

The Live Food Factor

**THE COMPREHENSIVE GUIDE
TO THE ULTIMATE DIET FOR
BODY, MIND, SPIRIT & PLANET**

EXPANDED, REVISED & UPDATED

**SUSAN SCHENCK, LAC, MTOM
WITH VICTORIA BIDWELL**

*Forewords by
Dr. V. Vetrano, DC, hMD, PhD, DSci, and Victoria Boutenko*

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Printed in the USA

Second Edition, 2008

First Edition, 2006

Published by:

Awakenings Publications
P. O. Box 712423
San Diego, CA 92171-2423

Back cover photographer: Joseph Peiri (j-pieri@sbcglobal.net)

Cover design: Bob Avery (bobavery@umich.edu)
with Gabriel Spatuzzi (gabecross84@gmail.com)

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Victoria BidWell and Dr. Vivian V. Vetrano

Raw Diet Consultant: Bob Avery

Winner of the 2007 IPPY Award for Most Progressive Health Book of the year

ISBN 978-0-9776795-1-5

Health Nutrition/Diet Weight Loss Beauty

*To Dad,
whose love of healing
inspired me...
You always said
I'd make a great lawyer;
I rest my case with this book.*

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Foreword by Dr. Vetrano

The Live Food Factor comes like a giant locomotive, roaring down the tracks of two parallel, historic events. First is the growth of the Natural Hygiene movement, the grassroots of which were formally planted in American soils in 1832. And second is the blossoming of the raw food movement, which was planted, as some believe, before Adam and Eve in The Garden, or as some speculate, by our earliest, common, humanoid ancestors. The genius of the second edition of *The Live Food Factor* is that our newest raw food author Susan Schenck with our pioneering Natural Hygiene teacher Victoria BidWell have brought these two movements together, railroad tied with similarities, rather than driving their rails apart by differences. In so doing, these two women have created *the raw food and Natural Hygiene masterpiece of all time* in the form of a take-it-home, learn-it-yourself, do-it-yourself owner's manual on alternative health care.

My daughter Tosca and her husband Gregory and I read first in awe and then further studied *The Live Food Factor* manuscript over a two-week period. We put our heads together to collaborate on this foreword. But Greg alone shares one insight that sums up the value of this masterpiece simply and with a salesman's insight: "The cliché today is that if you attend just one seminar or buy just one book that inspires you to put into practice just one new idea that improves the quality of your life in just one way, the cost involved will be well worth it. Well, this new, little book — and I use the word 'little' as a term of endearment, considering the book has reached biblical proportions of more than 700 pages — has so many practical ideas! When put into practice, each one will improve the quality of a health seeker's life enormously. *The Live Food Factor* can only be considered a *treasure chest*! It is filled with well-organized, magnificently indexed jewels, with strings of wisdom pearls, and with how-to-do-it precious coins that will bring high health and high joy to anyone willing to put in the time and energy to do the Natural Hygiene right and eat the foods live. Truly, the book is worth more than its weight in gold when weighed on the scales of life at its best!"

When I started first by looking at the Table of Contents, it was full of everything from "Hygienic soup" to nuts. The book's subtitle promises "The Comprehensive Guide": this is a huge understatement. The book's completeness is astounding — both in content and authors, doctors, scientists, facts, recipes, and how-to-do-it instructions.

I must say that *The Live Food Factor* is *the very best book on alternative health care ever done*. It contains more 1900s research and more 2000s research on the benefits of raw foods as well as on the flip side of the coin — the health dangers of cooked foods — ever amassed in one place: certainly more than one may discover even if putting in a month's worth of Internet searching!

Since the 1980s, Victoria and I have been writing and editing our work together. And Victoria only entered Susan's picture with this second edition, which I am now *thrilled and honored* to endorse and help promote. Susan's exhaustive

research and Victoria's expertise in keeping Natural Hygiene physiologically correct, combined with all their how-to-do-it tips, cheerleading, and you-can-do-it motivators, *make this book the best book on the market now in the field of alternative health care*. It will probably remain so for the next 100 years as long as each edition is updated with new research. Someone will have to go to an enormous amount of work to outdo *The Live Food Factor*.

I totally enjoyed each chapter and thought to myself, "This book these two women put together is really going to be a big seller. First, because raw foodism is very popular right now. And second, because the raw fooders need *all healthful living practices*, since raw foods *alone* do not insure health." I predict this book will be passed around to reach best-seller proportions, supplying not only the truth as do others, but also the proof as none others do. Its science and long lists of how-to tips will be reproduced and repeated, part and parcel, across America and around the world — including in personal conversations, in magazines and newspapers, and on radio and television shows and web sites.

Victoria is presently editing five of my books in which we plan to feature some of the Natural Hygiene teachings and raw food practical tips from *The Live Food Factor*, as well as promote the book. Victoria, Susan and I plan to carry on a global, joyful campaign to get the word out on live food and health by healthful living habits. I can hardly wait! I just turned 80 years of age, and now I can see that the best is yet to come!

Until now, Dr. Shelton was the most researched and prolific writer in the field of Natural Hygiene. He excelled at explaining the principles of Natural Hygiene in the now archaic, oratory prose, sometimes lofty and elegant in presentation and filled with poetic language that some of us absolutely love, but which is definitely not the wave of the future in literary style. Out of 40 book volumes, many of which were several hundred pages, and 40 years of monthly *Hygienic Review* periodicals, Dr. Shelton did offer the people a great deal of inspirational essays and encouragements to live hygienically. His volumes were filled with theory, teachings, admonitions, research, and debates. But he never did put together a single manual filled with both theory and day-to-day tips on putting that theory into practice. In short, *The Live Food Factor* does one thing that all of Dr. Shelton's books combined do not. It makes Natural Hygiene exceedingly simple to understand and inspirationally easy to do. Susan and Victoria, however, do share Dr. Shelton's and my rhetoric: we all tell the reader how very wonderful life can be when lived from the clear vantage point of high energy and high health. These two women have promised high fun to all who jump on for the train ride!

To point out that Dr. Shelton based his writing on extensive personal research is an understatement. To make this same observation about Susan's work in *The Live Food Factor* would be a *gross understatement*. Susan Schenck has done her research *like none other!* Susan and Victoria together have created a blessing very special that will help all who read the book and/or otherwise learn from their compilation of information as the nuggets of knowledge ripple out, person-to-person, media-to-person. These two have compiled the best of all of

Natural Hygiene into one compact book, easy to read and understand, plus much, much more. The marvelous, detailed index prepared by Bob Avery makes traveling through this train of great thought a great pleasure.

I am told that one critic of the second edition complained that passages in *The Live Food Factor* were too happy, that when he read them, he wondered what the authors had been smoking. I have known Victoria with sisterhood intimacy since 1976. Recently, I spent one very long phone call with Susan getting to know her. Granted, both women have their ups and downs. But they are both undoubtedly of the same ilk: joyful, positive, confident, very fun, full of love, and wanting to help others be all they can be. This should be the natural human condition. I think it is genius to promote being healthy as a natural high! I hope people who are basically depressed will give up their old drugs of fear and pessimism, coffee, smokes, prescription medicines, and recreational substances and give Natural Hygiene and live foods a try. If they can get used to being healthy and happy, they might like it!

The precise explanation in *The Live Food Factor* of how acute disease develops and then evolves into chronic disease finally shows the health seeker that the body builds disease into its cellular structure and bodily fluids as energy-robbing habits are practiced — and that health is just as surely so built with our energy-enhancing habits. This is done in no uncertain, incorrect, or confusing terms whatsoever; and I have edited these explanations three separate times in their preparation. So many other books on alternative health care and with teachings prefatory to recipe collections are riddled with these very errors, and that makes it totally impossible for me to endorse them.

Dr. Shelton's greatest call was "Health for the Millions! Not Just for the Few!" Today, I call farther and wider: "Health for the *Billions!* Health for *All!*" With globalizing technology enabling all humanity to share all knowledge virtually instantly, we can literally give health information to the billions. We are approaching seven billion on earth. And every single one of us, not withstanding racial and genetic individuality, operates according to the natural, physiological laws of life. Now, *nowhere is there a better owner's operating manual for the body and mind* than *The Live Food Factor* to show us how to make it through to the ends of our lives with "health and happiness" written into our eulogies.

The cliché "A picture is worth a thousand words!" comes alive in the Chapter 2 testimonials. Here are "before pictures" of sickness and sadness. And "after pictures" of health and happiness. Here are pictured many pleased people who played what Victoria calls the "superlative health lottery" and won, who took a gamble and persevered with a lifestyle on the right track that paid off to the tune of new and healthy bodies, dispositions, and new hopes being fulfilled with fresh, live foods for their fuel of choice.

The case histories are the best I have ever seen anywhere! Yes, critics may say, "They are just anecdotal. They don't prove a thing." But these are *real* people who have experienced *real*, life-disabling diseases that in many cases, even under conventional medical care, could have succumbed to the worst of outcomes. Yet these people chose the alternative with the best of outcomes. They

built health while escaping the negative future consequences that so often result when turning to conventional medications, surgeries, and treatments.

But there's more. If you open to Chapter 2 right now, you will see wonderful, healthy practitioners that not only talk the talk, but walk the walk. You will see happy families and smiling children who have learned that mangoes, bananas, and dates are much sweeter and more healthful than any candy bar or sugary cereal. You will see people who have been deprogrammed and who do not live in constant fear of that "mysterious" virus, contaminant, or bacterium that is lurking around the next corner and crouching in the seat next to you on the plane, bus, or train. You will see and cheer — "Rah, Rah, Raw!"

I was especially impressed with Victoria's teachings on the Natural Hygiene fast. With the tragedy of Dr. Shelton's *Fasting Can Save Your Life* having gone out of print, *The Live Food Factor's* Chapter 15: The Fasting Factor is now the best the health seeker can find as an overview. The explanation of the Natural Hygiene fast is so well organized, so physiologically correct, so perfectly worded, that even a reader who had never heard of fasting could understand what the Natural Hygiene fast *is* and *is not* and the benefits to be derived from both this type of fasting and juice dieting. In fact, in my upcoming book on fasting, which Victoria is editing, we will write all this great information into the opening chapter as an overview statement on the Natural Hygiene fast. Why would I want to rewrite something that is already perfect?

I raised Tosca on strict Natural Hygiene. In turn, Tosca raised four healthy, happy children on the same. Tosca shares, "Mom and I are both especially pleased and excited to endorse the hygienically correct, new chapter in this second edition of *The Live Food Factor*. I will be forever grateful that Susan was wise enough to see the necessity of this addition. The book could only have been correctly called 'comprehensive' if it had included our most dearly beloved babies and little ones! After all, we all enter the world as infants who all need the best start possible. Since Dr. Shelton's *The Hygienic Care of Children* is now out of print, virtually no new health seekers can take advantage of his instructions. I am especially grateful to have shared my successes with my four little ones in this new Chapter 20: Raising Live Food Children. In four simple lists — 'The ABCDs of Feeding Mothers, Infants and Children Hygienically' — mom and Victoria and I have laid out the scientific and psychologically correct basics for mothers and other adults who feed kids, while Susan has answered three urgent questions parents frequently ask."

As I began my quest for conventional accreditation to teach Natural Hygiene, it was gratifying to see, learn, and understand how its basis was laid out in the beginning according to our genetic code. But it also became ever discouraging to discover how the mis-truths, mis-directions, and out-and-out lies were also laid out so solidly to look like the concrete truths and yet were built on shifting sands, constantly moving and rearranging themselves to keep the lies from ever being exposed. Tell the people a lie long enough, over and over again; and soon it will appear true. And that's what conventional medicine is all about.

We hear about “health care” practically every day. How our governmental agencies will provide more and more at a lower cost. But what they are talking about is “disease care.” My family and I are exceedingly healthy, as are my clients who follow healthful living habits strictly. We will never have to worry about finding the right doctors or nurses to take care of our diseases because we know what causes and what eliminates disease. Now you, too, can all have the sharpest cutting edge advantage in print by owning this book!

In summary, *The Live Food Factor* is a book for *all* people. Prospects for the raw food diet fall into three camps: those newcomers who are open-minded to trying raw foods, the backsliders who fall off the raw food diet, and the skeptics who don’t believe the raw diet holds benefit. *No other book speaks to all three groups* as fully and intimately as does *The Live Food Factor*. It addresses all three camps with *truth and proof* and so much practical help and inspiration: the uninformed health seeker as well as the addicted, eating disordered struggler and the skeptic who demands to know, “Where is the proof?”

Even though the best ever yet, *The Live Food Factor* should not be used alone. It is best used as a companion to Victoria’s *The Health Seekers’ YearBook with The Best of Common Health Sense*. This statement can be made for several reasons. But the most important is that Victoria’s book contains a chapter, “The Year in Live-Food Menus,” as well as hundreds of other recipes and recipe formulas to make an unlimited number of dishes and drinks. This is what every new raw fooder and hygienist wants: menu and recipe ideas while transitioning to the ideal of whole, raw food meals. Susan and Victoria serve up raw menus and recipes that can be trusted to move health seekers forward into high energy and health and not backwards into acute and chronic disease! Just be sure to hygienize the raw food recipes Susan serves and let genuine hunger be your spice of life.

I consider Victoria BidWell to be the best writer/editor in the Natural Hygiene movement today. So begin with *The Live Food Factor* and follow up with *The Health Seekers’ YearBook with The Best of Common Health Sense*. You can’t imagine what these two women, both scholars — yet both so childlike and joyful in their sense of life — have waiting for you! I am so pleased to be part of Susan’s Paradise Health and Victoria’s Hygiene Joy revolution! *I am happy to add to our roaring train campaign, my own term complementing theirs: a state of mind, body, and spirit I have always called “Hygiene Euphoria” — a natural high better than any drugs can induce and lasting as long as we follow the natural, physiological laws of life.*

DR. VIVIAN VIRGINIA VETRANO, DC, HMD, PHD, DSCI
(Endorsed by **DRS. TOSCA** and **GREGORY HAAG**)

Dr. Vetrano is a published author and clinician with over 50 years of experience in helping sick patients regain wellness through natural means. You can read more about her life beginning at pages 75 and 221.

Foreword by Victoria Boutenko

The Live Food Factor is destined to become a classic. This book represents the most comprehensive study of the raw food diet and the raw food movement ever put on paper. When I received the manuscript, I simply couldn't put it down and read the book in two days.

In this book, Susan Schenck does what has never been done before. She brilliantly combines the concepts of raw food eating and Natural Hygiene. Both viewpoints are masterfully explained. I especially appreciated the additional information contributed by prominent Natural Hygiene experts Victoria BidWell and Dr. Vivian V. Vetrano. As a result, we have a unique source of valuable information that is useful for all readers: novices and experienced health seekers alike.

In my classes, people have asked me over the years, "Where is the scientific research backing up the raw food diet?" I'm thrilled that now we have *The Live Food Factor*, which contains data that is thoroughly backed up with a list of over 60 scientific studies.

The author has put a huge amount of work into her research. I am impressed with the multitude of sources of information that Susan was able to pull together and study meticulously. I am a raw food teacher, writer and researcher myself. I have taught hundreds of workshops about this subject for many years, and I have learned a great deal from Susan Schenck's book. I placed the whole pack of Post-It notes inside the book for future reading and reference.

I appreciate the author's scientific approach, where she not only praises raw vegan doctrine, but also discusses the wide spectrum of variations of a raw food lifestyle. Schenck listed even the most radical trends in the raw food movement, provided authentic experts' opinions and added her own personal reasoning.

I highly recommend this book to all readers interested in improving their health.

VICTORIA BOUTENKO

Victoria Boutenko is the author of the books 12 Steps to Raw Foods, Raw Family, and Green for Life. Her testimonial and photo appear beginning on page 62.

Acknowledgments

I would like to acknowledge the following people for the parts they played in making this book possible:

First of all, I wish to acknowledge Bob Avery for assuming the roles of chief editor and production manager, as well as his vetting of factual information. Please take the time to read the special acknowledgement for him that follows.

I am very grateful for Victoria BidWell and her love and enthusiasm that have propelled my book to a new level. Please read the following special acknowledgement I wrote for her.

I also want to thank Dr. Vivian Vetrano for her efforts in writing a foreword and for taking time from her busy schedule to edit all of Victoria BidWell's writings on Natural Hygiene throughout the book for scientific accuracy.

I am grateful for Victoria Boutenko, one of my great raw food teachers, for all her books and her efforts in contributing a foreword to this book, her study on cooked food addiction and especially her testimonial contribution to this edition of the book.

My heartfelt thanks go out to all of you who contributed testimonials, notably Jacqueline Nash, who also provided much-needed professional editorial input.

Additional editorial assistance, proofreading and textual suggestions were contributed by Joan Kurland, Sara Pess, Lynn Pollock and Barbara Vensko, for which I am very grateful.

I am also very grateful to Joe Alexander for his wonderful calligraphy for the front cover and his enthusiasm for the project.

I further must thank Gabriel Spatuzzi for his work on the cover design and his hard work on my web site.

For donated recipes, I am indebted to my friends Buddy and Cherrie, as well as to Lorenzo and Marycie Haggarty, who also contributed their inspiration and advice for improving this book.

I must also express my deep appreciation to every raw food author or teacher quoted or profiled in this book: Dr. Gabriel Cousens for his research into the scientific aspects of the diet, David Wolfe for his zeal to inform the world, and especially Dr. David Klein for contributing a testimonial for this second edition.

I am pleased to thank Joan Kurland, Dana Pettaway and other raw friends for hosting raw, alternative, social activities locally and Helene Idels for promoting them.

I am thankful to Cilantro Live, Rancho's, Life Restaurant and Couleur Alive Café for making live food available in San Diego restaurants.

And *most of all*, I wish to thank *Al, my husband*, for following me on this raw journey and for being the biggest fan of my writings. Thank you for all the encouragement and emotional support that made this happen!

A Special Acknowledgment for Our Chief Editor

Bob Avery found the raw food diet after years of searching to heal himself of minor ailments. He has been practicing it for over 15 years now. Upon discovering it, he immersed himself in information until people began to consult with him, though he never charged for it. A semi-retired computer geek, he went on to become the man in charge of a well-regarded but now defunct health-oriented newsletter known as *The Natural Health Many-To-Many*, or the M2M for short. Old copies continue to circulate as collector's items. For more information on his former project, check out the web page www.rawtimes.com/m2m.

Since the Internet boom, Bob has facilitated the spreading of knowledge about health and the raw diet to many people over the years, much of it on a one-to-one basis via e-mails and chat rooms. Working tirelessly at nights, and sometimes going with only four or five hours of sleep, he has helped numerous newcomers to the diet by answering their questions and assuring them that what they are going through is normal.

Most of all, I thank Bob for the herculean feat of feat of coaching me off cooked foods and onto live foods! I first met Bob in an environmental chat group and was intrigued with what he had to say about the raw diet, although I felt it would be very deficient in protein and hopelessly boring.

I prided myself on having studied nutrition for years, both as a part of my professional education and as a layman, so I had a lot to say about this raw diet. He had a comeback for virtually every argument I came up with, and it is rare that someone can out-argue me on a topic I have researched. I finally realized I could not argue about something I hadn't actually experienced, so I decided to give it a try. I was totally convinced after just one week!

I am deeply grateful not only for Bob's assistance in educating me on health issues, but also for editing this book for factual information, grammar, style, typography and layout. I recall a scene in the movie *One True Thing* in which William Hurt plays a writer who criticizes his writer daughter and says something to the effect of, "You have to deliberate over *every single word!*" I thought, "That *can't* be! Why would one have to be so picky about every single word?" Well, after working with Bob, *I have learned to belabor every word.*

I am likewise appreciative for how he put his heart and soul into the project. I could never have done it without him. Whenever I felt that the book was done, he would push me on to greater levels, saying, "No, we need an index!" or "No, we need cartoons!"

Then, when *he* felt that the book was done, I would notice that some new raw food book had just been released, and I would say, "No, I have to read this new book and integrate its message into ours!" To his chagrin, I even postponed publication of the first edition for six months waiting for *Green for Life*. I am thankful for how Bob hung in there patiently while I kept making changes over the six years of perfecting this project.

In addition to spreading the word about how to be healthy, Bob loves gardening, bridge, chess and dancing.

A Special Acknowledgment for Victoria BidWell

Victoria BidWell is the author of many books, courses, periodicals, pamphlets and other teaching materials on the alternative health system known as *Natural Hygiene*. Her most well known works include *The Health Seekers' YearBook*, *Common Health Sense* and *The Salt Conspiracy*. She is currently working on *The Health Seekers' BeverageBook*.

In 1976 at age 29, Victoria was drawn to Natural Hygiene in her efforts to heal herself of an eating disorder. Her dysfunctional relationship with food began at age 16 with the trauma of her mother's illness and death by cancer three years later. From 1967 to 1977, Victoria taught English to high school students. She left teaching students to tell the world exactly how the body heals itself.

It took seven years to get focused and start her own company, now in its 23rd year. She worked closely with her mentor, T. C. Fry, from 1983 until his death in 1996. During those years, she wrote extensively for T. C. Fry's Life Science publications and lectured in seminars. She served as master teacher while correcting the tests for the Life Science Health System the last two of those years. Victoria describes herself as a "passionate woman with a mission to share, share, share — how to get well and stay well!"

I am very grateful to Victoria for her editing efforts in making this book accurate according to the science of Natural Hygiene, for her contributions throughout the book, and especially for the new materials prepared just for this book. I am also especially grateful for the use and reprinting of many essential teaching materials she and Dr. Vetrano wrote and edited together. These teaching tools have been taken directly from *2 Books in 1: The Health Seekers' YearBook — A Revolutionist's Handbook for Getting Well & Staying Well — with The Best of Common Health Sense*.

Just as with Bob, Victoria's concern for every word reminded me of the movie *One True Thing*. Her intensive training in both linguistics and semantics has turned her into a precision wordsmith!

It has not always been easy working with Victoria. In fact I once joked that she reminded me of a character in the Stephen King movie *Misery* — a deranged woman (played by Kathy Bates) who locked up her favorite writer and forced him via tortuous tactics to rewrite his novel to her liking! But I have no regrets and have learned a lot about writing in the process.

Most of all, I am thankful for the enthusiastic energy and love that Victoria has put into this book's updates. Her upbeat cheerleading efforts have motivated me to continue on with this second edition and inspired me with a vision of this book's fullest potential. Upon studying my first edition, she saw the potential for this second edition to become the colorful yarn that knits the Natural Hygiene and raw food worlds together into one magnificent tapestry. She has worked tirelessly while collaborating with Dr. Vetrano and myself to actualize this potential — even seeing it reach out and speak to the billions worldwide!

Victoria is a practicing Christian. She lives on a half-acre piece of property in the spectacular Cascade Mountains of Washington State. The HighJoy Home-

Acknowledgments

stead, as she has named it, has been donated by Ken and Sandra Chin, a Christian husband and wife team. Victoria also runs a second half-acre setting three miles down the Skagit river, Our Hygiene Homestead in The Woods, a schoolhouse and guesthouse for health seekers.

Victoria gets her high-voltage charge in life by playing with and riding her gorgeous and outrageously wild equine companion, a white Arabian appropriately named Captain HighJoy America! He is a 100% raw fooder. In fact, I watched him absolutely tremble with raw food excitement when I fed him a big pan full of carrots and apples, one bite at a time throughout the better part of one evening while we all watched *Misery* together. Victoria offers many raw edibles through her company, and she never sells a raw treat that doesn't meet with High's approval!

During the 20 months and 2,000 hours that Victoria worked on my book, she spent a huge amount of her nerve energy (see page 544) on our project, putting other projects on hold. She sacrificed summer swims, HighJoy rides and even her cooked food indulgences!

She has struggled for years with cooked food addiction, but she credits our book with her trimming away 40 excess pounds and her determination to go all raw one more time — for the last time!

Dedicated to helping others learn about the superlative, alternative health care system of Natural Hygiene, Victoria invites anyone to call or contact her if she may be of any service whatsoever. You may contact her via the following addresses and phone number:

GetWell♥StayWell, America!

Box 558, Concrete, Washington 98237

GetWell♥StayWell, America! Phone Inquiries: 360-853-7048

The Hygiene HighJoy Hotline for *Live Food Factor* Inquiries:
877-688-3876

The Our Hygiene Homestead in The Woods Inquiries:
360-855-7232

Web site: www.getwellstaywellamerica.com

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Preface

I *had* to write this book because the raw food diet is *the best-kept secret* on the planet. The results of my years of research into the raw diet via reading, talking to people, attending lectures and workshops, experimenting on my own and coaching others are summarized in this book.

I debated, however, about how to present the material. Some people advised me to avoid a lot of science because it makes for dull reading; on the other hand, facts backed by science are what convince most people. Without research backing it up, many will reject theory based on case studies as “mere anecdotal evidence.” If hard science turns you off, *simply skip Section Two*, but please at least read Chapter 4, which is the most important science chapter.

This book will also arouse some disagreement among my friends and colleagues. Acupuncturists I know will think I am a heretic since Chinese medicine advocates a macrobiotic diet, a diet of whole foods, most of which are cooked, especially when a patient has what is known in Chinese medicine as a “cold” condition (not to be confused with the common cold).

A number of my friends and family in the medical profession may be put off by some of the facts I point out about the pharmaceutical companies. I don’t mean to offend *any* of you; I am just sharing the facts. While the body does respond to the ingestion of many drugs with symptom relief, there is a much better, more healthful way that addresses and eradicates the root causes of illness and disease.

One thing I can say with nearly 100% certainty: my mother would still be alive if I had known about this diet seven years ago because she wanted to live and would have been willing to change her diet. I wrote this book in the hope that perhaps the information might spare somebody else’s mother or loved one from *senseless and needless death by cancer or from some other dread disease*.

Even my raw food friends and fellow authors who are strict vegans (see the Glossary) may think I am a heretic to present a small bit of favorable evidence for eating raw animal foods, at least for certain people with certain conditions. This was the most difficult chapter for me to write, as I was trying not to offend any of my vegan colleagues and friends, since vegans make up the vast majority of raw fooders.

I pondered about whether or not to omit certain chapters. I decided that certain things, however, just had to be said. I am really a “truth warrior” at heart, with a voracious appetite for seeking and teaching the truth.

I have always been a pioneer, although — I believe Stuart Wilde was the one who said this — a pioneer is often someone with an arrow in her back! But I can also be a bit of a wimp at times when it comes to having an arrow in my back. I therefore put the truly, majorly controversial — *and therefore juiciest!* — things in the appendices. That way they won’t detract from the main message, which is pure and simple: let (raw) food be your medicine!

Oh, and by the way, I have always been annoyed by footnotes. I don't like having to flip to the back of the book looking for the reference to something so totally unbelievable that I just have to know the source. So, for your convenience, I have included the references in parentheses within the main body of the text.

After the first edition of this book came out, I received many e-mails that made all of my work on it worthwhile. A man who is blind hired a college student to read the book to him. Before they were finished, the student announced she too was changing to a raw diet! Others have thanked me that finally their loved ones were convinced to change their diets because of the science section. One friend told me her 92-year-old father felt it was not too late to improve his health: he went raw and lost 55 pounds!

Perhaps my favorite one was from a woman who said that every morning she raced her husband to the book, as both of them were eager to read it. I got a lot of "I couldn't put this book down!" feedback, which made me glad because one of my missions with this book has been to pack it so full of astonishing information that the reader will simply delight in every page.

I have even had a man who has studied raw food diets and theories for decades tell me that he highlighted new things on nearly every page. I hope this book will prove to be an equally rewarding adventure in learning for you too!

I forwarded all these comments to editor Bob Avery, since this feedback was a great compliment to all his hard work and talent.

Note to reader: This book is intended to be read from cover to cover, as many of the facts, concepts and ideas presented are built upon from chapter to chapter. So the first time it is read, it is best read chronologically. But if you find a topic you're not interested in and end up skipping parts, that's certainly better than putting the book aside and not finishing it at all.

My editors and I have taken pains to back up all of our statements so that only truth is presented throughout. However, if you come across something that you find hard to believe or you believe is not true, please do not let this keep you from learning what the book has to offer. Rarely is there a book that is totally free of error or opinion. Indeed, many of the greatest historical and supposedly factual books contain errors, half-truths or slants of the authors and/or publishers.

While newspaper publishers may employ "fact combers," the truth is that they, more than anyone, are guilty of "sins of omission" by disallowing information that offends the corporations that pay for their advertisements. For instance, we cannot read in newspapers about the effects of all the harmful food additives mentioned in Appendix A or about research on the ill effects of cell phones on the brain because that could offend the food and mobile phone advertisers. As Mark Twain once said, "If you don't read the newspaper, you are uninformed; if you do read the newspaper, you are misinformed."

If any statement or claim in this book seems to contradict your religious beliefs or any other cherished opinions, I invite you to move beyond that and see the bigger picture. Take advantage of this great health education opportunity by passing over your disagreements. I urge you to withhold judgment just for the moment and continue reading. It is not our intention to offend anybody.

Therefore, I invite you to read this book with an open mind so that you may be able to receive whatever assistance or helpful insights it may provide.

Why does this book have two forewords?

When I sent the first edition of this book to Victoria BidWell, a noted author on Natural Hygiene (an alternative health system which includes raw food as one of its basic tenets — see the Glossary), I was hoping she would sell it on her site. She called me up and said she would like to be part of the next edition by editing out parts in which I claimed that the raw food diet heals people. She called this the “biggie,” a major error in conception.

She explained to me that *the body* always does the healing, and the raw diet simply doesn't drain the body of energy like cooked food does, therefore enabling the body to have more energy for healing. (See Chapter 4.) The raw diet also provides superior nutrition for assisting the body in healing itself. Although I had pointed this out in Chapter 1, my semantics throughout the book were still, “This diet heals,” instead of, “This diet provides what the body needs to heal itself.” She corrected these mistakes.

While working on the book, Victoria became more and more excited about its potential. She kept offering things from her books to add to make it *even more complete and comprehensive*. She has included so many teachings from so many of her publications that it would have been distracting to reference page numbers. Thus, excerpts from her work don't cite page numbers while most excerpts quoted from other authors do. After 20 months of collaboration, her contributions led to the book being a “with.”

Victoria became so thrilled with the book that she asked Dr. V. V. Vetrano, the world's foremost female expert on Natural Hygiene, to write a foreword. Then she felt that the book wouldn't be complete without a foreword from the other Victoria B. who is “galloping throughout the book,” Victoria Boutenko, the world's top female promoter of raw diet.

I was overjoyed when both these women agreed to write forewords! I now have these three V's — Victoria, Victoria and Vivian — heavily quoted throughout my book, each of them having contributed to the book, two having offered their testimonials in Chapter 2.

One of the things many people loved about my first edition is that I didn't take a strong stance on many controversial issues. The book was an overview of most of the branches of raw foodism. I don't have all the answers, having been a student of raw food for only six years. I think of myself as a kind of Lois Lane of the raw food movement, an objective reporter who also likes to do a bit of muck-raking on the food and drug corporations.

My stance on everything in life is to be eclectic, researching in depth and selecting the best from everything. I don't have a dogmatic bone in my body. Besides, what is right for one person (such as eating raw eggs or a nearly all-fruit diet) may not work for another. We each have to experiment to see what works

with our own physiology, according to its unique biochemical individuality, genetic predisposition and present state of health and specific needs.

One of the things many people criticized me for in my first edition is that I didn't take a firm stance on many issues. This is where Victoria BidWell and Dr. Vetrano's contributions come into play, since they adamantly advocate that the late Dr. Herbert M. Shelton's teachings on Natural Hygiene are the best, as long as they are updated as science uncovers new information. For those of you who need strong opinions for guidance, their advice is a great place to start — and possibly end.

A concern I had was that with Victoria's items and co-writing of Chapters 4, 14 and 15, the book would be too Natural Hygiene oriented and therefore lose some of the strength of the first version's more objective overview. But I feel that Victoria BidWell's writing offers a lot. Most of it is general enough that it is accepted in *all corners of the raw food movement*.

Besides, as raw food branches go, Natural Hygiene is a very good one for people who prefer not to be eclectic. It offers so much more than just the diet for health, as you will see in reading Appendix F. Thanks to my condensing of BidWell's tendency to wordiness, the chapters read much more like Victoria Boutenko's great style: easy to read, easy to understand and full of love.

Victoria BidWell, as a lifelong horse lover, uses equine allusions from time to time in her writings. She gave me a lively metaphor for the additional influence of the three V's in this book: "We are four horsewomen of the raw food movement, the good girls, galloping throughout the chapters, helping health seekers with the forces of freedom, joy, gratitude and health on our side as we stand up against the misinformation, hopelessness and greed of the bad guys."

I am thankful for the huge roles of these three women and Bob Avery as backup teachers for me and for all of you. The accumulated experience of us five is at least 125 years of studying and teaching the power of eating a live food diet. We four have gone where no man has dared to go before: joining together strict Natural Hygiene and eclectic raw foodism — all to the great advantage of the bodies, minds, spirits and planet of our readers!

Victoria BidWell's Preface

I *had* to help Susan with this book because, to me, *Natural Hygiene is the best-kept secret* on the planet! Today, with Dr. Vetrano's editing, we have lifted *The Live Food Factor* up to the very top of the raw food and Natural Hygiene bookshelves for all health seekers to use in our troubled times.

The food supply in today's supermarkets has never been more contaminated and less nutritious, more addicting and less wholesome, more disease promoting and less user friendly. We must wake up, get informed and take action to insure that healthy foods are our choices and that these healthy foods are always healthfully prepared. *The Live Food Factor* is the single best wake-up book in the marketplace today. It is deliberately designed to inspire us to insure our physical and mental health and to improve life on the planet.

In the 60s, we the youth chanted *Make a Difference!* and *Make the World a Better Place!* Today, we can go further. My slogan for *The Live Food Factor* is *Choose Life! Do Right! Eat Live! And Get High!* The *getting high* refers to the natural, feel-good pleasures of being healthy. The *getting high* also refers to rising high above all the misinformation that contributes to sickness. The *getting high* further refers to being so well in body, mind and spirit that our values are so high on the humanitarian tone scale that we take grand stands for peace, love, joy, safety, reaching out to help those in need and being good stewards of the animals and plants and God-given resources of our planet Earth.

The Live Food Factor comes as an inspired gift from God and bright beacon of hope for all. It is *revolutionary*. It calls for a return to natural foods and living in tune with Nature in a time gone sick with unnatural foods and living in tune with consumerism. The book provides that which no one else has taken the time and energy to do: expose not just the truth about, but also the proof of, the enormous and joyous benefits of the raw food diet contrasted against the long list of health hazards resulting from eating cooked food. This book will educate and motivate health seekers around our globe — and hopefully you in each of your homes — to avoid the pain and suffering inherent in food choices designed for profits rather than grown for health.

It is now common knowledge that we all should be eating more foods raw — primarily fruits, veggies, nuts, seeds, and sprouts — and that cooking foods destroys nutrients. But that common knowledge so casually referred to in most of the several hundreds of books out there has not been backed up by a serious amount of scientific documentation on formal studies and reports and from informal experiments and anecdotal case histories. Susan's centering of our 600+ pages around nearly 70 studies, consequently, is what puts *The Live Food Factor* in a category all by itself and at the top of the alternative health care, take-home-manual, must-read bookshelf. It was this research and the ambitious and broad scope of her project that caught my attention. We worked together over 20 months, sometimes with hilarious agony, always with great hopes.

What were the comedies? This is Susan's book presented in Susan's writing style. We have made many compromises in our two very different styles, even bargaining for some of them that were optional in both of our English textbooks. I am from the old school of Standard English. The one- and two-sentence paragraphs and new punctuation rules of her *Chicago Manual of Style* open English resulted in lively debates and made me moan. Susan's having to throw the proto-plasmic poisons of table salt and raw chocolate out of her recipes resulted in further debates and made her groan. I gave up and mastered the open English. But she let me go on record to say that I would be happier to see three times more punctuation and three times fewer paragraphs in our book. Still, I hope that those of us from the old school of Standard English will come to appreciate this new way of writing. It is the wave of the future.

Some one person was destined to get the raw food word out with all the studies. But who on earth would have bet odds on a new author, working away for five years — while teaching in public school full time four of those years —

to be the prime mover to get out the truth and proof on how to get well and stay well with raw foods and healthful habits? Someone hardly even imagining the potentially explosive impact of her message of truth and proof, taken to heart and practiced by health seekers in the billions? Someone simply doing all this work because she just wanted to convince her 83-year-old medical doctor father, her loved ones and her doctors, all of whom, more or less, rejected her enthusiasm of the raw food diet with skeptical variations of one question: “Where’s the documentation?”

Dr. David J. Scott once encouraged me, “If you can get just one person to change just one habit in the direction of health, you have been a successful health educator.” Surely, we can all become successes by this standard! Our *Live Food Factor*, put to such use by us health seekers and leaders in both the raw food and alternative health care movements, will provide the catalyst for the paradigm shift for so many others in need of help. Their shift to alternative health care will bring merciful benefits: these blessings will come with raw foods and healthful living habits and without nearly so many surgeries, medical treatments and drug prescriptions.

Susan and her editor are amazing. They got the first edition into a format that caught my attention. What a lot of work that must have been! But it was Susan alone who had the gumption to do the research and write the first edition. Susan was the prime mover. It was merely I who made corrections and precisions and contributions as backup editor, co-writer and prime Natural Hygiene teacher. I am so grateful to Susan Schenck for allowing me to be part of this paradigm shift for the billions — to the superlative, alternative health care system of Natural Hygiene via *The Live Food Factor*.

Dear health seekers, do indulge yourselves in *The Live Food Factor*. But let these joyful indulgences be just the beginning of the ride of your life! Please pass the platter around to your circle of doctors, associates, friends and loved ones so that they can also benefit from our urgent and all-important message. Simply put, the now clear fact is that raw foods provide the body with the very best fuel for the creation of the very highest levels of health and happiness known to man, woman and child. I pray that each of you prospers accordingly in body, mind and soul as you enjoy live foods and add healthful living habits to your day and night routines — one habit at a time, one success at a time.

Introduction

There is one custom dating back 500-1,000 generations prevalent in virtually every culture on earth — cooking. What if you could attain immeasurably stronger defense mechanisms against all illnesses, a clearer mind, a happier emotional state and even a more highly developed spiritual level merely by omitting this custom?

The raw food diet has been portrayed by the media as the latest diet craze. Out of ignorance, some “experts” will even recommend that this diet could be “unsafe” for children. Hmm... I wonder how all those children survived for eons before cooking was invented?

Yet this diet is here to stay. People discovering its benefits develop such a zeal that they want to tell the world. It is so much more than a weight-loss diet. It is truly the diet that unveils our latent capacity to live in peace and harmony with mental and spiritual clarity.

I will always recall my first introduction to the world of living food. In 1989, I had a housemate who ate 80% “live” food, as she called it. Why wasn’t I convinced after a year of living with her?

Hmmm, live food? Well, that’s fine, I thought, but I would just as soon eat what I love and spend money on supplements (enzymes and vitamins) for the things lost in the fire of cooked food. Besides, her diet was *so boring!* Just fresh juice, salad and “health-food” chips for the 20% of allowed cooked food.

Little did I know that supplements could never compensate for ingredients in live food that are impossible to put into a tablet or liquid supplement, and little did I know at that time how to make raw food more appealing than cooked food. I had no idea of the variety of tastes that I was missing out on!

As I explain in Chapter 3, I was searching for the elusive “fountain of youth,” the “silver bullet” that would give me more energy and halt or reverse aging. I thought it would be something that would probably cost a lot of money.

When I discovered the living food diet, and experienced it firsthand, I realized that this was *it!* I quickly read everything I could find on the topic, frequently “google-ing” the words “raw food” into the Internet search engine, as well as at the Internet bookstore Amazon.com. I read about 70 books related to nutrition, including everything on raw food that I could find, within a year and another 30 the next two years. I attended numerous workshops and lectures by long-term raw fooders.

Usually when we think of a diet, we think of weight loss. This book will show you that the power of what you eat — and refuse to eat — goes far beyond weight control. When properly nurtured, the body can heal itself of cancer, infertility, thyroid problems, asthma, diabetes and even sleepwalking, in addition to obesity. Surgery can almost always be avoided. You will read testimonials like these, and more, in Chapter 2.

Even if you have already begun your journey into living foods, you will have with this book a compilation of nearly all the scientific studies that have

been done to date illustrating the superiority of the raw diet (Chapter 8), as well as many that implicate cooking in causing disease (Appendix D).

In this book, I have answered the most frequently asked questions about the living foods diet. Is cooked food *really* toxic? And more importantly, could it be that relieving the body of the toxicity of cooked food (explained in detail in Chapter 9) would give your body a big enough boost to *heal itself of disease*? What personal testimonials and experiments support this claim? (See Chapters 2 and 12.) Could it really be that a raw food diet can boost your mental ability, as well? (See Chapters 1, 2 and 8.)

Won't a raw food diet make me feel cold and be impossible to do in winter? How can I get my family to go raw? Does my pet also need this diet? And one of the most frequently asked questions: *How do you get enough protein*? (See Chapter 19.)

In this book you will find answers to all those questions and many more. You will learn how the raw food diet is a huge benefit for the environment and future generations. (See Chapter 1.) You will discover various ways to transition, choosing the way that is most comfortable for you. (See Chapter 13.) You will learn how to make the diet work for you in practical terms, such as while traveling and in social situations. (See Chapter 16.) There is even a chapter with over 100 delicious raw recipes to get you started. (See Chapter 21.)

What, you say? You've already tried this diet, but failed? In Chapter 18, you will learn of the many snares that trip people up when starting a living foods diet and how to avoid them. You will learn about the addictive nature of cooked food, as I have experienced myself, and how to break the addiction.

But wait — if this diet is so great, why isn't it making the news? One would think that such a dietary change that can enable the body to heal itself of diseases thought to be incurable (such as cancer and even AIDS) would be all over the front pages of newspapers and on the six o'clock news. Why do mainstream media publications portray the raw diet as just another Hollywood diet fad?

You will discover, as I have, that there are powerful financial interests behind the cover-up and why this movement does not have big money to support its research. (See Appendices A and B.) You will learn why it may never be more than a grassroots movement — at least for a long time to come.

In this book, you will learn how to empower yourself, taking back control of your health from the giant food processors and drug corporations.

In Chapter 4 and Appendix F, you will learn the secret long known by the natural hygienists: the body is the only true healer. Your body can cleanse itself and heal itself of all disease if you practice the *ten energy enhancers* strictly enough and soon enough: cleanliness, pure air, pure water, adequate rest and sleep, a nontoxic raw diet, right temperatures, regular sunlight, regular exercise, emotional balance and nurturing relationships.

Additional appendices will enlighten you on some of the radical branches of the raw food movement, scientific studies condemning cooked food, behavior modification techniques to break free from the cooked food habit, and *strict liv-*

ing strategies especially recommended for the immune impaired and those seeking their highest health potentials.

When Victoria BidWell entered the picture with our second edition, she told me she *had to help with my message in whatever ways she could* to get the raw food word out within a correct Natural Hygiene context. Now, our work is done. We hope you will run with our message, that you will share it with others in need and that you will contact us if we can be of any help whatsoever — with your raw journey!

As I mentioned earlier in the Preface, my mom would still be alive if she'd had this information. It is worthy of repetition to restate that I simply *had to write this book*. I have never been fully convinced of the idea of predestination, but I can state with firm conviction that this book was born of forces beyond my control. I couldn't sleep at night knowing that I was not sharing with others the *best kept, best secret you may ever learn in your lifetime!*