

THE IDEAL VEGETARIAN DIET



Martin Kobatz

The ideal vegetarian diet

For better health

Foreword

What's the Big Secret?

A secret is an important yet little known fact. So a big secret is an important yet little known big fact. Of what a proper diet consists, for example, remains a big secret among the people of our culture, including most writers on diet and health, especially writers about the “raw food diet.” Mostly, we know only little falsehoods and big lies.

Hmm. So how do big important facts happen to be generally unknown?

Normally, it doesn't happen. People are in the habit of paying attention to what is going on, and they catch themselves before things go too far. But as you may have noticed, things haven't been normal in our culture for... basically, forever (at least 12,000 years). Instead, the opposite habit is practiced among us: we tend to ignore and deny reality. Systematically. As it gets worse, we generate more glamorous distractions from it. So we end up neglecting a lot of facts. Hell, we're lucky that some of us still have secrets at all. Every last one of us could have completely forgotten everything. We might have succeeded in permanently suppressing the irritation we dimly feel as we trip over these stones on our way to Fabulousland.

Okay, it's not all luck. For one thing, we live in reality along with all these facts. They're everywhere. So inasmuch as we ignore and deny reality, these facts kick our asses. For another thing, we have many carriers of secrets among us, one of whom is Frederic Patenaude, my tried and true friend of six years. How he came by these secrets is due to a rare combination of conditions. For one thing, he doesn't watch TV. For another, he used his time well in high school, attaining a high degree of prankstership. He's a native French speaker who nonetheless learned to speak and write in our inferior tongue. He studied and absorbed the principles of innumerable excellent books on diet and health, such as those by his great Hygienic mentor, Albert Mosséri, and of course, the incomparable Herbert Shelton. He has learned to keep a business going. To top it off, he is a decent person.

But all this pales before his genius for observing in himself the effects of what he eats. In light of his voluminous knowledge, and with an extraordinary degree of sensitivity, he continuously monitors this particular set of facts--even as others gloss over it with overwork, antacids, and civilization's standard-issue set of delusions about health (it's impossible) and the body (it doesn't work). By what he has to report from his principled research, and by the cogent style and benevolent spirit with which he reports it, Frederic reveals big secrets about diet and health to his people, for the benefit of all beings.

I invite you to find out which of this book's many secrets is the biggest for you. For me, it is this: there are important things to know in life; I can know them for myself; and

somehow, knowing them will help me, my people, and the world. I helped this book come into being, because it supports this idea. Further, I believe that studying it is a way of learning some of these important things. Some people are so bold as to call them truths. To learn means to assimilate information. For us, the people of a murderous culture, it must also mean to expose the falsehoods and lies that prevent our apprehensions of the truth.

Above, I wrote that this knowledge will help somehow. Precisely how has shown itself to me in the two and a half years since we published the first edition of this book: persistent observation of myself in light of this knowledge will prove decisive in my finally becoming a human being. I had thought that I would simply learn and apply the knowledge. This never worked. I do eat better than before. But the change has come about gradually and, as the master Gurdjieff said, as a result of all my efforts, including study and self-observation.

In telling these secrets, Frederic inspires his readers to restore in themselves the normal habit of paying attention, in other words, of staying in touch with reality. I consider this a great good gift. After all, reality is a big place, and Frederic is only one person. How many big important facts lie unnoticed in you? And who knows, but that one day soon, our lives may depend upon your knowing one of them well?

Let's all stay in touch, eh?

Introduction

In the Raw

Radical ideas have much more power than common advice. But in their power lies danger. Like an explosive charge, radical ideas must be handled carefully.

The raw vegan diet is such an idea. It can save your life. It can help banish “incurable” conditions. It can help you feel great all the time. It can give back your joy of living. It can give an entirely different direction to your life or turn it upside down. But its practical application may be difficult. Pitfalls line the path of raw eating. Many people have fallen into them — and they will continue falling into them until they know what these pitfalls are and how to spot them.

Some people are damaging their health by eating the raw diet incorrectly. Mostly, this is because they received poor or confusing advice. This book is my antidote to the false information that is being spread in the raw food movement, hurting people as it goes. This is the book I wish someone had handed to me six years ago when I started on this path. I intend it not as an introductory book on the subject, but rather as a book for those who have some knowledge of and interest in the raw diet.

My dietary adventures have led me to write *The Raw Secrets*. Even though I had recognized truth in raw-foodism at once, my personal experience with it has not been an instant success story. It has been one of the most positive things I have ever undertaken — but it has also been a struggle. So before revealing my findings, I wish to share with you my story.

I became aware of the link between diet and health at the age of 16, when my mother introduced vegetarianism into my family. She had decided to make some changes in her diet in order to lose some weight. Suddenly, whole wheat bread, tofu, seitan and other strange items made their appearance in our fridge. Meat slowly disappeared.

Mom’s interest in nutrition quickly spread to me as I started to read the books on the subject that she had bought. I gradually became a vegetarian without calling myself one. A couple years later, the final blow came when I read the book *Diet For a New America*, by John Robbins. It convinced me to become a vegetarian and gave me all the right reasons to do so.

Vegetarianism was fun for me. I remember the excitement of discovering all these new products; of shopping at health food stores for the first time; of learning to make new foods; and of trying to impose my new beliefs on friends and family at the first opportunity. It was fun. But vegetarianism didn’t turn my world upside down.

Raw-foodism did.

By chance I found a little book by Herbert Shelton called *Food Combining Made Easy*. It made a strong impression on me. Shelton stated that humans, like other frugivorous animals on the planet, are meant to live on fruits, vegetables, nuts, seeds and nothing else. For a grain-based vegetarian, this statement drilled a big hole into my comfortable, newly found, vegetarian box. I thought I had found the ultimate diet. But here came this guy saying that not only would I have to give up meat and dairy, but also grains, beans, oils, salt, seasonings, as well as everything cooked and processed! I felt assaulted. I thought that I had to find out more about this stuff; because it couldn't possibly be right.

On the same shelf as Shelton's works, I came across some strange-looking books in French by a guy named Albert Mosséri. I was shocked to discover that he was saying the same things. Our natural diet should be composed of fruits and vegetables, and maybe some nuts and seeds. Beyond these matters of content and instruction, these books on *natural hygiene* were saying that each of us is solely responsible for his or her health. They stated that all the sickness we experience is the result of wrong living — primarily the wrong diet. And that by returning to a simple, raw diet of fruits and vegetables with fasting (if necessary), we could not only heal from all these diseases, but we could also go back to our pristine, natural state — nothing less than exuberant health.

So I kept reading more about *natural hygiene*. I remember the feelings I had looking at the photo on the cover of Mosséri's book. In the photo there was a bowl of fruit, a few chestnuts, and a strange looking squash. It seemed so austere, yet so attractive. I remember the conflict that went on inside of me. "I know this is for real. What these people are saying makes a lot of sense. But then to actually do this requires that I change my life around and make it go in a completely different direction than what I had planned." That's what a 20 year-old guy was going through somewhere in Quebec, Canada. And I thought I was all alone.

So I went into this on my own and without much success. I kept going back and forth. My diet was chaotic, and too much had been stirred up inside of me that I didn't know how to handle. I needed to meet some new people, to get the hell out of Canada, and find out what was going on elsewhere. So one night on the Internet I found out about a book called *Nature's First Law: The Raw Food Diet* by Arlin, Dini, and Wolfe.

Nature's First Law seriously motivated me to go all raw. I got in contact with the authors in San Diego and arranged for a meeting. I went all raw for six months in Canada, got a couple friends into it, and worked to save money at the same time. Then I packed up my stuff and then, needing to take my time to absorb all of this, boarded a 72-hour, six-layover bus to California.

In California, I found the raw-food movement fresh and young, but also confused and full of contradictions. I found myself going along with the wave, being part of what was happening. Somehow along the way I got the idea that the raw diet was the answer to everything. I thought that it would not only solve all of my problems, but it would, in the

long run, also solve all of humanity's problems. Perhaps this enthusiasm has been necessary to get me, and many of us, started, but it certainly was misleading.

In California, although I was trying to maintain an air of balance and enthusiasm, my health was going slowly downhill. Too bad for a young guy like me, I found that I was constantly running out of energy. Often I felt spacey, unable to concentrate and unable to find the energy needed to go on with normal, daily activities. I thought I was going through a detox and that this would stop one day, that I would finally feel "paradise health." Unfortunately, that day never came. The "detox" was never-ending.

Behind the scenes, seeds and fats were taking over my diet. I was sometimes eating 5-6 avocados a day as well as a lot of nuts and seeds. I started using oil, condiments, salt, garlic, and other foods that, while following *natural hygiene* in Canada, I had eschewed. I had begun to eat to pacify my cravings. Since the last thing I wanted to do was eat cooked food, I created all sorts of replacements for the cooked foods I was craving. I went berserk with raw food recipes: raw pies, raw chocolate, raw lasagna, you name it. All raw. All organic. All healthy...right? But...

After a year, I got really sick for an entire month. But I told nobody, because I was this great raw-foodist and I was supposed to be incredibly healthy. I wasn't supposed to get sick like that. So I hid at home and fasted until I felt better.

After that experience, things became clearer. I realized that the raw diet couldn't be done haphazardly. I was still clueless about how to do it. Excluding nuts from my diet for a while after the fast really helped, but I was still far from "paradise health." Where was the boundless energy to dance all night? Where had the fire gone?

To top it off, I was this guy working at Nature's First Law, "world headquarters of the raw food diet." There, I had started my own raw newsletter, *Just Eat An Apple*, and I was on my way to writing a recipe book, having become quite a good raw chef along the way.

I wasn't always drained, but for a big chunk of my time as a strict raw-foodist in California, I was trying to figure out why this wasn't really working for me the way it was supposed to, according to the books. And I was not alone. I was meeting a lot of other people going through the same thing. But clouded by the ideal of raw-foodism, we wouldn't admit to ourselves what was happening.

When I moved back to Canada in 2000, I'd had it. I started eating cooked food again, and – incredibly enough – I started feeling better. I started feeling better because I had stepped back from my position of being a strict raw-foodist and was able to see the raw food diet for what it was. I saw it as a tool, one that could be used poorly, or one that could be used properly. I just hadn't learned how to use it properly yet.

Because I am given to excess, I re-explored the cooked diet just as fully as I had explored the raw diet. Slowly and carefully, I tested cooked food on my body. I tried bread. I tried cheese. On dates at restaurants, I drank wine. I felt what it is like to order a croissant in a

café in Paris. After a little while, I realized that I had changed my body so much by eating a raw diet that I could no longer eat the stuff I used to and feel “normal” like “normal people.” My body reacted strongly and rejected these foods. I needed to find something and fast, because I knew that eating like this wasn’t for me.

Back at square one, I rediscovered *natural hygiene*. I carefully reread Mosséri’s books, the ones I read before I went to California. These books had turned my life upside down and gave me the courage to go live somewhere else for two and a half years with only \$600 in my bank account.

Having gathered all that experience, I could fully grasp, this time, the basic principles of health delineated by Mosséri. I could see them at work in everything that had happened to others and me. I was able to see what had gone wrong for me and why. Through this new understanding, I was able to go back to a diet of fruits, vegetables, nuts and seeds, which I had always wanted to eat, and actually thrive on it.

To get back to the raw diet, I began with small steps. First, I found that the most important thing was to limit myself to the foods that are biologically specific to human beings: fruits, vegetables, and *small* quantities of nuts and seeds, avoiding grains, beans and condiments. I had to pay attention to hunger, food combinations, and the quantities of fat, nuts and seeds in my diet. I also found that when eating baked roots or steamed vegetables, I felt much better than when I was eating lots of nuts and seeds or complicated raw recipes.

Since the raw diet is the one that attracted me in the first place, I eventually found my way back to it. And this book is a summation of the steps that I took in order to do that. Each chapter contains a lesson, a message to myself about the subject that helped me see the whole picture again. Some of the chapters are combative, reflecting the struggles I went through. Some are more positive, reflecting the insights that occurred to me.

I understood that the raw diet is not so simple to put into practice. You can very easily damage your health eating a raw diet, probably without being aware of it at first.

My main problem for many years was the lack of energy. I often felt drained, even though I was eating the best foods in the world. It took me a long time to figure out what was going on. Unfortunately, the only advice I received from raw-foodists was, “Keep on eating raw until you get through the detox.”

I have met all sorts of people doing this diet, from the sensible to the fanatical and everything in-between. I met some people who ate what they called a raw diet for many years and then went back to bread and meat. Others who had sworn in the name of Raw that they’d never go back to cooked eating were later found enjoying hot bean burritos without a sign of guilt. How did this happen?

Some people tend to quickly figure this out on their own. For them, it takes four days to see what others like me take four years to sort out. Their reason and intuition are in good

order. But imbalanced or extreme people (a lot of us) don't find it so easy, especially when our only guides are a few books filled with wrong advice. Sadly, most of the books on the raw diet fit this description. Yet, people still need good guides, so I offer *The Raw Secrets*.

Just as the book *Fit For Life* misled people years ago, making them believe that they were practicing *natural hygiene* just because they were combining bread or chicken properly, new raw-foodists on the scene are being misled into thinking that they are eating a healthy raw diet just because the foods they eat are unheated.

There are plenty of ideas and talk but a lack of facts and wisdom. There is definitely a lack of basic principles. And this lack leads to major confusion. When people go to raw-food festivals or raw food conferences, they come home very inspired, and some also very confused. Why? Because while all the speakers promote a raw diet, they disagree on what it consists of. One says that fruit is the best of all foods, another says it feeds internal mold. One promotes supplements, while another says that no supplements should ever be consumed. One guy recommends water fasting, while the other says it is dangerous and that we should take juices instead. And so on. All this confusion exists because most raw-foodists — teachers and students alike — are unaware of the basic principles of health. The lack of basic principles in any science will lead to its disintegration. This lack is particularly obvious in the raw food movement, whose leaders cannot agree between themselves on what constitutes the raw diet.

Nonetheless, these basic principles exist. They were rediscovered 170 years ago by the *natural hygienists* in the United States and by the members of the German back-to-nature movement. In this book, I present some of the basic principles of *natural hygiene* and how they apply to the raw diet, undermining some raw mythology along the way.

This is pretty new stuff for most of us, and we're bound to make mistakes and commit excesses, even heinous ones. But at the end of the mistakes comes a period of ordering and cleaning up, and the first part of cleaning is taking out the garbage.

For many people, raw-foodism has become a sort of religion where cooked food is evil and raw food is salvation. Many books have exaggerated the benefits offered by the raw diet and neglected its practical application. Some raw-foodists even think that anything raw is better than anything cooked. They think that all they need to do is to eat raw foods and avoid cooked foods at all costs. However, as many have discovered the hard way, health and natural diet are not so simple.

An old saying goes, "Better is often the enemy of the good." In common parlance, we say that someone "can't see the forest for the trees." By trying to be too perfect, we sometimes lose our minds.

Many raw-foodists, including myself, have promoted the concept that Dr. Doug Graham calls the *Raw/Not Raw Philosophy*. It is an oversimplification of all health principles into one criterion: "Is this raw?" Rather than wondering, "Is this healthy for me?" or "What

do I experience in my body after eating this?" some raw-foodists only want to know, "Is this raw?" For vegans, the question is, "Is it vegan?"

An adherent of the *Raw/Not Raw Philosophy* will shun steamed vegetables, but will not hesitate to eat a jar of raw almond butter in a week, or even in a day. He will not touch anything cooked, without thinking that the way he eats could be not as healthy as some cooked diets. A convinced vegan will avoid all animal products, but he or she might use salt, sugar and processed foods out of a factory, as long as they are "vegan."

Natural nutrition asks for more clarity. Raw-foodism is not a religion. How you eat should be based on hunger, instinct and rational principles of physiology, not an oversimplified mantra.

Raw-foodism and veganism are valid, but not the way they are sometimes practiced, especially these days. In this book, you will learn how to eat a raw vegan diet in a way that is sustainable and vitalizing.

Frédéric Patenaude
October, 2002
Montreal, Quebec, Canada

Chapter 1

How to Determine our Natural Diet

The first question we need to answer before going any further, before talking about raw foods or cooked food, is the following: What foods are biologically specific to the human body?

This question can also be phrased in another way: What is our natural diet as humans?

The Biological Approach

Nutritionists would like to determine our diet according to various tests, chemical analysis and research done in laboratories, and define the exact proportions of nutrients we need. They would then come up with a formula with how much zinc a person needs everyday, how much calcium, etc. Eventually, a person, when following this biochemical approach to nutrition, eats according to charts. They eat that food for calcium, that food for iron, they make sure they take in that quantity of that supplement, while ingesting other pills and powders to make sure they get everything they need. That leads to the idea of the “balanced diet” — *which no animal in nature follows*.

On top of that, the various researchers don't agree with each other on the exact quantities of nutrients needed and where to get them. Eventually, nutrition gets so complicated that it makes everybody wonder, “How can we know what to eat?” It seems as if eating, which is the most natural thing to do, is something so complicated that only an expert with a degree can tell us how to do, based on this research done in laboratories.

Whenever someone tells me, “Nutrition is so complicated,” I respond, “It doesn't seem to be for the animals in the open.” I remind them that wild animals do not think of nutrition as anything complex. They simplify the matter by eating only raw, natural foods for which they are biologically designed.

Laboratory tests and analysis will never be able to determine accurately what we should eat, because this approach to nutrition is a complete departure from the natural way. What natural hygienists of the past have done instead is use the *biological approach*. In this approach, we try to define the place of humans in nature in the dietetic field. We try to determine if we're carnivores, herbivores, omnivores or simply frugivores. Once we've established our dietetic nature, it becomes easy to determine what foods constitute the best sources of human nourishment.

The rational approach to nutrition, the one I have followed in this book, is the following:

- 1) *First, determine our natural diet: What foods are we biologically designed to eat?*

- 2) *Second, pay attention to all of the factors that can get in the way of optimal nutrition*, by securing enough sleep, engage in physical activity, avoid poison habits (coffee, drugs, alcohol, medicines, etc).
- 3) *Third, eat foods as close to nature as possible*. This means eating mostly raw, unprocessed, unseasoned, whole foods.

The Logical Approach

The author and researcher Herbert Shelton describes how one of his predecessors, Dr. Densmore, tried to define our natural diet:

“In his efforts to establish, to his complete satisfaction, the normal diet of man, Dr. Emmet Densmore pursued a line of reasoning that we may consider with profit. First he noted that animals in their natural state live upon foods that are spontaneously produced by nature, and require no cultivation. Man, on the other hand, he noted, lives upon foods that are produced by cultivation. Man does not live upon the spontaneous products of nature, but lives artificially.

“The thought then occurred to him that, if nature has provided a *natural food* for all the animals below man, perhaps she has also provided a normal food for man. He assumed that nature has produced foods that are as normal to man as grasses are to the herbivores, or as flesh is to the carnivore. This was certainly no unreasonable assumption, but is based on the principles of the unity of nature. It is based upon the fact that man, as much as the lion or the deer, is a child of nature and that, like these animals, his normal requirements are found in nature. If man, like the other animals of nature, is constituted for a certain type of food, what is that food or what is that type? What, in other words, is the normal food of man? He sought his answers in several directions. Scientists were agreed that man’s original home was in a warm climate, either in the tropics or the sub-tropics. Without tools and without fire, he must have lived in a part of the world where the spontaneous productions of nature could be obtained by him with only the “tools” with which he is physiologically equipped and could eat without artificial preparation.

“If man first lived in a warm climate.” He reasoned, “and if like other animals, he subsisted on foods spontaneously produced by nature, these foods must have been those which grow wild in such a climate, quite probably such foods as are still spontaneously produced in such localities. The woods of the south, as is well-known, abound in sweet fruits and nuts.”

It will be seen at a glance that this line of reasoning led straight to the fruits of the trees as man’s normal diet.”

Herbert Shelton, in *Hygienic Review*, July 1971

Let’s add to this fascinating exposé by Shelton the fact that nuts are only available parts of the year in the south. And they are available fresh, not dried. Also, vegetables and vegetable matter abound all year round and have probably been consumed by humans for as long as we have been on this planet.

Let’s also consider the fact that, since the beginning of agriculture, humans have been cultivating foodstuffs that they are not necessarily designed to eat, such as grains. That also means that we have stopped propagating the wild fruits that once made up the largest part of our diet. So because of this, if you were to go wander in most tropical jungles of the world, you would be surprised to find how little food there is to eat!

There are some places, though, where a huge variety of the most amazing fruits still grow in the wild. These places are the jungles in South-East Asia, where some of the great apes live. When animals like a fruit, or another natural food, they eat it and carry the swallowed seeds inside them, thus propagating the species of the fruit they prefer. They then create, after hundreds of years, the food environment best suited to them. Since our tastes are still very close to theirs, it's only in the regions where the primates live that we may find an abundance of edible, wild fruits.

What is our place in nature?

(..). Every anatomical, physiological and embryo-logical feature of man definitely places him in the class frugivore. The number and structure of his teeth, the length and structure of his digestive tract, the position of his eyes, the character of his nails, the functions of his skin, the character of his saliva, the relative size of his liver, the number and position of the milk glands, the position and structure of the sexual organs, the character of the human placenta and many other factors all bear witness to the fact that man is constitutionally a frugivore.

As there are no pure frugivores, all frugivores eating freely of green leaves and other parts of plants, man may, also, without violating his constitutional nature, partake of green plants. These parts of plants possess certain advantages, as has been previously pointed out, in which fruits are deficient. Actual tests have shown that the addition of green vegetables to the fruit and nut diet improves the diet.

Shelton, *Orthotrophy*.

Nature is not in chaos. When we look at the different animals in nature, we can see that each of them has been designed to eat a particular diet — to thrive on particular foods. The diet of animals is usually restricted to a few categories of foods only. And those foods are the ones they have been designed to process the best.

Let's just take a look at our teeth. It is widely accepted by biologists that the form and shape of teeth is of great importance when classifying animals. Even the primates, whose diet consists chiefly of fruits and vegetables, with a very small amount of animal products (if any), have teeth that are more appropriate than ours to eating meat.

But open the mouth of your cat or dog and notice the long canines. They are conic and sharp. Those canines can lock into each other, on each side of the mouth. Now take a look at your own canines. They're barely sharp enough to bite into an apple! Even if you try to bite your own finger with those canines, I guarantee that you won't be able to cut yourself and make yourself bleed. Now don't let your dog try the same on you!

Your own jaw can make lateral movements (left and right), which is useful for chewing fruits and vegetables. But your cat cannot move its lower jaw to the right. His own jaw works great for biting into flesh, tearing it apart and swallowing it whole. Our own dentition works great for chewing fruits and vegetables.

Carnivores have such strong and powerful stomach acids that they can digest bones. They swallow meat without even chewing it and digest it. Our own stomach acids are very weak in comparison. If we don't chew a single tiny almond or sunflower seed, what

happens? You know what happens. It goes straight through, without being digested at all.

Just look at your hands. Those hands are meant for grabbing and peeling fruits. Carnivores and herbivores can only use their mouths to eat. Even omnivores like pigs, that our modern biologist would like to classify humans with, swallow whole fruits — with the peel and everything. They don't have the hands required to peel an orange. But look at the primates — it's so amazing to see them eat because they are so similar to us. They have hands with five fingers, just like us, and use them to grab and peel fruit. They'll peel bananas and oranges just like us. Chimpanzees will even use a rock to crack open nuts. This is just one of the dozens of observations that we can make to distinguish the various categories of animals on earth and try to find where humans fit.

Modern biologists would like to believe that humans are omnivores, like the pig. That is, we would be supposed to eat anything: fruits, vegetables, meat, fish, seeds, grass — *anything*. However, this is not what the great physiologists of the past century have discovered. Physiologists have classified humans as *frugivores*. What is a frugivore? Simply an animal that eats fruits and vegetables, like the primates.

The Diet of the Primates

Let's take a closer look at the diet of the primates.

Gorillas — Mountain gorillas primarily eat green vegetation (95%), partly because they don't find much else in their natural surroundings. They eat rare fruits in season. According to Dr. George Schaller, a very serious researcher in this field, and Diane Fossey, another great primatologist, they do not eat any animal products. Experiments were conducted at the San Diego Zoo, where the gorillas were given the choice between fruit and greens. The results were very interesting. The gorillas in the experiment ended up eating only fruit for the duration of the three months of the experiment.

Chimpanzees — Eat mostly fruit, some green leaves, nuts and sometimes meat. Animal products represent less about 5% of their diet.

Orangutans — Eat mostly fruit, some greens, and some nuts. When fruit is rare or not available, they eat more green leaves and some insects. Animal products represent a small portion of their diet. These animals enjoy a wide variety of sweet, delicious fruits, such as rambutan, wild fig and cempedak. They are especially fond of durian.

Bonobos — The bonobo is the closest animal to the human being. They are amazingly similar to us in so many ways. Bonobos are now recognized to be a separate animal from the chimpanzee. Whereas chimpanzee can be of an aggressive nature, bonobos are calmer and resolve conflicts differently. Their diet is also closer to our ideal: bonobos eat mostly fruits with a certain type of plant similar to sugar cane, as well as various greens, young shoots and buds. They apparently do not eat any nuts. They eat some insects, perhaps small fish and small animals, but they are not seen hunting like chimpanzees. Animal products represent less than 1% of their diet.

It has been difficult to get an idea of what the ideal food of humans is, based on the diets of primates, partly because these eating patterns vary greatly from one type of primate to another and even from tribe to tribe. However, we do know that they all eat a fruit-based diet, except for the gorilla, which apparently would like to. And they all eat greens in significant quantities. The animal products in their diet are in very small quantities.

Obviously we have similarities with them, so our natural diet should have similarities, but we are not exactly like them, so our diet cannot be exactly like theirs. Note that when chimpanzees eat meat, they can hunt down the animal with their bare hands and eat it freshly killed. Which one of my readers could do the same? Our living conditions are also quite different: chimpanzees have access to 100% wild food, while we have access to commercial, hybridized food.

How to Learn from Animals

How to Find The Ideal Diet

Mosséri quotes another hygienist:

During the years I spent in Central America and in Cuba, I had the opportunity to observe the reaction of monkeys when offered a food they never ate before. Instinctively, they use three senses to know if the food is poisoning.

- The sense of sight
- The sense of smell
- The sense of taste

First they attentively look at the new food. If it passes this first exam of the sense of sight, they pursue their examination with their acute sense of smell. They bring their nose close to this new food and smell it intensely. If they find it has a pleasant smell, it will have passed this part of the inspection. Finally, they lick the food and taste a small piece of it. If they like the taste, they start to eat it carefully.

During this whole process, the animal acted according to the Universal Law of Natural Dietetics, that is, they found the new food to be:

- pleasant to the sight
- pleasant to the smell
- pleasant to the taste

when it was consumed:

- in the raw state
- without combinations
- without seasonings

This law is known by all animals, who obey it... all except man.

Theofilio de la Torre
As quoted by Mosséri in *La Nourriture Idéale*.

To this description by de la Torre, a natural hygienist of the 19th century, let us add that through the process of civilization, humans have lost much of our instinct. We cannot rely on it entirely (the mistake of “instinctive eating”). Everyone, more or less, has a debased instinct. For this reason, many authors have observed children to get clues on what would be our natural diet.

The Instinct of Children

T.C. Fry preferred to rely on the pure instinct of children to determine our natural diet. He would imagine a table filled with all sorts of foods: fruits, vegetables, living rabbits, fish, nuts, seeds, etc., and would ask: which would a child choose? This is how he was led to believe that our natural diet was a fruitarian diet, because a child would choose fruit in preference to all other natural, raw foods.

Dr. Shelton, in the article I quoted at the beginning, also describes how Dr. Densmore, a researcher of the past century, came to further proofs that fruits and nuts are the natural foods of humans.

“He next noted that these foods need no additions, no sweeteners, no seasonings, no preparations, to appeal to the olfactory and gustatory senses of man. “If the dishes that are set before a gourmet,” he said, “those that have been prepared by the most skillful chefs, and that are the product of the most elaborate inventions and preparations, were set beside a portion of the sweet fruits and nuts as produced by nature, without addition or change, every child and most men and women would consider the fruits and nuts quite equal if not superior in gustatory excellence to the most *recherché* dishes.”

Let’s also add that green vegetables also form an important part of the diet and are appealing in their natural state, although not as much as fruits.

So, in the end, it is difficult to determine the natural diet with this method. However, we can rely on our observations of biology and the knowledge accumulated during the past two hundred years by hygienists to declare that our natural diet should mainly, if not entirely, be composed of *raw fruits and vegetables*, with small quantities of *nuts and seeds*. Animal products do not seem to be adapted to our physiology and can only be tolerated in very small quantities.

Again, the rational approach to nutrition, the one I have followed in this book, is the following:

- 1) *First, determine our natural diet*: What foods are we biologically designed to eat?
- 2) *Second, pay attention to all of the factors that can get in the way of optimal nutrition*, by securing enough sleep, engage in physical activity, avoid poison habits (coffee, drugs, alcohol, medicines, etc).
- 3) *Third, eat foods as close to nature as possible*. This means eating mostly raw, unprocessed, unseasoned, whole foods.

Chapter 2

Fat

Our Fat Needs

Our body doesn't need to eat fat in order to make fat. It can create its own fat from the other non-fatty foods that we consume. A natural diet of fruits and vegetables, with some nuts and seeds or avocado, provides essential fatty acids in sufficient quantities. Some "experts" on the subject have greatly exaggerated their benefits in order to sell their special, expensive oils. But even green vegetables contain fatty acids. Have you ever munched a bunch of plain lettuce and noticed how oily it was? There is about 1% fat in lettuce. Even fruit contains a small quantity of fat. Avocados and small quantities of nuts and seeds also provide us with all the essential fatty acids we could ever need. There is absolutely no need to add oil — a fractured, over-concentrated form of fat — to the diet.

Because of its complexity, fatty foods, along with protein, are the most difficult foods to digest. It has been shown that a drop of oil retards digestion for two hours. Some fat is necessary, but too much, even in a whole food like avocado, will make you tired and toxic.

You have to get your fuel (calories) somewhere. Fat is a concentrated source of it, but it also takes lots of energy to digest. We also know that excessive fat intake leads to several metabolic disorders. On the other hand, fruit is easy to digest, provides rapid energy, and is alkaline-forming. Dr. Doug Graham pulls the covers off the situation.

"The SAD is, on average, comprised of about 42% fat. Many people on this diet eat over 50%, even 60%, of their total calories as fat. They have learned to satisfy their appetite with fats. This is not what our physiology is designed to thrive on however. A diet dominated by the simple carbohydrates found in fruit more closely matches our physiological needs. But when going raw, most people continue consuming a high-fat diet. As they eat more vegetables, they get hungrier and eat even more fat to satisfy themselves. The simple carbohydrate deficit accrues with almost every meal.

When prospective raw-foodists go off their raw regimen, they almost invariably find themselves eating cooked, complex carbohydrates. Until they learn to consume high amounts of sweet fruits to fulfill their carbohydrate needs, they will invariably fail in their health and raw-food efforts.

The high-fat, raw-food diet is a recipe for failure, both in regards to health and to staying all raw. Utilizing the high-fruit diet is the ideal, logical and healthful method for achieving the low-fat, high-carb diet that every health practitioner on the planet recommends."

Dr. Doug Graham

Addiction to Fat?

Many raw-foodists are addicted to fatty foods like nuts and seeds because they do not eat enough fruit to meet their energy needs, and because they are used to eating heavy, cooked, fatty meals. They may have problems with the “detox” that never ends (see chapter 7).). They feel tired all the time and blame it on detoxification. At some point, they are convinced that raw supplements will correct this. So are they really thriving? Why not take an honest look at their diet? Someone eats five avocados a day. A single avocado usually weighs 300 grams (of fruit flesh), so that’s 1500 grams of avocado flesh. At 18% fat, that’s 270 grams of fat, so the equivalent of over a cup of oil. What would be the consequences if you were to sit down and drink these 16 tablespoons (or 48 teaspoons) of oils?

In Practice

Unless you simply dislike them, I do not recommend avoiding avocados and nuts. You can eat them regularly with benefit. The following guidelines will help you in doing so:

The ideal is to limit your fat consumption to less 10-15% of your calories, certainly no more than 20%. In practice, it means:

- Eating enough fruit to meet your caloric needs (which means a lot, by most people's standards!).
- Avoid oils (this includes olive oil, flax seed oil, coconut butter, etc.).
- Eat no more than one avocado a day.
- Eat no more than 2 ounces (60 grams) of nuts or seeds per day. Alternatively, you could have 2-4 tablespoons of raw nut butter.
- Eat avocados or nuts on separate days.
- Eat fat only once a day.
- Don't eat fatty food every day of the week.

To find out the percentage of fat in your diet, you can use a caloric calculator. Free websites such as www.fitday.com, provide this service. Simply go there, create a new account, and enter all of the foods you eat in one day. I guarantee that most of my readers will have surprises when they realize that their “low-fat” diet is actually quite high in fat!

Some more guidelines

- Avoid the sweet fruit and fat combination. If you just eat an apple, it will digest quite fast and leave the stomach rapidly. But eat an avocado at the same time and digestion will be prolonged. The sweet fruit will have time to ferment and produce acidity. The same happens when we mix nuts with dried fruits — an abominable combination that is likely to putrefy and ferment, unless it is consumed in very small quantities, such as five almonds with five dates.

- You can avoid fats entirely for weeks during hot weather, when the body calls for water-rich foods, such as tomatoes, cucumbers, melons, peaches, etc.
- For nuts to digest, they have to be eaten on an empty stomach, not after a big salad. Eat the nuts first and then have your vegetables. Protein digests in an acidic environment, provided by the hydrochloric acid in the stomach. This is also the reason why nuts digest better when eaten at the same time with tomatoes than with greens. If you eat, for example, a big salad of cucumbers and greens, you will dilute the hydrochloric acid in the stomach. It won't be strong enough to deal with a handful of nuts you eat after, so they will just stay there and putrefy. But if you eat the nuts with tomatoes first and then the vegetables, you won't have any problems.

More information on fat in the raw-food diet will be found in my course, *How to End Confusion About Nutrition*, available from www.fredericpatenaude.com

Chapter 3

Protein

Based on a series of articles I wrote for Get Fresh! Magazine.

Everyone knows that we require a certain quantity of protein to remain healthy. Because of propaganda to this effect, a lot of people view the daily consumption of high-protein foods like meat and dairy as beneficial. The greatest fear of the new vegetarian or raw-foodist is lack of protein. Vegetarians replace meat protein with tofu, cheese, beans and meat substitutes, while raw-foodists prefer nuts and seeds (which are actually much richer in fat than protein).

The opinions of experts with regard to our daily protein needs vary incredibly — from 25 to 200 grams! An average figure is 1 gram per kilogram of body weight. On a raw diet, it would be difficult to consume that much unless we ate nuts and seeds in large quantities. Judging from the failure raw-foodists are experiencing with nuts and seeds in general, it may be time to revise our ideas about protein.

Some People Live on Very Small Amounts of Protein

During an expedition in the interior regions of New Guinea, the researchers Hipsley and Clements of Sidney discovered an aboriginal tribe living in the mountains of Mount Hagen whose diet consisted mainly of certain plants, 80% to 90% of their diet was sweet potatoes. The rest was composed mostly of young shoots, sugar cane, green vegetables, bananas, palm hearts and various nuts... The population, including the children and teenagers, was obviously in very good health, while accomplishing great physical work.

Professor H.A.P. Oomen... discovered that their daily consumption of protein was 9.92 grams (due to the fact that sweet potatoes only contain between 0.5 and 1.5% protein). Meanwhile they eliminated in their fecal matter around 15 times more protein than was ingested through their diet, eating between 1.4 and 2 kilos of sweet potatoes a day. The logical conclusion was that proteins were synthesized in the body following an unknown process.

Albert Mosséri
La Nourriture Idéale

Since a tribe can live on 10-15 grams of protein a day, it means that all theories about protein are erroneous. Also note that these people are eating a diet composed of 80 to 90% cooked potatoes and are in excellent health. But no group of people eating a diet composed of 80 to 90% cooked grains was ever found in good health.

There are other cultures in which people live on root-based diets and obtain on average less than 20 grams of protein a day, while remaining in great health. The Max Planck Institute proved that, considering the fact that the body recycles most of its protein for its own needs, 25 grams of protein a day is more than enough. However, most vegetarians

are still terrified of not getting enough protein. As soon as they feel a lack of energy they think to themselves, "Could it be a lack of protein?" But what about the strength of the gorilla who lives on green leaves without the concentrated protein found in nuts?

The milk argument easily proves that we don't need much protein. Mother's milk is, for a time, our perfect food. Only fruits and vegetables resemble it in their composition. The protein content of mother's milk is adapted to the baby's protein needs, and it decreases along with them. Five days after birth, protein content in mother's milk is about 2%. After seven or eight weeks, it is only 1.2%, when the baby is doubling its weight every six months.

Protein in Green Leaves

Most people would not consider a salad a good source of protein. They are not aware that the protein in green leaves is of extremely high quality, containing all essential amino acids. Green leaves also contain a small, but not negligible, quantity of essential fatty acids. Although the protein content is only around 1% by weight, these proteins are highly absorbable and will not ferment in the intestines, nor will they poison the body. Green vegetables contain a lot of alkaline minerals, which help to assimilate those proteins.

Fruit, on the other end, contains a small quantity of protein (around 0.5% by weight), but this is also of high quality and easy to assimilate. Some fruits containing higher quantities of protein are: avocados (2.1%), dates (2%), bananas (1%), figs (1.5%), cherries (1%).

A raw-food diet containing small amounts of nuts and seeds provides about 25-60 grams of protein a day (depending on the amount of food eaten). This is about what the Max Planck Institute recommends, and consequently, more than what the tribes mentioned were eating. This quantity is also what gorillas eat.

In spite of these facts, many authors recommend eating too much protein. Excess protein is actually dangerous, whether it comes from meat or from plant sources. Like fat, it is extremely complex and difficult to digest. It is acidifying and so leaches alkaline minerals out of the body to balance pH.

We should not worry about getting insufficient protein. As long as we eat food to meet our caloric needs and a sufficient variety, we will get enough. If we eat enough green vegetables and fruits to meet our needs (at least 2 to 3 kilos, or 4-6 pounds, of food a day for most people), we will meet but not exceed our protein needs.

More information on protein will be found in my course, *How to End Confusion About Nutrition*, available from www.fredericpatenaude.com

Chapter 4

Nuts & Seeds

Based on a series of articles I wrote on nuts and seeds for the magazine Get Fresh!

The Diet of Primates, or How to Know What to Eat

The first authors to write about raw-foodism and natural hygiene tried to find out what constituted the ideal human diet. To find an answer to this knotty puzzle, they studied the diet of primates, declared by science to be our “closest relative,” thus hoping to find in the regimen of these hairy creatures the most appropriate menu for humans wishing to conform to the laws of Nature (with a capital N!). But in view of the fact that the great apes were getting rare, and the costs and difficulties of travel were very high, paying them a visit in the heart of the jungle was not a practical solution. Instead, they examined the few zoological studies existing at the time.

Somewhere in those books, someone said that the great apes lived on fruits, vegetables, nuts and seeds. This affirmation didn't stun our budding rawists. Aren't these foods the most pleasing to the palate when eaten in the raw state? All the rest (grains, dairy, meat, etc.) have to be seasoned and cooked to be appreciated. On the other hand, fruits, vegetables, nuts and seeds can be eaten with delight without any seasoning or cooking.

It is by using this reasoning that early vegetarians, natural hygienists, and raw-foodists claimed everywhere that fruits, vegetables, nuts and seeds, consumed in their raw state, constituted the natural diet of humans.

But since then many things have changed that confuse the picture. We have learned that gorillas eat mostly greens, almost no fruit and no nuts or seeds. Orangutans, on the other hand, eat mostly fruit, very few nuts and some greens. And then there are the chimpanzees, which in addition to nuts and greens, eat a lot of fruit. Some have even been caught eating meat!

Problems From Excessive Nut Consumption

Some authors have started to question the value of nuts in the raw-food diet. They have done this not by scientific reasoning, but after noticing the effects of nuts on themselves and their patients.

But there have always been those in favor of nuts, essentially because they are the only protein-rich foods in the raw vegetarian diet. Because protein deficiency has frightened us, we take comfort in the daily consumption of nuts.

Herbert Shelton and other raw-foodists recommended around 100 to 120 grams of nuts a day, which is about a large handful of almonds (around 50-70 almonds).). But few people are able to digest this quantity of nuts everyday. The French natural hygienist, Albert Mosséri, wrote:

I observed innumerable problems and even serious accidents following such a consumption of nuts: liver problems, skin disorders, dizziness, fatigue, lowering of the digestive powers, urinary infection, pus, smelly and abundant urine, lowered vision, myopia, sensitivity to cold, sensitivity to sun baths and light, spaciness, frequent gases, etc. I understood at once that Shelton, for all his genius and for all the admiration and respect I had for him for years, had committed in this matter a terrible mistake.

La Nourriture Idéale

Following the guidelines provided in chapter 2, it is possible to eat nuts without running into these problems.

The stimulation from overeating nuts is comparable to the stimulation people get from eating meat. When we overload the system with this excess protein, the body “fights” in response to it. It is this fight for life — this stimulation — that we perceive as energy. It is an illusion; just like the false energy people get from coffee, sugar, or chocolate. This so-called energy is just the heightened activity of the body fighting to reject the excess poison.

In Nature

Raw-foodists like to talk about what is natural versus what is not. So what is the place of nuts in the natural diet of humans? The first thing that I realized when rethinking this was that nuts are a seasonal food. They are not fresh all year round, but only 2-3 months out of every year. Then I found that there was a major difference between a fresh raw nut and a dried one. Dried nuts have lost their natural water and fill us more because their fat and protein concentration is higher. But is it natural to eat nuts this way?

When I was in Spain I had the occasion to taste fresh almonds straight from the tree. It was an extremely satisfying treat — crunchy, creamy, and still watery, but with a certain fat content. I thought, “Wow, this is how we’re supposed to eat nuts.”

Those who like to compare us to the other frugivorous animals will find it interesting to study the diet of the apes. Most of them live mainly on fruits and green leaves, eating nuts when they are in season a few months a year. The gorillas do not eat any nuts and are the biggest and strongest of all. They eat the human equivalent of 25-30 grams of protein a day (if we do the math and relate this to our weight in comparison to theirs).). Orangutans seldom eat nuts, and then only when they can find them. Chimpanzees are the biggest nut eaters, but they are also known for their violent behavior of attacking, killing and eating other monkeys.

The Needs of Children and Pregnant Women

Growing children have different needs than adults. My recommendations are the following: you can include some nuts in a child's diet, first in the form of nut milks in small quantities. Babies and children under three years of age should not have them, because they are supposed to drink mother's milk. Nut milks do not contain enough calcium and cannot replace mother's milk. If for some reason the mother cannot nurse, the baby should be given animal milk, preferably goat's milk, and ideally raw.

Children can have some nuts as long as they chew them well. They can also be given raw nut butters. Since the maximum for adults is one or two ounces (30-60 g), the same amount should be enough for children.

However, it appears more important to me that children be given enough green leafy vegetables every day to insure they get all the minerals they need. Green leafy vegetables contain the highest quality protein and an abundance of minerals. Children should get at least one large salad or blended salad a day and celery juice should be added to their fruit juices, if fruit juices are given. Green smoothies can also be given.

Pregnant and lactating women should also eat enough green vegetables. I advise them to eat a large salad every day or a blended salad, with a vegetable juice (see Appendix 2). It is beneficial to eat nuts in small quantities, depending on the individual. The maximum should be around 1-2 ounces (30-60 g), so about 15-30 small almonds. Athletes and strong constitutions can have a little more. You will be able to gauge this for yourself, eventually. We don't need to eat nuts and seeds every day. Eating avocados and nuts on separate days is better.

Diseases and Conditions Caused or Aggravated by Excessive Protein Consumption *by Albert Mosséri*

- Infection
- Pus
- Abscess
- Fever
- Cancer
- Kidney disorder
- Leukemia
- Impaired vision
- Fistulas, boils, urticaria
- Skin diseases

- Number of people in America suffering from diseases caused by protein excess: 40,000,000
 - Number of people in America suffering from diseases caused by protein deficiency: 3
- (From *Diet for a New America* by John Robbins)

Chapter 5

Dental Health & Raw Foods

The author Zephyr describes in his book, *Instinctive Eating*, the dental problems he experienced eating a raw food diet:

Too late for my own health, I was diagnosed with “rampant tooth decay and gum disease.” Almost all of my teeth need fillings; a few need root canals and crowns! When I was twenty I had one cavity. My diagnosis is that I decimated my teeth when I naively quit hygiene — thinking, “raw foods can’t hurt my teeth.” I let teeth-eating bacteria and fruit sugar live in my mouth relatively undisturbed for years. By the time I was aware of them they were entrenched, and I was too poor and unmotivated to handle it.

This situation is not too uncommon. In my long years of seeking and searching, I’ve also made a lot of mistakes. I ate dried fruit in excess, I eat many nuts and seeds (too many!), I had lots of honey at times, I’ve eaten my share of dates, and on top of that, I didn’t brush my teeth for a good 2-3 years (if not more), having read in some books that brushing teeth wasn’t necessary.

I made every possible mistake one can make as a raw-foodist, and one consequence has been the tooth problems I have experienced. Now almost all of the teeth in my mouth have fillings, except some of my front teeth!

Now before you panic, let me hasten the point that most careful people who do this correctly do not get problems with their teeth on a raw diet. In fact, their teeth get better. But if you don’t know what you are doing, you may end up in the same place.

Due to the misinformation that I received through reading raw-food books and listening to bad advice from many leaders in the raw-food and natural hygiene movement, and also due to my own ignorance, my dental health has suffered tremendously.

By carefully following the advice below, you will make sure you do not run into the same problem and will be able to reverse the situation, if you have already experienced problems with your teeth.

The reasons why raw-foodists have problems with their teeth are the following:

1- After eating, the PH in the mouth drops to a more acid state. It takes 1-2 hours for it to go up. If you are snacking often, like most raw-foodists are, the PH in the mouth will stay acid. This is a perfect environment for bacteria to do their work and produce even more acids that will create tooth decay. But this will not occur if the following factors are not present.

2- Raw foodists eat too much dried fruit and too many dehydrated foods. Dried fruit and dehydrated foods encourage tooth decay and gum disease. Dried fruit and dehydrated foods stick to the teeth and provide PERFECT nourishment for the acid-producing bacteria that cause tooth decay and gum disease. This includes all dried fruit, fruit bars, trail mixes, dehydrated crackers, raw “burgers,” as well as nuts and seeds. The dried particles in nuts and seeds, as well as other dried foods, stick to the teeth and then are “eaten up” by the acid-producing bacteria that live in your mouth. Nuts and seeds can be eaten in moderation, as long as they are soaked, blended, or eaten with a large quantity of green vegetables. But eaten straight out of the bag, they will cause tooth problems.

3- Raw-foodists eat too many acid foods. Acid foods in excess can have a negative impact on the teeth. Those include lemon juice, fruit juice, citrus fruit in excess, unripe fruit, vinegar and other acid foods.

4- Constant contact with sugary foods encourages tooth decay and gum disease. If your teeth are in constant contact with sugar, even the natural sugars in the form of coconut water, honey, dried fruit, fruit juice or other sugary foods — tooth decay will occur. It is not okay to sip coconut water all day long, drink fruit juices, and snack often on sugary foods.

5- Raw diets are often deficient in many important alkaline minerals, such as calcium and magnesium, that are necessary to build strong enamel. Sufficient levels of vitamin D and phosphorus are also necessary to build strong teeth. Those nutrients can be obtained in a balanced diet, such as the one described in this book.

If the following measures are taken, dental decay can be prevented, and teeth can be healed up to their potential. Realize that this is the very minimum you can do to insure healthy teeth for life.

1- Rinse your mouth with water during and after eating, especially when eating fruit and acid foods. Water and other neutral liquid wash out acidity. Whole fresh fruit will have no negative impact on the teeth if the acids are removed promptly from the teeth by sipping water as you eat and rinsing your mouth with water after you’re done eating. Whenever you eat fruit, rinse your mouth with water immediately after the meal. Also sip on water as you eat your fruit. An even better idea would be to eat celery after every fruit meal. I recommend brushing your teeth after a sweet fruit meal (bananas, persimmon, cherimoya, jackfruit, etc.). After a juicy fruit meal (melon, oranges, etc.), rinsing your mouth with water seems to do the job.

2- After eating certain high-sugar fruits that tend to leave residues on the teeth, you should floss and brush your teeth (just water and a brush is fine).

Those sweet fruits are: bananas, dates, really ripe figs, persimmons, mangoes, cherimoyas, durian, jackfruit, sapodilla, sugar apple, sweet sapote, mammey, etc. You can also eat greens after a meal of such fruits, but brushing your teeth is a good idea.

After eating other types of juicy fruits, it is not necessary to brush your teeth, but it is still a good idea to finish that meal with greens (such as lettuce and celery), and/or swish water in your mouth (you can also use water mixed with some Celtic sea salt, to restore alkalinity in the mouth environment).

Those juicy fruits include all the following and more: citrus fruits, apples, grapes, kiwis, pineapple, berries, melons, papaya, pears, peaches, plums, litchi, etc.

3- Avoid dried fruits and dried foods. Dried fruit and dehydrated foods are NOT raw foods and are not health foods. Replacing the oven with a dehydrator is not a good move. Eat fresh foods, not dried foods. However, if you happen to eat some dried fruit or dehydrated foods, eat an apple or some celery after, and brush your teeth as soon as possible.

4- Throw out all toothpastes immediately, and instead, brush your teeth with bar soap. According to Dr. Gerald Judd, Ph.D: "Reenamelization of the teeth occurs when they are clean. All toothpastes make a barrier of glycerin on the teeth, which would require 20 rinses to get it off. A good solution for clean teeth, which I have used for 5 years, is bar soap. Wet the brush, swipe the bar two or three times with it, then brush the teeth thoroughly and the gums gently. Rinse with water three or four times. All oils are washed off the teeth and the gums are disinfected. The bacteria are killed by the soap. The teeth are then ready for reenamelization with calcium and phosphate in the diet." You can use any regular bar soaps. Find one that you like. It takes some time getting used to it — but you teeth will never feel so clean. I have recently made available an excellent toothsoap with a great flavor that is glycerin-free. I highly recommend it to replace toothpastes. It is available (or will be available soon) at: www.puredentalhealth.com.

4- Avoid constant contact with sugar. It is okay to eat a lot of fruit, but have it all in a few meals, rather than snacking on it throughout the day. Also avoid sipping on fruit juice, coconut water, etc.

5- Insure proper nutrition. In order to build strong, decay-resistant teeth, certain important minerals must be present in the diet. Particularly important are calcium, phosphorus and vitamin D. Please read my article on the subject in my booklet on dental health (www.puredentalhealth.com).

6- Remove food particles. It is not necessary to floss, but food particles that get caught in-between the teeth and along the gum line must be removed. You can use dental floss or learn to use a toothpick. It is important to do this once or twice a day.

7- Research shows that it's more important HOW WELL we brush, rather than HOW OFTEN we brush. A good brushing with a soft brush takes 2-3 minutes. Same for flossing. Reach every corner of your teeth and do a thorough job. One or two such complete brushing followed or preceded by flossing per day is enough.

Chapter 6

Grains & Beans

The following is adapted from an article by Albert Mosséri.

We Are not Granivores

“All true natural hygienists are opposed to grain products. These include bread, pasta, rice, flour, cookies and crackers. It seems very difficult for most people to understand this subject, because unconsciously they refuse to abandon the habit of eating bread and other grain products. ‘It is the very foundation of civilization,’ they say. Those who call themselves natural hygienists and still promote bread, even whole wheat, are not true hygienists. They don’t understand that nature doesn’t produce bread, that grains are meant to be eaten by birds, which are granivores (eaters of grains) and that humans are frugivores (eaters of fruit and green leaves).

“There are many reasons why grains are not suited for humans. Among the most valid are those taken from the science of biology — and consequently, are the same types of arguments that vegetarians use to condemn meat eating.

“A chart of comparative anatomy reveals that humans have none of the characteristics of the carnivore. They do not have appropriate teeth to bite the prey, nor an adequate liver to neutralize all the toxins, and so on. Vegetarians can easily understand that humans are not carnivores. But what I say is that humans are not granivores either. We are not biologically designed to eat grains. For every class of animal on the planet, nature has provided certain categories of foods for them. Any deviation from that will create all sorts of problems — disease, cancer, etc.

“A machine that is supposed to function well with a certain type of oil will not function as well with a different type of oil. It will clog up and break down. This is the major argument against grains. All other ‘scientific’ arguments are only in the details.

“Nature has provided a special type of food for fish, another type of food for cows and something entirely different for bears. And for us, nature provides us with our natural foods: fruits and vegetables. Nature is not chaotic. Every species eats the food it was designed to eat. If horses started eating meat and lions started grazing with the cow, it would be the end of everything!

The Gizzard

“Bread and grains, whole or not, are extremely deficient in minerals compared to fruits and greens. They are lacking in alkaline minerals such as calcium. Indeed, they are some of the most acid forming of all foods. Our physiology is not designed to handle the digestion of grains. The ptyalin enzyme in our mouth can only handle the small amount of starch found in roots and some fruits.

Species that are granivores, like some types of birds, have a special organ called the gizzard. What is a gizzard? It's a sort of second stomach that permits certain types of birds to grind hard seeds in order to digest them. With that type of strong stomach, they can even pulverize little rocks in no time. In fact, they swallow rocks to help grind grain. Even metal needles swallowed by some young birds are broken into pieces and eliminated with no apparent damage.

“Have you ever seen chickens and other types of fowl eating rocks, nails and other hard and indigestible things? At that moment, you probably asked yourself, why are these animals eating these useless and harmful things? Have they gone mad? Or are they following their instinct? They are simply introducing hard things into their gizzard to help grind the hard seeds that they just ate.

“Birds and fowl have no teeth. That's why they have to swallow whole seeds. But since they need to digest them, nature provides them with a perfect grinding machine attached to their stomach. Small rocks when eaten serve as millstones.

“But humans are much different. They do not have a gizzard. They cannot grind hard seeds like grains or legumes. This is one reason these foods are not meant for us.

“Now someone will say that we can replace the gizzard with a millstone constructed by humans, and cook the grains to soften them and render them easy to chew and digest. That's what we've been doing for several thousands of years. But this does not solve the problem.

“The digestive tract of humans and of all frugivorous animals is too long for the efficient digestion of heavy starches. These foods stay there for too long and thus have a tendency to ferment. Grains are natural foods for birds and fowl, but not humans. We are not equipped with a gizzard and other physiological designs in order to process grains properly.

“Furthermore, humans cannot eat and enjoy these foods in their natural state. They are simply not foods we are biologically meant to eat. Our natural foods are fruits and green leaves.”

Here is Albert Mosséri's list of diseases caused by grains and bread, based on his decades of helping thousands of ill people back to health.

Diseases and Conditions Caused or Aggravated by Bread and Grain Consumption
by Albert Mosséri

- The common cold
- The flu
- Sinusitis
- Bronchitis
- Pneumonia
- Colitis
- Asthma
- Allergies
- Diabetes
- Arthritis
- Thick blood
- Arteriosclerosis
- Paralysis (caused by blood clots)
- Heart attacks

Chapter 7

Detoxification

The great hygienist, Herbert Shelton, in his health classic, *The Science and Fine Art of Food and Nutrition*, says this about detoxification:

Every adaptation to habits, agents and influences which are inimical to life is accomplished by changes in the tissues which are always away from the ideal. The renovating and readjusting processes that must follow a reform in living is accomplished by the tearing down and casting out of these unideal tissues. New and more ideal tissues take their place. The body is renewed.

This process of readjustment is not always smooth. Aches and pains, loss of weight, skin eruptions, etc., may result. Helen Densmore truly says that, "If it were true that, after many years of abuse, we could stop the wrong course of living and all the blessings of health follow immediately, it would be proof that this disobedience is not so bad after all."

As she says, "With the drunkard, the curative action is recognized at once — all know that it is not the water that is making him ill, but the alcoholic poison which he had been before accustomed to. So mother, sister, sweetheart and friends with one accord appeal to him to keep up his courage, notwithstanding his apparently bad symptoms. How differently is the poor dyspeptic treated when he attempts to reform his diet. With one accord his friends try to prevail on him to abandon it; assure him that he is killing himself; read him tomes of medical authorities to show that he is impoverishing his blood by his 'low diet' and when he returns to the old injurious diet, just as with the dram of spirits in the case of the drunkard, the effect is to stop the curative action; he feels braced up and this is taken as proof that he was all wrong and the accumulation of disease commences again."

These renovating crises are seldom severe and are always followed by better health. Persistence and determination are required when they come. Most people, particularly young and vigorous ones, will make the change with very little or no discomfort.

Many of you may have heard of the concept of detoxification. When you adopt a clean diet based on fruits and vegetables, the body will begin to eliminate its accumulated toxins. Since their poisonous nature is more noticeable on their way out than when they are "in storage," you will probably feel worse for a while, before you start feeling better.

When you improve your diet, you may initially experience a fatigue that, in fact, is just a relaxation. The body is letting go of its toxins in storage. This can take a few months — in most cases four to eight. During this time it is imperative to sleep more, get plenty of rest and avoid hard physical exercise and mental stress until the energy starts to come back naturally. From this point forward you can start exercising to build muscle and keep feeding yourself properly.

Certain cycles within the body will lead to periods of detoxification, tissue repair and growth, and so forth. You will discover that some days the body has lots of energy at its disposal and rebuilds damaged tissues. On other days the body goes through a phase of

detox, and we experience lower levels of energy. The evolution of this process is impossible to predict for everybody, but the fact that it will happen is certain. One day, the body may decide to cleanse heavily, and that won't be pleasant. Once a certain level of health has been reached, we do not notice the cycles as much and they cause progressively less discomfort.

The Never-Ending Detoxification

Some people think that detoxification — the intense phase of purification — goes on forever. Years after changing their diet, they still talk about how they are “detoxifying.” They attribute every headache or discomfort to the elimination of ancient debris, while ignoring their present habits. I've known long-term, “healthy” eaters who blamed their headaches on vaccines they received in their childhood!

In most cases, this intense detoxification is over within months. You will still eliminate metabolic waste for the rest of your life, but intense healing crises will occur rarely if you live in accordance with the laws of nature.

Once you stop waking up in the morning with a bad taste in your mouth, this intense period of detoxification is basically over. So it doesn't make any sense to blame continuing symptoms on past mistakes. Rather, think about what you are doing now that could be draining your energy. Here are some possible causes (in no particular order):

Possible Causes for Lack of Energy

- Lack of sleep.
- Eating too many fatty foods, such as avocados, nuts and seeds.
- A sedentary lifestyle.
- Negative emotions.
- Overtraining.
- Lack of fresh air.
- Lack of sunshine.
- Dehydration.
- Chronic stress, loneliness and anxiety.
- Bad food combinations.
- Eating without hunger.
- Overeating.
- Use of spices, salt, and condiments.
- Second-hand smoke.

Each of these factors, and many more, will drain your energy and elevate your levels of internal toxemia. When you improve your diet, you become more sensitive, so your body will let you know more quickly when there's something wrong.

The True Prevention

When you feel mild symptoms such as headaches, fatigue, lack of concentration or irritation, analyze your lifestyle and diet over the last few weeks or months to determine what could be the reasons for your ills. Then eliminate the causes and get extra rest. If necessary, fast for a few days on water. The hygienist, Albert Mosséri, sheds light on this subject:

According to the Law of the Evolution of disease, examined in my book *Put Your Health into the Hands of Nature*, the various diseases always begin with unnoticed signs. For example, light headaches may be felt, or bad digestion, lack of appetite, fatigue, a fogged and unclear mind, pessimistic ideas, bad mood, gas, constipation, vague pains here and there, etc.

At the first signs of discomfort or poor health, the appropriate measures should be taken: rest, fasting, proper diet and the removal of the cause. The evolution of disease is thus stopped and no complications will occur.

But if we neglect this or we suppress these first premonitory signs by convenience — we don't want to stop working; or we prefer to suppress the symptoms with medicines to keep drinking coffee, eating meat, bread, etc. — we then stop the redeeming elimination and prepare the grounds of diseases that will afflict the person in a very precise order, from acute to chronic.

This is how we can foresee the disease and detect it, without inefficient laboratory testing and analysis, and finally obviate its harmful consequences with a simple hygienic prevention. Preventing is better than curing and it is while taking care of the first symptoms that we can prevent every disease.

Mangez Nature, Santé Nature

It's Not Normal to Feel This Way

After a year of eating a raw diet (or any diet) and having no serious, life-threatening health problems to start with, it is not normal to:

- Feel really tired in the afternoon, if you've had enough sleep the night before.
- Not have enough energy or desire to exercise.
- Experience many ups and downs in energy levels.
- Feel worse than before you started the diet (after the initial months of detox).
- Feel itchiness.
- Have a strong body odor.
- Have regular headaches.
- Have more dental problems.

If these conditions persist, take another look at your eating and living habits in light of the information presented in this book.

Chapter 8

The Law of Vital Accommodation

The Law of Vital Accommodation is nature's wheel. The response of the vital organism to external stimuli is an instinctive one, based upon a self-preservative instinct which adapts itself to whatever influence it cannot destroy or control.

Herbert Shelton
Orthobionomics

Understanding the Law of Vital Accommodation may be one of the most important lessons in this book. It will help clarify many blind spots. This law states that when a poison is introduced into the organism on a regular basis, to a degree beyond the body's capacity to expel it, the body adapts to this invader by insulating itself from it. This is done at the expense of metabolic functioning. For example, if you smoke your body will prevent absorption of the toxic fumes by hardening the lung membranes.

If you take less than a fatal dose of poison everyday, after six months you could take a more than fatal one and survive. The body will resist the poison by avoiding absorption at all cost. But this also means that general nutrient absorption will be diminished.

In *Orthobionomics*, Shelton wrote, "Toleration to poisons is merely a slow method of dying. Instead of seeing in the phenomena of toleration something to be sought after, it is something to seek to avoid the necessity for."

A Purer Body

When you begin a clean diet based on fruits and vegetables, you are no longer taking a lot of popular poisons: coffee, chocolate, cigarettes, spices, food preservatives, etc. Your body rejects accumulated poisons and goes back to a more original, pure state — like that of a child. In other words, you will be like the beginner, before he starts to take his daily dose of poison, which means that you will be much more affected, and penalized, by small doses of poisons than most people. A cup of coffee could have the same effect on you as five cups has on your neighbor. You will be more affected by what you eat, especially if you go off your new diet. Shelton reiterates:

The first smoke or the first chew of tobacco usually occasions a very powerful action against it on the part of the organism. The young man or woman is made very sick; there is headache, nausea, vomiting, loss of appetite, weakness, etc. So long as the physiological powers and instincts are undepraved and unimpaired, they instantly perceive the poisonous character of the tobacco and give the alarm to the whole system. A vigorous effort is made to destroy and eliminate it and the user is forced to throw away his tobacco. But if he continues to repeat the performance, the action against it grows less and less with each repetition, until, finally, he is able to use many times the original amount without occasioning such results. His system learns to tolerate it and adapt itself to its use as far as possible.

You may think that eating a tiny bit of junk here and there might be okay: a piece of chocolate, a cup of coffee, a muffin, etc. But it will not be like the old days. Your body may violently reject the poisons each time, and these small dietary divergences may destabilize and ruin everything in the long term. *Small, but regular deviations can vitiate our efforts, prevent the desired results and make one feel worse than before.* This is why we have to stick to our diet as determinedly (though not fanatically) as possible. Yet, we have to distinguish the big mistakes from the small ones.

Poisons and Habits to Avoid at All Times

- Coffee
- Tea
- Alcohol
- Tobacco
- Marijuana
- Drugs (legal and illegal)
- Chocolate and cacao (cooked or raw)
- Spicy food, cayenne, black pepper, etc.
- Junk food
- Fried foods
- Products coming from a factory
- Household chemicals (including personal care products)

Chapter 9

How to Give Up Bad Habits

A Popular Tendency

There is a popular tendency in the health movement that strives to do everything possible in order to appeal to the largest number of people. It assumes that most people are not ready for big changes. It assumes that they need to take baby steps, gradually and smoothly changing their habits until they are ready to see the bigger picture. Furthermore, it assumes that most people are not ready to hear a radical message and will even frown upon it.

The experts in this frame of mind not only assume that people are incapable of great change, but also propose that people should only be encouraged to implement good habits, like eating more fruits and vegetables, rather than be discouraged to abandon bad ones, like eating meat. So they will suggest, "Eat less meat," rather than, "Become a vegetarian," which would be viewed as a move too extreme by the majority. They will propose, "Eat more fruits and vegetables," but not, "Eliminate grain products." They will suggest, "Start juicing," but not, "Stop smoking," or "Get more exercise," instead of, "Stop taking medications," and so on. This philosophy is embodied in the saying, "An apple a day keeps the doctor away." It suggests that it does not matter how many bad habits you have, as soon as you implement new good habits, such as an apple a day, your health will improve. Eventually the advice devolves to "Take this supplement or drug, and it will compensate for whatever bad habits you may have."

Naturopathic books are filled with such insipid recommendations, the benefits of which are largely unproven and are little or nothing to the readers. Here are some examples: take cold showers to have more energy (useless stimulation), take herbal teas for specific diseases (instead of looking for the cause), take juices to heal yourself (using food as medicine), etc. They prefer to do this rather than talk about the harmfulness of grains, coffee, salt, chocolate, meat and dairy products. This would discourage the reader who, presumably, does not want to change his diet but only get a cure for his problems.

A man suffering from high blood pressure goes to his doctor. He smokes cigarettes, eats fried foods, meat, salt, and bread and consumes almost no raw fruits and vegetables. The doctor wants to prescribe pills for him, but he won't hear of it. He goes to a naturopathic doctor. In addition to recommending a few herbal teas, the naturopath tells him that he should "think about" stopping smoking, eat "more fruits and vegetables" and "less meat." The man leaves with what he came for: a few easy excuses for not radically changing his habits. *Why not also point out the culprits, instead of just hailing the saviors?*

Good Habits or Bad Habits?

You shouldn't measure your health solely by how many good habits you have, but also by how many bad ones you have. In other words, it doesn't matter so much, however healthful it may be, that you eat "lots of fruits and vegetables," that you "juice daily," and that you, "work out four times a week," if you also indulge in coffee, bread and meat. Your health will be directly affected by your bad habits, no matter how many good ones you have. These bad habits create illness. You will not get rid of them, no matter how many new good habits you implement, unless you reform your lifestyle entirely.

Already I hear the voices of contention. Some people dislike this "negative" approach. Yes, it is negative. But so what? It's honest! Why not be true to facts and to yourself, thereby improving your health?

I am not saying that you shouldn't use psychology and sensitivity. Even those who are ready to reform their lifestyles are rarely capable of doing so in one day. I am not suggesting such a thing. Reform should be undertaken gradually and intelligently.

Two Approaches

The typical advice goes like this: "You have to change your lifestyle, one piece at a time. You will slowly and gradually add more fruits and vegetables, get more exercise, daily sunshine. Meanwhile, you will gradually reduce your consumption of junk food, meat, dairy and pasta.

The intelligent advice goes like this: "You have to change your lifestyle, one piece at a time. You have several bad habits that drain your energy and are the cause of your illness. You smoke, drink coffee, and eat meat, bread and cheese. Each of these habits has to be abandoned and replaced by good habits. However, I know it can be difficult, so I will help you do it gradually. Every week or two, or at whatever rate is comfortable for you, *get rid* of one of these habits, until your entire lifestyle has changed. At the same time, I will teach you new healthy habits that will be both fun and interesting."

The first approach rarely has success, because it disregards basic psychology. We gladly accept something to do, as long as it doesn't involve getting rid of the bad habits we love. We almost never let these go, unless we are told we absolutely have to (and even then, most people don't change). In other words, "gradually include more fruits and vegetables and exclude junk food in the diet," will be loosely interpreted. We'll grab an apple here and there, maybe order orange juice instead of a coke, and make a handful of other little changes that will hardly make a difference.

It is easier to think about starting to juice than ceasing to drink coffee. This is basic psychology. You don't want to stop drinking coffee, because it is something you like. Starting to juice is easy. But stopping a bad habit is not. It takes work and determination. The easier way is more appealing. It's easier to "add" than to "remove," where habits are concerned. I wish it were as easy as taking a pill, biting a few apples, and/or eating some

extra salad. Everyone likes to cling to bad habits (including me). We must find courage to face reality and decide that — *Yes; we're going to make some real changes!*

We must also consider sources of advice and what they stand to gain. There's no money in telling people that they have to stop their bad habits in order to be healthy. There's no money in merely telling them to stop smoking. But there's plenty in selling them a nicotine patch. There's no money in telling people to stop drinking coffee and alcohol. But there is in selling them a juicer. There's no money in telling people to stop eating fried foods, bread, meat and dairy. But there is in selling them supplements.

What's Worse?

When it comes to bad habits, there are degrees of evil. Not all habits are equally damaging. Quantities and regularity also matter. Drinking two cups of coffee a day is not the same as drinking one a month.

In a rough order of importance, and in light of the principles exposed in the previous chapter, here are some bad habits that undermine health:

- Use of drugs, prescribed or illicit.
- Eating without genuine hunger; overeating.
- Indulgence in chronic stress and negative emotions.
- Coffee, cigarettes, alcohol, tea, chocolate and other popular poisons.
- Junk foods: fried foods, fast food, factory food, etc.
- Lack of sleep.
- Eating foods that are not specific to the human race: bread, grains, meat, fish, dairy products, etc.
- Using condiments, spices, salt, etc., which hinder digestion and lead to overeating.
- Poor food combining.
- Lack of exercise, sunshine, etc.

There are many more bad habits. These are just some of the most common. The order may also be questionable.

Being Effective

Of course, people are a little better off eating more fruits and vegetables and getting more exercise. Sometimes, supplementation can mitigate an abominable diet and save someone from certain death by mineral and vitamin deficiency. But they won't get the desired results until they give up coffee, stop smoking and exclude bread, cheese, etc. from their diet. You will never "burn off" the effects of your poor diet, no matter how many miles you run, how many supplements you take, or how much sunshine you get. The idea is not to try to be perfect, but rather to take an honest look at our habits and reform our lifestyle gradually.

Chapter 10

Supplements & Superfoods

Supplements Among Vegetarians and Raw-Foodists

Supplements are as popular among vegetarians and raw-foodists as in the general population. However, the types of supplements consumed by these two groups are different. While the average supplement consumer buys cheap vitamin and mineral supplements in hopes of “correcting” their poor diet, vegetarians and raw-foodists buy expensive, exotic, quality supplements, either out of fear that their diet might be inadequate, or that the “super-health” that depends on these fancy products is the missing piece in their internal puzzle.

Super-foods and supplements are supposed to bring you exciting results. Blue-green algae, MSM, green powder, enzymes, horsetail powder, Noni fruit, Aloe Vera juice, fruit and vegetable juice powder — the list is endless. What should we think of all these products? Can they be useful, or are they just another way for opportunists to fatten their wallets?

If someone feels great, she could only be led to buy supplements out of fear of future deficiencies. She would have to be convinced that, although she may feel fine right now, many years from now she could run into big trouble because her diet is lacking in minerals, enzymes, vitamins or whatever. So she’d rather play it safe and take the supplement.

On the other hand, a person who doesn’t feel so great can be convinced much more easily. Many become vegetarians or raw-foodists in the hope of reaching superior health. They know that they have to go through a detox period — but a few years later, still not feeling the results, they start to wonder if there is something wrong with the diet itself. Of course, they are right. There is something wrong with the way they eat, but the supplement hucksters and naturopaths are planting an entirely different doubt in their minds. They will imagine that they feel poorly because their diet is lacking in whatever some supplement is “packed” with. They then proceed to spend \$200 a month to buy supplements and other exotic articles. They might feel a little better, but where’s “paradise-health?”

Why would raw-foodists, who are supposed to have found the most natural diet there is, need to take supplements? The supplements industry offers simple, convincing reasons, such as: the soil is of a poor quality; the fruits and vegetables we buy do not contain enough vitamins and minerals, or the fruit is picked too early and has not reached maturity; and if we do not supplement, we will run into trouble. These are some of the arguments used by the supplement sellers.

The nutrition researcher Dr. Joel Fuhrman, having gone through a lot of the research available, says in his book *Eat To Live*:

Contrary to many of the horror stories you hear, our soil is not depleted of nutrients. California, Washington, Oregon, Texas, Florida and other states still have rich, fertile land that produces most of our fruits, vegetables, beans, nuts, and seeds. America provides some of the most nutrient-rich produce in the world.

Our government publishes nutritional analyses of foods. It takes food from a variety of supermarkets across the country, analyses it, and publishes the results. Contrary to the claims of many health-food and supplement enthusiasts, the produce grown in this country is nutrient-rich and high in trace minerals, especially beans, nuts, seeds, fruits and vegetables.

It is my belief, as well, that soil-depletion is not the problem we face. Our problem is a lack of assimilation due to improper food choices.

What Causes Deficiencies

In most cases, those living a natural diet do not need supplements (except for vitamin B12, see below). There are still enough vital elements in the foods you buy, as long as your assimilation is strong. And if you eat your food plain, it will be easy to detect the fake fruits and vegetables. In fact, most raw-foodists have become quite adept at selecting the best produce at hand. These fruits and vegetables may not be ideal, *but they are good enough*. Your body only needs so many vitamins and minerals and will reject the rest. If you are suffering from a deficiency, it is probably due to foods you eat that impair assimilation, not from a lack of the vital elements in them. Mosséri explains:

Let's take the case of anemia. There is an iron deficiency in a patient. The analysis shows it. But when we scrutinize the patient's menu, we find in most cases that there isn't a lack of iron! In many cases, there is plenty of iron in the diet. In fact, in pernicious anemia, there is an excess of iron-based pigments in all the internal organs. Hunter discovered that, even in fatal cases, a great quantity of iron leached from the blood could be found in the spleen. This shows that there is more iron than is needed in the bodies of anemic people; it's just not being used.

Another proof that anemia is not caused by a lack of iron in the diet is that this disease regresses during fasting, when no food is eaten and no iron is provided to the body through the diet. During a short fast, we notice a marked increase in the red blood cell count. This shows that there are iron reserves in the body, but that, for some reasons, they are not used. This proves that iron found in foods and iron accumulated in the tissues has not been appropriated, because assimilation is failing. This is called a faulty metabolism.

So we are not witnessing in these cases an iron deficiency in the menu, but a lack of iron absorption. This deficiency is not of an immediate dietary origin, but could be after a long time. After a seven-day fast, the red blood cell count increases noticeably. But if the fast is longer — very long — we will be sure to witness a lowering of the red blood cells count — and of many other elements — because the reserves will be used up at some point. This is why no analysis should be done for many months after breaking a fast.

In addition, when iron is prescribed in a food form, such as in artichoke extracts, no results are obtained either. What do we gain by feeding anemic people with iron-rich foods, when they already possess in their tissues abundant iron reserves, unused because they cannot be assimilated?

As an example: nearly everyone drinks milk as a calcium supplement, yet many end up suffering from osteoporosis anyway (humans cannot absorb calcium from cow's milk very well). No matter how much calcium they take, they will not get better until they discard the various dietary poisons that prevent calcium absorption or leech calcium from the body.

Enzymes in Raw Foods

There has been some hype and misinformation spread in the raw-food movement on the topic of enzymes. I personally don't think that the raw diet gives any certain results because of enzymes. I think it's more because the diet excludes foods that are not specific to human beings (grains, beans, meat, dairy, etc), leaving only fruits, vegetables, nuts and seeds. In my opinion, cooking is not problematic because it destroys the enzymes, but mainly because it creates new molecules, possibly toxic, by exposing fats and carbohydrates at a high temperature.

Here's an example of the hype. We are told to eat papayas because of enzymes. There are plenty of enzymes in green, unripe papayas. But as the fruit ripens, the enzymes convert all that starch into simple sugar. When the fruit is fully ripe, the enzymes are almost all gone! Strange? No, the enzymes are only needed by the fruit to transform complex substances (starch) into simple substances (sugar). They are not needed for digestion because the ripe fruit is fully digestible, without a lot of enzymes, if any at all.

One of my correspondents wrote:

1) Enzymes are biological catalysts and the definition of a catalyst is that it is something that alters/speeds up a reaction without being used up in the process. So, by definition, we cannot "run out of enzymes." Even if we could:

2) Enzymes are proteins and are made up of the same amino acids as other proteins needed in the body. Thus, if more are needed, more can easily be made from the same materials as other body parts! Our raw plant foods actually go to make up enzymes!

3) Enzymes are specific — they catalyze one reaction and one reaction only. That means that plant enzymes are there to deal with reactions connected with the plant's life and not to help humans digest food. Look at the speed at which fruit ripens then decays. It takes days, if not weeks! But human digestion of fruit takes only hours. How can the same enzyme suddenly do that? Simply, it can't. Also, enzymes being specific, human metabolic enzymes cannot logically be used as digestive enzymes. They are there only to catalyze the metabolic reaction.

In my opinion, the food enzyme theory and its wide following is one of the major things against more mainstream acceptance of raw foodism as a whole. It's blatantly wrong and gives those who insist on it a bad name. If the raw and natural food movement wishes to be gain wider credibility, it has to be more credible."

Elizabeth, UK

Raw-foodists believe that they spare their enzyme “reserves” by eating all raw. But many foods contained in a typical raw diet not only contain few enzymes, but also use up the body’s own digestive enzymes! For example: dried nuts and seeds, all oils (even cold-pressed), tahini and nut butters. Even sprouting does not entirely destroy the enzyme-inhibitors contained in beans and grains. They may contain a lot of enzymes, but those are difficult to digest due to the presence of these enzyme inhibitors (toxins that prevent the seed from sprouting) and raw starch.

There are many raw-foodists who take enzyme supplements. According to them, the foods we consume, even if they are raw, do not contain enough enzymes, because they are picked mostly unripe and are sold weeks or months later. They are not fresh. Furthermore, they say, modern humans practice wrong living and eating habits and do not produce enough powerful digestive enzymes anymore.

So what should we think of enzyme supplements in a raw food diet? Are they needed, or are they just another fad? I think that instead of worrying about enzymes, it is better to pay attention to your digestion first. If you don’t feel or hear your organs; have no digestive pains and almost no gas, if your elimination is good, without bad odors or need for toilet paper, then your digestion — the purpose of dietary enzymes, anyway — is fine. Then why worry about enzymes? The enzymes in foods will not digest them for you. You can eat an enzyme-rich, wrongly combined meal and digest it poorly. The results will be fermentation (leading to lots of gas) and drained energy.

In some cases, however, supplemental enzymes may provide a useful aid, when the digestive powers have been compromised.

Vitamin B12

Vitamin B12 is essential for health, and it is not usually found in a strict vegan diet. Symptoms of B12 deficiency can include numbness in the hands and feet, unsteadiness and poor muscular coordination, and even cognitive deficits such as confusion, mental slowness and memory problems.

Normally, vitamin B12 is made in the intestinal flora with the help of beneficial bacteria. So the most important thing is to make sure you do not destroy your intestinal flora with (in order of importance):

1. The use of antibiotics.
2. Many prescribed drugs.
3. Many popular herbal remedies that contain caffeine and multiple toxic substances.
4. Herbal intestinal cleanses.
5. Repeated colonics.
6. Overeating, which causes food to ferment and produce an array of poisons and acids that will impair the intestinal flora.
7. Coffee, tea and other stimulants.

8. An excess of acid fruits (for most people, more than 4-5 oranges, or 1-3 grapefruits a day).
9. Raw garlic, onions and strong, spicy foods and condiments, especially foods rich in mustard oil.

If you believe that you may have partly destroyed your intestinal flora (the use of antibiotics is the main culprit), you may have reason to worry about a vitamin B12 deficiency. In his article, *Vitamin B12 Recommendations for Total-Vegetarians*, Dr. Alan Goldhamer comments:

Upon reflection, we should note that in a more primitive setting, human beings almost certainly would have obtained an abundance of vitamin B12 from the bacterial “contamination” of unwashed fresh fruits and vegetables, regardless of their intake of animal products. Human vitamin B12 deficiency is very unlikely to occur in such a setting. Only very small amounts of dietary vitamin B12 are needed because our bodies do a fabulous job of recycling this essential nutrient. A person living in the ancestral environment regularly would have consumed fresh fruits and vegetables that were not consistently, fastidiously cleaned, as we routinely do today. Our current unusual degree of hygiene is useful for combating many health threats — but may leave long-term, strict vegans vulnerable to the potential problem of vitamin B12 deficiency.

Dr. Goldhamer continues, “Although most people associate vitamin B12 deficiency with vegan diets, the majority of cases occur among people who regularly consume animal products.” I have heard the same thing from several doctors and naturopaths who have had experience with B12-deficient individuals. They are mostly meat eaters. It proves that a lack of B12 in the diet is not the main cause of this deficiency, since animal products contain this vitamin. A lack of absorption, coupled with damaged intestinal flora, is the culprit.

The most important things to do to avoid B12 deficiency, in order of importance are:

1. Avoid everything that destroys intestinal flora.
2. Include a sub-lingual, B12 supplement.

Including a B12 supplement in the diet will make sure you avoid the specter of a possible deficiency, which unfortunately many raw-foodists have suffered from. It is an “insurance policy” that most vegan experts recommend.

To close, I will share a few thoughts that come to mind when I think about supplements, in no particular order:

- My experience with many of these products is that they are an absolute waste of money.
- If soil is depleted, and the food grown in it is deficient, then so is the food used by supplement manufacturers.

- These super-foods may contain tons of minerals per gram, but it would still take cups of the stuff to really make a difference. Simply look at the labels and do the math.
- The effect people get from supplements is often a drug effect. For example, dandelion greens contain a toxic substance that we can easily detect by its bitter taste. That means that you could eat a few leaves but not much more. Your body will let you know when you've eaten too many. But if you juice it and force yourself to drink it down, you may feel a "buzz," which is nothing more than a toxic overload — in essence, a drugging effect. The same goes for hot peppers. If you eat several fresh hot peppers, you may feel a "buzz" due to the toxic substance capsaicin, contained in them.
- Supplements are an easy way to feel better about your diet without changing anything.

Some fanatical supplement users may present arguments that may seem hard to refute, but their claims are rarely based on solid facts. I think it is better to spend your money on whole, organic food rather than on supplements whose benefits are largely unproven.

Chapter 11

Hunger

When an individual has learned to live instinctively in every particular and eats only when genuinely hungry instead of for pleasure or out of fear of offending a host or hostess, then he or she is on the road to a state of superior health unmatched in modern times.

Virginia Vetrano, MD

Hunger is a lost mechanism, a forgotten sensation if you will. Most people eat without hunger, don't know what hunger is, and find learning to eat when truly hungry difficult. It may be the most difficult part of natural eating: learning to listen to our bodies again.

I could go on, but I wish to turn this section over to a classic text by Albert Mosséri. Only a few hygienists talk about hunger. You rarely hear anyone talk about it anywhere else. But this principle, one of the most difficult to follow because of our ill conditioning and bad eating habits, is of prime importance.

The Pleasures of Hunger

“Popular and medical opinion holds hunger to be a painful and unbearable sensation. We hear about the pangs of hunger. ‘I suffered from hunger,’ some people will tell you! But hunger is a manifestation of the normal functions of the body and all normal functions of the body bring pleasure. Urination, defecation, sight, sleep, sex: these are all pleasurable functions.

“Why, then, talk about the sufferings of hunger — its pains? It is true that certain individuals experience some discomforts — but those are signs of elimination and detoxification. The person who stops smoking or drinking coffee experiences similar discomforts and similar pains coming from detoxification. These inconveniences should not lead to eating, smoking or drinking coffee.

True and False Hunger

“I wish to make the distinction between true and false hunger.

“False hunger disappears quickly, reappears again and disappears again. On the other hand, true hunger persists and becomes stronger. So to distinguish them, we only have to wait for one hour, or even more. At the beginning, hunger will be weak. But the more we wait, the more true hunger will be strong.

“ ‘Appetite,’ writes Shelton, ‘is a counterfeit hunger, a creature of habit and cultivation and may be due to any one of a number of things; such as the habitual meal time; the sight, taste, or smell of food; condiments and seasoning; or even the thought of food.’

“But this is not true hunger. Appetite is a false hunger.

“True hunger is not accompanied by any symptoms. There are no headaches or any discomforts. Ideas are clear, the mind lucid; we are optimistic, happy, tranquil and serene. True hunger can manifest itself spontaneously at any time of the day but not during the night. During the night, the muscles, including the stomach, relax. The stomach is not ready to handle food during the night rest. However, if we feel true hunger before midnight, then a few leaves of lettuce should calm it and insure a good night sleep.

“Fletcher said that, in true hunger, ‘water runs in the mouth.’ But according to me, we need to wait one hour. True hunger persists, whereas false hunger, with all its morbid and deceptive symptoms, disappears.

Contracted or Dilated Throat

“Most professional Hygienists attribute the main role in the manifestation of hunger to the glands of the throat and the mouth. Shelton attributes this active, main role to the nerves. In fact, the nerves are really what command this sensation of emptiness and dilation in the esophagus and the throat.

“It is why during moments of fatigue, worry, anger and other negative feelings, even if food is needed, the body will not signal for it or manifest hunger. The nerves will keep the throat and esophagus contracted. When conditions are again favorable, hunger manifests itself in the dilation of the throat and esophagus.

A Pleasant Sensation

“True hunger is always a pleasant sensation, even if it is urgent. A hole in the stomach, a feeling of emptiness accompanied by rhythmical contractions, a sensation of relaxation that climbs from the stomach to the throat spanning the esophagus — all these symptoms are pleasant. On the other hand, in cases of malnutrition and lack of reserves, the person can experience a diffuse hunger, the incapacity to work and to concentrate. These sensations disappear quickly within a few weeks, as the reserves are filled up. The person will then feel hunger, but his mind will be alert, vivid and lucid and his mood, optimistic and serene.

False Hunger: Like a Drug

“All the morbid symptoms of false hunger that I describe strikingly resemble the symptoms of withdrawal manifested in the smoker, the tea or coffee drinker and the drug

addict when they stop taking their poison. These withdrawal symptoms are those of false hunger — they are elimination symptoms.

“It is obvious that if, during detoxification, a drug addict or a smoker takes his poison again, the unpleasant detoxification symptoms stop. But we should never stop detoxification, whether it stems from drug, alcohol, coffee, or unhealthy foods. ‘The morbid symptoms of false hunger,’ writes Shelton, ‘are identical to those felt by drug users when they are deprived of their habitual drug.’

“Of course, the symptoms of addiction to drugs are much stronger, but addiction to food and the habit of fixed meal times end up in food intoxication and gluttony. They produce their own symptoms that we mistake for hunger.

“In his book *Perfect Health*, Haskell said that he, ‘...had asked thousands of people, including doctors, to describe the sensation of natural hunger. In their response, he noted the following symptoms: fainting, sensation of emptiness in the stomach, pains, etc. But all these sensation are those of appetite and not of hunger. They come from an incorrect way of eating.’

Appetite and Hunger

“Shelton compares the appetite to the desire for nicotine, alcohol, coffee, tea, and chocolate. ‘No one could ever be hungry for these poisonous substances,’ he writes. “In fact, they serve no physiological need and are thus always harmful. No physiological demand for these substances can ever occur.’

“It happens sometimes that appetite is accompanied by various sensations of discomfort, sensations of weakness, depression, stomach gnawing, rumblings in the stomach, nausea, headaches and other morbid sensations. Shelton, again: ‘According to Dr. Claunch, true hunger can be distinguished from appetite in the following manner: ‘When you are hungry and you feel well, it is true hunger. But when you are apparently hungry and you feel unwell, it is false hunger.’

“I will however make an exception to this rule when the person feels faint. At the beginning of dietary change, digestion is weak, the cells are screaming for nourishment, and hunger becomes frequent and imperative.

“Some people can feel faint and should eat quickly at these moments. After that, with the improvement of the digestive power, the reserves will be more substantial — hunger will be felt less often and will be easier to bear. With the diet of denatured and cooked foods, one digests only 20% and the rest exits in the stools the next day. However, with the new, healthy diet, composed of living foods, one digests 90% and the stools are in small quantities, well formed and odorless. So the change from one state to another creates an urgent call for food, until the digestive power improves. This hunger is a symptom of undernourishment.

Dr. Claunch makes another useful distinction, ‘When a sick person skips a habitual meal, he gets weak before feeling hunger. But when a healthy person skips a habitual meal, he feels hunger before getting weak.’

“Hunger is a sacred principle in our lives — a principle to respect at all times. Those who tell you to smell the foods to make your choice ignore hunger and are seeking appetite! The most common and worst mistake is to fill up our stomach because it’s mealtime, or because the doctor told us to, or as a social distraction to please our host and guests.

A Natural Demand

“When we eat without experiencing a natural demand, we don’t benefit, or we benefit very little, from what we eat. It is exactly like those who practice deep and forced breathing without any need, or those who drink without being thirsty. ‘This way of eating,’ writes Shelton, ‘transforms the body into a fertilizer factory.’

“True hunger represents a natural demand, and furthermore, it indicates that food will be effectively assimilated by the body. On the other hand, when we smell foods before choosing a tempting one, we are looking to increase appetite. We only digest a part of what we ingest.

What Hunger is Not

“Shelton writes, ‘Let’s see what it is not, before trying to find what it is. Think about thirst. Is it a pain? A feeling of dizziness? Of passing out? None of this. Thirst is felt in the mouth and in the throat, and we feel a conscious desire to drink water. We never mistake a headache for thirst, because we know thirst very well. It is the same for genuine hunger. We feel a genuine desire to eat. We are at ease without pain or discomforts. The saliva runs abundantly in the mouth and often we desire a particular food.’

“Some fasting patients feel acute stomach pains that may last for a week. It is not hunger. Those that feel this are dyspeptics, nervous and anxious individuals, ulcer sufferers and those that suffer from gastritis because of unhealthy foods and medicines.

“Certain temporary pains are due to the spasmodic contractions of the stomach and intestines, coming from the psychological or emotional disturbance of the sympathetic, abdominal nerve that controls this region of the body.

When We Feel Faint

“According to Dr. Doods, the sensation of fainting, in certain cases, does not come from a lack of food, but rather from the absence of a habitual stimulant. But this could be objected to. In fact, this sensation should not be ignored or taken lightly. The subjects suffer from severe undernourishment because they digest only 10% of what they eat. We cannot prolong this state without risk. These persons must be fed appropriately, in small

quantities at a time, with repeated small meals, in favorable conditions of rest (before and after every meal) and in the absence of all disturbances, psychological, emotional or otherwise. Shelton also mentions the sensation of fainting among the sensations of false hunger, but I consider this to be an acute symptom of undernourishment and genuine hunger.

“Let’s examine more closely this sensation of fainting, an issue of gravity. When this happens, the person should eat, because the body is signaling for food and lie down a little while. After some weeks this type of hunger disappears, to be replaced by a non-urgent hunger when the reserves are restored.

“Thus, those that feel this fainting sensation for having missed a single meal should be fed in this manner. I have encountered many similar cases of people who have consciously ignored this sensation of hunger. They kept on not eating and ended up with an uncontrollable bulimia that resulted in death by undernourishment. In this state, large meals are not properly digested. They pass in the stools and exacerbate this state of undernourishment. They can lead to death by inanition. What is required in these extreme conditions is many small meals, under the control of an energetic supervisor who will not let the person gorge himself to death, but will allow him to eat just enough to calm his hunger.

When We Feel Weak

“We must not mistake this faint sensation for weakness. In this case, we feel no strength and are incapable of concentrating or making any physical effort. This is due to toxemia. The overloaded liver takes up all the blood and energy, which deprives the muscles. In these moments, one should abstain from eating, lie down and postpone the meal. The strength will come back quickly, along with mental clarity.

“However, when a person feels faint — a feeling of emptiness inside, a state close to passing out, a diffuse hunger that goes from the stomach and climbs up to the throat and mouth — the person should eat a little bit and then rest or take a nap. These persons can carry a few dates with them, just in case.

“Weakness, on the other hand, is not a symptom of hunger, but one of poisoning. It calls not for a cup of coffee, a cigarette or food — as is the habit of most people — but a period of rest lying down. Some people will object that in normal life, we don’t always have the occasion to lie down when we are tired and that a cigarette or a cup of coffee “wakes you up,” enabling you to pursue your activities. I always reply that this happens to the detriment of one’s health and that, sooner or later, one will suffer the consequences. There is always a bill to pay.

The Smell of Foods and Condiments

“Contrary to what is practiced by the instinctos (those who follow instinctotherapy), true hunger cannot be aroused by the smell, taste, or even the thought of a food. These

instinctos, who sniff foods before eating them, are not hungry, but are only looking for appetite and desire. When we are truly hungry, we are not so picky in our food choices.

“On the other hand, true hunger is not stimulated by condiments, spices and salt. These substances are poisons. The saliva that pours over salt does not contain digestive juices, but water to dilute the poison and render it less corrosive to the tissues.

“When we feel true hunger, we are satisfied by simple food of any type in the natural state — without any seasoning or preparation. When we feel true hunger, we generally don’t have a preference for a particular food that our sense of smell is instinctively supposed to locate and pick out. *Hunger is the best sauce.*

“However, in false hunger, one is looking for desire and appetite. One is difficult and picky.

Variety Excites Appetite

“It is known that appetite, desire and false hunger can be stimulated by variety. When we no longer want to eat a food we are full of, we can excite the appetite by changing to another food. This is why variety leads to gluttony.

“Do we have to limit ourselves to only one kind of food per meal? Maybe. Anyhow, we should not multiply the number of foods — two to three types of fruit are better than five or six. ‘How many people are still hungry when it is time for dessert?’ asks Shelton. ‘But even so, very few refuse this dessert!’

How Many Meals a Day?

“I often get asked how many meals should we eat each day. One, two, three? It depends on your hunger. There is no sacred number. If you eat small meals, like vegetarian animals, you will need to eat three, four or even five meals a day. But if you eat large meals, like carnivores, then one or two meals will suffice.

Simple Foods

“In my opinion, any food can satisfy true hunger. On the other hand, in false hunger the person is only satisfied in the capricious choice of a particular food, according to his smell or his taste. This is why the practice of smelling foods one at a time before making a choice reflects false hunger.”

Notes By F.P. — When you think that you are hungry, it is good to wait an hour before eating. If it is true hunger, your pleasure when eating will be even greater and you will not be able to ingest large quantities of foods because the stomach will not be distended from previous meals.

When you are truly hungry, any food can satisfy you, but sometimes we desire one category of food in particular — fruit or vegetable. When you are truly hungry, a simple apple or a head of lettuce will seem like a delight of the gods. It is through true hunger that eating simple, unseasoned food becomes natural and easy.

To start the practice of eating only when hungry, begin with the morning meal. Hunger rarely occurs in the first two hours after waking up. In most people, it takes at least 3-4 hours and sometimes more. To avoid being impatient, drink some water, converse, take a walk, rest, read, work or exercise.

If you eat before going to sleep, you are not likely to sleep well, because the digestion of food will interfere with sleep. If that happens, the next day true hunger may not manifest itself before 3-4 p.m. So avoid eating or drinking three hours before going to bed.

Finally, the best way to cultivate hunger is to engage in vigorous exercise on a daily basis.

Signs of True Hunger

- The stomach “aspirates.”
- The mouth salivates.
- The mind is optimistic, clear, and happy.
- A pleasant sensation in the throat.
- Persists when ignored.

Signs of False Hunger

- Dry mouth, coated tongue, and bad breath.
- Headaches.
- Rumbly in the stomach.
- The mind is spacey, unclear, the spirit pessimistic.
- Stomach cramps and pains, nausea.
- Disappears when ignored.

Chapter 12

Sleep

The mode of living in this age produces such a waste of power and such a sense of weariness that only the limited few ever know the supreme delights and the enviable luxury of power in reserve. They keep up their semblance of vigor by means of stimulation and seldom take sufficient time to re-charge their vital or nervous batteries. Nights are turned into day, while mental and nervous poise is exceedingly rare. All poison habits, all excesses, the indulgence of any or all the passions constitute distinct drains upon the vital resources and are sources of diminished vitality, crippled usefulness and shortened life. Modern life presents us with an almost unlimited variety of means of stimulation, excitement, thrills and dissipation chiefly originating in the clever but perverted ingenuity of those who reap financial rewards from these things.

Herbert Shelton
Orthobionomics

Sleep and Diet

You may have heard that raw-foodists only need to sleep 5-6 hours per day. I have met people who told me they only needed 3-4 hours of sleep a day. I even met one man who said he slept 2 hours a day. Impressed by this, I tried everything to be able to sleep less: juice fasting, fruit diets, etc. But I still needed my 7-9 hours of sleep.

Although it is true that the need for sleep is affected by diet, the amount of sleep required may not be the same from one person to another. In fact, the only good advice I can give you is to sleep as much as you want! And if you are trying to overcome a health challenge, the more the better!

An observation of nature will show us that animals love to rest and sleep. They get as much sleep as they wish, which, of course, depends on the species. Also, we notice that young animals need more sleep than mature ones. The same holds true for humans. The younger you are, the more you need to sleep. It is also good for the elderly to get plenty of sleep. (Surveys show that most of our elderly do not get the amount of sleep they truly need). Intense physical activity and training also increases our sleep needs.

The Importance of Sleep

Sleep and rest are essential to recharge our nervous energy. Our physical, emotional and mental balance depends on the quality and the quantity of our sleep. Work and play is great, but they also put demands on the body, dissipate our energy, and fill our tissues with toxins. Rest is the only thing that recharges these “batteries” and allows for the proper elimination of metabolic wastes (toxins).

It may be true that the healthier we are, the less rest and sleep we need. But since we live in such a rotten and polluted modern world, we probably would be better off securing more rest. Those with health challenges must get the maximum amount of rest, while avoiding mental and physical exertion, if they are to heal.

If invalids are to be restored to good health, if strength and vigor are to take the place of debility and weakness, we must save life, by saving power. The conditions of recovery are conditions of conservation and recuperation. This principle applies to every organ and function of the body. Rest for each organ is as imperative as rest for the whole body. The heart requires rest as much as do the muscles and the arms. The stomach must have rest the same as the eyes. The glands of the body have the same need for rest as does the brain. Rest, by reducing activity, is the first requisite of recovery.

Herbert Shelton
Orthobionomics

A bad piece of advice commonly given to chronically sick people is to get tons of exercise. The further depletion of energy caused by exercising, when they should be resting, makes their recovery difficult. There is no danger in stopping all physical exercise and getting as much rest as possible for a few months. It is also my advice to those changing to a raw diet to get as much rest and sleep as possible, to temporarily suspend all hard, physical work, and to let your body heal. After a few months, the weight will start to come back, and then you can exercise again to build up strength.

Advice for Better Sleep

Try to sleep at regular hours. Wake up early and go to bed early. I know, you have heard this before. In a world of roisterers and party-junkies, going to bed early and at regular hours may sound boring. However, it's also the most natural thing to do and will bring you the best health. It is not part of our natural cycle to go to bed at 3 a.m. and wake up at noon. It is not part of our natural cycle to go to bed one day at 9 p.m. and the next at 1 a.m. That affects us, more than you can imagine. Paul Nison says, "The most common mistakes raw-foodists make are eating too much and not sleeping enough." I would add to this list sleeping at irregular hours and going to bed late at night. An old saying is, "The hours before midnight count for double." We may have invented electric bulbs, but night is still meant for sleeping and daytime for waking.

If you have trouble sleeping, several things may be causing that. Any food or drink that contains caffeine, especially if you eat a raw diet, will disturb your sleep. A few years ago, I drank herbal teas and green tea daily. I had read somewhere that the caffeine content in green tea was negligible. I couldn't fall asleep before 3 a.m., and it took me months to make the connection.

Other items that disturb sleep are: garlic, spices, onions, condiments and the habit of eating late at night. Your evening meal should be fairly simple, light and properly combined. Also, avoid eating sweet fruit late in the evening. The sugar and acids in fruit may prevent you from falling asleep, and they may also disturb your sleep. I recommend not eating or drinking three hours before going to sleep. Otherwise, your sleep will be

disturbed by digestion, which will manifest as disturbing dreams and nightmares. What we eat before going to sleep greatly influences how we feel the next day.

If you are truly hungry before midnight, a few bites of raw vegetables, such as lettuce or bell pepper, should be enough. But avoid fruits and fats. Otherwise, you may wake up tired the next day.

Chapter 13

Water

Our Water Needs

On a diet of raw fruits and vegetables with small quantities of fat, and without salt or spices, one needs little water to drink. This is because juicy fruits and vegetables contain all or most of the water the body needs. The recommendation to drink eight glasses of water a day is for those eating a grain-based, mostly cooked diet (bread, meat, cheese and starches) that is low in water and high in salt, fat and protein. However, additional water may be needed under many circumstances, even on a fruits and vegetables diet.

Our water needs increase when we exercise, in times of warm weather, and under many more circumstances. When a healthy person is well hydrated, the urination frequency is between 8 to 12 times per day, 10 being the average. If you urinate less than 8 times per day, you'll need to drink more water. More than 12 times becomes an inconvenience.

When eating more dense fruits, like bananas and durian, you would be well advised to drink water before the meal or to blend those fruits with water. Eating enough celery and vegetable matter will also help you stay well hydrated.

Certain fruits, like watermelon, contain a lot of water, but they also contain a sugar that enters the blood stream really fast. The excess sugar is rejected in the urine with lots of water. Therefore, the water contained in watermelon is not even enough to handle the sugar in it (for most people). That is why if you go on a watermelon diet you can feel dehydrated — which sounds unbelievable, but it happens. The key to watermelon is to drink some water before or after eating it. Personally, I do not eat watermelon very often.

The best waters to use are distilled, reverse-osmosis, or filtered water. In America, I would avoid drinking tap water everywhere, but in some other countries, it is acceptable.

Unnatural Thirst

You may feel unnatural thirst if you make a mistake in eating: food that is poorly combined, overeating nuts, seeds or avocados; overeating dried fruit; or eating something with salt or cheese. You can thus monitor your digestion with the thirst factor. If you feel unnatural thirst often, it means you are making mistakes.

You may also feel unnatural thirst if you overeat sweet fruit. Eating too much sugar (more than your body needs) will cause the body to reject the excess in urine with water — leading to a dry mouth.

Unnatural thirst is an unpleasant sensation. It is one of dryness in the mouth and may be accompanied by slight dizziness. Natural thirst, in contrast, is a pleasant sensation, like natural hunger. It manifests itself as a strong, slightly exciting desire for water.

When to Drink

Water is important during transition. The body dilutes toxins and carries them out with it. Drink as much as a liter upon rising from sleep and enough throughout the day to prevent a dry mouth. Later you will find that your need and desire for additional water will decrease.

There are times when drinking water is crucial. One is during a fast, when no other food is taken. Also, when experiencing a detoxification crisis, it is good to drink an adequate amount of water to help rush the toxins out. If you exercise a lot, you need to drink additional water, even on a fruit and vegetable diet — as much as a gallon a day, according to Dr. Doug Graham, trainer of world champion athletes. You will eventually get to know exactly how much water you need to perform at your best.

Chapter 14

Raw-Food Recipes

Combo-Abombos

R.C. Dini, author of the infamous book *Raw Courage World*, coined the term “combo-abombo.” A *combo-abombo* is a combination that is an abomination. In other words, a poorly combined recipe.

The raw-food cuisine is supposed to be the healthiest cuisine ever, because only raw and living ingredients are used. Juliano, the famous raw chef, says in his book, “I believe eating Raw is the healthiest and most harmonious way for us and the planet. However, I am offering you a wealth of suggestions so you can balance whatever lifestyle you choose with delicious, superior, gourmet food that enriches your body, mind and soul.” (Raw: The Uncook Book, page VII)

To avoid the pitfall of cooked food, raw-foodists have created an array of raw recipes that resemble their favorite cooked dishes. We would think that those raw-food recipes are healthier than their cooked inspirations. Unfortunately, this is often not the case. Not able to rely upon the filling quality of cooked carbohydrates, raw chefs rely upon fatty foods (nuts, seeds, avocados, oils, etc.) in order to make their recipes rich and tasty. In addition to that, those recipes are often loaded with salt (either in the form of sea salt, seaweed, soy sauce, miso, or other salty seasoning) and spices.

Let’s take a look at a popular raw food recipe called the “Nut Loaf,” which is supposed to imitate a meat loaf and which contains, among other things:

- 1 1/3 cups cashews
- 1 1/3 cups sunflower seeds
- 1 1/3 cups almonds
- 1/2 cup oil

This serves two. Let’s take a closer look. The fat content of the nuts and oil used in the recipe is as follows:

- Cashews: 1 1/3 cups = 150 grams = 69.5 grams fat
- Sunflower seeds: 1 1/3 cups = 190 grams = 94.2 grams fat
- Almonds: 1 1/3 cups = 200 grams = 104.4 g fat
- Olive oil: 1/2 cup = 125 grams = 125 grams fat.

TOTAL: 393.1 grams fat
For each person: 196.55 grams fat!

So each person consumes almost an entire cup of oil in this recipe! And I have seen people eat more! What would be the consequences of sitting down and drinking a cup of oil?

I highlight an extreme example, just to show you how crazy raw-food recipes can get. Raw-foodists should have enough common sense to avoid these recipes. They often don't realize that these combinations are a slippery slope — a steep one — and lead to sheer abuse.

The use of salt, spices, soy sauce, miso, onion, garlic and oil excites the palate and leads to overeating. These are not foods that will give you health and energy. It reminds me of all the products vegetarians have created to replace meat: tofu hot-dogs, veggie burgers and the like. But a real vegetarian doesn't want anything that resembles meat. She is over her meat addiction and is not seeking to replace it with foods that resemble it. Likewise, a raw-foodist doesn't strive to create foods that resemble the popular meals she ate in the past.

The ideal is to limit recipes to a few properly combined ingredients. Dr. Doug Graham has a rule that I like. He calls it the 5-5-5 rule. It means that you should eat meals that take less than 5 minutes to prepare, with a maximum of 5 ingredients, and that cost less than \$5.

Complicated raw recipes are “gateway foods.” They are gateways to junk food, overeating, indigestion and confusion.

Chapter 15

Salt, Spices & Condiments

Pure food can make a poet of you:

There is nothing that entices us with greater appeal, nothing that awakens the desire to eat, nothing that arouses every organ of digestion and pleases the sense of taste more than Nature's richly colored, delicately flavored, highly scented, luscious and odorous edibles.

He who is accustomed to eating unseasoned, unspiced foods knows that condiment users are missing many fine, delicate flavors that are far more pleasing to the sense of taste than any sauce, relish, or spice can ever be. Real pleasure in eating comes from tasting the natural flavors in foods.

Herbert Shelton

Nature offers us simple foods that taste good without salt, seasonings, condiments, herbs, spices and other flavorings. Unfortunately, most of us have been raised on highly seasoned and salted foods, so we have difficulty returning to a simple, plain diet. We may even view such a diet as ascetic. Raw-foodists may refrain from using ketchup, mustard and the like, but many of them use dried spices, aromatic herbs and even salt. I fell into the same trap for many years, and even included salt and spices in my recipe book *The Sunfood Cuisine*, though I stated that it was possible to make delicious recipes without salt and spices.

I now recommend avoiding these substances. They are slightly toxic and very irritating to a purified body (see chapter 8). Even though I always knew that these condiments were not the best, it took me a while to realize their true nature. I thought their consequences were negligible. I was wrong!

At some point I realized that even aromatic herbs and mild spices, like curry, had to be avoided. I was feeling itchy all the time, for no apparent reason. When I discontinued the herbs and spices, the itchiness went away. The effects are not obvious to most people, but they are to those who have been living on a more natural diet. Salt may also cause itching in a purer body.

That being said, it doesn't mean that you have to refuse fanatically to taste something, just because it has some cumin powder in it. It is best to avoid salt and spices without making a religion out of it.

Salt

The body needs sodium, but in small quantities. We get it from the fruits and vegetables we eat. Good tomatoes taste a little salty. Celery, spinach and dark greens are naturally rich in salt. The sodium that natural foods contain is enough to meet our needs. By adding sea salt to our diet, we are almost certain to take in too much sodium, and this will lead to

several imbalances. Knowing that the body only requires 500 mg. of sodium per day (and perhaps a little more if we are very active), and that a teaspoon of sea salt contains 1900 mg. of sodium, it is easy to understand how adding sea salt to the diet will create problems, and fast.

Salt kills life, which is why we preserve foods in salt — it prevents living activity from occurring. It is an antibiotic, which means “anti-life.” If you put salt on a fresh cut in your skin, you will be able to feel its effects for yourself. It will burn you.

Salt can accumulate in the body. It causes the body to retain water in order to dilute the salt in the tissues, and to prevent harming the cells. Excess salt is deposited at various places in the body, such as on the walls of the arteries. Blood flow is thereby disrupted, and high blood pressure is the result.

Sea salt is not much better than other types of salt. Sea salt is just rock salt diluted by the ocean. The body has no use for it when it can have access to the natural sodium contained in fruits and vegetables.

Before the Europeans arrived on this continent, native peoples did not use salt and were in excellent health. Many cultures throughout the world never used salt until the Europeans introduced this poison to them. After salt’s inclusion into their diet, their health progressively deteriorated, although there were several contributing factors to this deterioration.

Animals don’t eat salt, unless they get tempted into licking a salt source somewhere in nature, which rarely happens. Their instinct is better than ours, but not 100% perfect. They can also make mistakes and be fooled by salt. Anyhow, salt licks are rare and most animals never have access to them.

When you stop eating salt, it will take many months for your body to reject it. Some days you may taste salt in your mouth, although you may not have eaten it in weeks. It is another proof that the body is rejecting the salt and not using it. You may urinate more at night for a while, even many months, until the body has rejected all the salt. Complete “desalinization” of the body may take years.

To replace salt, I have come up with a natural seasoning using celery. Simply dehydrate slices of celery (in very large quantities) in a dehydrator or oven (open, at low temperature). When they are completely dried, turn them into a powder using a coffee grinder. This will make a nice, naturally salty seasoning that you can use to replace salt. You can do the same with other vegetables to add additional flavor to this seasoning. Dried purple cabbage powder is especially good in salads.

More information on salt will be found in my course, *How to End Confusion About Nutrition*, available from www.fredericpatenaude.com

Spices

Spices include curry powder, cinnamon, black pepper, cloves, etc. They are made from roots, barks or leaves of different plants. They all taste bitter, hot, or otherwise unpleasant when eaten alone. They are all toxic to some degree. Nutmeg is even a powerful hallucinogen, when eaten in sufficient quantities.

Aromatic Herbs

This category includes all herbs used for cooking: sage, thyme, basil, etc. These plants are too bitter or unpleasant to eat alone. This is because they contain toxic elements. If you go a while without any herbs, spices and salt and then eat them again, you will notice an unusual thirst and maybe even itchiness.

I agree that their scent is fascinating, and their flavor, when mixed with other foods, is pleasant. The occasional use of fresh parsley, basil, dill, or cilantro is okay. But I would avoid oregano, sage, rosemary, thyme and all herbs with a very strong taste.

Raw Garlic, Onions, Leeks

These fresh spices are used raw and cooked all over the world. They contain mustard oil, which, unless oxidized by cooking or long exposure to air, is an irritant that greatly upsets the digestive tract. Some raw-foodists eat a lot of these foods and therefore carry a constant, unpleasant onion odor and breath.

I find that if I eat raw onions and garlic, I will get an unpleasant taste in my mouth hours later. Garlic even comes out from every pore in the body. If you eat garlic one night, you can smell it all over you the next day!

If you like the taste, you can chop some onion or garlic and rinse them with warm water, or dehydrate them to evaporate some of the mustard oil. Also, when chopped in a food processor, onions lose a lot of their mustard oil through oxidation.

I also found a healthy condiment made with garlic flowers. It simply consists of garlic flowers chopped and mixed with sunflower oil. It has the wonderful garlic flavor but without the ill effects. When the plant matures, the mustard oil goes away. You can also use garlic greens. Simply plant garlic cloves in some soil (this can be done indoors) and use the greens and flowers of the plant. The same goes for onions.

Hot Peppers

Hot peppers are especially toxic. They contain capsaicin, which is a very poisonous substance. You can easily prove to yourself the toxicity of hot peppers by observing your body's reactions after eating them. The mouth salivates, and the nose often runs with clear mucus or water. These are ways for the body to dilute the poison. The warm feeling

that we get is the irritation of the digestive tract and stomach. The body temperature often rises as the body tries to get rid of this strong, toxic substance.

Another argument against hot peppers and spices is that children will refuse them. No one would give a hot pepper to a child. Pregnant and nursing women are advised to avoid them. Apparently, the taste of garlic and onions and the spiciness of hot peppers can be tasted in milk the day after the mother eats them. I take this to be another proof that the body is rejecting the toxins found in these foods. Mother's milk doesn't taste like strawberries after she eats them, because these fruits are not toxic.

At first, when you stop using spices and salt, some foods may taste bland to you. That is because spices and salt greatly dull our senses and our ability to enjoy the natural flavor of natural foods. After a few weeks, you won't even miss spices anymore — and food will taste even better without them. The subtle, intense flavors of natural foods are imperceptible to the dulled palate of the condiment eater.

Chapter 16

Food Combining

Shelton, the avenger:

The Earl of Sandwich is credited with having invented the sandwich — a modern dietetic abomination. The hamburger, a similar abomination, is also a modern dietetic innovation. Egg sandwiches, cheese sandwiches, ham sandwiches and similar protein-starch combinations are of recent origin. Dr. Tilden used to say that Nature never produced a sandwich. How true are his words!

The Science and Fine Art of Food and Nutrition.

Simplicity in Eating

In the Garden of Eden, we satisfied our thirst and hunger under the mango tree and ate a few leaves from the plants growing under it. When we felt hunger again, we ate under the fig tree and so on. But going back to that simplicity is very difficult in our complicated world. So this is why we need information on how to combine our foods properly, in order to avoid fermentation and putrefaction.

Quantities of food also matter. Two or three almonds probably combine with anything. When we eat more than two or three, they only combine well with certain foods. And any foods eaten in excess will lead to fermentation and putrefaction, whether they are combined well with other foods or not.

With a simple, mainly raw diet, we automatically avoid most bad food combining. In a traditional diet, everything is mixed together in every possible way. Ease of digestion is not the goal, but rather the excitement of the senses within one meal.

Humans originally appreciated the flavors of unadulterated fruits and vegetables. It takes time to learn to eat cooked, spicy, fatty, salted foods, just like it takes time for the smoker to learn to enjoy smoking and the alcoholic to learn to enjoy whiskey. It will take time to unlearn it, as well.

Whenever we combine foods in a dish or during a meal, it must be done in a way that these combinations digest easily. Bad food combining creates indigestion, fermentation and gas. All these signs, commonly considered normal, are indications of digestive malfunction. The food is fermenting and putrefying in the intestines. Instead of feeding the body, the food poisons it. But we want that food to nourish us, not poison us. So that's why it pays to observe a few simple food combining rules.

These simple rules are the result of scientific observation of human digestive physiology and the experience of thousands of people for two hundred years. If you wish to further

explore this interesting topic, there are many excellent books available. I recommend a booklet by Dennis Nelson called *Food Combining Simplified*, as well as *Food Combining Made Easy* by Dr. Herbert Shelton.

I will only examine the combining of natural foods. No need to know how to properly combine a cake!

Food Categories

Fruit

Acid: citrus, pineapple, lemon, tomato, berries, etc.

Sub-Acid: mild tree fruits such as peach, apple, apricot, cherry, cherimoya, pear, etc.

Sweet: banana, papaya, fig, raisins, date, persimmons, many tropical non-acidic fruits, dried fruit.

Melons: all kinds.

Vegetables

Nonlow starch: cucumber*, bell pepper*, dark greens (spinach, kale, etc.), cabbage, raw carrot and jicama.

Green leafy vegetables: celery, lettuce, and others.

Starchy (cooked): potato, yam, carrot, steamed vegetables.

Fatty foods

Fruits: avocado, fresh olives.

Nuts and Seeds: walnuts, almonds, pecans, sunflower seeds, etc.

Oils and Fats: olives, oils, butter.

*These foods are technically fruits but included in this category because of their composition.

Simplified Food Combining

Combination propriety

Combine well = This combination is good with normal quantities of food.

May combine = This combination could be accepted by some people, but for many people, there are reasons to avoid it.

Do not combine = This combination should be avoided.

Sweet Fruits

Combine well with other varieties of sweet fruit, celery and lettuce. They *may combine* with acid fruit, melons, sub-acid fruit and non-starchy vegetables. They *do not combine* well with starchy vegetables, avocado, nuts, seeds, oils and fats.

Acid Fruits

Combine well with other varieties of acid fruits, sub acid fruits, celery and lettuce. They *may combine* with non-starchy vegetables, avocados, nuts and seeds. They *do not combine* well with starchy vegetables, nuts, seeds, oils and fats.

Melons

They *combine well* with other varieties of melons. They *may combine* with other types of fruits. I personally have no problems combining melons with any other fruit.

Vegetables

They *combine well* with all other vegetables, nuts, seeds, avocados, fats and oils. They *may combine* with fruit. They *do not combine* well with melons.

Lettuce, Celery and Other Greens

They *combine well* with everything.

Starchy Vegetables

They *combine well* with other vegetables. They *may combine* with avocado, oils and fats. They *do not combine* with fruit, nuts and seeds.

Nuts and Seeds

They *combine well* with non-starchy vegetables. They *combine well* with tomatoes. They *may combine* with acid fruits and avocados. They *do not combine* well with starchy vegetables, sweet fruit, avocados, oils and fats.

Avocado

Combines well with non-starchy vegetables (including celery and lettuce). It *may combine* with starchy vegetables, acid fruit, and oils. It *does not combine* well with nuts, seeds, sub-acid fruits and melons.

Oils and Fats

They *combine well* with non-starchy vegetables. They *may combine* with starchy vegetables. They *do not combine* well with fruit, nuts and seeds.

Chapter 17

Digestion

Instead of seeking the latest super-food or supplement, or trying various therapies, pay attention to your digestion. When foods putrefy and ferment, they end up poisoning you. Poisons are reabsorbed in the intestines and may be the cause for headaches and many discomforts.

The quality of your digestion depends on many factors, such as your state of mind when eating, what foods are eaten, the degree of hunger, the strength of digestion, food combining, the quantities of food eaten, etc.

Judge Your Digestion

You can judge the quality of your digestion by taking a look at your stools. They should be:

- Quick.
- Non-staining (no need for toilet paper).
- Without gas or bad odor.

Stools from a healthy human are not as dense, dry, and solid as those of people living on standard fare. They can be loose or dissolve in the toilet bowl — it doesn't matter. They shouldn't have any bad smell or be difficult to pass. A healthy bowel movement literally happens in an instant — a matter of seconds.

Bad-smelling stools, gas, noise in the stomach, pains — which are considered normal — are signs of indigestion. A dried mouth, when living mostly on fruits and vegetables, is also a sign of indigestion.

The quality of your sleep will also depend on digestion. If you eat too much or eat late at night, your sleep will be disturbed — sometimes by nightmares.

When you wake up in the morning, you should not have any burps, gas, noise in the stomach, or any sign that digestion is still going on in your stomach. If you do, it means digestion went on all night (depriving you of sleep) and is still going on in the morning. In order to correct the situation, fast until you feel true hunger and proceed to eat small amounts of properly combined food.

There are many causes for poor digestion:

- **Eating without hunger** — When the body needs no food and thus gives no signals for it, digestion is ineffective.
- **Poor-food combining** — Properly combining your meals will avoid many digestive problems. The mono-eater, who eats one food at a time, enjoys superior digestion.
- **Poor eating conditions** — Eating in a hurry, or in a noisy or polluted atmosphere, hinders digestion. Let us eat when we are relaxed and in a nice environment. Also, negative emotions - like fear, worry and anxiety - instantly suspend the secretion of digestive juices. Under these conditions, it is imperative that we refrain from eating until we are relaxed and happy.
- **Overeating** — When overeaten, even the best foods will not digest properly. If you eat too much, you end up digesting little of it.
- **Eating non-specific foods** — Many commonly consumed foods are not meant to be eaten by humans, and thus digest poorly even when properly combined. But when you stick to our specific foods (see Chapter 22) you will be sure to enjoy excellent digestion.
- **Use of salt, spices, condiments** — These substances are highly toxic. They impair and disturb digestion. Spiced foods are usually rejected, often causing diarrhea.

The Snake Method

A snake can eat many eggs in a few hours. But it cannot eat eggs, lizards and birds, one right after the other. It knows that it needs eggs one day and not mice. The next time it eats, the snake will, perhaps, eat mice, but it never mixes them with other foods.

The practical application for us is obvious. We are told not to eat between meals to avoid disturbing digestion. Of course, when you eat two big meals a day, this rule makes sense. But when you eat small meals composed of one type of food only, the rule is not the same.

You can eat every two hours, as long as you are hungry and as long you eat the same food (like the snake), or at least the same kind of food. You can eat a couple of apples every two hours. Or you can eat a bunch of grapes, and then, two hours later, you can eat a couple of apples. Two hours later, you might eat another bunch of grapes, etc. But we should avoid eating an apple and one hour later, a handful of nuts, and then two hours later, vegetables. If we want to change the type of foods we are eating, to switch from fruit to avocado, for example, we should use the snake method and wait until the digestion of one kind of food is complete — which can take a few hours. For example, say you eat two apples at noon. One hour later you'd like to eat an avocado. But you are still digesting the apple. They would conflict. Either wait to eat the avocado, or eat another apple or other sub-acid fruit.

Assimilation

People worry that the foods they eat do not contain enough minerals. But even the best organic foods bring little to the body if poorly digested. When your digestion works well, you can get all the vitamins and minerals you need from fruits and vegetables. When it works poorly, it won't help to consume "super-foods." There are also other causes of poor assimilation. Digestion and assimilation are not the same. Assimilation is the cells' use of digested nutrients. This also can be faulty, as was explained in *Just Eat An Apple*, #3 (Autumn, 2002).

Chapter 18

Juicing & Blending

Is It Natural?

The position of traditional natural hygiene on the subject of juicing is simple: juicing extracts the fiber out of foods, thus making those foods less whole, more refined, and less fit to nourish the body properly. Natural hygienists generally recommend that we avoid juicing and eat whole foods instead.

My position is a little different. I believe that some vegetable juices can be very helpful and healthy. I do not attribute to them any special “healing powers,” but I see their benefits this way: vegetable juices require virtually no digestion and enable us to get the nutrition from vegetables — all those important minerals that we need — in a very absorbable form. This can be a very good help for those with compromised digestion and assimilation, which is to say, almost everybody.

I still prefer blending to juicing, but I think there is still a place for some juicing in a raw-food program. I only recommend vegetable juices — not fruit juices. The reason is that eating enough fruit is not a problem for most people, as opposed to eating enough vegetables. Also, the sugar in fruit juices is absorbed too quickly, because the digestion of the fruit fiber doesn’t slow it down like it does when you eat the whole fruit.

The choice of a juicer will be important if one is going to start making vegetable juices on a regular basis. I would recommend the Green Star or Kempo above any other juicer.

How to Drink Juices

Green vegetable juices in small quantities can be very beneficial, but avoid drinking large quantities of juices. A few glasses are enough. The strong green juices (kale, parsley, lettuce, etc.) can be diluted with the milder vegetables: fennel, celery, etc. Some carrot, beet or apple can be used as a flavoring, but not as the main ingredient. The juice can also be diluted in water.

When I make vegetable juices, I often add the pulp back to the juice. What I usually do is drink about 70% of the juice, and then add the rest of the juice back with the pulp. I often eat this mixture with some chopped up tomatoes, avocado, and other seasonings. I find this quite delicious and satisfying!

Smoothies and Blended Foods

Blended foods are great for getting a concentrated meal that's ready in a minute. You can combine a bunch of fruit with some water and create a tasty smoothie that can be enjoyed anytime as a meal. This is better than juice because you get the fiber, which is an essential nutrient. The fiber in fruits and vegetables is there for many reasons. Nature didn't provide us with juice. And "wholesome" means just that: whole. Whole foods are foods as they are found in nature, with nothing added or removed. In our modern world, juicing is a concession that must be used in moderation. Sticking to whole foods is always better.

Carrot Juice

Proponents of carrot juice are numerous. A lot of books have been written hailing carrot juice as a miracle food — a cure for every disease. On the other hand, other authors have accused it of the worst calamities (raising the blood sugar, causing hypoglycemia) because of its high sugar content. Personally, I have nothing against carrots. No one ever showed me sufficient proof that carrots could be dangerous to our health. Carrots are a perfectly respectable root vegetable. But I agree that drinking large quantities of carrot juice is detrimental. But the same goes for any fruit juice: apple, orange, etc. All the benefits attributed to carrot juice could be surpassed by a simple diet of fruits and vegetables.

"So, Fred, can I still drink an occasional glass of carrot juice?"

Of course! Why not? But drink a small glass, not a quart. More would be pure excess.

Chapter 19

The 100% Raw Diet

Fanaticism takes most of the credit for dietary self-sabotage. It is through fanaticism that people lose their sense of reality and cannot judge the results of their actions objectively. Obsessed with the idea that a completely raw diet is the ultimate, raw-foodists sometimes forget the bigger picture.

Although correct 100% raw eating is optimal, the way some raw-foodists eat is not necessarily healthy, as we have seen. Simply because a meal is raw doesn't mean it's going to be healthier. A 100% raw diet works when done correctly, but it cannot be done in any which way.

I have met many people who were raw-foodists for 2 or 3 years and then went back to eating the SAD (Standard American Diet) because of constant cravings and dissatisfaction. Wouldn't it have been better to figure out something more sustainable, instead of going back to meat and bread?

Raw and Unheated: Not The Same

There is big difference between what is raw and what is merely unheated. According to the dictionary, raw, in addition to meaning "uncooked" means, "not processed, purified or refined." Raw food is food in its natural state — whole fruits, vegetables, nuts and seeds. This is my definition of "raw." Oils, dried fruit, dehydrated crackers, etc., could be unheated, but are they truly "raw?"

I don't consider the following foods to be truly raw, that is, completely unadulterated, even though some of them are technically unheated: most store-bought nuts and seeds, dried foods, oils or coconut butter, most nut butters, dried spices, herbs and frozen fruit.

How many raw-foodists eat foods from the list above? Most of them, I will say. So why make a big fuss about 100% raw when a lot of the foods they hail as raw are not? Instead of constantly worrying about raw, think in terms of health. Ask yourself, "Is this really healthy for me?" "Do I feel great after eating it?" "Is it a specific food for humans?" "Is this a fruit?" "Is this a vegetable?" "Is this easily digestible?"

So really, when we talk about a 100% raw diet, we really mean mostly raw. We mean a diet that avoids heating foods, but unless one only eats only fresh raw fruits, vegetables, nuts and seeds — without making any exception, this diet is not truly 100% raw.

I personally have gone long periods of time on either a 100% unheated diet or 100% raw diet. I do not claim to eat 100% all the time, and I do not pretend that I'll even become

100% pure one day. That would miss the point, I think. I prefer to start with the ends in mind: what am I doing this for? Health, energy — those are the ends. Eating this way is simply one road to help get there.

Raw Is Not the Only Criterion

We must have common sense and be aware that not everything raw is better than anything cooked. I consider cooked vegetables to be easier on the body than nuts and seeds in fair amounts. For example, you could make a large salad and serve it with cooked broccoli and carrots, and it will be easier to digest than if you mix a bunch of nut butter with it.

Though I recommend a vegetarian diet, I consider the “junk food” category (pizza, chips, fried foods, coffee, ice cream, pastries) to be worse than meat. So a piece of chicken with a salad is not as bad as a slice of pizza with a salad.

Our ideal foods are fresh fruits and vegetables — fresh produce (including fresh nuts and seeds). These are our true natural foods. Everything else is a concession to the artificial world we live in.

A Rational Approach

It is impossible to be 100% right or 100% strict. Beware of militant proposals. I knew people who, after years of eating a 100% raw diet, were dreaming of eating huge chocolate cakes. But if someone has dreams like that, it means he is not satisfied with what he eats. I hope that, by reading this book, you get good ideas on how to balance your diet and make it more satisfying and sustainable.

Many raw-foodists either cheat or make mistakes. What types of mistakes can be made on a 100% raw food diet? They are numerous and have been reviewed in this book. Here is a summary:

Common Mistakes Made by Raw-Foodists

- Use of salt, condiments, spices.
- Eating too many avocados, or even eating avocados every day.
- Eating too many nuts (including raw-foodists who eat jars of almond butter in a week).
- Constantly worrying and thinking about food.
- Drinking large quantities of juices, especially fruit juices.
- Eating honey, maple syrup, or other concentrated sweets.
- Using raw cacao — thinking that the fact that it’s raw makes it somehow good for you.
- Eating a raw diet except for drinking coffee or tea.
- Eating lots of sprouted beans and grains.

- Sleeping too little or at irregular hours while thinking that because they are raw-foodists, they will escape the consequences.
- Paying no attention to digestion, dismissing hygienic food combining and eating complex mixtures.
- Overeating greens by dulling the taste with gourmet salads.
- Eating raw, but not taking care of their dental health.
- Eating raw, but not paying attention to hunger.
- Eating raw, but not exercising.
- Eating raw, but spending too much time in the sun.
- Overeating acid fruit.
- Eating dried fruit.
- Eating dates on a regular basis.
- Eating oil on a regular basis.

Some 100% raw-foodists don't cheat and don't make these mistakes. They feel balanced and healthy. Superb! Keep on. I would not recommend any changes to these people. I am proposing a raw diet — all raw, or close to it, done correctly, but I think it's time to get rid of these fantasies that a 100% raw food diet is the solution to everything, and that it can work easily in all cases and situations. The experience of many raw-foodists throughout the world proves that a raw food diet is very beneficial — but it's not the only factor in health, nor the most important, and it cannot be done recklessly.

It's not a sin to eat a few steamed vegetables occasionally, if you feel that you can't stick to a 100% raw diet at this point. Not all cooked foods are equal. Steamed vegetables are easy on the body and will not wear you down like other cooked foods (bread, pasta, meat, etc). You can easily limit yourself to fruits and vegetables without going into grains, dairy, bread and meat. Steamed vegetables have helped me and others make the transition to the raw diet much better than complicated raw recipes, which, in my opinion, are "gateway foods" to worse things.

Is 100% Raw Easier?

Eating 100% raw, or actually 100% unheated, may be easier than eating 90% raw. When we are ready and start to eat all raw, our desire to eat cooked food goes away after a few weeks. That is, of course, if we pay attention to all the factors I have reviewed in this book.

Although it is in the reach of almost everyone to eat an all-raw diet, some people may not have the health or the mental and physical constitution to do it right now. They will need a well-planned transition. A competent Hygienic practitioner would never recommend an all-raw diet to everyone immediately, in every single case. Diet has to be adapted to people's needs, rather than thoughtlessly conforming to an ideal.

Chapter 20

Binges and Cravings

The scene is familiar. You have been pure for many weeks. You feel great. You feel confident. But one day, you are tempted to try a piece of something forbidden. Everything goes well, of course, because you only ate a little bit — of cheese, chocolate or bread. But the next day, the thought is there, troubling and unwavering — that chocolate requires another sampling. This time, you eat a little more. You feel a little drunk with the excitement of doing something forbidden, like the teenager smoking in the garage. However, the third day, in spite of your best efforts, you fall and hard. An abominable binge of bread, chocolate, cheese and chips follows. And the worst part of it? You get little pleasure from it, but you can't seem to stop yourself. After that, it takes you weeks to get back on track — feeling morose, sick and angry with yourself.

Bingeing Common Among Raw-Foodists: an Open Secret

Bingeing is quite common among raw-foodists. When it's not with cooked food, it's with dried fruits, nuts, and combo-abombos. There are many reasons for this — some psychological, some physical. Part of it is out of a frustration that arises from eating a diet we are unaccustomed to. Part of it is out of a real, physiological imbalance. Let's see what Mosséri has to say about it:

It is deplorable that most hygienists only observe and expose the lamentable situation [of bingeing] in their followers, without trying to find the reasons or analyze the causes. "I was a small eater," a poet told me. "But after switching to the hygienic diet, I became a bulimic overeater!" This situation is unfortunately very common and even almost general among our followers. Let us examine the matter and find a reasonable remedy for it.

There is the bulimia that affects those with psychological problems and the bulimia that occurs after dietetic mistakes. Armed with the best intentions, we often fall in the trap of bulimia, without wanting it and without being able to avoid it. We often find this situation nowadays among Sheltonians and instinctos.

The followers of the latter method take a plant laxative everyday — cassia. The foods eaten are rejected the next day in abundant stools and do not benefit the body. This is why their cells are constantly hungry and the person becomes bulimic. For those that are not aware of it, instinctotherapy is the new fad which consists of following our instinct when choosing foods, smelling them and tasting them, according to our desire of the moment, whether we are hungry or not. But before selecting foods with the sense of smell, often distorted, is it not better to wait to be hungry? It seems more important to me. But the followers of this vogue eat without being hungry, according to their caprice. In effect, those who follow this method justify their eating nuts and seeds, meat and fish, on the basis of their sense of smell. But there are also Sheltonian hygienists who eat too many nuts and seeds. These concentrated protein foods are impossible to digest when consumed in excess, and are eliminated in putrescent stools the next day. We don't benefit from any of what we eat, which is why we are always hungry and start bingeing. Shelton used to say that an excess of fruit gives a small diarrhea in his followers. This is true when nuts and seeds are eaten, in the quantities he recommended, that is, a large handful (4-5 ounces). But if we never eat

nuts, or eat them in small amounts, we never get diarrhea when we eat too much fruit. The reason is that nuts are so hard to digest that they end up weakening digestion itself and intoxicating the blood. Consequently, we must not make the mistake of saying that diarrhea is caused by an excess of fruits, when it is the nuts and seeds.

I have pointed out the main cause of bulimia in Hygienists and instinctos: the over-consumption of nuts and seeds in both and the eating of unnatural foods without hunger, followed by a daily laxative in the latter. We can see that the situation of the instincto is the worse of the two. Their bulimia reaches heights never known in human history.

À la Recherche d'une Santé Parfaite.

Mosséri points to the over-consumption of nuts and seeds as being the main reason why hygienists and instinctos become bulimic and indulge in binges. Obviously, it applies to raw-foodists as well. I have found this to be true. Eating a large amount of nuts feeds the body very little. Rather, it intoxicates it and fosters malnutrition. The next day we are hungry, craving anything.

Another food that fosters cravings is dried fruit and dates. The over consumption of these foods is quite common among raw-foodists. The concentrated sugar they contain is very hard to digest — even when dried fruit is soaked in advance. They ferment, cause gases, and foster deep cravings. I personally recommend avoiding those foods. I try to only eat dates when they are really juicy and in season, and this is only in September/October. As for dried fruits — I would only serve it as a treat occasionally (like, less than once a month).

There are many more causes to this bulimia, not just the abuse of nuts and seeds. Eating without hunger is a common cause. When we eat without hunger, little is digested, and we are hungry because the body was not well fed. It's a vicious cycle that must be broken.

The Right Attitude

We must cultivate the right, balanced attitude towards food. Moderation is possible in everything — even when going off-track. There are levels of dietary deviations, small ones and the big ones. Most raw-foodists and natural hygienists seem to fall for the big ones. When they stray off their diet, you better watch out. They are like monsters unleashed! In their minds, a calming monologue may be going on to justify their excesses: “You can fast tomorrow.” “You already went too far, you might as well enjoy it.” “If I'm going to crash, I may as well burn.” “It's not so bad, people eat like that every day,” and so on.

Most of us have gone through these binges. Perhaps they are necessary to help us understand the damage caused by our previous diet. But the main problem caused by these indulgences is that they upset our instinct, our balance (which is restored slowly) even if we make only regular “tiny exceptions.” After that, we stop getting pleasure from unseasoned, natural foods and start looking to spices and stimulants to excite our confused palate.

Cravings

Cravings are of another nature. Cravings may lead to binges, but binges do not necessarily follow cravings. Binges may follow a simple taste of food, as described in the beginning of this chapter.

Cravings are a conscious, physical or psychological desire for a particular food or substance. They are often a withdrawal symptom and do not reflect physiological need. For example, an ex-smoker may feel a craving for cigarettes, which should not be mistaken for a real need by the body. A coffee drinker, after giving up coffee, will crave coffee for a while until the body has detoxified all the poisons from coffee. Similarly, when giving up salt, bread, spices, pasta, meat, etc., the body may crave these substances for a period, during which temptation must be resisted, with great will, at all costs.

Psychological cravings are different — they may appear in an ex-coffee drinker, for example, after years of abstinence, simply by entering a coffee shop and smelling coffee. At these times, old images and associations with coffee are triggered in the mind. Basically, one has to snap out of the trance, recognize that the environment is triggering this desire, and either dismiss it in the midst of the environment, or - if it is too strong - leave.

Physiological cravings can occur in cycles. You can be free from them for a while, and then they can hit you with an attack!

However, after a few months on a healthy diet, it is not normal to be constantly feeling these cravings. In these cases, I attribute craving to poor nutrition and a deranged assimilation, which is usually caused in raw-foodists by anyone of these: an excess of nuts, dried or sweet fruit, salt intake, eating without hunger, the use of spices, etc.

Not Eating Enough

Many people have never become completely balanced on a strict raw-food diet. After a few years, they still crave cooked food and sometimes fall into avocado, dried fruit, or cashew binges. A frequent reason for this is that those people do not consume enough calories (energy) from fruit. Eventually, this deficit will manifest itself in the form of intense cravings. It is imperative to learn to consume enough fruit at a meal, so we are not hungry again for another 4-5 hours. Otherwise, any mental effort to avoid frustration and hunger will lead to another binge.

This dissatisfaction can also be manifested in the constant desire for the new cleanse that will ultimately free those people from their “cooked-food cells.” They go on liver cleanses, herbal intestinal cleanses, parasite flushes and other questionable attempts to improve their health and energy levels. But the true reasons for this compulsion have been unmasked throughout this book.

Chapter 21

When to Eat

The following article is translated from Albert Mosséri's book, *À la Recherche d'une Santé Parfaite* (The Quest for Perfect Health).

"Those who adopt the hygienic diet start, with the strongest of wills, to modify their eating habits. They were used to eating small quantities of concentrated foods that fill us up, as we say. Being difficult to digest, they stick to the stomach for hours. These foods are bread, rice, grains (croissants, rice, granola, cakes, pasta, etc.). The new hygienic eater replaces them with similar quantities of foods that digest easily and leave the stomach in little time, like fruits and vegetables (raw or cooked). So one or two hours after such a meal, these people experience an empty stomach. They take this for 'hunger,' especially if they are not used to eating large quantities of these new foods.

"Confused by this "hunger," which occurs outside of the fixed meal schedule, and getting poor advice from those who tell them not to eat between meals, they feel guilty about wanting to eat and are tormented by this persistent hunger. Then they jump on all the forbidden foods and eat them in large quantities.

"A lady recently told me that she has a small stomach and that she cannot eat a lot of fruit or raw vegetables at one sitting. One hour after such a meal, she is hungry. It is normal. Should she wait many hours to eat at 'meal time?' No. She must eat again, even if the number of meals reaches seven a day, *as long as she waits for hunger each time.*

"In all my previous writings, and for more than thirty years, I have followed the pioneer hygienists, especially Shelton, who recommended two meals a day. However, I now realize that this has been a mistake. In fact, it's the hard-to-detect mistake so many eccentric natural hygienists make.

Fixed Meal Times

Don't eat just because it's mealtime. If you wait for hunger and are hungry at 10 a.m., for example, but would like to eat at noon with someone, well, it won't hurt you to wait for another two hours. It's not so bad to be hungry. We shouldn't avoid hunger like we would avoid a tiger. Hunger doesn't need to be satisfied at the precise minute. Most people literally fear to be hungry, as if it were a sign of poverty or a sin, or death would fall on them if they did not eat at the first signs of hunger. No one will think that you live in misery, in poverty and in lack if you skip a meal, or if you don't eat every hour.

Dr. Virginia Vetrano

"She's right. So many people are afraid of hunger, as if it were a sign of imperative and urgent need.

“On the other hand, I’m noticing that Dr. Vetrano still talks, like Shelton, about skipping a meal. But I reject the idea of fixed meal times. I repeat that, in my opinion, it’s better to wait for hunger than to skip a meal. The first injunction is negative and frustrating, whereas the second is positive and hopeful.

“Two remarks have to be made. Firstly, if we are occupied when we feel the first signs of hunger, we don’t even notice it. Secondly, concerning certain, very emaciated persons in a state of undernourishment, the first sensations of hunger are accompanied by an extreme weakness — a sensation of fainting. These people must eat something immediately. For this, they must always carry some food with them, in case they leave their house.

Can We Eat at Night?

“Hunger is rarely felt at night, with some exceptions, such as during a long fast or in cases of undernourishment. It follows that we should never eat late at night. However, a fast can be broken at anytime, including during the night, with a piece of fruit. Those in a state of undernourishment can also eat a piece of non-acid fruit at night.

“Stomach digestion cannot properly continue at night. At night, all the muscles of the body loosen up, including the stomach. The consequence is that the stomach cannot energetically mix foods taken during the night. It is the same for the various glands that must secrete the digestive juice. At night, they rest.

“There is a basic rhythm — day and night — that must be respected in our lifestyle. It is the same for plants. If we water them at the wrong moment, or don’t water them when they need it the most, they wither away.

“For human beings, night is meant for catabolism and elimination, whereas the day is for anabolism and digestion. These functions should not be inverted by transforming day into night and night into day.

“Hunger can announce itself early in the morning or many hours after waking up. We must wait for it before eating.”

Chapter 22

Foods of Our Biological Design

Fruit

Like orangutans, bonobos and chimpanzees, humans are frugivores. A frugivore is a fruit eater. Being a frugivore doesn't mean eating only fruit. All these noble animals include green vegetables, as well as nuts and seeds, in their fruit-based diets.

Some say that fruit-based diets are dangerous because of the high amount of sugar they contain. They recommend a calorie-rich diet based on fatty, protein-rich or starchy foods. Fruit is also a source of calories (energy) in the form of simple sugar, which some people confuse with harmful, refined sugar. Let's look at the different possible sources of energy and decide what types of food should form the basis of our diet.

A high-fat diet is a disaster. Excess fat (raw or cooked) reduces oxygen in the blood and leads to several health problems. It causes blood sugar imbalances, by decreases the effectiveness of insulin to carry sugar to the cells, leading to high blood sugar. Eating too much fat leaves us tired all the time, because fat is difficult to digest. The problems related to the high-fat diet are numerous and well documented.

A high-protein diet is even more dangerous, because excess proteins commonly putrefy during digestion. They poison the body and lay the foundation for cancer. For these reasons, almost no modern health specialist recommends fat-based or protein-based diets. Sometimes protein-based diets (e.g., the Atkin's diet) are recommended for weight loss. But almost no one considers this type of diet healthy.

Experts generally recommend high-carbohydrate diets. Starch-based carbohydrates include potato, bread, pasta, etc. The advantage to these foods is that they provide energy in the form of complex sugar while being low in fat. The problem is that grains tend to predominate in these diets. As we have learned, grains are not the best foods for human beings. A grain-based diet will acidify the system, as these foods contain very few alkaline minerals. A high-starch diet can work if it consists of cooked root vegetables such as potatoes, yams and manioc, which are alkaline-forming.

When we eat complex carbohydrates (starch), the body must convert the starch into simple sugar. So ultimately, we get energy from simple sugars. Fruit is rich in a special type of simple sugar, which is metabolized easily. Fruit is also alkaline-forming and richer in nutrients than starchy foods. In addition, fruit can be eaten raw. All the vitamins, minerals, and enzymes stay intact and are not destroyed by cooking.

We therefore can draw the conclusion that fruit should dominate the diet. Fruits are rich in vitamins, but sometimes low in certain minerals, such as calcium and sodium, which are abundant in vegetables. This is one reason that vegetables, especially the green leafy ones, are essential. Of course, a lot of fruits are not particularly sweet: tomato, cucumber, pepper, squash, etc. (I call them fruit-vegetables and although they are botanically fruits, I classify them as vegetables).

The fruit we get in stores is also quite different from fruit found in the wild. Store-bought fruit has been hybridized to appeal to the tastes of our ancestors and the increasingly perverse tastes of the modern masses. These fruits contain more sugar, less fiber and fewer enzymes, minerals and vitamins. Often it has been picked unripe. Even so, it is still better than the rest of the food found in supermarkets.

Some people think we should avoid hybridized fruits, such as pineapple, bananas, seedless grapes and Fuji apples. However, they don't acknowledge that the other commercial fruits, such as mangoes (the best-selling fruit in the world), cherimoyas, and papayas are also hybridized. Not only those, but all of the vegetables and everything else in the store, for that matter. So we shouldn't eat anything? I think it is legitimate to want to get natural, organic produce. But we must not make a religion out of this. People are not sick because they eat seedless watermelon. They don't get cancer because they eat Fuji apples. They don't get heart disease because they eat seedless grapes every morning. How about some common sense?

Green Vegetables

All frugivorous creatures eat green leaves and other vegetables. Green leaves are rich in minerals, while fruits are rich in vitamins. Green leaf vegetables include cabbage, lettuce, kale, parsley and spinach, among thousands of others. The daily salad (see Appendix 2) is a delicious way to incorporate these foods in the diet. Otherwise, they can simply be eaten with avocados, tomatoes or blended into a raw soup.

To get all of the minerals that we need, we should eat approximately 1-2 pounds of vegetables per day, on average. The green vegetables are especially important.

Although I think that green vegetables are important, there's no reason to get obsessive about it. You can skip a few days and eat only fruit, fruit-vegetables and root vegetables. We don't always feel like eating a lot of salads. It's better to listen to our bodies than to try to follow some rule that someone made up somewhere.

Salads and green vegetables are especially important for young children, as well as pregnant and lactating women. They should try to eat them every day in good quantities. Children should be taught from an early age to eat their salads. Welcome their participation in making their salads — it's the best way to get them to eat well. Better yet, let them grow their own!

All sorts of succulent green vegetables — bitter, savory, sweet or mildly spicy — may be incorporated in raw soups, or blended salads (see Appendix 2).

I have published important information on green vegetables, available from my website: http://www.fredericpatenaude.com/assimilable_greens.html

Fruit-Vegetables

A lot of fruits are not very sweet. Some of these are cucumbers, tomatoes, squash, zucchini and bell pepper. They are all excellent foods to eat at any time of the day. Some people react to tomatoes and should consume them in moderation.

Root Vegetables

Root vegetables include carrot, parsnip, Jerusalem artichoke, potato, sweet potato, yam, manioc and celeriac. They are all excellent foods. Some of them can be eaten raw, while others, the more starchy ones, will be more digestible lightly steamed. Starchy root vegetables cannot be compared to starchy grains. They have none of their problems. Several indigenous tribes live mainly on cooked root vegetables and are in excellent health — no dental problems, no diabetes, etc. But these diseases appear automatically in these people as soon as bread and other “civilized” foods are introduced. Cooked starchy roots are superior to grains and may comprise 10-25% of the diet during transition. When everything is eaten raw, the less starchy roots can be used. Celeriac is especially good raw.

Nuts and Seeds

In Chapter 4, I warned against eating nuts and seeds in excess. This is a mistake many raw-foodists make. This being said, it doesn't mean that nuts and seeds shouldn't be eaten. They are part of our natural diet. Nuts found in the wild are delicious, seasonal foods, and the cultivated nuts are not so far from their wild ancestors.

I have noticed that some people seem to fare better with nuts and seeds, while some exclude them entirely without problems. Others have to avoid them for a long period of time, until their digestion improves. At some point, they can start eating them in very small quantities.

In order to be digested properly, nuts have to be chewed very, very well. Nut butters can be useful because they are emulsified and easy to digest, as long as they are made from raw nuts in a process that doesn't generate heat. As far as I know, very few companies market such nut butters. One of them is Living Tree Community (www.livingtreecommunity.com). Nuts and seeds can also be blended with other foods, such as tomatoes, to make a dressing.

Soaking nuts and seeds helps with digestion. But I don't think it is necessary, as long as we eat them in small quantities and not every day.

Wild Plants

Edible wild plants grow everywhere. Most of them are quite nutritious, containing an abundance of vitamins and minerals. They have not been hybridized, are freely available and are strong, sturdy plants. For this reason, a lot has been written on the benefits of eating wild plants.

But should we think of wild plant as another panacea? Another miracle food? Should we eat them just because they contain an abundance of vitamins and minerals?

Many wild plants are very bitter and taste bad, even though they may be edible. Forcing yourself to eat them would be the equivalent of forcing yourself to eat a food that you hate, or taking a supplement or a drug just because an expert has made you think it is "good for you."

But I reason that nature gave us the sense of taste to be able to determine what foods we should or should not eat. No animal would eat something just because it is "good for it."

The strong bitterness we detect in many foods is an indication that these foods contain some poisons. Some people believe that eating a large quantity of dandelion greens will cleanse the liver. But in fact, the liver must actually cleanse the poison contained in the greens.

I don't mean to say that we should avoid all these plants, just because some contain small quantities of poison. We have a liver that can handle small amounts of these substances, as long as we rely on our sense of taste to eat the right quantity, and don't season or mix them with other foods to fool our palate. If these foods are, or become, too bitter or unappealing, don't eat them.

Wild plants contain many more minerals and vitamins than cultivated vegetables. Precisely because of this potency, it is not possible to eat a lot of them. Small, regular quantities of edible wild plants are very beneficial. Eating them in excess is not.

Edible wild plants may be eaten, as long as they taste good to you. If you find them too bitter, you shouldn't force yourself to eat them. Think of the child or animal that has not been quite so corrupted by our twisted ways of thinking. They will never force themselves to eat something that tastes bad, if they don't have to.

I found that some wild plants taste too bitter. At some point in my "wild experimentation," I had to realize that if I were a wild human, I probably would not have forced myself to eat many of these plants. Other wild plants such as purslane, young dandelion leaves, milk thistle, sorrel, and lambs quarter, have a pleasant taste.

You can live without wild plants. If your digestion and assimilation are good, you will get all the vitamins and minerals you need from cultivated fruits and vegetables. However, I think we can also benefit from including wild plants in our diet. Never force yourself to overeat them, just because you think they are good for you.

Dried Fruits

I don't consider dried fruits to be raw foods, and I don't recommend their consumption, except in exceptional circumstances, when fresh fruit is not available. Exceptional circumstances, where the use of dried fruit would be advised, would be a trip to Antarctica, a long hike in the forest, a trip through the Sahara desert, etc. Then, you could bring some dried fruit along and eat it.

Raw-foodists tend to eat too much dried fruit, and that, along with the abuse of fat and the other mistakes I have pointed out in this book, is where most of their problems lie. Dried fruits are addictive and most people have a tendency to overeat them. This has bad consequences: gas, indigestion, frequent urination, digestive discomforts, cravings, and disturbed sleep. Dried fruits also stick to the teeth and encourage tooth decay. Many people have ruined their teeth with the consumption of raisins, dates, dried figs, etc. In my case, it certainly was one of the major causes of the cavities I got on the raw diet.

If you are craving dried fruit, it is simply due to the fact that you are not eating enough fresh fruit to meet your caloric needs. If you simply start eating more fresh fruit, all of your cravings for dried fruit will go away. In fact, if you are craving *anything* sweet (other than fresh fruit), you are simply not eating enough fruit.

Since we talked about dried fruit, I must also mention dates. The date is a dried fruit, but it has not been dried artificially. It has dried naturally on the plant. For that reason, I still classify it as a dried fruit. Dates are renowned to be the junk food of the raw-foodist. Most people tend to overeat them. Overeating dates means eating more than 5-10 dates at once. Because dates are extremely concentrated in sugar, they will cause the same problems as eating too much dried fruit. For that reason, I do not recommend dates.

Personally, I will buy dates only a few times a year, at the height of the season, when I can find a certain type of juicy date at the markets. Those dates are only available a few weeks a year, max. Other than during that time, I do not buy them, so I don't get tempted. So please do not send me a box of dates for my birthday!

Frozen Fruit

I don't consider frozen fruits and vegetables to be truly raw because freezing physically changes the structure of the food and destroys many nutrients. The odds of finding frozen fruits in nature are almost nil. Imagine a monkey climbing up a mountain to its icy cap with a bunch of bananas, dropping it in the snow to freeze, then coming back days later to eat the bananas (with its Champion juicer). The main problem with frozen "raw" foods is that they are eaten cold, which is the equivalent of putting an ice pack in the stomach. It

is almost certain to cause indigestion. If you happen to eat frozen fruit, like durian, wait for it to thaw before consumption.

Milk

That humans need to drink the milk of another animal, after being weaned from their own mothers, is an idea so bizarre that it makes me smile. This idea is not based on anything scientific. Rather, it is the spawn of a well-planned, well-executed, decades-long propaganda campaign by the dairy industry. Cow's milk naturally carries powerful growth hormones that are deeply disturbing to the human body. Commercial milk is also loaded with antibiotics, bacteria, pesticides and cholesterol. It takes 10 pounds of milk to make one pound of cheese, so this cornucopia of toxic elements is even more concentrated in cheese than in plain milk.

Contrary to the propaganda, drinking milk will not prevent osteoporosis. The 1995 Harvard Nurses' Health Study, conducted on more than 75,000 women, showed that those getting much of their calcium from milk experience more fractures, compared to those drinking little or no milk. Another study done in 1994 in Sydney, Australia, showed much the same thing — higher consumption of dairy products was associated with increased fracture risk. Those who consumed the most dairy products doubled their risk of hip fracture, compared to those who ate fewer dairy products. Other studies have shown that high protein consumption is associated with an increased incidence of osteoporosis.

Animal milk is for the animal's young, and not humans. All species stop drinking milk after a certain age, and we are no exception. But the milk industry tries to convince us that cow's milk is "nature's perfect food" and that we must never be weaned! It is indeed a perfect food — for baby cows! Nonetheless, raw goat or cow's milk can be useful in the case of a human mother who cannot nurse long enough, for whatever reason, or if the milk produced by the mother isn't adequate. Vegan mothers who give soy milk to their children are mistaken. Soymilk cannot replace real milk for growing children, because it is lacking in too many essential nutrients. It is also cooked.

Adults cannot digest milk well, because the enzymes that digest milk stop being produced after the age of 7 or 8. Drinking milk past that age can lead to several health problems.

Yogurt

When it is fermented and clabbered (like yogurt or kefir), milk is much more digestible. Natural hygienists have often used natural yogurt when patients could not digest nuts well. I consider it to be a borderline or compromise food. It used to be part of my diet, and it never made me sick or caused any problems, like other dairy foods did.

Honey

Honey may be worse than white sugar. It has very little nutritive value and contains many harmful acids. These acids disturb digestion, the nervous system and cause cavities faster than white sugar. Honey, raw or otherwise, is meant to be consumed by bees, not by humans.

I no longer eat honey, except maybe once every six months and then only a tablespoon. A few years ago I was eating a lot of honey (but still less than I see some people eating) during a period of a few months. It was raw, organic, and of the best quality. Combined with the use of dried fruit, honey consumption caused me a lot of cavities. My experience has been similar to that of many others: honey can cause dental problems, and fast.

Eggs

Eggs have to be stolen from birds, so they are probably not natural foods for humans, although some serious researchers, like Dr. Gian-Cursio, see a lot of benefits in eating the yolks.

Personally, I am not attracted to egg yolks, so I have not eaten them often. But I'm not opposed to them either. Note that two egg yolks at any one time is the maximum that should be eaten. Egg white is dangerous, acid forming, too rich in protein, indigestible, and should never be eaten, especially raw. It will be better to give it to your cat or dog.

Meat

I think that meat, the flesh of animals, has no place in the human diet. I do not want to expound my point of view here, because most of my readers are already convinced vegetarians. My observations have led me to believe, and I'm not the only one, that raw meat is especially bad — worse than cooked meat. I don't recommend it to anyone. But I don't recommend cooked meat either.

Fish

Fish is probably worse than other meats. It putrefies much faster. If you put a piece of fish near a piece of meat, you'll see that it decomposes much faster than the meat. The same happens inside your body. All marketed fish have already started to rot. Fresh fish doesn't smell bad. It is an especially poor choice today, because of the heavy metal contamination of fish — a result of water pollution. For these reasons, I recommend avoiding fish at all times.

Insects

Some authors say that insects are part of the human diet, because apes sometimes eat them. Apparently, some monkeys are especially fond of ants. Personally, I have never tried them and don't plan to!

Chapter 23

Compromises

Everybody is at a different step of the journey, in every aspect of life, and nobody can claim perfection, your author included. We sometimes have to acknowledge where we are, while knowing exactly where we want to go, and take it one step at a time. This brings us to the topic of compromises.

Some compromises I am going to list can help beginners during the first few months of transition. They are also for those people who, for whatever reason, feel they cannot go all the way with the raw diet. If that is not the case with you, then skip this chapter.

What to Avoid

The foods we are meant to eat are fruits and vegetables in their natural state. When we stray out of that natural diet, the mistakes we commit can either be benign or big. Here are the worst offenders, in my opinion, besides the obvious junk food everybody knows to be unhealthy:

Bread and Wheat. Of all the grains, wheat is the worst offender, especially in the form of bread. Going against the tradition of bread has never been popular, but progressive health experts have always understood that grains are not optimal to human beings. For more information on the subject, read *Grain Damage*, by Dr. Doug Graham.

Milk and Cheese. Cheese is very concentrated, and when fermented (such as in any ripened or old cheese), it represents one of the worst foods humans can eat. Fresh and made from raw milk, cheese is a little easier to digest, but still not optimal. As a cheese replacement, tofu is too concentrated and is difficult to digest.

Fish and Seafood. All fish is contaminated to some extent with heavy metals such as mercury, whose effects on the human body are extremely detrimental and difficult to deal with. Just one serving can contain enough mercury or other heavy metal to contaminate a person. As for seafood, we should know that animals such as lobsters, oysters, etc., are literally filters of the ocean. A large quantity of water goes through them, which makes seafood some of the most contaminated “food” on this planet.

Spicy Food & Condiments. Spices include: black pepper, salt, white pepper, cayenne pepper, ginger, chili peppers, raw garlic, raw onion, and all the foods that contain them: kimchee, hot sauces, Tabasco, etc. The consumption of spices is extremely detrimental to health (see Chapter 15). They irritate the entire digestive tract, create mucus (that the body produces to protect itself), and complicate digestion.

Coffee, Black Chocolate and Cacao. Those contain certain substances (caffeine and theobromine) that disturb the nervous system. If a person is eating a more natural diet, these poisons have an even more disturbing effect on the system. For a raw-foodist, one cup of coffee has the effect of maybe four cups for someone eating a standard American diet. So there is no room for compromise with caffeinated drinks and cacao products, which include: coffee, hot chocolate, black chocolate, raw cacao beans, black tea, green tea, maté tea, etc.

Better Choices

Steamed vegetables are certainly better than raw-food recipes and nuts in excess. I have some occasionally, but many of my raw-food friends do quite well without them. A *hot soup* can be made with steamed vegetables that have been blended using a Vita-Mix or other blender.

Cooked roots such as potatoes, sweet potatoes, etc., are denser than steamed vegetables. They are superior to grains, but as starchy foods, they won't give you as much energy as raw foods.

Baked bananas have helped me more than once to go through cold harsh winters. What I used to do was to bake 6-8 bananas for about 20 minutes, and eat that after a fruit meal.

Fruit goes down easily, but some people find salads to be a bit bland, especially without oil, salt, garlic and onion. My recommendations have been either to make raw dressing with tomatoes or other whole foods, blended with avocado, or a little nut butter. If that is not enough, a little *apple cider vinegar* gives a lot of taste, while not being as optimal as lemon juice. Once in a while I add *dulse*, a seaweed, carefully rinsed to take out most of the salt it contains. I enjoy its chewy texture and its flavor of the ocean. Another good seasoning is *dried tomato*, soaked in advance and chopped. Make sure you find dried tomatoes without salt and sulfite. They are hard to find. (One resource is www.livingtreecommunity.com). *Dried vegetable powder*, as explained in Chapter 15, is excellent in salads. I particularly enjoy the flavor of dried red cabbage powder. *Acid or sub-acid fruits*, such as tangerines or mangoes, can give a lot of taste to a lettuce salad. Once in a while, a little *olive oil* can be a nice treat. I wouldn't recommend it on a daily basis, though.

For more ideas, please check out my books *Instant Raw Sensation* and *Raw Soups, Salads & Smoothies*.

Other Compromises and Transition Foods

If you are going to eat grains, avoid wheat and other grains containing gluten. Instead, choose some of the alternatives sold in health food stores (pasta made with *spelt*, *buckwheat*, etc.). *Rice* is slightly less harmful than wheat. Products made with sprouted grains are preferred, since sprouting changes the composition of the grain and makes

them less acid forming. Eventually, move from grains to root vegetables, while adding more fruit to your diet, until you phase out all starches.

Unsweetened *yogurt* used to be part of my diet, until I phased it out. Yogurt, whether made from soy or milk, can be an acceptable compromise food.

Drinking some *hot herbal tea* is no sin if it helps you go through the cold winter. It sure can be nice sometimes. Just make sure you avoid the numerous brands that contain caffeine.

If you feel incapable of becoming a vegetarian, then have meat twice a week, but not more. If vegetarianism interests you at all, keep reading serious books about it. Eventually, you will know too much to carry on eating meat, and you'll know enough to free yourself from it. Avoid fish, because it is worse than red meat (contrary to what most people think).

If you eat junk food or a rich dessert, then avoid combining other foods with it. Make the next meal a simple salad, or skip it altogether.

It's a Learning Process

No one I know is consistent, and it can take a lot of time to hone in on this diet. If you eat something wrong, don't be hard on yourself. Just observe. You are learning. Use the opportunity to watch how you feel after. If you live in constant apprehension of the effects of your still "imperfect" diet, your fear is upsetting your digestion and further undermining your confidence. As Shelton has said, "Those who anticipate trouble from their meal, who eat in fear and trembling and who are anxious about the outcome, will be sure to have trouble. For these things inhibit, to some degree, the normal operation of the nutritive process."

We all know there are other factors involved in health besides diet. Although it may be one of the most important factors, it is not the only one. Peace of mind is very important. We can choose to be satisfied with what we eat by not worrying about how it could be better.

Chapter 24

Organic Food

Is Organic Food Essential?

Organic food is not only nutritionally superior to conventional food; it is also tastier and free of the most offensive toxic chemicals that are used in conventional farming. For those reasons, and also because I support farmers that care for this earth, I recommend getting organic foods as much as possible. However, it may not be possible for you buy everything organic, either because of your budget or your location. This will not be a major problem. The most important thing will be to find the best produce you can — whether it is organic or not.

Some people think that they are going to be healthier just by eating organic foods. They will eat exactly as before, except that they will spend more buying everything from the health food store. But eating organic food is not a major change. It is still better to eat conventional fruits and vegetables than to eat organic bread, beans, pasta, meat and dairy.

Apparently, monkeys at the Copenhagen Zoo can tell the difference between organic bananas and commercial bananas, and are rejecting the latter, when given the choice between the two. In 2004, the Copenhagen Zoo started feeding its animals at least 10 percent organic products.

You, too, will be able to tell the difference between organic products and conventionally-grown ones. Some of the differences are quite obvious. Organic foods have more taste, but also more nutrients and fewer chemical residues.

I have found that many organic items, such as apples, pears, yams, and lettuce, are either the same price or only slightly more expensive than commercially grown, but they taste much better. So I recommend always getting the staples organic. Locate a farm in your area and buy directly from them. Or join a CSA (Community Supported Agriculture) farm. This is a service that lets you buy a part of an organic farmer's harvest in advance. Then, as items become available, you get them weekly at specified pick-up points or directly at the farm. You get the best produce imaginable at the best prices, and you help an organic farmer in the process. There are tons of projects like this going on all over North America and Europe.

To minimize pesticides, molds and fungi, wash or peel everything that you can that is not organic. Wash thoroughly what you cannot peel. I recommend a non-toxic fruit and veggie wash that is specifically for this purpose. You can find this in health food stores.

Quality or Organic Label?

To me, the quality of the food is more important than just its organic label. For example, organic apples are often kept in huge cold chambers for months or even years at a time, and their quality is highly questionable. I would much rather, in that case, buy locally grown apples that might not be certified organic, but would meet my standards of quality. The same goes for a few other fruits. For example, I buy commercially grown mangoes, which are far superior to the organic ones. The problem is that organic mangoes, at least the ones I'm able to find, are picked much too green. Their taste is unacceptable to me.

So I recommend going over quality first — not just refer to the organic label. Ripeness, freshness, etc., are often more important than the “organic” label.

Seasonal Foods

It is now possible to eat foods from all corners of the world, at any time of the year. I saw cherries on sale recently in January. To my great surprise, I met someone who had no idea when it is cherry season in our hemisphere. For people like that, food mysteriously appears in the supermarket, and they have no idea where it comes from, nor how or when it is grown.

I see no problem in eating imported foods. In many parts of the world, it wouldn't be possible to eat healthfully without them. But there is a limit. At least stick to foods grown in your hemisphere. Avoid apples and kiwis from New Zealand during the summer, or cherries, grapes and nectarines from Chili in the winter, for example. In addition to being expensive and copiously sprayed with toxic chemicals, they usually have little flavor and are a gratuitous distraction from perfectly adequate regional foods.

Chapter 25

Eating Raw in the North

The Ideal

Having come to the conclusion that fruits and vegetables are our ideal food, we may eventually wonder if we're not also meant to live in the warm climates where fruits and vegetables abound all year round. Unfortunately for most of us, our ancestors chose less friendly climates to settle in. Most of my readers live in cold climates where a good selection of locally grown fruits and vegetables is unavailable most of the year. One hundred years ago, it would have been next to impossible for a family in Canada to eat a mostly raw fruit and vegetable diet all year round. But now we get foods imported from all corners of the world. Why shun these modern developments? A healthy diet is now possible for all of us, in spite of the steady deterioration of the quality of our food.

If you can move to a warmer climate and build your own little paradise in the sun, I sincerely encourage you to do so and wish you the best of luck. But not all of us will be able to do this. Most of my readers probably don't plan to move to Hawaii, Mexico, Costa Rica, or Florida in the next few years, and I write with this in mind.

The winter diet of northern raw-foodists doesn't need to be extremely different than that of those living in the south. The cold weather increases our caloric (energy) needs a little bit, so all we need is a little more food to compensate. A lot of people think we need to eat more fat in the winter, but that is not the case. The extra calories we need might just come from carbohydrates, such as bananas.

Eating Locally Grown Foods

Certain philosophies, such as macrobiotics, maintain that exotic or imported foods are unhealthy. So with this in mind, oranges, bananas, avocados, papayas, and mangoes wouldn't be good for Canadians; and apples, blueberries and pears wouldn't be good for Indians.

If we think about this a bit, we'll realize that there is no major difference between the constitution of a Canadian and an Indian. The two belong to the human race. By the same token, I could fly to India tomorrow and eat mangoes there. Will my constitution change? Will those foods suddenly become good for me? And what if I decide to move to India? My stomach, intestines and other organs are still the same.

I understand that the critics often address the quality of food and environmental issues related to imported foods. Of course, an imported mango isn't as good as one picked straight from the tree. However, it is still better to eat an imported mango than to eat grains that have been stored for months, or even apples that are kept for up to a year in giant freezers, before being sold. But now, due to the efficiency of our distribution system, we are getting very good quality foods. For example, some of the mangoes I can get in Montreal, Canada beat those that I've been able to buy in the countries where they are grown.

As for the environmental issues, I agree. It isn't environmentally friendly to eat imported foods. However, if I could only eat locally grown foods, I'd be forced to eat shriveled up apples and carrots for months. I simply could not eat that way. So eating imported foods is another compromise. But producing and exporting fruits and vegetables generally require fewer resources than producing animal foods or even grains. And we can still make the choice to avoid foods that have been imported from far, far away — such as durians and coconuts from Thailand.

Food Quality

During the long winter of the north, local produce is scarce. Lettuce is often weeks old, since it has to be imported from southern farms. Thus it may be useful to buy or grow fresh sunflower greens. This sprout can actually be considered a green vegetable. You can easily grow sunflower greens in your home. Cut immediately before consumption, they are certainly the freshest and tastiest of winter vegetables.

Handling the Cold

Many people complain about the cold. Many raw-foodists give the strange advice of eating spicy foods, such as cayenne pepper and garlic. However, these foods are toxic (see Chapter 7) and simply create the illusion of heat, whereas in reality it does the opposite. When you eat cayenne pepper and feel “nice and warm,” it is just your body activating its metabolism to reject the poison (capsaicin) found in cayenne pepper.

A common reason for “freezing” during the winter on a raw diet is eating cold foods. Fruit that is still cold from the refrigerator when eaten will make you cold. It may even give you the chills. My advice is to avoid cold food at all costs during the winter. Pull from the fridge the fruits and vegetables that you will eat the next day. They need to be at room temperature when eaten. If you want to eat something straight out of the fridge, warm it up in warm water. For example, immerse a few apples in warm water for 10 minutes. Do the same for grapes, pears, etc.

Exercising is the best way to warm up during the winter. An aerobic workout can increase metabolism up to 10 percent above the level at rest. To put this in perspective, this means that if you were to work out hard for one hour while dissipating no heat at all, you could raise your body temperature to 140 degrees Fahrenheit! Our body sweats to dissipate that heat, but still, you can chase away the cold any day by a little morning

workout.

Bathing in hot water greatly reduces one's resistance to cold. Warm water dissolves the protective layer of oil out of the skin, increasing the rate of evaporative heat loss. It also increases exposure, through pores opened by warmth, to toxins in tap water, such as acidifying chlorine. Instead, take tepid (slightly warmer than cold) showers.

Tropical Fruits vs. Temperate Fruits

There is some controversy over which kind of fruit is better, depending on its climate of origination. One theory states that tropical fruits are better than temperate fruits because our body is more genetically adapted to them. So papayas, mangoes and bananas would be better than apples, pears and berries. However, I have never found substantial proof of this.

My thought about this is that they are equally good. Pears, apples, peaches, and cherries — these are all excellent and delicious foods, just as papayas, mangoes and litchis are.

Personally, I enjoy the variety of fruits that Earth has to offer, depending on where I am and what's available to me. Many of the most delicious fruits are not well known: cherimoya, litchi, jackfruit, durian, etc. As people eat more fruit, more varieties will be available to everyone.

Chapter 26

Food Supply

On a conventional diet, we do not notice the quality of our fruits and vegetables too much, since they are cooked, seasoned and mixed. On a diet of fruits and vegetables, a variety of good, ripe fruits and vegetables is imperative. If we are satisfied with what we eat, we won't be drawn to try other things.

It's also important to secure a good supply of fruits and vegetables. The quantities of food consumed on this diet are greater than in a standard diet. Most people don't buy sufficient quantities of fruits and vegetables, because they are used to buying smaller quantities of more concentrated foods. When they run out, or have a few low-calorie foods, such as apples, they often end up eating something else.

Buy Boxes of Food

It took me a while to realize this. You can't really make it on this diet, unless you have at your disposal a huge quantity of food at all times. As we have seen, the volume of food eaten on this diet is much larger than on conventional diet. Thus, it doesn't make sense, practically or economically, to buy fruits and vegetables in the usual way. The key is to buy fruits and vegetables by the box. That way, you have at your disposal a large quantity of food and will save money by buying in bulk.

In Montreal, I can buy a box of organic bananas for \$30 (Canadian). That ends up being \$0.75 per pound. If I bought them by the pound, I would pay around \$1.30 per pound. For 40 pounds, which can go quickly on this diet, that's \$22 less — a substantial saving. I also buy other boxes of organic produce, and have friends and family chip in for whatever they want. To do this, I simply had to set up an account with the organic distributor. I only needed to have a registered company, which I already had. Anybody can set up a simple account with an organic food distributor by registering a company name. Have other people join and form a little coop.

I also go to one store that I know well and which is located in the central market, to buy other boxes of food. When muscat grapes are in season, I buy them by the box. When persimmons are in season, I buy them by the box, too. No matter what, you always save by buying boxes of fruit at a time.

Shopping Around

Unless you have an orchard and a garden, you will have to do some shopping to get good fruits and vegetables. This usually means going to several markets, supermarkets and health food stores to get the best of each. Some countries and regions have better fruit than others, but in most large cities you can find enough stores to insure a quality supply.

Organic Distributors — The best way to get organic produce at a reasonable cost is to buy directly from distributors, the same people that sell organic produce to your health food store. Ask your health food store who provides their fruits and vegetables. Say you want to start a coop. Then contact the organic distributor, and ask them what they need to set up an account with you. If they have a minimum for orders, find other friends who would like to join you in ordering organic produce in bulk.

Specialized Produce Shops — These stores are usually located in the same area as the produce market in a big city. For example, in Montreal, the bigger market is the *Jean-Talon Market*. Near that market, there are several produce shops. They order foods by the truckload and often resell it to restaurants, stores, etc. But the good thing is, you can buy directly from them.

Supermarkets — We might avoid going to these, but often there's no other choice. Besides, many supermarkets sell organic food nowadays. In England and Germany, I could find organic food in every supermarket. Supermarkets often have ripe fruit at discounted prices.

Farmers' Markets — The best place to buy directly from the farmers. Outdoor markets remain popular throughout the world, even after all these millennia. Get to know the farmers, and ask for deals when buying in bulk.

Exotic Fruit Shops — These shops specialize in exotic fruit and fancy items. Their prices are not the best, but you can find good stuff once in a while.

Produce Shops — These are either hole-in-the-wall family shops or supermarket-like stores where most of what they sell is fresh produce, often at very low prices. Even though most of what they sell is low-quality, commercial produce, you will often find good deals on standard items and sometimes, on local and tropical fruit.

Asian Markets — Asian markets are usually found in the Chinatown of a city. They can be run by Chinese, Thai, Vietnamese, or Korean vendors. They will usually feature some exotic fruits and vegetables that you'll have to try at least once: fresh jackfruit, young coconuts, fresh durian, litchis, etc. They usually have very good deals on more common fruits like mangoes, bananas and oranges, and they seem to get better quality stuff than other markets.

People in Asian markets are usually very helpful and, unlike most supermarket employees, they actually know how to select ripe fruit. If you want a ripe durian, let them pick, because they know better!

Health Food Stores — There are many types of health food stores, so you'll have to explore to find the best ones in your area. Avoid the so-called "health shops" that look more like pharmacies than food stores, with all their jars of supplements and bottles of protein powder. Find those that sell food.

I find that most health food stores now have a good selection of organic vegetables at reasonable prices. The fruit situation is often deplorable. But still, you'll be able to get all the staples: apples, pears, oranges, grapefruits, etc. You will also find dried fruits and nuts at health food stores, but it may be better to order them in bulk.

Mail Order Companies — In North America, there are several companies that sell nuts, seeds, seeds for sprouting, and other dried goods by mail. You will find a list of some of these companies at the end of the book.

Farmers — Next to growing your own food, what could be better than buying it directly from an organic farmer? You usually get the freshest, tastiest produce at incredible prices. Ask at your local health food store where to get a list of organic farmers and CSA (Community Supported Agriculture) projects in your area.

Grow Your Own

The best way to have access to the best organic produce is still to grow your own. It's not necessary to have a lot of space. You can even grow tomatoes and lettuce on a balcony in the middle of the city. Sprouts can be grown anywhere.

Chapter 27

Fasting When Necessary

We have learned what to eat. We have learned to pay attention to various factors. We seek to eat the best foods for us; those that match our physiological needs and cause the least wear to our bodies.

However, there are times when even the very best foods cannot benefit us. In our lives, each day is not the same. Sometimes we feel great, and sometimes we have worries. Sometimes we are relaxed, and at other times we are tense and have a lot on our minds. Some days we may experience headaches, pain or even fever. In these conditions, even the best foods will not be digested. They may ferment and poison the body, further complicating the situation. And so, just as we must know when to eat, we must know when not to eat.

Missing a Few Meals Under Emotional Stress

Shelton explains:

Strong emotions like rage, fear, jealousy and worry, and all intense mental impulses, immediately stop the rhythmic motions of the stomach walls and suspend the secretion of the digestive juices. Fear and rage not only make the mouth dry, they dry the stomach as well. Pain impairs the secretion of the gastric juice. Not only do all strong "destructive" emotions inhibit the delicately regulated psychic [endocrine] secretion, but even too great joy will do likewise...

Worry, fear, anxiety, apprehension, excitement, hurry, fretfulness, irritableness, temper, despondency, unfriendliness, a critical attitude, heated arguments at meals: all prevent the secretion of the digestive juices and other secretions of the body and cripple not only digestion, but the whole process of nutrition...

The practice of having the patient miss a meal, or several meals if necessary, has my enthusiastic endorsement and has been my practice for years. It is a natural and an instinctive procedure, where instinct is permitted to hold sway.

Many times I have observed angry and frightened animals refrain from eating until, after the passage of considerable time, these emotional states had passed off. I have seen cows frightened and abused by angry milk-men and have seen them cease eating and not resume for an hour or more after the milk-man had departed.

It is true that under [stressful] circumstances many civilized men and women who refrain from eating, find, indeed, that they lack all desire for food. But it is also too often true that many men and women will eat large meals under these circumstances. Psychic and vital hygiene demand that under conditions of emotional stress, eating should be refrained from. Every one of my readers will enjoy better health in the future if they follow the example of the young grief-stricken lady who, thinking that she had been deserted by her lover, did not eat for three days, saying, when the

lover returned, that she could not eat and refrained from all food until emotional calm was restored.

The Science and Fine Art of Food and Nutrition

Physical Discomfort, Pain and Fever

Natural hygiene gives us excellent advice, but it may be difficult for many to follow. It teaches us to *refrain from eating when in pain, mental and physical discomfort or when feverish*. Those that always follow this rule are almost sure never to develop chronic illness, because they always let their bodies detoxify when they need to the most. Shelton, again:

Pain, fever and inflammation each and all hinder the secretion of the digestive juices, stop the "hunger contractions," destroy the relish for food, divert the nervous energies away from the digestive organs and impair digestion. If pain is severe or fever is high, all desire for food is lacking. If these are not so marked, a slight desire may be present, especially in those whose instincts are perverted. Animals in pain instinctively avoid food...

The absence of hunger in fever has been shown to be associated with the absence of hunger contractions. This should indicate the need for fasting. Any food eaten while there is fever will only add to the fever. The fact that a coated tongue prevents the normal appreciation of the flavors of food, thus preventing the establishment of gustatory reflexes and, through these, the secretion of appetite juice, should show the great importance of enjoying our food. The feverish person needs a fast, not a feast...

The body needs all its energies to meet this new circumstance and it requires much energy to digest food. Food eaten under such conditions is not digested. It will ferment and poison the body.

The Science and Fine Art of Food and Nutrition

The Weekly Fast

Fasting one day a week for 24 hours is an excellent habit to cultivate. This allows the digestive organs to take a rest and greatly benefits our overall health. When we fast and miss a few meals, the mind clears, and all moroseness disappears. We find our balance again. Even the best raw-foodists make mistakes every week that add to their toxemia. Who can completely avoid stress, worries and negative emotions? There are days when we miss a few hours of sleep, despite our best intentions. Who never overeats? Who always eats when genuinely hungry and when free of stress and worries? And what about temptation?

The weekly fast helps us correct these mistakes, by giving the digestive organs a short, well-needed rest. We can all benefit from it — especially those that have a difficult time sticking with the diet. It's a wonderful opportunity for a fresh start each week.

The weekly fast enables us to find our peace of mind and tranquility. Life's difficulties are not as overwhelming when the stomach is empty. Calm comes back and discouragement fades away. Enthusiasm is reborn and hope returns. All the miseries will then seem less important than they first seemed.

Albert Mosséri
Santé Radieuse Par Le Jeûne.

Fast one day every week, on the same day or any day that you're not hungry. Eat a light meal the night before at 5 or 6 p.m., even if this means going to bed a little hungry. The next day, fast. You can drink water, or not. It is not essential to drink during this weekly fast, as the body is already gorged with water from the day before. Skip breakfast. Attend to your daily activities. Skip lunch. If you have a busy schedule, it will be easy to fast, as you will quickly forget about eating as soon as your lunch hour has passed, and you have to concentrate on the tasks at hand. In the early evening, eat a light meal.

Pick out the day you are the busiest, like a Monday, to fast. You'll find it easier, because eating is likely to seem like an interruption on this day. You could also fast on a free day and spend time alone. This is a good way to get back in touch with yourself. The 36-hour fast is not recommended. According to Dr. Alec Burton, it puts the body in the "fasting mode," where metabolism is altered to face the reality of the lack of food. But the 24-hour, weekly fast puts no stress on the body. On the contrary, it gives the body a great rest, and everyone can safely practice it.

The Occasional 2-3 Days Fast

There are times when we may need to fast for 2-3 days to get back our mental and physical balance. Perhaps we have made too many mistakes: not getting enough sleep; working too much; eating too much or without hunger; or eating unnatural foods. Because of this, we may have headaches, pains or digestive disturbances. It may be the death of a relative or a great love that makes us lose our appetite. In these conditions, we should fast for 2-3 days, drinking only water. That is much better for us than eating without hunger and poisoning ourselves in this manner.

Fasting for 2-3 days without supervision is safe for almost everyone. When the need is felt, usually manifested by a complete lack of hunger, then we can confidently, and with relief, refrain from eating until our balance comes back. The short 2-3 day fast is a good way to let our body heal, recover and get a fresh, new start.

Stressful situations — exams, deaths in the family, financial stress, etc. — may require a 2-3 day fast. Those who "eat their worries away" are laying the ground for worse ones, and are suffering enormously in the meantime. On the other hand, those who fast for 2-3 days under these circumstances quickly regain their balance and the inner power to face the situation with courage, confidence, a rested body and a clear mind.

Longer Fasts

Longer fasts are often necessary when facing more serious and complicated health challenges, or for those wanting to experience the deep rest and rejuvenation brought on by a complete fasting cure. These fasts should be supervised, not by a medical doctor, but by a competent professional hygienist who possesses both a good understanding and experience with fasting. Please refer to Appendix 5 at the end of this book.

Chapter 28

A Prodigious Discovery

Many of my readers are aware of the benefits of fasting. By resting the digestive organs and the senses, the body has a chance to rid itself of all accumulated toxins and can restore itself to health. Fasting, in many cases, is probably the “fastest” way to better health.

However, there is a lot of confusion spread by various hygienists and naturopaths on what is the best way to fast. We hear about juice fasting, “dry” fasting, and even fruit fasting. Some authors recommend that their patients walk five miles a day, which is very detrimental when fasting. Others give patients their own urine to drink or various supplements. Some people fast for 40 days, while others fast for one day a week. Others fast a long time while going to work, or while keeping up with their daily activities.

Many people imagine that reading one or two books on fasting (often bad ones) is enough to know how to conduct a fast on their own. But they don’t know the danger of this endeavor. They have not learned proper conduct during a fast. They don’t know how to interpret symptoms. They don’t know that, in some cases, fasting is not indicated. And they don’t know how to break a fast.

Ideally, one can go on a fasting retreat and be supervised by a competent, hygienic practitioner. But these retreats, in addition to being expensive, are quite rare. Nowadays, they are often led by medical doctors who add many useless procedures and tests to the fast.

Albert Mosséri, the giant of natural hygiene, whom I often quote and whose work I have studied for many years, has refined the Sheltonian technique of fasting to the point where fasting is safe and effective for every one. Unfortunately, his work is almost unknown outside of French-speaking Europe. I am grateful that he has authorized me to translate it. Here is a chapter from one of his books on fasting.

A Prodigious Discovery

“In 1986, I made a prodigious discovery in the field of fasting that forced me to revise my Sheltonian method. This is how I was led to make this discovery.

“A 37 year-old man came to fast under my supervision. He had taken 104 different tranquilizers for his nervous state during the past 14 years. As soon as a drug wasn’t having any effect anymore, the doctor prescribed him another one, thus the incredible number of different tranquilizers he took. He wanted to cure himself without drugs of any sort, so he fasted for 29 days.

“Then he became tense, incapable of relaxing or sleeping and unable to drink water despite an intense thirst and an acute kidney pain. I told him that he could not continue this way, even though he still had a lot to eliminate. His tongue was still very coated, his urine dark, his breath foul and he had pains in the kidneys despite all the water he had drunk.

“He responded that he still had a lot of time and that he wanted to complete his detoxification. So I thought that the opportunity had come, for the first time, to make him follow a detoxification diet. Every time a faster breaks his fast, he only wants to leave, and I can’t monitor his tongue anymore. For all those that come for a cure, my greatest concern is to facilitate the reintroduction of food, in a manner that avoids all problems. I must ration the quantities each day, increasing them and changing the types of food according to each case. I do all this while watching the various symptoms that will guide me in this process. I rarely have this chance. I was fortunate to have such a determined man in my care.

“Three days after breaking his fast, I entered his room to bring him a few small apples. He told me, “Mr. Mosséri, look at my tongue.” It was charcoal black!

“It didn’t take long to understand this surprise. I had already seen a few cases where the tongue turned black during a fast. But this man was eating again. Yet the color was not accidental. I had provoked it with this detoxification diet. I had restarted his elimination, the profound elimination of a fast.

“I also realized that I could have done this much earlier — a week earlier, at the 20th day of the fast. He thus lost about ten days, during which time his elimination was very weak.

“His tongue stayed black for a few days. Then it turned a mustard yellow for many weeks, before returning to a healthy rose color. At the same time, hunger came back — a true hunger — and the kidney pains disappeared. I then fed him a normal diet.

“I wondered if this case was an exception, or if it could be imitated as many times as possible with other fasting patients. Obviously, the half-fast had accelerated his elimination, but one case does not mean much. I needed verification through numerous, varied cases.

“I started again in the same manner with two sisters that came after the man. The very day after they broke their fasts, their tongues were coated brown. Since then, 90% of my patients develop a colored tongue upon breaking the fast and commencing the half-fast and the other 10% develop it during a second cure.

“This half-fast must, of course, be continued as long as the tongue is even a little colored. A black tongue shows that elimination has deepened, reaching into the cellular level to root out decades-old drugs and toxins.

“Other questions came naturally into my mind: at what moment do we break the fast and go to the half-fast? What quantities of raw foods must be given to the patients?”

“Having observed it many times, I already knew that a day comes when a patient’s weight ceases to drop. Only now do I understand why. As for the food quantities, with a lot of trial and error, I arrived at the actual rations, more or less according to the height of the person.

“In the classical method, promoted by Shelton, the fast is pursued with water in bed. But when the fast is continued, though the body ceases losing weight, elimination becomes insignificant and time is lost.

“When someone noted to Shelton that a faster was only losing 200 g a day and that the elimination barely continued, he answered that it was 200 g gained and that it was still better than nothing. He did not see that we could jump-start elimination instead of standing about, making no progress.

“When the fast is pursued at this stagnant stage, weight hardly falls and elimination barely proceeds because the body does not have enough vitamins and enzymes for it. The body has just enough to survive. As we have seen earlier, the body’s reserves are imbalanced. There is always too much fat and toxins and too few essential elements. When they run out, we go to the next phase, the half-fast, and the tongue colors itself in 90% of cases. For the other ones, it will color during a second fast. I could not find out the reasons why. On the other hand, with the classic Sheltonian method, it is very rare that a tongue will color itself, even if the fast is pursued to 60-70 days.

“When the tongue colors itself (black, brown, mustard, green or beige), the half-fast must be pursued until the color returns to a natural pink. That is, until the end of elimination. Then, the more concentrated foods can be introduced. The tongue becomes pink at the same time that spitting stops, the urine becomes clear, the breath becomes pleasant and the headaches are gone. The half-fast can last for one week or many, according to the degree of toxemia.

“With this new method, fasting becomes easier, with fewer risks and problems. The fast becomes mathematical, precise, scientific and without blind spots or surprises. This important discovery condemns the long fasts as a risky waste of time.

“I called this second part of the fast that follows the water fast the half-fast. But in reality, it’s an elimination diet, since two pounds of food are eaten every day, half fruit, half vegetables. But I preferred to call it the half-fast, to strike the imagination of the fasting person. Otherwise, he would be tempted to think that he’s breaking the fast and that he can eat whatever food and in any quantities. He has to stay with the impression that he’s continuing elimination and that his cure also continues, although in another, less intense form than the complete fast.

The Reasons for This New Method

“Whenever we stop eating, elimination starts and is evidenced by a white tongue coated with mucus, a foul breath, a bad taste in the mouth, a loss of weight and other symptoms according to the individual. As the fast goes on, elimination slows down because it uses up the body’s stock of vitamins and minerals. Depending on the individual, this stock of vitamins and other essential elements lasts approximately 7 to 20 days. At the end of this period, elimination slows down, as revealed in the following symptoms:

- Weight loss slows to 1-2 pounds a week, stabilizing about every three days. It was 1-2 pounds a day before. The loss of weight signifies a strong elimination of toxins and retained water, which are urinated. When elimination weakens, we don’t urinate much. This stabilization of the weight is the main signal to begin the half-fast.
- Thirst disappears and drinking water is difficult. Before, elimination created the need to drink in order to dilute the poisons and expel them in urine.
- The coating of the tongue is lighter in color and thickness, and the bad taste in the mouth lessens.
- Other symptoms specific to each individual can also reveal a slowdown in elimination.

When these symptoms of slowing elimination appear, we relaunch it by breaking the fast and replenishing the body with nutrients in the form of raw, natural foods:

- 500 grams of raw fruits, spread through the afternoon. According to the height of the person, this quantity may vary.
- 500 grams of raw vegetables and salad, in two sittings in the evening.

“These amounts should not be increased, otherwise digestion will take the energy needed by elimination and bring it to a halt.

“The patient should drink a lot of water between midnight and noon, because that’s when elimination is at its strongest. If the person is not able to drink at least a liter a day of plain water, then we flavor it with lemon juice.

“The fruits that I prefer to give are apples, because they act like a broom in the intestines. Sometimes, a water-rich fruit, like melon or watermelon, must be given.

“As soon as we switch to the half-fast, rekindling elimination, we must examine the tongue every morning before putting anything in the mouth. It should not be washed. Within a few days, if not a few hours, it colors itself black, mustard, or brownish red.

“The half-fast is pursued until the tongue is completely clear. It becomes pink and all eliminative symptoms (thirst, bad taste in the mouth upon awakening, bad breath, spitting, etc.) disappear. It does not matter if, in the meantime, hunger comes back or not, because this instinct is usually defective amongst civilized people.

“Since the discovery of fasting at the dawn of time by primitive men, this discovery in the health field is the most prodigious that has ever been made.”

From the book: *Le Jeûne, Meilleur Remède de la Nature*

Appendix 1

Comments on Various Foods

Fruits & Vegetables, Nuts & Seeds

Asparagus — Asparagus contains an odiferous poison that is eliminated through the urine. To be eaten in limited quantities.

Banana — Usually a staple in the raw-eater's diet. Many authors condemn them for being too high in sugar and hybridized. Those authors would like us to give up bananas and instead eat their jars of oils. No. Bananas are a very good food. When fully ripe, they are easy to digest and their high-caloric density is a boon when it comes to meeting our energy needs on this diet. The fact that they are easily available makes them even more useful.

Broccoli, Cauliflower — I don't think we get much out of these vegetables when we eat them raw, because of their strong cellulose (fiber). Still, they are quite tasty sometimes. Eat small amounts and chew well.

Carob — Carob is excellent. Raw carob pods are amazing! Though carob powder is usually roasted (no matter what the package says), you can use it as a chocolate replacement in recipes. Those wanting to give up chocolate may use carob bars to help them. But read the ingredients: some companies still include cocoa powder in these bars.

Celeriac — I love this vegetable! It is a root vegetable found in some markets and health food stores. Weird looking. Peel it and slice the inside. Delicious raw, plain or blended in soups.

Celery — I've always thought that celery is excellent, especially the variety available in North America. It is salty, rich in minerals and very delicious raw. Sometimes we feel like eating something, although it's not genuine hunger. We could chew a rib of celery instead of reaching for a piece of fruit or something heavier. Celery is very alkaline-forming.

Cilantro (Coriander) — Has a wonderful scent and aroma. However, it's not a plant we would want to eat in large quantities on its own. Some people have reported a mild diarrhea after eating it. It wouldn't surprise me. Use in moderation.

Citrus — Eat these fruits in moderation. There is a limit to the quantity of fruit acid the body can neutralize. That is why you have to be careful when eating acid fruits. Don't think you can eat them in large quantities. The citrus fruits and pineapples we buy at the store are more acid than those we would pick fully ripe from the tree or plant. Acid fruits

are best eaten before other varieties of fruits. If you are going to eat more than one type of fruit at a meal, start with the acid fruits. Acid fruits are best eaten in the morning or early afternoon. Avoid them in the evening and especially at night. The body is tired then and will have difficulty neutralizing the acids.

Dates — The junk food of the raw-foodist. Better to avoid them. But dates can be an essential survival food during expeditions to the forest, mountains, desert islands, other planets, etc.

Durian — A fascinating and delicious exotic fruit that comes from South-East Asia. It can also be found at Asian markets, usually frozen. In Canada, we can also get them fresh, but they are quite expensive. At the store, you can buy whole durian or packages of frozen durian flesh. Ask them to choose one for you, if it's your first time.

Greens — All edible varieties are excellent. We should try to eat them regularly; about one pound per day, but it's okay if we skip a few days.

Jackfruit — This fruit is definitely one of my favorites. It's too bad that this exotic fruit is not available except in Asian markets, Hawaii, the Caribbean islands, the South Pacific and Southeast Asia. Ripe, its flesh is bright yellow, with a very sweet taste and the flavor of Juicy Fruit Gum.

Pineapple — Look for varieties ripened on the plant. They can be golden or green. It just depends on the variety. They are quite acid, even when bought ripe. In the tropics, when they fully ripen on the plant, they are less acidic. Avoid eating too much (see Citrus). A few slices are good. Notice that closer to the base of the pineapple, it's actually sweeter.

Potatoes — Some authors have vehemently attacked potatoes, often with lame arguments. But steamed potatoes are much better than bread, grains, pasta, etc. They can be used during transition instead of bread. I would like to see the world eating more potatoes and less bread. Potatoes are easy to digest, low in protein, but their proteins are of high quality. Potatoes are alkaline-forming. They have to be cooked, but they don't have the same problems as grains. While not an ideal food, they are still far better than most cooked foods, and even to many raw foods, such as complicated recipes or nuts and seeds in excess.

Spinach — Spinach contain a lot of oxalic acid that binds with calcium to form oxalates. Avoid eating it too often.

Sprouted Beans — I advise against eating raw sprouted beans. Steve Meyerowitz, the Sproutman, who wrote many books on sprouting, says, "Although sprouting makes the large beans easier to digest, increases their protein and lowers their starch, they are still primarily raw beans. Quantity and regularity of consumption is the caveat here. One should not regularly consume large quantities of raw beans or raw sprouted beans..."

Tomato — You can eat as much as 2-3 medium tomatoes every day, but avoid taking more. I have known many people who ate too many tomatoes, sometimes 2-3 pounds a day and suffered discomfort because of it.

Some Popular Foods and Products

Bragg's Liquid Aminos — This product is an unfermented, wheat-free, soy sauce. The company says it adds no salt, but its saltiness is the main reason people eat it. The manufacturer refuses to explain how it makes it. This is itself very suspicious. Anyway, this product comes from a factory, is highly refined, and therefore, has no place in the kitchen of a truly health-conscious person. Nature does not produce any type of soy sauce.

Chocolate — Chocolate is eaten as a food, but in fact, like coffee, it is a drug. It is made from cacao beans. In both its natural and roasted state, the cacao bean has a very unpleasant taste, due to the presence of several toxic alkaloids, including theobromine — a poison similar to caffeine. But camouflaged with sugar and fat, it is eaten all over the world and cherished by people of all classes. Chocolate is a drug, a stimulant and a non-food — a pure abomination. Replace chocolate with carob, or pitted dates stuffed with almonds. The most astounding chocolate substitute I ever had, which some think is actually better than chocolate, is made from raw olives! In a food processor, combine dates, carob and the sun-and-air-dried olives found directly beneath an olive tree for the greatest, raw combo-abombo ever.

Cacao (Raw) — Raw cacao beans are now sold by different raw-food companies as the latest "superfood." Cacao beans are traditionally roasted and used to make chocolate. Now, raw-foodists have found a raw version of the beloved bean and are apparently using it for its stimulating properties. An obvious mistake.

Coffee — Coffee is a serious poison and a drug. It is blindly consumed all over the world by hundreds of millions of people, who are chronically stressed by the insane demands of civilization. In addition to caffeine, it contains dozens of other poisons. Caffeine creates a frenetic, distressed state of mind (mistaken for alertness) as the body mobilizes to neutralize and reject it. This activity is often mistaken for energy. In fact, coffee drinking drains your energy. It's like whipping a tired horse so that it goes faster — eventually it will collapse.

Coffee drinking is hard to give up for most people. Depending on how many cups you were used to have in a day, you may experience light or severe detoxification symptoms once you quit. They rarely last more than 2-3 weeks. Hold on! Have courage! To forget the habit of drinking coffee, you can use fake coffee, a safer, grain-based substitute sold in all health food stores. There are many brands with different flavors. Coffee shops that serve soy milk will let you order a cup of hot, steamed soy milk. Otherwise, order water, orange juice or fresh fruit. By the way, both black and green teas are nearly as bad as coffee.

Hot Beverages — The habit of drinking hot beverages is so ingrained in our society that when people stop drinking coffee and tea, they immediately panic, like a child who has lost his mother in a crowd, and they desperately seek replacements such as herbal teas, fake coffee, hot cider, etc. The truth is that we are not meant to drink hot beverages. Their heat greatly damages the tongue and the mucus membranes of the esophagus, stomach and intestines. They also interfere with digestion. Most herbal teas are made with plants that have a disgusting taste when eaten in the natural state — mint, camomile, etc. Yet, I understand that the habit of drinking hot beverages is hard to give up, so I suggest the following hot drinks as transitions:

- Hot almond milk with a dash of cinnamon.
- Homemade vegetable broth without salt.
- Hot water with lemon juice or orange juice. Optional: ginger (boiled in water) and a touch of maple syrup.
- Coffee replacer, also called cereal coffee.
- A mild herbal tea (caffeine-free).

Avoid drinking these drinks really hot. If they burn your fingers, they will also burn the inside linings of your mouth and stomach, which are much more delicate.

Miso — Miso is a very salty paste made in a factory with cooked, then fermented, soybeans. In other words, it's an unmitigated poison.

Molasses — A by-product of the sugar industry, molasses contains significant quantities of iron, calcium and trace minerals. According to T.C. Fry, who created the Life Science Course, "these minerals are mostly resulting from the residues from the lime, cattle bones, soil, and other residues left after being boiled for many hours at high temperatures. Molasses is worse than refined sugar, as it carries with it all the bad qualities of refined sugar, plus the added toxins. When we ingest such a totally unwholesome and anti-life product as molasses, we are truly destroying life. Molasses should never be used as food for humans. It is a poisonous by-product in the manufacture of cane sugar and contains many contaminants and impurities."

Mushrooms — I don't consider mushrooms to be human foods. As fungi, their role in nature is to recycle certain elements. Mushrooms are poorly digested and rejected through the stools. But still, eating a few mushrooms (the edible ones folks!) once in a while is without consequence.

Nama Shoyu — I briefly used this unpasteurized soy sauce a couple years ago. But it didn't take me very long to realize it had no place in the human diet. Nama Shoyu comes from a factory and contains a lot of added salt. I don't recommend it. The same goes for any type of soy sauce.

Peanuts — Peanuts are really a legume, but classified as a nut because of their composition. I think we can eat them rarely, though some people have stronger negative reactions to them than regular nuts.

Seaweed — Many types of seaweed come from a factory, where they have been tenderized and cooked. Some are less processed, like dulse. A danger of eating seaweeds is the levels of contaminants, such as heavy metals, they may contain. Even the organic seaweeds that are tested for these contaminants may contain them in some quantity, even though they are guaranteed to be within “safe” levels. For these reasons, and the fact that most of them contain a lot of sea salt, I advise eating seaweed sparingly.

Tahini — Tahini is hulled sesame seed butter. Raw tahini is hard to find, but you can buy it from Living Tree Community. Other “raw” tahini are made from roasted seeds. How much tahini or other nut butter can we consume? 1-4 tablespoons appears to be good. More would be sheer abuse.

Tofu — Tofu is cooked soymilk coagulated into a bland, chewy bloc. It is rich in protein, but it contains few vital elements. It is not very tasty and is processed in a factory. It is not part of a natural diet.

Yeast — Yeast, yet another substance unfit for human consumption, is nonetheless popular as a supplement and as a seasoning in vegetarian circles. It complicates digestion by encouraging fermentation. The role of yeast in nature is to reduce plant and animal substances to the mineral state. It is not meant to be eaten.

Appendix 2

Menu Plans

Menu #1

A typical menu based on the recommendations found in this book could look like this:

Breakfast: Fruit or nothing.

Lunch: Fruit meal.

Early evening or late afternoon (if hungry): Another fruit meal or snack. This can also be taken before the evening meal.

Evening meal: Vegetable meal (with or without fatty foods, such as nuts and seeds).

Menu #2 (more transitional)

Morning: Fruit Meal.

At noon: A large salad.

4-6 pm: A fresh fruit snack.

Evening meal: Vegetable meal, with some fatty foods (nuts, seeds, etc).

How it Works

Drink water upon rising and start your day. Watch for hunger. It generally doesn't come in the first 2-3 hours, or even 3-4 hours after waking up. After the first signs of hunger, relax into it, and wait some more to make sure.

For your first meal, eat a fruit (whole or as a smoothie) with or without lettuce and celery. Watch for hunger again, and then eat either more fruit or vegetables. You should eat enough so you are not hungry again for several hours.

Evening Meal

The *evening meal* can be taken in different courses (one or several), in the following order:

- Fruit (ideally, late afternoon or as an appetizer before the evening meal)
- Vegetable juice.
- Avocado, nuts, or nut butter, with some raw vegetables
- A raw soup, or blended salad
- A large salad (see below)
- A cooked dish (see below)

Thus, one day you might decide to have a fruit meal or a green smoothie (see below) in the evening, and nothing else, and that is fine. Another day you could have vegetable juice followed by a large salad. Other options could be:

Day 1

Course 1: Fruit.

Course 2: Vegetable juice, with some vegetable pulp (from the juicer) and avocado.

Day 2

Course 1: Vegetable juice.

Course 2: Raw soup with pieces of avocado.

Course 3: Steamed vegetables.

Day 3

Course 1: Fruit.

Course 2: A blended salad.

Course 3: A large salad.

Day 4

Course 1: A fruit smoothie.

Course 2: A large salad.

Day 5

Course 1: Avocado, taken on an empty stomach.

Course 2: Vegetable juice, with some raw vegetables.

Cooked Options:

- An assortment of steamed vegetables with some lettuce, or
- A large salad with steamed potatoes, or
- A home-made soup without salt or oil
- A large raw salad combined with steamed vegetables, or
- Any other combinations of steamed vegetables, including root vegetables and sprouted and cooked beans.

Some Comments:

- Avoid fruit in the evening, if you're going to have cooked foods later.
- Avoid cooked foods, if you have nuts or avocado in the evening.

The Basic Raw Meals and Dishes

Fruit Meal

The idea of a fruit meal takes a little time to get used to. It is, however, the basis of the raw-food diet. Fruit meals can be taken in various ways. First, there is the mono meal. So, for example, 7-8 large bananas with nothing else can form a satisfying meal. Or a few types of fruits can be taken together at one meal. For example: 2 mangoes, 1 orange, and 2 apples. Fruits can also be chopped and turned into a fruit salad. The possibilities are endless. Fruits also combine well with green leafy vegetables.

Fruit Smoothie

Fruit smoothies are a great way to take fruit in a concentrated form. That is important, because, at first, you will find that you are not able to eat sufficient quantities of fruit to satisfy your hunger for long periods of time. You might find that you are not able to eat 7-8 large bananas, for example. But by blending them with water and turning them into a smoothie, you might find it quite easy to drink that down! To make a smoothie, simply blend fruit with some water. You'll find tons of ideas in my book, *Raw Soups, Salads & Smoothies*, as well as *Instant Raw Sensations*.

Green Smoothie

The green smoothie is a variation on the fruit smoothie. Here's a description from an article by Victoria Boutenko, author of *12 Steps to Raw Foods*:

What do I mean by green smoothie? Here is one of my favorite recipes: 4 ripe pears, 1 bunch of parsley and 1 big cup of water. Blended well. This smoothie looks very green, but it tastes like fruit.

Green smoothies are very nutritious. I believe that the ratio in them is optimal for human consumption: about 60% - ripe organic fruit mixed with about 40% - organic green vegetables.

Green smoothies are easy to digest. When blended well, all the valuable nutrients in these fruits and veggies become homogenized, or divided into such small particles that it becomes easy for the body to assimilate these nutrients, the green smoothies literally start to get absorbed in your mouth.

Green smoothies, as opposed to juices, are a complete food because they still have fiber. With a ratio of fruits to veggies as 60:40 the fruit taste dominates the flavor, yet at the same time the green vegetables balance out the sweetness of the fruit, adding nice zest to it.

By consuming two or three cups of green smoothies daily you will consume enough greens for the day to nourish your body, and they will be well assimilated. Many people do not consume enough greens, even those who stay on a raw food diet.

Green smoothies are perfect food for children of all ages, including babies of six or more months old when introducing new food to them after mother's milk. Of course you have to be careful and slowly increase the amount of smoothies to avoid food allergies.

Regular consumption of green smoothies forms a good habit of eating greens. Several people told me that after a couple of weeks of drinking green smoothies, they started to crave and enjoy eating more greens. Eating enough of green vegetable is often a problem with many people, especially in children.

Some of my favorite greens to add to green smoothies: parsley, spinach, celery, kale and romaine. My favorite fruits for green smoothies are: pears, peaches, nectarines, bananas, mangoes and apples. Strawberries and raspberries taste superb in green smoothies, when combined with ripe bananas.

Victoria Boutenko
www.rawfamily.com

You will find many green smoothie recipes in my book *Instant Raw Sensations*, as well as *Raw Soups, Salads & Smoothies*.

Raw Soup

A raw soup is easy to make. There are various ways to make it. I like to start by blending some tomatoes or cucumber, without water, and adding lots of celery and other mild greens, such as spinach or romaine lettuce. I sometimes add a little avocado or nut butter, and season with dulse or kelp (a seaweed), or simply some limejuice. The raw soup is an excellent way to consume more vegetables. For recipes, consult my book, *Raw Soups, Salads & Smoothies*.

Blended Salad

The blended salad is a much thicker and heartier version of the raw soup. It contains more dark-leafy vegetables. Ann Wigmore used to call it the "energy soup." The sweetness of the fruit cuts through the bitterness of the greens. Here is one of my versions of it. Try it, and then vary it according to your taste. Remember, it is not necessary to use any fatty food when making a blended salad.

1 sweet ripe mango, or another portion of sweet fruit
Water (about 1/2 to 1 cup)
2 cups of organic baby green mix
1 cup of lettuce, shredded
2-3 ribs of celery, cut
1 small handful of dried tomatoes, soaked — or one fresh tomato
1 tsp. kelp, or a handful of dulse (rinsed to take salt off).
Dehydrated vegetable powder, if desired.
1/4 avocado, diced (optional)

Directions:

First blend the mango or other fruit with the water, then progressively add all other ingredients. Sprinkle with dehydrated vegetable powder, if desired. If desired, add in chunks of avocado.

Vegetable Juice

Most hygienists shun juices, but I personally enjoy drinking vegetable juices. They require almost no digestion, and are a great way to increase our consumption of green vegetables. You need to have a proper juicer however, such as the Green Star (about \$400), because most juicers extract very little and generate heat in the process. You can drink vegetable juices in the morning, instead of breakfast, or as an appetizer before dinner. Celery and other green vegetables (kale, spinach, etc.) are the main ingredients. Apple or carrot juice is only used as a flavoring. I personally like to add limejuice to my vegetable juice. Sometimes I drink the juice, save 25 % of it, and mix it with the pulp of the juice. I eat that with slices of avocado. It's simply delicious!

The Large Salad

A proper salad is a delight for the eyes. Arrange a few chopped, sliced or grated raw vegetables. Use young salad greens, lettuce, celery and root vegetables. I enjoy adding bell pepper, tomatoes, cucumbers or thinly sliced zucchinis. Top it off with a few seasonings.

Seasonings:

- Avocado
- One tablespoon of cold-pressed oil such as olive or hemp seed oil.
- Lemon or limejuice.
- Soaked, dried tomatoes (salt-free).
- Chopped parsley or cilantro (coriander).
- Chopped green onions (not the bulb, but the green part).
- A dressing made by blending tomatoes with avocado or nut butter and some of the other seasonings listed above.

For more ideas, see my books *Raw Soups, Salads & Smoothies* and *Instant Raw Sensations*.

Steamed Vegetables

When I say steamed, I don't mean the popular method of steaming vegetables in a basket over a large quantity of boiling water that gets thrown away. This method of steaming robs too many vitamins and minerals. The best way is to cook in a pot, without a basket, with a heavy lid, with as little water as possible, so that there is little or no water left at the end. Any remaining water may be drunk before the meal. Steam only until vegetables begin to soften. They should remain firm and intact.

Quantities

The quantities of food will depend on age, sex, and activity levels. So younger and more active people will require more foods than older and sedentary people. Also, men will need more food than women.

To give you an idea, we can evaluate that in terms of calories.

1500 calories/day: generally fits the needs of older folks, small women, or very sedentary people.

2000 calories/day: this is usually what is required by most women with a certain, although not very high, level of activity.

2500 calories/day: this is about what a young person requires, or a fairly active man or woman.

3000 calories/day: a young, active lad will require that.

3500 calories or more per day: a very athletic person usually needs at least that amount of calories.

To put this in perspective when it comes to eating a raw-food diet, let's see what a simplified 2000 calories diet will look like.

1st Meal: 7-8 large bananas with celery sticks: 1000 calories

2nd Meal: 5-6 large persimmons: 600 calories

3rd Meal: A large salad (150 calories), with dressing made from blending 2-3 Tbs. of Tahini (about 200 calories) or half a large avocado (200 calories) with some tomatoes.

Which comes out to be 1950 calories, out of which a little over 10% come from (overt) fat.

The example above should give you an idea of the quantities of food required to do this diet: a lot. One of the most common mistakes that people make when attempting to eat a raw-food diet is not eating enough calories from fruit and eating too many calories from fat. It's easy to do, because we've been trained to eat dense, concentrated foods. But raw fruits and vegetables are nutrient-dense, not calorie-dense. So a higher amount of food is required to get the same amount of calories (but way more nutrients).

Dr. Doug Graham wrote:

The SAD, vegetarian, vegan and most raw diets tend to have these same three features in common: low water, low fiber and high fat. As raw-foodists we find a meal of fruit unsatisfactory because we are hungry soon after consuming it. This is no fault of the fruit. Any meal where insufficient calories are consumed will leave the eater hungry soon thereafter. We have shrunk our stomachs to the point of deformity through the continual consumption of concentrated foodstuffs. By removing the fiber (juicing), by removing the water (cooking or dehydrating), and by increasing the fat levels above 10% of total calories consumed (cooked or raw, plant or animal, fat is fat), we mimic the SAD with many of our raw food dishes. This is surely an unhealthy practice. Both water and fiber are essential nutrients. Therefore removing them from our food must be to our detriment.

And health experts worldwide agree that we must make dramatic decreases in our fat consumption if we ever hope to achieve health.

The solution to the shrunken stomach problem is to eat more volume of fruit. This takes practice and determination. Essentially, it requires that you go on a flexibility training program for your stomach, allowing it to enlarge to the point of comfortably accommodating the food volume required for a proper meal of fruit. Most folks find that within a few months they can easily double and often triple the total amount of fruit they can consume at a meal, without consuming anywhere near as many calories as they used to consume from more calorically concentrated sources.

Tips and Guidelines

- Make a large vegetable salad in advance and store it in a sealable container in the fridge for a few days. That way, you will have always access to a healthy snack and won't be tempted to eat unhealthy foods.
- Even though the types of food eaten are always the same, you can avoid boredom by varying the varieties of fruits and vegetables each day. There are so many fruits, vegetables and nuts to discover. Have you ever heard of litchi, young coconut, cherimoya, Christmas melon, Asian pear, water chestnut, jícama root, bok-choy, durian, jackfruit, macadamia nut, longans or mangosteen? Have you ever tried a fresh fig? Try out a new fruit or vegetable each week, and start shopping at exotic markets.
- To desalt olives, the trick is to remove the pits before soaking them in water for 12-24 hours. Otherwise, soaking is ineffective.
- Avoid changing your eating schedule. Animals always eat in the same manner. If you choose to have the salad meal at lunch, then do so every day. Besides harmonizing your body and your lifestyle, this enables you to notice how small changes in your diet affect you.
- Acid fruits are perfect in the morning, but are to be avoided in the evening.
- Avoid fats before 4 p.m. This works best for most people, but of course, you can create your own menu based on your needs.
- Avoid eating late at night. Eat nothing in the three hours before bedtime.
- Eating one food at a time is ideal for digestion. Experiment with mono-meals.
- Some of the worst combinations you can eat are: acid-starch, such as tomato and potato, apple and bread; sugar-starch, such as dates and bread, bananas and bread, honey and oatmeal; protein-protein, such as avocados and nuts, cheese and nuts. The habit of eating nuts and seeds with sweet fruit (especially with dried fruit) leads to fermentation.

- Avoid eating when experiencing pain, fatigue, indigestion or fever.
- The weekly 24-hour fast is an excellent way to maintain your physical and emotional balance.
- Life is not a set of rules. Once you have discovered how to eat the natural diet in a way that brings you balance, health and energy, give it less attention and live your life!