

13 Step Raw Living Foods[®] Success Guide

The Handbook to Going Raw[™]



The Wisdom and Teachings of Dr. Ann Wigmore

**Compiled and Edited by
Dr. James E. Carey, PhD (computer engineering)**

Former Director of Creative Health Institute
Trustee, Creative Health Institute Trust
Director, chiDiet.com Home Study Program

© 2008 by CST, Inc.
All Rights Reserved Worldwide

chiDiet.com – CST, Inc.
Dr. James E. Carey
5678 W. Old Savannah Rd.
PO Box 321
Midville, GA 30441

877-213-4699 toll-free
478-982-3462 local
775-796-2668 fax

chiDiet.com
info@chiDiet.com



Creative Health Institute
112 W. Union City Rd.
Union City, MI 49094

866-426-1213 toll-free
517-278-6260 local
517-278-5837 fax
CreativeHealthInstitute.com
info@CreativeHealthInstitute.com

chiDiet.com, its publications, videos, books, websites and all other works are based on the teachings of Dr. Ann Wigmore at Creative Health Institute, but are totally independent of Creative Health. Please address all issues, etc., to chiDiet.com and Dr. James Carey, as listed above.

Sign up for our newsletter at chiDiet.com/subscribe.htm and receive a free download copy of *Why Suffer?: How I Overcame Illness & Pain Naturally*, by Dr. Ann Wigmore.

Information contained within this book is intended for educational purposes only. Statements have not been evaluated by the U.S. Food & Drug Administration. This information is neither medical nor dental advice and is not intended to diagnose, treat, cure, or prevent any disease and should not in any way be used as a substitute for the advice of a physician or other licensed health care practitioner.

Copyright Notices

Copyright © 2008 by CST, Inc. and chiDiet.com
All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means, mechanical or electronic, including photocopying and recording, or by any information storage and retrieval system, without permission in writing from the publisher. Requests for permission or further information should be addressed to CST, Inc, 5678 W. Old Savannah Rd., PO Box 321, Midville, GA 30441.

Published by CST, Inc.

5678 W. Old Savannah Rd.

P.O. Box 321

Midville, GA 30441

Toll Free: (877) 213-4699

Local: (478) 982-3462

Fax: (775) 796-2668

<http://www.chidiet.com>

Support: <http://www.chidiet.com/support>

Printed and bound in the United States of America.

Legal Notices

While all attempts have been made to verify information provided in this publication, neither the author nor the Publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter.

This publication is not intended for use as a source of legal, medical, dietary or dental advice. The purchaser or reader of this publication assumes responsibility for the use of these materials and information. The author and publisher assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials.

Information contained within this book is intended for educational purposes only. Statements have not been evaluated by the U.S. Food & Drug Administration. This information is neither medical nor dental advice and is not intended to diagnose, treat, cure, or prevent any disease and should not in any way be used as a substitute for the advice of a physician or other licensed health care practitioner.

Any perceived slights of specific people or organizations is unintentional.

Table of Contents

PREFACE 9

LESSON 1 - INTRODUCTION TO RAW LIVING FOODS 11

What is the Basic Cause of Disease?..... 11

What Are Raw Living Foods? 12

What is the Raw Living Foods Lifestyle? 12

What is the Basic Cause of Addictions? 13

Vegan Theory 15

Ten Advantages to Eating Raw 19

What is Balanced Eating for Well-being? 22

The Difference Between Eating and Nourishment..... 23

The Supreme Machine 24

Health and Healing 25

Enzymes – The Fountain of Life 26

Chlorophyll Is More Than The Air We Breathe 44

The Wonderful World of Dr. Ann Wigmore 47

Obtaining Equipment and Supplies 53

The Basic Raw Food Kitchen 55

Intermediate Raw Food Kitchen 56

What are the Benefits of Changing Your Lifestyle 57

LESSON 2 - TRANSITIONING TO THE RAW LIVING FOODS LIFESTYLE..... 59

The Raw Living Foods Program 59

Transitioning Forward 59

The Transition Diet 60

Eight Common Mistakes that Occur on Raw Foods 62

Keeping a Food Diary 63

Transition Snacks 64

List of Tools 68

Organization - Putting Together A Schedule 69

Things to Remember Daily 71

How to Sleep Well 73

Why Chew 76

Ginger, a Wonder Drug..... 78

The Benefits of Raw Foods 90

LESSON 3 - AN INTRODUCTION TO WHEATGRASS 97

Introduction And Historical Overview 97

What is Wheatgrass?..... 99

How Does Wheatgrass Work?..... 100

Nutritional Analysis of Wheatgrass Juice..... 101

What Kind of Reactions Can I Expect?..... 102

Facts About Wheatgrass Juice 103

Elements Found in Wheatgrass..... 106
 Uses For Wheatgrass Juice..... 107
 Excerpt from “The Miracle of Wheatgrass” 111
 Wheatgrass Treatment for Cancer 117
 Growing Grass and Greens 120
 Notes on the Use of Wheatgrass..... 121
 Where to Buy Seeds - Resources 123

LESSON 4 - SPROUTING RAW LIVING FOODS 125

Nutrients in Sprouts 125
 The Mighty Sprout! A Kitchen Crop 126
 How to Sprout for Nourishment 129
 Sprout Chart 132
 Soaking Seeds and Nuts 134
 Sprout Combining 136

LESSON 5 - INDOOR GARDENING & COMPOSTING..... 137

Indoor Gardening 137
 Indoor Composting 140
 Composting Methods..... 142
 An Indoor Green Thumb 143
 Growing Wheatgrass 144
 Growing At Home 145
 Modern Topsoil and Minerals 146
 Composting and Used Wheatgrass Mats 148

LESSON 6 - ENERGY SOUP & GREEN SMOOTHIES 151

The Key to Self-Healing is High Energy Nourishment! 151
 Fruit Purees and Smoothies 153
 Green Drink Fundamentals..... 154
 Nutritional Breakdown of Energy Soup..... 159
 Soups and Green Drink Mixology 161

LESSON 7 - LIGHTLY FERMENTED FOODS 163

Making Veggie Kraut – What You Will Need 165
 Nut Mylks and Yogyrt..... 168
 The Value of Rejuvelac and Lightly Fermented Foods 170
 How to Make Rejuvelac 172

LESSON 8 - FUN WITH DEHYDRATING 177

Why Dehydrate? 177
 The Basic Rules of Dehydrating 178
 Fun with Dehydrating..... 178
 Dehydration Recipe Basics..... 181

LESSON 9 - PLANNING A RAW LIVING FOODS MENU 183

Raw Gourmet Basic Training 183

The Five Tastes 183

Planning a Raw Living Foods Menu 186

The Five Minute Raw Gourmet..... 198

Obtaining Equipment and Supplies 200

Fasting and Building 202

The Raw Foods Kitchen 204

The Basics of a Great Salad Dressing..... 205

Soups and Green Drinks 207

Nut Mylks 208

Ingredients 209

Seed / Nut Cheese and Yogurt 210

Sea Vegetables - A Wealth of Nutrition 213

Types of Sea Vegetables and Their Benefits 215

Raw Living Foods Kitchen Supplies Checklist..... 218

Making Raw Living Foods Work for You!..... 219

Transition Snacks 220

LESSON 10 - FOOD COMBINING..... 223

Basic Food Combining..... 223

Five Basic Rules of Food Combining..... 226

15 Food Combining Guidelines 227

Food Combining Charts 229

Too Many Carbs! 233

124 Ways Sugar Ruins Your Health 235

America’s Ice Cream 243

The Truth About Milk 245

Most Dangerous Foods 251

LESSON 11 - EXERCISE 253

The Importance of Exercise 253

The Importance of Breathing 254

Pelvic Rock Series 256

Meditation 258

Things to Remember Daily 260

LESSON 12 - COLON HEALTH AND ELIMINATION..... 263

Introduction to Colon Care 263

A Brief History of Colon Therapy 268

Enema Technique..... 270

Wheatgrass Implants 273

What happens in a Colon Cleanse 275

The Lymphatic System 279

Dry Skin Brushing 280

LESSON 13 - STAYING THE COURSE 283

The Benefits of Changing Your Lifestyle 283

Cooked Food Dependency Questionnaire..... 284

Twelve Steps to Raw Food..... 287
 Organization: Putting Together a Schedule..... 288
 The Difference Between Eating and Nourishment..... 290
 Energy and Free Radicals 291
 Things to Remember Daily 294
 About Hugging 296
 Why a 100% Raw Living Foods Lifestyle is Necessary 297
 Human Constitution Compared with Carnivores' 300
 A Parting Message from Dr. Ann Wigmore..... 301
 About Creative Health Institute 303

Cooking foods above 118 degrees Fahrenheit destroys digestive enzymes. When this happens, the pancreas, salivary glands, stomach and intestines must all come to the rescue and furnish digestive enzymes...to break down all these substances. To do this repeatedly, the body must rob, so to speak, enzymes from the other glands, muscles, nerves and the blood to help in its demanding digestive process.

Eventually the glands - and this includes the pancreas - develop deficiencies of enzymes because they have been forced to work harder due to the low level of enzymes found in cooked food...Your chances therefore of not putting a burden on your pancreas are better if you eat as much raw food as possible.

William H. Philpott, MD - *Victory Over Diabetes*

Preface

Dr. Ann's Teachings

Dr. Ann Wigmore *usually disagreed* with the use of culinary herbs (with a few exceptions) and spices.

For many people this field is incomprehensible because it is so large. Some herbs are strong in flavor and many wild edibles resemble poisonous plants that the amateur forager many unwittingly use. Proper identification is most important and practicing with professional guidance is recommended.

Herbs, medicinal and culinary, and spices, including garlic and onions, “kick” the body into doing things it’s supposed to (*forcing* the issues, in some cases), instead of “easing” the body through it’s healing (in other words, too harsh and sudden). It is not recommended that those dealing with degenerative or terminally diagnosed diseases use herbs and spices until after at least the first three months, or better yet, after one year on the living foods program.

The following items are NOT a part of the Dr. Ann Wigmore Raw Living Foods Lifestyle:

Spinach

Salt, including Sea Salt

Onions and Garlic

Honey, Agave and Maple Syrup

Especially not Bragg’s Liquid Aminos

Vinegar, even so-called “raw” apple cider vinegar

Citrus (including Tomatoes, which are really a citrus fruit)

Nightshades, like potatoes, eggplant, bell peppers, hot peppers (including cayenne), and tobacco

Dr. Ann never used or recommended any type of fermented salty condiment. Dulse and kelp were the two mainstays for a salty taste containing minerals and trace minerals. Nothing like soy or nama shoyu or tamari.

There was one thing that was tried in Boston, miso, and that originally had a nipple on the plastic cover, to allow the gasses to give off, but since then, they put it in airtight containers. Thus, it would no longer be allowed because it is nothing but salty protein/starch.

It is so easy to just *soak* the sesame seeds for 4 hours and *sprout* them in the fridge for 4 hours and then *blend* them. Then you have real tahini, not canned stuff that is being passed off as raw.

Recipes included in this book that contain these items are *transitional* – sometimes they're what you might require *temporarily*, to stay on the lifestyle or for special meals.

That's why they're presented. We want you to understand that they are ***NOT*** part of the lifestyle.

Dr. Ann in the Garden

- Sincere thanks to Dr. Flora van Orden III, Dr. Ann Wigmore's long-time assistant, for her contributions to this preface.



Raw Living Foods®



Lesson 1 - Introduction to Raw Living Foods

What is the Basic Cause of Disease?

Dr. Ann Wigmore taught that **toxemia** and **deficiency** are the root causes of all disease.

Deficiency that means that our bodies are undernourished and are not receiving the proper types and amount of food the body needs. The digestive tract is being overloaded and allergies have developed. Dr. Ann Wigmore believed that about eighty per cent of the population has deficiency disorders because of the body's inability to digest food. This is why she developed methods for blending, sprouting, and fermenting. Living Food is supremely efficient nourishment that returns the body to health and productive self-healing.

Toxemia is a term used to describe poisons that are stored in the body. Toxins are formed from eating impure or unnatural, processed and chemicalized foods. Dr. Ann taught that the body can release these stored poisons by feeding it with Living Food in easy-to-digest form. Once the body eliminates stored poisons that have accumulated in the bloodstream the cells are able to receive nourishment, thus enabling the immune system to strengthen and rebuild.

What Are Raw Living Foods?

Raw living food is uncooked fruits, vegetables, nuts, seeds and sprouted grains. There are also some other foods that fall within this category such as seaweeds, raw carob powder and certain spices and seasonings. Whole, ripe, raw, organic foods in their natural state are what help to keep us healthy, vibrant and free of sickness and disease.

What is the Raw Living Foods Lifestyle?

Living Food is food provided by nature, organically grown and in its original uncooked state. It provides the body with the life giving, easy-to-digest nourishment, which is needed to strengthen the immune system. Seeds, grains, nuts, fruits and vegetables in their natural, uncooked state are the Living Food which is used for rebuilding health - physically, mentally, emotionally and spiritually.

The Raw Living Foods Lifestyle is a total approach to life. Dr. Ann taught this way of life for over thirty years. At Creative Health Institute, individuals who are willing to change their lifestyle come to learn simple and inexpensive ways to grow their own Living Food indoors.

Easy-to-Digest Nourishment is the key factor to restoring and strengthening a weakened immune system. Food prepared in easy-to-digest form allows the cells to absorb fully the life-force energy produced by enzymes. The methods developed by Dr. Ann include blending, fermenting, sprouting, and growing greens indoors organically.

Dr. Ann observed thousands of people overcome all the illnesses, which are plaguing our world today, simply by following the Living Food Lifestyle. Living Food provides energy and has the ability to provide many other benefits. It is especially a great contributor to spiritual growth.

What is the Basic Cause of Addictions?

The reason so many people have addictions is that their bodies have not received proper nourishment. Nutritional deficiency is a very serious condition. If the person's body is undernourished, energies are depleted, resulting in physical and emotional imbalances. When the nourishment of Living Food is supplied in easily digestible form the body, mind and emotions become balanced and whole again. It has been proven over and over again that when the body receives ample and balanced nourishment there is no desire for stimulants.

In 400 BC Hippocrates said, "**Let food be your medicine and medicine be your food.**" Thomas Edison, inventor and visionary, said, "The doctor of the future will give no medicine, but will interest his patients in the care of the human frame and diet, and the causes of disease."

Until 1900 **food therapy** was widely practiced as a way of healing the sick and keeping the healthy well. The advent of the Henry Ford tractor in 1905 changed the face of American farming; the prairies erupted with mountains of corn, soybeans and oats, which were fed to cows, chickens and pigs, which thus became a plentiful staple of the diet, instead of being special-occasion dishes. **Americans went from a low fat, high-fiber, plant-based diet to one centered on high fat, low-fiber, animal based foods.** Even the new 2005 USDA dietary guidelines issued January, 2005, encourage people to increase their intake of plant-based foods.

The first heart attack was described in the Journal of the American Medical Association in 1908. In fact, if you'll look at a medical book of the 1860's you won't find anything on hardening of the arteries. If the condition existed it was rare and unrecognized; now it's one of our most prevalent conditions.

OK, but how do you eat a plant-based diet, get enough protein, vitamins, minerals and all of the other proper nutrients, and still make it delicious and enjoyable? Read on, and we'll show you.

This program is about Applied Health Education.

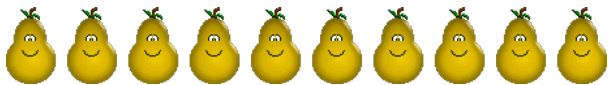
Have You Heard of Raw Living Foods?

WHAT IS “LIVING FOOD?”

It's Alive, it is not Dead! It is foods prepared with techniques like sprouting, blending, dehydrating, fermenting. It's a Living Enzyme bank account.

WHAT IS DEAD FOOD?

It's cooked to death, therefore constituting no life force. It is food heated past 118 degrees F. This means the enzymes are destroyed. Fried oil is carcinogenic. Fried anything literally kills the blood - the blood and the body suffocate a bit each time you eat fried food. The blood is the carrier life force to all the organs. If the blood is cleaned with chlorophyll then all the organs can rejuvenate.



WHAT IS LIVING BREAD?

Living Bread is a sprouted unleavened loaf of sprouted grains nuts and seeds. It was originally baked in the sun by the Essenes, a group known by the Dead Sea Scrolls. We now bake bread in a dehydrator at low temperatures; the bread is left vital and is full of life force and living enzymes.

WHAT IS DEAD BREAD?

It is dead, no life force. We are living beings; our bodies build on living material and nutrition. With so many religious people on our earth, you'd think that we'd all be eating living bread by now. It is high time we respect the life force of the Earth and feed each other well, loving and alive. Dead bread is white flour that is all dead enzymes. It is processed, vitamins and nutrients are destroyed.

Vegan Theory

It is a plain, scientific fact that the two greatest dangers in our food consumption today, from the standpoint of the world's greatest killer, heart disease, are animal fats and refined carbohydrates. A vegan diet, designed to include all requirements of protein, vitamins, minerals, enzymes and the correct kind of fats and carbohydrates, will prolong life, increase energy and vitality, and increase disease resistance. Disease cannot exist in an alkaline (normal) metabolism, one which can be achieved and maintained by following scientific principles.

Illness is the result of disobeying natural law. When man obeys the natural law he renders himself immune to infection. The high percentage of sick people in the industrialized societies of today, by some estimates 2/3 of it, is proof of this statement.

Every religion in the world today has some testimony to the value of a meatless diet (see Genesis 1:29, for example), some for over 3,000 years, but few heed this advice. But there have been innumerable people in the world, over the millennia that have followed a vegan or vegetarian lifestyle. Some of the most notable are Plato, Plutarch, Pythagoras, Socrates, Seneca, Tertullian,

Chrysostom, Ovid, Moses, Zoroaster, Buddha, Jesus, Pliny, Porphyry, Hippocrates, Voltaire, Leonardo da Vinci, Sir Francis Bacon, Rousseau, Alexander Pope, Linnaeus, Shelley, Tolstoi, Sir Isaac Newton, Benjamin Franklin, Horace Mann, Ghandi, Bernard Shaw and Woody Harrelson, to name but a few.

Raw vegans regard good health and vitality as a normal way of life. Our goal is health, in a perfect balance of body, mind and spirit. We find health in the balance of the physical, mental, emotional and spiritual (PMES) aspects of man. We therefore select a diet which will accomplish this goal.

The function of food is to 1) build and renew the cells, 2) yield energy, and 3) regulate bodily processes. Certain elements are necessary for the body to exist besides just foods. These are fresh air, pure water and sunlight. Fruits, vegetables and grains store these elements in a form which can be utilized by the body in the greatest degree. That is why these foods dominate our diet.

The raw vegan diet should comprise 50% fresh fruit (at least 30% - 35%), 35% fresh vegetables, 10% grains, and the balance may consist of concentrated foods such as nuts and dried fruits.

Nutritional details about foods will be given in later chapters. The substances eliminated from the diet are those which have a toxic effect on the PMES aspects of the body.

All of the substances that are found in the body exist in the vegetable kingdom. Indeed, only the plant world can change inert chemical compounds into living matter. Let us examine the basic food groups:

Water comprises 60% of the body, and is found in fresh fruits and veggies.

Sugars comprise part of the 1% of the body's composition as carbohydrates, and are found in fruits, some veggies, sugar cane and honey.

Starches comprise the rest of the carbohydrates, and are found in root vegetables, the central portion of grains, and bananas, peas, beans and nuts.

Proteins comprise 19% of the body, and are present in all plants, but concentrated in beans, peas, the outer portion of grains, and in fruits and nuts.

Fats and Oils, 15% of the body, are assimilable from nuts, avocados and extra virgin cold-pressed olive oil.

Minerals, 5% of the body, are found in all green veggies, fruits and whole grains.

Vitamins, exceedingly important, are present in raw fruits and veggies, especially those that have high coloring.

Now let's consider the functions these various food groups perform in body chemistry:

Building Foods – Proteins & Minerals

Protective Foods – Vitamins

Regulating Foods – Vitamins, Minerals, and Water

Fuel Foods –

type 1

Heat Producers

Fats and Oils

type 2

Energy Producers

Starches & Sugars
(Carbohydrates)

The amazing thing is that, *without reference to calorie calculations*, the raw living foods diet is adequate for all bodily requirements, results in increased energy, and brings both gains and losses in weight, depending on what the body needs for optimum health. Mineral deficiencies account for many illnesses. Withhold calcium from animals and you can breed them to 1/3 of their normal size; starvation of certain minerals can affect intelligence and dispositions, quarrelsomeness and belligerence can

be engendered. Most supplemental mineral molecules are too large to be absorbed by the body. Only the plant world can change inert chemical compounds into living matter that can be absorbed into the body.

You'll see mention in the coming lessons about acid and alkaline foods; note that this does not refer to the acidity or alkalinity of the specific food, but to the effect produced when metabolized by the body. It is for this reason that we also practice food combining; certain foods should be eaten together, or eaten separately. Again, this will be covered in upcoming lessons.

We also advocate eating only organically grown foods, *when practicable*. Modern commercial methods have increased the production per acre, but have reduced the nutritive value of the products while introducing synthetic chemicals into the food chain. Note that chemical fertilizers, pesticides and herbicides reside not only on the outside of the food, but are absorbed by the plant during growth, and by osmosis, and become part of the cellular structure of the plant. Simply washing our food cannot remove all of the poisons that it was grown with. Evidences of this are the difference in odor and taste between modern- and organically-grown foods.

Another factor in modern agriculture is transport and storage – foods are best

for the body when harvested at their ripest. But distribution and processing requires that food be picked long before it's ripe. This, too, reduces nutritive value and makes the food inferior. Top that off with spraying foods to preserve their appearance and extend their shelf lives and you have more than enough reasons to seek out Organic foods.

The problems with eating modern agricultural products continue. A tomato can isolate 14 minerals from the soil – wheatgrass over 100 – *but only if the nutrients are present in the soil in usable form*. Modern monoculture strips the soil of most nutrients and, upon analysis of the produce, it will be found that only a fraction of these mineral potentialities actually exist in commercial produce.

Therefore, in the coming lessons we will discuss sprouting and growing your own foods, in healthy, organic soil, in order to ensure the greatest wholesomeness and nutrition – commonly 100% greater than common supermarket foods. Plants grown in healthy soil are also immune to disease, and the use of chemical sprays becomes unnecessary. Seeds also germinate quicker in properly mineralized soils, and grow more vigorously.

Even if you simply add a handful of greens or fresh, home-grown sprouts to your daily menu you can increase the nutritive value of meals dramatically.

Sunbathing can directly utilize the sun's rays to form minute molecules of ergosterol, which turns into Vitamin D in the body. Deep rhythmic breathing stirs up catabolic activities, intensifying the throwing off of wastes by the body. Air bathing, letting the entire surface of the body come into contact with fresh air also purges toxins from the body. Bathing and swimming help pull toxins from the body, while encouraging the absorption of nutrients from the water. Outdoor activities not only help the body cleanse itself, they help bring the PMES aspects of the body into balance.

"Of all flowers it is the human flower which has the most need of sun." – Michelet.

It is the nature of the body to follow natural law. But the cerebral part of our nature overrides the natural impulses of the body, and as we follow the course others are taking, we pull away from nature into illness and disease. Man selects the foods he eats for one or more of three reasons:

Tradition and habit.

Imitation and custom.

His individual taste.

None of these are good eating habits. As raw living fooders we seek a more rational and scientific foundation for an optimal diet.

"We can remain ignorant of the laws of nature, or we can act in harmony with them. All organs of the body exist for the good of every other organ, and for the body as a whole; it is through this that they reach equilibrium." – Edmond Bordeaux Szekely

Good thoughts, daily reflection, and meditation are as important to good health as a good diet. Part of each day should be devoted to the Spiritual side of your nature.

The modern "balanced meal" is a fallacy, too. The diet should be planned a couple of weeks at a time, and balance over time sought, but not every meal should seek to include every food group. Indeed, seasonal foods are important to seasonal nutritional needs. The nutritional processes of the body are flexible and there is no need to attempt exact evaluation of every kind of food eaten. Learn to listen to your body, and your body will tell you what it needs.

Final Facts:

The strongest animals in the world – elephant, rhinoceros, hippopotamus, camel, horse, bull – are all vegetable feeders.

A bull, in order to produce one pound of meat, consumes 100 pounds of grain.

A pig eats enough grain in two months to feed a man for a year.

Another study shows that only 4% of the energy value of what an animal consumes is recovered in beef. Raising animals for food is a decidedly uneconomic use of agricultural resources.

An acre of wheat provides 19 times more nutrition as bread than if fed to beef cattle.

***"Leave your drugs in the chemist's pot
if you can heal the patient with food."
- Hippocrates***

"In many of the segments of culture today, the meaning of life is often reduced to cruising with the popular culture. It doesn't take a course in psychoanalysis to glimpse severe anxiety behind this posture of know-nothingness.

If you had ideas and took yourself seriously, you would have to be constantly awake, educating yourself, and getting involved with your community. It's safer to hide out in a pretense of ignorance. For that is what 'cool' mindlessness is, a way to sleep through life and not feel the sting & challenge of being engaged."

- Thomas Moore, *The Dark Nights of the Soul*

Ten Advantages to Eating Raw

by Susan Jorg, Estacada, OR

The human race learned long ago that cooking meat before eating it would protect them from certain diseases. Since then, this practice of cooking has grown to include all types of foods and is now considered an art. Very few meals are eaten which include raw elements, except for the leafy green salad.

One advantage of eating raw is that it brings Nature's intentions into focus. When I speak of eating raw I am referring to fruit, nuts, and vegetables, which taste good to the majority of humankind in their basic simplicity - direct from tree, bush or vine.

I realize it isn't easy to simply abandon thousands of years of tradition and revert back to 100% raw food. Margaret Mead once said, "It is easier to change a man's religion than to change his diet." So, to the point, there are *10 advantages to a diet of fresh, whole raw fruits, vegetables, and nuts*, which may lead you to find a greater place for them in your diet.

1. Raw foods are better quality; therefore you eat less to satisfy your nutritional needs. The heat of cooking depletes vitamins, damages proteins and fats, and destroys enzymes which benefit digestion. As your percentage of raw foods increases you feel satisfied and have more energy on smaller meals because raw food has the best balance of water, nutrients, and fiber to meet your body's needs.
2. Raw foods have more flavor than cooked foods so there is no need to add salt, sugar, spices, or other condiments that can irritate your digestion system or over-stimulate other organs.
3. Raw foods take very little preparation, so you spend less time in the kitchen. Even a child of 5 or 6 can prepare most of the items for breakfast, lunch or dinner. This gives children a sense of self-esteem and independence, not to mention the break it gives Mom and Dad.
4. When you are eating raw there's little chance of burns, unless you're in the middle of a forest fire or out in the sun too long. Just think - No burns to tongues, the roof of your mouth, or fingers, and many fewer house fires!

5. Cleaning up after a raw meal is a snap. No baked-on oils or crusty messes. And any inedible parts go directly to the compost pile.

6. Eating a diet of raw foods can reverse or stop the advance of many chronic diseases, including heart disease and cancer. Remember, cooking creates free radicals, which are the major cause of cancer. When you lower the number of free radicals your cells are bombarded with, you lower your risk of cancer.

7. A raw food diet can protect you from acute diseases such as colds, flu, measles, etc. Raw foods maintain a healthy body and a healthy body will not become diseased.

8. As long as you combine raw food properly, according to the rules of Natural Hygiene, you will soon reach a level where you no longer suffer from heartburn, gas, indigestion or constipation.

9. It is environmentally sound. With humanity on a diet of raw foods the food industry would close up shop and take up organic gardening. This would save us enormous amounts of natural resources used to produce power for these industries. Think of how many trees and oil reserves could be saved without the need for the paper and plastics used in packaging our processed foods. There would also be less carbon dioxide released into the atmosphere when all the cooking stopped, and more oxygen produced from all the new orchards and gardens, thus helping to reverse the Greenhouse Effect.

10. Eating raw saves you money on food, vitamins, pots and pans, appliances, doctor bills, drugs, and health insurance.

So don't waste your food, yourself, and our planet by cooking what you eat. Fruits, nuts, and vegetables, which are whole, fresh and raw, are brimming with life and have the ability to transmit their life force directly to you.



What is Balanced Eating For Well-Being?

We can eat in abundance of uncooked sprouts, greens, seeds, vegetables and fruits every day.

Grow most, or all of these live foods in your own kitchen. These foods are rich in vitamins, minerals, proteins, and life force for regenerating the cells, tissues, and blood of the body. These foods also protect us against deterioration of the basic biological functions of the body, which eventually protect the body from cancer and other diseases.

Eat only uncooked, unprocessed, organically grown, fresh foods. These foods contain optimum nourishment with little or no waste.

Eat foods farm-grown from local farms, in season, as much as possible. Choose what is most plentiful in the market. Adherence to this rule will balance the body with its local environment for healthy unity of body and mind.

Eat simply. Use less than five kinds of food at one meal. Avoid complicated combinations. This practice eases the digestive burden, allowing the body to use the food more efficiently. Thus, it will require less to nourish the body.

Eat only what the body needs for food and drink per day, drinking plenty of water or Rejuvelac in between meals. Eat according to your needs, mode of life, season or local climate conditions. Overeating causes accumulation of waste in the body.

The Difference Between Eating and Nourishment



healthy food from balanced living soil

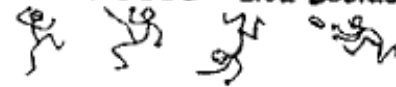


unhealthy food from dead unbalanced soil

DEAD FOODS produce DYING BODIES



LIVE FOODS LIVE BODIES!



Strong immune system



Weak immune system



eating dead foods makes elimination a misery!



eating living foods makes life alot easier!



Kick the alcohol habit

Enzymes at work



unhealthy colon

healthy colon



Lag behind on dead foods or Keep your energy going with living foods!



lentil

wheat

alfalfa

The Supreme Machine!

How much value would you put on a machine that is so special that there are no others like it, no spare parts and yet it must run continuously without stopping for up to 100 years?

The machine, of course, is your body. The value assigned to it is up to you. But before you decide how much your body is worth, you should appreciate a few things about it.

You ask it to do some phenomenal things, including process huge amounts of information, both input and output, on a daily basis; interface with others on many different levels; produce another human machine for continuity of the species; and under certain circumstances, perform feats of strength and courage.

Those things your body does because you tell it to; but what about all those things your body does every day, day after day, year after year, with little or no thought or decision on your part? Consider this for a moment - if you are an adult of about average weight, here's what you do in 24 hours:

Your heart beats 103,689 times.
Your hair grows .01714 inches.

You breathe 23,040 times.
You eat 3 pounds of food.
You perspire 1.43 pints of liquid.
You speak 4,800 words.
You turn 25 to 35 times in your sleep.
You lose 7.8 pounds of waste weight.
Your blood travels 168,000 miles.
Your nails grow .000046 inches.
You inhale 438 cubic feet of air.
You drink 2.9 pounds of liquid.
You move 750 major muscles.

It pays to take care of this fantastic, one-of-a-kind machine, since there are no spare parts!

Now that you have some idea of what this superb creation does, do you properly take care of it? It relentlessly performs its daily functions and asks only periodic attention, proper fuel, some rest, exercise, and an occasional checkup. Now that you know a little bit about what your body does and its minimum requirements, what is it worth? Of course, it is priceless, so be sure to maintain it with the basic requirements of proper nutrition, sleep and daily exercise.

- *Source: Vitality Labs Newsletter*

Health and Healing

FROM DIS-EASE TO AT-EASE

There are three points to be aware of in the process of healing:

- A. Choosing healing. (That you are willing to heal & accept God's power.)
- B. Being receptive to healing. (Be open to healing & accept the flow.)
- C. Accepting healing (Realize that you are healing & then be healed.)

Healing is a science with responsibility, and there is nobody on the earth who can heal you but you. God has given you the power and capacity to heal yourself.

Health is the unhindered expression of life moving through the body, mind, and heart.

The word "doctor" means "teacher;" the one who gets down to the nuts & bolts of the situation, and explains to the patient where his basic problem is.

It's normal to be healthy and life is easy and joyful, rather than to be sick and make life a struggle.

It's strange that people go to the doctors to get well; yet they think it's normal to be sick. If it's normal to be sick, then why go to the doctor in the first place?

No one lives forever; therefore, death is not the issue, life is. Death is not a failure, however, not choosing to take on the challenge of life is.

Health is tied up inexorably to the fulfillment of purpose to contribute and to give.

Healing is the wonder of life to be explored and we are here at Creative Health Institute to remind you that you need to help facilitate the process. The healing power will spring forth from within by going through the healing process. You also strengthen your immune system, and that will make you safe from disease and not susceptible to sickness.

You do what you ought to do, not what you want to do.

"To some has been given the gift of healing." (1 Cor. 12:9)

Enzymes – The Fountain of Life

By Anthony J. Cichoke, D.D., D.A.C.B.N
Let's Live, February 1993

Our bodies contain millions of tiny building blocks, which continually renew; maintain and protect us. No person, plant or animal could exist without them. In essence, they are the foundation of life. They are a “magical force” called enzymes.

Enzymes are one of the most important factors governing our health and our lives. They are the accelerators of every biochemical process.

Frequently, the very people suffering from pain and disease (who need enzymes the most) do not know about them. Many doctors are unaware of enzyme benefits. Therefore, it is vital that we acquire personal knowledge of enzymes and enzyme therapy. This knowledge can help us take charge of our own lives.

Enzymes and enzyme therapy have a long history in our civilization. It is possible that the Chinese, many thousand of years ago, had discovered the energetic powers of enzymes in their search for the harmony of life.

Although the use of enzymes by the Chinese is uncertain, there is no doubt

that the Egyptians, the Greeks and the Arabs felt that an unseen force existed which changed grape juice into wine, dough into bread, and malt into beer. Only in the presence of enzymes does inanimate material change, a controlled biochemical metabolism take place, and, as a result, vital energy becomes available.

Enzymes are responsible for synthesizing, joining together and duplicating whole chains of amino acids, and hence, for producing living organisms. These amino acid chains are known for proteins.

Enzymes themselves are also nothing more than proteins of high molecular weight, found in living cells, and specific in how each catalyzes a biochemical reaction.

During every second of our lives more than 2,700 different enzymes are constantly changing and renewing, sometimes at breath-taking speed. All this is necessary to stay alive. Performing these activities is a complicated interlocking network, which no computer could begin to imitate.

All life processes consist of a complex series of chemical reactions.

The total of these reactions is referred to as metabolism. Enzymes are the catalysts that facilitate these chemical reactions. Without enzymes, many of the body's chemical reactions would never take place. One may be deficient in enzymes for various reasons.

Enzymes have been classified into six basic groups, depending upon the types of catalyzed reactions which they cause. One group, hydrolytic enzymes (hydrolases) are the most widely used in combating acute injuries and chronic disease. Of this group, there are enzymes which digest protein (called protease), fats (called lipase) and starch or carbohydrates (called amylase). Although the proteases have a particular ability to break down certain proteins, they do not attack the beneficial proteins that make up normal cells. Hydrolytic enzymes have the ability to:

- 1) Speed up the inflammatory process, thereby leading to earlier recovery; and
- 2) Stimulate the body's immune system.

That is, they are useful in helping the body's defense mechanisms to recover and fight disease naturally.

The environment in which an enzyme functions greatly influences the effectiveness of the catalytic enzymes. For instance, each enzyme has an

optimal pH range, which may be broad or narrow. Excessive acidity or alkalinity can affect reaction rates and denature enzymes. Temperature, too, is important. At 104 degrees F. (40 degree C.) enzymes are in a "fever" of activity. For this reason, our body raises its temperature (naturally, with the aid of enzymes) when a crisis occurs such as a fever.

Coenzymes (or cofactors) - such as vitamins, trace elements and minerals - are essential for the activity of many enzymes. Enzymes cannot do their work without vitamins, and vitamins cannot do their work without enzymes. Both segments of an enzyme (apo- and co-) must be present and active to help each other.

The apoenzyme is the protein portion, while the coenzyme is the vitamin and mineral portion. This is a good rationale for combining the use of vitamins, minerals and enzymes. Enzymes are unique; they not only act as catalysts, but in many instances, cause biochemical reactions. Many times enzymes are depleted during chemical reactions. Therefore, they must be replaced by:

- 1) synthesis in the body itself; or
- 2) specific supplementation (such as raw foods, vitamins, minerals and enzymes).

Not every vitamin is essential for the production of a coenzyme. Principally, vitamins B1, B2, B6, B12 and vitamin C, together with some less-well-known vitamins, are essential.

Metal ions - some helpful; some negative

In addition, the presence of metal ions is required for the activity of many enzymes. Certain metal ions increase activity while others decrease, or inhibit activity. Calcium, cobalt, copper, iron, manganese, molybdenum, potassium and zinc are metal ions which are most frequently used as enzyme activators. Ions, atoms or molecules which terminate or retard enzyme activity are called inhibitors. Certain heavy metal ions (such as barium, lead and mercury) inhibit enzyme reactions.

We live as long as our body can make enzymes. If our body is not manufacturing them fast enough, they must be obtained elsewhere. This is similar to a car manufacturer who used a certain part faster than it could be made. Therefore, it must be obtained from an outside source. As the years go by the machinery making the part slows down with wear and produces fewer parts.

More and more parts must be obtained from outside the car factory. This is the same process that occurs with enzymes as our body ages. Fewer enzymes are

produced by the body, and their activity level diminished.

Since all living organisms depend on enzymes, all organisms may be considered sources of enzymes, including animals, plants, microorganisms and fungi.

An excellent source of enzymes is raw foods.

Cooking at temperatures higher than 140 degrees F. kills active enzymes. There are certain raw foods that are high in enzymes. Others are not. *Sprouts are especially high in enzymes. Other foods include: bananas, cabbage, carrots, apples, oranges, pineapples, grapefruit, raw fresh un-dried dates and figs, and nuts or seeds.* Some people, however, have trouble digesting raw foods and must eat them cooked (or partially cooked). In addition, some raw foods inhibit enzyme activity. These include raw nuts, raw potatoes, raw soybeans and raw egg white.

Sprouting soybeans (and other seeds) retain the enzyme activity while destroying the inhibitors.

Present civilization, however, is a slave to processed foods; foods that have been overheated, over processed, treated with pesticides, preservatives, colors and flavors.

Could it be that the cardboard box containing a fast-food item has a higher nutrient value than the contents?

Since a raw food diet is impossible for many people, supplements are essential. Enzyme supplements are extracted from plants (papaya, pineapple), animals (trypsin, chymotrypsin and pancreatin from cows), and fungi. Some enzyme supplements help those who have difficulty digesting protein, fat, sugar, starch or cellulose, and are called digestive enzymes.

If we eat food without chewing properly (perhaps because of inadequate teeth), if we over-drink or over-worry, we interfere with digestion.

Enzymes can also be used therapeutically to help speed up recovery time from injuries, bolster the immune system, prevent disease, fight digestion disorders (such as arthritis, circulatory disorders and cancer), and slow the aging process.

As one ages the body's enzyme supply decreases in amount and activity level, resulting in wrinkled skin, sagging muscles and diminishing vitality. These decreased levels are at least partially responsible for the development of the characteristic symptoms of aging or premature aging. For example: The graying of hair has been attributed to a

lack of tyrosinase, or a loss in activity of the enzyme with advancing age.

Plasmin and the proteolytic enzyme, plasminogen, are important in maintaining the equilibrium between blood clotting and the dissolving of clots.

Researchers have found that the synthesis of plasminogen, and of plasminogen activators, is reducing during aging. This, of course, favors the formation of fibrin deposits in the blood vessels. Cholesterol and other fatty materials tend to become associated with fibrin, and this can lead to hardening of the arteries - a condition which can cause heart attacks and decreases the function of the brain, kidneys, eyes and ears.

In today's fast-paced society we are constantly under stress (physical, emotional, nutritional, environmental, etc.)

Stress increases the need for enzymes.

Vitamins and minerals alone may not be sufficient to keep a person healthy, to prevent disease.

Without enzymes - despite increased vitamin and mineral intake - degenerative disorders such as arthritis, multiple sclerosis, cancer, herpes, HIV, AIDS, heart disease and diabetes tend to increase in incidence.

Enzyme supplements should not be taken by hemophiliacs, those suffering from pancreatitis or pregnant women.

Because of pollutants, stress, etc., foods alone do not always adequately supply the body's need for enzymes.

It can be seen that enzymes are the fountain of life ---- without them, we cannot function. There are certain factors (such as temperature and pH) which influence the effectiveness of these enzymes.

Therefore, enzyme supplements are sometimes essential to successfully maintain health, fight disease and reduce the rate of aging.

It is widely believed that obesity is a disease of civilization and is associated with adverse nutrition in which enzyme under-nutrition is implicated.

Thus, it can be said that the brain becomes smaller both under the influence of civilization and obesity. The evidence creates strong suspicion that as a person puts on useless fat his brain gets smaller.

It is a glorious thought that if you are overweight and take off 20 to 30 pounds through a diet containing 75 percent raw calories, you may add good weight to your brain for more brain power and be in a better mental condition to deal with taxing business and personal problems.

Edward Howell, MD – *Enzyme Nutrition*

Frequently Asked Questions About Food Enzymes

Table of Contents

- What are enzymes?
- What are the different types of enzymes?
- How do enzymes aid in digestion?
- What is the difference between pancreatic enzymes, plant enzymes, and microbial enzymes?
- How many are aware of the function of enzymes?
- Will my body stop producing enzymes?
- The Thermic Effect of Food
- What are some short- and long-term benefits?
- Can the importance of pre-digestion be substantiated?
- What happens when food is not properly digested?
- Why are food enzymes missing in cooked and processed foods?
- Are there physiological effects from consuming an enzyme-free diet?
- At the biochemical level, how do enzymes aid in digestion?
- Do enzymes survive digestion?
- How do supplement manufacturers use enzymes in their products?
- Is supplementation really necessary?
- Why take a supplemental enzyme?
- What should the dosage be?
- Are there quality and efficacy issues?
- What should a retailer consider when choosing a supplement to carry?

Information Provided by Universal Formulas
1-800-342-6960

What are Enzymes?

Enzymes are substances that function as organic catalysts, in other words, they either start chemical reactions or make them run faster. They accomplish this while remaining unchanged themselves. Enzymes are composed of two parts, a protein portion called the apoenzyme and a nonprotein portion; either a coenzyme (organic) or cofactor (inorganic). Enzymes are present in every cell in both plants and animals, and are responsible for regulating the biochemical reactions necessary to sustain life.

Enzymes are highly specific, both in the substrate they affect, and in the reactions they catalyze. They can exist both in active and in inactive forms, and many enzymes occur naturally in both active and inactive forms in cells. They can, however, be permanently inactivated by altering their environmental conditions, such as pH or temperature.

There are six main groups of enzymes - hydrolases, isomerases, ligases, lyases, oxidoreductases, and transferases. The enzymes involved in food decomposition and in the digestive process are hydrolases. They break down proteins (proteases), carbohydrates (carbohydrases or amylases), and fats

(lipases). Plants also contain enzymes to break down fiber (cellulases).

The enzymes most often utilized in dietary supplements function in the same way as the enzymes found naturally in food and as digestive enzymes in the human body. There are supplemental enzymes available that are capable of breaking down almost any food. For example, there are several different carbohydrate hydrolyzing enzymes, such as amylase (for polysaccharides), lactase (for milk sugar), invertase (for sucrose), and cellulase (for plant fibers).

When considering an enzyme supplement it is important to purchase one with known efficacy. Since there is no correlation between an enzyme's weight and its activity, selecting a supplement in which the activity levels are listed is preferable. There are many assays used to detect enzyme activity. However, two independent scientific organizations have attempted to standardize ingredients used in foods (and dietary supplements) and pharmaceuticals.

The Food Chemicals Codex (FCC) focuses on food grade ingredients used in foods, food packaging or as food processing aids. The United States Pharmacopeia and National Formulary (USP/NF or USP) is directed toward ingredients used in

pharmaceuticals. The FCC methods are the most widely recognized assays for microbial and plant based enzymes used in dietary supplements. Animal derived enzymes are more commonly assayed by the USP methodology.

What are the different types of enzymes?

Because enzymes have so many applications, scientists have found it helpful to classify them based on what they do, what substances they act upon (substrates), and the reaction they start or accelerate. There are six main groups of enzymes, each having fundamentally different activities:

- 1) Hydrolases break down proteins, carbohydrates, and fats, such as during the process of digestion. They do this by adding a water molecule, thus the name hydrolases.
- 2) Isomerases catalyze the rearrangement of chemical groups within the same molecule.
- 3) The ligases catalyze the formation of a bond between two substrate molecules through the use of an energy source.
- 4) Lyases catalyze the formation of double bonds between atoms by adding or subtracting chemical groups.

5) Oxidoreductases make oxidation-reduction (the process by which an atom loses an electron to another atom) possible.

6) Transferases transfer chemical groups from one molecule to another.

Your body contains many enzymes from each group.

For the purpose of this discussion, enzymes can be divided into three groups:

Metabolic enzymes (enzymes which your body produces that work in blood, tissues, and organs)

Digestive enzymes (enzymes that break down food into usable material)

Food enzymes (enzymes that are contained in raw food)

When raw food is ingested, enzymes present within the food are released, thereby assisting the body's digestive processes in breaking down food into simplest components for utilization within the body. However, cooking and processing destroys those enzymes, forcing the body to supply the additional enzymes needed to adequately digest the food.

There are several categories of food enzymes:

Lipase - breaks down fats that are found in most dairy products, nuts, eggs, oils, and meat.

Lactase - breaks down lactose (milk sugars).

Protease - breaks down proteins that are found in meats, nuts, eggs, and cheese.

Amylase - breaks down carbohydrates, sugar and starches, prevalent in potatoes, fruits, vegetables, and many snack foods.

Cellulase - breaks down cellulose, the fibrous structure that make up most plant cell walls

To provide enough enzymes to relieve the burden on the body, the choices are to eat more raw food or to take a supplemental enzyme-based product.

How do enzymes aid in digestion?

Enzymes are an integral part of the digestive process. From the time food enters the mouth, enzymes are at work breaking the food down into smaller and smaller units until it can be absorbed through the intestinal wall. These enzymes come from two sources: those found in the food itself, and those produced in the body.

All raw food naturally contains the proper types and proportions of enzymes necessary to assist in the process of decomposition.

In addition, when raw food is eaten, chewing ruptures the cell membranes and releases these indigenous food enzymes, many of which survive and contribute to the digestive process. These enzymes include: protease, which breaks long protein chains (polypeptides) into smaller amino acid chains and eventually into single amino acids; amylase that reduces large carbohydrates (starches and other polysaccharides) to disaccharides, including sucrose, lactose, and maltose; lipase, that digests fats (triglycerides) into free fatty acids and glycerol; and cellulase, which is not found in the human system, and breaks the bonds found in fiber.

Ideally, the human body is capable of producing these same enzymes, with the exception of cellulase, necessary to digest food and allow for the absorption of nutrients. However, with estimates of as many as twenty million Americans suffering from various digestive disorders, optimal conditions are not the case.

Most food enzymes are essentially destroyed under the conditions used to cook and process food, leaving foods devoid of enzyme activity.

Placing the full digestive burden on the body, the body's digestive process can become over-stressed. Digestive problems can result, causing improper digestion and malabsorption of nutrients that can have far-reaching effects.

Consequences of malabsorption can include impaired immunity, allergic reaction, poor wound healing, skin problems and mood swings. Supplemental enzymes can improve the level of digestion and help ensure that the maximum level of nutrient absorption is attained.

Supplemental enzymes of microbial and plant origin work at the pH found in the upper stomach. Food sits in upper portion of the stomach for as long as an hour before gastric secretions begin their action.

Several studies have shown that the enzymes on saliva continue their digestive activity in the upper stomach and can digest up to 30% of the ingested protein, 60% of ingested starch and 10% of ingested fat during the 30 to 60 minutes after consumption.

Although salivary enzymes accomplish a significant amount of digestion, their activity is limited to a pH level above 5.0. Supplemental microbial enzymes, and some plant enzymes, are active in the pH range of 3.0 to 9.0 and can facilitate the hydrolysis of a much larger amount of

protein, carbohydrates and fat before hydrochloric acid is secreted in sufficient amounts to neutralize their activity.

Obviously, these enzymes can contribute significantly in improving food nutrient utilization.

What is the difference between pancreatic enzymes, plant enzymes, and microbial enzymes?

Pancreatic enzymes:

derived from animal tissues
activity limited to a narrow pH range
very specific in action
activated by body's enzymes
easily destroyed by acidity of the stomach
delayed effect
does not break down fibers/certain carbohydrates
no sucrase, maltase, or lactase activity

Plant enzymes:

derived from certain plants such as pineapple or papaya
effective within a broad pH range
predominantly proteolytic activity

Microbial (fungal) enzymes:

derived from selected microorganisms by the process of fermentation
broad pH range (approximately 3.0 - 9.0)
activated in upper stomach
begin working immediately
broad action on a variety of foods

Supplemental pancreatic, plant, and microbial enzymes are all designed to enhance digestion. However, plant and microbial enzymes use a “proactive” approach and begin working on foods sooner after indigestion. Pancreatic enzymes usually begin working approximately 30 minutes after food reaches the stomach.

Because of their stability in the acidic environment of the upper stomach, plant and microbial enzymes can begin their digestive action immediately after the food reaches this region. With the increased exposure to digestive enzyme activity, food has a better chance of being broken down into small, more readily absorbed particles.

Choosing a quality enzyme supplement is more difficult than just looking for a plant or fungal-based product. Enzyme potency and activity level is not evaluated by weight, because weight does not necessarily correlate with digestive capability.

The activity level of a digestive enzyme is measured by assaying the quantity of digestion (hydrolysis) that occurs under specific conditions. This activity depends upon concentration, quantity, pH, temperature, and substrate (a substance being acted upon by the enzymes).

How many are aware of the function of enzymes?

Very few are aware of the function of enzymes in the body. Enzymes are substances which make life possible. They are needed for every chemical reaction that occurs in our body. Without enzymes, no activity at all would take place. Neither vitamins, nor minerals, nor hormones could do any work without enzymes.

Will my body stop producing enzymes?

NO. The pancreas will adapt to whatever food is taken into the body and react accordingly. Dr. Howell wrote about the Law of Adaptive Secretion of Digestive Enzymes (page 5 in Enzyme Nutrition) which basically states “if you take supplemental enzymes, then some of the burden of producing enzymes will be relieved.” In general, the body will adapt (within 3-7 days) to the composition of the diet. If you eat a high carbohydrate diet, the body will eventually begin secreting more amylase. Studies in rats show that a high protein diet will increase the secretion of the proteolytic enzyme trypsin. If you supplement enzymes the need for the body to produce “extra” enzymes is decreased.

The Thermic Effect of Food

This phenomenon, which is referred to as the specific dynamic effect of food, refers to the stimulation in metabolism that occurs from 1 to 3 hours after a meal. This is a direct result of the presence of food in the stomach and intestine. The body will respond to eating food, and then secrete enzymes to aid in digestion and absorption.

Supplemental enzymes are support tools to aid the body in assimilating foods. The body could adapt to having supplemental enzymes present and begin to produce less endogenous enzymes. However, the mere presence of food in the stomach will always stimulate the pancreas to secrete enzymes. Even as we grow older and the body begins to produce considerably fewer enzymes due to the aging process, food will initiate a “digestive enzyme” response when it enters the body.

What are some short- and long-term benefits?

The benefits will vary depending upon the individual, diet, and general health. For the most part, people notice less fullness after meals, faster emptying of stomach contents, decreased gas, less stool being passed, and more regular bowel habits. Long-term benefits have yet to be clinically demonstrated, but is an area of active research.

Can the importance of pre-digestion be substantiated?

Research shows that nearly all creatures including rodents, whales, canines and birds have distinct organs that enable the exogenous enzymes of food the necessary time to act, before initiating the body’s own digestive process.

For example, seeds and grains lie in a bird’s crop for eight to twelve hours, during which time proteolytic and amylolytic enzymes in the seed begin hydrolyzing proteins and starch.

The food enzyme stomach concept in humans is supported by research on the extended activity of salivary amylase. The amylolytic activity of ptyalin alone can digest as much as 45% of the starch in a meal, before gastric secretions inhibit its action.

Further studies in the 1940’s showed that as much as 60% starch, 30% protein and 10% fat were digested before pepsin was activated.

What happens when food is not properly digested?

Over a century ago Virchow described “digestive leukocytosis,” a condition in which the white blood cell count increases after a meal. Further research by Kouchakoff identified cooked and processed foods as the causative factor.

Kouchakoff observed that raw food induced no change in WBC counts while cooked foods, particularly cooked meat, caused rapid increases in serum leukocyte levels.

When incompletely digested food molecules are absorbed, the body identifies this particulate matter as foreign antigens and forms circulating immune complexes. The immune system then mobilizes macrophage leukocytes to digest the food.

Do enzymes survive the acidity of the stomach?

Research in the 1930's clearly demonstrated that enzymes in both bananas and carrots are reactivated in the secretions of the intestine. More recently, a study in the 1980's demonstrated that enteric-coated pancreatic enzyme preparations were no more effective than non-coated forms, indicating survival of the enzymes through the low pH of the stomach.

Why are food enzymes missing in cooked and processed foods?

Modern food processing techniques and all types of cooking destroy nearly 100% of the enzymes naturally occurring in food.

Enzymes are completely denatured when exposed to temperatures over 118

degrees F. for any length of time. *The modern diet, consisting of cooked and processed food, is essentially devoid of active enzymes.*

Are there physiological effects from consuming an enzyme-free diet?

According to Dr. Howell *"cooked, enzymes-free diets contribute to a pathological over-enlargement of the pituitary gland (which in turn) regulates the other glands"*.

Likewise, *the human pancreas is grossly hypertrophied in relation to all other members of the animal kingdom. Howell concluded that the massive size of the human pancreas is the result of a pathological adaptation to a cooked diet.*

Research conducted at the University of Minnesota showed significant changes in the organ weights of rats fed heat-treated food.

Both the pancreas and submaxillary glands increased in weight by 20 to 30 percent.

Research by Grossman further substantiates the adaptive role that diet plays in pancreatic secretion.

At the biochemical level, how do enzymes aid in digestion?

Enzymes are catalysts. They initiate or speed up a reaction. When food is ingested, enzymes are released in the mouth (ptyalin) that aid in breaking open carbohydrate cell walls. As the food progresses through the digestive tract, other enzymes are released.

The ultimate breakdown of food occurs in the small intestine assisted by the release of pancreatic enzymes. Raw food contains its own enzymes, which help to facilitate this process.

However, if food is cooked or processed, these “food” enzymes are inactivated, and therefore the burden of digestion is left to the body’s own enzymes, mostly those produced by the pancreas.

Often incompletely digested food is passed into the colon taking vital nutrients with it, and possibly causing intestinal upset.

Supplemental enzymes take the place of the enzymes lost in food preparation, enabling digestion to begin further up in the gastro region and resulting in a more complete digestion and release of nutrients, while also easing the burden on the pancreas.

Do enzymes survive digestion?

Many studies indicate *enzymes in foods and even non-enteric coated supplemental enzymes do survive the acidic portion of digestion and are reactivated in the intestine.*

Enzymes of fungal, or plant, origin tend to work in a much broader pH range. What is important to note is that *digestion starts in the mouth.*

Salivary enzymes work on breaking food down immediately. University studies have shown that enzymes in the saliva continue to break food down in the upper stomach, up to 30% of ingested protein, 60% of ingested starch, and 10% of ingested fat.

Supplementing exogenous enzymes, which work in a pH range of 3.0-9.0, can help to break down significantly more food before hydrochloric acid is secreted in sufficient amounts of neutralize activity.

Research is inconclusive as to whether nutritional enzymes themselves offer any nutritive value. But, it’s obvious that enzyme supplementation plays a significant role in improving food nutrient utilization, and can result in less stress placed upon the body during digestion.

How do supplement manufacturers use enzymes in their products?

Supplement manufacturers initially used enzymes, and more specifically proteases, as aids to digestion of food. Other, non-digestive, uses have been proposed. Attempts have been made to market enzyme products for oral administration using certain metabolic enzymes.

Digestive enzymes, especially those derived from fungal sources, are relatively more stable compared to metabolic enzymes, and as such are ideal for oral supplementation to aid digestion.

The primary benefit is in shifting a portion of the digestive burden from pancreatic enzymes in the intestine to fungal enzymes in the stomach. Continued supplementation over a period of days activates a feedback system to the pancreas, signaling it to decrease production of its enzymes.

This allows the pancreas, primarily an endocrine organ, to conserve its cellular machinery for production of insulin and glucagon, which are important in blood glucose maintenance.

Building upon research begun in the '60s, some manufacturers are marketing proteolytic enzymes as natural anti-inflammatory and analgesic agents.

Research indicates that some portion of orally administered enzymes is absorbed in the intestine as a whole and functional protein, and may perform in a manner similar to that of the body's own enzyme system in accelerating wound and bruise healing.

Caution is advised in extrapolating from these studies. Some companies have implied benefits in treating various cancers with enzyme therapy, however, until confirmed through rigorous clinical trials and a mechanism of how proteases produce these benefits on the cellular level is proposed, these claims must lie on the altar of anecdotal evidence.

Is supplementation really necessary?

The enzymes naturally present in food play an important role in digestion by helping to predigest the ingested food in the upper stomach before hydrochloric acid has even been secreted.

This predigestion is hindered when food is cooked or processed because the enzymes are destroyed by processing procedures.

Placing the full digestive burden on the body, the body's digestive process can become over-stressed and incomplete.

As a result, vital nutrients may not be released from the food for assimilation

by the body, and gastrointestinal problems may result.

The primary purpose of enzymes in supplement form is to enhance the enzymes available in raw food, and replace those enzymes lost when food is cooked or processed.

In addition, supplementation enables more digestion to begin in the gastric region, easing the burden on the digestive system as a whole. The earlier digestion can begin, the greater the likelihood that no undigested food will enter the colon where bacteria can feed upon it, causing such problems as gas and bloating.

Nearly every person can benefit from supplementation with enzymes. Even healthy people may improve their absorption and utilization of nutrients through the use of digestive enzymes.

Of course the benefits will vary, depending upon the individual's diet and general health. Individuals in good health can expect to notice less fullness after meals, increased energy, faster emptying of the stomach contents, decreased gas, and more regular bowel habits.

Why take a supplemental enzyme?

Supplemental enzymes replace the enzymes once present in raw food.

Most enzymes are lost in cooking and processing. Only raw or uncooked food contains enzymes. Nature put these enzymes in food to aid in digesting the food you eat so that your body's enzymes would not have to handle all the work.

By taking a supplemental enzyme you free up your body's enzymes. When enzymes are missing from your food the full burden of digestion falls on your own digestive system. Food sits in your stomach for nearly an hour before your body's digestive enzymes are secreted. It is during this time that food enzymes do their best work breaking down complex food molecules.

These supplemental enzymes are temporarily inactivated in the stomach, but not before they have already accomplished much of their mission of breaking down the food molecules. During the first 30 to 60 minutes after eating, enzymes are hard at work, predigesting food long before the stomach acids render some of them inactive. Enzymes not destroyed in the stomach are re-activated in the small intestine.

Today's typical diet of cooked, canned and convenience foods make it very important to take supplemental enzymes to relieve some of your body's digestive stress.

Since your body will put a higher priority on digestion than on maintaining health, it will steal enzymes from the immune system to finish digestion.

Taking a supplemental enzyme can help take stress off not only your digestive organs, but also your immune system.

What should the dosage be?

Start with small doses, one capsule prior to a large meal. Most people's systems work differently. Try different doses until the desired effect is achieved. Increase in bowel movements may occur. This is normal because these enzymes are very stable, and retain activity in the intestinal tract.

After 2 or 3 days, the system will be cleaned out, and less stool is passed. This means that more food has been broken down and absorbed by the intestinal tract. After even large meals the heaviness and gas will decrease. This is mostly due to the presence of undigested food in the colon, and the bacteria present cause the food to ferment, which produces gas.

In addition, less energy is expended by the body to break down food, which often results in one feeling more alert and energized. Heartburn also is reduced or stops occurring altogether; since the enzymes digest the food very quickly, food is passed out into the

intestine faster, and acid production, which is triggered by the presence of food in the stomach, is then reduced.

Are there quality and efficacy issues?

Quality and efficacy issues run the entire length and breadth of the dietary supplement industry, including enzymes. Knowledge of handling, storing, and packaging of enzymes is essential to properly preserve an enzyme's activity. Quality control policies must be strictly followed as well as having knowledge of the suppliers of raw materials.

What should a retailer consider when choosing a supplement to carry?

Is the enzyme selected appropriate to the purpose claimed?

Declaration of enzymes potencies in standard activity units rather than weight measurements.

The activity units should be from a compendial source such as the Food Chemical Codex.

References:

Guthrie, Helen. Introductory Nutrition Seventh Edition. Times Mirror/Mosby College Publishing 1989 ISBN 0-8016-2201-8

Grossman, et..al., In the Mechanism of the Adaptation of Pancreatic Enzymes to Dietary Consumption. The American Journal of Physiology 141:38-41, 1944

Grossman, et. al., The Effect of Dietary Consumption on the Pancreatic Enzymes. *The American Journal of Physiology* 140:676-682, 1943.

Howell, Edward. *Enzyme Nutrition The Food Enzyme Concept*. Avery Publishing Group Inc. 1985.

Murray M. Pizzorno J. **Encyclopedia of Natural Medicine**. (Prima Publishing, Rocklin, CA 522-23. 1991).

Prochaska and Pickutowski. On the Synergistic Effects of Enzymes in Food with Enzymes in the Human Body. A Literature Survey and Analytical Report. *Medical Hypotheses* 42 (June): 355-362.

Prochaska I,J and Pickutowski W V "On the synergistic effects of enzymes in food with enzymes in the human body. A literature survey and analytical report " *Medical Hypotheses* 42: 355-62 (1994).

Schwimmer S. **Source Book of Food Enzymology**. (Westport, CT: The AVI Publishing Company, Inc. 1981)

Whitney EN, Cataldo CB, and Rolfes SR. **Understanding Normal and Clinical Nutrition** (St. Paul. New York, Los Angeles, San Francisco. West Publishing Company. 1991).

To me, true health is...
achieved by following the
laws of nature; when you
break them, illness results.

Health is not something
bestowed on you by
beneficent nature at birth; it
is achieved and maintained
only by active participation in
well-defined rules of healthful
living - rules which you may
be disregarding every day.

Henry Bieler, MD - *Food is
Your Best Medicine*

Chlorophyll Is More than the Air We Breathe

Late one hot August night in the year 1771 in Leeds, England, a man sat with his chin resting on his hand, confronted with a puzzle. Before him, under a bell jar, was a active mouse, a glowing candle, and a common mint plant. The man was puzzled because when he put a candle under the bell jar without the mint plant, it soon went out. But if the mint plant was included in that confined atmosphere, not only would the candle continue to burn, but a mouse could also live and breath. Obviously, the green plant was adding something to the “fixed air” under the jar, but what?

That man was Joseph Priestly, who became known as the discoverer of oxygen and the principle of photosynthesis. His experiment with the mouse, the candle and the mint plant convinced him that green plants give off oxygen, and therefore are vital to life on this planet. It took 46 more years for science to discover the compound that was responsible for photosynthesis-- chlorophyll.

Since that time literally thousands of experiments have been performed with chlorophyll, and more and more of the benefits of this remarkable substance are being discovered. It is now becoming

readily apparent that chlorophyll can have a tremendous impact on health and well being in a multitude of ways, including aiding wound healing, detoxification, and even lowering blood pressure or combating anemia.

Even before mankind knew of the existence of chlorophyll, the value of green plants was recognized. Green leaves were used by the ancient Egyptians and Greeks for treating wounds and the “primitive” American Indians, who had a phenomenal knowledge of plants, sought out and used green plants.

As knowledge of the properties of chlorophyll grew, it was soon noted that the structure of chlorophyll is remarkably similar to that of hemoglobin, the oxygen-carrying component of red blood cells; the fundamental difference being that hemoglobin contains iron while chlorophyll contains magnesium. This similarity in form seems to reflect the similarity in function. Hemoglobin carries oxygen and releases it in body tissue, while chlorophyll releases oxygen in plants.

According to Dr. David Steenblock of The Aging Research Institute, several scientists, noting this similarity, have suggested the use of chlorophyll as a medical therapy for anemia. Dr. Steenblock stated, "If the person is not lacking iron or copper, the addition of chlorophyll may stimulate the production of blood, presumably by providing the precursors to hemoglobin."

Some of the most impressive studies of chlorophyll have been done on its effect on healing. Back in the 1930's it was shown that chlorophyll stimulated tissue growth, especially the regeneration of tissue. A group of physicians at the New York Post-Graduate Medical School found chlorophyll to be particularly effective in dealing with a variety of skin ulcers. When used in either ointment form or as a dilute solution, chlorophyll seemed to have a "stimulating effect" on tissues, which promoted rapid healing. Other studies have shown wound healing to be up to 24.9% faster when chlorophyll preparations were used.

The treatment of gingivitis and pyorrhea is another example of chlorophyll's healing powers. Dr. S.L. Goldberg states, "The use of chlorophyll has resulted in the tightening of teeth, the cessation of bleeding from the gums, and has grown new tissue." These results were obtained by spraying the mouth with chlorophyll and using eyedroppers to

squirt the solution on and between the teeth, three or four times daily.

Chlorophyll has long been recognized for its ability to deodorize bad smells. For example, it is highly effective against bad breath and underarm odor. It is also common knowledge in nursing homes that oral administration of chlorophyll helps control odor for incontinent patients, as well as patients with colostomies. Part of this odor-controlling power seems to lie in chlorophyll's ability to inhibit anaerobic bacteria. The chlorophyll does not act directly against these odor-causing germs; rather it creates an environment unfavorable to their growth.

The action against unhealthy bacteria leads to another aspect of chlorophyll - it promotes digestive health. It seems that, not only does chlorophyll inhibit undesirable bacteria; it also promotes the growth of "friendly" bacteria. One of the noted results of this is a relief of chronic constipation and a reduction of amounts of odor and intestinal gas.

Other research seems to indicate that chlorophyll may play a part in reducing cell membrane damage due to lipid peroxidation, normalizing hypertension, and reducing blood cholesterol levels. That chlorophyll is capable of doing these things doesn't seem to be in question, rather, researchers are seeking

to explain how chlorophyll is accomplishing the feats.

As more and more information becomes available, it is becoming obvious that not only do we owe the oxygen we breathe

to the action of chlorophyll photosynthesis, but there are a myriad other benefits we reap from this remarkable substance.



Dr. Ann Wigmore

Some researchers believe a higher level of raw food in our diet is very advantageous.

In one study, Douglass asked a group of persons with high blood pressure to add as much raw food to their diet as they conveniently could.

After six and one half months, raw food was providing approximately 62% of their daily caloric intake.

He reported a statistically significant reduction in both high blood pressure and weight in those consuming much of their food raw. *Eighty percent of those persons on the raw food diet also gave up smoking and alcohol spontaneously.*

Chris Mudd - *Cholesterol and Your Health*

The Wonderful World of Ann Wigmore

By Daniel Lilienfeld

- a review of *Why Suffer?: How I Overcame Illness & Pain Naturally*,
by Dr. Ann Wigmore

Ah yes, welcome, welcome! Hold on campers because the Ann Wigmore story can and does fill volumes of health books! We have a story here of tragedy, triumph, miracles, innovation, inspiration and even a conspiracy theory or two. You're gonna love this one so lets get to it!

As I first heard it... Now, as I first heard it from my friend, Jai, with a creative story telling talent, the story was summed up for me like this: Ann Wigmore lived in Boston. She was suffering from gangrene and the doctors wanted to amputate her legs. She said no to the amputation and crawled out by the railroad tracks to die. There the dandelions spoke to her and said "Eat the WEE-EEE-EEEDS!" So she ate the weeds and cured herself. This story is more or less true depending upon your spiritual beliefs... but we'll just leave it at that.

I told you that story to tell you this one: Although Ann tells her own story with

much more detail and emotion, I will attempt to cover the main points here. I'll start by pointing out the distinct differences between the story I first heard and the story as Ann tells it. First of all, she sat in the backyard and didn't crawl out to the railroad tracks. Second, she had the weeds and herbal background from her grandmother. And third, she makes no mention of 'talking dandelions'.

Good story anyway, Jai. I'll treasure it always. All right, lets get down to the facts, shall we?

In her autobiography, *Why Suffer?: How I Overcame Illness & Pain Naturally*, Ann tells of growing up in war-torn Lithuania. She grew up with her grandmother and watched her as she used herbs and weeds to heal wounded WWI soldiers. In her mid-teens, Ann moved to America where she quickly adopted the "new world's" habits and customs.

Then a disastrous accident crushed her legs and resulted in gangrene. It was at this point that the doctors recommended amputation and Ann refused, while her family sided with the doctors.

At home, Ann struggled to move and feed herself. She spent endless hours in her backyard in the sun, eating weeds and herbs and applying them to her wounds as she learned from her grandmother back in Europe.

Ann eventually returned to her doctors after she was up and about again, her wounds gone and her legs healed. Ann recalls that the doctors "made no comment when X-ray films showed that the bones had knitted firmly."

Later, her American diet resulted in **colon cancer**. Slowly, Ann regained her strength and devised a plan for indoor greens to sustain her through the cold Boston winter. Ann adjusted her live food program to include sprouts, raw fermented foods, and her signature drink; Rejuvelac. Made from sprouted wheatgrass seeds fermented in water, Rejuvelac is said to replenish healthy intestinal flora; vital to proper digestion.

The living foods diet was ready and Ann shared it with the world in 1958 by

opening the Hippocrates Health Institute in Boston. Hippocrates Health Institute attracted people from all walks of life and from around the world. Politicians, actors, celebrities, etc. all were treated as fairly and compassionately as the nameless and penniless who were as equally welcome at HHI for healing and learning.

Ann invented the wheatgrass juicer by adding a sieve to a meat grinder, thus making it possible for folks to grow and juice their own wheatgrass. Wheatgrass, she found, was easiest and cheapest to grow, as well as containing one of the highest nutritional contents of the grasses.

Her work at Hippocrates produced testimonial after testimonial of guests who had cured themselves of a multitude of various ailments including high blood pressure, diabetes, obesity, gastritis, stomach ulcers, pancreas and liver troubles, asthma, glaucoma, eczema, skin problems, constipation, hemorrhoids, diverticulitis, colitis, fatigue, female problems, arthritis, athlete's foot, anemia, bad breath/body odor, etc. etc. etc.

Fighting the American Medical Industrial Complex proved too much for Ann but she continued to spread her good word by starting living food programs abroad

in India, Sweden, Finland and Canada. In 1994, Ann Wigmore died of smoke inhalation during a fire that destroyed the original home of the Hippocrates Health Institute. Her work is still alive to this day in the programs of several healing centers here in the U.S. such as the Optimum Health Institutes of San Diego and Austin, the Creative Health Institute in Michigan, the Hippocrates Health Institute in West Palm Beach Florida, the Ann Wigmore Institute in Puerto Rico, and the Ann Wigmore Foundation in San Fidel, New Mexico.

If you try the Ann Wigmore program at Creative Health or anywhere else you should try it ALL and decide for yourself. Classes are very relaxed and informal but you learn about the body's different systems of digestion, assimilation, elimination etc. including food combining and the "why's and how to's."

There are sprouting classes, wheatgrass and indoor gardening classes. Evening classes are more geared toward things like massage, reflexology, chi gong, meditation and that sort of thing. This is a good opportunity to learn a broad introduction to personal relaxation techniques.

The second week classes are focused on live-food preparation. We learned seed loaves, seed cheeses, dressings,

dehydrated foods, fermented foods, and many other delicious recipes. I'd love to share a few here but I don't want to steal any of Ann's recipes to do so. There are many good raw recipe books out there. Look into it!!

The friends I make at each of these retreats are always inspirational. One woman who was there had been there for 6 weeks and looked great although I was told she showed up with cancer, gray skin and zero energy for tasks as simple as climbing the stairs.

By the time I got there she had switched to an upstairs room, her skin was a lovely tone of copper and her enthusiasm was through the roof! She told me she had spent literally tens of thousands of dollars at other spas and nothing worked like the simple inexpensive program here at the Foundation.

But, of course, where would we be if I neglected to mention another key element to the program. The ever controversial stop 'em in their tracks enema debate! Well, I'm not taking you there this issue. It's a story for another day folks and what a wacky story it is!

Anyway, the enemas and wheatgrass implants will be explained to you in full

at any institute following the Wigmore program. Not surprisingly, the environment here is very close and intimate and everyone gets to know each other quite well. (Don't get me wrong, enemas are done in private, you silly.)

The loving compassionate tone makes for a wonderful supportive atmosphere and by the end of the week we were one small happy family! Amidst tears of joy and laughter of love we celebrated our "graduation" with a veritable live food feast!

Food combining goes out the window for the graduation dinner. The idea is to show how to create a plethora of dishes that will be enjoyed by anyone, live fooders or otherwise. Dishes include live pasta, seed and nut loaves, nut butter balls for dessert, and believe it or not a tasty Rejuvelac 'pink champagne' that actually gives you a slight buzz! Scouts honor!

Oh yes, before I forget, I promised a good conspiracy theory here. Some say that the fire that claimed Ann's life was deliberately set by agents of the new world order in an attempt to cover up the fact that Ann, who was approx. 90 years old [she was 83. Ed.], was positively youthening! Among other

turnarounds in her health, Ann's gray hair returned to her natural color!

The theory here is that this program and information is so challenging to the existing medical power structure that Ann, the living miracle and proof of its effectiveness, was rubbed out to cover up the evidence of the power of reclaiming your own health.

However, those close to Ann assured me that was nonsense. Unfortunately, Ann was a brilliant, compassionate healer but a terrible electrician. Apparently, Ann had a bad habit of plugging far too many electric cords and power strips into a single electric outlet. The building in Boston that housed the old Hippocrates institute was an old converted mansion and badly in need of rewiring.

The tragic result of these factors is the electrical fire that claimed Ann's life. It would be a discredit to Ann's memory and legacy to back away from the truth. As the old adage goes, "Speak no ill of the dead." Amen.



A Diet for Your Genes

ATLANTA, Feb. 27, 2003

(CBS) She's a healthy baby girl, but Allison Upchurch has a rare genetic mutation that can cause protein to build up like poison – it's called gluteric acedemia type one.

Allison's mother Donna says the condition can be fatal, but, as **CBS News Correspondent Wyatt Andrews** reports, doesn't have to be.

The only treatment, Upchurch says, is diet.

"We just have to give her certain foods," Upchurch says.

Treating a genetic condition with food might seem low-tech, but it's cutting-edge medicine. Scientists have long known that genes influence health. What's new is they now believe that certain foods can influence a person's genes.

The science is called nutrigenomics.

Dr. Jose Ordovas, who runs the nutrigenomics lab at Tufts University, is studying how food and genes interact in heart disease. He wants to know if

Patrice Rider's genes will lower her cholesterol - on a very specific low fat diet.

"I have to eat everything," says Rider. "I have to scrape the bowl and lick the bowl."

What Ordovas is learning is surprising. It turns out a low-fat diet will not lower everyone's cholesterol. It depends, Ordovas says, primarily on the person's genetic makeup.

Another Tufts researcher, Dr. Joel Mason, studies why folate, a nutrient found in greens like broccoli, gives certain people stronger protection against colon cancer.

"Some people, based on their genetic background, might require more folate than others," Mason says.

If they ate more folate foods, Mason says, "They might more effectively reduce their risk of developing cancer."

The promise of nutrigenomics is one day based on an individual's DNA, and the next day a person's prescription may be a list of foods.

"What we are learning is how to feed properly our genes as individuals, because each one of us will need different fuels," Ordovas says.

Which in a way makes us all like Allison Upchurch; we will learn, after a DNA test, where we are vulnerable and then customize a diet to extend our lives.

© MMIII, CBS Broadcasting Inc. All Rights Reserved.

Scientists employing Kirlian photography, a method to photograph the energetic patterns of a substance, are concerned about the major differences between a fresh strawberry and one that been irradiated.

The fresh strawberry shines with vital energy, radiating out an inch or more in an aura with vibrant patterns.

In contrast, the irradiated food has virtually no aura, is flat, dull and the patterns which can be seen are significantly altered.

Jack Tips, ND, PhD, *The Pro Vita Plan*

Obtaining Equipment and Supplies

Although the initial investment in setting up a living foods kitchen may seem large in time and effort, in the long run a well-thought-out living foods kitchen will actually run much more smoothly and cheaply than the “normal” kitchen.

The essential equipment includes a blender (the cheaper models can do nicely), a cutting board and knives, a refrigerator, lots of air-tight plastic containers for string things, wide mouth jars of various sizes, a tray for greening alfalfa sprouts, nylon screening, rubber bands, a dish rack and basin to put it in, or some other provision for storing jars of sprouts in a draining position, and some nylon mesh bags for making seed cheese.

Assuming the kitchen is set up for one person, it is probably a good idea to have 2 to 4 gallon-sized jars, 6 half gallon-sized jars, and a half dozen quart-sized jars. The gallon jars are for alfalfa, the half gallon jars are for wheat sprouts and Rejuvelac, and the quart size jars are for sunflower seed sprouts, almonds, and soaking seaweed and dried fruits. Make sure these are all wide mouth, otherwise the sprouts will be impossible to remove.

To find such jars inexpensively, find a store specializing in bottles and jars in the yellow pages. Other good places to look are honey supply companies. For nylon screening, simply buy this at hardware or home improvement stores, and cut into appropriately sized pieces at home.

For a tray to green alfalfa, use a foil oven baking pan. These are large and cheap. For draining sprouts, try to find an oversized dish draining rack, or get two normal-sized ones. You will need something to catch the drainage, and a plastic basin large enough to fit the dish rack in works well. For a nylon mesh bag, try to find nylon sprouting bags at your health food store and nylon fishing line (normal thread will rot).

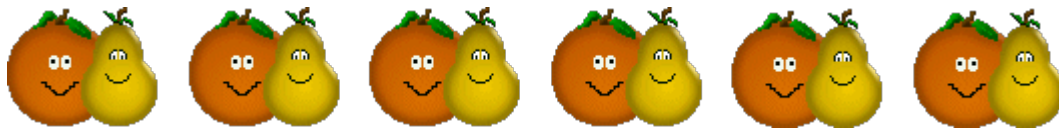
If the living foods nutritional program is to be carried out permanently, it is most practical to buy grains, seeds and nuts in bulk quantities. Inquire about this from your health food store. Alternatively, there are many mail order companies that will ship out orders to your home. This will save a lot of money, and provides a means to get organic grains, seeds, etc., when these are not locally available.

If you do this, you will need to get some large plastic bins with airtight lids to store your bulk foods. This is mainly to keep out moths and other insects. These can often be purchased from a store which sells bulk foods. Wal-Mart also usually has such bins in stock.

If there are any foods you cannot find (dulse, etc.), ask your health food store if they can order it for you in bulk. They usually have many catalogs listing supplies. If they say they can get it, be

sure to ask for a discounted price, since you are ordering in bulk and they're buying it wholesale.

As for produce, try to find out if your area has any farmer's markets or organic farms. The produce there is much cheaper, and generally of a much higher quality than the produce available in stores, which has often been trucked from distribution center to warehouse to store.



The Basic Raw Food Kitchen

Be prepared! When making your transition to a more vital life it is necessary for you to obtain all the necessary equipment to prepare your food. There are four necessary pieces of machinery. A good blender is necessary to prepare nut mylks, smoothies, and blended soup. A food processor is needed to make desserts, treats, and chop vegetables. A juicer is needed to juice your wheat grass and to make vegetables juices on occasion. To make krackers, burgers, and Essene breads a dehydrator is essential. Having the essential equipment is one of the keys to success on the raw food lifestyle.

	<p>Equipment Blender (A good one) Food processor Juicer Dehydrator</p> <p>Tools Rubber spatula Mixing bowls Sharp knives Serrated knives Sprouting bags Mason Jars</p>	
--	--	--

CreativeHealthInstitute.com is a good resource for these items.

Note that it's not important that you buy top-of-the-line blenders, juicers, etc. Use the blender you have, for example, or borrow your mother's juicer for now. As you integrate the lifestyle into your own, you can gradually upgrade your equipment.

Intermediate Raw Food Kitchen

<p>Tools</p> <ul style="list-style-type: none"> A good blender or Vita-Mixer Food processor Saladacco Excalibur dehydrator Juicer Lemon juicer Serrated knife Sharp French knife Vegetable peeler Sprout bags Sprouting jars Large cutting board Mixing bowls 		<p>Condiments</p> <ul style="list-style-type: none"> Celtic Sea Salt Miso Nama Shoyu Dulse Cayenne Raw apple cider vinegar
---	--	---

<p>Staple Fruit</p> <ul style="list-style-type: none"> Apples Bananas Pears Avocados Cucumbers Lemons 	<p>Staple Nuts & Seeds</p> <ul style="list-style-type: none"> Almonds Pumpkin Sesame Sunflower Brazil Cashew 	<p>Staple Veggies</p> <ul style="list-style-type: none"> Carrots Celery Romaine Kale Onion Garlic Baby Greens Spinach
--	---	--

What are the Benefits of Changing Your Lifestyle?

I. Benefits of Practicing Some or All of the Raw Living Foods Lifestyle:

Usable nutrients that perpetuate health and well-being

Avoidance of aging and other degenerative elements

Health rejuvenation capability for those who are willing to change

Renewing of the Mind or a Change of Consciousness

A more natural way of living and learning, dealing with minor disorders rather than with the use of chemicals, drugs, medicine, and synthetic substances, etc.

II. Getting a New Focus

What are you noticing that is of concern to you?

Poor health: aches and pain, rashes, frequent colds & flu, cough, indigestion....?

Allergies, sensitivities, finicky eater, reoccurring yeast infections....?

Mood swings, fogginess, unclear thinking, addictions, hyperactive child....?

Environmental issues: pollution, ethical farming, ozone....?

III. Describe what changing your lifestyle can mean for you. Be specific. Also include how you would go about re-educating yourself and your family.

1.

2.

3.

4.

5.

A CELEBRATION OF LIFE, JOY AND HAPPINESS!

True joy is far deeper than happiness; we can feel joy in spite of our deepest troubles. Happiness is temporary because it is based on external circumstances, but joy is lasting because it is based on The Mighty One's presence within us. As we contemplate his daily presence, we will find contentment. As we understand the future he has for us, we will experience joy. Don't base your life on circumstances, but on The Creator.



AUTHOR UNKNOWN

***"Leave your drugs in the chemist's pot
if you can heal the patient with food."
- Hippocrates***

Raw Living Foods®



Lesson 2 - Transitioning to the Raw Living Foods Lifestyle

The Raw Living Foods Program: Transitioning Forward

The Raw Living Foods Program is detoxification and rejuvenation through the use of living and raw foods, regular exercise, and an attitude of willingness to change. It was presented by Dr. Ann Wigmore over thirty-five years ago and is taught around the world. This lifestyle can open the door to personal growth and understanding.

Each step we take forward is a step toward life and living and a step away from death and dying. This includes cleaning up our own bodies (by detoxification: through deep breathing, skin brushing, simple organic foods, etc.), our homes (from composting to growing indoors), neighborhoods, cities, states, countries and ultimately, our world.

The Raw Living Foods Program is a means of personal control and prevention of degeneration of our health. Through this program the body is cleansed and rejuvenated on a cellular level. Much like the cells in our body, each person who adopts a positive alternative lifestyle is cleansed. Transitioning happens as quickly or as slowly as YOU desire. Transitioning is a balance of the changes in lifestyle you are aiming for.

The Transition Diet

The purpose of the transition diet – moving away from eating meat, processed foods, sugar, white flour products, etc. -- to a total living foods diet of vegetables, fruit, sprouts, fermented nuts and seeds -- is to allow the body to gradually cleanse away accumulated waste materials until the whole diet is one of living foods. While on the transition diet you should attempt to incorporate as many green/sprout salads and fruit meals as you comfortably can. This will speed up detoxification, plus allow the body and mind to adjust to this new diet.

THE FIRST PHASE in the transition diet is to eliminate drugs and other chemicals, meat, tobacco, alcohol, white sugar, white flour, salt, coffee and all processed “foods.” This may be a radical change for some people, as these “foods” have become deeply ingrained habits and dependencies.

One way to approach this change is to “decrease and substitute”. For example, if you eat meat every day, decrease it to two or three times a week and substitute fish and fowl in its place. If you drink or smoke each day, cut it to every other day, then every third or fourth day. Substitute deep breathing exercises. You aren’t giving anything up — you are really choosing something better.

In the meantime, use as many live foods as possible to substitute for the refined and processed foods. Use raw honey, raisins and dates instead of sugar; whole grains instead of white flour; fresh fruits and vegetables instead of canned, frozen or packaged food. You’ll notice a taste change, and in a short time your taste buds and mind will automatically choose nutritious foods.

THE SECOND PHASE in transition is the elimination of mucus-forming foods such as dairy products — milk, butter, cheese, eggs, yogurt, etc. Begin to substitute seed milk cheese and seed yogurt. While in this phase, try partial fasting on juices or energy soup one day a week, or more, to expedite toxin elimination.

THE THIRD PHASE in transition is the elimination of all cooked foods from the diet. The ultimate diet is that of fresh raw fruits and vegetables, sprouts and fermented nuts and seeds. This transition may take months for some, perhaps only weeks or days for you. It's your decision.

Some additional transitional diet data:

Have three juice meals a day to nourish the body. Include a salad with each drink.

Clean out the colon with enemas and wheatgrass implants once or twice a day.

If you cook or steam vegetables, cook as little as possible, on the lowest heat possible, to retain the maximum amount of nutrients.

Eat the living foods *before* the cooked foods.

Try not to drink liquids for an hour after mealtimes.

Chew your food very, very well.

Record your results with the date and time of day, how you feel (body, mind, emotions), what you ate, activity taking place, environment, stress factors, etc.

It's all right to work slowly with changes in your diet. As you remove various foods from your diet, substitute a living food such as nut and seed milks, seed cheeses, plenty of green leafy vegetables and dehydrated goodies.

Practice each change for a month, and then try another.

Stick to basic living foods until you feel free of what ails you.

Record and observe how you are feeling.

It could take 2 to 6 months, perhaps even longer.



Eight Common Mistakes that Occur on Raw Foods

- adapted from Victoria Boutenko (RawFamily.com)

1. Many raw fooders do not eat enough greens. Solution: Regularly consume energy soup or green smoothies to guarantee the proper amount of greens.
2. Many raw fooders do not consume enough fiber, soluble and insoluble. Solution: Drink more smoothies or energy soups instead of juices.
3. People on a raw food diet often consume too many fats. When they try to imitate cooked dishes they substitute starches with nuts. Solution: Use nut pulp left over from making nut mylks, use more seeds and fewer nuts, and use more fruit and vegetable pulp from juices in your mixtures, to minimize the consumption of nuts.
4. Raw fooders commonly try to become too perfect too fast. They don't give their bodies a chance to adjust to such a radical dietary change. Solution: Gradually adjust and purify your own individual diet to help you ease into the healthiest diet for you.
5. When people change their diets they usually decide the other components that make up health are no longer important, such as sunbathing, exercising, proper rest, fresh air, etc. Solution: Practice a well-rounded healthy lifestyle.
6. People on the raw foods diet often over-indulge in some particular foods and neglect the variety of other fruits and vegetables. Solution: Eat foods in reasonable quantities.
7. Dietary variety. Many raw fooders settle into a rut of eating only 7 foods after a year on the lifestyle. Solution: Maintain a wide variety of greens, grains, nuts and seeds in your diet.
8. The biggest mistake raw fooders make is that they listen to the raw food authorities and don't trust the invaluable messages their own bodies communicate. Solution: Keep a diary of your daily food consumption and how it affects your well-being.

Keeping a Food Diary

By Ella Kennen

Studies have found that people who keep food journals lose more weight than those who don't. Why? Because a food diary makes you focus on what you eat (and sometimes also on when, where, and why). This knowledge leads to healthier eating choices, less caloric excess, and in the end, better weight management.

What exactly is a food diary? It's a record of *everything* you eat and drink -- including sauces, snacks, candy, and water. Besides this basic requirement, food journals can take many shapes:

- Some focus on your caloric intake and nutritional breakdown, from fats to fiber.
- Others help you determine your physiological (how do you physically feel before and after you eat) and psychological (what mood are you in? do you eat with people or alone?) eating patterns.
- Many include spaces where you can jot down your physical activity for the day.

Keeping a food diary can be an eye-opening experience. Chances are, for instance, that you are consuming a lot less fiber, water, fruits and vegetables than you should. Or that while your meals are reasonable, all that "grazing" that you do in between is sabotaging your weight. Perhaps you'll discover you're ruining those healthy salads with fatty dressing. Or that your light morning and lunch meals make you overeat at night. Maybe you'll find out that the fabulous diet you're on is so restrictive that it causes you to binge every couple of days. Or that you eat way too much when you park yourself in front of the TV. There are many poor eating habits that you can work on changing-- once you are aware of them.

For the complete article visit <http://www.bellaonline.com/articles/art26861.asp/zzz>.

*"Leave your drugs in the chemist's pot
if you can heal the patient with food."
- Hippocrates*

Transition Snacks

Banana and Raw Nut Butter - Grab a banana, a jar of your favorite nut butter, a spoon and spread.

Ambrosia - Almond mylk, chopped avocado, berries, chopped apple, chopped orange, pumpkin seeds, raw honey and shredded coconut. Mix in a bowl and enjoy.

Avocado and honey - Cut an avocado in half, skin it and pour a little honey over it.

Thick Shake – Blend 1 cup of almond mylk, half of an avocado and a frozen banana.

Figs and Olives - 5 dried figs and small bowl of Greek olives.

Chocolate Pudding - 1 Avocado, 2 Tbs. raw carob powder and a big scoop of raw honey. Whip it up and enjoy each creamy mouthful!

Ahhhhh Almond - A jar of raw almond butter and a spoon. It's that simple.

Cherimoya Blues - Eat one of these if you're feeling down. If you don't know what a cherimoya is, find out. Also try it whipped in a blender with an avocado.

Date Crunch - Stuff a pitted date with an almond and munch, crunch, crunch.

Banana Crème - Mash a banana and avocado together, or put them in a blender.

Melon Deluxe - Blend ½ of a cantaloupe and one avocado.

Just eat an apple - When all else fails one of the best things one can do is eat an apple.

Ice Cream - Cut 2 frozen bananas into small pieces and place in the blender or in a food processor. Blend/process an avocado into the banana.

Creamy Crunch - Two stalks of celery and your favorite raw nut butter. Spread it in the valley.

Fudge - Blend 1 avocado, 2 Tbs. of coconut butter, 1 cup blueberries, 1 Tbs. raw honey and 3 Tbs. carob powder. Refrigerate for 3 hours for hard fudge.

Three minute Burrito - Mash 1 avocado in a bowl and mix in juice of one lemon, chopped garlic, a dash of cumin, a dash of chili powder and pinches of cayenne and salt. Wrap avocado mixture in romaine lettuce leaves and add chopped tomato and chopped onion.

Two minute guacamole - In a bowl, mash with a fork: 1 avocado, 1 clove chopped garlic, ½ of a red onion chopped, juice of 1 lemon, 1 tsp cumin, 1 tsp coriander, pinch of cayenne, and sea salt. Stuff into tomatoes, peppers, portabella mushrooms, or add it to salads, or use as a dip.



Climb the Transitional Ladder to Ideal Health

IT IS WELL TO RECOGNIZE that changing dietary habits requires a growth process, and that this growth process may be facilitated by an understanding of different foods and their effect upon the body.

The following list of food groups is designed to give you a perspective into food, their relationship to one another and to different stages of growth toward a simple health program.

Be patient with yourself and, as you desire better health habits, learn to substitute natural foods for those old addictions.

Begin at the bottom of the article and find the group containing most of the foods you consume. Visualize the growth pattern you would like to follow, choosing foods in other groups, progressing toward the top of the page and IDEAL HEALTH.

The top two categories being ideal, the third may also be included for a high-quality maintenance diet.

Remember: LOVE yourself !

IDEAL HEALTH PRODUCED BY SIMPLE LIVING FOODS:

Sprouts, indoor greens, fresh organic fruits and vegetables, cleansing with wheatgrass, Rejuvelac and fasting — tuning into your own body! This is a high-consciousness diet, promoting non-violence in thought and action.

CONCENTRATED QUALITY NUTRITION

(used along with the cleansing foods above for desired effects): Dried fruits, nuts, Essene breads, sprouted legumes and sprouted grains, fermented foods, seed and nut milks, concentrated fruits and vegetables, virgin olive oil, sesame oil, and seaweeds.

“VEGAN” VEGETARIAN:

Includes cooked foods, is nutritionally sound, and contains no animal products.

It includes steamed or baked vegetables and fruits with some raw vegetables and fruits (for enzymes), whole grain breads and other cooked grains, nut butters, honey, maple syrup, cold-pressed oils, and beans.

Any cooking done over gentle heat, baked, stir-fried, steamed or crock pot. No microwaved foods.

VEGETARIAN TRANSITION FROM MEAT:

This includes high-quality dairy products such as raw goat or cow's milk, soft unpasteurized cheeses, raw milk cheese, yogurt, buttermilk, soy dairy products, some meat substitutes made from nut, soy or grain products.

Also included are whole grains, beans, nuts, fruits, and vegetables. In this step, effort should be made to replace all refined and processed foods with whole, organic natural foods.

TRANSITION FROM RED MEAT AND CHEMICALIZED FOODS:

No more refined foods! Fresh fruits, vegetables, whole grains, beans are a new world to explore.

Educate yourself to understand the truth regarding your body and the way it works WITH your food to digest, assimilate, and eliminate waste material accumulated in the body.

Study nutritional food values and their production methods. Choose foods for yourself and your family that are high in vitamins, minerals, and enzymes and low

in added processing, chemicals, pesticides, and herbicides.

Your first step is to eliminate red meat (pork and beef) from your diet and gradually drop another type of heavy food substance such as dairy, eggs, poultry, shellfish, etc., from your diet each month or so, working your way up the transitional ladder to the optimal way of eating.

Caution: These items, if maintained in the diet, will be hazardous to your health:

Alcohol

Caffeine

Sugar

Junk food

Fast food

Processed food

Cigarettes

Additives

Fried foods

Carbonated beverages

OVEREATING



List of Tools

FOR YOUR RAW TOOL KIT

(Identifying Jobs we must attend to)

Detoxification:

Physical

Fasting: Juices, Wheatgrass, Rejuvelac
Elimination Systems: Liver, Lymph,
Lungs, Kidneys, Skin
Colon Health: Enemas and/or Implants
Exercises: Aerobic, Energy Balance,
Meridian Massage, Walking

Mental

Exercises: Changing Thought Patterns,
Developing a Positive Outlook
Learning To Discern the "Truth"
Brain Integration Exercises

Emotional

Releasing Built Up Stress
Recognizing "Triggers" and Learning
Alternative Reactions
Changing and Embracing the Whole Self
through Awareness

Spiritual

Belief, Faith, Knowing, Free Will, "Let no
man steal your crown!"
Getting In Touch With Your Inner
Guidance
Meditation and Prayer

Rejuvenation:

Physical

Blending for healing: Energy Soup,
Smoothies, and Sauces
Food Preservation: Lightly Fermented
Foods, Natural Dehydration
Maintenance vs. Detoxification
Daily Integrative Exercises

Mental

Attitude of Learning: Continuing
Education
Positive Thinking, Affirmations, Creative
Visualization
Repatterning: Transforming Through the
Renewing Of Your Mind

Emotional

Stress Release: Walking, Classical Music,
exercise
Relationships: Creating Love in Your Life
and Sharing the Leftovers with Others
Visualizing Beauty in Every Thing:
Nature, Animals, People, Things

Spiritual

Sharing in the Spirit of Understanding
Realizing the Kingdom within You
Prayer and Meditation

Organization: Putting Together a Schedule

Maintaining a Raw Living Foods lifestyle as a single individual requires a new level of responsibility to the diet. There are two very important aspects:

The preparation of the food eaten at a given meal is usually started several days in advance (as much as one week for alfalfa sprouts.)

Certain tasks must be performed *every day*, often morning and evening, or several days' worth of work in preparation is lost, and food that was destined for a future meal is ruined.

However, rather than becoming a burden, the increased sense of responsibility brings with it satisfaction, personal confidence, and appreciation and respect for one's diet and health. In fact, this is probably one of the most important benefits of the lifestyle.

Almost every day there is a requirement for alfalfa, Rejuvelac, sprouted grains, and seed cheese or almond cream. This means that these must be prepared regularly everyday. Seeds must be soaked, sprouts must be rinsed, Rejuvelac harvested, seed cheese must be prepared and harvested. None of these takes much time, but they must all be remembered.

If, for example, one forgets to rinse alfalfa sprouts one evening, the entire batch may be ruined (and that would probably be a whole week's supply!) It is therefore a very good idea to sit down and make up a schedule to be followed on a daily basis, which lists all small tasks to be done, morning and evening. This means certain things must be decided. For example, since a batch of Rejuvelac seeds produces up to three batches of Rejuvelac, and one batch is consumed each day, one may decide to start to soaking new seeds for Rejuvelac on every-other day, or every third day.

The seeds may be soaked during the day, or overnight. Seed cheese may be a daily menu item, or it might be desired less frequently. It is a good idea to start soaking sunflower seeds for seed cheese in the morning, so that the seed cheese can ferment

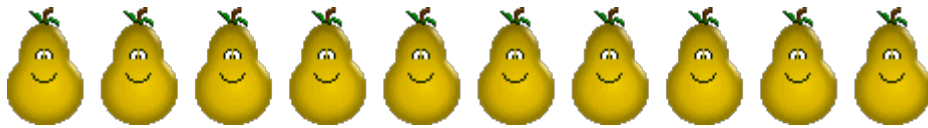
overnight. It should be a daily morning and evening task to simply rinse all currently sprouting alfalfa and wheat.

Special tasks, such as hulling and greening alfalfa or making vegiekraut, should be planned ahead of time. Generally, a well-spent hour carefully considering one's nutritional plan and schedule will save many hours in the kitchen over the first few weeks of adopting the program.

However, do not feel that you cannot begin blending soups until you have a full living foods kitchen set up!

LUXURY OPTIONS

Once you have established your living foods kitchen, you may want to invest in extra equipment, which, while not essential, enables you to prepare special foods more easily. These include a fruit juicer (useful for making veggie kraut), a dehydrator (for grain crisp and dehydrating vegetable snacks), and a wheatgrass juicer (manual or electric).



Things to Remember Daily

THE MOST IMPORTANT PART OF THE CREATIVE FOCUS IS: BE GUIDED FROM WITHIN, NOT WITHOUT.

POSITIVE ATTITUDE...

SMILE AT TEN THINGS EVERY DAY.
SAY SOMETHING NICE TO FIVE PEOPLE YOU CARE ABOUT.
SAY SOMETHING NICE TO FIVE PEOPLE YOU NEED TO CARE ABOUT.
REPEAT A POSITIVE AFFIRMATION ONCE EVERY HOUR.

DEEP BREATHING

THREE PART BREATHING: ABDOMEN, RIBS, UPPER CHEST (COMPLETE BREATH) ALWAYS BREATHE - (INHALE — AND — EXHALE) - THRU YOUR NOSE TO STIMULATE THE PITUITARY GLAND BREATHE WITH ALL YOUR MOVEMENTS AND PRACTICE EVERY DAY
REMEMBER: BREATH IS LIFE. YOU CANNOT LIVE MORE THAN 5 - 10 MINUTES WITHOUT AIR
YOUR BODY NEEDS IT TO HEAL.

UNFILTERED SUNSHINE

THE SUN GIVES LIFE TO EVERYTHING ON EARTH. WE ARE NO EXCEPTION.
SPEND TIME OUTDOORS EVERYDAY.

EXERCISE

MAKE IT FUN. PELVIC ROCK - THE “PUMP” - SPINAL STRETCHES FOR

GOOD POSTURE AND BETTER ENERGY FLOW - VIDEOS FOR ALL TYPES
WALKING - REBOUNDED – PASSIVE & RESISTANCE EXERCISERS
EXERCISE STIMULATES OUR LYMPHATIC AND CIRCULATION SYSTEMS WHICH ARE OUR “RIVERS OF LIFE”

DIET–LIVING FOODS

WHEATGRASS - GREENS - SPROUTS - FRESH VEGETABLES - RIPE FRUITS - SEEDS, NUTS, PURE WATER, - (PLUS, PURE FRESH AIR AND SUNSHINE). FOR GOOD DIGESTION SPACE YOUR MEALS WELL, AND DON'T NIBBLE. FOR GOOD DIGESTION PRACTICE PROPER FOOD COMBINING.
DRINK FLUIDS BETWEEN MEALS TO PREVENT DILUTION OF STOMACH JUICES DURING MEALS.

ONLY LIFE GIVES “LIFE” – EAT LIVING FOODS

THIS NEW LIFESTYLE OF CLEANSING AND REJUVENATION WILL RESTORE YOUR HEALTH AND HAPPINESS IF YOU PRACTICE IT DAILY. AS THE BODY BEGINS TO CLEANSE AND FEEL STRONGER, EACH DAY WILL BE MORE WORTH LIVING FOR. PAY CLOSE ATTENTION TO THE FOODS THAT ARE PARTICULARLY GOOD FOR YOU.

**LOVE YOUR BODY AND REAP THE
BENEFITS OF VIBRANT HEALTH.**

FOR A GOOD WAKE-UP EACH
MORNING: DRY SKIN BRUSH UPON

RISING. TAKE A WHEATGRASS JUICE
IMPLANT OR SOAK YOUR FEET IN IT.
DO A FACIAL. IF IT'S WARM, SIT
OUTSIDE AND SOAK UP SOME SUN!

Facts suggest clearly that the enzymes present in raw, uncooked food relieve the pancreas and salivary glands of the necessity of enlarging from excess work.

The considerable hypertrophy of the pancreas and salivary glands, which has been found to occur in human races living upon large quantities of cooked carbohydrates, indicates the nature of the intrepid but deplorable compensatory measure the organism is forced to adopt and is added proof of the profound influence for good enzymes naturally supplied in raw foods.

That the pancreas and salivary glands of human beings living upon the customary heat-treated enzyme deficit diet are hypertrophied and overworked organs is not difficult to believe.

Edward Howell, MD - *Food Enzymes for Health and Longevity*

How to Sleep Well

By Victoria Boutenko of RawFamily.com

There are many more factors than just food in helping one achieve optimal health. One of the most important factors is sleep.

Whoever created human beings was very smart and prophetic. He predicted that we humans will engage in different kinds of abuse and do harm to our health during our active part of the day. So the Creator magically cursed us with everyday sleep so that no matter what we do in the daytime, at night our sleep prevents us from continuing the insanity of the day. Every single person in the world must lie down and stay motionless for at least 8 hours everyday. We are unable to drink, smoke or overeat when we are asleep. No matter what damage we do to ourselves in the daytime, at night our bodies are healing themselves.

Our body is trying to reach homeostasis during the night hours in order to heal. However, we humans have succeeded in our destructive behavior during the day such that it even impairs our nighttime sleep. Very often we don't realize how little things can harm our health. I would

like to share several observations with you.

Sleep in the fresh air, where possible: When God created the earth, 55% of the air was composed of oxygen. We have cut down most of the forests and jungles, covered lots of soil with concrete. Now the amount of oxygen in the air is 12 - 19%, depending on where you are. In our bedroom the oxygen content is only about 6%. Why does it seem too time-consuming for us to open the window before going to bed?

I personally, and my entire family, try to sleep outside 365 days a year. My husband has built a structure, a combination of a gazebo and shed that has big windows without glass and a huge open door, and even an opening just beneath the roof. That is where my family sleeps when we are at home. Whenever it's not raining, we don't even sleep in this structure, but sleep outside on the lawn, in the backyard under the stars.

Oxygen is very important for healing. I believe if you have enough oxygen in all your organs you can never have cancer

or other degenerative diseases. On the other hand, the lack of oxygen could be one cause of normal cells transforming into cancer cells. This easy action, to insure that you have fresh air 8 hours of the day, is so essential to your health! Keep in mind that air conditioners don't clean the air. They just cool it down.

Let your energy field restore: If you would go to an Advanced Kirlian Photography Station and take a picture of your entire body, you would see that your energy field expands several feet beyond your body in the shape of a gigantic egg. This energy field is your cradle of healing.

At night any damage is repaired, but not if you have an alarm clock next to your head or a computer running in your bedroom. All electrical devices have an electromagnetic field that also extends for several feet beyond their physical structures. Human energy vibrates at 8-12 megahertz; electrical devices run somewhere between 200-400 megahertz.

When the two fields cross the body simply cannot heal. I personally turn off the electrical fixtures in any room that I sleep.

I'm also careful about microwaves or other strong devices running in an adjacent room because the plywood wall does not stop those harmful vibrations.

Sleep on a hard surface: Our body needs to stretch at night. All the bones and joints can only stretch out when we lay on a hard surface. The most important is the spine. During the day our spine is so improperly positioned (driving, sitting in front of the computer, and watching TV) that some spinal joints don't get adequate spinal fluid and blood enriched with oxygen.

Kundalini is the life energy that can only flow freely when the spine is stretched. My entire family prefers to sleep on the floor in sleeping bags. You should see us sleeping on the floor around the king sized bed in hotels when we travel.

Sometimes when we are forced by circumstances to sleep on soft beds, we wake up with headaches, feeling achy and not rested.

Don't go to sleep on a full stomach: Our digestive organs have two main functions in the body- to digest food and eliminate toxins. They cannot do both simultaneously.

Wouldn't you like to eliminate as many toxins as you can during the night? Try to eat your last meal at least 2-3 hours before you go to bed and try to eat light food so that it is digested by the time you fall asleep.

Learn to sleep in the nude: Any clothing, no matter how loose, interferes with the circulation of blood while you sleep. Especially harmful are synthetic nightwear. Unfortunately, it's hard to find natural pajamas for children. The synthetic fibers absorb static electricity, which interferes with the body's energy.

Sleep at night: No wonder the night shifts in the US are called the "graveyard shifts." It is very important to sleep at night (approx. 10 pm to 6 or 7 am). Our body is attuned to the stars and different organs rest at different hours of the day, e.g. the adrenal glands rest between 11 pm to 1 am. If we try to

stay up after 11 pm, the adrenals eventually wear down and, as a result, the body will not be able to perform as well the next day. Over time it might even develop depression.

I understand that we all lead busy lives and these little things might seem unimportant to us. I recommend that you try for yourself, and see how the quality of your sleep will change from following these simple guidelines. I personally work very hard during the day and some days feel exhausted when I go to bed. Because I take care of my sleep I always wake up refreshed, full of energy and in a good mood.

There is not a known remedy that will cure diabetes without a reformation along the lines that caused it...

Raw vegetables of all kinds - red cabbage, cauliflower, watercress, Brussels sprouts, okra, cucumbers, onions, etc. A big emphasis needs to be placed on raw foods as they stimulate the pancreas and increase insulin production.

Green beans and cucumber juice contain a hormone needed by the cells of the pancreas in order to produce insulin.

Jerry Lee Hover, ND - *Health Freedom News*

Why Chew?

Inspired by Lino Stanchich's book, *The Power Eating Program*

THE BENEFITS OF CHEWING FULLY, IN A RELAXED MANNER, AT LEAST 35 TIMES PER BITE

Develops patience and self-mastery

Strengthens digestion and increases assimilation. All foods, especially carbohydrates, begin the process of digestion in the mouth. Chewing enables the digestive enzyme **ptyalin**, found in the saliva, to mix well with carbohydrates (the stomach cannot digest carbohydrates.) Ptyalin breaks down the carbohydrates, beginning the dynamic process of transforming food into energy.

Vegetables must be chewed well to break down the tough cellulose that surrounds the plant's nutritive core. Poorly chewed grains cannot break down properly and thus, the nutrients, protein and starches will not be separated from the fiber.

If grains are swallowed without proper chewing, the pancreatic enzymes will be unable to break down the food into its basic components. In this case, the grains will only be partially absorbed by the intestines.

At this stage, the unabsorbed, partially digested food particles move to the large intestines, where intestinal bacteria

ferments them. Fermentation produces excessive carbon dioxide, resulting in gas and bloating.

Poor chewing can also result in a feeling of heaviness, discomfort, sluggishness, and can cause irritability, moodiness, anger, restlessness, and lack of concentration.

Creates a more alkaline condition in the body

A healthy body is balanced on the alkaline side. Because of eating foods that metabolize as acid in the body (meat, sugar, alcohol, grains, flour products), most Americans are suffering from an over-acid condition, which can contribute to disease (headaches, arthritis, ulcers). Chewing creates a more alkaline condition in your body because the saliva is alkaline, and, as it mixes with the food, it alkalizes the food you swallow.

Strengthens our immune system

Chewing stimulates the release of parotin hormones, which encourage the thymus to create T-cells, the protectors of our immune system.

Reduces the quantity we eat

It takes the brain 20 minutes to receive signals that we have eaten enough. The more we chew, the slower we eat. So when we chew thoroughly, we are more in tune with our true appetite.

Improves Elimination

When food is digested properly the right balance of enzymes, water and other secretions is present. This creates a stool that is of proper consistency, which can then pass through the body easily.

Reduces Bad Breath

Breath odor can come from several sources. Most people who have bad breath suffer from incomplete digestion and elimination due to under-chewing and overeating. The food in the system then putrefies.

Reduces cravings for sweets

People who chew very little often need sweets with meals. Those who chew complex carbohydrates well are able to experience the inherent sweet taste of these foods and frequently are able to decrease their craving for sweets. The more we chew, the sweeter food becomes, and this sweetness, along with relaxed mealtimes, will help satisfy a need for sweets.

Promotes clearer thinking and a healthy nervous system

If we eat less and chew more, then we are taking in more oxygen during the meal than usual. The majority of the oxygen we take in goes to the nervous system and to the brain. Oxygen also helps to digest and metabolize the food itself.

Improves creativity

Calm, meditative eating and chewing helps you become a calmer, clearer channel for inspiration. Small quantities of food allow a stronger flow of ki, chi, or prana through the body. Excess food creates stagnation of the body, mind, and creative energy channels.

The Japanese words “kami” (chew) and “kamu” (to chew) mean God or Divine Spirit. In the original Japanese meaning, chewing is “to develop ourselves to reach to the Universal Spirit.”

Saves money!

As you practice conscious chewing, you will become more satisfied with less food and therefore, spend less money on your groceries. In addition, your health will improve, thus reducing costly medical bills.

“Chew every mouthful until it is liquefied in your mouth.”

- Dr. Robert Hoas, President of The American College of Sports Nutrition

“Chew your drink and drink your food.”

- Gandhi

“And chew well your food with your teeth, that it becomes water and that the angel of water turn it into blood in your body.”

- The Essene Gospel of Peace

“One should not swallow any food without masticating it well.”

- The Code of Jewish Law

“Chewing is most important. You have no teeth in your stomach nor in your intestines. The more you chew, the quicker you will master the principles of longevity and rejuvenation.”

- George Ohsawa

“Nature will castigate those who don’t masticate.”

- Horace Fletcher, author and professor



Ginger, a Wonder Drug

TASTE: PUNGENT, SWEET

QUALITIES: SATVIC, DOHAS, VATA, KAPHA-, PITA +

USES: TISSUE, PLASMA, BLOOD, MUSCLE, FAT, BONE MARROW, NERVES, REPRODUCTIVE SYSTEM, DIGESTIVE, RESPIRATORY, PHARMACOKINETICS, STIMULANT, DIAPHORETIC, EXPECTORANT, CARMINATIVE, ANTI-EMETIC, ANALGESIC

Every good quality is contained in Ginger. It has a general balancing influence on the body's physiology for detoxifying the body, especially the liver.

Taking ginger daily is a valuable preventive medicine.

Taking fresh ginger with a pinch of sea salt and lemon juice before meals cleanses the throat and tongue, increases appetite and digests food.

To balance VITA take fresh ginger with sea salt.

To balance PITA take fresh ginger with brown sugar or as a ginger tea.

To balance KAPHA take fresh or dry ginger powder with honey.

A ginger bath is very cleansing and refreshing.

Various ways to use Ginger

Either fresh or powdered can be added in all food prep, including vegetables, curries, ginger breads, cookies, tea, sauces, soups, etc. Fresh grated ginger is very good with salads and vegetables.

An Overview on Water

Compiled by Mary Jane Moore

WATER: WHAT IT MEANS TO LIFE

Clean, clear, life-giving water! Next to air, it's the substance most necessary for our survival. 70% of our body weight is made up of water, which constantly circulates, cleanses, and renews the body.

Nothing quenches the thirst like a refreshing glass of water. It almost makes you thirsty just thinking about it!

Consider the importance of water in maintaining a healthy body:

- ** It increases endurance and energy levels
- ** It aids digestion and elimination
- ** It regulates body temperature
- ** It facilitates muscular and nervous activity
- ** It provides the perfect medium to carry nutrients, oxygen, and disease fighting antibodies.

It's no wonder every prescription for health includes drinking six to eight glasses of quality water per day. Considering the importance of water, it makes good sense to have a source of quality water in your home. Since water makes up 70% of your body weight it is important to recognize it as an essential element for your good health. Water

flushes toxins from your body. In fact, nearly every program for fitness and health contains a prescription for six to eight glasses of clean, clear water per day.

But clean, clear water doesn't just happen. Water is one of the simplest substances known to man, containing two hydrogen molecules and one oxygen molecule. Unfortunately, it is also one of the easiest to contaminate. Known as the "universal solvent," water can dissolve and take into suspension a little of everything it comes in contact with: from beneficial elements to harmful elements. From synthetic and industrial chemicals, and by-products purposely added to our water supply, such as chlorine (used to kill waterborne bacteria), and fluoride (touted to "strengthen teeth"), and other such refined minerals, to naturally occurring minerals such as iron, magnesium and calcium (that can produce "rusty" or "hard" water).

WHY SHOULD YOU PURIFY?

You fill your glass from your kitchen faucet. It's cloudy and has a slight odor. With a shrug, you drink it anyway. After all, it comes from the

town's treatment plant. If it weren't safe, they wouldn't let you drink it.

Or would they?

Let us first put water contaminants into perspective. The average adult body is composed of about 40-45 quarts of water. It is present in all our cells; it makes up 83% of our lungs, 75% of our heart, 74% of our brain and even 22% of our bones! To replenish what is lost through sweat, elimination, and breathing, water is rapidly and efficiently absorbed by the digestive system, as well as by our skin. The situation one must be aware of is that water is a universal solvent, and as water is being absorbed by your body, so are the other substances that are dissolved and contained in the water you are drinking. Some of these contaminants are filtered out in the kidneys and liver and then eliminated. But many accumulate in our tissues and organs, causing both an immediate danger and long-term health problems.

We have literally hundreds of toxins, heavy metals, inorganic minerals, poisons, bacteria, viruses, and other harmful contaminants present in all drinking water sources today. Is it any wonder that so many people are sick, or that health care is skyrocketing? The human body needs the hydrogen and oxygen from water (H²O). These are the natural elements that act as natural solvents, or purifiers, in the body and

help us to stay healthy by removing many toxins from the body. Everything else in the water we drink is incidental and additional to our requirements for good health (providing we are eating the right enzyme-, nutrient- and chlorophyll-rich foods).

Municipal water treatment plants use chlorine to disinfect and kill bacteria. This method is very inexpensive compared to other methods available because chlorine is an industrial waste product. Fluorine, another waste product - from the aluminum industry - is added to water treatment in a publicized effort to "strengthen children's teeth" (which has proven to do just the opposite!). All of these additives: chlorine, fluorine, alum, and other inorganic minerals - put in our drinking water for "purification", "cleanliness", or "to promote health" - are really toxic poisons.

To add to this situation, most people today are walking around dehydrated. Most will say they drink plenty of fluid, but when asked what they drink, they will usually give you a list of refined beverages such as coffee, carbonated soda pop, and artificially sweetened fruit drinks, as well as alcoholic beverages. Many people have a truly dehydrated look about them. Their skin looks parched, withered, dry, wrinkled and old. Many people are chronically constipated, or suffer from burning, irritating urine, which are other signs of water starvation.

Pure, clean water flushes out body toxins, salts and other accumulated materials. People who drink the right kind and the right amounts of liquids (purified water, fresh fruit and vegetable juices, and Rejuvelac or other lightly fermented beverages) have a sense of well-being, better circulation, healthy skin, and functioning elimination channels which are important to good health and a long life.

Water is essentially tasteless. Any “taste” is likely from the air and various dissolved minerals that are present in the water. Purified water has a distinctive, clean taste since contaminants, dissolved solids, and chlorine are reduced during the purification process. When used for cooking, purified water can allow the food’s natural flavor to come through. Purified water can help minimize the damaging scale build-up on heating elements, thus increasing the life of many appliances.

HOW TO PURIFY

Many purification methods significantly reduce waterborne contaminants, which may invade water supplies. Point-of-use purification systems can mechanically purify water in your home and provide a final barrier of protection for your cooking and drinking water. And, since purification reduces sodium in water, installing purification units for the kitchen, and other drinking water taps, offer a supply of low sodium

water for cooking and drinking without losing the many benefits of whole-house soft water for bathing, laundry, and cleaning.

At Creative Health Institute we are fortunate to have a deep, clean well that provides us with fresh, clean, cold water, which is used for washing dishes, bathing, etc. Since we have no measurable impurities (such as nitrates and bacteria) in our well water, we use charcoal filtered water for colon cleansing and to make Rejuvelac.

We use charcoal filter for this because our natural water table for this area in the state of Michigan is heavy lime (calcium/magnesium) and iron, which is naturally dissolved in water as it, filters underground through the natural osmosis process to our well. These oxidative and alkaline minerals dissolve due to the acid-forming humus made up of fallen leaves in our abundant forests over thousands of years.

We do, however, in an abundance of caution, still make filtered water for drinking purposes, at least for those who desire it. The maintenance of the distiller, however, requires steady attention. In almost all cases, for all other uses reverse osmosis water meets our needs quite adequately.

For your own home use you should learn about the different methods of purifying water, as well as the different companies that sell purifiers. Call the dealers and read the literature. Talk to your local water

department and ask what is required to have your water tested, what they can test for, and what the different values mean. Once you have satisfied your questions, decide what method would work the best for your own situation.

Be careful to study all aspects of the purifying process. Ask about the maintenance costs per year, where to get filters, or have it maintained at, and how long your chosen unit or method will last in your household, based on the number of people, amount of water use, etc. It is an investment in your future, so take your time to decide. Check out several options before making your decision.

DISTILLATION

In distillation water is boiled and the resulting steam travels through tubes into another chamber where it is condensed, leaving impurities behind. Everything that does not vaporize at the same temperature as water (hydrogen sulfide, bacteria, minerals, and most other impurities) is removed.

Although distillation removes a wide spectrum of impurities, critics point out that no trace minerals are left in the water. They also argue that this water is dead because the “life” has been killed by cooking it.

A distillation system raises the water temperature to boiling. At this point, the water turns to vapor, leaving behind contaminants that may have been dissolved in it, as well as

microscopic solids or organic materials. The clean water vapor (steam) then enters a condenser where it is cooled and returned to a liquid state. This produces clean, clear water with a distinctive clarity, as well as a reduction of contaminants.

Distillation collects the clean, clear steam which is condensed back into a liquid form. Distilled water is virtually free of the minerals and salts that can cause corrosion and scaling, thus appliances like steam irons operate more efficiently.

It should be noted that most types of water distillers require periodic cleaning. But, with the exception of activated carbon or sediment filters usually used with some of today’s distillation systems, there are no other components that require regular replacement to ensure proper operation.

If you elect to purchase your distilled water from a commercial source, make sure that they deliver it in glass containers (ALL plastics leach plastizers into the universal solvent of water), and that they aren’t using chlorine in the water to extend its shelf life. In other words, verify that you’re using a reliable source, and it’s a good idea to have the water tested occasionally.

REVERSE OSMOSIS

This purification system is a drip purifier that puts water through a series of semi-permeable membranes. This water is reported to be 98% free of solid materials and bacteria. And because it is not “cooked” is said to be “live water”.

These compact units are designed to force pressurized water through a microscopic membrane which rejects contaminants suspended in the water. This membrane permits passage of the improved water to a holding tank. It is then available for use for drinking, cooking, or making ice.

The reverse osmosis membrane is composed of microscopic pores which allow the pressurized water molecules, which are among the smallest molecules known to man, to pass through the membrane. Consequently, larger molecules and compounds containing contaminants like those listed in this brochure can be left behind.

There is also very complex process involving dielectric interactions and other molecular forces that take place at the surface of the reverse osmosis membrane. This second mechanism is effective in rejecting or repelling charged mineral ions from passing through to the reverse osmosis product water.

The reverse osmosis membrane is, in effect, a microscopic screen which blocks out many contaminants from the water, including some specific microbiological contaminants. The pore size of the reverse osmosis membrane

determines the rate of reduction, and the size of any other molecules which can pass through. With normal osmosis, fluids pass through a semi-permeable membrane (like a filter) from an area of high concentration until the fluid concentration on both sides of the membrane becomes equal. The movement of the water from soil to plant roots is an example of osmosis in nature.

With reverse osmosis, just the opposite happens. By applying artificial pressure to the water solution of higher solids concentration (the incoming water), the flow of liquid is reversed. Under these conditions, the membrane allows only water with reduced contaminants to pass through, leaving a high percentage of the contaminants behind. Therefore, the quality of the membrane determines the quality of purification.

Distillation is a highly effective process in removing contaminants, however, it is cooked. Reverse osmosis is very effective and because it is not cooked the life in the water is still viable. The level of contaminant reduction for reverse osmosis will vary. Reduction of contaminants from any system depends on conditions such as the degree of contamination, the size and type of equipment, system pressure, and product maintenance. No system can be warranted for total elimination of all contaminants in all conditions.

The cost of home purification units may vary by manufacturer, and features and uses for purified water may vary by household. When considering value, home purification units offer many advantages. Among these are: convenience; longer life for some appliances; improved water quality; and perhaps, even better tasting foods and drinks.

There are many benefits besides greatly reduced concentrations of contaminants. Cleaner, sparkling drinking water is probably the most noticeable. Because there is little to alter the water's natural state, the flavor of food can come through unadulterated by any "chemical" taste. Brewed items like teas and soups may have a richer robust flavor. Fruit juices and powdered drinks may taste better when they are mixed with purified water. Even ice cubes can take on a crystal clear appearance.

Consult your local WQA professional or the manufacturer of your purification unit for additional information. The capabilities and specifications of equipment vary by manufacturer. Keep in mind that an easily installed, under-the-sink distillation or reverse osmosis system can provide refreshing water for just pennies a gallon.

Distillation and Reverse Osmosis Systems remove:

- Unpleasant Tastes
- Cloudy/foggy" Appearance
- Unpleasant Odors
- Certain Pesticides and Fungicides
- Scale Producing Minerals
- Certain Volatile Organic Contaminants
- Lead
- Nitrates & Nitrites
- Copper
- Sodium
- Radium

OTHER MECHANICAL PURIFYING METHODS

CHARCOAL FILTER

This method uses a fine charcoal filter that helps remove about 95% of the inorganic minerals and other fine particles, along with the odors that these minerals produce. Most charcoal filters are not bacteriostatic and must be changed regularly to prevent bacterial growth.

BOILING WATER

Boiling water will kill bacteria that may contaminate it; however, boiling may actually concentrate other undesirable materials because it reduces the amount of water-to-chemical. It can also amplify an objectionable taste. Water testing is readily available on the Internet, though thorough testing can run as much as \$400. Do-it-yourself test kits that test for the basic contaminants cost as little as \$20.

PURIFICATION BY FERMENTATION

REJUVELAC

The name “Rejuvelac” comes from: Rejuv-- as this is a rejuvenating drink, and lac -- for it contains friendly lactobacteria.

These lactobacteria take up residence in our large intestine (colon), acting as an astringent, destroying harmful bacteria and helping our large intestine maintain its natural, slightly acid pH balance, and a healthy, vitamin-producing environment. This encourages a clean colon where disease-producing, harmful bacteria are unable to thrive.

Rejuvelac is the result of the fermentation of grain and water. There are several different ways to make it. Any grain can be used, but wheat is nutritionally superior to other grains. Soft pastry wheat is used for its light fermented flavor.

In the fermentation process of making Rejuvelac it is stated that harmful bacteria and other materials in our water system are neutralized or bonded by the enzymatic action in the fermentation process. This fermentation process helps make our tap water safer for us to drink. Dr. Ann Wigmore, who developed “Rejuvelac”, lived in Boston, MA and used tap water to make her Rejuvelac. By drinking a quart of this beverage per day Dr. Ann said her hair changed back from gray to dark brown.

KOMBUCHA

“Kombucha” is all over the health industry these days as a health-inducing beverage that you can make in your own home. People have used this method of preparing a fermented drink for hundreds, if not thousands, of years. There are varying stories about its origin and who first introduced it into the western culture, but the fact of the matter is that it is yet another way to purify and prepare a beverage to replenish the body’s fluid requirements. Following is a clip out of *Search for Health*, giving some of the benefits of this drink:

“Something ancient has come to America, and you need to know about it so you can strive to prevent diseases like cancer and arthritis; so that you can protect your family’s health by simply drinking this traditional homemade beverage, called Kombucha, to detoxify and energize your bodies. Fermentation is the process of inducing a chemical change in a complex organic compound by the action of one or more enzymes, which are produced by microbes. This process has served mankind since the dawn of civilization and even in our age of technological wonders, some simple God-given ferments continue to serve human health far more effectively and economically than all the drugs and complex compounds in the arsenal of modern science.

“Here are some comments from doctors investigating Kombucha back in the 1920’s:

“Dr. Maxim Bing (1928) recommends the Kombucha sponge as a very effective means of combating hardening of the arteries, gout, and sluggishness of the bowels. By using good fresh cultures a very favorable effect begins to take place, which in the case of hardening of the arteries, expresses itself by a drop in blood pressure, a cessation of feelings of anxiety, of irritability and aches and pains, headache, dizziness, etc. The sluggishness of the bowels and its concomitant symptoms can likewise speedily be improved. Particularly favorable results are obtained in cases of hardening of the kidneys and the capillary vessels of the brain, whereas hardening of the cardiac vessels is less favorably influenced,”

“Dr. E. Arauner (1929) says that the Kombucha culture has been used for hundreds of years by the Asiatic people of his homeland because of its surprising success as the most effective natural folk remedy for fatigue, lassitude, nervous tension, incipient signs of old age, hardening of the arteries, sluggishness of the bowels, gout and rheumatism, hemorrhoids, and diabetes.”

A more up-to-date testimony from a woman in the Netherlands is as follows:

“I’ve been suffering from multiple sclerosis since 1982. I’ve now had good

results with Kombucha. This has a detoxifying effect on the body. I began drinking the tea in 1989. At that time I could only go a few meters outside the house, leaning heavily on two canes, and my condition was getting visibly worse. Now I can get out again for about 20 minutes, without canes - and I’m not tired anymore. The result of a medical check-up was the renewal of the certificate of the ability to hold a normal driver’s license. I’m even going to try a little skiing again this year (1992). With a Kombucha culture you can prepare your own natural remedy all your life long. I hope this account will contribute towards other people experiencing an improvement in their state of health through Kombucha.”

(Kombucha is thoroughly discussed in *Search for Health*. Their address is at the end of this paper.)

“BROT RUNK”

Here’s another age-old method of purifying water:

“In the days of old Russia, whenever the Czar’s army traveled the troops kept a supply of ‘brot runk’ on hand at all times. This ‘bread drink’ was made from fermented muck of the traditional black rye sourdough bread. The veterans of this mighty army knew full well that when they visited strange countries they encountered strange diseases, but they were always well prepared for whatever they encountered.”

“Every soldier knew that he should pause by the barracks crock of ‘brot runk’ before going into town and drink a hearty slug of the potent natural ferments. The drink was made from the scrapes of rye bread which were first allowed to dry, then were dropped into a large urn of water and allowed to ferment. The seething microbial activity was allowed to ferment for seven days, with daily aeration the only helping hand from humans. At the end of the week’s time the sediment was allowed to settle and the clear, acidic water on the top was eagerly downed.

“According to the tales, it **did not matter what condition the water may have been** when drawn for the ‘brot runk,’ because the lactobacillus bacteria would soon clean everything up and **make it a safe and healthy brew for human consumption.**

“If you make some natural sourdough rye, as described in the article *Natural Sourdough Rye Bread Sustains Health and Vitality* by Tom Valentine in *Search For Health Magazine*, you should be able to ferment your own ‘brot runk.’ About three quarts of cold water to a pound of bread is all that is needed. Put in a teaspoon of Celtic sea salt to keep the ferments from going on a rampage and mix in your pound of dried out natural rye croutons. Be sure the bread chunks are well dehydrated.

“Two large crocks are needed for this job because you will aerate the mix by pouring everything into a clean crock

each day. Cover the fermenting mixture with a cloth and keep the vessel in a cool, dark corner.

“On the seventh day allow the sediment to rest on the bottom of the crock and skim off the clear water for your drink. It should have a pleasant sweet/sour flavor, and will serve your system well. There isn’t a more natural intestinal flora mixture available anywhere. The ‘brot runk’ has long been considered a natural immune builder.”
- From an article by Tom Valentine, *Search for Health* magazine (see references).

PURIFICATION BY THE PLANT KINGDOM:

JUICING

Our body chemistry is composed of 19 organic minerals. Our body cannot absorb minerals that are not organic, or minerals that come directly from the ground. These minerals must be chelated by plants in the natural metabolism process of photosynthesis and plant growth.

Only a living plant has the power to extract inorganic minerals from the earth. By breaking inorganic minerals down into minute particles that can be easily absorbed, the plant can utilize the minerals in its growth cycle, and only in this way can we absorb minerals as nutrients - from plant substances we use as food. (Example: the mineral calcium in dietary supplements is 7 times larger

than the calcium molecule produced by plants – and is thus indigestible by the human body.)

In order for our bodies to recognize and utilize food substances it is necessary for the food substance to be alive (providing living enzymes and nutrients, including minerals), or have lived (no enzymes, but provide some nutrients.) **By drinking freshly juiced fruits and vegetables, we ingest a form of “purified water”** that also contain live enzymes, vitamins and minerals our bodies can readily utilize.

“The two vital, cardinal reasons for using vegetable juices is to obtain the finest and best organic water from the vegetables, and to extract from the vegetables and collect in that organic water all the organic chemical and mineral elements and vitamins which it is humanly and mechanically possible to obtain.” - Norman Walker in *Become Younger*.

With all this attention focused on juices, why write a book about them? For that matter, why read one? Because drinking fresh juices is an excellent source of vitamins, minerals, enzymes, **purified water**, proteins, carbohydrates, and chlorophyll. Because it is all liquid form, fresh juice supplies nutrition that is not wasted to fuel its own digestion, as it is with whole fruits, vegetables, and grasses. As a result, the body can quickly and easily make maximum use of all the nutrition that fresh juice offers.” - Stephen Blauer in *The Juicing Book*.

References:

The following books are available through Creative Health Institute (517) 278-6260.

Why Suffer? by Dr. Ann Wigmore

Be Your Own Doctor by Dr. Ann Wigmore

The Hippocrates Diet by Dr, Ann Wigmore

Recipes for Longer Life by Dr. Ann Wigmore

Juice Fasting by Paavo Airola

Become Younger by Norman Walker

The Juicing Book by Stephen Bkauer

The following articles are published in *Search For Health*; PO Box 11089; Naples, FL 33941-1089; (813) 263-8614: Magazine Subscription, Published bi-monthly.

Kombucha: Fermented Drink with “Zing” In It by Tom Valentine, Vol. 2, Nos.4&5.

The Hearty Russian “Brot Runk” by Tom Valentine, Vol. 1, Nos. 4.

Kombucha Update: Questions About Mold Answered by Tom Valentine, Vol.2, No.2

Kombucha, Healthy Beverage and Naturally Fermented Drink That Prevents Chronic Disease by Tom Valentine, Sample Issue

From The Sublime to The Ridiculous; Fluoride Story Next: How To Stop A Fluoride Activist by Tom Valentine, Vol. 2, Nos. 4&5.

The 50th Anniversary of Water Fluoridation by Tom Valentine, Vol. 1, No.5.

Countries That Have Rejected Water Fluoridation by Tom Valentine, Vol.1, No.5.

What Exactly is Fluoride, Fluorine by Tom Valentine, Vol. 1, No.5.

Fluoridation Linked To Bone Cancer by Tom Valentine, Vol.1, No.5.

Fluoride Is a Leading Environment Pollution by Tom Valentine, Vol.1, No.5.

The following books are available from Valentine Communications Corp.; 853 Vanderbilt Beach Rd., Suite 228; Naples, FL 33963, (813) 263-8614 / (813) 263-4101 / FAX (813) 263-8797

Kombucha, Healthy Beverage and Natural Remedy, by Gunther frank
Tea Fungus Kombucha, The Natural Remedy, by Rosina Fasching

Other Books:

The Fraud Of Fluoridation The Aging Factor (3rd edition) by Dr. John Yiamouyiannis: Health Action Press, 6439 Taggart Rd., Delaware, OH 43015; Softbound, 292 pp., 1993,

Reviewed by Jule Klotter in the Book Corners Section of *Townsend Letter For Doctors & Patients*, August/September, 1995 Issue. For subscription write to *Townsend Letter For Doctors & Patients*: (ISSN 1059-5864) 911 Tyler St.; Port Townsend, WA 98368-6541 or call (360) 385-6021 with a credit card. Their FAX # is (360) 385-0699.

Touch For Health by Dr. John Thie, DC. T H Enterprises Bookstore; PO Box 5547; Shennan Oaks, CA 91413; (800) 826-0364 / (818) 509-9946 FAX
Touch For Health Association; 6955 Fernhill Dr.; Malibu, CA 90264-4238 (310) 457-8342 / (800) 466-8342 / (310) 457-9267 FAX Call Association for class schedules in your area or region.

Health Research; PO Box 70; Mokelumne Hills, CA 95345

Facts You Should Know About Fluoridation

The Story Of Aluminum Poisonings



The Benefits of Raw Foods

By Paul Nison

And God said, "I have given you the seed-bearing plants throughout the earth and all the fruit trees for your food." Genesis 1:29.

My interpretation: Eat fresh, ripe, organic raw fruits, vegetables, nuts and seeds. These foods and these foods alone were meant as fuel and nutrition for our bodies.

In addition to fresh air, sunlight and water, they're all the body needs to thrive. Interfere with this process and the body will go into survival mode.

In this article I will not focus on the survival mode eating cooked foods entails. Instead, I'll focus on the benefits that accrue to us when eating the foods we were told to eat by God.

We've all heard about calories, protein, and fat. When we eat the way God instructed, we wouldn't care about any of them. If counting calories, burning fat, and eating high protein foods were so important, why are Americans engaging in these practices the most overweight,

disease-ridden people in the world? Listening to God and getting back to our true body design will keep us healthy.

The way to do this is with raw foods.

What are the benefits of a raw food diet?

Major benefits are preserving energy and keeping your vitality level as high as possible. Overcoming major and minor diseases are common benefits, and feeling like Superman/ Superwoman is often mentioned.

Healing with raw foods: If you feel sick, weak, lazy, tired, or have a disease, eating raw foods can help you begin to overcome all that.

What caused these poor bodily conditions is having supplied the body with low quality food. That produced low quality blood, or poor quality blood leading to the problems mentioned above.

Eating the highest quality food will keep your blood clean and reinstate your health. All these negative bodily actions are caused by a lack of oxygen, a result of



eating food that allowed the body very little oxygen.

In other words, you are suffocating yourself to death when you eat foods lacking in oxygen. Raw foods contain an abundance of oxygen in mineral form. They are loaded with air for your suffocating body.

Thriving on raw foods: Your body takes much time and energy to digest non-raw foods. If you overwork a machine, it will get old fast and breakdown.

A raw food diet is enzyme rich which preserves the body's energy. The more enzymes in the food, the less the body has to work to digest the food. The enzymes go right to work to assist the body in doing the job.

What to do with all this energy? Thrive! That's what we'll do on a raw food diet.

Other amazing benefits of a raw food diet:

Cost efficiency: People often tell me it costs too much to eat healthfully, or it costs too much to eat raw foods. I used to think so, too, at one point in my life, but now I just laugh at that since I found raw foods are the least expensive you could ever buy. They can even cost nothing and often do. What costs more, a banana or a

candy bar? An apple, or a slice of apple pie?

Raw fruits and vegetables are the least expensive foods. Then there are wild foods which can be found all over, and all wild foods are free to enjoy. They're the highest quality foods, the least expensive, and they're 100% raw.

Real fast food: Does it take longer to eat a banana, or a banana split? An orange, or a hamburger? When it comes to fast food, McDonald's and Burger King can't hold a candle to fruits and vegetables.

The biggest selection of foods to choose from: Did you know you could eat one new variety of fruit every day - for the rest of your life - and still not come close to eating all the varieties in the world?

Most people in this country limit fruits to apples, bananas and oranges, but there are tons of other fruits sold in markets all over. Exotic fruits are everywhere these days. Enjoy a nice chocolate pudding fruit, or some jack fruit. Or how about a durian? Are you thinking you don't know about these fruits? Did you know that there are over 50 kinds of bananas and 50 kinds of apples out there?

Try them all; then you'll realize there's so much to choose from.

Enhancing mind power: It's a known fact among raw fooders that eating raw foods

helped them develop mental powers they never knew they had.

It's a scientific fact: more oxygen to the brain will help improve mental capabilities, and we already spoke about how eating raw foods brings more oxygen into the body.

Many people had some form of depression until they ate more raw foods; then their depression lifted or subsided.

Connecting with God: This is a major benefit of a raw food diet. The more you eat foods God told you to eat, the better relationship you'll have with Him.

It's simple. If your parents told you to do something when you were a little kid and you did it, you pleased them and had a good relationship. But if you said no to them, they wouldn't be happy with you. The more you listened to them, the better they could guide your learning about life.

God works the same way. Listen to God and you will have a great relationship with Him. And God said, "I have given you the seed-bearing plants throughout the earth and all the fruit trees for your food." Genesis 1:29.

The more raw foods you eat, the more you'll experience all these wonderful benefits and so many more.

You'll also start to enjoy a personal relationship with God that will enhance your whole life.

You have everything to gain and nothing to lose. Give it a go and eat raw foods!

-- Reprinted with permission. Paul's websites are:

www.RawLife.com

www.TheRawWorld.com



Raw Parenting - General Tips to Remember

- by Karen Ranzi



Try different textures. For example, a child may not like a banana, but may enjoy it in smoothies, sauces or [raw] ice cream.

Have fruits and vegetables around the kitchen in pretty baskets and brightly colored bowls. The varied colors of the foods in the child's everyday environment will attract them.

Name the foods you make with lively or catchy titles! My kids created their own recipes, even from the time they were very little, and then gave names to the recipes, or we got named recipes from certain recipe books.

Seedy Kiwi - by my daughter Gabriela

Cashew Lasagna - by Gabriela and Marco

Bianca Pops - from Sweet Temptations

BAT (Banana, Apple and Tahini) by Gabriela and Marco

Apple Yum Yum (Apple + Carrot Salad) by Beth Montgomery

Kids love using equipment - saladacco for making veggie pasta, snow cone maker by the Pampered Chef, Small Juicer (Krupps).

Play restaurant - Let your kids be the Raw Food Chefs!!!

The Raw Foods Movement is growing! Inspire your children by bringing them to a raw food potluck like The Accent of Wellness monthly potluck in New York City, organized by Donna Perrone, or to Raw Foods events like the Living Now Festival in New York State. [See also creativehealthinstitute.com for a weekly Sunday raw buffet.]

Make sure your child eats whenever he/she desires during the day. Fat is an important ingredient for a growing child. Nuts and seeds and fatty fruits like avocado can be mixed in with the foods you serve.

Move your child gradually toward a raw food diet. Each week add more fruits, vegetables, nuts and seeds. Learn some recipes that your child will love! [Victoria Boutenko always speaks about this transition, too - see chidiet.com/tapes.htm for her video.

Don't be surprised if your child wants to eat the same food for periods of time. My son Marco ate bananas for extended periods of time and called himself "monkey."

[Note: Karen recommends that a Raw mother breast feed for an extended period during the early years of the baby's life - she covers this and more in the 2+ hour video available at chidiet.com/tapes.htm.]



Modern science has figured out a use for the toxic nuclear reactors. Foods can be exposed to radiation and thus be preserved for longer shelf life while at the same time bacteria, fungus, molds and parasites can be controlled.

Consequently, rather than having to store deadly radiation in toxic waste sites, the radiation can be used on our food and spread out all over the country...

We are concerned with the question of what happens to the nutritional value of irradiated foods. The simple answer is that the nutrition renders the food sterile or dead.

Jack Tips, ND, PhD, The Pro Vita Plan

Patricia Hardman, Ph.D., Director of Woodland Hall Academy, a school for children with hyperactivity and learning disabilities in Maitland, Florida, says, "We can change a child's behavior dramatically by lowering his or her intake of sugar. If a child comes to school extremely depressed or complains that nothing is going right, or if he flies off the handle and can't be controlled, we ask him what he's been eating. It's almost always the case that the night before he had ice cream or soda or some other food with a lot of sugar.

"We had one child who was tested for his I.Q. and scored 140. Three days later he was tested and scored 100! It turned out that grandma had made the child pancakes for breakfast. Of course, they were smothered in store-bought sugary syrup. We waited another three days without sugar and tested him again. Sure enough, he scored 140. There's no doubt about.

Sugar makes children poor learners. At Woodland Hall, sugar is eliminated from the diet of every child."

Gaynelle D'Arco - *Health Freedom News*

Raw Living Foods®

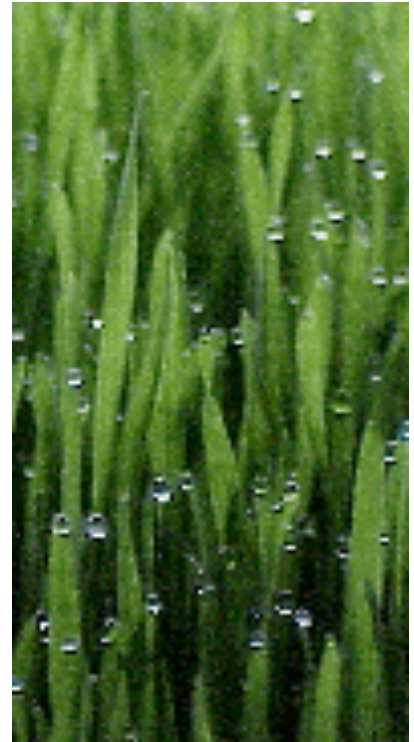
Lesson 3 - An Introduction to Wheatgrass

Introduction and Historical Overview

The idea of obtaining health from grass is probably a foreign concept to most people. Grass is something we lay on when we're at a picnic. Grass is what we diligently cut in the summertime. Grass is what we play golf on and feed to horses in the form of hay. However, we seem to be the only animals in the animal kingdom that are unaware of its medicinal properties.

If you are a pet owner, you are already familiar with what dogs and cats do when they get sick. THEY EAT GRASS. Nature has endowed them with the instinctual knowledge that it is medicine. Animals that live on a high chlorophyll diet, such as deer, hippopotamus, elephants, cows and horses, live strong and healthy lives. They are prone to only a few occasional diseases, rather than the myriad that plague mankind.

The knowledge of health from grass has been around for a long time; both the ancient Egyptians and the Chinese knew that grass was a powerful blood tonic. In recent times the notion of health from grass has been rediscovered and popularized by the late Dr. Ann Wigmore. In Lithuania, during World War I, she watched her grandmother treat injured soldiers with grass poultices. Dr. Ann cured herself



of gangrene while still in her teens. Later in life she again turned to wheatgrass when she developed Colon Cancer due to the consumption of the Standard American Diet (SAD).

Her Raw Living Foods Lifestyle is now practiced at numerous health retreats throughout the world.

Many of the biochemists and serious clinicians involved in the latest research on refined sugar have condensed their experience and research into one statement:

"Consumption of refined sugar is the most pleasant means of suicide."

Only a handful of these researchers and serious clinicians realize that the above statement is only half true.

The true part is that refined sugar consumption is gradual suicide. The untrue half is that it is pleasant.

Anyone who has experienced the misery of constant tooth or gum problems, the financial ruin of constant illness, the frustration of low energy, the incapacitation of allergies, the pain of arthritis, the crippling effects of a survived heart attack, or the terror of cancer is well aware that no matter how gradual the process there is nothing pleasant about any of these afflictions.

The latest research and serious clinical experience demonstrate that consumption of refined sugar is a major factor in all of the above conditions, plus many more.

- Bruce Pacetti, DDS PPNF - *Health Journal*

What is Wheatgrass?

Wheatgrass comes from the same plant that eventually grows into the grain we use in breads and baked goods. Just before the stalk, that produces grains of wheat, begins to split and grow, the grass is cut and harvested. One of the good things about wheatgrass is that it does not contain the gluten that is in the grain. Gluten is a substance many people are allergic to; however it is found only in the wheat kernel.

Wheatgrass is actually a vegetable, not a grain. It is considered a cereal grass along with barley, alfalfa, etc.

It is a complete food made up of 12% water, 70% chlorophyll bonded carbohydrates, 12% protein, 2% fat, 1.8 % minerals and 2.2% crude fiber. In addition, it contains an impressive array of trace minerals, vitamins, amino acids (all 8 essential ones) and enzymes.

The entire makeup of wheatgrass mirrors the components of the human body. Chlorophyll is the blood of plants. Its makeup is almost identical to that of hemoglobin in human blood. The only difference is that chlorophyll has magnesium as its central atom; whereas hemoglobin's is iron.

	<p>MAJOR COMPONENTS OF WHEATGRASS UTILIZED BY THE HUMAN BODY:</p> <p>WATER - involved with nearly all body processes</p> <p>CARBOHYDRATES - supply fuel</p> <p>PROTEINS - build tissue</p> <p>FAT - supplies energy</p> <p>MINERALS - blood building and waste removal</p> <p>FIBER - helps with good elimination</p> <p>CHLOROPHYLL - protects / heals / cleans / builds blood</p> <p>ENZYMES - workers who act as catalysts in digestion</p> <p>AMINO ACIDS - raw building materials</p> <p>VITAMINS - growth and development of cells.</p> <p>Together they form catalytic enzymes, which facilitate digestion, elimination and healthy energy.</p>
--	---

How Does Wheatgrass Work? It Nourishes!!!

ENERGIZER

It is easily absorbed by the blood stream. Less digestive work for the body means more energy and less sleep is required. You will experience clarity of thought due to more oxygen reaching the brain.

BLOOD BUILDER

Chlorophyll stimulates the production of red blood cells in hemoglobin, which carries oxygen to the cells. Chlorophyll often returns red blood cell counts to normal within 4 to 5 days.

APPETITE DEPRESSANT

Wheatgrass is a complete food. As a result the appetat in the brain naturally shuts down the appetite.

DIGESTIVE AID

Wheatgrass enzymes act as catalysts in the digestion of food and add valuable nutrients that are quickly absorbed into the blood stream.

GREAT SOURCE OF FIBER

Wheatgrass provides fiber and chlorophyll, which helps to achieve and maintain colon health and regularity. We use the juice for rapid detoxification and rejuvenation.



Nutritional Analysis of Wheatgrass Juice

100 g of Wheatgrass Juice Contains:

Protein, 1.959
Calories, 21.0 Cal
Carbohydrates - total, 2.09
Moisture, 959
Ash, .0489
Magnesium, 24 mg
Selenium, <1 ppm
Potassium, 1.479
Zinc, 0.33g
Phosphorus, 75.2g
Calcium, 24.2 mg
Sodium. 10.3 mg
Iron, 061 mg
Vitamin A, 427 IUI 9
Vitamin B1, 0.08 mg
Vitamin B2, 0.13 mg
Vitamin B3, 0.11 mg
Vitamin B5, 6.0 mg
Vitamin B6, 0.2 mg,
Vitamin B12, <1 mcg
Vitamin C, 3.65 mg
Vitamin E, 15.2 IU
Folic Acid, 29 mcg
Blotin, 10 mcg
Dietary Fiber, total 0.1g
Lecithin, food 0.03 g
Chlorophyll, 42.2 mg
Choline, 92.4 mg
Aspartic Acid, 260 mg
L-Arginine, 135 mg

What Kind of Reactions Can I Expect?

For best results, wheatgrass should be taken on an empty stomach in the morning. Wheat grass is a powerful cleanser and may cause a feeling of nausea shortly after ingesting. This is an immediate response to the release of toxins within the system. Therefore, start with small amounts, 1 to 2 ounces of juice 2 to 3 times per day. Gradually work up to 3 or 4 ounces a day (2 ounces twice daily). Some people chase the wheatgrass with a lime, lemon or orange to suck on. Single drinks of wheat grass larger than 3 ounces are not usually recommended because of the stirring effect this potent enzymatic juice has on the stomach and digestive organs. But in the end, listen to your body and take what it tells you it needs.

You may have what is termed “a healing crisis,” which we prefer to call “a healing reaction.” It is important to understand that during the healing process we must be prepared to experience reactions. In the natural process of healing, as the body moves towards balance, toxic residues in the body must be released and removed by the tissue systems. Often this creates an uncomfortable experience, which in natural healing is the “healing reaction.” Not everyone will experience discomfort as they go through their healing changes.

Don't panic during these periods of cleansing. The sooner the discomfort is felt, the better the elimination of toxins will be. As the cleansing begins, it will be accompanied by periodic aches and pains in the areas where the cleaning action is most acute and where the waste is overloading the elimination system.

Do not expect these lifetime accumulations to be miraculously squeezed and flushed out of the tissues and organs quickly. This process will take time; you didn't get toxic and ill overnight, and you won't get well overnight. You will have high days and low days. During a crisis you may feel worse than you did before you started this program. The bad days will become less frequent and the good days will come more often. Allow at least six weeks – and maybe many months - to feel the healing effects of this program.

Facts about Wheatgrass Juice

Wheatgrass juice is that which has been extracted from organic hard red winter wheat berries, grown in composted soil to the height of about six inches; it is then cut by hand and run through a special juicer that separates the juice from the pulp, making it ready to drink.

CHLOROPHYLL

One of the main components of wheatgrass juice is chlorophyll. In fact, 70% of the solid matter in wheatgrass is crude chlorophyll.

Chlorophyll helps to protect against carcinogens. It acts to strengthen the cells, detoxify the liver and bloodstream and chemically neutralize polluting elements in the environment.

Chlorophyll increases the function of the heart and affects the vascular system, the intestines, the uterus, and lungs. It helps in the stimulation and regeneration of the liver — the main organ of detoxification in the body.

Scientists have known about the deodorizing properties of chlorophyll for some time. It is for this reason that some drugs, chewing gum, breath fresheners and antiseptics contain chlorophyll.

WHEATGRASS AND OXYGEN

Fresh wheatgrass juice contains liquid oxygen, which is vital to many body processes. It stimulates digestion, clearer thinking (the brain uses 25% of the bodily oxygen supply) and promotes better blood circulation.

Otto Warburg, a German biochemist, won a Nobel Prize for his study which revealed that cancer cells cannot exist in the presence of oxygen.

The enzymes, amino acids and chlorophyll in wheatgrass juice contain antibacterial compounds that are especially good at destroying anaerobic bacteria that thrive in oxygen-poor blood and tissue. Certain infections, ulcers, and putrefaction are caused, in part, by anaerobic bacteria that cannot live in the presence of oxygen-producing agents like chlorophyll.

VITAMINS AND MINERALS

Wheatgrass contains a full spectrum of vitamins and minerals, including thirteen essential ones, in addition to dozens of trace elements and enzymes.

Furthermore, wheatgrass also contains the equivalent amount of vitamin C as citrus and other fruits, and more than common vegetables like tomatoes or potatoes. Vitamin C is important to the health of the skin, teeth, gums, eyes, muscles, and joints. It acts as an antioxidant and aids general body growth and development.

Wheatgrass juice is also a good source of B vitamins, which assist the nervous and digestive systems and are essential for normal brain and body development as well as healthy adrenal function.

Due to the abundance of vitamins, minerals and enzymes in wheatgrass, it is an excellent tonic and rejuvenator. It is a high-quality source of fuel and is highly assimilable, requiring little energy to digest.

DETOXIFYING THE LIVER AND CLEANSING THE BLOOD

The liver performs more than 500 different functions, from digestion and storage to cleansing the blood and reorganizing nutrients. The liver removes toxic substances from our blood.

Three compounds found in wheatgrass help the liver to stay vital and healthy. Chlorine works to prevent fat deposits, magnesium helps draw out fat, and potassium acts as an invigorator and stimulant to the liver.

Amino acids and bioflavonoids are also found in wheatgrass. The amino acids are absorbed directly into the blood and act to neutralize toxic substances like cadmium, nicotine, strontium, mercury and polyvinyl chloride (a type of plastic) by changing them into insoluble salts which the body can eliminate easily.

Nobel Prize winner Dr. Hans Fischer, while doing research on red blood cells, discovered that chlorophyll is remarkably similar to human blood on the molecular level.

When wheatgrass juice is taken internally its chlorophyll is rapidly assimilated into the bloodstream, due to its resemblance to hemoglobin. It enters the red blood cells and works to heal tissues, purify the liver, balance blood sugar and flush out toxins.

HOW DO I USE IT?

Wheatgrass is a powerful detoxifying agent and is best taken on an empty stomach. To avoid the discomfort of the reactions to its cleansing, start off with an ounce and gradually work up to four ounces or more daily as your body becomes more purified. If desired, it can be diluted with carrot or other vegetable juices or water.

You must use a special wheatgrass juicer to extract the juice from wheat grass. If you do not have a juicer, take five to ten blades of grass, chew well to extract the juice, and then spit out the pulp. It is good for the gums and is a great breath freshener. Be sure to spit out the pulp. It is not digestible for humans.

Wheatgrass juice should be consumed within twenty minutes of being juiced.

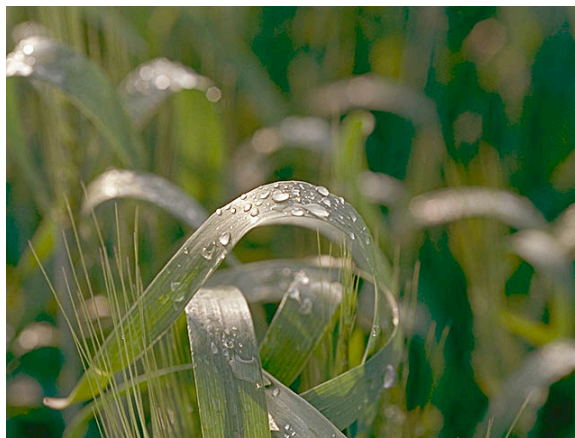
You can grow wheatgrass or purchase it from a grower. You can also purchase dehydrated wheatgrass powder and tablets. However, fresh is best.

WHEATGRASS FOR PETS

Indoor cats and dogs crave green growing things. That's why they sometimes chew and eat houseplants.

Animals can derive the same benefits from wheatgrass that people can. And you can help satisfy their craving by giving them something much healthier and tastier than your potted fern.

Buy a mini-flat and set it on the floor. Your pet will most likely nibble on it intermittently throughout the week. Don't be alarmed if, after nibbling, he spits up. It is his way of getting rid of the pulp and is perfectly natural.



Elements Found in Wheatgrass

<p>MINERALS</p> <p>CALCIUM</p> <p>PHOSPHORUS</p> <p>POTASSIUM</p> <p>MAGNESIUM</p> <p>IRON</p> <p>MAGNESIUM</p> <p>SELENIUM</p> <p>SODIUM</p> <p>ZINC</p> <p>IODINE</p> <p>COPPER</p> <p>CO SALT</p> <p>SULFUR</p> <p>TRACE MINERALS</p> <p>VITAMINS</p> <p>AMINO ACIDS</p> <p>LYSINE</p> <p>HISTIDINE ARGININE ASPARTIC ACID</p> <p>THREONINE GLUTAMIC ACID</p> <p>PROLINE GLYCINE ALANINE</p> <p>VALINE</p> <p>LEUCINE TYROSINE</p> <p>PROTEASE</p> <p>AMYLJASE</p>	<p>PHENY</p> <p>METHIONINE</p> <p>TRYPTOPHAN</p> <p>SERINE</p> <p>BIOTIN</p> <p>FOLIC ACID</p> <p>VITAMIN A</p> <p>VITAMIN K</p> <p>VITAMIN C</p> <p>VITAMIN E</p> <p>THAIMINE</p> <p>CHOLINE</p> <p>RIBOFLAVIN</p> <p>PYRIDOXINE</p> <p>VITAMIN B12</p> <p>NIACIN</p> <p>PATOTHENIC ACID</p> <p>ENZYMES</p> <p>CYTOCHROME OXIDASE</p> <p>LIPASE</p> <p>CATALASE</p> <p>PEROXIDASE</p> <p>TRANSHYDROGENASE</p> <p>SUPEROXIDE DISMUTASE</p> <p>ESSENTIAL AMINO ACIDS</p>
---	---

Uses for Wheatgrass Juice

56 Points about Wheatgrass, its Nutritional Values & Uses

1 - Wheatgrass Juice is one of the best sources of living chlorophyll available.

2 - Chlorophyll is the first product of light, and therefore contains more light energy than any other element.

3 - Wheatgrass juice is crude chlorophyll and can be taken orally and as a colon implant without toxic side effects.

4 - Chlorophyll is the basis of all plant life.

5 - Wheatgrass is high in oxygen, like all green plants that contain chlorophyll. The brain and all body tissues function at an optimal level in a highly-oxygenated environment.

6 - Chlorophyll is anti-bacterial and can be used inside and outside of the body as a healer.

7 - Dr. Bernard Jensen says that it only takes minutes to digest wheatgrass juice and its digestion uses up very little body energy.

8 - Science has proven that chlorophyll arrests the growth and development of unfriendly bacteria.

9 - Chlorophyll (wheatgrass) rebuilds the bloodstream. Studies of various animals have shown chlorophyll to be free of any toxic reaction. The red blood cell count was returned to normal in 4 to 5 days of the administration of chlorophyll, even in those animals which were known to be extremely anemic or low in red cell count.

10 - Farmers in the Midwest who have sterile cows and bulls put them on wheatgrass to restore fertility. (The high magnesium content in chlorophyll builds enzymes that restore the sex hormones.)

11 - Chlorophyll can be extracted from many plants, but wheatgrass is superior because it has been found to have over 100 elements needed by man. If grown in organic soil, it absorbs 92 of the known 102 minerals from the soil, if they are present.

12 - Wheatgrass has what is called the grass-juice factor, which has been shown to keep herbivorous animals alive almost indefinitely.

13 - Dr. Ann Wigmore's program has been helping people get well from chronic disorders for 40 years using wheatgrass.

14 - Liquid chlorophyll gets into the tissues, refines them and makes them over.

15 - Wheatgrass Juice is a superior detoxification agent compared to carrot juice and other fruits and vegetables. Dr Earp-Thomas, an associate of Dr. Ann Wigmore, says that 15 pounds of wheatgrass is the equivalent of 350 pounds of carrot, lettuce, celery, and so forth.

16 - Liquid chlorophyll washes drug deposits from the body.

17 - Chlorophyll neutralizes toxins in the body.

18 - Chlorophyll helps purify the liver.

19 - Chlorophyll improves blood sugar problems.

20 - In the American Journal of Surgery (1940), Benjamin Gruskin, M.D., recommends chlorophyll for its antiseptic benefits. The article suggests the following clinical uses for chlorophyll: to clear up foul smelling odors, neutralize strep infections, heal wounds, hasten skin grafting, cure chronic sinusitis, overcome chronic inner-ear inflammation and infection, reduce varicose veins and heal leg ulcers, eliminate impetigo and other scabby eruptions, heal rectal sores, successfully treat inflammation of the uterine cervix, get rid of parasitic vaginal

infections, reduce typhoid fever, and cure advanced pyorrhea in many cases.

21 - Wheatgrass Juice cures acne and even removes scars after it has been ingested for seven to eight months. The diet must be improved at the same time.

22 - Wheatgrass juice acts as a detergent in the body and is used as a body deodorant.

23 - A small amount of wheatgrass juice in the human diet prevents tooth decay.

24 - Wheatgrass juice held in the mouth for 5 minutes will eliminate toothaches. It pulls poisons from the gums.

25 - Gargle Wheatgrass Juice for a sore throat.

26 - Drink Wheatgrass Juice for skin problems such as eczema or psoriasis.

27 - Wheatgrass Juice keeps the hair from graying.

28 - Pyorrhea of the mouth: lay pulp of wheatgrass soaked in juice on diseased area in mouth or chew wheatgrass, spitting out the pulp.

29 - By taking Wheatgrass Juice, one may feel a difference in strength, endurance, health, and spirituality, and experience a sense of well-being.

30 - Wheatgrass juice improves the digestion.

31 - Wheatgrass juice is high in enzymes.

32- Wheatgrass juice is an excellent skin cleanser and can be absorbed through the skin for nutrition. Pour green juice over your body in a tub of warm water and soak for 15 to 20 minutes. Rinse off with cold water.

33 - Wheatgrass implants (enemas) are great for healing and detoxifying the colon walls. The implants also heal and cleanse the internal organs. After an enema, wait 20 minutes, and then implant 4 ounces of wheatgrass juice. Retain for 20 minutes.

34 - Wheatgrass juice is great for constipation and keeping the bowels open. It is high in magnesium.

35 - Dr. Birscher, a research scientist, called chlorophyll "concentrated sun power." He said, "Chlorophyll increases the function of the heart, affects the vascular system, the intestines, the uterus, and the lungs."

36 - According to Dr. Birscher, nature uses chlorophyll (wheatgrass) as a body cleanser, rebuilder, and neutralizer of toxins.

37 - Wheatgrass juice can dissolve the scars that are formed in the lungs from breathing acid gasses. The effect of carbon monoxide is minimized since chlorophyll increases hemoglobin production.

38 - Wheatgrass Juice reduces high blood pressure and enhances the capillaries.

39 - Wheatgrass Juice can remove heavy metals from the body.

40 - Wheatgrass juice is great for blood disorders of all kinds.

41 - Wheatgrass helps stimulate organs such as the pancreas to produce its own insulin in case of diabetes.

42 - It purifies the blood.

43 - It helps overcome dandruff. Rub the juice into the scalp, rinse and shampoo.

44 - It can be used as a sterilizer because it disinfects.

45 - Wheatgrass is one of the richest natural sources of Vitamins A and C. It is also rich in the B vitamins and is an excellent source of calcium, iron, magnesium, phosphorous, potassium, sodium, sulfur, cobalt, zinc and protein.

46 - Use it especially for its protecting and healing power for burns.

47 - It is an excellent mouthwash and draws out toxins from the gums and teeth.

48 - It is great for blood disorders of all kinds, including anemia.

49 - Used as a poultice, wheatgrass can provide amazing results on ulcerated skin, boils, acne and infections.

50 - Bundles of wheatgrass suspended in aquarium water purify and disinfect the water and can heal sick fish.

51 - According to Pfeiffer, the agriculture researcher, if one dehydrates wheatgrass, the composition is 47.4% protein. Dried wheatgrass has three times as high the protein concentration as that of beef.

52 - Toxic metals - lead, cadmium, mercury, aluminum and excessive amounts of copper in the body can be

successfully removed with small amounts of wheatgrass juice, in increasing dosages.

53 - It has beneficial effects on the capillaries.

54 - Wheatgrass rejuvenates tissues, retarding the aging process. It gives energy to sex hormones.

55 - It can overcome radiation, pollution and odors in the home.

56 - It neutralizes harmful inorganic molecules. Fruits and vegetables contaminated by sprays can be cleansed with wheatgrass juice placed in the rinse water.

**TO GET THE FULL BENEFITS OF
WHEATGRASS AND CHLOROPHYLL
THEY MUST BE FROM A LIVING PLANT**



Excerpt from “The Miracle of Wheatgrass”

Dr. G. H. Earp Thomas, scientist and soil expert, has isolated over one hundred elements, including all known minerals, from wheatgrass. He concludes that wheatgrass is a complete food, and that 15 pounds of wheatgrass is nutritionally equivalent to 350 pounds of choicest vegetables.

Wheatgrass is one of the natural sources of vitamins A, the complete B complex, C, D, and K. It is also a natural source of laetrile (B-17).

According to Dr. Ernst Krebs Jr., the laetrile content of sprouts and young fresh greens is up to 100 times higher than that of the seed from which they came.

Sprouts can also have up to 50 times the laetrile content of the mature plant. Dr. Chiu Nan Lai has found that wheatgrass produces an immunization effect against many dietary carcinogens.

Wheatgrass and other “baby greens” are the richest sources of chlorophyll. Chlorophyll is the “blood” of plants, with almost the identical molecule structure as the hemoglobin molecule of human blood.

This is why the drinking of wheatgrass and other green sprout juices helps your body to build red blood cells which carry oxygen to every cell.

By increasing the oxygenation of the body, chlorophyll-rich foods can help offset the effects of smog and carbon monoxide. Wheatgrass juice has been found to dissolve the scars formed in the lungs from breathing acid gasses and smog.

Chlorophyll has proven very effective in all chronic disorders. It helps remove drug deposits from the body, purifies the blood and organs, and counteracts acids and toxins in the body.

Wheatgrass has been found to help remove toxic heavy metals (lead, mercury, aluminum, etc.) that have become stored in the tissues.

These deposits can upset the electrical impulses of the brain, causing many mental and physical disorders.

Science has found that a diet rich in chlorophyll can help offset the damaging effects of environmental radiation and X-rays.

Wheatgrass juice helps to increase the enzyme level in our cells, aiding in the rejuvenation of the body and the metabolism of the nutrients.

The high enzymatic content helps to detoxify the body by increasing the elimination of hardened mucus, crystallized acids, and solidified, decaying fecal matter.

These enzymes also help to dissolve tumors. The regular use of chlorophyll-rich juices is the fastest, safest, and surest way to eliminate internal waste and provide an optimal nutritional environment for your body.

Wheatgrass juice is a powerful detoxifying agent, and is best taken on an empty stomach.

To avoid uncomfortable cleansing reactions, start off with an ounce and gradually work up to 4 ounces or more as your body becomes more purified. If desired, it can be diluted with carrot or other vegetable juice or water.

Wheatgrass, Barley Grass, Sunflower Greens and Buckwheat Lettuce are the freshest organic produce available, and have a place in everyone's nutritional program for their protective, healing and rejuvenating properties.



The History of Wheatgrass

by KK Fowlkes (wheatgrasskits.com)

Before we establish the wheatgrass habit, it might be good to know a short history of this ubiquitous substance called grass. Why on earth did people start drinking grass juice? You'd think that people would realize that grass is for cows! Wheatgrass juice and barleygrass juice—just a fad?

Wheatgrass juice is very sweet, while barleygrass juice is very bitter. In fact neither grass made into juice tastes really delicious—but in fact they of all the health foods out there, really deliver health—and fulfill all the claims made about them!

During the early 1900's a man named Edmund Bordeaux Szekely discovered an ancient biblical manuscript which he subsequently translated. It was a remarkable discovery and Szekely was so enthralled with the translation that he formed a society he called the Biogenic Society to promulgate the teaching of this new (old) way of eating. He began publishing the manuscripts in the form of little books, which he sold very inexpensively because he felt that the world needed the message. He called the books The Essene Gospel of Peace.

The Essenes were a very righteous people who lived near the Dead Sea

during the time of Jesus Christ. Christ actually taught them the laws of health during that time. The main teaching of Essene Book I is: Don't kill your food by cooking it. The main teaching of Essene Book IV is : all grasses are good for man and wheatgrass is the perfect food for man. These little books can be purchased at any health food store.

In the 1940's a man by the name of Charles Kettering (former Chairman of the Board of General Motors) donated money for the study of chlorophyll. Chlorophyll was studied intensively by medical doctors using FDA required standards i.e. double blind studies, etc. (There are currently over 40 articles written up in medical journals about the healing effects of chlorophyll.) These medical doctors found that chlorophyll was a great healer and used it as such for quite some time.

The next question is...why aren't they still using it? Answer: I am sure if drug companies knew that if the average individual knew that the chlorophyll from their backyard grass would heal them, then they probably wouldn't be using high powered—high priced drugs! ...and then, who could make money?

Sometime during the 1940's a lady by the name of Ann Wigmore healed herself of cancer from the weeds she found in vacant lots in Boston. (See "Why Suffer" by Ann Wigmore.) She began a study of natural healing modalities—and with the help of a friend, Dr. Earp Thomas, she found that there are 4700 varieties of grass in the world and all are good for man. With the help of her pets, she arrived at the conclusion that wheatgrass was the best—or the medicinal grass.

She started an institute in Boston (Ann Wigmore Institute) and since then has taught people from all over the world about the grasses and the living food healing program—and helped them get well from some very serious diseases. She has written over 35 books telling about wheatgrass and living foods.

Here we are in the year 2000 and many people are finding out for themselves the great benefits of wheatgrass (liquid chlorophyll). Since Ann Wigmore's time, there has also been research done on the healing properties of barley grass- by a Japanese man named Yoshihide Hagiwara.

Yoshihide Hagiwara was the owner of a large pharmaceutical company in Japan. He had personally developed numerous medications. He became extremely ill from working with drugs. He came to the conclusion that if synthetic drugs make a person sick, then how could they make one well?

He began to study Chinese medicine and found that the father of Chinese medicine said, "It is the diet which maintains true health and becomes the best drug." Hippocrates, considered the father of western medicine, said basically the same thing.

Ann Wigmore originally named her institute after Hippocrates—based on his teaching that the body can act as its own physician when provided with the proper tools (living organic nourishment), used in the way nature intended—unprocessed, uncooked.

The truth seems to be that God originally designed the foods of the earth in such a way that they would not only nourish his earthly children, but would keep them at a peak of health. Our mistake seems to be that we alter this grand design by cooking, therefore destroying the food before we eat it.



Wheatgrass Exposed

by Christopher Stewart (wheatgrasskits.com)

Has anyone ever noticed that people of our world eat so many quantities of wheat (normally in highly processed and lifeless, enzymeless forms like breads, bagels, donuts, pizza, cookies, and desserts?) Do they realize that the near nutritional benefit and healing power of wheat is hidden in the wheat berry (or seed) itself?

Wheatgrass, which is the 10 to 14 days grown grass, contains the entire range of vitamins, minerals, enzymes, and nutrients that your body requires. Whereas wheat's more popular form of dead food products consumed by millions of uneducated people is totally void of life or health-giving properties.

Although the leading body experts, know as doctors, pharmacists, dietitians and scientists have been aware for well over 60 years (possibly centuries) about the miraculous qualities of wheatgrass and chlorophyll, they seemed to have left it up to us to "discover it."

Thanks to caring people like Ann Wigmore and Victoras Kulvinskas, countless numbers of people have been given a new lease on life, better health and peace of mind using wheatgrass juice and living foods.

Wheatberries, like all other sprout seeds, reminds us that life force or innate healing power is hidden within us. When we expose and release this energy (like sprouting does for seeds) by drinking or applying wheatgrass, our bodies and minds regenerate into the strong beautiful and healthy forms they were created to become.

The simple things life offers us still contain not only amazing answers to our seemingly most difficult human conditions, but also teach us the basic laws for true happiness and survival.

As a survival food, storing wheat berries is in my opinion, a must. Not only because you can live off wheatgrass, if necessary, but you can also turn wheat berry sprouts into an incredible variety of foods.

Some of these include sprouted breads, cookies, sprouted pizza, desserts, Rejuvelac, sprouted wheat germ, and wheat milk. You can use the wheatgrass pulp for external wounds, blemishes, rashes, and bruises.

And with even more imagination, the wheatgrass juice can be taken internally through other areas (eyes, ears, and

nose) and can benefit all possible ailments.

If you are ever without other herbs, essential oils, or remedies, wheat berries are a complete first aid kit the Creator has given us.

Give your body, your most sacred possession, the gift of life and love. Wheatgrass!

May the juice be with you!



Wheatgrass Treatment for Cancer

Excerpt from CancerTutor.com

How It Works

If we **look at oxygen as a bullet to kill cancer cells**, then we should **look at wheatgrass as a shotgun blast at treating cancer**. The number of ways it deals with cancer is incredible. First of all it contains chlorophyll, which has almost the same molecular structure as hemoglobin. Chlorophyll increases hemoglobin production, meaning more oxygen gets to the cancer. Selenium and laetrile are also in wheatgrass, both are anticancer. Chlorophyll and selenium also help build the immunity system. Furthermore, wheatgrass is one of the most alkaline foods known to mankind. And the list goes on.

Wheatgrass

Wheatgrass contains at least 13 vitamins (several are antioxidants), including B12, many minerals and trace elements, including selenium, and all 20 amino acids. It also contains the hormone abscisic acid (also called: dormin, see below), the antioxidant enzyme SOD (Superoxide Dismutase, see below) and over 30 other enzymes, the antioxidant enzyme cytochrome oxidase (see below), laetrile (see its own page), and a whole lot of other nutrients.

"superoxide dismutase (SOD) - which converts two superoxide anions into a molecule of hydrogen peroxide and one of oxygen"

In other words, SOD converts one of the most dangerous free radicals: Reactive Oxygen Species (ROS), into a hydrogen peroxide molecule (which has an extra oxygen molecule to kill cancer cells) and an oxygen molecule.

Now let's talk about cytochrome oxidase.

"In 1938, the great cancer scientist and researcher Paul Gerhardt Seeger, M.D., revealed that the true cause of the cancerous degeneration of a cell results from the destruction of a specific respiratory enzyme, cytochrome oxidase. In other words, cancer in the cell is caused by disturbance of oxygen utilization, or cell respiration.

But it may be that chlorophyll is the best part of wheatgrass.

"In a study reported in the journal Mutation Research comparing the anticancer effect of chlorophyll to beta-carotene, and vitamins A, C and E, chlorophyll was proven to be a

more effective antimutagen than any of them."

I suspect the main reason chlorophyll is so good at dealing with cancer is the oxygen availability it provides.

"Both chlorophyll (as in wheatgrass juice) and hemoglobin (red blood cells) are molecularly similar. The only actual difference is that the central element in chlorophyll is magnesium and in hemoglobin it is iron. Chlorophyll has the ability to break down poisonous carbon dioxide and release free oxygen."

One key question about wheatgrass is how long to wait after cutting it before you consume it?

Most people, taking their cue from Ann Wigmore, say to take it immediately after cutting and juicing.

However, the hormone abscisic acid (ABA) is 40 times more potent 4 hours after cutting the wheatgrass than it is at the time of cutting. So the question boils down to this: How important is ABA to treating cancer compared to the other anticancer substances in wheatgrass?

Before her death, Dr. Virginia Livingston-Wheeler had a clinic that cured cancer patients. Her vaccine was based on abscisic acid. This is a quote about her clinic.

*"Abscisic acid is a supplement you will not find in a health food store. Based on her research, Dr. Livingston-Wheeler determined that abscisic acid neutralizes the effect of chorionic gonadotropin, the hormone that protects the fetus from being rejected, and she classed it as her prime supplement in treating cancer. Livingston-Wheeler discovered that cancer cells (or the microbes associated with them) produce a substance very similar to chorionic gonadotropin. Abscisic acid is a close relative of Vitamin A. In her book, *The Conquest of Cancer*; Livingston-Wheeler describes how you can make abscisic acid."*

So what do you do, eat it immediately or 4 hours after you cut it? Perhaps both. Perhaps when you cut your wheatgrass and juice it, you drink most of it immediately and some 4 hours later you drink the rest of it.

The reason I get into such a technical issue is because in some cases wheatgrass juice therapy did not work as promised. This may be because the patient drank a lot of tap water with chlorine in it or it may be because abscisic acid is more important than thought or for some other reason. I don't know, but by splitting up the wheatgrass juice into two sessions, you get the best of both worlds.

"The Wheatgrass Diet [of Ann Wigmore] excludes all meat, dairy products and cooked foods and emphasizes "live foods" such as uncooked sprouts, raw vegetables and fruits, nuts and seeds. The Wheatgrass Diet was developed by Boston resident Ann Wigmore who established the Hippocrates Health Institute which later was renamed the Ann Wigmore Institute (AWI)."

Supercharging This Treatment

Because it is not known why this treatment fails sometimes, it is best to supercharge this treatment plan. Since this plan clearly produces more oxygen for the body, it is clear that it will slow down or stop the spreading of the cancer. Furthermore, wheatgrass supercharges your immunity system

(which is perhaps why subsequent treatments seemed to work so well). In any case, it seems most logical to supercharge this plan with a treatment plan that kills the cancer cells. Essiac Tea, Green Tea, the grape cure, etc. all do a good job at that.

Note: I do not know if wheatgrass is alkaline enough to use instead of cesium chloride in an alkalinity diet. However, eating nothing but wheatgrass and drinking nothing but ionized water may get a person to the necessary alkaline level. However, see the warning in the alkaline/alkalinity section about getting the blood too alkaline!

View the entire article at www.cancertutor.com/Cancer/Wheatgrass.html



Growing Grass and Greens

MATERIALS NEEDED

- trowel (optional)
- soil (composted, organic)
- sharp knife for harvesting
- Absorbent paper and plastic sheets (optional)
- 12 or more plastic cafeteria trays, approximately 18 x 14 x 1 inch deep (from a restaurant supplier) OR shallow planting trays (from planting supplier)

Organic Seeds:

- Hard red winter wheat
- Buckwheat, unhulled
- Sunflower, unhulled

PROCEDURE

1. SOAK seeds for 10 hours.



2. DRAIN and sprout for two days (DO NOT RINSE)



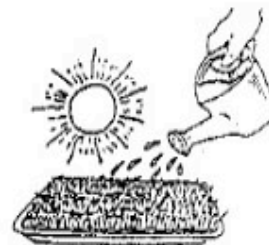
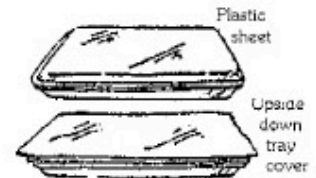
3. TRANSFER SOIL to planting tray and spread to about one inch in thickness.

4. WATER soil until moist.



5. SPREAD SEEDS in a thin layer over the top of the soil. (NOTE: For easy juicing, grow sunflower and buckwheat together on the same tray. Otherwise, best to plant separately.)

6. COVER with another tray (upside down) OR use wet paper covered with a sheet of plastic. Keep covered for three days.



7. Uncover, WATER thoroughly and place in SUNLIGHT (or light available) and water daily. (NOTE: Sunflower and buckwheat take different amounts of water. Experiment and observe.)

8. On the seventh day, or when greens reach about eight inches in height, HARVEST by cutting as close to the roots as possible with a sharp knife.



9. Juice grass and/or greens.



Wheatgrass is a good healer because it acts to produce an unfavorable environment for bacterial growth. The main ingredient is the "crude" chlorophyll, and in this form it is non-toxic when taken in any amount. It also

contains more than 100 elements (when present in the soil), including ALL minerals that are known to man, and vitamins A, B, C, E, and K. A few of the minerals it contains are:

Calcium, Iron, Magnesium, Phosphorous, Zinc, Potassium, Sodium, Sulphur, Cobalt, and More.

One of the major differences between chlorophyll and hemin (blood) is that chlorophyll contains magnesium, while the hemin molecule contains iron at its central atom. Owing to the close molecular resemblance between chlorophyll and hemoglobin, scientist Hans Miller suspected that chlorophyll is nature's blood builder element for all plant eaters and humans.

Notes on the Use of Wheatgrass

The use of wheatgrass is an optional feature that requires a lot of time to set up. Moreover, many books published by Ann Wigmore discuss the uses of wheatgrass in detail. However, a few helpful suggestions are in order:

Drink wheatgrass juice on an empty stomach, and do not eat for at least an hour afterwards.

Drink wheatgrass juice no less than an hour before going to bed. It is a diuretic.

Since wheatgrass juice is a diuretic, be sure you are not dehydrated before drinking it. It is a good idea to drink a large glass of Rejuvelac thirty minutes beforehand.

Rest for a while before and after drinking wheatgrass juice to avoid nausea. If nausea occurs, lie down with your feet elevated until the nausea passes. For some people, brisk walking immediately after drinking wheatgrass juice helps better with the nausea. Try both methods to find what works best for you.

Often extended discomfort is caused by dehydration, so if this occurs, try drinking Rejuvelac or water more often during the day.

Drink wheatgrass juice very slowly, to avoid nausea. Also, to avoid nausea, try simply chewing on small bundles of wheatgrass, especially until you grow used to it.

Begin with only an ounce of wheatgrass juice at a time. Later, you may build up to whatever amount you can tolerate or desired.

Do not become dependent on wheatgrass juice. If skipping a few days makes you feel bad, you are depending on it.

Do not use wheatgrass juice as a substitute for eating properly, or as an excuse to binge.

Wheatgrass juice may cause lethargy and tiredness for a few hours, so make sure there are no demanding tasks to be done immediately afterwards. This may mean that the evening is the best time to take it.

Be sure to try using wheatgrass juice externally, for wounds, burns, and in various cosmetic uses. You will be surprised at how effective it is for a variety of uses.



Where to Buy Seeds - Resources

1. **Harvest Time Natural Foods** (ask for Organic-OG) 1-800-628-8736
Seeds, Grains, Nuts, Dried Fruits
2. **Sun Organic Farm** (OG) Dried Goods 1-888-269-9888
P.O. Box 409, San Marcos, CA 92679
4. **Tiensvold Farm** (OG) Seeds 1-308-327-3135
3050 650th Rd., Rushville, NE 69360
5. **Country Life Natural Foods** (ask for OG) 1-800-456-7694
Fax 1-616-236-8357
P.O. Box 489, Pullman, MI 49450
6. **Randall's Better Health Store** (OG) Produce, seeds, etc. 1-517-332-6892
305 N. Clippert Ave., Lansing, MI 48912
7. **Harvest Health** (OG) Bulk, sea weeds, grains, nuts, etc. 1-616-245-6268
1944 Eastern Ave. SE, Grand Rapids, MI 49507
(ship all over)
8. **Eden Acres Organic Network** (OG) Seaweeds, oils 1-517-456-7424
701 Tecumseh Rd., Clinton, MI 49236
Edenfoods.com
9. **Floyd Jones & Assoc.** (OG) Produce 1-800-853-1524
P.O. Box 2111, Detroit, MI 48231 fax 1-519-964-8937
605 Mills St., Apt 602, Windsor, ON, N9C 4B7, Canada 1-519-253-0693
11. **Seeds of Change** (OG) Seeds for Gardening 1-888-762-7333
www.seedsofchange.com - Spicer, MN
12. WheatgrassKits.com and BulkNuts4U.com

Most of these resources ship to all States. Also, look up your Food Coop, in the Yellow Pages, Internet, your local Health Food Store, etc.

Updated February 2008

The traditional medical school teaches that alcoholism is primarily a mental disease, a personality disorder or a weakness from which the person is trying to escape.

The medical community fully recognizes that an alcoholic is generally malnourished, but the idea that alcoholism might be caused by lack of nourishment to the brain cells has received very little consideration.

Dr. Roger J. Williams, former Director or the Clayton Foundation Biochemical Institute and first elected President of American Chemical Society, claims that **it is quite possible that malnutrition develops as a forerunner of alcoholism**, and that it is only when malnutrition of the brain cells becomes severe that true alcoholism appears.

"Furthermore", he states, "I will herewith positively assert that no one who follows good nutritional practices will ever become an alcoholic."

Lynn Sorenson - *Health Freedom News*

Twenty-four hours after volunteers ate their test samples, five chocolate eaters experienced pounding migraines while the placebo eaters showed no symptoms.

Asked what chemicals in chocolate brought on the migraines, Glover said that they had not as yet been isolated.

Yet, two of the strongest suspects are catechin, also present in red wine, and theobromine, a biochemical cousin to caffeine in coffee.

James F. Scheer - *Health Freedom News*

Raw Living Foods®

Lesson 4 - Sprouting Raw Living Foods

The Nutrients in Sprouts

ADZUKI -- 25% protein, high content of calcium, niacin and iron, has all aminos except tryptophane.

ALFALFA -- 35% protein, chlorophyll, rich in minerals and vitamins A,B,C,D,E,F,K & U.

BUCKWHEAT -- 12% protein, high in lecithin, rutin and minerals.

FENUGREEK -- Powerful blood, liver and kidney cleanser. Mucus remover

GARBANZO / CHICK PEA -- 20% protein, good source of iron, calcium, vitamins A & B.

LENTIL -- 25% protein, vitamin E, iron, phosphorus, vitamins C & E.

PEAS -- 22% protein, magnesium, chlorophyll and all 8 essential amino acids.

PUMPKIN --30% protein, abundant in B vitamins, phosphorus, fatty acids, iron and zinc

RADISH -- Contains vitamin C, calcium and potassium.

SESAME - 18% protein, more than double the calcium in cow's milk, vitamins E, B 1, niacin and fats.

SUNFLOWER -- vitamins B complex, D, E, all minerals and zinc.

The Mighty Sprout! A Kitchen Crop

Sprouts are a fantastic food for all seasons and all places - you don't need half an acre, a backyard, a patio, or even a window box. Just as you give the best of everything to your baby, so does the plant yield the best of everything to its seed. When that seed begins to sprout it develops fantastic nutrients. They become the most assimilable vitamins in God's Kingdom because they come wrapped with all the minerals, enzymes and still-unknown factors so necessary to the full utilization of our food.

When you plant seeds in your garden you must wait up to three months to harvest your crop. You can raise a crop of sprouts in three days.

You can grow vitamin-rich sprouts on the edge of your sink, under your sink, on your window sill, in the trunk of your car. You can even grow sprouts in your backpack when you go camping. Rinse them at gas stations or in a mountain stream. Keep them warm at night in your sleeping bag. They will bring a quality of aliveness to your campfire meals.

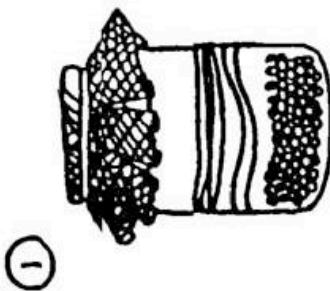
Note: Sprout bags made of nylon can also be used and are excellent for traveling. Hang bags up over the sink, shower, or bowl as you sprout.

When sprouting mung beans, use a weight on top of a container that has drainage holes at the bottom. A spaghetti colander is great for this.



SOAK SEEDS

5 hrs. for small
8 hrs. for larger
10 hrs. for beans and grains



RINSE WITH WATER

Twice a day

2

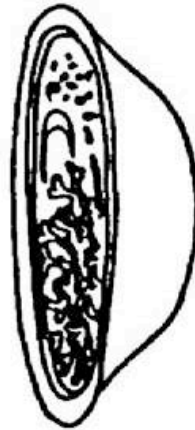


3



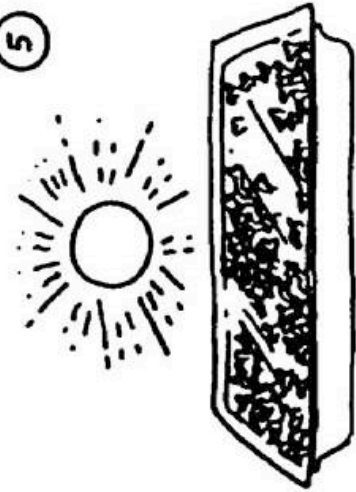
and DRAIN

4

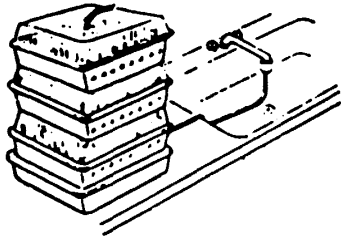


HARVEST leafy sprouts
(alfalfa, etc.) in a bowl
of water by gently
agitating to separate the
hulls.

5



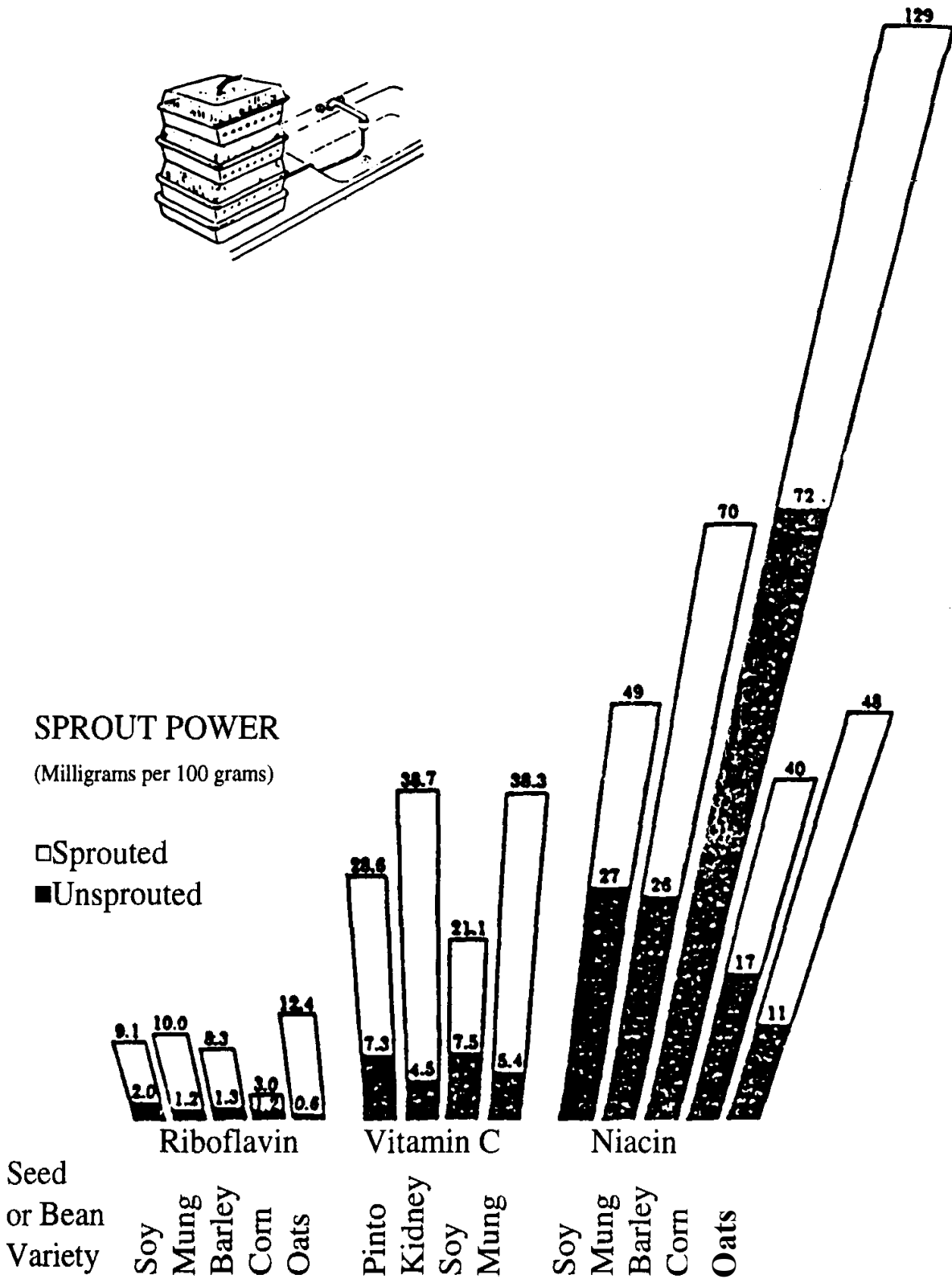
THEN place in direct sunlight (or light) 2 hrs. a day.
Either spread harvested sprouts on a tray with sheets
of plastic covering, OR use the jar again.



SPROUT POWER

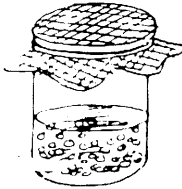
(Milligrams per 100 grams)

□ Sprouted
 ■ Unsprouted

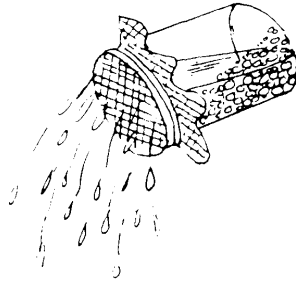


How to Sprout for Nourishment

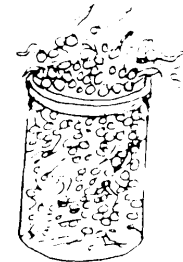
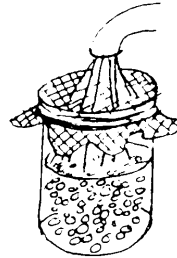
Soak



Drain



Rinse A Few Days Later



Almost any seed, grain or legume can be sprouted. Seeds offer a concentrated storehouse of energy and nutrients; held in reserve, ready to burst forth when a suitable environment is offered. You can store seeds, grains and legumes in a freezer and they will still sprout.

During the sprouting process vitamins, minerals, proteins and enzymes are produced at an incredible rate. Vitamin content triples, at least. In wheat, vitamins, B-complex and C increase by 600 percent.

Most seeds will yield between 6 and 10 times their weight in sprouts. Sprouts are by far the most economical and nutritious food you can eat. Be sure that the seeds or grains have not been chemically treated. If they have been, the germination rate will drop.

Basically, care of sprouts means keeping them moist and providing adequate aeration and drainage.

SOAKING

Put seeds in a jar and cover with a screen. Secure the screen with a rubber band or place seeds in a sprout bag and put in bowl. Fill up a jar or bowl about halfway with lukewarm water, preferably filtered water. Seeds are soaked according to their size. Check chart for soaking time.

DRAINING

After the seeds have been soaked, drain off the water. Rinse sprouts with fresh water, pour off. If using bags, dip the whole bag in water and hang up to drain. Now let sprouts rest by tilting the jar upside down, at a 45-degree angle, making sure that the opening allows air in and is not completely covered up by sprouts. A dish rack is useful for this. Keep out of direct sunlight for the first few days.

RINSING

To rinse, stand the jar upright. Fill the jar with water. As it fills, you will see a ring of foam rise to the top. Let the water overflow and carry the foam away. The foam contains the waste products of the sprouts.

Rinse and drain well two or three times a day. Use cool water. Rinsing is basically making sure sprouts are kept moist, without getting moldy.

HARVESTING OF SPROUTS

The outside layers of seeds (hulls) are removed in a process called 'Harvesting'.

Alfalfa, radish, red clover and mung respond well to harvesting. Fenugreek, sunflower, peas, grains and lentils don't need it.

Place sprouts in a bowl or in the sink and fill with water. The hulls will rise to the surface and sink to the bottom. Scoop off the hulls from the surface, reach underneath the sprouts and pick them out of the water. Place the sprouts back in a jar and drain off excess water.

Alfalfa, radish and cabbage sprouts need to be set in indirect sunlight after five days, so that they can start manufacturing chlorophyll. Sprouts are most tender when young. They refrigerate well.

SPROUTED WHEAT

Living, sprouted wheat contains the eight essential amino acids or proteins needed by the body, in an easily assimilable form. It also contains vitamin E and more vitamin C than oranges.

Wheat sprouts are used to make Rejuvelac, blended with raisins to make cereals, in salads and sun-baked bread. It is important to use them as a winter food for cold climates.

ALFALFA SPROUTS

The "queen of sprouts" sends its plant roots as deep as fifty feet into the earth to gather trace minerals from the soil. Sprouts are rich in amino acids, minerals, enzymes, chlorophyll and vitamins A, B, C, D, E, F and K. Its fiber is easily digested and is a wonderful intestinal cleanser.

MUNG BEAN SPROUTS

Mung sprouts are rich in vitamins A, C and B-complex. They are a complete food when mixed with alfalfa. They quadruple their vitamin content during the sprouting process. These beans are sprouted best in the dark and under pressure; rinse but don't stir them.

LENTIL SPROUTS

These are one of the most ancient beans on earth. Cooked lentils can be acid forming and cause flatulence. Lentils are alkaline when sprouted. They are rich in vitamins, minerals and amino acids.

FENUGREEK SPROUTS

They are an effective blood, liver and kidney cleanser. Fenugreek is an herb and has been used for centuries in the Middle East as a tea to clear away mucous in the bronchial. They're a great lymphatic cleanser and natural deodorant. They have the very pleasant fragrance of maple syrup, and you will too.

RADISH SPROUTS

Are blood cleansers and heat producers. They're nice for providing warmth in the diet. They are hot, so use moderately. Also used as a natural diuretic.

CHICKPEA / GARBANZO BEAN SPROUTS

They are a complete protein sprout and much more easily digested than when they're cooked. They make a delicious raw hummus.

SUNFLOWER SEEDS

They have the second highest ratio of protein by volume (alfalfa is first), plus they contain vitamin B12.



Sprout Chart

SEED	AMOUNT TUBE/JAR	SOAK HOURS	TEMP F	RINSE PER DAY	HARVEST DAYS G	INCHES
ADUKI BEAN	1/2 CUP	5-10	65-85	3-5	2-4	1/2-1 1/2
ALFALFA	2 TBSP.	3-6	60-85	2-3	4-6 G	1 1/2- 2
ALMOND	2 CUPS	10-12	70-85	2-3	0-2	0-1/2
BARLEY	1 1/2 CUPS	6-10	68-80	2-3	2-3	0-1/4
BUCKWHEAT UNHULLED	1 CUP -----	1/4 7 8-14	60-85 65-85	2-3 7 -----	2-3 8-15	1/4-1/2 4 1/2-6
CABBAGE	3 TBSP.	4-8	60-85	2-3	3-5 G	1-1 1/2
CHINESE	3 TBSP.	3-6	65-85	2-3	4-5 G	1- 1 1/2
CHIA	-----	----	65-85	-----	3-5 G	1-1 1/2
CLOVER	2 TBSP.	3-6	60-85	2-3	4-6 G	1 1/2-2
CORN	1 1/2 CUPS	10-14	68-85	2-3	2-3	1/4-1/2
POPCORN	1 1/2 CUPS	10-14	68-85	2-3	2-3	1/4-1/2
CRESS	-----	-----	50-72	-----	4-5 G	1-1 1/2
FENUGREEK	1/4 CUP	4-8	65-85	2	3-6 G	1-2
FLAX	-----	----	65-80	-----	0-5 G	1-1 1/2
GARBANZO BN	1 CUP	8-12	68-85	3-4	2-4	1/2
KIDNEY BN	3/4 CUP	8-12	68-85	3-4	2-4	1/2-1
LENTIL	3/4 CUP	5-8	60-85	2-3	2-4	1/4-1
LETTUCE	3 TBSP.	3-6	65-85	2-3	4-5	1-1 1/2
MILLET	1 1/2 CUPS	5-7	70-80	2-3	1-2	0-1/2*
MUNG BEAN	1/3 CUP	5-10	68-85	3-5	3-5	1-3
MUSTARD	3 TBSP.	4-6	65-85	2-3	4-5 G	1-1/2
OAT	1 1/2 CUPS	3-5	68-80	1-2	1-2	0-1/4
PEA	2 CUPS	7-10	50-72	2-3	2-3	1/4-1/2
PEANUT	1 CUP	8-12	68-85	2-3	3-5	1/4-3/4
PINTO BEANS	3/4 CUP	8-12	68-85	2-3	1-4	1/2-1 1/4
PSYLLIUM	-----	-----	65-80	----	4-5 G	3/4-1 1/2
PUMPKIN	1 1/2 CUPS	4-6	65-85	2	0-2	0-1/3
QUINOA	1/3 CUP	2-4	55-80	2-3	1-4 G	1/4-1 1/4
RADISH	3 TBSP.	4-8	60-85	2-3	4-5 G	1-2
RICE	1 1/2 CUPS	12-15	55-80	2-3	1-3	0-1/3
RYE	1 CUP	6-10	50-72	2	2-3	1/4-1/2
SESAME	2 CUPS	6-8	68-80	3-4	2-3	1/8
SOY BEAN	3/4 CUP	4-8	65-85	3-4	3-4	1/2-2
SPINACH	3 TBSP.	4-6	65-85	2-3	3-6 G	1-2
SUNFLOWER UNHULLED	1 CUP -----	2-4 10-14	60-80 60-80	2 -----	0-4 8-15 G	0-1 3 1/2-6
TRITICALE	1 CUP	6-10	60-80	2	2-3	1/4-1/2
TURNIP	3 TBSP.	4-8	65-85	2-3	3-5 G	1-1 1/2
WHEAT	1 CUP	6-10	55-80	2	2-3	1/4-1/2

G= Grown in direct light on the last day for optimum chlorophyll development

* = May be used even if no shoot appears.

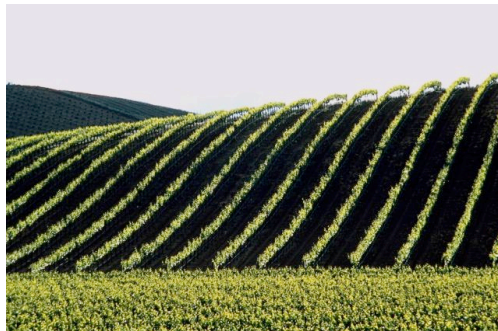
Health Benefits of Grains and Legumes

Whole grains and legumes are recommended by the USDA and nutritionists as the foundation for a healthful diet. All grains and legumes are high in fiber, protein, and complex carbohydrates, and contain B-complex vitamins, calcium, chromium, magnesium, selenium, phosphorus, and zinc. All grains are also low in fat. This chart highlights some of the outstanding healthful qualities of many of the whole grains and legumes.

Grain or Legume	Vitamin & minerals	Helpful For/ Special Considerations
-----------------	--------------------	--

Amaranth	Protein, lysine, vitamin C, beta carotene, calcium, iron, potassium	Protein requirements: cardiovascular system & digestive tract
Barley	Protein, niacin, folic acid, thiamin, calcium, magnesium, phosphorus	Helps lower cholesterol; 2.2 grams of (unsaturated) fat per cup
Buckwheat	Bioflavonoid rutin, protein, thiamin, folic acid, vitamin B6, calcium, iron	Helps strengthen capillaries, may help prevent strokes; 2.6 grams fat per cup
Corn	Protein, lysine, vitamin A, folic acid, potassium, calcium, phosphorus, potassium	Contains anti-cancer agents; 3 grams fat per cup
Kamut	Protein, pantothenic acid, calcium, magnesium, phosphorus, potassium	Usually well tolerated by wheat-sensitive people
Millet	Protein, calcium, iron, magnesium, potassium, phosphorus	The only grain that is alkaline when cooked; most complete protein

Oats	Protein, calcium, potassium, vitamin A, thiamin, pantothenic acid	helps lower cholesterol; high in antioxidants, which prevents rancidity
Potato	Protein, iron, vitamin C, potassium, phosphorus	gluten-free; very low fat
Quinoa	protein, calcium, iron, phosphorus, vitamin E, lysine	Helps strength and endurance; high calcium; 1 cup = 1 qt. milk
Rye	Calcium, magnesium, lysine, potassium	low gluten; helps immune system and bone growth
Soybean	Protein, calcium, vitamin A, vitamin B6, lecithin, iron, phosphorus, folic acid, copper, magnesium	Helps prevent cirrhosis of the liver (only when raw); 17.6 grams fat per cup
Spelt	Protein, riboflavin, niacin, thiamin, iron, potassium	Contains gluten, but is usually tolerated by wheat-sensitive people
Wheat	Protein, calcium, iron, magnesium, phosphorus, potassium, B-complex vitamins	Strong gluten capabilities; multipurpose flour; reacts well with yeast, and combines well with all other grains



Soaking Seeds and Nuts

All nuts and seeds are easier to digest and are less toxic when soaked. All nuts and seeds, being the storehouse of life, have protective elements in them to ensure their survival. Their protection is in the form of toxins and protein digestive inhibitors, in the skin, surrounding the seed in the ground until the seed is germinated. When you soak nuts and seeds you activate their life force (germination) – their stored potential energy to grow into a tree or bush. The toxins are unleashed into the water and the protein inhibitors are deactivated during the soaking process. It is very important to drain your soak water and rinse your seeds off draining. Never use soak water.

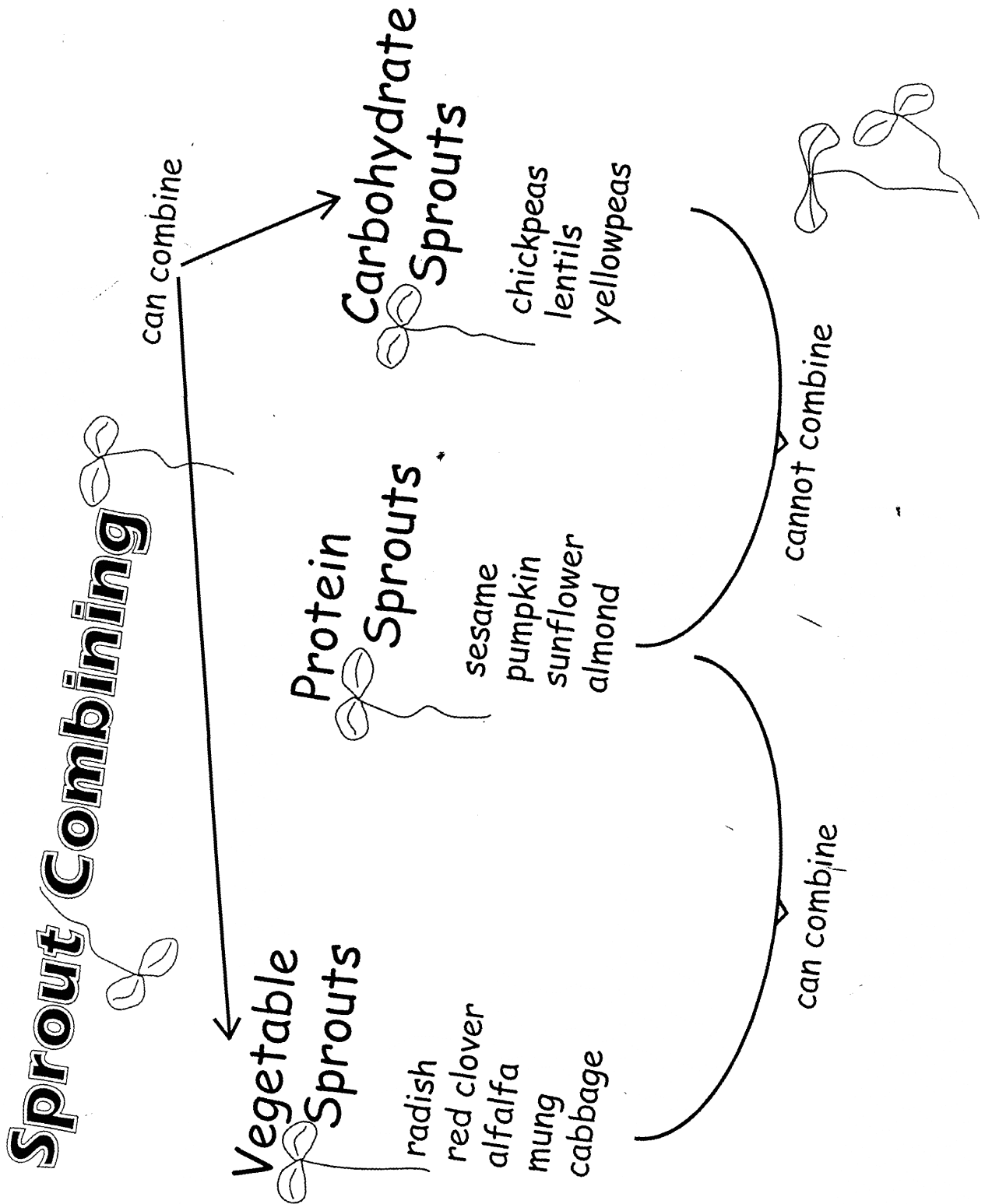
All nuts and seeds bought in the supermarket have been through a drying process for storage reasons. When nuts and seeds go through this drying process they become dehydrated food. – our body uses more energy to digest dehydrated food. It is very important for us to eat as much hydrating food as possible. When you soak nuts and seeds you are re-hydrating them for ease on you digestive system.

Soaking nuts and seeds softens them a lot and the softer the nuts and seeds the less strain on your machines.

Soaking Times

<p>Almonds 10-12 hrs Pumpkin 4-6 hrs Sesame 3-4 hrs Sunflower 6 hrs Cashews 1-2 hrs Brazil 8-10</p> <p>All dried fruit should be soaked as well. The soaking time for fruit is much shorter. I soak my dried fruit for a max of 3 hours. My outcome is to soften the fruit and still maintain the density of dried fruit.</p>	<p>Walnuts Pecans Filberts</p> <p>These are specialty nuts and are only used for special occasions. I never soak these nuts because they get mushy and slimy quickly. I feel it is ok to eat them unsoaked because I use them infrequently.</p>
---	---

Sprout Combining



Raw Living Foods®



Lesson 5 - Indoor Gardening & Composting

Indoor Gardening (Growing Vegetables without Soil)

Have you ever tried gardening without soil or growing food inside your kitchen? By “sprouting” seeds, you CAN DO THIS, and have an indoor garden all year-round. It is an opportunity to really be sure that you have an unpolluted and unprocessed food that is a rich source of nature’s vitamins.

Using seeds free of chemicals, you can grow a wide variety of sprouts. These sprouts may be used in a number of ways: They may be eaten by themselves, added to salads or sandwiches, used as garnishes for other dishes, energy soups, or mixed with grains. Some seeds, such as sesame or sunflower, can be used to make delicious and highly nourishing mylks.

What is a sprout? A sprout is a germinating seed. It is the tiny shoot that emerges from the seed, bean or grain. It is the first visible evidence of germination. Within the seed are all the materials to create life.

Sprouts are very inexpensive, low in calories, easy to grow, nutritious, and delicious. They are an excellent supplement in one’s diet. One pound of seed can be converted into six or more pounds of sprouts.

Within three to seven days your sprouts are ready to harvest. Sprouts are a way to obtain the benefit of, not only the sprout, but the seed, root, and stalk as well.

We have found alfalfa, clover, fenugreek, lentil, mustard, mung, garbanzo, sunflower, and wheat to be the easiest of seeds to sprout; however, do try others. Seeds may be combined for sprouting.

Sprouting is fun! Enjoy It!

Sprouting Suggestions

Try untreated seeds, beans or legumes. Store in a cool, dry place in a sealed container.

Method:

Using a one-quart jar:

Wash seeds thoroughly. Spring or distilled water is preferable.

Place 2 tbsp. small seeds (alfalfa, clover fenugreek, etc.) or 1/2 cup beans (mung, lentil, garbanzo, etc.) into your sprouting jar.

Soak seeds overnight in the water. Use at least two parts water to one part seed.

Drain off the water through the stainless steel screen lid.

Rinse seeds and drain off excess water.

Lay jar at an angle in a dark, warm place.

If you desire chlorophyll in your sprouts, after the first three days of sprouting, place them on the window ledge until they are green. Clover, radish, alfalfa, and fenugreek do well when grown for chlorophyll.

Be sure to rinse the sprouts two times a day throughout the growing process.

Seed hulls will float to the top of the jar or sink and can be easily removed. They cause the sprouts to spoil prematurely; however, they can be utilized in a compost pile.

Sprouts may be stored in the refrigerator for several days.

Books: These and other books on sprouting may be available at your health food store. We heartily recommend:

The Sprouting Book, by Ann Wigmore, DD, ND

Be Your Own Doctor, by Ann Wigmore, DD, ND

Sprouting Living Foods



Growing Grass and Greens

MATERIALS NEEDED

- trowel (optional)
- soil (composted, organic)
- sharp knife for harvesting
- Absorbent paper and plastic sheets (optional)
- 12 or more plastic cafeteria trays, approximately 18 x 14 x 1 inch deep (from a restaurant supplier) OR shallow planting trays (from planting supplier)

Organic Seeds:

- Hard red winter wheat
- Buckwheat, unhulled
- Sunflower, unhulled

PROCEDURE

10. SOAK seeds for 10 hours.



11. DRAIN and sprout for two days (DO NOT RINSE)



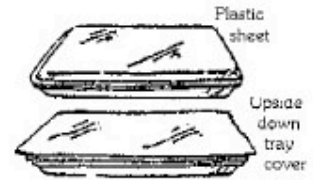
12. TRANSFER SOIL to planting tray and spread to about one inch in thickness.



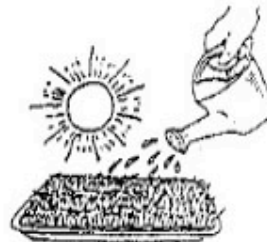
13. WATER soil until moist.



14. SPREAD SEEDS in a thin layer over the top of the soil. (NOTE: For easy juicing, grow sunflower and buckwheat together on the same tray. Otherwise, best to plant separately.)



15. COVER with another tray (upside down) OR use wet paper covered with a sheet of plastic. Keep covered for three days.



16. Uncover, WATER thoroughly and place in SUNLIGHT (or light available) and water daily. (NOTE: Sunflower and buckwheat take different amounts of water. Experiment and observe.)

17. On the seventh day, or when greens reach about eight inches in height, HARVEST by cutting as close to the roots as possible with a sharp knife.



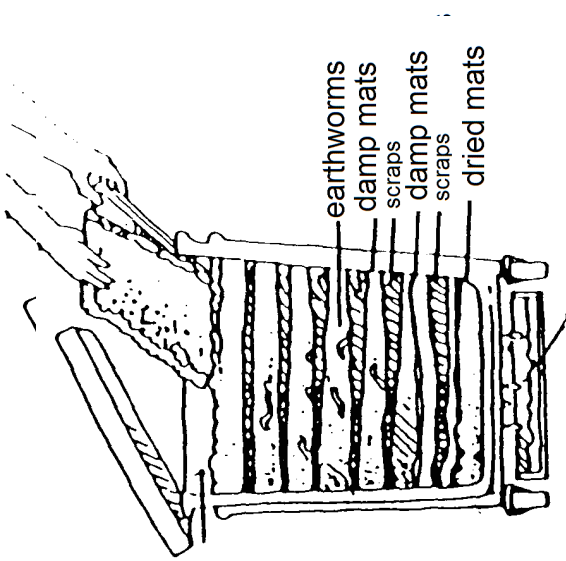
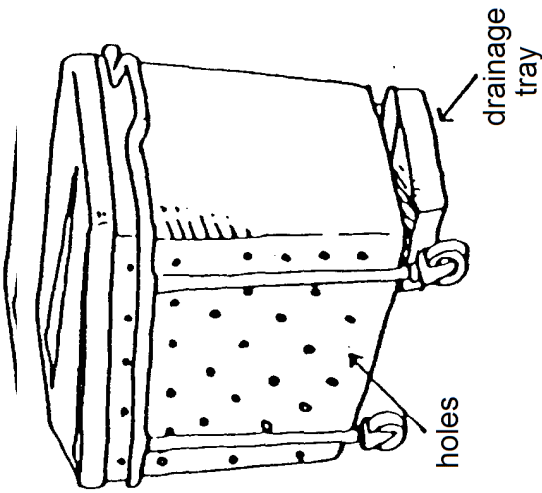
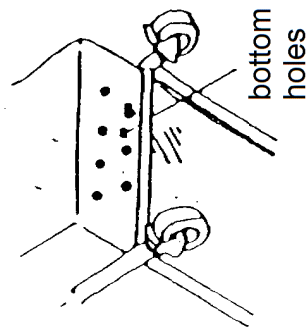
18. Juice grass and/or greens. Wheatgrass is a good healer because it acts to produce an unfavorable environment for bacterial growth. The main ingredient is the "crude" chlorophyll, and in this form it is non-toxic when taken in any amount. It also contains more than 100

elements (when present in the soil), including ALL minerals that are known to man, and vitamins A, B, C, E, and K. A few of the minerals it contains are: Calcium, Iron, Magnesium, Phosphorous, Zinc, Potassium, Sodium, Sulphur, Cobalt, and More.

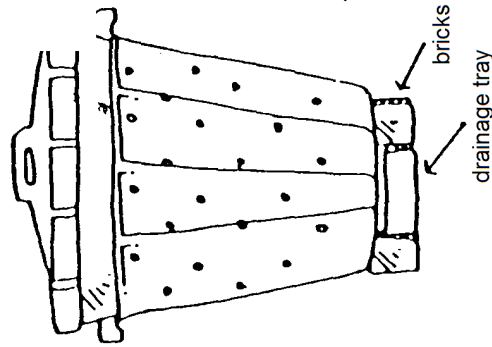
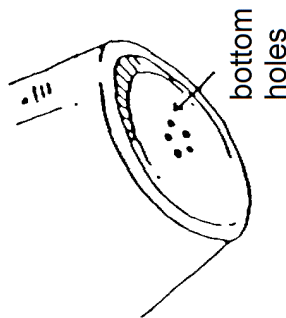
One of the major differences between chlorophyll and hemin (blood) is that chlorophyll contains magnesium, while the hemin molecule contains iron at its central atom. Owing to the close molecular resemblance between chlorophyll and hemoglobin, scientist Hans Miller suspected that chlorophyll is nature's blood builder element for all plant eaters and humans.

Indoor Composting

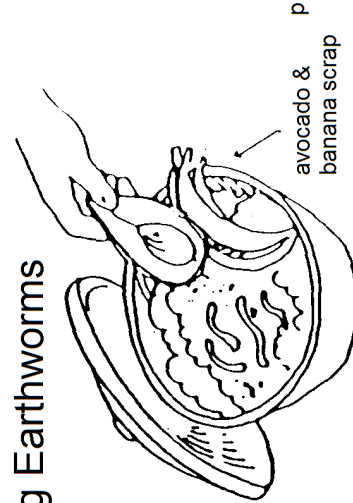
Restaurant Bin on Restaurant Bin on Wheels Method



Trash Barrel Method



Raising Earthworms



avocado & banana scrap

earthworms



we work day and night without pay and never complain

we have millions of relatives

let us come and work on your indoor farm!



Using Compost Bins

When composting, start with dried mats and dried peat moss on the bottom layers to soak up a lot of the drainage that occurs while decomposing takes place. Continue to add damp mats along with food scraps when ready to discard them. It is best to place mats in an upside down position to prevent roots from growing.

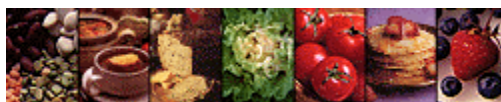
Allow at least 3 inches of space at the top of the bin for adequate ventilation. Remember to add earthworms as you go along. Check the drainage trays from time to time and use the water from them for watering your plants, as this makes excellent fertilizer. DO NOT use fruit in your compost bins (especially citrus) as this causes too much leakage.

In about 6 weeks your compost will be ready to be used as soil for planting. The rate of decomposition will be affected by the amount of earthworms you add, the weather, and the amount of moisture in your compost (not too wet, not too dry).

This composting earth can be used over and over again for about one year (or two) before giving it a rest.

Composting will prevent the problem of soil depletion in your indoor garden. It is a way of restoring natural balance. It adds organic matter and enables soil enzymes and organisms like the friendly earthworm to thrive and multiply, enriching the soil and providing the plants grown on it with top-quality nutrients.

This is precisely the way nature has preserved plant life on earth for centuries. On a large scale it is the only way we can ensure that the soil will be fertile enough to produce for our children - and theirs.



Composting Methods

BARREL A is filled 50% with soil from backyard, or woods, or potting soil, etc., and 50% peat moss mixed together.

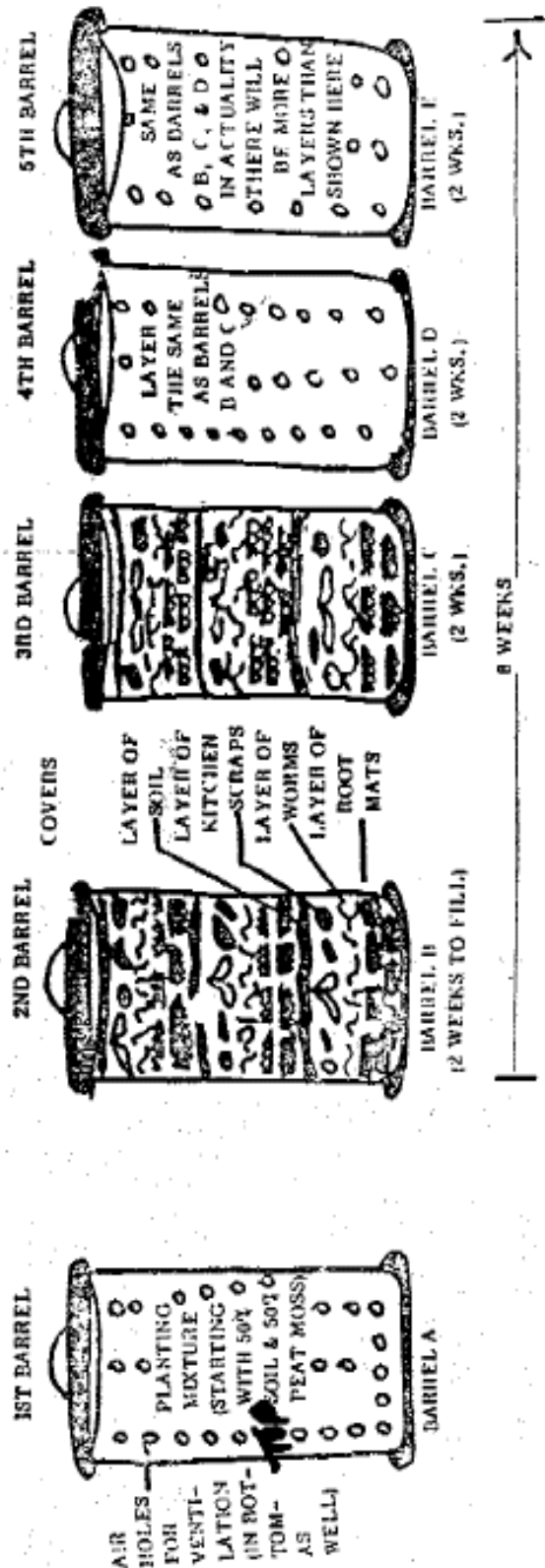
This barrel must be refilled until all barrels are filled (4 weeks). Then BARREL B will be ready to use for planting and BARREL A will be used to place root mats, worms, scraps, and soil.

When BARREL B is empty BARREL C will be ready for planting and BARREL B will be used for compost mats, worms, scraps, and soil.

This cycle will continue for 2 years. At that time soil needs a rest and restoration in the sun, air, and earth.

Do not use oil or citrus in compost mix. Oil goes rancid and citrus takes too long to decompose. Citrus can be composted separately, if desired.

Kelp can be added to scraps.



An Indoor Green Thumb

In cold, harsh climates where it is hard or impossible to find anything growing outside, you need to give special care to houseplants and indoor sprout and veggie gardens. Here are some tips that can help get your special friends through the winter:

Since plants grow slower in the winter, they need less water, less fertilizer, and more sunlight. Put them in a location with as much air circulation and light as possible.

Most (not all) plants last longer and do better if kept near a bright window. Do not leave plants in plastic hanging baskets – it's better to pot them, at least for the winter.

If you have cacti you can ensure their survival by placing them in a bright, cool window and give them hardly any water.

Spray your plant with horticultural oil or soap to give them resistance to fungi that they were not susceptible to when they were outdoors

A white film on the soil surface or a white crust on pot rims or drainage holes may be a sign that the plant is over-fertilized, or possibly over-watered.

Don't place pots directly onto carpets, floors or furniture because the moisture can cause damage.

A plant should be transplanted to a larger pot when its roots are matted on the outer surface of its root ball, or coiled in the bottom of the pot. If fresh root tips are visible around the root ball then it should also be transplanted.

Large plants can be made more manageable by transplanting individual stems into their own pots (propagation).

Heavy pruning should be done in the Fall and Spring.
Light trimming and reshaping can be done at any time.

Source: Georgia Department of Agriculture.

Growing Wheatgrass

What You Need:

Seek out some good topsoil and peat moss, or a mixture of topsoil and compost. Topsoil is the first twelve to twenty inches of dark-colored soil immediately beneath the grass on your lawn, or under leaves covering the surface of a wooded area. If you live in a city, rather than risk being jailed for digging in the park, get some topsoil from a friend in the suburbs, or buy a few large bags from a florist or garden supply store. Peat moss is also available at these shops.

When taking topsoil from a wooded area, especially one where pine trees are growing, mix a half pint of ground limestone (lime) into a trash barrel full of soil. This will offset the acidity of the soil and make your wheatgrass richer-tasting and easier to grow. Lime is inexpensive, and is available at any garden center. Ordinary lawn topsoil won't usually need lime, but you can add a handful or two per barrel full of soil just to be on the safe side.

If you are using compost from an outdoor garden it should be screened before being mixed with topsoil to remove large stones, sticks, and other debris.

Do not use compost that has been treated with animal manures, as they may contain harmful bacteria. If you are not mixing compost into the soil, mix soil with peat moss in a 75-25 ratio.

To produce a tray of wheatgrass per day you will need to start off with two barrels full of top soil and half bale of peat moss. Along with this you will need two additional empty barrels to begin composting the used plant mats. These will take care of your soil needs for a few weeks.

After that time you will be able to use the recycled soil mats from the compost barrels.



Students at Creative Health Institute

Modern Topsoil and Minerals

The soil we grow our food on should be a very real and serious concern to us. Not only is our topsoil eroding by the thousands of acres each year, but it is losing its vitality, just as we are losing ours.

When the mineral content of the soil is poor it yields crops that are deficient in nutrients. Without vital, living soil to grow food on, farmers have come to depend increasingly on various fertilizers and chemical sprays to keep their weakling plants alive.

The color and taste of fresh foods reflects the mineral value of the soils used to grow them.

Would you ever dare compare tomatoes, corn, cucumbers, or any other vegetables shipped into your area out-of-season on an equal basis with locally grown foods? Even a gourmand knows the difference between a vine-ripened local garden tomato and the ones available in the markets during the winter.

The natural red of beets, orange of winter squash, and green of kale or grass becomes richer and deeper when the soil is inherently balanced and vital. Unfortunately, in many cases, fruits and

vegetables are artificially colored. These items usually have little taste and aroma.

Chemically treated fruits and vegetables which are deficient in flavor, aroma, and color can be likened to an obese person who has gained weight on excess fat and carbohydrates – they bloated with water, yet containing less minerals and vitamins than normal, healthy-sized individuals.

Where will we get our minerals from in a healthful diet? Certainly not from processed foods, meats, sugar, white bread, or butter. Our best source of supply is from organically grown land vegetables and sea vegetables (especially the green varieties), and from sprouts and wheatgrass.

Organic growers are part of the new green revolution. They do not use synthetic fertilizers, herbicides, or pesticides, but rely instead on crop rotation, composting crop residues, and a number of biologically safe measures to control insects, weeds, and other pests.

Organic farmers encourage soil fertility by enriching its stores of natural minerals, earthworms, and soil enzymes. Foods grown on organic soil are

balanced foods, which foster healthy, balanced people.

In recent years, however, many people who are not fond of vegetables have turned to supplemental minerals that can be dangerous and chaotic inside the body.

A much better solution, if you dislike vegetables, is to juice them and

drink the juice, and to use wheatgrass juice.

Since wheatgrass and other green plants are among the best dietary sources of minerals, there will be less of a chance that you will come up short on any of the essential minerals if you do so.



Composting and Used Wheatgrass Mats

After you have harvested wheatgrass from the trays once or twice (it will come up several times as long as it is cut before it reaches the first jointing stage - about seven inches tall), you will be left with a mat of roots and soil that can easily be recycled into compost.

Composting is nature's way of building, improving, and maintaining the fertility of soil. In the forest, fallen leaves and dead branches cover the earth, making rich compost for the trees that continue to grow.

In fact, everything that has been taken from the soil to nourish growing plants must be returned to it through decomposition of plant and animal matter if it is to continue to support new growth. Compost is a mixture of ordinary soil and plant residues that have been broken down into rich humus by the microorganisms and worms in the soil.

The modern growing techniques used by agribusiness farmers often neglect to replace trace elements and organic materials that crops take out of the soil as they grow. What little is put

back most often comes in the form of synthetic chemical fertilizers. After a tract of land has been farmed in this way for a few years, its topsoil is depleted and it becomes a useless desert, barely able to sustain weeds. Acres upon acres of land all over the world are being ruined in this way every year.

Composting will prevent the problem of soil depletion in your indoor garden. It is a way of restoring natural balance. It adds organic matter and enables soil enzymes and organisms like the friendly earthworm to thrive and multiply, enriching the soil and providing the plants grown on it with top-quality nutrients.

This is precisely the way nature has preserved plant life on earth for millennium. On a large scale, it is the only way we can insure that the soil will be fertile enough to produce food for our children – and theirs.

An important worker in your compost pile is the earthworm, whose job it is to digest organic matter and convert it into rich plant nutrients. Earthworm castings are an extremely

valuable source of nitrogen, minerals, and other nutrients.

The castings that are left behind after earthworms eat and digest the soil contain five times more nitrogen, seven times more phosphate and eleven times more potassium than the original soil.

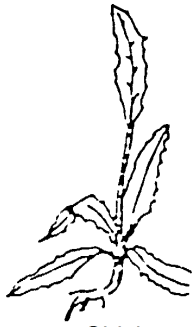
You can obtain earthworms for a compost pile from an old pile of leaves,

or you can buy some at any bait and tackle shop. Ask for red wigglers. Make sure they're fresh and lively. If they're not, ask what day the shop gets their deliveries, and come back on that day.

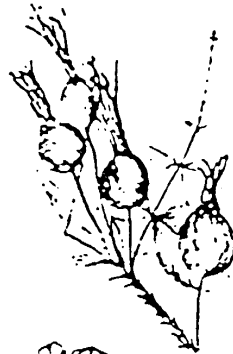
A couple of handfuls are sufficient to get an entire colony started. The earthworms will go to work producing their weight in castings every twenty-four hours.



Edible Weeds



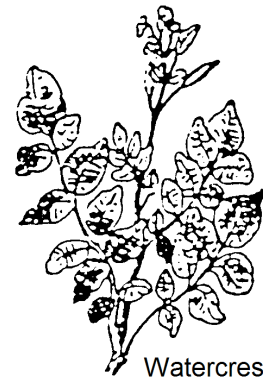
Chickory



Rose-hips



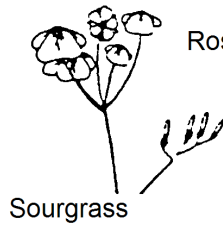
Nasturtium



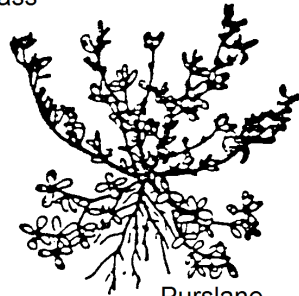
Watercress



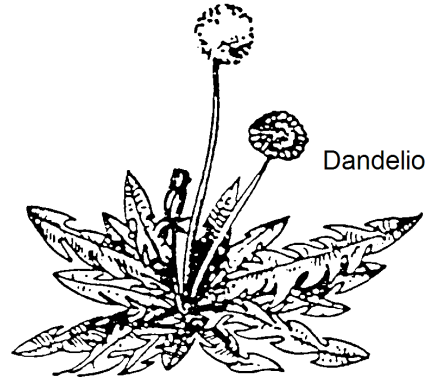
Plantain



Sourgrass



Purslane



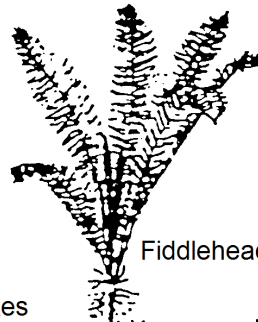
Dandelion



Lambs-quarter



Jerusalem Artichokes



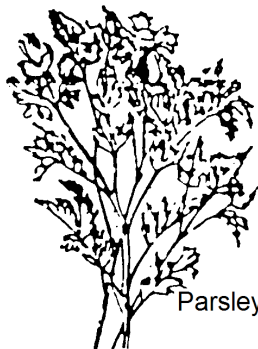
Fiddleheads



Red Clover



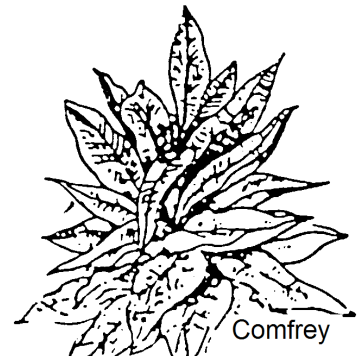
Mint



Parsley



Chives



Comfrey

Raw Living Foods®

Lesson 6 - Energy Soup & Green Smoothies

The Key to Self-Healing is High Energy Nourishment! (Energy Soup)

Many easy-to-digest foods are consumed in the living foods Program. Most North Americans have low hydrochloric acid, which will increase as we eat living foods. By blending living foods, enzymes and other nutrients are easier for the body to assimilate. Energy Soup gives our cells fuel to nourish, which provides for self-healing in the quickest possible way. Also, it's easy to prepare.

Energy Soup is best taken about 5 times per day in small amounts (one cup or less per serving). Prepared with Rejuvelac, it's good for 2 days. You can add grated fruit or vegetables. Fruits are cleansers and greens are healers. Chewing is important so the food mixes with saliva and the body can better begin the digestive process. We suggest that you eat some energy soup most days for the first year of your rejuvenation.



There are many recipes for Energy Soup. **If you are diabetic**, don't add fruit or beets initially.

Most energy soup recipes consist of:

- 1) Rejuvelac, or water, and sea vegetables
- 2) Un-sweet fruit (e.g. tomatoes, cucumbers, sweet pepper) or squash
- 3) Sweet fruit
- 4) Celery – for salt & potassium
- 5) Greens
- 6) Avocado (or banana, or sesame seeds, or sunflower seeds) - to thicken
- 7) Shredded fruit, veggies or dehydrated soup chunks - to chew

Have some leftover energy soup? Dehydrate it to use as snack food. Or add flax seeds and seasonings to make dehydrated crackers.

Remember: *If we eat food without chewing properly* (perhaps because of inadequate teeth), *if we over-drink or over-worry, we interfere with digestion*. Energy soup helps us to avoid these problems by “pre-chewing” or “pre-digesting” the food for us! See “Why Chew?” in Lesson 2 for more information.



Dr. Ann's Favorite Energy Soup Recipe

Blend together until smooth:

- 2 cups Rejuvelac – to prevent oxidization and provide B complex vitamins
- 1 tablespoon dulse or other seaweed – for minerals
- 1 ½ apples – set aside another ½ apple to grate into soup at the end
- ½ cup sprouts (lentils and green peas) – for enzymes
- 2 cups wild edible greens such as lambs quarters and purslane
- 2 handfuls of chlorophyll-rich greens such as celery tops, parsley and beet tops

Add an avocado and blend.

Stir in ½ a grated apple, then enjoy!

Fruit Purees and Smoothies

Purees:

Any fruit can be blended and eaten. A ripe banana can be added for more sweetness. Apples also give body to purees.

Fruit Smoothies can include any of these items:

For Body:

apple and or banana or watermelon

To Add Living Vitamins and Enzymes:

sprouted grains such as wheat and rye

Liquid:

pure water or fruit juice

Rejuvelac (Note: Rejuvelac acts as a preservative and adds more nutrition.)

For Calories and a Smooth Texture:

Avocado (Always blend as the last item. Do not over-blend.)

To Add Protein, Minerals, or for a Different Texture:

sunflower seed sprouts (high in complete protein)

pumpkin seed sprouts (high in zinc)

soaked almonds (rich in calcium)

ground hulled white sesame (especially rich in calcium and magnesium)

Seasonings (Note: These are optional and most people should avoid these while detoxifying):

cinnamon

cloves

allspice

pumpkin spice

ginger

Note: Purees and Smoothies made with Rejuvelac can be blended in the morning and small amounts eaten throughout the day. This can be a nutritional breakthrough for busy people because they do not have to stop at each “meal” and decide what to eat that is good for them. All they have to do is keep this blended food in the fridge. Leftover smoothies can be dehydrated and made into fruit roll-ups.



Green Drink Fundamentals

Every plant is a miracle with the ability to pull a unique combination of elements from the soil, water, sunlight and air. When we find one possessing the right balance to satisfy our requirements of health and healing, we have found our miracle.

“There are two vital aspects of chlorophyll that should not be overlooked. First is its creation in the plant as a result of a conversion of the sun’s energy—which makes it a sort of living battery. Second is its remarkable similarity to a vital component of human blood — hemoglobin. Circulating in the bloodstream, hemoglobin molecules carry oxygen to the cells throughout the body.” Dr. Ann Wigmore, *The Sprouting Book*.

“Chlorophyll deserves a high place in the eliminative diet program because it is a fluid which helps clean the cell structure of the body. It has vital minerals to help build these structures with new cell life.” Dr. Bernard Jensen, *The Healing Power of Chlorophyll*.

Below is a list of a variety of greens and their effects on the body. All of these greens contain an abundance of chlorophyll. Decide which are best for you so you can incorporate them into your juices and energy soup.

Alfalfa Sprouts: Rich in vitamins (including vitamin U for peptic ulcers) and trace minerals, it also contains eight essential digestive enzymes and eight essential amino acids. It helps cleanse the kidneys and provides energy and endurance.

Beets and Beet Greens: Very rich in vitamins A and C, iron, calcium, potassium, magnesium, iodine and other trace minerals. This cultivated green is a powerful blood purifier and liver/gall bladder cleanser and is helpful with obesity. It also builds good blood.

Buckwheat Greens: A wonderful building and cleansing food containing vitamins A, B1, B2, B6, B12, C, niacin, pantothenic acid, many minerals including rutin (a natural longevity agent due to its antioxidant properties) and calcium. Buckwheat greens are especially helpful in circulatory and heart problems as they also contain lecithin, a natural cholesterol-lowering fatty acid. Buckwheat juice is best mixed with other sprout, green and vegetable juices to make green drinks.

Lecithin is one of the derivatives of glycerin and is of value for cases of malnutrition, rickets, anemia, diabetes and tuberculosis. Lecithin helps in the structural support of all cells, especially

of the brain and nerves. It is important in preventing and correcting atherosclerosis, causing cholesterol and neutral fats to be broken into microscopic particles so they can be easily utilized by the tissues.

Cabbage and Cabbage Sprouts:

Cabbage is a good source of vitamins A, C and U, along with the trace elements iodine and sulfur. Cabbage is good for the digestive tract and helps ulcers.

Carrots: This king of vegetable juices is extremely high in pro-vitamin A, which the body converts to vitamin A. It also contains vitamins B, C, D, E and K, as well as calcium, phosphorous, potassium, sodium and trace minerals.

The alkaline minerals contained in carrot juice, especially calcium and magnesium, help to soothe and tone the intestinal walls, plus strengthen bones and teeth. Skin, hair and nails benefit from its high protein and mineral content. Fresh carrot juice stimulates digestion and has a mild diuretic effect.

Perhaps its most important contribution to body health is its tonic and cleansing effect on the liver. Through regular use, carrot juice helps the liver release stale bile and excess fats. When fat levels are reduced, cholesterol levels are reduced.

There is no such thing as a toxic dose of carrot juice. While it's true that it's possible to "overdose" on vitamin A, it's

impossible to overdose on pro-vitamin A — the precursor to vitamin A that is found in abundance in carrot juice.

Pro-vitamin A is converted to vitamin A in the body. Drinking more than five glasses of carrot juice per week may cause the skin to yellow slightly; however this is simply a manifestation of the toxins that the liver is excreting.

To reduce these effects, simply decrease the dose of carrot juice. Mixed with other juices, especially sprout and green juices, carrot juice acts as a balancing element.

It adds a delicious, sweet flavor to juice combinations and increases both their digestibility and nutritional value. As an overall tonic and rejuvenator, carrot juice can't be beat.

Celery: It has a calming effect on the nervous system. This is probably due to its high concentration of organic alkaline minerals, especially sodium. The minerals contained in celery juice make the body's use of calcium more effective, balancing the blood's pH.

Organic sodium, which is abundant in celery juice, has received a bad name because of the average American's habitual overuse of inorganic sodium chloride — table salt. Unlike inorganic sodium chloride, organic sodium found in celery juice is naturally blended with many other useful minerals. It is

essential to the proper functioning of all major body systems.

Organic sodium is the element in the blood that makes it salty. Because of its slightly salty taste, celery juice is an excellent component of any vegetable juice combination.

Celery juice is especially effective for nervous conditions because it produces a calming effect. For weight reduction diets it curbs the desire for sweets.

Comfrey: All parts of this plant can be used — root, leaves and flowers. Comfrey helps eliminate bloody urine. It is high in potassium, vitamin A and calcium.

The allantoin in comfrey is the same ingredient that is contained in fractured bones and is often referred to as the “bone-knitter”. It is also good in repairing nerve tissue.

Dandelion Greens: Pick young tender leaves before the flowers have formed. Rich in vitamins A and C, minerals such as calcium, manganese, chlorine, potassium and iron. Acts as a tonic to the system. It destroys acids in the body.

As it contains organic sodium, it is very good for anemia caused by a deficiency of nutritive salts and is recognized as a great blood builder and purifier.

It is also effective as a liver cleanser. It is a gentle laxative and can therefore be used in a tea for babies and children.

Lambs quarter: Pick young tender leaves before the flowers have formed. Very rich in calcium, phosphorus, vitamins A and C and the B vitamins thiamin, riboflavin and niacin.

One of the best tasting of the wild edibles and is very common throughout the United States.

Parsley: Rich in vitamin A, thiamin (B1), niacin (B3), C and the minerals calcium, chlorine, iron, phosphorus, potassium, sodium and sulfur.

One of the best diuretics. Strengthens the kidneys, bladder and spleen, lowers blood pressure, cleanses the liver and strengthens the eyes.

Purslane: Pick succulent leaves and stems from June until frost. Very rich in iron, calcium, vitamin A. This is a very good tasting wild edible green.

Radish Sprouts: Rich in vitamins A and C and minerals, including trace minerals. This is a hot, spicy sprout and will heat up a cold body.

The flavor is strong, so use sparingly.

A good blood stimulator and cleanser. Powerful liver and kidney cleanser.

Red Clover Sprouts: Has many of the properties in the dried adult plant, plus a host of living enzymes.

Acts as a blood purifier in the body and helps relieve nervous disorders, skin problems, acne, etc.

It is very cleansing to the body.

Sunflower Greens: Sunflower sprouts do much to relieve malnutrition and to eliminate toxic poisons from the system.

This is done mainly by providing the body with the nutrients needed and nature does the restoration work.

The many vitamins and minerals in sprouts are at their highest peak of activity while sprouting.



Other Edibles:

Chicory

Malva

Shepard's Purse

Nasturtium

Mint

Sourgrass

Chickweed

Watercress (commercially grown)

Fiddleheads

Rosehips

Planta

Nutritional Breakdown of Energy Soup

Serving size: 1 Using U.S. RDA's

Gram weight	525 gm		
Calories	241 Cal		
Protein	3.62 gm	8.0% RDA	6.4% CAL
Carbohydrates	26.5 gm	86.2% RDA	43.1% CAL
Total Fat	17.7 gm	220% RDA	66.1% CAL
Total Sat Fat	2.57 gm	96.0% RDA	9.6% CAL
MonoUnsat Fat	9.66 gm		36.1% CAL
PolyUnsat Fat	2.26 gm		8.4% CAL
Alcohol	0.00 gm		0.0% CAL
Phytosterols	44.4 mg		
Water	435 gm		
Vitamin A	228 mcg	45.6% RDA	
Vitamin B6	0.37 mg	18.5% RDA	
Vitamin B12	0.00 mcg	0.0% RDA	
Vitamin C	29.7 mg	49.5% RDA	
Alpha Tocopherol	0.63 mg		
Vitamin E	0.00 mg	0.0% RDA	
Folacin	110 mcg	27.5% RDA	
Niacin (B3)	2.42 mg	12.1% RDA	
Pantothenic (B5)	1.26 mg		
Riboflavin (B2)	0.21 mg	12.4% RDA	
Thiamin (B1)	0.16 mg	10.7% RDA	
Calcium	230 mg	23.0% RDA	
Copper	0.37 mg	18.5% RDA	
Iron	2.47 mg	13.7% RDA	
Magnesium	57.8 mg	14.4% RDA	
Manganese	0.94 mg	26.9% RDA	
Phosphorous	209 mg	20.9% RDA	
Potassium	4982 mg	249% RDA	
Zinc	0.84 mg	5.6% RDA	
Caffeine	0.00 mg		
Cholesterol	0.00 mg		
Cystine	0.05 gm		
Crude fiber	4.25 gm		
Unsoluble fiber	2.31 gm		
Total fiber	2.26 gm		
Sodium	1066 mg	213% RDA	

Recipes for Longer Life

Many easy-to-digest foods are consumed in the Raw Living Foods program. Energy Soup is one recipe that is quick and easy to make.

Through blending living foods (which are extremely high in chlorophyll), enzymes and other nutrients are easier for your body to assimilate. The nutritional value is greatly increased, even for those with weak digestive systems.

Buckwheat is particularly high in Lecithin, a valuable brain food.

Buckwheat Energy Soup

- 1 Apple or Pear (or 1 cup Watermelon)
- 1 tsp. Dulse (or Kelp or Nori, for minerals)
- 1 cup Rejuvelac (or water or vegetable juice)
- 2-3 cups Buckwheat sprouts, cleaned
- ½ Avocado

Blend together until smooth, adding avocado last.
Adjust ingredients to taste. Serves one or two people.

Nutritional value: B-complex vitamins,
Vitamin C, Beta Carotene, Iodine and other
trace minerals.

Soups and Green Drink Mixology

The key to making great energy soups is following the five flavors (**sweet, sour, salty, spicy, and bitter**).

If you continue to use this formula, in time, and with a little bit of practice you will make great soups. I often say that the best soups are made from salads, and people often reply: What does that mean? Well, if you can make a great green salad and salad dressing you can make a great soup just by combining the two.

You start by taking your favorite salad filled with greens, tomatoes, cucumbers, peppers, celery, avocado, or what ever else your heart desires. The Next step is to take that salad and dump it into a

Vita Mixer with a little water or Rejuvelac and blend. Your final step is to take that wonderful dressing that you made for that salad and add it to your blender. Add the dressing a little at a time and continue tasting until you get the flavor you want.

Your first one may not turn out the way you want it but do not get discouraged. Try again and continue to taste as you create your soup. The key is to move slow and taste.

Final additions to your soups, which may make them more satisfying, are chopped onions, nuts and seeds, chopped avocado, dulse, sea salt, or an assortment of chopped veggies.

Notes

Raw Living Foods®

Lesson 7 - Lightly Fermented Foods

Fermented foods are included in Creative Health Institute's live food program for important reasons. They are easy to digest nourishment because they are already partially digested by the action of the enzymes and healthy bacteria. Rich in these enzymes themselves, fermented foods help digest the other foods eaten. Perhaps their greatest benefit is the cleansing and building effect they have on bacteria in the small and large intestines.

Blood should be mildly alkaline; whereas the bowel must be slightly acidic to resist germs and harmful intestinal bacteria. Yet, most bacteria in many people's colons, especially people who rely heavily on meat and animal protein, is potentially dangerous alkaline bacteria.

The colon also contains carcinogens suspected of causing cancer of the bowel - the second leading cause of death to cancer in America. Fermented foods are helpful because the natural

lactic acid contained in them tends to neutralize the alkaline bacteria, replacing it with a healthy acid condition in the bowel. What this means is cleaner, healthier blood and a greater resistance to germs and infection.

The enzymes in fermented foods stimulate the growth of friendly bacteria like lactobacillus, which in turn produces lactic acid, a natural astringent and guardian of the bowel. The traditional use of fermented foods in the diets of tribal peoples is considered to be based on sound dietetic principles. They are especially helpful for those people with bowel disorders such as diarrhea, constipation, colitis, etc.

Some popular fermented foods are yogurt, pickles and sour dough bread. However, at Creative Health Institute we don't use any of these. Dairy products aren't recommended due to their fats and mucus producing qualities and because many people don't have

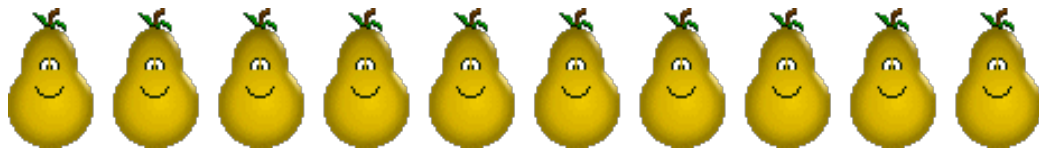
the ability to digest them. Sour dough bread is made from flour and is cooked. Most pickles are off limits because of the salt and vinegar used to process them; however some pickles can be made without vinegar. The fermented foods we use are:

Saltless sauerkraut, which we make ourselves in seven days,

Rejuvelac, and

Fermented seed and nut preparations made from sprouted seeds and nuts.

Sauerkraut is a traditional European food, which was mainly used during the winter months because it kept in the cellar for the entire season. It is always made uncooked. Canned or bottled sauerkraut available at markets is often pasteurized: therefore it is not recommended. At CHI we do not make it with salt, but instead grind and pound the kraut with a board or baseball bat to soften it and speed the fermentation process.



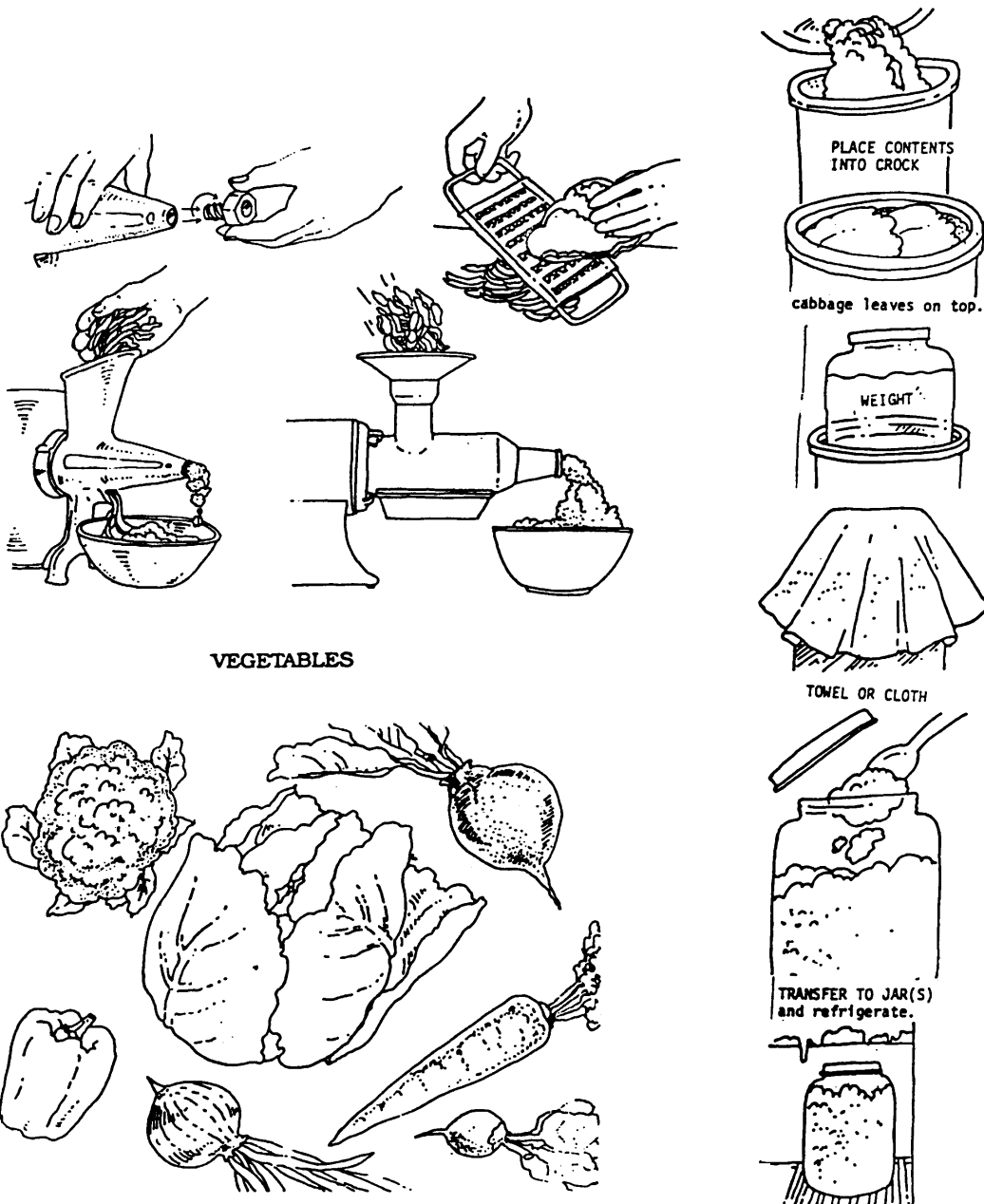
Making Kraut – What You Will Need

CROCK POT. PLATE, or something flat to fit inside crock pot.

CABBAGE – 2 heads, or amount needed, red or green).

OTHER VEGETABLES as desired for flavor and color: cauliflower, carrots, beets, dulse, kelp, etc.

Manual GRATER, SHREDDER or KNIFE.



One Gallon Veggie Sauerkraut

- 2 large heads of cabbage, red, white or mixed¹
- 1 beet (optional)
- 3 or 4 ground juniper berries (optional)
- 2 or 3 ounces dulse, arame, or seaweed of your preference, soaked and cut up (optional)
- 1 tsp. kelp (optional)
- 1 tsp. caraway seed ground

1. Grate cabbage and beet in a standard sized grater or food processor. Save 2 or 3 outer cabbage leaves to cover sauerkraut.

2. Place grated cabbage and beet in a sturdy bowl or pail. Don't fill for easier pounding.

3. With heavy object, baseball bat, 2x4, masher, etc., pound cabbage so the fibers break down and some juice flows out...enzymes are thus set free. Pound 10 to 15 minutes so that each shred is translucent. This can be accomplished faster by using a Champion juicer to grind the cabbage. The more you pound, the more of a smooth velvety taste the sauerkraut will acquire.

4. Mix in rest of ingredients.

5. Place in a gallon sized crock, then cover completely with outer cabbage leaves. Put a plate on top of the leaves and a weight, such as a brick, on top of the plate. Cover the crock with a towel and set it in an evenly heated (55 – 75 degrees), dark, quiet corner for 6 or 7 days.

If no crock is available substitute a wide-mouth, preferably dark, glass jar. Tamp cabbage down and place the outer leaves on top. Place a weight on

top and cover the jar with a plastic bag. Put a paper bag on top of that (sauerkraut ferments better in the dark).

6. After a week has passed, open the crock or jar. Discard the outer leaves and skim the residue from the top. Refrigerated, it will keep about a month.

Add sauerkraut to any salad preparation. It combines well with all vegetables and will help your body digest the meal. Blend or add into sauces and soups for texture and taste. Juiced, it is an unsurpassed enzyme builder.

The variations in making sauerkraut are endless. Experiment with your taste buds. Use different combinations of vegetables alone, carrots, beets, celery, turnips and artichokes. Try different spices, thyme, dill or basil. Additions for flavor could be onions, garlic or green peppers. Remember when making sauerkraut, do not use salt. Table salt is inorganic and often remains in the system. A better source of minerals may be found from sea vegetables, such as wakame, dulse, kelp and hijiki. Unlike table salt, which is 75% sodium chloride, sea vegetables are about 18 - 20% sodium chloride.



Veggiekraut is a predigested food. Starches have been broken down into simple sugars and proteins into amino acids. It is a blood cleanser and helps with regular bowel movements. It contains a lot of vitamin C and aids longevity through improving digestion.

Nut Mylks and Yogyrt

Nut Mylk (yields 6 cups of mylk)

- 2 cups soaked nuts or seeds (almonds, sesame, sunflower, pumpkin, pecan, etc.)
- 4 cups filtered water or coconut water
- 5 dates, or 2 tablespoons raw honey, or ½ cup raisins

Soak all nuts 10-12 hours and discard soaking water. Seeds can be soaked for only 6 hours. Sesame seeds do not need to be soaked.

Blend nuts and water in a Vita Mix.

Strain through a seed bag.

Save the pulp to make seed cheese, cake or to use as a base for a salad.

Put mylk back into the Vita Mix to blend in anything your little heart desires.

Variations:

- Add a small amount of avocado, or 2 bananas, to make the mylk very creamy.
- Add vanilla extract (only glycerin based)
- Add carob powder
- Add both vanilla extract and carob
- Chai – see recipe below

Chai:

After straining seeds to make nut mylk, blend the mylk with the following in a Vita Mix:

- ½ apple
- 1 tsp. Ginger juice or ½ tsp dried ginger
- 1 tsp. vanilla extract
- 1 tsp. carob
- ¼ tsp. Cardamom
- ½ tsp. Cinnamon
- pinch of allspice
- pinch of nutmeg

Yogyrt:

Leave the nut mylk you made on the counter for at least 10 hours. It will thicken up and ferment just like yogurt from cow's milk.

You can blend berries or carob into your mylk before you let it sit out if you want a flavored yogyrt.

Seed / Nut Cheese

- 1 cup of pulp from making mylk
- 1 stalk of celery
- ½ of a red or yellow bell pepper
- ½ of a medium tomato
- ¼ cup chopped parsley
- pinch of cayenne pepper
- 1 date, or a teaspoon of raisins

Blend all ingredients in a Vita Mixer until smooth. You may need to add a little Rejuvelac or water. Pour into a seed bag and let it hang over a bowl for 8-12 hours. The longer you leave it out, the stronger the cheese will be.

Alternative 1 (for a chunky cheese):

Chop the veggies in a food processor, and then mix them into the pulp by hand.

Alternative 2 (instead of using pulp from making mylk):

Blend 2 cups of a seed or nut with 2 cups of Rejuvelac, or filtered water. Add the rest of the ingredients. Blend and follow the procedures above.

The Value of Rejuvelac and Lightly Fermented Foods

Helps cleanse the intestinal tract.

Lactic acid destroys harmful intestinal bacteria.

Babies being breastfed within the first 48 hours of their life receive a sufficient amount of lactobacillus bifidus, a friendly bacteria culture in the intestine.

However, this culture can be destroyed by introducing unnatural, cooked and dead foods.

Develops a healthy strain of the friendly bacteria, such as lactobacillus, saccharomyces and aspergillus oryzae (all of which are found in Rejuvelac), strengthens resistance to foreign bacteria in the event of international travel.

Supplies nutritional elements such as protein, carbohydrates, dextrans, saccharins, phosphate and vitamins.

Enzymes are the catalysts of life. Dr. Ann Wigmore believed “life begins with catalysts and continues only through them”. These enzymes break down food substances to simpler forms. Our bodies can only use the nutrients in this fully broken down state. Cooking can destroy these enzymes.

Bad food combinations will slow down or stop their action, causing incomplete digestion and putrefaction in the colon. Eating live foods packed with enzymes will ensure a strong enzymatic capacity for efficient digestion and a youthful body.

Contains many enzymes: amylase (which breaks down glucose, starch and glycogens) and aspergillus (a common digestive aid).

The proteins and starches contained in Rejuvelac are predigested. They are broken down to their simplest forms - amino acids and simple sugars. This makes the nutrients immediately available for assimilation, even for those with weak digestive systems. Rejuvelac is instant energy—the “Gatorade” of the health conscious.

Contains the full complex of B vitamins which aid in the calming and rebuilding of nerves.

Helps with constipation problems.

Supplies valuable liquid to the body for flushing out toxins and for proper temperature balance.



How to Make Rejuvelac

CREATIVE HEALTH INSTITUTE'S METHOD

This method is good if there are temperature fluctuations. It makes a tarter, more flavorful Rejuvelac than the whole berry method. Also, because more of the seed is exposed to water, fermentation is more complete. This results in a Rejuvelac that is nutritionally superior to other methods.

Soak wheat seeds for 10-12 hours (soft variety preferable).
Drain. Let sprout for at least one full day (until you see a tail). Rinse twice a day.

Grind sprouted seeds in a blender.

Put one cup ground seed sprouts into a gallon jar and fill with water. Let stand at room temperature (68-72 degrees), stirring twice daily for 2 to 4 days. If the temperature of the room is higher, fermentation occurs more quickly. Rejuvelac may be ready in as little as 1 day.

WHOLE BERRY METHOD

Soak wheat seeds for 10-12 hours (soft variety preferable) in a gallon jar.

Drain. Let sprout for at least one full day (until you see a tail). Rinse twice a day.

Pour water over the sprouted wheat seeds in the jar. Use approximately 3 times the amount of water as there are wheat seeds.
Cover the jar with wire mesh or cheese cloth. Keep at room temperature for 48 hours.

You now have your first batch of Rejuvelac. Pour the liquid into another jar for drinking. Ideally drinks should be at room temperature, so have some Rejuvelac at room temperature in a pitcher or decanter and refrigerate the amount not needed.

Rejuvelac will keep for several days if refrigerated. Use Rejuvelac whenever blending because its vitamin E content acts as an antioxidant.

Use the leftover wheat seeds to make 2 more batches of Rejuvelac. Start at step 3 again, but soak for 24 hours each time instead of for 48 hours, then discard the wheat seeds.

HOW TO MAKE “PINK CHAMPAGNE” FROM REJUVELAC

Put some uncooked honey in a bowl (about 1/8 cup per quart of Rejuvelac).

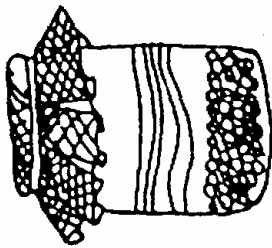
Pour some Rejuvelac onto the honey and mix thoroughly to dissolve the honey.

Pour the mixture into the jar of Rejuvelac and let stand at room temperature for 12 to 24 hours.

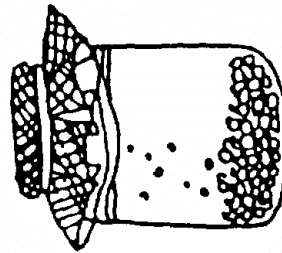
Add a small amount of beet juice to give it a pink color.



① **SOAK WHEAT SEED**
(soft variety preferable)
10-15 hrs.



COVER JAR
with wire mesh or cheese cloth,
keep at room temperature (as what
is in your living environment)
for 24 hrs.

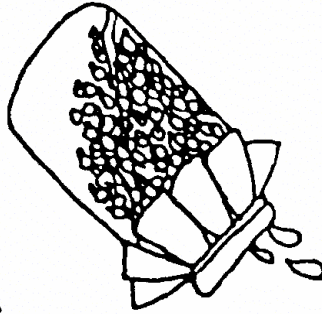


④

POUR OFF
liquid into another jar
for your day's supply.
Refrigerate amount not needed.
(rejuvelac will keep for several
days this way)

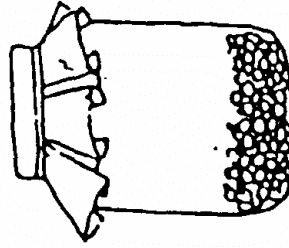
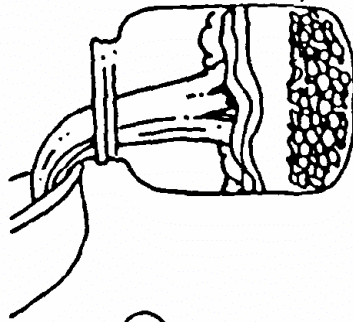
② **DRAIN**
(DO NOT RINSE)
and let sprout for
2 days.

②



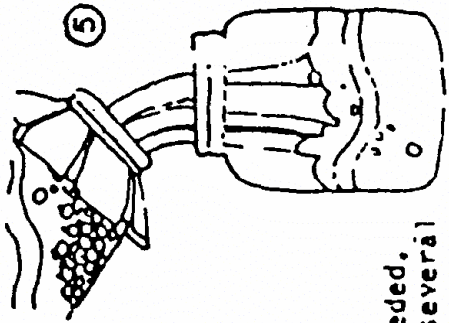
POUR WATER
over sprouted wheat seeds.
GENERAL RULE:
USE about 3 times the amount
of water as there is wheat seeds.

③



Then **USE** leftover
wheat seeds and **SOAK**
again 24 hrs: (start at step 3 again)
two more times to
make more rejuvelac and discard wheat seeds.

⑤



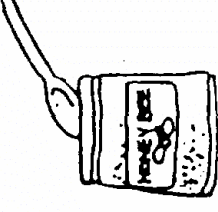
Remember that ideally, drinks should be taken at room temperature, so have some Rejuvelac always at hand at room temperature in a pitcher or decanter. Also, always use Rejuvelac when blending, because of its Vitamin E content, which is an anti-oxidant.

HOW TO MAKE "PINK CHAMPAGNE" FROM REJUVELAC

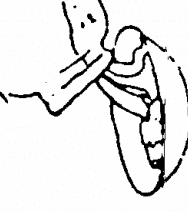
(a satisfying replacement for soft drinks and an enzyme-giving health drink.)

(Cover, but never airtight)

① Take some UNCOOKED honey (about 1/8 cup per quart of Rejuvelac)




② POUR some Rejuvelac onto honey




transfer to a small bowl

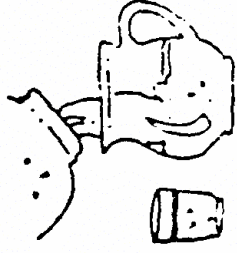
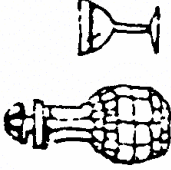
③ and MIX thoroughly to dissolve honey



④

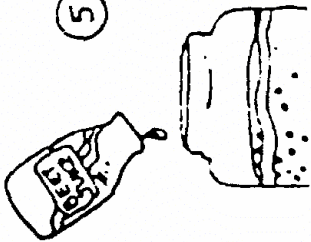


Then pour mixture into Rejuvelac and let stand for 12 to 24 hours at room temperature.

Add small amount of beet juice for coloring.

⑤



Modern science has figured out a use for the toxic nuclear reactors. Foods can be exposed to radiation and thus be preserved for longer shelf life while at the same time bacteria, fungus, molds and parasites can be controlled.

Consequently, rather than having to store deadly radiation in toxic waste sites, the radiation can be used on our food and spread out all over the country...

We are concerned with the question of what happens to the nutritional value of irradiated foods. The simple answer is that the nutrition renders the food sterile or dead.

Jack Tipton, ND, PhD, *The Pro Vita Plan*

Wheatgrass



Raw Living Foods®



Lesson 8 - Fun with Dehydrating

Why Dehydrate?

Nutritionally superior to dried foods in stores. Although the vitamin, mineral, enzyme and fiber content are lower than fresh produce, they remain high with proper drying.

No preservatives/chemicals are necessary.

Flavor and color are maintained.

Dried food keeps well.

Dried food uses less storage space.

Conserves energy.

It is a perfect survival food.

Dried food is convenient and tasty.

Dehydrating food is an economically sound practice.

- Takes advantage of bulk prices.

- Preserves oversupply of leftovers, produce, etc. (Use leftover energy soup as a base for crackers).

- Dry seasonal foods for off-season use.

The Basic Rules of Dehydrating

Choose fresh, high quality produce.

Produce should be carefully washed and prepared.

Remember to turn dehydrator no higher than 110 degrees.

Dry until food reaches desired consistency or doneness.

Store in a cool, dry, dark place.

Some dried foods can be reconstituted (raisins, figs, other dried fruits and some vegetables) by soaking 5-6 hours or overnight. The soak water from fruits can be used to add sweetness to foods you are preparing.

Use dehydrated foods or reconstituted foods as snacks, in main dishes, cereals, salads or sauces.

Fun with Dehydrating

Basic rules that ensure success:

Choose fresh, high quality produce.

Wash and prepare carefully.

Layer foods closely to conserve energy, however they should not touch.

Remember to turn on dehydrator (110 - 120 degrees, no higher).

Dry until food reaches desired consistency or doneness.

Store in a cool, dry, dark, airtight place.

Some dried foods can be reconstituted (i.e., raisins, figs, other dried fruits and some vegetables depending on use) by soaking 5-6 foods you are preparing. Soak water from fruits can be used to add sweetness to foods you are preparing.

Use dehydrated foods or reconstituted foods as snacks, in main dishes, cereals, soups, salads, or sauces.

Why dehydrate? Tell me again...

It is a first class way to store food!

Nutritionally superior: Vitamin, mineral, enzyme, fiber contents remain high with proper drying.

No preservatives/chemicals are necessary.

Flavor and color are maintained.

Dried food keeps well.

Dried food uses less storage space.

Conserves energy.

It is a perfect survival food.

Dried food is convenient and tasty.

Drying food is economically sound practice.

- Take advantage of bulk prices.
- Preserves over supply of leftovers, produce, etc.
- Dry seasonal foods for off-season use.

What can be dehydrated?

- Fresh produce such as fruits, vegetables, and herbs.
- Fresh flowers in season for decoration & potpourris.
- Leftover sauces & dressings, purees, soups, cereals.
- Fruit purees make excellent "fruit leathers".
- Sprouted seeds, nuts, and grains. Grind or blend to make crackers or cookies.
- Season your dehydrated foods with lemon juice, powdered dulse, kelp or nori flakes, cayenne, sesame seeds, or other fresh or dried herbs or spices.
- Use your imagination and create your own delicious crisps, crackers, cookies, and snacks.

Snacks & Treats

--- ZUCCHINI CHIPS:

Finely sliced zucchini.
Sprinkle with cayenne or curry.
GREAT WITH DIPS!

--- PLUM FRUIT LEATHER:

Puree soaked or prunes or prune plums in Champion or Vita mix.
Add cinnamon to taste (optional: raisins, lemon juice).
Pour onto plastic wrapped dehydrator sheets.
Spread evenly with spoon.
Dehydrate until leather consistency is reached (18-24 hours).
--- Roll up when done and store in airtight container.

--- TASTY ALMONDS

Sprout almonds one day.
Dehydrated until dry and store in airtight container.



Dehydration Recipe Basics

Food dehydration is a process of slowly heating foods at a low temperature so as not to destroy the nutrients. Food dehydrators come in a variety of sizes.

A very helpful way to eat while traveling is to keep dried foods on hand. Bananas are good dried -- just cut them into thin pieces and put in the dehydrator. They can be dried at the same time as the grain crisp. Another good snack is dried zucchini squash. The zucchini only needs to be sliced $\frac{1}{4}$ inch to $\frac{1}{2}$ inch thick. You may also make many different types of "candies and cookies". They can be kept in a plastic bag and served as fortification against the temptation to eat unhealthy foods while traveling.

Seasonings can also be dried: onions, parsley, scallions and any herb that has been grown in your garden. Any fresh vegetables lying unused in your refrigerator can be sliced and put into the dehydrator at the same time as your grain crisps. For reasons of economy, utilize all the space the dehydrator offers.



The most important thing to remember is not to set your dehydrator above 110 degrees. Temperatures above 110 degrees damage the enzymes. To conserve food you can dehydrate leftovers.



Raw Pizza Feast at
Creative Health Institute

Many spices are already being irradiated to control the little bugs that hatch out...

We need to oppose irradiation because it kills the life force in our foods, kills the enzymes and maybe even alters molecules into new chemicals. We all know that radiation affects cells resulting in mutations.

If new molecules are created or altered by the irradiation process, they will be extremely foreign to the body and present new problems for the immune system. Scientists opposing irradiation of foods are concerned that such new molecules may cause cancer.

They are also concerned about alteration of the food's inherent molecular structure making it unable to function as a food in the body...

Jack Tips, ND, PhD, *The Pro Vita Plan*

Raw Living Foods®



Lesson 9 - Planning a Raw Living Foods Menu

Raw Gourmet Basic Training

Raw Gourmet Food is raw food prepared to taste like cooked food! Transitioning from a cooked food diet with ease and grace is necessary, and I believe Raw Gourmet Food is an essential part of this process. Our palates and our emotions are attached to familiar flavors, spices, salt, and textures. Satisfying our selves fully and completely is essential on our journey on raw foods.

This class is designed to teach you the basic mechanics of blending and balancing flavors to create decadent and divine creations. Learning to un-cook is fun, quick, and easy. I have created a basic methodology to follow in the creation of your soups, pates, crackers, and dressings. Discover your talent by experimenting and involve you partner, friends, and entire family.

The Five Tastes

Sweet / Pungent (Onion)

Sour

Salty

Spicy

Bitter

To make a raw dish that is delicious and satisfying it is necessary to have all five of these flavors in your recipe. The ratios will change with the type of dish you are creating. The key to creating great Raw Recipes is learning to balance the five flavors. With time and practice creating Raw Gourmet food will be second nature to you.

***Excess sour is balanced by sweet.
Overly bitter is balanced sour.
Fats tone down spices, and mellow too much sweetness.
Salt brings out flavors.***

A breakdown of the five tastes

Sweet: banana, dates, mangos, apples, raw honey, stevia ext.

Sour: lemon juice, limejuice, raw apple cider vinegar, grapefruit juice.

Salty: Celtic sea salt, Nama shoyu, kelp, dulse, miso, celery.

Spicy: hot pepper, garlic, cayenne pepper.

Bitter: kale, lettuce, culinary herbs.

Specific Culinary Herbs &Spices

Italian Spices: basil, parsley, oregano, rosemary, thyme, garlic.

Mexican Spices: cumin, coriander, cilantro, chili powder, hot peppers, garlic, and lime.

Indian Spices: cumin, coriander, cinnamon, nutmeg, curry, tumeric, garam, masala, ginger, cloves.

Thai: cilantro, lemon grass, cumin, curry, ginger, coconut.

Chinese: licorice, ginger, soy sauce, miso, vinegar, garlic, fennel, cinnamon, cloves, honey.

The necessity of fats

Fats are essential in our diets and fats are also essential in your raw food creations. Whenever you add fat to a dish it tones down each comprising flavor, binds them together, and carries the flavors throughout a recipe.

Types of fats

Avocado - “soul food.” Avocados are one of the most amazing fruits, and are essential in a raw food based diet. They are a great transitioning food because of their satisfying nature. Avocados are rich in protein and fat. They are also loaded with nutrients and minerals: A, B complex, C, E, H, K, folic acid, magnesium, copper, iron, calcium, potassium, and many other trace elements. Avocados provide all of the essential amino acids, with 18 amino acids in all, plus 7 fatty acids. Avocados are an alkalinizing fruit that contain 70% water, 63% monounsaturated fat, 20% polyunsaturated fat, 17% saturated fat, and no cholesterol.

Young Coconuts and Coconut Butter

Coconuts are made up of 100% saturated fat and no cholesterol. Saturated fat from a fruit is a necessity in our diet. The saturated fat molecules in a coconut are called Medium Chained Fatty Acids. Unlike the saturated fat found in meat and dairy, the fat in coconut can easily be broken down in the body (coconut fat has 8-12 carbon atoms, while meat fat contains 14-24 carbon atoms). Coconuts contain some of the most powerful anti-fungal, anti-viral, and anti-microbial acids in the environment.

Olives and Olive Oil (Transitional)

The Almighty Olive! The olive has been a fruit of reverence for more than five thousand years. Olive Oil is an alkaline fat source that is high in protein – similar protein to fat ratio as red meat. Olive oil is one of the highest natural sources of vitamin E and is high in polyphenols – water soluble antioxidants. When buying olive oil only buy first cold pressed extra virgin olive oil in dark bottles.

Olive oil is very unstable and is negatively affected by light and heat – it becomes rancid and acts like trans fatty acids in the body.

Planning a Raw Living Foods Menu

Purpose

To attain and maintain a balance of health (chemical, mental, emotional) that includes happiness, harmony, and joyful productivity.

Goals

To understand the **spirit** of “living” food maintain a **balance** (physical, mental, emotional, and spiritual) in the “lifestyle”:

Spirit = Life, essence, nature, vitality, consciousness, soul, esprit.

“Living” Food = Food that is still alive when ingested (sprouts, fermented food, raw fresh from the garden produce).

Bio-genic = life-generating food.

Balance = Self-control, self-possession, equilibrium, poise, stabilize, compare, equalize, compensate.

“Lifestyle” = Life = Animation (vitality, activity, energy, spirit, effervescence,), existence, (mortality, Being).

= Style = Type, form, character, method, technique, way, manner, system, approach, mode (modus operandi)

Biblical References to “herbs” for man’s food (or “meat”)

Genesis 1:12 *“And the earth brought forth grass, [and] herb yielding seed after his kind, and the tree yielding fruit, whose seed [was] in itself, after his kind: and God saw that [it was] good.”*

Genesis 1:29 *“And God said, Behold, I have given you every herb bearing seed, which [is] upon the face of all the earth, and every tree, in the which [is] the fruit of a tree yielding seed; to you it shall be for meat.”*

Genesis 1:30 *“And to every beast of the earth, and to every fowl of the air, and to everything that creepeth upon the earth, wherein [there is] life, [I have given] every green herb for meat: and it was so.”*

Genesis 3:18 *“Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field;”*

Genesis 9:3 *“Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things.”*

Psalms 37:2 *“For they shall soon be cut down like the grass, and wither as the green herb.”*

Psalms 104:14 *“He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth;”*

Basic Guidelines of the Lifestyle

I. Moderation in ALL things. Over-eating or over-doing of *anything* is counter to good health and *balance*.

II. Preparing, Ingesting, Digesting, Assimilating, and Eliminating food take up 25% of our daily energy. For more energy, use easy-to-digest NUTRITION (“...because it is GOOD for you.”), rather than eating for taste (...because I like it!”)

III. Eat WHOLE foods (live, raw, fermented, or lightly - still enzymes active - cooked).

IV. “JUICE your food and CHEW your juice.” “CHEW each mouthful 40 times.”

V. Living, Raw, and Fermented food:

* Sprouted Beans, Legumes & Seeds, Organically Grown Garden Fresh Fruit & Vegetables, & Fermented

* Nuts, Grains, & Garden Vegetables.

* 20% lightly cooked (preferably steamed) food:

* Sprouted Beans, Legumes & Seeds, Organically Grown Garden Fresh Fruits & Vegetables, & Fermented

* Nuts, Grains, & Garden Vegetables.

VI. Good hygiene: physically, mentally, emotionally.

* “What goes in must come out”, - physically, mentally, and emotionally.

* “Garbage in - garbage out”, - physically, mentally, and emotionally.

* “You are what you eat, think and feel each moment of each day.” - physically, mentally, and emotionally.

* “You are a spirit that lives in a body, and have a soul that is perfectible.” (K. Copeland)

- Let your spirit take dominion over your body, mind, and emotions in the name of God Almighty and great things will happen.

FOOD

Organically Grown Local Garden Produce

I. **LIVING** (Bio-Genic: Life Giving, Life Producing, Rich in Life Force) **FOOD:**

Sprouts:

Water Grown: Assorted carbohydrate and protein sprouts and chlorophyll rich sprouts

Earth Grown: Buckwheat, Lettuce, Sunflower Greens, and Wheatgrass

Lightly Fermented Foods:

Rejuvelac (Grain – Carbohydrate)

Seed Cheese (Nuts & Seeds – Protein)

Sauerkraut (Cabbage – Vegetable)

Vegekraut (Assorted Vegetables – Vegetable)

Blended Foods:

“And All Things Become a New Thing...” Note: blended food is not the same substance that makes up the individual ingredients that go into it. It is a new substance on its own.

Energy Soup: A whole meal... if you do it right!

Five Major Components: Liquid, Minerals, Base, Chlorophyll, Smoother/Protein.

Minor Components: Color, Flavor, Texture (crudities & crunchies)

“Soups,” “Sauces,” and “Dressings”: So, what’s the difference?

Flavor – Strong to mild.

Coarseness – Chunky to smooth.

Color – a matter of personal taste (visually, of course).

Appearance – Seeing food (literally or mentally) is the first step in the digestive process.

Consistency – Will it stick to leafy greens? Or, serve with “crunchies” and eat with a spoon?

Sweet Goodies or “Smoothies”

Major Components: Liquid, Fruit Base, Carbohydrate or Protein.

Minor Components: Minerals, Color, Flavor, Texture (crudities & crunchies).

Dehydrate leftovers for tasty treats, especially for kids.

II. RAW (Bio-Static: life sustaining, life supporting) FOOD:**Produce:**

Fresh and locally grown (in your area) is better than imported produce.

Your own organically grown garden fresh produce is the best choice over buying locally grown.

Personally or co-operatively grown (indoors or outdoors) sprouts and greens is optimal, especially in the winter months when fresh produce is very likely imported from far away places, shipped green to last the transport and the storage, and then “gassed” to ripen it up.

III. ORGANICALLY OR NATURALLY GROWN DRIED GOODS (stored food for sprouting, grinding and blending, and occasionally, gently heating):**Beans and legumes (Carbohydrates & some Protein)**

Chickpea	Green Lentils	Barley*
Adzuki	Yellow Peas	Red Lentils*
Mung	Green Peas	

Grains (Carbohydrate)

Rye	Flax	Spelt*
Soft Wheat	Kamut*	Brown Rice*
Steel-cut Oats	Amaranth*	Quinoa*

Vegetable seeds (Chlorophyll)

Alfalfa
 Radish
 Cabbage
 Red Clover
 Garlic*
 Onion*

Food Consciousness

“Cheap” vs. “Inexpensive”: It really is an *attitude*.

Cheap = Inferior, shoddy, shabby, flimsy, poor, tacky, ordinary.

Inexpensive = Economical, affordable, reasonable, fair, moderate.

“Inexpensive” Foods:

95% of our food intake should come from these groups:

Home grown greens, sprouts, and garden vegetables

Nuts, Seeds and Grains: Sesame, Sunflower Seeds, Lentils, Wheat, Rolled Oats

Dried Fruits: Raisins, Dates, Prunes

Dehydrated Foods: cookies, crackers, breads, snacks, and condiments made from *leftovers* at home

“Expensive” Foods:

Nuts, Seeds, & Grains: Almond, Cashews, Pecans, Walnuts, Pumpkin Seed, Wild Rice

Dried Fruits: Figs, Apricots, Bananas - no preservatives

Sea Vegetables: Arame, Wakame Flakes, Dulse, Nori Sheets

Good storage and good stock rotation *prevents* spoilage, infestation and contamination of goods.

Poor storage and poor stock rotation *allows* spoilage, infestation, and contamination of goods.

“Splurging” on an expensive meal once in a while is fine, but *any rich food* will eventually cause an imbalance if eaten too often.

Moderation and variety are the keys.

Food “Conservation”

Food Conservation is an attitude.

“Conservation” = Preservation, husbandry, saving, economy, maintenance, frugality, thrift.

40% nutrients and 80-90% enzyme activity is lost in most preservation processes.

When to

- (a.) buy in bulk for storing, and when to
- (b.) buy for immediate use.

Consider:

Storage room (space) - large area use (a.); small area use (b.).

Quality of equipment & containers - if good use (a.); if poor use (b.)

Temperature control - if below 50 degrees use (a.); if above 50 degrees use more (b.) proportionately

Preventive pest control: Rotate stock regularly.

Freeze any stored food 48 hours to kill any weevils or moth larva or eggs. Thaw at room temperature with bag open to allow any condensation to evaporate.

Use snap traps for mice and other rodents. These are humane if set and tended correctly. Poisons are generally a slow death and can pose problem of contaminating your food supply. Ignoring rodent problems can lead to food contamination and infection of several rodent-spread diseases.



Food “Extending”: Getting the most out of your dollar

In summer use those extra big summer squash as the bulk in a stew or soup.

Use “extra large” cucumbers in soups, sauces, and dressings.

Thicken and add nutrients to sauces and smoothies with soaked nuts, oatmeal, or ground seeds.

Add nutrient packed “extras” to all possible dishes:

Ground sesame for calcium; and ground flax for omega 3 oils

Dehydrated and ground organic chlorophyll rich greens - celery leaves, beet tops, carrot tops, lambsquarter, dandelion, red clover, alfalfa, comfrey, parsley, etc. for minerals and chlorophyll.

Wheat germ and rice bran for vitamin E and a range of Vitamin B's..

Add mixed whole grains (rolled oats, brown rice, wild rice, barley, soaked wheat or rye berries) and legumes (red or green lentils, split or whole peas, chickpeas) and beans

(adzuki, mung, pinto, kidney, white northern) to stews and thick winter soups for minerals and protein.

Powdered sea vegetables add minerals to everybody's diet. Watch the cost though. Salt addicts can end up spending a lot of hard earned money by switching their addiction to sea veggies for the salty flavor.

Healing herbs: garlic, cayenne, parsley, mint.

Add dehydrated vegetables to soups and stews for added nutrition from last summer's garden.

Flavor: Appearance, Taste and Aroma

Appearance: The sight of food is generally the first step in the digestive process. Food must be appealing to the eyes to trigger and produce the right digestive enzymes. If the food is not appealing to the eye, the mind says “yuck” and digestion is automatically off to a bad start.

Taste: The taste buds sense these and variations of these flavors:

Salty
Sour
Bitter Sweet
Hot Spicy

Aroma: The olfactory senses these and variations (up to 30,000) of these flavors:

Salty
Sour
Bitter Sweet
Hot Spicy

Working with flavors: sight, taste, and smell. (*Really!*)

What colors of food are you used to? How can you “dress up” a rather dull of bland color food? Use *colors*, leaf and flower *shapes* and *textures*, and veggie *forms* to liven up something that may look like “yuck”.

Determine the flavors you like and dislike:

Salty: Low Sodium Soy Sauce, Dr. Bronner’s, Dehydrated Organic Celery Leaves, earth salt, sea salt, sea vegetable powders, miso....

Bitter: Most Carbohydrate Sprouts are a little on the bitter side, some herbs and spices....

Sour: Lemon Juice, Sour Grass (Oxalis), Apple Cider Vinegar*

Sweet: Banana, dried fruit soak water, fruit juices, raw unheated and unfiltered honey, amasake, sorghum molasses.....

Hot: Onion, garlic, cayenne, or other hot peppers, curry blends, horseradish, peppergrass, radish, some other herbs and spices....

Spicy: Pungent, aromatic....

What smells are your favorites? Pumpkin pie, fresh lemon juice, garlic, aromatic herbs...?

Using Herbs and Spices:

Find and use a good herb and spice chart that gives healing benefits as well as the culinary uses of herbs and spices.

Herbs: Fresh: Use home grown herbaceous annuals and perennials to taste in food preparations. Learn to work with flavors by using a good culinary chart. Note that some culinary herbs also have medicinal properties and should be *used with caution*, especially when dealing with a degenerative or terminal illness.

GROW YOUR OWN whenever possible!

Dried: Use more sparingly (@1/4 - 1/2 of the amount of fresh herb). Rule of thumb is that as the herb dries its properties become more concentrated. GROW YOUR OWN whenever possible!

Spices: Spices tend to be stronger in flavor than herbs, and part of plants used tend to be seeds, barks, flower parts, and roots.

- Grind fresh when possible.

Dr. Ann's Teachings

Dr. Ann Wigmore *usually disagreed* with the use of culinary herbs (with a few exceptions) and spices.

For many people this field is incomprehensible because it is so large. Some herbs are strong in flavor and many wild edibles resemble poisonous plants that the amateur forager many unwittingly use. Proper identification is most important and practicing with professional guidance is recommended.

Herbs, medicinal and culinary, and spices, including garlic and onions, “kick” the body into doing things it’s supposed to (*forcing* the issues, in some cases), instead of “easing” the body through it’s healing (in other words, too harsh and sudden). It is not recommended that those dealing with degenerative or terminally diagnosed diseases use herbs and spices until after at least the first three months, or better yet, after one year on the living foods program.

See the Preface of this Handbook for more information.

Stock Rotation - For Good Reasons:

Plan to use organic and/or natural foods within one month of date purchased.

Foods that are purchased in bulk or in large quantity should be frozen for 48 hours to kill any meal moth eggs and/or larva.

After 48 hours take dry goods out and allow to thaw at room temperature with the bag open to allow any condensation to evaporate. (Make sure you don’t have mom & dad flying around to re-infest your food.)

Pest Control:

- Mice & Rats
- Meal Moth
- Weevil

Storage:

- Freezing
- Refrigerating
- Sealed Cans
- Sealed Jars
- Plastic Containers

Food Conservation: “Waste” vs. “Conserve” is 98% *attitude*.

Most methods of preserving food suffer a 40% *nutrient loss*

Types of preserving

- Refrigerating
- Fermenting
- Freezing
- Dehydrating

Preserving Organic Vegetables and Fruits

For Condiment (& added nutrition): Grind to powder & sprinkle over food.

For Reconstituting: In Soups and Stews.

For Snacks: Like Zucchini chips or Cajon Marinated Dried Almonds.

Use Leftovers: Crackers, Veggie chips, or “To Be Ground” for nutritional condiment.



The Five Minute Raw Gourmet

The world is beginning to come to terms with the fact that a raw living foods lifestyle is necessary for survival. Any person who is an observer and questions can see that what we put in our bodies greatly affects our mental, physical and spiritual states.

Never before in history have we seen such a surge in mental illness. Depression, Attention Deficit/Hyperactivity Disorder, and addictions, are rampant in our society and they are directly affected by the poor quality of food put in our bodies.

The physical shape of our country is horrendous. Never have people been so overweight and lethargic, and the problem directly stems from diet. As a nation we are overfed and under nourished. We over eat because we are mineral deficient. Our bodies need minerals to function, and a diet high in cooked food does not supply our bodies with usable organic minerals. Not to mention conventionally grown food in the super market is extremely mineral deficient, because our soils have been stripped by present day farming methods. Minerals such as potassium, calcium, phosphorus, zinc, copper, and iron are necessary for our bodies to function properly.

Spiritually as a people we have lost all meaningful connection with the Earth and her beauty. Since we have lost connection with her then how can we construct a firm connection with God? The lost connection that we are experiencing is also in direct affect to our current diet. We are so silted up on the inside and so clogged up with mucus that our connection with the subtle energies and messages around us has been cut off.

People are realizing the lack of satisfaction a materialistic life leads, but are unable to move forward because their GUT instinct has been inactivated by their lifestyle choices – predominated by poor food choices. Raw and living foods help to clean ourselves out and reactivate our instinct so that we can reconnect with the Earth, the Divine, and the Truth.

Our goal is to make the Raw and Living food lifestyle quick and easy for all who are driven to change their lives to a more happy, healthy, and fulfilling existence. There are no secrets to creating the most delicious raw food on the planet. All you need to have is confidence, desire, will, and a few helpful hints.

Biologically our taste buds can taste five distinct flavors, and when those flavors are combined into recipes they create gourmet raw food. When you bring the five flavors together in a recipe they create a perfume of flavor that is more enjoyable than any cooked food created.

The Five Flavors are: **Sweet, Sour, Salty, Spicy,** and **Bitter.** These flavors mixed together in different ratios for different recipes create food that will help you transition from cooked food lifestyle. Now, there are other elements involved in creating delicious raw food. Probably the most significant element is fat.

Fats are flavor carriers. They mellow down each element in a recipe, bind them together, and it supports the perfume that I talked about before. The importance of fat in recipes cannot be underestimated, but one has to be careful what fats they choose. Fat from avocados, extra virgin olive oil (in dark green bottles), hemp seed oil, olives, nuts and seeds, are only sources you should be using.



Obtaining Equipment and Supplies

Although the initial investment in setting up a living foods kitchen may seem large in time and effort, in the long run a well-thought-out living foods kitchen will actually run much more smoothly and cheaply than the “normal” kitchen.

The essential equipment includes a blender (the cheaper models can do nicely), a cutting board and knives, a refrigerator, lots of air-tight plastic containers for string things, wide mouth jars of various sizes, a tray for greening alfalfa sprouts, nylon screening, rubber bands, a dish rack and basin to put it in, or some other provision for storing jars of sprouts in a draining position, and some nylon mesh bags for making seed cheese.

Assuming the kitchen is set up for one person, it is probably a good idea to have 2 to 4 gallon-sized jars, 6 half gallon-sized jars, and a half dozen quart-sized jars. The gallon jars are for alfalfa, the half-gallon jars are for wheat sprouts and Rejuvelac, and the quart size jars are for sunflower seed sprouts, almonds, and soaking seaweed and dried fruits. Make sure these are all wide mouth; otherwise the sprouts will be impossible to remove.

To find such jars cheaply, find a store specializing in bottles and jars in the yellow pages. Other good places to look are honey supply companies. For nylon screening, simply buy this at hardware or home improvement stores, and cut into appropriately sized pieces at home.

For a tray to green alfalfa, use a foil oven baking pan. These are large and cheap. For draining sprouts, try to find an oversized dish draining rack, or get two normal-sized ones. You will need something to catch the drainage, and a plastic basin large enough to fit the dish rack in works well. For a nylon mesh bag, try to find nylon sprouting bags at your health food store and nylon fishing line (normal thread will rot).

If the living foods nutritional program is to be carried out permanently, it is most practical to buy grains, seeds and nuts in bulk quantities. Inquire about this from your health food store. Alternatively, there are many mail order companies that will ship out orders to your home. This will save a lot of money, and provides a means to get organic grains, seeds, etc., when these are not locally available.

If you do this, you will need to get some large plastic bins with airtight lids to store your bulk foods. This is mainly to keep out moths and other insects. These can often be purchased from a store that sells bulk foods. Wal-Mart also usually has such bins in stock.

If there are any foods you cannot find (dulse, etc.), ask your health food store if they can order it for you in bulk. They usually have many catalogs listing supplies. If they say they can get it, be sure to ask for a discounted price, since you are ordering in bulk and they're buying it wholesale.

As for produce, try to find out if your area has any farmer's markets or organic farms. The produce there is much cheaper, and generally of a much higher quality than the produce available in stores, which has often been trucked from distribution center to warehouse to store.



Fasting and Building

- A Two-Week Menu -
(Creative Health Institute Program)

Week One

Monday:

Breakfast: Watermelon juice and mild green energy soup, or apple juice in the fall

Noon: Green drink (optional) (fresh fruit & veggie drink – see Lesson 6)

Lunch: Mild green energy soup

Dinner: Mild green energy soup

Tuesday:

Breakfast: Watermelon juice and mild green energy soup, or apple juice in the fall

Noon: Green drink (optional)

Lunch: Mild green energy soup

Dinner: Mild green energy soup

Wednesday:

Breakfast: Watermelon juice and mild green energy soup, or apple juice in the fall

Noon: Green drink (optional)

Lunch: Mild green energy soup

Dinner: Mild green energy soup

Thursday:

Breakfast: Applesauce, apple pear sauce, or apple peach sauce

Noon: Green drink (optional)

Lunch: Sprout, lettuce, and wild edibles salad, with avocado dressing. Green energy soup with more greens and avocado.

Friday:

Breakfast: Watermelon, melon, or apple, pear, peach, berry smoothie

Noon: Green drink (optional)

Lunch: Sprout, lettuce, and wild edibles salad, with avocado dressing (tomatoes, cucumbers may now be used). Green energy soup with wild edibles and avocado.

Dinner: Sprout, lettuce, and wild edibles salad, with avocado dressing (tomatoes, cucumbers may now be used). Green energy soup with wild edibles and avocado.

Saturday:

Breakfast: Rye groat, or Oat groat meal with banana or apple.

Noon: Green drink (optional)

Lunch: Nori rolls, and green energy soup.

Dinner: Green energy soup with Sprout loaf (lentil, garbanzo, or pea) and sauce

Week Two

Sunday:

Breakfast: Smoothie, Watermelon, melon, or citrus

Noon: Green drink (optional)

2:30: Buffet (seed cheese)

Monday:

Breakfast: Watermelon juice, or mild green energy soup

Noon: Green drink (optional)

Lunch: Mild green energy soup (no fat)

Dinner: Mild green energy soup (no fat)

Tuesday:

Breakfast: Melon, rye meal, oat meal, fruit smoothie, or citrus

Noon: Green drink (optional)

Lunch: Green salad with tomatoes, cucumber, pepper, and onions (oil based dressing), tasty green energy soup. Crackers!

Dinner: Green salad, tasty soup, crackers, and seed cheese.

Wednesday:

Breakfast: Fruit smoothie, melon, or cut fruit

Noon: Green drink (optional)

Lunch: Green salad, alligator eggs

Dinner: Green salad, tasty green energy soup

Thursday:

Breakfast: Smoothie, melon, or fruit

Noon: Green drink (optional)

Lunch: Ice cream social

Dinner: Green salad, tasty green energy soup, and seed cheese.

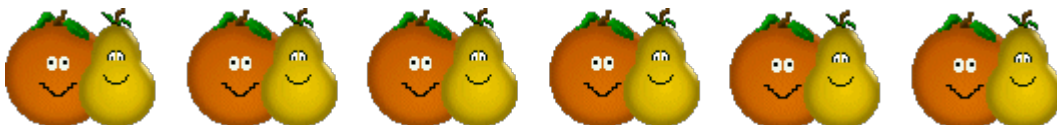
Friday:

Breakfast: Smoothie, melon, or fruit

Noon: Green drink (optional)

Lunch: Tasty green energy soup

Dinner: Graduation Banquet



The Raw Foods Kitchen

Be prepared! When making your transition to a more vital life it is necessary for you to obtain all the necessary equipment to prepare your food. There are four necessary pieces of machinery: A good blender is necessary to prepare nut mylks, smoothies, and blended soup. A food processor is needed to make desserts, treats, and chop vegetables. A juicer is needed to juice your wheat grass and to make vegetables juices on occasion. A dehydrator is essential to make krackers, burgers, and Essene breads. Having the essential equipment is one of the keys to success on the raw food lifestyle.

Tools

A good blender or Vita-Mixer
 Food processor
 Saladacco
 Excalibur dehydrator
 Juicer
 Lemon juicer
 Serated knife
 Sharp French knife
 Vegetable peeler
 Sprout bags
 Sprouting jars
 Large cutting board
 Rubber spatula
 Mixing bowl

Staple Nuts & Seeds

Almonds
 Pumpkin
 Sesame
 Sunflower
 Brazil
 Cashew

Staple Fruit

Apples
 Bananas
 Pears
 Avocados
 Cucumbers
 Lemons

Condiments

Celtic Sea Salt
 Miso
 Nama Shoyu
 Dulse
 Cayenne
 Raw apple cider vinegar

Staple Veggies

Carrots
 Celery
 Romaine
 Kale
 Onion
 Garlic
 Baby Greens
 Spinach

The Basics of a Great Salad Dressing

Fat: avocado, extra virgin olive oil, raw Tahini, coconut butter, nuts and seeds.

Acid (sour): lemon juice, raw apple cider vinegar, grapefruit juice.

Sweet: honey, date, mango, apples.

Spicy: garlic, ginger, cayenne, and hot peppers.

Salty: Celtic sea salt, celery, nama shoyu, dulse, kelp, miso.

The basic mechanics of constructing great food is very simple. Start your dressing with a fat and an acid (sour). If you desire a creamy dressing add more fat (avocado, olive oil, nut butters, coconut oil). If you desire a more sour dressing add more acid (lemon juice, raw apple cider vinegar). The key is to start off slow and build. Remember, you can always add more of an ingredient but you cannot take it away.

I tend to always start off with the fat and the acid (sour) first - usually more fat than acid. A 2-1 ratio fat – acid is a good starting point. Once you have combined these two ingredients in your blender taste them to see if you like the balance. If your dressing is too sour add more fat, and if it is too oily add more sour.

Now that you have your fat and acid blended you can add a non-sweet fruit for body. Examples of non-sweet fruits are; bell peppers, cucumber, tomatoes, and zucchini. Once you have achieved the consistency you desire add the rest of the five flavors (sweet, sour, salt, bitter, and spicy). The key to learning is to taste constantly and experiment with your balancing techniques. Add one ingredient at a time and then taste after it is blended.

Tips:

Use raw garlic sparingly. You can always add more, but never take away.

Easy on the cayenne!

Add spices a little at a time and taste continuously.

Sour flavors cut bitter.

The more raw fat you add the creamier your dressing will be.

Sweet cuts sour.

Fats cut spice and tone down bitter.

How to make a great salad: Diversity, Diversity, Diversity!!!!!!!!!!!!!!!!!!!!!!

Salads are beautiful and satisfying. Have fun with the different combinations. Nuts, seeds, and avocados make salads very fulfilling, and they tone down the spicy sulfurous action of mustard greens, onions, and garlic. Another great addition to salads is dried fruit - used sparingly.

Greens:

- Romaine Lettuce
- Green Leaf Lettuce
- Red Leaf
- Frisse
- Radicchio
- Arugula
- Dandelion Greens
- Chicory
- Kale

Fruit:

- Tomato
- Pepper
- Cucumber
- Avocado
- Olives

Vegetables:

- Broccoli
- Cauliflower
- Cabbage
- Onions
- Masculine Mix

Dried Fruit:

- Raisin
- Apricot
- Fig

Seeds:

- Pumpkin
- Sunflower
- Sesame
- Hemp



Soups and Green Drinks

The key to making great energy soups is following the five flavors (sweet, sour, salty, spicy, and bitter). If you continue to use this formula, in time, and with a little bit of practice you will make great soups. I often say that the best soups are made from salads, and people often reply: What does that mean? Well, if you can make a great green salad and salad dressing you can make a great soup just by combining the two.

You start by taking your favorite salad filled with greens, tomatoes, cucumbers, peppers, celery, avocado, or what ever else your heart desires. The next step is to take that salad and dump it into a Vita Mixer with a little water or rejuvelac and blend. Your final step is to take that wonderful dressing that you made and add it to your blender. Add the dressing a little at a time and continue tasting until you get the flavor you want. Your first one may not turn out the way you want it but do not get discouraged. Try again and continue to taste as you create your soup. The key is to move slow and taste. Final additions to your soups, which may make them more satisfying, are chopped onions, nuts and seeds, chopped avocado, dulse, sea salt, or an assortment of chopped veggies.

The formula to making soups is slightly different than making a dressing, but is still within the framework of construction. Instead of having a fat and acid as the primary flavors a fat and a base will be the foundation of your soup. Bases can range from an Avocado base to cucumber base. You have to decide where you want to go with your soup. Remember the more fat that you put into the soup the creamier it will become. You can make fruit based soups (both sweet and non-sweet), green based soups, or fat based soups. Remember to move slow, taste continuously, be patient, be creative, experiment, and have fun.

Some of the soups recipes purposely have sea salt and or dulse omitted, because I feel you are able to gauge how salty or saltless you want it. Also, feel free to leave out any ingredient you don't like, and add ingredients that you enjoy. The sky is the limit!

Fat:

Avocado
Nut mylk or yogurt
Olive oil
Hemp oil
Flax oil

Bases:

Cucumber
Tomatoes
Zucchini
Squash
Sweet potatoes



Nut Mylks

(Yields 4 cups of mylk)

Nut mylks are a wonderful way to receive the power packed nutrients from nuts and seeds. When you drink your nuts, or eat them in a creamy cheese form it takes a lot of stress of your digestive system.

Nuts and seeds are sources of concentrated fats and proteins that are hard for our bodies to digest. That makes it essential for us to thoroughly chew them when eaten whole, but we can save our bodies a lot of added stress by making nut mylks and cheeses.

Fermenting your mylks to make yogyrt and kefir provides you with predigested nutrients in a liquid form, pro-biotics, and B complex vitamins. Fermenting cheeses breaks down the dense fibers in nuts and seeds, making them even more digestible. Mylks and yogurts make great bases for smoothies, soups, and salad dressings. Also, the tangy whey (liquid captured in the bowl underneath your fermenting seed cheese) from your fermented cheeses is great in soups and salad dressings.

Ingredients

1 cup soaked nuts or seeds (almonds, sesame, sunflower, pumpkin, macadamia, Brazil)
3 cups filtered water or coconut water
5 dates or 2 Tbs. Raw honey
Pinch of Salt

The less water you use the creamier your mylk will be.



Varieties

Add vanilla ext. (only glycerin based)
Add raw carob powder
Add both

Procedure

Soak all nuts 10-12 hours. Seeds can be soaked for only 6 hours.

Blend nuts and water in a Vita Mix on high for 30 seconds.

Strain mylk through a sprout bag. Pull the rope tight and tie a loose knot in bag.

Mylk it!

Save the pulp.

Put strained mylk back into the Vita Mix and add the dates or honey and blend

(Optional: If you add a small amount of avocado it will make the mylk very creamy)



Seed / Nut Cheese and Yogurt

Nut Cheese

Yields 2 cups of Cheese

- 1 cup of pulp from mylk
- 1 stalk of celery
- ½ of a red or yellow bell pepper
- ½ of a medium tomato
- ¼ cup chopped parsley
- ½ of a medium red onion
- Juice of ½ a lemon
- Pinch of cayenne pepper
- Two pinches of salt
- 1 date or tsp of honey

Blend all ingredients in a Vita Mixer until smooth. You may need to add a little Rejuvelac or water. Pour into a seed bag and let it hang over a bowl for 8-12 hours. The longer you leave it out the stronger the cheese will be.

Alternative 1

Blend 2 cups of a seed or nut with 2 cups of filtered water. Add the above ingredients except the pulp from the mylk. Blend and follow the procedures above.

Alternative 2

Chop the veggies in a food processor separately and then mix them into the pulp by hand for a chunky cheese. This cheese can be either fermented or eaten as is.

Yogyrt

If you are planning on making a yogyrt, make a thick mylk with a 2-1 ratio – water to seed.

Leave the nut mylk you made on your counter covered with a towel in a bowl for at least 10 hours, and it will thicken up and ferment just like cow yogurt.



You can blend berries, carob, vanilla, lemon, or banana into your mylk before you let it sit out if you want a flavored yogyrt.

The yogyrt will separate in to curd and whey. For yogyrt spoon the separated curd out of the bowl and whip with a whisk. If you want a kefir simply blend the curd and whey together and enjoy a thick and delicious beverage.

Remember to take into account temperature variations when making cheeses and yogyrts. The colder the room temperature is the longer it will take to ferment. In winter give your fermented foods more time, and in the summer less time.



Sea Vegetables - A Wealth of Nutrition

Throughout their long history of use, sea vegetables have always been valued for their health-giving properties. Studies in Japan have shown that people live longer and stay healthier in the areas where sea vegetables are eaten abundantly.

Common causes of death, such as cerebral hemorrhage and high blood pressure are notably rare in these areas. The famous women pearl divers of Japan and Korea, who dive to considerable depths virtually naked and throughout the year, until well past their seventieth birthdays, are careful to consume wakame, hijiki, and nori each day.

It is well known amongst Japanese people that regular consumption of hijiki and arame will ensure a clear complexion soft pliant skin and thick shiny hair.

The sea is the origin of life. Millions of years of erosion of the land have enriched the sea with a wealth of all the minerals necessary for life. Sea vegetables contain between ten and twenty times the minerals of land vegetables supplying both those we need in quantity, such as calcium, iron, potassium, iodine, and magnesium, and the lesser so-called 'trace' minerals for which our

requirements may be minimal but without which certain essential body functions cannot perform.

Iodine is difficult to obtain from any other source than the sea, and sea vegetables contain sufficient amounts to prevent goiter, and enlargement of the thyroid gland.

The traditional goiter belt in Britain ran from Somerset to Yorkshire, inland areas where the people ate almost no sea vegetables.

Sea plants, in spite of their high absorption of minerals from the sea do not generally absorb pollutants as fish do. Where the level of pollution is high, they fail to grow. The considerably reduced nori crops in some Japan coastal waters are evidence of this. In fact one of the nutritional characteristics of sea vegetables is their ability to actually remove radioactive and toxic metal pollutants from the body.

Sea vegetables contain quantities of alginic acid, the sticky substance that holds their cells together enabling them to live in a constantly moving water environment.

Recent scientific studies at McGill University in Montreal have shown that this alginic acid can bind with the toxins in our body and allow their natural elimination.

Sea vegetables are valuable foods for all vegetarians and vegans, and of great benefit generally in industrialized countries where today overeating is a threat.

Their abundance of minerals has an alkalizing effect on the blood and can purify the system by eliminating the acidic effects of a modern diet. They can contain up to 25 percent more protein than milk, yet are virtually free of calories as they are low in fat and their carbohydrate is not fully absorbed.

They contain many vitamins, often to comparable levels of the richest land vegetables. Vitamins contained are A, B, C, D3, E, K and small amounts of the elusive B12 which rarely occurs foods of vegetable origin.

Sea vegetables can also help dissolve fat and mucous deposits that build up

in the body from an over-consumption of meat, dairy products and rich foods.

From a nutritional and health aspect it seems surprising that these traditional foods have not been rediscovered before.

Igor Boutenko



Types of Sea Vegetables and Their Benefits

In general all sea vegetables are high in iodine, calcium, and other minerals and contain vitamins A, B, and C.

ARAME: It has been reported (East-West Magazine) that members of the brown kelp family of sea vegetables help the body discharge metals, including radioactive waste, from the intestines in the form of insoluble salts. The active ingredient in these sea vegetables is alginic acid.

DULSE: is a reddish-purple sea vegetable that is highest in iron fairly high in potassium and sodium. It is good in soups.

HIJIKI- It has been reported (East-West Magazine) that members of the brown kelp family of sea vegetables help the body discharge heavy metals, including radioactive waste, from the intestines in the form of insoluble salts. The active ingredient in these sea vegetables is alginic acid.

KELP: Vitamins available from kelp: Vitamins A, B-1, B-3, B-12, C, E, G, and minerals, calcium, chlorine, copper, iodine, iron, lithium, magnesium, manganese, phosphorus, potassium, selenium, silicon, sodium, sulfur, zinc and trace minerals.

Especially good for the adrenal and pituitary glands. As it is natural iodine, it helps to take weight off the hip area. Repeated small doses will decrease breast milk in nursing mothers. Valuable source of trace minerals. Minerals and enzymes in sea vegetables are considered valuable in helping the body adjust to a vegetable diet.

KOMBU: is another calcium rich member of the kelp family and has distinct flavor enhancing qualities. It has been reported (East-West Magazine) that members of the brown kelp family of sea Vegetables help the body discharge heavy metals, including radioactive waste, from the intestines in the form of insoluble salts. The active ingredient in these sea vegetables is alginic acid.

NORI: comes in square, thinly pressed sheets that are used in making sushi nori. It can also be crumbled into soups. It is the highest of the sea vegetables in protein and the vitamins A, B-1, and C. Helps to decrease cholesterol in the body by helping to break down and eliminate fat deposits. Nori is especially beneficial to people with a background of heavy dairy food eating. It also aids digestion and is often served in combination with more difficult to digest foods.

WAKAME: is a fan-shaped member of the kelp family that is very high in calcium. It is good in soups. It has been reported (East-West magazine) that members of the brown kelp family of sea

vegetables help the body discharge heavy metals, including radioactive waste, from the intestines in the form of insoluble salts.



Economics

Food Budgeting

Determine your monthly food costs.

Dollars Spent:

Fresh Produce \$ _____

Dried Goods \$ _____

Condiments \$ _____

Other food \$ _____

Dollar value for stored goods used (if not replaced) \$ _____

Dollar value of food discarded (spoiled) \$ _____

TOTAL DOLLAR VALUE \$ _____

DIVIDE BY

- Number of meals (30 days X 3 meal per day X # people) _____

Average cost of meal: \$ _____

Use the above formula to figure
the cost of an "inexpensive" meal \$ _____

Use the above formula to figure
the cost of an "expensive" meal \$ _____

Raw Living Foods Kitchen Supplies Checklist

Dry Goods

Seeds

Adzuki Bean	_____	_____	Red Clover	_____	_____
Chickpeas	_____	_____	Alfalfa	_____	_____
Green Peas	_____	_____	Mung Beans	_____	_____
Lentils	_____	_____	Radish	_____	_____
Yellow Peas	_____	_____	Cabbage	_____	_____
Almonds	_____	_____	Cashews	_____	_____
Pumpkin	_____	_____	Pecans	_____	_____
Brown Sesame	_____	_____	Pine Nuts	_____	_____
Sunflower	_____	_____	Walnuts	_____	_____
Other	_____	_____	White Sesame	_____	_____

Grain

Wheat (pastry)	_____	_____
Rye	_____	_____
Oats	_____	_____
_____	_____	_____
_____	_____	_____

Sea Vegetables (for Minerals)

Dulse	_____	_____
Nori	_____	_____
Kelp	_____	_____
Arame	_____	_____
Wakame	_____	_____

Produce Staples

Apple Cider	_____	_____	_____	_____	_____
Apples	_____	_____	_____	_____	_____
Avocados	_____	_____	_____	_____	_____
Bananas	_____	_____	_____	_____	_____
Beets	_____	_____	_____	_____	_____
Tamari	_____	_____	_____	_____	_____
Carrots	_____	_____	_____	_____	_____
Garlic	_____	_____	_____	_____	_____
Lemons	_____	_____	_____	_____	_____
Onions	_____	_____	_____	_____	_____

Transition Snacks

There is a theme to transitions snacks. Utilize the amazing avocado. There is not a more versatile fruit. Its satisfying and filling nature will cure any cooked food cravings. Make sure you carry one or two with you at all times, because you never know when a hunger attack will take place. Bring two when going out to a restaurant with your friends. It will make your salad the enviable meal at the table.

Raw food does not take more time and energy to prepare. What it does take to be successful on a raw food diet is to change your old habits and mind set. Be prepared: Begin to carry avocados, nuts & seeds, dried fruit, and sweet fruit, with you at all times.

Plan ahead: Soak your nuts and seeds over night; soak your oatmeal or other grains overnight for breakfast; make big enough portions of pates, mylks, dressings, and soups, to last you three or four days.

Have a raw food buddy: Start a support group that meets every week; befriend a raw fooder and meet a couple times a week for meals and good conversation.

Read, read, read: Expand your knowledge, stay motivated through books, go to lectures and classes. Only you can change your life! Only you can defeat your addictions! Only you can change old destructive habits! Only you can cure yourself!

Listen too, and love your body! It will guide you if you take the time to listen, and have the belief that you are a perfect being. You are a self creating, self cleansing, self healing, and self sustaining, perfect creation of the Universe / God. Much love and best wishes on your journey.



Banana and Raw Nut Butter- Grab a banana, a jar of your favorite nut butter, a spoon, and spread. Devine!

Ambrosia - Almond mylk, chopped avocado, berries, chopped apple, chopped orange, pumpkin seeds, raw honey, and shredded coconut. Mix in a bowl and enjoy.

Avocado and Honey - Cut an avocado in half, skin it, and pour honey over it. Yum, yum, yum...

Thick Shake - Cup of Almond mylk, half of an avocado, and banana. Wow!

Figs and Olives - 5 dried figs, and small bowl of Greek olives. Molto bene!

Chocolate Pudding - 1 Avocado, 2 Tbs. raw carob powder, and a big scoop of raw honey. Whip it up and enjoy each creamy mouth full!

Ahhhhh-Almond - Jar of raw almond butter and a spoon. It's that simple.

Cherimoya Blues - If you're feeling down, eat one of these. If you don't know what a cherimoya is, find out. Also try it whipped in a blender with an avocado.

Date Crunch - Pitted Dates and Almonds. Stuff the date with the almonds and munchidy, crunch, crunch.

Banana Crème - Mash a banana and avocado together, or put it in a blender.

Melon Deluxe - ½ of a cantaloupe, one avocado. Blend!!!

Just Eat An Apple - When all else fails one of the best things one can do is eat an apple.

Ice Cream - One avocado, two frozen bananas, and a blender. Cut the bananas into small pieces before placing them in the blender

Creamy Crunch - Two stalks of celery and your favorite raw nut butter. Spread it in the valley

Fudge - 1 avocado, 2 Tbs. of coconut butter, 1 cup of blueberries, 1 Tbs. of raw honey, and 3 Tbs. of Carob powder. Blend! Refrigerate for 3 hours for hard fudge.

Three-Minute Burrito - One avocado, Romaine lettuce leaves, chopped tomato, juice of one lemon, chopped onion, chopped garlic, dash of cumin, dash chili powder, and pinch of cayenne and salt. Mash avocado in a bowl and mix in lemon juice, garlic, cumin, chili powder, cayenne, and salt. Wrap avocado mixture with tomatoes and onions in the romaine lettuce leaves.

Two-Minute Guacamole - One avocado, one clove of garlic chopped, half a red onion chopped, the juice of one lemon, one tsp cumin, one tsp coriander, pinch of cayenne, and salt. Mash in a bowl with a fork. - Use the Two minute guacamole to stuff tomatoes, peppers, portabella mushrooms, add it to salads, or just use it as a dip.



Raw Living Foods®

Lesson 10 - Food Combining

Basic Food Combining

Fruits

It is best to eat seasonal fruits grown in your own climate.

There is a difference between organically grown fruit, picked ripe, and non-organically grown fruits, treated and picked unripe. Unripe fruits, which are hard to digest, cause acid and are deficient in nutrients. Acid fruits, when picked ripe, will always become alkaline in the body, after they are eaten.

Eating tropical fruits is not recommended for several reasons. They are usually highly treated, picked unripe making them hard to digest, and they are quite expensive.

Organically grown and ripe fruits are sometimes easier to obtain in the form of dried fruits. Remember to soak all

dried fruits about 4 hours before eating, for better digestion.

Honey

Use honey only in its natural raw state. Heated or cooked honey introduces pure sugar by killing all the enzymes. Honey should be used in small amounts only. It may be used in Rejuvelac, water and herbal teas for sweetening.

Vegetables

When using starchy and fibrous vegetables, such as root vegetables (carrots, beets, turnips, etc.), one should grate, juice or blend them for easy digestion.

Tomatoes

These are considered sub-acid fruits to be eaten alone.

Notes: The fruits and vegetables listed are simply examples. For a greater variety many more may be added to those listed.

The times indicated under the food headings in the following chart are the approximate times needed for total digestion. *All liquids require approximately 15-30 minutes.*

Allow the digestion time recommended before eating again. Drink juices for additional nourishment between meals. Ideally, all drinks and foods should be taken at room temperature. *Meals should be small and food should be chewed thoroughly.*



Five Basic Rules of Food Combining

Note:

Smoothies and energy soup, especially those containing rejuvelac and sprouted foods, allow you to combine foods you wouldn't normally be able to combine. However, don't mix too many foods into one combination (no more than seven foods).

Listen to your body.

Don't overeat.

1. Liquids alone – Liquids dilute digestive juices. Drink at least 30 minutes before a meal or 2 hours after a meal.

2. Dense carbohydrates (starchy or sugary foods and some legumes) or dense proteins (nuts) with leafy greens and vegetables – Dense carbohydrates are mainly for energy; therefore, they are ideal for lunch. Dense proteins are mainly for building and repairing, so they are ideal for supper.

3. Fruits alone – A cleansing diet needs fruit in the morning to clean out the digestive system.

4. Acid fruits (citrus, berries, pineapple) or sweet fruits (bananas, persimmons, dehydrated fruits, figs and dates) should only be combined with sub-acid fruits (apples, pears, cherries, grapes).

5. Melons alone – They are very light and pass through the stomach quickly. Most other foods take much longer; therefore, if they were combined they would putrefy and produce gas. Eat melon first and let it sit for a few minutes, then you can eat other foods.

15 Food Combining Guidelines

- 1. Avoid eating carbohydrates, starches, sugar or sweet fruits with acid fruits.**
Too many times we mix (strawberries and bananas) (cereal with strawberries) (pineapple upside down cake).
- 2. Avoid eating concentrated proteins with concentrated carbohydrates.**
(meat and potatoes)
- 3. Do not consume two concentrated proteins at the same meal.**
(meat and cheese*) (nuts and cheese) (shrimp and steak) (avocado and nuts)
- 4. Do not consume fats with proteins.**
(cheese* and meat again)
- 5. Use fats sparingly.** Beware of many items in the store that say “no fat” in their sales pitch that wouldn’t contain fat anyway.
(animal fats, dairy products, palm oil, cottonseed oil and coconut)
- 6. Do not eat acid fruits with proteins.** Some lemon juice is fine on proteins. Avocados combine well with acid fruit, sub-acid fruit and greens.
(pineapple and ham) (tomatoes, meat, noodles — goulash, spaghetti)
- 7. Do not combine sweet fruits with proteins, starches or acid fruits, a common dessert mistake.**
(bananas on cereals) (strawberries and bananas) (dried fruit dehydrates the stomach)
- 8. Eat only one concentrated starch at a meal**
(potatoes, corn, pumpkin, etc.)
- 9. Acid fruits may be used with sub-acid fruits.**
Don’t combine fruits opposite ends; combine at mid-ground.
- 10. Sub-acid fruits may be used with sweet fruit.**

11. Combine fruit only with lettuce and celery.

Lettuce and celery may even enhance fruit digestion.

12. Salads combine very well with proteins, oil and starches.

Greens should make up a majority of our diet. They leave the stomach quickly unless weighed down by oily dressings.

13. Sprouts are great.

The best way to eat grains: referring back to #12, salads go well with starches or grains, so sprouts are great with salad.

14. Do not consume melons with any other foods.

They move through the stomach in 20 minutes. If melons don't agree with you, try them alone.

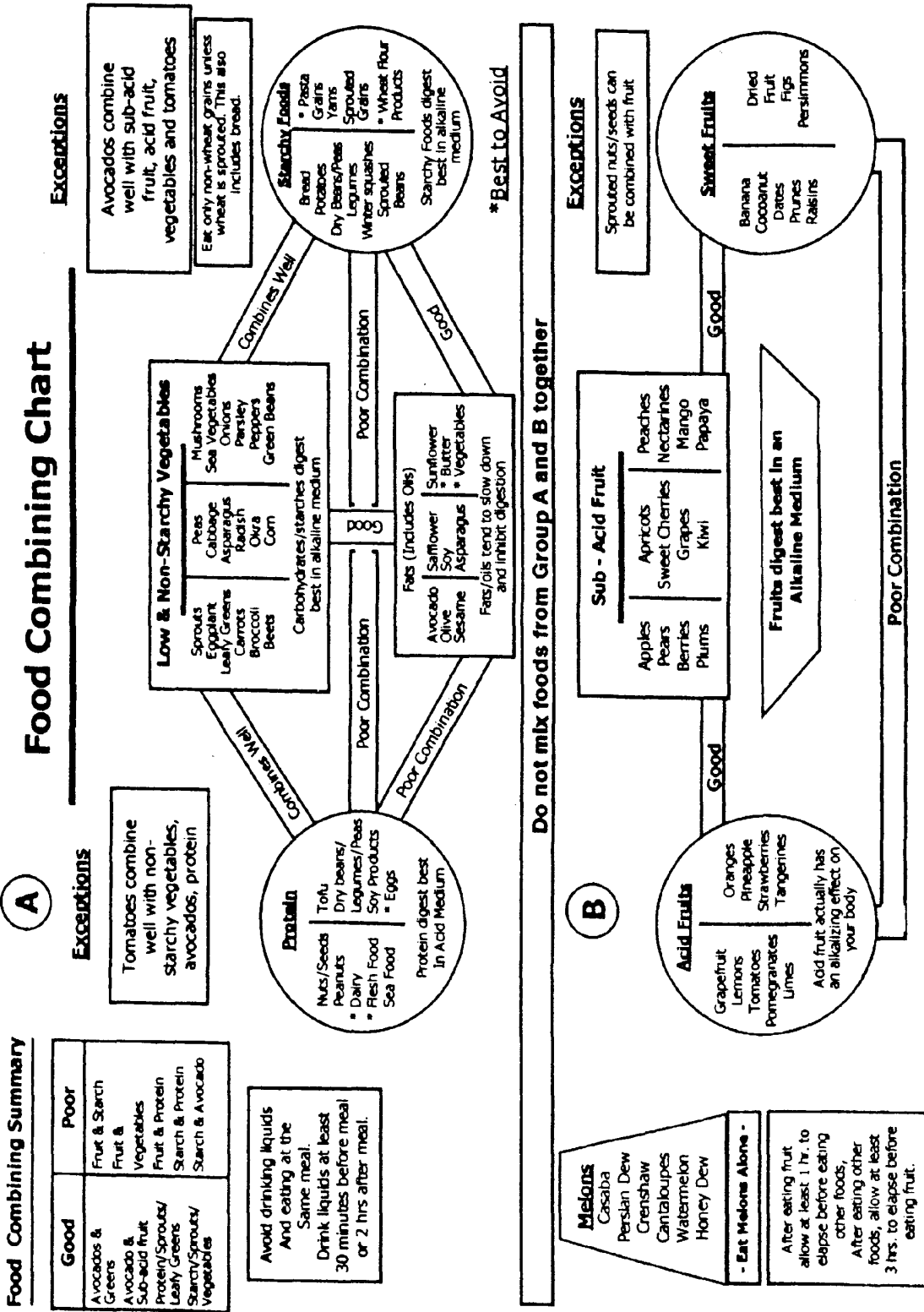
15. Liquids should not be used at any meal.

Dilutes your digestive juices / Prevents us from chewing / Prevents us from secreting saliva. Gum chewing is mean!

*** Keep in mind that this program does not recommend cheese at all.**

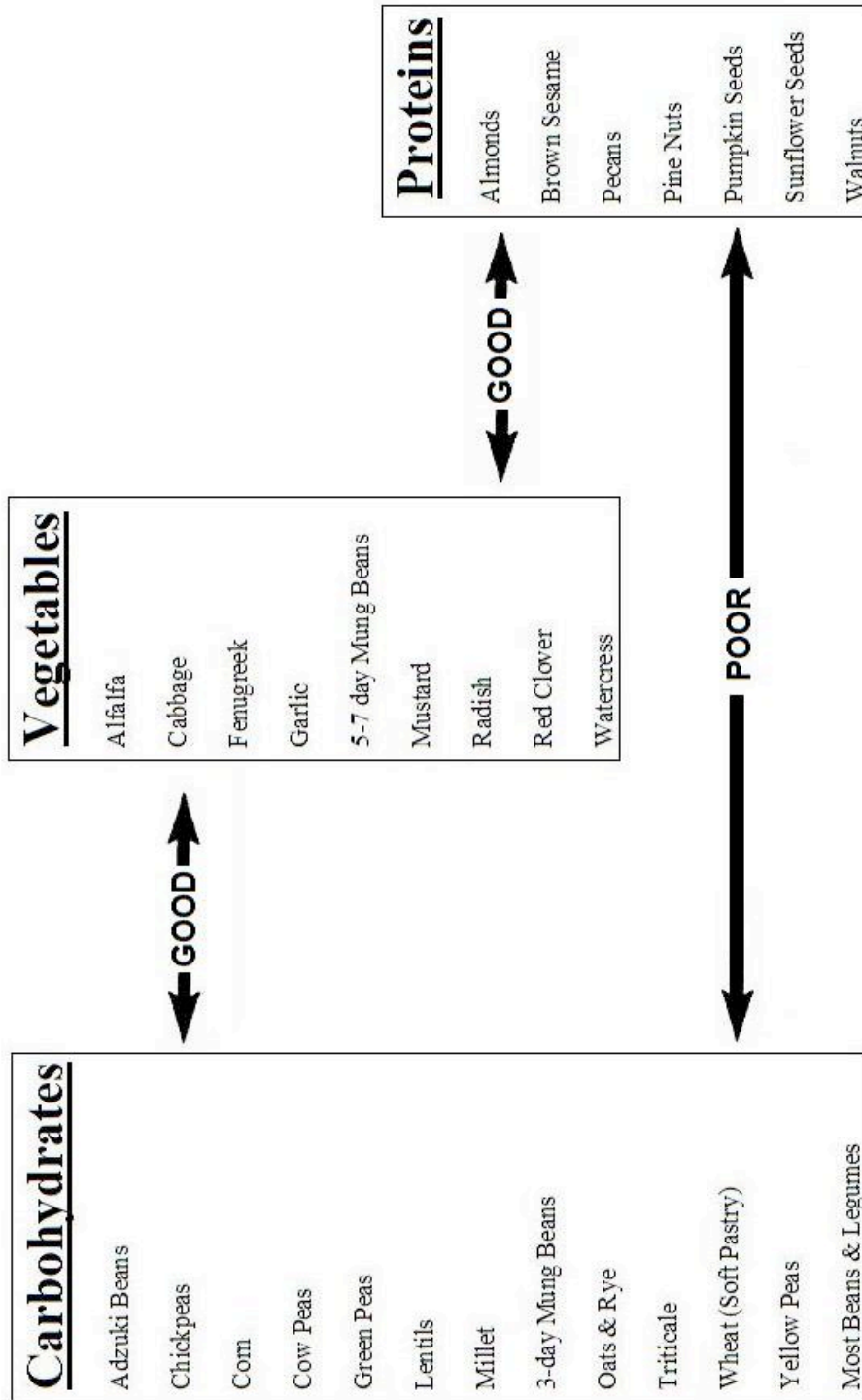


Food Combining Chart

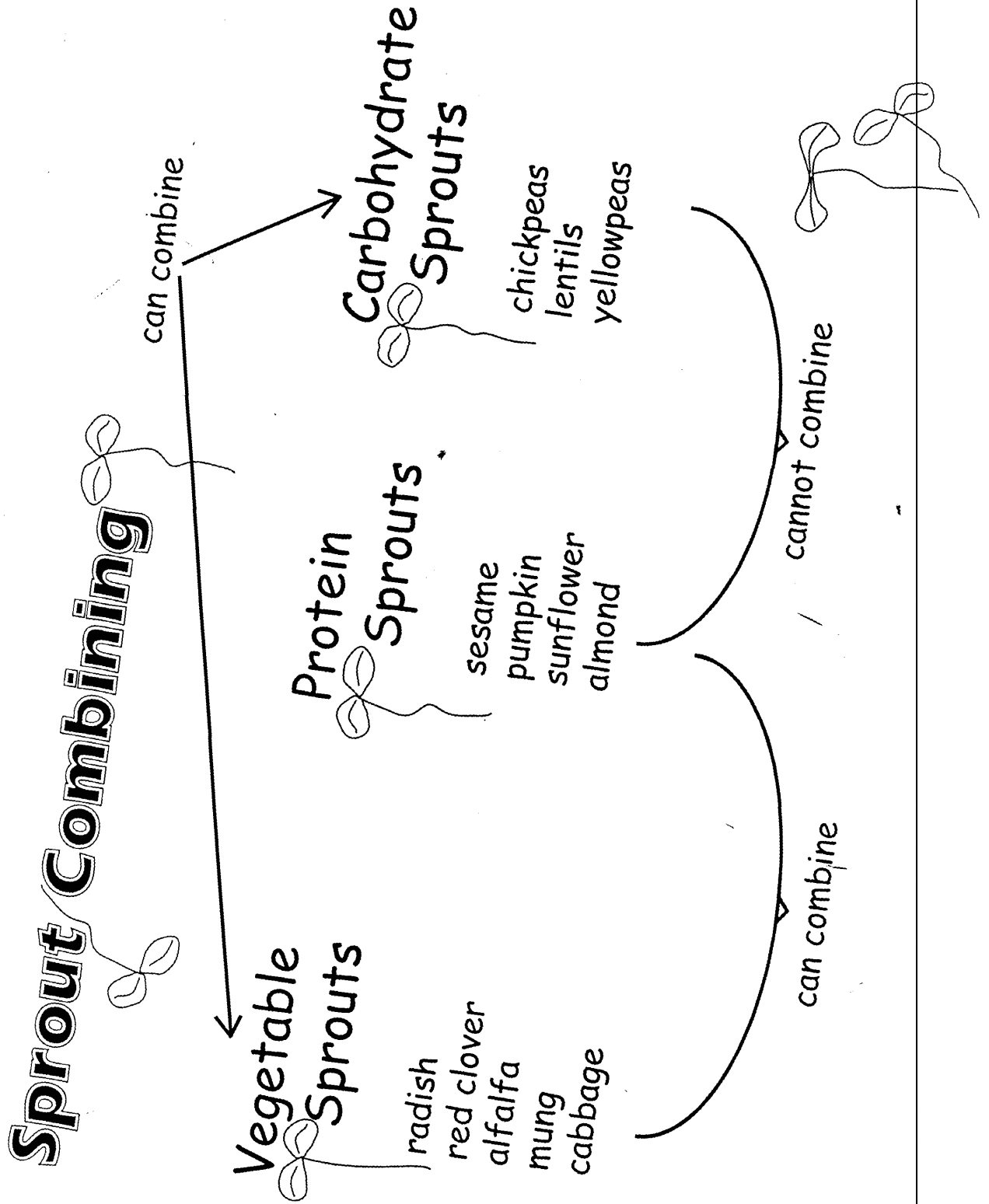


Food Combining for Sprouts

Food Combining for Sprouts



Sprout Combining



Length of Time Various Foods Stay in the Stomach

Water	10 – 15 Minutes
Juice	15 – 30 Minutes
Rejuvelac	20 – 30 Minutes
Fruit	30 – 60 Minutes
Melons	30 – 60 Minutes
Sprouts	60 Minutes
Wheatgrass Juice	60 - 90 Minutes
Most Vegetables	1 to 2 Hours
Grains and Beans	1 – 2 Hours
Dense Vegetable Protein	2 – 3 Hours
Cooked Meat and Fish	3 – 4 Hours +
Shellfish	8 Hours

Shallow-water fish and shellfish are from coastal waters where petrochemicals contaminate the waters. Be very careful when eating from these food sources.

Buy free-range beef and chicken when eating meat. You do not want to ingest meat which has been traumatized or loaded with steroids and other medications.

**TAKE CARE OF YOURSELF – MAKE CHOICES THAT
WORK FOR YOUR BODY!**

Too Many Carbs!

High-Carbohydrates Vegetables



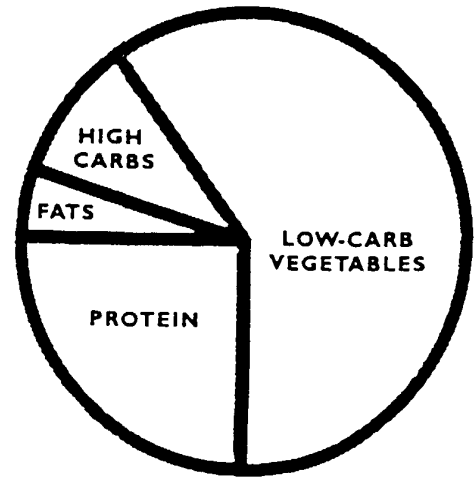
- * Help gain weight
- * Corn
- * Rutabaga
- * Winter squash
- * Parsnips
- * Celery root
- * White potatoes
- * Red potatoes
- * Sweet potatoes
- * Yams
- * Beets
- * Turnips
- * Peas
- * Jerusalem artichoke

Too Many Carbs

In America our carbohydrate balance is usually way out of kilter. Most Americans eat three or more parts grains or starches and maybe one part low-carb vegetables. *Excess carbohydrates are transformed into fat*, which is stored as energy reserves for possible future use, or as triglycerides in our blood. If our grain and starch intake remains too high, our body's efficient storage of calories as fat will win out over our need to maintain an ideal weight. In essence, we're fighting our own biochemistry in the process, a battle against impossible odds.

Low-Carbohydrate Vegetables

- * Mung bean sprouts
- * Celery
- * Tomatoes
- * Leeks
- * Sweet red pepper
- * Cucumbers
- * Cauliflower
- * Zucchini
- * Bok Choy
- * (Chinese cabbage)
- * Cabbage
- * Asparagus
- * Green bell pepper
- * Radishes
- * Sunflower sprouts
- * Parsley
- * Carrot
- * Broccoli
- * Chives
- * Lettuce
- * Artichoke
- * Green beans
- * Brussel sprouts
- * Clover sprouts
- * Green chilies
- * Snow peas
- * Eggplant
- * Cauliflower
- * Onions (raw)
- * Mushrooms
- * Spinach
- * Chard
- * Garlic
- * Jicama



124 Ways Sugar Ruins Your Health

By Nancy Appleton, PhD
- Author of *Lick the Sugar Habit*

Print this list and tape it to your refrigerator.

(See below for clinical documentation of each statement.)

1. Sugar can suppress the immune system.
2. Sugar upsets the mineral relationships in the body.
3. Sugar can cause hyperactivity, anxiety, difficulty concentrating, and crankiness in children.
4. Sugar can produce a significant rise in triglycerides.
5. Sugar contributes to the reduction in defense against bacterial infection (infectious diseases).
6. Sugar causes a loss of tissue elasticity and function, the more sugar you eat the more elasticity and function you lose.
7. Sugar reduces high-density lipoproteins.
8. Sugar leads to chromium deficiency.
9. Sugar leads to cancer of the breast, ovaries, prostate, and rectum.
10. Sugar can increase fasting levels of glucose.
11. Sugar causes copper deficiency.
12. Sugar interferes with absorption of calcium and magnesium.
13. Sugar can weaken eyesight.
14. Sugar raises the level of neurotransmitters: dopamine, serotonin, and norepinephrine.
15. Sugar can cause hypoglycemia.
16. Sugar can produce an acidic digestive tract.
17. Sugar can cause a rapid rise of adrenaline levels in children.
18. Sugar malabsorption is frequent in patients with functional bowel disease.
19. Sugar can cause premature aging.
20. Sugar can lead to alcoholism.
21. Sugar can cause tooth decay.
22. Sugar contributes to obesity.
23. High intake of sugar increases the risk of Crohn's disease, and ulcerative colitis.
24. Sugar can cause changes frequently found in person with gastric or duodenal ulcers.
25. Sugar can cause arthritis.
26. Sugar can cause asthma.
27. Sugar greatly assists the uncontrolled growth of *Candida Albicans* (yeast infections).
28. Sugar can cause gallstones.
29. Sugar can cause heart disease.
30. Sugar can cause appendicitis.
31. Sugar can cause multiple sclerosis.
32. Sugar can cause hemorrhoids.
33. Sugar can cause varicose veins.
34. Sugar can elevate glucose and insulin

responses in oral contraceptive users.

35. Sugar can lead to periodontal disease.
36. Sugar can contribute to osteoporosis.
37. Sugar contributes to saliva acidity.
38. Sugar can cause a decrease in insulin sensitivity.
39. Sugar can lower the amount of Vitamin E in the blood.
40. Sugar can decrease growth hormone.
41. Sugar can increase cholesterol.
42. Sugar can increase the systolic blood pressure.
43. Sugar can cause drowsiness and decreased activity in children.
44. High sugar intake increases advanced glycation end products (AGEs) (Sugar bound non-enzymatically to protein)
45. Sugar can interfere with the absorption of protein.
46. Sugar causes food allergies.
47. Sugar can contribute to diabetes.
48. Sugar can cause toxemia during pregnancy.
49. Sugar can contribute to eczema in children.
50. Sugar can cause cardiovascular disease.
51. Sugar can impair the structure of DNA
52. Sugar can change the structure of protein.
53. Sugar can make our skin age by changing the structure of collagen.
54. Sugar can cause cataracts.
55. Sugar can cause emphysema.
56. Sugar can cause atherosclerosis.
57. Sugar can promote an elevation of

low density lipoproteins (LDL).

58. High sugar intake can impair the physiological homeostasis of many systems in the body.
59. Sugar lowers the enzymes ability to function.
60. Sugar intake is higher in people with Parkinson's disease.
61. Sugar can cause a permanent altering the way the proteins act in the body.
62. Sugar can increase the size of the liver by making the liver cells divide.
63. Sugar can increase the amount of liver fat.
64. Sugar can increase kidney size and produce pathological changes in the kidney.
65. Sugar can damage the pancreas.
66. Sugar can increase the body's fluid retention.
67. Sugar is enemy #1 of the bowel movement.
68. Sugar can cause myopia (nearsightedness).
69. Sugar can compromise the lining of the capillaries.
70. Sugar can make the tendons more brittle.
71. Sugar can cause headaches, including migraine.
72. Sugar plays a role in pancreatic cancer in women.
73. Sugar can adversely affect school children's grades and cause learning disorders.
74. Sugar can cause an increase in delta, alpha, and theta brain waves.

75. Sugar can cause depression.
76. Sugar increases the risk of gastric cancer.
77. Sugar and cause dyspepsia (indigestion).
78. Sugar can increase your risk of getting gout.
79. Sugar can increase the levels of glucose in an oral glucose tolerance test over the ingestion of complex carbohydrates.
80. Sugar can increase the insulin responses in humans consuming high-sugar diets compared to low sugar diets.
81. High refined sugar diet reduces learning capacity.
82. Sugar can cause less effective functioning of two blood proteins, albumin, and lipoproteins, which may reduce the body's ability to handle fat and cholesterol.
83. Sugar can contribute to Alzheimer's disease.
84. Sugar can cause platelet adhesiveness.
85. Sugar can cause hormonal imbalance; some hormones become under active and others become overactive.
86. Sugar can lead to the formation of kidney stones.
87. Sugar can lead to the hypothalamus to become highly sensitive to a large variety of stimuli.
88. Sugar can lead to dizziness.
89. Diets high in sugar can cause free radicals and oxidative stress.
90. High sucrose diets of subjects with peripheral vascular disease significantly increase platelet adhesion.
91. High sugar diet can lead to biliary tract cancer.
92. Sugar feeds cancer.
93. High sugar consumption of pregnant adolescents is associated with a twofold-increased risk for delivering a small-for-gestational-age (SGA) infant.
94. High sugar consumption can lead to substantial decrease in gestation duration among adolescents.
95. Sugar slows food's travel time through the gastrointestinal tract.
96. Sugar increases the concentration of bile acids in stools and bacterial enzymes in the colon. This can modify bile to produce cancer-causing compounds and colon cancer.
97. Sugar increases estradiol (the most potent form of naturally occurring estrogen) in men.
98. Sugar combines and destroys phosphatase, an enzyme, which makes the process of digestion more difficult.
99. Sugar can be a risk factor of gallbladder cancer.
100. Sugar is an addictive substance.
101. Sugar can be intoxicating, similar to alcohol.
102. Sugar can exacerbate PMS.
103. Sugar given to premature babies can affect the amount of carbon dioxide they produce.
104. Decrease in sugar intake can increase emotional stability.
105. The body changes sugar into 2 to 5 times more fat in the bloodstream than

it does starch.

106. The rapid absorption of sugar promotes excessive food intake in obese subjects.

107. Sugar can worsen the symptoms of children with attention deficit hyperactivity disorder (ADHD).

108. Sugar adversely affects urinary electrolyte composition.

109. Sugar can slow down the ability of the adrenal glands to function.

110. Sugar has the potential of inducing abnormal metabolic processes in a normal healthy individual and to promote chronic degenerative diseases.

111. IVs (intravenous feedings) of sugar water can cut off oxygen to the brain.

112. High sucrose intake could be an important risk factor in lung cancer.

113. Sugar increases the risk of polio.

114. High sugar intake can cause epileptic seizures.

115. Sugar causes high blood pressure in obese people.

116. In Intensive Care Units: Limiting sugar saves lives.

117. Sugar may induce cell death.

118. Sugar may impair the physiological homeostasis of many systems in living organisms.

119. In juvenile rehabilitation camps, when children were put on a low sugar diet, there was a 44% drop in antisocial behavior.

120. Sugar can cause gastric cancer.

121. Sugar dehydrates newborns.

122. Sugar can cause gum disease.

123. Sugar increases the estradiol in

young men.

124. Sugar can cause low birth-weight babies.

SOURCES

1. Sanchez, A., et al. "Role of Sugars in Human Neutrophilic Phagocytosis," *American Journal of Clinical Nutrition*. Nov 1973;261:1180_1184. Bernstein, J., et al. "Depression of Lymphocyte Transformation Following Oral Glucose Ingestion." *American Journal of Clinical Nutrition*.1997;30:613.
2. Couzy, F., et al."Nutritional Implications of the Interaction Minerals," *Progressive Food and Nutrition Science* 17;1933:65-87.
3. Goldman, J., et al. "Behavioral Effects of Sucrose on Preschool Children." *Journal of Abnormal Child Psychology*.1986;14(4):565_577.
4. Scanto, S. and Yudkin, J. "The Effect of Dietary Sucrose on Blood Lipids, Serum Insulin, Platelet Adhesiveness and Body Weight in Human Volunteers," *Postgraduate Medicine Journal*. 1969;45:602_607.
5. Ringsdorf, W., Cheraskin, E. and Ramsay R. "Sucrose,Neutrophilic Phagocytosis and Resistance to Disease," *Dental Survey*. 1976;52(12):46_48.
6. Cerami, A., Vlassara, H., and Brownlee, M."Glucose and Aging." *Scientific American*. May 1987:90. -- Lee, A. T. and Cerami, A. "The Role of Glycation in Aging." *Annals of the New York Academy of Science*; 663:63-67.
7. Albrink, M. and Ullrich I. H. "Interaction of Dietary Sucrose and Fiber on Serum Lipids in Healthy Young Men Fed High Carbohydrate Diets." *American Journal of Clinical Nutrition*. 1986;43:419-428. -- Pamplona, R., et al. "Mechanisms of Glycation in Atherogenesis." *Med Hypotheses*. Mar 1993;40(3):174-81.
8. Kozlovsky, A., et al. "Effects of Diets High in Simple Sugars on Urinary Chromium Losses." *Metabolism*. June 1986;35:515_518.
9. Takahashi, E., Tohoku University School of Medicine, *Wholistic Health Digest*. October 1982:41.
10. Kelsay, J., et al. "Diets High in Glucose or Sucrose and Young Women." *American Journal of Clinical Nutrition*. 1974;27:926_936. -- Thomas, B. J., et al. "Relation of Habitual Diet to Fasting Plasma Insulin Concentration and the Insulin Response to Oral Glucose," *Human Nutrition Clinical Nutrition*. 1983; 36C(1):49_51.
11. Fields, M., et al. "Effect of Copper Deficiency on Metabolism and Mortality in Rats Fed Sucrose or Starch Diets," *Journal of Clinical Nutrition*. 1983;113:1335_1345.
12. Lemann, J. "Evidence that Glucose Ingestion Inhibits Net Renal Tubular Reabsorption of Calcium and

- Magnesium." *Journal Of Clinical Nutrition*. 1976 ;70:236_245.
13. *Acta Ophthalmologica Scandinavica*. Mar 2002;48;25. -- Taub, H. Ed. "Sugar Weakens Eyesight," VM NEWSLETTER; May 1986:6
14. "Sugar, White Flour Withdrawal Produces Chemical Response." *The Addiction Letter* .Jul 1992:4.
15. Dufty, William. *Sugar Blues*. (New York:Warner Books, 1975).
16. *Ibid*.
17. Jones, T. W., et al. "Enhanced Adrenomedullary Response and Increased Susceptibility to Neuroglycopenia: Mechanisms Underlying the Adverse Effect of Sugar Ingestion in Children." *Journal of Pediatrics*. Feb 1995;126:171-7.
18. *Ibid*.
19. Lee, A. T. and Cerami A. "The Role of Glycation in Aging." *Annals of the New York Academy of Science*. 1992;663:63-70.
20. Abrahamson, E. and Peget, A.. *Body, Mind and Sugar*. (New York:Avon,1977.)
21. Glinsmann, W., Irausquin, H., and Youngmee, K. "Evaluation of Health Aspects of Sugar Contained in Carbohydrate Sweeteners. F. D. A. Report of Sugars Task Force." 1986:39. -- Makinen K.K., et al. "A Descriptive Report of the Effects of a 16_month Xylitol Chewing_gum Programme Subsequent to a 40_month Sucrose Gum Programme." *Caries Research*. 1998; 32(2)107_12.
22. Keen, H., et al. "Nutrient Intake, Adiposity, and Diabetes." *British Medical Journal*. 1989; 1: 655_658
23. Persson P. G., Ahlbom, A., and Hellers, G. *Epidemiology*. 1992;3:47-52.
24. Yudkin, J. *New York: Sweet and Dangerous.*:Bantam Books:1974: 129.
25. Darlington, L., Ramsey, N. W. and Mansfield, J. R. "Placebo_Controlled, Blind Study of Dietary Manipulation Therapy in Rheumatoid Arthritis," *Lancet*. Feb 1986;8475(1):236_238.
26. Powers, L. "Sensitivity: You React to What You Eat." *Los Angeles Times*. (Feb. 12, 1985). -- Cheng, J., et al. "Preliminary Clinical Study on the Correlation Between Allergic Rhinitis and Food Factors." *Lin Chuang Er Bi Yan Hou Ke Za Zhi* Aug 2002;16(8):393-396.
27. Crook, W. J. *The Yeast Connection*. (TN:Professional Books, 1984)..
28. Heaton, K. "The Sweet Road to Gallstones." *British Medical Journal*. Apr 14, 1984; 288: 1103_1104. -- Misciagna, G., et al. *American Journal of Clinical Nutrition*. 1999;69:120-126.
29. Yudkin, J. "Sugar Consumption and Myocardial Infarction." *Lancet*..Feb 6, 1971:1(7693):296-297. Suadiciani, P., et al. "Adverse Effects of Risk of Ishaemic Heart Disease of Adding Sugar to Hot Beverages in Hypertensives Using Diuretics." *Blood Pressure*. Mar 1996;5(2):91-71.
30. Cleave, T. *The Saccharine Disease*. (New Canaan, CT: Keats Publishing, 1974).
31. Erlander, S. "The Cause and Cure of Multiple Sclerosis, "The Disease to End Disease." Mar 3, 1979;1(3):59_63.
32. Cleave, T. *The Saccharine Disease*. (New Canaan, CT: Keats Publishing, 1974.)
33. Cleave, T. and Campbell, G. (Bristol, England:Diabetes, Coronary Thrombosis and the Saccharine Disease: John Wrightand Sons, 1960).
34. Behall, K. "Influence of Estrogen Content of Oral Contraceptives and Consumption of Sucrose on Blood Parameters." *Disease Abstracts International*. 1982;431437.
35. Glinsmann, W., Irausquin, H., and K. Youngmee. *Evaluation of Health Aspects of Sugar Contained in Carbohydrate Sweeteners*. F. D. A. Report of Sugars Task Force.1986;39:36_38.
36. Tjäderhane, L. and Larmas, M. "A High Sucrose Diet Decreases the Mechanical Strength of Bones in Growing Rats." *Journal of Nutrition*. 1998:128:1807_1810.
37. Appleton, N. *New York: Healthy Bones*. Avery Penguin Putnam:1989.
38. Beck_Nielsen H., Pedersen O., and Schwartz S. "Effects of Diet on the Cellular Insulin Binding and the Insulin Sensitivity in Young Healthy Subjects." *Diabetes*. 1978;15:289_296 .
39. *Journal of Clinical Endocrinology and Metabolism*. Aug 2000.
40. Gardner, L. and Reiser, S. "Effects of Dietary Carbohydrate on Fasting Levels of Human Growth Hormone and Cortisol." *Proceedings of the Society for Experimental Biology and Medicine*. 1982;169:36_40.
41. Reiser, S. "Effects of Dietary Sugars on Metabolic Risk Factors Associated with Heart Disease." *Nutritional Health*. 1985;203_216.
42. Hodges, R., and Rebello, T. "Carbohydrates and Blood Pressure." *Annals of Internal Medicine*. 1983;98:838_841.
43. Behar, D., et al. "Sugar Challenge Testing with Children Considered Behaviorally Sugar Reactive." *Nutritional Behavior*. 1984;1:277_288.
44. Furth, A. and Harding, J. "Why Sugar Is Bad For You." *New Scientist*." Sep 23, 1989;44.
45. Simmons, J. "Is The Sand of Time Sugar?" *LONGEVITY*. June 1990: 49_53.
46. Randolph, T. G. et al. "Allergic Reactions Following Intravenous Injection of Corn Sugar (Dextrose)". *Archives of Surgery*. 1950;64:554-564.
47. "Sucrose Induces Diabetes in Cat." *Federal Protocol*. 1974;6(97).
48. Cleave, T.:*The Saccharine Disease*: (New Canaan Ct: Keats Publishing, Inc., 1974).131.

49. Ibid. 132.
50. Vaccaro O., Ruth, K. J. and Stamler J. "Relationship of Postload Plasma Glucose to Mortality with 19_yr Follow_up." *Diabetes Care*. Oct 15,1992;10:328_334. -- Tominaga, M., et al, "Impaired Glucose Tolerance Is a Risk Factor for Cardiovascular Disease, but Not Fasting Glucose." *Diabetes Care*. 1999;2(6):920-924.
51. Lee, A. T. and Cerami, A. "Modifications of Proteins and Nucleic Acids by Reducing Sugars: Possible Role in Aging." *Handbook of the Biology of Aging*. (New York: Academic Press, 1990.).
52. Monnier, V. M. "Nonenzymatic Glycosylation, the Maillard Reaction and the Aging Process." *Journal of Gerontology* 1990;45(4):105_110.
53. Dyer, D. G., et al. "Accumulation of Maillard Reaction Products in Skin Collagen in Diabetes and Aging." *Journal of Clinical Investigation*. 1993;93(6):421_22.
54. Veromann, S.et al."Dietary Sugar and Salt Represent Real Risk Factors for Cataract Development." *Ophthalmologica*. 2003 Jul-Aug;217(4):302-307.
55. Monnier, V. M. "Nonenzymatic Glycosylation, the Maillard Reaction and the Aging Process." *Journal of Gerontology*. 1990;45(4):105_110.
56. Pamplona, R., et al. "Mechanisms of Glycation in Atherogenesis." *Medical Hypotheses* . 1990: 174_181.
57. Lewis, G. F. and Steiner, G. "Acute Effects of Insulin in the Control of Vldl Production in Humans. Implications for Theinsulin-resistant State." *Diabetes Care*. 1996 Apr;19(4):390-3 R. Pamplona, M. J., et al. "Mechanisms of Glycation in Atherogenesis." *Medical Hypotheses*. 1990;40:174-181.
58. Ceriello, A. "Oxidative Stress and Glycemic Regulation." *Metabolism*. Feb 2000;49(2 Suppl 1):27-29.
59. Appleton, Nancy. New York; Lick the Sugar Habit. Avery Penguin Putnam, 1988.
60. Hellenbrand, W. "Diet and Parkinson's Disease. A Possible Role for the Past Intake of Specific Nutrients. Results from a Self-administered Food-frequency Questionnaire in a Case-control Study." *Neurology*. Sep 1996;47(3):644-650.
61. Cerami, A., Vlassara, H., and Brownlee, M. "Glucose and Aging." *Scientific American*. May 1987: 90.
62. Goulart, F. S. "Are You Sugar Smart?" *American Fitness*. March_April 1991: 34_38.
63. Ibid.
64. Yudkin, J., Kang, S. and Bruckdorfer, K. "Effects of High Dietary Sugar." *British Journal of Medicine*. Nov 22, 1980;1396.
65. Goulart, F. S. "Are You Sugar Smart?" *American Fitness*. March_April 1991: 34_38. Milwakuee, WI,: damage pancreas
66. Ibid. fluid retention
67. Ibid. bowel movement
68. Ibid. nearsightedness
69. Ibid. compromise the lining of the capillaries
70. Nash, J. "Health Contenders." *Essence*. Jan 1992; 23: 79_81.
71. Grand, E. "Food Allergies and Migraine." *Lancet*. 1979:1:955_959.
72. Michaud, D. "Dietary Sugar, Glycemic Load, and Pancreatic Cancer Risk in a Prospective Study." *J Natl Cancer Inst*. Sep 4, 2002 ;94(17):1293-300.
73. Schauss, A. *Diet, Crime and Delinquency*. (Berkley Ca; Parker House, 1981.)
74. Christensen, L. "The Role of Caffeine and Sugar in Depression." *Nutrition Report*. Mar 1991;9(3):17-24.
75. Ibid.
76. Cornee, J., et al. "A Case-control Study of Gastric Cancer and Nutritional Factors in Marseille, France," *European Journal of Epidemiology*. 1995;11:55-65.
77. Yudkin, J. *Sweet and Dangerous*.(New York:Bantam Books,1974) 129.
78. Ibid, 44
79. Reiser, S., et al. "Effects of Sugars on Indices on Glucose Tolerance in Humans." *American Journal of Clinical Nutrition*. 1986;43;151-159.
80. Reiser,S., et al. "Effects of Sugars on Indices on Glucose Tolerance in Humans." *American Journal of Clinical Nutrition*. 1986;43:151-159.
81. Molteni, R, et al. "A High-fat, Refined Sugar Diet Reduces Hippocampal Brain-derived Neurotrophic Factor, Neuronal Plasticity, and Learning." *NeuroScience*. 2002;112(4):803-814.
82. Monnier, V., "Nonenzymatic Glycosylation, the Maillard Reaction and the Aging Process." *Journal of Gerontology*. 1990;45:105-111.
83. Frey, J. "Is There Sugar in the Alzheimer's Disease?" *Annales De Biologie Clinique*. 2001; 59 (3):253-257.
84. Yudkin, J. "Metabolic Changes Induced by Sugar in Relation to Coronary Heart Disease and Diabetes." *Nutrition and Health*. 1987;5(1-2):5-8.
85. Ibid.
86. Blacklock, N. J., "Sucrose and Idiopathic Renal Stone." *Nutrition and Health*. 1987;5(1-2):9- -- Curhan, G., et al. "Beverage Use and Risk for Kidney Stones in Women." *Annals of Internal Medicine*. 1998;28:534-340.
87. *Journal of Advanced Medicine*. 1994;7(1):51-58.
88. Ibid
89. Ceriello, A. "Oxidative Stress and Glycemic Regulation." *Metabolism*. Feb 2000;49(2 Suppl 1):27-29.
90. *Postgraduate Medicine*. Sept 1969;45:602-07.
91. Moerman, C. J., et al. "Dietary Sugar Intake in the Etiology of Biliary Tract Cancer." *International Journal of Epidemiology* . Ap 1993;.2(2):207-214.
92. Quillin, Patrick, "Cancer's Sweet Tooth," *Nutrition Science News*. Ap 2000. -- Rothkopf, M.. *Nutrition*. July/Aug 1990;6(4).
93. Lenders, C. M. "Gestational Age and Infant Size at

- Birth Are Associated with Dietary Intake among Pregnant Adolescents." *Journal of Nutrition*. Jun 1997;1113- 1117.
94. Ibid.
95. Bostick, R. M., et al. "Sugar, Meat and Fat Intake and Non-dietary Risk Factors for Colon Cancer Incidence in Iowa Women." *Cancer Causes & Control*. 1994;5 :38-53.
96. Ibid. -- Kruis, W., et al. "Effects of Diets Low and High in Refined Sugars on Gut Transit, Bile Acid Metabolism and Bacterial Fermentation." *Gut*. 1991;32:367-370. -- Ludwig, D. S., et al. "High Glycemic Index Foods, Overeating, And Obesity." *Pediatrics*. Mar 1999;103(3):26-32.
97. Yudkin, J and Eisa, O. "Dietary Sucrose and Oestradiol Concentration in Young Men". *Annals of Nutrition and Metabolism*. 1988;32(2):53-55.
98. Lee, A. T. and Cerami A. "The Role of Glycation in Aging." *Annals of the New York Academy of Science*. 1992; 663:63-70.
99. Moerman, C., et al. "Dietary Sugar Intake in the Etiology of Biliary Tract Cancer." *International Journal of Epidemiology*. Apr 1993; 22(2):207-214.
100. "Sugar, White Flour Withdrawal Produces Chemical Response." *The Addiction Letter*. Jul 1992:4. -- Colantuoni, C., et al. "Evidence That Intermittent, Excessive Sugar Intake Causes Endogenous Opioid Dependence." *Obes Res*. Jun 2002 ;10(6):478-488. Annual Meeting of the American Psychological Society, Toronto, June 17, 2001. -- <http://www.mercola.com/2001/june/30/sugar.htm>
101. Ibid.
102. The Edell Health Letter. Sept 1991;7:1.
103. Sunehag, A. L., et al. "Gluconeogenesis in Very Low Birth Weight Infants Receiving Total Parenteral Nutrition" *Diabetes*. 1999 ;48 7991_800.
104. Christensen L., et al. "Impact of A Dietary Change on Emotional Distress." *Journal of Abnormal Psychology* .1985;94(4):565_79.
105. Nutrition Health Review. Fall 85. changes sugar into fat faster than fat
106. Ludwig, D. S., et al. "High Glycemic Index Foods, Overeating and Obesity." *Pediatrics*. March 1999;103(3):26-32.
107. *Pediatrics Research*. 1995;38(4):539-542. -- Berdonces, J. L. "Attention Deficit and Infantile Hyperactivity." *Rev Enferm*. Jan 2001;4(1)11-4
108. Blacklock, N. J. "Sucrose and Idiopathic Renal Stone." *Nutrition Health*. 1987;5(1 & 2):9-17.
109. Lechin, F., et al. "Effects of an Oral Glucose Load on Plasma Neurotransmitters in Humans." *Neurophychobiology*. 1992;26(1-2):4-11.
110. Fields, M. *Journal of the American College of Nutrition*. Aug 1998;17(4):317_321.
111. Arieff, A. I. Veterans Administration Medical Center in San Francisco. *San Jose Mercury*; June 12/86. IVs of sugar water can cut off oxygen to the brain.
112. De Stefani, E. "Dietary Sugar and Lung Cancer: a Case_control Study in Uruguay." *Nutrition and Cancer*. 1998;31(2):132_7.
113. Sandler, Benjamin P. *Diet Prevents Polio*. Milwaukee, WI;:The Lee Foundation for for Nutritional Research, 1951.
114. Murphy, Patricia. "The Role of Sugar in Epileptic Seizures." *Townsend Letter for Doctors and Patients*. May, 2001. Murphy Is Editor of *Epilepsy Wellness Newsletter*, 1462 West 5th Ave., Eugene, Oregon 97402
115. Stern, N. & Tuck, M. "Pathogenesis of Hypertension in Diabetes Mellitus." *Diabetes Mellitus, a Fundamental and Clinical Text*. 2nd Edition, (Philadelphia; A:Lippincott Williams & Wilkins, 2000)943-957.
116. Christansen, D. "Critical Care: Sugar Limit Saves Lives." *Science News*. June 30, 2001; 159:404.
117. Donnini, D. et al. "Glucose May Induce Cell Death through a Free Radical-mediated Mechanism." *Biochem Biohys Res Commun*. Feb 15, 1996:219(2):412-417.
118. Ceriello, A. "Oxicative Stress and Glycemic Regulation." *Metabolism*. Feb 2000;49(Suppl I):27-29.
119. Schoenthaler, S. The Los Angeles Probation Department Diet-Behavior Program: Am Empirical Analysis of Six Institutional Settings. *Int J Biosocial Res* 5(2):88-89.
120. Cornee, J., et al. "A Case-control Study of Gastric Cancer and Nutritional Factors in Marseille, France." *European Journal of Epidemiology* 11 (1995):55-65.
121. "Gluconeogenesis in Very Low Birth Weight Infants Receiving Total Parenteral Nutrition. *Diabetes*. 1999 Apr;48(4):791-800.
122. Glinsmann, W., et al. "Evaluation of Health Aspects of Sugar Contained in Carbohydrate Sweeteners." *FDA Report of Sugars Task Force (1986)* 39.
123. Yudkin, J. and Eisa, O. "Dietary Sucrose and Oestradiol Concentration in Young Men. *Annals of Nutrition and Metabolism*. 1988;32(2):53-5.
124. Lenders, C. M. "Gestational Age and Infant Size at Birth Are Associated with Dietary Intake Among Pregnant Adolescents." *Journal of Nutrition* 128.1998:1807-1810

Many of those biochemists and serious clinicians involved in the latest researched on refined sugar have condensed their experience and research into one statement: "Consumption of refined sugar is the most pleasant means of suicide." Only a handful of these researchers and serious clinicians realize that the above statement is only half true.

The latest research and serious clinical experience demonstrate that consumption of refined sugar is a major factor in all of the above conditions, plus many more.

The true part is that refined sugar consumption is gradual suicide. The untrue half is that it is pleasant. Anyone who has experienced the misery of constant tooth or gum problems, the financial ruin of constant illness, the frustration of low energy, the incapacitation of allergies, the pain of arthritis, the crippling effects of a survived heart attack, or the terror of cancer is well aware that no matter how gradual the process there is nothing pleasant about any of these afflictions.

Bruce Pacetti, DDS PPNF - *Health Journal*

America's Ice Cream

The ice cream industry of today has grown by leaps and bounds. Let us take a look at a report given in the magazine *Natures Path* - June 1958.

Hold It -- Health Hazard -- Ice Cream

In the olden days when ice cream was made of whole eggs, milk, and sugar and laboriously cranked in the farm freezer, a serving of ice cream was only an occasional family "treat" which didn't do much harm. Today, in this mass-producing, synthetic age, it is another matter entirely. Today you may be "treating" your family with poison.

Ice cream manufacturers are **not** required by law to list the additives used in the manufacture of their product. Consequently, today most ice creams are synthetic from start to finish. Analyses have shown the following:

Diethyl Glucol - a cheap chemical is used as an emulsifier instead of eggs. Diethyl Glucol is the same chemical used in anti-freeze and in paint removers.

Piperonal - used instead of vanilla. This is a chemical used to kill lice.

Aldehyde C17 - used to flavor cherry ice cream. It is an inflammable liquid which is also used in anilene dyes, plastic and rubber.

Ethyl Acetate - used to give ice cream a pineapple flavor. It is also used as a cleaner for leather and textiles and its vapors have been known to cause chronic lung, liver and heart damage.

Butyraldehyde - used in nut-flavored ice cream. It's one of the ingredients of rubber cement.

Amyl Acetate - used for banana flavor. It's also used as an oil paint solvent.

Benzyl Acetate - used for strawberry flavor. It's a nitrate solvent.

The next time you're tempted by a luscious looking banana split sundae, think of it as a mixture of anti-freeze, oil paint, nitrate solvent and lice killer and you won't find it so appetizing.



The Truth about Milk

Reprinted from Alive & Well, 1990

Renowned Medical Doctor Explains “The Truth About Milk”

One of the most outspoken of the authorities challenging the traditional view of milk is a retired osteopathic physician and surgeon located in Arlington, Texas. Dr. Ellis, who has researched milk and related problems for 42 years, is listed in Marquis, Who’s Who in the East, Leaders of American Science, the Dictionary of International Biography and Two Thousand Men of Achievement.

Dr. Ellis received his Osteopathic degree from the Philadelphia College of Osteopathy. He is the past president of the American Academy of Applied Osteopathy. We interviewed Dr. Ellis in his office in Texas. He is a robust 72, has a friendly personality and obviously enjoyed sharing his views about milk with us.



Ellis: I like milk, ice cream and cheese just as much as any of your readers. But, I don’t eat them. I know better. They are simply no good for humans.

Healthview: Why do you say that?

Ellis: There is overwhelming evidence that milk and milk products are harmful to many people, both adults and infants.

Milk is a contributing factor in constipation, chronic fatigue, arthritis, headaches, muscle cramps, obesity, allergies and heart problems. Also many people suffer from undiagnosed lactose intolerance.

Healthview: Why do you believe milk drinking causes poor absorption?

Ellis: There are two main reasons. The first is that milk and milk products have a great ability to neutralize hydrochloric acid (HCL). This forces your stomach to work harder and harder to produce enough HCL to digest your food. Eventually, the HCL-producing glands in

your stomach break down and you don't absorb the nutrients in your food.

The second reason is that milk and cheese tend to generate excessive mucus in the intestines, sinus and lungs. The extra mucus in the intestines hardens and forms a coating on the inner lining that is relatively impermeable to nutrients. This, of course, means poor absorption. Poor absorption, in turn, means chronic fatigue.

The excessive mucus also causes a host of other problems including constipation.

Moreover, excessive mucus generated by milk and milk products is behind many respiratory ailments. As I mentioned earlier, mucus accumulates in the lungs and sinuses as well as the intestines. So it's an important factor in nasal dripping and excessive phlegm in your throat.

Healthview: Please explain your thinking.

Ellis: It's simple. Mucus is quite sticky. Mucus is common with milk drinkers – you have excessive amounts of it in your intestines, the food sticks to it. Consequently, you have a hard time getting stools out of your intestines. They adhere to your intestinal walls.

If you have a cold and drink milk, you're just asking for an extra stuffy nose or for chest congestion. It's the same principle – mucus formation in your lungs.

If you have any of these problems, or flu, then one of the smartest things you can do is cut out milk and cheese from your diet.

Healthview: Please elaborate.

Ellis: I know that milk is supposed to be an excellent source of calcium. There's no doubt that it's rich in calcium. It's just that many humans don't seem to be able to metabolize it properly.

Thousands and thousands of blood tests I've conducted show that people who drink 3 or 4 glasses of milk a day invariably had the lowest levels of blood calcium. [Ed. Note: see also Dr. Michael Kaplan, *A Diet for All Reasons*, re: protein-induced calcium deficiency.]

Low levels of blood calcium correspond with irritability and headaches. In addition, the low calcium level in milk drinkers also explains why milk-drinkers are prone to have muscle spasms and cramps. Since calcium is necessary for muscles to relax, a lack of calcium causes muscle cramps, etc. If you're concerned about getting enough calcium, simply eat plenty of green vegetables, sesame butter and sardines, which are all rich in calcium.

I think a lot of it traces back to poor absorption. Milk and milk products are not metabolized well in the human system.

As you know I'm primarily a clinical researcher getting much of my

knowledge from work with my patients. Over my 42 years of practice I've performed more than 25,000 blood tests for my patients. These tests show, conclusively in my opinion, that adults who use milk products do not absorb nutrients as well as adults who don't.

Healthview: That's true, but why do you think drinking milk leads to weight problems?

Ellis: The problem is that people drink milk instead of water to quench their thirst. They don't realize that each glass of milk is an extra 165 calories. Those 165 calories per glass add up very quickly over time. All those extra calories translate into extra weight.

The problem is even more severe with cheese. Most cheese eaters don't realize how concentrated cheese is. It takes about five quarts of milk to make a single pound of cheese. When a food is that concentrated, you don't have to eat much to put on weight.

Also, most cheese is salted, and as you know, there is quite a bit of evidence linking high salt intake with increased risk of heart problems.



Healthview: You mentioned headaches earlier. We get a fair amount of correspondence about them. Why do you think that milk causes headaches?

Ellis: Headaches are not generally a problem with milk, but with cheese. It's been known for almost 200 years that cheese does cause headaches – even though researchers just recently learned what causes headaches.

The first scientific research on the subject was done in 1780's by John Fothergill, an eminent British physician. He published research statistics showing a definite correlation between eating cheese and severe migraine headaches. Over the years, a number of studies by other researchers have confirmed Fothergill's findings.

But what eluded them all was why the cheese was causing the headaches. They couldn't figure it out.

Healthview: What was causing the headaches?

Ellis: Tyramine, a protein in cheese. Dr. Edda Hanington showed it was the culprit in a medical study published in *Nature*, March 12, 1971.

More recently, another protein – phenylethylamine – found in many, but not all cheeses, was shown to cause migraine headaches, too. That study was published in the July 6, 1974 issue of *Nature*.

Healthview: Why would milk cause allergies?

Ellis: The main reason is that milk over stimulates the cells in the lower two-thirds of the stomach – the ones that produce hydrochloric acid. So, when milk and milk products are constantly used, they weaken and eventually destroy the functioning of these cells. Therefore, the child ends up with hydrochloric acid deficiency.

As a result, his proteins don't digest properly and therefore, partially undigested proteins enter the bloodstream. These proteins – because they're not fully digested - irritate tissues and provoke hives, skin rashes and other allergic reactions.

Incidentally, a similar mechanism holds in adults, too. Because of this, cow's milk tends to provoke allergic reactions in adults as well as infants. Moreover, cow's milk – by irritating tissues – weakens a person's resistance to other allergens. That's why a person is more likely to be allergic to ragweed, pollen, chocolate or other allergens.

Healthview: Why would drinking milk weaken a person's resistance to other allergens?

Ellis: That is because few adults can metabolize the protein in cow's milk properly.

The principal protein in cow's milk is casein, which is what a cow's

metabolism needs for proper health. However, casein is NOT what humans primarily need.

Healthview: Casein is not what humans need?

Ellis: This is something I feel is pretty well established. Allergy to milk is quite common, particularly among children. In fact, I recently read in a book by Dr. Frank Oski, head of the Pediatrics Department of New York State University, that 25% of children fed cows' milk before six months will develop one or more allergies. All books on allergies I've ever studied state that milk and milk products are number one on the list of allergens.

Some of the allergic symptoms that infants develop include asthma, nasal congestion, skin rash and various chest infections, plus other, less noticed symptoms such as irritability and fatigue.

So, if you are going to have a child, do everything you can to breastfeed him. If that's impossible, then try to obtain fresh raw goat's milk. Formulas should be considered only as a last resort.

However, as I said, there's no problem at all with the calcium in mother's milk. Suckling babies seem to be remarkably healthy.

Healthview: I take it then that your views about milk don't pertain to mother's milk.

Ellis: Oh, you're absolutely right. I think that mother's milk is the perfect food for infants.

For one thing, mother's milk contains natural substances that give a child protection against infection – for the rest of his or her life. Moreover, mother's milk – particularly the milk given during the first ten hours after birth – stimulates the child's digestive system into action.



Healthview: Well, we agree about cholesterol. Maybe some other time we'll go into that question. But, right now, if it's not cholesterol, what is it about milk that you believe causes heart problems?

Ellis: There are two main reasons. One of them is an enzyme in cow's milk called xanthine oxidase (XO). Xanthine oxidase causes heart problems by attacking the heart's arteries.

From 1971 to 1974, we studied 75 patients with angina pectoris (chest pain due to heart disease) and atherosclerosis (hardening of the arteries).

All the patients were taken off milk and given folic acid (a B-vitamin) and

ascorbic acid (vitamin C), both of which combat the action of XO.

The results were dramatic. Chest pains decreased, symptoms lessened and each one of those patients is doing great today.

Healthview: You mentioned you thought there were two main reasons why milk causes heart problems. If xanthine oxidase is one, what is the other?

Ellis: Well, I do have a lot more material. But I've given your readers enough to think about for now.

What I suggest is this: let your readers prove it for themselves. I suggest they eliminate all milk, cheese and other milk products for three months. This includes products made with milk powders, such as many bakery goods and a number of protein powders.

When I say all milk products, I mean all. Don't touch even a teaspoon of milk or cream. I have found that even a teaspoon can cause problems which could take four days to get over. Have your tea or coffee without milk or cream. If your readers do this, I'm certain almost all of them will feel a radical improvement in their general health.

I think I know how your readers feel at this point. They're thinking to themselves. "How will I ever live without sour cream, cottage cheese, cheesecake and boysenberry yogurt?"

I know what it is like because I felt the same way in the beginning. But, I also know that your readers will be feeling so much healthier than before. In fact, I'll be surprised if many of them go back to milk and milk products after three months without them.

Healthview: One last question. If indeed cow's milk causes so many problems, why did it come to be considered such an excellent food for humans?

Ellis: There are a number of reasons. Perhaps the most important one is that nutritionists have continuously recommended milk as a perfect, or nearly perfect, food. The nutritionists went wrong when they made the assumption that the various nutrients in milk were automatically absorbed and utilized.

As we've seen, this is not the case. Theoretically, milk is indeed an excellent food – but when you've done the blood analysts on thousands of patients, as I have, you find out differently.

However, according to my lab tests, raw milk caused many of the same problems as pasteurized milk. So does yogurt, which many people feel is a good alternative to milk.

Dr. V.G. Heiser, in a talk to the National Association of Manufacturers, told of experiments on 4,000 rats in which half were fed on a natural diet and the other half received the kind of food the average family uses.

At the end of two years, the first group was essentially free from disease while the group partaking of a human diet was afflicted with a number of diseases including gout, gastric ulcer, arthritis and tuberculosis.

- Edward Howell, MD, *Food Enzymes for Health and Longevity*

Most Dangerous Foods

Eliminate these foods to improve the quality of your life...

WHITE SUGAR

Robbs the body of vitamins, especially vitamin E, causes drowsiness, temper, violence. Damages soft tissues of the heart, kidneys, and liver. Substituting with artificial sweeteners is dangerous. Kills the immune system (vital to fight disease). Sweeteners should be used sparingly.

WHITE FLOUR

Causes constipation, increases sugar levels. **ABSOLUTELY NO NUTRIENTS!**

SOFT DRINKS

Kidney problems, weakness and loss of eye sight. Draws phosphorous out of bones. Possible causes of osteoporosis.

RED MEAT

Bacteria infested. Cancer causing. Increases the workload of the kidney and liver. Inflammation of the nerves and muscles. Often worm infested.

COFFEE & TEA

Caffeine dramatically devastates the nervous system.

DAIRY PRODUCTS (Ice cream, cheese, yogurt)

Dangerous chemicals injected, mucous forming, inability to digest.

ALTERNATIVES: Safflower butter, rice milk (Rice Dream), sesame milk, almond cream.

TAP WATER

Full of foreign matter. active viruses, bacteria, and chemicals that cause cancer, kidney stones, constipation, arthritis, inflamed intestinal tract. Excessively high chlorine content.

ALCOHOL

Robbs the body of nutrients, overworks the kidneys. Often leads to cirrhosis of the liver and mental disability.



Notes

Raw Living Foods®

Lesson 11 - Exercise

The Importance of Exercise

The lymph system runs up and down the body like rivers and streams. Lymph fluid bathes all cell tissues and carries solid waste material from metabolic processes in the cell to the elimination organs, mainly the colon or large intestine.

The lymph system is very similar to the blood system (together these two systems make up the circulatory system) except that it does not have a pump like the heart to move the fluid around the body. Movement of lymph fluid is dependent on exercise.



Moving muscles (exercise), jumping against gravity (rebounding), breathing (deep inhalation) and squeezing the tissues (massage) are all ways to move lymph in the body.



The diaphragm is a “lymphatic pump”; therefore, exercise is important. While exercising and inhaling deep breaths of fresh air, the lymph flow increases 5 to 15 times. The most natural exercises are walking, dancing, swimming, singing, rebounding, deep breathing and aerobics.

The Importance of Breathing

1. The lungs collect air and filter impurities. The body needs oxygen and the lungs and respiratory system supplies this life sustaining substance to the blood.
2. The lungs also collect nitrogen to replenish amino acids.
3. The lungs eliminate carbon dioxide which is a waste product given off during cell metabolism.
4. The lungs discharge excess mucus.
5. The lungs throw off excess gas and odors created by putrefaction and rotting of waste in the colon.
6. Coughing and sneezing are the body's effort to throw off toxic gas, dust, polluted air, harmful bacteria, and mucus through the lungs and bronchial.
7. The lungs are a vast network of cells that would take the space of an entire football field if spread out.
8. In many people, as they get older their lungs capacity decreases from lack of use. This just increases the aging process by not being able to eliminate the toxins and supply the body with sufficient amounts of air for vital health.
9. If putrefaction and over-accumulation of waste in the colon persists the lungs can become overburdened with foul gas and mucus. If the lungs become clogged, inflamed, and poisoned by the toxic gaseous waste and mucus, then dis-ease labeled symptoms such as pneumonia, cold, and bronchitis may result.
10. To prevent dis-eased labeled symptoms arising in the lungs we simply follow nature's law of health- live, organically grown food, uncooked, unprocessed, wheatgrass, deep breathing of clean air, drink fresh vegetable and fruit juices (green drinks), drink clean water, maintain positive attitude, exercise, juice fasting, and proper rest and relaxation.
11. Deep full complete breaths using all the muscles to increase the lung capacity is an important practice to ensure healthy lungs. We are more dependent on life sustaining air than food or water.
12. Efficient breathing can help digestion, assimilation, elimination, regeneration of cells, greater stimulation to the brain, organs, nerves, and muscles, and overall increase vitality and power of resistance to dis-ease.
13. Make it a daily practice to at least take a series of deep breaths. Inhale

through the nostrils steadily, first filling the lower lungs with the aid of abdominal muscles and diaphragm, expanding the stomach out.

Then fill the middle lungs by pushing out the lower ribs and chest and finally the upper lungs by lifting the upper chest and shoulders and pushing out the higher portion of the ribs. This should be a continuous rhythmic inhalation.

Retain the breath for a few seconds, and then exhale slowly, continuously

contracting all the areas of the body used in the opposite succession of the inhalation.

When breath is fully exhaled, relax all muscle and body parts used. Then repeat. Start with one or two and gradually increase.

Become sensitive and aware of your limits and improve at your own personal rate, comfortably.

GET TO KNOW YOURSELF!

“To eat properly, learn to listen to your body.” – Dr. Ann Wigmore

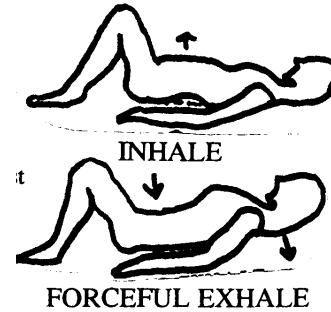


Pelvic Rock Series

1. The Pelvic Rock

Breathing in expanded abdomen.

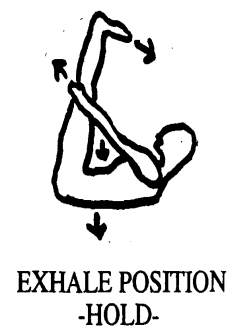
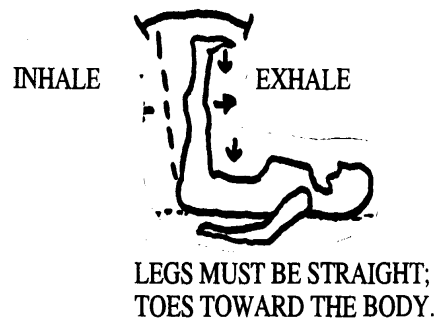
Breathing out contract abdomen, pressing spine & neck flat against the floor. Hold, relaxing shoulders, pressing spine more & more to floor. Relax; begin again. Work up to eight, holding each for eight seconds.



2. The Pump

Start with Pelvic Rock; bring knees to stomach, then straighten legs to ceiling. Inhale, expanding; exhale, contracting. Work up to eight, holding each for eight seconds.

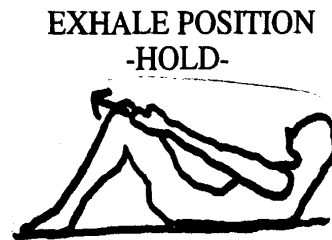
To come out of Pump & Jackknife (below) Bend Knees, then bring feet to floor, keeping abdominal muscles tight.



3. The Jackknife

Again, start with pelvic-rock. Bring knees to chest, and then straighten into air. Inhale; exhale, contract back to floor, head toward legs. Don't forget to flex feet, tighten knees, stretch arms either side of knees, palms in.

These basic exercises done regularly (2 times per day) will develop abdominal muscles, develop abdominal breathing; bring spine and neck into proper alignment, improving posture; stretch upper spine; stimulate the lymphatic system; tone the whole body. For those with very weak abdomens, start with Pelvic-Rock, do the Jackknife with feet flat on the floor, knees bent.



Meditation

Taking Hold of Your Mind ---- “What” skills

OBSERVE. Just notice the experience.

Observe carefully what is happening. Notice without getting caught in the experience. Experience without reacting to your experience.

Have a **“TEFLON MIND”**, letting experiences, feelings and thoughts come into your mind and slip right out.

CONTROL your attention, but not what you see. Push away nothing. Cling to nothing.

Be like a guard at the palace gate, alert to every thought, feeling, and action that comes through the gate of your mind.

Step inside yourself and observe. Watch your thoughts coming and going, like clouds in the sky. Notice each feeling, rising and falling, like waves in the ocean. Notice exactly what you are doing.

Outside of yourself, notice what is happening. Sit on a park bench and just watch everything. Notice how others are feeling and reacting.



DESCRIBE. Put words on the experience.

When a feeling or thought arises, or you do something, **ACKNOWLEDGE** it. For example, say in your mind, “A feeling of sadness has just arisen in me,” or “A feeling of sadness is still in me.” or “A thought about tomorrow has come into my mind,” or “I am walking, step by step.”

PUT EXPERIENCES INTO WORDS. Describe to yourself what is happening. Pure* came on your feelings. Call a thought just a thought, a feeling just a feeling. Don’t get caught in content.

PARTICIPATE. Get involved in the experience.



Enter into your experiences. Let yourself get involved in the moment. **LETTING GO OF RUMINATING.** Become part of your experience, part of the activity.

Act in each situation as needed ---- like a skillful dancer on the dance floor, moving with the music and your partner, neither willful nor sitting on your hands. Act **INTUITIVELY** from your wise mind.

Actively practice your skills as you learn them until they become part of you, where you use them without self-consciousness. Practice:

CHANGING HARMFUL SITUATIONS

CHANGING YOU HARMFUL REACTIONS TO SITUATIONS

ACCEPTING YOURSELF AND THE SITUATIONS AS THEY ARE



Things to Remember Daily

THE MOST IMPORTANT PART OF THE CREATIVE FOCUS IS: BE GUIDED FROM WITHIN, NOT WITHOUT.

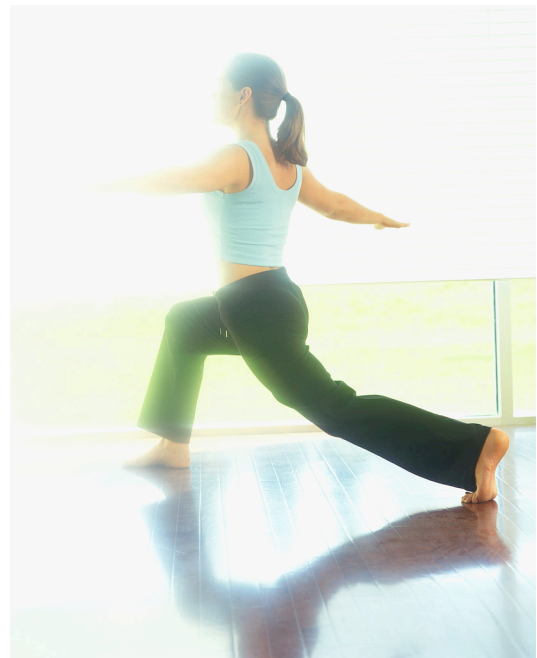
POSITIVE ATTITUDE.....

- SMILE AT TEN THINGS EVERY DAY.
- SAY SOMETHING NICE TO FIVE PEOPLE YOU CARE ABOUT.
- SAY SOMETHING NICE TO FIVE PEOPLE YOU NEED TO CARE ABOUT.
- REPEAT A POSITIVE AFFIRMATION ONCE EVERY HOUR.

DEEP BREATHING

THREE PART BREATHING: ABDOMEN, RIBS, UPPER CHEST (COMPLETE BREATH) ALWAYS BREATHE - (INHALE — AND — EXHALE) - THRU YOUR NOSE TO STIMULATE THE PITUITARY GLAND.

BREATHE WITH ALL YOUR MOVEMENTS. PRACTICE EVERY DAY. REMEMBER: BREATH IS LIFE. YOU CANNOT LIVE MORE THAN 5 - 10 MINUTES WITHOUT AIR. YOUR BODY NEEDS IT TO HEAL.



UNFILTERED SUNSHINE

THE SUN GIVES LIFE TO EVERYTHING ON EARTH. WE ARE NO EXCEPTION. SPEND TIME OUTDOORS EVERYDAY.

EXERCISE

MAKE IT FUN. PELVIC ROCK - THE “PUMP” - SPINAL STRETCHES FOR GOOD POSTURE AND BETTER ENERGY FLOW - VIDEOS FOR ALL TYPES. WALKING - REBOUNDED – PASSIVE & RESISTANCE EXERCISERS



EXERCISE STIMULATES OUR LYMPHATIC AND CIRCULATION SYSTEMS WHICH ARE OUR “RIVERS OF LIFE”.

DIET–LIVING FOODS

WHEATGRASS - GREENS - SPROUTS - FRESH VEGETABLES - RIPE FRUITS - SEEDS, NUTS, PURE WATER, - (PLUS, PURE FRESH AIR AND SUNSHINE). FOR GOOD DIGESTION SPACE YOUR MEALS WELL, AND DON'T NIBBLE. FOR GOOD DIGESTION PRACTICE PROPER FOOD COMBINING.

DRINK FLUIDS BETWEEN MEALS TO PREVENT DILUTION OF STOMACH JUICES DURING MEALS.

ONLY LIFE GIVES “LIFE” – EAT LIVING FOODS

THIS NEW LIFESTYLE OF CLEANSING AND REJUVENATION WILL RESTORE YOUR HEALTH AND HAPPINESS IF YOU PRACTICE IT DAILY. AS THE BODY BEGINS TO CLEANSE AND FEEL STRONGER, EACH DAY WILL BE MORE WORTH LIVING FOR. PAY CLOSE ATTENTION TO THE FOODS THAT ARE PARTICULARLY GOOD FOR YOU.

LOVE YOUR BODY AND REAP THE BENEFITS OF VIBRANT HEALTH.

FOR A GOOD WAKE-UP EACH MORNING: DRY SKIN BRUSH UPON RISING TAKE A WHEATGRASS JUICE IMPLANT OR SOAK YOUR FEET IN IT. DO A FACIAL. IF IT'S WARM, SIT OUTSIDE AND SOAK UP SOME SUN!





Notes

Raw Living Foods®



Lesson 12 - Colon Health and Elimination

Introduction to Colon Care

The program at Creative Health Institute is not a cure, nor a remedy for any specific disease. Rather, it is a rejuvenation – thorough cleansing of the body’s waste, while providing uncooked, organically grown nourishment to the body’s tissues.

This lifestyle of eating, combined with good health habits, assists Nature in the removal of waste and foreign matter, including excess mucous and toxins, from the colon.

Toxins from the air, water and food accumulate in the body. Our environment is heavily polluted. Radioactive and other hazardous materials are presenting numerous health problems in today’s society.

The body stores foreign matter from cooked foods, such as uric acid. Even drugs are never totally eliminated – they can be stored in the body for decades.

Most health problems are a result of the body’s inability to eliminate these toxins, thus creating a build up of waste, mucous and toxins.

The natural self-healing work of the body results when the first signs of an overabundance of toxins in the colon begin to appear. If not eliminated properly and a natural balance maintained, dis-ease conditions result.

Rather than trying to suppress the symptoms of improper elimination, we need to encourage the process of strengthening the body’s eliminative abilities.

The colon completes the digestion process. It absorbs nutrients and enzymes from digested foods.

This is accomplished with the aid of an extensive colony of 'friendly bacteria' that thrive within a healthy colon. As food passes through the colon, these bacteria 'feed' upon the broken down food, creating valuable chemical products in the process (Vitamins K, B complex, including B-12).

These bacteria can be destroyed by antibiotics, poor food combining, or by the build up of putrefied waste materials in the colon.

The colon is the body's major organ for elimination. A poor functioning colon may result in headaches, undue weariness, lethargy, fatigue, sluggishness or negative moods; all symptoms of the beginning of a toxic condition.

By cleansing the colon, we remove these toxins and prevent their cumulative effects before they become truly poisonous.

Both living and dead bacteria can make up as much as half the weight of the feces. Normal stools are usually composed of $\frac{3}{4}$ water.

With slower fecal transport through the colon, more water and more toxins are absorbed.

Constipation can begin in early childhood. As a result, old hardened feces stick to the walls of the colon, causing it to look like an old stovepipe.

Common practices that promote constipation:

Eating devitalized, refined, over-processed and cooked food.

Regularly neglecting to "heed the call" to evacuate after meals.

Sitting on the toilet in an unnatural position, making evacuation more difficult.

Use of Drugs (antihistamines, tranquilizers, etc.)

Use of laxative or cathartics.

Even "natural" laxatives can be habit forming. The colon is often irritated by the laxative and anything else that is loose goes out with it. This 'Whipping Action' is destructive to the colon membranes.

Some people who have chronic diarrhea say they are not constipated because their bowels move several times a day. Diarrhea is generally due to irritation of the colon, resulting in a rapid, powerful emptying of whatever can be forced out.

When this irritating substance is glued to the walls of the colon, it may not be expelled and the result is chronic diarrhea. Chronic diarrhea responds remarkably well to an effective colon cleansing program.

Constipation is a cause of lumps, cysts and malignancy. Chemical substances in the colon enter the blood stream and are taken up in the body.

The faster the contents of the colon are evacuated, the less time there is for transformation or synthesis of toxic or carcinogenic substances.

When the chemical poisons and toxins are stirred up out of the tissues, they are taken back into circulation for elimination through the kidneys, the colon, the lungs, and skin. Temporary physical and emotional sensations may be felt until the toxins are eliminated.

During the initial cleansing period, even though you have regular bowel movements, it is advised to wash out the lower colon at the first sign of "toxicity" – headaches, stiffness, lethargy, sluggishness, or negative moods.

Any type of pelvic exercise, particularly walking, will help stimulate and strengthen the intestines and is recommended.

Colon cleansing is the key to colon health and to far reaching health benefits to the entire body.

Enemas and colonics cleanse by using the mechanical effect of moving water. By repeatedly introducing and expelling water, fecal impacting and toxic concentrations are dissolved, diluted and removed. A rectal implant of wheatgrass juice is absorbed to cleanse the liver.

When you put the right kind of nourishment into your body and at the same time monitor the elimination of waste, you can reap vibrant health.

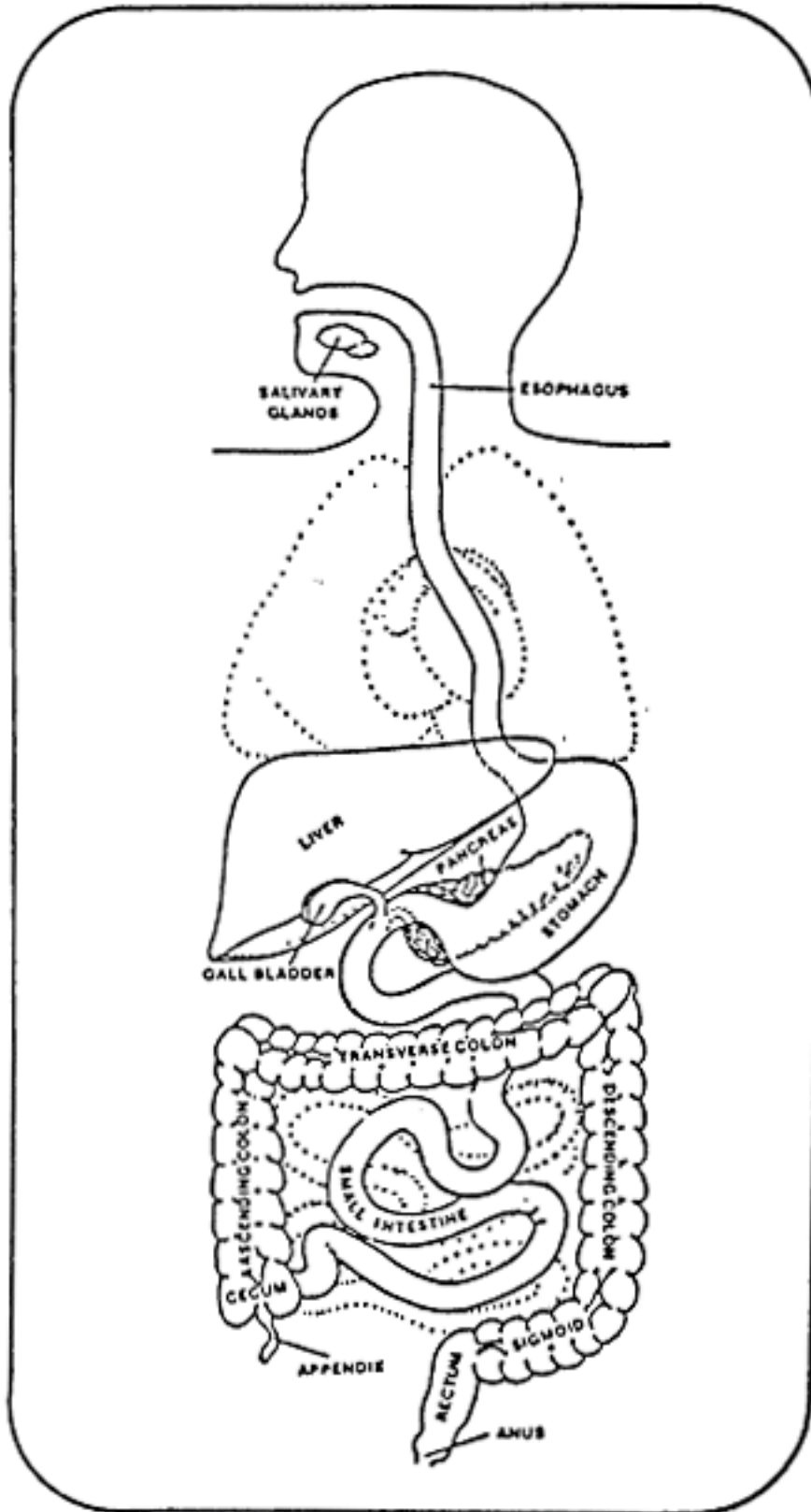




Raw Spirit Fest, Sedona, AZ



Normal Digestive Tract



A Brief History of Colon Therapy

The therapy of the colon (large intestine) and its benefits have been known and practiced for hundreds of years. Dating back to ancient times, enemas were recorded as early as 1500 BC, in an Egyptian medical document called the "*Eber Papyrus*". Hippocrates, Pare and Galen also advanced the use of enema therapy. In earlier times, people implemented enema treatments in a river by using a hollow reed to induce water to flow into the rectum.

At an earlier time in America enemas were a commonly used procedure to help maintain health and stave off disease.

For example, before the departure of the Lewis and Clarke expedition, a physician instructed them in the appropriateness of using enemas in cases of fever and illness. Our grandparents and great-grandparents grew up with the use of enemas as a widely accepted procedure for reversing the onset of illness.

In the early 1900's in Battle Creek, Michigan, John H. Kellogg, M.D., extensively used colon therapy on some forty thousand of his patients. In 1917 he reported in the Journal of the American Medical Association that, in all but 20 cases, he used no surgery for the treatment of gastrointestinal disease in his patients.

“In times past, knowledge of the bowel was more widespread and people were taught how to care for the bowel. Somehow, bowel wisdom got lost and it became something that no one wanted to talk about anymore.”

Bernard Jensen, D.C.

The popularity of colon therapy in the United States reached its apex in the 1920's and 1930's. At that time, colon irrigation machines were commonly seen, and regularly used as a standard practice, in hospitals and physician's offices. But in the ensuing 50 to 60 years the public's use of, and access to this valuable health treatment greatly decreased.

Proper bowel management and health will never be achieved through the use of drugs and/or surgery.

In the last 10 years there has been a resurgence of interest in alternative medicine and personal health care responsibility. Once again people are discovering the many health benefits of maintaining a strong and biologically sound colon. This return to using colon therapy has been bolstered by the development of sophisticated colon therapy machines, which make these therapies both safe and convenient.

It is hoped the *grass roots movement towards personal health responsibility* using alternative health therapies to restore and maintain superior health will be joined by traditional health care practitioners.

Enema Technique

Prepare enema bag by cutting off the hard plastic tube (at the black line) and at the catheter. Push on firmly. You can secure with a piece of tape, if so desired.

1. Fill bag with charcoal filtered or other type of purified water. Warm the water to body temperature by putting in a sink full of hot tap water.

2. Hang 2-3 feet from rectum. You will find the most comfortable way to do this as you go through the program. Some people do their enemas in the bath tub, some on the floor. Try different ways until you find the one beneficial for you.

3. Remove air from the tube by starting water flow through the tube. You can control the flow by raising the end of the tube above the level of water in the bag. Close off the water flow with the pinch valve.

4. Lubricate the catheter with one of the following . . . water, wheatgrass juice foam, aloe vera

gel, water soluble surgical lubricant (petroleum lubricant NOT recommended.)

5. Lay on left side while inserting catheter from the right (can also be done on back, knees to chest or kneeling, chest to knees). A slant board may be used if available.

6. Insert the red rubber catheter full length. Relax as much as possible.

7. While lying on left side, slowly release 1/3 of the bag of warm water into the colon. Slowly massage the colon up the left side.

8. Roll over onto back; slowly release another 1/3 of the water into the colon, massaging from left to right above the belly button.

9. Roll onto right side, slowly release last 1/3 of the bag into the colon, massaging down the right side. This part of the

enema should take from 20-30 minutes.

straightens out the colon for better elimination.

10. Remove catheter and release water into the toilet
Massage in the opposite direction from above (that is, from right to left across the abdomen. This part of the enema should take 15-20 minutes.

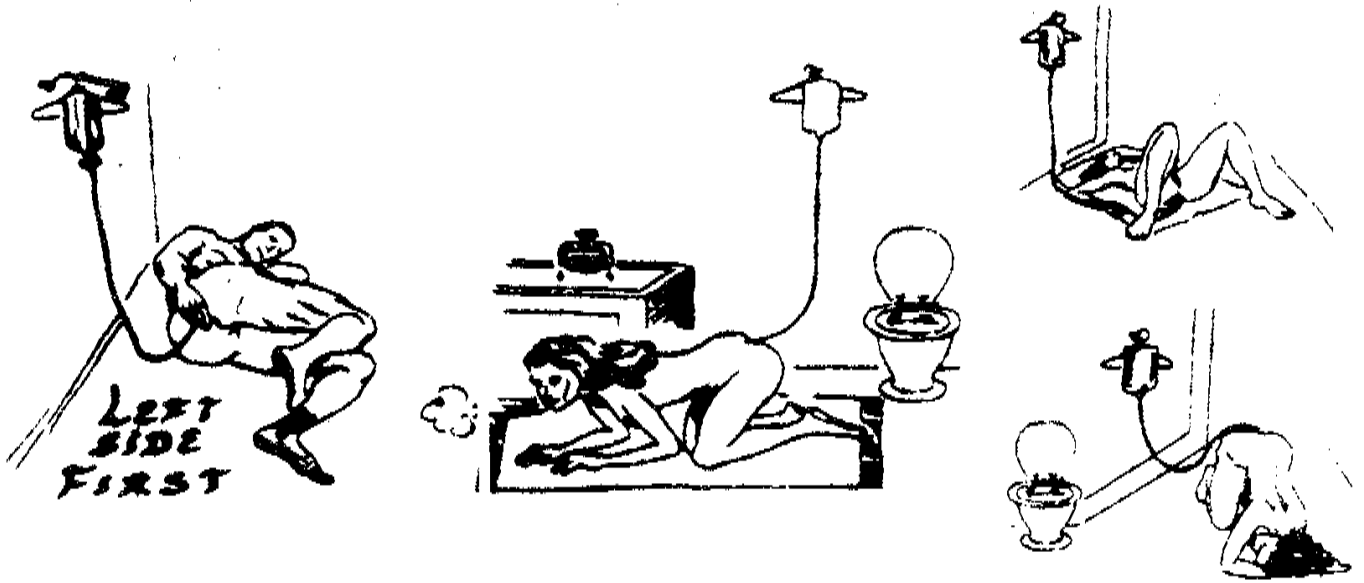
a) If cramping occurs, check the temperature of the water. It should be about body temperature- not too hot, nor too cold. Also, water should be introduced into the colon SLOWLY, so the colon does not expand too fast.

b) If you feel considerable discomfort, remove catheter and expel the water. Try again to complete the enema. After doing several enemas there will be substantial fecal matter released which will allow you to take a whole bag at a time.

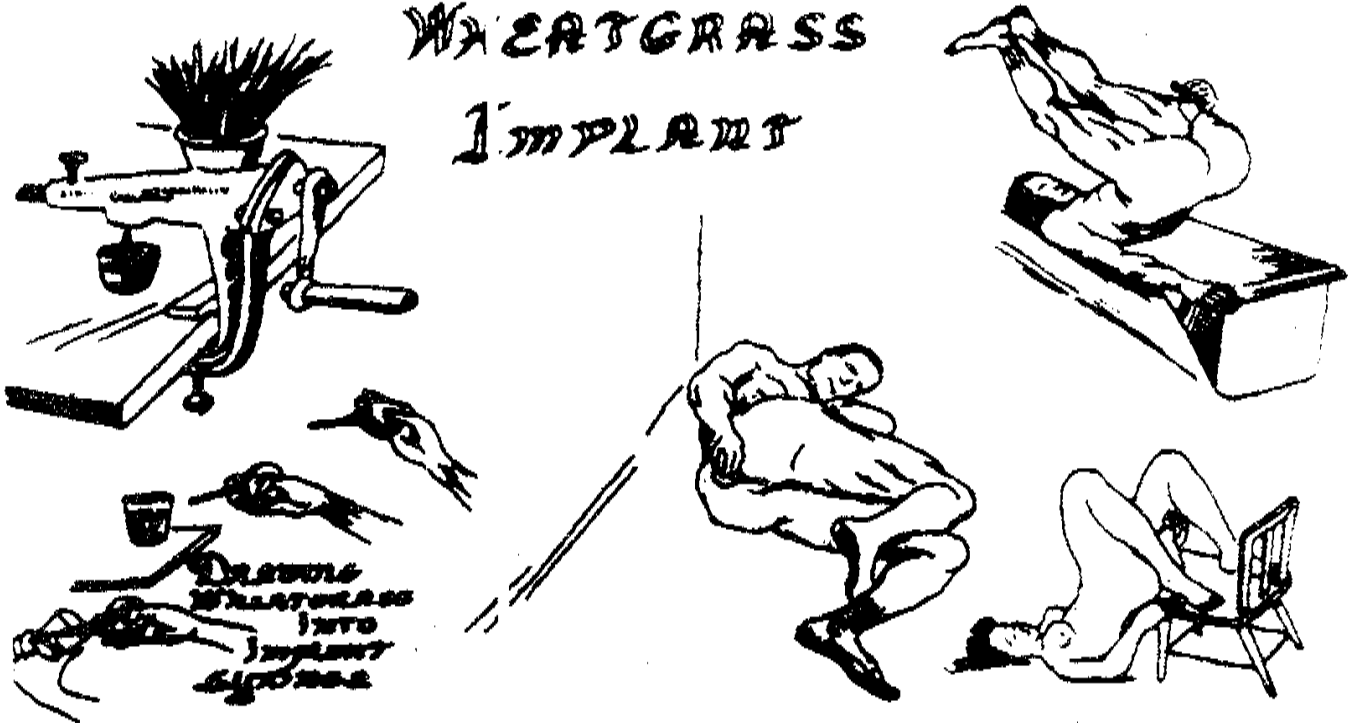
c) It is best to expel the water with your feet raised 1 - 2 feet off the ground. You can use a stool, waste can, or specially built foot board to do this. It



How to Take an Enema



WHEATGRASS IMPLANT



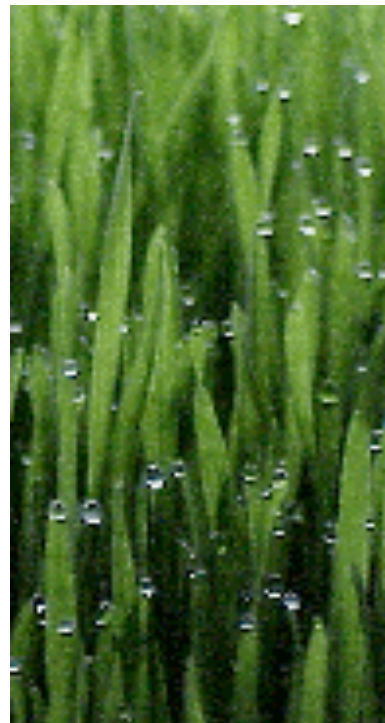
Wheatgrass Implants

LOW IMPLANT

1. Hold implant syringe in hand and squeeze out air.
2. Dip the end of the syringe into freshly juiced wheatgrass.
3. Let go of pressure on the bulb and wheatgrass juice will be drawn into the syringe.
4. To keep air out of the rectum, insert into the rectum with air bubble in syringe at the top and squeeze the bulb tightly. You can do this in a number of positions: on your back with knees to chest; or kneeling with chest to knees. Another way to avoid air in the colon is to make sure your implant bulb is completely filled with wheatgrass juice. Turn tip up, squeeze the air out, dip back into the wheatgrass juice and release to draw up more juice into the bulb.
5. Maintain pressure on the bulb until you draw the tip of the syringe from the rectum. Release pressure, turn tip down and reinsert into rectum and squeeze the rest of the juice into the colon.
6. Hold the implant for 20 minutes or more. To help in holding implant use a slant board if available or put feet up on the wall while lying down on bed or floor.
7. If unable to hold, release first implant, then immediately do another one and hold. The reason for this is that the implant stimulates peristaltic action in the colon. The second implant will cause a lesser initial reaction.

HIGH IMPLANT

1. Follow technique for enema.
2. Put 2 -5 ounces of wheatgrass juice into enema bag.
3. Reinsert the full length of the catheter and release the wheatgrass juice into the colon. Add a small amount of water to bag after releasing the wheatgrass juice to remove the juice from the tubing. Hold for 20 minutes or longer.
4. Because you are lying down and you are putting the wheatgrass juice deeper into the colon to do this type of implant, it is easier to hold it for a longer period of time.
5. Release the implant as needed. If it does not come out, do not be alarmed. This is common. The body will expel it with the next bowel movement or enema, or the wheatgrass juice will be absorbed to help your system.



What happens in a Colon Cleanse?

Consider three facts about the intestines:

If stretched out to their full length, the large and small intestines together would measure 25 feet long.

The total surface area in the intestines (made larger by myriad folds) capable of absorbing nutrients is the size of a tennis court.

The intestines can store a vast amount of partially digested, putrefying matter (as well as drugs and other toxic chemicals) for decades. Some intestines, when autopsied, have weighed up to 40 pounds and were distended to a diameter of 12 inches with only a pencil-thin channel through which the feces could move.

Those 40 pounds were due to caked layers of encrusted mucus mixed with fecal matter, bizarrely resembling hardened blackish-green tire rubber or an old piece of dried rawhide.

This mucoid plaque, when it is removed during an intensive colon cleanse, often shows ropelike twists, striations, overlaps, folds, creases—the shape and texture of the intestinal wall.

Mucoid plaque may vary considerably, depending on the chemical conditions in a person's intestines.

It may be hard and brittle; firm and thick; tough, wet, and rubbery; soft, thick and mucoid; or soft, transparent and thin. It can range in color from light brown, black, or greenish-black to yellow or grey and sometimes emits an intensely foul odor.

In the course of a month-long colon cleanse, one client passed a single length of mucoid plaque 15 feet long. Another client excreted a total of 11 pounds of mucoid plaque during a cleanse.

It is not unusual to pass a total of 35 to 45 feet of plaque, often in the last week.

In our clinical experience of monitoring thousands of intensive colon cleanse programs over the last 14 years, most people pass a staggering amount of this strange substance.

I coined the term mucoid plaque, meaning a film of mucus, to describe the unhealthy accumulation of abnormal mucous matter on the walls of the intestines.

Conventional medicine knows this as a layering of mucin or glycoproteins (made up of amino acids and carbohydrates) which are naturally and appropriately secreted by intestines as protection from acids and toxins.

However, mucoid plaque is different from the mucosal lining (mucosa) of the gastrointestinal tract.

The latter acts as a necessary buffer to the gastrointestinal wall and as a lubricant for peristalsis. It is also responsible for the secretion of mucins which comprise mucoid plaque.

The cells of the outermost layer of the mucosa (the epithelium) stay fresh and vital, renewing themselves every four to seven days.

It sounds paradoxical, but medical research indicates that mucoid plaque is a normal self-defense measure—natural protection from unnatural toxins.

Evidence indicates that mucoid plaque, with the possible exception of that found in the stomach, is unnatural to the healthy body and is found only after the body has moved away from perfect health and into a diseased state.

The theory goes that if you were completely healthy, your system would produce no mucoid plaque because it wouldn't need to.

When the body has been chronically subjected to (or put under attack by) drugs (such as aspirin or alcohol), salt, heavy metals (including dental mercury), toxic chemicals, parasites, harmful microbes and their toxins, and circulating immune complexes (immune cells locked onto undigested particles or foreign substances in the bloodstream), it produces mucoid plaque to protect itself.

The trouble is, once the mucoid plaque is created, for whatever biologically important reason, it is not routinely excreted from the intestines.

Instead it lodges in the numerous folds and crevices of this large organ and can remain there for many years.

Over time, the mucoid plaque grows thicker, firmer and more widespread—colonizing, as it were, the tennis court-sized interior of the intestines. Old feces adhere to the plaque and are not removed during a normal bowel motion.

The plaque slows down intestinal action, both waste excretion and nutrient absorption. It can harbor pathogens, including bacteria and parasites, which actually hide underneath the plaque.

It may block the normal outflow of lymph and mucin drainage. It binds toxins to itself and contributes to bowel toxicity, slowly emitting toxins into the bloodstream.

Finally, plaque creates a friendly environment for disease, in some cases for colon cancer and gastric carcinomas.

Gradually your immune system is weakened as the chronically toxic bowel environment destroys useful bacteria.

Your liver becomes overburdened by the unprocessed intestinal toxins and nerve meridian points in the intestines related to hundreds of other parts of the body are compromised.

A toxic bowel results in toxic blood and lymph, toxic organs and cells, and toxic function.

The bowel “feeds” every organ, tissue and cell in our bodies, so when the quality of feeding from the digestive system is contaminated or of poor quality, the cells and organs elsewhere in the body will be compromised and grow sluggish and inefficient.

So, while mucoid plaque is “natural” in that the intestines produce it, it is most unnatural in that the presence of a large amount of it indicates a high degree of intestinal ill health. When the intestines are ill, you will be ill.

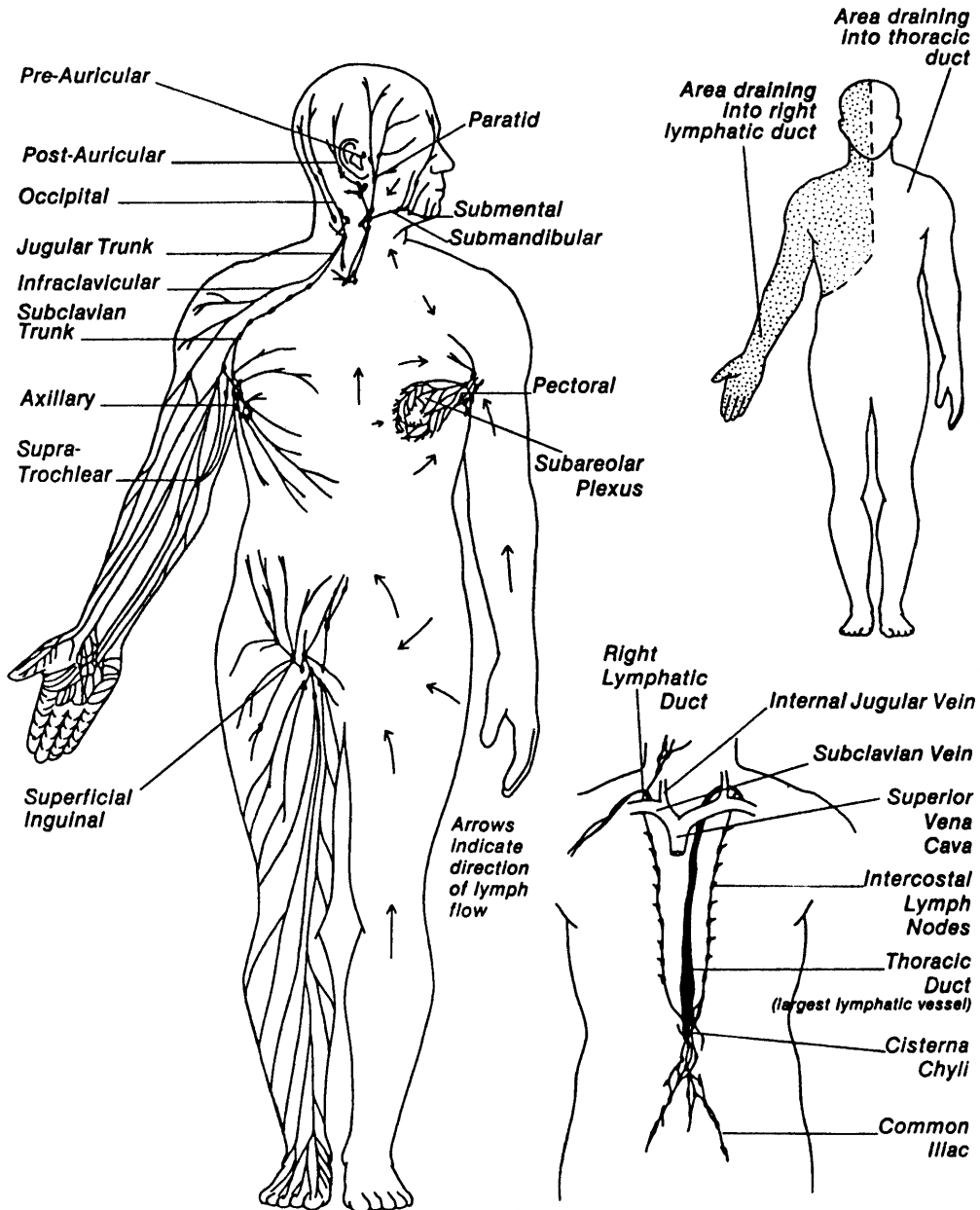
Richard Anderson, N.D., N.M.D



The Lymphatic System

The Lymphatic System and Lymphatic Ducts

Creative Health Institute
 918 Union City Road
 Union City, MI 49094
 517-278-6260



- Major locations of lymph nodes
- Lymphatic vessels are named according to their location

About the Lymphatic System

The lymph system runs up and down the body like rivers and streams. Lymph fluid bathes all cell tissues and carries solid waste material from metabolic processes in the cell to the elimination organs, mainly the colon or large intestine.

The lymph system is very similar to the blood system (together these two systems make up the circulatory system) except that it does not have a pump like the heart to move the fluid around the body. Movement of lymph fluid is dependent on exercise.

Moving muscles (exercise), jumping against gravity (rebounding), breathing (deep inhalation) and squeezing the tissues (massage) are all ways to move lymph in the body.

The diaphragm is a “lymphatic pump”; therefore, exercise is important. While exercising and inhaling deep breaths of fresh air, the lymph flow increases 5 to 15 times.

The most natural exercises are walking, dancing, swimming, singing, rebounding, deep breathing and aerobics.

The lymph system carries waste materials away from the cells. When the walls of the colon are impacted, mucoid plaque builds up on the walls of

lymphatic vessels and cannot drain into the colon to be eliminated.

For the lymph system to drain freely, first we must clean the colon.

As soon as the colon is cleansed enough to relieve pressure on the lymph system, mucus is often seen in the stool.

Guests at Creative Health Institute have often reported a relationship of this to improvements in chronic physical problems, such as rheumatoid diseases, asthma, hay fever, allergies, cystitis, eczema and other skin diseases, edema, cellulite and inflammations of the lymph nodes.

Dry skin brushing with a natural fiber brush removes dead skin and wastes and stimulates the lymph system. To help cleanse the lymph system, daily dry skin brushing is recommended. This practice helps produce clear, healthy skin that gives off a natural glow.

Sunbathing for 2 to 30 minutes is an excellent way to encourage elimination through the skin.

Deep breathing exercises, rebounding for 10 minutes and dry skin brushing are important daily activities that are necessary to increase elimination of solid waste materials from the body.

Dry Skin Brushing

The skin is the largest eliminative organ of the body; therefore it plays a vital role in ridding the body of toxins and impurities that are a potential source of future illness. Many health practitioners recommend dry skin brushing to open the pores of the skin and clean out the lymphatic system. When the pores are not clogged with dead cells and the lymphatic system is cleansed, the body is able to carry out its important function of eliminating toxins and waste material.

Dr. Mary Crow, a chiropractor in the San Francisco Bay Area, claims that today, people do not perspire enough and that synthetic clothing can have a suffocating effect on the skin. For this reason, skin brushing is particularly valuable in enabling the body to breathe and function properly. Further, it increases blood circulation in all underlying organs and tissues.

As part of a detoxification or internal cleansing program, Dr. Crow has her patients combine skin brushing with saunas. They are advised to skin brush before entering a sauna, remain until in a full sweat, take a warm shower followed by a quick cold shower, dry off, dry skin brush again, jump back into the sauna, and remain to the point of flowing perspiration. This is a powerful

method for eliminating waste and toxins from the body.

We recommend that you do this dry skin brushing routine morning and night during the program, then once a day after the program is completed. A long-handled natural bristle brush is best. Never use a synthetic brush.

Brush skin lightly to begin with. As the skin becomes toned, you may brush heavier. Start at the bottom of the feet using a rotary or circular motion, and then proceed to the legs, arms, back, abdomen, and chest. Women should avoid doing the breasts. Never wet brush. Always brush toward the colon. Brush your skin until it gets a red glow. Skin brushing should take about 5 minutes. Skin brushing in the morning will freshen the body and before bed will relax it.

A shower should always follow skin brushing. This will remove uric acid crystals along with any dead skin that has been loosened. Always start your shower with warm water and end with cold. Once the water is cold, do not stay in any longer. When the water turns cold, let it hit your legs first. Do not let it hit your heart or head first as this can cause a slight shock to the body.

Baths can be unsanitary because when the pores open, toxins can be

reabsorbed. Showers are best. When showering, hot temperatures create steam, which carries toxic chemicals; therefore avoid hot showers.

Natural soaps should always be used but do not soap the entire body down. Areas to be soaped are the underarms and groin region. Rinse soap off thoroughly to avoid clogging pores.

Sun bathing is very therapeutic. At least 10 minutes a day will ensure your Vitamin D and A for the body. Vitamin D helps to control body calcium. The sun also helps guard against blemishes. The sun is not really the culprit for skin cancer. This is not to say that overexposure to the sun cannot cause problems. The sun may cause sweating of toxins and poisons through the skin, causing irritation and cell mutation.



THE BENEFITS OF DRY SKIN BRUSHING

- 1) Opens pores, removes toxins and dead skin.
- 2) Increases blood circulation.
- 3) Helps to stimulate hormone and oil-producing glands.
- 4) Helps to take load off other organs by helping the eliminative system.
- 5) Helps in rejuvenating the nervous system.
- 6) Helps improve muscle tone and prevent fat deposits.
- 7) Improves complexion.
- 8) Improves overall health, which helps against premature aging.



SKIN BRUSHING TIPS

- Every two weeks, wash your brush and let it dry in the sun.
- Never share your brush.
- Never brush irritated or infected areas of the body.
- Brush scalp regularly to remove dead skin and to promote hair growth.
- If you brush facial skin, be very gentle and use a facial skin brush.
- Always shower after skin brushing.
- Using soap results in decreased body oil. No oil equals no interaction with sunlight to form Vitamin D.

Raw Living Foods®



Lesson 13 - Staying the Course

The Benefits of Changing Your Lifestyle

Benefits of practicing *some or all* of the Raw Living Foods lifestyle:

Usable nutrients that perpetuate health and well-being.

Avoidance of aging and other degenerative elements.

Health rejuvenation capability for those that are willing to change.

Renewing of the Mind OR a Change of Consciousness.

A more natural way of living and learning. Dealing with minor disorders rather than with the use of chemicals, drugs, medicines and synthetic substances, etc.

DISCUSSION

Getting a new focus:

What are you noticing that is of concern to you?

Poor Health: aches and pain, rashes, frequent colds & flu, cough, indigestion....?

Allergies, sensitivities, finicky eater, re-occurant yeast infections...?

Mood swings, fogginess, unclear thinking, addictions, hyperactive child...?

Environment issues: pollution, ethical farming, ozone...?



Describe what changing your lifestyle can mean for you.

Be specific. Include how you would go about re-educating yourself and your family.

1)

2)

3)

4)

5)

6)

7)

8)

9)

Cooked Food Dependency Questionnaire

This is a questionnaire to determine addiction to cooked food. Please answer “yes” or “no” to each of the following questions. If you want to answer “sometimes” or “maybe”, then answer “yes”. Please be honest.

If you are not hungry, but someone offers you your favorite delicious food, do you accept the offer?

If you know that it is not good to eat before bedtime, but there is some delicious food on the table, do you eat it?

If you are feeling stressed, do you eat more food than usual?

Do you continue eating until your stomach feels completely full?

Do you eat when you are bored?

Do you notice restaurant signs even when you are not hungry?

If you are made an offer for a free dinner, do you always accept the offer?

At All-You-Can-Eat restaurants, do you usually overeat?

Have you ever broken a promise to yourself not to eat before bedtime?

Would you spend the last \$10 in your pocket on your favorite food?

Do you reward yourself with food for accomplishing achievements?

Do you eat extra food rather than letting it go to waste?

If you know that eating a certain food that you really enjoy will make you feel ill later, do you still eat it?

If you answered “yes” to 3 or more questions, then you may have a cooked-food dependency.



Twelve Steps to Raw Food

(from Victoria Boutenko's book of the same name - RawFamily.com)

- Step 1 – I admit that I have lost control of my addiction to cooked food and my eating is becoming unmanageable.
- Step 2 – I believe that live vegan food is the most natural diet for a human being.
- Step 3 – I shall gain necessary skills, learn basic raw recipes and obtain equipment to prepare live food.
- Step 4 - I shall live in harmony with people who eat cooked food.
- Step 5 – I shall stay away from temptations.
- Step 6 – I shall create a support group.
- Step 7 – I shall find alternative activities or hobbies.
- Step 8 – I shall let my higher self lead my life.
- Step 9 – I shall make a searching and fearless inventory of the real reasons for seeking comfort and pleasure from cooked foods.
- Step 10 – I shall let my intuition help me.
- Step 11 – Through clarity I will gain happiness.
- Step 12 – I shall provide support to other raw fooders.

Organization: Putting Together a Schedule

Maintaining a Raw Living Foods lifestyle as a single individual requires a new level of responsibility to the diet.

There are two very important aspects:

1) The preparation of the food eaten at a given meal is usually started several days in advance (as much as one week for alfalfa sprouts.)

2) Certain tasks must be performed every day, often morning and evening, or several days' worth of work in preparation is lost, and food that was destined for a future meal is ruined.

However, rather than becoming a burden, the increased sense of responsibility brings with it satisfaction, personal confidence, and appreciation and respect for one's diet and health. In fact, this is probably one of the most important benefits of the Raw Living Foods lifestyle.

Almost every day there is a requirement for alfalfa, Rejuvelac, sprouted grains, and seed cheese or almond cream. This means that these must be prepared regularly

everyday. Seeds must be soaked, sprouts must be rinsed, Rejuvelac harvested, seed cheese must be prepared and harvested. None of these takes much time, but they must all be remembered.

If, for example, one forgets to rinse alfalfa sprouts one evening, the entire batch may be ruined (and that would probably be a whole week's supply!) It is therefore a very good idea to sit down and make up a schedule to be followed on a daily basis, which lists all small tasks to be done, morning and evening. This means certain things must be decided. For example, since a batch of Rejuvelac seeds produces up to three batches of Rejuvelac, and one batch is consumed each day, one may decide to start to soaking new seeds for Rejuvelac on every-other day, or every third day. The seeds may be soaked during the day, or overnight. Seed cheese may be a daily menu item, or it might be desired less frequently. It is a good idea to start soaking sunflower seeds for seed cheese in the morning, so that the seed cheese can ferment overnight. It

should be a daily morning and evening task to simply rinse all currently sprouting alfalfa and wheat. Special tasks, such as hulling and greening alfalfa or making veggie kraut, should be planned ahead of time. Generally, a well-spent hour carefully considering one's nutritional plan and schedule will save many hours in the kitchen over the first few weeks of adopting the program. However, do not feel that you cannot begin blending soups until you have a full living foods kitchen set up!

LUXURY OPTIONS

Once you have established your Raw Living Foods kitchen, you may want to invest in extra equipment, which, while not essential, enables you to prepare special foods more easily. These include a fruit juicer (useful for making veggie kraut), a dehydrator (for grain crisp and dehydrating vegetable snacks), and a wheatgrass juicer (manual or electric).



The Difference Between Eating and Nourishment



healthy food from balanced living soil



unhealthy food from dead unbalanced soil

DEAD FOODS produce DYING BODIES



LIVE FOODS LIVE BODIES!



Strong immune system



weak immune system



eating dead foods makes elimination a misery!



eating living foods makes life alot easier!



Kick the alcohol habit



Enzymes at work



unhealthy colon

healthy colon



Lag behind on dead foods or keep your energy going with living foods!



lentil



wheat



alfalfa

Energy and Free Radicals

Antioxidant Enzymes

The antioxidant enzymes are synthesized in the body. They initiate processes which ultimately channel the excessive, damaging energies of free radicals into producing harmless substances such as water and ordinary oxygen. These enzymes include:

*Glutathione peroxidase,
Catalase, and
Superoxide dismutase*

They are produced and function in most cells of the body. In every sense, they are a part of us. Without their protective activity we would quickly become, quite literally, spoiled. In fact, the reason why dead flesh rots so quickly is that these enzymes no longer function.

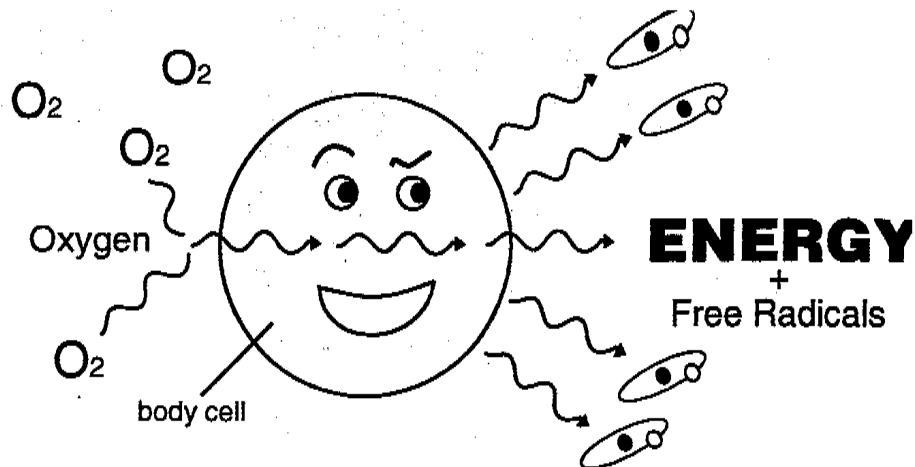
Antioxidant Nutrients

For human supplementation, most clinical researchers use antioxidant nutrients, because these are the most

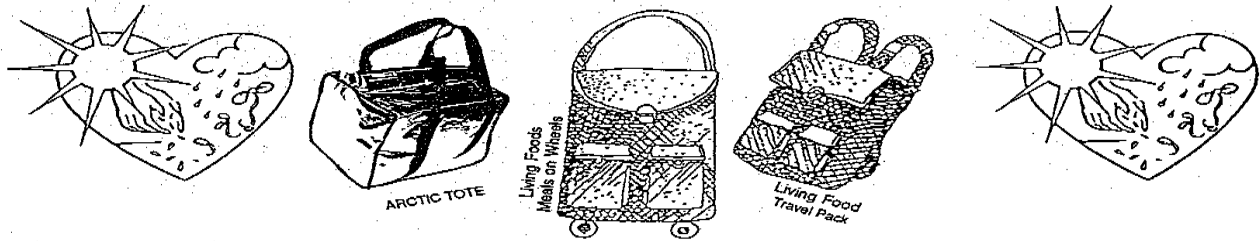
practical and cost-effective choices. The antioxidant nutrients most capable of fighting free radicals include:

*Beta carotene (provitamin A),
Vitamin C
Vitamin E
And the mineral selenium*

Unlike the enzymes, antioxidant nutrients *are not made in the body but are richly supplied in such foods as fruits, vegetables, whole grains, nuts and seeds*. After being absorbed during digestion, they travel in the bloodstream and localize in all the cells and organs to neutralize free radicals. In the process of quenching free radicals, anti-oxidant nutrients are inactivated, though some may be reactivated, and are eventually eliminated from the body. Thus, they need to be constantly replenished through the diet, just as calories are constantly needed to sustain energy.



Traveling Healthfully with Raw Living Foods



After learning the Raw Living Foods Lifestyle and seeing the incredible results, many people are concerned about how they can carry on eating living foods when they are away from home on personal or business trips, for either just one day or for longer periods of time. These folks want to avoid being tempted to go back to their old eating addictions and they wonder how this can be done.

We would like you to know that it is completely possible to continue eating living foods no matter where you are and for no matter how long you plan to be away. All you have to do is create yourself a Portable Kitchen, which can be done both simply and inexpensively. Family, friends and business associates, or any people who happen to be nearby when you are using your portable kitchen, will be intrigued to see you open it up and prepare delicious nourishment right before their eyes in only minutes. They will be fascinated and filled with questions as you take out your containers and bags holding Energy Soup, Sprout Salad, Rejuvelac, Sea Weeds, Dehydrated crisps, Fruits (both dry and fresh), and vegetables.

Here is some practical information that will help you put together your portable kitchen as soon as possible. When you have this portable kitchen you will be amazed to see how easy it is to continue on with the Raw Living Foods Lifestyle without any problems. Plus, you will be able to participate in all gatherings, with family, friends and business associates and feel perfectly comfortable.

Raw Living Foods Tote Bag for One Day

Large container to hold Energy Soup for the day (3 or 4 meals)

Large container for Rejuvelac that will hold one day's supply

Smaller container for cereal (optional)

Small container for salad sauce

Container for salad (use Sunflower greens or Alfalfa sprouts or watercress)

Plastic bags to hold Protein Nuggets, dried fruit and fresh fruit

Spoon, fork, knife and napkins

Raw Living Foods Travel Bag for Long or Short Trips

Light plastic blender

Dish and cups (3-4)

Extension cord

Greens

Spoon, fork, knife and napkins

Containers (large and small)

Plastic table cloth

Apples and avocados

Large container to make Rejuvelac

Plastic bags

Before you leave on your trip you will need to soak mung beans, lentils and green peas together in a sprout bag and also some summer wheat in another bag. Soak the two bags together in the same bowl for eight hours. Then let them sprout for two days before leaving so that they will be ready to use when you get to your destination. Bon voyage!



Things to Remember Daily

THE MOST IMPORTANT PART OF THE CREATIVE FOCUS IS: BE GUIDED FROM WITHIN, NOT WITHOUT.

POSITIVE ATTITUDE...

- SMILE AT TEN THINGS EVERY DAY.
- SAY SOMETHING NICE TO FIVE PEOPLE YOU CARE ABOUT.
- SAY SOMETHING NICE TO FIVE PEOPLE YOU NEED TO CARE ABOUT.
- REPEAT A POSITIVE AFFIRMATION ONCE EVERY HOUR.

DEEP BREATHING

THREE PART BREATHING:
ABDOMEN, RIBS, UPPER CHEST (COMPLETE BREATH)
ALWAYS BREATHE - (INHALE — AND — EXHALE) - THRU YOUR NOSE TO STIMULATE THE PITUITARY GLAND.
BREATHE WITH ALL YOUR MOVEMENTS. PRACTICE EVERY DAY.
REMEMBER: BREATH IS LIFE. YOU CANNOT LIVE MORE THAN 5 - 10 MINUTES WITHOUT AIR.

YOUR BODY NEEDS IT TO HEAL.

UNFILTERED SUNSHINE

THE SUN GIVES LIFE TO EVERYTHING ON EARTH. WE ARE NO EXCEPTION. SPEND TIME OUTDOORS EVERYDAY.

EXERCISE

MAKE IT FUN. PELVIC ROCK - THE "PUMP" - SPINAL STRETCHES FOR GOOD POSTURE AND BETTER ENERGY FLOW - VIDEOS FOR ALL TYPES. WALKING - REBOUNDING — PASSIVE & RESISTANCE EXERCISERS EXERCISE STIMULATES OUR LYMPHATIC AND CIRCULATION SYSTEMS WHICH ARE OUR "RIVERS OF LIFE".

DIET—LIVING FOODS

WHEATGRASS - GREENS - SPROUTS - FRESH VEGETABLES - RIPE FRUITS - SEEDS, NUTS, PURE WATER, - (PLUS, PURE FRESH AIR AND SUNSHINE). FOR GOOD

DIGESTION SPACE YOUR MEALS WELL, AND DON'T NIBBLE. FOR GOOD DIGESTION PRACTICE PROPER FOOD COMBINING.

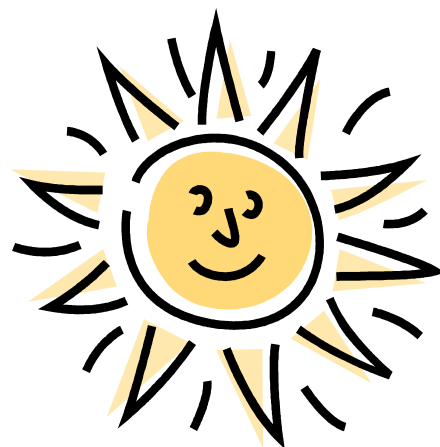
DRINK FLUIDS BETWEEN MEALS TO PREVENT DILUTION OF STOMACH JUICES DURING MEALS.

**ONLY LIFE GIVES "LIFE"
– EAT LIVING FOODS**

THIS NEW LIFESTYLE OF CLEANSING AND REJUVENATION WILL RESTORE YOUR HEALTH AND HAPPINESS IF YOU PRACTICE IT DAILY. AS THE BODY BEGINS TO CLEANSE AND FEEL STRONGER, EACH DAY WILL BE MORE WORTH LIVING FOR. PAY CLOSE ATTENTION TO THE FOODS THAT ARE PARTICULARLY GOOD FOR YOU.

LOVE YOUR BODY AND REAP THE BENEFITS OF VIBRANT HEALTH.

FOR A GOOD WAKE-UP EACH MORNING - DRY SKIN BRUSH UPON RISING, TAKE A WHEATGRASS JUICE IMPLANT OR SOAK YOUR FEET IN IT. DO A FACIAL. IF IT'S WARM, SIT OUTSIDE AND SOAK UP SOME SUN!

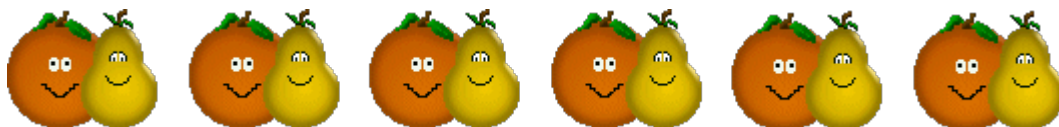


About Hugging

Hugging is healthy: It helps the body's immunity system, it keeps you healthier, it cures depression, it reduces stress, it induces sleep, it's invigorating, it's rejuvenating, it has no unpleasant side effects, and hugging is nothing less than a miracle drug.

Hugging is all-natural: It's organic, naturally sweet, no pesticides, no preservatives, no artificial ingredients and 100 percent wholesome.

Hugging is practically perfect: There are no moveable parts, no batteries to wear out, no periodic check-ups, low energy consumption, high energy yield, inflation-proof, non-fattening, no monthly payments, no insurance requirements, theft-proof, non-taxable, non-polluting, and, of course, fully returnable.



Why a 100% Raw Living Food Lifestyle is Necessary

Water deficient food:

Cooked (dead) food is totally depleted of its water content, which puts a tremendous strain on our digestive system. Raw and living foods are 70+% water which allows for optimal assimilation. Our body can extract all that is needed from raw food without it fermenting or putrefying in the body. Preventing putrefaction in our colon is important because putrefaction creates a pristine environment for toxicity to develop in the body. Toxemia is the major cause of all disease.

Enzymeless food:



The necessity of consuming enzyme rich food cannot be overestimated. Enzymes are life itself and are involved in every metabolic function in the body. Enzymes are catalysts and transformative elements. Enzymes found in raw foods are codes which tell the food where to go in our body. If cooked food is eaten, the body has to re-identify the food, re-code it with its own store of enzymes and attempt to deliver it to the proper tissues and organs. Amino acids are the building blocks of our body and enzymes are the builders. When we continue to eat cooked (dead) food our body has to use its enzyme reserves in order to breakdown and assimilate the food we eat. Enzyme reserves correlate to our vitality. Enzymes and vitality are drained by eating cooked food.

Minerals, Minerals, Minerals:

In our country we are overfed and undernourished. There is a direct link between obesity and mineral deficiency. People who eat all day, or go to the fridge constantly, not knowing exactly what they want, are really in search of minerals. Our body knows what it needs but it does not know how to get it. We have been eating denatured food since we were too young to remember. For that reason our body will continue to send us searching for food in hopes of receiving something it can use. The problem is that people tend to overeat and consume too many calories, fat and protein. This puts the body in a state of crisis and stresses our organs.



When food is cooked, minerals quickly lose their organic content. In such a state they are unusable and the body pushes them aside where they combine with saturated fats and cholesterol in the circulatory system, thus clogging it up with their cement like plaque.

Denatured Protein:

Cooking denatures protein. Denaturation alters protein and makes it unusable or less usable by the body. All of the agents of denaturation (frying, boiling, microwaving, broiling, etc.) are able to break the secondary bonds that hold the chains in place. Once these weak bonds are broken, the molecule falls into a disorganized tangle devoid of biological function. This is why cooked food is often

referred to as “dead food”. A result of denaturation is lowered solubility. In the case of egg white, a gel is formed when heat is applied, thereby forming enzyme resistant linkages that inhibit the separation of amino acids. Digestive enzymes cannot readily break down coagulated protein molecules once these fuse together. Not only are heated proteins unavailable to your body, the indigestible, coagulated protein molecules tend to putrefy as bacteria in the body feed upon this dead organic matter. Through logical deduction one can assume that cooked protein is poison to the system. It becomes virtually useless to the body, putrefies and promotes disease, stresses the liver during the break down and filtering process and produces bacterial enzymatic by-products that are carcinogenic.



Human Constitution Compared With Carnivores'

Humans

All teeth are flattened, especially the back molars. Dullest canine teeth of all primates.

Intestines are at least 12 times as long as the trunk of the body and an integral part of the most sophisticated juice extractor in the world: the human digestive system.

Bowel walls are puckered, convoluted and full of deep pouches for the reconstitution of waste matter.

Saliva is alkaline. It contains ptyalin, an enzyme specifically designed to break down starchy carbohydrates.

Animals

Teeth are long, sharp and pointed. No flat molar teeth. Sharp canine teeth.

Intestines are 3 times as long as the trunk of the body. Their design facilitates rapid expulsion of fleshy matter.

Bowels are smooth and short for quick expulsion of waste matter.

Saliva is acidic.

Carnivores have industrial strength digestive juices in comparison to human digestive juices.

A Parting Message from Dr. Ann Wigmore

Today we must learn to survive, not only from the hazards of pollution in our water and air, but also from our food supply itself.

Many Americans are slowly killing themselves by what they eat each day. Thousands of chemical additives have found their way into our daily foods, and the foods themselves are overcooked and over-refined during processing, storage, delivery, and marketing.

Staples like bread and cereals are so depleted of their own naturally occurring vitamins, minerals, and bran by over-processing and refining that laws have been passed forcing manufacturers to fortify them with synthetic ones.

Malnutrition amongst the world's affluent peoples is becoming more and more common. It is the natural result of eating too many foods which have been processed and cooked to the extent that they are depleted of their naturally occurring nutrients.

However, *we have a choice* of how we want to live and what we want to put into our bodies.

For almost thirty years I have been teaching people all over the world how to grow their own highly nutritious live food like sprouts, indoor garden greens, and wheatgrass, at less than half the cost of supermarket foods.



I have also lived almost entirely on these foods which I grow from seed in my home in Boston, and even while I am traveling. It is easy to control your own food supply and take responsibility for one's health.

Time has shown that our battles against degenerative and chronic diseases like cancer, heart disease, diabetes, arthritis, and many others, cannot be won by palliative measures like surgery, chemotherapy, and other medical intervention – but only through prevention.

Unfortunately, most people wait until there is a critical problem to give

preventative action a thought, and then it becomes a question of preventing a recurrence. But true prevention stops a problem before there is any serious permanent damage.

The fact is, survival is not only possible, but joyous.

It is the re-inheritance of our natural birthright – health – which has been stripped from us by modern man's errors in judgment.

- Dr. Ann Wigmore





Creative Health Institute

“The Wheatgrass Place”

112 W. Union City Rd. Union City, MI 49094

866-426-1213 -- 517-278-5837 (fax)

www.CreativeHealthInstitute.com

About Creative Health Institute

Creative Health Institute (CHI) is a natural-health learning center that provides a program of body detoxification, nutrition, and rejuvenation through the utilization of the Raw Living Foods Lifestyle program originated by the late Dr. Ann Wigmore at her famous Hippocrates Health Institute in Boston. The cornerstone of this living foods program is wheatgrass juice. The Raw Living Foods Lifestyle program also includes sprouts, soaking of nuts and seeds, Rejuvelac (a lightly-fermented juice) and advocates only fresh, non-cooked vegetarian foods.

CHI was co-founded by Dr. Ann Wigmore and Donald O. Haughey in 1976. Don was a student and confident of Dr. Ann's, often traveling with her on speaking engagements.

Our program allows guests to become directly responsible for growing their own greens and

sprouts, organically, indoors. We also encourage guests to assist in food preparation to facilitate their implementation of the program when they return home.

Creative Health Institute is in an unpretentious setting where flowing waters and walks on country roads help to create a place for peace, relaxation, and rejuvenation. We invite people to come as guests, and do the nutritional-health learning component.

For those considering longer term stays, creative Health Institute offers the opportunity for energy exchange. For more information call or email us — we are on the web at CreativeHealthInstitute.com and our email is info@CreativeHealthInstitute.com.

You can change your body chemistry from acid to alkaline in just 2 weeks!

Daily Activities Include:

- Exercise • Colon Health • Dehydration • Indoor Gardening
- Massage Therapy • Sprouting • Live Food Preparation

To sign up for our free Raw Living Foods newsletter, please visit chiDiet.com/subscribe.htm

chiDiet.com and Creative Health Institute are totally independent of one another.

Your Comments

Your comments and feedback are important to us. That’s how we continually improve this training program. chiDiet.com – Wellness that Works - is designed to be a stepping off place into a natural Healthier Lifestyle. The departure from the commercially driven promotion of Food and Medicine for profit makes it possible to plan a whole new way of life - that is, a return to how people lived for thousands of years, before processing and chemicals devitalized the diet.

At the end of this Home Study Program we ask you to comment and answer a few questions.

1) What is the most important thing you learned from these Lessons?

2) What is the most important thing you experienced?

3) Do you intend to go on studying and learning elements of natural health?

4) Do you see yourself continuing to practice the teachings -

100 % 75% 50% 25 % 0 %

5) Will you freely introduce the program to others? _____ Yes _____ No

6) Will you try raising Wheatgrass and Greens? _____ Yes _____ No

7) Will you try sprouting at home? _____ Yes _____ No

Please fax this form to: (775) 796-2668, or email it to: info@chiDiet.com, or mail it to:

chiDiet.com - 5678 W. Old Savannah Rd. - PO Box 321 - Midville, GA 30441