these times you have a solid reference point to go back to when your addicted mind is trying to tell you otherwise, also to make time to focus on inspiring fruitarian information that you like so you can marinate your mind on it, the more positive Fruitarian info that you can marinate your mind on the easier it will be to re-

educate your addicted mind, it's all on you, also be mindful of your reactions if you have any history of mental illness, depression, anxiety, eating disorders, etc because the transitioning process will bring all your emotional issues to the fore, you will also have many times when your mind will try to convince you that it's all a waste of time, you're going to feel bad for a long while no matter what you try to solve this, this is where the work begins and you start learning your trade, this is no joke and can be a very confusing time but with determination and strength you will get through it.

Personally I don't believe in trial periods when it comes to the Fruitarian lifestyle because once you set that cleansing process off the body will want to see it through, which is why I always say to really do your research and ask yourself why you want to do this, most people do the trail period thing and quit as soon as their detox starts and things get uncomfortable then think that that's the be all and end all of the lifestyle and trash it when in fact you got to go through this cleansing/body overhaul in order to see and feel the real benefits of this lifestyle, a lot of people don't realise that because of the nature of cleansing things will get worse before they get better, simply because there's going to be a lot of junk, debris getting stirred up and finding its way into your system/bloodstream, I always say

that you're not really experiencing the Fruitarian lifestyle until your cleansing is over and this can take years, it took me 12-13 to get anywhere near clean and you cannot decide to go back to your old lifestyle because your body won't let you, once you tap into your bodies primal instincts by getting off cooked foods, it will not accept unnatural materials any longer so in the initial stages you got to dig deep and put the work in just like you would with your fitness.

It's amazing that when people first go and start losing their old cooked body and get their new leaner raw body they panic and automatically assume that they are going to waste away to nothing, this is totally understandable because I've been there many times, it took me over ten years and I got way past my comfort zone when it came to losing weight, it all depends on your condition and past lifestyle habits, my advice is just to be compassionate and loving to your body, appreciate all the work it's done in the past, be thankful to it for putting up with all the damage done from cooked foods and be respectful when it comes to the recovery/cleansing job it's doing now.

My twelve tips to transitioning to a Fruitarian lifestyle Yeah, for the majority of people the transitioning process can be traumatic at times but it's by

no means all doom and gloom and I can honestly say that apart from getting married it's one of the best things I have done, so based on my own experiences, here's my top ten tips to successfully transitioning to the Fruitarian lifestyle. 1) Avoid negative people. Depending on your circle of friends you may need to be very careful who you share your new choice of lifestyle with as even the most understanding of friends may not share your new found joy. you may also find that fruitarian friendly Raw food forums are hard to find and you may face your posts being deleted or you may find that your being trashed for no reason and even if you do find a Fruitarian forum, you need to be sure they don't try to impose their definitions or ethics on you as some people go Fruitarian for other reasons other than health, besides after a while you'll realise that you can only talk about raw food for so long before it gets obsessive and boring. As far as raw food forums go, the majority of the time people will be complaining about every little ache and pain and that's not a healthy environment for the transitioning mind, also the chances are that most of the people will be experiencing depression, anger, etc brought on by detox

and as the saying goes "Misery loves company". Generally on these Raw food forums everybody is left to fend for themselves, there's no leadership, no direction and no voice to calm everyone down and let them know everything is ok, most raw food forums are only set up to sell the guru's supplements, books, doctrine, etc, you hardly ever see the guru offering free advice. 2) Be careful who you listen to. Other people are not you and no one knows your needs better than you, the raw lifestyle works best when you follow your own intuition and not the conditioning of guru's that only see you as a dollar sign. Living the Fruitarian lifestyle for yourself is the only and the best way to learn the lifestyle, learn to take advice with a pinch of salt (pardon the pun)keep an open mind but still focus on listening to your own body. 3) Listen to your body. I found that when I was eating cooked foods I really didn't realise how much my mind and my body was being altered, my body was jam packed with waste and was at a near standstill but was still being led by some addiction, I had no motivation to do anything, now I'm fruitarian, my addiction to cooked food no longer plays such a heavy role in terms of how I feel, I no longer feel numbed down, drugged up, my thoughts are more positive, my mind is more alert and sensitive to what my body needs and more importantly I want to get active and better myself.

4) Realize the simplicity of it all. Going Fruitarian is as simple as picking/cutting up a fruit or vegetable and eating it but that's not what the guru's want you to know, they want you in a state of anxiety, depending on their word so you will keep giving them your support and money, think about it, you don't need a book to tell you how to pick up your favourite fruit or cut up vegetables and eat them, there is no secret way or method of eating fruits/veggies that only the enlightened ones know, nature has already given us the lesson for free.

5) Make cleansing a priority. If you think you're pretty clean because you lived on a "clean" vegan diet for years and you've only eaten "healthy" whole foods, you know what, think again, you would not believe the amount of junk our bodies have had to store over the years from us eating several meals and snacks a day. I see so many

transitioning Fruitarians suspended in animation, stuck in their detox symptoms and suffering from various health issues because they have kick started their cleansing process but are not keeping the channels of elimination clear by cleansing, so they just end up recycling their waste and end up feeling worse or causing their own health issues and this is the main reason why most people quit, they don't understand why things seem to be getting worse and panic and mistake their detox symptoms for illness, when in fact going Fruitarian simply brings out the waste that is already inside you, you just got to learn how to manage and quickly eliminate that waste. Make no bones about it, when you go Fruitarian you got to make cleansing and getting active your priority, yes cleansing will cramp your lifestyle a bit and it may mess with your vanity for a while but if you want to have a good transition you've got to help your body complete its task. Cleansing is hard initially but it gets easier as you go on, it's hard work but cleansing is something you got to do consistently if you want to see positive results.

6) Get/stay active. In my opinion, one of the big mistakes people make while detoxing is to quit working out, staying active helps to keep everything moving, you can do any athletic activity you want to do while transitioning if you have the dedication to do it, yes along the way there's going to be a period where you're going to feel drained and exhausted but it's a sure sign that your body is using its energies to cleanse itself, detoxing may take some time, so be patient with yourself because there's not much you can do to escape this process.

7) Get/stay tough. One thing I will warn you about is that it takes a tough, strong minded individual to be successful at going Fruitarian because for many people, getting off of cooked food is like quitting alcohol or cigarettes so be

prepared for a long fight my friends. 8) Strive to eat your food raw/fresh and in season. The art of eating as society knows it normally relies on consuming large amounts of cooked food with salt, condiments and sodas, for instants how many of you would eat a steak or tofu as is, with no salt/condiments? Unfortunately we live in a world where we are convinced that eating heavily processed dairy products, junk foods and baked, boiled, fried body parts of dead animals disguised in various flavourings, sauces and spices is "healthy", in fact we even duplicate fake versions of all the above from soy beans, so vegetarians and vegans have an even "healthier" option to choose from, but have you ever thought how they can make soy taste like so many different products ranging from ice cream to chicken, well it's processed and covered in flavouring and sauces, it seems that if our food is not processed in some way we don't think it's healthy. The average person in the street neither knows nor cares about how their body works and really has no idea what actually goes into the food they are putting into their bodies, after all, we eat what we want, we digest it and it comes out the other end, no harm, no foul.... right?... wrong! The obsession with processing our foods doesn't end there, the same goes for Raw Vegans too, It seems as though many of us have gone from the pot into the frying pan with the consumption of these fake "Raw" foods like "Raw" cookies, "Raw" breads, dehydrated this and blended that, personally, I don't think it matters what we eat, in my opinion it's the fact that it's cooked is what causes the

problems later down the road but now as the Raw lifestyle gets more mainstream we seem to be repeating our mistakes by not eating our Foods in their raw natural state and going for the processed option. Bear in mind that just because the label says "Raw" doesn't mean to say it's fresh, the fact that it even has a label is an indication that it may not be as fresh as it should be. I always insist that if it's in a bag, box or glass the chances are that it's processed in some way.

As far as I'm concerned dehydrating your food, "Raw" breads, "Raw" cookies, etc have their place as great tools for those in the very early stages of transitioning to a Fruitarian lifestyle but if your goal is to progress to 100% Fruitarian then their use should be limited to the early stages of the Fruitarian journey and you should strive to eat fresh and seasonally, if your goal is to not go 100% and is simply to change your eating habits and create better options then they are another route you can take.

9) Do I have to go 100% Fruitarian? No, not at all, unless you have certain goals I believe it's vital that you enjoy this whole process and simply do what is best for you at any given time, it's also important to understand that there is no rush and no competition.

Going 100% Fruitarian is your own personal choice, you make that choice by living the lifestyle and learning what foods work for you and by listening to your body, over time as you continue on with the Fruitarian lifestyle your body will eventually let you know of any changes you need to make.

Going 100% doesn't make you a better person, it just makes you a cleaner person that is getting 100% of the benefits and allows your body to do what comes naturally! 10) Learn for yourself. Well personally I think everyone should learn the ins and outs of living a Fruitarian lifestyle for themselves because what works for me may not work for others, going on forums and asking complete strangers a million questions about what you should and should not eat has never made sense to me because no one should know what your body needs better than you do.

It's pointless asking anybody what you should eat because we can only give you random answers and none of us actually knows what you like or what's even available in your area...learn to go "primal" and hunt for the food you need, if you look for what you need you will find it/

manifest it, trust me, sure we can tell you what to eat but does your body really need it??? The true answer is in YOU!!!! People get mad at me when I offer advice like that but Trust me, have faith, do the legwork and you will manifest what you really need, it's happened to me many times, it's like nature provides something out of nothing, in this society everything is offered to us on a plate and when we go raw we are going back to nature, we forget about nature and being hunters/gatherers, keep the faith. Everyone needs to have their own experience so their knowledge/instincts are deep in their mind because it is what they know to be true based on their own experience, there's no script or secret method of eating raw foods, it's just about giving your body the right materials it needs at any given moment.

Don't listen to people that say you won't get all your nutrients eating fruits and veg, I spent 25 years happily stuffing as much ice creams, pizzas, cakes, chickens, beef, pork,

Jamaican, Chinese, Indian, Mexican fast food, alcohol, etc down my throat as I could, which according to the guru's is supposed to be dead, void of nutrients, right!? And if my body can stand 25 years of eating dead foods then I'm confident that my body can survive on living, fresh fruits. I have never been sick or suffered any ill effects as a Fruitarian, none of my teeth have dropped out and I've experienced nothing but rejuvenation. At the end of the day it just boils down to developing your own instincts and doing what you believe in! No matter what other people say!

Going Fruitarian will not give you eternal life, put you on a spiritual high (although some people say they have more E.S.P when Fruitarian but that open for interpretation) or give you super powers but will drastically improve the quality of your life.

11) Do I have to eat greens? Gorillas eat greens and are huge right? people often a try to highlight the eating raw greens issue" by using huge muscular animals like the gorilla or elephant as examples of muscular vegetarians by pointing out how you never will see gorillas or elephants working out at the gym, or how gorilla's get so big by only eating greens, well yeah, technically that's true, the gorilla is a very strong and robust animal but if you really think about it you'll see that this gorilla thing doesn't make any sense, they are saying that if a gorilla ate anything else but greens it wouldn't be as strong or as big as it is and that if we all eat greens we'll automatically take on the strength and size of animals that eat greens, if that was so what's to stop us from inheriting the size/strength of animals such as sheep, rabbits, horses and if we really want to get huge why not eat what elephants eat? Gorilla's are naturally big and strong and they don't eat greens to maintain any muscle mass, a gorilla is a gorilla no matter what it eats, just the same as a human is a human regardless of what we eat, gorillas and elephants are big from birth and grow to their natural genetic blue print so they will always have tremendous muscle mass regardless of plant based nutrition or the need for working out, weight gain/protein products, steroids or over eating vast amounts of cooked foods, we are the only beings that do that, instead most animals workout by sprinting from predators, swimming, flying, climbing, chasing or roaming around for their food so for them, athletic performance is key, as beings, we also have our own genetic blue print when we are born and we are not muscular from birth by nature, food is meant to replace what your body uses up during intense activity, etc, not to swell, bloat, clog you up and go undigested because your having several meals a day because you're trying to bulk up and get huge muscles. It's a sad fact cooked foods these days are heavily processed and toxic, I've learnt that cooked food plays a huge part in body building with all its fats and the increased possibility of water retention all of which goes towards giving the impression of muscle mass and without it the chances of looking big are greatly reduced, and then of course

they will try to counteract with the calories and protein argument but I don't agree with the info about calories/ protein, etc because I've seen results with my own training and growth to prove otherwise, plus anybody can get big by stuffing themselves with meat or greens all day and abusing their system but does that mean you're going to be healthy or it's all muscle mass?

Personally, I've learnt that food is not the be all and end all when it comes to muscle

growth, for me, rest and the intense training you do is just as important and plays a major role in getting good results, in my experience and opinion, food doesn't give energy, nor fuel, in fact it takes away energy because it has to be digested, rest gives me more energy and fuel than anything I could eat in my case fruits merely serve to replace nutrients I have lost and to keep me hydrated, nothing more and nothing less, when discussing fitness and diet people have to be careful using animals as an example because we are not animals and we also make up sports and all sorts of activities/competitions to do for no real reason and animals don't so they can eat when they want and what they want without fear of it effecting their performance, so to the animal, what they eat is really not a factor in anything because to them they are simply eating, the bottom line is that you build muscle by using a little bit of everything for instants taking

care of your emotional state and staying stress free and happy, consistent/intense progressive training, recovery and replacing nutrients, staying hydrated and repeating that cycle but no one thing such as food is responsible for muscle growth.

12) Don't make it a mission impossible. If your past history is bad, for instants, plenty of drug abuse, alcoholism, medication, etc, I would suggest that you go real slow and if you have no issues with raw fruits/ veggies, eat/drink as much raw juice and raw produce that you feel comfortable with, have fun with the whole process and don't make it a mission, make it a happy lifestyle, find what raw foods are your favourite and go for it, you don't want to be repeating the cycle by making it a mission impossible and bailing out when all that crap gets stirred up in your system all at once, you also might want to think about doing cleanses of your choice to help get the junk out faster, the trick is to get the toxins and junk out fast!!! Then start again!!! It's the junk/toxins that make you feel bad!!! If you can kick negativities butt at your worse or most challenging moment then you can kick negativities butt anytime, anywhere, having been in the "fear busting" business for some time now, I've become a huge advocate of starting as you mean to carry on, making exceptions

only leads to multiplying that particular fear, so when it crops up again you have no defence against it, don't put off till tomorrow what you can do today being successful is all about cultivating a new you with a mindset that only accepts success!!!!

I feel for the genuine athletes out there that may want to go 100% Fruitarian because all that potential Fruitarian athletes have to go to for help is a very inexperienced and sedentary support system called the "Raw food community" and most raw food forums offer little or no support at all. So where does that leave anybody wanting to go Fruitarian and stay active in sports, possibly going around with the wrong impression of the 100% Fruitarian lifestyle, well from my experience the 100% Fruitarian lifestyle is the best gift you can give yourself, it's best done by living it for yourself and learning to listen to your body which gets easier as you cleanse, most people aren't prepared for the whole purge of waste and toxins thing and think that it's all about getting healthier and going from strength to strength, unfortunately it's not entirely true.

Going 100% Fruitarian is a total body over haul which may last many years, so the whole idea that you just change foods and get amazingly healthy and live happily

ever after, just isn't true, at some point your going to experience discomfort and will have to face many stages of detoxification and on top of that your very likely to lose a bunch of retained water and fats which will give the impression of you losing a lot of weight which will send your friends and relatives into a frenzy of concern and you'll probably get sick and tired of people saying "you look like you've escaped from a concentration camp," unfortunately this the only reason why a lot of people even think about getting active, in the hopes that they can regain their weight by bodybuilding All the way through my journey I've seen so many people behave aggressively in defence of their diet and I hear many people that eat cooked food say that if the Fruitarian lifestyle was so healthy then why don't you ever see any Fruitarian professional athletes, well my take on that is that, you don't see them because getting off of cooked food and going 100% Fruitarian is an extremely long and hard process that basically will knock all the wind out of your sails, in fact you got to be one tough and single minded individual to do it. Also, very little is known about getting off of cooked food and going 100% Fruitarian so people tend to trash Fruitarianism when things get uncomfortable and most of the cooked fooders that trash Fruitarianism or end up quitting are hardcore athletes and fitness freaks that are into strength and conditioning workouts that get fed up because they lose their edge due to cleansing and because they don't see Fruitarians that are built like brick out houses but sadly the vast majority of Fruitarian athletes out there are long distance runners and are very much into the endurance training thing and as a result are built like bean poles.

I don't think you need me to tell you what's wrong with that picture, mainstream society and hardcore fitness freaks are not interested in having skinny people tell them what to eat or what not to eat, regardless of what they can do, they want to see and listen to muscular, strong, well built people that look like they can do some damage and perform well. So that's why you won't find many athletes busting a gut to go Fruitarian, also another important point worth bringing up is that cooked food makes you one mean hombre, all that acidic waste inside you increases your aggression considerably which is great for playing contact sports like Rugby and American Football and I know for a fact that you won't find many athletes that are willing to lose that edge and risk a drop in performance to go Fruitarian and the thing is that it's not like you can just take two weeks or even a season off to make the transition because proper transitioning takes many, many years of slipping up, cleansing and purging emotional issues.

I sometimes look back and think how great it would have been to be a Fruitarian and playing pro sports, but then I have to come back to earth and accept that if I'd of gone Fruitarian when I was playing rugby, I'd of been dropped for sure because when I went Fruitarian, I lost the plot completely for a long while because of my detoxification symptoms, I lost all my social skills, all my motivation and all my energy, I couldn't even explain to people what was going on I was so out of it. It took me several years to get any kind of sense back in my head, let alone any athletic ability and as for the athletic stuff, I basically had to start from scratch. I tell you, if I was still playing Rugby while I was transitioning, I would have got seriously hurt. Personally, I tend to agree with the

folks on cooked foods, because I also want to see more Fruitarian athletes really making waves and I get tired of the whole proving who's diet is best thing, also I think people need to get serious about their athletic achievements as Fruitarians, etc and not get so darn elitist just because they are Fruitarian and active because the really ain't doing that good, there are people on cooked food doing exercise too just as well if not much better.

I don't know why on earth Fruitarian athletes think they are so darn special just because they are active, most if not all of them in the raw community are average to above average athletes that are getting hyped up and treated like sports gods by their sick and sedentary peers, they go around preaching their raw food gospel like they win everything they compete in, when the fact is they don't, in fact they get beat by other athletes on cooked food on a regular basis, they are simply getting caught up in believing their own hype. To me if your Fruitarian, you're supposed to be healthy and be able to do great things based on your talent and ability, it shouldn't be such a surprise or song and dance, in fact, I've got a serious message for the Fruitarian athletes out there, don't believe your own hype, yes, you're probably getting much attention and your probably very good at what you do but the sports world is not bothered about you and is not taking you seriously, mainstream society is not going to go rushing to the fruit stall because you can run, walk, cycle all day because athletes on cooked food have already cornered the market on that one.

Runners, swimmers, American footballers, soccer players, fitness freaks, you name it, people on cooked food are doing it and doing it well, so what's so special about Fruitarians that do sports, absolutely nothing, unless you want to imply that just to live and breathe on the Fruitarian diet is an achievement in itself, in that case I can see how doing sports on a Fruitarian diet would be

looked at as a miracle, I don't know about you but I don't want to be looked at as a charity case, I never want to hear anybody say that I do well for a Breatharian because to me that's just extracting the urine, to put it mildly. I'm not trying to be the greatest fitness guru; I just do what's best for me. I know for a fact that there's guys out there on cooked food that can blow me out of the water, me not eating doesn't make me super human, extra special and it shouldn't mean that I shouldn't be able to get out of bed either, it just means that the quality of my well being will improve but any gains in ability is down to me and my determination.

Most times, I don't train to anywhere near my full potential and I don't believe in long winded workouts, so I'm not going to be doing anything special anytime soon but me doing great things has got nothing to do with what I do or do not eat, it's my own talent and ability to do what I do that matters the most here, I could have the best nutritional program on the planet but if I have no determination, I'm not going to last two minutes. I really don't like it when sedentary Fruitarian people that have no idea about fitness or what I'm doing telling me how great I am, that just makes me feel like a show monkey and they are just spending their time watching me instead of doing for themselves and I don't like that, people say I'm

so inspirational to them but I don't see them do anything but stay sat on their butts

watching everyone else, that's not my idea of being inspirational to me, to me being inspirational is them telling me that because of me they took action and went out and did something, that to me is what being inspirational is about, not being some ones entertainment.

Being fitness orientated I see tons of people from mainstream society and athletes from most sports that look down on Fruitarians because of their physical appearance, etc but their judgement is usually based on people that are still going through their transition period, also they are judging old or sedentary raw food guru's that have nothing to do with their sport or activity, none of them are actually making judgements based on Fruitarians that are successful because those Fruitarians are just discredited and called fakes anyway, like I was back in the day. The issue here in my opinion seems to be the mindset of individuals, for example if you believe that you need to eat cooked food to be strong and healthy then that's your personal truth and no one is going to be able to tell you otherwise and as soon as the idea of changing diet comes to the light pre-conceived images and ideas of weakness and poor performance crop up that scare the life out of people.

I believe that societies ideas of health, fitness, performance and functionality is distorted because it's based on the effects a diet of manmade foods has on the mind, body and soul, a diet which has changed who we really are. I believe that food raw or cooked changes the mindset and I have always said that the body functions in spite of food and not because of it and I am a very strong believer in that. When I think back on what I used to put in my body and the abuse I put it through, I'm amazed I could play Rugby the way I did. I think people are still trapped in living the Fruitarian lifestyle by cooked food standards and still hold those same nutritional standards true standard. There's so much more to this going Fruitarian thing than meets the eye and I believe the body is supposed to be functional and is not supposed to be inactive and constantly using up energy digesting raw or manmade food that only leads to decay.

I owe a lot of my success to incorporating fitness into my life. The problem I had at first was that for a while I wasn't trusting my own intuition, I read about all the people on raw food forums that were struggling to get out of bed because their detox symptoms were so bad and I listened to all the sick and out of shape high profile raw food guru's that said you had to rest while detoxing but that advise simply wasn't working for me at all, I was getting my butt kicked big time and I had to do something to get things moving up and out. I got sick and tired of being sick and tired so I got active, yes it was tough and I had days when working out was the last thing on my mind but a lot of the time I got my butt out and did something. I hear many folks transitioning to Fruitarianism say that they just don't feel like getting active because they feel like crap, well it doesn't help that they are stuck indoors having a pity party like I was doing, I found that I had to break the cycle and jump outside of myself and just get myself out there regardless of how I felt and while out there I'd always feel better and more positive about what I was doing.

The problem as I see it is that some folks think they have to run marathons from day one, fight crocodiles and bears with their bare hands as part of their workout and it

really doesn't have to be so hardcore at all. Personally unless you're doing sports specific work I don't believe you got to beat your body into submission with each workout, I think technical hardcore exercise is over rated, you can get a great workout from simply digging a ditch, playing with children, pets or sweeping the floor, I'm not digging this thing where people want to prove how good they can exercise. Many people get messed up because they are spending too much time looking at what everybody else is doing, then some get upset and don't want to make an effort to get in shape because they feel upstaged and useless because they don't have the same drive and physiques as the fitness freaks. Like I say, fitness has become so complicated and over rated, many so called experts try to make it like rocket science so you feel the need to rely on them for guidance, when in my opinion fitness is just any movement done intensely and vigorously and the results depend greatly on your own dedication and determination, so I say do the best you can at any given time and don't worry about what anybody else is doing or trying to preach and do what you love and love what you do. Like I have already stated, I don't believe in beating the body into submission with lengthy hardcore workouts because to me the body has its own recovery and healing time and if you keep pushing it over and beyond its limits it's still going to grow and serve you well but it's going to get worn out real quick, so don't get caught up wearing yourself out doing "hardcore" or "macho" exercises just to fit a certain image or personality.

People look at me and what I do and seem to think I workout for hours at a time and that I'm so hardcore but I'm far from hardcore, I do not believe in marathon workouts or beating my body into submission with exercise, in fact exercise bores the snot out of me, I mean c'mon, who really wants to stand in one spot lifting metal up and down and don't get me started on jogging. I'm all about short, sharp workouts that you can do anytime and anyplace. My body takes care of the nutrition, size, weight, health part and my exercise takes care of my tone, strength and enhancing my natural abilities. I use my own fitness system which I've been using for years now, it's short and sweet just like me and it's ideal for those that are full of excuses like they don't have time, my resistance training takes less than five minutes and at most twenty mins for the cardio and that's it, any other time I spend is personal choice.

Exercise as we know it is just too much stress on the body, I just can't do it and this is the reason why people see it as work and don't want to do it either, you got to do what you love and love what you do if you want to stay consistent. It's ok to be tired every now and again too, it's natural to need rest, in fact rest is just as important as the fitness, I find that if your training on a regular basis and it starts to become a chore then you're probably overtraining and your mind and body wants to rest or change of routine. Me, I turn everything into a workout, from playing with children and pets to hiking or shopping,

heck even walking to the store is a workout for me and the best part is that it's free and it's outdoors, so what more could you ask for. That's why there's never a reason why you can say you don't have time, it's more like you won't make time because you don't value the options you think you have.

In my opinion in our society, when it comes to fitness, I think the pleasure of eating food has made it hard for people to want to remain functional and fit, I believe that fitness has become feared because society uses it like they would use a doctor, by that I mean they think that they can carry on with their destructive eating habits because if anything happens the doctor will give them pills to make everything better, well people tend to use fitness in the same way, for example, trying to make up for over eating and eating foods that are really, really bad for their health, so instead of not eating these hazardous foods and staying healthy, people simply justify killing themselves by forcing themselves to “work it off” which then puts a negative spin on getting active because most people are not doing it because they want to, now if they stopped eating hazardous foods there would be less of a need to “work it off” and then maybe fitness would be more of a pleasurable experience.

I think humans are naturally lazy but that’s not a bad thing, I’d say it was a natural thing, after all, look at the animals in the wild, they only do what they have to do, they don’t do anything just for the sake of it, it’s common knowledge that most people would just rather sit and watch TV with some snacks and in my opinion the biggest down fall for us humans in terms of health and fitness has been the invention of transport because that cuts down on activity that we would do naturally and without thinking, for instants, when’s the last time you saw a rhino riding on an elephant or using some form of transport other than its own legs, well you might say that animals don’t have the brains to invent such things and I say when is the last time you saw an obese animal out in the wild.

Well another question is that in this day and age with all our modern technology is fitness an obligation, well without hesitation I say yes, especially if you have a family, you have an obligation to be able to be strong, protect and be able to have stamina to deal with all kinds of emergency situations, for instants, if you wake up to your house on fire you need to be able to lift your family members and yourself to safety you need to be able to do it, if you see someone drowning you need to be able to swim out and get them to safety, if you’re out hiking with a friend and your friend gets injured you need to be able to either run for help or carry them to safety, you also need to be able to fight off predators or people wanting to harm you and your family, you need to be able to walk to the nearest gas station if your car runs out of gas and situations like that, all of which will mean being able to lift at least your own bodyweight, now let’s get real here, being 400-500 lbs and inactive isn’t going to help you achieve much of this, is it. I see so many people getting bitter and resentful about fitness, like it’s as if they see it as some elite club that only the beautiful people get to join leaving the have nots in their dust, they have the same negative attitude towards competitive sports too, this attitude sucks and I’ve got no patients for it at all, they need to realise that fitness is our birth right and an obligation and isn’t always about bodybuilding and posing in the mirror or trying to beat someone in a sport, there’s functional fitness too which I believe everybody has an obligation to get back to, for their own health and families welfare. The sad fact is that even though people know they are killing themselves with their destructive lifestyle they will continue to do so because they are not willing to give up

the pleasure of doing what they are doing. We miss warning signals all the time and then wonder how we ever got in this situation of having that little pot belly that spills over your belt or even being morbidly obese, so if you see that little gut forming take note and do something about it right away because it's a signal, it's not cool and it's not macho to have a lean body and have a big gut hanging way over your belt buckle, looking like a straw with a pea stuck in it.

we as a society has been conditioned to think that having such illnesses like the common cold, asthma or even getting the flu is perfectly normal and all you need to do is pop a pill and that'll clear it right up, when in actual fact these are the bodies warning signals telling you that it's breaking down and this is just the beginning of your problems and if you don't stop what you're doing and start taking care of yourself worse things are going to follow, but instead of listening and changing our ways we pop a pill, take an injection or remove some organs so we can carry on doing exactly the same things that caused our health to go downhill. If you don't believe me just watch those acid reflux ads on TV, watch them closely, they tell you that if you ever get too much acid, you can buy their anti acid pills and they will clear your issues away, not so you can change your ways with ease and comfort, but so you can carry on eating more fast foods and living life in the fast lane with ease and comfort.

So look, listen to your intuition not your addicted mind and take action. I've even heard overweight people say

that they are big because they have big bones, well that may be the case but how do you explain the extra fat and water they are carrying around too, that's not bones, to get so big you must have some serious issues going on both mentally and physically, there's just no escaping it and age is no excuse either, it's just not cool to ignore your intuition and your bodies cries for help, your being warned that your life is at risk, so take action, get active and change your diet.

I see a lot of people feeling bad because they have no interest in exercise or getting active and are not living up to some hyped up image of health and fitness as played out by the beautiful fitness models they see in the muscle mags but what these people don't realise is that if they took care of their diet they wouldn't have to do the hardcore fitness thing because hardcore fitness is not for everyone and I strongly believe that you must do things you enjoy and want to do because regardless of energy levels if you want to do something you will do it, for instants, If I told you I'd give you a million bucks to go out and jog around the block, you'd be out there jogging around before I could finish my sentence, why, because you want that money. I have a saying that I always use and it goes like this "do what you love and love what you do," it means you got to find something you love to do and do

it intensely otherwise you won't be consistent, if you love to walk then just go hiking somewhere beautiful, also we exercise every day and don't realise it, every time we walk at work, jump over something, twist to lift an object, play with the children/pets we are exercising.

I don't know why people are so scared of fitness or think that it's just for certain times, fitness is primal movement and we do it all day everyday when we walk, jump, climb or

run and when you see children playing, that's one of the purest forms of fitness and here we are as adults scared of it, and they look to drain the motivation from somebody else in the hopes of getting something kick started. I see it so many times that I can smell it a mile off, most people start off with the best intentions but aren't really sick and tired of being sick and tired and they come to me thinking that my never say die, attitude will rub off on them and will give them the push they need to start some kind of exercise routine, well for starters, I could be the best trainer in the world but if you are not willing or don't have any interest in doing any work then you will be wasting your time, so for me it's vital that you do activities that you love.

Anybody that knows me will know that I'm a huge advocate of listening to your body and living this way has caused me to question our views on hardcore exercise because when I start to dread doing the exercises in my workout routine then I take it as my body telling me to back off and do something else, I believe that it's so much more beneficial and natural to simply work with what you were born with as opposed to constantly adding weights and more workload, etc, I also question the role of nutrition in all of this and I think back to all the times I've been training and I realise now that I was over training on a regular basis, even as a rugby player I was over training on a grand scale, yes I could do a whole bunch of stuff and I was as strong as an ox but I was in constant aches, pains and injuries.

I had no motivation to do anything else other than the training I was scheduled to do with the rugby club because I was always lethargic and tired from previous training sessions, I couldn't understand how I was eating so well yet wasn't healing up or feeling recovered, nutrition was letting me down big time because instead of the food I was eating giving me what I needed, it was actually taking it away and using up all my bodies resources and energy. I was doing everything by the book and then some, so it was very disappointing to not be getting the results that I was supposed to be getting especially since my performance depended on it.

I still played well and was no worse than anybody else health wise but only because everybody else was doing the same as me so what was I really expecting, in fact when I look back I am amazed at how well my body served me considering the amount of abuse I put it through, I trusted what so called nutritional experts were telling me and ate dead man made food that was draining me and expected it to provide my body with what it needed to perform at optimum levels, what the hell was I thinking. I was over training, over eating and over indulging, was it any wonder I wasn't living up to my own expectations, in fact now I can totally understand why athletes take performance enhancers and steroids because everything to do with nutrition that I was told to do to build up muscle didn't work, I just ended up feeling worn out.

The more I look back at where I came from and then reflect on where I am now the more I start to question the whole idea of building muscle. Well I'm not into the whole body building concept of building muscle and I don't believe that anybody is actually building muscle because if it was possible to do so you wouldn't need to eat vast amounts of manmade foods and performance enhancing supplements to do it, you'd

simple need to train hard, consistent and what you gain would stay with you forever. I like to call it body toning instead of bodybuilding because when you stop exercising you will eventually lose

what you thought was muscle and in my opinion what is thought to be growing muscle is really the body's defence mechanism reacting to all the crap food being shovelled into the body, by that I mean all the inflammation, water retention and storing of excess fats, etc, so you really are not building anything at all, your strengthening and toning muscle underneath all the swelling and junk, so maybe we should call it junk building instead. It seems to me that as long as we swell up in all the right places it doesn't matter about the health consequences but if we swell up in the wrong places then we are deemed as obese and out of shape, the thing is that obese people do exactly the same as bodybuilders in their off season and that is to eat big to get big, the only difference is that obese folks do it year round and seem to forget to train/cut up, etc. Over the years I've received many, many e-mails from male athletes on cooked food wanting to go Fruitarian but get scared off by the weak, concentration camp looking examples of Fruitarian bodybuilders and to be honest with you, I spend time on mainstream fitness boards and I know that these examples of Fruitarian body builders wouldn't last five minutes on these fitness boards and that's why you never see any on there because they stay where it's safe and where they get treated like a rock star.

It's amazing that when people first go 100% Fruitarian and start losing their old cooked body and get their new leaner 100% Fruitarian body they panic and automatically assume that they are going to waste away to nothing, this is totally understandable because I've been there many times, it took me over ten years and I got way past my comfort zone when it came to losing weight, it all depends on your condition and past lifestyle habits, my advice is just to be compassionate and loving to your body, appreciate all the work it's done in the past, be thankful to it for putting up with all the damage done from cooked foods and be respectful when it comes to the recovery/cleansing job it's doing now. Be patient and just get on with enjoying life and getting active, it will all come together when the time is right, there's no magic bullet or pill, using food "to gain weight" isn't going to make a difference, all that's going to do is bloat your stomach, live and learn and love life regardless.

When you go 100% Fruitarian you got to realise that you are no longer in control of how much muscle you gain because you've taken the weight gain tools out of the game, plus your body has a process and that process has to be seen through to the end before you can even think about unnaturally increasing the size of your muscles, I say unnaturally because how many gyms do you see out

in the wild, how many gorillas do you see bench pressing. We are the only animals that go to gyms and body build and then you have to ask yourself, how you have come to the decision that you want to gain muscle, is it a fear of being skinny and not getting respected or are you looking up to a hyped up image that society says you must be, for instance a lot of the people we look up to as having bodies to die for are taking drugs or supplements but as a Fruitarian unless you are over dosing on fatty/heavy raw foods you are not even going to come close to achieving similar gains in your lifetime.

The thing that most athlete's/bodybuilders have lost sight of is that regardless of what activity you do or what you eat, the body will always want to get back to its natural size and shape, you can have the best steroids, the best attitude, the best or most hardcore fitness trainer or the best workout routine on the planet, it doesn't matter one bit because once you stop doing whatever it is your doing your body will want to snap right back to its own natural blueprint. Building muscle on a Fruitarian diet ain't like building muscle on cooked food, with going Fruitarian you have nowhere to run and nowhere to hide in terms of muscle growth, what you gain is real and is through pushing yourself to your limits, yeah it may take a little longer but it's all down to your own drive and determination and that scares many people because they don't have the faith in the Fruitarian lifestyle, themselves or their ability, plus most people never make it past their detox period.

With cooked food the muscle gain can be manipulated via inflammation, water retention, fats and not to mention the sports supplements, growth hormones and stimulants in the meats that are eaten several times a day, generally, for most people stuffing yourself till you can't eat anymore several times a day every day of the week in the hopes of "bulking up" or getting "protein and carbs in" is the rule of the day, I know a lot of guys, even vegans that brag about how much they can eat, which is so sad because people really don't realise the stress they are putting on their digestive systems, I think about it this way, it's like doing continuous barbell squats starting with just the bar and after each rep 10lbs is added by your spotters, yeah that sounds easy enough but eventually you're going to reach a point where your putting so much stress on your legs and back that at some point one of them is going to quit on you.

What I've learnt is that underneath all the fat and waste stored over the years from cooked food is our natural size/ shape and we shouldn't be afraid of being at that natural size/shape, yeah for some the change other people see in you maybe dramatic but that just goes to show how much fat, water retention, etc you was holding onto in the first place so I guess what I'm saying is this, when your just starting out on the 100% Fruitarian lifestyle take care of you bodies needs first, bodybuilding, etc doesn't even come into the picture until your done cleansing and that's if you haven't come to your senses by then, but that doesn't mean that you don't work out because while you're in your cleansing stage if you don't use it you're going to lose it, you just won't see much gains because you're going to be losing waste, fat and water, but give it time and you'll see great improvements in health and well being.

I remember when I was just starting out a Fruitarian and I went through my concentration camp stage, people thought I was crazy to get back into fitness especially in the way I was getting back into it, I wasn't taking any prisoners but without fitness to focus on everything seemed like doom and gloom because I was in that super skinny stage for what seemed like forever, I put the weight back on after several years but before that it was a very tough time for me mentally. People were coming up to me and making mean comments about my physique, women no longer gave me that "look" and men gave me no respect at all, it was hell for me and really brought my ego down a peg or two.

Although all this was a huge blow to my ego, somehow I didn't panic about my reduction in size but I was very conscious of it and at first the comments really got to me because everything I had become from my personality down to the so called friends I had was based on the fact that I had a great physique from being so active but I got used to it and eventually felt more at ease as time went on. I can totally understand how people can get so alarmed and anxious to get some weight on because it's a huge shock to all concerned to just drop the weight so rapidly and not know what's going on or if it will come back and on top of that you have detoxification symptoms to deal with.

The minute I decided to change my life around everybody turned tail and ran because they saw the change in me, they didn't understand that things were going to get far worse before they were going to get better, I was no longer fashionable and it has pretty much been like that to this day, people just feel so good about self medicating themselves with food to think about stopping and to tell you the truth there's times when I want to join them but I know better, I know that nothing will change and that I would just end up feeling worst and addicted all over

again. Getting back into fitness gave me the chance to just go underground, ignore the doubters and focus on myself, it gave me the chance to get my self esteem back and some dignity that had gone with the weight I lost. Don't get me wrong, fitness had nothing to do with getting my weight back, that happened when my body was ready for it to happen but fitness got me toned and strong, it also was something I could direct my attention to instead of stressing about what other people were saying or thinking.

Fitness got my head out of my butt and showed me that there was more to life than fighting with people about food.

I must admit, it was always easy to get back into fitness because I was always a sandwich short of a picnic as far as that was concerned, the fact that I played Rugby League was proof of that because nobody in their right mind would spend their time bashing the pulp out of dudes that are trying to return the favour. I got into fitness in fine style, I like my training short and intense but I never started off that way, I started off extremely hardcore because that was what I was used to and because I thought that it was the only way to go, I didn't know any other way but.

I couldn't afford to go to the gyms or expensive training equipment and I didn't want to go to a gym either

because I was taking so much heat from people about my diet that I just wanted to go underground and get away from people. I didn't want to go to a gym and I didn't want to be collecting masses of gym equipment, so I decided to just make things happen regardless of finances and I came across bodyweight training, this stuff blew my mind because it just relied on you using your own bodyweight to train with, no need for a gym or any equipment at all, you could just take yourself anywhere you wanted to and just train. I got stuck into this bodyweight training stuff, researched it and taught myself exercises, after some time doing bodyweight training exclusively I had built my strength back up to roughly how it was before and was very happy but I was getting burnt out every so often just like I did when I trained with weights, so I approached it in the same way that I approached my diet, I even began experimenting with different training

methods just to see what would work for me and what wouldn't, I reached a good level of fitness and could do things that I had previously thought impossible on cooked food let alone doing it as a Fruitarian.

As you can imagine going against everything regarding nutrition people thought to be true and now going against everything regarding fitness that people think is fact and getting great results was the boost I needed and gave me great confidence knowing that I was right to follow my intuition and the crap that everybody else was spewing out about how Fruitarianism being unhealthy was just that, crap. So with all that in mind I kept on doing what I was doing and I even created my very own program after spending three years getting in shape and trying to solve this burning out issue by finding what training methods worked for me and then tweaking those methods further until I had a training method of my very own that didn't lead me to getting burnt out every so often.

Training through the various "initiations" was a lesson in itself each and every time but on the whole it was never a real issue once I'd past the Fruitarian stage, pretty much all my hard work was done during the Fruitarian stage which was by far the longest, most traumatic and demanding stage of all, personally, there were very few times when I had to stop training or take a day off, if I was having a particularly rough transition I would simply take it easy but I would always make sure I was out there pounding the streets or throwing myself around the local park come rain or shine. My most enjoyable times were training as a Liquidarian, I had a blast because I could just get on with it, I was without the bulk of the fruits I was eating and having fruit juice when needed, I felt outstanding most of the time except for the beginning of the transition but that was normal because I always had to put in a little bit of work to step up to and adjust to the next level. Things got tough again when training while transitioning to Breatharianism because it was a tough transition and I was having trouble getting there. One of my biggest issues was letting go of liquid and the main reason behind that was because I was in Dallas, Texas and the summer heat there was extremely hot and that's when conditioning kicked in, the conditioning I'm talking about is the whole thirsty when hot thing.

I learnt to get over the whole thirst thing by realising that there were other ways to deal with intense heat and that drinking cold water was a very inefficient way to do it, first of all I realised that taking care of yourself in these conditions is the only priority, for example, trying to run a marathon in intense heat is just crazy, I'm always up for a challenge but that's just stupid, we are supposed to look after ourselves not beat our bodies into the ground by trying to see how much punishment it can take. When I really thought about some of the physical activities and sports competitions that society has made up I'm amazed at how it's possible to keep the body in peak condition but then when you take a closer look at the condition of most athletes as they get older you'll see the amount of injuries that they have to deal with. I remember as a young rugby player, it was well known that you only had a limited time in the game due to injuries, age, etc but nobody cared about that, we were young and we just kept on over training, over eating as if we were immortal. When it comes to my fitness I'm a

sandwich sort of a picnic and I go at it pretty hard but it doesn't have to be that way for you at all. I always say, do what you love and love what you do and if you love to walk, then walk your butt right off, if you love to garden, then again, garden your butt off, I've had the best workouts digging ditches. You can make playing with the children or the dogs your daily workout, the most important thing is that you move and move intensely every day.

Fitness is movement, any movement, it's as simple as that, it isn't rocket science, you don't need to be a gifted person or even athletic, you simply need to be willing to put yourself out there and move your body like it needs to be moved. I don't believe in going soft on people, I'm all about bringing out the best in people and showing them what they are capable of, I'll show that you don't need flashy programs, expensive equipment, expensive spandex training gear or energy drinks made by some scientists and all you need is imagination, hard work, patients and dedication and you can be the active, healthy

and happy person you really want to be.

My Sunfire fitness System is not just a workout routine, it's a philosophy and a lifestyle, I've created this system in a way that saves valuable time and takes all the rocket science out of getting in shape and staying active. I'm a cheap old skinflint so I use bodyweight exercises because it eliminates the need for expensive gym memberships, admin fees or corny exercise equipment, with my system all you need is a floor and the desire to be at your best day in, day out.

My 5 minute fitness system

- 1) Is based on high-intensity intermittent activity, workouts/activities can last anything from 5 mins to 45 mins or spread out throughout the day depending on preferences, workouts are done in short intervals due to the fact that over exercising will increase the secretion of the catabolic hormone called cortisol which can change the body from an anabolic (muscle building) to a catabolic (muscle losing) state after 30-45 mins of intense exercise depending on the individual and activity.
- 2) No workout/activity is the same on consecutive days, this prevents the tissues adapting and becoming resistant to the stimulus of your work outs.
- 3) The principle of the workout goes as follows, the body is split into 3 sections UPPER, MIDDLE and LOWER, then one activity/exercise (compound whenever possible) per section is performed for max reps or timed, using compound exercises is encouraged in order to maximize the effects of training as many muscles as possible per exercise.
- 4) One set of one activity/exercise per section done for max reps or timed, research shows excellent strength gains for both single and multiple set training with no significant differences between the two training methods, this makes single set training appealing for those looking for efficiency and effectiveness.
- 5) Focuses on maximum effort over short periods of time, for example 30-45 mins per workout/activity, intense training for long periods of time/continuous activity is not believed to be healthy or natural for the body and is not encouraged.
- 6) Focuses on improving the strength, Speed, endurance, agility, flexibility and balance of any given individual and can include all forms of running, walking, jumping, lifting,

pushing, pulling, dancing, climbing, etc, ideally done while making full use of the great outdoors as mother nature intended.

7) Values quality over quantity and remaining injury free, the aim of using my system is not to beat the mind and body into submission, create a “hardcore” image or be the form police, the aim is simply to use fitness as a tool to get the results you need on a consistent basis.

8) Uses a variety of training methods is encouraged, this is excellent for conditioning the different muscle groups, reducing boredom, gaining new skills and is necessary to reduce the risk of injury from repetitive strain or overuse. 9) Do what you love and love what you do to stay consistently active, to achieve and maintain significant muscle growth/tone, workouts must be performed with sufficient frequency, as opposed to working out at random. 10) Being at one with and celebrating nature is a vital element, it’s recognised that due to seasonal climate changes it can be necessary to either increase or decrease the intensity of your workouts, at these times listening to your natural instincts is encouraged.

Exercise Rotation Sheet

Beginners Rotation

Upper: Kneeling Push Ups, Horizontal Pull Ups, Bench Dips. Middle: Crunches, Lying Knee Raises, Scissor Kicks, Cobras. Lower: Squats, Wall Sits, Lunges, Calf Raises, Star Jumps. Conditioning/Cardio

15-45 Min: Speed/Power Walking, Jump Rope, Rebounding, Jogging, Cycling, Swimming, tae bo, aerobics, Interval Running, basketball, soccer, Kayaking, Hiking, etc.

Intermediates Rotation

Upper: Dips, Clap Push Ups, Push Ups, Switch Grip Pull Ups, Burpees with Push Up.

Middle: Sit Ups, Russian Twists, Kneeling Ab Roll Outs, Hanging Knee Raises, The Plank, Super Man.

Lower: Jump Squats, Mountain Climbers, Burpees, Interval Sprints. Conditioning/Cardio

15-45 Min: Speed/Power Walking, Jump Rope, Rebounding/ Trampolining, Jogging, Cycling, Swimming, tae Bo, aerobics, Interval Running, basketball, soccer, Kayaking, Hiking, etc.

Advanced Rotation

Upper: Clap Pull Ups, L-Pulls, Handstand Push Ups, One Arm Push Ups, One Arm Chin Ups, Muscle Ups. Middle: Hanging Leg Raises, Hanging Windscreen Wipers, Standing Ab Roll Outs, V- Ups, Plank Side Dips, Dragon Flags.

Lower: One Leg Squats, Pistols, Russian Dance, Glute Ham Raises, Hill Sprints.

Conditioning/Cardio 15-45 Min: Speed/Power Walking, Jump Rope, Rebounding, Jogging, Cycling, Swimming, tae Bo, aerobics, Interval Running, basketball, soccer, Kayaking, Hiking, etc.

Ok, so now you’ve seen all that and I hope you have a clearer idea of how to get started with all this Fruitarian, fitness stuff there’s no excuses now, but remember this, don’t rely on me to get you going or to hold your hand, I could be the best trainer on the face of the earth and I could have the best fitness program ever made but if you’re not willing to

change your lifestyle and put the work in then it's all useless. So like I said earlier, find something you love to do and do it intensely and consistently, if your an athlete, exercise freak like me or you simply want to be at your best and prepared for any situation where you may need to be stronger, faster and fitter then my fitness system is for you and you need to get in touch with me, otherwise take action now and do what you love and love what you do intensely!

So, what is it to be, take action and regain control over your mind body and soul or do you still want to be the one that's constantly lying to themselves and forever making excuses as to why they haven't got guts to break free from the cycle of laziness and addition, which person do you want to be! So in my opinion how you go Fruitarian and beyond is by getting tough, shutting up and getting on with it, put the hard work in with the cleansing and getting off cooked food and bingo, you're on your way, you don't have to explain anything to anybody, It is what

it is, the universe has a plan in store for you and there's a timing and a reason for every individuals awakening and calling to this journey, Fruitarianism or even Breatharianism is really nothing special, it's simply a natural thing that has been lost and found.

It's as natural as walking and once you try to make sense of something that is just a natural process or try to over analyze it by bringing in science it then loses its essence and personal message, there's a reason why people put their own spirituality into it and use meta- physical terms because it's exactly that, THEIR OWN PERSONAL EXPERIENCE AND INTERPRETATION OF THEIR JOURNEY THAT GOES BEYOND THE PHYSICAL, you may not like it but that's because you're not the one that has to live and deal with the calling, it may be right, it might be wrong or it might be as corny as heck to others but to the individual it's as real and as meaning full as can be because it's their own personal interpretation and once we take the individuality and spirituality out of it, it will never make any sense.

Good luck Love

Poems by Jericho

These poems are dedicated to all on or about to start on their own personal Fruitarian Journey.

Here's a selection of poems that reflect every twist and turn of my personal Fruitarian journey. Hope you enjoy and can relate.

The big pay back

For the best part of your life you've spent it being sick only to find that it was all one big trick

All of this, so they could get your hard earned green yeah, the big pay back, courtesy of the big corporate mean machine

You faithfully gave them your all, thinking they were doing your body good when really you were being hoodwinked, Oh....man you had it all miss- understood

It wasn't your fault, this has been going on for years your parents did it and so did theirs, now you and still nobody cares

We have all done it, we have all fell for the lies they spew saying that you must have this, that, this and that because it's good for you

Don't believe the hype that's what I say at the end of the day your health is the costly price you must pay

If you continue to buy into their system you will no longer be strong and fit you'll end up feeling so old and weak and you'll always need somewhere to sit
With food they pump you full of addictive chemicals, to keep you coming back oh..... and just so you know..... this is called..... THE BIG PAYBACK.

The Raw Guru

You started off with great and noble intentions of showing the way to health but as the weak came running all you could think about was the wealth
They praise you and adore you, you became a household name to all being famous became your goal, just like making that dollar, dollar bill y'all
what a great way to make some money catching people when they are clueless, vulnerable and weak, that ain't funny
They come to you seeking truth and knowledge but you really don't know a thing, for this you ain't even been to college
You just saw a gap in the market when they came flocking to you selling all kinds of things that you once said was bad, you really have no clue
All because you wrote a book that everybody bought but the subject matter was already in us but our imagination you caught
Now your information is jaded and out of date you don't live by those principles anymore but for us it's already too late
What you said was good for us, now it's not, please make up your mind people are starting to figure you out and now you're hard to find
Now you're a star your life is being watched and under constant scrutiny if you got caught with something heated & impure there would surely be a mutiny
That's why you keep private and out of sight but you keep your products in public trying to sell them with all your might
You sell your items at such high cost some would say that the whole noble intention thing has been lost
Well Hey, at the end of the day, you did your thing, I can't be mad at you you know what they say, when in Rome do as the Romans do.

The Dream

Man, the fruit makes me want to go to nature maybe even back to the dawn of time but in the modern world I will stay dodging the materialism, trash and grime
Walking around in the tropical wilderness picking ripe fruits to eat everyday what a romantic notion, but how ideal is it, no way, can't be done some say
Now I see the world as an illusion just like in The Matrix the movie everything I thought was natural is fake even down to a simply smoothie
My mind is changing I want to get away from my modern culture I don't want to study business so I can learn to swindle people like a vulture
I want to walk in the sand enjoying the sun and perfect health not stressing out about how broke I am and how I am not building mega wealth
So what do I do, do I relocate and go somewhere hot or do I stay here in this concrete jungle, this beautifully diverse melting pot
I just don't know, I'm broke and as it is I'm just getting by would I survive in the tropics, hey, I will never know if I don't try
It sure is a tempting, romantic, idealistic thought though will it ever happen, hey, you know it just might, I guess I'll never know
I'll just continue to dream of tropical trees, fruits and the sun in the sky and sort out later all the when's, how's, maybe's, what for's and why.

The Awakening

I finally woke up and smelled the coffee I decided that this lifestyle makes no sense and is no longer for me
I lived a life of bad mindedness and blindness I never once thought to ask why I got sick I must confess

For years I got the same colds and flu's everyone else got I thought it was normal everyday living to be filled with thick green snot
Dirty foods with cheap ingrediants ruled the day It was all we could afford and we knew no other way
Everybody lives this way and no one asks why everybody gets sick, fat, drunk, crazy and just waiting to die
Is this really life to me it's just pain and strife
I feel dark and troubled in need of lightness I look past the concrete and into the horizon to see rays of brightness
Is this the answer I've been looking for it feels like being in a dark room when someone opens the door
the answer to why I get sick and find it hard to inhale the answer to why I feel so tired, weak, old and frail
The brightness guides me a long my new path I smile as I leave behind the edible weapons of mass destruction and aftermath
I used to be a walking cesspit with no rhyme nor reason now I've learnt to eat my fruits by going by the season
I know it will be hard to let go of my old ways but at least I can now look forward to better days.

World war III

This battle is only for the tough it doesn't even matter if you are skinny or buff
You will be totally destroyed if your are not prepared many step up but nearly all end up running scared
The trick is to stick to your guns and just say no dig down deep and weather the storm is the only way to go
Your mind will be swayed to and fro of that there is no doubt the severity depends on what toxic filth is on it's way out
Your weapons are few, you can either abstain, fast or wean but whichever weapon you use you got to be consistantly mean
It's like quitting cigarettes, drugs or drinking this is full scale war man, I don't know what you were thinking
This war can take years and get worse like wars in the middle east but I guess that's just the true nature of this savage beast
Like I said before, many fight but most are defeated with one blapp from the weapons of mass destruction a.k.a food that is heated
You know when you've won this war when you can look at the enemy and sigh and turn and walk away in disgust so as not to spoil your natural high
So if you want to walk this walk and be a real soul-ja brace yourself and don't forget what all of what I told ya.

I must not quit

Oh I have that feeling again, like I want a quick fix but I MUST NOT QUIT I'll regret it, feel bad, go crazy plus it just ain't worth it
I know I don't really want what I crave I just know I got to hold out and be brave
I've got to go back in my memory bank and remember how it felt the last time how I got blocked up and sick, feeling lost, like I had no reason or rhyme
I remember this feeling, I've been through it a thousand times over it feels so bad, so why would I want to give up feeling like a super-nova
I must not let my mind be twisted into thinking one bite won't hurt first it will be one bite then two the next thing you know I'll be full of dirt
There's a corner of my mind that knows I should just hold tight and stay strong I've got to fight for my health and fight to undo all the wrong
There's so many reasons why I feel this way, but no one knows for sure what gets me through these times is knowing that these days will soon be no more
My body knows a secret that it just won't tell but I know it fusses and fights to keep me on

this path to avoid a living hell
I MUST NOT QUIT because I'm better than that and I love myself way too much I won't go
back to filling my temple back up again with any old such and such
When the thoughts in my mind say I might as well quit that's when I know I got to shut
myself off and stick to it
For it's life my body depends on me through my decisions and choice will my body ever be
free
I MUST NOT QUIT so I can enjoy nature's good green earth and the rays of the sun after all,
I'm the conquering lion, the rising phoenix, THE FRUITARIAN ONE.

Get Real

Get real not fake you don't have time to play this is a life or death situation for goodness
sake
Get real and give your body what it needs to digest and repair before your body gives up on
you due to all the wear and tear
Get real and start eating juicy fruits filled with enzymes not foods that make you angry and
make you more likely to commit crimes
Get real and stop eating food that robs your body of its valuable resource but you know
what they say the secrets in the sauce
Get real and this really is no jest because if you continue to live this way you'll die a pain full
death at best
Get real because you don't want an early grave because you didn't want to give up the
destructive foods you crave
Get real not dead the truth is out there you just need to find it and with it, fill your head
Get real and stop eating death and destruction before your organs decide to longer function
Get real, eat life and take in those enzymes 100% always and forever not maybe or
sometimes
Get real and take those rose coloured glasses from your eyes because they've found out you
can get cancer from just eating french fries.

The in between time

The in between time is so horrible, depressing, painful and cold what happened to the
paradise they said I was supposed to behold
It seems to be a bitter battle between what want and what you need some would say it's
battle battle against societies greed
The pain is too great, I'm gonna stop this nonsense, go ahead and quit but deep in my soul I
know I got to get through this madness to be free of it
Oh my brain is going to burst so come on, do I stay or do I go I don't know if I'm coming or
going, man I tell you I just don't know
How on earth did I get into this mess and how did I get into this confused state oh, who
cares, I don't have the patients or energy to get into this debate
I can't hide it anymore I'm irritable, hostile and confused everyone is asking if I'm alright, I
just sit in a broken heap looking bemused
I can't take it anymore what is going on I'm losing so much weight I can't concentrate I can't
focus and I'm filled with so much hate
They waxed lyrical about the sparkle in their eyes and all the joy this brings but I just feel
miserable as sin and all I see around my eyes are rings
Oh this is way too hard I really don't know if I can do this what was I thinking, I can't go out
to eat or anything oh all that stuff I miss
Yeah, I'm gonna quit I'm sick of being glum and blue I can just do what I was doing before,
this time I'm gonna stick to it like glue
This is all a waste of time there's no such thing as healthy anymore I'm going to fill up on all
I've been missing until my belly is big and sore
Wait a minute I remember the last time I did that the memory was carefully noted I felt even
worse I even caught a cold and my belly felt blocked up and bloated
Now I remember why I started this in the first place I was sick and tired of blocking up my

intestines with all that yukky waste
I'm just going to go to bed sleep this off and get some rest maybe that's what I've been needing so I can save energy and feel my best.

Just one more piece

OOOh, I want another piece, just one more to taste but I know that once it's inside me it will turn to gloopy acidic waste
So why do I continue to do this to myself when I know it's bad to be honest with you for all these years it's all the comfort I've ever had
It's funny how I call it comfort but when I try to leave it's pain I think that this is what makes me keep doing it again and again
OOOh, just one more piece and I'll quit for sure but I said that the last time, so why am I wanting more
Is it really the taste that causes such pleasure I don't know but right now it just looks like treasure
it would be so much easier if I just went vegan and quit this passion some kind of resistance, a kind of blockade I will have to try to fashion
This pressure is amazing, something I've never experienced before it makes me want to quit, pack it all in and concede and head for the door
My every thought is of eating food that has been heated I don't want to do that because it's all fake and treated
OOOh, just one more piece and I'll quit for sure, oh will this madness ever end well it's going to have to so my health I can finally mend
What harm will one piece do, yes thanks, that piece over there would be great Oh Oh, it's starting again, I think that piece somehow opened a floodgate.

Superman

I never knew I could be so strong this is great, downright awesome I could keep on singing this song
I never thought I could ever feel this way working out and keeping fit nearly every day
To be big and strong is what I want to be at last I think I can do it, so let's just wait and see I can do so much more and hardly get out of breath I'm so glad I got on this path and escaped a long drawn out death
Yes I feel as strong as Superman and as fast as Flash probably because I am no longer filled with that horrible, life sucking trash
Life now has new meaning and the thought of exercise really has me beaming
I no longer hesitate to go hiking although I need to do more biking
I feel as strong as Superman although I'm even tempted to say the Hulk Superman is trim, which is how I like it, not wide and green with all that bulk
Well I'm off to work out now let me go get my cd so I can relax to the music, while being all I can be.

Growing old

I don't want to grow old decaying and decomposing in a crumpled heap with my back bent over and full of sickness because the food I ate was cheap
I still want to be standing strong, fit as a fiddle with a body like an amazon still lifting weights, still going on hikes maybe even running a marathon
When I grow old, being healthy and strong for me is a must but for many people it's just not an issue because in the government they trust
I still want to be able to run and play/interact with my daughter as she grows appreciate life, loving my wife and being thankful to this secret no one knows
I call it a secret because I try to tell but no one will listen but what do I say, when someone asks, how do I get my skin to glisten
I don't want to grow old, sick, weak and feeble because this world is too cruel the government doesn't care and neither do the kids, they just act the fool
I just want to keep feeling this zest, love for life and ease of movement not the smell of Ben

gay, meals on wheels and rubbing in arthritic ointment
People already tell me how young I look for my age they think I must have great genetics or
use some new cream that's all the rage
As I get older and look at my baby girl, I realise that time waits for no man that's why before
it's too late, I got to heal my tired body while I still can
I got to break the cycle, I got to make that change I got to spread the word to others yet no
one hears me, my voice has no range
So I must be a guiding light, some would say a shining example so when people look at me
living this lifestyle, they too might want to sample
I really don't want to grow old still eating filth and decay I want to be the one people talk
about in amazement because I'm so fit and grey
So don't look at me in envy when no one can tell that I'm old this could of been you, but you
refused to listen to what you were told.

The Peace

In my MIND, BODY and SOUL I feel such peace for years I thought the raging chaos would
never cease
When everyone around me is losing their mind I know there's a place of serenity that I can
find
Don't get me wrong I'm not perfect now and I am no saint I'm not trying to fool you or a
false image try to paint
I'm just sitting here philosophising on my new found calm it's great knowing that it's never
my intention to cause anything any harm
To find the peace I found you have to wait under a fruit tree taste the ball of delight that
falls at your feet, go on take a bite or three
I used to think that hugging a tree or kissing the sun was just plain stupid but now I do it
willingly as if I was struck by cupid
Ok, it's time to join the rest of the world, some call it the rat race but I know a secret world
that let's me go at my own pace
Some people pay thousands or search for years to find the peace I found but what I found
was always here in front of me just costing 98 cents a pound
It shouldn't take some fake guru to wake you up to the magic you don't have to buy their
books or supplements that's just downright tragic
to find this peace you don't have to travel the world looking for the holy grail just pick up a
bag of oranges suck out all the juice before they go stale.

Sick

They don't care if what they prepare in their labs makes us sick just as long as they keep
making a bunch of money real quick
They will make up all sorts and put anything in it to make it taste good just so it keeps us
coming back for more just like they knew it would
I've fallen victim to this plot for many, many years and more they don't care where the
money comes from, from the rich or from the poor
Don't they realise that at the end of the day they are only hurting each other they seem to
have no morals at all or any care for their sister and brother
The hospitals take us in and charges so much to treat our ill they are no better neither, all
they care about is the mighty dollar bill
The medication they give us doesn't treat the root but hey as long as the sick and the
money keeps coming they don't give a hoot
This seems to be the way of the world, could all this be true I hope not because if it is, for
our kids futures what are we going to do
I guess it's up to us to make noise and stand up against the cruel machine so it's never too
late to free your mind, set yourself free and see the unseen
I keep telling myself things will change some day I sure hope that day comes soon before
I'm old and grey.

The Slip up

Oh my vitality has gone and now my head is spinning it's a real shame because the battle I thought I was winning

I just couldn't help it, it was the voices now the damage has been done I realise that I'm responsible for my own choices

Ok, I'll fess up, I fell for it and I gave in to the rotten temptation I couldn't help it, I'm addicted, just like everyone else in this great nation

Now I sit here feeling bloated thinking, was that it, all the anguish for that well maybe that will make me think twice about giving up at the drop of a hat

Oh my gosh, I feel so bloated, I want this out of my belly NOW man, this takes me back to the days when I would gladly eat body parts of a cow

I guess I should let this be a valuable lesson to me to not do this again but I can't stop myself, man I wish I could just lock myself up in an empty den

Time and time again I find myself in the same spot but one day this merry go round will end and this torment I will have forgot

But until that day comes I must be stronger, true to myself and kind because a better example than me at beating the odds I should never find

Yes.... it all depends on me, I've got to say what I mean and mean what I say ok, I won't beat myself up over this, I'll just live to fight another day.

Vitality

As I move I can feel my natural power and vitality a few moons ago that really was not my reality

Unlike the famous chocolate you melt in my mouth and all over my hands and when I close my eyes I imagine you ripe and falling on tropical sands

Because of the way I live people imagine me to be fragile skinny and weak now I'm so much stronger than I used to be and I'm far from being meek

I've come through the storm and now I feel the sun find out for yourself that it can be done and you don't have to be a chosen one

With each passing day I grow stronger and stronger all the time and to not tell you the truth would surely be a sad crime

I feel like nothing is impossible and my limits I have still to reach I've put many John Doe's to shame and a lesson in raw strength I will teach

I must admit, I feel so light, strong, compact and good the wellbeing I feel is amazing so much better than I ever expected I would

I've learnt that to keep up my fitness level is really a must that's good for me but not for others because I now leave others for dust

So now I'm in wonderland what happens next I'm just going to take joy in proving everyone wrong and watching them get vext

It's sad because this feeling really isn't supposed to be special or great it's how I'm supposed to feel in the first place with fruit in hand not a plate

I'm just going to enjoy the experience and run with it and now I'm here, I'm going to try to share how it's just not worth it to quit.

At work

When I eat my fruits at work It seems that I'm hard to ignore one voice says, Oh my... I've never seen anyone eat an avocado like that before

"Oh I like my fruit," is my tactful reply and that really is the honest truth now if I told them that's all I eat, they would surely hit the roof

"I never see you eating anything else but fruit, what's the deal," mmmm do I keep this gem to myself or do I tell them how good fruits make me feel

I fancy a mango but it's getting so tense now, people really want to know Maybe I should just tell them and hopefully they'll lose interest and go

Man... why is eating right such a big issue, after all it's my choice they want to change my mind and hear me rebuke fruitarianism with my own voice

Ok, I really don't feel like going through this interagation I just want to keep on keeping on, living a celebration
But I'm not going to back down, lie, make excuses and ruin my high I'm going to be respectful, honest and patient even when they ask how and why
They always say "oh that's real healthy and all but I couldn't do it myself," and after all that time I spent explaining how good it's been for my health
Then there's the one that thinks they can tell jokes and poke fun at how I live until they get really sick, then they see the truth in the advice I had to give
So I guess now I'll always be known as the health freak but I don't care because I found the wellbeing and happiness I seek.

I thought we had something special

I was so young bright eyed and bushy tailed when we first met, I should have known you were too good to be true, whatever did I expect?
As we grew up together I thought our love was so strong now I sit here in a heap, wondering what on earth went wrong!
I would come to you for comfort instead you gave me discomfort and pain It's still hurts to think that I was just being used for financial gain
How could I of ever thought you could possibly give me love in return when really it was your distain for me I could not discern
There was a time I used to be drawn to you like a moth to a flame Every time I looked at you I would want to taste you but was I really to blame?
I always thought we'd be together forever but I think it's best we part, to see each other never
Ok then...so this is it I see I should have known you really had no intentions of ever loving me
Well just know that I will always have fond memories of you Wait a minute, when really I think about it time spent with you was always blue
The pain you brought me was often too much to bare and to my early death you would have surely brought me near
So let's just quit this on again off again romance, I deserve to be free after all you never loved me, you never even knew me
It's time for me to move on, I've found another, one that truly loves me It's funny because we found each other under a fruitful tree
I like this one I think we will be with each other for a long, long while now I feel good about life, positive, strong and no longer feel fragile
So now I'm saying GOODBYE!!!! and I don't want any trouble so just go, leave me alone, go burst someone else's bubble!!!!
My life is good now, I don't owe you anything, so what the hell just go about your business and hey!!!..... take this bitter farewell.

Hip Hip Hooray

Your like a mystical, magical, myth, yet everybody knows of your existance though I must admit in the past, of you I always kept my distance
What is it about your mere presence that has people so wary is it your purity that intimidates or your simplicity that's so scary
You came into my life like a knight in shining armour you chased away pain and fought off my addictions and made my essence calmer
You changed my life for the better just by being you but why is it so hard to share my greatest discovery, I have no clue
You've blessed me with a new vitality so I can live another day now if I had a second chance I wouldn't live any other way
We seem to be a match made in heaven because they say you are what you eat I know this to be true because I did indeed act like an animal when I ate meat
You give me insights so I can spread the word and be a crusader but people pay me no mind, all they care about is burnt cows, fried chickens, Star Wars 3 and Darth Vader

But still to many your healing power remains a mystical mystery so I vow to spread the word because without you I would surely be history
So from this day on I'll sing with my best voice from the rooftops and say Hey!!!! I'm a Fruitarian ya know so hip hip hooray!

The Path/your hand

You asked me to take your hand on this path and each time I let you down I ran off and left you each time the "other one" came to town
When it got tough I lost faith in you and you still got me on the mend little did I know you were to become my ever faithful lifelong friend
People curse your name to the max it's hard to believe your so misunderstood but considering how I've lived in the past you've done nothing for me but good
For you to do the good that you do all you ever asked for was faith and trust You taught me that to undo the past to stay on this here path is a must
Oh yes the path is no cosy little yellow brick road that's for sure it's filled with obstacles and trials, what an adventure who could ask for more
This path is tough like trekking to the tower in the movie Lord of the Rings but it's been better than falling for the "other" and feeling horrible things
It's sad to think that some will not make it to the promise land and the funny thing is that all it costs to get there is to take your hand
The ones that don't make it to Fruitopia turn to into cussing and fighting fools but they foolishly refuse to get back on the path even with the right tools
You finally brought me through the dismal and dark storm now I feel the sunrays of the sun lighting up my senses and it feels so warm
At last I feel the vitality from the sun surging through my entire being I never thought I could ever feel this way but hey, seeing really is believing
Wait...what do I see...is this the promised land Wow, cool!!! all this just for taking your hand.

You took away....

You took away my vitality even before my life had ever started I searched for years for ways to get it back but always ended up broken hearted
You took away my natural instincts and made me over stimulated not to mention always sick and always constipated
You took away my love for living and made me depressed and lazy all I learnt from you is how to suffer in silence and how to go stir crazy
You took away my love for all things natural and gave me this concrete jungle it's amazing I stuck it out for all these years just by being mindful and humble
You took away my innocence and tried to hide how life is really meant to feel exposing me to dehydration, inflammation, mucus and sickness all in one meal
You took away my wisdom but that doesn't last forever according to you ignorance is bliss but to me it can't be bliss never, no never
But ha,ha, the jokes on you because you took away your only means of survival by giving me sickness and pain you made me search for my own revival.

Your body

As my tongue glides across your body, my grip on you gets tighter my anticipation of what's to come gets higher..oh how you make my days brighter
With Skin as soft as silk, I imagine what it will be like to get inside you Oh you drive me crazy with desire, I think I'm in love, what am I going to do
We first met by chance at the grocery store you were sitting by the apples, sweet and full bodied, who could ask for more
I knew I just had to have you but how I would make my approach I simply had no clue
I knew that it was going to have to be either now or never but what shall I say, I was struggling to think of something clever
Oh, I wanted you so bad I kept thinking you'd be the best I ever had
I figured you would satisfy my desires and that you would be good for me too and that's

what first attracted me to you

It was as if time was standing completely still my instincts said go for it, go on boy, go get your fill

I reached out for you with dreams of just getting you home and having my way after all you don't get opportunities like this every day

Bingo, I did it, mission complete and we just seemed to get on so well I must admit keeping my hands off of you on the way home was sheer hell

I don't want anyone to disturb this groove now we are here in my room all alone so I made sure I locked the door and unplugged the phone

It's time, Oh your body feels so good it feels soft and ripe, just like I knew it would I'm feeling you with my tongue, now I'm ready to go inside I've been waiting for this moment for the longest time I must confide

Oh yes, it's time, I can no longer wait, I'm just going to take you like a brute Uumm, Oh baby, SHLURPP, Oh yes, this MANGO is good, SHLURPP, my favourite fruit.

The way of the world

We take medications that come with health warnings so we can keep on waking up in the mornings

Vegans eat soy this, soy that, how can one thing taste like so many foods it's just goes to show that it's all in the flavouring dudes

A football player, baseball player or singer can be a millionaire but our nurses and fireman get paid next to nothing, is that really fair?

Big houses, jewels, clothing and fast cars dictate a person's worth not integrity and compassion or the mind, body and soul we were given at birth

Animals used for our clothing and food are left all day stuffed up in cages children overseas forced to work for much, much less than our minimum wages

It seems like everywhere you look some company wants your hard earned money so this is what they mean by the land of milk and honey

We've done so much to destroy our land now pollution and disease go hand in hand

Is it really that bad and all doom and gloom yes and the only thing that can me feel better is watching the flowers bloom

The only saving grace I have is how I choose to live to think clean, live clean and eat clean are the lessons I have to give.

In limbo

I often ask myself why but I know I got to at least try

Cleaning out the filth and debris is an almighty task for me

Back and fourth, Back and fourth I go my minds in a state of torment somewhere in limbo

To get through this phase and on to happiness is my goal until then I need to learn to be at peace with my mind, body and soul

The war against temptation and addiction seem to rule my days and I'm getting battle weary trying to change my ways

When will this madness end as this is too much pressure on my brain at times I want to give this fantasy up and throw everything down the drain

Deep down I know I don't want to go back to the junk and dirt because every time I do it makes my body hurt

So I'll keep on keeping on and hopefully someday all this trash will be gone

When that day comes I'll be jumping for joy like a child at christmas time playing with their brand new toy.

What's the deal

All I see on tv is cooked animal flesh from thick steaks to good old dairy covered with all kinds of addictive chemicals but has anyone thought to query

If fruit is so good for you how comes there's no commercials for fruits on tv telling us about the health benefits that everybody would envy

They try to make the chicken in the ads look so good and apertising the trick is to eat it

without the seasoning, you'll see it's just advertising
Fruits tastes so good and you don't have to kill anything to get it it's got all it's own enzymes
to keep you strong and fit
All I see is junk food franchises springing up every where selling old dead body parts of
animals to those that eat without a care
To be able to eat as much as you can is supposed to be the mark of a real man
I still don't get it, how comes no one wants to eat fruits so juicy and small is it because the
need for cooked foods and sodas is the be all and end all
I can put fruits in my pocket and carry around anywhere try that with a hamburger, fried
chicken, I don't think that would work I fear
Cooked food makes me ill but why do I keep coming for more I've tried to give it up but I
think I'm addicted to my core
Maybe that's why cooked foods is advertised on tv so much to keep us hook on it with every
bite, smell and touch
You don't get that addictive feeling with fruits, ain't that funny I think I got it, if we don't get
hooked on fruits they don't make as much money
Well is all this just a game someone tell me please is it just one big plan to turn us all into
cooked food junkies
I think it's best that I don't play this game and start my transition to only eat fruits I know I
must make that my mission.

A FRU..FRU..IT..ARIAN

Oh, you must eat your greens or you won't survive what will it take for people to realise that
on fruits alone I can still thrive
Raw vegans always tell me that I'm not getting vitamin this or vitamin that if only they were
that picky when they were eating chicken and fried fat
S.A.D eaters tell me that just fruits is not natural and it's crazy to even try Raw vegans tell
me that without a supply of greens I will surely die
Oh, and don't even tell a Raw Vegan you don't believe in taking vitamin B12 there will be an
uproar and into the rest of your diet they will have to delve
Raw Vegans complain that with just fruits there is not enough variety to eat junk food and
get sick is the only way I'll fit in to main stream society
It seems that every ones got a problem with fruit only diet but when they see the glow of my
youthful skin they all just have to be quiet
For years I heard how good fruits were for you to eat so what's the problem with just eating
fruits, to me it just can't be beat
Living this way has liberated my body from all of it's pains not to mention that when I
workout I'm still making gains
I guess I can't blame people for having their doubts about all this it's what works best for
me, plus the opportunity was simply too good to miss
So on that note I'll tell you, this thing really can be done just be sure to listen to your body,
eat instinctively and remember to have fun.

Please, Please, Please

Please, Please, Please Oh no more illness and disease
Please, Please, Please just make it stop, make it ease
Please, Please, Please the pain is bringing me down to my knees
Please, Please, Please I'm sick of paying medical fees
Please, Please, Please give me my health back and please don't tease
Please, Please, Please I want to get up out of my death bed and walk among the trees
Please, Please, Please it would mean so much to be able to feel springs cool breeze
Please, Please, Please tell me why it has to be this way please
Please, Please, Please I'm sick laid up in bed with a temperature of over 600 degrees
Please, Please, Please could it be because I eat all that is junk food, sodas, meat and
cheese?

Sometimes I forget

Sometimes I forget that I have it so good I no longer have to fret
That I can breath clearly now that my stomach actually works...wow
Do I forget because old habits die hard or is it because I don't want to let down my guard
Or is it because this lifestyle is now so normal to me it's hard to say but I know that it's the
only way I can be free
Sometimes I'll catch sight of my glowing skin and that will remind me how lucky I am to of
been able to make the choice to live so naturally
My mouth feels so fresh and that often reminds me too not having to taste old food and
have saliva as thick as glue
Sometimes I forget how bad cooked food is for my health I never want to have that feeling of
doom again I tell myself
Watching my loved ones get sick and fall is also another good wake up call
Well I guess I just have to stay committed and keep my focus even though people will say
it's all hocus pocus.

Free Will?

You talk about FREE WILL I say it's all about your dollar bill
here's some home work for you so you can discover some things you never knew
Quit fruits and then see how easy it is, compared to quitting meat/cooked foods quitting the
burnt poison will have you in all kinds of destructive moods
The food industry doesn't want you to have FREE WILL all they want is for you to keep on
having your fill
If you really had free will you wouldn't buy their junk then you wouldn't be seeing the
doctors with your hopes of a long life sunk
If anybody wants to see how FREE their will really is then try to get away from the cooked
food biz
I challenge you to go Raw Vegan for 2 days or Vegan for a week then tell me if you don't find
the truth you seek.

The curse of cooked food

I only eat cooked food to change my mood
I gotta deal with foul smelling sticky stools from eating food with no enzymes, just proves we
are the fools
Every day I live with Feelings of deterioration I'm tired of getting sick like everyone else in
this great nation
Painful joints and aches and pains from stuffing myself with sodas, junk food and grains
I'm bloated and my body stinks probably because of cooked food rotting inside my belly me
thinks
My stomach grinds to a halt stacking one meal on top of another yes, I admit that's my fault
Am I doomed to sickness and disease or is there a way I can escape this
My skin is dry, dull and old I've got to make a change and do something bold
Difficulty catching my breath makes me feel like I'm dying a slow slow death
Nature and the environment means nothing to me that's not who I am and it's not what I
want to be
Narrow minded/destructive thinking rules my life and to top it all off I'm always stinking
All I have are swollen body parts and a bad attitude Oh, my kingdom for and end to this
curse for that I will show much gratitude.

The Struggle

Why is it so hard to kick this habit but I know that any chance I can get to quit I need to grab
it
It's like setting off on a journey to another planet I've learnt that to truly break free I've got
to sit down and plan it
Even if I slip up 100 times over I'll get up and make a fresh start to stand the test of time

and get my freedom now that is the hard part
I'm like a scratched record repeating the same scratched tune but when my victory fills me
with joy I'll be jumping as high as the moon
I know that to beat this thing is the only way I can live I don't want to grow old and sick I
have too much wisdom to give
To live a life full of vitality is what I've been chosen for if only I can just rise above my
obstacles and get through freedoms door
My mind gets clouded and my mood takes a turn for the worst Every time temptation
strikes, oh that darn cooked food curse
I wonder if it's me, I wonder if I want this freedom enough or if it's the comfort I crave, boy
this thing is tough
I find myself making up all kinds of excuses when I can't handle the cravings then after I've
slipped up it's hard to hold back my ranting and ravings
I know when I break free the vitality I'll feel will be second to none then I can truly say that
my journey is finally done.

Just like everyone else

I don't want to be like everyone else growing old and sick expecting medications, illness,
disease, infections, you take your pick
I don't want to be that old guy jogging because he has to I want to be the old guy that jogs
because he can do
I don't want to die a miserable death I want to die knowing that I loved my life with every
last breath
I don't want to have to accept a life of doom that I don't believe in I want to live the life I
want to, even if people say I'm too thin
I need to shake off this demon called cooked food to have any chance of glory then and only
then will I be able to share my story
I don't want to walk around with a pot belly and my armpits stinking go for it and go
Fruitarian that's what I'm thinking
I don't want to be obsessed with purity, I just want to live a simple life I just want to live in
peace after all this stress and strife
I don't want to live my life as a hermit either as that is no solution there's no escaping the
wrongs of the human race and all that pollution
they say if you do what everyone does, you'll get what everyone will get well so far that it
right but not for long I bet.

The Fruitarian way

They ask what is a Fruitarian and what do they do most S.A.D eaters never understand and
most don't have a clue
No two Fruitarian paths are ever the same what works for one, for the other might come up
lame
It's said that a Fruitarian can reach a higher plane but most people just say that is simply
insane
Some other Fruitarians say they feel high or in a state of constant euphoria personally I just
feel like a mighty warrior
I can feel when the seasons change or when bad weather is coming sometimes this scares
me other times it's mind numbing
most of all I like the liberty from society I feel I may not be of this world but I'm still a part of
it, is my deal
People hate Fruitarians because they are too happy I say more power to us because life
before fruits was just too crappy
I love the simplicity of it all it was hard to get my head around this at first but now I'm
having a ball
So there you have it, from the mouth of a true Fruitarian guy and if you don't believe me
why don't you give it a try.

Have you ever wondered....

Why some people are active and some are not I think it's because of all that toxic waste that's left to rot

If cooked food was ever meant to be the be all and end all of foods I think these days it's just a way to make money and change our moods

Why people still eat cooked foods even though it makes them sick all I can think of is that nobody cares if their lives go too quick

Why you never see commercials for fruits on tv maybe it's because the health benefits are to plain to see

Why they say fruits are so good for us but only want us to eat five is it because more than that will help us feel alive

Why people get mad at you for eating your fruits raw maybe it's because doing the right thing is too hard to ignore

Why according to the "Raw Gurus" 80% raw not 100% raw is now the new height well, just think, if everyone went 100% raw who would buy their products, right

Why some raw vegans try to duplicate the same things they claim to be bad Things like "Raw Pizza" what's that all about, I think it's sad

Why more people aren't Fruitarians I don't know but at least it's more fun than being breatharian.

Together

Our Fruitarian journey together is one that I will never forget ever

It strengthens my determination to succeed to liberate myself from corporate lies and greed the journey is filled with trials with each twist and turn but if we never face them how will we ever learn

So let's show the world the truth will truly set you free so we can make this world a healthier place for our kids and both you and me

Together we can beat this thing and at last hear freedom ring

Just knowing that one day we will be glowing examples of how life should be I can't wait for that moment so the whole world can see

So together we go along our own paths proving all the unbelievers wrong this is what gives us the strength to carry on singing our Fruitarian song.

Stages

1st stage, Feel great and full of energy the change is so refreshing 2nd stage, The thought of being without cooked food starts to get depressing 3rd Stage, Your body craves cooked food it's usual drug of choice 4th stage, You never realised your body had such a loud and demanding voice 5th stage, The symptoms set in and you feel so bad 6th stage, Now your always angry and lifeless, you used to be so happy and glad 7th stage, The dark clouds part and the sun shines through 8th stage, Now going without cooked food doesn't look so daunting 9th stage, The skin starts to glow and you don't look so haunting 10th stage, Your not out of the woods yet but things are looking good 11th stage, Your getting out and doing more like you know you should 12th stage, Cooked food is losing it's grip and you experiance clarity 13th stage, Cooked food is losing it's grip and you experiance vitality 14th stage, Your thoughts are getting happy, cooked food is now just a thought 15th stage, Your taste buds have been re-educated from what they were taught 16th stage, Now all there is left to do is stand the test of time 17th stage, Live a life that's happy and sublime.

Who cares

Nobody cares about what you do so you gotta realise that this Fruitarian thing is just for you If you think anyone is gonna support you or wish you the best then you better think again because it's gonna be down to you to pass this test

Main stream society doesn't want to give up it's treats and go through any detox it would rather commit slow suicide on cooked foods than think outside the box

Yes I know...you wanna help enlighten people to a new healthy way of living but your up against generations of lies that the governments been giving

If you really want to make an impact look after yourself and keep your sanity then people will want what you have if you can appeal to their vanity
Fruitarianism is a thankless task just know that it is not your whole life is all I ask
There's no euphoria, no fireworks, no cart wheels just a great and consistent sense of well being is what one feels
Make sure you are happy in the other areas of your life because getting through your detox can be a whole bunch a strife
The world doesn't care for the Fruitarian way to health so just remember your doing this all for yourself.

To be or not to be...

Most Fruitarians are like bad Christians you know they pay lip service then off back to live their unhealthy lifestyle they go
This seems to be the same where ever you go is this simply because people are scared to develop and grow
You don't see a lot of Fruitarians sharing their photo's on a website or forum is this because of a lack of faith or thinking people will make fun of them
As Fruitarians we need to stand up show our radiant and healthy skin and once and for all prove to the world that Fruitarianism can win
To lurk in the shadows does nothing for the world but leave it dire but being an example of health and vitality will set the world on fire
Yeah initially you might not do so well or look so good just keep on keeping on and give your body time to do what it should
The rewards are truly fantastic and well worth it you can say goodbye to a life of pain and hello to a body that is fit
Being a Fruitarian should not be used as a status symbol for it is far more respectable to lead by example and stay humble
So to be or not to be it's your choice only you can make will you work to uplift and inspire others or just be a fake.

Fruits don't make you a saint!

There's a myth going around that Fruitarianism will make you a saint I think that a false image other people try to paint
It does not make you "enlightened" or a "supreme being judging by my actions and others that I am seeing
Yes, it takes great discipline to go Fruitarian but it does not make you a master it just means that you can live on happily ever after
Fruitarianism is eating fruit nothing more and nothing less it the feelings from the detoxification process that we really need to address
energy should not be felt only when you eat fruits of this I'm right for the real Fruitarian it is something you feel all day and night
Fruits have no effect on me at all, they only serve to help me repair I never feel drained because of hunger and I can do many activities on just air
Fruits don't give you everlasting life neither do they release you from the worlds strife
Fruits simply enhance what you already are and is the best tasting cleanse by far
So my friend don't believe the hype because it simply is not true it's just a myth kept going by people that really don't have a clue.

Holding on

Go 100% raw and get the chance to eat all the fruits you adore
what are you waiting for this is the best way to great health and so much more
What are you holding on to dehydration, disease and the chance to feel blue
Yeah at first it's not gonna be fun but let your body do it's job and it will thank you when it's done
Your gonna feel bad anyway but at least every raw day will be a day of progress instead of torment, confusion and stress

I say what the heck go for it if you don't you'll be forever caught up in the cooked food habit
You'll be surprised at how your life will change for the better just because you decided to be
a raw food go getter

Yes you will go through a bad time of craving but what do you expect after years of not
behaving

So go on take the plunge and let go Hey you might discover a brand new you, you never
know.

Sabotaging Yourself

I learnt that depending on your mind at these times is really not a good idea because that's
where you'll find most of the problems, lies and fear,

I found that I had to jump outside myself and get things done that way If you go by what
your mind tells you the cooked food will never go away

It is a war and you have to know how to fight it or you will go crazy crazy with tormenting
thoughts of cooked food with a mind that's hazy

Be easy on yourself and do this in your own time, take time to enjoy it again because people
are not gonna wanna follow your lead if they see you in pain

Quit getting confused over all the conflicting info on the internet I'd still be going crazy to
this day if I believed every thing I read, I bet

I searched for negative info only when my detox was hard hitting so I could make up an
excuse when I was on the verge of quitting.

you can only go with what is happening to you and make the adjustments you need to live
the Fruitarian lifestyle you pursue

The hard lesson I learnt was that my own "will power" was not gonna cut it so I started
experimenting with various cleansing methods so I wouldn't quit

My personal breakthrough came, I was oppose to cleanses up until that time I found that the
cleanses helped so much, it was like a ray of sunshine.

Photograph's Taken By: Speed Shot Photo Kyla Brown Photography Marta Photo

Disclaimer

This program discusses the possibility of breatharianism, or living without eating food, and is
not a full instruction. For your safety, please do not attempt to cease eating without proper
expert guidance.

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