
How to do the Raw Food Diet with Joy for Awesome Health and Success

By

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Introduction: Joy and Success

Yes, eating living foods will increase your health, but can a proper diet actually increase your levels of joy and success in life? Isn't that taking it a bit far? Not at all!

After experiencing the effects of living foods myself, I am confident in the title of this book. What you eat is fundamentally what you are, and eating a proper diet of living foods will bring about many physical, mental, emotional, and spiritual transformations. You don't become 'just a little bit healthier' after switching to living food. You actually become a new person.

Below are the answers to some questions illustrating how living foods will increase your personal success and joy in life, as well as improve your health.

How will living foods lead to greater personal success?

- 1) **Insight:** Most people don't know what they really want. An old proverb states, "If you aim at nothing, you will hit the target every time." Living foods cleanse and nourish the spirit and mind as well as the body. As your mental and spiritual abilities are strengthened, you naturally gain powerful insights into your purpose and mission in life. Your goals are made clear, and your ability to visualize those goals is enhanced.
- 2) **Discipline:** The chief cause of failure is trading what you really want for what you want at the moment. The discipline developed by returning to living foods extends into every area of your life. This enables you to more easily overcome laziness, procrastination, and temporary gratification in order to achieve the success you

- really want. Small daily disciplines build on each other, and with time the incremental changes add up to monumental results.
- 3) **Energy:** Many people lack the time and energy to pursue anything beyond “keeping up.” With living foods your physical and mental energy will increase dramatically over time. You will have more waking hours, and you will be more focused. You will finally have the time and energy to pursue and achieve your dreams.
 - 4) **Connection:** Eating living foods increases your connection with the natural world and with other people. With an increased connection, you more easily draw to you the resources, ideas, and people helpful in achieving your goals. You are able to live from both the mind and perhaps more importantly, the heart. Success flows more readily when the heart leads.

How will living foods lead to greater joy?

- 1) **Clarity:** Much of our unhappiness comes from exaggerated and distorted thoughts. We create how we feel by how we think about the people and events around us. With low energy thought is usually non-constructive. With a lack of minerals due to depleted foods, we don’t have the raw ingredients for proper brain function. Living foods supply the body with minerals necessary for optimal neuronal-flow, and the energy needed to come up with accurate interpretations of situations rather than distorted ones.
- 2) **Confidence:** Many of us lack real confidence to choose our own direction. We may have limited choices due to peer pressure or conditioning. Living foods will build confidence in your true abilities and choices. You no longer rely on the

- mainstream culture for your beliefs, philosophy, or dietary choices. Though you have an increased connection with others, you are independent in a wonderful and freeing way that extends beyond diet into other areas of your life.
- 3) **Health:** Aches, pains, and low energy increase irritability and general unhappiness. It is difficult to be truly joyful when your physical body is unwell. Living foods create an energetic, vibrant body that has to be experienced to be believed. Vibrant aliveness goes way beyond what most people think of as “health”. Total health allows for a full measure of happiness.
- 4) **Connection:** Living foods will increase your connection with many parts of the natural world thus increasing your pleasure, joy, and wonder from even simple activities. You will find that a diet of living foods creates expanded interests and a greater capacity for joy. The greater connection with other people also enables you to expand and gain increased life satisfaction from relationships and service.

Summary

In summary, living foods lead to greater success by giving you insight into your goals and purpose in life, along with the discipline to choose what you really want. True long-term success is identified and achieved, rather than merely temporary pleasures with negative consequences. You will obtain the energy and time needed to achieve your dreams, and an increased connection with the world that will attract the resources you need.

Living foods increase your joy by giving you clarity in your thinking, more confidence in yourself and your choices, a vibrant state of health in which happiness flows

naturally, and a greater capacity for daily joy through increased harmony with the natural world.

You Will Benefit From Whatever Changes You Make

Please note that you don't have to go 100 percent on living foods in order to benefit. Any positive changes you make in your life will be amply rewarded! Some of you may be ready to go on totally living food, but for most it is a very long process. I ate around 75 percent living food for many years before I went 100 percent. The important thing is to begin incorporating high quality living foods into your diet. There is an entire chapter devoted to consideration of when it is right to go 100 percent, and when it is better to wait until you are more prepared.

No matter what your level of health is currently, you will find something in these pages to inspire you to greater health. Some of the ideas presented will resonate with you, and perhaps some others won't. The living foods and other principles you do incorporate into your life will truly increase your success and joy, as well as your health!

Come join the fun.

Chapter 1 - My Living Foods Story

When I first decided to do a two-month experiment with living foods to see if my knee would heal, I had no idea of the overhaul that my body would go through. I had no idea that my goals and dreams would be changed, and my possibilities increased.

January 20, 2003 I had arthroscopic surgery on my right knee. It had been bothering me for many years. I'm a runner and a martial artist, and was anxious to get back to my workouts, but the knee didn't heal quickly. It was very swollen and I had to have fluid drained several times. I couldn't walk at all for eight days, which is quite unusual for this type of surgery.

As time passed, my knee developed bursitis and remained puffy and swollen. For Christmas that year my I had given my wife two books about raw food. I read them, but I really didn't think eating 100 percent raw food was that essential. After all, I thought, I'm healthy. I had been eating whole foods, and lots of raw food, since 1987.

My Crisis in the Middle of the Night

Two weeks after the surgery, my wife and I were talking in the middle of the night. I had done pretty well keeping my emotions up during this difficult time, but this night I was feeling very low. I was lamenting my slow progress, and imagining that I may never run again. As a couple we were planning on testing for black belt in a few months. What if my knee never healed? As we continued talking that night, my wife said, "Maybe your knee would heal up faster if you went on 100 percent raw foods."

I lay awake that night thinking about her words. The next day I thought about it again and again. Going on raw food felt right, even though I had never considered eating 100 percent raw until that day. I called my wife and said, “I will do it for two months, and see what happens.”

Bodily Changes

After about ten days I had to cinch my belt in one notch as my waist went from 32 to 30 inches. My stomach was flatter and firmer, like when I was 18 years old. Hey, I liked this! I certainly wasn't trying to lose weight, but to my great shock, I had dropped ten pounds, from 146 to 136 even though my appetite had actually started to increase. I started eating more nuts and seeds along with my fruit meals. I enjoy being hungry for each meal as well, so I didn't mind the increased appetite.

Increased Energy Level

At about a week I noticed a change in my energy level. My wife and I went to our Kyukido (Martial Arts) workout one evening, and I felt different. In the past I would glance at the clock, waiting for the workout to be over. But now I was actually surprised when the instructor called it quits, because I had no idea it was that late. A few days later I was working out in our basement, and again I was amazed at the extra energy I felt. I worked out longer than usual, and did set after set of pushups, and pushups aren't my favorite exercise.

The result of my two month living foods experiment was that the swelling in my knee completely went away. I can now run twelve miles on my knee, and I passed my black belt test in May of 2003. I have complete flexibility in my knee, and it's wonderful to be able to work out without pain.

Other Healings

For years now I have had frequent acute attacks of bursitis in my shoulder, sometimes nearly immobilizing one arm. After a few months of living food, the bursitis has disappeared.

My nightly trips to the bathroom have been greatly reduced and my sleep is much deeper than it used to be. In past years I have done four separate week-long cleanses and during these weeks I found my sleep is different and much deeper. I sleep like that all the time now.

For years I have had sensitive teeth. Although I love fruit, I couldn't eat grapes, strawberries, kiwi, pineapple, and many other fruits. I could only have oranges in smoothies. These fruits made my teeth hurt so much I could hardly brush my teeth afterward. After switching to living foods, this condition has improved tremendously and I can now eat many types of fruit. My body is still working on this condition and I have faith that it will heal even more in the future.

I've also had some tight spots (or kinks or curves) in my colon where I would frequently get cramps, especially in the night. Even breathing deeply brought on pain. These spots have now cleared out, and my digestion and elimination are so much better.

My hair is growing in areas that haven't had hair in years. I had a bald spot several years ago and now I don't. I used to get dry cracks in my fingers often and now I hardly ever do.

Living Foods Are Lighter on the Body

Although I have eaten raw food for most breakfasts and lunches since 1987, I never imagined that eating raw food exclusively could make such a difference. I love the light feeling after my dinner meals now. I always did feel better in the past after a raw dinner. Once each week (before Kyukido workout) I would have a large smoothie for dinner. I could work out after that meal. Even if I was just going to play basketball in the evening, or help somebody move (a lot of lifting), I would have a shake or salad, because I knew that I could actually do some work afterward. With a cooked meal, all I wanted to do was sit on the couch.

Even if I had a race the next day, I would tell my wife, “Honey, I’m having a smoothie Friday night because of the race on Saturday.” My body seemed to know that the raw meal was lighter and more energy producing.

Mental and Emotional Benefits

Not all the changes in my life have been physical. You will always get an emotional, mental, and psychological boost from feeling better physically. When you have aches and pains, or even just low energy, this can’t help but lower your mood and decrease your mental performance. There are some general areas where I noticed improvements over the course of a year.

Flexibility

Along with an increase in physical flexibility, and perhaps related to it, I am also much more flexible in scheduling and in relating with other people. I have been somewhat rigid about time and schedules in the past, and I just seemed to loosen up.

Before, I would usually follow a predetermined plan even if conditions changed and I was forcing things. Now I often say to myself, “It doesn’t look like what I planned will work out so well, I think I should do this instead.” Things turn out better when I have this more open, adaptive orientation.

Independent Thinking - Questioning the Mainstream

I am also more independent in my attitudes about politics, education, social schemes, philosophies, sciences, etc. What I mean by this is that I am much more willing to question the mainstream attitudes. It makes sense that when you seriously question the mainstream in one area, such as nutrition, that you will naturally begin to question other ideas and norms as well.

When you become convinced that millions of people can be eating in a manner that is injurious to their health (all the while thinking or being told it’s healthy), you start to wonder what else 'the masses' are wrong about. I’ve always questioned the mainstream in many areas, for example my family has chosen home birth, home school, and alternative health, but this thinking has increased even more.

Confidence

Being in martial arts had already increased my confidence, however, I experienced a greater increase more after starting on living foods. When confronted with an obstacle, I now feel I can handle it. I am more willing to call people, talk to people, and work on problems with people than I was before. In the past I’ve been naturally shy.

Intuition

I began to receive more (or listen more to) intuition in many areas of my life: food, exercise, relationships, work, finances, gardening, and more. One example of this is

exercise. Because of my unbalanced diet in the past, I used exercise to help restore balance. I felt compelled to exercise every day. I have gone years without missing a day of exercise. My mind told me I could take a day off on Sunday, but my body told me I'd better work out or I would be agitated and restless.

After a few months on living foods, I experienced my first Sunday where I just had a feeling that I really didn't "have to" exercise that day. Mentally I fought this, but some inner wisdom spoke to me and said, "Pay attention, can't you feel the difference? Your body doesn't need the exercise to get in balance because you are already in balance."

Enjoying the Present

In all these areas, I'm still developing and growing, but the art of enjoying the present moment is coming more naturally. It's almost as if something is telling me, "This is what is happening now. This is your life. Be here and be in it." I'm always a happier person when I listen to that voice, rather than being preoccupied with the future.

I've never been a "dwell in the past" person. My weakness has been overwhelming myself with next week before it's even here. I read a cartoon once where someone says, "I know I'm supposed to take one day at a time, but sometimes several days attack me at once!" That's what used to happen to me. With living foods I now have the mental energy and increased insight to seldom allow several days to attack me at once.

Facing Anxieties and Fears

Along with increased questioning of past beliefs, and perhaps because of smoother mental functioning and increased energy, I have become more willing to deal with chronic anxieties and fears.

Increased Connection with Nature

Now I see plants and animals and the earth with new eyes. Because I experience this connection, others in general seem to be increasingly disconnected to the soil, the changing seasons, natural food, and love for animals.

Gardening isn't just gardening anymore, it is a sacred, spiritual activity. I approach the task with more pleasure and wonder than I used to, and therefore working in the garden is more fulfilling. I want to spend more time in the garden. I want to know the names of all the plants. I want to understand more about all aspects of the natural world.

I also feel an increased connection to other people, and an openness toward others that feels good to me. I find myself thinking more about serving others than I have in the past. I have a purpose in life, and a major part of that purpose is to help others.

The Benefits Continue to Accumulate

Now my two-month experiment has extended into one year. The benefits are so great, and the sacrifices are so small, that I have no desire to return to cooked foods.

Here is a list of some experienced benefits.

- 1) Higher energy level
- 2) Clearer thinking
- 3) Low impact on the earth
- 4) Greater flexibility
- 5) Improved sleep
- 6) Hair growth
- 7) Kind to animals
- 8) More supple skin

- 9) Physical flexibility
- 10) Mental flexibility
- 11) Less garbage produced
- 12) Better digestion
- 13) Improved appetite
- 14) Taste awakening – enhanced ability to taste natural flavors
- 15) Increased elimination
- 16) Less mucus and waste in my body
- 17) Feeling of ‘lightness’
- 18) Normal sexual energy
- 19) Greater creativity
- 20) More minerals and enzymes
- 21) Raw food potlucks – new friends and discussions
- 22) Fewer colds, flus, or other cleansings
- 23) More balanced
- 24) Ability to use free wild foods
- 25) Achieve my proper weight
- 26) Increased athletic potential
- 27) Fewer dishes to wash
- 28) Simpler and quicker meals
- 29) More waking time to pursue goals
- 30) Greater variety of foods – new taste sensations
- 31) Increased insight into my goals and purposes

- 32) Improved ability to visualize
- 33) Youthful appearance
- 34) Enhanced focus for mental work
- 35) Greater love for people
- 36) Increased confidence
- 37) Better discipline – easier to form other good habits
- 38) Increased intuition
- 39) More connected with living things
- 40) More connected with other people
- 41) Expanded interests
- 42) Ability to question ideas from a larger perspective
- 43) Increased gratitude for the good things in the world
- 44) Better assimilation – get by on less food
- 45) Less concern for self
- 46) Cured my bursitis
- 47) Fewer cracks in my fingers
- 48) Stronger teeth
- 49) More patience
- 50) Increased ability to be in the present moment
- 51) Less need to hurry – focus on one thing at a time
- 52) My knee works again
- 53) Fresher breath
- 54) Better muscle definition

- 55) Better posture
- 56) Easier to identify and change belief systems
- 57) Water needs are decreased on living food
- 58) Deeper breathing – More conscious breathing
- 59) Increased wealth due to increased focus and energy
- 60) Ability to eat simply while working or traveling
- 61) Decrease in compulsive tendencies
- 62) Insights into my greater reality and potential
- 63) Living food speaking opportunities
- 64) Better hearing and eyesight
- 65) Ability to read more quickly

Chapter 2 - Eating and Living With Joy

Rejuvenation and Healing are established on a foundation of inner and outer joy. Health and well-being are the result of living in joyful harmony on all levels.

Gabriel Cousens – Author of Conscious Eating

I trust all joy.

Theodore Roethke

Eating with joy is probably the most important concept in this book. If you learn how to live and eat with joy, you will achieve abundant health, and you will have fun and be fulfilled with living foods.

Focus on What You Want

Part of eating with joy is to focus and think about what you do eat, rather than what you don't eat. Sometimes a coworker or friend will ask me, "So what foods don't you eat?" or "What foods do you avoid on this diet of yours?" Well, I don't focus on what I don't eat, so I usually answer indirectly by telling them what I do eat. I eat all kinds of fabulous fruits, vegetables, leaves, nuts and seeds, many of which they have never even heard.

David Wolfe is the author of the raw food book, 'Sunfood Diet Success System.' When I first heard David say that 99 percent of the food on the planet is raw food, I

thought that was an exaggeration. After spending time learning about new foods, and about more wild edibles, I realized that his claim was valid.

The way we think about life, food, ourselves, and other people creates how we feel about them. Thinking about what you do want will create satisfaction and fulfillment instead of a sense of denial.

Eating With Joy Means No Guilt

Another part of eating with joy is to have a flexible attitude toward your food choices. Given that you have the goal (end result) in mind of a clean healthy body, you may find it more freeing to think of choices in terms of “better” choices rather than good and bad. For example:

It’s better to eat fresh food than frozen food. Given a choice, I’ll choose fresh, but I eat frozen food here and there.

Fresh, water-filled food is better than dried food. I can tell the fresh food is easier on my body, but I don’t always have fresh. You do the best you can in the season you’re in and through continual learning you just may increase your choices next season. In the summer I eat hardly any dried food, but in the winter due to my location here in Utah I eat quite a bit because the fresh isn’t available.

Organic food is better than non-organic. If a limited budget is a factor, grow your own organic food (which is what I do). I believe in organic and buy what I can when I can, but I do eat non-organic food at times, and I do it with joy.

Eating food in season is better than eating food out of season. As you read further you will find a whole chapter on this. This takes some learning about seasons for some foods. Melons in July and August (in my area) work for the body in a way that Melons in

January will never do. But if you go to a salad bar in January and they have some good melon, enjoy it and don't worry about it.

Eating food from robust native heirloom plants and trees is better than eating hybridized foods which have been genetically refined to alter their nutritional makeup. Make the better choice as often as you can. Sometimes your choices are limited. With the passing years, you can plant your own trees, find new sources of food, and increase your choices.

Eating whole foods is better than relying too much on juices. Juices are still fractionated foods, but they are healthier than many food choices. Get a Vita-Mix and learn how to make "whole-food" juices. (See the chapter on the Raw Foods Kitchen.)

Soaking your nuts and seeds before eating them is better than eating them dry. Soak them when you remember, but if you don't, don't worry.

Eating only when hungry is better than eating when you are not hungry. Start paying attention to your body to see if you are really hungry. It took me a couple of years to get in touch with my own body in this area.

Eating dinner earlier in the evening is better than eating late at night. This is a good general rule, but occasionally while traveling, I choose to eat a light meal late at night due to other reasons.

Eating meals or foods in simple combinations is better than having many different kinds of food at a meal. This is a general rule, but don't be too rigid about it. Listen to your body. Some people have digestive strength far beyond others. It's my experience that people who stick with raw food tend to gravitate naturally toward simpler meals over time. I used to be rigid about eating watermelon as a mono-meal, but now I love my

watermelon-lemon drink, my watermelon-serviceberry drink, and my watermelon-peach drink.

Do you get the overall picture here? Don't take the 'dietary rules' so seriously that you aren't enjoying your meals and your life. Relax, and just do the best you can each week. This is a recipe for success in the long run.

Strive For Better Choices Each Week

The whole idea is to strive to eat "better" overall this week than you did last week. You can do this and still retain your peace and joy, which is better than making a sudden change that is too drastic emotionally and physically. All the general dietary principles listed above are true, and they are good to know and to follow. I follow most of them most of the time, and I disregard each of them at least some of the time. They are not all important, living life joyfully is important.

If you are making better choices each week, time will take care of the rest. Be patient with yourself. There are so many variables that influence our choices: our schedule, finances, climate, travel, our own stage of growth, our skill level and knowledge about living food, our changing nutritional needs, and much more.

Start with One Living Food Meal Per Day

One way to ease into living foods is to start with one meal per day. Decide that for the next month, every breakfast will consist of completely living food. After eating completely raw breakfasts for a few months, you may be ready for two meals a day. I lived on two raw meals per day for many years, and the transition to 100 percent live food was quite easy from that point.

If you keep the end result of abundant health in mind, then you will work and plan to continually improve the options you have. The spirit of what I'm saying is that you shouldn't "beat yourself up" when you make less than perfect food choices. This is true if 1) The ideal choices just aren't available to you because of climate or finances, or 2) You just aren't ready yet emotionally, mentally, or physically.

Some people use situational variables to justify, in many areas of life, choosing what they want at the moment even though this is contrary to what they really want in the long run. This is the recipe for failure. This is not what I'm advocating. Through a little delay of gratification and a lot of planning, you can manage a lot of variables.

For example, I never find myself "stuck" in a situation where I have no raw food available and simply "have to" resort to cooked food. I make sure that I don't get stuck by planning ahead. Dates, figs, nuts, and apples are great to have along whenever you are away from home and not completely sure about your schedule.

Choose Satisfying Foods

Your tastes will change over time, but to start with eat the foods you love. If you love blueberries then go buy baskets of blueberries. Spend some money and buy some frozen blueberries. If you love peaches, then eat peaches. Nothing will kill the joy faster than being a martyr and eating something every day that you aren't enjoying.

I ate a meal of plums the other day and they just weren't too good. That's the end of those plums, I'm not wasting any more of my meals on them. There are too many honeydew melons and peaches to be eaten. I believe that if you are eating raw food, the food that tastes best is the best food for you. Trust your body and listen to your living food cravings.

Action Items

1) Write down ten of your favorite raw foods or meals. Include as many of these in your diet as you want for a while. This will certainly help you have more joy in the eating experience and just may give your body the very nutrients it needs most!

2) If you catch yourself eating like a martyr, full of denial or sacrifice, set yourself free with more joyful patterns of thinking. All the martyrs are dead, and you want to be full of life.

3) Make your own individualized list of food choices that are “better” than other food choices. This will reflect where you are at emotionally and physically right now, and may change over time.

4) Be joyful and thankful for the abundance of food on the planet.

Chapter 3 - Intuition - The Best Convincer

Trust your hunches. They're usually based on facts filed away just below the conscious level.

Dr. Joyce Brothers

The only real valuable thing is intuition.

Albert Einstein

Knowledge has three degrees-opinion, science, illumination. The means or instrument of the first is sense; of the second, dialectic; of the third, intuition.

Plotinus

A man convinced against his will,

Is of the same opinion still.

Unknown

Most people make changes in their life because they feel it is right, not because they are convinced by logical arguments that they ought to change. We develop many of our core beliefs and views when we are children. Because we adopt these views for emotional reasons and not for logical reasons, it's difficult for us to change them intellectually. Most of our beliefs are so ingrained that we don't even know they are beliefs. We think it's just the way things really are.

So when it comes to promoting the belief that raw food is the proper food for humans, what can I say? I could cite physiological studies that describe how harmful

cooked foods are for the body, but I don't think it would help. I believe we are much more motivated by stories, by examples, and by visions of what can be.

I've described previously some of the changes in my body since I've switched to living foods, simply to encourage you to try it for a few months. You will learn in two months on living food more than any book could ever teach you, and you will know it on a much deeper level.

Intuition - Every Other Species on the Planet Eats Raw Food

There is one intuition or insight that really did have a deep impression on me. It still strikes me as so utterly obvious that I am amazed that I could have lived 36 years without ever considering it. This insight is the fact that every other species on the planet eats 100 percent raw food. Of course there are some domesticated animals that eat cooked food, and insects that eat human garbage, but these are exceptions because they happen to live around humans.

What makes us so unique, that of all God's creatures we alone were not designed to thrive on food in the very condition we find it? Yet some people insist that this is so. Because this insight had an impact on me, I decided to research just how many species there are on the planet and the answer surprised me. We don't know! I don't just mean that I don't know, I mean nobody knows. There are about 1.7 million species of plants and animals identified, with experts estimating that the total number of species is probably between 10 million and 100 million.

There is actually an organization dedicated to completing an inventory of all species of life within 25 years. You can find information on this group of scientists at www.all-species.org. This is a massive undertaking and in order to accomplish their

mission they must increase the number of taxonomists in the world. Presently they are identifying about 15,000 new species per year. Right now in their database they have 534,930 animal entries and every one of them (except homo sapiens) eat their food raw. There are many more animals to be discovered and classified and perhaps they will discover one that cooks its food before eating it, but I don't think so!

Out of thousands of species of reptiles, every one eats raw food. Out of thousands of species of mammals, every one eats raw food except for humans. Which mammal has the most disease out of all those thousands? Humans have the most degenerative disease.

Listen to your intuition (your heart). Your brain may be telling you that millions of cooked-food eaters can't be wrong. Your intellect will say that if raw food were the proper nutrition for humans then the doctors would have told us long ago. Your fears will tell you not to leave your emotional comfort zone. What does your intuition tell you?

Action Items

1) Get on the Internet and go to all-species.org and see how many new species have been identified since this book was written. See if they have found any animal that in its natural habitat eats cooked food.

2) Think about the following question? Does it make sense that there would be one species on the earth that would require cooked food, while all the other hundreds of thousands of species maintain health on raw food?

3) Read the book 'Wild Health' and other books listed in the suggested reading chapter.

Chapter 4 - Begin - and Have Patience

Whatever you can do, or dream you can, begin it.

Boldness has Genius, Power, and Magic in it!

Goethe

Those who are patient in the trivial things in life and control themselves will one day have the same mastery in great and important things.

Master Bong Soo Han

To be patient is to have the capacity of calm endurance. To give yourself time is to actively work towards a goal without setting a limit on how long you will work.

Master Bong Soo Han

I count him braver who overcomes his desires than him who conquers his enemies, for the hardest victory is over self.

Aristotle

Years ago at one of my Kyukido tests, Head Master Royal West pointed out that it only takes two things to become a black belt. The first thing required is to BEGIN Martial Arts. The second thing is DON'T QUIT.

Over the years the truth of this simple statement has sunk in deeply. No matter what obstacles stand in your way, as long as you start, and don't quit, you will eventually

achieve the rank of black belt. The same is true of your personal transformation with living foods. You only have to do two simple things. Start, and don't quit. No matter how many cleanses you go through, or how many years it takes, you will one day have a body made up of completely living materials.

BEGIN - "Once Begun, Jobs Half Done!"

You've probably heard the saying, "Once begun, the jobs half done." This is really true. Once you start an activity, it seems to have its own energy that pushes it forward. Think of a car, it takes a lot of energy to get it going 75 miles per hour, but once it has momentum it will actually require more energy to stop it.

We are all willing to start our cars in the morning. We give them the spark and the fuel they need to overcome inertia. Are we willing to start ourselves? When we do, we experience for ourselves that objects in motion tend to keep on in motion.

It is never too late to start something new, or make a change. As the German Poet and Philosopher Goethe said above, beginning things does have power and magic in it. But you won't experience it until you begin, and beginning takes energy. Have you noticed that sometimes when you have a closet to clean out, or a letter to write, or some other project, that you just keep putting it off? You may find all kind of excuses not to jump in and do it. It takes energy to start, think of it like the car at rest. Without an impetus to get things going, conditions remain at the status quo.

The One Crucial Ingredient For Success

There are many ingredients that you can put into your body to increase your health. But there is one crucial ingredient, without which you will not be successful. This

special substance is time. In order to appreciate the process of time, you must have patience.

Being involved in martial arts helped me appreciate time, because the changes come so incrementally. You aren't even aware at times of the improvements. Real change is usually incremental, and rarely monumental! Yet all those incremental changes, in any area of life, add up to something that is truly monumental.

Martial arts not only gave me the confidence to build my own house, but also taught me the way to undertake a large project. I knew that all I had to do was start, and keep progressing, and that it would get done. When the house I built was just begun, and only the lower walls were up, I told my wife, "Honey, our house is half done." Keep in mind, we had only been doing physical work for a few weeks, but I had done so much planning, and so much learning that the process was well in order. In other words, I had built up so much momentum that it carried the project through to completion.

It is the same for life changes, including the life transforming change to living foods. Just begin. Yes, it does take a lot of energy, but begin. I started on living foods when I was 36 years old, and it may take me years to renew my body completely. I have had a fairly good diet for many years and it may not take me as long as some. Then again, it just might. I am willing to wait ten years if it takes that long!

Staying on living foods is like investing in a savings account. The initial start-up takes some initiative, but from then on the benefits accumulate rapidly, and the costs are negligible.

One Month of Raw Food to Make Up for One Year of Cooked Food

David Wolfe gives the general guideline that one month of living food will cleanse your body from one year of cooked food eating. I agree with this as a general rule. I was 36 years old when starting living food so that means 36 months until I am cleansed. Yet I'm over half the way there because I have begun!

If you are 80 years old and will need approximately 80 months to cleanse your body of all the cooked food residue. So what, the next 80 months will go by anyway. Think about what a beautiful trade life is giving you!

If nature really wanted to be fair, shouldn't it require one year of living food to heal and cleanse from each year of cooked food? Yet (in principle) it only requires roughly one twelfth of the time. The law must be satisfied and there is a price to pay. Yet nature is not tyrannical in exacting this price, and extends mercy to those who act, to those who start, to those who make a new beginning! Time passes so quickly.

My Major Beginnings

The simple act of starting something, of making a beginning, leads to huge life changes over time. Below is a list of some beginnings that have made a great impact in my life. The secret is to begin.

I started a family at age 24.

I wrote my first book at age 25.

I moved from the city to the country at age 27.

I started a course in Naturopathy at age 28.

I started in Martial Arts at age 32.

I built my own house at age 35.

I started on living food at age 36.

I'm now writing my second book at age 37.

To begin takes some effort, and to have patience requires faith and knowledge of what you really want. This leads to the next chapter - on visualization.

Action Items

1) Even if you start small, begin. Decide that for the next month, every breakfast meal will consist of raw food. Whatever goal works for you, but try to make it specific, rather than just "Increase my intake of raw food." A series of small commitments over time will really add up to a monumental change.

2) Decide on something else you have been meaning to begin, perhaps a book, a class, a relationship, a garden etc., and just do it.

3) Make a countdown chart showing visually how each month on raw food (in general) cleanses your body from one year of cooked food residue. This is highly motivational as you can keep track of the age you have "backtracked" to.

4) Make a list of positive beginnings in your life, for instance, family, career, hobby, personal, etc.

Chapter 5 - Visualizing the End Result

The secret of achievement is to hold a picture of a successful outcome in the mind.

Henry David Thoreau

If you aim at nothing, you will hit the target every time.

Proverb

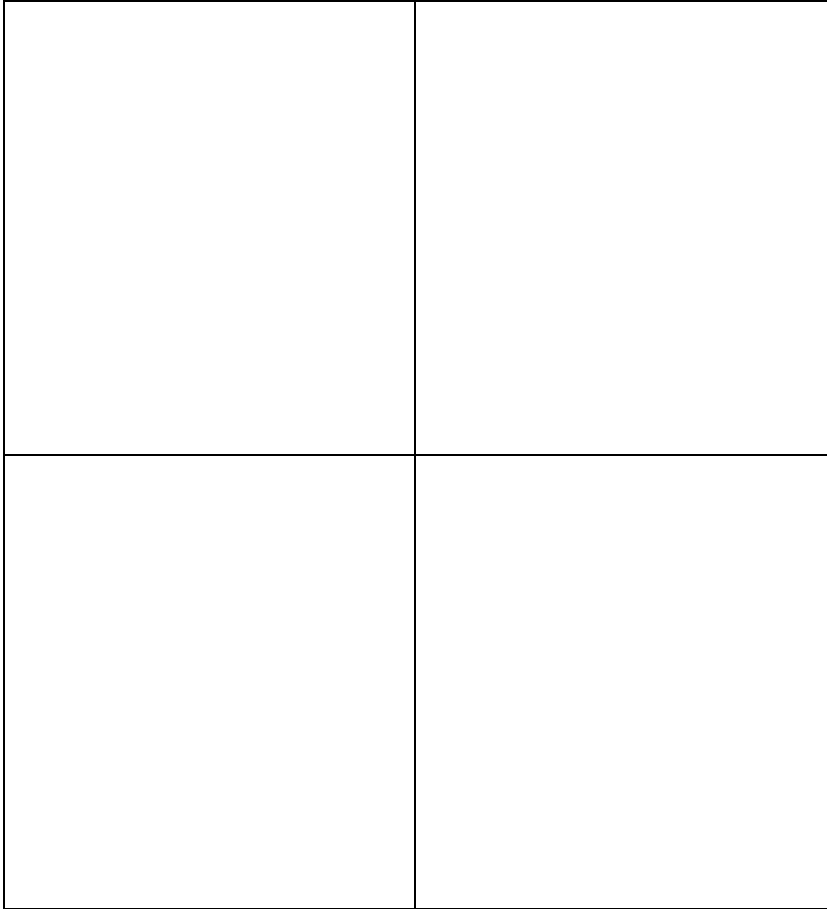
An indispensable first step in getting what you want is this: DECIDE WHAT YOU WANT.

On the wall in the martial arts studio

Vision without a task is only a dream. A task without a vision is but drudgery. But vision with a task is a dream fulfilled!

Unknown

Here is an exercise to start the chapter. Take twelve straws (or new pencils, or toothpicks) and set them up in the following four-square pattern shown below. Now, by moving only three straws, convert the figure from four equal squares to a figure of three equal squares. All the straws must be used in the design, and there is no doubling up of straws (laying them side by side.)



Go ahead and try it. Lets get some hands on experience here. Now, when you figure it out, turn to the back of this chapter and see if you were right.

Did you figure it out? Congratulations! I've done this exercise with hundreds of people and they usually struggle for several minutes with different combinations and then, "A-HA!" they see it. As soon as they visualize what the end result looks like, it takes them about five seconds to figure out which straws to move.

Great inventors have the ability to visualize the end result as they are working on their creations. They "see" what they are working on, and create the conditions that bring about success. They actually attract the people, materials, and ideas necessary to transform their spiritual creation into a physical reality!

Living Food Increases Your Power of Visualization

Because eating raw food clears your body and mind of obstructions, your ability to visualize is noticeably enhanced. However, you must know what you want. How are you supposed to create the life you want if you don't even know what it is supposed to look like?

Definition of Insanity

A good definition of insanity is continually doing the same thing and expecting a different result. It sounds so obvious yet many of us do the same things each week while consistently desiring a different result. Albert Einstein put it this way: "The significant problems we face cannot be solved with the same level of thinking at which we created them."

In other words, if what you always do is what you've always done, what you'll always get is what you've always got! What do all these statements point to? They point to the need to change what you are doing if you really want different results.

Visualization is the Quickest Way to Change Behavior

Detailed visualization of what you really want will change your daily behaviors more quickly and effectively than focusing on daily behaviors will change them. Again, living with joy while on living foods increases your ability to visualize as well as expands your hopes and dreams and goals in unexpected ways.

As you visualize what you want; include the basic areas of life; physical, mental, social, and spiritual. What do you want your life to be like in all these areas? Where do you want to live? What do you want your family life to be like? How do you want to provide for yourself and your family? What hobbies do you want to be involved in? How

do you see yourself serving in the community? What kind of activities do you love to be engaged in?

Ten Years in the Future

The principles of visualization work for everyone who uses them. When on living food the process seems to flow more easily. You are just more 'in tune' with the universe around you and the creative process within you.

I've done a "Ten Years in the Future" exercise with dozens of troubled adolescents and hundreds of convicted felons. They are asked to write a letter to a friend as if it is ten years in the future. In this letter, they update their friend on their occupation, relationships, hobbies, residence, children, health, degrees achieved, etc.

Most of the prison inmates have never thought that far into the future. They aren't visualizing any goals at all, which is one reason why they have ended up in trouble. They just drift this way and that. Like the proverb at the beginning of this chapter, they aim at nothing and hit the target every time! So I have to push them a little so they will do the exercise. Some really work at it while others just make a joke of it.

The people I work with in prison all have a problem with substance abuse. One reason some alcoholics continue to drink (despite adverse consequences) is because they can't visualize themselves not drinking. They literally don't know how to "not drink" or "not use drugs". They can't see it and therefore have no faith in their ability to live a clean lifestyle. Others, of course, can see themselves as not drinking (or not using drugs) and these are the ones who achieve success.

My Future Was Created

I first started doing this exercise with troubled adolescents about ten years ago. The first several times I presented it, I wrote my letter right along with them. It's amazing to me that nearly everything I visualized has come to pass. I wanted to continue my education, and I have. I wanted to own a home on a hill where I could run right from my house into the mountains, and I own that home. I wanted to have more children, and I now have four. I wanted to get into the martial arts, and now I'm a black belt. I wanted to continue learning about health, and I have (in a big way). I wanted to move from the city to the country, and I did.

The Far Side

My favorite cartoon is Gary Larsen's 'The Far Side.' This cartoon very often shows somewhat ordinary situations from a completely unique perspective. In fact, the point of view expressed is often that of an animal. When I learned that Gary Larsen is a biologist, I enjoyed his cartoon even more. I appreciate the reminder that we are not the only intelligent beings on the planet. In fact in some areas (diet and exercise), we seem to be the least intelligent.

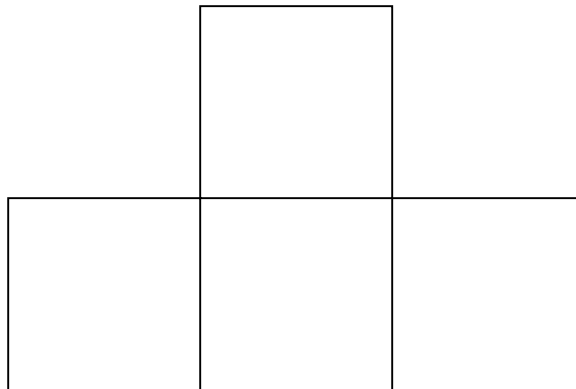
However, we do have a fantastic ability to create our own future. We can visualize something that does not yet exist, and work to bring about it's creation. To create our own future we have to know what the end result looks like. We have to know what we want. Remember what Tommy Wonder, one of the world's most renowned magicians, said about end results. He said, "Whenever you want to achieve a goal, it's essential first to have one." The following action items may help.

Action Items

1) Write a one-page letter to a friend dated ten years in the future. Update this friend about your work, relationships, hobbies, recreation, recent vacations, goals achieved in the last ten years, future plans, etc. Visualize in detail what you really want from life.

2) Intuitively, what do you think of as your life's purpose? What do you really enjoy doing?

3) Set aside a time during each day that you can visualize what you want your life to be like physically, emotionally, spiritually, and socially. I like to do my visualizing while I drive.



Here is the answer to the puzzle:

Chapter 6 - The Power of Directed Thinking

Things do not change. We change.

Thoreau

I create how I feel by how I think about the people and events around me. I am the only one who can change the way I feel by changing the way I think.

Hope Slogan

While corrective diet made many fundamental changes in cell structure, in many cases changing the thought patterns was just as important.

Bernard Jensen, after decades of healing work.

All that we are is the result of what we have thought.

Buddha

Thoughts, like seeds, have a natural tendency to grow and manifest on the material level.

Remez Sasson

Our Thoughts Affect the Universe

Our thoughts literally extend beyond our bodies and have an impact on the universe. A good illustration of this can be found in gardening. For example, I had never had success growing pine trees in the past. I have told more than one person, “I can grow

just about anything except pine trees.” A few years ago I joined the Audobon Society and received ten little pine trees. Even as I was planting them, I was saying to myself, in effect, “You poor little trees, you’re going to die for sure. I just can’t grow pine trees.”

On the other hand, the plant I most love to grow is the tomato. I have great success with tomatoes and they seem to be bigger and taller every year. People are amazed at my huge plants, and many remark that they have never seen such healthy tomatoes. When I plant my tomatoes, I tell them, “You lucky little plant, you are going to be the biggest and best tomato plant in the entire valley. I appreciate your growth and I’ve prepared a great spot with great soil for you.” I keep giving the tomato plants these affirmations all summer and this last year my tomato plants were 11 ½ feet tall. I had to get on a ladder to pick the tomatoes. The local newspaper put a picture in the paper of our plant with my four boys and I standing in front of it holding a measuring tape. Do I really believe that my thoughts made a difference? Absolutely! You see, the pine trees actually had excellent soil, sunlight, and water as well. At the time I didn’t really see how I was sabotaging them, but now I do.

All the Great Sages Have Known

All the great Sages, Philosophers, and Prophets have known the power of one’s thoughts. They knew that men and women have the power to choose their own patterns of thinking. Our thoughts create our feelings and reality as directly as an apple seed creates an apple tree.

A book on goal setting recommended that out of all your goals in life, you should choose one goal that is your Major Definite Purpose (MDP). This is the goal that will help you achieve all your other goals. I chose as my MDP to direct my own thoughts.

Without directing my own thoughts I knew I would be at the mercy of my whims, prejudices, impulses, and the effects of advertising and such. I could never achieve any of my other goals if all I think are idle and wandering reveries, selfish desires, or reflections on prime time television.

But if I direct my own thoughts, this makes it possible to achieve anything. Our thoughts affect our health immensely. David Wolfe was asked in one of his seminars whether there was any condition that raw food wouldn't help. He thought for a moment and replied, "Yes, raw food won't help a negative attitude."

Two Ways to Change Your Programming

Our basic beliefs, and our underlying thoughts, can be changed in two ways. The first way is through an intense emotional experience. This is usually some "mind-blowing" event that impacts you so deeply that you are forever changed. We usually only have a few of these in one lifetime and they can't usually be created 'on purpose.'

The second way of changing our thought patterns is the slow but sure method of repetition. This is the reasoning behind, and perhaps the popularity of, daily affirmations. If twice or three times per day you "affirm" something in the universe, you give it a sort of energy.

What do you fill your mind with? There are tremendously powerful thoughts that you can borrow from others. When I built my house in 2001, I collected thoughts and quotes that helped me maintain a positive outlook in spite of the inevitable trials and obstacles of such a big job. Many of these quotes I had known for years and others were new for me. Did they help? Of course they did. Below are some of those quotes, and some others that are simply good programming.

My Favorite Uplifting Thoughts

The source of the statement (if known) follows each quote.

- With just one step at a time you can accomplish anything; Noah built an ark.
- Life affords no higher pleasure than that of surmounting obstacles. Samuel Johnson
- You can transform adversity into an enjoyable challenge. Mihalyi Czikszentmihalyi
- Look fear in the face. You must do the thing you think you cannot do. Eleanor Roosevelt
- The secret of achievement is to hold a picture of a successful outcome in the mind. Thoreau
- The greatest factor in any undertaking is one's belief about it. William James
- When all is said and done, usually a lot more is said, than done!
- You can make your crystal ball say whatever you want it to.
- It's not a problem, it's a situation.
- Face the fear, and do it anyway. Susan Jeffers
- Decide what you want, decide what you are willing to exchange for it. Establish priorities and go to work. Hunt
- Shallow men believe in luck. Strong men believe in cause and effect. Ralph Waldo Emerson
- Give yourself time to actively work towards a goal without setting a limit on how long it will take. Bong Soo Han
- The chief cause of failure is trading what we really want for what we want at the moment. Choose to succeed!

- Whatever you can do, or dream you can, begin it...Boldness has genius, power, and magic in it. Goethe
- Our doubts are traitors, and make us lose the good we oft might win by fearing to attempt. Shakespeare
- Prayer is a form of work, and is an appointed means for obtaining blessings.
- Nothing is going to happen today that God and I together can't handle.
- Think you can, think you can't; either way you'll be right. Henry Ford
- Fear not that you might fail...fear rather that you will never succeed if you don't start taking risks. Robert Schuller
- Cynics do not contribute, skeptics do not create, doubters do not achieve. Replace fear with faith. Gordon B. Hinckley
- Argue for your limitations, and they shall be yours. Richard Bach
- Try not to become a man of success, but rather try to become a man of value. Albert Einstein.
- I'm like a diamond, I shine under pressure.
- Faith and fear both attract. Faith attracts the positive; fear attracts the negative.
- Faith is believing that what you cannot see will come to pass.
- Fear is believing that what you cannot see will come to pass.
- To be without some of the things you want is an indispensable part of happiness. Bertrand Russell.
- An obstacle is not the end. It is only a new beginning.
- One purpose of life is to gain experience, and building this house will give us lots of experience.

- Attitude is essential. Only the present is real. F.E.A.R. is false evidence appearing real.
- With God, all things are possible. I can do all things through Christ which strengtheneth me. Bible
- Do things which are hard to do! One of David O. McKay's rules of happiness
- Expect a test every day, handle it and enjoy the rest of the way. Christopher Westra
- Respond to challenges with eustress, not distress. It all depends on how you think about it.

The Optimist Creed

Another favorite of mine is the Optimist Creed. The Optimist Creed was first authored by Christian D. Larson in 1912, and was adopted by Optimist International as their creed in 1922. Coaches have used this creed to inspire their players. Patients in hospitals have used it to help themselves recover from illness. Individuals all over the world have found meaning and fulfillment in these words. I carried a copy in my wallet for years.

Promise Yourself -

- To be so strong that nothing can disturb your peace of mind.
- To talk health, happiness and prosperity to every person you meet.
- To make all your friends feel that there is something in them.
- To look at the sunny side of everything and make your optimism come true.
- To think only of the best, to work only for the best and to expect only the best.
- To be just as enthusiastic about the success of others as you are about your own.
- To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

The Power of the Spoken Word

Words spoken out loud have an even greater effect than words thought in the mind. Og Mandino, in his famous book, 'The Greatest Salesman in the World,' wrote about ten ancient life-changing scrolls. The instructions are to read each scroll three times per day for 30 days. In the morning, you read the scroll to yourself, and at midday you read it again to yourself, but in the evening you read the scroll out loud!

If someone thinks, “Boy, I always mess things up” this sends a message to their body and mind and spirit. But if the same person speaks out loud, “Boy, I always mess things up” this has a much greater effect on the future possibilities of that person, perhaps ten times the effect of the thought.

Although I didn't threaten my pine trees out loud, I did encourage my tomatoes out loud. I even sang to them every night, and my boys sang to them too. It's become a sort of family tradition, going outside to connect with the earth every night.

David Wolfe and The Best Day Ever

David Wolfe is the author of the Sunfood Diet Success System, and he believes in the power of thoughts. He consistently tells himself that “This is the Best Day Ever” and he is one of the happiest people on the planet. He also uses the term, “less than excellent”

rather than “bad.” He understands that our very reality is shaped by the words we use to describe our experience.

A “Thought” Experiment

Einstein was known for his thought experiments. These experiments were imagined rather than actually conducted. Here is another thought experiment: Imagine 1000 people who are just getting into living foods. All have great desires to increase their health, happiness, and energy level. All have great hopes of getting better results by doing things differently.

Now imagine that 500 of them also substitute constructive and helpful thoughts for some of their self-defeating and negative thoughts. The other 500 try to change their diet but don't think that their patterns of living are relevant or important. Which group, do you think, will be more successful at reaching what they truly want?

The Mind is A Servant

There is power in directed thinking, but what exactly is our thinking directed by? The heart! I've heard that the mind is a very good servant, but a terrible master. The philosopher Descartes said, “I think, therefore I am.” Ever since then, this Western tradition has associated our reality, and even our essence, with our mind. We can start turning this tradition around by recognizing that we are much more than our mind.

The mind is a wonderful tool, intended to be directed by the heart. Values, love, peace, joy, fulfillment, meaning, all come from the heart. The mind will take any question you give it and work to find an answer, while never considering the importance of the question. Some questions are simply not important, whereas others are based on invalid assumptions of the mind. Only the heart can see through this.

If you live primarily in the mind, you will be limited to cause and effect relationships. If you let your heart lead, beneficial synchronicities will start to increase in your life. Living foods help you get more into your heart, and less into your mind.

Action Items

1) Read Og Mandino's 'The Greatest Salesman in the World.' The book is not about sales, it's about love, success, persistence, growth, and happiness.

2) Find some quotes, or thoughts, or affirmations that really speak to you. Put these up around your house and read them regularly.

3) Start to become aware of the 'tone' of your thoughts and any exaggerations or negative interpretations.

4) Think of your mind as a tool, directed by your heart. Listen to your intuition.

Chapter 7 - Variety – The Add In Approach

The variety of all things forms a pleasure.

Euripides

I take it to be a principle rule of life, not to be too much addicted to any one thing.

Terence

No pleasure endures unseasoned by variety.

Publilius Syrus

Eat simply by the day, but vary through the season.

Try to eat 100 foods, your health is the reason.

Chris Westra

Variety in the Diet

One of my co-workers said once, "I could never eat like you, I need more variety in my diet." This is a remarkable comment, really, since a diet of living foods will actually include many more foods than will the average American fare. And the mistake of confusing a variety of recipes with a variety of foods is often made. For instance, mixing up meat, milk, cheese, white flour, and potatoes 10 different ways doesn't give you nutritional variety.

In her book titled 'Eating in Eden,' Ruth Adams presents the nutritional superiority of "primitive" foods. She goes on to explain how we can improve our health by learning about the foods that kept primitive people healthy, despite the threats they faced from famine, diseases, parasites, and natural poisons. These cultures lived close to the land and usually had a diet consisting of over 100 different types of foods, whereas today the Standard American Diet (SAD) consists of only around 25.

How many foods do you currently eat? Check and see by making up a list such as the one that follows in this chapter. When I first did this, I was surprised to find that I was way over 100 foods already on a seasonal basis! I have now worked my way up to 207 different foods.

You can still have plenty of variety in your diet - seasonal and yearly variety, with simple meals. Now, my goal is to have over 1000 raw foods I have tried, even if it takes me a few years and some travel to reach this goal!

Simplicity and Variety go Hand in Hand

Variety is important on a weekly and seasonal basis. However, I may eat only a few foods per day. For example, today breakfast consisted solely of watermelon. Lunch was 2 apples, 2 oranges, 15 figs and a banana. For dinner I had a huge (32 oz.) green juice made up of cucumber, celery, parsley, and spinach; complemented by a large handful of pine nuts. I've been asked if I believe in a simple diet or a varied diet. My answer is a resounding "Yes" to both! Simplicity and variety are not opposites. They go together perfectly.

In the charts that follow are lists of the foods that are currently part of my diet. Some of these are staples in my diet (when in season), and some I may have only once or

twice a year. There are hundreds of thousands of raw plant foods in the world, and this list is simply what I eat right now. This also reflects the availability of foods where I live in Central Utah.

There are many different ways of classifying foods, and I will use the one that I find most helpful, which draws upon David Wolfe's Sunfood Triangle.

Fruits

Remember that the botanical definition of a fruit is a little different than what we usually think of as a fruit. A fruit is the ripened ovary or ovaries of a seed-bearing plant, containing the seeds and occurring in a wide variety of forms. The fruits that are also plant fats (avocado and olive) I have listed with the fats.

	Sweet Fruits	"Veggie" Fruits and Other Fruits
1	Watermelon	Tomato
2	Apple	Zucchini
3	Orange	Cucumber
4	Banana	Pepper (Sweet and Hot)
5	Fig	Squash (various kinds)
6	Date	Pea
7	Apricot	Green Bean
8	Peach	Corn (actually a grass plant)
9	Lemon	Juniper Berries
10	Currant (Fresh and Dried)	Cassia
11	Grape (and Raisin)	Hawthorn

12	Honeydew
13	Plum
14	Cantaloupe
15	Pear
16	Cherry
17	Strawberry
18	Raspberry
19	Blueberry
20	Blackberry
21	Gojiberry
22	Wolfberry
23	Serviceberry
24	Rose Hip
25	Elderberry
26	Chokecherry
27	Western Thimbleberry
28	Oregon Grape (berry)
29	Vine Peach
30	Grapefruit
31	Mango
32	Pomegranate
33	Papaya

34	Clementine	
35	Tamarind	
36	Star Fruit	
37	Persimmon	
38	Kiwi	
39	Lime	
40	Pineapple	

Greens

The next section is the green leafy vegetables. This includes primarily leaves but occasionally other plant parts as well, in the case of celery and others. I have divided the greens up into those I usually eat, and those I usually juice. On the juicing side, these are used for my green drinks (see the chapter on greens) and for adding to smoothies.

Green leaves are the most abundant food in nature, and they are all around us for free. Most of those below aren't available in any stores, but with a little work and knowledge you can get them fresh from the earth.

	Greens I Primarily Eat	Greens I Primarily Juice
1	Lettuce	Dandelion Greens
2	Cabbage	Yellow Dock
3	Celery	Lambsquarters
4	Spinach	Grasses (All Kinds)
5	Arugula	Spearmint

6	Mallow	Alfalfa
7	Chard	Comfrey
8	Choi	Wild Lettuce
9	Chinese Cabbage	Lemon Mint
10	Kale	Catnip
11	Collards	Cleavers
12	Asparagus	Common Sowthistle
13	Purslane	Clover
14	Beet Greens	Shepherd's Purse
15	Brussel Sprout	Wild Mustard
16	Scallions	Clasping Pepperweed
17	Endive	Amaranth
18	Radicchio	Scarlet Globemallow
19	Cilantro	Horehound
20	Jericho Lettuce	Yarrow
21		Parsley
22		Red Stemmed Filaree (Cranesbill)
23		Brigham Tea Stems
24		Licorice Mint

Raw Plant Fats

The third major food category (and the third point of the Sunfood Triangle) is the raw plant fats. Being knowledgeable and skilled in the use of plant fats will make a big difference during a transition to living foods.

	Seeds	Nuts	Other Plant Fats
1	Sunflower	Pine Nut	Avocado
2	Pumpkin	Almond	Olive
3	Flax	Macadamia	Olive Oil
4	Sesame	Brazil Nut	
5	Chia	Walnut	
6	Watermelon	Cashew	
7	Hemp	Pecan	
8	Poppy	Peanut	
9	Milk Thistle	Pistachio	
10	Mustard	Filbert	
11	Psyllium		

Roots and Flowers

Some other categories of living foods are roots, tubers and flowers. Here are the ones I currently enjoy.

	Roots and Tubers, etc.	Flowers
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1	Carrot	Broccoli
2	Jerusalem Artichoke	Cactus
3	Jicama	Cauliflower
4	Licorice	Mallow
5	Onion	Hibiscus
6	Radish	
7	Shallot	
8	Sweet Potato	
9	Turnip	
10	Yam	
11	Beet	

Sprouts and Spices

Sprouts make up a whole new arena of living foods. One web site I viewed sold 77 different seeds to sprout! There will be some overlap here with the other categories (radish sprouts and radish root, for example). I believe all such examples should be considered as different foods because they have an entirely different nutritional makeup, depending on the maturity of the plant. The radish sprouts are still spicy however.

Spices include plant parts used in small amounts for flavoring purposes and not primarily for their food value. These may be stems, leaves, berries, bark, seeds, flowers, etc. Some of these categories may run into each other somewhat, as there may be a leaf used as a salad green by some people and used as a spice by others.

	Sprouts	Spices
1	Radish	Vanilla (bean)
2	Clover	Cinnamon (bark)
3	Alfalfa	Turmeric (rhizome – root)
4	Mung Bean	Paprika (fruit – pepper)
5	Pea	Nutmeg (nut)
6	Wheat	Basil (leaf)
7	Lentil	Cumin (seed)
8	Arugula	Cardamom (seed)
9	Cress	Cloves (flower bud)
10	Fenugreek	Dill (seed)
11	Dill	Fennel (seed)
12	Sunflower	Stevia (leaf)
13	Pumpkin	Sassafrass
14	Adzuki Bean	Basil (leaf)
15	Rye	Oregano (leaf)
16	Garbanzo Bean	Sage (leaf)
17		Allspice (fruit)
18		Celery Seed (seed)
19		Thyme (leaf)
20		Marjoram (leaf)
21		Parsley (leaf)

22	Black Pepper (fruit)
23	White Pepper (fruit)
24	Paprika (fruit)
25	Garlic (bulb – root)
26	Ginger (root)
27	Ginseng (root)
28	Horseradish (root)
29	Anise (seed)
30	Star Anise (fruit)
31	Chives (leaf)
32	Sarsaparilla
33	Olive Leaf (leaf)
34	Echinacea

Other Categories of Living Foods

Water Vegetation consists of both seaweed and algae.

Finally, there is the catch-all category which I have termed, 'Other Items.' Included here are honey, bee pollen, and some prepared items which are not raw foods but products. You will have to use your judgment as to what you do and don't want to use. Miso and Shoyu are living due to the process of fermentation, and many living foods advocates use them for flavorings and added nutrition.

	Water Vegetation	Other Items
1	Kelp	Mushroom
2	Dulse	Bee Pollen
3	Arame	Honey
4	Kombu	Miso (Living, not Raw)
5	Alaria	Nama Shoyu (also Living, not Raw)
6	Laver	MSM (methylsulfonylmethane)
7	Spirulina	Carob Powder
8	Blue-Green Algae	Agave Nectar
9	Nova Scotia Dulce	Clay
10	Chlorella	Hydrogen Peroxide (3%) – Food Grade
11		Raw Apple Cider Vinegar (rarely)
12		Mesquite Powder

I'm adding several new foods to my diet each month. The abundance of food in the world is amazing. Within each food type, there are also numerous varieties. There are hundreds of varieties of apples, plums, and other fruits. How many have you tried?

Simple Foods or Complex Recipes? - Do What You Desire

Most people who are eating living foods long-term end up eating fairly simple meals. However, don't force yourself into eating simply when you are not ready. Do it only if it feels right.

Before reaching the simplicity stage, most people pass through a 'recipe' stage where they really get into raw and living food recipes. This is great - enjoy it! Get into recipes. It's fun, and you learn a lot about tastes, textures, and combinations. When you feel like trying some simpler meals, then do it.

If you are as busy as I am, transitioning to simpler meals will be a great benefit. One simple and delicious preparation is to create a 'dip.' I love dips. I remember the day when I thought, "Instead of mixing up that Avocado Dip according to the recipe, I'll just mash the avocado and add a spice." Or, "Instead of cutting up seven different vegetables to dip with, I'll just cut a half of a jicama and wash a few Jerusalem artichokes and slice them at the table as I need them." After the meal I thought, "Wow, that was delicious, and satisfying, and quick to prepare!"

Part of the hesitancy to simple meals, and/or mono meals - just one item, is that we have all heard for years that meals have to be well-balanced. We have it ingrained into us that we have to eat something from each "food group" in order to have proper nutrition. Actually, there used to be 11 food groups, and then seven, and now we have the pyramid. This sort of propaganda is put out by the various, and heavily politicized, food-industries that are simply advertising and pushing their products.

No other creature on earth worries about having a balanced meal, they eat what's fresh and in season. I would recommend balancing greens, sweet fruits, and raw plant fats. Many people into living foods eat way too much fruit because it tastes so good. I was unbalanced for many years even though I ate two meals a day of raw living food (mostly fruit). The amount of green leaves we need in our diet is higher than I could have imagined before. I feel a lot better now that I include an ample supply of greens everyday

I recommend David Wolfe's book 'The Sunfood Diet Success System' for a full explanation of the Sunfood Triangle. The three points of the triangle are greens, sweet fruits, and raw plant fats, and over time these should be relatively balanced. If this is your first living foods book, get David Wolfe's book next!

The Add-In Approach

There are two very different approaches to changing your diet, the 'Add-In' approach, and the 'Cut Out' approach. I have actually seen a program designed around cutting out items of your diet. First you cut out meat, then you cut out cheese, then you cut out bread, then you cut out all processed food, etc. The cut out approach leads to a scarcity mentality, which will be defeating in the long run.

Consistent with my philosophy of focusing on what I do eat (rather than what I don't), I advocate the 'Add-In' approach. This approach flows from a philosophy of abundance! The add-in approach is simply to add in the highest quality foods to your diet. Since you can only eat so much, the less than excellent foods will start falling out of your diet.

The list of foods I eat is a small sample of what is out there. To really expand your possibilities, go to rawfood.com and look at the abundance of foods available from that resource. Another idea is to go to a health food store. Ask if there is an employee who can show you everything in the store that is a living food.

The add-in approach can apply not only to foods, but also to any healthful habit. Some of these may include drinking more water, deep breathing, getting sunshine, skin brushing, yoga, meditation, exercise, motivational reading, and many more. All the

incremental changes you keep adding in to your life accumulate into a monumental change in your health!

One Systematic Way of Adding High Quality Foods

Adding in high quality living foods can be done in a general way or a very systematic way. For beginners, merely to develop habits, the systematic approach may be helpful. Here is one suggestion.

Each month, add in a new high quality food as a permanent part of your diet. High quality means a food that has significantly more minerals and vitality than most of your current foods. I'll provide some examples from my own life, but the possibilities are unlimited. There are many foods that really are "superfoods" because they truly are a step above other foods. This is usually because they are wild foods, and sometimes home grown or organic.

Many of these foods that you initially start using for nutritional purposes you will come to love and to crave. When I first used wolfberries it was simply to increase my Vitamin C intake. Now I just love to eat them!

Here are some superfoods to add in. Fresh Greens, Dulse (seaweed), Wolfberries, MSM, Bee Pollen, Raw Olives, Spirulina, any Wild Food, Brazil Nuts, Licorice Root, Chia Seed, Flax Seed, Sesame Seed, Herbal Powders, Nature's First Food Superfood, Camu-Camu Berries.

Let's say in your first month, you happen to choose green leaves. You commit to including green leaves in your diet every day, either in a salad a day or in a smoothie or however. Now this isn't just for the first month, this is a permanent change in your diet.

After a month it will be a habit and you will want to have them! Green is your focus for the first month, but plan to continue permanently.

In your second month, you think you need minerals and so you go to seaveg.com and buy a big bag of dulse. Now every day you have a strip of dulse, accessing the fabulous concentration of minerals from the ocean, and you're still having the greens also.

Then in your third month, add in 10 to 20 wolfberries every day. Then in the fourth month you start adding in bee pollen every day, and so on. By the twelfth month you are putting so many high quality foods into your body that you really start to change. Maybe you didn't like a few of the items you tried, or they just didn't feel right with your body. That's fine, we are all different. Even if you continue with eight out of the twelve new foods, your body and mind will benefit tremendously.

Keep on introducing new high quality foods (or habits) on a monthly basis for the rest of your life, and your health will spiral upward. In addition, your life will be fuller and happier. Many of these additions will become items your body thrives on.

Action Items

1) Try some mono-meals (just one item) or other simple meals. Watermelon is my favorite mono-meal. I also eat 20 to 30 dates or figs for a meal, or 5 apples or 3 oranges, or make a meal of apricots, peaches, or plums in season.

2) Question the assumption that meals must or should contain multiple types of foods. Over time maintaining a balance of fats, greens, and sweet fruits leads to health.

3) Make a list like mine above to see what your current level of variety is in the categories of fruits, greens, and raw plant fats.

4) Increase the variety in your diet by trying the 'Add-In' approach. Every month add one high quality food to your permanent diet.

5) Read Henry David Thoreau's book 'Walden.' This is the classic story of the famous writer, naturalist, and philosopher and the time he simplified his life at Walden Pond. Remember that simplicity and variety go well together.

Chapter 8 - Traveling and Living Foods

I shall be telling this with a sigh somewhere ages and ages hence: Two roads diverged in a wood, and I - I took the one less traveled by, and that has made all the difference.

Robert Frost

We are all travelers in the wilderness of this world, and the best we can find in our travels is an honest friend.

Robert Louis Stevenson

Traveling is a Part of Life

As Stevenson indicates in the quote above, we are all travelers. Traveling is a necessary (and usually enjoyable) part of life for nearly all of us. Being away from our own kitchen can provide some challenges when on a living food diet. I personally know some people who are committed to living foods yet struggle the most when away from home. I wrote this chapter while away from home for five days. My family and I stayed at our favorite economy motel, which provides a great breakfast bar. I have been able to eat my favorite food, which is watermelon, each morning.

The ladies who help put out food at the breakfast bar probably see me coming and say, “Start cutting more watermelon, here he comes again!” One day, after my fifth plate, one of the ladies commented, “Wow, you really like watermelon.”

When it comes to eating living food on the go, simplicity helps tremendously. Simple meals and planning ahead makes traveling doable and enjoyable. Eating living

food while on the road is easy when you know what foods to take, and where to get more food when you need it.

I prefer buying food from health food stores and farmer's markets, but there are more and more restaurants where you can get good living food. When you do go out to restaurant salad bars, you can bring your own dressing, if desired.

Foods That Travel Well

Some foods simply are easier to take on the road than other foods. Firm fresh fruit (apples, oranges, bananas), dried fruit (figs, dates, currants, raisins), firm vegetables (celery, cauliflower, carrots) and nuts and large seeds (sunflower, pumpkin) are among the very easiest items to take when the food has to last for several days. I tend to eat even more simply when I'm away from home because of this reliance on foods that travel well.

Other foods good for the road are previously dehydrated cookies, crackers, granola bars, and living 'breads' or vegetable 'chips'. Fruit leather works also, as well as a raw trail mix. When we travel with our children, we often make a trail mix for them with raisins, nuts, seeds, and other dried fruit. They love it when they get "mixes". Our children don't eat 100 percent raw and we usually add wheat puffs in their mixes also.

My wife carries a bag of dried pineapple bits with her in her purse. Many times she has dipped into her bag because of staying somewhere longer than intended and getting really hungry. Eating a few bits of dried fruit easily sustains her until she is able to get a decent meal. Having some dried fruit on hand also helps with hungry babies and children. Pineapple bits have quieted our crying baby many times during shopping trips. Dates, figs, raisins, currants, and other dried fruit are easy to take along anywhere. Keep some in your car for emergencies.

At any health food store you can easily purchase several days worth of food. I do tend to skimp a little on greens when traveling. Fruit, seeds, and nuts are just easier to pack around or take back to the hotel room. I compensate by eating more greens when I'm home. I do drink green juices when I can, since I don't always have time to locate and eat good salads when traveling. Currently my very favorite meal for traveling is two pints of green drink, about 17 dates, and a small bag of pine nuts.

You may have noticed that much of the food suggested for travel is dry and somewhat more concentrated than the usual living food diet. Make sure and drink lots of water and capitalize on the fresh food when you can get it. If you have too much dried food you will start to feel sluggish and less vibrant. You simply have to balance your schedule and traveling needs and do the best you can in each situation.

Frozen Smoothies for Daily Lunches

For lunch at a 9 to 5 job, try frozen smoothies. I make mine ahead of time in a Vita-Mix Blender, five pints at a time, and freeze them in pint bottles I've saved from various commercial health-food variety juices. Then each morning I grab two out of the freezer, put them into a plastic bag, and take them to work. Around lunchtime they are just ready to shake up and drink, and are still cold. After lunch I rinse out the bottles, fill them with water, and bring them home. Hint - keeping the bottles filled with water until you are ready to refill keeps them cleaner.

Fresh food is better than frozen, so I use these shakes mostly in the winter when fewer fresh foods are available. Any of your favorite smoothie recipes will do, for example, citrus smoothie, carob smoothie, blueberry smoothie, etc. You can fill ten pints

with two big recipes using a Vita-Mix, and your lunches are ready for the entire work-week.

Take the Cooler

Whenever we go on a trip, we first load up the cooler with food. You can save so much money by bringing most of your own food. When we are staying in the same hotel or condo for a few days, we even bring along our Vita-Mix blender and a supply of frozen bananas!

A cooler makes it easier to take along salad, salad dressings, dips, almond crème, fruit purees, nut or seed cheeses, avocados, or other prepared vegetable dishes. You can fill a pitcher with nut or seed milk and take along a homemade raw granola. For a few recipes that are simple to take on the road, consider Carob Creations, Chewy Sweet Squares, Snowflake Macaroons, or my Living Fudge recipe.

Fruit Stands

In the summer and fall the local fruit stands are fun to shop. Often they have very ripe fruit for a good price. I always take a supply of dried fruit and nuts on road trips, but on some trips I hardly use them because I stop for fresh food at each fruit stand! Keep a knife and a spoon and some napkins in your vehicle and you're ready for a fresh fruit meal anytime.

Action Items

1) Make a list of foods or meals that you enjoy that can be easily taken on the road. Include some fresh fruits, dried fruits, fresh vegetables, dried vegetables, various nuts and seeds, and some recipes that are easily transportable.

2) Take a trip! Decide on a place to visit. Call and make reservations. Take a few meals with you, and go to a few restaurants with excellent salad bars. This will give you confidence that you can travel while still eating naturally.

3) Mix up a big triple batch of your favorite smoothie recipe and freeze it in pint drink containers. When you need a meal for the road, take a couple out of the freezer about five or six hours ahead of time and see how you like them.

Chapter 9 - Eating in Season

At Christmas I no more desire a rose
Than wish a snow in May's new-fangled mirth;
But like of each thing that in season grows.

William Shakespeare

Eating in season is cooperating with Mother Nature.

Chris Westra

To *every thing* there *is a season*, and a time to every purpose under the heaven: a time to be born, and a time to die; a time to plant, and a time to *pluck* up that *which is planted*.

Ecclesiastes 3:1-2 (italics added)

Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is something infinitely healing in the repeated refrains of nature—the assurance that dawn comes after night, and spring after winter.

Rachel Carson

Natural Food Cycles

My wife makes fun of me because I have always gone through ‘phases’ eating certain foods. I’ll eat celery and nuts every morning for breakfast for a while, and then all of a sudden something else seems to taste better. Then I’ll have citrus smoothies for a

while, and then go on to something else after a few weeks. On any one day, I'm likely to eat what I had the day before, while still varying every few weeks throughout the year.

Have you noticed that a food will taste really good for a few weeks, and then start not tasting as good? I believe this mimics nature's food seasons. Watermelon is my favorite food, and after eating it almost daily for a month, I hate to see it go out of season. Yet when I have bought watermelon out of season (during the colder months), it somehow doesn't feel the same. It's not just that it tastes different, but also that eating melons when it's cold just doesn't feel right. The melon actually makes you feel cold. In the heat of summer or fall the cooling fruits refresh you.

Eat What Is Available

It isn't natural to eat the same food every day of the year. Yet it is very natural to eat lots of one food for four to six weeks, and then move on to another. I believe our ancestors did this very thing. When apricots were in season, they ate apricots. When they found roots, they ate roots. When the spring greens were fresh, they ate the greens. The book 'Wild Health' describes how elephants in the rain forests of the Central African Republic eat a diet of mostly green leaves, except during the month of September. In this month, there is such an abundance of ripening fruits, the elephants switch to a diet of mainly fruits.

I have always been intrigued by the natural progression of fruits throughout the summer and fall. One fruit season seems to move seamlessly into the next. I'm looking forward to partaking of the Tree of Life mentioned in Revelations 22:2. The Bible states that this remarkable tree will produce twelve different kinds of fruit, one for each month of the year, and the leaves are for "the healing of the nations."

When your body craves any natural food, you are in need of certain nutrients contained in that particular food. Flow with your cravings. One of my most intense cravings (many years ago) was for pumpkin seeds. The fresh seeds, right out of the pumpkin, were so deeply satisfying that I woke up very early the next day to prepare some more before work.

Our excellent modern transportation system 'artificially' provides many foods year round. I believe this can have some negative effects. What types of food do people typically display allergies to? They commonly become allergic to foods that they eat nearly every single day of the year such as milk and wheat. I believe our bodies are matched to the climate we are in, and there may be consequences to eating large amounts of foods out of season, or types of food that don't naturally grow where we live. Learn what foods grow in each season, and eat mostly what is in season.

Enjoy a Wide Variety of Foods

No one principle is all-important, including eating in season, or eating from local sources. Be flexible and not rigid. You can continue to enjoy a huge variety of foods. I love coconut and avocados and lemons and Brazil nuts, none of which grow around my area.

Don't try to cut out foods from the other side of the world, simply continue to use more and more local food (which will be in season). This will ensure that your body is getting the nutrient mix for your particular climate.

Create Your Own Seasons

You can also create your own 'seasons,' or phases by listening to your body. Allow yourself to take advantage of these phases in which you eat a lot of a certain food.

For instance, avocados may really be satisfying to you for a while, maybe four to six weeks. Be open to the idea that your body may benefit from an abundance of them, until another food need comes to the forefront. Your body will tell you when you have had enough of a certain food. Consistently trying new foods will help you to avoid having too much of any one food. Some people erroneously assume that because a food works really well for them during one period, that it must be a staple forever.

The Add-In Approach advocates introducing new foods in a systematic way and keeping them as a permanent part of your diet. This is great for the beginner, and gets the high quality foods into your diet. However, since you can only eat so much, you will reach a point where you can't possibly eat every food, every day. When you reach this point, transition to having each food as a permanent-seasonal part of your diet. This approach works with the natural body cycle.

I think of it this way, I always want to have high quality greens as a part of my diet. This may mean spinach for several weeks, arugula for several weeks, then chard, mustard greens, cabbage, radish sprouts, clover sprouts, choy, kale, etc. I'm not too systematic about this approach, I just eat whatever the garden is producing, or what is most available at the store.

I also want to have high quality plant fats as a part of my diet. This may be chia seed for a few weeks, then Brazil nuts for a few weeks, then pumpkin seeds, macadamia nuts, sunflower seeds, poppy seeds, almonds, sesame seeds, avocados, olives, etc. I have more plant fats in the winter and less in the summer. In the summer there are so many other foods available, and seeds and nuts store well into the winter.

I also want to have high quality fresh fruits as a part of my diet, therefore it is essential to follow the natural seasons in this area. I might have cherries, every day if possible, and then for a few weeks I'll have apricots, then peaches, plums, watermelon, honeydew, oranges, apples, pears, grapes, mango, etc. Of course there is some overlap in seasons. For variety, there are the non-sweet fruits such as, cucumber, zucchini, squash, peppers, and tomatoes.

I also try to have a mineral rich sea vegetable every day. For several weeks this may be dulse (my favorite), then kombu (a strip a day), then spirulina, then laver, then kelp, and so on.

The root vegetables I have mostly in the fall and winter, because that is when we harvest them. If they are in the refrigerator, then I eat them.

Animals in the wild eat 100 percent of their food in season, because they have no other choice. I certainly don't want to give up all foods that don't grow locally because I love dozens of them. However, I am slowly increasing the percentage of my diet that comes from local sources, especially my own garden.

Because so many foods don't grow locally, it is useful to figure out when the natural growing season is for each food. I found out that figs ripen in late summer, and that dates ripen in the fall and winter. Oranges also ripen in the winter months.

Financial Benefits

There are some financial benefits to eating food in season. The food is cheaper, and some times even free. As I'm writing this chapter it happens to be apricot season. Many yards on our street have an apricot tree and most people eat little off their own trees. As a result we have trays of apricots in the kitchen, and guess what I've been eating

- Apricots! The tomatoes are just coming on, and soon I'll be eating loads of tomatoes. I've also been having two or three green drinks a day, made from fresh greens and weeds from the garden - all of this food is free!

Those that live in warmer climates have a little advantage when it comes to seasonal produce. Colder climates have a somewhat more limited variety, but there is a lot we can do to increase that variety. With a little horticultural gymnastics I extended our tomato season to four months - July 11th to October 11th . By harvesting the green tomatoes before frost and ripening them in the basement, it is possible to have tomatoes well into December. My winter garden exceeded all my expectations, providing me all the greens I could eat through November. A few days before Christmas I was still picking arugula from underneath the snow! There are several greens which are quite winter-hardy.

Native Seeds / SEARCH

Native Seeds / Search, found at www.nativeseeds.org, is a non-profit organization that seeks to preserve the crop seeds that connect Native American cultures to their lands. This site is for anyone who is interested in growing food plants or other useful plants that used to grow in the Southwestern United States. They have hundreds of varieties of seeds, and planting instructions are provided for each crop. They also have books, videos, and craft items for sale.

Action Items

1) Make a list of the foods that make up most of your diet. Find out what the seasons are for each food, and whether it grows in your local climate or not. Slowly increase the number of foods in your diet that are seasonal and local.

2) Start a garden. In addition to enjoying more seasonal foods, you will grow spiritually as you increase your understanding of earth's cycles and seasons.

3) Find out what edible native plants grow in your area, or used to grow in your area. In many localities, native plants have been wiped out to provide pasture and farm land. If it can grow in your area, then grow it. Access the Native Seeds / Search site for ideas if you live in the Southwestern United States.

Chapter 10 - Taste Awakening

Eating the right foods and natural medicines requires a sensitivity to subtle changes in appetite. Do I fancy something sweet, sour, salty, stimulating, or sedating? What sort of hunger is it? And, after consumption, has the “need” been satisfied? Such subtleties are easily overridden by artificially created superstimuli in processed foods that leave us unable to select a healthy diet. We need to listen more carefully to our body’s cravings and take an intentional role in maintaining our health before disease sets in.

Cindy Engel, from her book *Wild Health*

In America we eat, collectively, with a glum urge for food to fill us. We are ignorant of flavor. We are as a nation taste-blind.

M.F.K. Fisher

Cuisine is only about making foods taste the way they are supposed to taste.

Charlie Trotter

My Tastes Became Alive

In this chapter I describe the remarkable changes that occur in the sense of taste as you incorporate living foods into your life. My tastes became alive, as if tasting foods for the first time, including foods that I had been eating for years. When you eliminate from the diet all over-stimulating, sugary, and otherwise processed foods, your tastes awaken.

At first you may think that the raw food you are eating is of a higher quality from the food you used to eat. And perhaps some of this new food is higher quality, but even ordinary foods simply have more taste when eaten in unprocessed forms. You will come to realize that the change has actually occurred within you. There are so many unique tastes, yet all are so delicious! The taste of a pine nut, or a pumpkin seed, is exquisite. The sweetness of a date is enriching and satisfying. The crunch of a Jerusalem artichoke is much more refreshing after starting on living foods.

Spices can be an incredible asset to living foods. I once enjoyed a super-tonic hot sauce consisting of a mixture of strong herbs and spices, all raw, which I used to pour over cooked food. However, after switching to living foods, I found it was just too strong. I don't need that type of flavoring anymore, although I continue to love and enjoy spices, but in a more subtle manner. One or two spices at the most in a recipe or a dressing can really highlight the natural flavor of living foods.

You may find your taste preferences changing as well. For example, I never liked bitter foods before, but now I love arugula and radish sprouts. Wolfberries are delicious to me now, but I recognize that they would have been only tolerable, at best, while I was eating cooked foods.

It may take a few months, but what an exciting process of discovery. Not only do you get to try dozens of new living foods, but you also get to rediscover old favorites. Now you get to know what food really tastes like! The foods become alive as your tastes become alive. This is a major reason why people like myself can stay on 100 percent living food. We truly love the food we eat. I enjoy my meals more than I ever did when eating cooked food.

Taste Normalization

When I was around age 25 I taught at a Montessori Preschool for a few months. I read several books to understand the Montessori approach to learning and the underlying philosophy.

In her book 'The Absorbent Mind,' Maria Montessori used the term “Normalization” to describe a unique process that she observed in children. She didn't use the term normal in the sense we do now, to mean typical, usual, or average.

She saw that when given freedom in a proper sensory rich environment, hyperactive or noisy children underwent a process of normalization. The children developed a love of order, love of work, concentration, love of silence, independence, obedience, self-discipline, and joy. Montessori believed that these are the truly “normal” characteristics of childhood, which emerge when children are given the proper surroundings.

I worked with 14 to 17 preschool age boys and girls, sometimes alone and sometimes with one other teacher. I was grateful that these children acted “normal” most of the time, and not typical.

It can be helpful to think in terms of what is normal, as opposed to what is average. It is normal for human beings, like most creatures, to be active for much of the day, and well into old age. However, this is hardly average. Some people actually think my running and exercise routines are abnormal when compared to the typical sedentary individual.

This process of normalization also describes the taste awakening that occurs as you start eating living foods. When you first begin, your tastes are not yet “normalized”

but they will be if you are patient! Everyone at the table enjoys many of our new raw food dishes. Yet there are other recipes that are not quite so popular. These other recipes always taste best to one member of the family. Yes, me! These foods taste good to me because my tastes are normalized, and the others are still eating more stimulating, processed, and heated foods that inhibit their ability to taste natural foods.

Examples of Awakened Tastes

Imagine taking 100 people eating the Standard American Diet (SAD), and 100 people eating living foods. Then give all 200 a new semi-sweet exotic fruit to eat. The raw eaters will literally 'enjoy' the taste of the fruit more than the others. It will taste better and sweeter to them because their tastes have been normalized. This is a wonderful change that you have to look forward to. Again, remember this will take time, but it won't take forever.

A good illustration of taste normalization occurred with my wife. She went on a month-long diet where she didn't have anything sweet, not even fruit. She started to be able to experience and enjoy the sweetness of popcorn, carrots, and rice milk, none of which she had previously considered sweet and satisfying. Her tastes had awakened, and going back to fruit was a real treat. She said that the fruits tasted almost super-sweet to her newly awakened senses.

Wild Health

Biologist Cindy Engel, in her book 'Wild Health,' gives dozens of examples of animals that seek out particular foods rich in minerals or other substances. There are several theories as to how the animals know to do this, but one theory is that these foods

taste better to the animal. If the animals are deficient in phosphorus, then grass which is high in phosphorus will be more satisfying to them than grass without phosphorus.

This explanation makes the most sense to me, and it also matches my own experience. My tastes change over the months, and I truly believe that given a wide variety of natural foods, an instinctive body wisdom will guide me into the foods containing the minerals I need. This is why there is no 'one diet' that is perfect for everyone, or even one diet that is perfect for a single person over his or her lifetime. But in order to use your taste as a guide in this way, your tastes have to be awakened to the subtle nuances of natural food.

When we have a meal that is particularly satisfying, many of us use the idiom, "That food really hits the spot." I believe this is what really happens in a sense. We have a spot, or an empty space, maybe a lack of certain minerals, and when a natural food "hits that spot" we feel satisfied and fulfilled in a very deep manner. When I have a food or a meal that hits the spot, I want to have it again very soon. When that particular food stops hitting that satisfying spot, then I move on to something that will.

Your Old Foods May Not Taste the Same

After incorporating living foods for a while, you may try an old favorite and wonder what you ever enjoyed out of that food. I haven't put this to the test because I don't want to eat junk food, but it has happened to my wife several times. She will try some candy or dish that she used to love, and find that it just doesn't taste good anymore. This won't happen with all foods. Many will still taste wonderful to you if you choose to go back to them or have them as part of your diet. I personally think that pepperoni pizza

would taste very good. I choose not to eat it because I have many other recipes that taste just as good to me while also leaving me clean, light, and energized!

For Success - You Must Enjoy the Foods You Eat

To be successful long term with living foods, you simply must enjoy the food you eat. This comes partly through the natural taste awakening process, and partly through skill in being able to prepare fresh foods in an appetizing manner. There are some things you can do to accelerate this taste awakening, and they are listed in the action items below.

My sense of smell has also improved. Wild animals can smell raw food and this helps them locate it. Cindy Engel reports in 'Wild Health,' that elephants can detect the aroma of ripening fruit from over 20 kilometers away. Of course, with a nose like elephants have, this is understandable! However, some of this instinct returns to humans also when switching to a living diet.

The senses of smell and taste work together and part of the taste awakening that occurs may actually be a smell awakening. Much of the regained sense of smell may be due to the cleansing of the sinuses and nasal passages that occurs when on living food. One side effect of this heightened sense of smell is that cooked food odors, which can be strong, are very noticeable and sometimes almost overpowering.

Action Items

1) Whatever foods you do eat, taste them. Really concentrate on the taste, smell, and texture of the food you eat. This skill will help you to get the most out of the foods you eat, rather than simply eating to get full.

2) Go for a week or two eating only living foods and pay attention to how your tastes begin to awaken.

3) Compare the different tastes in foods of the same variety. For example, compare three different types of avocados, eight different varieties of apples, and four kinds of dates. You may really love the taste of one particular type. You will never know until you try!

4) Try different spices for dressings and vegetable recipes. You will find some spice flavors that you love, and others that you don't. Try one spice at a time first so you get familiar with the taste. Remember that a little goes a long way with spices.

5) As you try new foods and recipes, listen to your inner body wisdom for foods that hit that deeply satisfying "spot." These are the foods you may need more of for a time.

6) Cultivate your sense of smell as you prepare foods. As you harvest, wash, cut, mix, serve, and eat foods, breathe deeply and pick out the different subtle aromas.

Chapter 11 - Handling Cravings

We are always striving for things forbidden, and coveting those denied us.

Ovid

Each man has his own desires; all do not possess the same inclinations.

Persius

Why then, can one desire too much of a good thing?

Shakespeare - from 'As You Like It'

Some Cravings Will Come

Gautama Buddha taught that inordinate desire, or craving, leads to much human suffering; this is the second Noble Truth. I have experienced 'craving' in my life, but living foods have almost completely eliminated this. As humans, we will always experience some cravings, but the more we know about what we are really craving, the better we will do in making related decisions.

One day, relatively early in my raw food journey, I was traveling for work feeling dehydrated, cleansing, tired, and a little depressed, when I noticed a truck passing laden with camping gear. Out of a visible grocery sack stuck two bags of potato chips. I thought of those campers munching on their potato chips, and the relaxation of being on vacation. Then I imagined how nice it would be to have a big bag of chips beside me to eat on the way home. Now, this was an interesting thought because even though I used to

eat a lot of corn chips, I hadn't had potato chips for years. I would pass by them in a store without a thought. I believe it was the positive emotional link with camping that produced in me a craving for potato-chips. At the next gas station, did I buy a bag of potato chips? No, I bought a bottle of water and looked forward to dinner. I'm not about to give up what I really want for what I want at the moment. That is the recipe for failure in any endeavor!

Another craving came on Father's Day. My sister had written up for our Dad a list of family memories, one of them recalled our family going to a pizza parlor and getting a large pepperoni pan pizza with a pitcher of root beer. As I visualized that fond memory myself, I found that I was craving, and again, there was an emotional link to the craving.

The Cooked Meal Hardest to Give Up

The one cooked meal that was hardest for me to sacrifice was waffles and eggs. I didn't realize until writing this chapter that this meal also has a positive emotional, or comfort, link to it. One great benefit to writing is that it clarifies and crystallizes your thinking! This is one reason why a journal can help you to grow and change.

In the family I grew up in, nearly every Sunday after church we would have breakfast type foods, usually waffles. After I married, my wife and I decided to continue this tradition, so waffles every Sunday has years of emotional content to it. Traditions are great, but they can be modified, we have replaced this tradition with a raw cake, or cookies, and fresh fruity Vita-Mix ice cream each week.

It pays to remember that food itself does not 'cause' a craving. Instead, cravings are a great deal in response to a certain, often emotion-driven, set of circumstances.

“Craving” is an activity you engage in. It’s something you are doing, not something you are having!

From my background in Psychology and my experience as a Substance Abuse Counselor, I know very well that we can work ourselves into cravings, and we can work ourselves out of them if we really want to.

What To Do With Unconstructive Thoughts

At times negative or unproductive thoughts come unbidden into the mind. These are much like the visitors who come into my office uninvited and unexpected, and lead me away from the achievement of the day’s goals. I may not be able to control completely who comes to my office, but when someone comes spreading hate, gossip, and general dissatisfaction I can dismiss them and get on with my goals. I do the same with my mind. If a thought is conducive to long-term happiness and in harmony with my goals, I don’t mind if it stays for a while.

Please note that being discerning about your thoughts only works when you know what you want, and what your long-term goals are! You've got to visual the end result. I work with inmates who are about to parole, and who have recently paroled. I interviewed one who was doing well after a few months on parole and asked him why he was choosing not to use drugs. He replied that he simply had too much to lose. He had a good job and a relationship with his daughter and his freedom. He knew what he wanted, and was therefore able to resist any cravings he may have had.

Common Underlying Reasons for Cravings

The table below describes situations that contribute to cravings. The right side contains action items to alleviate the underlying condition.

Cravings for cooked food (or more stimulating food than your usual fare)

usually come when people are:

Situation	What To Do About It
Dehydrated	Drink more water, and eat more water filled food.
Detoxing (Cleansing)	Be patient. To remain motivated and focused, read books on fasting and cleansing. Continue to cleanse and nourish. This too shall pass. Exercise to help cleanse the lymph and tissues.
Doubting- Peer pressure (or family pressure) is causing you to doubt the wisdom of living plant foods.	Talk to someone who has been on living foods for years to get support. Read a chapter in this book or another raw foods book.
Depressed – Feeling low, for whatever reason.	Focus on your goals. Manage your emotions by questioning your habitual thoughts. Listen to or read success / motivational literature. Revise your expectations.
Tired	Take care of yourself. Get enough sleep.
Bored	Keep busy. This is easy after you visualize what you want, and make detailed goals to get you there.
Making changes too quickly	Slow and steady progress (over time) is the way to go for most people.
Not eating enough	Eat more.
Not eating enough fat	Learn how to eat nuts, seeds, avocados, and olives. Try the Almond Crème in the Recipe Section.

Not eating enough greens	Eat more greens to nourish and build the body. Read the chapter on Greens.
Losing Focus and Commitment	Renew your focus through reading, writing down goals, learning about how foods affect the body, and visualizing what you really want (health, excellent performance, mental clarity) and why you want it.
Normalizing Their Tastes	This is a natural process that takes a while. Refer to the chapter on taste awakening.
Not eating enough sodium foods	Include figs, celery, dulse, and other sodium foods into your diet. Include Nama Shoyu, Miso, and Celtic Salt if you wish.
Not skilled at knowing just how to use raw foods and/or Not having the helpful equipment	Invest in a Vita-Mix! These are fantastic; please see the chapter on the Vita-Mix. Also, a good juicer, food processor, and dehydrator are very helpful. Get some living recipe books.
Experiencing emotional issues (acceptance, control, etc).	First, identify the issues. Write in your journal. Read books on handling emotional issues. Focus on the results you want.
Listening to Mass Media Ads	Choose your own thoughts, not those programmed into you by the mass media.

The above list contains general reasons for craving, but each person is different. Pay attention to your own patterns and habits to help identify when you are strong and committed, and when and why you are not. Most likely, when you find yourself desiring and missing some cooked foods, several of the conditions on the list will be present.

Write your thoughts and feelings in a journal. Learning about your own mind and your own cues will help you achieve what you really want for yourself.

I write about cravings because I think it may help some people. However, I want to note that I hardly ever have them. I do not live my life with a sense of denial, and I absolutely love the foods I eat.

If someone wants to eat cooked food, that's fine. For those who really want to go on living foods 80 percent or 100 percent, the above list provides some tools to help in understanding what may be going on physically and psychologically. It would be a shame for you to sabotage what you really want in the long run for something merely temporarily gratifying in the short run.

For Long-Term Satisfaction, Resolve the Underlying Situation

If you have a craving, and give in, you have still done nothing to alleviate the underlying condition. If you are craving junk food because you are tired, and then you eat the junk food, the end result will be an even more overloaded and tired body. I may crave pepperoni pizza because I really desire an emotional connection with my family. If I do not understand the real issues, but indulge in the pizza anyway, I will still be unsatisfied. The key is to be clear about what is triggering the craving, for instance, an emotional connection with family. Perhaps you are craving simply because you are bored and have no goals. Giving in to the craving will not make you less bored and you still will have no goals. Be proactive and resolve the underlying condition.

Action Items

1) Stop watching Mass Media - Advertisers use emotional hooks to influence you to think and act in ways that benefit them. You will think more clearly and act more

rationally if you stay away from the exaggerations, generalizations, distortions, and deletions of mainstream-oriented TV, radio, magazines, and newspapers.

2) Write down your craving experiences in your journal. Look for the emotional link to the food. This will help you to understand what the food means to you. It may mean relaxation, it may mean stress-relief, or it may be a reward issue for you. It may be social connection or even love that you are really craving.

3) Copy the list in this chapter on the common underlying reasons for craving. Check those that apply to you, and then add some of your own personal craving triggers. When you are craving, check the list to see what might be going on under the surface. There is always something you can do to alleviate the underlying condition without giving in to the craving.

Chapter 12 - Human Performance

The potential of the average person is like a huge ocean unsailed, a new continent unexplored, a world of possibilities waiting to be released and channeled toward some great good.

Brian Tracy

When a man has put a limit on what he will do, he has put a limit on what he can do.

Charles M. Schwab

It's not what you've got, it's what you use that makes a difference.

Zig Ziglar

Joy comes from using your potential.

Will Schultz

Outstanding Human Performance

The human body is capable of a much higher level of performance than most people even imagine. I have always been amazed by outstanding physical performance, whether in acrobatics, gymnastics, dancing, yoga, running, wrestling, or martial arts etc. The human body has incredible potential and it is awe-inspiring to see this potential exhibited by trained athletes. I also enjoy pursuing athletic accomplishment myself. While

excellent physical performance is not always a sign of excellent health, poor physical performance is invariably a sign of poor health.

The purpose of this chapter is to expand the definition of the word 'health.' In the health arena many are content to be average, whatever that may be. Before you say you are satisfied with mediocre health, you should at least know the possibilities. You don't have to be a trained athlete to be healthy, but if you are truly healthy you will have energy, agility, flexibility, and vibrancy. Bodily movement is enjoyable for a healthy body.

Know the Possibilities

At one point in my martial arts training, I was fairly satisfied with some of my techniques. This satisfaction resulted in failure to strive for improvement. I didn't know the possibilities. I was content until I saw an instructor from another school perform those same kicks and strikes with such precision, intensity, power, and focus that my techniques paled in comparison. My possibilities had been expanded by his example of proficiency.

The same idea can be applied to health. The idea, of course, is not to constantly compare yourself with others, but what I learned is not to be content with limited achievements until I fully know what is possible. How many people say they are content with their health simply because they don't know any better? If they could really feel, even for one day, how the human body is meant to function, they would desire to feel that way always.

Often in our modern culture, to say "I'm healthy" really means, "I'm not currently sick". However, these are not the only two options, there is a real scale of human functioning ranging anywhere from dead to fully alive. What I mean by the word 'health' is optimal functioning of the physical, mental, and spiritual faculties. I know of a woman

who has chronic low energy, mental sluggishness, stiff joints, constipation, severe dehydration, and is quite overweight. She has to huff and puff just to walk one flight of stairs, and she claims to be healthy!

The Cryptic Admonishment TTT (Things Take Time)

You will need to remember that physical improvements take time. One of my favorite quotes on patience is from Piet Hein, Danish author, poet, scientist, mathematician, and inventor of the SOMA Cube:

"Put up in a place where it's easy to see
the cryptic admonishment T.T.T."

"When you feel how depressingly slowly you climb,
it's well to remember that Things Take Time"

If your current physical condition is less than excellent, this took time to develop. It will also take time to rebuild your body, using different ingredients. After about nine months of living foods I noticed a big jump in my energy level. I was so used to having a tired spell every afternoon, I simply thought it was normal. Almost all of a sudden, or so it seemed, I wasn't tired in the afternoons anymore. This benefit was mental as well as physical.

Before I went on living foods, I remember being irritable and excruciatingly tired many evenings. I didn't like feeling that tired. Now when I'm ready for bed I feel comfortably tired but not "yucky" tired like I used to.

My physical movement used to be limited by painful bouts of bursitis in my shoulders. After the first few months on living foods, the bursitis is gone. Changes take

time, and occasionally you will feel a bit worse before you feel better. With patience, faith and focus, the incremental changes become monumental!

Mental Performance

Increases in mental performance are just as welcome as increases in physical performance. Surprisingly, many of the benefits of living foods have been in the mental arena. I have so many books I want to write. I have hundreds of books I want to read. There are dozens of subjects I want to study. I have dreams and goals to achieve.

All of these desires require increased mental performance. I do lots of mental work each day at work, and outside of work. I generally read for several hours each day. The body's neurotransmitter system is a finely tuned process that requires cleanliness for optimal brain functioning. Drugs, chemicals, poor nutrition, and even dehydration impair brain performance noticeably.

Give living food a trial for a few months and you too will notice a difference.

Challenging Assumptions

Not only will your brain run more efficiently because it is cleaner and you have more energy, but you will also start thinking in new ways about many parts of your life. For instance, you may find some of your viewpoints changing in regard to government, biology, animals, economics, city life, food, transport systems, occupations, travel, gardening, learning, meal preparation, medicine, creativity, camping, survival, philanthropy, technology, religion, families, and much more!

Does challenging your core beliefs increase your human performance?

Absolutely! Many of the "group norms" are simply assumptions that we have accepted, and some of these limit our choices and our progress in life. Much of the mass mentality,

if we accept it, actually alters the way we perceive our own reality. Living foods help you to be more aware of any perceived realities. Becoming more skilled at questioning your automatic (habitual) thoughts is a wonderful benefit of living foods. You will begin asking yourself, "Is this a helpful or accurate way of interpreting this situation." Recognizing that you have choices in how to interpret events in your life is a huge benefit.

The idea of choosing our interpretations of life isn't new. Epictetus, who lived from around 55 A.D. until 135 A.D., was a Roman philosopher who wrote extensively on the nature of thought and the process of interpretation. He pointed out that we never respond directly to an event, but only to our opinions about that event. One of his most famous quotes is "It is not events that disturb the minds of men, but the view they take of them."

This same view is the basis for much of cognitive psychology. See the back of this book for suggested reading on this topic.

You Question; You Don't Throw Everything Out

Please note that this questioning of traditions and paradigms is not uncontrolled. You do not lose your mind. There are many ideas about the importance of God, family, and country which I hold dear, even if they are traditional. In fact, I think they are right on. Living foods simply help you question positions from a larger viewpoint. You don't have to accept an idea merely because everyone else accepts it.

This questioning also bodes well for progress. Stephen Covey says that every true breakthrough, has been a 'break-with' the current assumptions, or paradigm, of that field. Many true breakthroughs and advances in any given field have come from someone outside the field. This is because they are not indoctrinated with the limitations of the

current paradigm. One example is Maxwell Maltz, a plastic surgeon, who wrote 'Psycho-Cybernetics,' one of the greatest books ever written on the subject of psychology.

The Twelve-Item Health Inventory

The twelve items I have chosen here are not gospel, but they are fairly broad and useful indicators of someone's general health level. If someone is truly healthy, then they should do well on these measurements. There are four indicators each in the areas of physiology and performance. There are also four subjective ratings for mental and social wellness. I simply include them here so you can take a good look at yourself in the following areas.

Four Physiological Indicators

The four items in this category are 1) Resting pulse rate, 2) Blood pressure, 3) Cholesterol (HDL and LDL), and 4) Weight

Please note that this is not an inclusive list, and I am not going to put forth exhaustive measurement criteria here. A high resting pulse is indicative of a body that is struggling. A pulse of 60 beats per minute is considered a low pulse rate. Mine is usually between 40 and 50 but I have been a runner for most of my life. Healthy blood pressure will be under 140/90.

Recently I heard that a high school friend had died of a heart attack. Steve was in the same graduating class as I was, and we played soccer together. He was only 37 years old, and left behind his wife and four young children. This was my first "peer" to die of a degenerative disease.

One good indicator of potential heart disease is the ratio of Total Cholesterol divided by HDL (the good cholesterol). You want your total to be low, and the HDL to

be as high as possible, but it is the ratio that really tells what is going on in your body as far as heart risk.

Here is the indicator of risk. The number to the right is the ratio of Total Cholesterol / HDL.

½ Average Risk	<3.43
Average Risk	4.97
Two Times Average Risk	9.55
Three Times Average Risk	22.39

In October of 2003 I was tested as a participant in my employment's 'Healthy Utah' program. At the time of this test I had been eating totally living foods for nine months and I was interested to see whether the cholesterol ratio would differ from my records kept over the past 10 years. There was indeed a difference, giving me the lowest ratio (by far) of any year. Nearly half of my cholesterol was HDL at that time. Now, back in my high school days when I was the left forward on the soccer team and Steve was the right forward I'm sure our health was very similar. Diet does make a difference. You are what you eat.

<u>Year</u>	<u>Total</u>	<u>HDL</u>	<u>Ratio</u>
1993	123	42	2.9
1994	139	36	3.9
1995	134	42	3.2
1996	134	49	2.7
1997	129	47	2.7
1998	128	46	2.8

1999	138	41	3.4
2000	123	46	2.7
2001	136	41	3.3
2002	169	64	2.6
2003	146	70	2.1

Regarding appropriate weight, I'm not going to put a chart here since you know whether you are overweight or not.

No matter how good your health indicators are, you can still benefit from living foods. There are many other physiological measurements also. One of the more interesting measurements I heard about recently is the biophotonic scanner. This machine measures the antioxidant level of your tissues. I was not surprised to find out that I scored second highest in the room at 61,000, while a friend of mine who also eats living foods scored 73,000.

Four Performance Indicators

The four performance measurements are the time for the 1 ½ mile run, the number of pushups in one minute, the number of sit-ups in one minute, and a flexibility test (sit and reach).

For many years these four performance tests have made up the PT (Physical Training) tests for the military and for officers going through the Police Academy. This is why I am familiar with them, as I have to be qualified as a Correctional Officer for my job at the prison.

Again, there is nothing magic about these four tests; they simply test bodily performance in a variety of ways. Yes, I enjoy exercise, so I'm biased, but I refuse to

believe that anyone can be truly healthy if their physical body cannot perform simple functions. The tests above are artificially constructed, so let's consider some more realistic ones.

Your teenager wants to hike to the top of a mountain. Can you go with him?

If your car breaks down on a lonely road, can you walk ten miles for help?

If attacked, can you move quickly enough to defend yourself?

Can you do strenuous yard work without having a heart attack?

Can you help your family member or neighbor move heavy furniture?

Do you feel alive and alert throughout the day?

Are you limber enough to get on the ground and play with a baby?

Can you enjoy dancing?

Can you do daily what is required of you physically?

At the prison they are very strict about passing the PT test when initially attending the police academy. However, once you are hired, they don't worry about it. Sure enough, most of the employees cannot pass the test any longer. Last year they offered a \$50 incentive for all employees who could still pass the PT test (run, pushups, sit-ups, and flexibility). Out of hundreds of employees, only twelve passed!

We truly limit our lives when we are sedentary. Why do I exercise nearly every day? Because it helps me to live a full life!

Four Subjective Indicators (Self-Rated)

The four areas in this arena are your energy level, happiness level, ability to handle adversity, and sleep efficiency.

Each of the above indicators can be self-rated from 1 to 10. Our psychological wellness level is certainly a large part of our health. How are you doing in these areas?

Some may rate themselves high on the range simply because they don't truly know the extent of the range. I would have done this myself before starting on living foods! I would have rated myself an 8 on energy level, not knowing the real energy possibilities. Now I consider that I was at around 5 or 6 then, and perhaps 8 now. But in reality, I still don't know the possibilities, which is actually exciting. I want all the energy I can have!

When considering happiness, think of 50 people you know. If you are really the very happiest person out of that 50, then you may be a 10. Nevertheless, it is worth considering also how other people would rate you.

How do handle trials and adversity in your life? If you let every little problem totally throw you out of balance, you are probably a 1. On the other hand, if you are quite skilled at preventing problems, and handling well the ones you can't prevent, then rate yourself high.

Sleep efficiency is another excellent indicator of health. Are you half awake when you are asleep, and half asleep when you are awake? If so, then rate yourself low. If your sleep is deep and rejuvenating every night, then you are doing well.

Summary

In summary, you cannot claim health if you have a high pulse rate, high blood pressure, high cholesterol, are overweight, can't run or walk more than a few blocks, have trouble moving or working or exercising in any significant way, have low energy, are frequently miserable, blame the world by being a victim, and exhibit poor sleeping habits.

To put it positively, a healthy person's body will function easily and optimally. A healthy person can perform whatever tasks are required to live a full life; this includes being full of energy, sleeping well, and being skilled at managing emotions and interpreting situations constructively.

Action Items

1) In what areas of human performance do you want to improve? Perhaps you want to increase your endurance, agility, flexibility, strength, or energy? Visualize what you want to be able to do and then set some short-term goals that will get you there.

2) In order to know the possibilities, go watch some people who exhibit superb physical performance. This may be in dance, gymnastics, acrobatics, basketball, or any number of other arenas. Let yourself be inspired!

3) Meditate for five minutes on what increased physical performance could mean in your life. Perhaps it will mean enjoyment of nature - being able to hike in the mountains. Maybe for you it will mean being able to play basketball with your children. Perhaps you will simply be pain-free and comfortable during all your normal activities.

4) Read motivational stories of human potential.

Chapter 13 - Appropriate Weight

"Most health-seekers give up on the raw-food diet when their weight drops and the peer criticism and self-doubt begins.... You will not put on healthy weight until the body is sufficiently cleansed. Again, this may take a couple of months for some people or a couple of years for others, depending on their age and the toxic conditions of their bodies."

Stephen Arlin, Author of 'Raw Power'

Initial Weight Loss

You will lose weight on living food, initially. Some of the reasons for this are explained in this chapter. Now, losing weight isn't a problem for most people because they welcome it! However there are others for whom it is a serious concern. I have known people who loved the way they felt on raw foods, but went back to including some cooked foods simply to gain weight.

I lost weight, and I wasn't considered 'overweight,' when I started eating living foods. I am 5' 9" and was 146 lbs when I switched to 100 percent raw. My weight fluctuates now between 130 and 135. During the last days of my EJUVA cleanse I hit 122 lbs as a temporary low. You will learn more about EJUVA in the chapter on cleansing.

Now, my goal was never to lose weight, and I hope this is not your goal either. The reason I share this is because some people are scared away by the initial weight loss. If you know that the weight loss is predictable and beneficial then you can relax and trust the wisdom of your body.

The real question is what weight is appropriate for the individual? I believe that we are meant to be slender and flexible. My wife went to a lecture by Doug Graham, who has been eating raw foods for many years. In response to a question about being so thin, Doug replied that everyone is thin; many people just have their thinness covered up with fat!

If someone is not thin, they either have accumulated fat, or have worked hard to build healthy muscle tissue. I believe that one should strive for a completely healthy body. Your body itself will decide what weight is best to arrive at, depending on your physical activity.

Why We Lose Weight on Living Food

While it may be theoretically possible to become overweight on raw food I've never seen it. The only overweight animals I've ever known were fed cooked food. Every overweight person I know eats cooked food.

There are several reasons for this. First, by its very nature, raw food is difficult to overeat. Second, it fills you up because of the high water content and fiber. Third, it takes longer to chew. This allows you to get more satisfaction from eating and gives your body time to send signals that you are satiated. Fourth, raw food has a greater vitamin and mineral content, which leaves you nutritionally satisfied.

On the other hand (or on the other plate), cooked food is very easy to overeat on. Cooked food is much softer so it is easy to eat large amounts quickly. It doesn't require as much chewing. With the water cooked out it is much more concentrated in volume than raw food. Since much of the nutrition is gone, the body may signal you to eat more even when your stomach is full.

If you are putting high quality superior foods into your body, and exercising properly, trust that the weight you are losing is truly excess, or waste, that the body is eager to get rid of. Your body knows what it's doing, and loves the chance to cleanse!

Muscular Development

What weight will you end up at? That depends mostly on your muscular development, which is up to you. A person can just choose to be thin with lesser, medium, or greater muscular development on top. If you want to put on weight, suggested reading would include Stephen Arlin's book 'RAW Power.' He is a bodybuilder on a raw diet and knows what he is talking about.

Stephen initially lost weight also, then put on 45 -50 pounds of muscle through working out. If you stress your muscles, they will grow. I choose medium muscular development because that works well for me in what I require of my body; running, martial arts, landscaping with rocks, and gardening. I actually do want to add a few more pounds of muscle on my upper body, but no more than a few. I feel good being lean!

I work out a lot, and I believe this kept me from looking emaciated even though I lost quite a bit of weight. I am certain I would have lost even more had I not been exercising regularly to maintain my muscle tone. Most of my exercises are aerobic and high repetition, rather than explosive and low repetition. I prefer aerobic activities, even though the latter kind of exercises, like power weight lifting, will build larger muscles.

Social Pressure

Many people actually wouldn't be concerned about weight loss, or being thin, except for the comments of their friends and family. They may feel great, but the social pressure they are getting from others brings on doubts and stress.

By all means you want to be healthy. However, weight loss itself is not a sign of sickness or ill health. Be confident that your body will not take you to a weight below what is right for you. Most people hit a low and then gain back some of the lost weight, ending up at a weight somewhere between their initial weight and the low weight.

You can increase your confidence by exercising faith in nature, reading books on living foods, and/or talking to those who have been through the experience. If you don't feel good or have doubts about your health, go get some tests done. A CBC (Complete Blood Count) can give an overall profile of your blood quality. You can also request a test to measure B12 in your system, which can be low in some vegetarians.

Raw Plant Fats for Weight Gain

Many people hearing about raw or living foods, think of fruit. Some may even think of fruit and salad and jokingly refer to it as 'rabbit food.' Yet these are only two of the three major living food categories. The third category, raw plant fats, is essential for health and for maintaining weight.

Many beginners to living foods don't eat enough fats. Why? Because they don't yet know how. Learning how to use seeds, nuts, olives, and avocados, can mean the difference between satiation and success, or dissatisfaction and failure. It is worth experimenting with different varieties of nuts and seeds. Add them to smoothies and other recipes. Have some nuts with every meal if you want. Snack on sunflower seeds and pumpkin seeds.

These filling foods are especially important if you are trying to maintain or gain weight. Of course it is possible to overdo anything, so try to keep a balance of fruits, greens, and fats. Get a Vita-Mix and make Almond Crème regularly. I use the rich Mild

Avocado Dressing regularly on my salads. There are many dishes in the recipe section which have ample amounts of fat. These are high quality fats that the body needs, and no one will become overweight by eating them.

Action Items

1) Read Stephin Arlin's book 'RAW Power.' This book specifically addresses how to add muscular weight on living foods. Note - Don't get the book if you don't like to work out.

2) Talk to a long-term living food practitioner who has been through the weight loss process. Ask questions and get the support and motivation you need.

3) Hide your scale and don't worry about your weight. Be confident in your choices. If you really don't feel good, then get some tests done to see if you are lacking in anything.

4) Incorporate enough raw plant fats into your diet. Remember that the right amount of fats for you at one time may be different from the right amount for you at another time.

Chapter 14 - "If You're Green Inside, You're Clean Inside."

Title Quote by Bernard Jensen.

My first few months on raw food I still didn't realize the importance of green leaves in the diet. I'm grateful for reading David Wolfe's book 'Sunfood Diet Success System,' which explains the importance of the greens. David presents the Sunfood Triangle which shows how sweet fruits, green foods, and plant fats make up the living foods diet.

Since reading David's book I have had a lot of practical experience in getting greens into my diet.

Why Are Green Leaves Good For Us?

- 1) Provide alkaline minerals
- 2) Fiber to increase peristaltic (colon) action
- 3) Chlorophyll to build the blood and the entire body
- 4) High in minerals
- 5) High in enzymes
- 6) Balance out sweet fruit and raw plant fat (nuts and seeds)
- 7) They are the most available living food in nature
- 8) Build and maintain healthy strong teeth
- 9) Cleansing and purifying
- 10) Delicious and filling

If you question number 7, that greens are more available than fruit or seeds or nuts, just go on an herb walk and see. I have about a dozen wild plants that grow on my

property and they are all *edible* greens. Even in tropical areas where fruit is abundant, leaves are even more abundant. Seeds and nuts are nature's power foods and are only needed in relatively small amounts.

Out of the three major living food categories, people seem to find the green leaves the hardest to incorporate into their diet. Fruits and nuts take less preparation time, and most people enjoy eating the sweets and fats more than they do the greens. It can be difficult to prepare a salad every day. Because of these natural tendencies, I present here four major ways, in addition to salads, to get your daily greens.

Number 1) Eating Green / Fruit / Plant Fat Combinations

In the chart below are some of my common meals inspired by David Wolfe's Sunfood Triangle. I combine the foods found along each line together. For example, the first line shows celery stalks with dates with pumpkin seeds. The proportions depend upon your appetite of course, and since plant fats are more concentrated you need less of them in proportion to the fruit and the greens, although you should definitely eat enough to feel full. Some people new into living foods try to live on exclusively on fruit, feel hungry all the time, and then give up.

Here are some of my common meals for breakfast, and sometimes lunch or dinner. These are primarily winter meals for me, in the summer I have much more fresh fruit. Of course any of these columns can be mixed and matched. With celery I'll usually have some other leaves as well. Other times I will just have the leaves and the sweet because I don't think fats are essential at every single meal. Alternately, depending on the time of year, I will eat the greens and the seeds / nuts with no fruit.

When I'm home I usually prefer a smoothie (described next), but these combinations listed below are easy to take to work or in the car. It doesn't take long to pick a few leaves from the garden and pack 15 dates and 8 Brazil nuts into a bag. These are just some ideas. Simply choose some green leaves, some sweet fruit, and a seed or nut (or avocado or olives). I prefer eating a bite of each and mixing the tastes in my mouth. The results can be very delightful. Most people don't enjoy plain green leaves, and this is an easy and quick way to make them part of a nutritious meal.

Green Leaves	Sweet Fruits	Raw Plant Fats
Celery Stalks with	Dates with	Pumpkin Seeds
Cabbage or Choy	Dried Bananas	Sunflower Seeds
Romaine Lettuce Leaves	Dates	Avocado Pieces
Kale Leaves	Figs	Brazil Nuts
Young Spinach Leaves	Wolfberries	Hemp Seeds
Any Green Leaves	Dried Mango	Macadamia Nuts
Mallow	Currants	Olives (Raw)

Number 2) Add Greens into Smoothies

You can fit a lot of greens into a smoothie if you have a Vita-Mix! When the greens are blended with sweet fruits and some seeds or nuts they are much quicker to eat, this is a great advantage if you don't have time to chew all those leaves. Another advantage is that you can use slightly tougher or stronger tasting leaves. Some of my favorite greens for smoothies are dandelion, mustard, comfrey, mallow, sow thistle, and even grass! All of these except the comfrey grow wild in my yard and all are packed full of nutrition.

See the recipe section for some specific combinations, but the basic green smoothie recipe is as follows. This recipe can be easily modified for a smaller portion; this is how I make it for my appetite: I fill the Vita-Mix to nearly full (2 quarts), which is more than most people can drink. Incidentally, I got the idea of adding greens to smoothies from my wife, who has been doing it for years.

Basic Green Smoothie Recipe

2 to 3 Cups Sweet Juicy Fruit (apples, grapes, bananas, blueberries, blackberries, etc.)

2 Cups Green Leaves (Any of those listed above).

¼ Cup Seeds or Nuts (coconut, brazil nuts, hemp seed, chia seed, flax seed, sesame seed, sunflower seed, pumpkin seed, etc.).

Add pure water and ice (or use frozen fruit) to achieve the desired consistency and temperature. Frozen bananas give a creamy texture, which is nice.

Blend very well in the Vita-Mix. If you don't have a Vita-Mix, experiment with smaller portions in a blender (and save money for a Vita-Mix.)

I often add more than one type of plant fat, and find that shredded coconut goes extremely well when mixed with greens in this way. Sometimes I add a sprinkling of wolfberries or a few dates.

Hint - I find it effective to blend the fruit, leaves, and seeds/nuts together first with a little bit of water. I want it mixed extremely well - it is a smoothie, not a chunky! The initial burst of the Vita-Mix seems to cut and blend more powerfully so generally 10 bursts of 5 seconds each will be more effective than just letting it run for 50 seconds. Then add the ice (an entire tray) and it will cool the mixture down deliciously!

Start with a smaller amount of leaves and work your way up, if needed. You want the most mineral rich food you can find, and wild greens are very mineral rich, but can be a bit strong. I can only put two mustard leaves into a smoothie and then use milder greens for the remainder.

Remember to savor each sip of the drink, rather than gulping it down. Sipping slowly will be more satisfying, and it is also easier to digest because the liquid is mixed with your digestive enzymes in your mouth. Digestion starts in the mouth.

Number 3) Strainer Green Drinks - Using the Vita-Mix

On Father's Day I woke up from an afternoon nap to find my nine year-old smiling in the kitchen with little piles of greens laid out on the counter for my green drink.

Green juices are incredible, but nobody likes to clean the juicer. I've found a simpler way to make a powerful green drink using the Vita-Mix and a couple of strainers. It's much quicker.

I take my Vita-Mix outside and pick a bunch of greens from around my yard. Most of these are edible "weeds" that I don't have to plant, they just grow in my yard. I pick some alfalfa, shepherd's purse, dandelion, yellow dock, sow thistle, mallow, clasping pepperweed, lambsquarters, mustard, spearmint, lemon mint, wild lettuce, clover, and dozens of the various wild grasses. Sometimes I add comfrey, lettuce, spinach, choy, or kale from the garden, but usually it is just a combination of wild greens.

After the Vita-Mix is about three fourths full I fill it with water to nearly full and grind it all up well. Sometimes I add an inch of ginger root to the mix. After blending, I immediately pour the mixture through a strainer and drink the powerful juice, throwing the "pulp" caught in the strainer into the compost to feed the garden.

My body tells me that this is a stronger drink than what I buy at the health food store. In fact, it's so powerful that you may feel some nausea unless you start with a small amount and then slowly increase.

My wife samples the green drinks whenever I make some for myself, and she tells me that the mint and the lemon-mint give the drinks a nicer flavor. Here are two lists that will assist a beginner in identifying which greens are strong, and which are mild: 1. The stronger greens include horehound, mustard, yellow dock, dandelion, and wild lettuce. 2. Some milder greens are mallow, lambsquarters, alfalfa, shepherd's purse, comfrey, mint, clover, and grass, plus anything from the garden; lettuce, spinach, etc.

Here are some hints that will tend to lessen a strong cleansing effect that may be too strong. 1) Drink less at a time. Make a batch, and then spread it out during the day, drinking a little before each regular meal perhaps. 2) Pour the liquid through the strainer twice. This weakens it a bit, but eventually a person can build up to having it only strained once. 3) Drink it right before a meal. This technique goes a long way to preventing any nausea, but it also slows down the cleansing.

Advantages to the Vita-Mix Green Drink

The major advantage is that these green drinks are much quicker, and the cleanup is so much easier. I have a Champion juicer, and occasionally use it for juices and other purposes, but I would never want to clean it three times a day! The optimum two or three green drinks a day requires the power and relatively easy clean-up of the Vita-Mix!

Another advantage is that the strainer will control how "powerful" the green drink is. Start with a fine mesh strainer and then slowly work your way up to a strainer with a

larger mesh. Also, the mixture can be processed through the strainer twice, or three times, if necessary.

Hint - Your strainer will start to become “clogged” over time and need a thorough scrubbing. I clean it every time I use it, but the green fibers still start to accumulate if you use it a lot. Sometimes I use two strainers and pour it through one and then the other. Certain greens with mucilaginous qualities (comfrey and mallow) tend to clog the strainer and prevent the liquid from flowing, so use only a little of these combined with other greens.

Number 4) Green Superfood Powders

This is a more expensive method, but it is a case where money can buy you saved time. There are many commercially prepared greens on the market now, but Natures First Food is among the best, and can be obtained at www.rawfood.com . I believe that 'rawfood.com' is the most incredible online living foods store in the world. You can request a hard copy of their catalog that is continually expanding and just pure fun to peruse.

These commercial green-powders are great simply mixed into a glass of water, but you can try putting them into smoothies or other juice drinks as well.

Action Items

1) Identify five to ten edible green plants that grow near your home. Most people can find this many right in their yard.

2) Have a combination meal consisting of some green leaves, a sweet fruit, and a plant fat using the suggestions in this chapter.

3) Make a green smoothie in a Vita Mix. Keep trying if your first attempt isn't as tasty as you would like. Try different combinations and you will find some you love!

4) Using the edible greens in your yard, or from the store, make a green juice using the Vita-Mix / Strainer Method.

5) Try a Green Superfood.

Chapter 15 - Transition and Cleansing

Clean and light foods allow the blood to become clean and light, which in turn allows the lymph to become clean and light. Over a period of years (at least three) on the Sunfood Diet, as the body is purified, it will change from a solid, rigid, weakened condition to a comparatively elastic, fluid, and energetic state.

David Wolfe - Sunfood Diet Success System

The cycles of purge and replenishment may last weeks, months, or even a couple of years. It all depends on your lifestyle before. It depends on how toxic your body is. Everybody goes through a different detoxification process. Embrace the detoxification process, accept it, and get past it.

Stephen Arlin - Raw Power

Let's say you have an old shed in the backyard. Over the years, things started to accumulate in the shed in a less-than-organized fashion. You never quite wanted to take the time to clean it or organize it, but you kept tossing things in. A lot of the junk is old now, and you're ready to get rid of a lot of it. In fact, the shed isn't even very useful to you unless you can get it cleaned out.

So when you have a week off work you commit to clean the shed. If a neighbor drops by to visit after a few hours what will they see? They will likely see junk, tools, garbage, and such strewn all over the lawn. They are seeing the shed in its transition state,

the condition between the junk filled state and the cleaned out state. It may look temporarily worse before it looks better.

The same is true for our bodies. For years we have been accumulating debris, tucking away a little waste material here, and a little there. We just haven't had the time or energy to get those pockets of filth cleaned out. We don't really want all this junk inside our bodies, but we are so busy we try not to think about it. We don't know exactly how to get rid of it anyway.

When you start on living foods, two things happen. The first is that additional junk it not added because raw foods are simply cleaner and lighter. The second is that energy levels gradually increase enabling one to 'clean house'. This can sometimes happen in a drastic way that can be frightening if you are unprepared.

Two Ways to Cleanse

There are two basic ways to cleanse, you can initiate a planned cleanse (like the shed analogy), or wait until your body decides to do an unplanned cleanse. To continue the analogy, an unplanned cleanse would be like the shed deciding, through inner wisdom, to suddenly cleanse itself! Our body of course does possess this wisdom and will initiate a cleanse when the need is present, the vitality is present, and some raw materials are present.

I did a major planned 'EJUVA Cleanse' after about nine months on living foods. I also did some other minor cleanses along the way also. My body decided to do two major unplanned cleanses, at the six month and ten month points, as well as numerous minor cleanses along the way. I'll describe more about these later.

Often a planned cleanse can trigger an unplanned cleanse. You may be fasting, or on a juice diet for a few days, and your body suddenly decides it now has the energy to initiate the deep cleaning of some tissues.

The Psychology of Cleansing

Your cleansing will be more effective and less arduous if you accept and flow with it rather than resist. An accurate understanding of the purpose and benefits of cleansing will help you to welcome the cleanse. In fact, with the right attitude you can actually feel sorry when it ends. I can say this with conviction because right now as I'm writing this chapter I'm in the seventh day of an unplanned cleanse.

I have no idea when my body will be done, and I don't want it to be done until it's the right time. I welcome the chance to get the junk out from my lungs and sinuses even though this is the 'worst sickness' I have had in seven years. I am truly amazed at the work my body is doing. A fever can be a useful tool, and a productive cough is wonderful. Why would I go to a doctor to stop these wonderful processes my body is engaging in to improve my health?

Acute illnesses (cleansing processes) are blessings from God and are the remedies for congestion and blockages within our bodies. This is why we never find cures for the flu, or the common cold. If I could snap my fingers and do away with all colds and flus this would curse the earth with a drastic increase in chronic illnesses. The body would have lost the ability to cleanse itself!

Thousands of other people have this same 'flu' this winter. I welcome the cleanse, knowing its purpose and that all my bodily systems will be rejuvenated. Most of the

others, unfortunately, believe that they are suffering senselessly, just victims of bad luck and the ubiquitous flu bug. For whom do you think it is easier to keep a positive attitude?

So you can see that everyone cleanses, they just don't know it. Another term frequently used in alternative health circles and books is detoxification. This is simply another word for cleansing. Transition more often refers to a time period, a whole set of ups and down as you transition from eating cooked foods to living foods.

Motivational Materials

A cleanse, planned or unplanned, is a good time to read a few books on fasting, cleansing, detoxification, physiology, healing, living foods, etc. The more you understand about what is really going on in your body the easier it will be to cooperate and flow with the cleanse.

Learning from these books will help you to be patient, and you will need patience. Also, you need to remember to take it easy, and that you can't keep pushing yourself. As stated in the book titled 'Four Agreements' your 'best' is different when you are sick than when you are well, but you are still doing your best.

Types of Cleanses

There are many different types of fasts and cleanses, and most of them work well. Which type of cleanse you choose can depend on several things, including work schedule, finances, season, availability of different cleansing foods, cleansing goals, etc.

A colema is a cross between a colonic and an enema that you can do at home, and can be a part of any cleanse if desired. More information will be given about the colema later.

Complete fasting is one cleansing method, just pure water. This is one of the cheaper methods. In fact, you save money! There are all kinds of cleansing programs out there to suit everybody's needs, from one to three day cleanses to the month long EJUVA Cleanse. Or, you can develop your own.

Most cleanses call for a restriction or complete elimination of food. They usually call for herbal mixtures, bulking agents (made into drinks), and selected nutrients to assist with cleansing and proper bowel elimination.

My Experience of an Unplanned Cleanse

These are some notes I wrote during the cleanse my body did after six months on living food.

My lymph glands were swollen, my head was foggy, I had a pain in my colon, and my energy level was extremely low. My body was focusing all its energies on my colon area, and auxiliary elimination systems, and I hardly felt like moving at all.

For years now I have had a pain, off and on, in my lower right colon, approximately where the large intestine begins. I may have had some kind of kink or tight spot along with waste material my body had collected at that location. Since this area was painful, I struggled with the energy required to do a colema.

Since my body wanted to cleanse, I cooperated with it by drinking lots of fluid with very little food, doing colemas, hot baths, positive and cleansing visualizations, lots of rest, headstands, and a little rebounding (jumping on the mini trampoline) to keep the lymph system going.

My body liked the cooperation, and eliminated some old and yucky fecal material from many years of accumulation! My weight hit 124.

My Experience of a Planned Cleanse -

The following are some notes I made during the last week of the EJUVA Cleanse, from Monday September 29 through Sunday October 5, 2003. When starting the month long EJUVA cleanse, I had been on completely raw foods for seven months. This chronology covers the last week of the cleanse, which is done with no solid food. I did take ½ teaspoon of chia seed for extra bulking and cleansing three times per day, as well as about a teaspoon of bee pollen. I had three green drinks per day, made with the “strainer method” described in my chapter on greens.

EJUVA recommends taking the herbs and the combi-shake four times per day during the fourth week. I could see on the first day this wasn't going to work with my schedule, so instead I took them three times per day (roughly at mealtimes). I increased the amount proportionately by 1/3. Having to work the first three days of this cleanse meant my schedule was not completely up to me.

During the three days I had to work, I did one colema each evening. On the other four days, I did a colema in morning and in the evening. I usually followed the colema with a relaxing bath for about an hour. I like to take a good hot sweat bath once per week, but since I was doing so many that week I made sure the water was only slightly warmer than my body temperature, just so it felt comfortable.

Monday (Day 1)

Today was not difficult or too different. I eat very light for breakfast and lunch anyway so my body didn't really kick in with cleansing until dinner time. I'm having apple juice, tomato juice, and pear juice (whatever I can juice). I'm planning on doing a colema

and a bath every evening. Even with my first colema, I expelled some old material, which is great to get rid of.

Tuesday (Day 2)

I figured I might lose a pound a day, but on the morning of the second day I had dropped from 130 to 125. This is unusual, but I'm not worried. I certainly know I won't lose five pounds every day. But I will hit an all time low since high school. It will be interesting to see where my body goes. In my senior year I wrestled at 126 for most of the year, and dropped to 119 for state (which was lower than I wanted to go).

I can definitely tell my body is working hard and digging deep in its cleansing work. I'm not super tired but during my afternoon workout I can tell that I don't have quite as much energy. One of my coworkers asked if I was losing weight.

After my evening colema I had another bath and it was awesome. I instantly went into a deep sleep for an hour and it was difficult to even get out of the tub and get ready for bed. I have all kind of gurglings and other sounds in my intestines, even in the night. My sleep is so deep. My wife had to teach martial arts without me tonight. It's difficult to slow down but I have really tried to keep this week unscheduled and get a little more rest.

Wednesday (Day 3)

My weight is 124. My tongue is coated and my body is working hard. As long as my tongue shows signs of cleansing and I get "smelly" stuff out during the colemas, it is obvious that I have old waste material that need to be eliminated.

I've been on juices for several days at times, but this cleanse seems more effective so far. This may be the result of nearly eight months of raw food and other healthful living

practices, the three weeks of EJUVA herbs prior to this week, or just due to the EJUVA herbs I'm presently taking.

Today I had very low energy. After work I took my boys to a cross-country (running) race for high school athletes. As I looked at the finishing times, I thought to myself, "Usually I could keep up with 95% of these guys, even if I am 20 years older than they are, but I couldn't keep up with them the way I'm feeling today."

Thursday (Day 4)

Weight in the morning was 123, an all time low since high school.

This morning I didn't have to work, and luckily baby went back to sleep after nursing so we could sleep in a bit. My wife and I did some martial arts forms in the morning that we needed to work on. My energy was extremely low again, surprisingly so. I did a colema and bath in the morning today because I have to tend the two youngest tonight while my wife takes the two oldest boys somewhere.

I eliminated a lot of "old" junk during the colema, it just keeps coming out.

I've been thinking that the fall is a great time to cleanse. I wanted to do it before it was too cold, but there have been other benefits too. For one, the apples and tomatoes and other produce are abundant and ready to be juiced.

I have also heard that the change in seasons is a natural time to cleanse. We tend to get the flu during the spring and fall. I had another colema in the evening.

Friday (Day 5) Weight 122

Mild workout in the morning, with hand stand pushups, mini-tramp, and stretching. Then I had my colema and a bath. I actually had more energy today, and ran about four miles in the afternoon. In the evening, another colema and a bath. It's difficult

to sit with the family while they are eating, so the colema and bath in the evening keep me away from that also.

Saturday (Day 6) Weight 122

Maybe my body doesn't want to lose any more weight (which is fine). I'm looking forward to building back up with healthy tissue made from excellent raw ingredients! This morning I did another mild workout to make sure all the elimination channels are flowing, then a colema and a bath. My energy level is still rather low, these mild workouts are about all I'm able to do.

I've been having tomato juice and apple juice but today for lunch I picked a watermelon from the garden and juiced part of it for lunch. What a treat! It was delicious. I continue to have three green drinks a day also to get the cleansing chlorophyll. I've about used up all the wild grasses on my property. Thank heavens for the spearmint, catnip, and mallow that are the mainstays for my green drinks.

I have had more energy in the afternoon. A few days ago I listened to a tape on cleansing by David Wolfe. He talked about how if we didn't have vegetables every day while growing up then we certainly have accumulated mucus in our intestines. I started thinking more deeply about what I really ate while growing up. I hardly ever ate anything raw, and not even a lot of vegetables. I ate pizza, Captain Crunch, and everything else. I used to go to the store and buy bags of candy (tootsie pops, salt water taffy, whoppers) when it was on sale. I'm making up for it now.

Sunday (Day 7) Weight 122

I'm kind of tired of juices and my body does seem to want to eat. Today was emotionally difficult, I'm not sure exactly why. I'm so glad for everything I've eliminated.

During every colema I've eliminated old, foul-smelling material. Perhaps I was expecting even more, or to know for certain that I was completely cleansed, which I know I'm not.

According to one general principle it requires one month of living foods to make up for one year of eating cooked foods. So I've now backtracked to age 28, and in 28 months more I should be thoroughly cleansed. I guess I have to take my own advice on being patient. It will be interesting to note the changes that occur during the next few weeks as my body's assimilation rate is now increased.

Recovery Time

With a planned or unplanned cleanse, plan on some time to get back to your 'new normal'. A general rule is to allow for the number of days your cleanse consisted of. For example, if you go on a three day cleanse, then allow three more days after the cleanse for your body to adjust and recover. If you are on a two-week cleanse, then allow two weeks additional to reach your new normal state.

Before I understood this, I went on a three day cleanse and ran a 5K on the fourth morning. Now there is nothing wrong with this, except that I didn't do as well as I thought I might. Even though my body was very cleaned out, I hadn't been eating for three days and my body's energies were devoted to activities other than running a 5K. Simply be aware that it takes some time for your body to move from the cleansing mode to the normal operation mode. During this transition time, especially if your cleanse involved fasting, you want to ease slowly back into eating. Eat simply and lightly for a few days.

The Colema

I'm not sure who invented the Colema board method of cleansing, but I think it's a wonderful item because you can cleanse alone in your own home anytime you need. I believe four out of five people won't go to a colon hydrotherapist because of privacy issues.

The colema board I have is 40" long by 20" wide. It has a hole that fits over the toilet seat. I use two buckets full of wheat (17 ½" high) on which to place the other end of the colema board. This gives a slight downward grade from the head end to the toilet end, which is what you want.

I use a stack of three more buckets of wheat to put the water bucket on, making the water 35 inches higher than the colema board. Aim to have the bucket of water 35 to 40 inches above the colema board and this will give adequate gravity flow. I have heard of hanging it on the shower rod, but I wouldn't try that unless you have a very strong shower rod. Five gallons of water is very heavy. The water for the colema goes in another bucket. We used an old food storage bucket, drilled a hole, and inserted the adapter that holds the tubing. Some caulk around the hole seals it.

The flexible tubing runs down to the 'bottom' end of the colema board, where mine has a little hole that stabilizes the tubing apparatus. In the end of the tubing you place the thin piece (tip) that is inserted into your rectum (three inches only) when you lie on the board. A drop of olive oil on the end of the tip may ease the insertion process. You may want another bucket behind you on which to rest your head. I put the two buckets of wheat holding the water bucket behind me and just to one side. This forms a pillar on which I rest my head. That's the physical set up.

The Colema Process

The water is gravity fed from the bucket into your colon. You can control the rate of flow (or stop it altogether) with a small clamp that fits over the tubing and which you control with either hand. You don't need to remove the tip from your body until you are completely done. When you need to expel some fluid (and waste), simply do so. The tip won't come out, it is very thin and the material flows right by.

It will take about 45 minutes to go through five gallons of water. The water temperature should be warm, but not hot. I like it a few degrees warmer than my body, about like comfortable bath water. You can massage your colon with your hands to help the water flow as far as possible into your intestines. You may feel some nausea at times, often just before needing to expel. Try to relax as much as possible. Read a book if you wish. I used to listen to books on tape but now I prefer to relax and visualize cleansing and bodily improvement.

For more information on why and how to do colemas, refer to Bernard Jensen's book titled, 'Tissue Cleansing Through Bowel Management'. My wife and I have had excellent results from the use of the colema process. During any planned or unplanned cleanse colemas will assist the body in what it is doing. You can do one colema every day, or two a day (morning and night).

Bernard Jensen advocates supplements which help to break down and loosen the hardened mucus in the colon. This hardened material can actually line much of your colon, preventing proper assimilation. With proper nutrition and colemas (or colonics) this hardened waste lining your intestine can be eliminated in long segments.

Sometimes cleansing is difficult, but it is always rewarding. Remember that sacrifice is giving up something pleasurable now in order to gain something you value even more in the long run.

Action Items

- 1) Talk to a friend who has been on living foods for a year. Ask about the cleansing periods that occurred during their transition time.
- 2) Plan a short or a long cleanse that suits your schedule, goals, and finances.
- 3) Read a book on cleansing or fasting so you will be psychologically prepared for the changes that will come.

Chapter 16 - Living Foods and Disease

Chronic disease has one true cause: toxemia. Toxemia is an accumulation of spiritual, emotional, mental, and physical waste, mucus, and various residues in the organism... the common cold, flus, fever, grogginess, etc., are actually efforts by the body to eliminate physical waste; they are symptoms of a body in the process of healing itself. When you have mastered this health and diet system, you will have overcome the major illnesses. You will no longer experience colds, flus, fevers, etc. They will all be looked at as part of a past and unusual way of life.

David Wolfe -Sunfood Diet Success System

The practice of classifying each local inflammation by a different name and giving each an individuality, confuses both the patient and the physician. This keeps alive the delusion that there are many diseases.

Herbert Shelton - Fasting Can Save Your Life

Health is more than the absence of disease, but the absence of disease is a great place to start! This chapter explains why living foods can actually remove the cause of most diseases. Let's begin by looking at disease from a less orthodox, but more useful, viewpoint.

The Basic Cause of all Disease

The basic cause of all disease is accumulated waste in different areas of the body. This is not the entire story, however. There are various reasons why this waste is

accumulating, along with a progression of physical abnormalities that occur as a result of this waste blocking the body's natural flows.

The progression of disease typically occurs as follows. The waste creates a backup or blockage and this leads into an irritation. After the tissues are irritated for a time, and the waste accumulates further, the tissues in the affected area become inflamed. If the inflammation continues, the tissues lose their suppleness and start to become thick and hardened. Hardened tissues lack the ability to utilize oxygen and start to either decompose into an open sore (ulceration) or proliferate in a destructive manner (cancer.)

The degenerative diseases are end points that have been years in development as described above. The traditional doctors who come from a different orientation cannot find a cause because their entire paradigm is mistaken.

Nevertheless, modern doctors are quite good at identifying the different localities of blockages, irritations, inflammations, hardenings (sclerosis), and ulcerous & cancerous tissue. They of course have different names for all these "diseases" depending on the severity and the organ or tissue in which the trouble is found. This leads to a confusion that there are really lots of different diseases with multiple causes. Most of these causes are claimed to be unknown, but the elusive search continues.

The Name of the Disease is not the Cause

When most people go to a doctor and get diagnosed with, for example, arthritis, they do not search for the 'cause' of their joint inflammation and pain. Arthritis is merely a name. It is not a cause. Some people actually believe that there is a mysterious "thing" called 'arthritis' that has attacked their joints.

Bursitis, cystitis, sinusitis, bronchitis, gastritis, colitis, and any other disease with that ending consist of an inflammation. The name of the disease describes the locality and the condition of the tissues, not how or why the area became inflamed. I have had recurrent bouts of acute bursitis for many years, and it feels so good to be free from that inflammatory process now.

A Cure for the Common Cold?

As described above, any disease name is simply a descriptive term, and not a cause. Think of the example of the common cold. Your runny nose, cough, and stuffy head are not caused by a cold. The cause is accumulated waste in your bodily tubes and cavities. Your body has simply decided to increase elimination temporarily to catch up. The “cold” is the best thing for you, it is foolish to try and hinder the body’s efforts. When we do stop the cleansing with drugs, we more quickly develop chronic and degenerative conditions.

Nature resists our efforts to stop the cleansing, which is one reason we cannot find the cure for the common cold. If we could stop every cold and flu “dead in its tracks,” we would all be much worse off.

Why Does Waste Accumulate?

All cells and systems of the body regularly take in nutrients and also give off waste products. We breathe in oxygen, and breathe out carbon dioxide (waste.) After holding your breath for one minute, the intense desire to breathe comes not only from an oxygen deprivation, but also from the excess buildup of carbon dioxide.

The urine is not just water but also waste products from normal metabolic activities. The feces also is not made up of solely undigested food, as many people think,

but also dead cells and a mixture of fluid and solid wastes; much of which is dumped into the colon from the lymph system. These examples are provided to show that most of the blockages and waste in our bodies do not come from environmental 'toxins.' Simply as a part of living our body produces byproducts, or waste, that needs to be eliminated.

This normal process of anabolism (building up) and catabolism (tearing down) continues as long as we are alive. Anabolism predominates during periods of sleep and catabolism predominates during times of activity, especially intense activity.

As long as the produced wastes are not above normal and the elimination systems are flowing (not clogged) everything functions healthily. Unfortunately, this is rarely the case. Described below are some more specific reasons for waste accumulation.

Specific Reasons for Accumulated Waste

1) Overeating and eating the wrong foods. Your body only needs as much food as it can properly digest, and this is much less than most people imagine. An excess of any food is a burden on the body. After eating a heavy meal late at night, how do you feel the next morning? Your elimination system is literally "backed up" and you feel it.

Yes, you can still drag yourself out of bed, have a cup of coffee, and get yourself to work. And, if you have a couple of light meals and get some exercise your elimination system will catch up, one night won't kill you. But what happens when you overeat again the next day, and overwork, and get stressed? Your elimination gets farther and farther behind and the waste (and weight) start to seriously accumulate.

Living foods are much easier on the digestive system because they have so little residue to clog up the body tissues. Another benefit is that living foods are very difficult to overeat, whereas with cooked food it is very easy to overeat.

2) Not enough sleep and rest. As mentioned before, we produce more wastes during active periods, and eliminate more wastes during rest periods. What happens when you push and push and work and work without giving your body a chance to clean and rebuild? The waste accumulates.

As an example, if I run ten miles I feel tired. My body has been 'tearing down' and producing lots of acids and wastes. These wastes are beginning to accumulate, and this signals tiredness. My body says, "Hey you, why don't you stop all this intense activity and give me a chance to catch up?"

So I stop running, cool down and stretch, and then have a good meal and a long rest. When I awake, I feel a lot better. Why? I feel better because my body is working during that rest. My muscles aren't working as much but my elimination systems are actually moving wastes around and generally cleaning up and rebuilding.

Eating living foods make it more possible to get 'enough' rest for two reasons. The first reason is that living foods have less waste for the body to process, and the second is that your elimination systems work more quickly and powerfully.

3) Lack of exercise. Sedentary life creates poorly functioning elimination systems. The lymphatic system especially requires bodily movement for the proper flow of lymph. You don't have to run ten miles and you don't have to exercise all day, but for proper elimination you do have to exercise. Exercise produces some waste byproducts but overall it increases and opens the channels of elimination.

We have over 650 different muscles and they were meant to be employed in useful work and engaging play. We were not designed to sit still all day. Living foods makes it

more fun and easy to exercise because you reach your proper weight, and also because you have all the raw materials needed to build and operate healthy muscles.

Related Causes of Disease

Lack of Oxygen

Some people say that it's a lack of oxygen that causes all disease. Well, they are right! When wastes accumulate and the natural body flows become blocked, this deprives tissues and organs of much needed oxygen.

Viruses and Parasites

How about viruses and parasites? Don't they cause disease? Yes, absolutely. They are nature's composters and live and multiply in the accumulated waste in your body. The presence of parasites, molds, fungus, etc. is related to the lack of oxygen in the tissues. These organisms thrive in oxygen deprived environments. Oxygen will kill them.

Lack of Minerals

Does a lack of minerals play a role in disease? Yes! One reason for poor mineral assimilation is accumulated waste in the digestive system. And conversely, the elimination systems may function more slowly because they don't have the proper materials.

You can see from the above examples that there are many levels of looking at the "cause" of disease. There are many more factors that are not presented here because the BASIC cause is the accumulated waste in the body.

In summary, disease is caused by accumulated waste materials, both from normal metabolic processes and from toxic substances ingested or absorbed from the environment. The primary way to prevent or remove the cause of disease (accumulated

waste) is by eating low residue living foods and by keeping the elimination systems functioning and flowing. The three major things you can do to maintain top health are:

- 1) Eat highly mineralized living foods.
- 2) Get enough rest and sleep.
- 3) Get proper exercise

Action Items

1) Read 'Fasting Can Save Your Life' by Herbert Shelton. This classic covers not only fasting, but also the basic theory and process of overcoming diseases by eliminating accumulations and blockages in your body.

2) Implement the basics - the three recommendations at the end of this chapter. High quality food, proper rest, and body movement. Hopefully this chapter has shed light on how and why these simple practices lead to greater health.

3) Be patient, and always focus on and visualize what you want (health), rather than what you don't want (disease). Give energy to the positive.

Chapter 17 - Raising Children on Living Foods

You can learn many things from children. How much patience you have, for instance.

Franklin P. Jones

Children have never been very good at listening to their elders, but they have never failed to imitate them.

James Baldwin

The Boutenko family, in their book titled ‘Raw Family,’ tells the story of their family, consisting of four persons, going on raw food overnight. If your entire family is willing and ready for 100 percent living food, wonderful. It’s a great thing, but it also happens to be very rare.

My wife used to work in a health food store, and has always had a healthy orientation toward diet and living. Our four boys have been raised on fruits, vegetables, whole wheat, beans, nuts, seeds, with minimal amounts of meat and dairy. We have always had some salads and lots of fruit. Breakfast has always consisted of mostly fruit and nuts.

Take a Relaxed Approach

When I started on 100 percent living food, I never expected, required, or even asked that my wife and children do likewise. However, my wife was trying to increase her living food intake, and we were experimenting with many new foods and recipes. Because of this, our boys did try lots of this type of new food in their diet.

Some of the meals (the cakes, cookies, and such) were great hits. We have actually had many of our uncooked dessert-type favorites for years. Some of the other recipes, for example pates and soups, were not big hits at all. We usually have our boys eat a small amount (they have to try it), and then give them some other foods.

With children, I personally think it's best to provide lots of raw foods as options, but not to force the issue. Take a relaxed approach, and always take time to sit together as a family even if you are eating different foods.

Children Will Differ

My wife and I enjoy martial arts, and two of our children have chosen to take the classes with us. Our oldest has not wanted to, and says he may never do it. Children have different interests and goals, and that's to be expected.

It's likely that children will also differ to the extent they want to embrace living foods. My six year-old boy is my "raw boy." He eats my greens straight out of the garden, and often chooses to eat raw over cooked. About every other week, he tells me, "Dad, this is my last cooked meal!" I just smile because I know that his resolve will last about a day, which is just fine.

After our first new living food dishes, Conner, my oldest, gave what he called his "Verdict on the raw food." He held up his thumb and gave a halfhearted, "Acceptable." Then he added, with more vigor, "But I'm glad I don't have to be 100 percent raw!"

Breakfast Ideas

My wife and boys have living breakfasts over 90 percent of the time. We have fruit salad, dried fruit and juice, fruit and nut/seed smoothies, and almond crème salads. See the recipe section for instructions on how to make almond crème. We use a couple of

spoonfuls of almond crème with some fresh fruit or fruit puree to make a meal.

Sometimes we add granola on top. Raw granola bars are another easy meal, and I've provided that recipe also.

Set The Example

My boys all love to read because they see their parents enjoying reading. We also set the example in choosing what to eat. We let our children "overhear" discussions about the benefits of living foods. They also see their Dad enjoying tremendous health and energy. They know he doesn't have bursitis attacks anymore.

Be excited about eating living foods. This is the greatest way to influence children! Your children see how you think, feel, and act. They will see your health improvements over time. All my boys love to prepare foods with Mom and Dad, and they always think the meal is tastier when they have helped to prepare it.

Our boys probably eat from 50 to 75 percent living foods, depending on the season. They probably don't get enough greens. On the other hand, I don't have to try to get them to eat my living Apple Walnut Pie with Coconut Banana Ice Cream. I just have to make a big batch of both.

Our boys are very healthy. All four have never needed to see a doctor in their entire lives.

Action Items

- 1) Set the example for your children.
- 2) Introduce your children to five new living food recipes over the next two weeks.
- 3) Make an effort to make tasty and appealing dishes for the children.

4) Openly discuss health information and ideas at the dinner table, and at other times.

5) Have fruit on hand for snacks, or cut-up carrots or celery.

Chapter 18 - Living in a Cooked Food Society

I shall live in harmony with people who eat cooked food.

Victoria Boutenko (12 Steps to Raw Foods)

Be Accepting of Others

It's not likely that everyone in your social circle is going to change his or her diet. It's fun to have raw potlucks, and interact with people who have similar interests, but you still get to live with the rest of the world. You can, however, do it on your own terms without being preachy or antagonistic. You can exhibit energy and enthusiasm and radiate health while still accepting people as they are.

I work very closely with two people whose diets are just about totally opposite from mine. One is a smoker. Diet simply isn't an issue.

Relations With People Can Actually Improve

After about four months of eating raw, my interactions with people began to change. I felt more energetic and therefore found my relations were more energetic. I visited with people for a little longer, and was more sincerely interested in the conversation.

Before living foods, I didn't have the energy I needed for people. Being with people for a sustained amount of time has always been somewhat draining for me, and I have always needed time alone. I've been a teacher and a counselor for years (spending most of my time with others), and I certainly could have used this benefit earlier. I had to be with people more than I had the energy for, and could only be "UP" for so long.

Now I have more energy for people. I was put on the library board, and after our first meeting learned that the budget had been cut and they would probably have to raise fines. I had two ideas (one to save money and one to raise money.) Now normally I might have just thought, "I'm too busy, and I'll wait until later." But instead, I felt a desire to act on these ideas. The 'Fun Run' I organized to benefit the library is a good example of the type of project I am now able to take on and really enjoy since having the 'new' energy to be more real with people.

People are important. One of my favorite quotes, by Charles "Tremendous" Jones, is: "One year from now you will be much the same as you are now, except for the people you meet and the books you read."

Be Confident in Your Choices

While I've only been 100 percent raw since February 2003, I have eaten "differently" from most people since 1987. So I have a lot of experience in dealing with all kinds of social situations, both work and family. A major key to making them feel comfortable (and you also) is to be confident and matter-of-fact, rather than shy, awkward, or apologetic.

Keep Up Your Social Activities

To enjoy life fully, keep up all your social interactions with others. Other people notice your eating habits a lot less than you think they notice, and they care even less. When my wife and I invite people over for dinner, we usually have a potato bar, with a big salad and lots of raw toppings, along with the bacon bits, chili, and sour cream. I don't think one person yet has noticed that I don't have a potato underneath my salad and that I only pick certain toppings.

Another technique that has worked well for summer socials is to bring the watermelon. I bring two watermelons and a big tray to cut them on. I arrange the pieces pleasantly on the tray and station myself conveniently near. If a few people notice that I'm only eating watermelon, and I just tell them that I like watermelon.

Usually I can work it (by bringing and sharing) so that I will be eating some of the same food that the others are. Occasionally this isn't feasible, and in such cases I just go and visit with others and eat my own food later. All my family and coworkers are so used to me that it simply isn't an issue. Sometimes if people ask, I'll say, "I'm not ready to eat yet," which is true, or simply, "Oh, I'm here to enjoy the excellent company."

It doesn't really matter exactly what you say as long as 1) You have a smile on your face, 2) You don't make an issue of it, and 3) You don't act superior or put them down in any way.

If you follow the above guidelines, you will almost never experience antagonism toward you. If someone does press you, tell that person that you can set an appointment to discuss your diet later, but that at present you would rather visit with friends. Another simple statement is to say, "I have several acidic conditions in my body and I'm flooding my body with alkaline elements." Please resist the temptation to tell them that they also have several acidic conditions in their body and that they ought to be trying what you are.

Use Your Sense of Humor

If people make jokes about your food, just laugh with them. I have one coworker who is always making wise cracks about what I have for lunch. She means no offense, and I take none. I proudly show her my pine nuts and wolfberries and dates and even

offer her some. Realize that those of us into living food are the ones who are ‘different’ and in the minority.

Action Items

1) Invite some non-living food friends or neighbors over for dinner. Have soup and salad, or a potato bar or a taco salad. These are all meals that lend themselves to ‘mixed’ company, meaning both living food and cooked food eaters. This experience will help you to realize that food doesn’t have to be an issue.

2) Attend all the social functions you normally would. Bring a living food dish to potlucks or socials and be open with your health practices if people ask questions.

3) Be excited and joyful about whatever foods you wish to have. We hardly can set an example for others if we eat our living foods with forced discipline and a glum sense of denial.

4) Share your enthusiasm and knowledge with others only as their interest dictates.

Chapter 19 - Living Foods and Sexuality

"What Napoleon Hill revealed was that those who had achieved incredible accomplishments had a high degree of sexual charisma. They had learned to channel their sexual energy into success - they had mastered the art of sexual transmutation. Napoleon Hill also discovered that those who experienced great successes in their life did not achieve those lofty heights until the age of forty or beyond. He attributed this to the ability, with age and experience, to transmute the sexual impulse into areas of creativity and achievement. Now this is possible to do without having to wait for age and experience to bring the sexual drive under control. The sex drive can be transmuted through the right use of diet."

David Wolfe (Sunfood Diet Success System)

In my own experience, starting on living foods brought about a change in sexuality that was dramatic and completely unexpected. In just a few weeks, the number of times per day I thought about sex decreased tremendously.

Now don't misunderstand, the sexual experience is just as enjoyable. However, it is a choice rather than a compulsion. Since puberty until age 36 I have had a very high level of sexual energy. Looking in hindsight, the uninvited obsessive thoughts were often irritating and energy sapping.

Having experienced such a change, I prefer the more moderate level of sexual energy I now enjoy. I believe that what I experienced before was excessive. I realize that I would not have believed this concept before actually experiencing the change myself.

A decrease in the compulsive nature of sexual thoughts has not been my experience alone. Remember that the capacity for, and the enjoyment of, the sexual experience is not diminished at all. It is simply more of a voluntary experience instead of an addiction. For many men into raw and living foods, this allows them to have a more loving relationship with their wives.

A Quiet Mind

One raw foods advocate, David Favor (davidfavor.com) says that the reason for the change is that the urinary and sexual systems act as secondary detox pathways when bodies become overly toxic. The way he tells it, especially the last line, is worthy of a quote here:

“Thus, when bodies become cleaner, they no longer require secondary detox pathways and both urine and sexual systems return to their natural function. By the way, this is why most men constantly obsess about sex. Men’s sexual system is the backup detox pathway for caffeine and uric acid, which comes from eating complex proteins like flesh, fish, dairy and even grains and soy or drinking soft drinks, coffee, or teas. When these leave the diet, most men enjoy their first experience of their quiet mind.”

I can testify that a “quiet mind” is wonderful. The extra attention and energy I have for the achievement of my goals is a benefit as well.

Societal Benefits

Positive changes in society will surely come about when more people have a normal level of sexual energy rather than an excessive level. There will be drastic changes in the media, along with decreases in pornography, unwanted pregnancies, and infidelity.

Reproduction and Aging

In her book 'Wild Health,' Cindy Engel states that life span is directly linked to reproduction. One reproductive peak has been passed, aging and death inevitably follow. Among animals, if breeding is delayed for a few generations, longevity can be increased.

Perhaps the relationship between reproduction and aging works both ways. We know that plants and animals with a short life span 'go to seed,' or in other words, reproduce very quickly. Survival necessitates this. Perhaps humans who are aging quickly due to whatever factors have an earlier and stronger sexual drive. The urge to reproduce may be artificially accelerated (above the normal) in order to make sure that offspring can be produced before the person dies.

When the body senses that aging is occurring more slowly, then in its wisdom perhaps the body moderates (and lengthens) the sexual energy. A living foods diet could signal the body and moderate sexuality through the greatly increased intake of antioxidants in fruits and vegetables. My diet now contains many more times the level of antioxidants, nutrients found in brightly and deeply colored fruits, than my former diet.

Addiction and the Brain

Gabriel Cousens, in his book 'Conscious Eating' presents a model of the addictive brain. When there are enough natural neurotransmitters and opioids in the brain, our pleasure centers work the way they were intended. We feel a sense of well being and balance. When there is a shortage of the proper chemicals in the brain due to poor nutrition (and other reasons) then we feel anxiety, urgency, discomfort, irritability, anger, and hyperactivity.

Dr. Cousens notes that if the pleasure-center stimulation is too low for comfort that we may be driven toward addictive behaviors in the attempt to raise our own

endorphin level. These compulsive / addictive behaviors include overeating, gambling, drugs, and sex. This model is provided here as another example of why improving nutrition through living foods may have such an impact on sexuality.

As you increase the vitality of your diet, this will bring your endorphin balance back to normal. You will be less driven to engage in any addictive behavior. You will also have more energy to creatively pursue the accomplishment of your dreams!

Action Items

- 1) Give living foods a trial while paying attention to your sexual drive.

Chapter 20 - The Vita-Mix Powerhouse

The Vita-Mix is the single most important appliance for the living foods kitchen!

Chris Westra

A Vita-Mix is basically a super powerful blender, but it does much more than any other blender as this chapter will illustrate. If my Vita-Mix ever broke I would order another one immediately. A Vita-Mix really opens up the possibilities for those just learning about living foods. It also increases the likelihood you will achieve your health goals.

Used 1000 Times Per Year In Our Family

There are other useful items in the living foods kitchen. We use our Excalibur dehydrator 12 to 24 times per year, and our Champion Juicer around 50 times per year. The Vita-Mix, however, is used over 1000 times per year, and that is not an exaggeration since we average well over three times per day.

Sometimes the Vita-Mix is used up to six times a day, for instance if I am creating some recipes for a raw food potluck. But even a six-use day is definitely not a record considering that on any average day I might make a Grape-Green Smoothie for breakfast, then one of my kids will use it for a frozen banana mixture to pour over a fruit salad. Later it will be used it to make Silica Soup for a potluck, and for lunch I will make another Grape-Green Smoothie. As the day continues my wife will use it to make 'Persimmon Pie Filling,' and finally, I will use it in the evening to make 'Sandy's Coconut Ice Cream' to

have with the pie. If more than one member of my family has breakfast-smoothie, it gets used even more often per day, etc.

Fruit Drinks and Smoothies

The most common use for our Vita-Mix is fresh fruit drinks or smoothies. Many of the basic recipes are listed in the recipe section but there are infinite variations. Any combination of the three basic food groups (fruits, greens, and nuts/seeds) may be used for fresh smoothies. A simple blender simply will not do.

A Vita-Mix is so powerful that it will blend the hardest seeds and nuts and the toughest peels and leaves. I'm able to eat and digest citrus fruit seeds and pith, apple seeds and cores, juniper berries, grape seeds and peels, Brigham Tea stems, tough leaves & grass and all kinds of seeds and nuts. I'm grateful for this fantastic machine that increases the nutritional content of my diet and makes it possible to eat a wider variety of whole foods.

I don't put in the apple stems, or date pits, although it would grind them. In fact, the Vita-Mix company claims that it will grind wooden blocks to sawdust (though they don't recommend doing this at home.) When you peel oranges and lemons, use a knife and just peel off the outer orange or yellow layer, leaving the white part (the pith) which is full of nutrients. The pith also adds a creamy texture to your smoothie.

On many days throughout the year I have smoothies for both breakfast and lunch. One night a week (martial arts night) I have a smoothie for dinner also. Smoothie-shakes are quick, nutritious, and easily digested. I do sip my smoothie rather than gulp it down, but it is still quicker than eating the same amount of food.

Processing Food for the Freezer

As a family we have switched from canning to freezing. We “put up” pureed tomatoes, apples, peaches, apricots, pears, and grapes in quart jars for winter use. I believe in eating fresh whenever possible, but Utah is hardly the tropics and I have a growing family to feed. Frozen food is still very vibrant and health giving.

Filling the large two-quart Vita-Mix container with fruit and blending it for a few seconds goes so quickly. The quart jars we used for canning are now used for freezing. In fact, we ran out this year and were scrambling to find all kinds of containers for the grape puree I’ve been making.

We have many uses for the quart jars of frozen fruit. Most often, we thaw it out and mix it half-and-half with Almond Crème for what we call Almond Crème Salads. We may add some raisins, currants, sliced banana or apple. Refer to the recipe section for the Almond Crème recipe. I just made some Almond Crème today. It’s an excellent staple I have been making for many years.

You can also make a smoothie with a jar of fruit puree. If it is still half-frozen, all the better. Just pour it in the Vita-Mix and add some nuts or seeds and some greens and blend it up. The tomatoes are used in soups and dressings.

Ground Seeds and Nuts

Some living food recipes call for flax seed meal (ground flax seed) as a thickener and the Vita-Mix does this also. Just put in one cup of dry flax seed and grind quickly. Don’t leave it too long or it will become flax butter. This method also works with other seeds or nuts. Just remember to grind quickly - a few seconds at a time, until the seeds or nuts are broken up to the consistency desired.

Nut and Seed Milks

For a great dairy alternative, put one cup of seeds or nuts into the Vita-Mix and a few cups of water, add some honey if desired, or a pinch of Celtic Sea Salt; perhaps a banana for creaminess. Grind well. Some people recommend straining the mixture through a cheesecloth but I've never bothered. If you save some for another day, simply shake it well before serving. These milks are very nutritious, but you get the same nutrients by simply adding the seeds and nuts to your smoothie (with less work).

Soups

Soups have been challenging recipes. Our children are usually less than enthused about our living soups, with a few exceptions. I worked hard to create some recipes which could please the palate of our youngsters, and the Vita-Mix made it possible. The Silica Soup has been our favorite so far. We never have any leftovers.

The Vita-Mix can actually warm or even "cook" soup simply by leaving it blending for several minutes. I never use the machine for this. I don't prefer my food warm, but if you do, I think it's easier to warm it in a saucepan. For our potluck we warmed the Silica Soup in a saucepan because most people are used to warm soups. Most of the people who come to our raw and living food potlucks are not 100 percent on living food.

Dressings and Dips

I love tasty dressings and dips, and some of my recipes I can use for either, depending on the thickness. When making a dip, I simply use less liquid. The Vita-Mix can grind up nuts, seeds, garlic (no need to peel - just toss it in), fresh ginger, and whatever vegetables or herbs you add to your recipes. Instead of adding lemon juice (an extra step), simply shave off the outer yellow skin and use the rest of the fruit - seeds, pith (white part) and all.

Ice Cream

In our family we always make Coconut Ice Cream to go with Cookies, Pies, Fudge, and just about anything sweet. The Vita-Mix has something called a tamper that you can use as the machine is grinding to push the ingredients down into the blades. I hardly ever use it except when I'm trying to make an extra thick Ice Cream. Blueberry Ice Cream, Strawberry Ice Cream, Coconut Ice Cream, Sesame Ice Cream, Grape Ice Cream, Banana Ice Cream, Lemon Ice Cream. There is no end to the possibilities for delicious Ice Creams. See the recipe section.

Other Recipes

Some other items we make in the Vita-Mix are Pie Crusts and Fillings, Cookies, Almond Crème, Puddings, Green Drinks, and so much more. See the chapter on greens for more information on green drinks. See the recipe section for the others. Simply put, the Vita-Mix is a versatile, fabulous machine that is well worth its cost.

Action Items

- 1) Try a recipe from each of the categories above.
- 2) If you don't have a Vita-Mix, start saving money for one. Call the company (1-800-VITA-MIX) and they will send you some information.
- 3) View the Vita-Mix video for a refresher course on what this machine can do.

Chapter 21 - Living Food on a Budget

Eating fresh living food can be expensive. However, there are many ways of minimizing the expense while still providing the highest quality food for yourself and your family. If you use a combination of the following ideas, and your own creativity, you can reach your health goals while not overtaxing your pocketbook.

Grow Your Own Food

Growing your own food is simple and fun for some people, and perhaps overwhelming and tedious for others. You can grow so much food relatively easily, and there are so many other benefits besides. I am biased because I absolutely love gardening. I think everyone would benefit from a garden. However, there are people who eat living foods and don't garden.

This fall I grew a winter garden. I ordered some seeds for greens that are frost hardy and planted them September 1. They exceeded my expectations in every way, and as a result I had so many greens throughout October and 2/3 of November that I literally couldn't eat them all. I ate green leaves as part of every meal, and loaded my smoothies with them. We didn't need lettuce from the store because I had grown beautiful heads of romaine lettuce in my own backyard.

Start gardening simply, with foods you like and that grow in your area, but try something new each year also. Most of the greens I grew this fall I had never tried before, and they are only a few of hundreds of possibilities.

My boys and I have a tradition of walking outside every summer evening to get in contact with the earth and to say good night to the garden. We ask the garden to grow

well, and we often sing 'The Garden Song.' I loved gardening before, but eating 100 percent raw food has greatly magnified my interest and enjoyment in gardening.

The Garden Song -- by John Denver

Inch by Inch,

Row by Row,

I'm gonna make this garden grow,

All I need is a rake and a hoe,

And a piece of fertile ground.

Inch by Inch,

Row by Row,

Someone bless these seeds I sow,

Someone warm them from below,

Till the rains come tumbling down.

You also get consistent exercise and sunshine while working a garden; perhaps the greatest benefit of all is an increased connection to the earth, and a greater understanding of soils and seasons. Gardens teach you patience, and they teach you that you reap what you sow.

When driving around Utah, I'm often amazed at the miles and miles of unused land. Sometimes I daydream about those slopes being covered with fruit trees or vegetable gardens. The amount of food that could be grown is nothing short of astounding.

Just this last season we grew yellow squash, onions, cucumbers, carrots, zucchini, tomatoes, peppers (several kinds), lettuce, kale, arugula, choy, chard, mustard, purslane, watermelon, honeydew, cantaloupe, lemon mint, catnip, spearmint, peas, corn, beans, radishes, potatoes, Jerusalem artichokes, and sunflower seeds. There were likely some others I can't think of right now. All this food saved our family considerable money.

Use Free Food

If you keep your eyes open you can find a lot of free food, especially in the country. Some people grow gardens that are way too big for them, and have extra produce for the picking. Also, there are lots of people who don't use the fruit from fruit trees growing in their yards.

Just this last season we received so much food, simply by keeping our eyes open and asking. We were given (or picked ourselves) brussel sprouts, corn, potatoes, onions, beets, spinach, lettuce, carrots, cantaloupe, cabbage, pears, grapes, apricots, apples (several varieties), peaches, and plums.

Make sure you don't take more than you are welcome to. Most people are not used to the amount of fruit a raw-food family can use. They may say, "Take all you want," while not realizing this will be all of it! I've found it's wise to ask, "How many other people will be picking from this tree?" Then they can honestly tell you to leave half, or more often, "Take every last fruit, they are dropping on my lawn."

Harvest Wild Foods

Another way to save money is to use wild foods, which also contain more nutrition than any other foods. Some wild foods we harvest are rose hips, elderberries, serviceberries, sow thistle, clasping pepperweed, wild lettuce, wild grasses, mallow,

scarlet globe mallow, dandelion, cactus flowers, juniper berries, horehound, and Brigham-tea stems. We have even found wild blackberry bushes and these are a real treat.

A great way to use wild foods is in smoothies. Some of the tastes are rather strong, but combined into a smoothie you don't even notice. Over time, I've developed a taste for some of the stronger tasting herbs that I didn't like at first.

Eat Less

Another very simple way to save money is to eat less. Yes, I know, this isn't a very popular idea. Feel free to skip over this idea if you aren't ready. The human body is really designed to function on much less than we are accustomed to putting into it. Maximize your nutrition by chewing extremely well. I like to let myself get hungry between meals; it gives my body a chance to completely utilize the last meal.

As you start to include more mineral-rich foods into your diet, you can get by on less food while still feeling satisfied. My breakfast for the past few days has been a spoonful of sesame seeds (chewed extremely well), two spoonfuls of bee pollen, and three stalks of celery.

If you have a desire to implement this suggestion, do so only after you have been eating living foods for a while. In the beginning, the switch to living foods is enough of a change, and you should eat all you want. Feeling full and satisfied with less food comes naturally and gradually over time.

Eat Local, and in Season

Buy food that grows around you and food that is in season. Buying specialty foods or foods out of season is a sure way to pay more for what you get. Prices vary incredibly throughout the year, and you don't need to eat every type of food all the time.

It's normal to eat certain types of foods heavily for a few months, and then not at all for the rest of the year. Remember that variety is very important seasonally, but not too important on a daily basis.

Eat the Whole Food

A Vita-Mix really helps in the whole-food arena because of its incredible grinding capacity. This powerful machine enables us to use foods that we would have difficulty chewing and digesting. You simply get more food for your money when you eat as much of the food as humanly possible. Eating more of the food can include eating peels, seeds, cores, rinds, pith, and kernels.

I eat watermelon seeds by grinding them into watermelon drinks, also serviceberry seeds, apple seeds and cores, citrus seeds, apricot kernels, lemon and orange pith (the white part), and many other kinds of peels, stems, and leaves. I even save the watermelon seeds when I'm eating melon in the summer, and then soak and add them to other types of smoothies in the winter.

Buy in Bulk

Buy wholesale from cooperatives and bulk warehouses whenever possible. Seeds and nuts especially can be ordered at better prices from these bulk outlets. 'Mountain People's Warehouse' out of California and Washington is one of our favorites. Another choice in this type of buying comes from the 'Tucson Cooperative Warehouse.' Some of these cooperatives require a minimum order so you might save up and order just once or twice per year, or combine orders with other families to meet the minimum purchase amount.

When you buy in bulk, make sure you store the items in airtight containers to prevent insects from getting in and eating your good food.

Use Sprouts

Sprouting seeds can be done at any time of year, supplying your family with tender and nutritious greens for very low cost. At sproutpeople.com you can find 75 different kinds of seeds, legumes, and mixes to sprout! Another good site is sproutman.com.

Sprouting is a way to save some real money. I've had five to six jars going at a time for months now. My favorites are clover, radish, and sunflower seed. I use the sprouts in smoothies and in salads primarily, but there are many other ways too. You can blend them into fruit juices, or vegetable drinks and soups. We had some sprouts in our nori rolls a few nights ago. They go well in any kind of roll-up vegetable dish.

Watch for Sales

We purchase a case of bananas at a time, and then peel and freeze them (for smoothies) in rectangle Tupperware containers when the entire batch is ripe.

By centering your living food meals around what is on sale, you save money as well as eating the freshest food possible. With living foods, the food that's on sale is what is abundant in its own season.

Freezing and Drying

When buying in season, buying on sale, or growing your own food -- there are times when you have more than you can possibly eat while fresh. In these cases, you can save money by freezing and/or drying this food for leaner times.

We could never afford to buy dried tomatoes at the prices in the health food store, but we dry our own supply from our own plants. We also dry bananas, apples, peaches,

pears, plums, apricots, and even tried grapes this last year. We also grind the fruit and make fruit leather. When drying food make certain that the temperature does not exceed 100 degrees to ensure the food is still 'living' at the end of the process.

Save Money in Other Areas

Another strategy when on a limited budget is to make cuts in some other expense categories in order to save the money for quality food. I save money by using the interlibrary loan at the local library instead of purchasing all the books I want to read. We drive older vehicles and we save the money that a new vehicle would cost. We enjoy simple recreational activities rather than costly ones.

Some other areas to consider making cuts in are housing, phone bills, medical, travel, vehicle fuel. It all depends on your priorities. Our family medical expenses are practically nonexistent so we automatically save in that area.

Action Items

- 1) Look around your neighborhood and notice the yards that have fruit trees. When the fruit starts to fall off the tree, ask the owners politely if they are planning on using all the fruit. Many people are happy to have you take it.
- 2) Take a good look at the parts of food you may be wasting. Pick one item and try using the whole food.
- 3) Find one wild food around your area and incorporate it into your diet.
- 4) Get a catalog from a wholesale distributor. A 50-pound bag of seeds or nuts can last a long time, and end up much less per pound than getting the same food from the health food stores.

5) Try sprouting. The easiest way to start is by picking up some sprouting seeds and some sprouting lids (usually they will fit quart size jars) from your health food store.

Chapter 22 - To Be or Not To Be (100 Percent)

Many people wonder whether to go 100 Percent on living foods all at once, or just to increase these foods in their diet, slowly transitioning to the level they desire. The answer is, that it depends on you. It depends on your circumstances, your past, your goals, and your desires. This chapter will provide some questions to consider which will help you in your decision.

Advantages to Going 100 Percent on Living Food Right Now

- Breaks addictions to cooked foods quickly.
- Increases your nutrient assimilation rate.
- Enables peace over daily food choices, because it's already decided.
- Provides convincing and dramatic bodily changes.

Disadvantages to Going 100 Percent Right Now

- Quick detoxification can be uncomfortable at times.
- Rapid weight loss can be frightening for some.
- You may give up completely due to lack of knowledge or skills.

Advantages to Slow and Sure Changes

- Is easier on the body, providing time to make adjustments.
- Cleansing proceeds at a moderate pace.
- Provides time to gain knowledge and develop skills.
- May be easier for social situations.

Disadvantages to Slow and Sure Changes

- You may give up because of not seeing benefits fast enough.

- Not clearly see the radical changes that come with 100 percent.
- Addictions to cooked foods linger.
- Struggle with constant decisions over how much raw / how much cooked to have.

Questions to Ponder

Here are some questions to help you see whether going on 100 percent living foods is right for you at this time. Grab a piece of paper and write down your answers to the following questions.

Do you completely believe that human beings (and all creatures on earth) are designed to thrive on a 100 percent raw food diet?

Can you “see” yourself eating 100 percent living food and fully enjoying it?

Do you have access to, and know how to use, a variety of green leafy vegetables?

Do you know how to use a wide variety of raw plant fats such as those found in avocados, olives, nuts, and seeds?

Do you enjoy a wide variety of sweet and non-sweet fruits?

Has your diet included a large percentage (30 to 60 percent) of living foods over the past year?

Do you have multiple reasons for starting on living foods?

Do you own and use two or more raw and living foods recipe books?

Do you know how to make at least three living food dressings that you enjoy?

Can you make at least three raw / living soups?

Can you describe your three favorite smoothie recipes?

Can you make several living food desserts and food dips?

Do you own a Vita-Mix?

Do you personally know people who have been eating 100 percent living foods for over a year?

Are you a disciplined person?

Have you read two or more books about raw and living foods?

Do you really love a huge salad as a meal?

Do you expand your knowledge and skills through daily reading and learning?

Do you stay away from most mass media and advertising?

Can you name more than three types of nuts and three kinds of edible seeds?

Are you comfortable acting in ways that are different from the majority?

Can you identify at least two wild foods that grow around your area?

Do you have a garden?

Can you name your three favorite spices and what living foods they go well with?

Do you really want to start eating 100 percent living foods right now?

In Summary

If you answer yes to all the above questions, then you are ready to go 100 percent. If you answer no to a large portion of the questions, you will likely gain greater success by going more slowly.

These are simple questions to quickly assess your knowledge, skills, and motivation at the present moment. The list of questions also functions as a preparation guide. If you desire to become more prepared to eat 100 percent living foods, simply set the goals you need so you can answer yes to a majority of the questions.

You can see that there is much anyone can do to become more educated and skilled in the living food arena without ever giving up his or her cooked food favorites.

An entire year in preparation would not be too much for most people. During that year one could read several raw food books and recipe books, purchase and learn to use a Vita-Mix and several other kitchen appliances, and experiment with numerous foods and recipes to find favorites while gradually increasing living foods.

What Are Your Reasons?

Working with inmates and parolees with substance addiction has taught me a lot about the various reasons for making life changes. All the inmates I work with say they don't want to do drugs anymore. Of course, that's easy to say. The real insight comes when I ask them WHY they don't want to do drugs.

The responses vary considerably. I'll list the two extremes; one extreme is the inmate who says they won't use drugs because they are illegal and if caught they will be returned to prison. "Is that your only reason," I'll ask. "Yep, other than being illegal, I don't see a problem with them."

On the other extreme is the inmate who says they won't use drugs because of a multitude of reasons. The drug use has cost them their family, their job, their self-confidence, and taken years from their life. They have goals they could have achieved by now if it weren't for the lost education and career opportunities. Many have lost teeth and are in otherwise poor health from their drug use. These people don't care if the drug is legal or not, because they have so many reasons for wanting to be clean and sober.

Over the years I have been able to confirm that those who have many reasons for not wanting to return to drugs have a much higher success rate.

Your reasons for wanting to achieve any goal are very important, as this gives you a sense of purpose and increases your personal power. Many people have a goal to

become a millionaire. One group of people was asked what their reason was for wanting to be a millionaire and the number one answer was so that they "wouldn't have to work!" How many millionaires do you know that don't work hard? The people who gave that reason have almost no chance at achieving their goal.

The more reasons you have for wanting to eat living foods, the more successful you will be. I know someone whose reason is to lose weight. This may be her only reason, and therefore she has trouble staying with her goal. I have many reasons to stay on living foods, many of which are listed in chapter one.

The benefits I receive are such that there is simply no question in my mind as to what I should eat. When I started, I only had two reasons, to heal my knee and to conduct an experiment to see just what else would happen.

Action Items

1) What are six things you can do to become more prepared for living foods? Refer to the list of questions above for ideas. Choose one thing to begin this month, then do one per month for the next five months.

2) List your reasons for wanting to switch to living food. Brainstorm until you have made your list a few items longer than it was initially.

3) What percentage of living foods would you like to be eating one year from now? Visualize in detail what manner of life that would entail. As you visualize, preparation steps will come into your mind that will be needed to make your visualization a reality.

Chapter 23 - My Personal Diet

When people find out that I eat only raw food, a common question is “What exactly do you eat?” I suppose some are imagining apples, celery, and carrots, and not much else. This chapter is to give you some concrete ideas about what can be eaten for meals on the living food diet.

Breakfast Meals

For breakfast I usually have fruit, whatever is in season. Watermelon and honeydew melon are my favorites. In the summer I’ll often make up a fresh green drink before anything else. Sometimes I will have my quart and a half of green drink, along with one ripe honeydew melon from the garden (I’ll eat two if my body wants it).

I often make the watermelon into what I call a “watermelon drink,” which I learned from David Wolfe in his 'Raw Yoga' video. I cut up one quarter of a melon, including seeds and most of the rind (just cut off the green) and stuff it into a Vita-Mix. Then I add twenty or so dried wolfberries and grind it all up well. This fills the Vita-Mix to the top and holds me well to the next meal.

Other popular breakfasts are three to five apples, fifteen to twenty dates or figs, ten or so peaches, twenty apricots, etc.

I don’t always have mono-meals (one item) but I prefer this in the summer if I have the fresh food available. Other breakfast meals will include cut up cabbage chunks with pumpkin seeds, or with dates, or with both. With quick meals (smoothies, drinks) or very juicy fruit I will usually eat breakfast at home, most often just sitting on a stool at the

kitchen counter. With apples, dried fruit, or cabbage chunks, I often take my food to the office and eat while beginning my work.

In the winter, I generally make a shake or smoothie each morning. We keep a plastic container full of bananas in the freezer. I have many different recipes, but the basic combination is one lemon and one orange (leave pith and seeds, just pare off the very outer rind), one apple, and three frozen bananas. Put all these into the Vita-Mix and add a handful of almonds, sesame seeds, flax seeds, hemp seeds, sunflower seeds, or coconut and grind it up quickly and drink it down slowly. Every few weeks I'll leave out the lemon and add a spoonful or so of raw carob powder for a rich carob treat.

I was introduced to the idea of eating fruit for breakfast in 1987 when I read some books on natural hygiene. I tried it, it worked for me, and I've been doing it ever since. As noted above, I do add a Tablespoon or two of seeds or nuts to my shakes in the winter and this also digests very well. So, I've actually been eating raw food for breakfast and lunch meals for many years.

Other breakfast meals are one avocado and two pieces of celery, or five or six nuts with a few pieces of celery. Sometimes in the winter I'll eat a legume and wheat sprout mix, sometimes with celery also.

Hint - Vita-Mix Smoothies

You don't have to have smoothies extremely cold. Just run the Vita-Mix a little longer and feel the outside of the container until it is just the temperature you want. I make it differently depending on how I feel, the temperature outside, and other factors. For our family movie nights, I make "ice cream" and I get it as thick and cold as I can. If

I'm heading to work, and don't want to be chilled, I run the machine a little longer until it is just pleasantly cool.

Lunch Meals

Lunch is basically the same as breakfast, and if fresh fruit is on, I think absolutely nothing of having the same food (melon, peaches, apricots, etc.) for breakfast and lunch for several days in a row. My opinion is that variety is extremely important over the course of a year, moderately important over the course of a week, but not at all important over the course of a day.

Just last week, on the way to some meetings, a coworker and I stopped at a farmer's market. Seeing I was buying an entire box of peaches my coworker said, "Those peaches are good for eating, but not for canning." Confidently I replied, "Oh, we'll eat them!" Think of fruit as a major food item, not a dessert or an extra dainty to eat now and then. Your body will love you for it.

Dinner Meals

Dinner: this is where the big change came when I decided to go 100 percent raw in February 2003. Yet even here, I was used to a couple of raw meals per week. A salad meal was enjoyed sometime during each week (often with soup or rice or bread), and then we had "smoothies" before going to Kyukido practice in the evening once a week. Any other meal made it too difficult to work out, but on the light raw meal I could still enjoy class. The night before a running race I would always choose a raw meal also. I knew from experience that my body performed better on these meals.

Before going raw, our other dinner meals were spaghetti, pancakes, omelets, sandwiches, soups, whole wheat & honey cookies and cakes, casseroles, chili, and other

basic American dishes. My family still has these meals, but to a lesser extent because we are trying out new raw recipes on many nights.

For dinner meals now we still have our shakes on the evenings we practice Martial Arts, although now we often have two salads during the week. One night of the week we have a Veggie and Dip meal, usually 'Healthy Hummus' or an Avocado Dip. On another night we will have some type of raw cookie or cake creation along with raw coconut banana ice cream for our movie night. My wife makes a raw lasagna that is stupendous! We picked up that recipe at a raw potluck.

Another common meal is 'Chris's Carob Dip' with cut up fruit to dip into it. We had this a few evenings ago with all the peaches I bought.

There are some fantastic recipe books available. Please see the suggested reading section at the end of this book. I like to experiment with recipes, but I don't do it near as much as I thought I would. At present I tend toward simple meals. One of my favorite dinner creations right now is to take three tomatoes, a small zucchini, a cucumber, a ripe pepper (all from right outside in the garden) and cut them up into a bowl with two avocados and a bit of Nama Shoyu.

I started cutting these veggies up ahead of time simply so I could ensure that my boys didn't eat all my ripe tomatoes! I found that letting the mixture sit for a few hours created a gravy-like marinade that is incredibly tasty. With my tastes as they are now, there is no cooked food anywhere -- no gourmet restaurant, that can compare with the enjoyment I get from this and my other meals!

Chapter 24 - Societal Benefits of Living Foods

Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet.

Albert Einstein

When I first discovered that one could live on 100% raw plant food, it was a revelation to me. It resonated with my core – it sent chills throughout my body. Within three months of eating raw foods, I knew I had found it. I felt as if the secret of the ages had been revealed to me. For me it was an Earth-trembling discovery. I knew this was the way to achieve my maximum potential. I knew instantaneously that it was my mission to bring this message to the world. I knew in that sparkling moment that I would revolutionize the personal development world with this information. I saw massive potential. Within three words – raw plant food – is the key to unlocking humanity's dormant powers.

David Wolfe (Sunfood Diet Success System)

David Wolfe saw in vision the potential of living food to transform not just individuals but humanity itself! When great numbers of people, even 40 to 50 percent, begin on this living foods diet, great and radical changes will happen in society.

These great changes will occur because so many of our world's paradigms, processes, habits, industries, systems, social schemes, traditions, philosophies, and even political concepts are rooted in cooked food and cooked food industries. A fundamental change in lifestyle by consumers will have vast ecological consequences for good.

Here are some of the societal changes that I envision. Please note that I do not think any of these changes should be forced, or mandated by government. Real change comes from the inside out, and not the other way around. Buckminster Fuller said that all real progress has come from the research and application of truth (from inventors and scientists) rather than from government sponsored legislation.

You can take action that will benefit society. From millions of incremental changes will come mighty monumental changes that will build a healthier, safer, more abundant society for everyone.

Societal Changes I Envision

I see a healing and remineralization of soils throughout America and the world, acre by acre by millions of individuals.

I see millions of people growing 50 to 100 percent of their own food on their own land.

I see hunger eliminated worldwide as the abundance of this earth is realized. I see so much food being grown that the entire planet is fed easily.

I see an increased interest in service and education as people save hours each day by eating fresh food rather than spending this time cooking and cleaning.

I see a great reduction in pollution and transportation costs because of people growing most of their own food.

I see less garbage in landfills because a living foods lifestyle produces little garbage.

I see the vast majority of people enjoying their real appropriate weight.

I see a reduction in crime because of citizens who can think more clearly, visualize their goals, manage their emotions, and delay gratification.

I see people moving from congested cities to rural areas to obtain fresher food, fresher air, and peace of mind.

I see people who remain in the cities transforming their local areas into more healthful and beautiful places to live.

I see a tremendous increase in alternative energy technology and use because of expanded understanding of the connection we have with the earth and its resources.

I see a decrease in materialism and greed and an increase in charity and service due to the increased connection to others.

I see a reduction in excessive sex orientation in the media and in general life as living foods restores a normal level of sexual energy.

I see people pursuing intimate relationships out of love rather than out of an addictive drive to restore depleted endorphin levels.

I see a dramatic decrease in pornography, unwanted pregnancies, and infidelity.

I see people pursuing education in pursuit of truth and an excellent quality of life, rather than in pursuit of degrees and an excellent quality of income.

I see a decrease in disease due to the creation of abundant health in every individual who chooses to create this health.

I see millions of acres converted from growing food for animals (to be eaten by humans) to growing food directly for humans.

I see people throughout the world each planting dozens of fruit trees, until David Wolfe's dream of 18 billion fruit trees is realized.

I see an actual increase in the oxygen content of the atmosphere due to the increased vegetation upon the earth.

I see energetic people who rejoice at no longer being tired all the time, able to live, love, and enjoy life to the fullest!

I see people breathing deeply and joyfully.

I see people who know that disease is produced through unhealthy living practices, and is healed by healthy living.

I see people who love and care about their neighbors, sharing their abundance with those who temporarily lack.

I see people engaged in occupations they truly love, finding immense satisfaction in providing goods and services in a free marketplace.

I see a very limited government, not interfering at all in education, agriculture, arts, welfare, health care, or licensing.

I see very low taxes because of the limited role of government.

I see people who interact with animals in ways other than consuming them.

I see people who understand the ecological balance of the planet.

I see energy being derived from renewable resources.

I see plenty of energy for the needs of every person on earth.

I see both individuality and connection to others increased in the world. These two principles are not opposites.

I see animals and plants being respected and treated with love and kindness.

I see sickness and disease being eliminated as health and knowledge increase.

I see children playing outside without fear of crime.

I see art and literature that inspire and uplift, and connect people to one another.

I see drastic changes in the media industry reflecting the changing values and philosophies of individuals.

I see true freedom of choice in health care, and many alternatives from which to choose.

I see education and knowledge available to all who wish to learn.

I see people freeing themselves from the powerful conditioning and controlling influences of the mass media.

I see people who engage in occupations and hobbies that reflect their talents and interests, rather than mundane jobs that they merely tolerate.

I see health, happiness, and harmony being looked upon as more valuable than fame or a high income.

I see more flexibility and tolerance of differing religions, lifestyles, and dietary choices.

I see an abundance of creative energy used to advance every field of knowledge on earth.

Action Items

1) Support the growing raw and living food companies by purchasing needed food and supplies from them. Rawfood.com and livingnutrition.com are a couple of these. Support companies who provide free information and support for the living foods lifestyle.

2) Find specific ways to contribute to these positive societal changes, by creating less garbage, advocating limited government, being tolerant of others, using and supporting alternative health care, etc.

3) Increase the vegetation on the earth in your own small way. Plant some trees, grow a garden, or start raising sprouts indoors for added nutrition.

4) Visualize in detail the society you wish to live in. Visualization is powerful and helps to create reality.

Chapter 25 - Other Healing Factors

"As individuals who live the Sunfood lifestyle, we should understand cooked food causes more than raw food alone can cure. Other healing modalities: massage, yoga, meditation, walking, playing, laughing...all have their place. But the raw-food information is the key to the whole thing - it makes everything else work amazingly well. This information is absolutely vital to the future health and happiness of the planet."

David Wolfe (Sunfood Diet Success System)

There are many activities necessary for a healthy body, mind, and spirit, and they must be incorporated into the daily lifestyle if you wish to accelerate and ultimately achieve total health improvement.

Exercise

I have a doctor friend who runs 50 and 100 mile Ultra-Marathons, he often does two workouts a day as well. He told me, "I believe the human body was meant to move much more than we move it."

Exercise moves the lymph system, elevates the mood, cleanses the cells, improves digestion, and tones muscles. Our bodies are intended to move daily. The quality of any life will go up with daily exercise.

The exercises I enjoy most are running, martial arts, body weight exercises, gardening, and landscaping. The combining of aerobic and anaerobic exercises will help you to enjoy a balance of physical activity.

Sunshine

Get it! I try to get one to two hours of sunshine on my body for at least three seasons of the year. My favorite time for sun is from 4:00 to 6:00 in the afternoon, often combined with my exercise time. I never lay out. I just simply get sun naturally while running or while growing my own food.

Skin Brushing

Buy a good natural bristle skin brush and use it daily (or twice daily) to improve circulation and cleanse dead skin cells. I do my skin brushing before my morning shower and right before my late afternoon shower (after working out, before dinner). I really look forward to it. It warms me up and makes me glow.

Look on the Internet for many detailed descriptions of how to use the brush. In essence, you just rub back and forth over your entire body, one part at a time.

Visualization

Visualization is a powerful tool. Read the book 'Creative Visualization' by Shakti Gawain for ideas on how to become a better visualizer. I do my detailed visualization while skin brushing, but also at other times. For example, I visualize different aspects of my health, or visualize myself succeeding at my daily activities and goals. I visualize my family time and how I desire it to be that afternoon or evening. I visualize overcoming obstacles, achieving financial abundance, and success in all my endeavors.

Breathing

There are many breathing disciplines, including yoga and QiGong. Every night, or whenever I am in need of this particular therapy, I do some martial arts breathing called Dan-Jun breathing. Your health will benefit if you do some study and practice in this area,

as most people do not breathe properly. Increasing the living foods in your life will start some deep cleansing; please help your body by giving the cells the oxygen they need.

Balance

Strive to have goals and daily activities in the four major life areas. These four areas are physical, mental, spiritual, and social. Healthy people do something for their health everyday. They read or learn something to exercise their intellect everyday. They engage in some spiritually renewing activity everyday. They also interact in positive ways with others everyday.

Spiritually Renewing Activities

Most people recognize now that spiritual does not necessarily mean religious. A spiritual activity is something you do that is fulfilling in an engaging, connecting sort of way. These aren't absolutes, but for most people, their renewing activities tend to be:

Engaging - They engage the body, mind, and spirit.

Creative - They involve creation of some kind, or personal growth.

Focused - They keep you in the present. At other times, you may be just living to get

through the day, but while engaged in your "renewal" activities, you feel you are really living!

Active - They tend to be activities you are doing, rather than something that is happening to you; this differentiates spiritually renewing activities from escape activities.

Escape activities may be a nice break, but they usually aren't spiritually renewing.

One of my favorite activities in the world is trail running in mountains, in desert, or in any wilderness area. The physical high from exercise combines with the beauty of

nature in ways that help me feel balanced, centered, and at one with the world. Not only do I enjoy the actual experience, but I also feel renewed afterward.

Another favorite activity is building pathways and gardens with rocks. It's a very meditative, focusing, engaging activity for me. I love hunting in the mountains and hills for just the right rocks.

What Do You Love To Do?

What are your spiritually renewing activities? For some people it might be building birdhouses, scrap-booking, listening to music, writing music, reading, writing, gardening, or playing chess, etc.

Action Items

1) In a journal, write down at least three activities that are spiritually renewing for you. Spend at least 30 minutes each day for the next two weeks doing one of your renewing activities.

2) Come up with two new renewing activities, or activities that you think could be renewing for you if you designed them into your life.

3) Purchase a skin brush and try skin-brushing.

4) Review the other healing factors listed above and incorporate them into your daily routine.

Chapter 26 - Common Questions

Do you really eat 100 percent raw food? Do you eat anything cooked?

I use some Vanilla Extract occasionally when making Ice Cream for the family. I also use raw vanilla beans when I can.

Raisins and other dried fruit from reputable raw sources (such as Nature's First Law) are foods I use most of the time. Occasionally I will eat some commercial raisins or other dried fruit (never sulfured) that may or may not have been dehydrated properly. Some of the herbs and spices I use with my savory meals probably have been dried at a higher heat than I would like.

Miso and Nama Shoyu technically aren't raw foods but they are living fermented foods. I used to love Bragg's Liquid Aminos but switched to Nama Shoyu shortly after starting on raw food, as it was much easier to digest and I had found the Bragg's was very dehydrating.

That's about it as far as non-raw food. I don't stress over any of the above foods, yet at the same time I will continually search for the highest quality foods (and thoughts).

Does your entire family eat all raw?

No, but they do eat a lot of raw foods, and always have. They all love fruits, vegetables, nuts, and seeds, but they also love whole wheat bread, yogurt, meat, and chips. We have never eaten a lot of meat as a family, about twice a month.

When I make an almond cake with blueberry ice cream, or some other raw treat, my kids love it and don't want anything else. Other meals, especially soups, they merely

tolerate. Often they will have a mix of raw and cooked foods for a meal. We like them to at least try the raw food dishes we create.

The power of example is important. I'm tending two of my four boys today, and we each had a ripe honeydew melon for lunch. Kids tend to value what their parents value. My oldest boy (age 11) is in the kitchen right now making a raw cake invention of his own for dinner. He keeps coming to ask questions about what to do next. He wants to decorate it with nuts and dried fruits, and I said go for it -- make it fun!

My youngest boy is just fifteen months old, and is perfectly satisfied with raw food when that is what is being served. He climbs up next to me on the table and situates himself as my little "melon buddy" as I eat. I say, "One bite for Daddy, one bite for baby." However, if bread is available he wants to eat that as well.

We have fun together as a family and I don't pressure them but I do provide lots of living foods and am constantly trying different recipes that they may like.

How can I get full eating just raw plant food?

I have three interrelated answers to this question.

Answer 1: Eat More! You aren't eating enough. The person asking this question has usually tried eating only fruit for breakfast. Perhaps they had an apple and an orange and then became hungry before lunch. I'd get hungry too.

Try eating half a watermelon, or two cantaloupes, or ten to twenty peaches, or as much as you want. I can eat enough fruit to last six hours since I prefer to eat three meals and not snack between. Another person may choose to eat a few pieces of fruit, and then eat a few more whenever they become hungry.

When we are eating water-filled food, the amount of food needs go up. When you eat concentrated food like seeds, nuts, dried food, or cooked food then you need to eat smaller amounts.

For the past five years, my standard meal before our weekly martial arts workout consisted of one orange, one lemon, one apple, six frozen bananas, some flax seeds, some almonds, and some sesame seeds and water all ground up in the Vita-Mix to make two full quarts of shake. Most people couldn't even drink that much, yet it is actually a light meal that digests rapidly.

The idea is not to overeat, but you shouldn't under-eat either. After eating raw for many months, your body cleanses and you are able to get more nutrition from your food. Then you need to eat less. Listen to your body. I find that it takes less and less food to fill me up and nourish my body because I'm able to assimilate so much more of the food I eat.

Answer 2: Eat More Plant Fats! I definitely agree with David Wolfe that knowing how to use raw plant fats is a key to transitioning into a raw food lifestyle. Make up a batch of Almond Crème (See Recipes) and add a few spoonfuls to your shakes and smoothies. Or just add some seeds and nuts in the Vita-Mix when making fruit concoctions and your need for fats will be satisfied.

If you give most people a bag of flax seeds they will have no idea how to use them. Please see the chapter on 'Simplicity and Variety' to increase your repertoire of nuts and seeds. Your body normally craves fats; learn how to make dips, sauces, and dressings. We buy nuts and seeds in 25 and 50 pound boxes. When eating living food, forget the "low fat" mentality.

Answer 3: It depends on what you mean by full! If you mean that “overstuffed” heavy feeling that many are used to, then yes, you can’t get full on raw plant food. The full feeling from eating fruit and other plant foods is a different feeling and may take some getting used to, but is actually more enjoyable once you do get used to it.

I really like to be hungry for my meals, and in order to ensure this I usually allow myself to get hungry an hour or two before. I had a fairly light lunch, and it will be two hours or so before I eat. I’m not ravenous yet, but dinner is looking good. I believe that giving the body a “fast” between meals is very beneficial and allows the necessary cleanup, regeneration, and waste removal in the body.

The point I’m trying to make is that it’s OK to be hungry. Go ahead and be hungry for a few hours, it’ll even be good for you! Most people never allow themselves to get hungry at all, more or less eating throughout the day. Two things you can do when you are hungry but it’s not mealtime yet are 1) Drink Your Water, and 2) Exercise. Once you start exercising, you won’t feel the hunger, and the water will aid in the bodily processes and prepare your system for the next meal.

Do all your recipes turn out well?

Definitely not! Most of my recipes turn out delicious. The others...well, they aren’t delicious. I once made 'living' buckwheat pancakes and was so looking forward to them, turning them carefully over in the dehydrator at the right time. In the end they were not very palatable and unfortunately most of them wound up feeding the neighbor’s chickens!

One time I tried dehydrating some smoothie. I poured it on the teflex sheet and figured it would make a sweet treat kind of like fruit leather. I don't know why, but it was awful.

I've made some fabulous dressings, and then some that haven't turned out so well. Some of my dip concoctions have been marginal. Nearly all of my cakes and cookies are successful. I specialize in desserts. I'm not deterred by a failure since I like creating in the kitchen.

Do you soak your nuts and seeds before using them?

Sometimes. If I'm making a cake or a dip or some other "dish" then I usually will. But if I am adding a Tablespoon of nuts or seeds in a smoothie or shake then I don't.

From what I've read soaking is beneficial and increases the digestibility somewhat by bringing the seed to life from its dormant state and deactivating the enzyme inhibitors. I don't think it's crucial. I can't tell a big difference in my own digestion but some other people might. Try it both ways, and listen to your body.

What do you think of hybrid foods?

I prefer foods that are strong and capable of reproducing themselves. I choose foods with seeds and often eat the seeds. We just don't know enough scientifically to "genetically refine" certain traits in and out of our foods without knowing what other factors we are altering. I like to grow strong edible plants in my garden like Jerusalem Artichokes, sunflowers, apricots, currants, serviceberry, and wild greens.

While pursuing this ideal, I do have some hybrid fruit trees and when they start to bear fruit I'm sure I'll eat some.

What do I do about all the cooked foods and meals that I love - Just give them up?

This is another two-part answer

Answer 1: You will develop other foods and recipes that you love just as much, or even more! As your tastes become normalized, fresh food tastes even better than it ever used to. This morning for breakfast I had ten Brazil nuts, a handful of wolfberries, and three stalks of celery. Each food had such a different yet delightful taste, and I enjoyed the entire meal immensely as I chewed each bite. I was almost astonished at how satisfying this simple meal was, yet I know that before my tastes were normalized that none of these “plain” foods would have thrilled me.

This is the most important answer. It is possible to experience no denial, but it may take a while for your desires to change. For those who aren't there yet, here is the second answer.

Answer 2: You sacrifice! Just like in other areas in your life, you use enlightened discipline to give up something pleasurable in the moment to gain something that is worth even more to you in the long run. Sacrifice is often giving up something good for something better. The chief cause of failure is giving up what you really want in the long run for what you want in the moment. Resisting immediate gratification is key here. In psychology we call this the PIG effect, or the 'Problem of Immediate Gratification.'

Engaging in activities with a short-term benefit but a long term cost will not help anyone achieve worthy goals. Some activities that fall in this category are drug use, casual sex, junk food, laziness, lying, stealing, etc. On the other hand, you will reach your goals if you choose activities with a short term cost, but a long term benefit, such as honesty, exercise, living foods, faithfulness, and hard work.

Remember that discipline is only needed when you want what isn't good for you. It requires absolutely no discipline for me not to eat doughnuts because I don't desire them. Once you truly change inside, and your very desires change, then you are free. And yes, it is possible! This is why I included the chapter at the beginning of the book on visualizing the end result, or deciding what you want. People who have goals automatically make wiser decisions that lead them to their dreams.

When Would You Go To A Doctor?

When I went to a doctor for a chronic knee problem, he told me that he only worked with disease processes. This is ironic because disease processes are just what they don't understand. They do understand their anatomy, and if I had a broken leg I would go to a doctor. If I get smashed up in an accident, then I would go to the hospital to get put back together.

Medical technology and its attendant modern equipment can also be useful for a diagnosis. The disease name isn't important, but it can be helpful to know where in the body you have a blockage, inflammation, or hardened, or cancerous tissues. I never seek out a doctor for colds, the flu, coughs, indigestion, arthritis, cancer, tuberculosis, bursitis, acidosis, toxemia, multiple sclerosis, heart trouble, or any other so-called, in my opinion, "disease."

Why wouldn't I go to a doctor for these? I wouldn't go because in my opinion, as I said before, most doctors don't even understand the cause of these diseases. The medical industry is supported and controlled by the drug industry. This ensures that only certain orthodox treatments are allowed, limiting our freedom and greatly reducing our health.

Please note that this question was asked of me. I don't make recommendations for when you should go to a doctor. That is your decision.

How Do You Incorporate Flexibility Into Your Eating, Attitudes, and Lifestyle?

I think being flexible is extremely important. Many people fail because of being too rigid. There are three main areas in which to be flexible.

1) Be flexible with yourself. There is no "perfect" way to eat or live. Have fun and try to do a little better each week. Be patient and not judgmental with yourself.

2) Be flexible with "The Rules". There are certain rules of healthy eating and for the most part it is helpful to understand and follow these. For example: It is better to finish eating early in the evening rather than late. It is best to eat only when you are hungry. But these rules aren't the most important thing in the world. I follow all of the rules most of the time, but I break every rule at least occasionally.

3) Be flexible with your food choices. The "best" foods for you at one time in your life may not be the best a year later. As your body changes your nutritional needs will change also. Listen to your body and flow with it. You may find, like I do, that you will enjoy lots of certain foods in season, and then suddenly you switch to other foods. My wife calls these my "phases."

How Much Water Should We Drink?

To know exactly how much water to drink, answer this question: Are you ever thirsty? If you ever get thirsty, you are not drinking enough. For optimal health, you should stay ahead of thirst, meaning you should never experience thirst.

For an excellent presentation of how water can literally rejuvenate your body and help you overcome disease, read 'Your Body's Many Cries for Water,' by Dr.

Batmanghelidj MD. As Dr. Batman explains, thirst is one of the last signs of serious dehydration. The thirst mechanism is not designed for daily use. It is the body's response to an emergency situation, alerting you that the water level in the body is desperately low. As you know, thirst is very motivating. You are literally "driven" to drink only when you fail to pay attention to the more subtle clues that you need water.

Since starting on living foods I have experienced thirst only once! For many years preceding the 100 percent raw food diet I would become thirsty about three or four times a year. Every time it happened, I thought about how unusual and uncomfortable the sensations were, and how odd it was that most people experience thirst daily.

All your elimination systems, and all your nutrient transport systems, are based on water. The body will struggle in performing its functions if you wait for thirst to kick in before you drink.

Once, after a day full of meetings and driving I was feeling sleepy and sluggish. I stopped and bought a bottle of pure water from a convenience store. In 15 minutes, just by giving my body the water it needed, I felt noticeably better. Our body really desires to function at a high performance level, but it does need the proper amount of liquid to do so.

How do you stay ahead of thirst? You will learn to pay attention to the subtle clues. It is difficult to describe, but I know for certain when it is time for me to have more water. One clue is that your urine should be clear.

While staying ahead of thirst, you will soon learn that your water requirements differ according to what you are eating. When eating raw food meals of vegetables and fruits, you will need to have far less water than when eating cooked foods, or even nuts,

seeds, and dehydrated fruits. I have gone several days in a row without drinking a drop of water when eating plenty of melons.

Personally, I believe that before the biblical "fall" Adam and Eve obtained all of their water from the fruits and vegetables they ate since in a pure environment a person could theoretically receive all needed liquids from natural, raw foods. But until such an environment is available, it pays to stay ahead of thirst!

Chapter 27 - Suggested Reading List

Back in my college days, one of my professors handed out a reading list with a short description of each book. I remember how much this helped me choose the books that would be at my current level of interest in each area. So I've decided to do the same for you here. Most of these books can be found at Amazon.com for further review or purchase.

Health Books

Wild Health, by Cindy Engel. What we can learn about health from the actual observation of animals. This book tells about the variety of foods in various animal's diets, and how they often seek out certain foods of which they are in need.

Eating in Eden, by Ruth Adams. This classic is all about the diet of primitive cultures on every continent. These people didn't eat completely living foods but they certainly ate a lot of living (raw) foods. They also ate a tremendous variety of foods that we would do well to emulate today. This book is an interesting, easy read.

Fasting Can Save Your Life, by Herbert Shelton. This is excellent reading for motivation during a fast or cleanse. Shelton understood about the true cause of disease. First written in 1964, this classic still has tremendous value today.

The Sunfood Diet Success System, by David Wolfe. In this book David presents the revolutionary Sunfood Triangle. This triangle suggests balancing greens, sweet fruits, and raw plant fats for an optimal diet. This book is 550 pages and packed with great information by someone who has lived the life for many years.

Raw Knowledge I and II, by Paul Nison. These books are a series of interviews with people who have gained tremendous health through living foods. The accumulated wisdom and expertise is phenomenal. These books are also valuable to show you that even among super health achievers, not every one agrees with each other. The diversity is refreshing, and encourages you to follow your intuition and find the path that works for you.

The Magic of Chia, by James F. Scheer. An easy read about the history and benefits of the chia seed. Of special interest to me were the stories about the seed's endurance enhancing abilities for long distance runners. Most of the recipes provided aren't raw, but can still give you some ideas about ways to use it. I put the seed into smoothies and shakes, or just eat some plain. I plan to experiment more.

Your Body's Many Cries for Water, by F. Batmanghelidj, MD. This is "Dr. Batman's" famous treatise on the importance of water, backed up by loads of information. The humble opening to the book reads: "In this book, we will discuss the role of water in the body and how a brief understanding of this topic can transform the health needs of our society." This book is not quite an easy-read for most, yet has excellent clinical information and testimonials that may change some of your core beliefs.

Raw Family, by Victoria, Igor, Sergei and Valya Boutenko. This is the motivating story of how this Russian family got into raw food. It is a short book, a very easy read, and one of the most motivating stories I've read. The book is basically their story, and a few recipes. Raw Family was one of the first raw food books I read.

12 Steps to Raw Foods, by Victoria Boutenko. The first part of "12 Steps" consists of a few chapters on why raw food is better for you. The second part consists of

an adaptation of AA's 12-step approach to breaking your addiction to cooked food. There are also some excellent simple recipes in the back.

Unfired Foods for Health, by Shirley A. Boie. This little booklet contains the story of Dr. Kirstine Nolfi from Denmark, who healed herself of cancer by going on 100 percent living foods. Dr. Nolfi says that we must seek more wholesome nourishment and more wholesome habits of life if we are to live better now and in the future.

The Essene Gospel of Peace, translated by Edmond Bordeaux Szekely. This inspiring little book allegedly contains some lost teachings of Jesus, on the subject of health, to a small religious sect. Proper nutrition, sunlight, and proper sleep are all touched on. Edmond and the International Biogenic Society have authored dozens and dozens of books on health, fulfillment, philosophy, and the improvement of society.

Tissue Cleansing Through Bowel Management, by Bernard Jensen. Bernard is a chiropractor who traveled to over 50 countries to study the lifestyles of different cultures so he could understand the principles of long and healthy living. He also gained practical experience with thousands of patients who he assisted with various healing modalities. This book is particularly about bowel cleansing and how to do it.

The Uncook Book, by Elizabeth and Dr. Elton Baker. This book is subtitled Raw Food Adventures to a New Health High and, published in 1980, was definitely ahead of its time. There are some excellent chapters inside about foraging, traveling on raw foods, and budget considerations. There are also dozens and dozens of simple recipes. Note – the recipes are not gourmet or fancy in any way. Get a different book if you are looking for gourmet food preparation.

Warming Up to Living Foods, by Elysa Markowitz. Some super recipes, with an emphasis on how to provide warm raw and living foods for those that really miss that warm meal. We liked the Creamy Spinach Soup at our house.

Sunfood Cuisine, by Frederic Patenaude. In the recipes chapter I've already talked about how much I love this book. It's simply the best one I've found so far.

Botany and Plant Identification

Edible Wild Plants: A North American Field Guide, by Thomas Elias and Peter Dykeman. This is the best edible plant guide I have found. It identifies the part of the plant used, and the part of the country the plant can be found in. The guide is organized by seasons, so you can look for what's available any time of year. There is also a small section on poisonous plants.

Weeds of the West, compiled by several weed specialists and weed scientists. If you live in the Western United States, and want to know the names of all the plants that grow around you, then this is the book for you. The pictures are fabulous, showing every plant in its seedling stage as well as the mature plant. They only touch upon edible uses, but once you find the Latin name you can do more research on the Internet or elsewhere.

Education and Classics

Education of a Wandering Man, by Louis LaMour. This autobiography by a self-educated man motivated me to increase the quality and quantity of my reading. This is the fascinating story of his life, but intermixed with philosophy and faith in human potential and creativity. I found this treasure at a used book sale. In the back of the book is a list of hundreds of books he read in just a few years. He dispels the myth that learning must be done in an institution of so-called "higher learning." A great man with a fantastic

love of learning, he describes his own education from the world of experience and the world of books.

Walden, by Henry David Thoreau. This is the classic story of the author's time at a place he called Walden Pond. Thoreau's two major themes in his writing are simplifying your life and living closer to nature. These themes make this the perfect classic for those pursuing health and happiness through living foods.

Aeneid, by Virgil. This book provides the stories of the beginning of Rome, Helen of Troy, Casandra the Prophetess, the Trojan Horse, the full complement of Roman gods, and much more. Virgil wrote for the Emperor of Rome. Get the translation by Allen Mandelbaum.

Ivanhoe, by Sir Walter Scott. Wilfred of Ivanhoe helps King Richard (returning from the Crusades) to regain the throne from his scheming brother Prince John. Along the way he is rescued by Robin Hood. This is a classic tale of brave knights, and good and evil, during the time of the Norman-Saxon battles.

Les Miserables, by Victor Hugo. The classic portrayal of good and evil against the backdrop of the French Revolution. Choices, love, karma, are all dealt with in Hugo's famous novel.

Psychology, Thoughts, How to be Happy

The Be Happy Attitudes, by Robert Schuller. This book is an expansion and practical application of the Beatitudes from a Christian perspective. Chapters include relying on God, being a bridge builder, and choosing to be happy in the face of adversity.

Success is Never Ending, Failure is Never Final, by Robert Schuller. How to appreciate trials and overcome obstacles. This book tells you how to hold onto your vision and achieve your goals in spite of anything in your way.

Psycho Cybernetics, by Maxwell Maltz. This book was required reading for High School Wrestling. This is a more difficult book, written by a plastic surgeon. Great ideas often come from outside of any given field of knowledge. As he changed the outside of people with plastic surgery, some also changed on the inside, and some didn't. He started to study what made people change on the inside. Dr. Maltz explains a lot about visualization and how to use your "mind's eye."

The Path of Least Resistance, by Robert Fritz. The subtitle of this book is 'Learning to Become the Creative Force in Your Own Life.' This is a much better explanation than the title. We are conditioned by certain learned patterns of thinking and behavior. This book helps make those patterns conscious for you so you can change them. This book (and Psycho Cybernetics) tie in with my chapter about Visualizing the End Result.

The Four Agreements, by Don Miguel Ruiz. This is an excellent easy read about four of the major thinking errors of humanity. The four agreements are (1) Be impeccable with your word; (2) Don't take anything personally; (3) Don't make assumptions; and (4) Always do your best. Any one of these agreements, consistently practiced, will improve your life.

The Art of Happiness: A Handbook for Living, by the Dalai Lama and Howard C. Cutler. You can be sure that whomever is holding the office and title of 'Dalai Lama,' at any given time in history is one of the most disciplined individuals ever to

live. In this book the current Dalai Lama talks about the loss of his country and the suffering of his people. His insights about love, compassion, and the purpose of life were liberating and enjoyable for me.

A Guide to Rational Living, by Albert Ellis. This book describes exactly how you create how you feel by how you think. Chapters are on 'Tackling Your Dire Need for Approval, Reducing Your Dire Fears of Failure, How to Stop Blaming and Start Living, Conquering Anxiety and Panic, Acquiring Self-Discipline, and Rewriting Your Personal History.' This isn't the easiest book to read, but it's worth the effort. Ellis does provide lots of examples from his Psychotherapy practice that illustrate the points he is making.

The Greatest Salesman in the World, by Og Mandino. I recommend all books by Og Mandino but especially his first and best. This book is not just about sales. It is about human potential and how to reprogram your mind to achieve the success you want.

Action Items

1) Start a list of all the books you want to read in the future. When you come across a reference that looks interesting, jot the title and author down so you won't forget it. Over time you will have dozens and dozens of books on your list.

2) Set a goal for how many books you would like to read a year. Louis LaMour read 100 books a year. I set my goal as 50 per year. Then figure out how many you need to read each month to reach your goal.

3) Using your list, identify which books you will read next month. Get them from the library, and if they don't have them, order them through Inter-library loan.

4) Keep a record of the books you do read. Write down at least 10 things you learned from each book you read, and file these away. This practice will help you retain more from the books you read.

Chapter 28 - Living Foods Recipes

I would like to start this recipe section by referring you to what I think is the best living foods recipe book written. It is Sunfood Cuisine by Frederic Patenaude, and it is a companion volume to David Wolfe's Sunfood Diet Success System.

For one of our first raw food potlucks I made two of Frederic's recipes, Cream Cheese and Raw Hummus. My wife Casandra made a pate. After the event, there was none left of either of my dishes. My wife said jokingly, "I'm not going to let you make recipes for our potlucks anymore if yours are going to outshine mine!"

Why is Sunfood Cuisine the Best?

First, there are over 175 recipes consisting entirely of raw fruits, vegetables, nuts, seeds, and herbs. Second, he provides an excellent listing of fruits, vegetables, and other natural foods, describing their health benefits, along with buying tips and seasonal availability. Third, he provides information on organic foods, wild foods, genetically engineered crops, and transitional tips to a healthy diet.

But these are not the reason the book is the best. What makes his book outstanding is that he explains the basic technique involved in creating living food cuisine. He gives you the underlying principles of creating fabulous dishes, which allows you to invent endlessly. Let me draw an analogy from the martial arts.

When learning self-defense techniques, you can go to any school and learn several dozen isolated techniques. You can learn one technique to get out of this hold, and another to defend against this strike. They may appear unrelated to each other and so it's difficult to memorize more than twenty or so.

On the other hand, a skilled instructor will teach you (at the proper time) the basic principles of self-defense techniques. She may teach you the five basic Hapkido wristlocks and how to obtain them from a variety of holds. You will learn “The thumb is the weakest part of an opponents grip.” You also learn to “Control the elbow, and you control the man.” Another principle is to “Always intercept a straight line with a circle”.

With these principles (and others), you suddenly are capable of generating hundreds of self-defense techniques rather quickly, each appropriate to the given circumstances. This is what Frederic does with meals. He teaches you the principles of salad making, by listing the types of ingredients typically used (crunchy, bitter, tangy, sour, fatty, creamy, salty, sweet, etc.). Suddenly you are free to create hundreds of different salads, or dressings, or dips, depending on what the season offers or what you have on hand.

Now the number isn't important. I don't need hundreds of salads any more than I need hundreds of self-defense techniques. What is important is that understanding the principles makes the process creative, and the creative flow makes it fun!

My Favorite Recipes

I've learned a lot from others during my first year on living foods, and I've learned a lot from experimentation. Now it's time to pass this on to you. What follows are my very favorite recipes.

When I call for soaked nuts or seeds, I've tried to include both the amount of dry ingredients you start with, and what results after soaking. This is because I have seen recipe books that called for 1 Cup soaked almonds, not telling you whether that was starting with 1 Cup dry almonds, or 1 Cup after soaking. Simply start with the

recommended dry amount, and the recipes will be fine. Don't worry if your 1-cup dry turns into two cups when soaked whereas mine only became 1 $\frac{3}{4}$.

You can probably tell I have a sweet tooth because of my many dessert-like recipes here. Well, I do have a sweet tooth! However, I never eat dessert, per se. If I make apple pie, or chewy sweet squares, I have that item for a full meal (with coconut-banana ice cream). Why not? All the ingredients are healthy, just have it for a meal. I believe the tradition of dessert is an unhealthy one, encouraging us to eat too much, and impairing digestion by giving the body complicated combinations of food.

Experiment with what works for you, I'm just sharing my experience. If I'm going to have something sweet and heavy (and I am), I do better having it alone than on top of a salad or soup.

About Vita-Mix Recipes

The most common mistake made with the Vita-Mix is to put too many thick and or frozen items in right at the beginning of the recipe. The machine is very powerful, but it needs some liquid to do the grinding well. If you put one cup of nuts, two frozen bananas, and only a half-cup of water, the machine will not be able to mix it.

The Vita-Mix has an item called a tamper that can be used while the machine is running, to force the ingredients down into the blades. I only rarely use it, as I think it adds time and mess to my recipe. If you follow the guidelines below, you will gain success, without the mess.

The trick is to get nearly everything ground extremely well, then get the mixture to the consistency and temperature you want. If you have any items that need to be ground well (seeds, nuts, leaves, grass, stems, peels, etc.), then make sure and add them first, with

enough water to grind, but not so much that it makes your recipe overly large or watery. This may take a little practice.

For example, with my smoothie and ice cream recipes, I first add the coconut (or other nuts, seeds, or leaves) with about one cup of water and perhaps one frozen banana. Then I mix this together extremely well. This also takes some practice. I have found that 10 five-second bursts with the Vita-Mix grinds much more thoroughly than one 50 second grind. On the initial start-up the ingredients are really chopped up well.

So after I mix the initial batch of ingredients thoroughly into a room temperature, watery soup, then I add more frozen bananas or ice (in the case of ice cream) two or three at a time until I reach the cold, thick consistency I desire.

Another hint is that many items will ‘set up’ quite a bit in the refrigerator after you prepare them. This is true with my Almond Crème, Healthy Hummus, and other dips, dressings, and sauces. When I initially mix them up, they are not as thick as I would like, but after refrigerating for several hours they are just right.

Note – the Vita-Mix does produce heat while mixing, and if you over-mix it will actually cook your ingredients. This takes several solid minutes however, and it won’t happen unless you do it on purpose. I have used my machine thousands of times and I’ve never cooked anything in it. However, if I have a huge smoothie that I inadvertently made a bit too cold (just feel the sides) for my comfort I simply run the machine for an extra 20 to 30 seconds until it is just right.

Frozen Bananas

Many of the smoothie and ice cream recipes call for frozen bananas. Rather than freezing a few ahead of time for each recipe, I would suggest simply keeping frozen

bananas on hand as a staple food item. The easiest way to freeze bananas is in a rectangular Tupperware container. The ones we use are about 9” by 13” by 3 1/2” high, and we have three of them! Each container holds about 27 peeled bananas. Yes, peel the bananas before freezing.

You can also save money this way, by buying a case of bananas at a time when they are on sale. They last for weeks in the freezer, and a case should last a long time if you have the room to freeze them. You can also simply load the peeled bananas in a ziploc bag and freeze them that way. They are just a little harder to get out of the bag than out of a nice plastic container.

Peeling Citrus Fruits

Whenever a recipe calls for a lemon or orange, peel it this way. Take a very sharp knife and pare off the very outer orange peel and lemon peel, leaving as much pith (white part of the peel) as you possibly can. Then cut each fruit in half and put it in the Vita-Mix, seeds, pith, and all. The pith actually adds to the creaminess of the smoothie as well as increasing its nutrition.

Even if you are adding the entire orange to a fruit salad, for example the Snappy Sprout Salad, you can still leave the pith. This enables you to use more of the food you buy.

Almond Creme

Yield: 2 quarts of Almond Creme

Planning Ahead Time: None

Creation Time: 10 minutes

Waiting Time: A few hours to chill in the refrigerator

I have been mixing up this Almond Crème for nearly ten years now. It is high in calcium and healthy fat, and it tastes great! This is a staple food for my boys. They eat it with fruit on many mornings.

Ingredients

$\frac{3}{4}$ Cup almonds

$\frac{3}{4}$ Cup sesame seeds (unhulled)

$\frac{3}{4}$ Cup sunflower seeds

$\frac{3}{4}$ Cup honey

2 ripe bananas

5 Cups pure water

- 1) Put all the ingredients into the Vita-Mix and mix extra-thoroughly. Blend it long enough to get a bit warm (but not cooked) to make sure all the seeds are ground.
- 2) Pour it into containers and put it in the refrigerator.

Hint – After a few days, some separation may occur (sweet liquid will go to the bottom). When you pull it out of the refrigerator, simply stir it up.

Ideas on how to use Almond Crème

Use Almond Crème instead of whipped cream in fruit salads. We call these “Almond Crème Salads”

Use as a dip for fresh fruit. Peaches, for some reason, go superbly well with Almond Crème. Perhaps it is because peaches are botanically related to almonds.

Add to shakes, smoothies, and fruit drinks. A few spoonfuls gives a drink more “staying power”.

Make Almond Crème Ice Cream: This is one of our favorite uses. Add raw chopped nuts, chopped dried fruits, any raw treat (Carob Creations) and mix into the Crème. Freeze for around 8 hours and enjoy! Add two cups of water to one cup of Almond Crème and blend in the Vita-Mix to make a quick nut / seed milk.

Almond Date Cookies

Yield: 36 cookies

Planning Ahead Time: 8 to 12 hours to soak almonds

Creation Time: 20 minutes

Waiting Time: 24 hours (or more) to dehydrate

These dehydrated cookies take a little planning and preparation, but the results are worth it. We never have any leftovers!

Ingredients

3 1/2 Cups almonds, soaked (Start with 2 Cups dry almonds)

2 Cups pitted dates

½ Cup raw shredded coconut

½ Cup raw raisins or currants

1 ripe banana

1 teaspoon each of cinnamon, ginger, and cloves

A spoonful of honey, if desired (optional)

- 1) Process dates and soaked almonds through a champion juicer (with the blank plate on) or a food processor to a smooth consistency.
- 2) Place the date / almond paste into a bowl and add all the other ingredients. Mix together.
- 3) Shape the dough into cookies on the dehydrator trays. I fit about 9 on a tray, and fill four trays. Dehydrate at 105 degrees for around 24 hours, or until they reach the desired consistency (or you just can't resist anymore).

These are fabulous served with any kind of fruity ice cream – made Vita-Mix style.

Notes:

Apple Walnut Pie

Yield: 16 squares (using a baking sheet) or 2 pies
Planning Ahead Time: 4 to 6 hours for soaking the nuts and raisins
Creation Time: 30 minutes
Waiting Time: None

This apple pie is completely living and delicious. Experiment with the spices if you desire.

Crust Ingredients

2 Cups Soaked Walnuts (or other nuts: soak for 4 to 6 hours) Note: Start with 1 ½ Cups dry nuts
1 ½ Cups Pitted Dates
Juice of one orange (about ½ Cup)
2 Cups Shredded Coconut
1 Tb. Carob Powder

- 1) Mix the soaked nuts, dates, and orange juice together in a food processor or Vita-Mix. The food processor gives a great consistency but the Vita-Mix is quicker and easier to clean. I use the Vita-Mix with the tamper.
- 2) Pour the date / nut mixture from the Vita-Mix into a bowl and add the coconut and carob powder. Spread this crust into two pie tins. Hint - You can also spread the crust onto a baking sheet, pizza pan, or 9 by 12 casserole dish and just put the “filling” on top.

Filling Ingredients

6 Cups shredded apples (shredded with a hand grater or food processor)
1 ½ Cups soaked raisins (Start with 1 Cup Dry)
¼ Cup raisin soak water
¼ Cup lemon juice
1 Cup chopped walnuts
1 tsp. Each of Cinnamon, Ginger, and Cloves
2 Tb. Honey
4 Tb. Sesame Tahini
½ tsp. Sea salt (optional)

- 1) Mix all ingredients together in a large bowl and pour into crusts.

If your filling is a bit on the wet side, add the filling to the crust just before serving.

This pie goes well with a raw ice cream on top.

Optional – decorate with sliced apples or bananas or shredded coconut.

Notes:

Blueberry Ice Cream

Yield: Variable (I make about 6 Cups)

Planning Ahead Time: None (Just have frozen bananas on hand)

Creation Time: 5 minutes

Waiting Time: None

Blueberries are an excellent way to increase the antioxidant level in your diet. Plus, they are delicious, and available frozen just about anytime.

Ingredients

2 Cups frozen blueberries (or more).

½ Cup raw shredded coconut

Frozen bananas (about three)

Pure water or ice

- 1) Put the blueberries, coconut, and one cup of water into the Vita-Mix. Mix very thoroughly. Then just keep adding bananas, water, or ice to reach the volume and consistency you desire, grinding in the Vita-Mix after each addition. Serve immediately.

Hint – Use the tamper if you want a stiffer ice cream.

Notes:

Carob Cake

Yield: One big cake
Planning Ahead Time: 8 to 12 hours to soak almonds.
Creation Time: 20 minutes
Waiting Time: None

Mixing up cake recipes in the Vita-Mix is so much easier than using the food processor.

Ingredients

1 Cup pitted dates
1 $\frac{3}{4}$ Cups soaked almonds (start with 1 Cup dry almonds)
 $\frac{1}{4}$ Cup raw honey
 $\frac{1}{4}$ to $\frac{1}{2}$ Cup raw carob powder (use $\frac{1}{2}$ Cup if you really like Carob)
1 Cup water
3 Cups raw shredded coconut

- 1) Put all the ingredients (except the coconut) into the Vita-Mix and mix thoroughly.
- 2) Pour the mixture into a bowl and stir in the 3 Cups coconut.
- 3) Shape cake into any form desired on a platter or plate.
- 4) Make up frosting recipe (below). Mix in the Vita-Mix and spread frosting on the cake.

Frosting Ingredients

20 Dates
2 Tablespoons Honey
1 Tablespoon Carob
Just enough water to mix in the Vita-Mix

My boys like to shape the “dough” into two-dimensional turtles, bears, or other forms as they shape their cakes. They also like to decorate the top with dried fruit, blueberries, and nuts.

Notes:

Carob Creations

Yield: 16 squares

Planning Ahead Time: None

Creation Time: 15 minutes

Waiting Time: Several hours to set up in the refrigerator

This rich dessert is a creation all your own. You get to pick your favorite ingredients.

Ingredients

1 Cup Raw Honey

1 Cup Raw Sesame Tahini (any seed or nut butter will do)

1 tsp. Maple Flavoring (Optional)

½ Cup Raw carob powder

Possible Ingredients (Pick three cups worth)

Raw seeds (hemp, pumpkin, flax, sunflower, sesame, chia, etc.)

Raw chopped nuts (coconut, almond, brazil, pistachio, macadamia, peanut, cashew, walnut, pecan, etc.)

Raw raisins or currants or any other dried fruit

- 1) Mix together the honey, the tahini (or nut butter) and the maple flavoring and just warm in a saucepan until the mixture melts a bit. Do not cook. I usually put mine out in a closed car in the sun for a couple of hours.
- 2) While the above is melting, mix together your three cups of chosen ingredients (and the carob powder) in a large bowl or pan. Pour the honey / tahini mixture over it all and stir it all together well, making sure all the “dry” ingredients are coated.
- 3) Spoon it all into a 9 by 9 glass pan and press firmly with fingers (or a spoon) until packed in level. If you coat your fingers or spoon with water, the mixture won't stick to them. Refrigerate for several hours to firm up. Cut into squares and serve.

I would suggest starting with one cup of seeds, one cup of nuts, and one cup of dried fruit, but be sure to experiment. My favorite combination is 1 cup each pumpkin seeds, coconut, and currants. My wife's favorite is 1 ½ cups oatmeal and 1 ½ cups coconut.

In our family, we nearly always eat these with banana-coconut ice cream (as a sweet meal for family video night). I like to break or cut my squares into tiny pieces and sprinkle them in my bowl of ice cream.

This is a very versatile recipe because if you don't have an ingredient, just substitute something else. Just pour the liquid mixture over approximately three cups of any healthy dry ingredients and it will be wonderful! We vary the recipe a lot depending on what we have or what we are craving.

They are concentrated, so chew well!

When you experiment, write down what you like, or you won't remember.

Notes:

Carob Pudding

Yield: Five Cups

Planning Ahead Time: 8 hours to soak sunflower seed and chia seed

Creation Time: 5 minutes

Waiting Time: Refrigerate for a couple of hours

Serve this as a pudding, or use as a fruit dip with bananas, apples, or other fruit. The chia seed when soaked sets up like a gel, and helps to give this recipe its pudding-like consistency.

Ingredients

1 ½ Cups Soaked Sunflower Seeds (Start with 1 Cup)

2 Cups pitted dates

Soaked Chia seeds (soaked in 1 Cup water) (Start with 2 Tb. dry Chia seeds)

6 Tb. Carob powder

- 1) Put the first three ingredients into the Vita-Mix and mix thoroughly.
- 2) Pour into a bowl and mix in the Carob powder. Refrigerate if desired.

This pudding is delicious with grated Brazil nuts on top.

Hint – If you don't have sunflower seeds any nut will do as a substitute.

Notes:

Carob Smoothie

Yield: Variable (I make about 6 Cups)

Planning Ahead Time: None (Just have frozen bananas on hand)

Creation Time: 5 minutes

Waiting Time: None

I go for long periods of time without any carob, and then just suddenly it sounds good. This is a quick way to get that rich satisfying taste.

Ingredients

2 Tb. Almonds

2 Tb. Raw carob powder

3 Frozen bananas

Pure water or ice

- 1) Put the almonds, carob powder, one cup of water, and one frozen banana into the Vita-Mix. Mix very thoroughly. Then just keep adding bananas, water, or ice to reach the volume and consistency you desire, grinding in the Vita-Mix after each addition.

You can try any nut or seed in place of the almonds (pumpkin, flax, chia, hemp, sunflower, filbert, macadamia, pine nut, etc.).

Notes:

Cassandra's Coconut Ice Cream

Yield: 2 quarts of ice cream
Planning Ahead Time: Have frozen bananas on hand
Creation Time: 10 minutes
Waiting Time: None

This is my wife's favorite ice cream. Every time we have a sweet raw dessert we make this ice cream to go with it.

Ingredients

¾ Cup raw shredded coconut
1 Tb. Vanilla Extract (or piece of Vanilla Bean)
Frozen bananas
Pure water (just enough to keep Vita-Mix mixing). Use the tamper for a stiffer ice cream.

- 1) Put the coconut, vanilla, two frozen bananas, and about two cups of water into the Vita-Mix and mix extra-thoroughly.
- 2) Keep adding a couple of frozen bananas (and a bit of water) at a time and mixing in the Vita-Mix until you have the volume you want. I fill the Vita-Mix to the top for our family (and it still isn't enough).

The Vita-Mix is powerful, but I still find it helpful to make a huge ice-cream batch in "stages" rather than attempting to grind seven or eight frozen bananas at once.

I always have frozen bananas on hand, so I don't require any prep time. The easiest way to freeze bananas is in a rectangular Tupperware container. We have containers that hold four or five bunches of bananas (and we have three containers). Note – wait until the bananas are ripe, and peel the bananas before freezing.

Hint - You may want to use less coconut if you are making only a small batch of ice cream.

Notes:

Chewy Sweet Squares

Yield: 16 squares

Planning Ahead Time: None

Creation Time: 15 minutes

Waiting Time: Several hours to set up in the refrigerator

These little squares are as simple to make as they are delicious to eat. They are as rich as they are healthy. This is what I go for when I'm feeling like something high-fat and satisfying. They contain a powerhouse of high-calcium ingredients, as well as healthy fats.

Ingredients

½ Cup Raw Honey

½ Cup Raw Sesame Tahini (any seed or nut butter will do)

1 tsp. Maple Flavoring (Optional)

½ Cup Raw hemp seeds

½ Cup Raw pumpkin seeds

½ Cup Raw flax seeds

½ Cup Raw sunflower seeds

½ Cup Raw sesame seeds (I use unhulled)

½ Cup Raw coconut

½ Cup Raw raisins or currants

½ Cup Raw (any seed, chopped nut, or chopped dried fruit). I usually add more coconut or raisins for this last ½ Cup.

- 1) Take the honey, the tahini (or nut butter) and the maple flavoring. Mix together and just warm in a saucepan until the mixture melts a bit. Do not cook. I usually put mine out in a closed car in the sun for a couple of hours.
- 2) While the above is melting, mix together all the remaining ingredients in a large bowl or pan. Pour the honey/tahini mixture over it all and stir it all together well, making sure all the “dry” ingredients are coated.
- 3) Spoon it all into a 9 by 9 glass pan and press firmly with fingers until packed in level. If you coat your fingers with water, the mixture won't stick to them. Refrigerate for several hours to firm up. Cut into squares and serve.

In our family, we nearly always eat these with banana-coconut ice cream (as a sweet meal for family video night). I like to break or cut my squares into tiny pieces and sprinkle them in my bowl of ice cream.

This is a very versatile recipe because if you don't have an ingredient, just substitute something else. Just pour the liquid mixture over approximately four cups of any healthy dry ingredients and it will be wonderful! We vary the recipe a lot depending on what we have or what we are craving.

They are concentrated, so chew well!

When you experiment, write down what you like, or you won't remember.

Notes:

Chris's Carob Dip

Yield: Six Cups

Planning Ahead Time: 8 hours to soak almonds

Creation Time: 5 to 10 minutes

Waiting Time: Several hours to chill in the refrigerator

We use this as a fruit dip for fresh peaches, pears, and bananas. It's tasty enough to eat plain! It's quick to make up. If you forgot to soak the almonds, just add ½ Cup more water.

Ingredients

1 ¾ Cups Raw soaked almonds (start with 1 Cup dry)

1 ½ Cups pitted dates

¼ Cup Raw carob powder

1 Tablespoon pure vanilla flavoring (or piece of vanilla bean)

2 Cups water

- 1) Blend everything together in the Vita-Mix. Use the tamper if you need to (I usually don't need to). Pour it into a bowl and refrigerate for several hours. Serve with any kind of fresh fruit as a dip.

Notes:

Citrus Smoothie

Yield: Variable (I make about 5 Cups)

Planning Ahead Time: None (Just have frozen bananas on hand)

Creation Time: 5 minutes

Waiting Time: None

This is a frequent breakfast meal for me, with many variations depending on what is available and how hungry I am. Note – when peeling the orange and lemon, peel them this way. Take a very sharp knife and pare off the very outer orange peel and lemon peel, leaving as much pith (white part of the peel) as you possibly can. Then cut each fruit in half and put it in the Vita-Mix, seeds, pith, and all. The pith actually adds to the creaminess of the smoothie as well as increasing its nutrition.

Ingredients

1 lemon

1 orange

2 Tb. Sesame seeds (or other nuts or seeds)

3 Frozen bananas

Pure water or ice

- 1) Put the lemon, orange, sesame seeds, one cup of water, and one frozen banana into the Vita-Mix. Mix very thoroughly. Then just keep adding bananas, water, or ice to reach the volume and consistency you desire, grinding in the Vita-Mix after each addition.

Note – Sesame seeds are very nutritious but can be a little bitter if you aren't used to them. Try only 1 Tablespoon at first, or add a spoonful of honey. I think the seeds go superbly with lemon, but experiment to see what you enjoy and find satisfying. You can try any nut or seed in place of the sesame seeds (pumpkin, flax, chia, hemp, sunflower, almond, filbert, macadamia, pine nut, etc.).

Notes:

Cole Slaw

Yield: 6 to 10 servings
Planning Ahead Time: None
Creation Time: 20 minutes
Waiting Time: None

This is one of my very favorite recipes.

Cole Slaw

3 Cups carrot (shredded / grated)
3 Cups cabbage (shredded / grated)
1 Cup currants or raisins (optional)

- 1) Mix carrots, cabbage, and currants together in a large bowl.

Cole Slaw Dressing

½ Cup olive oil
¼ Cup lemon juice
¼ Cup honey
2 Tb. Almonds
1 Tb. Miso
1 Tb. Nama Shoyu

- 1) Blend all dressing ingredients in the Vita-Mix and pour over the vegetable mixture. Stir well to coat and serve.

A tasty serving suggestion is to sprinkle some grated macadamia or brazil nuts onto each serving. It looks like Mozzarella cheese and adds a wonderful richness.

Notes:

Easy Avocado Dip

Yield: 4 Cups
Planning Ahead Time: None
Creation Time: 10 minutes
Waiting Time: None

This delicious recipe can be used as a dip, or you can thin it and use for a dressing.

Ingredients

2 Avocados
1 lemon (yellow skin pared off)
1 Cup water

¼ Cup honey
2 garlic cloves
1 thumb of ginger
1 Tb. Nama Shoyu
1 Tb. Miso

1) Put all ingredients into the Vita-Mix and mix thoroughly. Pour into bowls for a veggie dip.

Notes:

Fabulous Fudge

Yield: 20 good-sized pieces

Planning Ahead Time: 8 hours to soak the currants or raisins

Creation Time: 20 minutes

Waiting Time: A few hours to “set up” in the refrigerator (optional)

I have experimented with many different fudge recipes. It was a tough job, but someone had to do it! I found this one rich and fulfilling as well as the tastiest and it’s pretty simple. This is another mixture where the Champion juicer comes in handy.

Ingredients

- 2 Cups Raw sesame tahini (one 16 ounce jar)
- 3 Cups soaked raisins or currants (start with 2 cups dry)
- ¼ Cup carob powder
- ¼ Cup honey
- 1 tsp. Each of cinnamon and cloves
- 1 Cup chopped walnuts or Brazil nuts

- 1) Mix the tahini and raisins together in a bowl and stir together, then run the mixture through the Champion with the “solid” plate rather than the mesh piece.
- 2) Add the remaining ingredients, stir, and press into a 9 by 13 casserole pan. Refrigerate if desired.

If you really like carob, try doubling the amount.

Try substituting one cup of hemp seed, pumpkin seed, or shredded coconut for the cup of chopped nuts. Each one gives a different taste and texture. Try combinations also.

Notes:

Grape Green Smoothie

Yield: 2 Quarts

Planning Ahead Time: Have frozen bananas on hand

Creation Time: 5 minutes

Waiting Time: None

This is not a green grape smoothie but a grape green smoothie. You use purple grapes (concord). The end product is as purple as can be, no matter how many greens you put in. These are the concord grapes that most people just juice. This recipe uses the whole food. Get your grape seed extract fresh from the seeds. The peels also are full of antioxidants, and are usually wasted. This is a great fall smoothie.

Ingredients

- 2 Cups concord grapes (whole, with seeds)
- 2 Cups greens (kale, spinach, chard, lettuce, or any edible green leaf)
- 2 Cups frozen banana (about 2 bananas)
- ¼ Cup coconut
- 1 to 2 Cups water (start with 1)
- 1 Tray of ice cubes (optional)

- 1) Put everything except the frozen ingredients (ice and banana) into the Vita-Mix and mix thoroughly. Get the grapes, coconut, and greens ground up very well and then add the frozen banana and ice and grind some more.

Adjust the water and ice so that you get the consistency and temperature you desire. I prefer mine cool but not freezing. Experiment and find what's just right for you. This is an easy and quick way to get lots of greens. I made this recipe daily for weeks at a time in the fall of 2003. Many people have these grapes growing in their yard and don't even use them. Look around and you can probably get a huge supply for free.

Try adding some chia seed, sesame seed, flax seed, brazil nuts, or whatever you like, but start with a small amount. You want it to still taste light and fruity, and not overly thick.

Notes:

Healthy Hummus

Yield: 3 to 4 Cups

Planning Ahead Time: 8 hours or so to soak almonds (optional)

Creation Time: 10 to 15 minutes

Waiting Time: 4 hours to refrigerate (optional, but nice)

I give credit here to Frederic Patenaude for the original idea of a hummus that has no garbanzo beans, yet still has the rich flavor of hummus. It was a hit the first time I tried it at a raw potluck. Since that time I have made a few ingredient alterations. I decreased the amount of almonds, use a whole lemon instead of just juice, and use Shoyu. I also add water and make it in the Vita-Mix instead of a food processor. It's much quicker and simpler this way, yet still plenty thick, once it sets up in the refrigerator.

A coworker from Lebanon taught me how to eat hummus with olive oil. You put some hummus onto your plate or bowl, and with your spoon mold a small depression in the middle. Then pour some olive oil into that hole. Then dip your vegetables into it, getting a mixture of oil and hummus. It's very satisfying!

Ingredients

1 Cup soaked almonds (Start with 2/3 Cup Dry).
½ Cup Raw Sesame Tahini
1 Garlic Clove (I put 2, I like garlic)
1 Whole Lemon (with yellow skin pared off – leave pith) or ¼ Cup Lemon Juice
½ Cup Olive Oil
1 or 2 Tablespoons Nama Shoyu (or ½ tsp Sea Salt or Celtic Salt)
1 ½ Cups Pure Water

- 1) Put all of the above in the Vita-Mix and blend until pureed thoroughly.
- 2) Pour into a bowl, then mix in 1 Tablespoon of Italian Herb Seasoning (mix of basil, thyme, oregano, garlic) or herbs of your choice. Try pizza seasoning, barbecue seasoning, cumin, chili powder, or whatever you like.
- 3) Refrigerate for a few hours, and use as a dip with cabbage, romaine leaves, celery, peppers, cucumber, zucchini, jicama, Jerusalem artichoke, and whatever else you like.

Notes:

Leprechaun Ice Cream

Yield: Variable (I make about 4 Cups)
Planning Ahead Time: None (Just have frozen bananas on hand)
Creation Time: 5 minutes
Waiting Time: None

This ice cream may not be for everybody, but you may want to at least give it a try. Mallow is the plant with the little “cheesies” that grow on it. The leaves are actually one of the mildest among the wild greens. This is the common mallow, which is related to hollyhock, and also related to marsh mallow. Yes, marshmallows used to be made from the root of the marsh mallow plant.

Ingredients

15 Mallow leaves
½ Cup raw shredded coconut
Pure water or ice
Frozen bananas

- 1) Put the mallow leaves, coconut, one cup of water, and one frozen banana into the Vita-Mix. Mix very thoroughly. Then just keep adding bananas, water, or ice to reach the volume and consistency you desire, grinding in the Vita-Mix after each addition.

Even though this is a simple recipe it contains each of the elements of David Wolfe’s Sunfood Triangle, the greens, the raw plant fats, and the sweet fruits. It is an easy way to eat a wild food that grows freely around most of the United States.

If you don’t have mallow in your vicinity, substitute any mild tasting wild or cultivated green leaf. Mallow leaves are small roundish leaves ranging from the size of a quarter to the size of a silver dollar. If you use a green with a larger leaf, reduce the number accordingly.

Notes:

Mild Avocado Dressing

Yield: 4 Cups
Planning Ahead Time: None
Creation Time: 5 minutes
Waiting Time: None

This is a mild dressing that isn't overly rich or oily.

Ingredients

1 Avocado
One whole lemon (shave off outer yellow skin)
2 Cloves Garlic
1 Tb. Miso
1 Tb. Nama Shoyu
2 Tb. Honey
2 Cups pure water (or to desired consistency)

1) Blend together all ingredients in a Vita-Mix or blender.

The basic "mild" dressing is above. If you like spicier fare, try adding a thumb of ginger to the Vita-Mix. 1 Tb. Cumin also goes very well with this dressing.

Hint – When using the Vita-Mix, you don't even need to peel the garlic. Just throw it in!

Notes:

Raw Granola Bars

Yield: 30 to 40 Bars

Planning Ahead Time: 8 to 12 hours to soak almonds and flax seed.

Creation Time: 25 minutes

Waiting Time: 24 hours (approximately)

These bars were my first attempt at granola bars, and I think they turned out rather well. I made only minor modifications. When dehydrated, they look and feel surprisingly like granola bars from the store. They taste better, of course. The 'dough' can also be eaten plain (without dehydrating it). My boys love the dough and the dehydrated bars.

Ingredients

3 Cups soaked almonds. Start with 2 cups dry almonds

½ Cup dry flax seed soaked in 2 cups water

1 Cup raw honey

1 Tb. Cinnamon

3 bananas

1 Cup raisins

1 Cup currants

½ Cup sunflower seeds

½ Cup sesame seeds

½ Cup pumpkin seeds

5 Cups shredded coconut

- 1) Soak almonds and flax seed for 8 to 12 hours. Drain and rinse the almonds, but not the flax seed.
- 2) Put almonds, flax seed (with soaking liquid), cinnamon, bananas and honey into the Vita-Mix and mix thoroughly. Pour into a large bowl or mixing container.
- 3) Add in all the remaining ingredients and mix well.
- 4) Shape into bars on the dehydrator trays (use teflex sheets). We make our bars about ¼ inch thick and two inches wide.
- 5) Dehydrate at 100 degrees for 24 hours, or as long as needed. Turn them over and move them from the teflex sheets onto the regular trays after about six hours.

Hint – Don't let them get too crisp. Most people prefer them firm, but a little chewy.

Silica Soup

Yield: 7 Cups
Planning Ahead Time: None
Creation Time: 10 minutes
Waiting Time: None

Both tomatoes and pepper contain abundant amounts of the mineral silica, which is important for healthy skin and hair. This is a wonderful dish to make at harvest time. This soup can also be used as an excellent dressing. By increasing the sesame tahini to 1 Cup I also use the recipe for a vegetable dip.

Ingredients

3 Cups tomatoes

2 sweet red peppers (not hot)
½ Cup water
¼ Cup sesame tahini
1 garlic clove
2 Tb. Lemon juice
2 Tb. Raw apple cider vinegar
1 Tb. Nama Shoyu
½ tsp Celtic sea salt
1 Tb. Italian herb seasoning (mix of basil, thyme, oregano, and garlic)

- 1) Put all ingredients except the Italian seasoning into the Vita-Mix and mix thoroughly. Pour into serving bowls and sprinkle some Italian seasoning into each bowl, or just mix the Italian seasoning into the entire batch before serving.

Hint – if you don't have red pepper available, substitute yellow pepper, cucumber, zucchini, or even more tomato.

Be flexible.

Notes:

Simple Italian Dressing

Yield: 2 Cups
Planning Ahead Time: None
Creation Time: 3 minutes
Waiting Time: None

This recipe is simplicity itself, but very satisfying, especially if you like garlic.

Ingredients

One whole lemon (shave off outer yellow skin)
1/4 Cup Raw Apple Cider Vinegar
3/4 Cup Extra-Virgin Olive Oil
4 Cloves Garlic

Optional (Sea Salt, Real Salt, Celtic Salt, Shoyu, or Miso) to taste
Optional – Add other spices as desired. I like white pepper

1) Blend together all ingredients in a Vita-Mix or blender.

Hint – When using the Vita-Mix, you don't even need to peel the garlic. Just throw it in!

Notes:

Snappy Sprout Salad

Yield: 4 to 5 Cups
Planning Ahead Time: None
Creation Time: 10 minutes
Waiting Time: None

This fruit salad is so chewy and satisfying. The coconut gives the meal a bit of fat, which keeps you full until the next meal. When I first started making this recipe I used radish sprouts, which are quite ‘snappy’ in a spicy sort of way. When I use radish sprouts I use only ½ Cup, but I increase to 1 Cup when using milder sprouts such as clover or alfalfa.

Ingredients

2 Apples – grated
1 Orange – Sliced and chopped into small pieces (leave as much pith as possible)
½ to 1 Cup Sprouts
2 Tb. Shredded Coconut

1) Put all the ingredients into a bowl and eat it for a meal.

Optional – Some pumpkin seeds or sunflower seeds are also a nice addition if you are feeling really hungry.

This is a great meal for the winter when the variety of fruit available is on the decline. You can always get apples and oranges. The winter is also a great time to sprout since really good greens are also a little harder to obtain. When I make this recipe, I eat the whole thing for a meal (typically lunch). However, you could use it for a side salad for around three or four people.

Notes:

Snowflake Macaroons

Yield: 15 Macaroons

Planning Ahead Time: None

Creation Time: 10 minutes

Waiting Time: A few hours to refrigerate (optional)

Another super simple yet fulfilling mixture, especially if you love sweets!

Ingredients

1 Cup raw honey

3 Cups raw shredded coconut

1 Cup raw sunflower seeds

- 1) Simply *warm* the honey in a saucepan (or the sun) and pour over the coconut and seeds. Mix well. Press into a 9 by 13 casserole pan and refrigerate a few hours. Cut, serve, and enjoy!

For variety try pumpkin seeds, hemp seeds, flax seeds, sesame seeds, or almonds instead of the sunflower seeds.

Notes:

Sprout Smoothie

Yield: Variable (I make about 5 Cups)

Planning Ahead Time: None (Just have frozen bananas on hand)

Creation Time: 5 minutes

Waiting Time: None

This smoothie recipe is an excellent way to use those sprouts without having to make up a salad.

Note – when peeling the orange and lemon, peel them this way. Take a very sharp knife and pare off the very outer orange peel and lemon peel, leaving as much pith (white part of the peel) as you possibly can. Then cut each fruit in half and put it in the Vita-Mix, seeds, pith, and all. The pith actually adds to the creaminess of the smoothie as well as increasing its nutrition.

Ingredients

1 lemon

1 orange

1 Cup leafy sprouts (alfalfa, clover, radish, etc)

5 to 10 Brazil nuts (or other nuts)

2 to 3 Frozen bananas

Pure water or ice

- 1) Put the lemon, orange, nuts, sprouts, one cup of water, and one frozen banana into the Vita-Mix. Mix very thoroughly. Then just keep adding bananas, water, or ice to reach the volume and consistency you desire, grinding in the Vita-Mix after each addition.

You can try any nut or seed in place of the Brazil nuts (pumpkin, flax, chia, hemp, sunflower, almond, filbert, macadamia, pine nut, etc.). The sprouts provide many alkaline minerals that help counteract the acidity in your body.

Notes:

Watermelon Delight

Yield: Variable (I make about 2 Quarts)
Planning Ahead Time: Refrigerate the Watermelon
Creation Time: 5 minutes
Waiting Time: None

This drink is tasty and powerful. It is very quick to make. Watermelon is one of my very favorite foods, and I used to limit watermelon to the weekends when I had time to sit down and make a meal of it. Another advantage to this drink is that all the watermelon seeds are used, which are very nutritious but usually wasted! The seeds provide some fat to give the meal some 'staying power' yet it still feels light and refreshing.

Ingredients

Refrigerated watermelon (enough to nearly fill the Vita-Mix) with seeds and pith
1 lemon (with seeds and pith)
15 to 25 wolfberries or gojiberries

1) Grind well in the Vita-Mix, and drink.

This recipe is a staple for me in the late summer months.

Notes:

