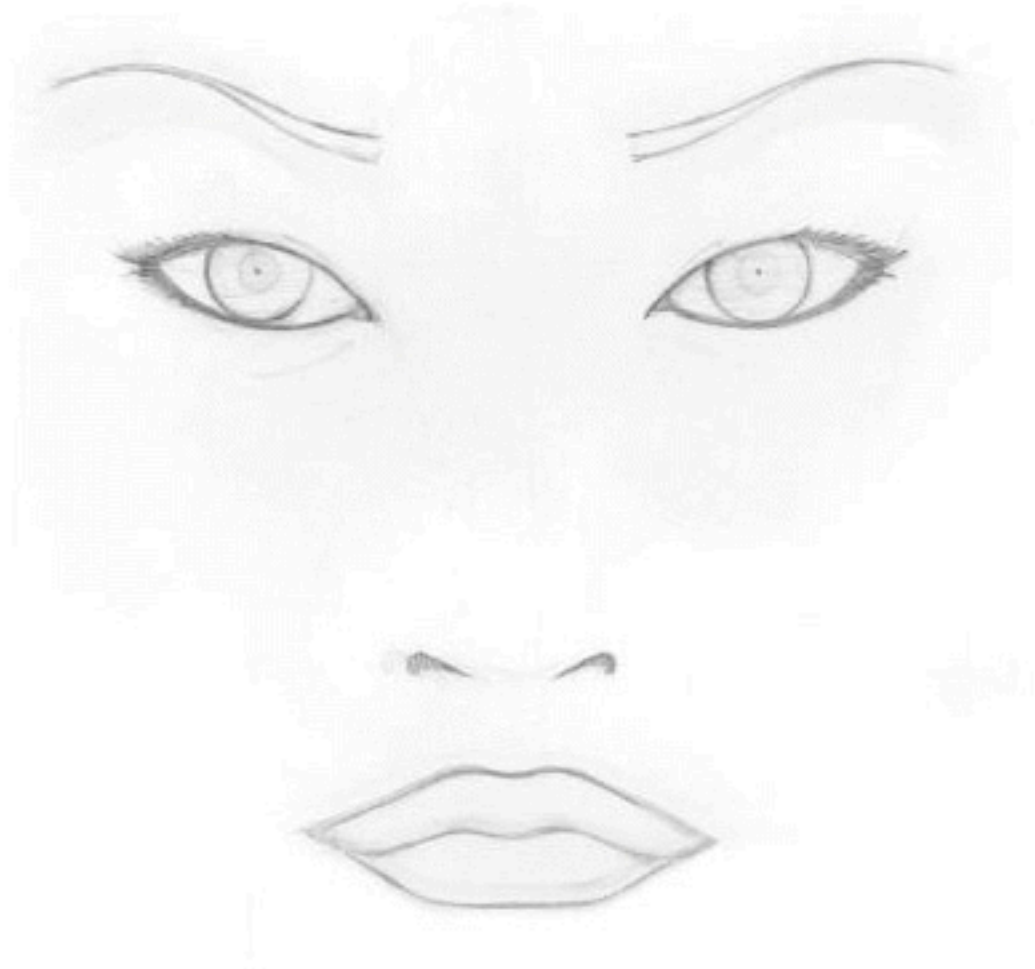


WAI SAYS

Cooking food creates the toxins that cause "welfare diseases"

(click on the face to open waisays.com)



WaiSays.com was the result of doing research for a book. Originally we were just doing research about the relation between diet and the skin, but the more scientific studies we read (mostly financed by pharmaceutical companies), the more we discovered that 'they' very well know the causes of major diseases, which they publicly pretend not to know.

The reason: Those studies are financed for one reason only; to make money. These pharmaceutical companies are not there to make us healthier, they are just there to make money, by 'exploring pharmaceutical solutions'. They don't want you to know the causes of diseases and prevent them, they just want you to buy their drugs.

And since these are commercial companies, it would be unfair to expect any differently.

The problem is, however, that our healthcare system relies on findings from such scientific studies, mostly financed by pharmaceutical companies, either directly or indirectly (sponsoring of universities).

This system is therefore 'designed' to make us more dependent on drugs than to prevent disease.

Do we want that?

Free Acne Book

Titled:

"No More Cellulite, No More Acne, No More Overweight"

by Wai Genriiu

In [this free acne book](#) is explained how food can cause acne (if your skin produces much sebum), cellulite and overweight, and how you can eliminate these by adapting your diet.

[How to print out this book](#)

Without having to read the entire book, you can easily test whether this diet works for you too by maintaining the **free** [Acne Sample Diet](#) during two weeks.

About 90% of acne patients can eliminate their acne by adapting their diet, in the remaining 10% of acne patients the levels of specific hormones are too much elevated and can cause acne all by themselves.

Testimonies can be found [here](#)

For more information about the book (and about the author), click [here](#)

Good luck!

Wai

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DISCLAIMER

Before you start to change your diet, you first
need to carefully read the entire book.
If you consume food from plant or animal origin
without having fully acted
upon all the regarding recommendations in this book,
we are in no way responsible
for any adverse effects
on your health.

Preface

[No More Cellulite](#)

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No More Cellulite

Don't you think it is about time that you get to know what actually causes cellulite? Don't you want to know why you have cellulite, but some women don't?

They tell you that it is because of the fat, but you know plenty of skinny women who have cellulite too. And you hardly eat fat foods.

You have tried all commercial treatments, but your cellulite did not go away. The reason: Something caused the cellulite, and no matter what pills you swallow, what cream you use or what massage or treatment they give you, it will never take away the cause. If you want to eliminate cellulite, you have to take away the cause.

In this book is explained how cellulite is caused, and how you can eliminate cellulite by preventing the uptake of the substances that cause cellulite. To eliminate cellulite totally, you need to adapt your diet. And that is all it takes: no creams, no massage-machines, and no products that you need to buy. You will be eating lots of fruits, but also some food from animal origin, and you can still enjoy some delicious 'munch-foods' daily.

If you stick to this diet, your cellulite will be drastically decreased after 2 months, but it can take up to a year to totally eliminate extremely severe cellulite.

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[Introduction to the cause of cellulite](#)

[What is cellulite, and how to eliminate it](#)

No More Acne

A more strict diet is required to totally eliminate acne.

Acne is not at all restricted to puberty. Acne is not due to dirt in your pores, and you therefore cannot eliminate acne by the use of cleansing lotions.

In acne inflammations are caused by the accumulation of sebum in the skin due to pinched off sebum canals. The reason why not that many people have acne is because it also requires a high sebum production; only if much sebum is produced will the pinched off sebum canals make your skin clog. How much sebum is produced is individually different and regulated by hormones. But there is nothing wrong with the hormones that regulate your sebum production; studies have shown that in acne metabolism of these hormones does not have to be impaired at all. There is also nothing wrong with a high sebum production; it keeps your outer skin flexible (if it reaches the surface). Doctors can give you hormones that decrease your natural sebum production, but their effect is only temporary and can even have adverse long-term effects (and severe side-effects).

The only sensible thing to do is to target the cause. The cause is that in acne the sebum canals are pinched off, which blocks the deportation of sebum. There is nothing wrong with your sebum production, it is just that the pinching off makes it accumulate in your skin, causing inflammations. In this book is explained how this exactly happens, and how you can totally eliminate acne by preventing the uptake of the food-substances that make your skin pinch off sebum canals.

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[Introduction to the cause of acne](#)

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No More Overweight

We are increasingly becoming fatter. And because we do so rapidly, you already know that the claim that obesity is genetically determined is false since our great-grandparents were not obese, and that is where the genes came from. Of course pharmaceutical companies love to sell us drugs that can 'compensate for our genetic shortcomings', but genetically determined obesity is extremely rare.

'They' also like you to believe that if you eat little fat and sugar, if you exercise, and eat healthy foods like diet products, dairy products, salads, vegetables and some fruits, you will not be

overweight. So, that you have to buy their diet products. (And if that doesn't work, you must conclude that your overweight is 'obviously' genetically determined)

But Americans and the English consume less fat than people in major European countries, while the Americans and English are fatter.

In fact, if you maintain a diet that is very low in sugars and fat, you are telling your body that there is a lack of the right foods, which stimulates your body to hold on to your spare energy and to increase its appetite for anything possibly edible. You can try to fight your body, but even if your willpower is extremely strong, you can never win over your body's needs and have peace.

And if you start working out, you will burn much more sugars and just a little bit more fat than before; the share of fat in total energy expenditure will be lower. When you are done exercising and you have used up the energy, you will have burned far less body-fat than if you would have utilized that same quantity of energy by low- energy activities like walking or shopping. The harder you work out, the less body-fat is utilized, but more sugars, and you therefore will be more hungry.

The good part is that your body wants to lose the extra weight, and will do so if you don't make it too hard on your body; by nature every animal (including humans) tends to weigh the optimum weight (the set-point weight). Your body will automatically lose weight if you are helping instead of fighting your body.

We did not become overweight overnight. We did not become overweight because we eat far too much. We gained weight over the years by eating a little bit too much almost every day. We did so because we daily eat food that contains chemicals that interfere with the metabolism of the hormones and neurotransmitters that regulate our appetite. Our food contains chemicals that enhance our appetite.

These chemicals are not there by accident; they are contained in so-called 'taste enhancers' which do not really 'enhance taste', but increase appetite, and are even physically addictive. If you diminish uptake of these 'taste enhancers' and other physically addictive chemicals in our food, you prevent them from impairing the system that naturally maintains your ideal weight. And if you do not fight your body by refraining from sugars and fat, you will not alarm your body to increase its appetite and to hold on to your fat-deposits.

And if you also learn how to prevent disposition of new body fat, and how to utilize body fat most effectively, you will lose your overweight, naturally and lastingly.

Your weight should be determined by nature, not by the food-industry.

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[How to maintain this diet](#)

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1. The Use of Fire

One of the most significant changes early man made was when we discovered how to use fire.

Why was it so significant?

Thanks to the use of fire we could survive in colder regions.

Thanks to the use of fire we could eat grains because heat kills those enzymes that inhibit their digestion, making the fiber easier to digest.

Grains can be stored and eaten all year around.

Because grains cultured on a limited piece of land can feed many mouths, humans did not need to constantly move on to other areas in a continuing search for ripe fruits. Feeding was much easier so not everyone was needed for the gathering of sufficient food. People started to live in larger communities; cities arose and cultures rapidly developed. Unfortunately, there are also downsides to the use of fire for food.

2. Downsides of Using Heat to Prepare Food

Remember chemistry classes?

Heat can cause different components to react upon each other. And so it happens in food.

Due to the influence of heat some molecules in our food are changed or react upon other molecules to form new ones. Due to the influence of heat:

- dietary cholesterol partially changes into oxysterols, which can cause vascular diseases (see www.13.waisays.com/cholesterol.htm)

- some dietary fats change into trans-fatty acids, which are incorporated in your adipose tissue and can cause cancer and vascular diseases (see www.13.waisays.com/artific.htm)

- some dietary protein and sugars combine to form heterocyclic amines, which can cause brain-diseases, cancer and ADHD (see www.13.waisays.com/cooking.htm)
- part of the dietary vitamins are destroyed

So, unfortunately, heat is not like a "smart bomb", destroying only the 'evil enzymes' and bacteria. Heat also destroys and/or changes essential nutrients into harmful substances. Nutrients are destroyed and new harmful substances are formed in all animal or vegetable foods that are heated in whatever way.

But what does this have to do with cellulite and acne?

3. Altered Protein

Dietary protein is partially damaged in the preparation process (cooking, freezing, etc.). Protein molecules interact with dietary carbohydrates, forming new molecules. This process is called "the Maillard reaction". When you cook an egg or fry potato slices, you can clearly see those molecular changes. The egg white turns white, and fried potato slices are crunchy and are locally browned.

To explain the exact cause of cellulite and acne, we have to tell you a bit more about protein and we will use potato protein as an example:

Potato protein is comprised of 18 different amino acids, mostly linked in long protein-chains. Methionine is one such an (essential) amino acid. On the average, 100 grams / 3½ ounces of raw potato contains 30 mg. of methionine. But when potato slices or sticks are fried, virtually all this methionine is destroyed/chemically changed.

[1] This loss is partly due to the Maillard reaction and partly because of simple oxidation. **[2]** A large part of this lost methionine (38 to 88%) **[3]** was originally linked to other amino acids.

What does this mean?

Nothing until this protein is consumed.....

4. Protein Digestion

Each protein in plants and animals consists of up to 18 different amino acids linked to each other - up to thousands per protein in total. The body needs such amino acids for the construction of new cells, enzymes and neurotransmitters. The body can compose some of the required amino acids, but others have to be obtained from dietary protein. Digestive enzymes break this dietary protein down into amino acids. These digestive enzymes are specialists: each can cut only one or a few specific amino acids from other specific amino acids.

Some examples: Pepsin separates phenylalanine and tyrosine from other amino acids, and splits off leucine and glutamic acid residues. Trypsin splits off arginine and lysine at the carboxyl-end from other amino acids. Chymotrypsin splits off tryptophan, phenylalanine and tyrosine at the carboxyl-end from other amino acids. Papain separates lysine from leucine, arginine or glycine.

In the intestinal mucosa, carboxypeptidase splits off amino acids from one end, and aminopeptidase does so from the other end of the peptides.

But these enzymes can do their job only if the targeted part of the protein exactly matches the enzyme's job description. If heat has changed the molecular structure of one of the amino acids that an enzyme must separate, these linked amino acids do not match the enzyme's target and they will remain unseparated.

Imagine a protein like a chain of differently colored balls (amino acids). Each enzyme is designed to separate one (or a few at the most) specific combination(s) of amino acids. For example: "the yellow-red enzyme" can only separate the yellow balls from the red ones, but if a yellow ball has a blue stain, this yellow ball is not recognized as an entirely yellow ball anymore, and the specific enzyme cannot separate this ball from other balls.

Scientific research has shown that a substantial percentage of the amino acids in ingested food remain unseparated. **[4]** Since we all eat prepared foods, this is no surprise; molecular structure of many amino acids is damaged due to the preparation process.

It has been known for over 25 years that even complete protein-molecules can be absorbed from the intestine. **[5]** The lymph absorbs peptides. Most dieticians / nutritionists think that all dietary protein is completely broken down into amino acids. If they were correct, Hartnup Disease patients could never survive. The intestinal mucosa of children suffering from

Hartnup-disease cannot absorb / transport free tryptophan, which is an essential amino acid. No human being can live without sufficient tryptophan, but these children grow up relatively normal. Apparently they absorb sufficient linked amino acids containing tryptophan, which is liberated only after the peptide has been absorbed into the blood or lymph.

Okay, so after digestion many partially damaged amino acids are still linked to other amino acids. What happens next?

Free amino acids are absorbed into the blood and transported to all our organs where they can be immediately utilized for (re)construction purposes.

But the blood cannot absorb larger molecules like peptides (amino acids still linked to each other) very well. Therefore there is an alternative transport system: the lymph-system. Lymph is like blood but without the red blood cells. Lymph transports protein and other nutrients just as blood does, but lymph is transported at a much lower speed than blood.

Lymphatics are especially designed to absorb these larger molecules (like peptides). **[6]** This prevents nutrients from being lost due to incomplete digestion.

This function of the lymph is important because even raw food is not always completely digested.

To digest the food that is consumed, the digestive tract needs to be supplied with lots of fatty acids (for energy) and oxygen by the blood. And there is also more blood required to transport the absorbed nutrients. But when we are physically active, more blood is directed towards muscles, and less remains for the intestines.

Digestion can therefore not be complete if there is physical action immediately after food consumption. That is why it is not healthy to walk and eat, or eat and then swim (or any other physical activity) directly after eating. If digestion is incomplete more peptides remain.

These peptides are only gradually decomposed by enzymes in the lymph, blood and different organs. The eventually free amino acids can then be utilized for (re)construction purposes.

Okay, but where does cellulite / acne kick in?

5. Protein in the Skin

Every day we absorb lots of protein - generally at least 100 grams / 3½ ounces.

Part of this absorbed protein consists of Maillard-reaction products and partially oxidized peptides.

The 'lymph-express' takes up dietary protein from the digestive tract and the liver, and delivers it to all the different organs. Organs can use the individual amino acids, but not the Maillard-reaction products and partially oxidized peptides. And since the skin is 'the final destination for the lymph-express', the protein that is not used by other organs (like the Maillard reaction products and peptides) ends up in the skin.

Why?

The 'lymph-express empties its cargo in the skin' to return to the digestive tract and the liver and pick up new 'cargo'. If it did not do so, a great deal of the valuable nutrients would not be absorbed and utilized.

But why is this redundant protein (incl. Maillard reaction products and peptides) not broken down instead of transported to the skin?

All protein can be broken down and utilized for energy. If blood-sugar level is low, free amino acids can be easily converted into available energy for example. But the breakdown of redundant protein (the larger molecules) is a very delicate process. The reason: all perfectly functioning cells contain some protein. Old and damaged cells must be decomposed to be replaced by new ones, but the breakdown of perfectly functioning cells must be avoided at all times. Decomposition of protein, therefore, has to be strictly controlled. That is why it takes place during sleep, in particular.

6. Decomposition of Redundant Protein

Why does redundant protein have to be reabsorbed from the skin?

It must be reabsorbed to prevent accumulation in the skin because the skin, unlike other organs (like muscles), does not contain enzymes that can decompose protein. [7]

But what triggers the body to reabsorb protein from the skin?

We all have an 'inner clock'. At about 6:00 a.m. the lymph starts re-absorbing protein from the skin. Lymphatics transport this protein to the liver, where most of it is broken down between 6:00 and 8:00 a.m.

This protein is split into individual amino acids, either for the composition of new protein or to

be converted into energy.

Between 6:00 and 8:00 a.m. ACTH (AdrenoCorticoTropic Hormone) is secreted, [8] increasing cortisol secretion.

Cortisol stimulates decomposition and conversion of redundant protein into available energy [9], and the transportation of redundant protein to the liver. [10]

Transporting protein too large to be absorbed into the blood is the main function of the lymph system. [11] Unfortunately, lymph runs much slower than blood, and it therefore also takes longer to transport 'dirty' protein from the skin to the liver.

ACTH and cortisol are not just there to clean up 'dirty' protein. If you are under a lot of stress, secretion of ACTH and cortisol is increased to convert body-protein (like muscle-protein) into available energy to be able to fight or flight.

And what if you work night shifts?

Your body still starts transporting and decomposing protein, but with one difference: when you are physically active during the night, a larger percentage of these amino acids are transformed into energy instead of being utilized for re/construction purposes. That is why it is much harder to maintain muscle power when working night shifts, and that is why you need more time to recover from diseases and injuries when working night shifts.

Do you remember those times when you kept on partying all night long? Didn't you suddenly feel lots of energy again once you had been up long enough? And didn't your skin look great in the morning?

That was because all the re-absorbed protein from the skin was immediately converted into available energy, speeding up the cleaning process.

This, however, also inhibits maintenance of body cells, including skin cells, which explains why those who work at night generally don't look very healthy when seen in broad daylight.

In nature those animals that utilize their food most completely and efficiently have the best chance to survive. That's why meat-eating animals like lions sleep so much; it takes lots of time to completely process all that protein. Vegetarian animals like elephants only sleep three to four hours a day. (however, herbivores that eat plants containing much toxins, like koala bears, need much sleep too)

The more protein that is consumed, the more time it takes to deport redundant protein from the skin.

How does protein in the skin relate to cellulite and acne?

7. Protein and Water

Cellulite and acne (in combination with other factors) are both caused by excessive water retention in the skin, which will be explained later.

Fat does not attract water, but sugars, salt and protein do. So you might expect that consuming much sugar, as well as much salt and protein could cause excessive water retention in the skin. But that is not true;

All dietary sugars are (mostly) converted into glucose.

Glucose, however, cannot cause excessive water-retention. The reason is that glucose is the main energy source for the brain. When the blood-glucose level is too low, brain functions shut down. And the blood-glucose level is, therefore, very strictly regulated.

Since glucose is essential to the brain, maintaining a low-carb diet can cause forgetfulness, impatience, and/or a reduced ability to cope with stress (and depressions). Some consider this to be normal for women, but that is nonsense; by nature women are very capable in dealing with stress since they have always had to look after the kids, gather foods, and be alert for danger all at the same time.

But besides the glucose, doesn't the brain also need protein from which to compose new cells and neurotransmitters?

Yes, but the direct necessity is less strong:

Maintenance is important, but without fuel your car will not even get you to the mailbox. Glucose will not cause you to retain water. When the blood-glucose level increases (within that narrow margin), glucose molecules are linked together, and no matter how many linked glucose molecules are combined, they will attract no more water than one single glucose molecule. When even more glucose is absorbed, the excessive glucose is deposited as glycogen in the liver and the muscles, or eventually as glycerol in adipose tissue. So, dietary glucose cannot make you retain more water, unless both too little dietary fat is consumed and your blood-glucose level is a little less strictly regulated.

The body has (besides alcohol) only two sources of energy at its disposal, fat-like molecules and sugar-like molecules. (redundant protein is converted in both) The sugars are a 'fast', but short-lasting source of energy. The fats are a 'slow' but long-lasting source of energy. Together they are perfectly complementary.

After you ate a meal containing both sugars and fat, some of the sugars will be absorbed first, making you feel energetic, and then you will also be utilizing fat which decreases the sugar-

utilization rate and makes the energy last.

If however lots of sugars but not sufficient fat is absorbed, the blood-sugar level will steeply rise (which causes some of it to be stored as glycogen) and subsequently equally steeply drop. Such strong blood-sugar fluctuations can some people make temporarily retain a bit more water. To prevent temporary retaining too much water you should make sure to consume sufficient fat every time after you have consumed much sugars, which stabilizes blood-sugar level.

Unlike glucose, salt can neither be stored nor be chained up.

Excessive salt must be excreted in the urine. Fortunately, blood-salt levels are strictly regulated too. If you consume much salt all the time, the absorption rate is decreased and the excretion rate is increased. Salt, therefore, cannot cause lasting water retention, but before the body has succeeded in deporting this excess salt, it can temporarily cause your body to retain more water.

Excessive protein can easily cause water retention because blood-protein levels are not narrowly regulated and because damaged protein cannot be decomposed or deported easily or quickly.

Protein cannot be stored, so its only storage place is in the blood. If blood-protein level would be regulated strictly, we could never store much protein. And since we always need to have sufficient amino acids at our disposal to compose neurotransmitters, even when no food is available, blood-protein levels can fluctuate widely.

Normally the highest blood-glucose level is only 39% higher than the lowest level, [12] but that includes glucose molecules linked together. The highest sodium- and potassium level are 10, 30% higher than the lowest level. [13]
Amino acid (= protein) level fluctuations vary from 100 (alanine) up to 900% (cysteine). [12]

Conclusion:

Compared to salt and glucose, the protein levels of blood and lymph fluctuate much more. That is why the intake of hard-to-degrade protein can make the skin swell. Because this can cause both cellulite and acne, we will call protein from prepared foods "dirty protein". Salt cannot cause lasting water retention, but the intake of salt can cause you to retain more water temporarily. Thus salt cannot cause cellulite - but can cause acne. (See Chapter 15)
In some of the people that are susceptible to acne, even consuming insufficient fat when consuming high-sugar foods can temporarily make them retain more water – and thus cause acne.

8. Swollen Skin

The true skin is the layer below the outer skin; it contains 7 to 16 liter (1.8 to 4.4 gallons) of water. 80% of this water is available for localized swelling of the skin.

Substances with water-attracting properties can cause this water to accumulate in specific areas. Even a small amount of protein or salt can unbalance moisture distribution [14] so a small amount of extra protein or salt in the skin can make the skin swell locally.

When swollen your skin is heavier - which burdens connective tissue and will eventually cause your skin to become loose and droopy.

Blood-salt levels are strictly regulated.

If your salt intake is very regular, this salt intake will probably not cause water retention even if your salt consumption is high on a regular basis because then your body simply decreases salt-absorption rate and increases salt-excretion rate.

But the occasional consumption of extra salt will cause your skin to temporarily swell -as when you eat a whole bag of potato chips, even though your usual salt consumption is low.

Compared to other elements that attract water, the protein level can be elevated the most. Your skin can, therefore, easily contain too much protein when you are eating the wrong foods, causing your skin to swell. Since this protein is deported slowly from the skin, a regular intake of 'dirty' protein can easily cause water retention.

Excessive protein in the skin also makes your outer skin dryer.

This may seem contradictory to the above, but it is not.

9. Dry Skin

The true skin - the layer below the outer skin – contains lymphatics but the outer skin does not. The true skin, therefore, is 'the final destination for the lymph-express'; redundant and damaged protein ends up in the true skin.

This excessive protein attracts water from the lymph, the blood, from cells close by, and from the outer skin. Too much protein in the true skin therefore dehydrates the outer skin.

The same is true of moisturizers that moisturize too actively (those containing chemicals that force the true skin to hold more moisture).

These 'miracle-see-your-wrinkles-disappear-in-one-night creams' contain substances with high water-attracting properties to make the face swell slightly. Thus the wrinkles will be less visible. Creams for dry skin function according the same principles. That is why women can get an even dryer skin by applying a cream 'for the dry skin' since these creams contain substances that cause accumulation of water in the true skin, attracting and drawing water from the outer

skin.

They eventually make your skin sag and accelerate the aging process by causing dehydration of the outer skin.

If the outer skin cells dehydrate, these cells die sooner. Of course new cells take their places, but there is a fixed limit to how many times any cells in our body can multiply. Therefore, dehydration also accelerates aging of the skin.

The faster the outer skin cells have to regenerate, the more aging is accelerated and wrinkles prematurely appear. Just take a look at those people who forcefully maintain a tanned skin; they look so much older than they are. The same applies to people who scrub their skin too often, or who apply too harsh peelings.

You should never apply scrubs to the face, neck and décolleté. The skin is extremely sensitive here, and scrubs accelerate the aging process. Your skin is a sensitive organ. It is not dead leather, and you, therefore, should not treat it like dead leather by applying 'skincare' products with lots of 'promises' on the label. In general, the more skincare products 'promise', the more aggressive and / or too many different chemicals it contains, thereby suffocating your skin, triggering small inflammations and / or causing your skin to be itchy, scaly and burning. The sad part is that most women think it is because their skin is 'difficult' / over-sensitive, or that it is due to hormonal changes.

Many women have a dry and scaly skin due to the products they use without realizing it. Many products can cause your skin to swell, cause acne, or cause your skin to become over-sensitive. If you are having skin problems, skip all products for a while, and then start with the products that promise the least; you only need a gentle cream to keep the outer skin soft. Skincare products should be used for maintenance only, and can never undo damage done by food.

When does my skin contain too much moisture?

- If your skin is swollen. This is not air, but water. If your skin is not swollen, it is thin. If it is swollen, it is thicker. This thicker skin is actually protective in the sense that your skin is not as easily bruised as the skin of someone from who does not retain as much water.

- If the outer skin is too dry. Take a good look at someone whose skin is swollen. You will see that the top layer of his/her skin is dry, grainy and / or scaly. Do not let their weight fool you. Even the skinniest women can retain water, which is most visible in the face, knees and ankles. Consuming little fat and sugars, and therefore too much protein causes water retention.

- If your pores are volcano-like shaped. The 'body of the volcano' is filled with excessive water, but the rims are pulled inwards due to a lack of moisture in the outer skin.

- If you have cellulite.

- If you have acne. In acne the dehydrative effect on the outer skin often remains unnoticed because the skin produces much sebum.

10. How to get rid of excessive moisture

In cellulite the subcutaneous fat cells are visible because they are extruded into the skin, due to the increased water-pressure in the true skin. (See Chapter 11)

In acne, the sebum canals are pinched off due to the high water-pressure in the true skin, which leads to acne if also much tallow is produced. (See Chapter 15)

To eliminate cellulite or acne, you need to eliminate the cause: the increased water pressure in the true skin. To decrease the water – pressure in the true skin, we need to decrease the uptake of substances that attract water; to eliminate cellulite or acne, we have to prevent substances like salt and redundant protein from attracting too much water.

To do so:

A

Consume as little proteinaceous prepared food as possible. This means all frozen and/or heated-in-any-way meat; fish; soy; eggs; beans and grains; and cheese. Protein from prepared foods ('dirty' protein) causes water retention.

Don't worry about absorbing sufficient protein. Even fruits contain all the essential amino acids (protein-building blocks). Comparing minimal requirements for essential amino acids to fruit-amino acid contents, it appears that even if you ate only different fruits and some Brazil nuts, you would lack energy before you could possibly lack protein. See [13/protein](#).

Instead of meat, etc. you can consume sashimi or raw-fish sushi. If you cannot live without meat, choose the kind of meat that is lowest in protein, like high-fat bacon, but eat only a tiny little bit. If you cannot live without cheese, consume cream cheese (containing 7% protein maximally) as a munch-food item. Instead of grains you can use potato (2% protein) and cassava / tapioca (1%) products. (See part 3)

Due to the influence of heat, protein oxidizes and reacts upon carbohydrates to form Maillard reaction products. For scientific references, see [13/cooking](#)

Less protein can be completely decomposed into amino acids due to the molecular damage,

and therefore peptides are absorbed into the lymph and blood. These peptides largely end up in the skin - attracting excessive moisture.

B

Consume as little salt and spices as possible. If you want to spice up your foods, use fresh herbs like chives and basil, and garlic.

Consuming salt / spices does not make your skin swell lastingly, but incidentally consuming more salt / spices does make your skin swell temporarily. If you have acne you should be extremely careful about salt & spice consumption since acne is caused in a moment. Cellulite is not greatly influenced by salt consumption.

Be aware that the salt on potato chips and other salty snacks is not just salt, but also contains "taste-enhancers", which are generally protein concentrates, and will also cause water retention. (and increase appetite) Buy only plain chips (no extra 'taste'), or make your own chips.

C

Do not consume milk (or other dairy products, like cheese, yogurt (-ice) and desserts), because milk from every mammal contains substances that increase absorption of peptides. That is why dairy consumers in general have a grainy and swollen skin.

Milk from whatever mammal is mother's milk, meant for her suckling young, and not for (human) children or adults. Growth enhancers must be provided to guarantee optimal development of the suckling young so milk always contains Different growth hormones and growth factors. It also contains substances (like lactose and substance P [15] that increase the permeability of the intestinal cells, which help ensure the maximal uptake of these hormones.

D

Remain physically inactive for at least one and a half hours after having consumed a proteinaceous meal. Just don't do anything that would cause your heart to beat faster. Low energy activities are fine; like having a nice relaxed walk down the park, but hurrying to catch that cab is not. While having a fight with your mate is not OK, since it causes your heart to beat faster.

The digestive tract needs lots of oxygen and fatty acids from the blood for more complete breakdown of the consumed protein. If you are physically active your muscles (and the heart) also require generous amounts of oxygen and energy, thus depriving the digestive tract of the oxygen and energy necessary for complete division of food-proteins.

E

Eat some sashimi or other fresh raw animal food regularly, but no more than 50-60 grams (1½ – 2 ounces) daily. Even a large adult man just needs about 50 g of fresh raw salmon daily to maintain muscle volume, besides the protein from the fruits, of course. You can have 50 grams fresh raw salmon, tuna or mackerel on one day, and 2 to 4 fresh raw egg yolks on the next day, for example. Try fresh raw egg yolk with avocado, in a fruit-shake, or as a topping over cooked rice, potatoes, etc. No egg white. (See Chapter 46) When the average intake of protein is too high, the average level of protein in the skin will be relatively high too, causing your skin to retain more water.

F

Consume a handful of raw nuts (unshelled nuts, shelled by hand) and as much fruits and dried fruits as possible. Think pounds of fruits daily - 2 kg. (4.4 pounds) minimally, to up to 6 kg. (13.2 lbs.) for tall active men.

G

For every prepared food item you consume, you must drink some low-mineral water, like Volvic, Eldorado, Montcalm, Aytaç or Ulubey, (especially low in sodium, potassium, chloride and calcium) to deport the excess water.

This may seem contradictory, but it is not. You can only deport the excess water by deporting the substances that hold the excess water. And because of their 'water-loving' properties, you can only deport them by the use of water.

But if the water you drink contains a high level of minerals, these minerals can make the body hold more water.

H

Make sure to consume something containing fat every time after you have consumed lots of sugars, to stabilize blood-sugar level. (See Chapter 7) This protects you against diabetes, and....

In some of the people that are susceptible to acne, too much fluctuating blood-glucose levels can cause acne, by temporarily making you retain more water.

To prevent the blood-sugar level from fluctuating too much, you should make a big bowl of salad every day, containing tomatoes, cucumber, avocado, chives and sufficient cold-pressed (extra virgin) olive oil for example, and take a few bites of it every time after you have eaten

some fruits (or other high-sugar foods). Brazil nuts are also very effective. To prevent digestion problems; eat the fruits right before the salad, not the other way around.

I

Oral contraceptives dominate your natural hormone production; if they didn't, they could never prevent pregnancy.

Because sex hormones and moisture regulating hormones are closely related, the pill will usually cause water retention.

Every pharmacist knows that both androgens and estrogens make you retain more water. (that is why elevated levels of hormones can cause acne all by themselves)

Furthermore, oral contraceptive use elevates the cortisol level, increasing conversion of tryptophan into xanthurenic acid. **[16]** Though cortisol cleans up 'dirty' protein, it also destroys normal cells in your body, forming new incompletely decomposed protein, which then also attracts water.

Oral contraceptives can, however, also decrease androgen levels, thus decreasing sebum production and making your skin less susceptible to acne.

What really happens in your case depends on how your body copes with your particular oral contraceptive.

Because hormonal contraceptives by definition dominate your natural hormone production, any type of hormonal contraceptive can also cause breast-cancer. **[17]**

J

Constipation is another cause of excessive water retention because larger molecules that are not easily absorbed get a few more shots to get absorbed due to the prolonged stay in the intestines.

Beta-carbolines from proteinaceous prepared foods and opioid peptides from wheat and dairy products cause constipation. (See appendix A in the back of the book)

Do not use laxatives, for they impair bowel functioning, which in turn adversely affects the decomposition of dietary protein, and therefore increases the uptake of 'dirty' protein.

K

In some women the skin contains too much water due to sterilization or removal of the uterus, ovaries etc., causing an imbalance in the metabolism of the sex hormones. Sometimes then the only solution is taking supplementary hormones. But be aware that this can have severe 'side-effects' - like cancer.

Before you start taking supplementary hormones you should be off all drugs / medicines first,

for many drugs increase water retention.

You should also have been on this diet for two months, so you can detect what problems remain after having corrected your diet.

Then you can decide whether you can live with this level of disturbed hormonal fluctuations, or that you only need supplementary hormones during one week each month for example.

The reason why you should adapt your diet first, is because prepared proteinaceous food and wheat and dairy products contain substances that can also impair hormone metabolism (see Part 4). Also contains soy high amounts of phyto-estrogens. Consuming soy can easily decrease your natural estrogen level. (See www.13.waisays.com/cancer.htm)

Only after your body does not need to cope with these hormone metabolism-impairing chemicals from food and medicines anymore, you can truly see how big of a problem the sterilization or removal of the uterus, ovaries etc. really is to your skin (and your mood).

>> [To the chapters about cellulite specifically](#)

>> [To the chapters about acne specifically](#)

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To be able to fully understand the explanation of how exactly cellulite is caused (in the following few chapters), you better have read the [first 10 chapters of this book](#) first.

11. Cellulite

What is cellulite?

Cellulite is not caused by too much fat.

Cellulite is not about trapped toxins.

Cellulite is not about inflammatory subcutaneous cells.

Cellulite is merely the *visibility* of subcutaneous fat cells.

But why are only the female fat cells that visible?

Cellulite is an almost exclusively female issue (though increasingly more men get it too) because female fat cells are clustered in sacs, arranged in vertical columns. Additionally, women by nature also contain about twice as much fat as men, which makes the fat cells more pronouncedly visible. But though you need fat to fill fat cells, cellulite is not caused by excessive body-fat; Even the skinniest women can have cellulite because even they have partially filled fat cells. Being a woman means holding sufficient fat.

It is both unnatural and impossible to empty all your fat cells completely, and in women the last drops of fat are stored on thighs and buttocks.

The reason why in women much fat is stored on thighs and buttocks is because the female body is designed to give birth. And her breasts are designed to feed her baby. 52% of the energy human babies need is obtained from fat in mother's milk (the rest from protein and carbs in mother's milk). And this fat originates from mama's adipose tissue; mainly from her thighs and buttocks. That is why these are the hardest parts of your body to lose weight from; it's the fridge for your future child.

We all need sufficient fat because fatty acids are the main source of energy for the colon and heart. Some essential neurotransmitters in the brain are made of fat.

There is only one name for completely emptied fat cells: end-stage anorexia.

If you are overweight the fat cells are filled. This makes cellulite more pronouncedly visible than in half empty fat cells, but even slim women have cellulite. Cellulite is not about too much

fat, but about the visibility of those fat cells.

But since most women have it, isn't cellulite natural?

Lots of people think that cellulite in women is natural, but that is absolute nonsense. What is true is that nowadays it is considered normal for women to have cellulite. About 90% of women in developed countries, where 'supermarket-food' is consumed, have cellulite. And because it is so normal, we tend to think it's natural. The reason why it is so prevalent now is because we all eat the same so-called 'health' foods and 'junk'-food, and consume increasingly more protein. Americans, on the average, consume more protein each year, but from 1984 till today this increase was four fold higher than before 1984. (Source: FAO database)
Another reason is that it is now normal to use hormonal contraceptives from a very early age.

OK, but what causes those fat cells to become visible?

12. Cellulite: Visibility of Fat Cells

Cellulite is characterized by extrusion of fat cells into the outer skin. **[18]** This is caused by an increased concentration of damaged proteins, with high water- attracting properties. This leads to a rise in the amount of water retained in the skin. **[19]**

What does this mean?

That you can only see those subcutaneous fat cells if they are extruded into the outer skin. The fat cells are extruding due to excessive moisture - which is attracted by damaged protein.

You can test this yourself:

Excessive moisture increases water pressure. You can increase water pressure in your skin by pressuring two inches of thigh between thumb and fingers. What happens?

Subcutaneous fat cells become clearly visible. This, exactly, is the secret of cellulite:

subcutaneous fat cells become visible due to an increased water pressure in the skin. If the

skin does not contain too much moisture, the true skin is soft enough to 'absorb' these fat cells and there is no cellulite, but if the true skin contains too much water, it cannot 'absorb' the fat cells and these are extruded into the outer skin.

Picture this:

A bicycle tire, pumped up normally, absorbs all road irregularities.

But if you pump it up much more, you will clearly feel every little stone you ride; if the skin is 'pumped up' with too much moisture, subcutaneous fat cells will be visible.

So what causes cellulite?

1. The consumption of too much proteinaceous prepared foods. Heat damages amino acids and creates new substances (the Maillard reaction). Proteins are long chains of amino acids; if some of these amino acids are damaged, they can no longer be easily separated from the other amino acids. These undivided amino acids cannot be immediately utilized, and, therefore, end up in the skin where they attract extra moisture that increases the water pressure in the skin and reveals subcutaneous fat-cells.
2. Occasionally consuming too much salt or spices will increase the temporary severity of cellulite, but if your salt / spices intake is very steady and level it will do no damage because the body adapts its uptake and excretion of salts to the average intake of salt / spices.
3. Consuming excessive protein elevates the average skin-protein level and thus the true skin will also contain more water. Even by consuming only the right combination of fruits, you will lack energy before you can possibly lack protein. (See <http://www.13.waisays.com/protein.htm>)
4. Constipation intensifies cellulite by giving the body more time to absorb 'dirty' protein, but don't use laxatives. (See appendix A; "Food Causing Constipation")
5. An impaired hormone metabolism, through the use of hormonal contraceptives, for instance, can cause cellulite. Though your menstrual period seems perfectly normal when you are on the pill, the only way the pill can function is by dominating the natural metabolism of your hormones. If it didn't, the pill could never prevent pregnancy. Pharmacists know that extra androgens and/or estrogens can cause water retention.

Is cellulite hereditary?

Some of us like to think so because it relieves us from being responsible ourselves. But luckily, cellulite is not hereditary.

What does seem to be 'hereditary' is eating habits; Children take over much of the eating habits of their parents. They become accustomed to these foods, learn to like some of them, and adopt them as their own choice. In general, they stick to these foods for the rest of their life. So just like their mothers, the girls will very likely have cellulite too.

Most recipes are passed on from one generation to the next, and are only adapted in the sense that today we use more pre-manufactured products and more proteinaceous ingredients.

It's not just about taste and customs:

1. Wheat and dairy products contain physically addictive opioid peptides. (See Chapter 58) We eat so many wheat-and dairy products because of these addictive peptides. Just think of the flavor of baked bread, or pizza, or that cheesy taste. (Many products therefore contain wheat-and/or milk-protein; to increase sales)

Those who have not been breast fed have become accustomed to cows' milk opioid peptides (in formula milk) from the day they were born, and therefore have even more problems staying away from food products containing wheat or milk protein. This is why formula fed children, on the average, grow up to be fatter than children fed human milk. **[20]**

While cow's milk-based formula milk contains cow's milk-opioid peptides, it does not contain the right growth factors and –hormones (at best it still contains some of the hormones / factors meant for calves). Human milk contains specific growth hormones and other hormones that strengthen the optimal development of the human suckling (incl. It's brain). That is why formula fed children, on the average, become less intelligent. **[21]** See [13/breastfeeding](#)

2. Prepared foods contain physically addictive beta-carbolines. (See Ch. 58) The more protein these prepared foods contain, the more beta-carbolines have originated. We, therefore, all love to eat proteinaceous prepared foods. Just think of that salty flavor of fried meat, making you instantly 'hungry'.

Cellulite is considered the 'norm' today because of the foods we all eat. Because fewer babies are breastfed (or just during a few months), even young children can have cellulite nowadays since they already absorb 'dirty' protein from 'baby-food'.

They also become addicted to the opioid peptides and beta-carbolines (in the baby food) at a very early age. If you have been raised mainly on foods containing opioid peptides and beta-carbolines, you are addicted to foods containing lots of 'dirty' protein. So, if mom has cellulite but breastfed her daughter, and the daughter eats differently and consumes very little 'dirty' protein, the girl will not have cellulite. Or the other way around: if mom has no cellulite but did not breastfeed (or just a few months), then her daughter will have stronger cravings for foods containing opioid peptides, and thus will very likely develop cellulite at an early age.

Beating cellulite is mainly about beating your addiction to wheat- and dairy-products and

proteinaceous prepared foods. By sufficiently decreasing your intake of 'dirty protein' (and salt) your cellulite will decrease too - within three months. Depending on how good you want your skin to look, you must decrease your intake of 'dirty' protein accordingly.

13. Cellulite & Skin-tone

The skin is suspended from subcutaneous connective tissue. If the skin contains too much water, it is heavier. Too much water therefore stretches connective tissue and causes the skin to be puffy, and eventually to droop.

Cellulite is accompanied with a puffy and eventually drooping skin.

That is why in science "skin-laxity" is another name for cellulite.

Both cellulite and a puffy and drooping skin are caused by too much water in the skin.

This fact may seem contradictory at first, but in cellulite the surface tension of the skin is increased.

Huh?

Remember how cellulite is caused? Too much moisture increases water-pressure, extruding fat cells. The skin is pumped up and the surface tension of the skin is increased (just like in a balloon) even though it does not seem to be since all you see is how droopy your cellulite skin is.

And what if you want to have a tight skin?

As long as you are young, excessive moisture comes with a puffy but still firm skin, but the weight of the extra water stretches connective tissue, which will cause your skin to droop as you become older.

Connective tissue must not be burdened too much if one is to have a tight skin. The skin should not contain excessive moisture to prevent the weight of the skin from stretching connective tissue.

The body has remarkable recovering abilities. If your skin contains too much moisture and is drooping, you just need to decrease water retention, and keep it that way. (The only water retention your skin can cope with, is the water retention due to menstruation) This will decrease surface tension, and your skin will eventually be tighter, softer, and will 'absorb' all subcutaneous irregularities. If the connective tissue has been stretched due to a lifetime of excessive moisture, then both the skin surface tension will be low and the skin will be loose.

If you do not want your skin to droop (and who does?) when you are older, you have to prevent stretching of connective tissue as much as possible during your entire life.

When we are young it does not seem to matter what we do or don't do with our skin, but destructive habits like the use of alcohol, cigarettes, 'party-drugs', and too much sun exposure certainly accelerate aging of the skin. How we treat our body and skin when we are young determines how we look as we are aging.

When we are very old, we expect our skin too be thinner, shriveled, wrinkly, and dry, but not swollen and deformed as it is in so many old people. If this is the case it is:

- due to the lifetime consumption of the wrong foods (proteinaceous prepared foods, dairy products),
- due to the abuse of alcohol or drugs,
- due to prolonged use of hormonal contraceptives,
- due to a hormonal imbalance (because of sterilization, removal of the uterus and / or ovaries, or years of stress) and / or
- due to years of sleep-deprivation

As increasing numbers of us continue to eat more proteinaceous prepared food, faces of even young people are becoming swollen and deformed.

Why will my skin be softer when excessive moisture has been eliminated?

Excessive protein or salt in the true skin attracts water from the outer skin and organs. Outer skin-cells therefore lose their moisture and die prematurely, and the dryer the outer skin, the less soft its texture.

Because multiplication of skin cells is limited, dry skins also age faster. Without excessive moisture in your true skin, your outer skin cells do not age that fast and contain more moisture. Your skin will therefore be much softer, smoother, and will stay that way much longer.

But be aware:

The longer you have had cellulite, the more new cells have been constructed according to this cellulite structure. If you have had cellulite for many years it will take about two to three months before you see that your cellulite is decreasing. It takes about six months to up to twelve months before you can sing "Hallelujah, it's gone!" depending on the severity of your cellulite and the strength of your discipline.

Only by preventing extrusion of fat cells into the outer skin can you eliminate cellulite. There is no pill, cream or plastic surgery that can prevent extrusion of fat cells into the outer skin; only a drastic decrease in the intake of prepared foods and dairy products can do that. That is why cellulite is most common in Europe and North America, and much less common in cultures where less prepared foods and dairy products are consumed.

14. Cellulite & Treatments

There is no medication or manipulative process to which cellulite visibly responds. Advertised treatments just don't work. [22]

But that shouldn't come as a surprise; how can you fight cellulite without removing the cause? Lymph drainage, (through massage only) however, does accelerate the deportation of 'dirty' protein, but if absorption of new 'dirty' protein is not prevented as well, no massage or wrappings in the world can make your cellulite disappear.

Of course no cream can tighten your skin. Be honest; you already knew this. Those that claim to tighten your skin are actually moisturizers. Small proteins (peptides) from skin care products are absorbed into the skin, [23] causing your skin to retain more water.

Through life long use of moisturizers an estimated 14 kg / 30 lb. of ingredients are absorbed into the skin. These chemicals attract more water, increasing skin tension, and thus cellulite.

Only if you are young and the connective tissue is still very tight, retaining water will not make your skin droop yet. To advertise anti-cellulite products and 'skin-firming body creams', they use only teenagers, because their connective tissue is still relatively firm. Or occasionally they use an older model who has always been very strict about what she eats, always maintained her body weight, never used the pill in her entire life and therefore still has a flawless skin.

Because the extra water in the skin increases the surface tension of the outer skin, 'skin firming-', 'rejuvenating-' and 'anti-wrinkle-' creams can actually make your skin temporarily look tighter. But the fact remains that if you keep on using the product, this excessive moisture prematurely stretches your connective tissue.

Can I eliminate fluid retention by using hormones, caffeine, or diuretic tea?

To solve a problem you have to take away the cause. The use of any diuretic steals water from cells in other organs that badly need the water, thus speeding up the aging process of these organs.

Using diuretics is like mopping up the floor while water is still running from the tap. To dispose of excessive moisture you must 'close the tap' first; simply prevent the uptake of 'dirty' protein and excessive salt. Drink lots of low- (!!)- mineral bottled water (like Volvic) to flush out some of the substances that hold the extra water, like salt.

Using hormones, caffeine or whatever other diuretic doesn't prevent anything and is very unhealthy.

How about peels?

Whatever treatment 'encourages' your skin to shed its top layer faster enhances aging. Using scrubs, and especially chemical peels, will make you look like an old woman far too early. Do not peel your skin more than once every two weeks and only use the mildest peelings you can find.

Scrubs are only acceptable for your buttocks, legs, knees, elbows, and feet.

If you live in an extremely polluted city and you always use make-up, a soft peeling once a week is more than enough. Your daily routine should only include soft and gentle cleaning using a washing glove or sponge, or a soft and natural face brush.

Good (early) sleep in a room with sufficient fresh air, and drinking lots of water or juices will do your skin far more good than any cream possibly can. Sleep de-stresses and enables recovery.

The use of scrubs and peelings accelerates regeneration of skin cells, and because all cells can multiply only a fixed number of times, premature replacement of old cells decreases their total life span. The more you peel, the sooner your skin ages.

In addition, the longer a woman maintains her harsh beauty regimen of regular peelings and moisturizers, the more intensively she needs to peel and moisturize to have the same effect. It is the same for the woman who thinks she needs a tan to hide her bad skin; she will need an increasingly darker tan to hide the increased deterioration of her skin.

It is much better to have a beauty weekend every three weeks.

This would include drinking quarts of water and fruit juices, and eating only fruits, sashimi and a box of the best quality full fat delicious chocolate, for example. It would also include sleeping a lot, walking outside in nature for the clean oxygen, reading, and watching a good movie.

Have a mild peeling, a cream mask, and a relaxing bath with nicely flavored foam. Shave and use a mild scrub for your body and....again...relax. Do your nails, read some fashion magazines, etc. etc. Be lazy, self indulged, and relaxed.

This is much healthier for your skin than peeling it regularly.

Does drinking water help against cellulite?

The blood and lymph need sufficient water to be able to transport as much 'dirty' protein to the liver as possible, but drinking more water than you need does not decrease cellulite.

You do need to drink water for every prepared food item you consume. Remember also that when consuming nuts, you need to drink a lot of water or eat high water-content fruits.

Don't drink tap water, but, instead, low-mineral bottled water, like Volvic or Eldorado, or Montcalm from the French Pyrenees, or Aytac or Ulubey from Turkey. Consuming water high in minerals increases water retention.

Can "fat-metabolism-boosters" fight cellulite?

No.

Cellulite is not caused by overweight; most slim women have cellulite too.

Because cellulite is not due to overweight, these "boosters" can never decrease cellulite. Even if they could, you don't want a lifetime dependence on a drug that changes the metabolism of hormones and neurotransmitters - with all the damaging side effects. Moreover, you would need to continuously increase dosages, and the eventual dependence would make quitting a nightmare. You would be left with the worst skin ever and lots of extra pounds as the end result.

If you lose weight, your adipose fat cells will be less filled but just a bit (or not at all) less visible. By losing too much fat, your fat cells will still be visible, but you will become less curvaceous. You can have a gorgeous skin all over and be curvaceous by minimizing your intake of dirty protein and salt. (See Part 3)

Also remember that dietary fat is essential for bowel functioning, to sleep well and for the uptake of vitamins. That's why the woman who consumes sufficient fat generally has beautiful hair and a healthy shiny skin. She also has a better disposition because certain fatty acids increase serotonin receptor activity. Most diets that claim to help you to lose weight actually increase cellulite. This is because these diets are generally low in sugars and fats, and relatively high in protein.

If you want to lose weight naturally and lastingly, see [Part-4](#)

>> [To the chapters about acne](#)

>>> [Skip the acne chapters; to part 2 of this book](#)

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Part 4

Losing Weight Naturally and lastingly

You don't believe that diets work.

No, you know they don't work. You have become an expert through the years and yet... you hope that the next diet will work for you.

You see others who easily lose weight or who never ever gain a pound, while you not only don't lose weight, but after you stop the diet you gain even more - and are heavier than when you started the diet.

So what is wrong with you?

Is it because your metabolism is slow?

Are you getting older and therefore burning calories at a slower rate?

Is it in your genes?

There must be something different about you. You know that when you start dieting, you really - at least for the first month or so - really do everything according to the diet plan. You stick to it, and still you don't lose any weight. During this time you are surrounded by people who don't believe you are actually trying hard enough or that you must be secretly overeating. After a while you get tired of defending yourself. You stop the diet. "I might as well eat whatever I like and as much as I want to. Diets just don't work. They make me feel bad, depressed and lethargic, and nobody believes me anyway.

So, who cares?"

What is going on?

Why is it so hard to lose weight?

Chapter

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56. About Overweight

Genetic

What about all the women who watch what they eat all their life?

The ones who say "I gain weight just by looking at the package of cookies"? those who eat the most 'healthy, fat free, sugarless' foods?

who always gain weight if they don't watch it? These are the women who usually say, "I have a heavier build by nature", or, "It runs in the family; my mother always watched what she ate and so must I".

Is obesity genetically determined?

Pharmaceutical companies would like for you to believe so because this leaves you with only one option: buying drugs that can 'compensate for your genetic shortcomings'.

Food-retailers also would like for you to accept this because then you think that you need 'special food' - their 'diet products'. These products contain little sugar and fat, and much protein. Sugars and fat are relatively cheap and protein is more expensive, and thus they make more money by selling you diet products instead of normal foods. Unfortunately for you, diet products increase cravings, which is fortunate for them. They get richer while you get bigger. Obese people are 'a growth-market'; more and more people are becoming obese; if they can become convinced that obesity is genetic, then the future sales of diet-products, slimming pills, and weight-loss shakes are guaranteed. Why should we bother to try anything else - knowing that it will not work anyway?

And we'd like to believe them when they say that obesity is 'genetic', for it relieves us from our responsibility; "It is not my fault, it is in my genes". But deep down, we all know that if we eat less, we will lose weight. Somehow we just cannot stop eating.

Somehow it is beyond our willpower so we, therefore, can relate to 'a genetic cause'.

Pharmaceutical companies and food-retailers gladly provide you with information that makes you believe obesity is genetic, and will keep you from info that can really help you.

They will never tell you, for example, that when you breastfeed your baby, you very easily lose weight;

52% of required energy in human babies is obtained from fat in mother's milk. And this fat originates from mama's adipose tissue. As long as she breastfeeds her baby, 3 different hormones make sure that her body-fat is transformed into mother's milk-fat, to supply the baby with sufficient energy;

Oxytocin inhibits appetite. [149] Every time and as long the mother breast-feeds her baby, more oxytocin is released.

[150] But if you stop giving mother's milk too early, oxytocin release decreases, and appetite increases.

Opioid substances (from dairy- or wheat products or morphine) inhibit oxytocin release, even when breast-feeding. [151]

Leptin is produced in adipose tissue, and signals at different neuropeptides and hormones to inhibit appetite. [152] The release of leptin is however restrained when mama does not breast-feed her baby. [153]

Prolactin ; As long the mother is breast-feeding her baby, production of yet another hormone, prolactin, is increased.

Prolactin inhibits appetite and enhances transformation of adipose fat into mother's milk-fat and / or available energy [154].

They also do not tell you that your child will tend to become overweight when not breastfed long enough. Like they do not tell you that their food-products contain physical addictive substances. (See next chapters) Which is criminal, since they very well know.

Many studies have shown that it is extremely hard to lose weight on 'light products'. But that is not the information that reaches the general public.

Suppose obesity is genetic; from whom did we inherit those genes?

Our ancestors never were as fat as we are, and they are the only ones who formed our gene pool.

Obesity has increased so dramatically over the last 25 years that it cannot possibly be 'genetic'. Genes don't float through the air - landing in our gene pools only 25 years ago. Those genes are inherited from our ancestors and they weren't fat. Look at movies and fashion magazines from the '50s, '60s and '70s, or if you are old enough, try to remember how people looked back then. Think back to those leisure moments on the beach or swimming pools; how many people were fat or obese? Watch those early 20th century movies of people enjoying the first summer days on the beach; there aren't any real fat people. The rich were chubbier yes, but yet no obesity.

Remember Stan Laurel and Oliver Hardy? Oliver was considered to be one of the fattest men in Hollywood. He was funny because he was fat. Today we would not notice his size if we passed him on the street, because today he would just be a 'normally' sized person. If a woman wore size 40 or more she was considered fat. Nowadays this size is considered to be normal and surely not fat.

Just think about it: if obesity and cellulite had been normal, the mini skirt, hot pants, baby dolls and mini-bikini could never have become such a fashion hit. Never would women of all ages have adopted these fashion statements so massively over such a long period. How could they ever 'overcome shame and shyness' having fat buttocks and thighs covered with cellulite? If they had looked like we do today, there would never have existed baby-dolls nor mini-skirts and surely no mini-bikinis. Or those flimsy shine-trough peignoirs and baby-dolls you can see in those old movies. And for those who love to shop for second hand clothes, remember all those times you saw a beautiful dress, pants, skirts, top or jacket - but no matter what you did, you just couldn't squeeze your body into these clothes even though you are not big or fat? It is simply because we are so much fatter than our ancestors; obesity, in general, cannot possibly be 'genetically determined'. Genuine genetically inherited obesity, like Prader Willi syndrome, is extremely rare.

Metabolism

But why is it that you are so heavy and some other women so small?

You don't eat fatty things, you stay away from sugar, and even your cookies are fat free. If you eat chips, what rarely happens, then they're low-fat chips. You know that you eat very few bad foods, that you exercise/ work out, and you wonder, "How can this be? Do I have a slow metabolism?"

Yes, the second favorite excuse for obesity (after 'genetics') is a 'low metabolism'. This excuse was introduced by 'science', and many years later it was 'adopted' by the public because it seemed valid. The Resting Metabolic Rate however (how much energy you burn when not active), is not reduced in obesity, **[155]** nor in familial obesity. **[156]** In fact - the rate is actually elevated in overweight men and women. **[157]** Overweight bodies simply need to work much harder to relieve the organs from overweight-pressure. And because of the extra 'luggage'; obese people need much more energy just to walk to the store next door.

White people should be the last to blame it on their metabolism, for they have a higher metabolic rate than black people **[158]** and Polynesians. **[159]** This is probably because white people originate in colder regions, where they needed to produce more heat, and this heat is generated by utilization of fats and sugars.

It is also not true that obese people utilize less fat than the non-obese when they exercise.

[160] Only in the extremely rare Prader Willi syndrome is activity related energy expenditure decreased.

Air

Whatever you think causes obesity - nobody can deny that it definitely is impossible to become fat without consuming more calories than you need; you can't grow fat on air. So called "small eaters" systematically under-report their food intake. **[161]** We cannot acknowledge that we are eating too much. We are convinced that we are not eating too much; we eat low-fat foods, and hardly any sugar. We know that we are doing everything we can to abstain from so many enticing foods - so that "we can't possibly be eating too much". We are told to focus on fat and sugar over and over again, and we are not told about the calories from protein - and even from fiber (through bacterial decomposition). And because we don't know about these calories, we are convinced we are not eating too much when eating so called 'healthy' food.

Protein, however, contains exactly as much calories as sugars, but they don't tell you because protein increases sales (See Chapter 58).

It is a fact that you can only gain weight if more calories (from any source) are consumed than are utilized.

Gaining weight is always about averagely consuming too many calories; you cannot possibly gain weight if you don't. You never noticed, but low-fat, low-carb foods contain the most protein and this protein contains calories too. Run to the refrigerator and check the protein contents of

low-fat low-carb foods.

But how much is too much?

What is too much?

Too Much

We think that:

- we get fat when we eat chips, chocolate, butter, fondant, cream, etc.
- a piece of cake with whipped cream is fattening, but if we abstain from whipped cream and eat the cake without it, we won't gain weight.
- we gain weight if we drink a cup of coffee or tea with sugar, and not by drinking quarts of diet soda.
- we will not gain weight if we consume green salads, grilled or steamed fish, a lean piece of meat with vegetables, and a glass of wine or a health sandwich or yogurt or low-fat cheese.

And refraining from 'bad foods' all the time, you should not gain weight, right?

However....

Proteins contain exactly as many calories as carbohydrates / sugars.

The problem is that it doesn't feel that way. Proteins are not satisfying; sugars and carbohydrates are.

Diet products, yogurt, green salads, etc. are not physically satisfying; they never satisfy your cravings. You may feel healthy and responsible eating those foods, feeling good about yourself, but after one hour or so, you feel like having a snack. Even if you don't actually have a snack, you will eat more so called 'health food' just for the satisfaction. The result will be that you have eaten too much, but it doesn't feel that way since you didn't even eat the snack. It is the non-satisfying, low fat / low carbohydrate food that makes you eat too much without knowing it.

When you consume low-calorie-foods, your cravings will be far greater. Not giving in to cravings makes you eat more because your body still wants what you are not giving it. Munch-foods like cream cheese, chocolate etc., on the other hand, satisfy your cravings - making the possibility of overeating less likely.

57. Dieting

Losing weight is a subject of great interest today. Obesity is strongly on the rise; over 1.2 billion people worldwide are overweight and the numbers are increasing rapidly. Dieting is also an important issue because so few people are able to lose weight through dieting. We may succeed in losing a few pounds, and then we gain the weight back again, or we may even succeed in maintaining a lower weight for a few years until it rises again.

Why are so few attaining success in dieting?

Why do we get bigger and bigger?

We generally think that we can only lose weight by consuming very little fat and/or sugars. Almost all weight-loss diets are based on the rule of consuming far less of these nutrients than are daily required by your body, which 'forces' the body to transform adipose fat into available energy.

Such diets are always very hard to maintain.

The reason:

Diet-foods are always low in carbohydrates and / or fat. If you continue on a diet low in sugars and / or fat, you will be tired, lack direct available energy, sleep badly, and have mood-swings and strong cravings. You will constantly have to fight the urge to have some goodies. Because of all of this, dieting is a disaster. You stop dieting because "you really need a break to eat some goodies - just for one day". You swear that you will start again tomorrow (that nothing will stop you then) but just for now you need a break. Every time you end up saying, "It's so hard to maintain this diet." or "I gave it a try, but this diet just doesn't work".

When you have tried at least ten different diets, you will conclude that diets don't work, that they are one big scam, and that your wallet is the only thing that actually loses weight.

But what's wrong with absorbing less energy than required?

When you practice such a diet you are telling your body that there is a food-shortage. Your body will adapt to that by holding its fat-deposits and by increasing its efforts to grab onto everything edible. Results: You and your body will have opposite interests; you want to eat as little as possible and your body wants to eat as much as possible.

The more successful you are in starving your body, the more your body will produce neurotransmitters and hormones that increase your body's efforts to eat more foods. Eventually your body always wins because survival is our strongest instinct. The better you are in starving your body - the bigger the relapse will be. (Except for that small minority who actually succeed in starving themselves to death, like some anorexia patients).

That is why anorexia patients can easily become bulimic; first they starve their body and then it is payback time. The body of an anorexic has been confronted with starvation, and will therefore do anything to store as much body-fat as possible because the next period of 'food scarcity' may be near. Former anorexics will therefore tend to eat more, and more often. And this will disgust her/him, but she/he will not be able to stop. She/he may then see only one option: throwing up.

You can try to lose weight by forcing your body time and time again, but no matter how strong

your will, you will eventually become either anorexic or bulimic if you keep on trying to lose weight by beating your body. You can never win over your body's needs and have peace.

Losing weight lastingly by consuming 'light' foods/products [162] or sweeteners [163] just doesn't work.

Consuming too little sugars inhibits utilization of fat; If too little glucose is available, transformation of fatty acids into available energy originates substances like aceto-acetic acid and beta-hydroxybuteric acid. Accumulation of these substances inhibits further utilization of fatty acids (and functioning optimally). The level of these substances can only be sufficiently decreased if sufficient glucose is available.

Fat consumption

But isn't it true that the more fat one consumes, the fatter one gets?

Most people believe that you need to consume low-fat foods to lose weight, but the problem is that these foods are not very satisfying physically. Without fat you may actually consume more calories in order to satisfy your cravings anyway.

Though light products are an American 'invention' and Americans, on the average, consume less fat than most Europeans, Americans, on the average, are the biggest of all. [164]

More than one half of adult Americans are overweight or obese. [165] French, Italians and Germans, on the average, consume more fat than Americans, (FAO database) but Americans (and the British) are more obese. [166]

It is simply not true that we get fatter the more fat we consume:

Average fat consumption in 1998 in gram / cap / day;

165 France

152 Italy

149 Germany

147 USA

142 UK

Statistics also show that Americans consume more calories in total even though Americans consume less fat than people in major European countries. This makes sense; you will keep on eating until you are satisfied when you are on a low-fat diet.

Average daily intake of calories, and how much of that energy is supplied by dietary fat, in 1998. (FAO database)

3767 USA 35%

3608 Italy 38%

3541 France 42%

3402 Germany 39%

3257 UK 39%

Americans increasingly consume more low-fat food; **[167]** in 1998 the share of fat in the average American diet was a little lower than in 1978 (32%), but that did not decrease obesity incidence. On the contrary, obesity has increased very strongly in the last decades. **[168]** Consuming less fat does not help you to lose weight. **[169]**

Dieting on low-fat food is extremely difficult because you will have to constantly fight your cravings. Hardly anyone can win this battle no matter how strong your willpower. If you try to lose weight on low-fat food, you must fight both your body's urge for fat, and the need for calories in general.

Fat food is very satisfying. Eating Mascarpone or fruits with a big dollop of real whipped cream, for example, potatoes with melted butter or cream cheese, or avocado with mayonnaise are all extremely fulfilling.

Protein, on the other hand, is tasty but not satisfying. Cooked chicken does not satisfy your hunger, nor does low-fat fish or lean meat. Moreover, cooking creates physically addictive beta-carbolines, which cause you to want to eat even more. (See Ch. 58) One gram of protein contains as many calories as one gram sugar. It just doesn't feel like energy. It isn't as satisfying. But it is energy.

And this extra energy from protein is converted into fat. The 'leaner' and 'lighter' you eat, the more protein you will consume, and the more protein is converted into fat.

Protein consists of amino acids. A small percentage is used for construction purposes. Most amino acids are transformed into either sugar-like or fat-like molecules. The amino acids that can only be transformed into glucose-like substances are: methionine, cysteine, valine, threonine, alanine, aspartic acid, glutamic acid, glycine, histidine, proline, serine, and arginine. Leucine and lysine can only be converted into fat-like substances. Phenylalanine, tyrosine, isoleucine, and tryptophan can be converted in both fat-like and glucose-like substances. Your body will produce 14-fold more enzymes transforming phenylalanine, tyrosine, isoleucine and tryptophan into fatty acids when you are on a low-fat diet. **[170]**

When you eat very little fat and / carbs, you will probably have mood-swings, be depressed and / or sleepless. (See www.13.waisays.com) and you will have the hardest time maintaining your weight. Diet products, therefore, cannot help you to lose weight; they even make it more difficult. Moreover, they can also be very harmful.

Aspartame probably causes brain-tumors **[171]**. Light-products containing trans-fatty acids cause vascular diseases. **[172]** Some diet-bread contains cotton-fiber. **[173]** (They add this because wheat-opioid peptides sedate the bowels too much. This rough fiber stimulates the bowels to get rid of the damaging fiber as soon as possible, but in the process it causes tiny wounds. Repeatedly inflicting such wounds accelerates aging of the bowels, and increases cancer risk.) Saccharin can cause bladder cancer. **[174]** Acesulfam K (E 951) can damage your reproduction organs. **[175]**

But you need to absorb less energy than is utilized to lose weight, don't you?

Yes, but if you force your body to absorb less energy, it will react in the opposite 'since a food-shortage is obviously ahead'.

Your body must initiate weight loss.

But when will my body initiate a weight loss program?

It does it naturally when we are overweight.

By nature our body always tends to weigh the ideal weight; this is called the "set-point weight". We cannot improve on this system; it is already there and is very powerful. All we have to do is to allow the optimal functioning of this system, which is usually not the case.

The main reasons why so many of us are overweight is because

- 1) we daily absorb substances that impair this set-point weight system.
- 2) specific foods contain physically addictive chemicals
- 3) we regularly alarm our body into storing and holding onto as much fat as possible.

To allow your body to automatically lose weight,

- 1) you must prevent the set-point weight-system from being impaired. (See Chapter 58)
- 2) you must diminish uptake of substances that increase cravings. (See Chapter 58)
- 3) you must avoid alarming your body by consuming too little fat and / carbohydrates.

To lose weight faster, you also must prevent the deposition of new body-fat (See Ch. 61) and you must utilize body-fat most efficiently (See Ch. 60).

58. Set-point Weight

Maintaining set-point weight in nature is essential for survival. Bulls need to be heavy to dominate over others, and leopards need to be slim and fast to catch a prey.

The ideal weight does not fluctuate in most animals, except for animals living in an environment with strongly fluctuating temperatures; there the set-point weight is adaptable to seasonal changes. Grizzlies, for example, need to deposit a layer of fat in the fall in order to be warm in the winter. In the fall they keep on eating salmon even when they normally would have been satisfied salmons ago.

To make the body weigh the appropriate weight, the following neurotransmitters and hormones regulate the appetite and the deposition of body-fat:

serotonin [176]
dopamine [177]
norepinephrine [178]
growth-hormone [179]
prolactin [179]
oxytocin [180]
vasopressin [181]
leptin, acting through CRF [182]
neuropeptide Y [183]

For example:

One of these appetite-regulators is serotonin. When serotonin levels decrease, appetite increases.

Daylight prevents decomposition of serotonin, so when it is dark, more serotonin is decomposed. And since there is less daylight in the winter, we all tend to deposit some extra body-fat to 'keep us warm'. In the summer we tend to eat less.

If serotonin metabolism or one of those other appetite-regulators is impaired, this can increase cravings. Obesity generally accompanies an impaired metabolism of one (or more) of these appetite/weight regulators:

serotonin [184]
dopamine [185]
norepinephrine [186]
Growth hormone [187]
somatostatin [188]
prolactin [189]
oxytocin [190]
vasopressin [191]
neuropeptide Y [192]
the ACTH- and cortisol- interaction with- CRF [193]
the interaction between leptin and CRF and neuropeptide Y [194]

But what, besides a lack of daylight, can cause metabolism of these appetite-regulators

to be impaired?

Quite a few factors: drugs (Prozac etc, diet pills, hormonal contraceptives, etc.) and alcohol - but also substances in our every day food.

These include all foods that have been heated in any way – creating beta-carbolines. [195]

Wheat products [196] and dairy products [197] contain opioid peptides.

These opioid peptides [198] and almost all beta-carbolines [199] are physically addictive - making you eat more. Just think of the aroma of bread when you pass by a bakery; you'll become instantly 'hungry'. This is not just because you are addicted, but also because your body has started to secrete digestion juices as soon as you caught that stimulating odor. Your rumbling stomach definitely tells you to eat.

Food-manufacturers are aware of the physically addictive qualities of opioid peptides and beta-carbolines. [200] They apply this knowledge to increase and maintain the number of their customers,

and to successfully compete with other food-manufacturers.

They know that wheat and milk protein contain the most opioid peptides, and that is why these proteins are most often added to prepared food products. They know that beta-carbolines also increase your appetite. That is why they are also added to most food products, including sauces and spices; in so-called 'taste enhancers'.

How many times have you continued to eat something you didn't really like? You took a bite, and for some reason you couldn't leave it alone until you had finished the whole package. That package of cookies might have been laying in your kitchen cabinet for a few days, but once it was opened and you had taken one bite, it kept pulling you back to get more.

But have you ever experienced this with fruit? No, you have never had to have another banana, apple or orange. You might love to eat fruit when you are hungry, but it never keeps pulling you back to eat some more. Did you ever overeat on fruits?

Now you know: you do not keep on eating because you are weak or pathetic, or "because your father did not give you enough attention", but because you are physically addicted to beta-carbolines and opioid peptides.

If your overeating was due to some psychological reason, any food that tastes good, including ripe fruits, would be equally satisfying. But this is not the case. All of us are physically addicted to these beta-carbolines and opioid peptides.

But each of us is different, and is susceptible to these chemicals in a different way, as different people prefer different brands of cigarettes, alcohol or coffee. (or none) That is why food-manufacturers experiment; they add a bit more wheat protein to their products, some malt, or a bit less milk protein, or combine these with concentrates of a particular dehydrated protein heated in combination with sugar.

Then they must make sure that we are familiarized with 'the taste' (their specific combination of addictive chemicals) of this new product. They strategically position their dealers in the supermarket to offer the customers a free sample. We all know the ladies offering us new food-products to try. Even when we politely decline, they tell us how wonderfully tasty and new it is and that we really should try it. And we behave according to the expectations of the food

manufacturers: politely. We see the friendly lady who is just doing her job, and we think, "Poor woman, what a horrible job she has".

And so we take what she offers us, and try it. And if this specific blend of addictive chemicals matches our own addiction, our brain says, "I like it!", and we will buy the product later on.

This strategy is the same as that applied by the 'pusher-man' who gives drugs for free to youngsters to get them addicted and thus gains new 'junkie' clients.

According to the law this is illegal and punished. How can the food- industry do the same without being punished?

They create 'food-junkies'.

There actually is no fundamental difference between a drug junkie and a food-junkie; they both are addicted to physical addictive chemicals. They both need their fix every few hours. They just look different: the drugs-junkie gets skinnier and does not take care of his/her appearance.

The food junkie becomes overweight or obese and takes even more care of her/his appearance. Both become dependent and need larger doses to achieve the same effect.

Food dealers use another strategy: the use of fragrances - like the aroma of baked bread at the bread department, and the smell of fried meat at the meat department. These odors stimulate our digestion juices, which makes us feel hungry - and buy more.

When you go to the supermarket, and don't want to buy more than you planned, be sure to eat several pieces of fruit just before you go (or even better; an avocado). A filled stomach helps to diminish the effect they want to achieve. After a meal of fresh fruit you can clearly detect how 'fake' and harmful these odors can be. They can even make you feel nauseous.

Taste-enhancers, for example, are concentrated dehydrated protein, containing beta-carbolines. They don't really enhance taste, but actually influence neurotransmitter-receptors. **[201]** Wheat protein and / or milk protein are found in many prepared food products. These contain opioid peptides. Be sure to check food-product labels. Monosodium glutamate is also added to food to stimulate appetite **[202]**, partly acting through the same pathways. Beta-Carbolines also affect the glutamate- receptors by affecting the release of acetylcholine, which they do by effecting benzodiazepine-receptors.

These beta-carbolines are not just physically addictive; they can also contribute toward obesity because they can impair the metabolism of these weight/appetite regulators:

serotonin **[203]**

dopamine **[204]**

norepinephrine **[205]**

oxytocin (through GABA-receptors) **[206]**

CRF **[207]**.

Growth hormone and prolactin-level, through

TSH. **[208]**

The same is true for opioid peptides, which can impair metabolism of these weight/appetite regulators:

serotonin [209]
norepinephrine [210]
oxytocin [211]
vasopressin [212]
CRF- [213] and
neuropeptide Y [214]
prolactin [241]

But what if the influence of the food-chemicals on those appetite / weight-regulators is very limited?

Very few of us become overweight because we eat far too much.

Generally, we eat a little bit too much.

Unfortunately, even if we only eat 1% too much daily, we have already gained 1 kg. / 2.2 pounds of pure fat every single year. Twenty years later, we have gained more than 3 stone.

Since most of us are susceptible to beta-carbolines and opioid peptides, we eat a little too much every day. If that is 5% too much,

we will gain 5 kg. / 11 lbs. pure fat each year.

And the less we have been breastfed, the earlier we ingested cow's milk-opioid peptides, impairing our set-point mechanism at a very early age. (Scientific research has shown that formula fed babies have an increased risk for becoming obese in later life). [20]

No, it's not our mothers' fault; they didn't know that formula milk is bad for a child. Formula milk-manufacturers are no different from any other company; they do everything to increase sales. To increase their sales, they had to convince women that formula milk is as good as mother's milk, and even better since it's 'fortified' with extra vitamins and minerals. Simply ignoring the fact that mothers' milk contains all the nutrients that babies need, and that too much of any extra mineral is harmful. (See Ch.30)

However, the essential difference (in general) with 'normal business' is that infant feeding has lifetime consequences.

Robbing infants from essential growth factors and hormones (in mother's milk) and increasing future cravings in both mother and child, for the sole purpose of increasing sales, is criminal. But we must acknowledge that it was a clever long-term move: babies that are fed formula milk make 'better' future food-consumers. Sales are guaranteed. These manufacturers even pushed (and push) their product in developing countries at low prices - thus establishing a future market for food-retail giants.

Unfortunately, the real costs of formula milk are extremely underestimated; formula fed children are, on the average, less intelligent, [21] and more subject to obesity. [20] They are also more susceptible to all kinds of allergies, infections and diseases. [215] And these babies averagely cry more often.

What about the psychological impact on the mother-daughter relationship if mama loses her figure because of giving birth, and not being able to lose weight because she did not breastfeed? There even are mothers who resent their children for it. While getting your maiden figure back is not a problem at all, but definitely requires you to breastfeed your baby long enough.

Have you never wondered why some women are very slim no matter how many children they gave birth to? And why women in developing countries generally have no problem at all regaining their maiden weight? Because they more extensively breastfeed.

To decrease both your baby's and your risk of getting weight problems, you should breastfeed it for at least one and a half years.

To save yourself from eating a little bit too much you need to prevent the uptake of impairing food-chemicals.

What foods should I eat to enable those weight regulators to do their job?

59. What Foods To Eat

Your body can only regain its natural set-point weight if those natural weight-regulators can do their job.

To limit the intake of chemicals that impair the metabolism of those regulators, you should...

...eat as little as possible of:

* dairy products because they contain opioid peptides. Don't drink any milk from any mammal. Do not let yourself be fooled by the ads of the dairy industry. They are not interested in your health, but in your money. The models and actors that promote their milk products seldom – if ever - drink milk themselves because they know it ruins their skin and causes excessive mucus secretion. The dairy industry uses these famous faces to enhance sales for they know we common people are suckers for celebrities. If beautiful and famous people promote milk, it must be good.

The sad part is that most famous people seldom – if ever - consume / use the product they promote. Milk, cheese, and other milk-products roughen the skin, increase appetite, and can cause cellulite and acne. (and cancer; see www.13.waisays.com/cancer.htm) Don't believe

that you need dairy products to be healthy, because that is not true. (See chapter 27) Food products containing milk-protein also increase appetite.

* Wheat products because they contain opioid peptides. Don't eat bread because you think it is healthy. It isn't, and it causes constipation. You can eat a little bit of bread, pasta, or pizza, etc. - but only as a munch-food item that you prefer to eat above other delicious munch-foods. But be sure to add plenty of olive oil or butter to prevent constipation. All products containing wheat-protein stimulate the appetite.

* prepared foods in general and proteinaceous prepared foods in particular because of the beta-carbolines. This includes heated (in any way) meat, fish, eggs, nuts, beans, and grains, and soy. Especially proteinous prepared foods increase appetite.

* grains and legumes because they contain too much fiber which inhibits cholesterol absorption. **[216]** Clean cholesterol inhibits the appetite. (See: "but sufficient...")

* grains and beans and no more than a little animal food daily. The intake of excessive protein impairs the serotonin metabolism and a lack of serotonin increases the appetite. Vitamin B6 is required to transform tryptophan into serotonin. When you consume more protein than you need, it requires extra vitamin B6, B2, and folic acid. (Pregnant women are advised to take supplementary folic acid; they should be advised to consume less protein instead since too much protein inhibits serotonin synthesis.)

Too much proteinaceous food inhibits serotonin production in another way - by increasing the blood-phenylalanine level. The amino acid phenylalanine inhibits serotonin production by preventing the decarboxylation of 5-hydroxy-L-tryptophan into serotonin.

And consuming too much protein also increases blood- leucine level. The amino acid leucine increases tryptophan-pyrrolase; a process by which tryptophan is irreversibly converted. Unfortunately, the liver cannot decompose leucine. (Only tissues like muscles can.)

* Vegetables and grains, for these can contain quite a bit of cadmium. What we today consider a normal intake of cadmium is already 50% above the maximally acceptable amount. **[217]** Even a low intake of cadmium decreases the serotonin level **[218]**, increasing cravings.

* All foods that inhibit serotonin production. This includes foods that contain a small amount of tryptophan in proportion to the amount of leucine and phenylalanine.

These foods are:

Cornflakes (and other corn products)

Sweet corn

Shredded wheat bread

Pasta made with eggs

Horsemeat

Rye bread

Oysters

Bread rolls
Almonds

...eat sufficient:

* sugars in fruits (and munch-foods). Glucose (from sugars) enables the uptake of tryptophan in the brain, **[219]** and thus the production of serotonin - which inhibits cravings.

* fat in avocado, fresh raw fish, raw egg yolk, Brazil nuts, and munch-foods. Specific fatty acids activate serotonin- receptors, **[220]** inhibiting appetite.

* clean cholesterol in fresh raw egg yolk and fresh raw fish. The body transforms cholesterol into products that increase serotonin-receptor activity, **[221]** inhibiting appetite.

* Your favorite munch-foods. Only by satisfying your taste- buds daily, can you continue to eat this much fruit and so little prepared foods.

Disregard what you think is healthy (because you have been told so) and consider only the taste and protein-contents of the munch-foods. The total daily intake of 'dirty' protein from munch-foods should be 15 g. / ½ oz. maximally. Choose those munch-foods that are very satisfying - that contain generous amounts of fat / and / or sugars. No, those munch-foods will not cause you to gain weight if you know when to consume them.

Consuming your daily munch-foods only when your glycogen depots are empty, you will even lose overweight. (See Ch. 61)

* fresh raw fish occasionally. It contains lots of vitamin B3, a nutrient lacking in egg yolk. B3, like serotonin, is composed of tryptophan. Absorbing plenty of B3 enables more tryptophan to be transformed into serotonin.

* high quality protein. Protein in prepared foods is partially damaged and thus its protein quality is decreased. Brazil nuts and fruits - combined with a little fresh raw animal food occasionally - generously provide all the essential amino acids you need to compose new cells and weight-regulating neurotransmitters like serotonin, dopamine and norepinephrine. (See www.13.waisays.com/protein.htm)

* Foods that contain much tryptophan relative to the amount of leucine and phenylalanine. (thus optimizing serotonin production).

These foods are:

Dates
Papaya
Banana
Strawberries
Mango

If you are not accustomed to eating a large amount of fruits that contain serotonin, like bananas, eat small amounts in the beginning; your body needs to increase its enzyme activity to be able to decompose the serotonin in these fruits. Papaya is a fruit that should never be eaten in large amounts.

For optimal serotonin composition, the best munch-foods are:

Edible boletus
Chanterelles
French fries

It is better not to consume these mushrooms raw, for that may cause cramps and gasses.

...and...

* spend as much time as possible in daylight. Daylight prevents the breakdown of serotonin. By taking long walks outside you also can most effectively transform body-fat into available energy. (See Ch. 60)

* do not take hormonal contraceptives extensively. In order to prevent ovulation, the oral contraceptive- hormones impair metabolism of those regulators that, besides regulating ovulation, also regulate weight:

norepinephrine [222]
serotonin [223]
GnRH [224]
Dopamine [225]
Endorphins [226]
CRF [226]
prolactin [226]
neuropeptide Y [225]
oxytocin [227]

By impairing the system that regulates ovulation, these oral contraceptives also impair the system that regulates your appetite and disposition of body-fat. This very likely increases your appetite and may cause your body to retain body-fat.

Note: No matter how low a dose your contraceptives are, they can only prevent pregnancy by

overpowering your natural hormone metabolism. If they didn't, they could never prevent conception.

Any kind of hormonal contraceptive has also been linked to breast-cancer. [17]

* never combine alcohol with prepared food; alcohol strongly increases the appetite for prepared and salty foods, (and for cigarettes) and the other way around. Be sure not to consume both within hours of each other. (do not combine alcohol with salted nuts etc. either!)

Alcohol and beta-carbolines partly act through the same brain-receptors. [228] Alcohol increases the sensitivity of the receptors for certain beta-carbolines [229] and some beta-carbolines promote craving for alcohol. [230] Tolerance for specific beta-carbolines causes tolerance for alcohol. [231]

60. Utilizing Body-fat Most Efficiently

You cannot lose weight by consuming too little fat and/or sugars.

You need to consume sufficient fat and sugars daily to be able to lose weight. Yes, this requires a U-turn in thinking in your brain, but it is a fact.

But how can I lose this excess weight?

If you deprive your body of a steady flow of fatty acids and glucose into the blood, your body will object strongly to being deprived from these essential nutrients. By decreasing the direct availability of these nutrients, you are telling your body there is a food shortage.

This stimulates your body to save energy, to conserve its body fat, and to increase cravings for everything possibly edible.

If, on the other hand, sufficient fat and glucose is available all the time, your body does not object to losing excessive body-fat. On the contrary: if sufficient fatty acids and glucose are available all the time, there simply is no need to conserve body fat. And if also no more than sufficient fatty acids and glucose is available, you will also not store new fat. Your body will automatically utilize its body fat to reach that ideal set-point weight.

How can I make my body utilize body-fat?

Your body will always do so naturally.

Fatty acids are the main source of energy for the heart and the bowels, which, unlike regular muscles (like biceps etc.), never stop working.

Body-fat is most efficiently utilized when it is performing low-energy activities: walking, cleaning, and shopping. This works only when there is sufficient energy available all the time to prevent your body from holding on to its body-fat.

The sole issue is to not replace body-fat your body does not object losing.

But when I work out, I burn more fat, don't I?

Yes, but the share of fat in your total energy expenditure decreases.

This is because your muscles mainly utilize glucose from the blood and glycogen from the muscles and the liver. You are utilizing lots of energy when you are physically very active, but relatively little fat, so body-fat is utilized less effectively.

But the total amount of utilized fat is greater, isn't it?

Yes, but that is not the issue. The amount of utilized sugars has increased far more. And you cannot lose weight by simply consuming too little energy; you have to replace all lost sugars. Having worked out, much glucose has been lost and relatively little fat, which makes it harder not to replace body fat when replacing the required glucose (in the blood) and glycogen (in the muscles and liver)

The higher the share of utilized body-fat, the easier it is to replace lost blood-fatty acids and glucose without replacing lost body-fat.

Huh?

If you have been exercising, you have to consume more carbohydrates to replace the extra-lost sugars from the blood, muscles and liver. And part of the fatty acids and redundant protein that come with those extra carbohydrates you have to consume, are stored as body-fat.

The more you exercise, the more you have to eat, but relatively more carbohydrates and less fats are required.

You cannot choose to not increase food consumption sufficiently, for that would be trying to force your body to lose weight, which does not work. It does not matter whether you work out or not; forcing your body to lose weight does not work. So, the more energy is utilized, the more energy is consumed. But the more you exercise, relatively less fat is utilized. Thus, the more you work out, the easier you gain weight!

The less physically active you are, the easier it is to deposit less fat than is utilized. That is why

it is so dangerous when an anorexic patient becomes totally inactive; she easily burns more calories (including calories from organ-protein) than she consumes because she is utilizing relatively little sugar. She, therefore, has no problem keeping her blood-glucose level stable. It is simply not true that it is easier to consume less energy than utilized when physically active. The bodies of men who daily perform physical labor are more muscular, but, on the average, also contain more body-fat. Men who are physically inactive can easily be very skinny. But it is extremely difficult to be both very muscled and lean; it requires a very stable and extremely disciplined mind.

Bodybuilders, for example, are generally massive and only become lean very shortly prior to contests (due to starvation diets and diuretics).

The less developed muscles and the less intense your physical activities (walking instead of aerobics, etc.) the easier it is to be lean.

If you want to be naturally lean, indulge in low-energy activities.

Take long walks, go shopping for hours or attend a big art museum, and then sleep well and get up early. These activities are most effective in helping you to lose weight.

"Beauty sleep" is not a hollow phrase. Every day cells are damaged (including skin cells), and you need your sleep to replace the lost cells with new ones. Sleep is nature's most effective medicine.

As you read in Ch. 6, excessive protein is decomposed due to the influence of cortisol, which is especially strongly secreted early in the morning. This is essential to clean up 'dirty' protein. Furthermore, sleep is also essential for maintaining the right body weight; Between 1:00 and 3:00 am, secretion of growth hormone is elevated, which induces transformation of body-fat into available energy that is required for reconstruction purposes. When you are active at that time, fluctuating blood-energy levels and food consumption will inhibit this process.

How can I know whether I consume the right amount of fat and carbohydrates?

61. The Glycogen Method

To successfully lose weight, you need to minimize deposition of new body-fat, since utilization of body-fat happens all the time. You also must make sure your blood contains sufficient glucose (sugar) and fatty acids (fat) at all times to prevent cravings, but the blood also cannot contain too much energy, to prevent the depositing of body-fat. You therefore only need to make sure to consume not too little or too much sugars and fat.

But how to consume exactly the right amount of fat?

A If you eat an avocado, a handful of Brazil nuts, sashimi/egg yolk, a raw salad dressed with olive oil, and one or two munch-food items containing fat, you will not absorb too little fatty acids. Don't be afraid to eat those fatty foods; you need fats to decrease cravings, for stabilizing the blood-sugar level, the uptake of vitamins and to keep your bowels moving!

B The average fat-percentage of the food you eat will be low if you eat at least 2 kg./ 4.4 lbs. fruit daily; the more fruits you eat, the better. Consuming lots of fruits you will not consume too much fat.

So please stop focusing on the fat-contents of foods as if fat is fattening; it is not. All excessive energy from whatever source, including protein, is fattening. Protein makes you eat more because of the beta-carbolines and opioid peptides it contains. Instead of concentrating on fat, you should carefully watch how much protein from prepared food you are eating.

If you apply rule **A** and **B** from above, you will not consume too little or too much fat. But consuming the right amount of fat isn't the only requirement for losing weight; you must also consume the right amount of protein and the right amount of carbs, and you must know when you can consume munch-food.

But how to consume exactly the right amount of carbohydrates?

Absorbing the right amount of sugars is not difficult, either, since the availability of glucose is strictly 'regulated'. You can easily feel if your blood-sugar level is low. As your blood-sugar level goes down - so does your mood. You may start yawning or you may get a headache. You will become short tempered or even nauseated, and you will have only one thing on your mind - and that is food. The reason: If your blood-sugar level is low, you have to eat something, to prevent transformation of muscle-protein in available energy.

How can I know whether my blood sugar is low?

You should do the fruit-test: If your blood-sugar level is low, you will definitely welcome a piece of ripe fruit, and you will feel better instantly. If you don't feel like eating fruit, your blood-sugar level is not low. It is that simple.

Note: this fruit-test is only reliable if you also daily consume fatty foods, like avocado, Brazil nuts, cold-pressed olive oil and / or fatty munch foods. If you don't, your blood-fatty acid level might be low while your blood-sugar level is not.

If your blood-sugar level is actually low, you must eat something; you don't want your body to

'think' there is a food-shortage.

How much can I eat when my blood-sugar level is low?

You can eat as much fruit as you like; the moment your body does not need the energy, you won't feel like eating any more fruit. Or, if your blood-sugar level is low, you can also safely consume 400 calories of any munch-food without gaining an ounce. To explain this, we need to explain the role of glycogen:

Glycogen

Besides glucose, there is another very important type of sugar in your body: glycogen. It is by controlling the amount of available glycogen that you can easily control your weight.

There are two types of glycogen: liver-glycogen and muscle- glycogen. Both types of glycogen are composed of glucose.

When you absorb sugars from food, your glucose level in the blood rises. If you take in more sugars than the blood can absorb, the glucose is stored as glycogen in the liver and the muscles. If you exercise regularly, your muscles can contain up to about 1200 calories of glycogen. Your liver can contain up to about 400 calories of glycogen.

If your muscles and liver are both filled with glycogen and you eat more food, the extra glucose is stored as body-fat.

This extra glucose is transformed into glycerol. In adipose tissue every single glycerol-molecule is linked to 3 fatty acids, forming triglycerides. When adipose fat is utilized, the triglycerides are separated into glycerol and fatty acids, and these can be transformed into available energy.

But.....if your muscles and liver are empty of glycogen, no sugar or fat will be deposited into body-fat.

Thus some might eat up to 1,600 calories of fats and sugars without gaining weight if their glycogen storage depots were entirely empty at the time they started to eat.

But how can I know whether my glycogen depots are filled or empty?

When your glycogen depots are filled, you are full of energy - ready for an extra workout, or re-doing your house, or finally painting that wall, or making extra hours at work. You know that feeling that makes you feel powerful and strong. You are climbing the stairs and find yourself one stair too high just because you aren't tired and your thoughts have drifted away – the very same stairs that were such an agony just the other day.

It is a bit more difficult to tell whether the glycogen depots are empty or not. If they are empty, you will definitely feel totally powerless when you flex your muscles. But if you feel powerless,

this not necessarily means that the glycogen depots are empty!

The reason: muscle-glycogen cannot be re-converted into glucose, only into energy that can be utilized by the muscles. So, if blood-sugar level decreases, this cannot be corrected by transforming muscle-glycogen into blood sugar. If the blood-sugar level is low, your muscles might still contain loads of glycogen.

If your blood-sugar level is low, your liver-glycogen depot is empty too. Liver-glycogen can be reconverted into glucose. To maintain blood-sugar level, liver-glycogen is reconverted into blood sugar until this glycogen depot is empty. And if your liver-glycogen depot is empty, you can safely consume 400 calories of any munch-food without gaining an ounce.

You have to empty both liver-glycogen and muscle-glycogen depots first if you want to safely eat all your munch-food for that day (up to 800 calories) in one meal. What it takes to empty the depots depends on how much glycogen you can store (since this is individually very different; that's why the 800 calories max.) and on the degree to which they are filled with glycogen when you start emptying them.

You can best empty those glycogen depots through low-energy- activities, like walking (to, at, and from work), cleaning, shopping etc., because this way the most body-fat is utilized. They will be emptied faster - but you will have utilized far less body-fat - if you empty glycogen depots through high-energy activities. The longer it takes to empty those glycogen depots - the more fat is used.

So, sitting in front of my TV works best?

No, not at all. You are not emptying muscle-glycogen depots that way. And if you eat something when your glycogen depots are filled, the extra energy will be stored as body-fat. So, yes, you need to be physically active to empty those glycogen depots, but to utilize as much fat as possible you need to practice low- energy activities.

Most muscle-glycogen is stored in the legs so to empty muscle- glycogen depots and utilize as much body-fat as possible too, you should first take a long walk. If you have a dog, taking him for long walks will make you both happy. Put on some music and clean the house. Go shopping. Skip the supermarket and spread out your shopping. Walk to all the little specialized stores and carry your shopping home. Don't take the car and don't store too much in the house so you can do this every other day. You can alternate this with cleaning the house. Now you have only one or two days left to fill up. Go to a market once a week, or second-hand shopping in another town, go fun-shopping, or get a museum card and visit one every week.

If you work outside the home, don't take the car if at all possible; walk to and from the bus. Climb the stairs – no elevator. Take a walk outdoors on your morning break instead of having coffee. Walk the first part of your lunch hour.

Performing these relaxed activities in the morning enables you to empty your muscle-glycogen depots in the easiest way. You will definitely feel it when you are running empty; all of a sudden you will be out of energy and then it is time to eat.

Once your glycogen depots are empty, you can safely eat one or two munch-food items

containing much sugar and fat and still lose weight.

To munch safely and still lose weight - first take a very long walk.

Since the 1,600 calories only applies to people who regularly exercise their muscles, and since walking mainly requires activity of the leg-muscles only, you can safely consume munch-foods containing up to 800 - 1,000 calories after the energy in your legs is gone. (after the long walk)

62. About Working Out

If you want to work out, go ahead but don't expect it to help you lose weight; it won't. Working out makes you very hungry, for you have used a great deal of energy - lots of sugars - but little fat.

You have probably tried it. The first week you actually thought it was working because you were weighing yourself after the work out after you had lost a lot of moisture due to sweating. But, as the weeks went by, you didn't lose any weight, but you even gained some.

The reasons:

- * Exercise requires a larger amount of sugars, which strongly increases your appetite.
- * Through intense physical exercise your glycogen depots are empty sooner, but less fat is burned than when the glycogen depots are gradually emptied through low-energy activities.
- * The muscles are becoming trained, and, therefore, are stronger, bigger, and heavier. And since you are not losing body-fat, this will make you sturdier and heavier.

Then you were told you also needed to change your diet. You suddenly realized that you had to double your discipline, determination, and efforts, even though it had appeared to be without results so far!

And because that is discouraging, you stopped.

And guess what?

Even if you had succeeded in losing a lot of weight by both exercising and starving yourself, you would only have won the first set in a never-ending match - a match your body is determined to never lose.

Your body will never 'understand' that you are eating too little out of free will. Your body 'thinks' that there is a lack of available food if you consume less food than energy is utilized. It doesn't

matter how much spare-energy (glycogen and body fat) your body contains. It will desperately hold onto that spare energy if there is a lack of available food. This is how your body is programmed - according to nature's law. There is no animal that intentionally eats too little food; there is no wild animal that wants to lose weight. Consuming too little food in nature always means there is a lack of available food; your body will, therefore, take the appropriate measures to cope with this food-shortage. It will save energy, preserve fat deposits, and increase its appetite for everything possibly edible, and as much as possible. The more vigorously you try to lose weight, the more your body will fight this. If you succeed in losing weight through a vigorous weight loss / exercise program, your body will simply start burning less calories. **[232]** This means that you will gain weight even easier than before.

What is a good reason to work out?

Forcing yourself to go to the gym is never a good idea. It does not make sense because you can never force yourself all the time.

Working out only makes sense if it accomplishes what you want, and if that connection is so clear that it gives you pleasure to notice how effective it is. If you want to go to the gym, you have to know exactly what it is that is effective in achieving what you want. If not, the results will never give you the pleasure that is required to be able to keep working out.

Body shaping can be a good reason to start working out.

This is exercising specific muscles, which changes your proportions.

You have to know exactly what you are doing to be able to get the exact results you want.

Whichever muscles you exercise will grow stronger – and therefore bigger. Exercising different sets of muscles with every exercise will make you bigger and sturdier. The heavier the weight, the more muscles will be involved, the less accurate the exercise. The only way to measure the effectiveness of any exercise is the reaction of those particular muscles. A good exercise is an exercise that makes only the targeted muscle 'burn'.

You should only exercise those muscles that need to be bigger if you want to change your proportions for the better. The essence of body shaping (or "isolation-exercises") is to use those weights that match the smallest possible combination of muscles. The lighter the weights, the more precise the exercise, the better you can sculpture your body.

Take those skin-colored bra-pads and place them where you think your muscles should be bigger, and analyze.

You probably think your buttocks should be higher, smaller, firmer and less wide. Then exercise only that part of your buttocks' muscles that you think should be stronger and more taut. Lie down on the floor, face down. Keep your hips on the floor and lift your stretched leg, using only your buttocks' muscles. This way only the muscles that need to be bigger and firmer will be exercised; you should never exercise the muscle/muscles that you do not want to be bigger.

Never start exercising before you know exactly which muscles should be stronger and which specific exercises will accomplish this end result. If you are unsure, consult a professional who

specializes in isolation exercises.

When you burn many calories through exercise, doesn't that help you to lose weight?

Your glycogen depots will be empty sooner, yes, but you will have utilized little body-fat. It will take longer if you empty them through low- energy activities, but once they are empty you will have burned more body-fat.

So stop torturing yourself with vigorous exercises; you don't need these to lose weight; they even make it harder.

If you really enjoy participating in a specific sport, game, or any other intense physical activity and it makes you feel good - then do it. It is also okay to work out if you have already lost the weight, and now you want to develop specific muscles instead.

Don't think you need to work out to 'tone' your skin after having lost a lot of weight for that will automatically happen within a year if you maintain that same weight (6 pounds fluctuation max). Your skin will completely recover unless you gain and lose more weight again. Wait at least two years after having lost a great deal of weight before you even start thinking about 'surgical solutions'.

To attain the desired results you need long walks outdoors. Without this there will be no exercising of the connective tissue; it will be weak and your skin will be loose. This has nothing to do with being overweight or losing weight. A woman who has never been fat in her life will have the same problem if she doesn't walk: her skin will also become loose and flabby. Nature gave us arms to grab things and legs to walk with. Walking is the most natural, healthy and effective exercise for the body.

If you want to have the legs and hips that models have, you must be active like a model; you have to walk, walk, walk and walk.

This is the only exercise that all professional models share and for most runway models it is their sole exercise. They don't have time to go to the fitness center during season, and because they walk so much, they don't need it. But the exclusive editorial and catalogue models who don't do runway, for example, don't walk that much, and so they need the exercise. Sitting on your behind, whether at home or work, is the worst thing for the female body. If you want firm slim legs you have to walk.

There is no fairy godmother to make your dreams come true by taking away your extra weight and giving you the legs of a model.

But you can easily achieve both - all by yourself.

Our body can most effectively utilize its body-fat when we walk because walking is a most natural movement. But remember: when we say walking we do not mean running!

But exercise is necessary to get rid of my love handles, isn't it?

You can never ever get rid of love handles or that wobbly flesh on your tummy through exercise. You cannot burn fat locally, and that lumpy tummy is not about weak muscles, but

about excessive fat.

No exercise or device in the world can make your body utilize specific local body fat. The genes determine which body fat is burned first; nature knows the best place to store adipose fat. Nature, therefore, determines which fat deposit goes first and which fat deposit goes last. You can exercise your muscles but you cannot exercise adipose tissue. Muscles are controlled by your conscious mind, but the metabolism of adipose tissue is solely regulated by a number of hormones and neurotransmitters.

There is really nothing you can do about that. No diet pill can ever correctly manipulate all those inter-acting hormones and neurotransmitters without impairing their influence on other body- functions. No cream in the world can help you to get rid of loose wobbly flesh, no matter how successfully they formulate their sales-lies.

Many will try to convince you that you need to exercise to have a flat belly because that will encourage you to buy trimming devices or a gym membership.

But: Get up, and stand up straight. Is there flab now?

Yes?

That's accumulated fat and nothing else.

If it's a hard swollen belly - then it is caused by constipation or gas caused by the intake of hard-to-digest foods. You should disregard a swollen belly due to menstruation and be aware that full bowels give you a swollen lower belly.

But...

Anyone who can stand up straight does have flat abdominal muscles that work well. You wouldn't be able to stand up straight if you didn't.

Do you have saddlebags?

Yes?

That also is nothing but an accumulation of fat. You will be perfectly slim when you have lost excess fat without having to exercise the saddlebags or the abdominal muscles. Everyone has firm muscle legs and flat abdominal muscles, but it is not always visible.

No matter how overweight you are or that you have never ever worked out, you still have all the required muscles. Your body must move and carry so much weight all the time that it is already well exercised. You are always exercising because of the extra weight you must carry when you are overweight. Your belly muscles strongly cooperate with the muscles of your legs and back so they will be well exercised too. Isn't that wonderful?

Once you lose the fat on top - you will have a lean-muscled body.

If you force your body to lose weight it will not only try to prevent this, but this will utilize muscle-protein for available energy, and you will lose muscle strength. If the body loses weight out of its free will, it can easily maintain its muscle volume.

The body you want is already there. The only thing you have to do, is shed the fat surrounding it.

If you start exercising while you want to lose weight, remember that whatever exercise you do enforces that particular muscle, increasing its volume and making you look even bigger.

To show off your new trim body you only have to lose the fat and moisture on top of it.

63. Part 4-Summary

Losing weight is not difficult if you cooperate with your body instead of fighting it. In summary, you should:

A Follow the diet as described in [Part-3](#) , absorbing as little appetite enhancing and physical addictive beta-carbolines and opioid peptides. Eat as much fruits as you like and you should absolutely not refrain from fatty foods. Consume sufficient clean fat by eating avocado, Brazil nuts and cold pressed olive oil and / or you can have fatty munch-foods (as described in Ch. [53](#), [54](#) and [55](#)).

B When you feel hungry, first do the fruit-test to know whether you really need the energy or that it is just your addiction talking. If your blood sugar is really low, you can safely eat one munch-food item containing up to 400 calories. (or eat more fruits of course)

C Empty your glycogen depots (in the leg-muscles) once a day by taking long outdoors walks to work or to stores, do laundry, go shopping (walking to all those different specialized stores). Go to markets or search for old books, unique clothes, etc. in second hand stores. After that you can safely eat those delicious munch-foods (containing up to about 800 – 1,000 calories) and still lose weight every single day!

Good luck.

Remember: dieting does not make sense. If you want to be naturally slim for the rest of your life (and be healthy and have a beautiful skin), you have to change your eating habits. You are not a slave to food; you are a slave of the food manufacturers. They expand at your expense. They become richer while you are growing bigger and absorbing more harmful substances, and eventually becoming sick. Now it is time to cut you loose. Whatever they say, it is not your fault that you are overweight, and it is not in your genes.

Enjoy your freedom !!!

If you, after having read these chapters carefully, still have questions, you can post them in the "[weight issues](#)" forum of our [Acne Bulletin Board](#), and I will answer them there...

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- >> [To Appendix B; Nutrient contents of the raw foods that are included in this diet](#)
 - >> [To the glossary](#)
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Part 3

The Diet

Excess cutaneous moisture in the skin must be lessened to eliminate or reduce cellulite or acne. To accomplish this the intake of salt and 'dirty' protein must be drastically decreased.

The daily diet to accomplish this consists of these three components:

A

2 kg / 4.4 lbs. fruits (minimally) including a few Brazil nuts, avocado, and a tomato-cucumber salad, and supplementary fruits.

B

50 gram / 1¾ ounces fresh raw fish (sashimi) or 2 to 3 fresh raw egg yolks (or more)

C

2 munch-food items or 1 munch-food meal to satisfy cravings.

Chapter

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40. [Ideal Fruit-combinations](#)

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39. Maintaining This diet

Maybe you are thinking: "2 kg. / 4.4 lbs.?", "I can't eat 'that much fruit!"

But 2 kg. / 4.4 lbs. is not that much at all: an avocado, a banana, a tomato-cucumber salad and 1 liter / quart fruit shake (from different fruits), or 2 quarts of fruit shake easily does the trick. And if the fruits are well ripened you can easily consume more. The first week of this diet is not that difficult because you are determined to get rid of your cellulite, and prepared to do whatever it takes. Maintaining this diet will probably be the hardest in the second week. By then your strongest determination 'has been consumed', and your junkie receptors are confronting you with all those tempting flavors.

How do you make it through that second week?

By consistently allowing yourself 2 munch-food items a day. These selected munch-food items should not be chosen because of their nutritional value, but to the extent they satisfy your cravings. Cream cheese and chocolate, for example, are probably far more satisfying (therefore effective) than vegetable soup. Just make very, very sure that your daily munch-food never contains more than 15 grams / ½ oz. of protein in total. (See part C)

After you have made it through the third week, your body has made the connection between feeling better and all the fruits, sashimi, etc. you've been eating. This will make you a little bit less susceptible to the addictive substances in prepared food.

Once you see genuine improvement of the cellulite or acne, your morale will be boosted tremendously.

And what if I really feel hungry?

Do the fruit-test: If your body needs energy, it loves to eat fruit, for that provides quick energy and is easy to digest. If you are 'hungry', but a banana, an avocado, apple, or a nice mix of blended fruits or a few bites of the salad doesn't appeal to you – then lack of energy is not the problem. It is the junkie in you that wants to have food that contains physically addictive beta-carbolines (as found in all prepared foods) and / or opioid peptides (in wheat and dairy products). (See Part 4 for more info on this subject.)

Those delicious flavors that constantly tempt you are actually carrying with them the promise of those addictive substances. They activate your digestive system by initiating the secretion of enzymes, which make your stomach rumble: hunger!!! But this hunger is not really hunger. These are cravings. You need to learn the differences between cravings and the need for energy to be able to maintain this diet; if you do not want the fruit, you do not need energy. But

make sure that you always have in your house plenty of different ripe fruits from which to choose - and not just some apples, sour oranges and unripe bananas. Women, in particular, tend to eat anything rather than unripe fruits. The fruits need to be excellent in ripeness and taste, so that you never eat too lightly.

It is very important to make a big bowl of salad every day, covered with lots of olive oil, and to take a few bites of it (or some Brazil nuts) after every time you have eaten some fruit/juices. The fat from the salad stabilizes the blood sugar level, which prevents cravings.

Once you have determined that, in fact, it's hunger, start eating more fruits / salad immediately (including avocado, raw nuts etc.).

Remember that if you do not feel like eating ripe fruits, salad or fresh raw animal food, it is a sure thing that the 'hunger' you are experiencing is nothing but cravings. If it is real hunger, then the choice is up to you - whether to consume a munch-food item right now, or to eat more fruits first and save the munch-food for later.

Once you have consumed munch-food containing up to 15 gram / ½ oz. protein, you cannot eat any more munch-food that day. If you do not stick to these rules, your cellulite or acne will not go/stay away.

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3A

About Fruit Consumption

First we'll tell you which fruits will most efficiently supply you (in combination with some animal food) with all the nutrients. Then we'll list those fruits that combine well in regards to taste and digestion, and, lastly, what you should know about eating fruit, including nuts.

Finding well-ripened fruits will not be easy. The regular supermarkets / shops, in general, sell 'plastic' fruits and do not offer a variety of well-ripened fruits. You will have to explore all the opportunities your city offers you. To find the right fruits you will certainly have to check all the little shops owned by 'immigrants' who have a large 'immigrant clientele'.

Look at the bright side of shopping at many different places: walking is the best exercise possible to get your legs in perfect shape and you get to know the different cultures.

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40. Ideal Fruit-combinations

You can eliminate cellulite only if you eat lots and lots of fruits daily. Don't think you have consumed enough when you have eaten a couple of bananas and three oranges. You must eat pounds of fruit a day (2 kg. / 4.4 lbs. minimum). And remember: fruit cannot possibly cause you to gain weight. Fruit doesn't contain physically addictive beta-carbolines or opioid peptides (see part 4), and, on the average, contains 80% to 90% water. Have you ever overeaten on fruits?

The sweet taste of ripe fruit is just a promise that your brain and muscles will be supplied with the glucose your body needs. Always start your day with fruit or fruit juice. If you don't, you will start your day by waking up your 'junkie-receptors' - making it extremely difficult to maintain a diet for the entire day that consists of fruit and very little prepared foods.

Eating fruit the first thing in the morning will provide your body with energy; this absorbed energy will consist entirely of sugars. Sugar as a sole source of energy is quite unstable so your body will be stimulated to utilize its body fat for more sustained energy. It will also make you desire dietary fat. To fulfill that need you should eat something containing healthy fat at lunch or at about 2:00 to 3:00 p.m. You can have a salad topped with cold pressed olive oil, for example, or Brazil nuts with raisins, an avocado, or sashimi. If you have an avocado with a tiny bit of salt or pepper, this will also satisfy your cravings for a salty snack.

Fruits and animal protein can easily supply you with all the required nutrients. If you consume enough fruit every day, you can choose the tastiest munch-foods to eat, disregarding their nutritional value.

To meet the minimum requirements, eat daily:

1. The basic fruits
2. 1½ kg. / 3 1/3 lbs. of supplementary fruit, minimally
3. Fresh raw food from animal origin

For the exact nutrient-contents of these foods, see Appendix B at the back of the book.

The basic fruits are:

1. one avocado
2. a handful of Brazil nuts (shelled by hand) - with raisins, and banana slices for example, or - in a fruit salad
3. a tomato-cucumber salad (they are actually fruits also)
- with cold pressed olive oil, olives (not salt-cured) and chives topping for example, or - with

avocado and chopped red onion, etc. (See Chapter 42)

If you cannot purchase Brazil nuts or well-ripened avocado, you will need to consume an extra ½ kilo / 1 lb. of the supplementary fruits.

The best supplementary fruit combinations

The fruit combinations listed below provide the most efficient way for you to satisfy your daily requirements. These combinations with the basic fruits and a little bit of food of animal origin are all that you need. This doesn't mean that they need to be eaten together (as in a shake). You can consume one kind of fruit at a time. (The fruits that can be best combined in a fruit-shake are listed in the next chapter.)

The fruit combinations listed below will most adequately supply you with all required vitamins, minerals and trace elements - if you also eat the basic fruits and a little fresh raw food of animal origin. A total minimum of 1½ kg. / 3 1/3 lbs. of one of these fruit-combinations should be consumed throughout the day (peel/skin/seeds/stone not included):

orange-pineapple-mango
orange-pineapple-papaya
orange-pineapple-muskmelon
orange-pineapple-watermelon
orange-pineapple-mandarin
orange-pineapple-guava
orange-pineapple-passion fruit
orange-pineapple-apricot

orange-plums-muskmelon
orange-plums-watermelon
orange-plums-mango
orange-plums-papaya
orange-plums-mandarin
orange-plums-guava
orange-plums-apricot
muskmelon-orange-banana
muskmelon-orange-mango
muskmelon-orange-mandarin
muskmelon-orange-grapes
muskmelon-orange-plums
muskmelon-orange-apple

muskmelon-pineapple-banana
muskmelon-pineapple-mango
muskmelon-pineapple-mandarin

muskmelon-pineapple-grapes
muskmelon-pineapple-plums
muskmelon-pineapple-apple
muskmelon-plums-mango
muskmelon-plums-mandarin
muskmelon-plums-grapes

mandarin-orange-banana
mandarin-orange-mango
mandarin-orange-apricot
mandarin-orange-apple

mandarin-pineapple-mango
mandarin-pineapple-banana
mandarin-pineapple-apple

plums-mango-mandarin
plums-mango-pineapple

Remember that these fruits must be fresh or dried – not frozen or canned in any way. You may not be able to find all these fruits in your supermarket. If you live in a big city you may be more successful shopping in small immigrant stores or specialty shops. If you live in a small town or rural area, find out about shopping by mail or if you have a computer – the internet for boxed dried fruits.

If you don't like Brazil nuts, have some walnuts or hazelnuts instead, and a little piece of coconut every once in a while.

If there aren't any proper avocados available (only the dark-skinned really creamy avocados are rich in vitamins), eat the same fruits, but half a kilo/ 1 lb. more.

If you don't want to eat a tomato-cucumber salad, the following fruit combinations (together with avocado, Brazil nuts, and some food of animal origin) are also perfect:

muskmelon-mandarin-plums
muskmelon-mandarin-orange
orange-pineapple-plums-watermelon
orange-mandarin-pineapple-extra nuts

41. Fruits To Go

Eating fruits at home is easy; you can make a mess if you want. But it is a bit harder at work. You will probably find it easier to cut and prepare your fruit salad at home - either in the morning or the evening before.

Fruits for on the go, or to take with you to work, should be easy to transport and filled with high energy items - like dried fruits and nuts. Of course there is always room in your bag for 2 bananas, 2 oranges and/or apples (or other fresh fruits).

Nuts & Raisins

Of all the fruits, raw Brazil nuts with raisins and bananas are the most ideal combination to eat on the go, or at work. Shell the nuts before you go to work.

Brazil nuts are a perfect food for they are small in size and light in weight, and, when combined with raisins, provide sufficient sugars and healthy fatty acids to supply you with energy for hours.

The protein quality of Brazil nuts is better than that of any other food and they are loaded with vitamins and minerals. (See appendix B in the back of the book)

Dried Fruits

Dried fruits like dried figs, dates and apricots are also very good on-the-go foods, and they can be stored for a long time. They are relatively clean, concentrated, and filled with vitamins, minerals and energy – a perfect food to nibble on when you need a bite or a lift.

Shakes

You can only make fruit-shakes at home and take them with you to work if you consume the shake within 3 to 4 hours. If it takes that long before you start drinking it, you better not add sugar to it.

Drinking fruit-shakes first, you will have a healthy energizing start for your day. Maybe you are lucky and can make your shake at work if you are your own boss. If so, be sure to drink it within a few hours for it tastes best when consumed fresh. You don't need to be upset by the browning; it is the color of banana-starch that is transformed into single sugars due to oxidation. You can take a bottle of freshly squeezed orange juice that you have made the night before (or better yet – in the morning) and stored in the refrigerator. Commercial 'fresh orange juice' is never fresh and raw, because pure fresh raw orange juice has deteriorated before it ever reaches the store. They are always doing something to increase 'shelf-life'.

Avocado

The one whole fruit that you can most easily take with you to work is avocado because it does not contain juice. All you need is a little knife and a teaspoon. Cut it open, remove the stone, and enjoy. If you really can't do without it - add a tiny bit of salt. For a tasty lunch, you can also eat some tomato with it; cut two tomatoes into pieces and sprinkle with a few herbs (from a

baggie).

You should eat an avocado near the end of your working day so that you are able to fight the temptations of all the flavors you encounter as you are heading home. It will temporarily satisfy your cravings for salty snacks. Avocado is an extremely satisfying food. It is also wonderful for your skin because of the healthy fats it contains.

Banana

Bananas can, of course, also be eaten on the go or at work. You can turn them into a munch-snack by combining them with low-protein chocolate - a very satisfying combination.

If chocolate contains 5% protein, you can eat up to 150 grams / 5¼ oz. combined with two bananas as one munch-food item for example. (See Ch. 55) This should definitely satisfy you. Because one munch-snack can only contain up to 7½ gram protein, you have to carefully examine food labels for protein content. These vary widely in commercial chocolate; if the chocolate's protein content is 7½ %, then you can't have more than 100 g. / 3½ oz. of it, of course.

42. Salads & Shakes

Consuming the fruit combinations (in addition to some food from animal origin) as advised in chapter 40 will provide you with all the required nutrients. But food is not just about nutrients, but also about taste and digestion.

These fruits can be eaten alone, of course, but some can also be combined in salads or juices. Some people think you can combine any combination of fruits, but that is not true; many fruits don't combine well with other fruits (like grapefruit, papaya and passion fruit don't combine well with other fruits).

But the fruits listed below go well together.

Fruits that can be combined in fruit-shakes very well:

For the 'milk shake effect', add extra banana and some sugar, and blend a little longer - until it starts looking creamy and 'foaming'. Don't do this if your skin is susceptible to acne.

You may also add fresh raw egg yolk to a shake or fresh orange juice, which makes the shake / juice taste soft and creamy. Add the yolk after the fruits have been mechanically blended, and stir with a fork.

The reason why bananas combine so well with other fruits is because other fruits contain only simple sugars (fructose, sucrose and glucose), but bananas also contain starch and pectin.

Combining these different sugars supplies you with a more stable source of energy than simple sugars only. These sugars are absolutely not fattening. (See part 4) Banana starch is not constipating like other starch food since it is not accompanied by constipating beta-carbolines (prepared foods) and opioid peptides (wheat and dairy products).

These fruits go together very well in a fruit-shake:

- 3 bananas-half a cup orange juice
- 2 bananas-half a cup orange juice-1 apple (or pear!)
- banana-muskmelon / honeydew-banana
- banana-peach-half a cup orange juice
- banana-apricot-half a cup of grapefruit or orange juice
- banana-(straw)berries-some orange juice or lime juice
- banana-(rasp)berries-some grapefruit juice
- 3 bananas-¼ cup apple juice-5 oz. blueberries
- mango-peach-banana-coconut milk
- mango-banana-pineapple-coconut milk
- mango-peach-some grapefruit juice
- apricot-pineapple-strawberry
- pear-strawberry
- apricot-pineapple-1 banana
- orange-grapefruit-pineapple
- cucumber- tomato-olive oil-chives, and fresh raw egg yolk -added after blending
- Juice carrots, little red onion and one clove of garlic. Puree a little tomato with avocado and add that to the carrot 'broth' and sprinkle some fresh chives on top. (and some cayenne pepper if you are not very susceptible to acne)

Combining fruits in a salad:

- Avocado, peeled and chopped tomatoes, olives, dash of lemon juice, pressed garlic.
- Chop some apple, orange, and sweet onions, and add some raisins, honey and grated ginger.
- Chunks of Gaya/musk melon, a peeled red grapefruit (no white peelings), 150 g. / 5 oz. peeled and chopped fresh dates, 80 g. / 3 oz. chopped walnuts, 2 Tbs. honey, 1 Tbs. lemon juice.
- Cucumber, walnuts, raisins (previously soaked in syrup), pineapple, chives, cold-pressed olive oil.
- Mix 2 tsp. sugar, 1-teaspoon vanilla sugar (or liquid vanilla extract with sugar / honey) and ground coconut. (and some dark rum if you like). Top over salad of pineapple, orange and kiwi.
- Soak raisins in fresh orange juice overnight outside the refrigerator. Add chopped muskmelon, banana, and a little honey.

Or:

- Apple, banana, raisins and Brazil nuts
- Strawberries, raspberries, blackberries and banana
- Strawberries, banana, apricot, pear
- Chunks of sweet apple, honeydew, pear, banana and pineapple
- Peach, pineapple, black berries, banana
- Peach, pineapple, pear, melon
- Peach, raspberries, banana, pear
- Sweet red berries, raspberries, banana, melon
- Black berries, raspberries, banana, pear
- Kiwi, banana and litchi
- Kiwi, banana, pear and melon
- Litchi, melon, pear, banana
- Melon, grapefruit, banana
- Pineapple, mango, kiwi, banana
- Pineapple, mango, apricot, banana
- Pineapple, banana, raisins
- Orange, banana, apple, raisins
- To turn cherries into a delicacy:

Heat and mix 2 Tbs. cherry-jelly with 2 Tbs. Kirsch until boiling, and then remove from fire. Dip the cherries (you'll need cherries with stems) in this mix, and then dip in sugar. Let them cool off before consumption.

Combining fruits and raw vegetables

Most vegetables cannot be consumed raw for they upset your bowels, but a few can. Some can also be combined with fruits:

- Mixed lettuce, chopped red onions, avocado, olives, cold pressed olive oil and some pressed garlic.
- Some lettuce, slices of avocado, sliced tomato, a bit of lemon juice and some chives, basil or any other fresh herbs you prefer.
- Cucumber, tomato, mixed lettuce, avocado with olive oil-dip
- Cucumber, tomato, mixed lettuce, onions fried in butter. (such a little bit of fried onion contains a negligible amount of 'dirty protein')
- Salad of chopped tomatoes, -red onions, -black olives, parsley, olive oil and garlic.
- Mix chopped shallot with pressed garlic, some hazelnut oil (as much as you like), 1 Tbs. wine vinegar, 2 Tbs. orange juice, 1 Tbs. lemon juice, ½ Tbs. powdered sugar, 1/4 tsp. ground cumin, and a pinch of pepper. Add 200 g. / 1 cup chopped carrots and let this rest for one hour. Add chopped orange and hazelnuts.

Cold pressed olive oil-dips:

- Olive oil, Balsamic vinegar, and mixed Italian herbs, or
- Olive oil, chopped green and black olives, chopped shallots or pressed garlic
- Olive oil, chopped shallots and chives or scallions (green onions)
- Olive oil, pressed garlic and chives (or scallions)
- Olive oil, chopped dried tomatoes, pressed garlic
- Olive oil, herbs de Provence and chopped onions or chopped green olives

Consuming a salad every day is not just important regarding taste and vitamins, but is also essential regarding blood energy level.

Since our body has (besides alcohol) only two sources of energy at its disposal; fats and sugars (redundant protein is converted in both), and since fruits mainly contain sugars, the fat from Brazil nuts, avocado or olive oil is essential to stabilize blood sugar level. You therefore better make a big bowl of salad every day, covered with lots of olive oil, and take a few bites of it after every time you have consumed some fruit/juices. This fat will stabilize your blood sugar level and will thus also prevent carvings.

Use extra virgin cold pressed olive oil only, and make sure to use enough!! But also make sure your cold pressed olive oil is really "cold-pressed", for 'they' like to mix 'the real thing' with genetically modified and processed sunflower-, soy- or corn-oil, because these are far cheaper. These processed oils however, are not healthy at all.

Cold pressed olive oil is extremely healthy for your skin, your bowels, your heart, and the uptake of nutrients. Cold pressed olive oil is thick and has that specific olive flavor. Don't save money on cold pressed olive oil. Go to specialized shops or to Italian, Greek, Turkish, Spanish or Arabian food stores. They have a long tradition of consuming high-quality olive oil. Health and well being of the Italians, Greeks, Turks, Spaniards, and Arabians are saved by their generous use of cold pressed olive oil - despite the fact that they consume unhealthy prepared foods, too. This also saves many of them from constipation and gives them beautiful rich hair. Those who listen to the anti-fat propaganda and don't consume good oils and real full-fat butter generally have dry and thin hair, and often must use laxatives to have a normal stool.

43. Fruits in General

Fruits, together with raw animal protein, have been supplying us for millions of years with all the vitamins, minerals, trace elements, protein, sugars and fatty acids that we need. Our bodies no longer produce vitamin C because we have always eaten so much fruit - unlike all

other animals that do not eat fruits regularly.

Fruits are not there just for us. By eating fruits, humans have also aided nature in the multiplication of fruit trees by spreading the indigestible stones and seeds - creating new trees in the process.

Many of these seeds and pits contain toxins to prevent them from being destroyed by chewing. Other seeds (like in kiwis) are just so small to be destroyed by chewing.

When you blend fruits, be sure all seeds (and pits, of course) are removed - except for those in kiwi, tomato, cucumber etc.

The fruit that nature meant for humans is generally of little color on the outside to avoid attracting the birds. Berries, on the other hand, are colorful enough to attract birds, and generally contain mild to severely toxic substances (like cyanogenics) to prevent their being consumed by mammals.

Different fruits also contain different substances that prevent us from eating too much of one kind of fruit only - thus forcing us to eat different kinds of fruits, combining the best mixture of vitamins and minerals.

Isn't nature wonderful?

Eating too much of any of the following substances in fruits makes you want to eat other fruit instead of more of the same: Bananas contain useless serotonin, which must be decomposed by enzymes because dietary serotonin cannot enter the brain; serotonin in the brain is composed solely of absorbed tryptophan.

Acerolas and guava contain extremely high levels of vitamin C. Consuming too much vitamin C can cause diarrhea - a sign that your body does not like to process too much vitamin C.

Lemon, currants, and apricots contain a great deal of citric acid. Grapes and nuts hold large amounts of ellagic acid; bilberries, grapes, and strawberries contain tannins. Citric acid, ellagic acid and tannins inhibit nutrient-absorption.

Complex carbohydrates like lignins, cellulose, pectins, pentosanes, and hexosanes are extremely hard to decompose. Bilberries contain the most pentosanes. Currants are high in lignins, hexosanes and cellulose. Dried apricots hold high levels of pectins. Coconut and guava contain quite a bit of cellulose.

Fruits like melon, cherries, pineapple, plum, orange, mandarin, and mango (but also papaya, peach, and banana) contain the least hard-to-degrade complex carbohydrates.

Therefore you should not eat a too large amount of only one kind of fruit (except for fruits like apples and oranges), but combine different fruits. The more different fruits you eat, the better. If they are consumed when perfectly ripe, all fruits smell (except for durian) and taste good. Unfortunately, they don't know how to treat and store fruits in many stores and supermarkets (and even at wholesale markets).

Most fruits don't ripen when maintained below 12°C / 54 F. Mangos don't ripen below 20°C / 68 F. That is why they are so often stringy and unripe, and yet already rotten at the same time.

But when they are perfectly ripened, they taste absolutely delicious.

Avocados are also vulnerable and can taste delicious only when ripened properly. Only the creamy ones (like the Hass) are rich in vitamins. Avocados ripen between 18 - 25°C / 64 - 77 F, and become tainted below 12°C / 54 F.

Fresh (non-dried) dates have usually been frozen because they are very hard to maintain. If

you don't live near the place where they are grown, consume only dried dates. Make sure to check the expiration date. If you are not sure about the freshness and the quality of the dried date, open the fruit (because you cannot see on the outside) to check whether it is free from molds. If you see a spider like dust web with little dots, it's way beyond the expiration date and you should go back to the store and demand either your money back or fresh dates instead. Fresh figs mold very easily. In brown-spotted figs the sugars have already been transformed into acids - which gives them an awful taste.

Dried figs can be maintained (in a cardboard box) for over a year, and even become nicer after one year of storage due to the sugar accumulation.

Like all other canned foods, canned fruits aren't raw either of course.

Bad substances

Fruits, like other foods, can contain substances that shouldn't be there. Strawberries and apples can even contain nitrite due to over-fertilization (especially in low-sun countries). Dried fruits are often sulphured - turning apricots a bright orange instead of the natural brown-orange and black-spotted. The non-sulphured ones don't look as nice but, in fact, taste much better.

Pesticides are sprayed on almost all fruits so all fruits should be peeled/pared before consumption, including tomato, cucumber, and apples.

Fruits and

Serotonin; Fruits like banana, pineapple, papaya, but also avocado, contain (useless) serotonin. If you are not used to eating fruits containing serotonin, you do not have much enzymes at your disposal that can decompose this serotonin, which can give you a headache or mild heart-pains. Gradually increase the quantities of serotonin-containing fruits and the number of serotonin- decomposing enzymes will adequately increase too.

Cramps: Don't consume fruits within two to three hours after having eaten fresh raw animal food for that will probably cause cramps.

This is because fiber, in particular, over-activates the bowels, causing bacterial decomposition of the food that is being digested in the bowels. (See appendix A)

Gasses: First see whether your bowels are fine with eating dried fruits, but if you find that they create gasses (or even cramps), you had better soak them in water overnight to 24 hours prior to consumption.

Mucus: Eating prepared proteinaceous food (and milk and milk-products, in particular) increases mucus secretion. If you want to eat a munch-food item at the end of the day and do not like mucus, make sure to drink a glass of fresh orange, sweet grapefruit, or pineapple juice one and a half hours later. Or, at least, drink two big glasses of low mineral water.

Vitamins: You need food of animal origin to obtain clean cholesterol, vitamin D, and vitamin B12 (and extra of other nutrients, of course).

44. About Consuming Nuts

The nuts that you normally buy are shelled nuts. Those nuts cannot be shelled mechanically and have not been shelled by hand (which would make them quite a bit more expensive). These nuts are shelled by either heating or quick-freezing them – which is what makes the shells fall off. Unfortunately, this also causes 'dirty' protein to originate that can easily cause cellulite and / or acne.

You have to shell those nuts by hand to eliminate cellulite / acne.

Unshelled peanuts and cashew nuts, though, are rarely raw either - but mostly roasted in the shell, just like pistachios are roasted in the shell. Raw peanuts are very poorly digested and should not be eaten raw.

Aflatoxins

Aflatoxins are toxins produced by molds. Nuts can contain aflatoxins in the same way as meat, eggs, milk, cheese, and grains can. Aflatoxins are not destroyed by heat.

The shell protects fresh nuts from being contaminated by bad nuts, which is another reason why you should buy unshelled nuts and shell them by hand. If you shell nuts by hand, you can easily see whether the nut contains a mold or not. Buying shelled nuts, the bad nuts have been removed but can already have contaminated the others with aflatoxins produced by the molds on the removed bad nut.

Furthermore, it is harder to detect whether the nut tastes bad if the nuts have been salted.

A small amount of aflatoxins from a single not-so-fresh nut is not

that big a problem, for nuts also contain ellagic acid, which inhibits the activation of aflatoxins by enzymes.

Phthalates

Shelled nuts can also contain phthalates, which can cause cancer.

The plastic package holding nuts for example (or canned peas, rice crackers, and baby food) **[142]** contains phthalates to keep the plastic flexible - yet another reason to consume only raw nuts that you have shelled by hand (nutcracker).

Brazil nuts

Fresh Brazil nuts are supposed to be ivory white; if they've turned yellow - don't eat them. If you're not sure, take a little bite, and focus on the after-taste; you will definitely taste it if the nut is not good anymore.

You never feel like eating too many raw nuts at a time because they do not contain appetite-enhancing beta-carbolines and because they're so concentrated; fresh nuts hold (on the average) only 5% water. Fruits usually contain 80 to 90% water.

Consuming Brazil nuts protects the Brazilian, Bolivian, and Peruvian rainforests from being cut.

It helps to increase the economic value of the Brazil nut evergreen trees - huge 30 to 50 meter high trees. Until now the demand for Brazil nuts is far lower than the forest offers, and the natives from the rain forests that gather those nuts are hardly paid - if at all. If Brazil nut prices would increase, more natives will protect their trees.

Brazil nuts contain high levels of vitamins – the highest vitamin B1 content, for example. (See appendix B) They also have a high mineral content, and the best quality protein of all foods. (See www.13.waisays.com/protein.htm)

Compared to other prepared nuts, prepared Brazil nuts are rather boring, but raw Brazil nuts taste better than other raw nuts, probably because Brazil nuts contain generous amounts of (healthy) fats (67%) and little fiber and tannins. Brazil nuts have a creamy coconut kind of taste. For more info about Brazil nuts, see www.nybg.org/bsci/braznut

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3B

About Consuming Animal Food

Even vegans must acknowledge that we all need vitamin B12.

We also need clean (undamaged) cholesterol to sleep well, to be happy, to replace old brain cells, to supply the heart, and to compose hormones, vitamin D, etc.

Some say we do not need dietary cholesterol because the body already produces cholesterol, but the body also produces vitamins (like B2 and B5) and we still need to absorb these vitamins from food too. A lack of cholesterol causes depressions and increases cravings. It has been shown for example that suicide attempters averagely have a far lower cholesterol level. (See chapter 38)

Foods from animal origin are also perfectly complementary to fruits in other nutrients (protein, vitamin D, B3).

One way or another, we need food from animal origin to be able to absorb all the required nutrients from food.

However, when food from animal origin is cooked, steamed, grilled, or heated in any other way, most skin-polluting, mutagenic, carcinogenic, arteriosclerotic, and mind-altering chemicals originate. (See www.13.waisays.com/cooking.htm) Remember: all foods that have been

frozen also contain 'dirty' protein. This includes all frozen and canned fruits or fruit-juices.

Consume fresh raw food of animal origin instead. Fresh fish and fresh egg yolk are the best animal foods to be eaten raw.

Chapter

45. [About Fresh Raw Fish](#)

46. [About Fresh Raw Egg Yolk](#)

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45. About Fresh Raw Fish

Unfortunately, the FDA in the US says you cannot eat raw fish, except for tuna. The FDA Food Code says that "fish that are intended for consumption in their raw form may only be offered for sale or service if they are obtained from a supplier that freezes the fish as specified". Luckily, the FDA has no jurisdiction over raw fish sold in restaurants like sushi and sashimi.

The reason behind this FDA regulation is that there is an extremely small risk of absorbing parasites from raw fish that can cause ill effects. Parasites, however, can easily be detected by the retailer through the use of ultrasound. (Also see Ch. 37)

But despite the fact that the risk of absorbing parasites from fresh raw fish is almost negligible, the FDA forbids you to eat fresh raw fish. This is strange because the risk of absorbing mutagenic substances from prepared food is 100%. For some reason it does not bother the FDA that cooking always creates mutagenic and toxic heterocyclic amines, converts healthy cholesterol in harmful oxy-sterols and fatty acids in artificial trans-fatty acids.

Unfortunately, freezing also causes the origin of 'dirty' (and toxic) protein. (See www.13.waisays.com/cooking.htm) The effect is less severe than through cooking, but it's still there.

If you are living in the USA and you do not accept the almost negligible risk of absorbing parasites (See Ch. 37) you can buy fresh raw tuna and alternate this with fresh raw egg yolks. Then you will be eating protein that does not contain any 'dirty' protein at all.

You can also go to a Japanese restaurant that is frequented by Japanese customers since serving only top-quality fresh raw seafood is a matter of honor among the Japanese. (For a list of traditional Japanese restaurants outside Japan, see <http://www.sushi.infogate.de/>)

Unfortunately, many Japanese restaurants also import frozen fish from Japan. Always ask what fish has not been in the freezer.

Beware that in non-traditional sushi-restaurants / take-outs the mackerel is generally not raw, but smoked, (besides also being frozen first). In fact, in those non-traditional sushi-bars much of the fish might be not raw at all.

Besides tuna and restaurant-sushi / sashimi, there is another raw-fish option; According to the FDA only fish that "is intended to be consumed in its raw form" must be frozen first. Fish that is intended to be cooked or fried does not have to be frozen first. Therefore, fish-shops may legally sell 100% fresh raw fish that has not been in the freezer, but officially they are not allowed to sell it to you if you are going to eat it raw. This gives you the opportunity to buy other (than tuna) fresh raw fish (like salmon and mackerel) that has not been in the freezer.

So, if you are willing to take the almost negligible risk of parasites in fish, you can very well find other fresh 100%-raw fish to consume.

Find yourself a high-quality shop where you can trust the manager to tell you honestly that the fish has not been frozen. Make sure that the fish is not from a hatchery since fish from

hatcheries are more likely to contain parasites. It is the same principle as with cattle: the more intensively they are bred, the more diseases / parasites / bacteria they will contain. Be aware that this rule also creates the possibility for fish-store owners to misrepresent and sell not-so-fresh fish as fresh fish because you are going to cook it anyway and you, therefore, will not notice its not being so fresh.

To be able to distinguish the difference between wild fresh salmon that has not been in the freezer and not-so-fresh salmon, salmon from hatcheries, or salmon that has been in the freezer, you should first eat salmon in a high-quality Japanese restaurant. You should not smoke or drink alcohol that day to be optimally able to detect the right taste. That meal should consist of salmon-sashimi only - a big or small meal. First inhale the scent of the salmon with your eyes closed. Then look closely at the texture and color of the salmon. Then smell it again, and then you taste it. Do this with every bite to retain the right imprint. If the memory fades, do it all over again.

If you are with a group of people that like to eat fresh raw fish, have a dinner with them in a Japanese restaurant. Ask the owner or chef at which market he buys his fish. Then you can go to a wholesale fish market where the Japanese restaurants buy their fish. Be very, very friendly, absolutely polite, and not at all pushy. If they don't want to tell, don't pursue any further. Maybe you feel that Japanese restaurants are too expensive.

We advise you to buy a book about sushi to find out what seafood can be consumed raw, and how to make sushi at home. "Sushi made easy", by Nobuko Tsuda, Weatherhill, Inc., New York, is an example.

It has to be a whole fish for you to be able to judge its freshness. The slime-layer must be intact. The gills should be moist and bright red (except for mackerel, whose gills are brown). The scales must be both intact and shiny, and firmly attached to the body. The cut edges must have a fresh scent and be moist. If you lightly jab your finger into the meat, it should bounce back. Fresh fish have convex eyes that aren't bloody, but bright white - with shiny black pupils. And fresh fish does not smell.

Whether or not the fish shop employees tell the truth, you can tell if a fish has been in the freezer because the scales are more open, and fish that has been in the freezer tastes 'watery' and smells strange - not like fish. Herring is never raw because it's not allowed; herring has to be deep frozen for 24 hours to kill possible herring-worms.

The fish with the most fat is the best fish to be consumed raw. Red tuna, therefore, is much better eaten raw than white tuna. Salmon is also a perfect raw fish for consumption. If you want to eat raw mackerel, be sure it's very fresh (sashimi) because you might have an allergic reaction to not-so-fresh mackerel due to its originated amines.

Oysters contain too little fat, too much copper, and far too much zinc (up to 160 mg / 100 g). Zinc and copper are added to cattle's feed to enhance growth and to make their skin shine. Eating oysters can make your skin shine, too, but it can also cause inflammations and severe allergic reactions.

Eating oysters can enhance skin cell growth so much that the skin temporarily tightens;

Zinc is essential for cell proliferation and differentiation. **[143]** Zinc-metallothionein stimulates (3H) thymidine incorporation

in the cell. **[144]** Copper, manganese, and nickel don't. **[145]** Skin-metallothioneine induces skin-keratinocyte proliferation. **[146]**

Yes, buying fish in high-quality shops or at a whole sale market in another city will cost you more, but you only need fifty grams / two ounces maximum a day on the average. You can eat from it at least 2 days in a row if the fish is fresh. If you eat more than 100 gram / 3½ oz. on these 2 days, that will be enough for a whole week - especially if you also eat fresh raw egg yolks on some other days of the week.

You may find a farm where the hens are fed natural feedings - raw grains, little insects, and grass. You can then eat 2-3 raw egg yolks a day. Compared to the amount of beef, fish and/or poultry you were used to eating, consuming fresh raw fish and raw egg yolks this way will even cost you less.

People have been eating raw fish for millions of years. The Japanese, in particular, but also many other cultures around the world still do.

Fish contains far less connective tissue than meat so it is much easier to eat raw. Fruits (together with 50 g. / 2 oz. fish) contain all the nutrients you need. Consuming more protein than you need requires more vitamin B2, B6, and folic acid to process this extra protein. (Salmon, tuna, and mackerel contain 20% protein, on the average.)

Though raw fish contains thiaminase, (which decomposes vitamin B1 in fish) that doesn't matter because just one piece of fruit contains as much vitamin B1 as is lost.

Eating food containing sugars and / or fibers within 2½ hours after having eaten raw fish or raw egg yolk can cause severe cramps. Eat fruits before consuming sashimi, and take your time. Fresh raw fish is appreciated best when consumed alone (sashimi) or, as a single munch-food item by adding some soy sauce, chili sauce, mayonnaise, or mustard. You can roll the raw fish in rice (sushi) for example. But remember: it then becomes a munch-food item because anything prepared or spicy or salty makes your skin retain more water.

When you use salt or spices, use as little as possible - especially when your skin is susceptible to acne (and if you really want to eliminate cellulite totally).

Almost all of the supermarket-salmon originates in hatcheries, often isn't very fresh, and sometimes 'slightly prepared' to lengthen its shelf life. (Note: The sign that says "North Atlantic salmon", for example, is actually salmon from a hatchery on the New Jersey or Rhode Island shore). Even small shops buy their fish from hatcheries. The large hatcheries have made it increasingly difficult for independent retailers to buy fresh wild fish. In Europe most salmon is from hatcheries too. Salmon from hatcheries often is milky and/or stringy (like badly ripened avocado or mango), has a weird non-salmon-like smell, and a pale color. Wild salmon tastes and smells much better.

Unfortunately, fish can be fed growth hormones orally. **[147]** And of course they are. Fish from hatcheries can contain residues of drugs 'preventing diseases' up to six months afterwards.

[148] The difference in size between natural salmon and salmon from hatcheries is striking.

'Genetic modifications' have created artificial 'super-salmon'.

These hatcheries are very often owned by large companies that also produce cattle-food, nutrient supplements, and baby food. Of course it is much cheaper to feed those fish recycled human foods and wastes instead of what they naturally eat (other raw small fish etc).

You can easily see that feeding these fish recycled foods (or even processed fish) would contaminate their flesh with damaged cholesterol and trans-fatty acids. And of course the hatcheries' owners will do anything to make these salmon grow faster and bigger.

The long-term effects of eating these salmon is still unknown, but producing fish this intensively will eventually create diseases as already have occurred in cattle. ('Psycho Salmon Disease'?)

46. About Fresh Raw Egg Yolk

Humans were not designed to eat plants, but their fruits. Egg yolk is 'the fruit of the egg' - containing most nutrients. Egg white does not contain vitamin A, D, K or E, or cholesterol, which are all contained in the egg yolk. The yolk also contains much more of the iron, zinc, calcium, magnesium and iodide than the egg white. Of all the proteinaceous foods, egg yolk contains the most vitamins and minerals.

Do not eat raw egg white, for it contains substances that inhibit the absorption of vitamins:

Raw egg white contains substances that inhibit digestion and uptake of vitamins. Egg white is comparable to the human womb; both contain avidin and ovomucoid. Avidin de-activates vitamin B8 (biotin). Ovomucoid inhibits trypsin; an enzyme that decomposes absorbed nutrients.

In the human womb, ovaries and oviduct, the progesterone enhances avidin composition, and estrogen enhances composition of ovomucoid.

Do not eat the 'bag' containing the yolk and the string attached to it.

Just hold the whole yolk in your fingers, open it, and drain the yolk into the dish.

Then throw the empty bag in the kitchen sink; you now understand why you should not eat it: it is just a bag.

The egg yolk itself tastes like vanilla and combines very nicely with avocado. You can also blend fruits in a blender - banana, orange, apple, - and afterward add the egg yolks, stirring very gently with a fork. This is because egg protein is easily damaged on the molecular level, (see www.13.waisays.com/cooking.htm) even through mixing / blending. When added to fresh orange juice, the raw egg yolk makes the juice taste soft and creamy. Most other fruits (than banana, orange juice, apple) don't go very well with egg yolk in a shake.

When you are eating raw egg yolk, you should know that:

- if there's a crack in the shell, salmonella can have entered.
- washing the shell allows bacteria and molds to enter the egg.
- When fresh egg yolks are eaten often, the eggs should be stored in a cool and dark place - but preferably not in the fridge.
- fresh eggs roll in a wobbly manner when rolled across a flat surface.
- You can hear old eggs dash inside the shell when shaken because they contain more air. The more air, the older they are.

When you open a fresh egg, watch the egg-white slip away.

- Fresh egg yolk is convex and firm.
- Not-so-fresh egg white is watery instead of jelly-like.
- The egg white should be champagne-colored / yellowish.
- Fresh egg white does not drain away like water, but falls out of the shell as one or two pieces of jelly still partially attached to the yolk. Pull it off gently until only the string remains attached to the yolk. You can leave the string on, for you will need to drain the yolk from the egg yolk bag anyway.
- If the yolk smells 'different', don't eat it.

Consuming not-so-fresh egg yolk can give you cramps and the runs.

The first 3 days that you consume fresh raw egg yolk, take only one teaspoon of it, so that your defense system has the time to adapt to the small amount of bacteria in the egg. The next 3 days you can take one whole egg yolk. And the next 3 days after that you can take one yolk more, and so on. That way your defenses system will be properly trained to fight bacteria, so that even if you eat something really bad in the wrong restaurant with your friends, your bowels will maximally move too much while your friends may be seriously ill.

Organic Eggs

Unfortunately, on regular farms hens hardly ever get their natural food; raw grains, grass and insects. The feedings that are regularly given to the hens are processed and even recycled wastes, containing bad substances like heterocyclic amines, oxysterols and artificial fatty acids, which accumulate in their flesh and eggs. Furthermore, also hens are fed growth hormones and antibiotics.

If you cook your eggs, you will absorb these bad substances, but you will very likely not notice this, since a part of these chemicals has an anesthetic effect.

But when you eat raw egg yolk, and it contains such bad substances, this may make you nauseous. And of course you should diminish uptake of these chemicals. To prevent uptake of such bad substances, you should only eat egg yolk from hens that are fed their natural feedings only; organic eggs.

Keeping your own hens would be ideal, but of course that requires space and time.

Don't eggs contain too much cholesterol?

Absolutely not - if they are eaten raw and biologically bred.

Eggs are excellent 'brain-food' because natural raw eggs contain so much clean, natural cholesterol. Oxy-cholesterol is cholesterol that is damaged by heat, and is the only 'bad cholesterol'. It is these oxy-sterols that are no longer true cholesterol that cause vascular disease. (See Ch. 35)

Unfortunately, raw egg yolk from hens that are fed prepared / recycled - grains or other animal feed - contains damaged cholesterol and trans-fatty acids too. You won't taste this in eggs that have been cooked, but when you are eating raw egg yolk, you can taste it, and this may make you nauseous.

The longer the eggs have been cooked or heated in whatever other way, the more clean cholesterol is converted into bad oxysterols.

Especially hard-boiled eggs are very bad. Fresh raw organic egg yolk is very healthy. Processing fresh raw egg yolk mixed with avocado requires lots of oxygen and, therefore, physical inactivity. If you are a heavy smoker you might sense a lack of oxygen after having eaten raw egg yolk with avocado.

Choose the right time to eat egg yolk with avocado, for this combination can make you temporarily lazy, and can even make you drowsy or sleepy.

Fresh raw egg yolk can be a perfect topping over rice, pasta or potatoes in a munch-food meal. Or you could dip your French fries in a bowl with 2 egg yolks and some tomato ketchup on the side.

Fresh raw egg yolk also tastes delicious when mixed with ripe avocado, or in blended tomato or banana/fruit mixes, or orange juice alone. Just remember to add the yolks gently only after the mixture is blended.

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3C

The Most Important Section of This book

This is the most important section because herein lies the key to success. Whether you will succeed in eliminating cellulite or acne depends on whether you can control your cravings. It depends on whether you can limit the uptake of 'dirty' protein (and salt; regarding acne).

'Dirty' protein is all protein in food that has been heated or frozen in whatever way. Yes, freezing also changes molecular structure of some of the protein (see www.13.waisays.com/cooking.htm), which you can even taste.

If you have full control, it is you who will decide how fast the cellulite goes away. Your cellulite or acne will not go away if you do not stick to the rules we give you in this section. You have to know exactly why these rules are essential to be able to apply them successfully. We, therefore, will first remind you what cellulite is, and what it is not.

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47. Remember That...

- Cellulite is caused by excessive moisture in the skin, which increases the water pressure, and makes the fat cells below the skin clearly visible. This increased water pressure also pinches off tallow canals, which can cause acne if your skin produces much sebum. Excessive protein, damaged protein from prepared foods, and protein from poorly digested food cause the skin to retain more water. Occasional bingeing on salt and spices can only cause the skin to temporarily hold more water, but this can be devastating if your skin is susceptible to acne.
- You need to fully understand that cellulite is not a 'normal' female issue. Not all women worldwide have cellulite; it is mainly a condition of women in developed countries.
- Cellulite is not eliminated by exercise; there are a lot of female athletes and professional dancers who have cellulite too. Just watch them closely.
- Cellulite is not due to eating junk food; health-freaks and vegans have cellulite too.
- Cellulite is not caused by fat cells containing too much fat; most very slim women have cellulite too.
- Cellulite is not about ageing of the skin; most adolescent girls have cellulite too.
- Cellulite is not due to giving birth; adolescent girls and women who never gave birth have cellulite too.
- Money can buy the most expensive and exclusive anti-cellulite products, but money cannot buy a skin without cellulite; even extremely rich women, including actresses, have cellulite. (They employ body-doubles) When you hear actresses or models complain about cellulite, do not think they are talking nonsense. If there were any anti-cellulite treatment that actually works, it would be sold out in every Western country, and no actress would have cellulite.
- Are the models you see on the covers of magazines, on the catwalk and in ads from another planet? Are they special, like their agencies want you to think?
No:
 - * The models that are not doing underwear have cellulite; no matter how much they work out, and no matter what costly treatment they try.
 - * The models you see doing underwear are the lucky, exceptional, and selected 1% who instinctively know what they can and cannot eat.

- * Or they are on a starvation diet; they drink large quantities of water, get their energy from alcohol and suppress their hunger by smoking cigarettes. And because they hardly eat any food, they also hardly absorb 'dirty' protein, and therefore do not have cellulite or acne. Such a diet ruins their health and skin, and cannot be maintained very long, 'but that doesn't matter, since most models have one-year careers anyway'; the fashion-industry seeks new looks all the time. And since these models are very young, such a starvation diet does not immediately show its devastating effects.
- * The wiser ones exist almost solely on fruits and salads, and know they can somehow even eat some chocolate and chips. Among these are the rare ones who can say that they have been in the business for many, many years. They stay away from dairy, bread, and pastries, and drink quarts of bottled water a day and don't smoke.
- * Walking is the best exercise for your legs and figure, and that is what a professional and working runway model does for a living; that is what she does all day, especially in the beginning - always on her way to castings, introductions to new clients, and early studio sessions. During runway season runway models walk many miles each day. That is why most runway models have equally shaped slim legs.
- * And of course there is digital airbrushing - hiding 'what shouldn't be seen'.

If we would have absolute self-control, losing cellulite (and acne, and overweight) would be easy: we would simply eat only fruits and some sashimi / fresh raw egg yolk.

But we do not have absolute self-control, and we still want to enjoy eating chocolate, chips etc., because we are constantly confronted with the flavors and sights of such foods. Eating such munch-foods, therefore, is essential in maintaining this diet. We all enjoy eating them and they are always easily available. Depriving ourselves is not only unnecessary, but also unwise in the long run.

You can eat munch-foods every single day as long as you are sticking to the rules. The rules state that your intake of 'dirty' protein and salt must be minimized to eliminate cellulite / acne (and overweight; see Part 4). If you stick to the rules your cellulite / acne will disappear, but if you don't - they won't.

48. The Rules

- You have to change the structure of your diet to successfully fight cellulite or acne. It must

supply you with all the required nutrients to be able to maintain such a diet.

Consuming some fresh raw food from animal origin and a minimum of 2 kg. / 4.4 lbs. of the right fruits (see part A) every day will provide you with all the necessary nutrients.

- Food contains different nutrients, like carbohydrates, fat and protein. Part of the protein becomes 'dirty' protein when it is frozen or heated. The intake of this 'dirty protein' must be diminished to fight cellulite/acne. Eating raw foods and low-protein munch-foods will accomplish this. The munch-foods (all heated / frozen foods) you consume can maximally contain 15 g. / ½ oz. protein in total. You must be extremely strict about this. You cannot estimate your daily 'dirty' protein consumption; you must be sure.

- To be sure beyond doubt, you should consume 2 munch-food items daily, each containing a maximum of 7½ g. / ¼ oz. 'dirty' protein. If you prefer to have a complete dinner instead, it should be the only prepared food whatsoever that day - containing under 15 g. / ½ oz. 'dirty' protein.

- Don't forget that salt and spices also exacerbate cellulite and can cause eruptions if your skin is susceptible to acne. If you must have some salt or spices, then you must also decrease your intake of 'dirty' protein. (Unless a recipe mentioned in chapter 54 or 55 includes adding some salt or herbs.) How much salt you 'need' is determined by what you are accustomed to using. The less you take, the more sensitive your senses will become to the taste of salt – causing you to desire less. No, you do not physically need salt. All foods, including fruits, already contain all the salt you need. (sodium, potassium, etc., see appendix B) So no excuses.

- Do not eat munch-food before lunch. The appetite enhancing influence of beta-carbolines and opioid peptides will make it much harder to keep on eating fruits. After about one year of maintaining this diet, you will be less susceptible to the beta-carbolines and opioid peptides.

Again: your cellulite will not go away if you do not stick to these rules.

You know the saying "you are what you eat". This should actually be: "Your skin and health reflects what you eat." You can make it look wonderful all over - by eating the right foods.

49. The Obstacles

What are the obstacles to success? What makes it difficult to maintain this diet?

- We are all physically addicted to the beta-carbolines in prepared foods. Wheat protein and milk protein contain physically addictive opioid peptides. To many food products wheat- and milk-protein and so-called 'taste enhancers' (protein concentrates, like hydrogenated egg protein, filled with beta-carbolines) are added. We all are prepared food-junkies. (See Part 4) We are addicted, but it is not our fault, we have been made addicted, so don't get angry with yourself.

- The tempting flavors of these foods are everywhere - alerting our junkie-receptors.

- Through the popular media we are also constantly visually confronted with images of these foods we are addicted to, in commercials, cooking programs, magazines etc. Living in a western society, you are constantly confronted with such images, if you like it or not.

- We are accustomed to all those spices, herbs, salt, and additives that come with prepared foods.

You can stick to it if you are really determined and become accustomed to managing your food intake this way. Maintaining this diet, you will become cellulite or acne free, slim, and much healthier for the rest of your life.

The first month is the hardest. The second month will be a bit easier, and once you are in the third month, your body will clearly signal that it feels better eating less prepared foods.

Your cravings will decrease, and the harmful foods will become less appealing to you. By the sixth month you will be so accustomed to eating this way and to having a beautiful skin that you will not remember how really bad the condition of your skin was, and you will sleep much better too.

You can eat two of your favorite munch-foods every single day to satisfy your cravings, and still sufficiently limit the absorption of skin-polluting (and harmful) chemicals.

You must never eat more than 15 g. / ½ oz. protein of cooked and/or frozen foods. If you fail to meet this rule for one day, you will need to refrain from all prepared foods the next day, thus giving your body the chance to clean itself from the extra dirty protein you consumed the day before. If your skin is susceptible to acne, even only one day of consuming just a little more 'dirty' protein or salt can very well cause acne.

Of course you can always choose to consume less 'dirty' protein on some days; the less 'dirty' protein you consume, the sooner your cellulite and acne will be gone. Don't be unnecessarily harsh on yourself, though, for you can only maintain this diet for any period by satisfying your cravings.

You will feel much stronger if you can enjoy great tasting foods every day. Rewards are so much more effective than punishment.

The longer you maintain this diet, the more often you will be able to say "I want to eat a munch-food item now", instead of "I *have* to have some munch-food now".

50. Cravings

To be able to keep on eating lots of fruits daily, you need to satisfy your cravings by eating some munch-foods too. If you don't, you will inevitably be eating all the bad foods again.

Do not eat munch-food before lunch. The appetite enhancing influence of beta-carbolines and opioid peptides makes it much harder to keep on eating just fruits. Once your 'junkie' receptors have awakened, they keep demanding more. This is especially important in the first three months. After about 6 months or one year of maintaining this diet, you probably won't need to even think about it. Your body will have become so accustomed to the beneficial influence of 'clean' food that it will consider munch-foods too early in the day rather like an intrusion.

Hunger

Cravings are very often mixed up with hunger.

Hunger is stimulated by the body's need for energy. Cravings are caused by addiction to the chemicals in our food.

For example:

Your body definitely wants to replenish its energy by eating ripe fruit, dried fruits, nuts, or sashimi if your blood-sugar level is low. If you feel hungry, but you do not really want to eat an apple, banana or any other raw food – then it is not really hunger. It's your junkie-receptors signaling their need for a 'fix'.

What causes cravings?

The addiction to:

- beta-carbolines from prepared foods (see Ch. 58)
- opioid peptides from milk and wheat-products (see Ch. 58)

We all are physically addicted to these substances, and if constantly assaulted with the sights

and flavors of that to which we are addicted, it is almost impossible not to give in.

Furthermore, being accustomed to using salt keeps us eating salty foods. How salty something tastes does not depend on how much salt it actually contains, but on how much salt we are accustomed to consuming. Fruit has no added salt so when we eat it, we feel there is something missing. Salt intake must be drastically cut in order to stop missing the extra salt.

Totally refraining from all prepared foods is a sheer impossibility unless there is a constant abundance of different and exotic well-ripened fruits, fresh nuts, and if organic fresh raw fish and egg yolks are available. Such foods make you feel so much better. But if you force yourself to refrain from all prepared foods when few well-ripened fruits are available, it is extremely difficult. If you were to try, and then relapse, you would very probably be eating far more harmful foods. So allow yourself to eat munch food with a maximum of 15 gram / ½ oz 'dirty' protein daily.

You don't have to worry that this will slow down the process of eliminating your cellulite, for you are in the habit of eating far more ('dirty') protein right now. Official average American protein consumption was 117 g. / ¼ lb. per capita/per day in 1998.

What you consider to be a healthy low-fat meal contains quite some protein. For example:
2 servings of... contains...

- Cheesy Chicken Rolls;
612 Cal.; 99 g. Protein.
- Grilled Red Snapper w/ Tomatillo-Vinaigr.
610 Cal.; 98 g. Protein.
- Chicken with Cucumber-Yogurt Sauce;
666 Cal.; 72 g. Protein.
- Oven baked tofu sticks;
720 Cal.; 72 g. Protein.
- Roast beef with couscous;
666 Cal.; 68 g. Protein.
- Beef with black beans;
776 Cal.; 64 g. Protein.
- Vegetarian Skillet Chili;
684 Cal.; 62 g. Protein.
- Fettuccine Alfredo;
657 Cal.; 51 g. Protein.

What helps in the controlling of these cravings?

- Make sure that your diet contains a sufficient amount of the necessary nutrients, since the lack of one nutrient stimulates cravings for foods containing this nutrient.

- Consume as little salt, proteinaceous prepared foods, and dairy and wheat products as possible.
- Stabilize your blood sugar level by consuming sufficient fat all the time.
- Eat two munch-food items you love to eat each day.

You must first make certain that your body does not lack any nutrient - especially fat, sugars, and cholesterol - to control your cravings. You will do so by eating the right fruits and some fresh raw animal food (See Part 3A and 3B), and by consuming enough fat with every meal. You will also decrease your intake of salt, proteinaceous prepared foods, and dairy and wheat-products.

You can then allow yourself to eat those most delicious munch-foods to satisfy your 'junkie-receptors'.

51. Traps

You should know the traps into which you could fall if you want to get rid of cellulite, acne or extra weight through this diet.

If you know what they are - then you are prepared when you face them. You will recognize the situation, and can make your own decisions. Don't let others or the situation decide for you. It is your skin. It is your body. Let it be your choice only.

- The biggest trap of all is, of course, that you are faced with the sight and flavors of prepared foods everywhere you go (passing by restaurants, pizzerias, bakeries etc.) - and on TV and in magazines. This makes you 'hungry' even when you actually are not. Your brains have been imprinted with the connection between the sight or flavor of a particular food and the satisfaction you derive from the addictive substances it contains. The flavor of something you love to eat, or the sight of someone taking a bite of what you know to be delicious makes your body react physically. It induces the release of specific hormones that subsequently stimulate secretion of enzymes that are required to digest the food you 'obviously' are going to eat very soon (the food is already within reach). If you don't subsequently eat something, your stomach will rumble and this will give you the idea that you really are hungry. If the desired food is so-called 'low-calorie', or 'healthy' food, you persuade yourself, "What the heck, this wouldn't be so bad". Luckily, you can test whether you are really hungry by doing 'the fruit-test'; if you do not feel like eating some fruit, your body certainly isn't seeking energy.

- In general, friends and family like you "just the way you are". This means they have customized a picture of how you look and behave. You fit into their picture of how their life is, or how they like it to be. If you make a change for the better, they may not like it no matter how much they like you or love you. If you look better, feel better, and have more confidence, you may become more assertive (a stronger person) and you therefore may 'rise on the ladder of social status'. This may make those who stand close to you feel less high on the ladder, relative to you. So, whatever changes for the better you make, can make your friends and family feel a little less good about themselves and they therefore may try to keep you from succeeding in order not to experience that feeling. If they do experience such feelings, but still really support you all the way, you are, indeed, a lucky person.

- Those who do not like you, but pretend that they do, will also try to keep you from succeeding. They will suddenly get 'so much more satisfaction' from the prepared foods they eat, and somehow, you are always near when they do. Don't give them the joy of tempting you. Give yourself the joy of looking at them, seeing what they do, and not getting annoyed or falling for it. You can taste more such sweet victories each day as your skin gets better, your cellulite shrinks and yet some more extra weight is gone.

- Men and women cannot eat the same. They can eat together, but they cannot eat the same or as much. A woman needs relatively more fat and clean cholesterol and a bit less protein and sugars. If he does not have acne, he probably wants to keep on eating his grilled ½ lb. beef, but she cannot. She can never eat as much as he because it would make her fat, and she can never eat the beef, for it gives her cellulite. She needs the clean cholesterol in fresh raw egg yolk more than he does - to maintain a good mood and to sleep well. Because of menstruation she also needs more clean cholesterol from which to compose progesterone and estrogen. She needs more fat because the female body, by nature, contains more fat, which makes it curvaceous. She needs less protein and sugars because she is less muscular - thus requiring less protein for maintenance and less sugars for fuel. And also regarding bad foods, you cannot eat the same; since the female body seems more sensitive to the detrimental effects of bad foods on your health. So, you have to maintain your diet and he maintains his. But you can still share fruit.....and you can munch together.

- Don't choose a particular munch-food because you think it is healthy; you already have absorbed all the essential nutrients by consuming fruits and some fresh raw animal food. After that, the most important thing is to satisfy your cravings without consuming too much 'dirty' protein. If you do not consume the munch-foods that sufficiently satisfy your cravings, this diet may be too hard to maintain.

- Never combine alcohol and prepared food; alcohol strongly increases your appetite for prepared and salty foods, and the other way around. That is why they like to offer you an appetizer in restaurants while you are waiting for your table. These appetizers not only make you eat more, they especially enhance your appetite for

proteinaceous prepared foods, like meat, fish or poultry.

Alcohol causes your will power to go down the drain. (See Chapter 59)

- Eating late at night is very tricky. If you know ahead of time, then it is no problem; you will simply not eat any prepared foods all day and save your munch-food for that late night dinner. You must still be aware of what you can eat: no prepared animal food for that contains too much protein. If it is an unexpected dinner, you probably already have consumed your munch-foods for that day so you cannot afford to eat anything else but fruits or sashimi. If you are going to have late dinner, plan to go to a Japanese restaurant. If that is impossible, order a salad (no ingredients like cheese, beans, chicken etc., of course) and/or fruits.

52. How To Pick Munch-food

The munch-food items you choose should contain as little protein as possible to limit the uptake of skin-polluting and harmful chemicals.

You can only eat munch-foods containing up to 15 gr. / ½ oz. protein in total for the day to eliminate your cellulite.

Therefore it isn't smart to pick food that contains more than 10% protein simply because then you can eat less than 75 g. / 2½ oz. This small amount of any food is hardly ever satisfying, and by doing so you have used up one munch-food item with very little gratification.

Thus, when you eat munch-foods that are high in protein, you can eat so little of it that your cravings are not satisfied. And then it is very hard to maintain this diet. The less protein the munch-food contains, the easier it is to follow this diet.

Choose your munch-food for the day very carefully. Choose those munch-foods that contain little protein and are very satisfying. Chocolate, for example, contains less protein than bread, is less constipating, and is far more satisfying. The more pure the chocolate (no milk used) the more you can eat of it. Check labels: the less protein - the more you can take. But beware: what you think is chocolate is very often fake chocolate. You must check labels; pure 'chocolate' may not contain less protein than milk chocolate.

You do not need to worry about nutritional value anymore because you have already absorbed all the essential nutrients by consuming fruits and some sashimi / egg yolk. On this diet you must disregard nutritional value and choose your munch-foods on the basis of taste, physical satisfaction, and protein contents only.

And remember; all foods that have been frozen also contain 'dirty' protein, like all frozen (and

also all canned-) fruits / fruit-juices.

In addition to limiting the total protein-contents of munch-foods to 15 g. / ½ oz a day, you should also consider to what extent the munch-food is harmful.

Here are the facts to consider:

Ingredients

Dehydrated or hydrogenated egg-protein, or other protein-concentrates (like soy-, wheat- and milk-protein) are very often added to food products as 'taste-enhancers'. These protein-concentrates contain high quantities of physically addictive beta-carbolines, which in fact do not 'enhance taste', but make you addicted to that product and increase your appetite.

Wheat

Wheat gluten in wheat-products contains extremely powerful opioid peptides, which are physically addictive, increase appetite, (see Ch. 58) cause constipation, (see Appendix A) and can impair neurotransmitter metabolism. (See www.13.waisays.com/ADHD.htm)

Water-based wheat bread is of course much better than bread made with milk.

Cheese

The rennet in cheese can cause severe colonic pains. The higher the percentage of protein the cheese contains, the more opioid peptides and growth factors and growth hormones it holds – which is another reason to add to a meal or snack only a bite of very low-protein (containing less than 8% protein) full-fat cream cheese only.

Soy

Next to the fact that most soy is genetically modified, soy is not only high in digestion-inhibiting substances, (see Ch. 31) but also contains phytoestrogens which are not 'just' mutagenic but can also impair sex-hormone metabolism because they can replace natural estrogen in the body. (See www.13.waisays.com/cancer.htm) Soy also contains globulin (protein), which when heated forms cancerous HCA. (See Ch. 37 and www.13.waisays.com/cooking.htm)

Meat

Red meat contains a high percentage of protein and also creatine.

Due to the influence of heat, creatine easily reacts with protein, creating cancerous HCA. (See www.13.waisays.com/cooking.htm)

The more protein, the more HCA; this is another reason to limit your meat intake to a bite of full-fat bacon once in a while if you must have prepared meat. All other meat contains far too much protein. Furthermore, in the USA it is even legal to administer growth hormones to cattle.

Vegetables

Although vegetables, on the average, contain little protein, they usually contain a great deal of nitrate (see Ch. 31), which decreases the availability of vitamins and increases origination of cancerous N-nitroso compounds. (Which originate due to the influence of heat)

Vegetables' main advantage over grains, meat, fish, cheese, etc. is that they contain far less

protein. So, vegetables are good alternative munch-food if you really like them. But if you don't particularly fancy them, you better choose other low-protein munch food, like French fries, sweet potato, Mascarpone, mayonnaise, cream etc., for these are far more satisfying. You should know that some vegetables are very hard to digest properly. Cabbage, Brussels sprouts, and the sprouts of bean, lentil, pea, and soybean can cause severe colonic pains due to gas. These are vegetables that will make tummies swell - especially in women because there is less space for a gassy colon in the female body due to the uterus.

53. Protein Contents of Munch-foods

To be able to know what munch-foods you can eat best, you need to know how much protein they contain. Protein contents of foods are listed below, in grams per 100 grams / 3½ oz. edible food. How to interpret this data?

If you want to eat only one munch-food meal a day, it can contain up to 15 gram protein in total. Suppose you feel like eating 100 g. / 3½ oz. pasta with cheese; the pasta alone already contains 12 gram protein, which leaves you with only 3 gram protein for the cheese. So if you insist on having cheese with your pasta, you could pick any cheese but only as much as containing up to 3 gram protein in total.

For example:

Since Gormas Ballarini contains only 1 g. protein / 100 g., you could cover your pasta with up to 300 g. / 10½ oz of this cream cheese, though I doubt this combination would taste good.

Or you could cover the pasta with 42 g. / 1½ oz. Philadelphia Spread, since this cream cheese contains 7 g. protein / 100 g. But if you want Parmesan cheese instead (which contains 36 g. protein / 100 g.) you can only have 8 g. / ¼ oz. - which is less than one teaspoon!!

Therefore you need to balance your meals. If you want to eat proteinaceous food, you can only have a little, and you cannot have any other munch-food that day.

So think before you make your choice, "Does this give me the satisfaction I need?"

For example:

Only 60 g. / 2 oz. pasta and 20 g. / 2/3 oz. Parmesan cheese, together containing 15 gram protein, is not very satisfying.

Furthermore, proteinaceous cheese like Parmesan cheese increases cravings.

It is much smarter to pick different low-protein foods instead, like: 300 g. / 10½ oz potato (containing 2% protein) and 50 g. real butter (containing only ½% protein), 100 g. / 3½ oz cream (containing 1% protein) over fruits and 150 g. pure (containing 5% protein) chocolate. These also add up to 15 g. / ½ oz. protein in total.

You have to choose the munch-foods that are most satisfying and contain the least protein if you want to both eliminate cellulite and satisfy your cravings.

Protein contents in gram / 3½ oz. (100 gram) (In percentages)

Though protein contents of basic foods vary, these averages are rather reliable. But regarding food-products, you always have to check the labels on protein contents, since these widely vary.

100% real chocolate without milk for example contains 5 g. protein / 100 g. (5%). But the commercial so-called 'pure chocolate' contains about 9 to 10 g. protein / 100 g. (9 to 10%) or more while so called 'milk-chocolate' contains about 7½ to 8½ g. protein / 100 g. (7½ to 8½ %) or more. So always check labels.

Grains and Beans, and the Tubers/Roots you can use instead

- 1 Cassava
- 1 Carrots
- 1 Turnip
- 1 Parsnip
- 2 Sweet potato
- 2 Potato
- 2 Yam
- 2 Taro
- 2 Kohlrabi
- 7 Rice, polished
- 7 Rice flour
- 7 Rice, unpolished
- 7 Rye flour (7 to 10% protein)
- 7 Pea (green pod and seed)
- 8 Corn flour
- 8 Tofu
- 9 Rye, whole grain
- 9 Buckwheat
- 9 Maize, whole grain
- 10 Barley, whole grain
- 10 Wheat grits
- 10 Wheat flour (10 to 12% protein)
- 10 Millet, shucked corn
- 10 Sorghum

- 10 Pearl barley
- 12 Wheat, whole grain
- 12 Oats, whole grain
- 13 Rolled oats
- 13 Triticale
- 13 Groats
- 13 Spelt flour
- 14 Quinoa (pigweed)
- 14 Oatmeal
- 15 Amaranth
- 15 Wheat bran
- 17 Baker's yeast
- 20 Poppy seed
- 20 Chick pea
- 21 Bean
- 21 Lima bean (butter bean)
- 21 Red kidney bean
- 23 Mung bean
- 23 Pea
- 24 Cowpea, common
- 24 Lentil
- 24 Mung bean (Indian gram, golden gram)
- 27 Wheat germ
- 33 Winged bean (Goa bean)
- 36 Soya bean
- 39 Rye germ
- 48 Brewer's yeast

Bread, pasta etc.

- 6 Rye bread
- 7 Wheat toast bread
- 7 Whole wheat bread
- 8 biscuit
- 8 Wheat (flour) bread
- 8 Bread rolls
- 8 Shredded wheat bread
- 9 Rusk (cracker)
- 9 Crisp bread
- 12 Pasta made with eggs

Cheese, Eggs, Chocolate and Soy

Mascarpone is a low protein, full-fat milk-cream that is used for de serts; for Tiramisu in particular. There are different brands of Mascarpone (like there are different brands of Ricotta), containing different levels of protein.

- 1 Gormas Ballarini cheese (Italian)
- 1 Butter (real, full fat)
- 2 Mayonnaise
- 2 Cream (>30% fat)
- 2 Ice cream, sundae
- 3 Mascarpone Polenghi cheese (if other; correct for protein content)
- 3 Sour cream
- 4 Ice cream (depending, so check label)
- 4 Chocolate, milk free (100% real)
- 7 Philadelphia spread (>50% fat)
- 7 Boursin
- 8 Ricotta Polenghi cheese
- 8 Flora Danica cheese (30% fat)
- 8 Tofu
- 9 Chocolate, with milk
- 10 Ricotta cheese
- 11 Sheep's-/pig's-/ox brain
- 12 Cottage cheese
- 13 Chicken egg
- 13 Layered cheese (10% fat i.d.m.)
- 14 Fresh cheese (50% fat in dry matter)
- 14 Quark, fresh cheese (from skim milk)
- 17 Feta cheese (45% fat i.d.m.)
- 19 Gorgonzola
- 20 Cocoa powder
- 20 Mozzarella cheese
- 21 Blue cheese (50% fat i.d.m.)
- 24 Romadur cheese (20% fat i.d.m.)
- 22 Muenster cheese (45% fat i.d.m.)
- 22 Roquefort cheese
- 23 Cream Brie
- 24 Camembert cheese (30% fat i.d.m.)
- 25 Cheddar cheese (50% fat i.d.m.)
- 26 Gouda (4 5% fat i.d.m.)
- 26 Limburger cheese (20% fat i.d.m.)
- 26 Provolone cheese

- 26 Edam cheese (30% fat i.d.m.)
- 29 Emmental cheese (45% fat i.d.m.)
- 29 Tilsit cheese (30% fat i.d.m.)
- 30 Acid curd cheese (<10% fat i.d.m.)
- 30 Gruyere cheese
- 34 Soya bean
- 36 Parmesan cheese
- 37 Soya flour

Fish, Crustaceans and Mollusks

- 9 Oyster
- 10 Mussel
- 11 Soft clam
- 13 Edible snail (escargot)
- 15 Eel
- 15 Crayfish
- 15 Krill
- 15 Sheet
- 16 Cuttlefish
- 16 Scallop
- 16 Catfish
- 16 Lobster
- 17 Crawfish
- 17 Flounder
- 17 Plaice
- 17 Tusk
- 17 Hake
- 17 Sprat
- 17 Turbot
- 17 Smelt
- 17 Bream
- 18 Perch
- 18 Pike
- 18 Carp
- 18 Herring
- 18 Redfish (Ocean perch)
- 18 Saithe (Coalfish)
- 18 Cod
- 18 Sole
- 18 Sturgeon

- 18 Tench
- 18 Haddock
- 19 Mackerel
- 19 Brown shrimp
- 19 Ling
- 19 Sardine
- 19 Swordfish
- 20 Abalone
- 20 Trout
- 20 Salmon
- 20 Horse mackerel
- 20 Anchovy
- 20 Halibut
- 20 Mullet
- 21 Skate (Ray)
- 22 Tuna

Meat and poultry

- 9 Lard (streaky) / bacon
- 12 Meatloaf
- 12 Frankfurter /Vienna sausages
- 12 Black pudding
- 13 Sausages, canned
- 15 Luncheon meat
- 15 Pork, canned
- 16 Liver sausage
- 16 Goose
- 17 Pig's/ox/chicken heart
- 18 Ham, smoke dried
- 18 Duck
- 19 Chicken (boiling fowl)
- 20 Chicken (for roasting)
- 20 Ox liver
- 20 Cervelat, sausage
- 20 Wild boar meat
- 20 Turkey, adult
- 20 Mutton, muscles only
- 21 Lamb, muscles only
- 21 Veal, muscles only
- 21 Sheep's liver

- 21 Sausage Salami
- 21 Venison
- 21 Horse meat
- 22 Beef, muscles only
- 22 Pork, muscles only
- 22 Hare
- 22 Turkey, young
- 22 Chicken breast
- 22 Quail
- 23 Ham, cooked
- 23 Minced meat
- 24 Pheasant
- 25 Corned beef
- 39 Binden meat
- 57 Meat extract
- 84 Gelatin

Vegetables

- 1 Cucumber
- 1 Rhubarb
- 1 Parsnip
- 1 Chicory
- 1 Carrot
- 1 Egg plant
- 1 Chinese leaves
- 1 Green peppers
- 1 Tomato
- 1 Red peppers
- 1 Olive
- 1 Lettuce
- 1 Onion
- 1 White cabbage
- 1 Squash, winter
- 2 Squash, summer
- 2 Lamb's lettuce
- 2 Red cabbage
- 2 Fennel leaves
- 2 Endive
- 2 Asparagus
- 2 Beet

- 2 Oyster mushroom
- 2 Chanterelle
- 2 Mangold
- 2 Topinambour
- 2 Artichoke
- 2 French beans
- 2 Leek
- 3 Spinach
- 3 Mushroom
- 3 Savoy cabbage
- 3 Bamboo shoots
- 3 Cauliflower
- 3 Horse-radish
- 3 Sweet corn
- 3 Broccoli
- 3 Mung bean sprouts
- 4 Cress
- 4 Kale
- 4 Brussels sprouts
- 5 Pea sprouts
- 5 Lentil sprouts
- 6 Soybean sprouts
- 6 Garlic

Others

- 0 Fondant
- 0 Wine
- 0 Real beer
- 0 Honey
- 0 Raspberry-, Red currant-, Plum-
Cherry-, Bilberry-, Rose hip-,
Strawberry-, Apricot-, Orange-,
Apple-, and Quince jam and jellies
- 1 Blackberry jam
- 1 Plum puree
- 3 Cola drinks
- 4 Nut-nougat cream
- 7 Chicory coffee
- 8 Marzipan
- 11 Coffee extract powder

- 13 Coffee, roast
- 26 Black Tea (without water)

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54. Single Munch-food Items

In this diet the sole purpose of eating munch-foods is to satisfy your cravings. The reason: to be able to maintain this diet you must satisfy your cravings regularly (though this will become less of a 'problem' after a while). You have already absorbed all essential vitamins and minerals by eating at least 2 kg. / 4.4 lbs. fruits and some sashimi or egg yolk so the nutritional value of munch-food is irrelevant.

As you are picking your munch-food for the day, totally disregard nutritional value. Focus, instead, on taste, physical satisfaction, and protein contents. Simply choose those munch-foods that contain the least protein and salt - preferably those that contain plenty of fat (real butter / cream / olive oil) and/or sugar, and also taste the best.

Reward yourself.

Choose the products with high-quality fats and avoid any munch-food products that contain hydrogenated fats (because of the trans-fatty acids). This includes "partially hydrogenated soybean oil" which translates to more trans-fatty acids. If the label does not specifically state that the product contains real cream butter only, it contains bad fat. Real cream butter contents have to be specifically stated in percentage. If not, it contains mainly bad fats, are bad fats only. "Vegetable fat" does not mean 'good' fat, but processed fats from plant origin. The bad fat can make you nauseous - especially if you have already been eating large quantities of fruits for a while. So choose high-quality munch-foods when you can, like hand-made pastry or bon bons instead of supermarket products. Why not learn to make them yourself to be absolutely sure about the ingredients used.

It may seem a lot of work, but with this diet you will not be cooking much anymore, so why not make yourself delicious munch-food instead?

Each day you can either consume one munch-food meal only, containing up to 15 g. protein, or two of the single munch-food items, containing up to 7½ g. protein each. Single munch-food items should contain a maximum of 7½ grams protein. You can prepare your own munch-foods, or you can also buy whatever you like – cream cookies, butterscotch cookies, carrot cake or chocolate chip cookies. But remember: you can only eat as many cookies as will add up to 7½ g. protein in total. (Like 200 g. / 7 oz. of cookies containing 3¾ g. protein / 100 g.)

Let's say that you buy a package of cookies. You feel like munching away the whole package because you are having your period or because you're just plain bored and want to watch TV while you are snacking. Be sure that the whole package doesn't contain more than 7.5 g. protein in total. If the cookies contain 5 g. protein / 100 g. (5%), you can finish the whole package only if the package contains no more than 150 g. / 6 oz. of cookies.

Also remember that most cookies contain wheat, which can make you constipated no matter how much fruits you have consumed. If you are not sure about protein contents of a specific

food, don't eat it. Always check labels first!!

Your cellulite will not go away if you don't stick to these rules.

The 'recipes' below are just basic suggestions; you know how to adapt / apply them to your taste / custom. Add fresh herbs and no salt. Weights are measured before cooking. When no amounts are given, no exact amounts are required.

Be sure to peel all fruits, vegetables, etc. for these peelings can contain many herbicide/pesticide residues, and can cause cramps/gas.

For recipes of single munch-food items, see the following pages.

Single Munch-food Items

* Desserts / cookies you buy in a supermarket: 150 g. maximally, containing 5% protein maximally.

* 150 g. Mascarpone Polenghi cheese (or other cream cheese contain up to 4½ gram protein in total) mixed with 75 g. / 3 Tbs. cream and 8 g. / ¼ oz. cocoa powder, combined with fruit - pineapple, banana, strawberries, etc. - and sugar or honey.

* One of the following fruit combinations in 175 g. / 1/3 cup vanilla ice cream or warm vanilla sauce:

- peach and sweet red berries
- mango, orange and grated coconut
- sweet apple with raisins, cinnamon, and honey
- kiwi and orange.

* Melt 150 g. / 5¼ oz. pure (no-milk) chocolate au bain Marie. Dip cherries, strawberries, raspberries, grapes, etc. in the sauce. Cool slightly before serving.

* Kiwis, lime, strawberries or raspberries with 175 g. / 6 oz. lemon ice cream.

* Blend honeydew with 150 g. / 5¼ oz vanilla ice cream, 1 Tbs. lemon juice, 3 Tbs. Maple syrup, 200 g. / 7 oz. red berries and 250 g. / 8¾ oz. blackberry juice.

* Blend 2 peeled pears (no seeds) with 150 g. / 5¼ oz. real cream, 50 g. / 1¾ oz. Mascarpone or cream cheese, 1 Tbs. lemon juice, 1 Tbs. cinnamon, 2 teaspoons cocoa powder and honey.

* Sliced peaches, strawberries, 100 g. / 3½ oz. vanilla cream, strawberry jam, 1 slice of cake.

* Any sweet melon (not watermelon), mango, and strawberries with full fat cream. Sprinkle sugar or pour honey over the cream, or mix the cream with some chocolate powder.

- * Chunks of watermelon (no seeds), cantaloupe melon, 2 peaches, white and blue grapes (no seeds). Top with a mixture of 1 teaspoon lemon juice, 3 Tbs. grape juice, 2 Tbs. honey, 350 g. / 12¼ oz. cream and 1 to 2 teaspoons of cinnamon.
- * Pear, raisins, 100 g. / 3½ oz. vanilla ice cream, and hot chocolate sauce.
- * Pear, 35 g. / 1¼ oz. feta cheese, black olives, and lettuce.
- * Melon and strawberries with hot vanilla sauce and whipped cream.
- * Thin slices of melon with sweet red berries, thyme, and cream cheese (containing 7½ g. / ¼ oz. Protein max), or 80 g. / 2¾ oz. bacon.
- * One piece of creamy chocolate cake (maybe crumbled) with slices of mango, peach, orange, banana or berries with hot vanilla sauce.
- * Blend banana, vanilla ice cream (175 g. / 6 oz. maximum), limejuice and honey to taste.
- * Blend 3 bananas, 2 Tbs. cocoa powder, 1 Tbs. Honey, and enough coconut milk for desired thickness.
- * Blend 3 bananas, mango, 1 Tbs. peanut butter, and enough coconut milk for desired thickness.
- * Blend 3 bananas, 1Tbs. peanut butter and enough orange juice for desired thickness.
- * Crush 1 banana with a fork, and add cream and 1 Tbs. peanut butter. (extremely fulfilling)
- * 100 g. / 3½ oz. French fries with some ketchup or mayonnaise - no salt!!
- * 400 g. / 14 oz. cooked/baked sweet potato with butter - no margarine or 'light' butter.
- * 350 g. / 12¼ oz. cooked/baked potatoes with real butter and chives.
- * 200 g. / 2 small cooked/baked potatoes with low-protein garlic-cream cheese (or 50 g. / 1¾ oz. Philadelphia cream cheese or 35 g. / 1¼ oz. ricotta cheese and chives)
- * 300 g. / 3 small cooked/baked potatoes with cold pressed sesame oil or real butter, chopped dried chili pepper, garlic, and a dash of soy sauce.
- * 300 g. / 3 small cooked potatoes (or 80 g. / 2¾ oz. rice) with fried onions, topped with 3 fresh raw egg yolks

- * Salad: 250 g. / 9 oz. chopped cooked potatoes, (Yellow Finn, red potatoes) chopped red onion, and pickles. Add 2 Tbs. Mayonnaise, a bit of piccalilli or chili sauce, chopped basil or coriander cilantro), and mix.
- * Simmer over low heat 250 g. / 9 oz. sliced potatoes and garlic in 125 g. / 4½ oz. cream for 8 minutes. Cool. Add ¼ c. chopped parsley. Pre-heat oven, and heat all for 15 minutes.
- * Sauté 2 shallots or half an onion in a generous dollop of real butter. Add 200 g. / 1 large peeled and chopped cucumber. Simmer for 5 minutes. Add a bit of vegetable bouillon powder, and simmer for 5 more minutes. Stop heating. Add lots of chopped dill and some Crème Fraiche or sour cream. Pour over 200 g. / 2 small cooked potatoes.
- * Cook 250 g. / 2 small firm potatoes. Chop in big chunks. Melt 50 g. / 1¾ oz. butter in a pan, add 75 g. / 2½ oz. spinach, pressed garlic, and the potatoes, and fry to your taste.
- * 200 g. / 2 small cooked/baked potatoes with 35 g. / 1¼ oz fried bacon (in butter) and 1 Tbs. mayonnaise or raw egg yolks.
- * 200 g. / 2 small cooked potatoes with 1 teaspoon peanut butter, half a teaspoon Sambal Badjak (sweet fried red pepper), chives, a dash of soy sauce and 4 fresh raw egg yolks.
- * Salad of 40 g. (scant 1½ oz.) feta cheese (containing 17% protein) with slices of orange, lime, grapefruit, and pineapple
- * Raw-fish sushi (the rice is a munch-food item) in a Japanese restaurant. (Be aware that sometimes the fish has been frozen first, so ask first!)
- * Sauté in 4 Tbs. olive oil: 250 g. / 2 small chopped pre-cooked potatoes, 100 g. / 7 black olives, half a red chili pepper, a sliced onion and ½ tsp. black pepper. Add chopped parsley, 1 tsp. lemon juice, and 2 Tbs. mayonnaise. Simmer till done. Add chopped avocado just before serving.
- * Briefly fry in 3 Tbs sesame oil: 80 g. / 2¾ oz. mushrooms, 1 coarsely grated carrot, 40 g. / 1½ oz. soy-sprouts, half a chopped leek, and soy sauce, chili sauce, or other oriental sauce. Stuff this mix into Chinese cabbage leaves, fold and tie into neat packages. Steam these for about 10 minutes.
- * Mix together ½ c. chopped parsley, 25 g. / 1 oz. walnuts, 1 clove garlic, and 1 red onion. Add 2 Tbs. olive oil and 2Tbs. walnut oil. Stir and add ground black pepper, nutmeg, and lemon juice to taste. Pour over 60 g. / 2 oz. cooked pasta.
- * Boil 80 g. / 2¾ oz. rice longer than usual, let it rest for 15 minutes. Mix with sliced fresh raw salmon or tuna, chopped sweet onion, cucumber, and a bit of ginger, and knead all this into

balls. Dip in soy sauce and enjoy.

* Boil 80 g. / 2¾ oz. rice. Add 4 Tbs. of olive oil, chives, small pieces of pineapple, banana, raisins (soaked in a bit of fresh orange juice overnight) and 1 small teaspoon peanut butter. Heat until ingredients are just warm – no more.

* Sliced cucumber, mixed lettuce and sliced nori. Dressing: 2 Tbs. sesame-oil, 1 Tbs. lemon juice, 1 Tbs. water, a bit of soy sauce, some Tabasco.

* Fresh raw egg yolk added to blended tomato and Tabasco (Remember: Tabasco is also a munch-food item)

* Avocado mixed with fresh raw egg yolk on a slice of white bread.

* 1 cooked ear of sweet corn, with butter and pepper – with chopped sautéed onion, celery, and tomato on the side.

* 1 slice of white bread spread with avocado and sautéed chili flakes or chopped chili pepper.

* 1 slice of white bread spread with avocado, mayonnaise, and chives.

* 1 slice of white bread with avocado, 30 g. / 1 oz. fried bacon and sliced red onions.

* 1 slice of white bread with avocado, tomato slices, and a bit of mustard.

* 1 slice white bread spread with olive oil, tomato, chives, and cream- cheese (either 35 g. / 1¼ oz. Ricotta Polenghi or 40 g (scant 1½ oz.) Philly cream cheese or other cream cheese containing 2.8 gram protein in total).

* Cold soup: Blend peeled and chopped cucumber, 100 g. / 3½ oz. kefir cheese, 100 g. / 3½ oz. yogurt and pressed garlic. Add dill and black pepper (preferable freshly ground). Chill in the refrigerator before serving.

* Soup: Steam green pepper for ten minutes. Peel the cooled pepper, and blend with 3 walnuts, 1 tsp. pesto, pressed garlic, basil, parsley, and 5 Tbs. olive oil. Simmer with 2 cups of water, some Crème Fraiche or sour cream and a little bit of bouillon for 10 minutes.

* Soup: Sauté 2 chopped shallots in 40 g. / 1 Tbs. real butter for 3 minutes. Add 500 g. / 1 lb. chopped squash or pumpkin and pressed garlic, simmer for 5 minutes. Add 1 dl. / 2 Tbs. dry white wine and ½ liter/ 2 cups vegetable bouillon. Simmer for 35 minutes. Add sufficient Crème Fraiche or sour cream, some lemon juice and pepper (or honey /sugar). Blend with hand-mixer.

* Soup: Simmer chopped onions, cut shallots, handful parsley, chives and 5 Tbs. olive oil in

small pan half filled with water for 20 minutes. Add a little bit of bouillon and simmer for 10 more minutes. Eat with one slice of white bread. (Or some cooked potatoes)

* Soup: Blend peeled beets. Cook in ½ liter / 2 cups water with some bouillon for 5 minutes, add leek, dash of lemon juice and pepper, and simmer for 15 more minutes. Pour this soup into a bowl. Mix horseradish with 50 g. / 1¾ oz. yogurt, and pour this in the middle of the soup. Garnish with 25 g. / 1 slice fried bacon and some leek or onion rings.

55. Munch-food Meals

Instead of two single munch-food items, you can also combine low- protein munch-food to create a meal containing up to 15 g. / ½ oz. 'dirty' protein, but only if this is the single munch-food you eat for the entire day.

If you don't stick to this rule, your cellulite will not disappear.

Regarding acne it is individually different how much munch food your skin can cope with without getting new pimples again, and therefore requires experimentation. If you get a new pimple, you obviously need to cut down the amount of munch food that you consume.

When we are talking about frying, this does not include browning.

Don't heat more than necessary; the more heat, the more 'dirty' (and carcinogenic) substances originate and thus cellulite.

Be sure, however, to cook pasta, potatoes, rice, and vegetables until well done to prevent digestion problems.

Don't use any salt, but garlic, onions, and/or fresh herbs instead - especially if your skin is susceptible to acne. You can also use an extremely tiny bit of those 'vegetable herbs-in-a-box' (but not when susceptible to acne). Season to your taste, but not too much!! How salty it tastes depends entirely on how much salt you are accustomed to using.

Rice and potatoes are very delicious topped with fresh raw egg yolks, and some meals can be combined with sashimi (fresh raw fish). And no, this is not dangerous because of the bacteria. (See Chapter 36)

Munch-food Meal Suggestions / Recipes

These dishes (on the following pages) can be consumed with either 100 g. / 3½ oz. rice (plain white rice only!!!) or 60 g. / 2 oz. pasta (or noodles etc.). If you choose not to add rice or pasta to the following dishes, your cellulite will go away sooner. You can replace the rice or pasta

with extra vegetables or potatoes for example.

Remember to add extra olive oil whenever you are having pasta to prevent constipation.

* Sauté 250 g. / 9 oz. chopped squash and 1 garlic clove in 6 Tbs. olive oil for 10 minutes. Add freshly ground pepper and fresh rosemary.

* Fry 250 g. / 9 oz. chopped squash in 6 Tbs. olive oil, and add 200 g. / 7 oz. chopped (peeled) tomatoes mixed with basil leaves and pressed garlic.

* Sauté thick slices of summer squash and eggplant in 8 Tbs. cold-pressed olive oil. Add fresh or dried basil, fresh ground pepper, a bit of Balsamic vinegar and pressed garlic, if you like.

* Sauté 150 g. / 5 oz. sliced squash and 200 g. / 7 oz. sliced eggplant in 5 Tbs. olive oil. Chop ½ onion, 6 olives, and 2 tomatoes, basil, parsley, and garlic and add to squash and eggplant and finish cooking.

* Slice 200 g. / 7 oz. eggplant, 150 g. / 5 oz. squash, 100 g. / 3½ oz. red pepper and 100 g. / 3½ oz. yellow pepper into long strips. Sauté with one chopped small onion in 6 Tbs. olive oil until done. Add fresh rosemary, thyme, and freshly ground black pepper (or other herbs to your liking).

* Chop 100 g. / 3½ oz. squash, 200 g. / 7 oz. egg plant, 1 green pepper, 200 g. / 7 oz. tomato, half an onion, and garlic. Mix with 6 spoons olive oil. Sauté or roast for 20 minutes. Add chopped parsley, basil and black pepper before serving.

* Sauté 200 g. / 7 oz. chopped eggplant, 175 g. / 6 oz. broccoli and onion in olive oil. Add raw peeled and chopped tomatoes when done.

* Sauté half an onion and 1 chopped red pepper in 5 Tbs. olive oil. Add pressed garlic, 5 chopped olives and simmer 5 minutes. Add 1 chopped egg plant and 2 chopped tomatoes and simmer for 5 more minutes.

* Sauté chopped eggplant, tomato, onion, garlic, and pine-seeds in olive oil.

* Sauté for ten minutes (low flame) 200 g. / 7 oz. eggplant, 100 g. / 3½ oz. tomato, 150 g. / 5 oz. mushrooms, pressed garlic and chives in 8 Tbs. olive oil.

* Sauté 200 g. / 7 oz. tomato, 200 g. / 7 oz. cucumber, garlic, chives, and freshly ground pepper in 8 Tbs. olive oil. Add a dash of Balsamic vinegar and cream cheese (containing a maximum 3½ g. / 7 oz. protein).

* Briefly blend 40 g. (scant 1½ oz.) feta cheese, 1 peeled garlic clove, lots of fresh basil, 25 g. / scant 1 oz. walnuts, 5 chopped tomatoes, 5 Tbs. olive oil, and some black pepper. Serve over

rice or pasta.

* Sauté 150 g. / 5¼ oz. chopped leek, and add 20 g. / 0.7 oz. anchovies (maximum) in 3 Tbs. olive oil. Then add mix of chopped parsley, fresh basil, 1 clove garlic with some black pepper and 1Tbs. white wine vinegar.

* Buy 650 gram / 23 oz. oysters (65 gram / 2¼ oz. without scale). Open the oysters, pour moist-contents into pan with the use of a strainer, add 2 dl / ¾ cup champagne and simmer on low fire, while adding 50 g. / 1¾ oz. of real butter, bit by bit. Finally add 12 seeded grapes, the oysters and chervil, chives or parsley, and simmer for 1 more minute.

* Fry 100 g. / 3½ oz. oyster mushroom and 50 g. / 1¾ oz. chopped soy-sprouts in 5 Tbs. sesame oil for 2 minutes. (Low fire, keep stirring). Add a teaspoon of sugar or honey and splash of soy sauce. Scoop out the vegetables into another pan, (leaving the sauce behind). Add 100 g. / 3½ oz. sliced carrot and 50 g. / 1¾ oz. broccoli into sauce in frying pan and 1 or 2 Tbs. sesame oil, and simmer with lid on for 7 minutes. Then re-add the mushrooms and sprouts, and simmer for 2 more minutes.

* Fry 200 g. / 7 oz. mushrooms, some onion or shallots in sesame oil. Mix some soy sauce, sesame oil and vinegar, and add sliced raw carrot and cucumber. Add the fried vegetables to the raw.

* Fry 200 g. / 7 oz. mushrooms and onion slices in olive oil. Add 100 g. / 3½ oz. peeled tomatoes, with basil or chives, and garlic if you please. And simmer for 1 more minute.

* Fry 225 g. / 8 oz. different mushrooms, onions and some rosemary in full-fat butter. Add to mixed salad.

* Fry 225 g. / 8 oz. mushrooms, onions and pressed garlic in olive oil. Add raw sliced tomatoes.

* Fry (or roast in oven) 3 peppers (red, green, yellow), some garlic, olives and oregano in olive oil.

The following recipes include either rice, pasta, bread or potatoes only (or none of these).

* Compote; Soak in 700 g. / 1½ pints. apple juice overnight: 3 dried dates, 3 dried prunes, 3 dried figs, 3 dried apple-rings, 3 dried pear-rings, 4 dried apricots. Cook for 2 minutes the next day. Then add 2 Tbs. honey, 1 tsp. vanilla powder (or grinded vanilla), and half a teaspoon cardamom. Eat with white rice with pressed garlic or chives.

* 60 g. / 2 oz. cooked pasta with cream cheese and chives. Be sure to add lots of cold-pressed

olive oil (to compensate for the constipating effects of wheat the Italian way). Add 2 or 3 peeled and chopped raw tomatoes and some pressed garlic.

* 80 g. / 2¾ oz. cooked pasta, pesto, cold-pressed olive oil and peeled chunks raw tomato (no cheese added because of the pesto).

* To eat with 60 g. / 2 oz. spaghetti or Chinese noodles: Sauté chilli pepper in 3 tbs. sesame oil. Add some soy sauce, 2 tsp. peanut butter, sliced tomatoes and cucumber.

* Sauté 1 spring onion with crushed ginger (half a walnut-size) and garlic in 4 Tbs. sesame oil. Add 100 g. / 3½ oz. sliced Chinese (or other) mushrooms and 75 g. / 2½ oz. sliced carrot. Simmer, and then add 75 g. / 2½ oz. sliced Chinese leaves and 50 g. / 1¾ oz. soy-sprouts, and simmer some more. Serve with Chinese noodles. (60 g. / 2 oz. max)

* Sauté onions in butter for 5 minutes only, then add garlic and thyme and cook for another 5 minutes. Add 200 g. / 7 oz. mixed mushrooms until almost done. Add some water, lemon juice, and a bit of bouillon, some crème fraîche and simmer for 5 more minutes. Pour over 60 g. / 2 oz. cooked Tagliatella.

* Cook 100 g. / 3½ oz. spinach (fresh or frozen). Drain and add 60 g. / 2 oz. cream cheese (7% protein max) and 1 Tbs. butter, and stir. Add some crushed garlic. Serve with cooked pasta (with olive oil). Instead of the cream cheese and butter, you can take as much Gormas Ballarini cheese as you like.

* Sauté chopped squash in olive oil, with chives. Put one big spoon cream cheese in a bowl; add cooked pasta, some olive oil and mix thoroughly. Then add the cooked squash.

* French bread (170 g. / 6 oz.), fresh raw salmon, lettuce, chives and lots of full-fat mayonnaise (no diet-mayo).

* French bread (110 g. / 3¾ oz.) with fried cucumber (in olive oil), seasoned with 'mixed vegetable-herbs', 50 g. / 1¾ oz. Ricotta cheese (or 40 g. / 1.6 oz. cottage cheese or cream cheese containing up to 4.8 gram protein in total) and chives.

* Sauté 150 g. / 5¼ oz. squash, 200 g. / 7 oz. eggplant, 200 g. / 7 oz. tomatoes and 150 g. / 5¼ oz. mushrooms in olive oil, with some garlic and chives. Add 250 g. / 8¾ oz. pre-cooked potatoes and let this simmer some more.

* Soup; Melt 40 g. / 4 Tbs. butter in a pan, add chopped onions, add 250 g. / 8¾ oz. chopped mushrooms 3 minutes later, simmer for a few minutes. Add ½ liter / 1 quart chicken bouillon, 75 g. / 2½ oz. crème fraîche, parsley and basil (no stems). Simmer and season according to your taste.

* Soup; Boil 1 qt. water with onion, a little bouillon and 1 chilli pepper for 15 minutes. Add 200

g. / ½ c. chopped tomatoes, 200 g. / 7 oz. chopped squash, 150 g. / 5¼ oz. mini corn and 200 g. / 3 small pre-cooked potatoes. Add 6 Tbs. of olive oil and, if you want, some vegetable-soup herbs.

* Soup; Fill pan with 1½ liter / 1½ quarts water, add 2 chopped large onions, 8 tbs. olive oil, 1 vegetable-bouillon cube max. Heat until it boils, then simmer for one hour. Remove biggest chunks of onion. Chop 150 g. / 5¼ oz. carrots, 200 g. / 3 small potatoes, 100 g. / 3½ oz. leek, 150 g. / 5¼ broccoli, and 100 g. / 3½ oz. cauliflower and add to soup. Simmer until potatoes are done. Add some basil, parsley and oregano.

If you must have meat, you can only have a little very fat real bacon. **For those of you who really cannot live without the flavor and taste of prepared meat:**

* Small piece of French bread (100 g. / 3½ oz.) with sliced tomato, lettuce, mayonnaise and 60 g. / 2 oz. grilled or fried bacon.

* Sauté 125 g. / 4½ oz. broccoli and 40 g. / 1.6 oz. bacon in 5 Tbs. olive oil. Serve with 100 g. / 3½ oz. cooked rice and sliced avocado.

* A bowl of (raw) mixed salad with 4 Tbs. olive oil, some mustard to your taste and sliced avocado, topped with 50 g. / 1¾ oz. fried bacon. Serve with 100 g. / 3½ oz. cooked rice.

* 100 g. / 3½ oz. cooked rice, with Roman lettuce, sliced raw tomato and cucumber, pressed garlic, chives, cold pressed olive oil and 80 g. / 2¾ oz. grilled or fried bacon.

* Sauté 100 g. / 3½ oz. mushrooms, some onion and 40 g. / 1.6 oz. bacon in butter, add chives or parsley. (And garlic if you like) Serve with either rice, potatoes, pasta or a slice of bread.

* Sauté 30 g. / 1 oz. bacon in butter. Add onion, garlic, tarragon and thyme. Add 100 g. / 3½ oz. mushrooms and more butter, a little bit of water and some crème fraîche. Serve with rice, pasta or a slice of bread.

* Sauté garlic (or pressed garlic) in 5 Tbs. olive oil, add 100 g. / 3½ oz. chopped squash, stir and fry for 6 minutes, add 75 g. / 2½ oz. spinach, and after 5 more minutes add basil and seasoning to your taste. Finally add 35 g. / 1¼ oz. fried bacon (or cream cheese, containing up to 3 g. protein in total).

>> [To Part 4; No More Overweight](#)

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Part 1

Food and The Skin

Somewhere, somehow we started to think that we are not subject to nature's laws as other animals are.

It is true: we are much smarter than all other animals. That's what has made us the most dominant specie on this planet. But we are still composed of the same elements as other animals. And there are few biochemical differences between other mammals and us in the way our body functions.

When first we learned how to change and manipulate nature, we thought these changes would be totally to our benefit. How little we knew about the exact functions of our human body! And by the time we began to know, our society was already based on the uninformed changes we had made.

What changes are we talking about?

See [chapter 1](#)

Chapter

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02. [Downsides Of Using Heat To Prepare Food](#)
03. [Altered Protein](#)
04. [Protein Digestion](#)
05. [Protein In The Skin](#)
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To be able to fully understand the explanation of how exactly acne is caused (in the following few chapters), you better have read the [first 10 chapters of this book](#) first.

15. Acne - In Short

Acne (vulgaris) affects between 40 to 50 million individuals in the United States alone. **[24]**

What is acne?

As leather needs to be oiled, our skin needs sebum / tallow to remain flexible. This sebum is produced in pockets in the true skin and transported to the surface of the outer skin through narrow tubes: sebum canals.

If these sebum canals are partially or completely blocked, sebum accumulates in these pockets, and inflammations are caused.

What causes acne?

Too much moisture in the skin pinching off sebum canals combined with a high sebum production.

If the skin does not contain excessive moisture, a high sebum production is not a problem at all. Sebum is essential to keep the skin flexible and young. The more sebum is produced, the more flexible and healthy the skin is. The less sebum is produced, the faster the outer skin cells dehydrate and age.

If your skin contains too much moisture but produces little sebum, you will not have acne, but you will have a swollen skin.

What causes water retention in the skin?

- Consumption of too much prepared proteinaceous food and/or salt/spicy foods, in particular.
- Consuming too little fat can cause too strong fluctuations in blood-sugar level, which can

make you temporarily retain more water; see Ch. 7 en Ch. 10-H.

- Stress (for stress-hormones enhance decomposition of cells into smaller proteins, which hold more water)
- Alcohol
- Hormones in hormonal contraceptives, meat, cheese or milk.
- Fluctuation of hormone levels due to sterilization or removal of the womb, ovaries, or the oviducts.
- Naturally elevated levels of one or multiple hormones, which is rare.
- Many drugs and medicines

What causes a high sebum production?

By nature there are dominant and less dominant individuals; this ensures diversity within a population so that there are leaders and followers, for example.

Therefore, some individuals will produce more of specific hormones than others, and some will produce more sebum than others because hormones like testosterone and progesterone stimulate sebum production. Dominant individuals, in general, may produce more testosterone and / or progesterone (relative to estrogen), and therefore be more susceptible to acne. In some, their hormones may even cause a bit of acne if they consume only raw natural foods and no salt or spices at all, but in most acne patients (even in severe cystic acne) an adequate change in diet will totally eliminate their acne.

Besides hormones there also other factors that determine whether you produce much sebum or not. For example:

Exposing your skin to excessive sunlight or aggressive chemicals may stimulate the skin to produce more sebum to counteract their dehydrative effects. And in some patients acne can be decreased by taking supplementary (mega doses) vitamin B5 for example.

However, be aware that this can also have adverse effects, since the body also produces vitamin B5, and supplementary B5 can impair the system that regulates B5 production by the body. (Like administration of corticosteroids can impair the system that regulates secretion of cortisol by the body; see Ch. 17)

16. Acne and Hygiene

Isn't acne about poor hygiene?

Working in an extremely dusty environment can cause sebum canals to be blocked by dirt. Because of this, many still believe that common acne is due to poor hygiene, but that is rubbish. And inasmuch as poor hygiene is not the cause, you cannot fight common acne by using cleansing lotions. On the contrary; the disinfecting lotion for acne dehydrates the outer skin, and to counteract this effect, the skin increases sebum production to keep the skin flexible, which enhances acne.

But isn't acne about bacteria?

Yes, but these bacteria are not the cause.

Sebum is essential to keep the skin flexible. The propioni bacterium transforms the old skin glands into sebum in the sebum gland. When the skin is dry and irritated, this propioni bacterium produces more sebum to undo the dryness and irritation.

When sebum canals are blocked, the sebum accumulates, which also irritates the skin, thus further enhancing sebum production. Only if sebum canals are blocked can this propioni bacterium cause inflammations.

Many doctors prescribe antibiotics and even anti fungus creams to inhibit action of bacteria. By doing so they ignore the fact that this bacterium is not the cause of acne. The use of long-term rotational antibiotics is not only ineffective, but will also exacerbate antibiotic resistance. [25] Moreover, they also ignore the fact that this bacterium is essential in keeping the skin flexible. Inhibiting the action of this bacterium speeds up the aging process of the skin.

Let's talk about cleansing your skin: rubbing your skin intensively will only increase propioni bacterium activity and spread the acne. So once again, do not clean your face too intensively, do strictly limit the use of facial peelings, and do not use scrubs on your face.

17. Acne and Hormones

Acne and Age

Most people think acne is limited to puberty and is all about hormones going wild. It is true that the opposing effects of different hormones regulate sebum production.

Testosterone (an androgen) and progesterone increase and estrogens decrease sebum production.

Hormones regulate sebum production because the skin requires the right amount of sebum to stay flexible.

And yes, normally acne first appears in puberty due to a larger androgen-production. 36% of teenagers have acne. **[26]** 85% of adolescents have had acne at some time, **[27]** and 89% of women with acne have had it since the onset of menstruation. **[28]**

But not only adolescents have acne. An increasing number of adults are now affected, women in particular; 12% of middle-aged women still have facial acne. **[29]** Some people still have acne when they are 70 years old. **[30]**

Even infants can have acne, **[31]** even from the age of six months **[32]**. Since nowadays more and more infants get acne, doctors even have a name for it: "baby-acne"; they simply say that this is due to the hormones the babies receive from the mother (?!).

The current theory runs thus: in everybody with acne 'the hormones go wild' but that is too easy an answer.

Androgens

If sebum canals are pinched off and much sebum is produced, you will have acne. Androgens increase sebum production so if your androgen levels are increased, you are more likely to have acne. **[33]**

But androgen production is certainly not excessive in all acne patients. **[34]** In 61% of women with acne the level of at least one androgen hormone (like testosterone) is slightly elevated, **[35]** which means that in 39% of women with acne the level of all androgens is either equal to, or even below, average.

Due to the menstrual cycle, progesterone level strongly fluctuates. But in only 30% of women with acne, is acne severity related to the menstrual cycle. In 39% of women with acne, the menstrual cycle is irregular. **[28]**

So what do all these numbers tell us?

Androgens and progesterone exacerbate acne, but are not the cause.

Suppressing excessive androgen production by oral contraceptive use **[36]** can decrease acne, but this still does not remove the cause.

Moreover, use of any hormonal contraceptive can cause breast cancer. **[17]**

Corticosteroids

Cortisol is a corticosteroid hormone produced by the body that facilitates decomposition of

protein. Like Cortisone, cortisol has been (and is) applied to 'solve' stress injuries and unexplainable pains; administration of cortisol simply eliminates the pain by destroying the targeted tissue, eliminating inflammation and healthy cells as well.

In acne, the cortisol level is often elevated. **[37]**

Not everyone who consumes 'dirty' protein retains water because how effectively protein is decomposed and absorbed is individually different. If you absorb much un-decomposed ('dirty') protein, you are more likely to have acne. That is why in acne the cortisol level is often elevated; to fight the inflammations and to clean up that extra 'dirty' protein in the skin. Because they lessen inflammations and clean up 'dirty' protein, corticosteroids can be successfully administered to diminish acne. **[38]**

Unfortunately, administration of corticosteroids can also easily impair the system that regulates natural cortisol secretion by the body. Repeated or prolonged administration of corticosteroids can therefore make your body eventually produce too little cortisol to clean up 'dirty' protein. Logically, one is more likely to have acne if natural cortisol-metabolism is impaired. **[39]**

Administration of cortisol can even cause acne directly **[40]**. The reason: Cortisol destroys tissue, which causes the release of small protein molecules from the destroyed cells. These remainders of cell-protein partly end up in the skin, causing water retention (and acne). That is why stress can also aggravate skin conditions; Cortisol is a 'stress-hormone', released when triggered by stress.

Since it does not take away the cause of acne, and it can impair your natural cortisol metabolism, administration of corticosteroids to fight acne is a bad choice.

18. Acne and Skin-thinning

In acne, sebum canals are blocked. We now know that this is due to excessive moisture in the true skin, pinching off sebum canals, but some people think that in acne sebum canals are blocked on the outside. And they therefore reason that it might help to eliminate some outer skin. Chemical peelings and creams containing corticosteroids for example accelerate decomposition of skin-cells, thus thinning the skin. These are often combined with medication that decreases sebum secretion.

Because the number of skin cells is reduced, the remaining cells increase their multiplication rate. Thus the skin looks brand new, but the down side is that it also causes premature aging of the skin because of the increased multiplication rate. Paradoxically, this especially applies to creams designed to 'erase' wrinkles and 'anti-aging' creams and gels. And since these creams also make your skin fragile, they are usually applied in combination with powerful moisturizers to increase firmness of the skin (like a fully pumped up tire). That is why you can recognize

people using these treatments and/or products by their shiny skin that is drooping, puffy and tight at the same time.

If you do not want your skin to age prematurely, avoid all 'anti-aging-', 'anti-wrinkle-' and 'super-hydrating' creams, and of course adapt your diet.

Anti-acne drugs can affect not just the skin, but also the organs below the skin. Using anti-acne drugs is like using a bazooka to kill mosquitoes. You can also buy a net.

Accutane use during pregnancy can cause multiple major malformations in offspring. [41]

Tetracycline can cause benign hypertension in the head. [42] Retinoids can cause skeletal side effects [43] and often cause muscular damage. [44] Minocycline (a tetracycline), can

cause hepatitis [45], persistent visual field loss, [46] and autoimmune disorders. [47]

Application of benzoylperoxide may cause hyperpigmentation of the skin. [48]

But a regular peeling can clean my skin, can't it?

If you are not a mineworker or someone with a similar skin-clogging job, your acne is not due to dirt clogging your pores. Spots may look 'dirty' but they are actually inflammations inside the skin that are rising to the surface. Cleaning your skin in any way can never remove (or prevent) the effects of acne.

Your skin may be shinier and smoother after having a peel, but it will have no positive effect on acne what so ever; if anything, peeling will only make it worse. If you have acne, avoid any type of peeling for it can increase inflammations and leave you with nastier scars.

People with acne often think peeling can help because their skin looks so oily and scaly at the same time. It looks like the top layer is not intact anymore and should be peeled off to prevent clogging. Actually, the outer skin is scaly due to dehydration of the outer skin because the true skin contains too many water attracting substances.

The outer skin is also oily because sebum production is increased to compensate for the dehydration of the outer skin.

If you want your skin to look good, you need to dispose of the excessive protein in the true skin, and prevent the occasional use of too much salt. By doing so, you can be assured that your skin will be smooth and soft.

Note

Be aware that you will keep inflammations active by any skin care regime that is too intense. Every time you clean your face, small facial hairs are stirred. Sebum and growing hair use the same canals so stirring those facial hairs can keep inflammations active. Peelings should only be used when the skin is free from inflammations.

19. How to Eliminate Acne?

Acne is caused by excessive moisture in the skin, but only if sebum production is high. Since it is extremely unhealthy and unwise to mess with your natural sebum production and/or hormone metabolism, you had better prevent excessive water retention - by avoiding both the consumption of 'dirty' protein and the occasional salt/spices binge.

Extreme water retention is called edema.

In skin-edema the skin contains too much water - increasing the water-pressure in the skin. When water pressure is increased, sebum canals are pinched off. All persons with acne have at least mild facial edema, but not all persons with edema have acne, because if sebum production is low, pinching off sebum canals does not necessarily causes inflammations. If you have both facial edema and a high sebum production, you will definitely have acne. Many studies therefore found that facial edema is related to acne [49]; in fact, acne is very related to facial edema. [50]

So how to diminish acne?

Because all foods contain protein, all cooked foods can cause acne, and salt / spices can also cause acne. So, even if you stop consuming the worst foods, you may still get acne. Can you imagine; you are doing the best you can, cutting out lots of acne-causing foods and you still get new pimples! That is extremely discouraging and then you probably lose faith in this diet eventually. To prevent this from happening, we need to apply a specific approach. Don't think it does not apply to you; doubts eventually destroy your determination too. So how can we eliminate these doubts?

By seeing fast and clear results. And once you are 100% sure that this diet works for you too, you can start experimenting, since then nothing can make you lose faith in this diet anymore. You can then start experimenting with those foods that you love so much, to figure out how, and to what extend they can be included in your diet anyway.

But to be able to do so, you need a safe haven, where you can return to every time after you got a new pimple by trying to include some more goodies in your diet. And that safe haven is the 'sample-diet'; the 'sample diet' that you need to apply to totally clear your skin..

The 'Acne Sample Diet'

This 'sample diet' consists of foods that cannot cause acne. As long as you are on this 'sample diet', you will not get a single new spot after having been on this 'sample diet' for at least three

days. (If you stick to ALL the rules of course) If you maintain the 'sample diet' for two weeks, the results will be very clear. The longer you are on the 'sample diet' the clearer your skin will get, until all the pimples have been totally eliminated.

Once your skin is totally clear, you can start adding the least-acne-causing 'munch'-foods to your diet (see Ch. 45 and 55), to the extent that you want your skin to be clear.

What foods are included in the 'sample diet'?

The fruits, salad and fresh raw animal food as described in Chapter 40 to 46, and NOTHING else. So, no tea, no juices bought in whatever shop, no vegetables, no canned foods, etc., etc. and certainly nothing spicy (spicy herbs) or salty (e.g. no raw oysters) either.

But there is more...

The 'Acne Sample Diet'-rules

The rules are there to exclude all other possible causes (except for stress of course). Breaking a rule is no disaster, but if only you break one rule during these two weeks, you need to start from day one again.

1) You should maximally consume 100 gram (3.5oz.) fresh raw fish /-egg yolk a day. This because redundant protein can easily increase the blood-protein level, since blood protein level can fluctuate very much; from 100% (alanine) up to 900% (cystine). A too high blood protein level can elevate the protein level in the true skin, making the skin temporarily retain more water, pinching off sebum canals. But if you intensively work out, you can consume much more 'clean' protein, since then the body very effectively utilizes extra protein.

2) You should eat some raw Brazil nuts (only if shelled by hand), avocado or a few bites of the salad that is covered with sufficient olive oil after every time you have eaten some fruits / fresh juices. This to stabilize the blood sugar level.

3) If you want to eat the fruits, salad and sashimi in one meal; first eat the fruits, then the salad and finally the sashimi, to prevent cramps / gasses / bloating.

4) You should remain physically inactive for at least 1.5 hours after every time you have consumed some fresh raw fish or –egg yolk.

5) Juices from pressed fruits (like orange juice) or from the juice extractor are perfectly fine to consume, but not shakes that you make by the use of a blender / mixer (especially when mixing / blending banana).

This because the high rotation speed of the knives in the blender / mixer originates 'heat at a molecular level', due to friction. Somehow, this is originates acne- causing molecules in banana in particular.

6) While on this sample diet you cannot use any topical or hormonal treatment (no Murrad, no

Differin etc.), because any of these can also aggravate acne. (Browse through the archives of on-line acne discussion boards)

You should be off all antibiotics during two weeks before you can start with the sample diet. This because antibiotics weaken your defense system, which can be dangerous when you are going to eat fresh raw egg yolks or fresh raw fish.

7) You cannot use any moisturizer. Moisturizers contain chemicals that are absorbed in your skin to attract water, which may lead to an increased water-pressure in the true skin, which pinches off sebum canals, causing acne if also much sebum is produced. To protect your outer skin from dehydration you instead should use [a fingertip of oil](#) (that is low in vitamin E, since vit. E accelerates shedding of the skin) and spread that all over your face (that is still a bit moist) after you have cleaned it with a mild cleansing lotion.

8) Don't clean your face with tap water, but with low-mineral bottled water. (like Volvic, el dorado or Montcalm) Chemicals in tap water can trigger allergic-like reactions that cause sebum canals to be pinched off. Excessive chloride and other minerals in tap water dehydrate the skin, thus causing dry flaky patches on the face. You don't need to buy a special water sprayer for your face; you can use a plant sprayer filled with low-mineral bottled water, of course.

9) You cannot take any supplement while on this diet, because all supplements contain ingredients that can cause acne (like gelatin). This diet abundantly supplies you with all required nutrients.

10) You need to keep in mind that it is easy to consume too little food while on this diet. If you are experiencing a lack of energy, you need to consume more fresh juices (see rule 5) instead of whole fruits, and then you also better add some oil and sugar to these juices.

11) You need to keep a journal during these two weeks, regarding what you eat and the condition of your skin, so that an analysis can be made in case things are not according to expectations.

You can view loads of [questions and answers](#) about this 'sample diet' (and [results](#)). If you, **after having read the Q and A pages**, still have questions about the diet, you can post your questions on our [Acne Bulletin Board](#)

Why is this 'sample diet' so strict?

Because it is your 'safe haven'. And to be your safe haven, it needs to be 100% reliable so that you can always trust on it. Therefore no compromises are allowed.

And because you need that safe haven, you first need to make sure that it really is 100% safe for you too, and that is why you need to start this "Fruit Diet" by first applying the "Sample Diet" for two weeks. Only after having applied the 'sample diet' for two weeks you will know for 100% sure that this diet really works, and on that basis you can start experimenting with how much 'munch foods' your skin can cope with, according to how clear you want your skin to be. If you then get new pimples you know for 100% sure that it is caused by one or more of the 'munch foods' that you have consumed in the last couple of days. And then you also know exactly how to eliminate those pimples. Knowing that you are in control will boost your moral and supply you with the determination to maintain the "Fruit Diet" (incl. munch-foods). And then it is totally up to you how clean you want your skin to be. If you do it the other way around, by decreasing the intake of bad foods, you will be confused when you get new pimples, and you will be unsure whether this diet really works for you, or not. So, if you really want to succeed in eliminating your acne lastingly, start with investing two weeks of your life, by maintaining the 'sample diet' for two weeks.

20. What Type of Acne

Unfortunately, pimples are caused in a second. Cellulite is about a permanent excess of water in the skin, but pimples can be caused by one moment of retaining more water.

It can take days to deport 'dirty' protein from the skin and if you start having a pimple, also salt can remain in the skin quite long (because the body uses the salt to locally attract water to make the skin or other organ swell whenever there is a wound or inflammation). So occasionally consuming a bit more 'dirty' protein or salt than you normally do can easily cause pimples and keep them 'alive' for days. In some people even not consuming fat right after every high-sugar meal can cause acne.

Being physically active shortly after having consumed a proteinaceous meal can also easily cause acne. What kind of pimple is caused depends on whether the water-pressure in the skin remains high after the pimple has been caused; on whether you keep on absorbing some 'dirty' protein or salt after the pimple has been caused.

Blackheads

Blackheads do not cause acne. A blackhead can only originate if the sebum made it through the sebum canal; if the sebum canal was not blocked. Spots originate when sebum canals are pinched off.

Blackheads only originate if the passage of sebum is slow, but not blocked. If the sebum canal is not blocked, newly produced sebum 'pushes' the blackhead out of the skin. You should only

stimulate this process if the sebum canals are not blocked; if not, then squeezing causes inflammations. If you have a zit somewhere, there definitely is some pinching off of sebum canals.

So only remove blackheads when you are sure the sebum canals are not pinched off. (your skin has to be totally free from acne) First take a shower or steam bath so you can either wash it off using a soft washing-glove or with the use of a Kleenex; remove with the use of soft pressure only - not by squeezing.

Small zits with yellow heads

Absorption of 'dirty' protein/salt causes excessive water retention, which pinches off sebum canals. This causes an accumulation of sebum, which enhances propioni bacterium activity and causes pus to originate.

If little 'dirty' protein/salt is absorbed later, water retention will decrease. Then some sebum can be excreted and the inflammation will not spread - or the spread will be minor. If water pressure has decreased sufficiently, pus and sebum can rise to the surface of the skin, and a 'yellow head' will appear.

Small zits without yellow heads

If the skin retains too much water but little sebum is produced, the skin is suffocated without causing real acne. The skin then is very irregular and raw with small zits, but no inflammations are caused because there simply is too little sebum to do so.

Your skin can also be raw and irregular if your skin does produce much sebum but you absorb not much, but just a little bit too much 'dirty' protein and/or salt.

Subcutaneous inflammations (comedonal acne)

Occasionally taken up salt or 'dirty' protein can sometimes remain in the skin quite long. If excessive water retention causes accumulation of sebum, and water retention is not decreased afterwards, sebum and pus cannot reach the surface of the skin. The accumulated sebum will cause irritation and increase propioni bacterium activity. The inflammation, therefore, will increase since no sebum or pus can be deported.

The inflammation will not expand endlessly because the body sends in 'troops' to clean up the mess (incl. cortisol). The larger the inflammation becomes, the more 'soldiers' will be sent in to fight it. If the water-pressure remains high, new pus originates all the time and the cleaning-soldiers can never clean it all up. While 'these soldiers' do their job, outer skin cells at the surface die and new ones originate from 'the bottom', thus moving the inflammation up towards the surface of the skin. Eventually the inflammation reaches the surface of the skin.

But if you do not consume any more salt or 'dirty' protein after the inflammation has originated, the water-pressure will be lower and thus hardly any new pus is formed, enabling the cleaning-soldiers to clean it all up, and thus the inflammation never makes it to the surface - but simply slowly 'dissolves'.

It is crucial not to touch these inflammations; touching them increases activity of the bacteria, and the inflammation will spread - eventually leaving bigger scars.

Let the skin do its natural shedding and make sure you get enough sleep to enhance recovery.

The more you sleep, the better your skin recovers from daily damage; that is why they call an extra nap "a beauty sleep". The older Hollywood actresses know this. Disturb their sleep and you make them really angry.

It is the same as when you are sick or have had surgery; sleep is essential for complete and swift recovery.

21. Susceptibility to Acne

Pimples are caused in a second. Cellulite is not. It therefore is much easier to get rid of cellulite for the rest of your life than to get rid of acne forever.

If your skin is very susceptible to acne, and you want to save yourself from zits for the rest of your life, you will have to be very strict about your diet. You can have acne even when you are 40 or 70 years old!

How clean you want your skin to be determines how much you can permit yourself to eat prepared and salty/spicy foods.

If you have grown accustomed to a severe case of acne all over, and you don't mind an occasional zit once your skin is totally clean, you should eat mainly raw foods and you can have one or two munch-food items daily.

But if you are very susceptible to acne, and you never want a single zit again, you will have to eat only raw foods (which, incidentally, is most healthy) and no salt or spices whatsoever.

Why?

The less 'dirty' protein you consume, the less 'dirty' protein your blood, lymph and skin will contain. If the level of 'dirty' protein is very low, accidentally absorbed dirty protein can easily cause a shift in the location of water retention – much like a rebellious pupil gaining more attention in a class filled with silent cooperative students than in a class filled with rebels. The quieter the class, the easier it is to be heard. The less 'dirty' protein (or salt) the blood and lymph contain, the easier a little 'dirty' protein (or salt) in the skin can attract moisture from the blood and lymph and cause acne.

So, if you are extremely susceptible to acne, cutting down 'dirty' protein and salt consumption probably is not good enough, and you might have to go 100% raw.

Conclusion:

The less prepared and salty foods you consume, the less acne you will have, but even if you consume extremely little 'dirty' protein and salt, you can still get occasional spots by consuming a single prepared and/or salty food item.

Note-1

Just as cooking food changes its chemical structure for the worse, mechanical blending of foods in a blender or food processor harmfully changes its molecular structure. If you are very susceptible to acne, you can also get spots from consuming mechanically blended fruits, and certainly will from consuming blended egg yolk.

If you are not extremely susceptible to acne, you can blend the fruits but not the yolk; you can add the yolk to the blended fruits and stir with a fork.

Note-2

If you like olives, only consume those olives that have been soaked in pure water or oil (for months) without the use of salt.

Note-3

If you are susceptible to acne, you should not consume too much proteinaceous food in general (including both raw and prepared protein). Even consuming too much raw fish can cause acne. The reason: processing protein is not simple. Consuming too much protein, the body may not be able to process all the absorbed protein.

Besides the oxygen, hydrogen and carbon, protein also contains nitrogen, unlike fats and sugars. If more protein is absorbed than required, the energy that is contained in this redundant protein is utilized and the oxygen, hydrogen and carbon are converted into water and carbon dioxide. The nitrogen remains and is converted into toxic ammonium, which is subsequently transformed into less-toxic urea, which is eventually excreted.

So processing protein is not simple, and if not all redundant protein can be processed fast enough, the remaining protein is temporarily stored in the skin, what can make your skin raw and irregular, or even worse.

Through experimentation you can find out how much clean protein your body can process without getting a single spot. Start with one to two ounces fresh raw animal food a day (two to three ounces for men), and if you like you can then increase the proportions to see how much protein your body can efficiently cope with.

Note-4

No matter how clean your food, disrupted sleep, a hormonal imbalance and especially stress can still cause spots.

22. Menstruation and Acne

Every woman knows that menstruation is preceded by the munchies.

This is because appetite is partially regulated by serotonin, which is a hormone neurotransmitter. The sex hormones strongly influence appetite because they strongly influence the activity of serotonin receptors.

In the week prior to menstruation sex hormone levels strongly fluctuate, increasing the appetite for food. When menstrual cramps start to kick in, appetite decreases due to the release of oxytocin.

Oxytocin is an essential hormone that de-stresses the body and also inhibits appetite. See [this site](#).

As long as women breastfeed, oxytocin is secreted to inhibit appetite, which makes it easier to regain your natural set-point weight. See chapter 56.

Clitoral orgasm momentarily triggers a large secretion of oxytocin. Since most women have 'the munchies' after having had an orgasm, this might be explained by a decreasing oxytocin level after a short elevation of oxytocin level due to orgasm. One thing is sure: after a good orgasm you definitely feel de-stressed.

When menstruating, oxytocin is secreted continuously, which diminishes your moodiness and appetite.

So in the week prior to menstruation you will crave tasty, fatty, and salty foods. Unfortunately, you will also retain more water in the week prior to menstruation. Furthermore, sebum secretion will be increased too, due to the half-time peak of progesterone level.

These factors, combined, are 'ideal' to give you zits

What can you do about that?

You should not interfere with your hormones, of course. So the only thing you can do is refrain from salty and proteinaceous prepared foods - particularly in that week.

To be able to do so, you have to make sure to eat sufficient sugars, fats, and clean cholesterol,

which inhibit cravings. Especially clean cholesterol (from fresh raw egg yolks!) is extremely effective; by menstruating you lose loads of cholesterol, replenishing the cholesterol prevents the cravings. (and diminishes cramps and nausea!) Also see chapter 35.

And, of course, don't forget to drink plenty of water. The only way to deport 'dirty' protein and salt from your body is with water. When you drink enough water, it is absorbed into the blood and subsequently excreted into the urine along with the 'dirty' protein and salt in the blood. If you do not drink sufficient water, the body will hold on to this salt and 'dirty' protein in order to be able to retain as much water as possible. When the body contains abundant water, it gladly deports water. And with the water that is deported, 'dirty' protein and salt is deported too.

Drinking much water, the body will contain less 'dirty' protein and salt to retain it.

So, no matter how paradoxical this may seem, you need to drink lots of water to keep your body from retaining too much water.

Don't be afraid to consume cholesterol; cholesterol from fresh raw egg yolk and sashimi is safe and very healthy. Clean cholesterol is essential for your mood, sleep, and (re)construction of brain cells. (See chapter 35)

Don't be afraid to eat fats and sugars; these do not cause weight gain. In fact, you need to absorb sufficient sugars to be able to utilize body-fat, to enable sleep and feelings of happiness. (See Part 4) You also need sufficient fat to enable proper functioning of the bowels. (See Appendix A)

23. Acne & Diet-results

The results depend upon how severe your inflammations are, and on how strictly you refrain from the foods that cause acne.

If you refrain from all prepared foods, spices and salt, avoid excessive stress, and sleep well, your acne will be totally gone within one month. Only the spots that are fading and the already existing scars will remind you that you had acne. The younger you are, the easier it is to get rid of your scars. Let nature do its work.

It takes about three months for your skin to be completely renewed.

Don't run for plastic surgery; wait about one year to give nature a chance before you even consider that; the years will automatically fade your scars away. Remember that scar you had from a cut or wound? At first it was huge and so obvious, but now there's only a shadow of it left. The scars will mostly fade away, especially if you are young. Of course, you must continue to consume as little 'dirty' protein and salt as possible to prevent new inflammations.

It is easy to get rid of your acne. Of course it takes much longer for the scars and localized darkening of your skin to fade away. But as beauty is in the eye of the beholder, so is the

duration of time.

If you have spots on your back, neck and face, the first spots to disappear will be from the lower back, followed by the upper back, the neck, and finally the face.

Then you need to give your skin a month before you begin experimenting with how much 'dirty' protein and salt you can consume without getting acne again. Start very carefully. (If you are a woman, start, (preferably) right after you have had your period.)

Begin with consuming one munch food item, (see Part 3) and then wait for a few days. If your skin stays clean, you can eat another munch food item three days later. Again wait three days. If everything is still fine, you can start eating one munch food item every other day. After another week, you may even be able to consume one munch food item every day.

If you are not susceptible to acne, you can eventually consume two munch food items a day. (or one munch food meal; see Part 3)

But if you have severe acne right now, you are probably so susceptible to 'dirty' protein and salt, that you may be able to eat only one munch food item every few days (or none at all).

Though you easily get confused this way, which may keep you from maintaining the diet, of course you can also do it the other way around, step by step, eliminating as many prepared foods from your diet as necessary to achieve the cleanness of skin you want;

- Start with diminishing all salt and spices and eliminating all prepared animal food, all dairy products, soy and other beans from your diet. (Eat sashimi / raw-fish sushi or fresh raw egg yolks instead)
- The next step is to eliminate all grains from your diet and to start eating at least 4 lb. (about 2 kg) different fruits a day. (See Part 3)
- The pre-final step is eliminating all vegetables that have to be cooked or steamed before consumption. Eat more fruits, including raw nuts, avocado, tomato, cucumber etc. Cut out all salt and spices.
- The final step, if necessary: eliminating remaining low protein munch foods.

Don't be too hard on yourself in the beginning. It is not a nice feeling to relapse from a food regime you laid out for yourself. It is much smarter to learn gradually how far you are willing to go. The opportunity 'to go a little more raw' will always be there. Don't be stricter than you can handle. This is very important because if you have been eating 'clean' for a certain period but then consume more 'dirty' protein/salt, the acne can be fierce.

The best part is that your body tends to want to have more raw food the longer you have been eating generous quantities of fruits and sashimi etc.

Why?

There are a couple of reasons:

Too much water in your skin does not feel good. It can make you feel itchy or claustrophobic. Heterocyclic amines originate when food is cooked or frozen. (See [this site](#)) Some of these are toxic and can, therefore, even damage brain cells. (See [this site](#)) Some (like beta-carbolines) can act as neurotransmitters, causing physical stress by impairing the metabolism of other neurotransmitters. (See [this site](#))

Your body simply prefers not to cope with all this stress. If your body gets used to food that does not cause such stress, you will feel more comfortable eating raw foods. So you don't have to be afraid that it will remain a daily battle to refrain from prepared foods.

Beware that the longer you maintain this diet, your skin will not only be softer and smoother, but also much more sensitive to squeezing blackheads. This is simply because the more water your skin contains, the more this water is protective to the tissue below (like an airbag).

Do not try to squeeze anything and do not use peeling or scrubs. Do not touch pimples or blackheads until you are absolutely sure that it is 'ready'. First take a shower or steam bath so you can either wash it off using a soft washing-glove or with the use of a Kleenex; remove with the use of soft pressure only - not by squeezing.

If you have a swelling, do not touch it at all; leave it to slink and peel by it self. This can take up to two months, but be patient; otherwise such swellings can become nasty scars. This is especially true if you have dark skin, for the scar will be a black spot. Using bleaching creams will harm your skin more than you can imagine.

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The Free 'Acne Sample-diet'

(oder [auf Deutsch](#))

Acne is caused by the combination of a high sebum production and pinched off sebum canals. If the pinching off of sebum canals is eliminated, you will get **NO** new pimples whatsoever.

Most foods contain such substances that make the skin pinch off sebum canals. And if you have a high sebum production, this will lead to acne.

Because most foods contain such acne-causing substances, it is very hard to tell what food exactly caused that new pimple you get.

How can I know whether my acne is caused by certain foods, without having to buy anything?

That is easy. All you need to do is to eliminate **ALL** foods that can cause acne, for about one to two weeks.

During this period you will see a drastic improvement in your skin complexion and you should keep on maintaining this strict 'sample diet' until your skin is totally clear, and then you have your proof. Of course you can keep on maintaining this diet forever, but that is extremely hard and also not necessary.

Once your skin is totally clean, you can either do your own experiments or you can start adding 'munch-foods' that are the least 'acne-causing' (as described in my free [book](#)) to your diet, to the extend that you want your skin to be clean.

The big difference is that then YOU are in control about how clean you want your skin to be, instead of that the acne rules your life.

How can I eliminate my acne? (for free)

By consuming **ONLY** these foods during at least two weeks (**nothing** else):

- * **loads of well-ripened fresh fruits; as much as you want**
- * **a tomato-cucumber-avocado-chives salad covered with lots of extra virgin olive oil**
- * **some sashimi (=sushi without rice) from fish that has NOT been in the freezer, but first read [this](#)**

These foods contain all required nutrients; you can check this by submitting your version of the 'Acne Sample diet' to this [nutrient calculator](#).

If you then must conclude that your diet is low in (a) certain nutrient(s), then you can upgrade your diet by consuming foods that contain very much of that specific nutrient(s). To be able to do so, check [this list](#), which (for each nutrient) lists the foods that are the highest in those nutrients

During these two weeks you need to stick to the rules below. If you don't, you probably break out again.

The rules

1) As a woman you should consume 2 egg yolks **OR maximally** 50 gram fresh raw fish a day. If you are a tall man you should **maximally** consume 100 gram (3.5oz.) fresh raw fish **OR** 5 egg yolks a day. If you are a relatively short man, 60 gram (or 3 egg yolks) is the right amount. This because redundant protein can easily increase the blood-protein level, since blood protein level can fluctuate very much; from 100% (alanine) up to 900% (cystine). A too high blood protein level can elevate the protein level in the true skin, making the skin temporarily retain more water, pinching off sebum canals.

2) You should remain physically inactive for at least 1.5 hours after every time you have consumed some fresh raw fish or -egg yolk.

3) You should eat some Brazil nuts (only if **shelled by hand**), avocado or a few bites of the salad that is covered with sufficient olive oil after **every** time you have eaten some fruits / fresh juices. This to stabilize the blood sugar level. (as a guideline: roughly 1 gram fat for every 2 grams carbs; check [this list](#))

4) If you want to eat the fruits, salad and sashimi in one meal; first eat the fruits, then the salad and finally the sashimi, to prevent cramps / gasses / bloating.

5) Juices from pressed fruits (like orange juice) or from the juice extractor are perfectly fine to consume, but not shakes that you make by the use of a blender / mixer (especially when mixing / blending banana).

This because the high rotation speed of the knives in the blender / mixer originates 'heat at a molecular level', due to friction. Somehow, this is originates acne-causing molecules in banana in particular.

6) With this diet, you cannot eat only a few meals a day, but, instead, you need to eat much more often; at least something like 9 meals a day...

If you don't, you will under-eat, which always has adverse effects eventually (exhaustion, loss of muscle weight, depression)

The reason lays in the fact that cooked foods, wheat- and dairy products always contain appetite enhancers (beta-carbolines, opioid peptides), and that the foods that are included in this diet, do not contain such substances, so that you likely ingest too little energy if you don't adapt your eating habits properly.

If you have problems ingesting enough energy, you should drink more juices (pressed juices, or juices from the juice extractor) instead of whole fruits (the fiber in whole fruits inhibits your appetite)

7) While on this sample diet you cannot use any topical or hormonal treatment (no Murrad, no Differin etc.), because any of these can also aggravate acne. (Browse through the archives of on-line acne discussion boards).

You should be off all antibiotics during two weeks before you can start with the sample diet.

This because antibiotics weaken your defense system, which can be dangerous when you are going to eat fresh raw egg yolks or fresh raw fish.

8) During these two weeks you cannot use any moisturizer. Moisturizers contain chemicals that are absorbed in your skin to attract water, which may lead to an increased water-pressure in the true skin, which pinches off sebum canals, causing acne if also much sebum is produced. To protect your outer skin from dehydration you instead should use [a fingertip of oil](#) (that is low in vitamin E, since vit. E accelerates shedding of the skin; NO olive oil etc.) and spread that all over your face (that is still a bit moist) after you have cleaned it with a mild cleansing lotion.

In some women however, the skin reacts not good to the oil, so please start carefully, with one part of the face first. And if that does not cause any 'sandy bumps' within a week, then you can apply it to the whole face.

9) Don't clean your face with tap water, but with low-mineral bottled water (like Volvic, El Dorado or Montcalm). Chemicals in tap water can trigger allergic-like reactions that cause tallow canals to be pinched off. Excessive chloride and other minerals in tap water dehydrate the skin, thus causing dry flaky patches on the face. You don't need to buy a special water sprayer for your face; you can use a plant sprayer filled with low-mineral bottled water, of course.

Use the same low mineral water if you want to drink water.

10) You cannot take any supplement while on this diet, because all supplements contain ingredients that can cause acne (like gelatin). This diet abundantly supplies you with all required nutrients. (but if you are a vegan, you have no other choice than to take supplementary B12 anyway)

11) The rules are there to exclude all other possible causes (except for stress of course). Breaking a rule is no disaster, but if only you break one rule during these two weeks, you need to start from day one again.

12) You best keep a journal during these two weeks, regarding what you eat and the condition of your skin, so that an analysis can be made in case things are not according to expectations.

After those two weeks the results will be *very* clear (if you stick to the rules of course), and you will be 100% sure that the diet works for you too. Then you can either do your own experimentation or you can read my [free book](#), to find out how exactly acne is caused, for guidance, advice, how to maintain the diet, and for lots of delicious 'munch-food' recipes.

YOU CAN DO IT TOO!!!

View [questions and answers](#) about this 'sample diet'.

Some testimonies have got lost, but you can view the remaining (retrieved) ones [here](#)

Die kostenlose "Akne Beispiel-Diät"

Akne wird durch die Kombination einer hohen Talgproduktion und abgeklemmten Talgkanälen verursacht. Wenn das Abklemmen der Talgkanäle behoben wird, wirst du auch **keine** neuen Pickel mehr bekommen!

Die meisten Nahrungsmittel enthalten Substanzen, welche die Haut dazu veranlassen, die Talgkanäle abzuklemmen. Wenn du dann auch noch zu einer hohen Talgproduktion neigst, führt das zu Akne.

Da sehr viele Nahrungsmittel "Akne- verursachende" Substanzen enthalten, ist es sehr schwer zu sagen, welches Nahrungsmittel für den neuen Pickel, den du gerade bekommen hast, verantwortlich ist. .

Wie kann ich denn nun aber herausfinden, ob meine Akne durch ganz bestimmte Nahrungsmittel verursacht wird, ohne dass ich mir etwas kaufen muss?

Das ist einfach! Alles was du tun musst, ist für ein bis zwei Wochen alle Nahrungsmittel, die Akne verursachen können, wegzulassen. Während dieser Periode wirst du eine drastische Veränderung deines Hautbildes feststellen und du solltest diese "Beispiel-Diät" solange strikt einhalten bis deine Haut völlig rein ist. Dann hast du deinen Beweis! Natürlich kannst du diese Diät auch für immer fortführen, jedoch ist das sehr schwierig und auch nicht notwendig!

Wenn deine Haut vollkommen rein ist, kannst du entweder deine eigenen Experimente starten, oder aber langsam damit anfangen die sog. "munch-foods", welche die am wenigsten "Akne verursachenden" Nahrungsmittel sind, in deine Diät einzuschließen (wie in meinem kostenlosen [buch](#) beschrieben). Der große Unterschied ist, dass dann nicht mehr die Akne dein Leben kontrolliert, sondern du selbst darüber bestimmst, wie rein du deine Haut haben möchtest.

Wie kann ich denn nun aber meine Akne (kostenlos) loswerden?

Indem du **ausschließlich** diese Nahrungsmittel über mindestens zwei Wochen hinweg konsumierst (**NICHTS ANDERES!**):

- * **Ladungen von frischen, gut ausgereiften Früchten. So viele du magst!**
- * **Einen Tomaten- Gurken- Avocado- Schnittlauch- Salat mit einer großen Menge an "extra virgin" Olivenöl.**
- * **Etwas Sashimi (Sushi ohne Reis) von Fisch der **nicht** in der Tiefkühltruhe gewesen ist. Lese hierzu jedoch zunächst [das](#)**

Diese Nahrungsmittel enthalten alle notwendigen Nährstoffe. Dies kannst du kontrollieren, indem du deine Version der "Beispiel-Diät" in den [Nährstoff Rechner](#) eingibst.

Wenn du feststellen musst, dass es deiner Diät an bestimmten Nährstoffen mangelt, kannst du die Diät verbessern, indem du Nahrungsmittel zu dir nimmst, die sehr viele von eben diesen fehlenden Nährstoffen enthalten. Um zu sehen, welcher Nährstoff besonders stark in welchem Nahrungsmittel vorkommt, gehe zu [dieser liste](#).

In den zwei Wochen musst du unbedingt die folgenden Regeln beachten! Wenn du das nicht tust, kann es sein, dass die Akne wieder ausbricht.

Die regeln

1) Als Frau solltest du 2 Eidotter **ODER maximal** 50g des frischen, rohen Fisches am Tag verzehren. Wenn du ein großgewachsener Mann bist solltest du **maximal** 100g des frischen, rohen Fisches **ODER** 5 Eidotter pro Tag zu dir nehmen. Wenn du ein relativ kleiner Mann bist, sind 60g frischer, roher Fisch **ODER** 3 Eidotter die richtige Tagesmenge. Dies gilt es zu beachten, da zuviel Protein leicht den Blut-Protein Level erhöhen kann. Dieser kann von 100% (alanine) bis zu 900% (cystine) schwanken. Ein zu hoher Blut-Protein Level kann den Protein- Level in der Haut erhöhen, was die Haut dazu veranlasst, zeitweilig mehr Wasser zurückzuhalten, was wiederum die Talgkanäle abklemmt.

2) Nachdem du frischen, rohen Fisch oder Eidotter zu dir genommen hast, solltest du mindestens 1,5 Stunden physisch untätig bleiben .

3) **Jedes Mal** nachdem du einige Früchte oder aber frische Säfte konsumiert hast, solltest du einige Paranüsse (nur wenn sie handgeschält sind), Avocado oder ein paar Bissen des Salates mit genügend Olivenöl zu dir nehmen. Dies dient dazu den Blutzucker-Level zu stabilisieren. (Als grobe Richtlinie: 1g Fett für 2g Kohlehydrate. Checke [diese liste](#))

4) Wenn du Früchte, Salat und Sashimi in einer Mahlzeit essen möchtest; esse zunächst die Früchte, dann den Salat und abschließend das Sashimi, um Krämpfe und Blähungen zu vermeiden.

5) Säfte von gepressten Früchten (wie z.B. Orangensaft) oder vom Entsafter sind perfekt, jedoch keine Shakes, welche durch die Benutzung eines Mixers hergestellt werden (besonders wenn es um das Mixen von Bananen geht)! Der Grund hierfür ist, dass die hohe Rotationsgeschwindigkeit der Messer im Mixer durch die Reibung "Hitze auf einem molekularen Level" erzeugt. Hierbei entstehen Akne-verursachende Moleküle; besonders bei Bananen.

6) Wenn du auf dieser Diät bist, reicht es nicht einige wenige Mahlzeiten am Tag zu sich zu nehmen. Stattdessen solltest du öfters essen, mindestens neun Mahlzeiten am Tag. Wenn du das nicht tust, wirst du unterernährt, was sich immer nachteilig auswirkt (Erschöpfung, Verlust an Muskelmasse, Depressionen). Der Grund hierfür liegt in der Tatsache, dass gekochte Nahrungsmittel, Weizen- und Milchprodukte immer Appetitverstärker enthalten (beta-carbolines, opioid peptides) und, dass die Nahrungsmittel, die in dieser Diät inbegriffen sind keine dieser Substanzen enthalten! Daher kann es leicht passieren, dass du zu wenig Energie zuführst wenn du deine Essgewohnheiten nicht entsprechend anpasst.

Wenn du Probleme hast genügend Energie aufzunehmen, solltest du mehr Säfte (gepresste Säfte, oder aber Säfte vom Entsafter) anstelle von ganzen Früchten konsumieren. Die Faserstoffe in den ganzen Früchten behindern deinen Appetit!

7) Während du auf dieser Diät bist, kannst du keine örtlichen oder hormonellen Behandlungen anwenden (kein Murrad, kein Differin etc.), da auch das die Akne verschlimmern kann (Browse durch die Archive der "online acne discussion boards"). Du solltest zwei Wochen von all deinen Antibiotika runter sein, bevor du mit der Diät beginnst! Der Grund liegt darin, dass Antibiotika dein Immunsystem schwächen, was gefährlich werden kann, wenn du frische, rohe Eidotter oder frischen, rohen Fisch isst.

8) Während dieser zwei Wochen darfst du keine Feuchtigkeitsprodukte benutzen. Diese beinhalten Chemikalien, welche von der Haut aufgenommen werden und Wasser anziehen. Dies kann zu einem erhöhtem Wasserdruck in der Haut führen, was die Talgkanäle abklemmt und zu Akne führt, wenn gleichzeitig wieder zu viel Talg produziert wird. Um deine Haut vor dem Austrocknen zu schützen solltest du stattdessen eine [fingerspitze Öl](#) über dein Gesicht verteilen (das ist immer noch etwas Feuchtigkeit) nachdem du es mit einer milden Reinigungslotion gereinigt hast (das Öl muss arm an Vitamin E sein, da es sonst das Pellen der Haut beschleunigt; also kein Olivenöl etc.). Bei einigen Frauen jedoch reagiert die Haut nicht gut auf das Öl. Beginne also sehr vorsichtig mit einem kleinen Teil des Gesichts und wenn du hier binnen einer Woche keine Probleme bekommst kannst du die Behandlung auf das ganze Gesicht ausweiten.

9) Reinige dein Gesicht nicht mit Leitungswasser, sondern mit mineralarmen Wasser aus der

Flasche (z.B. Volvic). Die Chemikalien im Leitungswasser können allergie-ähnliche Reaktionen auslösen, welche ebenfalls die Talgkanäle abklemmen können. Zu viele Chloride und andere Mineralien im Leitungswasser trocknen die Haut aus, was trockene Flecken auf dem Gesicht hinterlassen kann. Du brauchst dir keinen speziellen Wasser Sprüher für dein Gesicht zu kaufen; du kannst ganz einfach einen Pflanzen Sprüher, gefüllt mit mineralarmen Flaschenwasser, benutzen. Wenn du Wasser trinken möchtest, konsumiere auch nur mineralarmes Wasser.

10) Du kannst während der Diät keinerlei Nahrungsmittelergänzungen einnehmen, da sie alle Inhaltsstoffe besitzen, die Akne verursachen können (z.B. Gelatine). Diese Diät versorgt dich reichlich mit allen benötigten Nährstoffen (wenn du jedoch Veganer bist, hast du keine andere Möglichkeit außer die Nahrungsergänzungsmittel, um an Vitamin B12 ranzukommen).

11) Die Regeln sind dazu da alle anderen möglichen Ursachen auszuschließen (außer Stress natürlich). Mal eine Regel zu brechen, ist kein Desaster! Brichtst du jedoch eine der Regeln während dieser zwei Test Wochen, musst du wieder von Tag eins anfangen.

12) Du solltest während dieser zwei Wochen Buch darüber führen, was du isst und wie der Zustand deines Hautbildes ist, damit eine Analyse möglich ist, wenn die gestellten Erwartungen nicht eintreffen..

Nach diesen zwei Wochen werden die Ergebnisse sehr deutlich sichtbar sein (natürlich nur wenn du dich an die Regeln hältst), und du kannst dir dann 100%ig sicher sein, ob die Diät auch für dich wirkt oder nicht. Danach kannst du entweder deine eigenen Experimente machen oder aber mein [kostenloses Buch](#) lesen, um herauszufinden, wie genau Akne verursacht wird, um angeleitet zu werden, um Ratschläge zu erhalten, um zu lernen, wie man die Diät beibehalten kann und um viele köstliche "munch-food" Rezepte zu bekommen.

AUCH DU KANNST ES!!!

Verschaffe dir einen Einblick in [Fragen und Antworten](#) (auf English) über diese "Beispiel-Diät". Ein paar der Erfahrungsberichte sind verlorengegangen. Die übrigen (wiederhergestellten) kannst du aber [hier](#) einsehen.

If you want to print out this book

You can chose to print out only parts of this book
Below, the parts are listed that can be printed out separately

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4. [Short introduction to part 1 about cellulite and acne](#)
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7. [About the cause of acne, and how to eliminate it](#)

Part 2

8. [Short introduction to the 15 chapters mentioned below](#)
9. [15 chapters in which is explained that this diet supplies you with all essential nutrients, and that it does not contain the toxins that a 'normal' diet contains](#)

Part 3

10. [Short introduction](#)
11. [1 chapter about maintaining this diet](#)
12. [Short introduction to part 3A](#)
13. [5 chapters about consuming fruits and nuts](#)
14. [Short introduction to part 3B](#)
15. [2 chapters about consuming fresh raw animal food](#)
16. [Short introduction to part 3C](#)
17. [7 chapters with advice about how to maintain this diet](#)
18. [2 chapters filled with munch-food recipes](#)

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19. [Short introduction to this part](#)
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21. [Food Causing Constipation](#)

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22. [Nutrient Contents of Fruits and Animal Foods](#)

23. [Glossary](#)

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Back to: [Acne Sample Diet](#)

Acne 'Sample-diet' - Q & A

You can ask your questions about this diet in the "Sample Diet" section of this [Acne Bulletin Board](#)

, but please first check the Q and A below.

Click on a question to view Wai's answer.

About particular foods

Salad

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[Is there something synergetic about the salad; are all ingredients essential?](#)

[Is it ok to prepare the salad the night before?](#)

[How important is it to eat a bite of salad for every bite of fruit?](#)

[Are salads okay, lettuce etc.?](#)

[Is this cold-pressed flax oil dressing ok?](#)

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[How much Brazil nuts do I need, and why shelled by hand?](#)

Can we eat macadamia nuts instead of Brazil nuts?

Does anyone know how to shell a macadamia nut?

Are slightly opened pistachio nuts ok?

Can I eat other nuts like hazelnuts or almonds etc?

Fish

FIRST READ THIS

I'm allergic to seafood!...

Can I broil the tuna if I don't use oils or butter?

Can I eat canned tuna?

Can I eat tuna fish in spring water?

Regarding sushi; why not rice?

I'm afraid of worms in raw fish!

Where do I buy sashimi?

But sashimi is way too expensive!

I ate tons of sashimi last nite, I didn't realize...

I eat the sashimi only every 4 days or so, is that ok?

Can I dip the sashimi in kimoman sauce?

Doesn't tuna contain mercury?

What could I substitute for the raw fish?

How about dried anchovies?

Are raw oysters OK?

Egg yolk

FIRST READ THIS

You say you can eat eggs instead of the fish? How?

But it is hot and humid here, so where to store the eggs?

I am very worried about the Salmonella in egg yolk...

How to find healthy raw eggs in my area, without worrying about Salmonella?

Isn't frequent eating of egg yolks bad for health?

What do you mean by 'bag' of the egg yolk?

Can I select fresh egg from a typical grocer?

How many egg yolks should I consume? (I'm a 200 lb. male)

Why should I not refridgerate the eggs?

Is egg-white not worthwhile?

The egg yolks make me a bit nauseous, why is that?

Other

Your diet sounds wonderful, but I love meat!...

How bad is soy protein?

Can refined sugars cause acne?

Is honey OK?

[Can I still drink tea?](#)

[How much water should I drink while on this diet?](#)

More Q & A

[General questions](#)

[Maintaining / starting with the 'sample diet'](#)

[Problems experienced while on this diet](#)

[About the cause of acne](#)

[Sebum / oil / dryness / bacteria](#)

[About the book](#)

[Muscles and this diet](#)

[Questioning the theory behind the diet](#)

000) FIRST READ THIS

Yes, you can eat fresh raw egg yolks , but you need to know that eating raw egg yolks can make you seriously ill if you do not follow these **eleven** instructions regarding consuming fresh raw egg yolks:

- #1** ALWAYS check the freshness of the egg right before you want to consume the yolk.
- #2** If you are uncertain about the freshness of an egg, don't eat it.
- #3** If it smells 'weird', don't eat it.
- #4** If there is a crack in the shell, don't eat it.
- #5** Don't wash the eggs before storing them
- #6** To be able to properly judge the freshness of an egg, it's contents need to be at room temperature; eggs that are stored in the fridge and are opened right away seem fresher than they are. The eggs that you want to check freshness of, should be kept outside the fridge for at least an hour prior to opening them.
- #7** First check all the eggs by rolling them across a flat surface. If they don't roll wobbly, don't consume them.
- #8** Secondly: shake the eggs; when they dash, don't consume them.
- #9** Thirdly: Immerse the eggs in a pan of cool, salted water. If it rises to the surface somewhat, don't consume it. If the egg emits a tiny stream of bubbles, don't consume it. (then the shell is porous/contains a hole)
- #10** and last: Open the egg;

If the egg white is watery instead of gel-like, don't consume the egg.

If the egg yolk is not convex and firm, don't consume the egg.

If the egg yolk easily bursts, don't consume the egg.

#11 The first 3 days that you consume fresh raw egg yolk, take only one teaspoon of it, so that your defense system has the time to adapt to the small amount of bacteria in the egg. The next 3 days you can take one whole egg yolk. And the next 3 days after that you can take one yolk more, and so on. That way your defenses system will be properly trained to fight bacteria, so that even if you eat something really bad in the wrong restaurant with your friends, your bowels will maximally move too much while your friends may be seriously ill.

Egg yolks that are not *that* fresh, can also make your bowels move too much.

You can add fresh raw egg yolks to fruit shakes, but only add them AFTER you have mixed the fruits in a blender. After adding the yolks, only stir with a fork. (blended yolks can cause acne too, and if you are very susceptible to acne, even blended banana can cause acne)

You can also just add the fresh raw yolks to fresh orange juice, and stir with a fork.

You don't really taste the egg yolks, except that they make the shake taste creamy and a bit vanilla-like. Bon appetite!

001) FIRST READ THIS

Yes, you can eat fresh raw fish, the Japanese have been doing it for thousands of years (sashimi), but you should only eat fresh raw fish that does not contain parasites. If you are not sure about a specific piece of fish, don't eat it.

To be absolutely safe:

#1 The safest (and most expensive) thing is to eat sashimi in a traditional Japanese restaurant that is also frequented by Japanese customers.

#2 Fresh raw tuna (that has NOT been in the freezer) from a reliable fish-shopkeeper is also safe, because tuna cannot contain parasites.

You can also eat other fresh raw fish, but that is on your own risk.

The risk of parasites in fresh raw salmon is almost negligible, but slightly elevated in salmon that originates from hatcheries.

It has to be a whole fish for you to be able to judge its freshness. The slime-layer must be intact. The gills should be moist and bright red (except for mackerel, whose gills are brown). The scales must be both intact and shiny, and firmly attached to the body. The cut edges must have a fresh scent and be moist. If you lightly jab your finger into the meat, it should bounce back. Fresh fish have convex eyes that aren't bloody, but bright white - with shiny black pupils. And fresh fish does not smell.

Whether or not the fish shop employees tell the truth, you can tell if a fish has been in the

freezer because the scales are more open, and fish that has been in the freezer tastes 'watery' and smells strange - not like fish. Herring is never raw because it's not allowed; herring has to be deep frozen for 24 hours to kill possible herring-worms.

The fish with the most fat is the best fish to be consumed raw. Red tuna, therefore, is much better eaten raw than white tuna. Salmon is also a perfect raw fish for consumption. If you want to eat raw mackerel, be sure it's very fresh (sashimi) because you might have an allergic reaction to not-so-fresh mackerel due to its originated amines.

Oysters contain too little fat, too much copper, and far too much zinc (up to 160 mg / 100 g). Zinc and copper are added to cattle's feed to enhance growth and to make their skin shine. Eating oysters can make your skin shine, too, but it can also cause inflammations and severe allergic reactions.

002 ; ***"Can I put beans in the salad?"***

No, no matter what type of beans, they can NEVER be consumed raw, since they contain waaay too many natural toxins (that are destroyed through the cooking process). Those beans that you see in salads, always have been cooked in some way; always. And since beans contain a LOT of protein, consuming beans you ingest a LOT of 'dirty' protein.

006 ; ***"Can I eat other nuts like hazelnuts and almonds etc?"***

Yes, be careful with the almonds; non-sweet raw almonds contain mild toxins, but hazelnuts and walnuts can be eaten raw indeed, just like macadamia nuts and Brazil nuts.

008 ; ***"Can I eat tuna fish in spring water"***

No, tuna in spring water = canned tuna. Canned food is ALWAYS cooked food, that is why it can be kept for so long. It is cooked during the canning process. And since tuna contains a LOT of protein, canned tuna contains a LOT of 'dirty' protein.

009 ***"What about these uncooked vegetables - Beetroot (from what I have heard it is suppose to be very good for the skin)/ red/green peppers/ spring-onions/ cauliflower (uncooked)/ Peas (from the bod)/ celery?"***

These vegetables all contain high levels of enzym-inhibitors (which are destroyed by heat), which can impair your digestion; and a perfect digestion is one of the keys in controlling acne. Beetroot, for example, contains very high levels of oxalic acid, pentosanes and hexosanes. Check out [this site](#)

Once your skin is totally clear, you can start adding these foods (back into?) your diet, to check what (whether) influence exactly these foods have on your acne.

010 ; ***"Are you allowed to eat seeds? ie sunflower sees/ pumpkin sees/ sesame seeds?"***

Yes; make sure that they are really raw; that they did not receive any heat treatment to increase shelf life.

117 ***"I've been including berries in my fresh fruit salad, is that ok?"***

Yes!

116 ***"Are dried fruits okay?"***

Yes, unless they are not sun-dried. Because if more heat was involved, they can cause acne as well...

115) ***"I'm wondering whether I can eat some non leafy veggies like carrots and cucumber mixed with a little bit of lime juice?"***

Sure!!!

114) ***"Are any fruits off limits?"***

Only fruits that you are allergic to.

Regarding all other fruits: please make sure to eat enough (and a variety), and please make sure to consume sufficient fat afterwards all the time. And also don't forget that you can also eat dried fruits (dates, figs, apricot etc.) and in-shell nuts (shelled by hand), which are very easy to take with you.

113) ***"Does the orange juice HAVE to be 'freshly squeezed' or can I use from concentrate?"***

It does not matter whether you have squeezed it first and then consume it right away, or many hours later.

What DOES matter very much, is whether the OJ is freshly squeezed or a commercial product. ALL commercially sold OJ (including those sold in health food stores) has gone through some process to increase shelf life. OJ contains little protein, but the problem is that it (like all fruits) contains relatively much free amino acids, which very easily react to sugars to form 'dirty' protein under the influence of the processing to 'increase shelf life' of commercial OJ. (they are **NEVER** 100% raw)

So absolutely NO canned (or bottled) fresh juices, NO juices from concentrates etc. WHATSOEVER.

112)

I don't know where else I could store the eggs other than the fridge and keep them cool. I live in South Carolina, and it is very hot and humid

To be able to properly check the egg on freshness, it need to be on room-temperature. So you can store them in the fridge, and when you want to have egg yolks, you should make sure to get them out of the fridge first and let them warm up (the inside as well) to room temperature before you open them up.

I don't know how long this takes because you live in a very different climate. The first few times you should check the time how long it takes for the inside of the egg to reach room temperature. So that you eventually know exactly how much times it takes.

You should ALWAYS check freshness. The freshness 'symptoms' tell you whether the egg is fresh AND whether the egg contains too much bacteria or not. If all 'symptoms' tell you that the egg is fresh, it also does not contain too much bacteria like salmonella.

To be able to check freshness properly it needs to be at room temperature because in a cold egg it may seem that the egg is fresh while it in fact is not.

Before you start to consume raw egg yolk, and to check freshness, first read [this](#)

Don't consume raw egg white. Egg white contains avidine and ovomucoid which inhibit digestion. Also do not consume the 'bag' containing the yolk and the string attached to it: Just crack the egg in half. Dump the yolk into the other half leaving as much white in the other half as you can. Keep doing it until you're satisfied. Then put the yolk in your hand, and puncture it. Squeeze all the yolk out of the sac into your cup and your done.

111) ***Can we eat macadamia nuts instead of Brazil nuts?***

Yes!

Like Brazil nuts, macadamia nuts indeed contain as much fat as Brazil nuts, and thus equally perfect to stabilize blood-sugar level. But if you don't eat any animal food (fish / egg yolks) you need the Brazil nuts for the protein; macadamias have a very poor protein quality, while Brazil nut-protein quality is better than that of any other food in the world.

So if you eat some sashimi / egg yolk regularly, yes you can eat macadamias (shelled by hand) instead of Brazil nuts.

104) What could I substitute for the raw fish?

Fresh raw egg yolks are a very good substitute. Especially because they contain more vitamins and minerals than any other food in the world and because they contain loads of solely good cholesterol, which inhibits your cravings and makes you feel good. (the 'natural prozac', see info about [cholesterol](#))

If your skin is not very susceptible to acne, you can mix bananas, an apple and some orange juice in a blender and add the egg yolks AFTER the blending; only stir with a fork. (the blending causes molecular damage to the egg-protein, which can also cause acne. If you have severe acne, you should not blend bananas either)

The yolk makes the fruit-shake taste creamy and a bit vanilla like. But besides that, you don't taste the yolk at all.

If you are worried about bacteria / salmonella, please read [this](#)
Just make sure the eggs are fresh!

103) Can I eat canned tuna?

No, canned tuna is cooked during the canning process.
You can only eat RAW fresh tuna, which cannot contain parasites. Its safe.

102) Excessive Tuna in your diet risks Mercury Poisonin

Just because some tuna appears to contain mercury we should not eat tuna regularly???
The risk of consuming tuna containing mercury is incredibly small, while for example the risk of absorbing carcinogenic heterocyclic amines from cooked foods is 100%.

One example:

Cigarette smoke contains

beta-carboline (1)

Trp-P-1 (3)

Trp-P-2 (5)

4-aminobiphenyl (7)

MeIQx (3)

Prepared foods also contain

beta-carboline (2)

Trp-P-1 (4)

Trp-P-2 (6)

4-aminobiphenyl (8)

MeIQx (9)

Mutagenic heterocyclic amine concentration in prepared food can be much higher than in cigarette smoke. 100 gram (3.5 oz.) of prepared meat for example contains as much AalphaC as smoke of **812** cigarettes. And 100 gram of prepared meat contains as much of even-more-mutagenic MeAalphaC as smoke of **1,050** cigarettes !!! (12)

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101) How much water should i drink on a daily basis while on this diet ?

Well, you will be consuming loads of fruits in this diet, and fruits averagely contain about 85 to 90% water!

So, consuming pounds of fruits, you will be consuming quarts of water. Only if you consume much unshelled Brazil nuts (shelled by hand), you might want some extra water, but you don't need to.

IF you drink water, take low-mineral bottled water (especially low in sodium, potassium, chloride and calcium), like Volvic.

97) How important is it to eat a bite of salad for every bite of fruit?

VERY important.

the reason:

In this diet you will be eating loads of fruits, which means much fruit-sugars and little protein and fat. This will be a too strong focus on sugars, which will cause blood-sugar fluctuations. And blood-sugar fluctuations increase your cravings and may even cause acne in some (if the insulin system is not sufficiently regulative)

The body has (besides alcohol) only 2 sources of energy at its disposal: sugar-like molecules and fat-like molecules (redundant protein is converted in both).

The sugars are fast but short-lasting energy. The fats are slow but long-lasting energy.

Together they are perfectly complementary. But if you consume too little fat, all the energy has to come from sugars, which will cause too strong blood-sugar fluctuations.

THAT IS WHY IT IS VERY ESSENTIAL TO COVER YOUR SALAD WITH LOTS OF EXTRA

VIRGIN OLIVE OIL. YOU NEED IT!

But, of course not only the salad can supply you with the required fat, you can also consume plain oil (in juices) or raw Brazil nuts / Macadamia nuts with / right after the fruits. If you need a guideline how much fat to consume with the sugars; about 1 gram fat with every 2 grams of sugars. [Here](#) is a list of fat and sugar contents of the foods that are included in this diet.

[Here](#) is a thread about this topic, saved from our crashed [Acne Bulletin Board](#)

95) You say you can eat eggs instead of the fish? how?

You should ONLY eat fresh raw egg-YOLKS.

Also do not consume the 'bag' containing the yolk and the string attached to it; hold the whole yolk in your fingers, make a small cut, and drain the yolk.

First mix bananas, 1 apple or pear and some orange juice in a blender. Add the fresh raw egg yolks AFTER the blending. DONT blend the yolks, for that can cause acne too. Only stir with a fork.

you dont taste the egg yolk, except that the egg yolk makes the fruit-shake taste creamy and a bit vanilla-like.

Of course you should only consume egg yolk that is really fresh. But before you start to consume raw egg yolk, and to check freshness, first read [this](#)

94) Is it ok to prepare the salad the night before?

If you cut the avocado the nite before, it will brown and look very bad. (it will NOT induce acne at any point)

You can prepare the salad the night before, except for the avocado, which you add the next day.

93) Any other thing i can add to this sample diet to improve the flavour?

To replace the chives; use basil or parsley etc. or a dash of lemon juice, chopped red onions or chopped shallot. You can also mix the olive oil with Balsamic vinegar.

92) Isn't frequent eating of egg yolk bad for health?

I guess you mean cholesterol?

All people that are on my diet for over a few months, while eating more than 2 fresh raw egg yolks daily, have better cholesterol levels than before.

The reason:

There is good and bad cholesterol.

You can eat as much GOOD cholesterol as you want because the body is very effective in converting redundant good cholesterol into bile acids and to decrease cholesterol synthesis by the body if much good cholesterol is consumed.

Fresh raw egg yolks and fresh raw fish only contain good cholesterol, so you can eat as much as you like! the good cholesterol inhibits your cravings and makes you feel very good (cholesterol-products activate serotonin receptors in the brain) so consuming fresh raw egg yolks makes it much easier to maintain this diet.

BAD cholesterol is a whole different story.

Good cholesterol is converted into bad cholesterol due to cooking, frying, baking etc.; due to the influence of heat.

Already at 100° C, cholesterol oxidizes 'spontaneously'. **(1)** By oxidation, the cholesterol molecules gain or lose atoms, forming new cholesterol-like molecules. Due to the influence of heat, about 30% of natural cholesterol oxidizes into oxy-cholesterols. About 6% of this oxy-cholesterol is absorbed into the body. **(2)**

These strange unnatural oxy-cholesterols, however, do not inhibit cholesterol synthesis. Some of these unnatural oxy-cholesterols also block transformation of cholesterol into bile acids. **(3)**

That is why the consumption of bad cholesterol causes the combined level of both good and bad cholesterol to increase **(4)** causing vascular disease. **(5)**

All you need to do is consuming no cooked animal food.

But before you start to consume raw egg yolk, and to check freshness, first read [this](#)

(1) Bascoul, J. et al, Preparation of autoxidized cholesterol from (4-14C) cholesterol and cholesterol fatty acid esters. *J. Steroid Biochem.* 1983 / 19 (6) / 1779-1782.

(2) Vine, D.F. et al, Absorption of dietary cholesterol oxidation products and incorporation into rat lymph chylomicrons. *Lipids* 1997 / 32 (8) / 887-893.

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91) Can I still drink tea?

Not during these first two weeks. Even tea contains quite some protein (26 gram protein / 100 gram dry tea!!)

90) Is honey ok?

Cold-processed honey is perfect!

88) I am feeling a bit nauseous after consuming 3 egg yolks, why is this?

The hens are very often fed unnatural, recycled foods that sometimes even contain animal residues, thus bad substances will accumulate in the egg (oxysterols, trans-fatty acids etc.). When you cook the egg, these substances are still there, but you don't notice because all cooked foods also contain sedative chemicals (see RESULTS thread)

Consuming raw foods, you can very clear notice all the bad substances that are in there. I had the same thing until I started eating egg yolks from a farm where the hens were fed grass, raw grains and little insects and worms only.

Unfortunately such eggs are rare!

Before you start to consume raw egg yolk, and to check freshness, first read [this](#)

Another thing: be sure to remain physical inactive after having consumed fresh raw egg yolks at least 1.5 hour after having consumed the egg yolks. So only consume carbs and fats before exercising.

87) Are raw oysters ok?

Oysters can contain EXTREMELY much zinc (from 6 mg up to 160 mg / 100 gram (3.5oz)) This can cause the tightening of your skin (because zinc stimulates proliferation of specific skin cells), which may cause the sebum canals to be pinched off. The high salt can also make you break out.

83) To Meg

Wai, any advice on dried anchovies....I know they contain a lot of sodium....which would lead me to believe that they would be a problem....but I dont think they are cooked or roasted in any way....)

Oops! Yes, I should have told so, the dried anchovies can definitely cause acne! (because of the salt)

81) To goracergo

I went through your website and I get the feeling you dont think consuming egg whites is worthwhile? Why?

Egg white contains many vitamins, minerals and protein etc., but RAW egg-white also contains avidin and ovomucoid, which are enzym-inhibitors. When you cook the egg these are destroyed, but that also originates 'dirty' protein that cause acne if you also produce much sebum.

And the enzym-inhibitors can also aggravate your acne because they inhibit digestion. And if digestion is not complete, more partly undecomposed protein is absorbed, and temporarily ends up in the skin, because the other organs first only take up free amino acids. In the skin this extra protein attracts more water, increasing water-pressure, which pinches off sebum canals.

But before you start to consume raw egg yolk, and to check freshness, first read [this](#)

80) ***Also, do you think refined sugars tend to create acne?***

Refined sugars can cause acne in some because they de-stabilize blood-sugar level, causing blood-sugar levels to fluctuate too much. Though blood-sugar level is generally regulated very strictly (about 30% fluctuation), but in some the blood-sugar level can fluctuate much more, due to insulin-resistence for example (diabetes), or by nature. And like protein, glucose attracts water, so that like 'dirty' protein, too much fluctuating blood-glucose levels can also temporarily make your skin retain more water, pinching of sebum canals. Though this is only temporary, the accumulation of sebum can already be caused in a second.

To stabilize blood-sugar levels, you need to consume sufficient fat every time your have consumed high-sugar food / fruits.

Fat stabilizes blood-sugar level because fat is slow, but long-lasting energy while sugar is fast but short-lasting energy. Combined they are perfectly complementary, stabilizing blood-sugar level, preventing sugar-caused acne.

That is why you should consume a few bites of the salad (containing lots of olive oil) every time you have eaten some fruits.

79)

Does anyone know how to shell a macadamia nut?

I already tried dropping it off a 10-story building and driving over it with my car. TIA.

I use a hammer! (for the Brazil nuts too)

With some experience you don't crush the nuts anymore...

You can also buy a \$5 nutcracker (officially meant to crack extremely hard macadamia nuts) at: <http://www.blackjackorchards.com/nutcracker/index.htm>

78) To Leonore

I'm afraid of worms in raw fish

The risk of absorbing parasites from raw fish is almost negligible. Tuna never contains such parasites, while especially salmon from hatcheries may.

Furthermore, these parasites can be easily detected (especially by a sushi-chef);

In the main there are two kind of parasites to look out for: flukes and nematodes.

Flukes are too big to remain unnoticed. They also are extremely rare.

Nematodes look like big, but short human hair. They lie perpendicular to the fishes' muscle striations (the pattern of striae in the flesh) and have a white translucent sheen. Any merchant - who wants to make sure his customers will not get ill - can detect them using ultrasound.

The risk of absorbing parasites that can cause ill effects is extremely small; less than 40 US citizens get ill each year by consuming fish containing parasites. In comparison: every year thousands of US citizens are bitten by snakes. But does that justify killing all snakes? Of course not. We only need to be careful. Still - unbelievably - the Food and Drug Administration in the USA forbids the consumption of raw fish!!!

And again: Tuna never contains such parasites.

77)To Crzyakta

Wai, why not rice??

Acne is caused by the combination of pinched off sebum canals and a high sebum production. If one of these is absent, you will not have acne.

The pinching off of sebum canals in the true skin is caused by an increased water-pressure in the true skin, due to retaining too much water in the true skin.

This water-retention can be caused by salt (only temporary) or protein (up to a couple of days).

The true skin can easily contain too much protein, causing water retention, because the blood-protein levels can fluctuate very much, from 100% (alanine) up to 900% (cysteine.).

Normally redundant protein is converted into direct available energy, glucose or glycerol, but this conversion is done by enzymes and if the targeted protein molecule does not exactly match their 'job-description', the enzymes cannot convert/decompose that molecule anymore. And the protein that remains undecomposed / unconverted, can make the true skin retain too much water.

So what does this have to do with rice?

Rice always has to be cooked before consumption.

And cooking partly causes damage to the molecules in food. For example, due to the influence of heat:

- about 30% of good cholesterol is oxidized into oxysterols
- are some fatty acids damaged so that artificial trans-fatty acids originate (the average American adipose tissue contains about 5% trans-fatty acids)
- does part of the protein oxidize or even form new compounds (the "Maillard reaction")

So due to cooking, part of the protein becomes what I call 'dirty' protein, which is hard-to-decompose protein that makes your skin retain more water.

Rice always has to be cooked so therefore always contains water-retention-causing 'dirty' protein.

Does this mean you can only eat RAW foods?

No.

But to know to what extend your acne is caused by 'dirty' protein and salt, you first need to make 100% sure that it does by totally eliminating your acne by consuming only raw foods during one to two weeks.

Once your skin is clean, you can start adding the least harmful cooked foods to your diet, to the extend that you want your skin to be clean.

76) To Bob

1. Why should eggs not be refrigerated? Will refrigerating eggs cause them to lose their freshness? How long can will the eggs remain edible if not refrigerated?

To be perfectly able to judge an egg's freshness, they should not be refrigerated, for the refrigerating makes the egg look (after opening it) a bit more firm (more fresh) than it actually is fresh. So it's not that the refrigerating causes them to lose their freshness (on the contrary), it's just that it makes it a bit harder to judge freshness, which is very important to know. Stored on a cool place fresh eggs will remain edible (for raw consumption) for about 2 weeks (sometimes longer).

Before you start to consume raw egg yolk, and to check freshness, first read [this](#)

2. How many raw egg yolks can be consumed daily for an active 200 lb. male before cholesterol or atherosclerosis can become a negative factor? Obviously, one would want to gradually begin consuming raw yolks until the body gets used to it.

The cholesterol in raw eggs is only good cholesterol.

When heated (cooking, frying etc.), about 30% of this good cholesterol oxidizes into bad cholesterol (oxysterols). About 6% of this bad cholesterol (only from heated foods) is absorbed into the body, and can cause vascular diseases, click here for an extensive explanation and scientific references.

Fresh raw egg yolks can never be dangerous regarding cholesterol, because they contain only good cholesterol, and the body can ALWAYS convert redundant good cholesterol into bile acids, and this also inhibits cholesterol synthesis by the body. No matter how many fresh raw yolks you consume.

Before you start to consume raw egg yolk, and to check freshness, first read [this](#)

For a male your weight the minimum is about 3 egg yolks and the maximum about 7 to 8 egg yolks (regarding protein), but your skin may very well be able to cope with more yolks. (you can start experimenting after the first 1 to 2 weeks)

3. I'm not sure I understand what you mean by 'bag' of the egg yolk.

When you open a fresh egg, part of the egg-white will automatically slip through your fingers, though the fresher the egg, the more solid the egg-white (the less watery). The egg-yolk however is contained in a bag. If the egg-yolk is not contained in a bag, or if the bag breaks too easily, and the egg yolks also drains away, the egg was not fresh.

In fresh eggs the egg yolk remains contained in the bag, and you can flip it over from one hand to the other without a single drop of egg yolks is wasted, because it is still inside that bag.

Now if you make a small incision in that bag, the contents of that bag, the actual egg yolk, can

be drained into a cup.

Do it slowly, because it requires some experience to drain all the egg yolk in the cup without pieces of the bag slipping into the cup too.

Maybe you have a cat. If you have, offer it one saucer with the bag on it and another saucer with just the egg-yolk on it. Your cat will only like the yolk, not the bag.

The reason: Like raw egg-white, the bag contains enzym-inhibitors (avidine and ovomucoid) that inhibit digestion. Your cat knows how to recognize these by taste.

BTW: egg yolk contains more vitamins and minerals (in greater quantities) than any other food in the world.

But before you start to consume raw egg yolk, and to check freshness, first read [this](#)

72)
but sasami that raw fish thing is too expensive

You don't need to eat sashimi every day, and you can also buy fresh raw tuna at a fish-store. (tuna never contains parasites, while salmon from hatcheries occasionally can) You only need about 5 oz every 3 days. (which isn't that expensive at all)

To Veronica1

Since tuna is one of the foods on the diet, I will broil fresh tuna without any oils or butter to supplement the fruit.....

I am quite understandably suspicious since I have gone months on nothing but fresh fruit, fresh fish, and fresh vegetables (with the one exception being the bread I mentioned above) without an improvement to my acne. However, I also have to admit that I drink black coffee.

I'm afraid you have been missing the point. It is NOT about fresh fish, vegetables etc. because that generally means "cooked".

Especially the broiled tuna can definitely cause acne and cellulite, and so do the vegetables. (and of course the bread and coffee also)

May I advice to view the [sample diet](#) and the Q and A page before giving it a try?

To Bob
45). Is there something special or synergetic about the Tomato-Cucumber-Avacado-Chives-Extra virgin olive oil combination. I'm guessing none of the food will give me acne but if I eliminated chives, for example, and ate only the others, would I get the same benefit?

Exactly. The only special thing about chives and the other ingredients is that there is no way they cause acne; only by eating solely non-acne causing foods during this week(s) you will become 100% sure that the diet works for you, which is the required fundament for to start experimenting later. Yes you can eliminate the chives, that just makes the salad even less tasty.

44). Can I purchase the eggs to get the raw, fresh egg yolks anywhere but from a local farmer? Is there any way to select one of these eggs from a typical grocer?

I'm not sure whether I interpret your question right, (English obviously is not my first language) but is the question whether you can select fresh eggs (from in between other maybe not-so-fresh eggs) from a typical grocer?

If so, yes, you just need to know HOW to select the fresh ones. Check [this site](#) for instructions. When doubting whether the inspected eggs are fresh, buy only one first and open it at home to make sure. If it is fresh you can buy more. Before you buy eggs / consume raw egg yolk, and to check freshness, first read [this](#)

To Cecilia

42) One question, can I dip the sashimi in kimoman sauce?

No, because that can also cause acne.

It is not that you can never have things like that anymore, not at all.

But during this one to two weeks you should not take any of such sauces / foods at all because even one single bite of the wrong food can cause a new pimple. And even if you only get one single new pimple during this week(s), you already cannot be 100% sure anymore whether this diet works for you. ONLY if you don't get a single new pimple during this week(s) and the old ones fade / shrink away, you know FOR SURE that this diet works for you too.

I'm stressing this so much because you can only lastingly maintain a diet if you completely 'trust' it and you can only give weight to your later experimentation with food, if you are absolutely sure what does NOT cause acne. This/these week(s) of maintaining the 'sample diet' is the fondament on which you will be building your diet; it better be reliable.

To "just Me"

41) Wai quickie question, I hate tomatoes and chives (yukk) - I could bear the cucumber and ergh maybe avocado - could you suggest something else to replace the tomatoes and chives?

To replace the chives; use basil or parsley etc. or a dash of lemon juice and pressed garlic, or chopped red onions or chopped shallot. You can also mix the olive oil with Balsamic vinegar. To replace the tomatoes; mixed lettuce or non-salt soaked olives, or Brazil nuts/walnuts and raisins (previously soaked in sirup or orange juice) or pineapple, or chopped carrots.

To sue

40) Wai: One more question. How about olives? I'm guessing too much salt, right?

One cannot eat olives raw-from-the-tree, for their skin contains awful tasting oleuropin, and they therefore have to be soaked for a long time to eliminate that oleuropin.

But salt is not required for this process.

Mostly salt / spices are used in this process, but you can also buy olives that have been soaked without the use of any salt / spices at all. and these olives can perfectly be consumed in the Fruit-diet; they do not cause acne. (I luuuve olives)

"Just Me" wrote:

24) I grew up in Singapore and love the fruit there but hate the fruit here ie don't really like citrus fruits - prefer mangoes, papayas - that soft stuff that isn't sweet

Wai wrote:

Why would you eat citrus fruits? You don't need them! (except for oranges). Fruits that are best digested by humans (there are many more animals that eat fruits) are the fruits that taste best. In combination with some animal food (B12, D and good cholesterol), fruits contain ALL (except for the B12, D and cholesterol) the vitamins and minerals you need. You name it, and it is in fruit.

Mangoes, melons, bananas, oranges, mandarins etc. are perfect. Mangoes not sweet??? I luuuuue their sweetness!

23) I am allergic to sea food! Hmm, doesn't help huh!

As an alternative, you can try this:

Make a fruitshake by mixing 2 bananas, 1 apple or pear and some orange juice in a blender. Then add 1 fresh raw egg yolk afterwards (DONT blend the yolk). (and NO egg white) It makes the shake taste creamy and a bit vanilla like.

Be sure the egg is fresh. Before you start to consume raw egg yolk, and to check freshness, first read [this](#)

Salmonella dangerous? Only when your defense system is not well trained, like in elderly people that are fed mainly sterile foods, which has left their defense unprepared. In healthy people your defence is adapting its force to the amount of bacteria (like salmonella) it has to fight on a regular basis. By consuming 1 fresh raw egg yolk a day, your defense system will be much stronger.

The extra advantage of this is that you can then by accident eat something bad in the wrong restaurant and not get sick while your friends do, simply because your defense system is properly trained.

If you consume some fresh raw egg yolk (or sashimi) regularly, and then you by accident consume a not-so-fresh egg yolk, the worst that can happen to you is that your bowels move more than they normally do. (I know from experience :))

Jane wrote:

22) I totally understand what you say regarding Diet, but i am very worried about the chance of getting Salmonella. I have heard horry stories about people dying after eating raw egg yolk. Is this true. Will i be at any harm?

If you are that worried, simply DON'T take egg yolk.

Why not take sashimi?

That is what I advised in the 'sample-diet' in the first place!

If you do want to consume fresh raw egg yolk:

The stories you hear about salmonella are NOT about people consuming **whole** FRESH raw egg yolks but about food-**PRODUCTS** containing raw egg yolk or other raw animal food. (like meat)

If these products are not immediately sold and consumed, the salmonella accumulates too much.

But...

If you can check upon the freshness of an egg yourself before buying it and before and after opening it, you can make 100% sure that the egg does not contain too much salmonella.

Salmonella is not a dangerous bacteria UNTIL YOU ABSORB FAR TOO MUCH of it.

Everything we touch and eat contains bacteria (unless the food is completely sterile). Our body is very capable in destroying these bacteria, unless....

- unless FAR TOO MUCH bacteria are absorbed AND
- if our body is not properly trained to fight these bacteria.

If your body IS properly trained to fight these bacteria, excessive salmonella will make your bowels move too much, and that is it.

If your body is not properly trained to fight salmonella, too much salmonella can make you

seriously ill. And if you have a poor defense system in general, you can even die.

SO IF THE EGGS ARE FRESH (and immediately consumed after opening), THE SALMONELLA CAN NEVER BE DANGEROUS.

To further eliminate the danger of any intoxication, you should eat fresh raw egg yolks regularly, to train your defense system in fighting bacteria. the reason: the force of your defense system depends on how much it is trained to fight bacteria. If you never eat raw foods, your defense system will be very poorly trained, and can a little excess salmonella easily make you sick. That is why mostly elderly in elderly homes become sick after eating products containing animal food; they mostly are fed very little raw food and therefore have a poorly trained defense system.

The advantage of eating fresh raw animal food (like sashimi or fresh raw egg yolks) regularly, is that it strengthens your defense system. So that if you by accident eat something bad (deteriorated) in the wrong restaurant, you will not become sick, while those who ate the same food will.

Consuming fresh raw animal food regularly excludes the possibility of becoming sick by eating fresh raw animal food, and strongly limits the consequences of eating deteriorated food by accident.

Before you start to consume raw egg yolk, and to check freshness, first read [this](#)

Don't consume raw egg white. Egg white contains avidine and ovomucoid which inhibit digestion. Also do not consume the 'bag' containing the yolk and the string attached to it: Just crack the egg in half. Dump the yolk into the other half leaving as much white in the other half as you can. Keep doing it until you're satisfied. Then put the yolk in your hand, and puncture it. Squeeze all the yolk out of the sac into your cup and your done.

21) Where do i buy Sashimi?

Preferably there where it is unfortunately the most expensive: In Traditional Japanese restaurants run and visited by Japanese. Among Traditional Japanese chefs it is a matter of honour to serve only the highest quality fish. They rather die than serving not-so-fresh fish. In other take-outs, restaurants or on the market, tuna is safest. (salmon often originates from low-hygiene hatcheries)

But again, the more often you consume fresh raw fish, the stronger your defense.

Here you can find addresses of all the Japanese restaurants in your city: <http://www.sushi.infogate.de/>

There is another option:

If you are THAT worried, simply don't consume animal food at all.

Instead consume 70 gram (almost 2 oz.) Brazil nuts a day and take supplementary vitamin

B12 and D.

There is nothing that keeps you from trying this 'sample-diet'.

Bob wrote:

20) Wai- Your diet sounds wonderful but I love meat!

How bad do you want to eliminate the acne?

Heated-in-whatever-way animal food is the worst for your skin. (My boyfriend actually eats RAW beef, but I cannot recommend that)

19) How bad is soy protein that you buy at GNC? I have been taking that.

VERY bad; at least as bad as cooked animal food. Soy does not only contain very much protein, it is also extremely processed because soy by nature contains such much enzym-inhibitors (lots of phytic acid, polyurones and arabinoxylanes) that have to be destroyed by heat so that the soy can be digested anyway. 5 to 20% of the enzyminhibitors in soy is not even destroyed throughout the preparation process. [1] These remaining enzyminhibitors inhibit your digestion which can make you absorb more 'dirty' protein (causing acne).

The intense processing of soy originates much 'dirty' protein, causing acne.

Furthermore, soy by nature contains lots of phytoestrogens. (which are claimed to be healthy) The main phytoestrogens in soy, genisteine and daizeine are mutagenic (which means they can cause cancer) [2] and can enhance prolactin-producing brain-tumors. [3]

These phyto-estrogens can also impair your hormone metabolism, they can increase the level of increases level of DHEA-sulphate [4] and decrease estrogen level with 27% [5], while you need adequate estrogen levels to protect you against osteoporosis for example (and lots of other things of course)

Phyto-estrogens can also cause infertility [6] and liver-diseases. [7]

I have a juice machine and juice frequently- mostly carrots, apples, oranges and greens. I think fresh juice is good for you and I feel wonderful when I drink it. However, is it really good for me and acne?

Anything that inhibits your digestion can cause acne because that may keep the enzymes from completely decomposing the protein in your food, which can cause excessive water-retention in the true skin, pinching of sebum canals.

Almost all greens contain enzyminhibitors (pentosanes, hexosanes, phytic acid etc.) That is why animals that are specialized in eating greens (which are actually leaves) or grains (which are grasses) have a specialized digestive system (4 stomachs or a gouter etc.)

You should stick to juicing only fruits for a while. Don't blend it too intensively, since this causes 'heat' on a molecular level (the 'friction'), which also originates some 'dirty' protein.

Like I told to other people before:

You should first make 100% sure whether the diet works for you. After that you can start adding 'munch-foods' to your diet, to experiment how much bad foods your skin can cope with without getting acne again.

To make sure the diet works for you, you should ONLY eat:

- well-ripened fruits
- a tomato-cucumber-avocado-chives salad covered with loads of extra virgin olive oil
- sashimi

during one or two weeks. Then the results will be very clear and you can start adding delicious munch-foods, see book.

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18) Where can I get unshelled nuts?

Veronica2 wrote:

Here are three URLs for places on the web to buy them, sorry everyone outside the US, these are the only ones that came up and I know international shipping is a bear.

<http://www.nuts4u.com/shell.html> (NOT this one)

<http://www.multiscope.com/hotspot/nuthome.htm>

<http://www.sunorganic.com/cgi-bin/store/products?>

[cat_id=12&search=products&session_id=&Search.x=15&Search.y=14](http://www.sunorganic.com/cgi-bin/store/products?cat_id=12&search=products&session_id=&Search.x=15&Search.y=14)

Wai wrote:

The people from Nuts4U store their nuts in the fridge, which decreases maintainability once

you have received them.

This one does NOT store the nuts in the fridge:

<http://www.nutsonline.com>

I don't know about the other two, so please ask them first before you buy!

I want to add that you can also call a nut-whole sale retailer in your city and ask him to mail you a 10 kg box with UNSHELLED Brazil nuts or even a 25 kg bag, which supplies you with sufficient nuts for half a year if you eat 70 gram (Net) a day.

FRESH (!) unshelled Brazil nuts can easily be kept for over a year. I have nuts here that are from 2.5 years ago and still 50% is edible.

Brazil nuts should NOT be stored in a refrigerator!

Sara wrote:

17) How much Brazil nuts do i need to eat, and why by hand, not bought in the bag?

Before I knew I'd never thought about it, but there is of course not a group of underpaid people that shells our nuts by hand. And a machine that can shell all those different nuts and still leave the nut itself intact is apparently too complicated and expensive.

Anyway, the nuts are shelled by the use of either heat or quick-deep-freezing, which makes the shell fall off, but this also originates 'dirty' protein. (due to the Maillard or simple oxidation). This 'dirty' protein causes acne.

As a vegan you need about 70 gram / (a little less than-) 3 oz. Brazil nuts daily. (Net weight; without the shell)

16) Are salads okay, lettuce, cucumber, etc...?

Yes, but NO dressing from a bottle etc., just olive oil and fresh herbs like chives. But **no** other greens than lettuce, since they are harder to digest. Almost all greens / vegetables are leaves, containing all kind of enzyme-inhibitors that can impair your digestion. That is why animals that eat leaves have a specialized (pre)digestion system.

Veronica2 wrote:

14) Wai, please confirm if this is ok - I make a dressing for my fruit by mashing a couple of sections of orange and mixing in cold-pressed flax oil to make a dressing into which I dip the other fruit. I don't think the oil you use has to be olive, any oil that is cold-pressed, not heated in any way should be fine (ok, Wai?).

Yep, it is just that the flax oil contains quite some enzyme-inhibitors that can cause digestion problems, so olive oil is safer.

13) Also, I don't eat the sashimi with every meal, usually just in the evening, and so far, only every 4 days or so (ok, Wai?)

That is OK too, we actually don't need that much animal food anyway. Regarding B12 we only need a tiny amount. Regarding the protein we need a bit more, but if you don't want to eat sashimi that often you can also eat a handful Brazil nuts daily (shelled by hand!); their protein quality is better than that of any other food in the world! (almost twice as good as beef and more than 3-fold better than milk)

But what is true: the clean (good-) cholesterol from sashimi does help you to maintain this diet; it decreases your cravings by activating your serotonin receptors, and also makes you feel better.

Meg wrote:

7) I have been following Wai's diet....almost....I eat pistachio nuts..which I'm not sure are okay. They are shelled but slightly opened. I'm still learning. I started the diet religiously today...day one. I'm wondering about the heat. Could it be the cause of these two new pimples.

The pistachio nuts can ABSOLUTELY easily cause new pimples!

These nuts are roasted in the shell, just like peanuts are. And, besides being proteinaceous, the pistachios have also been salted, which makes it even worse.

If you want to give my diet a try, you should do it properly first. After that you know FOR SURE that the diet works, THEN you can start adding munch-foods, so that you ALWAYS know what causes new spots.

ONLY by doing it this way, are you fully in control.

You need to be completely clean first, by consuming no 'dirty' protein or salt / spices at all.

5) I can't have salad and sashimi for breakfast so is just fruit OK? I assume all fruits are OK?

Yes consuming only whatever well-ripened fruits for breakfast is okay. But be sure to have some food containing fat with the next fruit you eat, to stabilize blood-sugar level.

After you have consumed this 'sample diet' for about 1 to 2 weeks the results will be clear and you can start adding the least harmful 'munch-foods', as described in the book.

Meg wrote:

4) I ate tons of sashimi last nite.

There is a wonderful place not to far from me....but I did eat fruit immediately after...I didnt realize I had to wait 1.5 hours.

That can ALSO cause acne, because consuming much more protein than you need will cause an increase in blood protein level, which also can make your true skin retain too much water. The blood protein level can easily increase 100% (alanine) up to 900%!!! (cystine) So you should normally maximally consume 100 gram (3.5 oz.) fresh raw fish / egg yolk a day. (unless if you intensively work out)

Be also careful with the sashimi because in many restaurants the fish has been frozen first (just ask the chef), which can also cause acne if you eat lots of it. And like Veronica2 said; eating the fruit after the sashimi can cause gripes/cramps/bloating. Be sure to eat sufficient fruit BEFORE you eat the sashimi, so you have plenty of energy to last for at least 1.5 hours.

3) It is hard for me to stay on top of the raw fish and raw egg yolks. I'm not sure how to find healthy raw >eggs in my area without worrying about salmonella.

Really, you can find them in your area too. They key is not the salmonella, but your fear for the salmonella. What the official institutions are 'forgetting' to tell you, is that your body can perfectly fight bacteria, unless it is not properly trained to do so. And do you know how to train your body to fight salmonella? By ingesting traces of salmonella on a regular basis, so that your body 'knows' the enemy, and how to fight it. It functions exactly the same as a vaccination; with vaccinations they inject traces of the virus / bacteria in you, that they want to make you immune for. The same goes for salmonella: you need to be 'vaccinated' on a regular basis, by ingesting some traces of salmonella on a regular basis.

The only way to do, is by consuming fresh raw animal food on a regular basis. If you don't, your immune system is not trained to fight salmonella, and will be 'surprised' and 'overwhelmed' when you accidentally consume something containing very much salmonella. And since elderly in elderly homes hardly ever get raw foods for consumption, it mostly they who have untrained defense systems, and it is therefore they who fall victim to a salmonella poisoning.

The only ones who are safe, are those who consume fresh raw animal food on a regular basis. If you then accidentally eat something very bad in the wrong restaurant, your bowels will maximally move too much, while your diner companions may end up in the hospital.

So, what to do?

You first need to train your defense system gradually. First you need to expose it to only very little egg yolk (like half a teaspoon) during the first few days. Then you gradually increase the amount of egg yolks, eventually up to a few egg yolks a day.

Of course you should still use FRESH raw eggs, because even fresh raw eggs already contain

traces of salmonella. To check the eggs on freshness, please read [this](#)

Back to: [the book](#) or: ['Acne Sample Diet'](#)

More Q & A

You can ask your questions about this diet in the "Sample Diet" section of this [Acne Bulletin Board](#) , but, please, first check the Q and A below.

Click on a question to view Wai's answer.

About the cause of acne

- [What is bad about blending? dont our teeth do the same?](#)
- [What is the connection between allergies and acne?](#)
- [What causes a high sebum production?](#)
- [Doesnt oil cause acne?](#)
- [Pinched off sebum canals can be caused by...](#)
- [How exactly can stress cause acne?](#)
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Sebum / oil / dryness

- [Would this diet help stop the oil production too?](#)
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General Questions

[What type of acne does this diet not 'cure'?](#)
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[Could you be so kind as to email me a synopsis of your diet?](#)
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About the book

For general information about the book, click [here](#)
[Is your book mainly reference / history? How many recipes?](#)
[What is exactly in your book? Mainly reference?](#)
[Has your book been approved by any medical board?](#)

More Q & A

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118) ***What type of acne does this diet not eliminate?***

Pure hormonal-caused acne.

Acne is caused by the combination of a high sebum production and pinched off sebum canals. If one of these aspects is absent, you will not have acne. And hormones can do both: Hormones like estrogen can cause water retention, causing the sebum canals to be pinched off. Hormones like progesterone and testosterone can increase your sebum production. But the 'sample diet' eliminates acne in over 90% of acne patients.

117) ***I have a question about stress. I understand from experience that it can exacerbate acne. Because of the diet I have not felt the negative, emotional effects of stress....but I have been too busy. I have two new pimples that I am not going to get out of sorts about***

When we are in stress, the body secretes extra ACTH and cortisol; 'stress hormones'. Cortisol is a hormone that converts stored energy, in whatever form, into direct available energy, so that we can either 'fight or flight', because that is what a stress situation requires in nature: you run for your life or you defend yourself. Our body does not know that this cortisol is not necessary when the floor manager is putting too much pressure on you; it is a stress situation and therefore more cortisol is secreted.

One of the processes cortisol stimulates is the breakdown of muscle-protein into available energy, and the results can be quite a mess: cell protein broken down in all kind of little pieces of protein.

The problem is that we are not beating the floor manager up or running home. We just sit there and 'accept it', which means that those little pieces of protein are not decomposed into their basic molecules (nitrogen, hydrogen, carbon and oxygen) to utilize the energy that binds them. And these little pieces of protein that are not broken down attract much more water than the original intact muscle protein. And this extra water increases the water pressure in the true skin, pinching off sebum canals...

116) ***Is sebum production genetic?***

Yes, it is partially genetically determined how much sebum is produced. Though it is also determined by whether the outer skin is dehydrated by aggressive chemicals, too much sun-exposure etc., which stimulates sebum production to counteract the dehydration of the true skin.

Can we do anything naturally to diminish it?

Sebum is essential to keep the skin flexible; the more sebum is produced, the more aging of the skin is slowed down. So if you produce much sebum, at an older age your skin will look better than that of people who do not produce much sebum.

So, when the sebum canals are not pinched off, this sebum does nothing but good things. Only if your sebum canals are pinched off, can this high sebum production cause the accumulation of sebum, and acne.

In this diet the sebum canals are no longer pinched off and producing much sebum is therefore

no problem anymore and solely beneficial. So why would you diminish it?

And if you do, this is never natural because then you need to force down the amount of sebum naturally produced, no matter what agent you use, natural or unnatural, to force the sebum production down.

115) ***My doctor told me that eating too many fruits can cause diabetes. Can you explain this? Does he mean in the long term?***

Wai, today is my first day on your diet. I find it very hard to maintain because I'm hungry all the time and it takes me forever to eat all those fruits and that salad. But I'm going to stick with it.

In diabetes the insulin system is impaired.

This system can be impaired by too strong blood-glucose level fluctuations.

That is why some people think fruit can cause diabetes.

That seems logical, since fruits contain much sugars, and sugars trigger insulin secretion.

However...

Fruit-sugars do not trigger insulin secretion as much as carbs from rice, pasta etc. do, see [these posts](#) from goracergo, a diabetes-1 patient since he was one year old. The reason:

Fruits contain a mixture of different sugars: fructose, glucose and sucrose. And since sucrose (like plain sugar) consist of one molecule of glucose and one molecule of fructose, fruits contain a mixture of fructose and glucose. It is the glucose that has the most direct impact on your bloodsugar (glucose) levels. Fructose will affect it also, just not as fast. Starch, like that found in bread, potatoes, rice, etc. is a number of glucose molecules connected together. Your digestive system easily breaks these bonds so the starch becomes a lot of single glucose molecules. That is why things like pastries, potatoes, bread, rice and other grains will raise your bloodsugar more than plain sugar or fruits.

(bananas contain far more fructose and sucrose than starch and glucose)

Furthermore, fats stabilize the blood-sugar level:

If you eat only sugars, the blood glucose level will rise much more and also decrease much faster than when you consume first sugary food and then fatty food in the same meal (as in the 'sample diet'.)

The reason:

The body has (besides alcohol) only 2 sources of energy at its disposal; fat-like molecules and sugar-like molecules (redundant protein is converted in both).

The fats are slow but long lasting energy while the sugars are fast but short lasting energy. together they are perfectly complementary; the fats make the energy from sugars last.

Since you are hungry to soon after having consumed food, you obviously consumed FAR too little fat. In the sample diet you need to cover your salad with LOADS of olive oil, and take a

few bites of it after every time you have consumed some fruits/juices.
This will definitely make your energy last.

114) ***What cleansing lotion should I use?***

The best cleansing lotion in the world is 100% pure rosewater (no alcohol, not chemicals whatsoever)

Second best is pure cucumber-juice (not blended; the JUICE)

All cheap brands and semi-expensive brands contain aggressive chemicals. Avoid ALL the chemicals listed [here](#), and all chemicals that 'look alike' (e.g. partially)

The most expensive brands contain the most natural ingredients, meant for old rich women that have had all kind of chemical peelings and therefore cannot cope with aggressive chemicals anymore.

Never take any products that promise to "revitalise", "rejuvenate", "rehydrate" or "super-moisturize", for the contain faaaar too much crap.

113) ***Does putting your hands on your face promote acne, because of bacteria?***

Bacteria from the outside do not influence your acne / sebum production. The propioni bacteria are very specific bacteria IN the skin that specifically convert old sebum gland cells into sebum, but they are part of the body, and very different from the bacteria on the outside of the body.

112) ***Is heat and hot weather bad for the skin?***

Not if you drink enough water / eat enough fruits all the time. The sweating can actually help you deport 'dirty' protein and excessive salt / spices (but if the skin is not clean / wearing sweaty clothes, the sweat and dirt combined can easily clog the skin from the outside). If you don't drink enough water / eat enough fruits, your outer skin will dehydrate, which triggers an increase in sebum / oil production, to counterattack the dehydration.

111) ***Should I splash water on my face in the morning?***

No problem, but use low-mineral bottled water for that, since the chloride from tap-water dehydrates the skin. You can use a plant-sprayer.

110) *What moisturizer can I use to re-hydrate my skin?*

The main reason why the skin in so many acne patients is so dry, is because of the topical products that inhibit sebum production. By nature, the skin produces oil and sebum to prevent dehydration. A dry skin is not caused by a lack of water in the body or skin (which would affect all your organs) but due to accelerated dehydration of the outer skin cells, due to a lack of sebum / oil (due to those products) or due too much sunlight or aggressive chemicals (like chloride in tap-water).

The problem of most moisturizers is that they make the skin absorb chemicals that attract water: to "moisturize" the skin. Thus it functions exactly like 'dirty' protein and salt, increasing water-pressure in the true skin, which may pinch off sebum canals and thus cause acne. And don't use ANY topical treatment, no matter how locally adapted. Please try to trust me on this one.

The ONLY thing you can use is a mild cleansing lotion.

You do not need a moisturizer, let me explain:

The skincells always contain lots of water, but the more they move up the the surface of the skin, due to the shedding, the more they dehydrate, until they eventually have dehydrated so much that they die, and shed off.

This process is accelerated by sunlight and aggressive chemicals , but also by water-attracting chemicals in the true skin, which distract water from the outer skin. So by "moisturizing" you skin with a moisturizer, the moisturizing chemicals first make your outer skin retain more water, but then are absorbed in the true skin, where they distract water from the outer skin. That is why your skin first feels soft after using the mositurizer, but after a while that effect is gone, and you might think you need MORE. While in fact the mositurizers accelerates the dehydration of the skin.

So, are there no good moisturizers?

Yes there are.

The only good moisturizer is a cream that does not contain water-attracting chemicals that are absorbed in the skin but that puts a thin layer of fat on your outer skin that is too thin and moist to clog the pores, but thick enough to protect the outer skin cells against dehydration.

So what we are looking for is a mositurizer that mimicks the effect of sebum; sebum also protects the outer skin against dehydration. But since your sebum canals are pinched off, you may produce much sebum, but too little reaches the surface, that is why in some people the skin also starts to produce more oil to counteract the dehydration of the skin.

But if your skin is dry, you need to put on a protective layer of fat that is thin and fluid enough to not clog the pores.

So what moisturizer should you take?

Look for one that does not promise to "moisturize" or "hydrate" your skin, but that just "protects your skin against dehydration".

Most effectively is to put one finger-tip of oil on your face after you have made you face a tiny

little bit moist by spraying some low mineral bottle water (like Volvic) on your face with a plant spray (not so much that drops are formed; just that you feel it but don't clearly see it).

Only use an oil that is low in vitamin E, since vitamin E accelerates shedding of the skin. Oils that contain the least vitamin E (per 100 gram) are:

- 6 mg. linseed oil
- 3 mg. sesame seed oil
- 3 mg. walnut oil
- 2 mg. [coconut oil](#) / [Monoi oil](#)

Cocoa butter contains even less vitamin E (1 mg.) but that can clog your pores. One of these oils will do just fine.

If your skin is very fragile / sensitive / dry due to Retin A or accutane etc., please try the walnut oil first, since this one is most gentle and soothing.

109) DaveJ77 wrote:

Does climate where you live affect oil production? I live in New York where it is very humid, and when I was in Germany for 3 weeks my skin became much drier, and I got fewer breakouts.

If you live in humid conditions, you sweat more. And if that lost moisture from the skin is not sufficiently replenished, the outer skin will dehydrate sooner, which accelerates aging of the skin. To counteract this, the skin will increase sebum/oil production, since sebum/oil prevents dehydration of the outer skin.

And if your sebum canals are pinched off, this extra sebum will cause more sebum to accumulate, causing more acne.

108) ***Can you please explain why would salt (sodium) cause acne?***

Blood-salt levels are about as strictly regulated (30%) as blood-glucose levels, but unlike excessive sugars, which can be easily stored as glycogen in the liver or muscles or eventually as glycerol in adipose tissue, there is no such storage place for salt. That is why the body tries to eliminate that excessive salt / spices by excreting it into urine and through sweating. But to sweat this salt out, it is first IN the skin, where it temporarily attracts extra water (before it is actually sweat out), temporarily pinching off sebum canals. And if this causes an accumulation of sebum (if much sebum is produced), this may already block the sebum canals, which causes further accumulation of sebum, and acne.

Crzyakta wrote:

105) ***Ok I need to know this its bugging the hell outta me, you said that its the dirty protein and water retention that make us break out, so does this have anything to do with heredity? why do some have acne and some dont?***

What I said was this:

Acne is caused by the COMBINATION of a high sebum production and pinched off sebum canals. If one of these two is absent, you will not have acne.

How high your sebum production is partly genetic and influenced by exogenous hormones, vitamins (B5), physical activity, dryness of the skin, etc. etc.

How much your sebum canals are pinched off depends on how much water the true skin retains.

So yes, acne is partly hereditary, but it can all be eliminated by preventing the pinching off of sebum canals.

100) Since I was young I had the feeling that any kind of oil caused acne

I thought so too when I was young. Later I found out that it does not. Mostly when you consume oil, you have been frying something in it, and that food always causes acne. But the oil itself does not.

Even if fat would increase sebum production, there is still nothing wrong with unless the sebum canals are pinched off, causing sebum to accumulate. The latter is what should be prevented to fight acne because sebum slows down the aging of the skin.

The sebum canals are pinched off due to 'dirty' protein and salt in the true skin attracting water from the outer skin, the blood and other cells, increasing water pressure in the true skin, pinching off sebum canals.

89) What is so bad about blending? Dont our teeth do the same thing??

The rotation in the blending goes REALLY fast (I want to see you chew that fast!!!), which causes heat on a molecular level.

It is the friction that causes it. Chewing does not causes such 'molecular heat'.

Just think of how you can make fire by rubbing sticks to eachother really fast. It first causes heat on a molecular level, which inflames and actually causes fir if you keep on doing it long enough (and properly; I can't do it!)

If you do it slow (like chewing), it never works.

86) *Can sugar make me break out?*

If you eat something with lots of sugar, your blood-sugar level goes up and down very much. And sugar also attracts water, like 'dirty' protein and salt.

In most people blood-sugar levels are very strictly regulated (39% fluctuation), but in some the blood-sugar-insulin response is less strict, allowing greater fluctuations. (like in diabetes)

And temporary too high blood-sugar levels also make your true skin retain more water temporarily. And even one moment of retaining too much water can already pinch off sebum canals, causing an accumulation of sebum, and thus a new pimple.

So even if you eat only non-acne-causing foods (fruits, sashimi etc.), you need to consume sufficient fat after every high-sugar meal, to stabilize blood-sugar level.

67) *I don't know how the diet caused such changes, all i know is that it does.*

It is quite simple actually; the acne is caused by the combination of both a high sebum production and pinched off sebum canals. If one of these is eliminated, you will not have acne.

That is why sebum production lowering drugs can temporary work too. (temporarily because decreasing sebum production lastingly is very unhealthy and accelerates aging of the skin)

The diet eliminates the pinching off of sebum canals, by not absorbing the substances that make your true skin retain too much water. (the higher water-pressure causes the sebum canals to be pinched off)

Producing much sebum is actually a good thing for your skin if your sebum canals are not pinched off, since the sebum is required to keep your skin flexible, preventing dehydration, slowing down the aging process.

Can the results last forever, Wai?

As long as you are not consuming any other food, you will not get a single zit again. EVER.

However, nobody wants to eat like that forever. That is why I wrote the book. The book includes lots of guiding, advice and loads of 'munch-foods'-recipes that can be included in the diet, to be able to enjoy all the good tastes of 'bad' foods.

It is about including as much of the least 'skin-polluting' foods in your diet to the extend that is acceptable for you regarding how clean you want your skin to be. So that YOU are in control instead of the acne controlling your life.

You decide how clean your skin must be, and you adapt your diet to that.

Chris, previously wrote, by email; 06/24/01

The diet has been AMAZING so far (6 days already). My skin is so much softer and still NO new zits. My ulcers are going away and the existing zits that used to stay on my face for months are almost gone.

I've now lost my cravings for junk food too. It worked 100% for me. That's incredible considering i have moderate to severe acne. And yes, you may publish my questions if you want to under 'Chris'. Thanks a million!!

57) Just Me wrote: *What exactly is in your book - how many recipes are there or is it mainly a reference book with lots of studies etc and scientific references etc?*

There are 4 parts.

Part 1 consists of 23 chapters, explaining how exactly acne and cellulite are caused (of course cellulite has nothing to do with sebum production while acne has) and what is required to totally eliminate acne / cellulite. You can view excerpts (the theoretical parts) of Part 1 about acne and cellulite.

Part 2 consists of 18 chapters, justifying every aspect of the diet regarding nutrient requirements and regarding possible harmful substances, like bacteria etc.

Part 3 consists of 17 chapters explaining what you should eat, about the rules, how to prepare the food, how to maintain the diet, about the obstacles, traps, how to pick 'munch-foods', guidance, advice, and 93 recipes of delicious 'munch-foods' that are the least 'acne-causing' and can be included in the diet to be able to enjoy all the good tastes of food, and to be able to maintain the diet lastingly.

Part 4 consist of 8 chapters explaining how physical addictive chemicals (opioid peptides and beta-carbolines) increase your cravings and make you eat more, which can cause overweight, and how you can most effectively lose weight lastingly without having to fight your own body.

An excerpt of the theoretical part can be viewed [here](#)

Appendix A explains the cause of constipation and how to eliminate it.

Appendix B lists nutrient contents of the foods that are included in the diet.

So the focus of the book is explaining and guiding. I have tried to keep everything as simple as possible, and I think I succeeded in doing so. The scientific references are only there to support my claims.

52) Just Me wrote: *How many recipes are in your book for what to eat and / or does it just contain lots of reading material about what causes what etc etc - personally I'm not really interested in the history or references as to what causes acne or cellulite in detail as I don't have much time to read stuff like that as I have much to do - and would like to get to the nitty gritty - is your book 3/4 reference ie what you have studied personally and the rest various recipes?*

No stories about history of acne or anything, but I do explain how acne is caused. I have to. Most of the book is practical guidance (incl. 93 recipes). The references are only used to

support my claims. The book is not theoretical at all (the excerpts mentioned above are the theoretical parts), it is very down to earth and practical, and I've tried to anticipate all the difficulties one may experience regarding maintaining the diet.

What is the book like - is it paperback or hardback?

Paperback. If you prefer hardback, then you need to wait till it's re-published.

48) Just Me wrote: Has your book been approved by any medical board etc or is it just your personal research from studying?

No. According to medical science there is no relationship between diet and acne. The medical board would never approve a diet that is not according to their recommendations. Furthermore, the medical board contains also people that are there to protect the interests of the pharmaceutical companies, and they will not be happy with a diet that can make their clients buy less anti acne drugs.

38) Where are you getting your information? Or, more specifically, what are your qualifications?

If have no qualifications whatsoever. Just some knowledge. I have only been doing a self-study biochemistry for 6 years and have been researching thousands of scientific studies.

37) What do you say to the pretty much unanimous declaration of dermatologists in the sphere of western medicine that food intake is not a factor in acne production?

Food intake is not a factor until somebody shows it is. I challenge any dermatologist to give me 10 acne patients who are very determined to lose their acne. Because that **generally** is all it takes; determination.

33) Could you be so kind as to email me a synopsis of your diet?

No. You can read the book online at: www.FreeAcneBook.com You can also directly start with the ['sample diet'](#)

27) Any scientific evidence or studies relating to diet (food allergies) and acne that you can provide?

Nope!

Your success will be your proof.

Acne is not a food-allergy; in allergies there is a immune response. In acne the sebum canals are pinched off which results in acne when also much sebum is produced.

No costs in trying, so what do you have to lose?

If you prefer theory over practice and want to read my whole theory (supported by references) before trying, than you need to read the entire book first; www.FreeAcneBook.com

25) What is the connection between allergies and acne?

Allergies (immune response) and acne (pinched off sebum canals) are fundamentally different but it seems to me that there sometimes is a connection; In people that have food-allergies acne may come as a 'side effect' since in many allergies the skin tightens in response to that upon what the body allergically reacts on. And the tightening of the skin may also tighten / pinch off sebum canals, causing an accumulation of sebum. But I'm pretty sure that most people with an allergy KNOW that they have one, and that most people with acne do not have an allergy.

Rianne wrote:

10) I'm very interested in WAI's eating regime --- I'm going to print off the details because I would just love something "natural" that would help my skin. Would it help stop the oil production too WAI?

No, not directly, but it may indirectly.

The diet eliminates all your acne, that is for sure (we had a 100% success-rate in 15 people so far).

How the diet may decrease your oil production indirectly:

Acne is cause by the combination of BOTH a high sebum production AND pinched off sebum canals.

the pinched off sebum canals are caused by excess substances with water-attracting properties in the true skin. This will make your true skin retain more water, distracted from the blood, the lympe AND from the outer skin-cells.

This will cause the outer skin cells to dehydrate and die sooner than they should. The skin will try to counteract this by increasing oil-production, since the oil protects the outer skin-cells against dehydration. So the oil production will be increased to counteract accelerated aging of the skin (due to dehydration of the outer skin)

So to decrease the increased oil-production, you need to take away the reason why the oil-production was increased; excess water-attracting substances in the true skin. Thus you will have to decrease the intake of salt and 'dirty' protein, which will eliminate your acne for sure, and maybe the excess oil production too.

Veronica2 wrote:

9) Also, if you can bear to do it, (regarding excessive oil production) it really helps to stop using any kind of aggressive, drying treatment on your face, like glycolic, other AHAs, BP, alcohol or retinols. When you dehydrate the surface, the oil glands produce more oil to compensate.

EXACTLY.

And...

the outer skin is also dehydrated when the true skin retains too much water. This may seem contradictory, but it is not:

Acne is due to the combination of both a high sebum production and pinched off sebum canals. The sebum canals are pinched off due to excessive moisture in the true skin, which is caused by excessive salt and/or 'dirty' protein in the true skin, which distract water from the blood, lymph, but also from the outer skin.

To counteract this dehydration of the outer skin (which accelerates aging of the skin), the skin starts to produce more oil, which prevents dehydration.

So in healthy skins acne (caused by 'dirty' protein / salt / spices) triggers excessive oil production, to counteract dehydration of the outer skin.

By taking away the cause of acne, you eliminate both acne and the excessive oil production.

4) Could you explain to me the specific function of the bacteria that live in the sebum canal? I'm unclear on their primary function.

Sebum is there to protect the skin against dehydration. Sebum is produced by the sebum glands, in which the propioni bacteria play an essential role: they convert old, dead skin cells into sebum, so the bacteria are indirectly essential to keep the skin flexible, to protect it against dehydration; to slow down the aging of your skin.

3) What causes a high sebum production?

A high sebum production can be caused by lots of things, like:

* By naturally high hormone levels; we all have different hormone levels, which for example partly determines whether someone is a dominant type or not. This becomes clearer once you enter puberty. A naturally high sebum production is protective against aging of the skin.

* By taking muscle volume-increasing agents; muscle stimulants in general are also sebum production stimulants.

* Relative low B5 levels. Supplementary B5 however may impair the feedback system that regulates the production and secretion of B5 by the body. (like administration of corticosteroids may impair the cortisol feedback system)

* "Skin-stress"; working with aggressive chemicals or spending too much time in the sun accelerates the dehydration and death rate of outer skin cells, which stimulates the production of sebum, since the sebum is protective against dehydration.

2) Pinched off sebum canals can be caused by:

* Allergic reactions, causing tightening of the skin, pinching off sebum canals too.

* Excessive moisture in the true skin (due to food-chemicals, edema or hormonal contraceptives), increasing water-pressure, pinching off sebum canals in the upper true skin.

001 ; "Does smoking affect the skin or acne in any way?"

It does affect the condition of your skin, in the sense that the pro-oxidative substances that smoke contains, does affect skin cells, but it does not influence / cause / aggravate acne.

Testimonies

Please [email me](#) your **experiences** (no questions) with the diet.
For lots of questions and answers, check out the
[Acne Q and A Board](#) !!!

[Jenna, after 4 days](#)

[Paranoid111, after 5 days](#)

[loca, after 5 days](#)

[Uglyguy, after 5 days](#)

[Geocentric, after 5 days](#)

[Alma, after 5 days](#)

[Keturah, after 5 days](#)

[Arby, after 1 week](#)

[Cecilia, after 1 week](#)

[Forever, after 1 week](#)

[Knob Jar, after 1 week](#)

[Knotted String, after 1 week](#)

[RachelReb, after 8 days](#)

[Pete, after 9 days](#)

[Chloe, after 10 days](#)

[AcneVictim, after 1.5 week](#)

[Star95; after 13 days](#)

[Ed, after 13 days](#)

[Fay, after 2 weeks](#)

[Aquarius, after 2 weeks](#)

[Barry, after 2 weeks](#)

[Sternrad, after 2 weeks](#)

[Lyn, after 15 days](#)

[Mil, after 2.5 weeks](#)

[Goracergo, after 19 days](#)

[Holly, after 20 days](#)

[TheSpian, after 3 weeks](#)

[Alice, after 3 weeks](#)

Chris, after 3.5 weeks

Tina, after 3.5 weeks

Alphabeta

Angela

Frugivore

Katherine

Kathitep80

Isis

Matthew

Meg

Rick

Veronica

Angel, after 4 weeks

SlickRick, after 5 weeks

Soy de Josh, after 5 weeks

Scott, after 2 months

Sue, after 2 months

Vanessa, after 2 months

Riverdown, after 2.5 months

Lizzy, after 3 months

Artie, after months

Maria, after 4 months

Kyoko, after 4 months

Sanna, after 5 months

Judy, after 6 months

Virtuoso, for 6 months

Tim, after 6 months

Simon, after 6 months

Karen Leo, after 8 months

Robert, after 9 months

Mark, after 10 months

TBruno, after 1 year

Erin, after 1 year

Kikkie, after over 1 year

Jenna ; Juli-01, 2001, after 4 days

I have been following the sample diet for four days now, and my skin is beginning to take on a smoother, softer texture and a healthier glow. The previous eruptions are healing, and the only new acne I have are a couple of small bumps that began on the second day. I know that it takes three days for the food to reach your skin. Also, from my own research, it takes awhile to cleanse the system entirely, and old undigested foods and toxins can remain in the colon for a longer period of time. The colon cleanses itself in layers, so it takes longer than three days to get a clean system.

Anyway, so far I am very happy with the results on Wai's diet. My shoulders and upper back are healing very fast. Maintaining this diet is a very small price to pay for the results I am beginning to see, not to mention, my energy feels very fresh and alive!

I will continue to post my results on here as my experience on the diet progresses. Like many of you, I have had calm periods before another storm, so time and discipline to stay on the diet will reveal all.

Juli-14-01, after 17 days

Her diet is working in me, and it has enhanced my health and energy levels in many ways.

Veronica2

Started breaking out at age 11. By 15, had small pimples all over my face, and began antibiotics which I took over a 15-year period (stronger and stronger doses of tetracycline, erythromycin and, finally minocycline). During that period, I was also on the birth control pill (for it's original intent) for two, one-year periods. The first round my skin got better while I was on it, the second time I ended up with cystic acne (and no period for 2 years). 10 years later, I took Accutane after which my acne was no longer cystic, but I still had at least 20 pimples every day on my face, as one healed another would take it's place. I also, during PMS, would get pimples on my chest and back . This level of acne continued throughout my adult life. Being frightened of what the drugs had done to my body, I decided to just stick to topicals - Retin-A, glycolic peels, glycolic home care for years, SAV peels given at a salon (same at the Skin Culture Peel you tried), benzoyl peroxide, salicylic acid, Acne Statin, Pro-Activ, Murad, Serious Skin Care, blah, blah, blah. I tried every crazy mix of supplements and herbs. Then homeopathy. I tried all kinds of diets, including that Acne Miracle. I did read it all, and applied it

religiously, it didn't work at all, and, like Branka, had no luck getting a refund, or even a reply to my emails. No kind of cleansing helped my acne. I did two liver flushes, a kidney cleanse and numerous colon cleanses. Two years ago, I did a kind of elimination diet for my asthma, which also reduced my acne, but the best I could do on that was 90% clear, and I really didn't understand why I couldn't get it completely clear until I met Wai on this board. I don't think Wai's diet is a cleansing diet, it works because you learn to stop putting things into your body that cause acne. She doesn't prohibit supplements at all, but if you read her book, you will understand how ill-advised they are for your health. She doesn't claim to cure acne, just to put you in control of you acne so you can make it disappear 100% whenever you desire. Nothing else has ever done this for me.

Fay ; Juli-06-2001, after 2 weeks

hi everyone! i'm new here and i want to say that i've been secretly trying out Wai's diet for a little more than two weeks already. I followed all the instructions except that i don't include any raw fish or meat, any nuts or chives in the salad. Only lots of ripe fruits, the raw egg yolks and the vege salad. Any questions i had about the diet had already been asked by you guys so i had few problems. The results are quite amazing actually, considering i have severe acne. Two weeks and not a single new zit although the old marks are still there. My skin is so much softer and calmer now and after two weeks, i'm hooked on wai's diet! I can't even begin to imagine what it would be like to go back on my normal diet and abandon wai's.

Anyway, i read that most of you on the diet complain of being hungry all the time! What i did was to eat whenever i was hungry and not stick to the 2-3 meals a day routine. Eat as much to fill your hunger and if you still feel hungry, eat more!! Don't forget about the salad though for the fats to prevent cravings. I think many people missed out ON THIS!!: I remember wai saying that if you feel hungry, your body is running low on sugars. And if you don't feed your hunger with food, your body will start utilising proteins in your body instead for energy. I also read from other sources that protein is not as good as sugars and carbs as energy cause using protein as energy will cause the protein to produce dirty by-products that may contribute to acne. So my opinion is all of you on wai's diet should refrain from getting hungry all the time without eating anything. Wai, am I accurate in saying this? Oops sorry i forgot to thank you from the beginning of the post. Thank you sooo much Wai, I'm really grateful for the diet and all your tireless contributions.

Goracergo ; Juli-02-01, after 3 days

Im on day 3 plus of the diet. All of the yellow gunk from my former pimples are gone and my face is looking alot better. All my pimples are in remission. I love how am feeling with this diet. At this rate I should be clear by next weekend hopefully. Then its time to get a peel done to even out all those red marks and one hyperpigmentation scars.

Juli-07-2001, after 7 days

Im on day 7+ of the diet. One new pimple on face and two on back but its because of the shelled raw brazil nuts that I purchased at Wild Oats. You need to buy the nuts with the shell on them then take the shell off. ANYhow, complexion improves everyday, old red marks are healing quite fast and I am ecstatic. Honestly, I could never imagine a day where I looked so good. On b5 my face never looked this good and I had an average of 3-5 active pimples on my face at one time. Now i have a very small active pimple on my face, but this is due to the fact that I had ALOT of brazil nuts in one day, and they were the wrong kind. DOH! Continued success to everyone on this amazing diet.

Juli-14-2001

"Day 16 or 17? "

Its been too long to count... Anyhow, complexion keeps improving, the acne is gone, and Ive had no new pimples since a couple days ago. My face hasnt looked this good in years. I have my confidence back, and went to a great party last night and suprisingly I met a super rad girl. In fact, I have a date with her tonight. I am so happy right now, Im on a wai high. hehe, I beat acne and now I have control over it. On a side note, I feel more energized, I sleep better and can run faster for longer periods.

Juli-18-01

I am experiencing reduction of my pores, its crazy. My face is smoothing out right in front of my eyes (ok not literally) Hollie also mentioned that this was happening to her. I am using: cucumber oil + coconut oil on my face two times a day plus on your diet. Ive only been on this diet 3+ weeks and already my pores are shrinking.

Sternrad ; Juli-11-01

its day 5--my face is making wonderful progress. i dont see any new pimples (thank god) and the little whiteheads (uninflamed) are fewer today. i hardly see any to be honest with you (just around my nose). when i first started the diet, i had a few scabs around my nose (from picking) which fell off by

day 2. i noticed that the area was not totally healed, however. it appeared to still be very raw and uneven in texture and skin tone. the raw pinkish area where the scabs fell off are actually forming scabs AGAIN! i dunno--maybe my body recognized that it didnt heal it all the way and that is why another scab is forming--hopefully the unevenness and the discoloration will be less now after this scab goes away. it has really been bothering me--and i prayed that it would heal up some more (a scar is the last thing i need now). so i guess my prayer is being answered. hopefully by the end of the 2 weeks i will be really clear. i am refraining from the use of topicals--i am not even using any where the scabs are--i know some people suggested neosporin--but im just using the diet the speed the healing process and nothing else (which is what wai recomended to me).

Oh, (this is for you complainer who are always claiming you are "starving")--i have really figured out a good way of satisfying my hunger while on the sample diet. today i went to the store and bought dried dates, pineapple, bananas, raspberries, and raisins(EVERYTHING is sugar, preservative, etc free--only dried fruit was used)--anyway, i mixed this with walnuts and made a trailmix--BOY ITS SO GOOD!!!!!!!!!!!! i like it better than mostly any other snack i ever had. yummm! well--just thought id let you know that. ok goodbye! Stay strong, the diet is not that hard to maintain, assuming you have enough determination to be clear. good luck.

I absolutely love going to sleep not worrying to remember to put on retin-a or benzoil peroxide and take them damn supplements on time. what shit! none of it does anything anyway--just creates more havoc for my face. well--i think i will make tomorrow my first night out of the house in a while--im ready!
ill post my results and comments again in a couple days.

Juli-17-2001

This is my 10th day on wai's diet. the results i have been seeing are unbelievable. i cannot remember the last time my skin was this clear. the only form of acne i still experience are a couple whiteheads (microscopic) around the creases where my nose meets my face. i see fewer and fewer of these everyday, though. my skin looks really smooth and the texture feels awesome! i am very happy with the progress i am seeing--i suggest that everyone who is serious about getting rid of their acne to definitely not cheat (or cheat as little as possible) while on this diet. not following the diet exactly wont give you the desired results. good luck! thanks wai!

Juli-21-2001

This is day 15 for me--i have been on the diet (only cheated 2 times) for 2 weeks. as of 1 hour ago, i have begun to add back 1 food at a time into my diet (adding back 1 food per week). some of you may be wondering if i am clear now after having mild/moderate acne for 7 years--and the answer to your question is "yes" (about 99% clear, no active or inflamed acne at all, just marks from previous breakouts). well--this diet has proven its power to me, and im sure it will to many others who want to give it a chance. its trully amazing what it does. BUT, you must

be persistent--if you're not and you don't stick to the diet at least 99%--you won't achieve the desired results, I promise. Both times I cheated, it showed a day or 2 later. Hopefully, I will stay 99% clear and when these red|brown marks go away, I'll be 100% clear. I will keep posting my results here so people will know that it's possible to go back to eating some of the stuff you are used to eating (in moderation of course) and still remain for the most part clear. I love this diet and I will never go back to eating unhealthy like I used to do before--this diet will keep me in great health as well as keep acne away. Good luck to everyone doing it. Take care.

Holly, after 20 days

Well it's day 20 and I am 90% clear. Wai said that deep cysts could take up to 6 months to clear. A lot of them are already clearing. I haven't been this clear since 15 years ago. I have never felt better in my life. I do have complications that are unique to my own situation and the diet is actually helping get control of those too. I am still trying to figure out what I am allergic to and I suspect that I have Diabetes. I have been looking the symptoms up repetitively all year but my symptoms never made sense. Now they match the list of symptoms perfectly. This explains why I am not 100% clear. So I am not a good example except that I do have remarkable results that have blown me away. I'm sorry I still haven't put up the pictures. I'm not sure if I want to, maybe temporarily. How do I do that? I wish that people were less defensive and just had more faith that this would work for them. If people could just try it for a week or even three days, it is obvious it is doing something. This has really changed my life and how I feel about doctors, I never trusted them except to take my money and to do what I tell them. I hope I never wake up after an accident with an IV in my arm. I would freak out because now I know how bad salt is. The idea of being in a hospital makes my blood boil.

EEEEWWWWW! A most amazing thing about this diet is that my GERM PHOBIA and obsessive handwashing is GONE!!! I'm assuming it because I don't feel toxic or over-whelmed with bacteria anymore. My immune system is working. I feel free.

Chris; June-25-2001

Hello everyone! I've been visiting this acne board since last year but never actually posted anything. Did not have a reason to. I was a silent participant in all the discussions here. I do not want to bore people with my life story and my struggle with severe acne. But now I want to, so please bear with me :)

Had flawless skin before 17 years old after which i started developing cystic acne. Went on antibiotics for about two years with several breaks in between. The first course was pretty successful but by the time i broke out again, the antibiotic did not work anymore. I was utterly devastated. Frankly speaking, i don't think i saw anyone with worse skin than mine. Developed a severe inferiority complex. My social life deteriorated and i started losing most of my friends. It got so bad to the extent where i won't even talk over the phone for fear of the speaker knowing i had severe acne just by listening to my voice. I basically became paranoid. On my worst days, i can't even leave home without people thinking i had just been freshly stung by killer bees, hornets and wasps on my face. Of course i tried every imaginable acne product on the market. Nothing worked and i became a cynical and sceptical person. Did not have suicidal tendencies but hated to be alive.

I got the Acne Miracle journal by Leo Kielson. I believe his method may work but it requires extreme

discipline. His basic rule on acne is this: just take supplements and greens all your life and you'll be fine. I gave up on that. However, i learned from him that diet does play a big role in managing acne. Applied some of his general rules and my acne improved a little. Then i tried the Wonderful Wai Diet.

That is the reason why i felt compelled to post only now. I never gave much attention to Wai's posts initially. She was just one of the posters to me. I must confess that i thought her diet was crap and that she doesn't know she's talking about. But later on i started noticing her posts and decided to give it a shot, telling myself this diet will never work for me just like other diets and medication hasn't. Today is my 7th day on the diet. I don't even beleive that i'm writing this but my acne now is COMPLETELY gone!!

These are the changes i experienced so far with the diet: the skin on my face has become so soft, supple and dewy. In the mornings, i look like i applied some super moisturiser the night before! And yet my face is not oily like it used to. Little zits the size of sesame seeds that used to sit on my face for months has disappeared. Now, my skin looks like i just woke up from a 12 hour sleep even at 4 am in the morning doing my school assignments(amazing!!). The whites of my eyes are now really white instead of looking yellowish and bloodshot (don't know what caused that). On the whole, my eyes look like they sparkle! I no longer crave for junk food like chips and chocolates and feeling hungry all the time. I feel good and light-hearted instead of being depressed like i used to. MOST importantly, i do not have anymore zits growing on my face. Not one! (hope this lasts). This is the first time this happened to me in 7 years.

I don't know how the diet caused such changes, all i know is that it does. I may sound like i'm raving and sucking up to Wai but these changes are for real! No joke! Anyone who don't believe me can give it a try. Seeing is believing and the results are definitely worth it. Wai, i'm sooooo grateful to you even though you claim not to be formally qualified in this field. One question though, can the results last forever, Wai? Anyway, I may post again to report on my progress and after getting the book. So long for now, everyone!

(date unknown)

I continue to have flawless skin thanks to your advice. HONESTLY, i've never been sooooo happy in a long, long time. It's been over 3 weeks and your diet is still working COMPLETELY in terms of preventing acne and cravings. I don't know what good deed i've done to have stumbled upon your diet. Pay no attention to people out there who wants to bring you down through their sarcasm, slagging and petty arguments. They are the ones with the problem, not you. Be strong...good luck and goodbye.

Juli-19-2001, after 3.5 weeks

I must say that the diet is one of the best things that had ever happened to me in the past 7 years that i had acne. Before, i was really torturing my skin with aggressive products which only made it worse. HONESTLY, after a month, i do not have anymore zits on my face, back, or anywhere else. It's quite amazing how i wake up day after day with my skin looking even better than the day before. Sometimes i would just stare at the mirror in utter disbelief. The marks from the previous blemishes disappeared faster than i thought possible. But i must caution you that if you decide to go on the diet, you must be ready to be committed to it long-term. When i tried eating normal foods, even the rather harmless ones gave me indigestion, and a few zits. Hope this doesn't happen to you....

Mil ; Juli-16-01, after 2.5 weeks

I have been on this diet for 2.5 week. The result is excellent. During the first week, I experience an outbreak and I was quite worried that this diet may not work for all people. But I'm glad I've persisted and the result is obvious. My complexion is much better than any of the days when I was on antibiotic/B5/zinc/Essential Fatty Acid supplement combine with topical treatment such as erythromycin/bezo/Retin-A. During those treatment/supplement I still get acne/pimples every other day.

While on this diet, I only experience an outbreak during the first week and by the 2nd week, all of them went away. I believe those are dormant acne that were trapped beneath the skin. (Maybe wai can explain). I used to get large red acne on my back for more than a year and now all of them has gone away. But there are an occasional bumps which subside by themselves. As for my face, presently there no large cyst-like acne appearing but once a while, there will be small pimple that appear which will go away within 2-3 day without I picking on it. Throughout this diet, I have taken 4 meals that is not part of wai sample diet. But these meals are small portion. Other than that I have follow the diet faithfully. I have stop all form of oral and topical treatment.

Meg ; June-28-2001

I never thought my skin could FEEL this way.

I still have more energy and am less prone to fall into depressions.

Honestly, there are still faint red marks near the left side of my face....but they have diminished considerably.

I am about to order Wai's book and look forward to sharing information with you Veronica2.

I am still taking the minocycline and the tazorac but did not see results like this until I started the diet.

I believe that everything is working together.

June-30-2001

My skin feels baby soft and I went to the market today without makeup.....I didnt feel bad...this feels good.

"Forever"; Juli-16-2001, after 7 days

Hi, this is kind of my 7th day on the diet. I say kinda because I've not followed it to its strictest. I've been eating some cooked foods. Still, I notice a huge improvement in my complexion and my hair!

I still get break outs probably because I'm ingesting a lot of dirty protein still. I can't bring myself to stay on the diet strictly as it is because I feel very sick and my stomach keeps gurgling. However, I will try to the wai diet in a couple of weeks with no cooked foods whatsoever when I get used to eating all these fruits!

Anyway, back to the results. The pores on my cheeks have shrank and my complexion is much smoother now. Not as blotchy as before. My face used to be very very oily, but now for some reason, it feels soft but the skin surrounding the shrinking pimples is very dry and peeling.

I can't believe that my hair has also improved so much! I had dyed my hair like 5 times in the last few months. This made my hair very dry and brittle. Whenever I got a hair cut, I got split ends. But ever since I've been eating more fruits and raw egg yolk, my hair is so soft and

growing so fast!

Sue ; June-29-01, after 5 days

Remember that Monkees' song? Well I'm singing it about me! I know it is really too soon to make an announcement but I'm noticing that the texture of my skin has really improved. I had to let you know. I have been on the Wai diet since Monday. It is now Friday morning. I stopped using all acne products on Tuesday. I still think I'm sensitive to something but I won't know that until I go into the next phase of the diet after about another week. The added bonus is my butt is gorgeous--hardly any cellulite. I'm feeling pretty good..la la la la-Now I'm a Believer...

August-13-2001, after 7 weeks

I feel good. My face is completely clear today. Only a few dark spots left over from acne that had been bubbling up like a cauldron week after week for a couple of years. I am truly a skeptic, so it took a lot of trying different things before I would believe that Wai's diet could make a difference. I am in what I call "the next phase" of the diet. I am trying different "munch foods" to see if I can tolerate them. I think for some people it takes longer than two weeks to clear up. And of course I have to admit that in this second phase I never gave up bread completely but I count it as "munch food" which Wai recommends in her book. (Wai says that breads are truly addicting and I believe it). I also ate some very bad foods after the first strict phase of the diet. I had a tasty steak with potatoes and a breakfast of hot cakes, bacon and eggs. I paid dearly for it the next couple of days with a bad break-out. (I've mentioned the before) It took almost three weeks before I was completely clear again. Also, realize that external things can still plug up your pores and cause acne like touching your face or wearing products your skin is sensitive to. With the diet, I am more keenly aware of that. To get the best results you have to be very strict about what you put on your face and what you eat. **DO EXACTLY WHAT THE DIET RECOMMENDS.** That means no stuff on your face and only eat fruit and the recommended salad and animal protein that Wai prescribes. I was pretty good about sticking to the diet plan during the first phase but when I finally quit using the the face stuff (other than a little antibiotic ointment when I broke the skin), I had much better results.

August 23, after 2 months

I was one of those people who had to psych myself into the diet. Being a diet junky (I've tried many and failed), I didn't think I could do it. I first cut out all dairy, coffee and softdrinks. Then I cut out all meats except fish (cooked) but bread and pasta was not going to be easy. After about 10 days of this, I decided to go on the pure Wai diet. I stayed on for 10 days and was

clear (no new ones) but on the 4th of July I had to eat some bar-b-que. It is against the law in the USA, not to have a bar-b-que on July 4, our "Independence Day". (okay, just kidding) The ribs were so good though. Well, I decided to buy the book. In the mean time, I tried going off the diet but my skin got pretty bad. So now I am on the diet again but trying the "munch foods" every 3 days or so. So far, my skin has been pretty great. Not perfect yet but a whole lot better than it was. During this phase of the diet you find out how sensitive you are to "dirty protien", salt and spices.

Best of luck to you. Sue

loca ; Juli-12-2001

Day #5

just woke up and maybe i'm hallucinating but my skin just looks all around better, i geuss that would be my complexion. I have one pimple coming in on my forehead and two tiny ones on my upper lip area. My chin which is normally very active is totally clear. My cyst on the side of my face continues to get smaller. On day #3 all of my old pimples turned yellow just like others had reported and are now gone. I think I am going to stop using my cleanser, even though it's supposed to be mild bc i wake up and my skin is a little oily, which leads me to think that it might be dehydrating my skin etc., also I'm going to start using filtered water instead of tap.... so will start doing that and report back later!

RachelReb ; Juli-23-2001

I just realized I haven't been posting my results. But anyhow, I absolutely love hearing about your guys', so I figured I'd share mine. I've been on the diet for eight days now. I followed it for five days to the T, lots of fruits, salad consisting of lettuce, tomato, cucumber, chives, and olive oil, as well as brazil nuts. No egg yolks, or sashimi. On my sixth and seventh days I had a bit of a slip, but am back in the saddle again ;)

The surprising thing is that I haven't noticed any new pimples...it's just taking awhile for the old ones to go away. I have noticed my skin feels softer, and looks clearer. the texture is certainly improving. I've also been using cucumber juice to cleanse, and hydrate my face. Fantastic stuff!

So far the results have been quite pleasing, and if it weren't for my lil setback im sure my face would be healing at a faster rate. As of now, I'm starting as if from day one, determined to stick

it out for the full two weeks.

TBruno ; Juli-18-01, after 6 days

Well its day six and it is today that i notice my cystic zits are finally shrinking and going away. If it wasnt for the sun burn on Sunday Im sure i would have seen results sooner. lol. But i did go and see my derm as you suggested and he prescribed me a cream to calm the skin. So little by little the burn is calming down and going away. Luckily this stuff hasnt made me break out that was my worst fear...I cant believe I'm sticking to this lol. Now i need to get my butt back to the gym because it has been almost a full week since i worked out. Oh yeah one more thing, i have always had a flat stomach but for some reason this diet has added more definition to my muscles on my body. My stomach has more definition and my arms are more cut. I love it.

August 23

Okay i have been kinda on the Wai'd diet for a month and the results are great!!!!. My skin finally smooth with red scars but what r u gonna do?? My two last cysts have finally flattened!!! I have had no major breakouts even though now and then i have a forbidden snack. The next day or two i would get like a pimple or two but like i said no major breakouts. Last week i drank lots of alcohol so i broke out with 3 nice size cysts!!! Now they r finally gone!!! and it didnt take them so long to disapear!! But yesterday i ate good all day till i got home, i had a bowl of cereal and some italian pastries I dont see any zits yet but its kinda too early to tell. Anyway results are great for me and i didnt even follow it 100% but my acne is mild and not severe!! My scarring is quite severe!!!!!!!!!!!! i hate the redness.

July-17, 2002 , after 1 year

I dont know if u remember me but i used to be a usual on ur board College has taken a toll on me and a whole lot of time.. but i dont have acne anymore it was like u said my situation it was an adolescent thing.. but i started up ur diet again to for health/weight loss reasons.. I cant believe how difficult it is in the beginning to not eat any cooked foods

Cecilia ; Juli-30-01, after 1 week

Hi Wai! I've pretty much survived a week of your diet and my skin is clearer. My skin tone has changed overall too. Thank you so much!
I've always pretty much stuck to your diet for only about 4 days and gotten really naughty after that. But this time I adhered to your diet rules. (I lie, I couldn't resist one mini bite of a brownie :)

My problem used to be mainly getting cystic acne on my chin and jawline. It would usually take more than a month for a cystic acne to heal itself. However with Wai's diet, it's taking only a week. Is it normal Wai, that since it's my first week being on your diet that a lot of the white pus has surfaced up?

Wai wrote:

Yes it is normal that the sebum and pus trapped in your skin surfaces up while in the first week of this diet. This is because your skin now retains less water and thus the sebum canals are less pinched off, and therefore the sebum and pus trapped in the skin can now be deported to the surface of the skin instead of causing new cysts.

Aquarius ; August-9-2001, after 10 days

For 10 days I have been following Wai's diet and i can only conclude that it works. My skin is clearing up like never before in the past 5 years. I have zero pimples at this moment, only blackheads that are disappearing fast (with some help)
I have tried a no hard fats diet, b5 (stil use it) and ofcourse lots of topicals in the past, but none have improved my skin like this diet does.
I have started to lower my b5 dosage to see how my skin reacts. And am planning to add some cooked foods in the near future.
For those of you who have tried everything, or are interested in a more natural approach, I can strongly recommend this diet. It's not always easy, and i certainly miss some cooked foods, but it really does wonders for your skin.
I must admit that this diet has shocked my view on food. If a raw food diet has these effects on

my skin, what else can it do for my health?

Thanks Wai!

August-14-2001, after 2 weeks

Since yesterday, i am b5 free myself (lowered the dosage from 5g to zero gram during the past week) and i am pleasantly surprised to see that my skin is much less oily than in the past. So maybe the diet has a positive effect on this as well.

The only thing i don't like is the diet itself. I miss my pizza, pastas and lovely restaurant meals):

Angela777 ; August-6-2001

Dear all,

Hi, I'm Angela from Singapore and I like to share how good the sample diet is for me. I have followed Wai's instruction faithfully and my acne has cleared. Before knowing about the sample diet, I thought it must have alot to do with the bacteria and the oil so I used to apply AHA product and drying cream on my face to stop sebum production. You see, I have acne for over ten years and left me with terrible scars on my cheeks. I went for dermabrasion two years ago to smoothen out those scars because so many people have commented on how bad they look. However, the acne still continue to give me problem and I have to seek the beautician for help. And I was looking forward to the day when I could just control acne and not be the victim of it. One night, I went to bed crying because I was feeling so lousy about my complexion and I prayed for a miracle. Then, I came across Wai's sample diet and I was very very determined to give it a try. And I'm glad I did... it works for me! I came to realise that dead skin, dirt and oil are not the cause of acne, instead it's the food we eat. And the wonderful thing is that the sample diet is the natural way to stop acne. I must thank Wai for her wisdom and counsel.

I have been eating the cucumber-avacado-tomato salad with lots of virgin oil and lots of fruits for two weeks. For protein and fats intake, I took raw eggs in orange juice and took alot of macadamia nuts. I'm so glad that acquiring the right knowledge from Wai has redeemed me from the lies of the world. And thanks to Wai about the importance of good cholesterol and the danger of excess calcium intake. I have advised my husband about that and have stopped taking dairy products ever since. I am so happy when I see my complexion these days because it is clear and healthy, no longer red and acne-prone.

Wai, thanks for your recommendation of the sample diet. The truth has set me free indeed!!!!

I'm glad to know you.

I shall post my progress again ... wow, I'm so excited!

Yours truly,

Angela

Tim ; August-10-01, after 9 days

Okay, today is day #9 on the Wai diet. I have not had any new cystic acne in over a week! However, I am getting a bunch of small whiteheads everyday. I get about 1 to 2 new pimples a day, but these are more like the ones I got in my teenage years. The ones that pop up quickly, mature and then are gone within about twenty four hours. I also have noticed a few 'sandy bumps'. Could these be the same bumps that others on the diet have experienced? I am gaining confidence that this diet may actually work!!

I should say that I get moderate cystic acne on my forehead only. Years ago, in highschool, I had severe cystic acne on my forehead only, also. Then it went away with antibiotics. Then I broke out bad in my junior year of college because my derm put me on a weaker antibiotic. I broke out horribly, all over my forehead, neck and back. Oh yeah, I had acne on my back until I took accutane for the first time about 5 years ago. That seemed to clear ALL my acne for at least six months following the treatment. Then it came back, but on my forehead only. I went on accutane again. It worked again for at least six months after the treatment. Last fall, I began breaking out again, and that is when I began looking for something more than from a derm. Although I took a maintenance dose of accutane (40-80mg per week), I quite that a few weeks ago and went clean from all derm drugs. I also have depression and was taking prozac, but I have also stopped taking it. I did not go cold turkey, but weaned myself down to nothing. Well, that's my story in a nutshell, if anyone needs to know a little of my background. I am rooting for all of you who are on this diet. If this works I will laugh all the way to the derm and give him piece of my mind!!

After 0.5 year

Hello Wai! Just wondering if you are still around. Your diet has done wonders for me. My skin has cleared up very well since I began your diet. I do not follow it 100%, though, cause I LOVE FOOD! However, I have found that I cannot eat cheese (I am scared to try other dairy products for fear of a horrible breakout) and large amounts of sodium. So I stay away from those foods, mostly. Anyway, I was getting some good recipe ideas on your wai talk page, but the page is not been working for some time. Do you know why? I do miss talking to others who had success on your diet. Thanks once again!

Knob jar ; August-12-2001, after 7 days

I have been on this diet now for 7 days. In these days all I have eaten are two pieces of raw unfrozen sashimi and one fresh egg yolk along with a ton of fresh fruit, cucumbers, tomatoes, avocados, olive oil, lemon juice and a handful of pre-shelled raw brazil nuts. I find this diet to be incredibly easy since I have a big garden and lots of fruit trees. I just snack all day on fruit and the salad. Sometimes I make a smoothie with a bit of oil in it. Ripe avocados with home grown ripe tomatoes and organic cucumbers slathered with gourmet olive oil and lemon juice is divine.

The results are amazing. At this point I'm sure everybody who has stuck with the diet knows it really works. At the time I started the diet my face was in the middle of a massive breakout with lots of quick pimples forming all throughout the day and a couple bigger deep pimples. You know how your skin feels when it's actively producing pimples, well 24 hours into the diet my skin started feeling relaxed and pimples stopped forming. 7 days and my skin looks really good. It feels softer and I have no new pimples. The thing that blows me away is that I wake up in the morning and there are no whiteheads staring at me in the mirror. It's starting to make sense. I was eating lots and lots of soy products - I'm pretty much a veg - plus I was working out and consuming soy protein powder. I see now that my diet was chock full of protein, dirty protein. I recently tried acupuncture and Chinese herbs and that made me break out worse but when I finished I went on a camping trip and ate mostly dried fruit and nuts, my skin cleared. I thought it was the herbs.

How can dermatologists continue to tell patients there is no link between food and acne? Maybe because the truth will sink a multi-billion dollar industry. I can't believe my dermatologist gave me acutane which has thinned my hair, destroyed my night vision and beat up my liver. I want to sue the whole medical establishment for conspiracy, corruption and wantonous disregard for life!

Uglyguy ; Juli-4-2001, after 5 days

This is the fifth day I have successfully refrained from junk foods and have only consumed items from wai's diet.

I am eating all kinds of fruits all day and a salad once or twice a day. The salad is of lettuce, tomatoes, avacados, carrots, lemon juice (from a real lemon) and extra virgin olive oil.

I am happy to say that I have no new breakouts. My face is not clear because I already had zits that are now still healing up. The important part is that when I ate fast food and junk food, now I usually would have new breakouts somewhere on my face. I cant say that I am for sure this is because of Wai's diet. I have had days where my skin would be nice to me and not break out. It wouldnt last a week before I would get a bunch of new zits somewhere on my

face. So we'll see if i break out again or not.

If I experience just one break out on this diet from now on, then I will give up the diet. It is very hard to resist temptation. Every day there are times, where I almost give in and eat a hamburger or something. I see people at work eating big greasy hamburgers and stuff. I can smell it and sometimes I just stare at the burger like it is a beautiful women or something. Last night my friend mentioned going to a restaurant. I wanted so bad to go, but I thought of what might happen to my face. At least I must give it 2 weeks like Wai says. He says 100% success and so far I haven't gotten any new zits. It's not as hard to stay on the diet as it was at first. I must say that every day that goes by, it gets easier to stay on wai's diet. It's also a great motivation when you look in the mirror and don't see any new stuff popping out.

My problem is that I am always hungry.

I think I will start adding the egg yolks because I will not consume raw fish and haven't got any raw brazil nuts.

I think you all should try this diet. It is only for 2 weeks!

Dont cheat when you are on the diet.

I will keep posting and beleive me I will let everyone know if I break out again. Because I am not eating anything I am not supposed to.

Geocentric ; Juli-10-2001

hi, i am new the forum, but i have been reading a lot. I have tried Wai's diet for about 5 days and i just want to say that it really works(working). I have not eaten anything cooked, i eat only fruits, salads, peanuts, and raw fish(not much of it though because raw tuna is quite expensive), i take at least 4 egg yolks a day, i drink tons of water, and occasionaly some juices. This is one of the most strict diets i ever been on, but im telling it is worth it. I all ready see a big difference with my skin after 5 days(i have over-active oil glands, i have very noticable bumps on my nose, and several acne, but all decreasing). It takes a lot of will power, but just think of the results. you are only scraficing 2 weeks for your skin. SUMMER IS HERE!! and you would want to go out as much as possible and party, without the embarassment.Im telling you it is worth it. A lot of medications take about 4 weeks b4 you see results, wai's diet took about 4 days. DO NOT CHEAT with this diet(like DO NOT even take ONE fry from your friends when eating out).Also if you are a bit on the chunky side, you are getting twice the benefit. Go forth and get cleared.

Wai wrote:

You don't have VERY severe acne, do you?

Because if you had, you would have gotten pimples from the peanuts. Peanuts are roasted in

the shell and therefore contain quite a lot 'dirty' protein.

I strongly advice to take Brazil nuts in shell or Macadamias in shell instead to TOTALLY clear your face.

See the [Q and A board](#) for more info about Brazil nuts (and where to get them)

Alphabeta ; Juli-11-201

WAI!!! YOUR DIET WORKS!!! Now your going to hate me for telling you this but I did do all of the fruit thing.... But no salad! SORRY! Instead I had a couple of Tacos..... Anyways yes I know that was a mistake but I made a shake useing all kinds of fruit then adding 5 ice cubes to make it really cold. Well when I woke up the next day my family commented on how good my skin looks! I was like what? I went upstairs to look in the mirror and the pimples where all down and all most smooth (like my skin) I HIGHLY RECOMMEND THIS DIET! I know that I should of had salad but my dad was like your getting no proten from just Fruit.... And I was like okay then Im suppose to eat RAW tunna.... And he freaked so he made homemade tacos. Anywas even though I had fruit & that egg yoak (i stirred in) it was amazing. I mean I sometimes eat fruit. But not that often. But it was amazing. And sorry that I didnt do the FULL sample diet. But it does work!

Heres what I did for clear skin (catchy phrase):

Half of a Banna chopped into slices
4 or 5 strawberrys (remove stems)
A full glass of Lots of Pulp Orange Juice.
1/2 of a Kiwi (Leave Skin)
1/2 of a peach
5 Ice Cubes

Then I put all of that in a blender and put it on chop for 20 sec, and then put it on stir for 10 sec. (Your blender might be different)

Then you stir in the Egg Yoke

DONE!

That was the way I did it.

THANK YOU WAI!

Mark27 ; August-14-2001, after 1.5 month

Ok, I have been on and off Wais diet for about a month and a half, and here is what I have experienced on my way to 100% clear on this diet. The first weeks on the diet I tried to take a middle way and not the very strict diet, which means that I occasionally ate dirty protein but at the max 7.5-15 grams/day. Before this I had been on B5 with success, but I experienced some side effects I didn't like at all, so I decided to try the diet. So I stopped B5 completely, and after about one week the effect of B5 wore off and my skin started to get greasy again with small pimples appearing here and there. It was not as bad as I had expected, because I had stopped taking B5 at other times, and then pimples came back with a vengeance, so clearly there was something working with this diet. But I couldn't get completely clear, and having been clear on Accutane and B5, my pimple tolerance had gone down to zero. So I was a little bit depressed about all this and I thought that the diet didn't work for me as it had for many others. So after three weeks I almost gave up, and I was already returning to B5 when Wai persuaded me to try once more, this time the strict version of the diet (no dirty protein whatsoever) for two weeks. I felt I had nothing to lose, and gave it a try, and after about one week on the strict diet my acne was completely gone!!! At first I didn't really believe my eyes, and I had doubts in my mind that the acne would come back because it had haunted me for such a long time, but every new day I got more and more convinced that this really worked, and to 100%. For the first time in 14 years I was completely clear (I had moderate acne) without using any drugs or overdosing with B5, because that is what both Accutane and B5 is in my opinion, overdosing. One other thing that I noticed on the diet was that the oil production in my skin went down and my skin feels a lot different than before. It's like a complete transformation.

So going for the very strict diet for two weeks was the best thing I did because now I know it works, and it doesn't matter if I screw up sometimes, I can always get clear within a week or so on the strict diet. Knowing this makes a huge psychological difference, and I advice people trying the diet to really try the strict version of the diet for two weeks, it is worth it.

The only thing that is left for me to do is to put Wais theory to a test, because I want to see with my own eyes that the cause is water retention due to dirty protein, salt etc. I have already bought milk protein for bodybuilders that contain 96,7% protein which is dirty protein. The other things I'm going to test is of course salt, sugar, and hydrogenated fat (hardened fat). I will test one at a time, and see what happens the following days. If the protein and salt gives me acne and there is no reaction with sugar and hydrogenated fat, then I believe the theory and I have no doubt anymore.

June 28, 2002 ; After 10 months

Yes, it is a bit hard to stay on such a diet all the time, there are so many temptations. :-) But I can still control my acne if I go on the strict diet.

A thing that I was wondering, have you been in contact with any researchers, dermatologists concerning your theory and your diet success? It would be very interesting to hear what they have to say about it, and if there would be some interested researchers to try your diet/theory.

The results would be quite impressive, as we already know.

Tina ; Aug-18-2001, after 3.5 weeks

When I started working out, very intensely 6 months ago, is when all my acne troubles began. Since then Ive had microdermabrasion 4x(in june), applied azelaic acid and salicylic acid twice daily ,since june(until i started your diet 3 1/2 weeks ago),and started ortho tri-cyclen back in May.I also wash my face with a glycolic acid cleanser.

Soon after I began your diet/regimen the big cysts pretty much dried up,and only a few remaining blemishes are left. :) I also feel more healthy and energized then I ever have. However, for about the last week, im noticing many small "white head" like bumps-- only without the heads.Is this the sandy feeling every one is talking about? I really hope they dont all mature into full blown pimples at the same time.I have my fingers crossed.

This is strange,too, but I seem to have more(fine) facial hair then before I started weight lifting. Do you think there is any correlation between working out and 'bad skin'? Im beginning to wonder if its possible that i messed up my hormones or something from working out too often and too intensely. Thank you sooo much :)

Wai responded:

Yes, there is a correlation between working out and 'bad' skin.

When you work out intensively, you stimulate the muscles to grow. And this growth is enabled by metabolic hormones, like testosterone (yes, women contain testosterone too).

Testosterone however not just stimulates muscle growth, but also facial hair growth and the production of sebum.

And the more sebum is produced, the more likely you develop acne.

About the 'sandy bumps';

While on this diet, the sebum canals are much less pinched off, so that no cysts will originate. But since you are still producing much sebum, that sebum needs to be transported to the surface of the skin anyway, and then eating even a tiny little bit of bad food can already pinch off your sebum canals a little bit, which causes the sandy bumps. If you would be on the 100% strict sample diet, they disappear. But that diet is very hard to maintain. what you can do is to try to find a balance between how good you think your skin has to look, and how strict you are willing to diet for that purpose.

If your 'bad' food intake is low enough, the 'sandy bumps will not 'mature into full blow pimples', these only originate when the sebum canals are completely pinched off. The sandy bumps

originate when the sebum canals are just a bit pinched off; there is no high water pressure that will activate the bacteria that cause the inflammation.

Acnevictim ; Aug-18-2001, after 1.5 week

Alright, I have been pretty tighly following this diet (I'm 14 and its kinda hard when I'm not the one really choosing what I'm eating all the time) for probably about 1 1/2 or 2 weeks with no NEW breakouts, and yesterday I had 3 corn dogs(I know alot....but Im 5'8 and 120lbs, so I'm not really worried about my weight) and I didn't get any knew breakouts today, would they not show up till tomorrow, or does that mean that that food is safe to eat?

Wai wrote:

Generally it can take up to 5 days for new pimples to show up after the initial cause.

The corn dogs are absolutely NOT safe to eat, but when you hardly eat any 'bad' food, like you did the past weeks, then eating something bad one day generally has little effect on your skin, unless you eat more bad foods the following days.

(however, some people with severe acne cannot eat ANY 'bad' foods without breaking out)

Once your skin is totally clear, then you can easily test yourself to what extend the corn dogs cause acne by eating corn dogs every day during one week, while eating no other 'forbidden foods' whatsoever during that same week. If you then break out, you know you cannot eat that much corn dogs and then you lower the intake and see what the results are then.

But you can only be 100% sure about the results if you first have succeeded to totally clear your skin while on the 100% strict version of this diet. (because you may also coincidentally 'have a good week')

Did you?

Once you did that, THEN you can start experimenting.

If you don't make 100% sure first that the diet works for you, then you will also not be 100% sure about the results of your experiments with 'bad' foods...

Kyoko ; after 4 days

today I am on the 4th day.
my skin is the best & smoothest in my those 10 years!
I am really surprised to get the result so soon
and I would really like to continue this diet,
these result makes it easier to controll the strict diet.
I am feeling great mentally cuz I am having back my clear skin,
but I am feeling tired phisically those 2 days..
my makeup artist and photographer told me that my skin is so better!
easy to work with.
thank you so much to you , Wai, and I really do wanna follow your diet....

After 4 months

now my skin condition is quite good, i dont follow strictly to your diet, but everyday I ate that salad !(with much amount of olive oil) and stay away from meet, milk, and try not to eat as much cooked food as I can.
yes sometimes I take them but taking your diet 60-70% in to my everyday diet, made my skin quite good.
1 week ago, I could be at make up room , not worrying about my skin "for the first time" in my modeling life!
I used to hate to get make up but that was very first time to feel relax with getting pro-make-up!
yes everytime I feel "today I am quite out of Wai's diet" then my skin is not good nextday or 2 day later.
your theory already proove to be right in my deep thought.

Barry, April-01-2002, after almost 2 weeks

:
Ive been on your diet for just under 2 weeks now and it totally works =o].
My skin is looking much better. I have been following strictly, not eating anything but whats on the sample diet (except fish.. i eat eggs instead).
Lately, mainly in the morning, ive been getting like stomach cramps, it feels like me stomach is contacting and makes me feel sick. It usually lasts about 30 min after ive eaten, which sorta make it hard to eat, then i feel satisfied for about 1.5-2 hours then it slowly comes back on, i start getting hungry then me stomach feels like its crantacting and i feel a bit sick.
Is this caused by addictive protiens etc? or am is it my stomach cant handle the friut anymore?
I dont mind eating friut.. its just this sick feeling that make its hard.

April-15-2002; After almost 4 weeks

ive been on it now for nearly 4 weeks.. and i havent really had 1 pimple. I only got a few when i got drunk. =o) Alcohol is definitely not good for your skin.

I asked you about the cramps about a week ago, I dont really think they were cramps, it was more like hunger pains that dont go away when you eat fruit.

Its mainly in the morning and i found if i eat 1 slice of wholemeal bread in the morning before fruit it seems to go away. I dont mind eating only fruit, its actually a challenge, the only problem i find is i dont really get satisfied even though im full from the fruit.

I have to say that you are a goddess for sharing your knowledge. My skin looks really good, not just because i dont have any pimples but the complexion aswell. I only wish i knew about this diet years ago, i wouldn't have any scars then. So thank you so much. Having control over this is sooo much better, and its healthy =o).

I read all of the book and most of the Q & As but its hard to soak it all in, so i hope im not asking questions that have already been answered.

Is it necessary to eat tomatoe and cucumber? or are they in the diet to make it easier to have the olive oil and advocado? Because i dont like olive oil much, so at the end of every meal i just drink it straight from the

bottle. I find it much easier to have it this way.

thank you Wai

Sanne, April-06-2002

hi. i am a 21-year-old girl from Finland and i am so lucky to have found your site on the internet because after i started to follow your diet my life has changed completely. my skin is perfect now (i used to have pimples)and i feel energetic and good all the time. i sleep really well, too. everything has changed and i am forever grateful to you.

i have always loved to eat a lot of fruit but i was also eating things like steamed fish, oatmeal, rye bread and nonfat milk as well as vegetables because i thought they were healthy. now when i look back i realise i never really felt good at all, bloating, gasses, bad skin, disturbed sleep, cravings..etc now i feel so healthy it's amazing.

i eat lots of fruit, some raw salmon, raw omega egg yolks, brazil nuts, avocados, extra virgin olive oil, walnuts..and i absolutely love it all! i would never ever go back to my old eating habits. I didn't have severe acne, but I had lots of pimples on my forehead (only forehead) for 5 years and if I eat anything that's not in the diet, I will break out. Even one piece of bread or some chocolate and my skin isn't clear anymore. No cysts, though.

It only took me a week to clear up with this diet...which is amazing. thankfully, I wasn't left with any scars.

I sometimes had my whole forehead covered up with pimples and I tried everything to get rid of

them. At least I didn't get them anywhere else on my face (wonder why)
Now all I use on my face is walnut oil and spring water, and it looks great. Radiant and flawless.

After 5 months

I have now been on the diet 100% for 5 months, no munch food no alcohol etc

My skin is totally clear and fresh and smooth. thank you.

I have no cellulite. thank you.

I have no overweight and my tummy is very flat. thank you.

My hair is very thick and shiny (I have wavy hair) and I haven't dyed it since you told me how bad it is to do that. thank you.

my nails are so damn strong... thank you.

i sleep well and I don't wake up in the middle of the night. thank you.

I have lots of energy every day and I have no mood swings, and now I don't even get depressed anymore, which is a great relief.thank you.

I haven't had even a minor flu in ages.thank you.

I don't get pimples, I don't get gassy, I have regular periods, I have a good appetite for the right foods and I eat a lot every day but I don't gain or lose weight anymore. I weigh 60 kgs now, at 187 cm, and I do look slim but not skinny, I am very happy with this weight.

My thoughts are clear, I can concentrate, I feel great and I am very happy.

Thank you.

I have no acne scars etc and now, all thanks to you, I have great skin, it's even and it doesn't sag. My skin is fair and I have never tanned it. I burn in the sun easily so I have to be careful, but I never use lotions, I hate them. Do they even really help? I just cover my skin with clothing and don't spend too much time in direct sunlight.

This diet has really done wonders to my skin. It is never dry anymore either.

Alice; after 3 weeks

I just wanted to let you know that I read your book online and I have been using the information and its WORKING!!!

I've determined that fried foods make me break out as well as mayo. My cellulite has reduced and I feel great. I do find that I am always hungry though.

I started the diet about three weeks ago and I noticed I was losing weight dramatically. I had severe acne with nodes and small cysts. I would average about two to three within a week starting and then it would take weeks to go away and leave a scar.

I noticed improvement after two weeks. On the third week I started adding in foods that I love to eat and boy did I brake out again. I added in fried cheese sticks, french fries and fried

seafood. Now I have a giant cyst on my jaw line which came up very near an older healed cyst and I have another node trying to come up on my chin, but it seems to be residing at the moment although it is sore to the touch.

I did not notice additional yellow heads on my skin. But I did notice that my skin seems to more lubricated and less dry than it was.

It is hard for me to stay on top of the raw fish and raw egg yolks. I'm not sure how to find healthy raw eggs in my area without worrying about salmonella.

Rick, May-04-2002

Thanks for your research. I'll be honest with you. I have not purchased your book. I know that it is in inexpensive, but as a graduate student I cannot afford it

Within a week of going on the diet I noticed a change in the overall color and texture of my skin. My skin became more soft and supple, and less ruddy. I also stopped using soap and benzyl peroxide, which may have something to do with it.

Here are two pieces of anecdotal evidence that lend credibility to what you have written. You say that sebum is necessary to keep the skin flexible and healthy. Well, me, my mother, and grandfather all had skin problems. That indicates a high sebum excretion rate. Guess what else we have in common--all of us look younger than our years! SO sebum does lend to youthfulness just as you wrote. The second item is regarding water retention. What are two things that I hear women complain about with their period: that they have increased water retention (i.e., bloated), and that those who are susceptible to acne break out more right before/ during their period. When I first read your statement that water retention causes acne I realized that made total sense based on women's complaints about their period!

The diet has improved the texture of my skin. It has also helped my acne. I am witness that when I eat an abundance of "bad" foods I break out more. I'm still testing what I can eat. But as soon as I go back to the strict diet my face noticeably improves. I would really like to find an honest, intelligent, respected dermatological research doctor who would do an honest study of food and acne to see if he could reach your conclusions.

I still practice the tenets of your diet though I don't stick to it strictly. Like today, for example, I ate 4 oz. of cooked buffalo meat, steamed brocolli, and a couple graham crackers. The rest was fruit and brazil nuts. I also sometimes eat raw tuna, although it is difficult to find sushi-grade fish for purchase somewhere other than a sushi restaurant (where its expensive). And its impossible to find tuna that has not been frozen. Other days I do eat much more bad acne food: such as baked potato, salmon, baked clams, potato chips, beer, hot sauce, chicken, paneut bitter, french fries, etc. One thing, though--I am TOTALLY off dairy products (just some sour cream and butter rarely). Which is a HUGE change for me. I'm not doing youdiet just for

acne though. I lost my uncle and grandmother to cancer in the past three years--we were extremely close; and I am trying to cut down my cancer risk.

One of the most fascinating things for me was realizing the power of addictive food chemicals. When I first started the diet, the first 24-48 hours without opioid peptides or beta carbolines was the worst. The craving was really intense. Most people (almost 100%) do not realize the addictive nature of these chemicals on their body. Once I got off these chemicals I really understood their power. When I eat one potato chip I get this extremely intense craving and might end up eating the whole bag. Its very enlightening to FEEL this addiction. There are some foods with addictive food chemicals I can eat that don't intensify my cravings very much: one is a small amount of cooked beef, and also a couple beers. Potato chips and salty wheat-based, carbohydrate products cause me to intenselt crave.

Thanks for all the information on the web. I am impressed with your research.

Judy; April-14-2002, after 4 months

I started on the diet in December 2001, so it's been 4 months and my skin has dramatically improved. At the beginning, I was really strict on my diet, mainly fruits and vegetables and I completely steered away from fried, greasy, spicy food. I also stayed away from shellfish (e.g. lobster, shrimp, etc.). I also banned chocolate and coffee from my diet completely. It took me at least 2 month to see results and I haven't had a new pimple for 2 months. My skin is almost completely clear now with only brown spots from prior inflammations. Before I began on my diet, I had deep cystic inflammations as well as small whiteheads all around my mouth and chin area.

My dermatologist said it was adult acne and may last a very long time. I spend thousands of dollars over the past 2 years for doctor visits and prescriptions medicine, but nothing worked. I was getting side effects from prescriptions medicine and nothing seemed to work.

My acne was extremely persistent. One day, while searching for acne information on the internet, I can across your site. I was willing to try anything. And now, I am convinced that beauty is really from the "inside". You are what you eat. I do take vitamins however, and they seem to help me along with my healthy diet. I eat alot of fruits everyday and I completely steer away from greasy, fried food. Everything I eat is either raw, boiled, or steamed.Thank you very much Wai. You saved me from acne.

November-26, 2002

I have been on your diet for 6 months now and I am completely acne-free. I have spent thousands and thousands of dollars for many years fighting acne since I was 14 years old (i'm 26 now) and nothing worked....until your website came along.

Dermatologists tell me that acne is not food-related and drugs simply do not work. I really think you deserve a Nobel Peace Prize for what you're doing. What you are doing is just so "great"

and "worldly". You are literally saving the world from the most depressing disease, which is acne.

I spend \$15 for sashimi lunches everyday now at Sushi Gen in Los Angeles. I figured, with the thousands of dollars I'm saving each year for not needing dermatologists, facialists, and acne drugs and make-up, \$15 a day for sashimi is a good deal. My facial skin is completely clear for the first time in 10 years. I owe it all to you Wai. Thank you so much for doing this.

Judy

Pete; April-17-2002, after 9 days

Wow, where do I start ...

Well, this is my first post on this forum, and I've had AMAZING results !! This has truly changed my life ! I'm a 28 year-old long-time vegetarian, turned vegan two years ago. Throughout the years I've had acne pretty regularly, ranging from mild to sometimes large and cystic. Although my skin had improved a great deal when I turned vegan and stopped all dairy, I still broke out regularly, and could never figure out why, since I'm quite health-conscious and also stopped eating things like pizzas and potato chips years ago. Well, two weeks ago I stumbled across Wai's site and my life has CHANGED ! I now know what I was doing wrong : Coffee, Sugar, Spices - I also was eating way too much soy & heated(dirty)protein. I'm now at the moment on day NINE on the sample diet (modified for my vegan lifestyle) and I CAN'T BELIEVE THE RESULTS ! I can't believe it's me in the mirror - fantastic !! I'm not even through my two weeks yet, and my face is like a newborn baby) Everything just dried up like magic.

I can't wait to start reintroducing other test foods after 14 days ... I'd also like to add that I can't understand the people who find it hard to stick to this diet, come on ! With results like this, how can you NOT get motivated ? Heck, I'm almost afraid to stop this diet - I think I'll eat like this for the rest of my life !!) Another great aspect is rediscovering foods you seldom eat otherwise (even for a vegan)- I've learned to love avocados (I eat two a day now), and I'm discovering so many great varieties of lettuce. I also like the way Wai's diet fits in with my general philosophy of life - All my life I've always instinctively felt that the acne was a consequence of your diet and now I finally have the PROOF.

The only thing I supplement my diet with (apart from vitamin B12) is three tablespoons of UDO's choice oil blend every day, which works wonders for me - my skin used to be superdry and flaky , now it's soft and smooth, which I still can't believe. Another great thing about this

diet is that all cravings have gone away for me - I'm never hungry for snacks anymore. The diet has also has a detoxing effect on me and made me feel lighter and cleaner - I'm thinking of going on a short fast after the two weeks just to clean out any additional toxins that still may be stored in my body after so many years.

WAI, you are THE BEST ! You have put together this program and book brilliantly, and above all a great humanitarian for sharing this wonderful information with other people. I may or may not agree with all your viewpoints regarding animal foods, vegetables, etc, but the bottom line is THIS DIET WORKS ! Let me state that again : THIS DIET WORKS ! Thank you from the bottom of my heart for having improving my life 100 % - this I will never forget !!

Chloe; June-4-2002, after one week:

Hi all,

I've been doing Wai's for a week--I can't say that I notice a huge difference, but hopefully it's just the initial clearing the yucky stuff out of my pores that everyone talks about.

June-8-2002, after 10 days:

Hi all,

Just wanted to tell you how Wai's is working--I've been doing it for 10 days and I'm seeing a huge difference. I have to say that I was very skeptical as I've used so many prescription drugs through the years, but it's definitely worth doing! Thank you so much, Wai, and others who've responded to my posts!

Wai, for now I'm going to take a B-12 supplement and hold off on the raw animal food (this is as much from my own general squeamishness--I know it's irrational and ridiculous!--as from my fears about the antibiotics.)

Karen Leo,

I definitely saw fabulous results on the first 2 weeks (sample diet), after I read the book I started introducing munch foods, then I started cheating every once in a while. Of course my skin became dirty again; so of course I know what I have to do, I just wonder if I have to start the sample diet all over again? (no munch foods?)

April 8 - 2002

I've been on the diet for about a month now. Of course now (after reading the book), I am

fanatically sticking to every rule.

I actually never had acute acne, but always thousand of blackheads and whiteheads, (it almost looked as if I had goose bumps on my face)

I hope this is not my imagination, but I have noticed an improvement of the texture and moisture of my face. Blackheads are lessening, especially on my back and chest... it almost feels as if I could rub the blackheads away with my fingers. (texture of little grains)

April 15- Testimony submitted to the [Acne Bulletin Board](#)

Hi, this is Karen from México.

I stumbled across Wai's site while browsing for alternative acne cures.

I kept telling myself there MUST be a way to get rid of this stuff! I am a 38 year old "girl", and have struggled with pimples for as long as I can think. I thought after 2 kids and "old" age this would someday subside. I guess, like many of you guys, I've tried everything available on the universal market...

Well, as I said, while browsing I found this site; the first time I must have been glued to my computer for at least 3 hours...trying to let all the information sink in...could this be possible???

Of course I immediately ordered the book, which took about 3 weeks to arrive to my country.

While the book was on it's way, I started experimenting. I complained to Wai about splitting headaches and kept on bugging her with questions, which she faithfully answered. I was determined to make this work.

In the beginning I didn't notice a big difference, I guess because I kept on cheating.

Then the book arrived, exactly 2 days before I was going to the beach for a holiday.

I read it from A to Z. Everything was so perfectly logical for the first time.

During the week at the beach I faithfully stuck to the diet (no cheating). There were plenty of lovely fruits available, and I had hazelnuts instead of the brazilnuts, because you can't easily get those here.

The tuna wasn't a problem either because there was a very good japanese restaurant just around the corner. Well, already after 3-4 days my skin started to clear up; just a few whiteheads.

The rest of the blackheads and pimples started to come off just by rubbing my fingers over my face. It was amazing!

So of course I was truly motivated.

Once the holiday was over and I had finished the book (6 days) I was back at home, and started to introduce munch food items.

After only a few days I could see the problem skin coming back! I was furious!

Wai said that it was most likely because I hadn't stuck to the sample diet long enough to see my skin totally clear up.

I didn't completely eliminate munch food, but I certainly cut down on it.

Now it's just a matter of time before the last "thingies" fall off.

I am completely amazed! I guess my skin hadn't looked like this since I was 15...honestly!!!

I don't even crave any of the other food anymore.

Although I must say, sometimes it's a bit difficult with all the social pressure. (Even my husband was angry at first telling me I was too skinny...which isn't true by the way.)

Now that he has seen the results, and of course my bliss, he's certainly behind me)
But as Wai said so in her book, I just smile and go on with my tomato salad.
I just hope this is not all too good to be true, but I suspect that this time I'm on the right track!
Thank you Wai!!!

June 19 - 2002; After 3 months

As a 15 year old I started with pimples, and since then forever; I'm 38 now. About 2 Years ago I noticed my skin looked like it had goosebumps all over (apart from the pimples). Obviously full of sebum; blackheads and whiteheads. It didn't look like what you would call severe acne, but as I am no expert on the case...

I do see a difference with the diet, but if i'm not 100% faithful to it, I can immediately tell. My skin is fine as long as I stick to the rules, which is getting easier every day.

I am eating an amazing variety of fruits every day, plus salad and o.o. , avocados, hazelnuts and walnuts(no brazilnuts available). It is extremely difficult to get reliably fresh eggs here, so I haven't eaten any of those; the ones you get in the supermarket, or even the big local market are neither fresh nor "farmeggs". I would have to have my own hens to be able to get my hands on a fresh egg.

Now, I do get tuna every once in a while (the only fish that they claim to be fresh... hope they're not lying); maybe once every 10 days (then I buy about 150 gr., and keep it in the fridge ...so I get 2-3 days of fish in a row, but then I have to rely on nuts for my protein, until the tuna comes in again.

After 8 months

I've been on Wai's diet since January / April, and as I have said before, my skin is totally under control.

Alma, after 5 days

hi Wai,

thanks a lot for your help.....

I haven't been on your sample diet for 5 days, well let's say 3 because the first 2 days I was eating already peeled nuts....

I am so amazed!! All the inflammation under my skin is fading away => I am very happy

One question, any recommendation for getting rid of the redness in my face??? I have a very important wedding next week, and I really want to look great.....

Keturah, after 5 days

this is my last effort to get rid of my acne before I have to do something serious like go to a dermatologist. My acne has improved since starting your diet, even with all of the cheating!! I used to break out with cysts on the entire area of both of my lower cheeks plus it was all red & inflamed & pretty icky looking. It wouldn't heal. I'd breakout & just keep getting new cysts, with no healing time in between the eruptions. It already looks so much better; I can go without makeup & not feel embarrassed. I know if I could just make it through a week I would be completely clear (or close to it.).

Angel, after 3 days

Juli-02, 2002

You are the best kept secret ever... I have been on your diet for 3 days now, and my skin is dramatically improving. I even went out with no make-up on today, which I haven't done in, well - I don't know how long! I had mild acne on my chin and forehead which was easily covered with make-up, but it was getting worse. Now I realise it was all the awful lotions and potions I was using, as well as not eating enough fat.

I was actually a raw vegan before going on your diet, but not seeing the benefits I am seeing now. I am having a little raw egg everyday, because I am menstruating, but would prefer to rely on o.o. (can't get unshelled brazil nuts where I am)...is this okay? I can't tell you the freedom I feel in my veins, knowing that I could soon be able to throw away my make-up and my "skincare" products... am going to Asia with my boyfriend this year and was dreading the thought of having to take my entire bathroom cabinet with me...! Now it looks like natural beauty could actually be within my reach.

Juli-03, 2002; after 4 days:

I emailed you yesterday on wai@waisays.com to say thank you for sharing your wonderful knowledge with the public. Since then I have gotten a few new blackheads and small spots...

Juli-05, 2002, After 6 days

My skin has calmed down a great deal since last week.

Have been in the diet since Sunday. Have got one new spot, that's all. Hopefully that will be the last! Skin is still looking dull and pasty, though, and am still prone to my eczema-like rashes.

Sometimes I feel like I just need to let it all "dry out".

Juli-07, 2002, after 1 week

Have been on the diet for a week now. My sopts are getting a bit better.

I used to get about 10-15 new spots on my chin per week. They tended to be very small, but very painful, and I could feel them under the skin days before they actually arrived in all their glory!

Now I have the odd one, but the ones I get feel far less painful. Also, my skin on my chin (the worst area) is losing it's previous greasy "sheen" - before it looked like it was constantly covered in oil! It still has it a bit, but far less.

Juli-26, 2002, after 4 weeks

Have been applying the principles of your diet for about 4 weeks now and the results have been fascinating, in that I have been able to trace any new breakouts to stuff I have eaten. Have been recommending your site to all and sundry.

Arby, after 1 week

Juli-05, 2002

I have been on the diet one week (100% strict). My skin is actually experiencing very minimal breakouts, I have only 3 small pimples. I had used accutane and my 5 month cycle ended about 3 months ago. However, little pimples started to form, and I was not about to go back on that stuff. The diet is working great.

I also am taking the Ha formula to help increase collagen production. It is found through Purity products on the internet. I have not lost any weight. By the way I bought some organic chicken eggs to implement in the diet, but when I tested them to see if they wobbled or spin, I found that they spin. These are not good to eat right?

040 ; Virtuoso ; for 6 months

My experience with the diet for like 6 months.

- *95% clear (mostly whiteheads, everything else disappeared)
- *loads of energy
- *underweight, (6ft, 135lbs!)
- *friends thinking I went insane cuz i never ate meat (save sushi)
- *expensive

If I didn't lose so much weigh or was 100% clear, i'd still be on the diet today.

Wai's response:

The weight issue can be solved quite easily, by consuming more juices instead of whole fruits. Especially pressed juices (like orange juice) and juices from the juice extractor are very efficient, especially when you add some sugar and oil... Works for me, and many others.

041 ; Paranoid111 ; Juli-19, 2002

Hey wai, I've been on youe diet for about a 5 days now and I must say that it works. It has totally cleared me up. After another week on this diet, I will gradually start "testing" which foods are acne causing for me and which are not. thanks

I had severe acne on my face and back, Accutane helped while I was on it, but after I got of it the acne came back. So, I went to b5, it helped me tremendously, but when I tried to get off it my skin kept getting oily, and the acne wax worse than before. When I got on the diet, I immediately cut the b5, and after only 5 days, I have no oily skin or acne.

I don't really think that wai's diet is very healthy in the long run. I've been feeling really lethargic and tired on this diet, as I'm a meat eater. Anyway, my theory of trying this diet is as follows:- I'm justing using this diet as a starting base where I know that these food items, do not cause me acne. After another week from now I will slowly introduce a new food item and see if that is what is causing my acne.

my basic idea is this, I'm using this diet as a starting base, then experimenting with a new food item every week and if it causes acce, just reduce the amount of how much I eat that item. I'm not a supporter of any diet, just telling you all what works for me.

Oh yeah about getting cleared up by the diet, I was very excited that I can finally control acne. Actually, I have been trying to get of b5 for the sometime now, but everytme I did the acne would be more severe than I ever had, and my skin would get very oily. So, I was basically very scared to get of b5. But, since I was getting blurred vision on the stuff, I had no choice. So, I stopped , prayed and went on the diet. I didn't get any breakout, three small zits on the first day, but they disappeared. ANd no oily skin. I think it was beacuse I was not eating any acne causing foods (in my case).

Vanessa,
Aug-05, 2002

I actually found your website while looking for a solution to my cellulite problem. And then, **BONUS!!!** I had acne too! Believe it or not, I was **JUST** about to go back to my dermatologist for another prescription 'cause my acne was coming back again, and with a **VENGEANCE** this time! So your diet was a double motivation for me. Now, my skin is getting better and better everyday (considering I had been cheating a few times - hey! hey now! no judgments please... I'm just being honest here), it's definitely softer and I don't need to put anything on it. I've never had any doubts about the effectiveness of this diet even before starting it anyway. I mean, **IT JUST MAKES SENSE** and now it's being confirmed everytime I look at myself in the mirror. Oh! and by the way, thank you Wai for helping me find out the source of my depression (from your book).

There are so much more benefits from this diet than just acne and cellulite. I can't wait to tell you about them soon.

Aug-08, 2002; After 2 months

My skin is doing great. My forehead is taking longer to clear up than the other parts of my face though. I've been on the diet for 2 months now and it just feels sooooo good to know that I am in control of my acne now instead of **IT** controlling my life. I will never put any more chemicals on my skin, that's for sure! I've never understood those women who actually pay up to 50\$ for a stupid jar of cream.

Also, my cellulite is starting to slowly fade away so that's another blessing for me! I can't wait to see it completely gone!!! That's the day I will get down on my knees and kiss the floor and sing "Go now go, walk out the door, just turn around now 'cause you're not welcome

anymore... I will survive, I WILL SURVIVE! Hey! Hey!

Katherine

Aug-14, 2002

I LOVE YOUR SITE, I LOVE YOUR EATING PLAN, I LOVE YOUR INFORMATION AND I LOVE YOU! What a tremendous job you have done. And what a blessing to share all this information like you have. Thank you so much. You did an EXCELLENT job of explaining everything, which is why I was willing to check it out (and the testimonials sure helped too!). YOU MADE SENSE, and you provided references. Too much gobbledegook all around us these days. But your work is a breath of fresh air, and food :)

I have had MAJOR problems with food "sensitivities" and "allergies" and everything else you can imagine. (Actually, I have pretty severe environmental illness/chemical sensitivity.) I have been unable to improve my eating habits (until now) because any changes I made were met with agonizing torment by my body in the form of CRAVINGS. They were terrible and literally controlled me. I would binge and eat like a moron.

I ended up finding your site because I was developing SEVERE (for me) acne, and it was making me insane. (The cellulite ain't that pretty either ...)

I have not been perfect doing your sample diet and suggestions, but I have RADICALLY changed my eating habits, using your information as a guide.

The difference was immediate and obvious! I also stopped washing my face with soaps so much, and switched to a little organic coconut oil, or olive oil, as a moisturizer.

I no longer have such a problem with acne. And I also noticed how sick I feel if I eat cooked food. My body literally hates it .. well, for the most part. I am okay with rice with my sushi (that okay?), and occasional bits of cooked, but I am mostly raw now. I just got my first order of organic sun-dried fruit! And I was relieved to find out that I LOVE Brazil nuts ... phew!

The biggest change for me is that I now have CONTROL over what I eat! I can actually choose instead of my body forcing me to do things that are crazy (like eat entire bags of cookies that make me feel sick, and worse).

THANK YOU SO SO SO MUCH FOR BEING ON THE INTERNET. I am so glad I found you.

And thank you to all who shared their testimonials! I am so grateful. This is wonderful.

Oh yeah, another thing is that I no longer have to swallow enzyme pills with every meal in order to digest! YAY!

And I have discovered how easy eating is WHEN YOU DON'T HAVE TO COOK!!! :)

Blessings to all.

Katherine

Erin,

Aug-22, 2002, After a year

I ordered your book about a year ago and have participated on your Waitalk forum. I have followed your diet this whole time except for a few slip ups once in awhile.

My skin is perfect, well except when I have a couple drinks or accidentally eat some bad food. I'm eating 100% raw but still drinking wine. Sometimes I'll eat some nutbutter and will have some problems. But besides that, I'm great. Even though the packages on foods say they are raw, my skin tells me they are not.

I just wanted to thank you again Wai, you have changed my life and I'm sure many others. I tried so long to figure out what was causing my acne, now I know.

Lyn;

August-09, 2002

I tried the diet for 8 days and i lost alot of weight which i could not afford to do. I tried to eat alot of everything listed on the sample diet but the weight still came off. I looked anorexic and i'm not exagerating at all, friends were very concerned. I didn't explain anything to them because i didn't think they would understand. After the first few days the really hard part for me was around dinner time. It was really hard to get myself to keep eating the fruit and salad when i wanted something that would satisfy my hunger like rice or something. :(

August-10, 2002

Ok, i'm gonna try this diet again. I guess i need to start by going to the grocery for lots of fruit!

August-29, 2002

Wai, when i was pregnant(both times) my face completely cleared up after about the 3rd or 4th month into the pregnancies.do you think that this might be evidence that my acne struggles could be from hormones?... i keep failing to make it the whole 2 weeks on the diet so i've yet to find out if this diet works for me for acne.i end up eating a little bit of rice or rice bread. i know that the diet makes my body feel better and i sleep much better when i'm on it.i'm gonna go 2 weeks,even if it kills me (figure of speech of course) thanks

September-05, 2002

Wai, Today is day 9 and i can honestly say the diet is working for me!
yahoo!

September-06, 2002

I'm so excited to finally have found a solution to my acne, this diet really works wonders! After dealing with acne for 10 years...after many dermatologist appointments...after spending

hundreds and hundreds of dollars on supplements ...to find a real solution is so relieving.

September-11, 2002

It took alot of adjusting and struggling for me to do this diet but i'm finally (thank God) making it work and really getting the swing of things and feeling satisfied with it. It is doing wonders for my skin, i'm so pleased.

Some days i don't do the juicing and i can tell i get tired and feel like i'm losing weight. the juicing is key for me to staying on the diet because it gives me energy.

TheSpian

August-06, 2002

My skin is doing okay. I have yet to stay on the diet for two weeks. I will start it over again tommorow

August-26, 2002

I have finally made it through a full week of the sample diet. However, I have been eating avocado's with a wee bit of salt for taste and I also have been taking a supplement known as HA from purity products

I am very happy to be going into my second week, wish me good fortune.

September-5, 2002

After 17 days

The diet actually works, I have only two small pimples that are beginning to fade.

Well it's two days later and I have no new occurences of acne. My skin is actually clear for the first time.

This is my last semester of college and I am hoping that the stress will not accumulate and cause me to break out again. Pray for me.

Artie,

August-18, 2002

I'll start by letting you know that i was on your diet for months. within 2 weeks i was very clear. the clearest i've been in years. as time went on i began experimenting with munch foods. Since my acne was never really anything more than mild at worst, overtime i found i was able to increase daily protein amounts to 20g or sometimes 25g and still have no adverse effects. i continued like this for quite sometime. no problems.

as time went on, i became pretty skinny and ended up finding out from my doctor (after a blood test) i have "iron-deficiency anemia" which scared the living daylight out of me. when i told him what my diet was like he told me right away to eat more 'green veggies, fish, and meat.' so i kind of weined myself off the diet.

Since following this new diet i find i may get 1 or 2 inflamation a week now..where-as before (on the wai diet) i did not. also, my complexion seems to have gotten worse.

I think ill be going back on your diet again for a second go-round. im choosing to do that since i just felt "better" on your diet. also, i know now that i do not have to be quite as strict as many others who go on your diet..as i told you before. do you believe that i can keep myself out of an anemic state and still be on your diet?

Wai responded:

About the weightloss: weight is ALL about energy management. You can very well maintain your weight on this diet, and even gain muscle weight; you just need to learn how to do so. Check out the [Q and A board](#) for information, and about gaining muscle weight

About the low blood iron levels: You simply have consumed too little high iron foods. To increase your blood iron level, you need to replace low-iron foods with high-iron foods. Check [this page](#) to learn which foods are high in iron specifically. Then submit your adapted version of my diet to [the nutrient calculator](#), to check (regarding RDAs) whether the diet supplies you with sufficient iron (and other nutrients). If not, you need to further increase the intake of high iron foods, until sufficient.

August-26, 2002

Here is my update: Absolutely NO inflamations once again. only my 4th day back on your diet. i didnt even have to go on the sample diet first this time since i KNOW it works for me (from prior experience).

Riverdown; Sept-13, 2002; after 6 days

Hi Wai,
During my diet...Im on my 6 day, Im having pimples about 1 or two but they heal at once compared before(stays about 1-3 days)Is the diet working for me?

September-23, 2002

Im on the diet for 7 days now (I re-started), but my diet is not that strict, although the my skin have changed greatly for the first time I dont have acne and my face is clear though I have some whiteheads once in a while and all my acne before the diet are all healed and become un-noticeable....

I can say that the diet works for me even if it is not that strict (But I'll be on the strict diet soon).....

November-25, 2002

I would like to say thank u wai for the info and studies you have shared with me (us) in dealing with this ACNE problem....you advise (as well as others) have indeed help me a lot...I could say that Im a worry free acne now....no more acne for the past 1 1/2 month...I have identify all that foods that cause me acne as well as habbits that contribute to resolve my problem... thanks wai...and to others just have patients and it will be healed.....

Ed

Aug-26, 2002, after 2 days

Just leaving out the cooked meat, the last two days, already made a difference. The small amount of acne I had is almost gone already. I will have to wait and see, but I'm convinced it will work.. Thanks..

My stomach is protesting a bit, but it will have to get used to the fruits I think. I haven't eaten any fruit for 2 years now..

My parents just saw me and thought I had lost some weight, but I haven't. My face just shows thinner. I think it's because I used to eat a lot of cooked protein before and now there is less water left under my skin.

Aug-28, 2002, after 4 days

I slept well again last night. I am eating everything raw for the last three days now. I feel good. I think I might have lost a kilogram in weight. I hope it's just the dehydration effect, as I used to

eat lots of cooked protein.

Aug-30, 2002, after 6 days

Update: I am doing relatively fine. My skin is getting better and better. My dandruff has completely disappeared. I feel better and people tell me I look better also.

Sept-06, 2002, after 13 days

Today, I am eating more fruit and also lots of salad with plenty of olive oil.. Tastes good indeed. I feel very well and energetic..

I had cheated one time, as I ate with my parents: Some cooked chicken and some cooked cabbage. Well, the next day, my skin was a lot worse.. Back on the raw diet, it's improving again, even after one day..

Sept-13, 2002, after 20 days

Tomorrow I'll be on the diet for three weeks in a row. I'm very much convinced that my acne will eventually disappear. It's not gone yet as I cheated two or three times (cooked chicken), which aggravated my acne considerably.. Now I will stick to the diet 100%..

Ed

Riverdown,

Sept-20, 2002; after 7 days

Im on the diet for 7 days now, but my diet is not that strict, although the my skin have changed greatly for the first time I dont have acne and my face is clear though I have some whiteheads once in a while and all my acne before the diet are all healed and become un-noticeable....

I dont follow the stict diet for now because I want to start into a preparatory diet so I can prepare my self to a much stricker diet later because I know the diet will help you loose some weight(and considering me as 115 ibs Im 7 lbs under weight from ususal weight) I want a step by step process of adopting to the diet...

I can say that the diet works for me even if it is not that strict (But I'll be on the strict diet soon).....

October-02, 2002, after 19 days

I somehow clear of everything (been in the fiet for 2 weeks now)...., I somehow identified the food and the diet works for me...

I still follow the diet....of course ..but the good thing now is that I enjoy some other food that will

not cause acne for me (Cooked veggies in a very very moderate amount, Mashed potato once in a while, Dressings on SALADS, fried squash in olive oil)

Basically as of now I still stick on the diet but Im now trying to cosume 100% of fruits....it helps a lot in my yoga lessone makes my body lighter.....and no acne as well...(I have to thank you Wai for that)

Diet realy works....

Thanks wai....

Knotted String; September 24, 2002

After 1 week

I have tried the sample diet (without the eggs and shushi, since I am vegetarian). It does get rid of the acne and no new ones pop up.

My acne wasnt very bad to begin with. But this year it has been worrisome. And the only singular thing that might have triggered it off is going to a Thai restaurant and eating an extremely oily veg roll there.. Ever since then I have had this red marks and cysts on my cheeks and jaw lines. Then I read (actually paid a princely sum of \$12.50 for it) that one should do NOTHING to heal acne. Just do a hot towel compress and dont touch the face as much as possible. I did see a slight improvement, but not to extent that would convince me that it was the way to go. Then I came across your web site and it made sense that what you eat affects how you look. and so I tried your diet. I do see that with this diet, no new acne comes up, but it does not help the scars from the old acne.. I guess I just have to be patient!

SlickRick, August 30, 2002

I've been on your diet for about a week and a half, during which time I've been eating exactly what I'm supposed to be, according to your book.

As for my acne, I had mild acne to begin with and after about 3 days on the diet I had eruptions on my chin and cheek which I have not had for years.

This is not to say that I doubt your theory you outline in your book. It makes a lot of sense and when I think back my acne was always worsened when I ate a lot of salty food and meat.

October 1, 2002

After 5 weeks

I've been on the diet since my initial post and now it's all good, but, I've made some changes. I

now eat 30g per day of dirty protein and feel much better than I was restricting it to just 15g or less. I eat about 2.5kg fruit per day.
now my skin is as beautiful as a baby's bum.

Chris10Astra, September 16, 2002

Well I had followed the Sample Diet loosely. I had potato chips, or pasta, or a tortilla wrap a few times. But my acne definately got better.

Then this weekend happened. I had lots of bad stuff, and now I am paying the price. My skin is definately telling me something.

Now, I don't know if my period had something to do with it, as my skin usually gets worse immediately following it...but I am inclined to believe that the food had something to do with it. I had wheat, and lots of soy protein. Ugh.

I am *really* looking forward to going back to the Sample Diet. I'm going to try to go at least a week without a cheat.

I think I learned my lesson.

I also had less good fat this weekend. I'm out of avocados and there's nothing like avocado with that salad.

And if you have fruit for breakfast you have to have fat immediately afterward right?

I got my Brazil nuts today! I didn't get much so I'll have to order more. They are so much different (better) than the store-bought shelled kind.

September-22, 2002

I have gone off of the diet and have felt horrible. My skins is disgusting and I feel very heavy. I need some motivation or inspiration from those of you who have stuck with it. I'm not enjoying being off the diet...not even with all of the junky food.

October-3, 2002

The past two weeks are the worst my skin has ever been on my neck/chin so it was discouraging but I'm starting anew.

I'm now on my fourth day of your diet (have started over numerous times) and my skin is clearing up but again I'm not sure if it has to do w/ my upcoming period or not.

Soy De Josh; October-03, 2002; After 5 weeks

before the diet i had mild to moderate acne, i think it got so bad in the begining (7th grade) because i was using these acne products that had alot of benzol peroxide which dried my skin out badly and made my skin worse than better. it also didnt help with the food i was eating. Chocolate, pizza, and other stuff. after many years i figured out mostly what wasnt good for my skin. i still had bad acne, but it was tolarable. then i found your website and started your diet and it worked really good. my skin is about 99% cleared. im starting to reintroduce some of my old favorite munch foods again like peanut butter and jelly sandwiches, veg soup, but im still staying away from chicken, turkey, and pizza because they destroy my face. i wish i found ur website a long time ago, it would of saved me alot of embarresment. I really apperciate all the help u given me and i love ur website.

Lizzy, only after 3 weeks

October-12, 2002

Hi everyone,

I have been on the diet for 3 weeks and am ready to make a post with my results. Week 1: many of the pimples I had started to dry up. Pretty happy with that, but new pimples were still developing. So, I read more of 'the book' online and realized I was making some mistakes, even though I was still being SO STRICT: I was using olive oil which was not extra virgin and blending up my fruits and I ate unshelled nuts (once), drank some coffee (once) and wine (once). So, I stipped all these mistakes away and went on with more determination during week 2. Fully strict this time except once I had some gin (it's sooo hard to go out and not have a drink!) No progress at all even though I had become so strict! I was getting very discouraged. New pimples were developing! I felt like nothing in the world was ever gonna work for me. But, I kept on going fully determined to stay on this diet for as long as it took!

Well, it is now the end of week 3 and my skin has totally cleared up! It really has! Someone even told me "it glows" (and I have to admit-- sometimes it really does!) I am thrilled. And I am really getting adapted to this very strict diet. It is not really hard at , especially because I now see how much it works. I am so skeptical that clear skin would ever last for me (it's only been 3 weeks now) so I am going to keep monitoring, but I am super happy with the results so far. I want to thank Wai for sharing all this information. Thank you, thank you! I can't get over the rush I feel knowing I have some control over this problem. In fact, knowing that I have so much control over myself is a rush. The discipline I am discovering I have over myself by going on this strict diet has given me an inner confidence that I was not even looking for-- a confidence

totally separate from the way I look! Very cool.

I do have one question-- people who are posting their results with the diet keep talking about how smooth their skin feels. Well my skin looks great and yes, seems to have a lovely glow often, but it does NOT feel smooth. In fact, it used to feel much smoother. It feels like there are little microscopic bumps in places. Wondering if that will go away.

Also, in case anyone is interested, I have battled with acne for about 15 years. It comes and goes. I get it with my menstrual cycle, I get it when I'm stressed, but I also just get it randomly. I almost always have a pimple, and sometimes lots-- big and small, mostly on my face. The reason I went looking for information on the Net about acne (when I discovered this diet) is because it had started to get really bad again (huge ragers on my chin! horrible!) and I had just had enough! I have been on all kinds of medication for acne in my past. Accutane was the only thing that worked but I didn't want to go there again. I have tried all the well-known infommercial products, but nothing worked for me.

This diet has given me new hope and I am sticking to it. I will keep posting my progress.

Thanks again, Wai!

After 3 months; January 17, 2003

It's been more than 3 months since I first started Wai's diet and I thought I would just add a comment that I am still doing it and very happy with the results. Christmas season nearly killed me, though. I was forced to go completely off the rails for weeks because there were parties almost every other day and I could not hold to the diet. I also travelled and stayed with friends/family and had to eat 'normal food' because any other option was too much work for me and my hosts. I broke out badly. BADLY! Diet is totally responsible for acne, that much I KNOW!! I am back on track now and my skin is clear again. I am getting better at knowing what to watch out for. I have to remain very strict, though. I am very sensitive to acne. But I do make a few exceptions and just suffer the consequences (the consequences aren't 'that' bad at all, in my opinion). In addition to the strict stuff (raw fruits, eggs, oil, nuts) I do eat some cooked veggies now and then and manage to have a cup of coffee every day, the occasional drink, and the occasional 'blended' concoction of fruits with avacado. (Getting a little sick of eating avacado on its own).

Just wanted to give an update on my progress! My advice to anyone who has acne is to give this a try, it totally works. Change is possible!

Lizzy

Robert, Nov-18, 2002

After 9 months

In a nutshell, I am a 22 year old male and about two years ago, I decided to try a pretty standard vegan diet, consisting mostly of whole-wheat, soy and vegetables. My reaction to the diet over a period of about 4 or 5 months consisted of digestive problems, irritability, dry skin, acne and diffuse hair loss. I switched to your diet about 9 months ago and virtually all of the problems, with the exception of the hair loss, cleared up. What I mean by the hairloss not clearing up is that my density stopped decreasing after starting your diet, but it has never improved either. The acne stopped within about half a week.

Scott

Oct-18, 2002, after 3 weeks

Wai, I'm not even 100% certain that I'm suffering from acne; it might be some other sort of skin disorder/infection. But as far as I can tell at this stage, my skin does seem to be responding positively to the diet. It'll take more time for me to have a better idea.

If it is acne, it's some sort of cystic type. It developed about nine months ago, and for most of the time I was convinced that it was a bacterial infection. It's fairly disgusting: weeping red sores that can become the size of quarters and excrete some sort of clear, watery pus. Acne didn't even cross my mind as a possible cause until about 6 weeks ago, because it doesn't resemble any acne that I've ever had before. It's very slow-healing, disfiguring, and sometimes seems to act like it's contagious. It will almost "crawl" from spot to spot. I sometimes apply a bit of pressure, however, so it could just be that with my interference I'm causing the infection to spread beneath the surface.

Anyhow, I'm still learning to integrate your diet into my daily life. It's not always easy to follow all the rules, like resting after consuming protein, or not using tap water to wash my face. And I sometimes do extremely stupid things.

I know that dirty protein is a big problem for me. The only time I've cheated was last weekend when I had some cooked salmon. I almost immediately had four or five new breakouts. (The only new ones during the three weeks that I've been on the diet.)

Nov-22, 2002, after 2 months

I'm basically clear right now, except for a few small spots on the forehead that refuse to disappear. The diet has definitely healed my skin. Without a doubt.

Mostly I still stick to the strict diet. The spots are from a few weeks ago when I cheated with

some cooked salmon. They refuse to go away.

Matthew, Dec. 15, 2002

Wai,

I just wanted to say thanks for providing this site and all the information on it. It has really helped me and has also provided some very interesting reading... Sometimes it's almost overwhelming the amount of material that you have written/researched. Most of the time I'm kind of surprised at how right on you are about things. You seem to have all the answers Wai... and I must admit in the beginning I was a big skeptic... I'm just curious though... Who are you? Is this all apart of some big research project/ dissertation? Why don't more people have your information? Why do I feel like If I went to my doctor and told him about my diet he would just flip out and tell me I was crazy... but at the same time, I'm proof because my acne clears up when I follow it... and when I don't, it comes back... If eating the food I'm used to eating simply causes acne on the "outside"... god only knows what it's doing to my "insides"... It just makes too much sense so perfectly, yet it seems disappointing that the truth seems to hide in such darkness... The answer is simple, but ever since I've had acne the answer has been anything but simple... it's been a constant flow of annoying medication and antibiotics and a world of ups and downs... I guess I don't really understand... thanks again Wai...

January 14, 2003

Kikkie, after one year

I've been on this diet for over a year and it works in terms of eliminating acne, decreasing cellulite and reaching the ideal set point weight. Before the diet, I had severe acne around my jaw line and cheek bones. After a few weeks on the sample diet, this cleared up and now I have no scars to prove this. So if anyone is having trouble starting out on this diet, remember it does work, and once initiated, there is no turning back to old habits and troubled skin.

I always had a "dirty" face with up to ten to fifteen zits at a time. Even when my skin was at its best, there was still five to six pimples to cover up. Only these pimples were hard to cover since they were quite large. It took about a week for me to see a difference and about three weeks to clear skin. Before the diet I ate lots of "not so healthy" health food; (ie: vitamins, vegetables, broiled fish, yogurt, feta cheese, pasta...), so the conversion to a raw food, fruit, brazil nut and sashimi diet was simple. As for cellulite, it took about three months for a significant difference to be seen. Now that I have limited my intake of salt, tea and starbucks coffee, my cellulite looks even better. As for weightloss, I really did not want to lose weight, instead I wanted to maintain a more steady weight; I no longer juggle 10-15 pounds, my weight remains ideal and consistent.

Star95, January 15, 2003; after 13 days

i have been on the sample diet for thirteen days and yes, my acne has decreased nicely. thank you wai very much. i have (or had) moderate acne; unfortunately, i have severe scarring. thanks to everyone, i enjoy reading the bulletin board. it has been very supportive during the past two weeks

i would have about five to ten active breakouts on my face on any given day. some would be more "surface" zits while others would be cysts. as soon as one would go away, another would take its place. the derms i saw would always say it was a mild case. but the scarring is pretty extensive: pock marks on my cheeks, my right cheek in particular.

on the sample diet, i did not get any new cysts or bad zits that would last for weeks and weeks. i would get little zits though

no major breakouts on my cheeks, which has been really bugging me the most as my cheeks scar really bad.

Kathitep80, November 06, 2002

I am thrilled with this diet, and I would just like to say to everyone who has acne, that it is a gift, it is our body's way of telling us that something isn't right. I believe we are all extremely lucky to have been exposed to this truthful information, and we can now all be shining examples to the rest of the world to share this healthy healing truth with them!!! Thank you Wai.

In answer to your question, my acne was moderate...The reason causing me to search the web for help was b/c I slowly developed these two HUGE DISGUSTING PUSS filled DEEP pimples (more like mountains sitting on top of craters, I know, gross) one on either corner of my mouth, which only got progressively worse, no matter what topical treatment or cleanser I used. They would NOT GO AWAY OR HEAL, I had them for nearly two months... they were never ending huge raw holes, and I just didn't know what to do, and when I stopped cooking all of my veggies and pastas in olive oil, which I did nearly every single day, they then finally slowly started to heal and to go away...other than that (which was SO AWFUL, as I am sure you all know!) I only had a few scattered pimples on my chin and my lower jawbone, and lower cheek area. So, now that I no longer cook in oil, I eat a lot more fruit, Brazil nuts, tomato cucumber salads, and the sashimi Salmon, which does wonders for my skin...I still occasionally eat pasta, but oddly (and sadly) enough, I now feel sick after eating it! At first I felt a little weird after eating the sashimi, and now I feel great after eating the sashimi, and sick and lethargic after eating the pasta! I can see how I am addicted to whatever is in prepared foods, b/c even when I am full, I still don't feel satisfied after eating fruits, and I am so glad to know that it's just b/c my body is in withdrawal!! Needless to say, my friends and family think I am psycho, but they shut up when they see how much better my skin looks...and it's only going to get better

AAAAAAAAAAALLLEEELLUUJIAAAAAAAAAAAAAAAAAAAAA!!!!

Maria (changed name), January 23, 2003; after 4 months

I've been posting off and on, but never really introduced myself. I just wanted to share my experiences on this diet so far, and get any feedback/suggestions/recommendations.

I have been on this diet since late September and I am really happy with the results so far. My skin is almost perfect now that I only wash it with water. Also, I've gone from 150 to 135 lbs (I'm 5'5 1/2 and medium boned and athletic build).

In a typical day, I now eat the following: 1 banana, handful of almonds/hazelnuts/brazil nuts, fruit all day long, 1 basket of berries with very little plain yogurt, and then three small meals of either tomato/olive oil salad with 1 piece of bread or 1 whole california avocado with 1 piece of bread and cucumber. I don't limit myself to these things, this is just what ended up being what makes me feel satisfied. I admit that I don't have the egg yolks everyday. Maybe only a couple times a week... Maybe I should be better about this?

Again, I am so happy with the results of this diet, and I thank you Wai for putting up all of this information and dedicating so much of your time to helping people! It is so refreshing to find a site that is run by an individual who is motivated not by money but instead by the pursuit of knowledge, truth and the well-being of other human beings. Thanks Wai!

Maria

Simon, Januari 12, 2003

Dear Wai, I've been doing your diet for 1 week now and I have had about 6 new spots on my face and a bit of dry skin, is this normal? I have been very strict with the diet, I hope it all clears up next week? I've had Cystic Acne for 12 years so this is really my last resort.

...

Januari 15, 2003

I'm in the middle of my second week and I'm seeing some great improvements. As regards to the water issue, I think I will just stick to the bottled water. I did read the information on water, but got confused with the measurements as I live in Holland and they are displayed on the bottle different. I'm really starting to enjoy the food that I am eating, and seeing what other people eat, there is no way I think I could go back to eating what we are supposed to call normal food, its basically junk. Thanks.

...

Januari 23, 2002

Dear Wai, I'm nearly at the end of my 3rd week and I'm still getting spots on my face, can you give me a rough estimate on how long this will last as I'm still doing a very strict diet, except for the peeling of my fruit in the first 2 weeks, but now I'm peeling all fruits. I can't see where I'm going wrong?

... My backside is clearing and my legs and back, I'm still getting small spots on my face, but very few. I only wash my face with water, and I always follow sugar with fat. I don't take any Supplements and I always stay inactive after egg yolks.

...

Januari 28, 2003

I am in my 4th week and I am seeing some improvements, but still my forehead is covered in acne, but the rest of my face seems to be clearing... I was eating Brazil Nuts and Walnuts which I shell myself, but I think I may be allergic to walnuts. I'm going to not eat any nuts for a week and see if it has any effect.

...

Februari 06, 2003

I've been doing Wai's Diet for nearly 5 weeks and I can say that this is the best diet in the world. I have only been bad once, which was last weekend when I had a small slice of Carrot cake. I was expecting a big outbreak but all I got was 2 new spots. And they were both on my chest which wasn't too bad, And they were very small anyway. I can believe it when I look in the mirror, my face has only got about 4 scars and they are clearing fast. I have also not eaten any nuts as I think I am allergic to them. I will keep you updated with my results. Any questions anybody would like to ask I will be happy to answer as I was expecting results in the first 2 weeks but they never came. Patience is a virtue, and good things come to those who wait. My acne was very severe and at this very moment in time it hasn't totally cleared up as I have been a little bad this weekend and last. but I am surprised at the reaction I know get from eating junk food, which is not as bad as it used to be. I do still get spots even in the 4th and 5th week, which I know if I do the diet very strict for 2-4 weeks it will totally clear up as it isn't that bad right now.

June-04, 2003; after 6 months

hello Wai, I would say I've been on and off your strict diet for about 6 months, My skin is looking much better, my face is I would say 100% clean now, but my back and legs are a little bit spotty, and I mean a little bit. I have noticed that if I eat 150g Salmon every day I seem to get worse instead of better, I have now been strict for 3 weeks and for the last week I have cut the salmon down to 75g and it seems to be clearing, especially my face. I have got so used to this diet that I don't even have the urge to eat other food anymore. I have also stopped using commercial shower gels and shampoo's and only buy organic as after reading information on these products I was quite shocked by what was in them. I only use mineral water on my face and after shaving I use rose water and its the business. No more shaving rashes I'm abit worried about the introduction of munch foods, I'm thinking of just intruducing more salad veggies and thats it for a while. Is there anything in raw nuts that I don't get from the Stict diet? because I havn't eaten them for along time now. I will keep you updated with my progress

Frugivore, March-9, 2003

Wai,

I just want to thank you again for your advice and offer an update on how I'm doing with the diet and the acne.

One of my big concerns was losing muscle weight and mass while adapting to this diet, I am tall (I am a male,

6 foot 6 inches tall, I weigh about 230 pounds, and I lift weights 3 times a week) and already very lean, very little fat to lose, so I was careful. But I have actually gained some weight and it's not even fat, I've gained 5-10 pounds, and it doesn't seem to be water weight retention because my muscle tone is more visible.

I still am eating meat and bread, but much less, because I feel wonderfully satisfied with the addition of lots of fresh fruit, raw nuts, 5 yolks a day, and I LOVE the salad-I've added lime juice to it which is amazing!

I think one reason I may have gained weight is that I am actually able to digest and process the food successfully. I used to have much more flatulence than I do now, I hardly get it at all now. And the big question: how is my acne? It is practically gone completely! I never get it on my jawline anymore, and my back-the worst area-is clearing up daily, just a bunch of little old dead scabby skin stuff that is healing quickly. If I do get new acne it's always on my back and very very small and goes away quickly. I am soooo

glad I read your work, it convinced me to start eating better and helped me develop a feeling of health empowerment and health confidence. I feel wonderful. Thanks again Wai and keep up the good work!

Frugivore

Isis

30-05-2003

I don't have to tell anyone anything! They just take one look at me and beg me for advice on what they should do. Everyone around me seems to be slowly eating like me, it's crazy! I don't even tell some of them, I just see them watching what I eat and then they proceed to buy and consume more of it, and despite the fact they still eat a lot of junk food, even I have been pleasantly surprised to notice changes in them too.

Take my workmate for starters. She has always been overweight. She constantly asks me for tips and watches what I eat. She was there when my diet was rubbish (and I was still slim, but certainly not 'healthy-looking'). Little by little she has started to eat more fruits etc. and I was really shocked at the effect on her skin. She has never had acne but her face is just so smooth

and glowing now, and she has even lost a bit of weight! And this has been the case for about four months now. I know she will probably never adopt the diet 100% but it's great she is getting benefits from some of it. Then there is my good mate. She used to be really huge with bad skin during her period, but she started eating like me and now she has lost a tonne of weight and her skin is much better. She did not decide to eat like me because she had acne, but because she thought that must be the secret to my health and vitality. I am totally buzzing from the time I wake up to the time I go to bed. She calls me 'energy' now cus I am just all over the place, and my mental stamina just goes on and goes on forever! I can study all day and night, and still have optimum concentration and memory recall. My stomach is so visibly flat now, people are beginning to ask me more and more if I am a model!!

My ex flatmate started to eat like me too, just like that! My sister has now given up milk and to her amazement, her stomach has flattened considerably. Now she believes me when I tell her that so called 'healthy' foods can cause bloating. If only she had realised this years ago. The rest of her body is slim but she always had a bloated abdomen and used to exercise like mad to try and get rid of this. Unknown to her it was not 'fat' but bloat.

My friend is beginning to doubt his own diet. As a former gourmet chef, he used to cook feasts for hundreds of people, and enjoys cooking at home too, but when he sees how radiant and full of life I am...he asks about the diet and even goes to Waisays.com to investigate. He calls me 'the hurricane' because I am constantly wheezing here and there with bright ideas and full of energy.

I had a friend who suffered from severe depression. He was always visibly jealous of how 'happy' I seemed and one day I told him to try the diet. He is now eating fruit (something he NEVER used to do!) and is even considering eating the raw egg yolks.

I can go on and on giving examples, but you get my drift. I am happy many of these people knew me BEFORE the diet. I was okay then, I got tired like everyone else, I got bloated, I had bad acne now and again, and basically just looked 'OK'. Now, they see how fit I am, how happy I ALWAYS am, how mentally sharp I always am, how much my memory has improved, how my skin has improved, and that extra bounce in my step. I am now a people-magnet...I just radiate peace, happiness and vibrance!! That is how I used to be as a teenager. I thought the change was due to age, unknown to me it was due to my very horrid diet. I wake up singing a song and immediately feel like dancing! Before I used to have to drag myself out of bed and felt like a zombie at mornings.

I am very happy for you that you too have noticed several of the good aspects Wai tries to share with the world. I still thank God I found this diet. I only have to look at myself in the mirror!

Basically, I am just saying that it seems to have affected several areas of my life in a great way, so much so that people are the ones approaching me and asking for tips.

Back to: [the book](#) or: ['Acne Sample Diet'](#)

More Q & A

You can ask your questions about this diet in the "Sample Diet" section of this [Acne Bulletin Board](#), but, please, first check the Q and A below.

Click on a question to view Wai's answer.

Maintaining / starting with the 'sample-diet'

[But first we need to make sure our body is getting all the nutrients it needs!](#)

[I am psyching myself for the 'sample diet'. I need strength!](#)

[If I slip once or twice, would all be lost?](#)

[But who is not going to occasionally binge and stray from the diet?](#)

[If it is too difficult, I wont be able to do it...](#)

[Is smoking OK?](#)

[Experiences of a diabetic on this diet](#)

[Should all supplements be suspended while on the 'sample diet'?](#)

[What if someone needs to be on a supplement for health reasons?](#)

[Any external skincare regime I can take while on the diet?](#)

[Can I cut out meat and dairy first, and then...](#)

[I haven't been able to quit breads yet. Next week though...](#)

[It seems not really that tasty, to be honest...](#)

[I have to be honest, I cant get rid of the coffee...](#)

[Have I got this correct; three meals a day?](#)

[Is there something synergetic about the salad, are all ingredients essential?](#)

[I am vegan by nature, can this diet still work for me?](#)

[Where is the calcium coming from in this 'sample diet'?](#)

[Beating oneself up for bingeing is not good!](#)

[Michael: "Try it or shut up!"](#)

Problems

[I continue to lose weight, and I don't want that!](#)

[The diet gave me a headache!](#)

I'm having dizzy spells!

f I do not eat sashimi or Brazil nuts, sometimes my breathe feels hot!
Zits that normally sit on my face for months now suddenly become yellow!
The first days 2 ulcers developed under my tongue (which are gone now)
My Dr says this is a load of carbs, doesnt this make you gain weight?
I woke up this morning with diarrhea, is this a normal phase to go through?

The diet has left me feeling bloated!

I always get at least one spot at the end of my 7 days break of the pill

The diet contains too little protein

This diet is likely to lead to blood sugar and insulin problems

This diet makes me hypoglycemic (low blood sugar)

This diet made me anemic (low blood iron)

This diet made me rundown

General questions

About the cause of acne

Sebum / oil / dryness

About the book

Muscles and this diet

Questioning the theory behind the diet

009 ; ***"This diet made me rundown"***

You also said ***"this diet makes me hypoglycemic (low blood sugar)"***, and well, the first is caused by the latter. Consuming too little sugars, you WILL become exhausted eventually. Not the diet, but YOUR interpretation of the diet made you hypoglycemic and, subsequently, rundown.

What is hypoglycemic?

Too little sugars in your blood.

How does a healthy person become hypoglycemic?

By consuming too little sugars, which maybe in combination with consuming too little fat.

Consuming too little sugars easily happens if you only eat whole fruits and don't make sure to eat enough all the time, since you are used to eating cooked foods, which contain appetite enhancers ([beta-carbolines and opioid peptides](#)) that make you eat more. Consuming raw foods only, you suddenly miss out on these appetite enhancers, so that you no longer eat enough (or too much) automatically. Now you actually have to pay attention to whether you eat enough, which may be very hard if you never had to do this before.

How can I more easily consume sufficient sugars? By consuming more fresh juices instead of whole fruits; juices are much easier to consume and digest than whole fruits. Pressed juices (like orange juice) and juices from the juice extractor are most effective.

It is also extremely important to consume sufficient fat with every sugary meal, this because if you don't, the blood sugar level will fluctuate too much. (*hypoglycemic* alternated with *hyperglycemia*).

This is because, besides alcohol, sugars and fats are the only 2 sources of energy in the blood (redundant protein is converted in both). Sugars are a fast, but short lasting source of energy, while fats are a slow, but long lasting source of energy. When combined, they are perfectly complementary, but if you miss out on fat, you will run out of sugars much faster, needing to eat much more often, spiking and lowering the blood sugar level more often.

Consuming sufficient fruit-sugars all the time, and consuming sufficient fat with every meal, your blood sugar level will be PERFECT.

007 ; ***"This diet made me anemic"***

No, not the diet, but YOUR interpretation of the diet.

What is anemic?

A deficiency of red blood cells.

How is it caused in healthy people?

By consuming too little iron.

This diet certainly does not lack iron, unless you consume none / too little of those foods that contain sufficient iron.

Beef contains quite some iron, right? (2.2 mg./100 g.) Well, egg yolks contain over 3 times as much (7.2 mg./100g.) and tuna, salmon, dried fruits, hazelnuts, Brazil nuts, coconut and

passion fruit also contain quite some iron.

If you worry about your iron intake, submit your version of the diet to [this nutrient calculator](#), and adjust your diet where necessary.

[Here](#) are the foods listed, per nutrient, that contain the highest level for that nutrient (for each nutrient), so that you can easily make the needed adjustments.

005 ; ***"This diet makes me hypoglycemic! (low blood sugar level)"***

No, not the diet, but YOUR interpretation of the diet.

What is hypoglycemic?

Too little sugars in your blood.

How does a healthy person become hypoglycemic?

By consuming too little sugars, which maybe in combination with consuming too little fat.

Consuming too little sugars easily happens if you only eat whole fruits and don't make sure to eat enough all the time, since you are used to eating cooked foods, which contain appetite enhancers ([beta-carbolines and opioid peptides](#)) that make you eat more. Consuming raw foods only, you suddenly miss out on these appetite enhancers, so that you no longer eat enough (or too much) automatically. Now you actually have to pay attention to whether you eat enough, which may be very hard if you never had to do this before.

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This is because, besides alcohol, sugars and fats are the only 2 sources of energy in the blood (redundant protein is converted in both). Sugars are a fast, but short lasting source of energy, while fats are a slow, but long lasting source of energy. When combined, they are perfectly complementary, but if you miss out on fat, you will run out of sugars much faster, needing to eat much more often, spiking and lowering the blood sugar level more often.

Consuming sufficient fruit-sugars all the time, and consuming sufficient fat with every meal, your blood sugar level will be PERFECT.

"Are you aware of the extremely low amount of protein their diet requires? It barely adds up to 10% of the calories, well below the US RDA!"

How much protein we need, is solely determined by our need for amino acids. If you, for example, eat loads of protein that lacks only one essential amino acid, the protein is totally worthless for reconstruction purposes.

So, logically, there is no save protein RDA possible. You need to know the origin of the protein. Or you need to look at amino acid requirements. And if you check these, then you see that my diet abundantly supplies you with all required amino acids. For more information about this subject, check [this page](#).

"This diet is likely to lead to blood sugar and insulin problems"

On the contrary. Diabetes patients that are on my diet, need less supplementary insulin. Diabetes-1 patients cannot produce their own insulin. When one diabetes-1 patient was on the strictest form of the diet, he needed 40% less insulin! (you know him Gianni, it's Goracergo) The reason: this diet contains hardly any starch (bread, pasta, grains, beans), which spikes the blood glucose level the most.

111) ***Three days on a fruit diet and I'm having dizzy spells!***

That happens quite often, and mostly to people who are not used to eating much fruits. It is not because of the fruits, but because people are used to eat food that keeps on giving you energy for hours, so that you are used to eat in a certain rhythm. Consuming only fruits and fresh raw animal food, you need to eat much more often, because fruits almost solely contain sugar for energy. If you don't eat more often, your blood sugar level will decrease too much, and you will get dizzy spells. It is essential to eat more often because you cannot possibly eat as much fruit / juices in one meal as your are used to eat normal food, simply because fruits and raw animal food do not contain any appetite enhancers. (beta-carbolines and opioid peptides; all

cooked / canned / heated foods contain beta-carbolines. All wheat- and dairy products contain opioid peptides. These opioid peptides (1) and almost all beta-carbolines (2) are physically addictive - making you eat more. Of course food-manufacturers are aware of the physically addictive qualities of opioid peptides and beta-carbolines. (3))

So, you need to eat more often; far more meals, according to your need for energy.

But that is not the only thing; you also need to take fat with every time that you eat fruits / drink fruit juices, simply because when eating fruits / drinking juices only, the only source of energy will be sugars (almost only), and to prevent the blood sugar level from fluctuating too much (which can also cause dizzy spells), you need the fat to stabilize the blood sugar level.

The reason:

We have (besides alcohol) only 2 sources of energy at our disposal: fat-like substances and sugar-like substances. (redundant protein is converted into both) And if one of these 2 sources is absent, the other source will be exhausted much sooner. So, consuming too little fat, your blood sugar level will fluctuate too much, which can cause dizzy spells and headaches.

The easiest way to absorb sufficient fat is to drink fruit juices, and add a little bit of olive oil to it. Or you consume something fat right after every time that you have consumed fruits/juices, like avocado, Brazil nuts, macadamia nuts, egg yolks or fresh raw fish. Or you make a big bowl of salad at the beginning of the day, with sufficient olive oil added, and you take a few bites of the salad after every time you have consumed fruits / juices.

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110) ***The diet gave me a headache!***

There are a number of possible explanations:

- You are not consuming enough fruit; the carbs from the fruits (or other food of course) are essential to your brain, because the brain mainly functions on glucose. Make sure to eat enough fruits and eat a few bites of the salad containing sufficient olive oil to stabilize blood-sugar level. Make sure to eat enough!!!

- You may, in the beginning, react to the amines in fish, this goes away after a few times.

- Serotonine; maybe you are reacting on the serotonin in different fruits. Especially banana, papaya, avocado and pineapple contain much serotonin. Though the brain also composes serotonin, this serotonin from fruits can not be used as the neurotransmitter serotonin. The body can easily decompose this amine through the actions of sepcial enzymes, called MAOs (mono-amine-oxidase).

However, if you are not used to consuming much fruits, you produce little of these MAOs, which may result in a splitting headache.

The good news is that the body adapts its production of MAOs to the amount of serotonin that needs to be decomposed, but this adaptation takes a few days (up to about a week)

So hold on!!!

109) Mil wrote:

I'm losing a lot of weight. I don't wish to lose weight and I have been eating quite a lot. Is there any food that I can eat so that my mass can be maintain?

This is what I eat every day:

- 1-2 large serving of wai salad + olive oil

- 4 eggs yolk

- lots of apples/oranges/bananas

To prevent losing weight, it is essential to eat a small serving of salad with olive oil (or Brazil nuts, shelled by hand), after EVERY time you eat some fruits/juices. So not 1 or 2 large servings, but lots of small servings (just a few bites).

If you don't, the body converts muscle protein into fat to stabilize the blood sugar level, simply because the fruits hardly contain fat. And you dont want that.

If you are of to work, it is very practical to always take dried fruits and Brazil nuts (shelled by hand) with you, so that you never absorb too little sugars and fat.

The little servings of salad and the nuts are the KEY to prevent unwanted weight loss.

108) Goracergo wrote

Wai, i am talking about type 1 diabetes where insulin levels are non existent without injections. It will be hard for a diabetic to maintain as good blood sugar on this diet as non diabetics, but so many things affect blood sugar (i.e. physical activity, stress, food consumption (even on your diet) ect. unless he/she stays at home and monitors blood sugar all day long. And most diabetics have to maintain their blood sugar to around 200 before they can exercise because the exercise brings the blood sugar down.

I've had it for 20 years (I'm 21) Today was my first full day on this diet and I was low in blood sugar all day long. I didnt break any food rules, but every half hour I had to have a strong fruit like watermelon or orange. Now that I know this, I will reduce my insulin tomorrow and see how it goes. I didnt realize how my rich diet of complex carbs was the reason why my blood tended to fluctuate so much, even though i blood tested five times a day and tended to watch what I ate.

I am thinking of reducing my long term insulin (NPH) by 7 and my regular by 3 in the morning and 3 at night. Its amazing how little insulin is required for the diet.

I was averaging around 60 blood sugar which is very low for me and I even had a 40! Normal blood sugar is 100-120 but as you said fluctuates... I had headaches all day long and was in a continous sweat. It was basically because i gave myself TOO much insulin for this type of my diet. I almost have to cut my regular insulin IN HALF.

My blood sugars are better than ever. The key is that this diet doesnt spike insulin levels like eating wheat/bread, ect does. I now give 10 units less NPH (long acting insulin to last throughout the day) and 2 less rph(short acting insulin before meals). WHenever I have to run, Ill eat half a watermelon which pops me up to around 180. Diabetics should be advised that they should cut back insulin considerably on the first day and just play with it for the first few days...

Wai wrote:

the reason why you need less insulin on this diet is this:

Fruits contain a mixture of different sugars: fructose, glucose and sucrose. And since sucrose (like plain sugar) consist of one molecule of glucose and one molecule of fructose, fruits contain a mixture of fructose and glucose. It is the glucose that has the most direct impact on your bloodsugar (glucose) levels. Fructose will affect it also, just not as fast. Starch, like that found in bread, potatoes, rice, etc. is a number of glucose molecules connected together. Your digestive system easily breaks these bonds so the starch becomes a lot of single glucose molecules. That is why things like pastries, potatoes, bread, rice and other grains will raise your bloodsugar more than plain sugar or fruits.

(bananas contain far more fructose and sucrose than starch and glucose)

Kat wrote:

106) ***I'm taking the contraceptive pill and always get at least one cystic spot on my chin towards the end of my 7 day break each month.... I don't really get any other spots, I would like to prevent the cysts though.***

The pill you take is probably relative higher in estrogen than progesterone. Progesterone stimulates sebum production, the high-estrogen pill suppresses the secretion of progesterone via GnRH.

So this pill actually suppresses your sebum production.

Acne is caused by the combination of both a high sebum production AND pinched off sebum canals. If one of these is absent, you have no acne. That is why the pill diminishes you acne (certainly doesn't work in everybody).

But if you eliminate the pinching off of sebum canals, you will not have acne either.

So what you can do is this:

Start with the 'sample diet' one week prior to your next break with the pill, until you start taking the pill again (two weeks in total), and you will not have acne this time.

The next month you start with the 'sample-diet' 6 days prior to the break, the month after that you start 5 days prior to the break etc. etc., to find out how many days prior to your break you need to eat 'clean' to prevent acne.

Probably this will be 3 or 4 days, so you can also start with the 'sample-diet' 4 days before the break.

Once that is all set and clear, and you know that it works, you can start adding 'munch-foods' to the 'sample-diet' that you maintain during your breaks, to find out how much acne-causing foods your skin can cope with without getting acne (described in my book).

99) Is smoking OK?

Smoking does not influence acne at all.

98) Any external skincare regime i can take while on the diet. eg retinol / bezo / cleanser / moisteriser / etc?

To be absolutely sure that the diet works for you (and not something else you use), you should not use anything else.

And such a diet can only be maintained if you are 100% sure that it works for you.

So don't during those first two weeks. after that you know that it works for you and you will not need those topical products anymore.

96) Should all supplements be suspended? i am taking some supplements at the moment that i feel are doing my skin alot of good.

To be able to maintain this diet, you first need to know for 100% sure that this diet works for you.

And you can only make sure it there is nothing else that may have improved your skin; if it can ONLY be contributed to the diet.

If you don't make 100% sure, there will remain doubts, which may keep you from giving this diet a fair chance!

82) To Barbara,

I woke up this morning with diarrhea, Is this a normal phase to go through?

Yes and No.

No in the sense that it should stop within a day. If not, you should not eat any animal food that day anymore, and as much bananas as you can eat (well-ripened of course)

Please keep me updated on this.

What exactly did you eat in the 24 hours prior?

Yes it is normal in the sense that our normal food contains so much constipating agents (opioid peptides in wheat and dairy products, beta-carbolines in all prepared foods) and your bowels always try to counteract this. And if you then suddenly stop absorbing these constipating agents, your bowels surely may be moving too much.

An analogy: You are pushing the door to get into your house, but your boyfriend stands on the other side of the door, and pushes it, so that you have to push harder to get in. but suddenly he stops pushing; then you will probably fall inside.

But again, please email me again about this today, to keep me updated.

2. How many raw egg yolks can be consumed daily for an active 200 lb. male before cholesterol or ance breakouts can become a negative factor? Obviously, one would want to gradually begin consuming raw yolks until the body gets used to it.

The cholesterol in raw eggs is only good cholesterol.

When heated (cooking, frying etc.), about 30% of this good cholesterol oxidizes into bad cholesterol (oxysterols). About 6% of this bad cholesterol (only from heated foods) is absorbed into the body, and can cause vascular diseases, [click here](#) for an extensive explanation and scientific references.

Fresh raw egg yolks can never be dangerous regarding cholesterol, because they contain only good cholesterol, and the body can ALWAYS convert redundant good cholesterol into bile acids, and this also inhibits cholesterol synthesis by the body. No matter how many fresh raw yolks you consume.

Indeed, gradually increase the number of yolks consumed.

For a male your weight the minimum is about 3 egg yolks and the maximum about 7 to 8 egg yolks (regarding protein), but your skin may very well be able to cope with more yolks. (you can start experimenting after the first 1 to 2 weeks)

3. I'm not sure I understand what you mean by 'bag' of the egg yolk.

When you open a fresh egg, part of the egg-white will automatically slip through your fingers, though the fresher the egg, the more solid the egg-white (the less watery). The egg-yolk however is contained in a bag. If the egg-yolk is not contained in a bag, or if the bag breaks too easily, and the egg yolks also drains away, the egg was not fresh.

In fresh eggs the egg yolk remains contained in the bag, and you can flip it over from one hand to the other without a single drop of egg yolks is wasted, because it is still inside that bag.

Now if you make a small incision in that bag, the contents of that bag, the actual egg yolk, can be drained into a cup.

Do it slowly, because it requires some experience to drain all the egg yolk in the cup without pieces of the bag slipping into the cup too.

Maybe you have a cat. If you have, offer it one saucer with the bag on it and another saucer with just the egg-yolk on it. Your cat will only like the yolk, not the bag.

The reason: Like raw egg-white, the bag contains enzym-inhibitors (avidine and ovomucoid) that inhibit digestion. Your cat knows how to recognize these by taste.

BTW: egg yolk contains more vitamins and minerals (in greater quantities) than any other food in the world.

73) To Jerry

I asked my Dr. about the diet, he was concerned about the load up of carbs. But what do drs know anyways. I was just wondering if one would gain weight on this diet.

So according to that Dr you would be eating too much fruits?

Aren't you forgetting something?

The sample diet also contains fat (avocado, fish, Brazil nuts, olive oil) and protein (fish, Brazil

nuts).....

Gaining weight?

Overweight is not caused by fat or carbs (or protein).

Overweight is caused by consuming too much of whatever kind of energy. You can get fat by consuming too much alcohol for example, or by consuming too much fat, or too much protein, or by consuming a little bit too much of everything.

Believe me, it is very hard to over-eat on fruits.

Have you ever had fruit-cravings, like one needs to empty that bag of crisps?

I didn't.

There is no way you will consume too much carbs from fruits.

And the reason why I advice to take a few bites of a salad containing sufficient olive oil after every time you have eaten some fruit, is because this stabilizes the blood-sugar level.

This means that then the only two sources of direct energy in our blood; sugar-like molecules and fat-like molecules (redundant protein is converted in both) are then in balance.

This diet will actually even make you lose your overweight; click here for more info.

70) If you are undertaking ANY kind of diet change, please read as much as possible from a large variety of sources and make sure your body is getting ALL the nutrients it needs.

Exactly.

[Here](#) is a list of the best fruit combinations; fruits that, in addition to some animal food and some nuts, supply you with **all** the vitamins, minerals and trace elements you need, to the greatest extend.

Check out the nutrient contents of [fruits](#) , [dried fruits](#) , [Brazil nuts and the salad](#) , and [egg yolks and fresh raw fish](#) . These data are based on data presented by Souci, S.W., Food Composition and Nutrition Tabela, Medpharm Scientific Publishers, Stuttgart, and by the [USDA Nutrient Database](#)

Once you start with the diet, you can submit your personalized Acne Sample diet to this [nutrient calculator](#), so that you know exactly how much of each vitamin, mineral and trace element this diet is supplying you with.

Is your diet incomplete, then it will be low in specific nutrients, and then you can adjust your diet by adding foods that are high in those specific nutrients.

[Here](#) is a list of all the vitamins, minerals and trace elements, and, for each nutrient, the 'Acne Sample Diet'-foods that are highest in these nutrients.

69) Also, I am not sure where nutrients such as calcium would be coming from on such a diet.

Fruits contain all the calcium you need; check this [nutrient calculator](#)

Babies need more calcium (per kg bodyweight) than any other human being, because their bones need yet to be calcified. Mother's milk contains all the calcium need. And yet fruits like oranges and kiwis contain more calcium (per kg weight) than mother's milk, which indicates that these fruits already contain all the calcium we need.

And to prevent osteoporosis?

In all countries where most calcium is consumed (drinking most milk) osteoporosis rates are by far the highest.

For example:

The Chinese averagely consume 8 kg milk per year.

Americans averagely consume 254 kg milk per year.

And yet osteoporosis hip-fracture incidence in the US is 6-fold higher as in China.

This clearly indicates that milk does not help against osteoporosis, on the contrary.

For much more information about this, with all the scientific references, click [here](#)

68) Cutting out things such as coffee, tea, cakes etc is a good idea but people don't need to start beating themselves up if they have a piece of chocolate or something.

That is NOT what this diet is about.

First of all, there is the [sample diet](#) and the real diet (in the [book](#))

The sample-diet is to find out whether the diet works for you, that is why it is radical.

The real diet needs to be easy to maintain, that is why it also includes all kind of delicious 'munch-foods' (like chocolate and cream), but the ones that do the least damage to your skin.

This diet is about becoming in control instead of acne controlling you.

One remark regarding Michael's following post: No canned foods whatsoever, including no canned olives whatsoever.

06/24/01; Michael wrote:

Alright mates, I have been reading for two weeks and have not responded till now. My name is Michael I'm 22 and I have SUFFERED like all of you since I was 12.

I have skipped school, hid from friends, been late to work, quit jobs, lied to my girlfriends, never showed up to interviews, cried my eyes out, hit myself and pulled at my hair, said why me, hid in shame, rarely left my house for weeks on end, been laughed at, made fun of by perfect skinned individuals, worn womens coverup, been told that I don't wash enough or that I need to eat healthy, or I need to try the latest concoction from a gigantic drug company, who wouldnt even survive if I had no acne!

I have tried **ALL**** the stuff in your local supermarket, I was on Minocycline (which took my depression over the edge and yellowed my teeth not to mention making me vulnerable to certain bacteria). I almost went on Accutane (please ****NO ONE****, go on this drug, I don't care what your doctor says, NEVER take this, EVER!).**

I have tried Retin A, Differin, Topical Hydracortisone, Prescription Benzoyl Peroxide Washes, Prescription Lotions, ProActive, and Murad.

I am TIRED and Exhausted! Stop the lies, dammit! Stop profiting off of other peoples suffering. Stupid drug companies and dermatoligists!

Wai, I have already started your diet and I'm following it to the freaking letter. I have also been keeping a daily "Blemish Journal" for the last week and a half and will post it here.

Wai has tapped into something I have suspected all along.

You see in my past I would eat something like pizza or hamburgers and break out in gigantic cystic acne all over my face for weeks and sometimes months. Gosh dammit! If those copycats in the medical fields would break away from the pack and actually CARE about us as people instead of simply spewing forth the same mantra as their professors we might be ok.

I use to go to my Mom who also has cystic acne and say, " everytime I eat something like pizza or sausage, or milk, or peanuts I break out" and she would repeat what she had been told by the "experts".

Lies, gosh damn liars! I am extremely bitter. They take advantage of us because they no that even if we are in debt, or can't afford groceries that we will always shell out cash for the next thing that will rid us of acne, it's our #1 priority. Ever heard this? "Remember kids, even after your acne clears you must continue to buy our product to "maintain" the results."

I was watching the tele yesterday and started to notice the women's skin care commercials. What the f#\$! Women trying to get rid of fine lines and perfect the perfection! No, No, No! Freaking whiners, ever suffered with cystic acne? They can kiss my a!@#.

Ok, I'm calming down. This is the first time I have ever been this candid about the way I feel, correction, the way we all feel.

From what I have read Wai has basically GIVEN all of us her diet, and she damn well better get paid for her book if it works. If it works for me you will all here of it. Since I'm a songwriter about to step out onto the rock and roll scene, so will millions of other people. And Wai will be my friend for the rest of my life.

For all the people who are having "trouble" with Wai's diet. Get over it! Start now or shut up. It seems quite simple to me, I'll even describe it in three simple steps.

1. Stop drinking everything but water or fresh juices. Just stop! Don't slowly stop, JUST STOP!

2. These are the ONLY, ONLY, ONLY, I repeat, ONLY things you can eat! That means if you don't see it here, DON'T PUT IT IN YOUR MOUTH! This should eliminate ALL food questions!

Loads of ANY well ripened fresh fruits

Tomato-Cucumber-Avocado-Chives salad, covered with lots of Extra Virgin Cold-Pressed Olive Oil.

Cold-Pressed Flax Oil (harder to digest than Olive Oil)

Raisins (Sun dried, no added sugar or preservatives, the kind you have to refridgerate)

Dates (Sun dried, no added sugar or preservatives, the kind you have to refridgerate)

Brazil Nuts (Unshelled, Unsalted)

Walnuts (Unshelled, Unsalted)

Sashimi (fresh, un-frozen, uncooked, uncanned)

Raw Tuna (fresh, un-frozen, uncooked, uncanned)

Fresh Raw Egg YOLKS, (no whites, do not blend)

Olives (Soaked without the use of any salt / spices, this means NO to most canned olives)

Mixed Lettuce (NO other greens than lettuce)

Carrots

Red Onions

Shallots

Basil

Parsley

Pressed Garlic

Balsamic Vinegar

Lemon Juice (Fresh, not frozen or canned)

Orange Juice (Fresh, not frozen or canned)

3. Eat ONLY these things for two weeks. Then look at results.

If you have suffered for years, what is two weeks? Come on! These people complaining about giving up beer or that ever elusive protein shake, or the whiners who wan't to pump up their muscles sound absolutely ridiculous to a person like me.

If you aren't going to try this diet EXACTLY, for two weeks, then I don't want to hear you say one thing about it, just shut up so the rest of us who are suffering can try it.

I will be posting my "Blemish Journal" on here soon. Thank you everyone, goodnight for now.

By email; 06/22/01

Chris previously wrote:

61) I get NO new zits but the existing ones, the size of sesame seeds, are 'ripening one by one', becoming yellow and filled with pus. (hardly any inflammation though). Before the diet, these zits sit on my face for months without going way

Yes, that is normal. They become yellow because they can now reach the surface of your skin, while they could not do so before. The reason: When your true skin retains too much water, the sebum canals are pinched off, which causes the accumulation of sebum, but also can prevent the pus to reach the surface of your skin. Now that the excessive water in your true skin is eliminated, the pus can be deported and a yellow head appears.

60) If I do not eat the sashimi or the brazil nuts -sometimes my breath feels hot after the fruits and salad, almost like consuming liquor but not as hot

I know exactly what you mean. When you experience this again, immediately eat some raw tuna or Brazil nuts. The reason: the enzymes are balanced in such a way to digest both concentrated and non-concentrated foods. Consuming fruits and salad only, the enzymes that need to digest the concentrated foods remain workless, and bother you. Giving them something to digest immediately solves the problem.

63) The first days two ulcers developed under my tongue (which are gone now)

This might be because you are not used to eating so much fruit. The fruits contain many enzymes and if not used to eating fruits, your saliva does not contain sufficient enzymes to decompose the enzymes from food. The ulcers / sores will automatically go away after a few days as you start producing more of the appropriate enzymes.

It is also might be reaction to radically changing nutrient composition of your food, like an 'overdosis' vit. C. The body needs days to adapt its absorption rate; first it needed to absorb all available vit. C while now it has to decrease the absorption rate to prevent the uptake of excessive vitamin C. (Yes even excessive vitamin C can be harmful; Excess vitamin C is pro-oxidative, killing healthy cells. [1] Too much vitamin C decreases vitamin B12 level [2] and increases activation of mutagenic HCA from food. [3] Vitamin C can enhance tumors [4], and increases oxidative free iron level. [5] Adapting the absorption rate **maximally** takes a few days, **so don't worry about absorbing too much vitamin C from fruits.**

Did you consume little fruit before you started the diet?

Or maybe you are allergic to one of the fruits. Many people are allergic to papayas. Can you please try replacing the papayas by another fruit?

if i work out, can relying on just brazil nuts and raw tuna alone help build muscles?

Working out consuming just the Brazil nuts is probably not enough. But indeed, if you eat sufficient raw tuna (about 100 gram / 3.5 oz is the max you need daily) this will supply you with the right protein to gain muscles. Consuming both Brazil nuts and tuna is absolutely perfect!!!

[1] Sakagami, H. et al, Apoptosis-inducing activity of vitamin C and vitamin K. Cell. Mol. Biol. (Noisy-le-grand) 2000 / 46 (1) / 129-143.

[2] Simon, J.A. et al, Relation of serum ascorbic acid to serum vitamin B12, serum ferritin ,and kidney stones in the US adults. Arch.Intern. Med. 1999 / 159 (6) / 619-624. , Herbert, V. , Staging vitamin B-12 (cobalamin) status in vegetarian. Am. J. Clin. Nutr. 1994 / 59 (5 suppl.) / 1213S-1222S.

[3] Hsieh, S.E. et al, The effect of vitamin C on N-acetyltransferase activity in Klebsiella pneumonia. Food and Chemical Toxicology 1997 / 35 (12) / 1151-1157.

[4] Agus, D.B. et al, Stromal cell oxidation : a mechanism by which tumors obtain vitamin C. Cancer Research 1999 / 59 (18) / 4555-4558.

[5] Attiek, Z.K. et al, Ceruloplasmin ferroxidase activity stimulates cellular iron uptake by a trivalent cation-specific transport mechanism. J.Biol.Chem. 1999 / 274 (2) / 1116-1123. , Simon, J.A. et al, Relation of serum ascorbic acid to serum vitamin B12, serum ferritin ,and kidney stones in the US adults. Arch.Intern. Med. 1999 / 159 (6) / 619-624. , Palmer, A.M. et al, Dietary antioxidant supplementation reduces lipid peroxidation but impairs vascular function in small mesenteric arteries of the streptozotocin-diabetic rat. Diabetologia 1998 / 42 (2) / 148-156. , Rehman, A. et al, The effects of iron and vitamin C co-supplementation on oxidative damage to DNA in healthy volunteers. Biochem. Biophys. Res. Commun. 1998 / 246 (1) / 293-298. , Podmore, I.D. et al, Vitamin C exhibits pro-oxidant properties. Nature 1998 / 392 (6676) / 559. , Wienk, K.J. et al, Dietary ascorbic acid raises iron absorption in anaemic rats through enhancing mucosal iron uptake independent of iron solubility in the digesta. Br. J. Nutr. 1997 / 77 (1) / 123-131. , Herbert, V. et al, Vitamine C-driven free radical generation from iron. Journal of Nutrition 1996 / 126 / 1213-1220.

50) Just Me wrote: In today's day and age, who is not going to occasionally binge and stray from the diet etc

Binging and straying is no problem at all. When this causes new pimples to originate, you then will know exactly what to do to eliminate these pimples again. The BIG difference is that now

YOU will be in control. No more acne controlling your looks and mood; it is you who decides how clean your skin needs to be, according to how clean you are willing to eat. And that will make quite a difference.

49) Just Me wrote: *I think you said you have no qualifications - only studies of 6 years - and also I believe I heard Veronica2 mention that your diet didn't allow supplements etc - what if someone needs to be on a supplement for health reasons?*

I never said my diet does not allow supplements. What I said is that supplements can also cause acne.

If you need supplements for health reasons, you need to take them of course.

43). *I know I have to strictly adhere to the diet for it to work and give me the motivation to succeed and stick to it. But . . . if I slipped and had a few beers or a burger every few days or once a week, would all be lost or would I just get a lesser amount of acne?*

What would be lost is the absolute certainty that the diet works. And having lost that certainty, you have lost the motivation to give the real diet the best try you can. Without that certainty, you will not be able to maintain the diet lastingly. You will start doubting whether a certain 'munch-food' caused the new pimples you get or that maybe the diet does not work after all. Then you will have lost faith in that what really works and eventually dump it and my diet will get a bad rep.

You NEED to make 100% sure first.

You just need to make an investment from which you can make huge 'profits'. Please have the strength to make such an investment (of time and determination), you will be very glad you did it.

And what is 1 to 2 weeks of your life if you can benefit from this investment for the rest of your life? (even 70 year old people can have acne)

To Pete

39) *It seems very difficult to follow though, and not really that tasty, to be honest.*

That is because this is only a 'sample-diet', it is not the real diet, it is not designed to be tasty, but to effectively prove to you that it works to get rid of acne.

Wait till you've read the munch-food recipes in the book. Once you have made 100% sure, you can start adding the least harmful, but delicious munch-foods in the REAL diet.

But yes, it is very true; it takes quite some determination to get rid of your acne!

I'm just supplying you with the opportunity to do so, you are the one who has to make it actually happen!

To Meg

36) I have to be honest. I cant get rid of the coffee until my vacation in July.

THANK YOU for your honesty Meg!

I need your help; I need you all to be honest, because wouldn't it be sad if this diet gets a bad rep because somebody does not honestly 100% stick to it and therefore concludes that it doesn't work, while it does if you do stick to it?

You only have to get rid of the coffee for one or two weeks, to make 100% sure the diet works for you. After that you can start experimenting whether you can drink coffee or not, and/or how much.

Sara wrote:

15) I am a vegan by nature, meaning no animals what-so-ever, can this diet still work for me?

Yes you can, it is just a little bit harder.

- * you would still need to take supplementary B12, which might be a problem because as far as I know they all use processed protein in supplements for binding.
- * Maintaining a vegan diet is always harder because you cannot decrease your cravings by consuming some extra clean cholesterol. (in sashimi)
- * You would depend on Brazil nuts (shelled by hand) as a replacement for sashimi regarding the protein. Brazil nut protein quality is 2 to over 3-fold better than that of other nuts (and better than the protein quality of any other food in the world; twice as good as protein quality of beef for example.)
- * Regarding vitamins in general you would also depend a little more on the availability of well-ripened avocado. (the creamy ones with the dark peel)
- * Regarding taste and texture sashimi is nicely different from all the fruits. But once you have succeeded maintaining the 'sample diet' during one week, then that is not important anymore, because then you can start adding delicious munch-foods. There are lots of 'munch-food' recipes in the book, and most of them are without any animal food. (because cooked animal foods are the worst for your skin, and beans and grains)

For everybody who wants to give this diet a try it is extremely important to get to know FOR SURE first whether this diet works for you. Others can tell you that it does, but you have to experience this yourself first before you can be absolutely sure.

During one to two weeks you should consume no prepared foods whatsoever and no salt or spices at all. Then you will clearly notice how well the diet works, which will boost your moral to maintain the diet in its less strict form.

The sample diet you as a vegan should maintain during one to two weeks to make absolutely sure the diet works for you too:

- Loads of fresh, well-ripened fruits, as much as you can/want.
- Unshelled Brazil nuts, shelled by hand.
- A tomato-cucumber-avocado-chives salad covered with loads of extra virgin olive oil.

During this one to two weeks you should ONLY consume these foods. After that week you KNOW exactly how your skin can become totally clean and you can start adding munch-foods, as described in the book.

To stabilize blood-sugar levels (making the energy last) you should make a big bowl of salad every day and take a few bites of it after every time you have consumed some fruits. (of fruit-juices/shakes) To prevent gasses/gripes/cramps/bloating you should never consume fruit right after the salad. First the fruit, then the salad.

Sue wrote:

12) If it is too difficult, I won't be able to do it.

I understand, but the diet itself is not that hard, because you can still eat some delicious 'munch-food' regularly (like chocolate with cream), but you can only MAINTAIN this diet once you know for SURE (100%) that it works for you.

Only the 'sample diet' that is essential to make sure the diet works for is very hard.

After that it is not hard anymore, because you KNOW it works, and all you have to do then is to experiment how much delicious 'munch-foods' your skin can cope with without getting acne again.

And everytime you eat too much 'munch-foods' you need to be able to fall back on the sample diet to totally clean your skin again, which is easy once you know FOR SURE THAT IT TOTALLY CLEANS YOUR SKIN AGAIN.

11) So far, cutting out meat and dairy has not been too hard. Yesterday I cut out diet sodas. Cutting out chocolate starting today might be a little more difficult and bread most of all.

You CAN do it this way, but it is actually harder, because once you have been cutting out quite some foods, and you still get acne, you still will not be sure whether the diet works for you. So then it takes a lot of discipline without being sure you are doing the right thing. And this doubt may keep you from succeeding.

So it is actually harder this way.

The reason: KNOWING FOR SURE that it works for you gives you so much willpower. It gives you strength, it makes you happy and makes you feel that YOU are in control instead of this

terrible disorder called acne.

Sue wrote:

8) I'm getting a little closer to getting the Wai diet. I cut out ALL dairy and meat and have been eating the Wai salad and fruit concoctions. I had some ahi tuna but I cooked it. I haven't been able to quit breads yet, either. I love sour dough french with salted butter! Next week though...

Hmmm, the problem with doing it this way, is that you never know FOR SURE what caused it when you get a new pimple. And then you may think the diet doesn't work, and you will give up that what can help you.

If you want to give the diet a try, you first need to be absolutely sure it works for you. After that you can do as much experimenting as you want.

All it takes is one week of your life, so that you know exactly where you stand regarding your acne for the rest of your life.

Please give it a REAL try, or not at all.

Leanne wrote:

6) I am desperate to start the diet so have I got this correct. Three meals a day.

No, no: AS MUCH fruits as you want whenever you want, except not within 1.5 hours after having consumed sashimi or a salad. You can nibble fruits and nuts (shelled by hand) all day. If you want to have fruits, salad and the sashimi all in one meal, first eat the fruits, than the salad and then the sashimi.

Should I have watermelon and brazil nuts as a snack btwn meals?

Snacks / meals whenever you want!

It does not matter when or how often you eat some of the food described in the ['sample diet'](#) ; eat as often and as much as you like.

Tina wrote:

002) **The diet has left me feeling bloated. Am I not combining the fruits and fat correctly?**

Bloating is caused by gasses. Gasses are caused by combining the wrong foods, or simply by consuming much fiber, since fiber can only be bacterially decomposed.

You can cause gasses by combining foods incorrectly because almost all foods contain sulfur containing amino acids, which originate methane gas if the bowels are stimulated while

digesting protein. This can already be evoked by consuming some fiber within 1.5 hour after having consumed proteinaceous foods.

So, how to eliminate the bloating?

1. By consuming less fiber in general: instead of whole fruits, consume more fruit juices; not the ones made in a blender (the pulp is only cut in little pieces, which is still fiber), but the ones from a juice extractor (the juice and fiber are separated through centrifugation), or orange juice of course (draining the juice from the pulp). If you want a totally flat stomach, you need to eliminate sufficient fiber from your diet. (the worst are the foods that contain both fiber and bowel-sedating substances, like grains and beans)

2. Don't consume anything fibrous within 1.5 hour after having consumed sashimi / egg yolks. You can consume orange juice after the yolks / fish though.

Sue wrote:

1) I am psyching myself for the Wai's fruit diet. I need strength!

It is not that you are weak.

If you fight your body's natural instincts, you are likely to lose that fight. The problem of dieting in general is the assumption that we need to fight our body's needs to eat right. The opposite is true; the only way you can maintain the right diet AND have peace is by cooperating with your body instead of fighting it. You both share the same goals: to feel good, to be lean and have a healthy body and skin.

So what am I taking about?

Our strongest instincts are the instincts to survive.

To be able to maintain a diet, you have to know and meet these instincts.

For example:

Our brain alone needs 125 to 150 gram pure glucose daily. If not, you will get into a coma and eventually die. So absorbing sufficient glucose is part of our survival instinct. That is why our body is designed to get warning signals when too little glucose is absorbed: Glucose is required for the uptake of tryptophan in the brain, to be converted into serotonin, which makes you feel good and suppresses appetite. So if you consume too little sugars (glucose), you will be depressed and experience strong cravings.

Another example:

Good cholesterol is essential for the composition of new brain cells and hormones and much more. So again there is a warning system to consume sufficient clean cholesterol: cholesterol products activate serotonin receptors. If too little cholesterol is consumed, you again will be depressed / aggressive and experience strong cravings.

Another example:

Fat is essential to prevent too strong fluctuations in blood-glucose level (which causes cravings-attacks). The reason: our body has (besides alcohol) only 2 sources of energy at its disposal: fat-like molecules and sugar-like molecules (redundant protein is converted into both). Sugars are a fast but short-lasting source of energy and fats are a slow, but long-lasting source of energy. Together they are perfectly complementary. Without sufficient fat the sugars are utilized too fast, causing too strong blood-sugar fluctuations.

SO WHAT IS MOST ESSENTIAL TO BE ABLE TO MAINTAIN A SPECIFIC DIET?

Consuming sufficient clean cholesterol, sugars and fat. Of course there is much more to it, but that takes a whole [book](#) to explain.

Back to: [the book](#) or: ['Acne Sample Diet'](#)

Q & A

This Diet and Muscles

Click on a question below to view Wai's answer.

[How can I obtain the extra protein required to gain weight? \(this is a thread in our \[Acne Bulletin Board\]\(#\)\)](#)

[Will I get enough calories?](#)

[How can I possibly put on mass by following your diet?](#)

[Will I get enough protein from fish for muscles to grow?](#)

[This is depriving your body from protein and carbs!](#)

[But I don't want to lose weight!](#)

[What is the best source for protein?6](#)

[Is powder protein bad?](#)

[Does whey protein \(supplement\) count as 'dirty' protein?](#)

[How about a soy isolate?](#)

[Is sweating good or bad for acne?](#)

[You say you can get fat by consuming too much protein?](#)

[You dont think consuming egg whites is worthwhile? Why?](#)

[But egg yolks have fat and egg whites do not!](#)

[The fat in this diet will make you fat!](#)

[Fat is your enemy!](#)

[Fat is only efficient fuel for moderate activities](#)

[Fruits cause insulin release, causing storage of fat!](#)

[You seem to be leaving out complex carbohydrates](#)

[My muscles ache a little bit...](#)

[How many egg yolks do I need?](#)

[Regarding acne, what is the max amount of dietary protein?](#)

21) What is the maximum amount of absorbable protein the body uses for muscle building before it says enough is enough. Can you have too much protein on this diet?

That also depends on your need, AND it is individually different (besides the need)

Yes you can have too much protein in this diet.

The protein absorbed should be according to the need for it.

It is best to consume the highest quality protein only, because that can be processed most efficiently and easily. That is why raw is always better than cooked. (cooking damages part of the protein)

You can have too much protein because blood-protein levels can vary greatly: from 100% (alanine) up to 900% (cysteine) !!!

This means that even clean protein can make you retain more water in the true skin, pinching off sebaceous canals. So you need to do experimenting to find out what your protein requirements are, given a certain level of exercise.

Once your skin is totally clean, you should increase raw protein consumption and see where your skin starts to become irregular / raw; that is where you consume too much clean protein.

20) But I don't want to lose weight!

It can make you lose weight, or gain muscle-weight. (gaining fat is very hard on this diet)

By nature we all have a set-point weight that is perfect to fight, run and climb in trees; the set-point weight.

By nature our appetite is according to that set-point weight; the fatter you become, the more appetite is inhibited (through leptin for example)

...unless this system is impaired by physical addictive chemicals in food that increase our appetite. (see "RESULTS" thread)

When your appetite is greater than it should be, you eat more and become overweight.

When you absorb no appetite-enhancing chemicals anymore, your appetite will be according to your weight, and you will automatically lose the OVERweight.

But Muscles are not OVERweight in the sense that having more muscles does not inhibit your appetite like more fat does (via leptin and other hormones).

In fact, being muscled stimulates your appetite because muscles use sugars/carbs for energy. The more muscles, the sooner your blood-glucose level goes down, increasing your appetite.

To gain muscle volume, the most important thing is to PREVENT CONVERSION OF MUSCLE-PROTEIN INTO AVAILABLE ENERGY.

And to prevent that, the blood needs to contain sufficient glucose and fatty acids at all times. Why?

Because muscle protein can be converted into both glucose and fatty acids. If you consume too little fat, your body will therefore convert muscle protein into fatty acids. If you consume too little sugars, your body will convert muscle protein into glucose. Simply because the heart and colon always need sufficient fatty acids to function and the brain and the muscles need sufficient glucose to function. And staying alive has a higher priority than maintaining muscle volume.

So make sure to eat ENOUGH sugars (like in fruits) and to consume something containing fat (the salad with oil, Brazil nuts / avocado) every time you eat something containing sugars.

Second; of course your muscle volume will only increase if you stimulate them to (exercise), but also if you give them enough time to grow (rest). Especially the latter is often forgotten. If you want to increase the volume of almost all muscles, the best to do is to exercise only one specific group of muscles every day so that every group of muscles can have about 4 to 5 days rest. In this case you should choose exercises that solely involve the targeted muscles. ("isolation exercises") that way you are also better able to 'sculpture' your body according to your needs, instead of just gaining muscle mass, which makes you bulkier / sturdier.

And of course you should consume sufficient high-quality protein.

Raw protein is undamaged and always of a higher quality than when cooked.

The higher the protein quality, the more efficiently the body can use this protein for (re-) construction purposes, because it also takes energy and vitamins (especially B2, B6 and B9) to process the part of the protein that cannot be used for construction purposes (because one or more amino acids are lacking). Also because processing protein originates toxic wastes (ammonium, which is converted in less toxic ureum), and that needs to be deported. (or re-utilized to compose non-essential amino acids)

19) This is depriving your body of protein and carbs!

Carbs are carbohydrates, which are sugars.

Fruits contain all the carbs you need. All you need to do is to eat sufficient fruit.

There is plenty of protein in raw fish, egg yolks and Brazil nuts, and even in fruits.

Protein requirements are most accurately reflected in amino acid requirements. And guess what, compared to WHO amino acid requirements, even if you eat fruits and Brazil nuts only, you will lack energy (by eating too little) before you can possibly absorb too little of an amino acid.

And if you need MORE protein, because you want to gain muscles, you should eat fresh raw fish and/or egg yolks, which can abundantly supply you with all the protein you need.

18) If I eat a healthy supply of fruit and brazil nuts, how many raw eggs a day will I have to consume to build muscle.

Wow, I cannot possibly answer that question because it totally depends on your exercise intensity, how tall you are and how much muscle volume you have. (it takes more protein to maintain muscle volume)

But I will give you an example:

My boyfriend is lean-muscled; not voluminous but athletic; he is 6 feet 3 tall and weighs 187 pounds. He needs to eat about 3.5 oz animal food (3.5 oz fish / 5 egg yolks) a day to maintain his muscle volume.

When he eats a handful of Brazil nuts too, he needs 2 yolks less.

But those who have far bigger muscles (or have a higher muscle turnover) need more protein just to maintain that muscle volume.

17) Also, some of my muscles ache a little bit, its not a bad ache but one that is irregular.

Did you normally consume milk or take calcium supplements?

Our muscles can only function if they can deport calcium from the inside of the muscle cell to the outside. If the blood-calcium level is often relatively high, due to regular milk / calcium consumption, the muscles have more problems deporting the calcium into the blood (necessary for contraction)

Thus high-calcium intakes lead to 'stiff muscles' or even cramps (and eventually to fibromyalgia)

Now you are suddenly consuming no milk and no extra calcium, and thus the muscles are free from this calcium-burdening, which may cause a tingling sensation.

Another explanation is that all cooked foods contain sedative beta-carbolines (see "RESULTS" thread), which make you feel less.

not absorbing such chemicals anymore, you will clearly feel everything that is going on in your body, including your muscles.

Exercising is causing cell-damage, which stimulates the muscles to grow more muscles, to be better able to cope with this future strain on the muscles.

When not 'sedated' you can probably feel this process.

16) What is the best source for protein? Is it tuna?

Brazil nuts, no doubt about that.

Even consuming only fruits and a handful of Brazil nuts daily you would be lacking energy

before you could possibly lack protein (compared to WHO amino acid requirements)

Here is protein quality of some foods, calculated by the share of the scarcest amino acids (methionine and cysteine) relative to that of the average of all the other amino acids in total protein contents.

91%	Brazil nuts
80%	crayfish
72%	edible snail
62%	chicken egg white
52%	sole (fish)
49%	ling (fish)
47%	brown shrimp
47%	halibut (fish)
46%	oriental sesame
45%	salmon
45%	Horse mackerel (Jack mackerel)
44%	chicken egg yolk
43%	mullet (fish)
44%	lobster
42%	crawfish (Spiny lobster)
43%	cod (fish)
42%	mackerel
42%	chicken breast / leg
42%	pork, muscles only
41%	oyster
39%	mussel
39%	soft clam
39%	The combination of fruits and some Brazil nuts
38%	trout
38%	beef, muscles only
38%	mutton, muscles only
38%	tuna
37%	turkey, young
37%	veal, muscles only
32%	cow's milk, raw / reduced fat
31%	Soya bean
30%	lamb, muscles only
29%	walnut
28%	Soya flour
26%	peanut
25%	Mung bean (Indian bean, green- / golden gram)
25%	hazelnut

- 21% white beans
- 21% macadamia nuts

15) Will I get enough calories? I will feel weak without calories...

There are loads of calories (energy) in fruits/raw fish/extra virgin olive oil, ect.

Whether you have sufficient energy at your disposal at all times, is primarily determined by whether you have absorbed both sufficient sugars and fats. That is why it is advised to have a few bites of the salad after every time you have consumed some fruit.

Sugars are fast, but short-lasting energy and fats are slow but long-lasting energy. Together they are perfectly complementary. And since these foods are also easy to digest, they will make you feel very energetic.

14) You seem to be leaving out complex carbohydrates.

Complex sugars...Like starch in banana?

ALL carbs are converted into glucose, but all the different fruit-sugars are converted in a different speed. Fat helps to spread the absorption of carbs and to stabilize blood-sugar levels.

So, you don't need complex carbs to minimize the blood glucose fluctuations, but fat.

You don't need starch, you need sugars and fat.

13) Fat is only efficient fuel for moderate physical activity

Exactly, and what are you doing when you don't exercise??? (The largest part of the 24 hours a day)

You are less physical active, so that the share of fat in total energy expenditure is then higher.

12) Fat is your enemy.

you can also gain muscle weight on this diet; my boyfriend is 187 pounds LEAN muscles and he consumes raw foods ONLY.

Fat is essential and your friend. (Fat is also required to absorb vitamins)

All the body needs for energy, is glucose (ALL carbs) and fatty acids.

11) High-sugar food such as fruits causes insulin release, causing fat storage!

No, due to the influence of insulin the redundant blood-glucose is FIRST converted into glycogen in the muscles (1,200 kcal) and the liver (400 kcal).

Only if these are filled, excessive glucose is stored as glycerol combined with 3 fatty acids, in adipose fat.

BTW; due to the influence of insulin and glucagon, redundant protein can also be stored as fat.

10) The fat calories you consume will lay dormant, and will become just that... Fat!

ALL calories that "lay dormant", whether from alcohol, protein, fat or carbs, will make you gain fat.

Fat does not cause overweight. Overeating does.

Americans, on the average, are the biggest of all. **(1)** More than one half of adult Americans is overweight or obese. **(2)**

French, Italians and Germans, on the average, consume more fat than Americans, (FAO database) but Americans (and the British) are more obese. **(3)**

It is simply not true that we get fatter the more fat we consume:

Average fat consumption in 1998 in gram / cap / day;

165	France
152	Italy
149	Germany
147	USA
142	UK

(1) Martorell R, et al, Obesity in women from developing countries. *Eur. J. Clin. Nutr.* 2000 / 54 (3) / 247-252. , Samuelson G, Dietary habits and nutritional status in adolescents over Europe. An overview of current studies in the Nordic countries. *Eur. J. Clin. Nutr.* 2000 / 54 (Suppl 1) / S21-28.

(2) National Institute of Diabetes and Digestive and Kidney Diseases, Bethesda, MD, USA. Overweight, obesity, and health risk. National Task Force on the Prevention and Treatment of Obesity. *Arch. Intern. Med.* 2000 / 160 (7) / 898-904.

(3) De Vito E, et al, Overweight and Obesity among secondary school children in Central Italy. *Eur. J. Epidemiol.* 1999 / 15 (7) / 649-654. , Maillard G, et al, Trends in the prevalence of obesity in the French adult population between 1980 and 1991. *Int. J. Obes. Relat. Metab. Disord.* 1999 / 23 (4) / 389-394.

it is not necessary to go out searching for dietary fat.

It is when you are consuming at least 4 pounds fruit a day, as in this ['sample-diet'](#) , because fruits contain very little fat.

The fat is essential to stabilize the blood-sugar level, since our body has (besides alcohol) only

2 sources of energy at its disposal; fat-like molecules and sugar-like molecules. (redundant protein is converted in both). Consuming too little fat, the sugars need to supply all the required energy, and the blood-glucose level will therefore fluctuate much more, which causes cravings and moodswings / depression. (through the serotonin system)

9) Egg have fat, and egg whites do not, so it is recommended not to eat the yolk.

Fatty acids are the main source of energy for the heart and the colon. (low-fat diets can cause constipation)

Fruits contain very little fat, and in this diet fruits are the main component.

Our body has (besides alcohol) only two sources of energy at its disposal fat-like molecules and sugar-like molecules. YFat is slow but long-lasting energy, sugars are fast but short-lasting energy. Together they are perfectly complementary.

Without sufficient fat in your diet the blood-glucose level will fluctuate too much, increasing cravings and eventually impairing insulin-response (causing diabetes).

8) Will I get enough protein from fish for muscles to grow?

You can get all the protein you need from fish. Actually, average fish protein is better than average meat-protein quality.

Furthermore, protein in heated/processed food is partly damaged due to simple oxidation and the Maillard reaction, which affects protein quality.

When you need to build up/maintain a high body-mass, you need to prevent conversion of muscle-protein into available energy at all times. Thus you need to have sufficient fat and sugar at your disposal at all times. Thus the best thing to do is to consume a few bites of the salad containing sufficient olive oil every time after you have consumed some fruit. Make sure there is ALWAYS sufficient energy available.

7) How about a soy-isolate?

You mean AFTER you have made 100% sure that the sample-diet works for you?

Yes, then you can start experimenting, but I can GUARANTEE that it will make you break out again.

The soy-isolate (any protein-isolate) is a concentrate of acne-causing substances.

What does not cause acne are liquid free amino acids. They taste awful and the right ones are expensive, but they do NOT cause acne (no matter how much you take.)

But if you do, make sure to consult me first, to know whether it contains the right rates of

amino acids. If not, they are entirely worthless.

6) You dont think consuming egg whites is worthwile? Why?

Egg white contains many vitamins, minerals and protein etc., but RAW egg-white also contains avidin and ovomucoid, which are enzym-inhibitors. When you cook the egg these are destroyed, but that also originates 'dirty' protein that causes acne if you also produce much sebum.

And the enzym-inhibitors can also aggravate your acne because they inhibit digestion. And if digestion is not complete, more partly undecomposed protein is absorbed, and temporarily ends up in the skin, because the other organs first only take up free amino acids. In the skin this extra protein attracts more water, increasing water-pressure, which pinches off sebum canals.

5) you said one could get fat by consuming too much protein?

Because 1 gram of protein contains exactly as much energy as 1 gram of glucose (blood-sugar): 4 kcal.

Redundant protein (more than that what you need for (re)construction purposes) is ALWAYS converted into sugar- and fat-like molecules:

Protein consists of amino acids. A small percentage is used for construction purposes. Redundant protein (most of what you consume) is transformed into either sugar-like or fat-like molecules. The amino acids that can only be transformed into glucose-like substances are : methionine, cysteine, valine, threonine, alanine, aspartic acid, glutamic acid, glycine, histidine, proline, serine, and arginine. Leucine and lysine can only be converted into fat-like substances. Phenylalanine, tyrosine, isoleucine, and tryptophane can be converted in both fat-like or glucose-like substances.

Your body will produce 14-fold more enzymes transforming phenylalanine, tyrosine, isoleucine and tryptophane into fatty acids when you are on a low-fat diet.

4) Is powder protein bad?

The worst you can do for your skin.

These are ALWAYS 'dirty' protein concentrates.

If you MUST have a protein supplement, take liquid free amino acids only, these are the ONLY clean ones. (no powder-'free' amino acids!!!)

Muscles & Diet; To Pete and Dan

3) How in the world I would ever be able to put on mass by following your diet. My body requires a lot of protein to gain muscle

My boyfriend is 6 feet 3 tall and weighs a lean 187 pounds, all muscles. (he works out daily, yes) And guess what, he eats no cooked food whatsoever. He ONLY eats fruits, salad, sashimi and raw beef.

Raw protein is clean protein.

The advantage of raw protein over cooked protein is that not only is raw protein clean, their amino acids are undamaged, and thus protein quality is better.

If you need a lot of protein; eat a lot of raw fish and / or fruitsshakes with FRESH raw egg yolks. (don't blend the yolk, just the fruits; add the yolks after the blending, since egg yolk can also become 'dirty' due to blending)

Also make sure not to be physically active within an hour after having consumed the raw protein (don't do anything that makes your heart beat faster)

If you want to gain muscles, it is also essential to have sufficient energy at your disposal all the time. so make sure to eat some salad covered with sufficient oil (or Brazil nuts / fat fish) after everytime you have eaten fruits.

When you eat raw protein, never consume fruits, salad etc. AFTER they raw protein, always BEFORE.

2) Does whey protein (supplement) count as one of your 'dirty' proteins? It's pure whey protein so I don't see how it could..

Pure protein is ALWAYS processed protein because by nature the protein always come in 'a package' with other nutrients. To distract the protein, a number of heat-involved processes are required. This does not only damage the protein making it 'dirty' protein, this also affects protein quality. If you check amino acid composition of foods (See Souci, S.W. et al, Food composition and Nutrition Tabela, Medpharm Scientific Publishers Stuttgart),you clearly see that the cooked version of every food always is lower in the most essential amino acids. (especially methionine and tryptophan, because they are most vulnerable to heat) The decrease in protein quality is always greater than 10%.

Furthermore, protein quality of milk-proteins is already low, compared to other protein. (protein quality is calculated by the availability of the most scarce / limiting essential amino acids, methionine and cysteine, relative to total protein content; a protein quality of 100% means that this protein contains as much methionine and cysteine as the average of the other amino acids)

Protein quality of some foods / protein

91%

Brazil nuts

80%	crayfish
72%	edible snail
62%	chicken egg white
45%	salmon
44%	chicken egg yolk
42%	mackerel
42%	chicken breast / leg
38%	beef, muscles only
38%	tuna
37%	veal, muscles only
31%	Soya bean
30%	pasta made with eggs (noodles, spaghetti etc)
30%	cow's milk, full fat / 3,5%
8%	gelatine
7%	potato crisps

Raw egg white is not an option because it contains ovomucoid and avidin (which are destroyed by heat) which inhibit digestion, what can cause acne.

If you MUST have supplementary protein, you should take liquid free amino acids. They are absolutely clean and you can choose the exact amino acids you need. They are easily absorbed and 100% utilized. (they just taste disgustingly and are expensive)

If you want to know what amino acids in what rates you need (some supplements lack one or more of the essential ones, which makes them worthless), send me an email.

To Pete

1) Is sweating good or bad for acne? On the one hand, it seems good for you because you're sweating out all the dirt and opening up your pores in the process. On the other, you can argue that getting dirty sweat all over your face, chest and back must cause your pores to clog and form zits.

If pores clogged on the outside / surface of the skin would be the cause of acne, we could cure acne by cleaning our skin thoroughly all the time, and we all know that this is not the case. Does anybody know one single person who cured his/her acne by using Clearasil or something like that?

Acne is caused by the combination of a high sebum production and the pinching off of sebum canals in the true skin. The latter is due to the accumulation of 'dirty' protein and salt in the true skin, attracting water, increasing water pressure in the true skin.

Sweating is actually good, it helps a tiny little bit in deporting the 'dirty' protein and salt (in the sweat). Though this does not make any difference if new 'dirty' protein or salt is absorbed after

having worked out.

water-attracting substance (like salts and sugars, but unlike fats). The more water-attracting substances your body contains, the more water you will retain. Where (locally in the body) the concentration of these water-attracting substances is highest, most water will be retained.

Once the blood and lymph contain much protein, all organs are starting to take up much free amino acids (=protein) from the blood and lymph, for (re)construction purposes. But they do not take up amino acids that are still linked to each other (peptides, which are also protein). These peptides, which are mostly contained in the lymph, mostly end up in the (true) skin. Then the concentration of protein in the (true) skin will be elevated, and thus the amount of water in the true skin will become higher too.

Why doesn't the blood distract all that extra water from the true skin? (which is what Gianni thinks)

1. Because the level of protein in both the blood and the skin will be elevated, and they will thus BOTH retain more water, simply because consuming water-attracting substances makes you consume and retain more water. The amount of water in the body is not fixed.

2. Once the extra protein is reaching the skin, the blood- and lymph-protein levels already are decreasing again, not just because organs take up amino acids, but also because of the protein-decomposing enzymes that are present in all your organs, except for the skin.

"this protein would, by osmosis, attract water OUT of the skin and into the blood"

No because:

1) The undigested protein that end up in the blood, is decomposed by enzymes in the blood. However, the lymph (which absorbs by far the most 'dirty protein')

2) A great part of the 'dirty' protein absorbed in the lymph ends up in the skin, simply because 'dirty' protein is not single amino acids, and the organs only take up single amino acids, for reconstruction purposes.

3) There are no-protein decomposing enzymes in the skin.

4) Thus, the protein level in the water in the true skin will be higher than that in the cells in the outer skin, and in the water in tissue below the skin, and thus there will be water attracted into the true skin, from the outer skin and from below the true skin. This results in a greater water pressure, which causes the pinching off of sebum canals.

002 ; ***"there are a number of papers in the literature which demonstrate a clear connection between diet, insulin resistance and elevated blood androgens"***

Of course:

Androgens promote the secretion of sebum. And if the true skin retains more water, the water pressure is higher, pinching off sebum canals. The more sebum you produce, the more likely it can not be efficiently deported through these pinched off sebum canals.

And if the blood-, lymph-, and skin-sugar levels are elevated, one will retain more water, pinching off sebum canals.

003 ; ***"but you definitely don't have to starve yourself"***

Absolutely correct. You can even gain weight on my diet, once you have accustomed yourself to the diet.

Weight management is about energy management.

004 ; ***"there's ample scientific literature which documents hyperkeratinization and abnormal skin cell shedding as the cause of blocked sebaceous canals in acne patients"***

Cause and results are often mixed up in science.

The abnormal skin shedding in acne is caused by:

1. dehydration of the surface of the skin (the outer skin), due to excessive water-attracting substances in the skin layer below (the true skin), attracting water from the outer skin.
2. a lack of sebum reaching the surface of the skin; sebum protects the skin against dehydration.

This is 'proven' by the fact that the abnormal skin cell shedding does not take place locally where the skin is covered with sufficient oil. Oil also protects the skin against dehydration. In abnormal skin cell shedding the dehydration of the cells is accelerated, which can easily be prevented.

The hyperkeratinization is the result (not the cause) of the prolonged stay of the sebum in the sebum canals.

005 ; ***"in patients with liver damage, where protein synthesis by the liver is impaired and blood protein levels decrease, severe edema results"***

Yes, but you are forgetting this: If the liver fails to build sufficient protein (from free amino acids), the ratio of free amino acids relative to big proteins, will be higher. And all these smaller protein molecules bind to much more water than when linked to each other. (just as 3 free glucose molecules attract more water than 6 glucose molecules linked to each other)
You are also forgetting that that it is not just about protein, but also about the other water-attracting substances. In this case more protein is converted into sugar-like molecules, which also attract water.

006 ; ***"hormones are the problem in 100% of teenagers with acne"***

Not 100% at all.

Scientific research has shown that in 61% of women with acne the level of at least one androgen hormone (like testosterone) is slightly elevated, **(1)** which means that in 39% of women with acne the level of all androgens is either equal to, or even below, average.

(1) Thiboutot, D. et al, Androgen metabolism in sebaceous glands from subjects with and without acne. Arch. Dermatol. 1999 / 135 (9) / 1041-1045. , Cibula, D. et al, Prediction of increased levels of androgen in women with acne vulgaris using ultrasound and clinical parameters. (in Czech) Ceska. Gynecol. 1999 / 64 (4) / 242-246.

Acne is caused by the combination of 2 factors:

1. Producing much sebum (strongly influenced by hormones)
2. Pinched off sebum canals (due to water retention in the true skin, which is influenced by diet, stress and hormones)

007 ; ***"sebum and skin oil are the same thing"***

No, no. They are both produced by the same glands, but they ARE different. Sebum is more solid, white-grey in color, while oil is colourless, and more fluid. The skin can produce much

sebum and little oil, or the other way around.

Your own eyes can see that these substances are different.

008 ; ***""In the studies that you refer to regarding facial edema, they concluded that acne CAUSED the facial edema"***

Creating a new theory is not about copying someone else's conclusions, but about finding new insights that might explain a certain fact... :

The reference backs up my statement that facial edema is very much related to acne. The scientist thinks the explanation is that the acne caused the facial edema, but I think it is the other way around.

I use the scientific finding (the high correlation) as back up, not his opinion (that acne causes edema).

Using scientific studies, you need to make a distinction between the facts (stats about the correlation) and the opinions (causal relation). In science, these are often mixed up.

009 ; ***"Any undigested protein would be viewed by the immune system as a "foreign" protein"***

not true.

A great part of food protein is decomposed into single amino acids, while an other great part is not yet totally digested when it ends up in the bloodstream. Barth, C.A. et al, Milk proteins: nutritional, clinical, functional and technological aspects. Darmstadt 1988 / 143.

That all protein is completely separated is a well known over-simplification, that has been proven wrong.

That is also why Hartnup disease children can survive: They cannot absorb free tryptophan, but they can absorb peptides containing tryptophan, and thus they do not have to miss out on tryptophan (which is an essential amino acid).

010 ; ***"These patients were a few RARE examples of people suffering from SEVERE facial edema in association with acne"***

Not true. Solid facial edema is rare itself, NOT its association with acne...

Here is a quote from such a study:

"Persistent solid facial edema is a rare condition of unknown cause"

and...

"solid facial edema has most often been associated with acne vulgaris"

from:

Dragan LR, et al, Solid facial edema preceding a diagnosis of retro-orbital B-cell lymphoma. J Am Acad Dermatol 2000 May;42(5 Pt 2):872-4.

You are demonstrating poor logic here. Even if solid facial edema were ALWAYS associated with acne, that doesn't mean that most acne patients suffer from solid facial edema. In fact, the authors of one of the other studies (which you did not cite) say so: "....solid facial edema is a RARE complication of acne vulgaris."

Again, you learn nothing if you just copy the views of others. To learn something new, you need to review the conclusions of others, and the facts upon which these are based. In science, results and causes are often mixed up.

The facts are:

1. solid facial edema is rare
2. when solid facial edema occurs, it is most often associated with acne

The quoted scientists think that when solid facial edema and acne come together, acne is the cause and the edema the result, but that is just their conclusion, not a fact. So, you cannot say it is a fact, you can only say this is the opinion of respected scientists.

In my opinion, as often happens, they have mixed up cause and result: Acne is co-caused by retaining too much water, and since solid facial edema is the extreme variety of retaining too much water, logically, edema most often comes with acne.

I cannot prove it yet, just as these scientists cannot prove their opinion, but we need to differentiate facts from opinions, since certainly not all opinions of scientists are correct.

011 ; ***"wai says that there are "dirty proteins" and all, in meats, but I just read this post by pariseene wherem he is completely clear by avoiding lectins and eatins a high diet of***

proteins!!.....I think your diet does not have to be that strict and you can eat meats too. AS long as you avoid the lectins, that are bad for you??"

That there are 'dirty' proteins in cooked meat, is a fact. But, it is only one aspect of acne. Your acne can also be caused by too much fluctuating blood glucose levels, or consuming salt. The effectivity of digestion is individually different; in some the protein-decomposing enzymes (in the digestive tract, or those in the blood and lymph) may be far more active, and effective. Lectin containing foods are starch containing foods, and starch is loads of glucose molecules linked to each other. Starch spikes the blood glucose level the most.

So, by avoiding lectin-containing foods, you are avoiding the foods that may be the culprit in you: starches (de-stabilizing the blood sugar level)

That is also why Goracergo (a diabetes-1 patient) could initially control his acne with my diet, but when he had less control over his blood sugar level, he could not control his acne anymore.

So, in some the culprit is 'dirty' protein AND salt AND fluctuating blood sugar levels, while in others it may be one or the other. (or much of one and just a little of the other)

"I think your diet does not have to be that strict and you can eat meats too."

Maybe some can, but others cannot.

"AS long as you avoid the lectins, that are bad for you??"

No, there are lots of people that are totally clear on my diet, and if they then only add salt to their diet, they break out.

Or, if they don't consume sufficient fat (to stabilize the blood sugar level), they break out.

Or, if they only add some cooked fish, they break out.

So, it is definitely not JUST the lectins/starch.

Back to: [the book](#) or: ['Acne Sample Diet'](#)

Questioning the theory behind the diet

Click on a remark / question below to view Wai's answer.

[Hormones are the problem in 100% of teenagers with acne](#)

[Protein in the blood does not cause water retention, in fact, it is the opposite](#)

[Studies show that acne, insulin resistance and elevated blood androgen levels are connected](#)

[You definitely don't have to starve yourself like that](#)

[Studies show that blocked sebaceous canals are caused by abnormal skin shedding and hyperkeritinization](#)

[In patients with liver failure, blood protein levels decrease, while resulting in edema](#)

[Sebum and skin oil are the same thing](#)

[Acne causes edema, not the other way around](#)

['Dirty' protein does not exist ; 'foreign' protein would trigger the immune system](#)

[Edema and acne are rarely associated](#)

[Someone cleared his skin on a high-protein diet](#)

001; ***"protein in the blood does not cause water retention. in fact, it's the opposite. (but Wai, biochemistry expert that he/she is, does not understand the concept of osmosis)."***

High blood (and lymph-) protein levels do not cause water to be attracted to the skin, that is true.

However, high blood-protein levels do cause the blood to retain more water, since protein is a

Appendix-B

If you want follow this diet, it needs to supply you with all the required nutrients. That is why we have written this appendix; to show you some of the vitamins and minerals that fruits, nuts and fresh raw animal food contain. Here you can check that by consuming 2 kg. / 4.4 lbs. of the right fruits (see chapter 39) and 50 g. / 1¾ oz. fresh raw animal food daily, one will absorb all the essential nutrients.

Since only 2 kg. / 4.4 lbs. of fruits and some fresh raw animal food do not contain sufficient energy for a whole day, you need to consume more fruits and / or munch-foods, supplying you with even more vitamins and minerals.

Nutrients Contents of Fruits and Animal Foods

The vitamin, mineral (not all vitamins / minerals), carb, fat and protein contents of the foods listed below have been distracted from **[240]**

Animal food that can be consumed raw

- [Egg yolk](#)
- [Mackerel](#)
- [Salmon](#)
- [Tuna](#)

The basic fruits

- [Avocado](#)
- [Brazil nuts](#)
- [Cucumber](#)
- [Tomato](#)
- [Olives](#)
- [Olive oil](#)

Supplementary fruits

- [Apple](#)
- [Apricot](#)
- [Banana](#)
- [Coconut](#)
- [Grapes](#)
- [Guava](#)
- [Mandarin](#)
- [Mango](#)
- [Muskmelon](#)
- [Orange](#)
- [Papaya](#)
- [Passionfruit](#)
- [Pineapple](#)
- [Plum](#)
- [Watermelon](#)

Dried fruits

- [Apricot](#)
- [Dates](#)
- [Figs](#)
- [Plum](#)
- [Raisins](#)

Alternative nuts

- [Hazelnuts](#)
- [Macadamia nuts](#)
- [Walnuts](#)

For combinations of fruit that can supply you
with the required nutrients most efficiently, see Ch. 40

1000 μg . (microgram) = 1 mg. (milligram) = 0.001 g. (gram)

Egg-yolk, 60 g. (3 yolks)

10 g. protein

19 g. fat

0 g. carbohydrates

3 mg. vitamin E activity

529 µg. vitamin A

3 µg. vitamin D

88 µg. vitamin K

174 µg. vitamin B1

240 µg. vitamin B2

39 µg. vitamin B3

2 mg. vitamin B5

180 µg. vitamin B6

32 µg. biotin

96 µg. folic acid

1 µg. vitamin B12

84 mg. calcium

10 mg. magnesium

4 mg. iron

2 mg. zinc

31 mg. sodium

354 mg. phosphorus

75 µg. manganese

210 µg. copper

10 µg. molybdenum

41 µg. vanadium

8 µg. nickel

40 µg. boron

12 µg. chromium

21 µg. cobalt

18 µg. fluoride

7 µg. iodide

11 µg. selenium

Mackerel, 50 g. (1¾ oz.)

9 g. protein

6 g. fat

620 µg. vitamin E activity

50 µg. vitamin A

2 µg. vitamin D

3 mg. vitamin K

65 µg. vitamin B1

180 µg. vitamin B2

4 mg. vitamin B3

230 µg. vitamin B5

315 µg. vitamin B6

2 µg. biotin

1 µg. folic acid

5 µg. vitamin B12

6 mg. calcium

15 mg. magnesium

500 µg. iron

47 mg. sodium

198 mg. potassium

70 mg. chloride

122 mg. phosphorus

18 µg. manganese

80 µg. copper

1 µg. nickel

1 µg. aluminium

37 µg. boron

224 µg. bromine

15 µg. fluoride

25 µg. iodide

19 µg. selenium

Salmon, 50 g. (1¾ oz.)

10 g. protein

7 g. fat

1 mg. vitamin E activity

20 µg. vitamin A
8 µg. vitamin D
85 µg. vitamin B1
85 µg. vitamin B2
4 mg. vitamin B3
500 µg. vitamin B5
490 µg. vitamin B6
4 µg. biotin
2 µg. folic acid
1 µg. vitamin B12

6 mg. calcium
19 mg. magnesium
500 µg. iron
400 µg. zinc
25 mg. sodium
185 mg. potassium
133 mg. phosphorus
7 µg. manganese
100 µg. copper
1 µg. nickel
20 µg. boron
15 µg. fluoride
17 µg. iodide
250 µg. silicon
13 µg. selenium

Tuna, 50 g. (1¾ oz.)

11 g. protein
8 g. fat

225 µg. vitamin A
2 µg. vitamin D
80 µg. vitamin B1
80 µg. vitamin B2
4 mg. vitamin B3
330 µg. vitamin B5
230 µg. vitamin B6

15 µg. folic acid
2 µg. vitamin B12

20 mg. calcium
500 µg. iron
375 µg. tin
21 mg. sodium
100 mg. phosphorus
22 µg. boron
14 µg. fluoride
25 µg. iodide
41 µg. selenium

Avocado, 250 g. (about 9 oz)

5 g. protein
58 g. fat
1 g. carbohydrates

3 mg. vitamin E activity
256 µg. total carotenoids
200 µg. vitamin B1
375 µg. vitamin B2
3 mg. vitamin B3
3 mg. vitamin B5
1 mg. vitamin B6
25 µg. biotin
75 µg. folic acid
32 mg. vitamin C
50 µg. vitamin K

25 mg. calcium
72 mg. magnesium
1 mg. iron
1 mg. zinc
1 g. potassium
450 µg. manganese
22 µg. vanadium
560 µg. copper

Brazil nuts, 35 g. (1¼ oz.)

5 g. protein

23 g. fat

1 g. carbohydrates

3 mg. vitamin E activity

350 µg. vitamin B1

12 µg. vitamin B2

70 µg. vitamin B3

80 µg. vitamin B5

38 µg. vitamin B6

14 µg. folic acid

46 mg. calcium

56 mg. magnesium

1 mg. iron

1 mg. zinc

225 mg. potassium

235 mg. phosphorus

210 µg. manganese

455 µg. copper

35 µg. chromium

36 µg. selenium

Cucumber, 300 g. (10½ oz.)

2 g. protein

1 g. fat

5 g. carbohydrates

185 µg. vitamin E activity

1 mg. total carotenoids

54 µg. vitamin B1
90 µg. vitamin B2
600 µg. vitamin B3
720 µg. vitamin B5
100 µg. vitamin B6
80 µg. folic acid
24 mg. vitamin C

45 mg. calcium
24 mg. magnesium
1 mg. iron
1 mg. zinc
420 mg. potassium
450 µg. manganese

Tomato, 300 g. (10½ oz.)

5 g. protein
1 g. fat
13 g. carbohydrates

4 mg. vitamin E activity
3 mg. total carotenoids
280 µg. vitamin B1
175 µg. vitamin B2
3 mg. vitamin B3
2 mg. vitamin B5
500 µg. vitamin B6
80 µg. folic acid
220 mg. vitamin C

42 mg. calcium
67 mg. magnesium
3 mg. iron
840 µg. zinc
1 g. potassium
450 µg. manganese

Olives, 50 g. (1¾ oz.)

1 g. protein
7 g. fat
1 g. carbohydrates

15 µg. vitamin B1
40 µg. vitamin B2
250 µg. vitamin B3
280 µg. vitamin B5
11 µg. vitamin B6

48 mg. calcium
8 mg. magnesium
1 mg. iron
8 mg. phosphorus
290 µg. manganese
135 µg. copper

Cold-pressed Olive oil, 15 g. (2 Tbs)

15 g. fat
2 mg. vitamin E activity
7 µg. vitamin K

Apple, 500 g. (17½ oz.)

2 g. protein
3 g. fat
57 g. carbohydrates

2 mg. vitamin E activity
175 µg. vitamin B1
160 µg. vitamin B2
2 mg. vitamin B3
500 µg. vitamin B5
500 µg. vitamin B6
22 µg. biotin
60 µg. folic acid
60 mg. vitamin C

35 mg. calcium
32 mg. magnesium
2 mg. iron
500 µg. zinc
700 µg. potassium
17 µg. vanadium

Apricot, 500 g. (17½ oz.)

5 g. protein
1 g. fat
42 g. carbohydrates

3 mg. vitamin E activity
8 mg. total carotenoids
200 µg. vitamin B1
260 µg. vitamin B2
4 mg. vitamin B3
1 mg. vitamin B5
350 µg. vitamin B6
18 µg. folic acid
47 mg. vitamin C

80 mg. calcium
45 mg. magnesium
3 mg. iron
700 µg. zinc
1 g. potassium

Banana, 500 g. (17½ oz.)

6 g. protein
1 g. fat
100 g. carbohydrates

1 mg. vitamin E activity
220 µg. vitamin B1
280 µg. vitamin B2
3 mg. vitamin B3
1 mg. vitamin B5
2 mg. vitamin B6
27 µg. biotin
80 µg. folic acid
60 mg. vitamin C

43 mg. calcium
180 mg. magnesium
3 mg. iron
1 mg. zinc
2 g. potassium
14 µg. iodide
500 µg. chloride
30 µg. vanadium
40 mg. silicon

Coconut, 50 g. (1¾ oz.)

2 g. protein
18 g. fat
2 g. carbohydrates

360 µg. vitamin E activity
30 µg. vitamin B1

4 µg. vitamin B2
190 µg. vitamin B3
100 µg. vitamin B5
30 µg. vitamin B6
15 µg. folic acid

10 mg. calcium
20 mg. magnesium
1 mg. iron
390 µg. zinc
17 mg. sodium
190 mg. potassium
61 mg. chloride
45 mg. phosphorus
65 µg. manganese
12 µg. molybdenum
405 µg. selenium

Grapes, 500 g. (17½ oz.)

3 g. protein
1 g. fat
75 g. carbohydrates

3 mg. vitamin E activity
220 µg. vitamin B1
120 µg. vitamin B2
1 mg. vitamin B3
300 µg. vitamin B5
350 µg. vitamin B6
7 µg. biotin
200 µg. folic acid
21 mg. vitamin C
15 µg. vitamin K

90 mg. calcium
46 mg. magnesium
3 mg. iron
250 µg. zinc
1 g. potassium

Guava, 500 g. (17½ oz.)

5 g. protein
3 g. fat
290 g. carbohydrates

4 mg. total carotenoids
150 µg. vitamin B1
200 µg. vitamin B2
5 mg. vitamin B3
1 g. vitamin C

80 mg. calcium
60 mg. magnesium
4 mg. iron
3 mg. zinc
1 g. potassium

Mandarin, 500 g. (17½ oz.)

4 g. protein
2 g. fat
50 g. carbohydrates

2 mg. vitamin E activity
4 mg. total carotenoids
300 µg. vitamin B1
150 µg. vitamin B2
1 mg. vitamin B3
110 µg. vitamin B6
2 µg. biotin
35 µg. folic acid
150 mg. vitamin C

160 mg. calcium
50 mg. magnesium
2 mg. iron
310 µg. zinc
15 mg. silicon

Mango, 500 g. (17½ oz.)

3 g. protein
2 g. fat
62 g. carbohydrates
5 mg. vitamin E activity
6 mg. total carotenoids
220 µg. vitamin B1
250 µg. vitamin B2
4 mg. vitamin B3
180 µg. folic acid
180 mg. vitamin C

60 mg. calcium
90 mg. magnesium
2 mg. iron
590 µg. zinc
1 g. potassium
850 µg. manganese
8 µg. iodide

Muskmelon, 500 g. (17½ oz.)

5 g. protein
1 g. fat
60 g. carbohydrates

70 µg. vitamin E activity
23 mg. total carotenoids
300 µg. vitamin B1
100 µg. vitamin B2
3 mg. vitamin B3
150 µg. folic acid
160 mg. vitamin C

30 mg. calcium
50 mg. magnesium
1 mg. iron
2 mg. zinc
2 g. potassium
170 µg. molybdenum
340 µg. copper
100 mg. sodium

Orange, 500 g. (17½ oz.)

5 g. protein
1 g. fat
41 g. carbohydrates
2 mg. vitamin E activity
430 µg. total carotenoids
390 µg. vitamin B1
210 µg. vitamin B2
2 mg. vitamin B3
1 mg. vitamin B5
520 µg. vitamin B6
11 µg. biotin
210 µg. folic acid
250 mg. vitamin C
18 µg. vitamin K

210 mg. calcium
70 mg. magnesium
2 mg. iron
530 µg. zinc
1 g. potassium

40 mg. silicon

Papaya, 500 g. (17½ oz.)

3 g. protein

0 g. fat

11 g. carbohydrates

9 mg. total carotenoids

150 µg. vitamin B1

200 µg. vitamin B2

2 mg. vitamin B3

400 mg. vitamin C

100 mg. calcium

200 mg. magnesium

2 mg. iron

770 µg. zinc

1 g. potassium

120 µg. molybdenum

Passion-fruit (Granadilla), 500 g. (17½ oz.)

12 g. protein

2 g. fat

47 g. carbohydrates

4 mg. total carotenoids

100 µg. vitamin B1

500 µg. vitamin B2

10 mg. vitamin B3

120 mg. vitamin C

80 mg. calcium

6 mg. iron

3 mg. zinc

2 g. potassium
1 mg. copper
2 mg. manganese

Pineapple, 500 g. (17½ oz.)

2 g. protein
1 g. fat
60 g. carbohydrates

500 µg. vitamin E activity
300 µg. total carotenoids
400 µg. vitamin B1
150 µg. vitamin B2
1 mg. vitamin B3
1 mg. vitamin B5
370 µg. vitamin B6
20 µg. folic acid
100 mg. vitamin C

80 mg. calcium
80 mg. magnesium
2 mg. iron
600 µg. zinc
1 g. potassium

Plum, 500 g. (17½ oz.)

3 g. protein
1 g. fat
50 g. carbohydrates

4 mg. vitamin E activity
2 mg. total carotenoids

360 µg. vitamin B1
210 µg. vitamin B2
2 mg. vitamin B3
1 mg. vitamin B5
220 µg. vitamin B6
1 µg. biotin
10 µg. folic acid
27 mg. vitamin C
60 µg. vitamin K

70 mg. calcium
50 mg. magnesium
2 mg. iron
500 µg. zinc
1 g. potassium
10 µg. vanadium

Watermelon, 500 g. (17½ oz.)

3 g. protein
1 g. fat
41 g. carbohydrates

4 mg. total carotenoids
220 µg. vitamin B1
250 µg. vitamin B2
750 µg. vitamin B3
8 mg. vitamin B5
350 µg. vitamin B6
27 µg. biotin
25 µg. folic acid
30 mg. vitamin C

50 mg. calcium
14 mg. magnesium
2 mg. iron
1 mg. zinc
1 g. potassium

Apricot, dried; 75 g. (2 2/3 oz.)

3 g. protein
0 g. fat
36 g. carbohydrates

26 mg. total carotenoids
2 mg. vitamin B3
620 µg. vitamin B5
125 µg. vitamin B6

62 mg. calcium
37 mg. magnesium
3 mg. iron
300 µg. zinc
1 g. potassium
1 mg. manganese
600 µg. copper
12 µg. cobalt
37 µg. fluoride

Dates, dried; 75 g. (2 2/3 oz.)

1 g. protein
0 g. fat
49 g. carbohydrates

2 mg. vitamin B3
600 µg. vitamin B5
100 µg. vitamin B6
16 µg. folic acid

62 mg. calcium
37 mg. magnesium

1 mg. iron
300 µg. zinc
88 µg. chloride
22 µg. chromium

Fig, dried; 75 g. (2 2/3 oz.)

3 g. protein
1 g. fat
41 g. carbohydrates

90 µg. vitamin B1
290 µg. vitamin B5
90 µg. vitamin B6

145 mg. calcium
53 mg. magnesium
2 mg. iron
285 µg. copper
530 µg. boron
3 µg. iodide
4 µg. selenium

Plum, dried; 75 g. (2 2/3 oz.)

2 g. protein
0 g. fat
36 g. carbohydrates

112 µg. vitamin B1
90 µg. vitamin B2
1 mg. vitamin B3
340 µg. vitamin B5
112 µg. vitamin B6

30 mg. calcium
20 mg. magnesium
2 mg. iron
55 mg. phosphorus
300 µg. copper
1 µg. iodide
2 µg. selenium

Raisin (Sultana), 75 g. (2 2/3 oz.)

2 g. protein
0 g. fat
48 g. carbohydrates

90 µg. vitamin B1
2 mg. vitamin B3
83 µg. vitamin B6

60 mg. calcium
30 mg. magnesium
2 mg. iron
8 µg. molybdenum
47 µg. fluoride
5 µg. selenium

Hazelnut, (Cob nut) 35 g. (1¼ oz.)

4 g. protein
22 g. fat
4 g. carbohydrates

9 mg. vitamin E activity
135 µg. vitamin B1
70 µg. vitamin B2

470 µg. vitamin B3
40 µg. vitamin B5
110 µg. vitamin B6
25 µg. folic acid
3 µg. vitamin K

79 mg. calcium
55 mg. magnesium
1 mg. iron
650 µg. zinc
220 mg. potassium
115 mg. phosphorus
2 mg. manganese
12 µg. cobalt
5 µg. chromium
1 µg. iodide
6 µg. fluoride
4 µg. silicon
2 µg. selenium

Macadamia nut, 35 g. (1¼ oz.)

5 g. protein
22 g. fat
4 g. carbohydrates

2 mg. vitamin E activity
120 µg. vitamin B1
42 µg. vitamin B2
350 µg. vitamin B3
285 µg. vitamin B5
300 µg. vitamin B6
27 µg. folic acid
1 µg. vitamin K

30 mg. calcium
45 mg. magnesium
875 µg. iron
940 µg. zinc

190 mg. potassium
143 mg. phosphorus
690 µg. manganese
305 µg. copper
1 µg. iodide
235 µg. fluoride
46 µg. nickel
3 µg. cobalt
2 µg. selenium

Walnut, 35 g. (1¼ oz.)

5 g. protein
22 g. fat
4 g. carbohydrates

2 mg. vitamin E activity
120 µg. vitamin B1
42 µg. vitamin B2
350 µg. vitamin B3
285 µg. vitamin B5
300 µg. vitamin B6
27 µg. folic acid
1 µg. vitamin K

30 mg. calcium
45 mg. magnesium
875 µg. iron
940 µg. zinc
190 mg. potassium
143 mg. phosphorus
690 µg. manganese
305 µg. copper
1 µg. iodide
235 µg. fluoride
46 µg. nickel
3 µg. cobalt
2 µg. selenium

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Amino acids

Each protein in plants and animals consists of up to 18 different amino acids linked to each other - up to thousands per protein in total. The body needs such amino acids for the construction of new cells, enzymes and neurotransmitters.

Beta-carbolines

Heat changes part of the molecules in food. If protein reacts upon sugars, they easily form new compounds called beta-carbolines. These new compounds are physically addictive and can impair neurotransmitter metabolism in the brain, causing ADHD for example. (See www.13.waisays.com/ADHD.htm)

Beta-carotene

The term "beta-carotene" is listed here because it looks related to "beta-carboline", but they are not related in any way. Beta-carotene is the vitamin that is abundantly present in apricot, muskmelon, carrot and papaya. The body can convert beta-carotene into vitamin A according to the need for vitamin A.

Elevated beta-carotene levels can aggravate lung-cancer in smokers. **[116]**

Carbs = Carbohydrates

Dietary sugars; all different kind of sugars in our food, like starch, plain sugar (sucrose), maltose, glucose and fructose, which can easily be normally utilized as energy, and also 'special carbohydrates' like pentosanes and phytic acid, but not fiber.

Cholesterol

Like protein, cholesterol is a nutrient used for construction purposes. Cholesterol is required to compose brain cells, vitamin D, calcitriol, bile acids, estrogen, progesterone and testosterone. Like the body can compose a part of the required vitamin B2 and B5, the body can also compose a part of the required cholesterol. Due to the influence of heat, part of the cholesterol in food oxidizes into harmful oxy-cholesterol. <http://www.13.waisays.com/cholesterol.htm>

Clean protein

All protein in plants, living fruits and animals is 'clean' protein in the sense that the amino acids comprised in these proteins have not been damaged due to the influence of heat. When we start to prepare plants, fruits, or animals for consumption through the use of heat (cooking, frying, steaming etc.), radiation, microwaves, or freezing, part of the amino acids are damaged (including in canned foods). All such prepared foods no longer contain 'clean' protein; part of the amino acids is damaged.

Complex sugars

Sugars like fructose and glucose are simple sugars - small, basic sugar molecules. Complex sugars are long chains of simple sugars.

Complex sugars can only be utilized by the body if the body can decompose them into basic sugars and can convert these basic sugars into glucose molecules. Eventually, they all end up as glucose. It just takes a bit more trouble to decompose the complex sugars first.

Dirty protein

All foods that have been prepared through the use of heat (cooking, frying, steaming etc.), radiation, microwaves or freezing, contain 'dirty' protein (including canned foods). The longer and more intensely the food has been prepared, the more 'dirty' the protein it contains.

Enzymes

Enzymes are present all over in our body. They are composed by the body to transform nutrients into energy, vitamins, neurotransmitters, hormones, etc., to build new cells and to decompose old body cells into their basic components. In the digestive tract there are all kind of enzymes specialized in the decomposition of large nutrients absorbed from the ingested food, so that their basic (smaller) components can be absorbed into the blood and lymph.

HCA = Heterocyclic amines

When we prepare our food, nutrients react upon each other to form new compounds, due to the influence of heat (or radiation etc.). If proteins react upon sugars, HCA are formed. (See <http://www.13.waisays.com/cooking.htm>)

So, HCA are a special kind of 'dirty' protein. There are many different types of HCA (like beta-carbolines). Part of these HCA is mutagenic and can therefore cause cancer or brain-diseases.

Hydrogenated

Hydrogenated protein is treated with hydrate so that all available bonds are filled, so that the protein is less susceptible to deterioration. Hydrogenated protein is always 'dirty' protein because protein naturally 'never comes without the package'; protein is just one of the components in food. To make solely the protein remain, the food has to be intensively processed first.

Mutagenic

Chemicals that can damage the DNA of cells they get in touch with have mutagenic properties. In a continuous process are old body cells replaced by new ones. The new ones originate from the old ones by cell division, and are therefore identical. But if cell-DNA of the original cell has been damaged due to the influence of a mutagenic chemical, the DNA of the new cell will contain (a) mutation(s) too. If this mutation affects the capacity of the cell to produce growth-inhibitors, the cell will grow and multiply faster than normal cells: cancer.

Neurotransmitters

Hormones regulate numerous body functions. Neurotransmitters regulate processes in the brain. They determine your mood, appetite, emotions, memory, sex-drive etc. If metabolism of hormones is impaired, malfunctions in the body will occur. (Too little estrogen causes osteoporosis and infertility; too much can cause cancer). If metabolism of neurotransmitters is impaired, you may experience memory lapses, cravings, depressions, or become obsessive, anxious, sexually disturbed etc. See <http://www.13.waisays.com/ADHD.htm>

N-Nitroso compounds

In food new compounds like HCA are formed due to the heat involved in the preparation process. (See "HCA") Part of these HCA is mutagenic or toxic. The more nitrogen such compounds contain, the more toxic / mutagenic they can be. If heated food contains both protein and nitrate / nitrite (residues from phosphate fertilizers in vegetables), N-nitroso compounds can be formed, which are HCA containing extra nitrogen.

Opioid peptides

Proteins are long chains of more than 100 amino acids. Peptides are small protein; they comprise only 2 to 100 amino acids. Opioid peptides are peptides with opioid properties; they are sedative, anesthetic and physically addictive. Wheat-protein and milk-protein by nature contain opioid peptides. See www.13.waisays.com/zombie.htm

Set-point weight

The 'design' of species is according to their specialization in adaptation to their natural environment. According to their design, there is an optimal weight: the set-point weight. In humans by nature the set-point weight is a weight that is ideal to be able to flee from danger, to climb trees and to gather fruits all day - a weight we would consider 'slim'. This set-point weight is maintained by a set of hormones and neuro-transmitters which regulate appetite and the deposition of fat.

Toxins

Toxins are chemicals with toxic properties. Ingested toxins can destroy body-cells. Part of the HCA in prepared foods are toxins. See www.13.waisays.com/cooking.htm

Trans fatty acids

Fatty acids are molecules with atoms bonded to each other in a specific way. Trans-fatty acids are equal to normal fatty acids except that one (or multiple) of the bonds is unnatural. Since fatty acids are processed in the body through the use of enzymes, and enzymes can only do their job if they match their target like a key in a lock, the body has problems processing these trans-fatty acids, which therefore accumulate in our adipose tissue. Trans-fatty acids can be harmful. See www.2.waisays.com/artific.htm

Vitamins

Vitamins are co-enzymes; they help enzymes do their job. (See "enzymes") Our body composes all the enzymes and co-enzymes it needs, but for efficiency purposes it has partially lost the ability to produce the co-enzymes that are also abundantly present in our natural foods. Exactly these co-enzymes have been named vitamins.

All animals that do not eat fruits for example, can produce their own vitamin C. Humans cannot, because vitamin C is already abundantly present in our natural food (fruits).

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[The National Library of Medicine](#)

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Part 2

Nutrients and Toxins

Of course you want to get rid of your cellulite, overweight or acne, but you also want to make sure you are doing the right thing.

You want to be sure that you will absorb all the nutrients you need, and that the food you eat does not contain dangerous bacteria or other substances that in any other way can endanger your health.

A healthy diet provides you with all the nutrients you need, and contains as little of those substances that can endanger your health.

To check whether a diet is healthy, you have to know:

- the quantity of the nutrients it provides you.
- the quantity of harmful substances you will absorb

To be able to check that, you first must know what foods you will be eating when you follow this diet; see [chapter 24](#)

Chapter

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24. What Foods Are Included In This diet?

To decrease cellulite or acne, moisture excess in the skin must be decreased. To decrease this cutaneous moisture excess, the intake of 'dirty' protein and salt must be decreased;

1) Women with cellulite can eliminate cellulite by eating generous amounts of fruits (including avocado, tomato, cucumber, olives, etc.), raw nuts and some fresh raw fish or egg yolk together with maximally two 'munch-food' items like chocolate, potato chips, cream cheese, etc. a day. The same treatment applies for mild acne.

2) Those who suffer from extremely severe acne might find it necessary to eliminate all prepared foods, spices, and salt from their diet in order to have a totally clean skin. They would have to rely solely upon fresh fruits (including avocado, tomato, cucumber, olives, etc.), dried fruits, raw nuts, and some fresh raw animal food only.

Because chocolate, potato chips and other 'munch foods' do not really contain many vitamins, all required nutrients have to be obtained from fruits, nuts and fresh raw animal food.

People who want to eliminate all prepared foods from their diet need to obtain all required nutrients from fruits, nuts and fresh raw animal food.

So the only question is:

Do generous amounts of fruits, dried fruits, some nuts, and fresh raw animal food combined contain all the required nutrients?

25. Sufficient Energy

Nobody will deny that fruits contain sufficient fruit sugars and that nuts, avocado, salmon, mackerel, tuna and egg yolk contain all the essential fatty acids - yet some will say that this

diet does not supply them with sufficient energy. How is that possible?

Sugars and fats are our only sources of energy. Amino acids from protein are utilized for construction purposes and not as a source of energy until they are transformed into sugar-like or fat-like molecules - so sugars and fats are the only direct sources of energy. And, no, complex sugars are not different from simple sugars. All dietary sugars (carbohydrates) must be decomposed into glucose before they can supply our brains or muscles with energy. We do not need complex sugars; we need sugars.

Fatty acids are the main source of energy for the heart and the colon.

They also stabilize blood glucose levels. Sugars supply you with fast acting energy. Fats supply you with long lasting energy. If you want the energy you absorb from fruits to last, you should make a big bowl of salad every day, containing cucumber, tomato, avocado, chives and extra virgin olive oil for example, and then take a few bites of this salad every time after you've eaten some fruit. Thus you will prevent 'unnecessary cravings' caused by too much fluctuating blood sugar levels.

Brazil nuts and raisins is also an effective combination.

You cannot possibly lack energy when sufficient fats and sugars are absorbed by the body because there are no other sources of energy (except for alcohol). You will, in fact, feel energized maintaining this diet because the food is much easier to digest.

So what is this all about?

Like an alcoholic or crack-junkie does not get what he 'needs' from food; 'prepared food junkies' feel that raw food does not give them what they 'need'. (See Part 4)

There is no way you can lack energy if you absorb sufficient sugars and fats. What you are actually experiencing are 'withdrawal symptoms'. A real 'prepared food junkie' will come up with all kind of excuses to be able to eat those prepared foods anyway.

We are all physically addicted to prepared foods – especially to wheat, milk, and proteinaceous prepared foods. Prepared food products containing both wheat and milk protein are the most addictive and the food industry knows this.

Check labels; you will see that many food products contain wheat and milk protein. These proteins have been proven to contain substances that are physically addictive. (See Chapter 58) That is why you can't eat just a bit of such a food-product; you always have to have a little more - if not all.

When you begin this diet you are suddenly absorbing far less of these addictive chemicals. Some of these chemicals are extremely powerful (like some of the ones in wheat). You can experience somewhat similar feelings as drug junkies do when they go 'cold turkey':

- This diet is driving me nuts
- I 'need' some real food
- This food does not give me the energy I really need
- I can feel this food lacks something
- I don't feel well if I do not eat some bread, or drink milk, etc.
- I don't give a damn about my pimples or cellulite. I need some real food now.
- Tomorrow I will start for real, but I need to eat something different now.

If you are accustomed to consuming lots of bread, cookies, pasta, pizza, milk, yogurt, cheese, prepared meat, -fish and other prepared foods and little or no fruits, you will definitely experience withdrawal symptoms. Your body has adapted to these morphine-like molecules on a daily basis, and once you stop sedating your body that intensively, you will begin to 'notice that you have organs', and that they also are sensitive to bad foods. You will soon be able to 'feel' what foods are good for you and what foods are not.

The fact remains that you cannot possibly lack energy as long as you eat both sufficient fruits and foods containing fat.

Now, you may be ingesting too little energy anyway, because you simply don't eat enough. This may be caused by the lack of 'appetite enhancers' (opioid peptides and beta-carbolines) in this diet. So, your appetite will not be stimulated anymore, unlike before. That is why you may feel filled up by eating some fruits, without having ingested enough energy. So, if you are losing weight, and you don't want to, then you need to consume more easy to digest foods that don't easily fill you up, instead of whole fruits. Buy a juice extractor so that you don't need to ingest all that redundant fiber, but only the most valuable part; the juice. You can also make a lot of orange juice. It is also wise to add some sugar and oil to your juices, to your taste of course. Besides drinking a lot of juices, you also need to consume enough raw nuts, avocados and fresh raw animal food, since these are all very nutritional too.

Conclusion

If you really want to eliminate cellulite (or acne), you first need to acknowledge that we all are prepared food-junkies; otherwise it will be impossible to eliminate your cellulite or acne. Do you want to hate yourself next summer for not really having tried to get rid of your cellulite? Skip the excuses. You do not need to envy those models you see in the magazines, or yet another beautiful skin that passes you by on the beach.

Only you can control the level of perfection that reflects back at you when you look in the mirror. And it's only you who controls what enters your mouth.

It is all in your hands.

And if you are losing weight that you don't want to lose; start consuming more juices instead of whole fruits, and lots of avocados, raw nuts and fresh raw animal food.

26. Nutrients in Fruits and Animal Food

There is not a single nutrient that fruit and nuts do not contain, except for vitamin D, B12, and cholesterol. You name it, and it is there.

Animal food contains all the necessary nutrients except for containing far too little (or no) vitamin C and beta-carotene. Egg yolk contains very little vitamin B3.

But in combination these foods contain all the required nutrients:

Carbohydrates: Fruits contain all the carbs (sugars) you need.

Fat: Brazil nuts, egg yolk, salmon, avocado and cold pressed olive oil supply you with all the essential fatty acids (fat).

Protein: Almost all fruits contain all the essential amino acids.

(protein) Brazil nuts contain more of the scarcest amino acids than any other food. You will lack energy before you can possibly lack protein even if you eat only fruits and Brazil nuts. (See [this site](#)) You will abundantly satisfy the requirement for amino acids by also eating a tiny bit of animal food daily.

Cholesterol: A little bit of fresh raw fish or raw egg yolk contains all the clean cholesterol you need. (See Chapter 35)

Vitamin B1 ; Brazil nuts, [mangosteen](#) and [durian](#) contain most vitamin B1, but also dried plums, -figs, [tamarind](#) and egg yolk contain lots of B1.

Vitamin B2 ; Egg yolk, mackerel, durian, avocado and [longan](#) contain most, but dried plums, -apricots, [cherimoya](#) and [jackfruit](#) also contain much vitamin B2.

Vitamin B3 (niacin) ; Granadilla, tuna, salmon, mackerel and dried apricots, -dates, and -plums contain most B3.

Vitamin B5 (pantothenic acid) ; Egg yolk, watermelon, avocado, dried apricot and salmon contain most B5.

Vitamin B6 ; Salmon, walnuts, mackerel, avocado, bananas, hazelnuts and dried dates, -figs, -plums and -apricots contains most B6.

Vitamin B8 (biotin) ; Egg yolk, avocado, salmon, bananas, apples, mackerel and strawberries contain most B8.

Vitamin B9 (folic acid) ; Egg yolk, walnuts, cherries, hazelnuts, strawberries, grapes and oranges contain most B9.

Vitamin B12 ; Only animal food, like egg yolk and fish, contain B12.

Carotenes (including lutein, zeaxanthin and beta-carotene) ; Dried apricots, muskmelon and carrots contain most, but also papaya, [persimmon](#), tree tomatoes, mango, mandarin, [loquats](#) and watermelon contain much carotenes. Vitamin A is composed of β -carotene. Also do egg yolk, tuna and salmon contain much vitamin A.

Vitamin C ; Acerola and guava contain extremely much vitamin C (what can cause diarrhea). Black currants, papaya, kiwi, strawberries, [common jujube](#), longan, [rambutan](#), lemon and oranges contain much vitamin C.

Vitamin E ; Hazelnuts, Brazil nuts, walnuts, egg yolk, salmon, blueberries, avocado, mango, peach, plums, tomatoes and grapes contain the most vitamin E.

Vitamin K1 ; Egg yolk, kiwis and avocado contain most, but strawberries, plums, hazelnuts, mackerel, oranges, grapes and peach also contain K1.

Vitamin D ; Vitamin D is composed of cholesterol, requiring indirect sunlight. Fish and egg yolk also contain vitamin D.

Calcium ; Hazelnuts, dried currants, figs, egg yolk, Brazil nuts, tamarind and olives contain the most, but walnuts, raisins, oranges, kiwis and mandarins also contain much calcium.

Magnesium ; Brazil nuts, hazelnuts, walnuts, papaya, coconut and banana contain the most magnesium.

Zinc ; Brazil nuts and egg yolk contain the most zinc. (Oysters contain far too much zinc) Walnuts, hazelnuts, currants, figs, salmon, coconut and granadilla also contain much zinc.

Selenium ; Coconuts contain extremely much selenium, be careful. Brazil nuts contain quite a bit, and tuna, mackerel, salmon and egg yolk also contain selenium.

Phosphorus and Sulfur ; Proteinaceous food like egg yolk and fish contain high amounts of phosphorus and sulfur.

Chloride ; Almost all fruits, but especially egg yolk, mackerel, coconut, dried dates, bananas and kiwis contain chloride.

Potassium ; All foods (including fruits) contain plenty of potassium.

Sodium ; Especially fish, egg yolk and oval kumquat, but also dried figs, -dates, coconut and muskmelon contain all the sodium you need.

Iodide ; Egg yolk, bananas and mango contain sufficient iodide. Sea-fish contains much more, especially mullet (and seaweed).

Fluoride ; Egg yolk and raisins and dried apricots, but also other fruits and fish contain fluoride.

Iron ; Fish, egg yolk, dried fruits, hazelnuts, Brazil nuts, coconut, rambutan, olives, granadilla and [carissa](#), and almost all other fruits contain all the iron you need.

Chromium ; Brazil nuts, dates and hazelnuts, but also other fruits contain chromium.

Copper ; Brazil nuts ,dried apricots, olives and avocado in particular, but also granadilla, raisins, dried dates, salmon, bananas, kiwis and muskmelon contain copper. Edible snail (escargot) and oysters contain extremely high amounts of copper.

Cobalt ; Cobalt is absorbed through vitamin B12 in fish and egg yolk (or other animal food), but dried apricots, hazelnuts and walnuts contain cobalt too.

Manganese ; Hazelnuts, olives ,dried apricot sand other nuts contain lots of manganese. Other fruits like avocado and mango, but granadilla in particular, contain manganese too.

Molybdenum ; Egg yolk, muskmelon, papaya, coconut and apricots contain molybdenum.

Vanadium ; Especially egg yolk, and avocado, bananas, apples and plums contain vanadium.

Silicon ; Bananas, currants, mandarins, grapefruit, hazelnuts and strawberries contain silicon.

But how much of these foods contain a sufficient amount of all the nutrients?

When compared to official recommendations, the consumption of 2 kg. / 4½ lbs. of the right fruits, and 50 g. / 1¾ oz. of food from animal origin already supplies you with all the nutrients you need. But two kilograms of these foods does not supply you with sufficient energy, so you will have to eat more fruits. Or you can add some munch foods for the extra energy and to satisfy your cravings.

Though 2 kg. / 4½ lbs. of fruits seems like a lot, a tomato-cucumber salad, 1 avocado, 1 banana and 1 liter / 1 quart fruit-shake (of different fruits) or 2 quarts fruits-hake easily adds up to 2 kg. / 4½ lbs. To absorb sufficient energy, you have to eat more.

You can also disregard these numbers, and simply submit your version of the diet to our [nutrient calculator](#). If it appears that your diet is low in a specific nutrient, you check the list above for which foods are rich in that nutrient, and you add some of these foods to your diet. Of course you need to do this until all nutrient requirements are met.

But if I minimize my protein intake by following this diet, how can I still absorb sufficient protein?

You need little protein.

Protein is construction material. You need protein to compose cells as you need bricks to build a house. You cannot improve your house by piling up bricks in your living room; you will not be healthier or stronger by consuming too much protein.

One gram of protein contains exactly as many calories as one gram sugar. If you consume more protein than you need for construction purposes, which is always the case, the redundant protein is transformed into either fat-like or sugar-like molecules.

Protein however is not a healthy source of energy, for processing protein requires more vitamin B2, B6 and folic acid, and causes more wastes (toxic ammonium, which must be detoxified). The human body is not very good at processing large quantities of protein because humans are omnivores - not carnivores. Consuming excessive protein is unhealthy and bad for your skin.

How much protein do I need?

No sane person will deny that mother's milk contains all the protein growing infants need. Compared to humans of other ages, infants need to compose more new cells all the time. The younger we are, the faster we grow. Yet, mothers' milk contains only 1% protein, about the same average percentage as fruits. Just as infants absorb all their required protein by drinking mothers' milk, so can adults absorb all their required protein by consuming the right fruits. (See [this site](#))

Even by only consuming the right fruits, you will lack energy before you can possibly lack protein. Your diet is abundantly supplied with protein if you also consume a bit of animal food every once and a while.

When compared to official recommendations, the consumption of 2 kg. / 4½ lbs. of different fruits and some animal food supplies you with all the nutrients you need. For ideal fruit combinations, see Chapter 40.

All nutrients?

All nutrients - except for one. (See next chapter)

27. Calcium Requirements

National institutions formerly recommended 800 mg. calcium daily, maximally. Now they say we need about 1,500 mg.

How much do we actually need?

Children need more calcium than adults (per kg bodyweight), to grow strong bones. But healthy children always seem to be perfectly able to absorb all the calcium they need to grow strong bones - no matter on what diet or in whatever country.

Of course human milk contains all the calcium human babies need; in babies that are extensively breastfed the bone mass increases incredibly fast. Logically, adults don't need as much calcium (per kg bodyweight), because they need only to maintain the calcium in their bones. So, if calcium contents of foods for adults are about as high as in mother's milk (in percentage), there is no doubt about that it contains all the calcium adults need.

Surprise!

Consuming lots of fruits, some nuts and a little bit of fish or egg yolks, the average calcium content is about as high as in human milk; The amount of calcium (in mg per 100 g) in some natural foods:

226	Hazelnuts
140	Egg yolk
132	Brazil nuts
96	Olives, green
87	Walnuts
54	Figs
44	Black berries
42	Orange
40	Raspberries
38	Kiwi
33	Mandarin
32	Human milk
20	Coconut
18	Grapes
16	Apricot
16	Pineapple
14	Plum
13	Salmon
12	Mackerel
12	Mango

- 11 Watermelon
- 10 Avocado
- 9 Banana
- 6 Muskmelon

So, consuming such natural foods only, you will be abundantly absorbing all required calcium.

But why are we advised to consume dairy products or take calcium supplements then?

Because consuming extra calcium is claimed to protect you against osteoporosis.

But is this true?

The short term (a number of years) effects of extra calcium on bones have indeed appeared to be beneficial; extra calcium enhances bone strength, but how about the eventual (lifetime) effects of extra calcium on bone health?

Is consuming cow's milk all your life protective against osteoporosis?

No it is not; In countries where since over a century the people have been consuming lots of milk, the average bone-mass is highest, but in these exact same countries osteoporosis / hip-fracture incidence is highest too. In countries where people traditionally consume hardly any milk at all, the average bone mass is lower, while in these countries the osteoporosis / hip-fracture incidence is the lowest!

For example:

- In countries like the USA, the UK, Australia, Switzerland, Italy, and Northern Europe the most milk is consumed; from 230 up to 370 kg milk per cap per year. In these countries the average bone mass is greatest, but is also osteoporosis incidence the highest. **[51]**

- Bone-mineral density (BMD) in Polish children is lower than US children **[52]**, and so is milk consumption (22% less) and Polish osteoporosis incidence **[53]**.

- The Japanese averagely consume much less milk, about 68 kg milk per year. Both the average BMD and osteoporosis incidence in Japan is lower. **[54]** This is not due to genetic differences; America-born Japanese women have BMD values equivalent to those of whites. **[55]**

- Chinese averagely consume only 8 kg milk per year and their BMD is therefore lower. **[56]** Hip-fracture incidence in Chinese women is only 1/6 that of women in the USA **[57]**, while in the US the average consumption is 254 kg. (67 gal.) milk / cap / year!

Their lower BMD is not due to genetic differences; Chinese who immigrated to Denmark more than 12 years ago have a similar BMD to that of the Danish. [58]

- In Gambia averagely 17 kg milk per year is consumed. Both average BMD and osteoporosis incidence are very low in Gambia. [59] And again, this is not 'genetic' since there are no significant differences in BMD and bone turnover in Gambian and Caucasian children living in the UK. [60]

Obviously, consuming more milk does increase your bone mass, but eventually you then will be more likely to get osteoporosis!

Consuming loads of fruits, some nuts and a little bit of animal food daily, you will be absorbing all the calcium you need to grow strong bones and to keep them healthy when you're older.

For much more information about this subject, see

www.4.waisays.com

28. Nutrients in Natural Foods

You will absorb all nutrients you need by consuming fruit, nuts and some animal food.

Do you know why this makes so much sense?

Because millions of years ago we ate only raw foods and we only ate those raw foods that can be digested very well.

Grains are grasses and vegetables are leaves. Grains and most vegetables (like cabbage, etc.) contain several substances that inhibit digestion and uptake of nutrients when consumed raw.

That is why animals that eat grasses and leaves have specialized digestive systems for the digesting of those foods. Pigeons, for example, have a crop to pre-digest grains and cows have four stomachs. We don't. We are omnivores - specialized in consuming both nutritious and easy-to-digest animal / plant foods.

Fruit contains generous amounts of sugars and animal food contains cholesterol. We became intelligent humans - thanks to this combination of animal foods and fruits; cholesterol is an essential element in the construction of brain cells, and sugars are the main source of energy for these brain cells.

But why is it so logical that the combination of fruits and animal food contains all the nutrients we need?

Because all animals are adapted to - and depend solely upon - the foods they naturally eat. Because humans, by nature, eat fruit and some fresh raw animal food, and so these contain all the nutrients we need.

29. Vitamins

Vitamins are co-enzymes; vitamins help enzymes do their job. These enzymes cannot function without vitamins, and your body cannot live.

Animals can compose all the enzymes and co-enzymes they need, but lose the ability to compose specific co-enzymes if these are also present in abundance in the food they naturally eat.

In nature, survival is all about specialization and efficiency.

Only the best-organized, best-adapted and / or most specialized organisms survive. For efficiency purposes we have lost the ability to compose the specific co-enzymes that are amply present in our natural foods, and these co-enzymes are called vitamins. To the extent that these vitamins are present in our natural foods - to that extent - the human body cannot compose that specific vitamin any more.

That is why animals, like humans, which (by nature) consume lots of fruit, cannot compose vitamin C. All animals that do not eat fruit compose their own vitamin C.

By definition: humans and other animals absorb all the vitamins they need as long as they consume their natural foods.

But vitamins in food are not entirely absorbed, are they?

That's correct. And there is a very good reason for that: the body absorbs as much as it needs. It tries very hard not to absorb too much vitamins, because nature is about efficiency, and sometimes too much is even harmful;

- Too much vitamin A is cancerous. **[61]** (and also accelerates shedding, and thus aging of the skin)

- Too much β -carotene increases lung cancer risk in smokers. [62]
- Too much vitamin C decreases vitamin B12 level [63] and can increase activation of mutagenic HCA from food. [64] Vitamin C can enhance growth of tumors, [65] and increases pro-oxidative free iron. [66]
- Too much vitamin D can cause arteriosclerosis and bone-deformations. [67]
- Excessive vitamin E can cause bleeding in the brain [68] and impair immune system reactivity, which can cause cancer or arthritis. [69] Very often in skin cancer (and sometimes in breast cancer [70]) the skin cells contain more vitamin E, unbalancing the antioxidant status, and increasing susceptibility to oxidative radicals. [71]
One has to strongly question the high level of vitamin C and E in so many skin-care products.

But how do I know whether I absorb the right amount of vitamins?

Nobody knows, but your body always knows - perfectly.

Vitamin supplements are extremely concentrated, which makes it impossible for your body to sufficiently decrease its vitamin absorption rate to prevent uptake of too much vitamins.

All you have to do is to offer your body sufficient fruits and fresh raw animal food so it can absorb exactly as much of the vitamins as it needs.

Listen to your body, and you will know what fruits or fresh raw animal food it needs. Buy a variety of fruits and taste them all; then you know which one your body prefers at that moment. Having eaten one kind of fruit, and needing more, your body may feel like eating another kind of fruit instead of the same one.

If you are not feeling well (or have a headache, for example), don't run first to the bathroom cupboard for a pill. Instead - ask yourself whether you have absorbed all the essential nutrients. Did you consume sufficient clean fat? Cholesterol? Sugars? Did you have the opportunity to try different fruits?

Did you get sufficient fresh air? Sleep? Daylight? Or did you experience stress today?

Try to answer all these questions and fulfill all these requirements before you start considering medication. Don't try to fool yourself by saying "but this is homeopathic", or "this is only a very low dose". Medicines are drugs, no matter their origin or dosage. If you feel bad, there is a cause. No drug or medicine is designed to take away the cause; they are designed to relieve the symptoms. They are designed to make a shift in the metabolism of neurotransmitters, hormones etc., to attack the symptoms.

There is no drug or medication without side effects because all of these substances are involved in the regulation of multiple processes. There are many occasions when medicine is the only remaining option, and the only action that can save you. But that does not mean you should not be extremely careful about taking drugs / medicines. Chemotherapy includes the

use of aggressive drugs, which can save you life if you have an aggressive type of cancer, but that does not mean that chemotherapy can take away the cause, and it does not mean at all that chemotherapy is healthy.

Basically, using drugs is like applying chemotherapy; you only do it when there is no other option left.

30. Minerals

Minerals are elements and animals cannot compose elements.

Animals can absorb elements from the air they breathe (oxygen), the water they drink, and the food they eat. The body composes new cells (and enzymes and co-enzymes) from these elements. Our bodies are fully equipped to absorb all the required minerals from our natural food because the body can never compose its own minerals. These foods always contain a higher quantity of minerals than required because the body has no problem with decreasing its absorption rate.

The absorption rate of minerals depends on the amount of minerals the food contains. If the food contains less minerals, the absorption rate is high. If food contains a higher mineral content, then the absorption rate is lower. It sounds very logical, doesn't it?

But guess what?

'Experts' have decided that this mechanism is a 'mistake'. They decided that more minerals must be recommended to compensate for the fact that the average absorption rate of minerals is low. (!)

You can ask yourself: Are these people just plain stupid or are they criminal?

Nature did not make a mistake; there is a reason why mineral absorption rate decreases when our food contains an over- supply of minerals. The reason is that too much of any mineral causes damage to the body;

- Too much of metals like iron, copper, cobalt, manganese and zinc is pro-oxidative [72], damaging nutrients, arteries [73] messenger-substances, cell-DNA [74] and enzymes [75], increasing heart attack risk, and possibly causing diabetes [76], colon cancer [77] Parkinson's disease, [78] and infertility. [79] The body, for example, decreases its iron level when weak or sick, to protect itself against viruses that need iron to grow. Unfortunately, most physicians think this requires supplementary iron; they often call it anemia.

- Too much of one mineral decreases the levels of other minerals / trace elements in the body. [80]

- Excess selenium is known to be toxic and can even cause cancer. **[81]** Selenium-compounds can react upon glutathion (an antioxidant), creating aggressive peroxides and oxygen radicals. **[82]**
- Too much calcium causes arthritis, muscle cramps, tingling sensation in fingers or legs and fibromyalgia. (and [osteoporosis](#))
- Too much iodide and bromine are pro-oxidative, too, **[83]** and can increase thyroid activity. **[84]**
- Too much fluoride is toxic and increases hip-fracture risk. **[85]**

Unfortunately, official recommendations are always far too high - "just to make sure you get enough".

We know that an excessive amount of minerals or anti-oxidants can be extremely harmful, but the effects are not usually visible on the outside. If obesity weren't such an outside visible sign of too many calories, it would probably be 'officially recommended' that we consume 10,000 calories/ day - "just to make sure you get enough".

Minerals cannot be decomposed, and are only slowly excreted (like antioxidants). In the meantime they can harm your body.

To absorb the right amount of minerals and anti-oxidants you need only to consume as much natural foods (fruits and a little fresh raw animal food) as possible, and as little unnatural foods (prepared foods, dairy products, soy, grains, and vegetables) as you can. (See next chapter) And, of course no supplements.

One might wonder, is it some kind of ridiculous birth-control program to advise supplementary zinc, iron, manganese, cobalt etc. to pregnant women? (instead of advising them to consume lots of fruits)

31. What About Vegetables, Beans and Grains?

We are always told that vegetables and grains are essential in a balanced diet because of the

nutrients and fiber they contain.

However, fruits contain every single vitamin, mineral and trace element that beans, vegetables, and grains have. You name it - it's in those fruits.

And yes, fruits contain less fiber, on the average, than grains and beans, but nobody can deny that when you eat lots of fruits, you do absorb sufficient fiber.

But what if I'm constipated?

Constipation is not caused by a lack of fiber. Fruit contains, on the average, only 2% fiber, with watermelon containing only 0.2% fiber - in contrast with chick peas (21%) and white beans (17%). But your bowels will definitely move when you eat only watermelon. Oil and butter contain no fiber at all, and yet you know what would happen if you drank a cup of oil or ate a pound of butter! No, constipation is not due to a lack of fiber, but is caused by the anesthetizing effects of beta-carbolines and opioid peptides - especially in wheat products (bread, crackers, pizza, pasta, pastries, etc.) - and in proteinaceous prepared foods (meat, fish, cheese, grains or beans that are heated in any way). All of these foods cause constipation. (See [appendix A](#))

Bad Substances

Moreover, grains, beans, and most vegetables have to be cooked, steamed, or heated in some manner before consumption. The heating originates new substances - like mutagenic HCA and N-nitroso compounds and neurotransmitter-impairing beta-carbolines - while these beta-carbolines are also constipating agents.

Why do grains, beans and most vegetables have to be cooked/heated before consumption? Because we cannot digest these properly when consumed raw; Fruit bearing trees multiply by the means of their fruits, which contain seeds. To spread their seeds, these fruits are filled with sugars and other nutrients to make them as attractive for consumption as possible. The seeds are mostly indigestible and leave the body with the feces.

Grains, beans and most vegetables, on the other hand, contain all kind of substances that work against human consumption. We have to destroy these substances by heat because humans are not specialized in digesting plants (we do not have a crop or four stomachs, etc.) Unfortunately, not all these substances are entirely destroyed by heat, which is why consuming grains, beans, and most vegetables can cause severe pains and gas in the digestive tract. New 'disorders' have been 'invented', like "a spastic colon", or "Irritable Bowel Syndrome", etc. because we don't want to admit that we shouldn't eat foods that aren't 'designed' to be consumed by humans; these 'disorders' are only about eating the wrong foods.

Some of the digestion-inhibiting substances:

- Grains and beans contain excessive fiber (six times more fiber than fruits), inhibiting the absorption of clean cholesterol. **[86]**

- Grains and beans contain phytic acid, which inhibits absorption of protein, minerals, and trace

elements.

- Grains contain many other digestion-inhibitors, like pentosanes, lectins, arabinoxilanes, alkylresorcines, and cyanogenic glycosides.
- Beans (and currants) contain 4 to 140 times more lignin (indigestible aromatic alcohol polymers), than fruit does, on the average. Lignins easily bind to healthy cholesterol **[87]** and minerals. **[88]**
- Soybeans contain many different substances inhibiting digestion, like phytic acid, lots of polyurones, arabinoxylanes (special pentosanes), toxic lectins and mutagenic **[89]** phyto-estrogens. Phyto-estrogens can also impair sex-hormone metabolism. **[90]** (See [this site](#))
- Vegetables contain more pentosanes and hexosanes than fruits. These special carbohydrates are only partially decomposed by bacteria in the colon, and inhibit digestion. Brussels sprouts, beets, parsley, celeriac, kale, broccoli, and peas contain most of these substances.
- Some vegetables contain a substantial quantity of oxalic acid, which binds to minerals easily. Mangold, rhubarb, spinach, purslane, bamboo shoots, and beets contain most of these special carbohydrates.
- Some vegetables (like onions) contain mutagenic **[91]** flavonoids or dialkyloligosulphides (like garlic), which inhibit iodide absorption.
- Mushrooms easily absorb harmful cadmium and arsenic, and contain alkaloids, which inhibit digestion and cause gripes.
- Lamb's lettuce contains caffeic acid, which easily binds nutrients.
- Rhubarb can contain mutagenic emodine.

Not all of those substances are entirely destroyed by heat;

- Many toxins, like oxalic acid, glycosides, glycoalkaloids, aflatoxins, sterigmatocystine and quercetine are not destroyed by heat. Saponines, fiber, phytic acid **[92]** and tannins are only partly destroyed.
- 5 to 20% of enzyme-inhibitors in soy are not destroyed throughout the preparation process, can cause cramps and can increase CCK (cholecystokinin) secretion, which can be harmful to the pancreas. **[93]**

- Heat does not usually destroy the substances in plants that inhibit protein digestion. **[94]**

Due to the over-use of phosphate fertilizers, most vegetables contain a great deal of nitrate, and, sometimes, nitrite as well (in lettuce, white cabbage, and the juices of carrots and beets, and a little bit in strawberries). **[95]** Nitrate absorption can impair thyroid functioning **[96]** and decrease fertility. **[97]** Heating doesn't destroy nitrate, but even originates cancerous N-nitroso compounds. **[98]** Therefore, indirectly, nitrate can cause cancer. **[99]**

Average and highest (between brackets) nitrate contents in mg / 100 g. (3½ oz.) edible food.
(From: Souci, S.W., et al, Food Composition and Nutrition Tables. Medpharm Scientific Publishers, Stuttgart, 1994)

615 (898)	Purslane
487 (704)	Mangold
259 (496)	Radish
245 (463)	Cress
223 (527)	Celery
220 (453)	Radishes
219 (661)	Lettuce
219 (433)	Lamb's lettuce
215 (545)	Rhubarb
212 (564)	Parsley
195 (536)	Beets
192 (438)	Kohlrabi
166 (670)	Spinach
127 (420)	Fennel leaves
112 (261)	Chinese leaves
106 (259)	Endive
101 (174)	Kale
098 (364)	Celery root
071 (127)	Broccoli
068 (100)	Pumpkin
066 (070)	Asparagus
051 (448)	Leek
050 (110)	Carrot
048 (165)	Savoy cabbage
042 (103)	Cauliflower
040 (323)	White cabbage
031 (040)	Viper's grass
028 (268)	Red cabbage

025 (110) French beans
023 (084) Carrot juice
020 (225) Onion
020 (030) Eggplant
019 (056) Cucumber
015 (021) Chicory
012 (062) Brussels sprouts
012 (035) Green peppers
008 (100) Potato
005 (017) Tomato

32. Harmful Substances in Our Foods

To check whether your diet is a healthy one, you need to know whether it supplies you with all the required nutrients. In addition, they need to contain as few health-endangering substances. So what kind of harmful substances (besides the ones discussed in the previous chapter) are there in our foods?

- molds
- additives
- hormone (and antibiotic) residues
- toxins
- oxysterols
- bacteria
- parasites

Many do not know it, but almost everyone eats foods containing toxins, bacteria, and (very often) molds on a daily basis.

Molds

Some of the food that is stored in anyone's refrigerator or kitchen cupboard contains molds. Meat-products and cheese are especially susceptible to molds.

You eat the food without knowing it. Afterwards, your stomach or bowels might hurt, you might feel nausea, sweat during the night, or not sleep well – but you don't know why. Luckily, your

body is capable of coping with molds, and destroying them. You may only notice because your bowels are moving too much, or because you're gassy.

If you are eating fresh food, like fruits, you can easily see whether it contains a mold. If it's not visible, you will definitely taste it. If prepared food contains molds, it is much harder to notice because of all the spices, additives and anesthetic substances.

Aflatoxins are toxins produced by molds (in grains and nuts, for example). And because cows are fed grains, these aflatoxins also end up in milk and meat.

You should buy unshelled nuts and shell them by hand to prevent consumption of aflatoxins from Brazil nuts (and other nuts) because aflatoxins can easily spread in shelled nuts stored in large quantities.

Additives

Prepared foods contain additives to make them last longer and to give them a certain, taste, color or flavor.

Most additives are not very harmful, but some are.

'Taste enhancers', for example, are mostly dehydrated protein, containing lots of physical addictive beta-carbolines. These do not really 'enhance taste', but actually stimulate your appetite, and you end up eating more than you should. They impair neurotransmitter metabolism and cause obesity. (See part 4)

To prevent your intake of additives, consume, instead, abundant amounts of fruit and some fresh raw animal food. When you want to eat cooked food, please prepare it yourself from fresh ingredients so you know what is in it. If you do buy prepared foods, only buy the highest quality with the purest ingredients, the least protein, and in the smallest packages - as a special treat.

In general, foods that can be maintained the longest - contain the most preservatives.

Pesticides

Plant foods contain residues from pesticides in the same way as animal food contains hormone / antibiotic residues and accumulated trans-fatty acids, oxysterols, heterocyclic amines and God knows what else, depending on what feedings the animals receive. Grains, in particular, contain high levels of pesticide residues.

Luckily, fruits can be peeled, and you should always do so.

Most vegetables, unfortunately, contain nitrate residue due to over-fertilization. Nitrate supports the creation of cancerous N-nitroso compounds when vegetables are cooked. (See [this site](#))

Hormones & Antibiotics, Bacteria, Toxins, and Cholesterol Hormone / antibiotics residues, bacteria, toxins and cholesterol are discussed in chapter 33-36 respectively.

33. Hormones & Antibiotic Residues

Hormones- and antibiotics residues

The animal food we eat contains residues of hormones and antibiotics that are fed to the animals to 'prevent' disease and accelerate their growth process. Heating does not destroy these chemicals; it just changes their molecular structure. These animals are also supplemented with other growth enhancers, like zinc and copper, while excess minerals are pro-oxidative.

And, yes, fish from hatcheries also contain such residues since it was discovered that fish can be given these chemicals orally.

To prevent your intake of such residues: The salmon you can buy in regular shops generally originates from hatcheries. Tuna is not. And in traditional Japanese-run sushi restaurants the fish probably is also wild fish, since serving only top-quality fish is a matter of honor for traditional sushi chefs.

Of course, if you are fortunate enough to have the space, you can keep your own hens and feed them raw grains, etc. or you can buy 'organic' eggs from someone you definitely trust.

Growth Hormones and Growth Factors

Mothers' milk of all mammals contains many different growth hormones and growth factors to stimulate optimal development of the newly born. (See [13/cancer2](#))

These hormones speed up growth and development of specific organs and nerves, and induce production and secretion of hormones and neurotransmitters in the brain. These substances are essential for perfect development of the child up to the age of two years.

However, in our society nursing babies are not the only ones who consume mothers' milk; older children and adults also consume mothers' milk from cows, goats, sheep, donkeys, and horses. All of this milk contains those same hormones and factors – activating the growth of cells.

In normal cells this is not really a problem. This growth stimulating effect is compensated for by the secretion of extra growth-inhibitors. But when the DNA in healthy cells has been damaged, threatening the production of such growth inhibitors, the growth stimulators in milk cause these mutated cells to grow, originating malignant tumors.

A large number of scientific investigations have revealed that consuming milk increases the risk of prostate cancer, [100] breast cancer, [101] and lung cancer in men. [102]

34. Toxins in Prepared Foods

Unfortunately, all prepared foods contain toxins. Toxins in general have mutagenic properties in the sense that they can damage cell-DNA, causing mutations. Foods that have been heated in any way contain physically addictive beta-carbolines and mutagenic heterocyclic amines (HCA) – the same poisonous products as in cigarette smoke. (See www.13.waisays.com/cigarette.htm)

How come?

When food is heated, part of the protein and carbohydrates react with one another and new chemicals are formed - like beta-carbolines and other HCA. (See www.13.waisays.com/cooking.htm) This is called the Maillard reaction.

The more the food is heated and the more protein it contains, the more mutagenic HCA originate.

Red meat is rich - not only in protein - but also in creatine, a special type of muscle-energy. Creatine in red meat further increases the formation of HCA due to heat. **[103]**

That is why 100 grams / ¼ lb. grilled red meat contains as much of specific mutagenic HCA as 800 to 1050 cigarettes. **[104]** (See [this site](#))

What can these toxins do?

- They can cause cancer by damaging cell DNA. (See www.13.waisays.com/cancer.htm)
- They can kill brain receptors, causing Parkinson's, Alzheimer's, and schizophrenia. (See www.13.waisays.com/brain.htm)
- They can give inciting (like cocaine), oppressing (like morphine), and appetite stimulating messages to brain-receptors, causing ADHD (See www.13.waisays.com/ADHD.htm) and obesity. (See part 4)

All prepared foods contain such toxins.

Fruits, raw nuts and organic fresh raw fish and -egg yolk do not.

Besides the HCA that originate from protein, heat also partially converts other nutrients like fatty acids and cholesterol into toxins.

For example: due to the influence of heat, fatty acids are damaged. Some of these damaged fatty acids are called trans-fatty acids. These trans-fatty acids can cause vascular diseases

[105] and increase breast cancer risk. **[106]**

Every product that contains fat that has been heated in any way will contain such damaged fatty acids.

Even human adipose tissue holds such artificial trans-fatty acids because it is in so much of our food. **[107]** Cookies, bread and pastries for example, and especially french fries that are fried in recycled fat, and margarine, **[107]** which is intensively processed.

The average American's adipose tissue contains about 4.7% artificial trans-fatty acids. In the Dutch the average is about 2.4%. **[108]**

For further information on the harmful effect of heat on cholesterol, see Chapter 35.

Some of our food contains toxins even before it is processed. Most farms and hatcheries feed their animals commercial feed, which is not raw and contains recycled wastes. The animals take in toxins from these feedings and pass it on to us.

35. Cholesterol

Sugars are the main source of energy for the brain. Cholesterol is a brain-specific main constructive component; 10 to 20% of the brain is composed of cholesterol. Essential substances like the sex hormones and vitamin D are also composed of cholesterol.

Humans have evolved into intelligent beings thanks to the combination of sugars from fruits and cholesterol from animal food. When the body disposes of too little cholesterol, this is bad for the liver and the brain; **[109]** low cholesterol is a sign of malnutrition.

Adequate cholesterol is so essential that your body warns you with depressions if your cholesterol level is too low. The lower the cholesterol level, the deeper the depression (and the more aggressive). **[110]** Numerous scientific investigations have shown that the cholesterol level was clearly lower in people who attempted or succeeded in committing suicide. **[111]**

Serotonin is a neurotransmitter that enables feelings of happiness. (Prozac is based on the action of serotonin) Cholesterol-products (like the hormones progesterone, estradiol and testosterone) increase serotonin-receptor activity; **[112]** a low cholesterol level, therefore, decreases serotonin-receptor activity. **[113]**

Some say we do not need dietary cholesterol because the body produces its own cholesterol. But our body only produces part of the required cholesterol, like it produces part of the essential vitamins B2, B3, and B5. Like the food needs to supply us with sufficient vitamins B2, B3, and B5, it also needs to supply us with sufficient cholesterol.

We know that these vitamins produced by the body are not harmful; we should also be certain

that this natural cholesterol is healthy and essential.

If we would not need dietary cholesterol, our cholesterol would never be low, and cause depressions and/or aggression.

Consuming large amounts of clean cholesterol is not dangerous, either; natural cholesterol can be transformed into bile acids, which are essential for fat-digestion. If our food contains large amounts of cholesterol, the body simply reabsorbs less of these bile acids, and produces less new cholesterol - all depending upon the body's need for cholesterol.

It is not a health problem to consume a number of egg yolks daily **[114]** unless..... unless damaged cholesterol is absorbed.

Damaged Cholesterol

Due to the influence of heat, about 30% of natural cholesterol oxidizes into oxy-cholesterols. About 6% of this oxy-cholesterol is absorbed into the body. **[115]**

Organic raw egg yolk contains only natural clean cholesterol, but when the egg is poached, fried, baked, cooked etc., part of this cholesterol is damaged – oxidized into unnatural oxy-cholesterols. In the process of composing cholesterol, the body also creates some harmless oxy-cholesterols. These natural oxy-cholesterols are also recognized by the body and inhibit synthesis of new cholesterol. **[116]**

Most of the strange unnatural oxy-cholesterols, however, do not inhibit cholesterol synthesis. Some of these unnatural oxy-cholesterols also block transformation of cholesterol into bile acids. **[117]**

These two actions of the unnatural oxy-cholesterols thereby increase the over-all level of oxy-cholesterols and cholesterol (both the natural and unnatural ones), **[118]** causing vascular disease. **[119]**

So, yes, consuming eggs can cause vascular disease, but only if they are cooked, baked, or dehydrated etc.

There is much damaged cholesterol **[120]** and trans-fats **[121]** in arteriosclerotic plaque. Some of these cause direct harm to the arteries. **[122]**

Cancer

The body also composes specific natural oxy-cholesterols **[123]** to regulate cell-growth. Such specific oxy-cholesterols can both stimulate and inhibit growth of cancer cells. **[124]**

Absorbing oxy-cholesterols from prepared food can unbalance this regulation of cell growth, and can, therefore, cause cancer. **[125]**

Fighting Oxy-cholesterols

Doctors warn against high cholesterol, but they 'forget' to tell you that only oxy-cholesterols from prepared foods are dangerous. They also 'forget' to tell you that natural cholesterol is an essential nutrient – one that is required to feel well and sleep well. In nature, animals that have just given birth eat their own placenta to reabsorb all the cholesterol it contains. Humans don't do that (anymore), and are also told to watch out for cholesterol in foods. This is why so many women suffer from post-natal depression or just feel really tired up to years after having given

birth.

What we need is clean cholesterol. Clean natural cholesterol is essential and causes neither vascular disease nor cancer. Lowering the clean cholesterol level, therefore, does not make sense. What does make sense is limiting the intake of oxy-cholesterols. Foods containing the most oxy-cholesterols are foods that by nature contain most cholesterol and have been heated (and/or frozen) a number of times, like food products containing eggs [126] - especially products containing dried egg or cheese, powdered milk, products containing meat and / or intestines. [127]

Even fresh animal food (like eggs and meat) that has been heated only once contains harmful oxy-cholesterols.

Clean Cholesterol

To prevent the intake of oxy-cholesterols, you must stop eating cooked and/or frozen animal food.

Natural cholesterol is essential; you need to consume some fresh raw animal food regularly to absorb sufficient natural clean cholesterol. Organic fresh raw egg yolk and organic raw fish are the richest sources.

Why does it have to be 'organic'?

Because 'normally' the hens and fish are fed recycled feedings containing animal residues and oxy-cholesterols. They should be fed only natural foods (for example, hens should eat raw grains, grass and little insects and worms).

Unfortunately, organic eggs are more expensive, and don't sell that well. That is why the turnover of organic eggs is less great, and, on the average, organic eggs are less fresh

Cholesterol-lowering Drugs

If you could have convinced people that many computer systems would collapse as we reached the year 2000, you could have made big bucks as a computer consultant. They did. And if you can convince people that cholesterol is dangerous, you can sell these people drugs, margarine, and other food products that 'are supposed to lower cholesterol'. When some of these people will subsequently become depressed or start to overeat (due to a lack of clean cholesterol), you can also sell them anti-depressants and appetite-suppressants. And so they do.

It isn't that scientists don't know. They do. Unfortunately, most scientific investigations are not initiated to reveal truth, but 'to explore new pharmaceutical opportunities'. Pharmaceutical companies are not there to make you healthy, but to make money. And those studies that reveal information that does not support sales - generally do not reach the general public.

This deceit becomes even more malicious considering the fact that diet products, in particular, contain harmful trans-fatty acids, and that 'cholesterol-lowering drugs' can cause severe 'side-effects' and not just because the body is deprived of essential cholesterol.

Some of these products increase pancreas cancer. [128] Clofibrate caused liver-tumors in tests. [129] In some products cholesterol is artificially transformed into coprostanol, [130] (a natural process in the body), but this extra coprostanol can cause cancer. [131] In another procedure to create low-cholesterol products, cholesterol is transformed intooxy-cholesterols !!! [132]

36. About Bacteria; Raw is Not Dangerous

There are bacteria on everything you touch and almost all foods contain bacteria. The bodies of animals and humans are perfectly capable of destroying bacteria that enter – unless:

- these are strange bacteria
- the body is not well trained to fight bacteria
- a particular food-item contains far too many bacteria.

To protect yourself against hostile bacteria, you have to make sure to buy fresh food at a reputable store, and to train your body to fight hostile bacteria.

How could we ever believe that bacteria in fresh raw foods are dangerous? Cheetahs sometimes store their prey for days in a tree before eating it - without dropping dead afterwards. Scavengers like hyenas and vultures are specialized in consuming second-hand meat.

Most apes eat insects, which also carry bacteria, and the fox steals and eats raw eggs, etc. etc.

But maybe we are different from other mammals?

Though we like to think so, biochemically, we are not fundamentally different.

For million of years the only food we ate was raw food. Humans didn't begin to use fire to heat food until about 0.5 million years ago.

Today we hardly ever consume raw foods, the elderly, in particular, are advised not to consume raw foods.

Your defense system adapts its force to the amount of bacteria it has to fight. If you eat very little raw food, you will absorbing very little bacteria, which results in a low-security defense

system; if you then eat something bad in the wrong restaurant, or at home, you can become seriously ill, or even die.

You must eat raw foods to be able to fight bacteria. It's criminal to advise the elderly to consume only sterile foods - increasing their fatal poisoning risk.

Having an untrained defense system can easily be lethal: During the conquest of South America the majority of 50 million natives died of contagious 'white man' diseases because their immune systems weren't trained to fight these strange bacteria / viruses. **[133]**

If you eat raw foods daily, the occasional consumption of bad food will give you the runs (at the worst). All fresh natural foods contain

sufficient bacteria to train your defense system. This training is a matter of days, or two weeks, at the most. If you have never eaten raw foods, start carefully and slowly increase the amounts.

Don't eat deteriorated food that has been laying in the store or your fridge for a long period.

Absorbing far too many bacteria regularly in this way can eventually cause arthritis, **[134]** stomach and / or colon cancer. **[135]** Always make sure the food is fresh.

Antibiotics

Many people think they are protected against bacteria by antibiotics.

Unfortunately, antibiotics hardly work any more **[136]** because we have used antibiotics too much, making the bacteria resistant to them. **[137]** Antibiotics (at best) weaken both bacteria and your defense system, too - increasing the risk of poisoning **[138]** and of becoming ill again. **[139]** Some antibiotics (like streptonigrin) increase radical oxygen release to fight the bacteria, which of course damages human cells too.

Antibiotics also kill bacteria in the colon. This can cause sleeplessness **[140]** because some of these bacteria produce a substance that induces sleep (which they call "factor S"). **[141]** The

use of antibiotics and laxatives can destroy those specific bacteria - causing sleeplessness.

A perfect functioning colon is essential in providing all your organs with the substances they need, and to protect our body against bad substances, bacteria and viruses. If something in your colon is not functioning very well, your entire body is in danger. Using laxatives, you weaken your colon.

It is only by having an untrained defense system or by eating deteriorated foods that contain an extremely high level of bacteria that you will get immediate ill effects from raw food. (Food allergies can also elicit these results of course)

If the food has been prepared in any way, it is very hard to tell whether it is still edible, because of the spices, additives, taste enhancers and originated anesthetic substances. But if fresh fish isn't that fresh anymore, the smell definitely tells you. If fruit is rotten, you can see it. If egg yolk isn't that fresh, it's also very easy to tell. If the egg is rotten, the smell will definitely make you run away. And if Brazil nuts are rancid, you can tell by the color and taste. (The nut will be yellowish instead of ivory white; see Chapter 44)

37. Parasites

Probably everyone knows that raw fish and meat can contain parasites, while hardly anyone knows that all prepared foods always contain mutagenics, carcinogenics, and neurotransmitter-impairing chemicals.

The risk of absorbing such chemicals from prepared food is 100% whereas the risk of absorbing parasites from raw foods is almost negligible. Furthermore, these parasites can be easily detected;

In the main there are two kinds of parasites to look out for in raw fish: flukes and nematodes. Flukes are too big to remain unnoticed. They also are extremely rare.

Nematodes look like big, but short human hair (25-150 mm long, 2 mm in diameter). They lie perpendicular to the fishes' muscle striations (the pattern of striae in the flesh) and have a white translucent sheen. Any merchant - who wants to make sure his customers will not get ill - can detect them using ultrasound. There has been only one case ever of someone who had absorbed nematodes from sashimi.

The risk of absorbing parasites that can cause ill effects is extremely small; less than 40 US citizens get ill each year by consuming fish containing parasites. In comparison: every year thousands of US citizens are bitten by snakes. But does that justify killing all snakes?

Of course not. We only need to be careful. Still – unbelievably - the Food and Drug Administration in the USA forbids the consumption of raw fish!!!

Unfortunately, the FDA considers it no risk for the American public to be exposed to mutagenic chemicals in prepared food every single day, but has forbidden the sale of fish "that is intended to be consumed in its raw form" that has not been frozen first, except for tuna which contains no parasites.

Freezing, however, also fosters the origination of mutagenic chemicals and 'dirty' protein, but to a far lesser extent than cooking, frying, steaming etc. Still.....

Luckily, the FDA has no jurisdiction over the retail operation in general; "the serving of sushi does not fall under their purview".

Sushi-chefs work under strict hygienic conditions, and in sushi restaurants the raw fish is bought, cut and consumed every single day. You can safely consume fresh raw fish that has not been in the freezer in a Japanese restaurant in the USA. To be absolutely sure that the fish hasn't been in the freezer, you should go to a Japanese restaurant that is frequented by Japanese customers. Among the Japanese, the serving of top-quality fresh fish is a matter of honor. According to FDA-regulations, tuna that is intended to be consumed raw does not have to be frozen first because they cannot contain parasites.

If you like to eat raw tuna, and you want to purchase it in a regular fish market – again - be sure the fish has not been in the freezer.

You should go to a high quality market for high quality fresh raw tuna, where they are accustomed to people eating raw fish, and where you can build a customer-relationship with a reliable manager / shopkeeper.

(See Chapter 45 about consuming fresh raw fish)

38. Conclusion: This Diet is Much Healthier

Nutrients

Cellulite is caused by nothing but the food you eat. You need to realize that to eliminate cellulite / acne, you must change your diet drastically. You must start eating lots of fruits daily and some and some fresh raw animal food regularly.

Most of us will need to eat munch-foods daily, in addition, to be able to maintain such a diet. It doesn't matter whether those munch-foods

contain any valuable nutrients. When you have begun eating 2 kg / 4½ lbs. of different fruits and some animal food on a daily basis, your diet will even meet official nutrient recommendations (except regarding official calcium recommendations; see chapter 27).

The less prepared foods you eat, and therefore the more fruits, the more abundantly this diet will supply you with all the required nutrients.

Harmful Substances

- The more raw, and less prepared foods are consumed, the less harmful oxy-cholesterols are absorbed.

- The more fruits, and the less prepared food you eat, the less mutagenic, carcinogenic and neurotransmitter- metabolism-impairing chemicals you will absorb.

- The more fruits you eat, and the less prepared foods, the less trans-fatty acids and additives you will absorb.

- You will absorb sufficient bacteria to train your defense system by consuming fresh raw foods. This will protect you against bacterial poisoning if you accidentally consume something really contaminated.

- Be sure to peel all your fruits (including tomatoes and cucumbers) to minimize intake of pesticides. Your intake of pesticides and nitrate will already be much lower when you are eating peeled fruits instead of grains and vegetables.

- Prepared (cooked and/or frozen) animal food should be eliminated from your diet first. You

will probably eat less animal food when it is raw so you will be absorbing less hormone and antibiotic residues.

- You will not be consuming the hormones and growth factors in milk that cause cancer. You will not be absorbing excessive calcium, and (if you do not take supplementary calcium) you will very likely not get osteoporosis. You will not be bothered by excessive mucus or suppressed respiration due to the opioid peptides in milk.

- How many molds you will absorb will depend upon your powers of observation.

- It depends on the supplier you select and on the freshness of the fish / eggs you buy and eat whether your chance of becoming ill from parasites is negligent or non-existent. And no, it's not expensive. Meat and meat products are much more expensive than 50 grams / 2 ounces of fresh fish or 2 organic egg yolks daily.

That's all you need - besides that big bowl of fruit, of course.

Note:

The animals we eat are not fed natural foods.

We consider it to be normal that animals don't eat their natural foods because we do not eat natural foods ourselves.

The problem, however, is that we eat those animals. We consume all the bad substances that have accumulated in their flesh.

These animals are fed everything that cannot be consumed by humans, but is not thrown away because it is cheaper to feed it to animals. We feed them deteriorated wastes, expired food products from all the supermarkets and wholesale markets, and even residues from diseased animals. Just think about it: herbivores that are forced to eat animals that have died due to 'who knows what?'

We simply do not know how many other harmful substances like trans-fatty acids and oxy-cholesterols accumulate in their flesh. But we do know that they can carry diseases like Mad Cows' Disease.

If we all would eat more fruits and less animal foods we all could demand and easily afford organic animal food, erasing the horrendous practice of feeding trash and animal waste to animals who aren't carnivores, and who suffer needlessly.

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Appendix-A

Constipation / 'delayed passage' exacerbates cellulite, since it prolongs the period of absorption of much more 'dirty' protein than normally would be absorbed. The use of laxatives only exaggerates this process, for it strongly disturbs the normal functioning of the colon, inhibiting enzymatic decomposition of dietary protein. In this appendix we will explain how constipation is caused and how to prevent it.

Food Causing Constipation

When we are constipated our doctors tell us to consume more fiber, be more physically active, and, if necessary, to take laxatives. But even women who are consuming high-fiber 'health food' are constipated. Physical activity does not eliminate constipation either, and by taking laxatives you are causing tiny little wounds upon your colon, which is devastating in the long run, and may even cause colon cancer.

But only fiber can move your bowels, right?

Fruit does not contain much fiber - 2% on the average. A watermelon only contains 0.2% fiber. But even if you ate only watermelons, you definitely would not be constipated.

Bread, cake, and cookies, on the other hand, cause constipation, although they contain over ten-fold more (3%) fiber !!!

Beans contain so much fiber that they always cause gas, but do not necessarily make your bowels move.

Fiber contents

Linseed 39%

Chick pea 21%

Soya flour 19%

White beans 17%

Lentils 11%

Whole-meal bread 7%

Rye bread 6%

Cornflakes and crackers 4%

Potatoes, biscuits
and white bread 3%.
Fruits (average*) 2%

* Avocado contains 6%; guava, raisins and raspberries 5%, kiwis, apples, bananas, papaya, figs, mandarins, mangoes, strawberries, oranges, plums, apricots, and grapes contain 2% fiber, passion fruit, pineapple and muskmelon 1%, and watermelon only 0.2%. (From Souci, S.W. et al, Food Composition and Nutrition Tables, Medpharm Scientific Publishers Stuttgart, Germany)

Picture yourself consuming only sugar or olive oil or butter; you know your bowels would move. Why do fats and sugar stimulate your bowels, not containing any fiber at all? Why are fruits not constipating? Because constipation is absolutely not due to a lack of fiber.

What does cause constipation?

If certain ingredients, like sugar and fat, can move the bowels, there also must be substances causing constipation. Just think about it: if there were only neutral and bowel-stimulating substances and no substances causing constipation, then constipation would not exist.

Most of our foods contain fats and sugars, and because fats and sugar move the bowels, there definitely must be food substances causing constipation. And there are:

- Beta-carbolines **[233]** in proteinaceous prepared foods, in particular, (heated-in-any-way meat, fish (especially the tuna and salmon in can), beans, grains, and tofu.
- Opioid peptides in dairy **[234]** and wheat-products **[235]** like bread, etc., and any kind of cheese (except the full-fat low- protein cream cheese). Also constipating: wheat cookies, all crackers (rice crackers are constipating too), cakes, pizza (especially the frozen and pre-baked ones), and pasta (pasta is less constipating when eaten with lots of olive oil and without fish or meat). Butter is not constipating for it contains hardly any protein (opiod peptides are contained in protein) and lots of fat.

But we eat a lot of proteinaceous prepared foods; why isn't everyone constipated?

Because you are consuming both bowel stimulating and bowel anesthetizing substances. If you absorb mostly stimulating substances, you will not be constipated. If you absorb predominantly

anesthetizing substances, you probably will be constipated.

Also: Not everybody is constipated because the susceptibility of the receptors for anesthetizing substances is individually different.

Just as people are individually different in their susceptibilities to drugs and alcohol – they also are different in their reaction to food.

Two persons might consume exactly the same foods; one could be constipated while the other is not.

Is fiber essential or not?

Without the intake of anesthetizing substances you need extremely little fiber to keep your bowels moving; remember the watermelon only contains 0.2% fiber, and yet your bowels will definitely move if you consume watermelons only. You absolutely do not need to consume vegetables, grains, or beans to keep your bowels moving.

Fiber is a carbohydrate - like plain sugar, fruit sugars, and starch.

The major difference between fiber and the other carbs is that fiber cannot be broken down by enzymes, so most of the fiber can't be transformed into energy. Fiber therefore is hardly / not a nutrient.

It is much easier and far more effective to transform other carbs into glucose. The sole thing you need from carbohydrates is the glucose into which they are converted.

You certainly do not need more fiber than fruits contain. Consuming less fiber by drinking orange juice instead of eating the whole orange, for example, is no problem if you consume little

anesthetizing substances from prepared foods, wheat, and dairy-products.

Because many fibers are rough and can damage your bowels, your body wants to get rid of these indigestible substances as soon as possible. That is why whole wheat bread can be less constipating

than white bread; both contain opioid peptides that anesthetize your bowels, but whole wheat bread contains twice as much fiber. This extra fiber urges the bowels to get rid of their contents.

However, when you absorb both colon-anesthetizing and colon-stimulating substances, your bowels are getting opposite messages, which can cause severe bowel pains, Irritable Bowel syndrome, or 'a spastic colon'. Your colon is trying to tell you that you are eating the wrong food.

And thus you can understand that laxatives aren't good for you.

They do not help you absorb less anesthetizing substances; they just irritate your bowels. They can make your bowels move because laxatives contain extremely rough and damaging wood fiber (from

bushes, for example). They often contain poly-phenols (that are also used as cleaning chemicals and can cause severe cramps).

These fibers cannot be utilized and also harm your intestines so your body tries to deport

everything inside your bowels as fast as possible to prevent further damage. The more laxatives your intestines must endure, the sooner they will wear out. This will accelerate aging of your bowels, and, eventually, the end result may be a plastic bag because your bowels cannot recuperate anymore.

Are dietary fibers always bad?

No. As with almost anything, they are not bad when consumed with moderation along with generous amounts of fresh fruits and nuts.

Fruits and a number of vegetables do not contain too much fiber.

Grains and beans do. We can understand this when we remember that grains and beans, by nature, are not human food; we only started consuming these foods after the introduction of agriculture. This happened very recently on the evolutionary scale. Only animals whose digestion systems are specialized in digesting these plants - like cattle and certain birds - can eat these foods raw.

We cannot. We need to cook these foods first to be able to digest them properly. But this causes substances to originate (and 'dirty' protein) that anesthetize our bowels. So, you can't eat them raw and you cannot cook them.

Fruits do not contain too much fiber. Some vegetables do not contain very much fiber either, but their fiber is harder to digest.

Fiber can only be partially decomposed by the bacteria in the colon.

This process causes other nutrients to be bacterially decomposed too.

Methionine and cystine, for example, then are transformed into ethyl- and methyl-mercaptane, which are transformed into methane-gas through hydrogenation. Consuming excessive fiber causes gas, which makes your tummy swell.

Fibrous foods like grains and beans can also cause cramps since the absorption of both sedatives and laxatives is telling your colon to both slow down and to speed up.

The doctors say they do not know what causes a 'spastic colon' or 'Irritable Bowel syndrome', but this is simply caused by the continuous intake of both sedating substances and tough fiber (or laxatives).

Cramps also can be caused by eating proteinaceous food first, and then sweet food as a dessert. Sugars also stimulate the bowels, and thus previously consumed protein is bacterially decomposed, which originates gasses.

That is why many decline dessert; they have learned that this combination will cause them discomfort later. They generally think this is because they have a sensitive digestive system, but, in fact, they are just listening to the signals their body is giving them.

Constipation is not caused by a lack of fiber, but by consuming bowel-anesthetizing substances. Depending on how susceptible your endorphin- (regarding opioid- peptides) and

benzodiazepine-receptors (regarding beta-carbolines) are, constipation is caused. You will avoid absorbing anesthetizing substances and too much fiber by eating plenty of fruit.

How to prevent cramps / gripes?

Try this diet for one to two weeks, and your cramps will be gone, and your bowels definitely will move. That's a promise.

- Eat as much fruit (or fresh fruit–juices / blended fruits) as possible (4.4 lbs. / day minimum) plus some fresh raw animal food regularly, like sashimi or fresh organic raw egg yolk.
- Be sure to consume sufficient fat (avocado, raw Brazil nuts, cold pressed olive oil, and real butter). Fatty acids are the most important source of energy for the bowels. **[236]** Sufficient fat is also essential for a beautiful skin and healthy, strong hair. This diet will not make you gain weight; on the contrary, it will make you loose weight until you reach your natural set point weight. (See Part 4)
- If you eat a munch-food during this period, only consume munch-food that is very well cooked, especially grains and tubers, like potatoes (incl. French fries), pasta, pastries, bread, rice, etc.
- When consuming munch-food, eat only your favorite food – the one that contains little protein but is rich in fats and / or sugars to satisfy your cravings. Watch out for wheat products; the best would be to avoid bread altogether, but if you simply must have a slice of bread every once in a while, be sure to eat it with plenty of butter or olive oil.
- Avoid food products that contain bicarbonates or tri-carbonates. Check labels.
- Do not consume more fiber than that found in fruit (like in grains and beans, in particular). You don't need vegetables, grains and beans, because fruits and a little animal food contain all the nutrients you need.
- Use spices sparingly
- Peel/pare all fruits
- Don't eat fruits or anything else containing sugars or fiber within three hours after having eaten sashimi, egg yolk, or other food containing much protein.

- When you drink fruit juices, be sure every little piece of seed or stone is removed from the juice. Use a strainer.

- Take your time after every proteinaceous meal. Sit down and relax.

If you have had chronic severe constipation and you need laxatives to have a stool, take a week off and buy as many different ripe fruits as you can find. Then eat only fruit (including avocados and raw nuts), a tomato-cucumber salad with lots of cold pressed olive oil, and fruit juices for this entire week. You will learn again what it's like to have normally functioning bowels. After that week you can start adding munch-foods to your diet to find out how much constipating foods your bowels can accept without being constipated.

Fruit juice contains very little fiber; so don't be alarmed if your stool is small on a fruit juice diet. There will simply be less to deport. Don't be surprised when your bowels move daily; that is how it should be. They will contain far less wastes and your stomach will be flat again. You will feel cleaner, lighter, and more active, and your skin will look better.

Once your stool is normal, you can start adding foods to your diet that you like the most, like potato chips or chocolate. Notice the reaction of your bowels; if they still move without cramps, everything is fine. If not, eliminate the last food you've added to your diet.

If the fruit (especially those containing much vitamin C and sugar) over-stimulates your bowels, eat more bananas; they are not as activating as other fruits.

Remember:

- that fat is extremely important. Even pasta won't cause constipation if you make sure to consume plenty of olive oil with it.

- not to eat any potatoes or potato chips with green rims (these contain poisonous solanine, causing cramps).

- not to eat any food containing sugars or fibers within three hours after having consumed a proteinaceous meal. If you want to have dessert or fruit, eat it before the main course.

- not to combine potatoes with any fruit (including tomatoes and cucumber).

- not to combine coffee and banana (this can cause cramps and gasses).

- not to drink water after having eaten raw proteinaceous food (egg yolk / sashimi).

- to take your time after every meal - about one to two hours.

Colon Cancer

But doesn't fiber decrease colon cancer risk ?

Cancer is caused by mutagenics that damage cell-DNA and by growth factors or growth hormones that induce the growth of these mutated cells.

Some may reason that fiber can 'catch' these mutagenics before they damage cells. But fiber does not actively do so; it just easily binds to other substances, like mutagenics, but also to essential minerals, vitamins, and clean cholesterol. Luckily, fiber does not inhibit the uptake of very much of the nutrients, but not of very much of the mutagenics either.

Moreover, foods containing large amounts of fiber - like grains, beans and most vegetables – must be prepared (cooked, etc.) prior to consumption. Due to this preparation process, new mutagenic

heterocyclic amines originate, especially in grains and beans, for they contain much protein.

And, due to the influence of heat, nitrate

in vegetables facilitates the formation of cancerous N-nitroso compounds. (See <http://www.13.waisays.com/cooking.htm>)

Logically, consuming fiber does not decrease colon cancer risk.

[237] To prevent colon cancer, the only sensible action is to prevent intake of mutagenics, growth hormones, growth factors and excessive fibers (and anal sex). This means minimizing the intake of prepared foods, dairy products, grains, beans and vegetables.

Excessive fiber can even cause colon cancer because repeatedly inflicting wounds upon the colon damages cells. **[238]** The more cells are damaged, the greater the risk that mutations occur, which may lead to cancer.

Colon-bacteria

What about those special drinks restoring the natural balance of bacteria in the colon?

Over 400 different bacteria in the bowels produce a variety of hormones, vitamins, enzymes, and 'soldiers to fight hostile bacteria'.

Our body is the only one who can create an ideal environment for those bacteria. We disturb those bacteria by consuming the wrong foods and laxatives. Consuming something made by

man can never restore natural conditions; to achieve this we just need to prevent the intake of disturbing substances.

Did you really think that those "pro-digestive" drinks could compensate for the ill effects of foods? Biologists still don't know exactly how many bacteria are in the colon and bowels, and know less than 1% of their functions. Don't believe that the 'magic drink' manufacturers know more, or that you can buy something from 'them' that will make your bowels function better. Whatever you do, do not believe 'their' lies. If the promises of the food and pharmaceutical industry were even 10% true, why are we - who buy all their products - more obese, more constipated, and sicker than ever? No matter whether the offer is herbs, homeopathic remedies, or 'natural' medicines, it is not going to take away the cause. The only one who can do that is you. Yes - you can still enjoy great tasting munch-foods, as long as you know what the bad substances are and how to minimize their intake.

Obesity

Does constipation make you gain weight?

Yes.

Damaged protein, sugars, fat, and cholesterol molecules are very hard to completely digest. If you mainly consume prepared food, your intestines are crusted with a layer of incompletely digested food

remains. Long after having digested a meal, nutrients from this crust of food remainders still are being absorbed into the blood and lymph.

Even being asleep, energy from food is still entering your blood and lymph, which can directly disturb your sleep.

Between 1:00 and 3:00 am, body-fat is normally converted into available energy due to the secretion of growth hormone. But less if still energy is absorbed from that crusted layer of food-remains. If your bowels are 'clean', you will burn extra body-fat for two hours every night while you're asleep.

Your bowels will be clean after eating only fruit, raw nuts and fresh raw animal food and no prepared foods or dairy products whatsoever for one week. Don't use laxatives to empty your bowels because you need perfectly functioning bowels to sleep well; a substance that induces sleep is produced by bacteria in your bowels. [239] The use of laxatives impairs colonic bacteria functioning.

I like to eat something sweet before I go to bed. Is that a problem?

Not at all; eating a piece of fruit or something else sweet just before you go to bed can even help promote sleep. This only contains sufficient energy to last for half an hour, and the utilization of body-fat will not begin until later.

If you wake up in the middle of the night, some combination of fat and sugar will very probably help you to fall asleep again.

>> [To Appendix B; Nutrient contents of the raw foods that are included in this diet](#)

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The book :

No More [Cellulite](#) , No More [Acne](#) , No More [Overweight](#)

by [Wai Genriiu](#)

can be [read for free](#)

WaiSays.com was the result of doing research for a book. Originally we were just doing research about the relation between diet and the skin, but we found so much information about how food-substances can cause different diseases, that we **had** to publish that on the net first (the WaiSays websites). Now it's time to present our book.

[Get a **free** digital copy of the book here](#)

You can follow the links below to go to a specific part of this book.

[No More Cellulite](#)

Don't you think it's about time that you get to know what actually causes cellulite? Don't you want to know why you have cellulite but some women don't?

They tell you that it is because of the fat, but you know plenty of skinny women who have cellulite too. And you hardly eat fat foods.

You have tried all commercial treatments, but your cellulite did not go away. The reason: Something caused the cellulite, and no matter what pills you swallow, what cream you use or what massage or treatment they give you, it will never take away *the cause*. If you want to eliminate cellulite, you have to take away the cause.

In this book is explained how cellulite is caused, and how you can eliminate cellulite by preventing the uptake of substances that cause cellulite. To eliminate cellulite totally, you need to adapt your diet. And that is all it takes: no creams, no massage-machines, no products that you need to buy. It is not a raw-food diet, you can still enjoy some delicious 'munch-foods' daily. If you stick to this diet, your cellulite will be drastically decreased after 2 months, but it can take

up to a year to *totally* eliminate extremely severe cellulite.

No more Acne

A more strict diet is required to totally eliminate acne.

Acne is not at all restricted to puberty. Acne is not due to dirt in your pores, and you therefore cannot eliminate acne by the use of cleansing lotions.

In acne inflammations are caused by the accumulation of sebum in the skin due to pinched off sebum canals. The reason why not that many people have acne is because it also requires a high sebum production; only if much sebum is produced will the pinched off sebum canals make your skin clog. How much sebum is produced is individually different and regulated by hormones. But there is nothing wrong with the hormones that regulate your sebum production; though the level of particular hormones can be elevated, studies have shown that in acne metabolism of these hormones is not impaired. There is also nothing wrong with a high sebum production; it keeps your outer skin flexible (if it reaches the surface). Doctors can give you hormones or drugs (or you can take megadoses B5) that decrease your natural sebum production, but their effect is only temporary and can have adverse long-term effects (and severe side-effects).

The only sensible thing to do is to prevent the acne that is caused by food. In 90% of acne patients, their acne is totally caused consuming foods that can cause acne (in 10% the acne is partly hormonally caused).

Acne is caused by the pinching off of sebum canals, which blocks the deportation of sebum. There is nothing wrong with your sebum production, it is just that the pinching off makes it accumulate in your skin, causing inflammations. In this book is explained how this exactly happens, and how you can **totally** eliminate acne by preventing the uptake of the food-substances that make your skin pinch off sebum canals.

How can I easily get to know whether this diet works for me too?

You can try this free '[Acne Sample-diet](#)'. Maintain this 'sample diet' for one to two weeks and you will very probably *clearly* see [results](#).

No More Overweight

We are increasingly becoming fatter. And because we do so rapidly, you already know that the claim that obesity is genetically determined is false, since our great-grandparents were not obese, and that is where the genes came from. Of course pharmaceutical companies love to sell us drugs 'that can compensate for our genetic shortcomings', but genetically determined obesity is extremely rare.

'They' also like you to believe that if you eat little fat and sugar, if you exercise and eat 'healthy' foods like diet products, dairy products, salads, vegetables and some fruits, you will not be

overweight. So, that you have to buy their diet products. (And if that doesn't work, you *must* conclude that your overweight is 'obviously' genetically determined)

But Americans and the English consume less fat than people in major European countries, while the Americans and English are fatter.

In fact, if you maintain a diet that is very low in sugar and fat, you are telling your body that there is a lack of the right foods, which stimulates your body to hold on to your spare energy and to increase its appetite for anything possibly edible. you can try to fight your body, but even if your willpower is extremely strong, you can never win over your body's needs *and* have peace.

And if you start working out, you will burn much more sugars and just a little bit more fat than before; the share of fat in total energy expenditure will be lower. When you are done exercising and you have used up the energy, you will have burned far less body-fat than if you would have utilized that same quantity of energy by low-energy activities like walking or shopping. The harder you work out, the less body-fat is utilized, but more sugars, and you therefore will be more hungry.

The good part is that your body *wants* to lose the extra weight, and will do so if you don't make it too hard on your body; by nature *every* animal (including humans) tends to weight the optimum weight (the set-point weight). Your body will automatically lose weight if you are helping instead of fighting your body.

We did not become overweight overnight. We did not become overweight because we eat far too much. We gained weight over the years by eating a little bit too much almost every day. We did so because we daily eat food that contains chemicals that interfere with the metabolism of the hormones and neurotransmitters that regulate our appetite. Our food contains chemicals that *enhance* our appetite. These chemicals are not there by accident; they are contained in so-called 'taste enhancers' which do not really 'enhance taste', but increase appetite, and are even *physically* addictive.

If you diminish uptake of these 'taste enhancers' and other physically addictive chemicals in our food, you prevent them from impairing the system that naturally maintains your natural weight.

And if you do not fight your body by refraining from sugars and fat, you will not alarm your body to increase its appetite and to hold on to your fat-deposits.

And if you also learn how to prevent deposition of new body fat (described in this book), and how to utilize body fat most effectively (ditto), you will lose your overweight, naturally and lastingly.

Your weight should be determined by nature, not by the food-industry.

[To the index of the WaiSays sites](#)



WAI SAYS


Cooking food creates the toxins that cause "welfare diseases"




Nobel Prize-winner 1989 (Physics) [Prof. Hans Dehmelt](#)
about WaiSays: "**brilliant...**"

Wai says:

Cooking converts healthy protein into

[toxins](#)  that cause [cancer](#), [dementia](#),
[constipation](#), [ADHD](#) and [overeating](#)

Cooking converts [healthy cholesterol](#) 
and [healthy fats](#) into
[toxins](#) that cause [vascular diseases](#)


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published in [Medical Hypotheses](#)
and abstracted in medical databases

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Are you studying at, or in any other way affiliated to an university somewhere in the world?
[Here's how your actions \(not money\) can make a difference to the health of *millions* of people...](#)

Can you help us by translating
(a) pages(s) into French, German or Arabic etc.?

E-mail [_Wai](#)



WaiSays.com was the result of doing research for a book. Originally we were just doing research about the relation between diet and the skin, but the more scientific studies we read (mostly financed by pharmaceutical companies), the more we discovered that 'they' very well know the causes of major diseases, which they publicly pretend not to know. The reason: Those studies are financed for one reason only; to make money. These pharmaceutical companies are not there to make us healthier, they are just there to make money, by 'exploring pharmaceutical solutions'. They don't want you to know the causes of diseases and prevent them, they just want you to buy their drugs. And since these are commercial companies, it would be unfair to expect any differently.

The problem is, however, that our healthcare system relies on findings from such scientific studies, mostly financed by pharmaceutical companies, either directly or indirectly (sponsoring of universities).

This system is therefore 'designed' to make us more dependent on drugs than to prevent disease.

Do we want that?

The more protein prepared foods contain,
the more chemicals they contain that are mutagenic,
mind-altering and that increase cravings.
So you better know food-[protein contents](#)

Submit your diet of fruits and fresh raw animal food
to this [nutrient calculator](#)

Check out the [links](#) to sites that have
established links from their sites
to Wai Says.

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