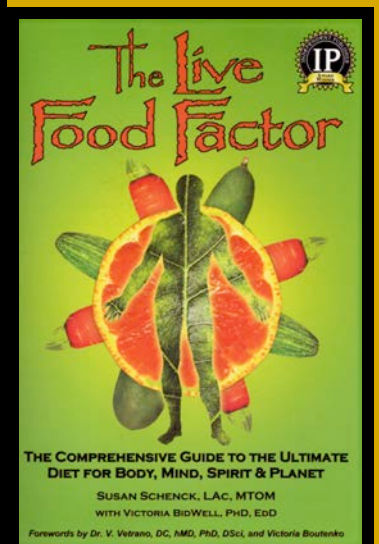
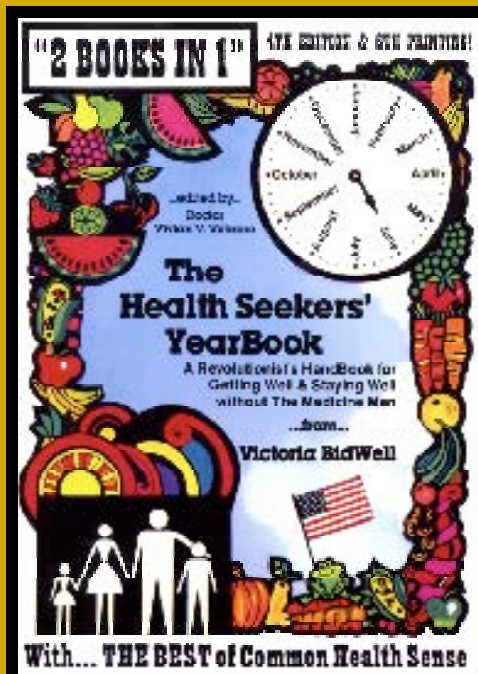
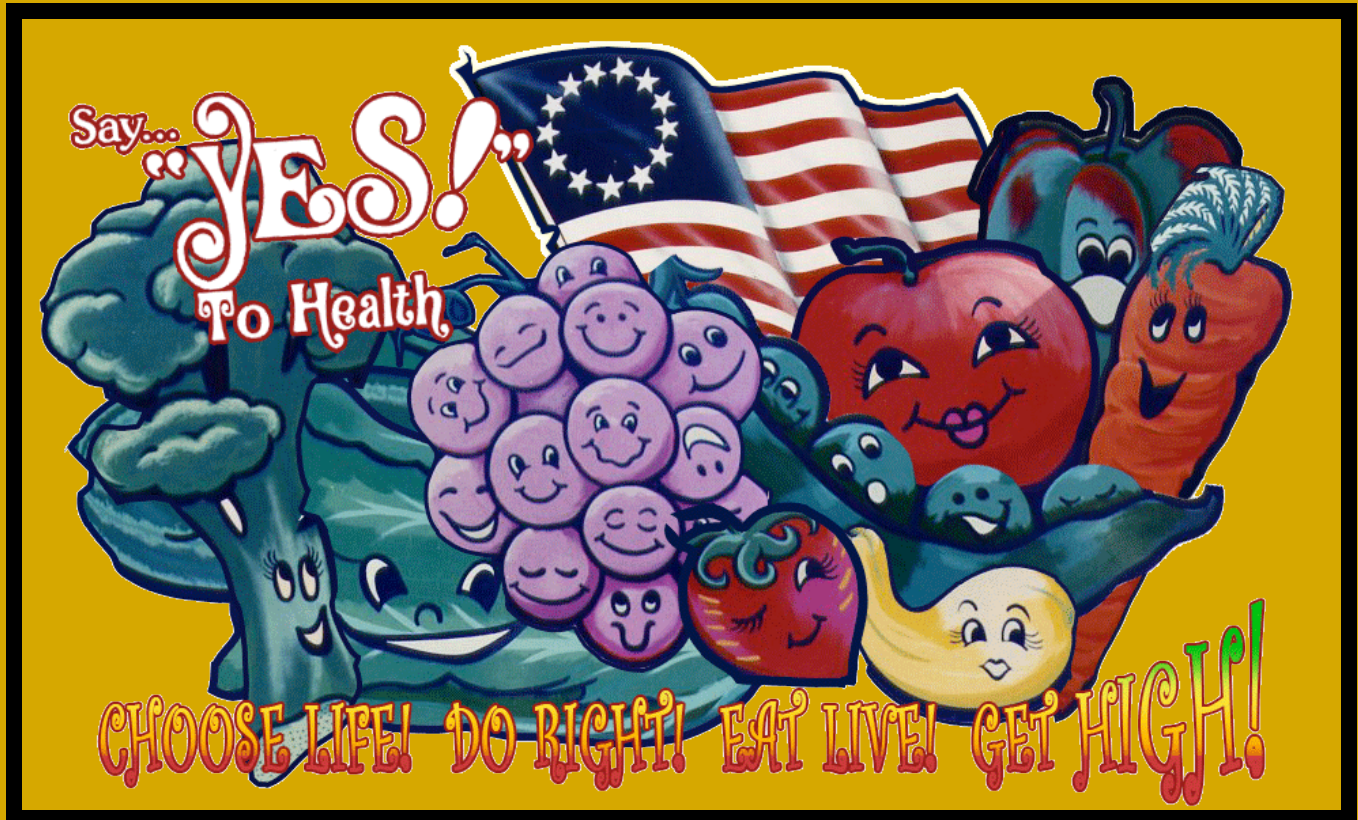


Victoria BidWell (AKA “The Wilderness Woman”) Wants to Share with You Her 30 Years of Efforts to... “HELP THE HEALTH SEEKERS!”



GREETINGS, GLOBAL HEALTH SEEKERS!



THANK YOU
FOR JOINING UP
WITH US!

CONGRATULATIONS!

YOU WIN!

Your Greatest Health Adventure Starts Here & Now!

FUN! FUN! FUN!



From... The Wilderness Woman & The HighJOY Horse!

Natural Hygiene Is...

"The Superlative Alternative Health Care System!"

("Superlative!" = "THE BEST!")

Natural Hygiene Shows You...

- #1: How to Remove The Causes of Disease,
- #2: How to Provide The Conditions for Health,
- #3: All — without Drug & Doctor Dependency
& with Self-Responsibility!

"What Did I Do to Get Sick?"

YOU DID THE 10 ENERGY ROBBERS!

1. Uncleanliness — Inside & Out
2. Impure Air
3. Impure Water
4. Inadequate Rest & Sleep
5. The Standard American Diet of cooked, processed, condimented, chemicalized, spiced, sugared, fatty & junky foods
6. Wrong Temperatures
7. Unnatural Light & Lack of Sunshine
8. Lack of Regular Exercise
9. Emotional UnBalance, to include:
Addictions, Low Self-esteem,
A Purposeless Life & Meaningless Goals
10. Toxic Relationships

“What Can I Do to Get Well?”

YOU CAN DO THE 10 ENERGY ENHANCERS!

1. Cleanliness — Inside & Out
2. Pure Air
3. Pure, Distilled Water
4. Adequate Rest & Sleep
5. The Ideal Diet of Sun-Ripened Live-Foods: Fruit & Veggies, Nuts & Seeds & Sprouts
6. Right Temperatures
7. Natural Light & Sun Baths
8. Regular Exercise
9. Emotional Balance, to include: Freedom from Addictions, High Self-esteem, A Purposeful Life & Meaningful Goals
10. Nurturing Relationships

TRAILHEAD STARTS HERE



**For Endless Information,
Contact Victoria BidWell
Phone: (360) 853 – 7048**

E-Mail: victoriabidwell@aol.com

Mail: Box 558 • Concrete • WA • 98237 • USA

**Victoria's Long-standing Website,
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**Victoria's "4 EASY PICKIN'S PACKAGES"
with Many Gifts & Near-giveaways to Get Your
2 BOOKS IN 1 — *The Health Seekers' YearBook*
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www.thehealthseekersyearbook.com.**

Dr. Tosca Haag's Phone: (830) 591- 6499

E-mail: doctorhaag@gmail.com

Mail: Box 1056 • Lavernia • TX • 78121 • USA

**For Our 3 Texas Doctors V.V. Vetrano & Tosca & Greg Haag's
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concerning your health issues in the context
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STAYING WELL! THAT'S WHAT!**

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GOD BLESS US ALL!





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Natural Hygiene
Contraband
4 Global
Health Seekers

Your Wilderness Woman
& The HighJoy Horse! in 2002



Victoria BidWell at GetWell * StayWell, America!

Phone: (3 6 0) 8 5 3 - 7 0 4 8 & E-Mail: victoriabidwell@aol.com

MAIL: BOX 5 5 8 • Concrete • Washington • 9 8 2 3 7 • USA

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MY GRATITUDE: Thank you for your purchase today at www.health4thebillions.org! “A HEART-FELT SPECIAL THANK YOU!” to My Friends Beverly Grose, Steve & Carol Sullivan, John Bardaro, Mary Horvath, Loretta Rapport, Mike Gurevich, Cheryl Denman, The 300 GetWell Friends, Ken & Sandra Chin and Our 3 Texas Doctors for helping me rescue these Natural Hygiene teachings.

OUR HOPE: We hope you will “SHARE! SHARE! SHARE!” www.health4thebillions.org and the www.4health4thebillionsfriends.com FREE NEWSLETTERS with everyone you know.

OUR REQUEST: We have a \$50,000 investment in making The Dr. Vetrano Library available to Health Seekers. This does not count my thousands of donated hours and the appraised \$200,000 value of the rare books themselves. To help me pay back loans, I simply ask that your friends and extended family members make their own purchases. Please note that most of our titles can be found nowhere else. Also, please note that we are offering these items “dirt-cheap” compared to other websites that do happen to carry some of our 1,000 titles. THANK YOU FOR HONORING THIS REQUEST!

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- Book/DVD/CD titles range from the 1800s to 2013. You will find all the printed offerings totally readable. But a few, being scanned from precious, over-the-hill books, show charming wear and tear. You will even find notes by Dr. Shelton and Dr. Vetrano, among others, within texts and on margins.

Victoria BidWell

Ed.D. in Natural Hygiene at City University of Los Angeles • Ph.D. in Natural Hygiene at T. C. Fry College of Life Science • Ph.D. in Natural Hygiene at University of Natural Health

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We Have Been God-Directed to Offer Merciful Prices!

“SHARE! SHARE! SHARE!” with your family.
“TEACH YOUR CHILDREN WELL! MAY GOD BLESS US ALL!”
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— Since 1965 & ONWARD INTO THE FUTURE —

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“The Spurs for The World Wide Web Highest Health Revolution!”
2. **Dr. Vivian Virginia Vetrano: Teaching since 1965**
“Today’s Top Expert for Correct Natural Hygiene”
3. **Dr. Tosca Haag: “Prime Mover for Correct Natural Hygiene with USANA”**
since 1965
4. **Dr. Greg Haag: Teaching with Dr. Tosca since 1976**
“Advocate for Gentleness & Humor in Healing the Mind, Body & Spirit”



“The Wilderness Woman & High!”
Victoria & HighJoy in 2002



“Our 3 Texas Doctors”
Dr. Vetrano, Dr. Tosca Haag & Dr. Greg Haag in 2009

your health. your life. your way.™



USANA
HEALTH SCIENCES
Independent Associate



Led by a serious scientist in a lab coat, not just a business man in a suit, Dr. Myron Wentz Founder and Chairman of USANA Health Sciences, Microbiologist, Immunologist, Philanthropist, and Best-Selling Author is happily pictured here with Dr. Tosca.



“If we had known in years past what we know now about the stresses of life and pollution of our day, about how hard it is for Health Seekers to follow the raw food diet, day-in and day-out, about how so many people are still going to eat some cooked and junk food on occasion, about how our soils are so depleted of much needed minerals, vitamins and beneficial bacteria, and about how high quality supplementation can support cellular functions of nutrition and elimination, if we had it to do all over again, we would have put every one of our patients on USANA! You Only Have One Body -- Don't Compromise It!” -- Dr. Tosca Haag, Dr. Gregory Haag, and Dr. Vivian Virginia Vetrano

It has been my great pleasure and huge assignment to read through all 40 years of Dr. Shelton's Hygienic Review magazines in preparation for our new book -- WHAT DR. SHELTON DIDN'T KNOW! -- to come to you from us, "Your 4 Trailblazers in correct Natural Hygiene": Dr. Tosca, Dr. Greg, Dr. V., and me! Among the many common Dr. Shelton themes throughout are these: "Science will one day discover many more truths about how to stay healthy than I have presented here." and "The soils will one day become so depleted that the foods grown in them will not support health in those who eat them."

-- Victoria BidWell, 2012



Dr. Tosca Haag

Please call me with any health concerns you may have, so we may discuss them in the context of USANA!

**Call: (8 3 0) 5 9 1 - 6 4 9 9
doctorhaag@gmail.com**



A Letter from...

Dr. Vivian Virginia Vetrano —

PLEASE... “SHARE!”

**Please Send Friends & Family to...
www.health4thebillions.org!**

I first met Dr. Shelton in my late teens. I fell in love with him in my early twenties. Victoria says a woman falls in love not with a man but with the dream they share. I fell in love with both — Dr. Shelton and our dream of bringing “Health to The Millions!” I let this married man with a wife and 4 children sweep me off my feet. In the beginning, I decided to forsake my thrilling dancing career to entertain the in-crowds in the arts and instead to work with Dr. Shelton to educate the sick people in the sciences. I gave up my dream of professional dancing — for the love of Dr. Shelton and to win his approval, even more than for the love of Health Seekers

and to win their gratitude. I was young and innocent in romance. He was 30 years older and experienced in marriage. In return for my starry-eyed devotion to him, I received passionate expressions of romance, eloquent love letters in abundance, sparkling tokens of adoration, 30 years of ardent courtship, an engraved engagement ring never to be worn, matrimonial promises never to be fulfilled, and 30 years of endless workhorse toil. I took care of him once he became ill by choosing not to practice what he preached and then succumbing to the ravages of workaholicism. And I handled all his business and Health School responsibilities. During most of those years and once I became a Doctor, from 1965 to 1985, I spent my time for “The Cause of Natural Hygiene” and for Dr. Shelton. I furthered my studies and helped Dr. Shelton. We picked out the appropriate property for the 7th and final Dr. Shelton’s Health School. We oversaw its building, painting, furnishing, and equipping. We edited and wrote for *Dr. Shelton’s Hygienic Review* monthly magazine without ever missing an issue. We designed brochures, answered correspondence, traveled and lectured. We took care of patients at the School and counseled on the phone and in letters. But once Dr. Shelton’s chronic degeneration of his nervous system set in, all the work was pack-saddled onto me. It was Dr. Shelton’s Health School. But he became a patient in his own School the year I got out of Chiropractic college. It was up to me to make sure all the work got done. I was the full-time Doctor, Director, Business Administrator, Bookkeeper, Staff Manager, Health Coach, Lecturer, and Magazine Publisher. In the end, Dr. Shelton got all my creativity and energy to use up while I got his all his work and Cause to carry on.

I did it all, happily and lovingly, because I loved and respected Dr. Shelton on the deepest levels. Our love and devotion to each other and to The Cause was unconditional. I arrived at the Health School at 7:30 each morning to check the breakfast meals before they went to the patients. I generally had 2 to 5 times more patients at the new, hospital-sized Health School than Dr. Shelton ever had at his former schools. I spent the next hour in Dr. Shelton’s room talking to him and answering letters while the patients were eating. Then I got my rolling cart and started seeing patients, spending at least 20 minutes listening to complaints, taking vitals, and examining 1 of their organ systems. By 11:45, I headed down to the kitchen to check each of the lunch trays. Then for the next hour, it was back to Dr. Shelton’s room to read more mail or proofread the *Review* and have lunch with him. After lunch was rest period. Sometimes I just had to go home for my own rest. But most of the time, I worked on: I went on my rounds, cut payroll checks, ordered produce, or did other managerial tasks. At 4:00

every afternoon, I lectured to all the guests. Afterwards, I checked the evening meals and spent the rest of the afternoon finishing my rounds. By 7:00 P.M., I was usually able to go back to work in Dr. Shelton's room and spend more time with him while I worked until 9 P.M. every night. I did this 7 days a week, 365 days a year. The nurses all had shifts, and the secretaries all had days off. But there was no one to ever give me a break.



Over a 30 year period, I worked with no benefits, no business investments, no retirement fund. I worked for room and board and bare living expenses with only a paltry salary and never a raise. Some months, my paycheck didn't reach \$40. I endured 3 lawsuits, as well as Scarlet Letter "A" harassment and ostracism in the role of "Dr. Shelton's other woman." Yet for all of this, I have no life-long regrets, as I had turned to seeking richness in gratitude from Health Seekers around the world rather than from earning the rewards of a healthy paycheck. In return for my 30 years of devotion and workhorse help, Dr. Shelton found the simplest way to repay me. Without saddling me with the burden of a dying Health School that would put me into an early grave from sheer overwork as it had been doing to him, he offered me his name, his publications, his *Hygienic Review* magazines. He signed his "X" from his deathbed on a document in front of a notary that then got recorded in a Texas courthouse. He figured that in some way, some day, I could make a

living spreading his Natural Hygiene productions backed by his famous name. Dr. Shelton's Health School closed after the 1980 lawsuit, but my legal document lived on for a future use. Dr. Shelton had found a way to give himself totally to me in his old age as I had given myself totally to him in my youth. In 1976, I met another workhorse for The Cause: Victoria BidWell. She has resurrected Dr. Shelton's last wish to repay me, and we are getting my inheritances copyrighted. Victoria is also resurrecting "The Drs. Shelton and Vetrano Dream of Health for The Millions!" With The Internet technology, she has turned our old dream into a new "3 Texas Doctors & Victoria BidWell Dream" named... **"Health 4 The Billions!"**



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Made Possible by Ken & Sandra Chin
Ñ & The GetWell Friends & The livefoodfactorfriends

Here Is The Humble Headquarters for... GetWell★StayWell, America!
This Is Where The HighJoy Horse & I Live & the Business Is Housed
Ñ & Where The Dr . Vetrano Natural Hygiene Library Is Archived & Kept Safe
High & I Are 5 Miles Upriver from Our Hygiene Homestead in The Woods
Ñ Where Health Seekers Live & Learn Correct Natural Hygiene !



WELCOME TO...

Our Hygiene Homestead in The Woods in Concrete, Washington! DO VISIT at...

www.naturecurerawfoodhealthretreat.com

- Our Reservation Details
- Our Lowest Rates: This is where I give a 14-point answer to this oft-asked question: "WHY ARE YOUR RATES SO LOW?"
- Our Amazing Nature-Haven, 100 Picture-Tour!
- Our 40 Fun & Fancy Live-Food Foto-Tour!
- Our Guests' Best Stories
- Our Very Best Raw Foods HandBook: *The Live Food Factor*
- Our Very Best Natural Hygiene HandBook: *2 BOOKS IN 1: The Health Seekers' YearBook with The Best of Common Health Sense*
- Our Very Best Supplement Answer to Depleted Soils: USANA



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1980 RATES at Our Hygiene Homestead in The Woods!
Merciful Rates ...as Low as... 1/2 the \$1,000+ a
Week Natural Hygiene Going Rate Anywhere Else!

The Many Unique Features of Our Hygiene Homestead

- A double-gated, 6' - 8' high, solid board cedar fence enclosing our “complete rest” nature-haven
- **THE BEST OF CORRECT NATURAL HYGIENE CARE OFFERED IN “A LEARN & LIVE SETTING!”**
- **AS-GOOD-AS-IT-GETS, 1-ON-1 TEACHING & ASSISTANCE IN CORRECT NATURAL HYGIENE**
- **YOUR SPECIAL NEEDS REVIEWED & SPECIAL RATES SET FOR YOUR SPECIAL NEEDS**
- Routine counseling during your stay as needed via telephone with Our 3 Texas Doctors available at no cost
- Personalized help on how to best live The 10 Energy Enhancers to meet your Highest Health Potential
 - Secular counseling on health & happiness, when requested
 - Endless high joy experiences for a supremely positive attitude adjustment, when requested
 - Scripturally correct counseling on health & happiness, when requested
- The perfect setting to take yourself on The Correct Natural Hygiene Fast with Victoria’s assistance
- The GetWell★StayWell, America! Bookstore up The Skagit River at The HighJoy Homestead
- Your choice: fasting on water-only, juice dieting, or taking whole-food meals with or without recipes
- An arrangement for a no-temptation kitchen completely empty of food while you are fasting
- A Live-Food Victory Kitchen with every gadget and machine needed to prepare all kinds of drinks & dishes
- “Simple & Elegant” dishes, desserts & drinks served from each daily food preparation demonstration
- Hands-on food experiences with & without Victoria to fully prepare you when you go home to fix your own
- Elegance reflected in cloth napkins & a wide variety of fancy & fun serving dishes & utensils
- The small, private “Howling Wolves’ Den” bedroom looking into woods & with an electric-flame fireplace
- The large, private “Eagle’s Nest” bedroom with a big electric-flame fireplace
- The huge, shared & takes-2 “Critters’ Forest” bedroom upstairs with a single bed & a double bed
- “The Bear Cave” 8' x 12' outdoor bedroom facing a live-flame campfire & little bear carvings & the woods
- A spacious & dedicated wilderness area & shelter for a pet whose owner stays in The Bear Cave
- All 4 bedrooms with heavy, thick curtains if you want the rooms darkened all day — for Rest & Sleep!
- “Goldilock’s beds” with memory-foam top mattresses: not too hard & not too soft — instead, just right!
- Sleeping til noon & taking naps throughout the day — without being awakened by anyone for anything!
- Unlimited, long-distance land phones in all the bedrooms to call anywhere in The United States & Canada
- DSL Internet access in all bedrooms to use with your personal laptop computers & our security code
- DVD players in all bedrooms to view the many alternative health documentaries & Natural Hygiene videos
- Audio tape & compact disc players both, at every bedside for listening to Natural Hygiene Greats’ lectures
- Selected Hollywood movies with Natural Hygiene messages to inspire you to do The 10 Energy Enhancers
- No cable & no satellite TV going all day & night to divert your attention away from your resting & healing
- Our Homestead Library with 2,000+ individual book/magazine/cassette/VHS/CD/DVD titles
- The Dr. Vetrano Library of 1,000 original, antique books from The Old Time Pioneers in Natural Hygiene
- An old-fashioned, metal & enameled, deep bathtub for Cleanliness & deep warm-water relaxation
- Friendly electric-flame fireplace-heaters in both The Homestead Library & The Homestead living room
- A covered, carpeted wilderness back deck with comfy couches, pillows, blankets & foot stools
- A back deck friendly, electric pot-belly stove, with crackling logs & “a grand flickering flames light show!”
- 2 life-sized, howling wolf statues, carved in wood, on the back deck for simulated critter company
- Back deck dining spots for communing with nature while enjoying live food & a desk for outdoor use
- Victoria’s optional, feels-good massages while you totally relax on a professional table with 3"-deep foam
- A massage lounge recliner in the living room for mild, passive, lymphatic exercise & pleasant relaxation
- Large & standard-sized BodySlants for antigravity relaxation & gentle head-down & heels-up exercise
- The Needak rebounder mini-trampoline for more anti-gravity exercise

- Ground mats for fresh-air, out-of-doors stretching exercises
- A standard bench press set-up with a bar & free-weights for weight-training exercises as needed
- A long driveway on the fenced premises for strolling &/or slow walking or jogging exercises
- Peace & quiet to enjoy — from morning until night — with rural community life & nature sounds only
- A bird-watching haven for feathered friends who, especially April - August, fly in & out all day long
- Binoculars to watch the bird show and spy on the squirrels and any other visitors, like our raccoons
- A grassy, mossy, user-friendly 1/2-acre lawn for bare-footing & really getting “in touch” with nature
- Sturdy, lays-back lawn lounges with comfy cushions for relaxing and sunbathing on the grounds’ lawns
- A seats-8, marble-topped picnic table occupied by an armadillo named “Shelton” & a turtle named “T.C.”
- A huge Dances with Wolves-sized open & live-flame campfire pit to seat several or just 1
- Mild Cascade Mountain temperatures: no wet & sticky humidity, seldom too hot & hardly ever too cold!
- Nature’s full glory displayed in Our Homestead’s 1/2-acre with tall evergreens & lush-green maple trees
- A user-friendly 1/2 acre with no flesh-eating insects & no poisonous snakes found here
- Fresh, pure, invigorating air: non-stop oxygenation by greenery from surrounding mountains & meadows
- Starry, starry skies on the cloudless, clear nights — just like back in the day before they had electricity
- A stunning wilderness sky backdrop to watch the waxing or waning moon journey across the sky at night
- Backwoods local color on community roads & trails just outside the gates — for walking exercise
- Endless exercise adventures in nearby National Parks & Forests & State Parks — minutes away by auto
- Year-round hiking & summer swimming in small, warm, pristine lakes — just driving-minutes away
- The sawed-off “Bronco Buckboard” for open-air, warm-weather travel on wilderness outings & picnics
- The largest Bald Eagle Sanctuary in America — grand symbols of America — soaring high to amaze you!
- Small herds of elk — roaming off their sanctuary grounds in the Concrete area — curious to watch you!
- DEER — stepping from thickets to roads or seen in grasslands to remind you:

“YA’LL ARE... DEER FRIENDS!”



**We enjoy so much more! But you do get the idea.
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You are invited to share these blessings & low rates...
at Our Hygiene Homestead In The Woods!**



**WE LOVE YA’LL,
DEER GETWELL FRIENDS!**

The Wilderness Woman & The HIGHJOY Horse!



HOWDY YA'LL!

WELCOME TO OUR WEBSITES!

RIDE ON! READ ON!



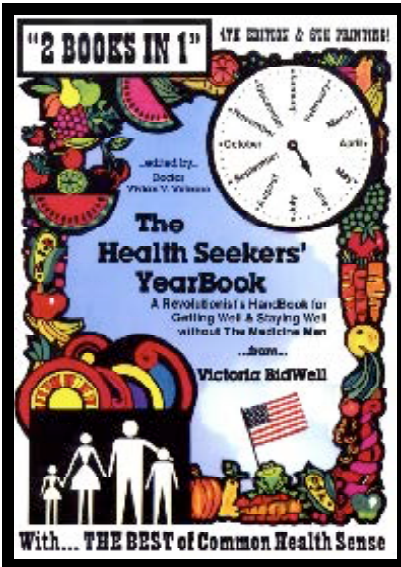
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for GetWell★StayWell, America!**



**The Wilderness Woman
& The HighJoy Horse!**



**Our Hygiene Homestead
in The Woods Guesthouse**



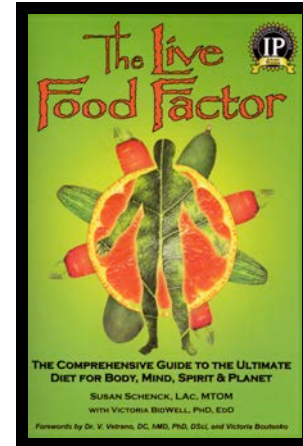
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Diet for Body, Mind, Spirit & Planet***

By Susan Schenck with V. BidWell

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a phone order or e-mail order immediately and if you want to discuss your purchase
with me on the phone or through the e-mail, please do!**

**I have an over-abundance of GIFT E-BOOKS on Natural Hygiene awaiting
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WITH ANY NATURAL HYGIENE QUESTIONS
OR HEALTH & WELLNESS CONCERNS, WHATSOEVER!**

For 24 • 7 • 365 Telephone: (3 6 0) 8 5 3 – 7 0 4 8

For E-mail: victoriabidwell@aol.com

For Snail-mail: P.O. Box 558, Concrete, Washington 98237 USA

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bestblog4correctnaturalhygiene.

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Vivian V. Vetrano & Tosca Haag & Greg Haag, T.C. Fry & Victoria BidWell:**

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**ALSO, PLEASE FEEL FREE TO CONTACT DR. TOSCA HAAG
TO FIND WHAT USANA SUPPLEMENTATION COULD OFFER
TO SUPPLY YOUR BODY WITH WHAT IT NEEDS TO IMPROVE
YOUR HEALTH & OVERALL WELL-BEING:**

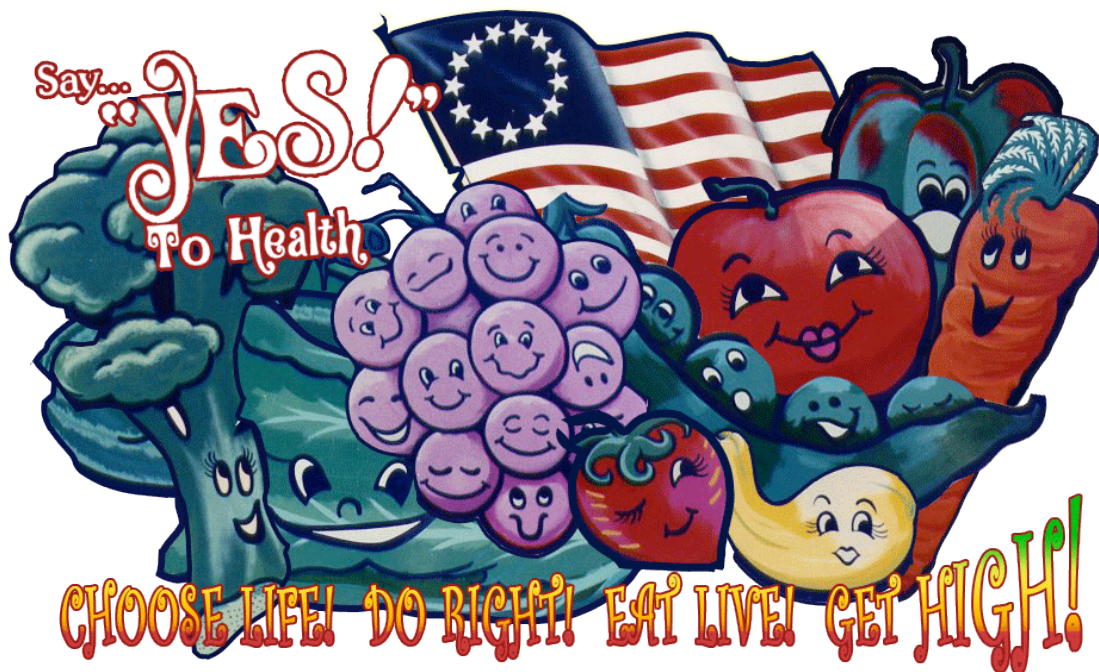
For 24 • 7 • 365 Telephone: (8 3 0) 5 9 1 – 6 4 9 9

For E-mail: doctorhaag@gmail.com

For Snail-mail: P.O. Box 1056, Lavernia, Texas 78121

**Our 3 Texas Doctors Vivian Virginia Vetrano & Tosca Haag & Greg Haag
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www.doctorhaag.USANA.com.



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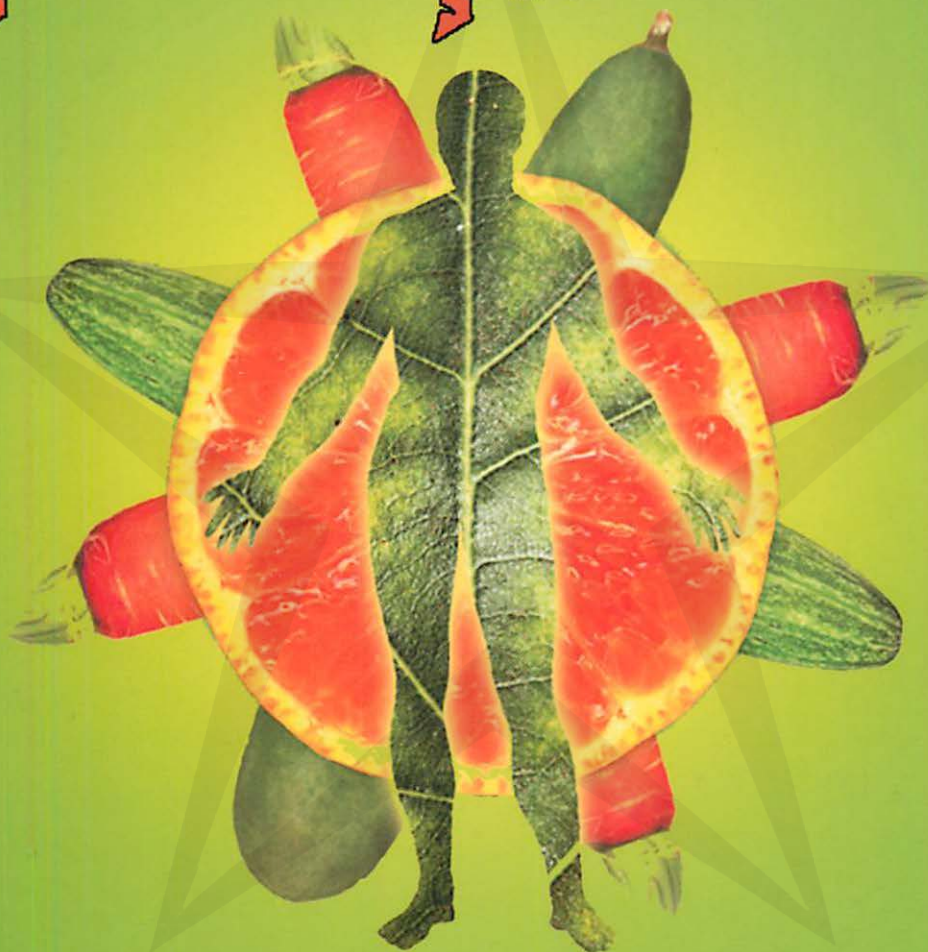
HIGH & I ARE PULLIN' 4 YA'LL...

WE'RE ALL IN THIS TOGETHER!

YOUR WILDERNESS WOMAN & HIGH!

MAY... GOD BLESS US ALL!

The Live Food Factor



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

SUSAN SCHENCK, LAc, MTOM

WITH VICTORIA BIDWELL, PhD, EDD

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

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The Live Food Factor

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

EXPANDED, REVISED & UPDATED

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

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

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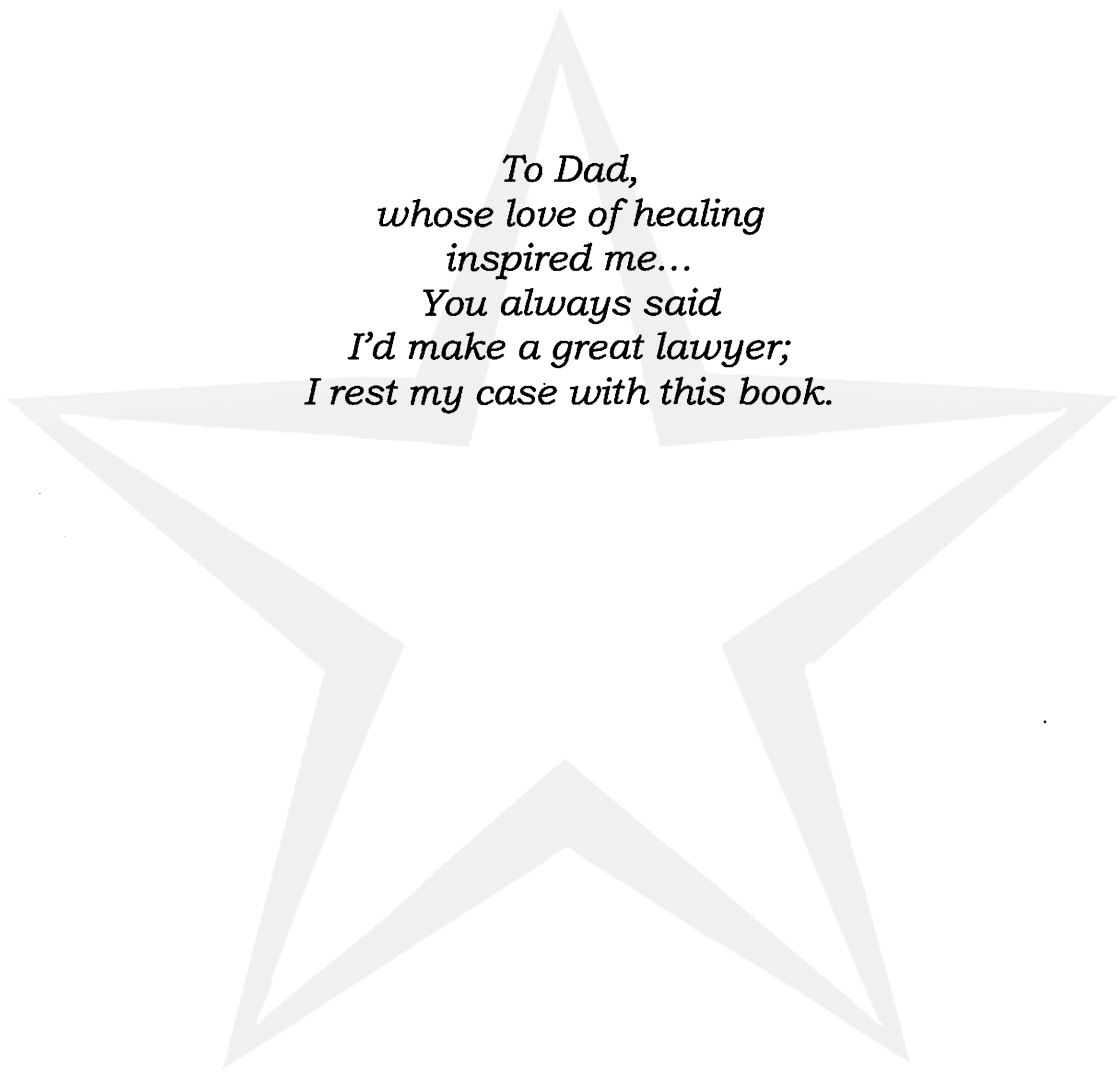
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Nutrition/Diet

Health

Weight Loss

Beauty



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

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Foreword by Dr. Vetrano

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

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

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

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

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

Foreword by Dr. Vivian Virginia Vetranio

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

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

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

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

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

Foreword by Dr. Vivian V. Vetrano

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

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

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

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

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

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

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

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

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

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

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

Foreword by Dr. Vivian V. Vetrano

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

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

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

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

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

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

Foreword by Victoria Boutenko

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

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

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

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

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

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

VICTORIA BOUTENKO

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

Acknowledgments

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

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

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

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

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

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

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

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

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

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

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

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

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

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

A Special Acknowledgment for Our Chief Editor

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

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

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

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

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

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

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

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

Acknowledgments

A Special Acknowledgment for Victoria BidWell, PhD, EdD

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

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

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

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

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

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

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

Acknowledgments

Victoria is a practicing Christian. She lives on a half-acre piece of property in the spectacular Cascade Mountains of Washington State. The HighJoy Homestead, as she has named it, has been donated by Ken and Sandra Chin, a Christian husband and wife team. Victoria also runs a second half-acre setting three miles down the Skagit River, Our Hygiene Homestead in The Woods, a schoolhouse and guesthouse for health seekers.

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

During the 24 months and 2,400 hours that Victoria worked on my book, she spent a huge amount of her nerve energy (see page 544) on our project, putting other projects on hold. She sacrificed summer swims, HighJoy rides and even her cooked food indulgences!

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

Victoria has taken two degrees symbolized by the credential acronyms after her name. The PhD was granted by T. C. Fry in 1986 from his College of Life Science in Austin, Texas. The EdD was granted by Dr. Henry Anderson in 2008 from his City University Los Angeles. But you will never see Doctor or Dr. in front of Victoria's name. She makes this clear statement here as to why:

Although I clearly understand that the etymology of the word *doctor* comes from the Latin verb meaning 'to teach' or 'to learn', I will always correct you if you call me "doctor." For in deference to all the Natural Hygiene doctors who took all those 7 years of sciences or more and who received *real doctor degrees* and did their internships in Natural Hygiene, I am a mere health educator. They are the *real doctors* of our Natural Hygiene movement today.

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

GetWell♥StayWell, America!

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Preface

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

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

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

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

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

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

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

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

Preface

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

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

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

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

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

Note to Reader

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

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

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

If any statement or claim in this book seems to contradict your religious beliefs or any other cherished opinions, I invite you to move beyond that and see

the bigger picture. Take advantage of this great health education opportunity by passing over your disagreements. I urge you to withhold judgment just for the moment and continue reading. It is not our intention to offend anybody.

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

Why does this book have two forewords?

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

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

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

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

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

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

My stance on everything in life is to be eclectic, researching in depth and selecting the best from everything. I don't have a dogmatic bone in my body. Be-

sides, what is right for one person (such as eating raw eggs or a nearly all-fruit diet) may not work for another. We each have to experiment to see what works with our own physiology, according to its unique biochemical individuality, genetic predisposition and present state of health and specific needs.

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

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

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

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

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

Preface by Victoria BidWell, PhD, EdD

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

The food supply in today's supermarkets has never been more contaminated and less nutritious, more addicting and less wholesome, more disease promoting and less user friendly. We must wake up, get informed and take action to insure that healthy foods are our choices and that these healthy foods are always healthfully prepared. *The Live Food Factor* is the single best wake-up book in the mar-

ketplace today. It is deliberately designed to inspire us to insure our physical and mental health and to improve life on the planet.

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

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

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

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

Preface

Some one person was destined to get the raw food word out with all the studies. But who on earth would have bet odds on a new author, working away for five years — while teaching in public school full time four of those years — to be the prime mover to get out the truth and proof on how to get well and stay well with raw foods and healthful habits? Someone hardly even imagining the potentially explosive impact of her message of truth and proof, taken to heart and practiced by health seekers in the billions? Someone simply doing all this work because she just wanted to convince her 83-year-old medical doctor father, her loved ones and her doctors, all of whom, more or less, rejected her enthusiasm of the raw food diet with skeptical variations of one question: “Where’s the documentation?”

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

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

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

Introduction

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

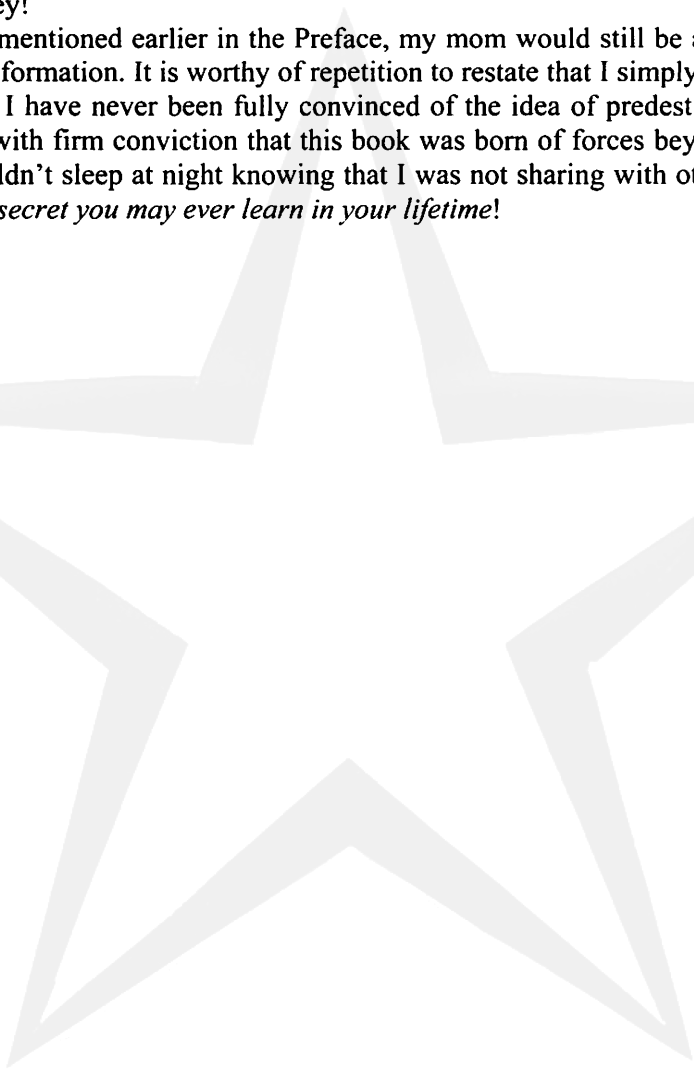
Additional appendices will enlighten you on some of the radical branches of the raw food movement, scientific studies condemning cooked food, behavior modification techniques to break free from the cooked food habit and *strict living*

Introduction

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

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

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

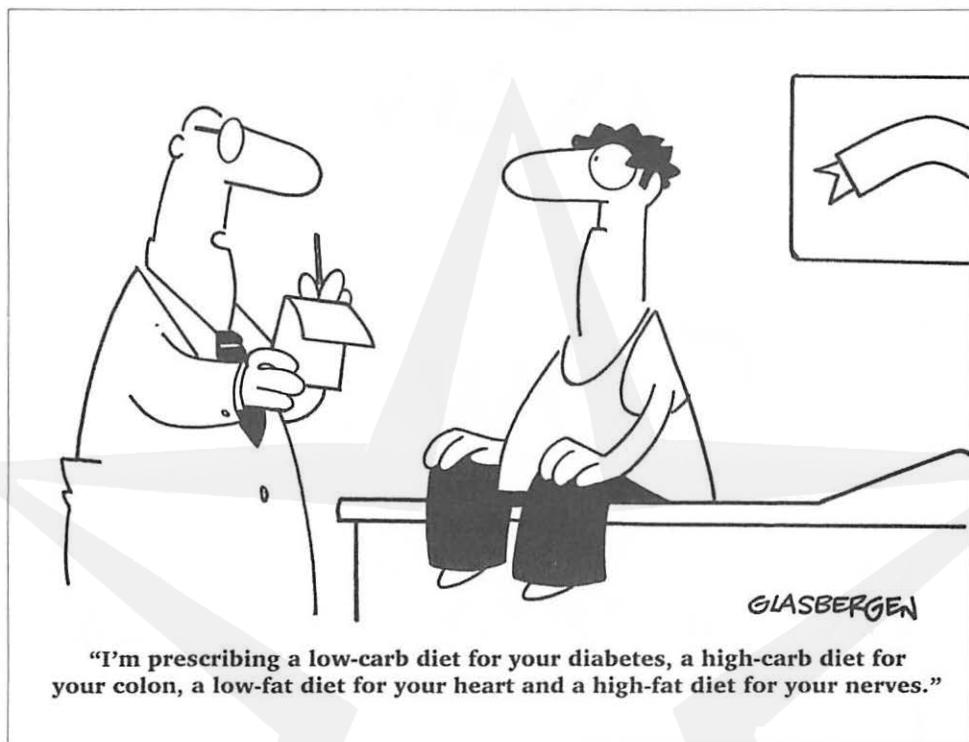


Section One

Raw

Power:

Reasons to Go Raw



1

Ten Reasons to Stop Cooking

If cooking becomes an art form rather than a means of providing a reasonable diet, then something is clearly wrong.

—Tom Jaine, British editor of *The Good Food Guide*

Imagine you have discovered the most exciting secret formula that has completely transformed you. You are now at your ideal weight. Your hair is thick, your skin soft and smooth. You have recovered the vitality and energy levels of your youth, and you don't recall feeling such mental clarity and bliss *since pre-adolescence*. Your body heals itself of all disease, even minor ailments such as athlete's foot, acne, premenstrual syndrome (PMS), constipation and allergies. *You feel alive, in the zone, in the flow*. You have discovered the exhilaration formula, the fountain of youth.

Well, such a formula does exist. Only it is not a pill, potion, drug or lotion. It is simply a return to mankind's original diet: raw, natural, basic food — the lost art of noncooking, just eating food in its natural state.

Many who have tried the raw food diet feel such a mental, physical, emotional and spiritual shift, indeed, such a *radical transformation*, that they find it easy to believe that the “fall from grace” referred to in the mythology of numerous cultures arose from the cooking of food.

There was a time, eons ago, which most ancient storytellers spoke of, when people lived in harmony with nature and in tune with many of our untapped mental abilities, living in peace with all other creatures. Could the end of these times have resulted from the invention of widespread food cooking, thus damaging the fuel we depend on for our optimal health and well-being?

In some traditions, heavenly images include a garden of paradise, abundant with luscious fruit. By contrast, the image of hell is one of fire and brimstone.

Perhaps we don't have to wait until the afterlife to experience these states. Could it be that those archetypes were generated from earthly observations? Eat a diet of fruit and other botanical abundance from the garden, and you'll have “heaven on earth.” Eat foods prepared over fire, and you'll manifest hell on earth!

When God threw Adam and Eve out of the Garden of Eden, he said to Eve, “I will greatly multiply your pain and your conception; in pain you shall bring forth children” (Genesis 3:16).

Interestingly, women on raw food diets do not experience nearly as much pain in childbirth, and often their menstrual bleeding is scanty to nonexistent and painless.

Could it be that Adam's and Eve's legendary fall from the Garden of Eden was not from *eating* the apple, but rather from *cooking* it? Whatever the case, cooking represents a foolish attempt to improve on the perfection of God's (or nature's) creation. It's doomed to failure, as we shall show.

We are told that *Homo erectus*, who may have been the first to tend fires on a regular basis, first appeared on earth about 1,800,000 years ago. For those of you who think we should have adapted to cooked foods by now, author Severen L. Schaeffer presents an excellent analogy:

"If we were to imagine the course of evolution as a road 25 miles long, men would be coming into existence only 70 yards from the end, the discovery of cooking 25 feet from the end and the development of agriculture about five inches before our time. Coca-Cola would appear roughly $\frac{1}{200}$ th of an inch into the past" (*Instinctive Nutrition*, Severen Schaeffer, p. 9).

Truly, the vast majority of our evolution as humans has been spent eating food in its pure, natural, whole state — unheated, unprocessed, unsprayed with chemicals. You still may think, "Well, couldn't we have adapted by now?"

If we have only been cooking for 10,000-20,000 years, it would be impossible to have genetically adapted so quickly to these chemical changes in the food. This will be discussed in more detail in Section Two. Widespread genetic changes of significance need a million or several million years to occur.

Archaeological findings tell us that the use of fire for cooking may have begun roughly 400,000 years ago. Agriculture and cattle ranching, with the consequent consumption of grains and dairy, began only about 10,000-20,000 years ago. The widespread use of cooking began about the same time, but it has only been within the past century that such a large percentage of cooked food has been consumed — for some, 95-100% of the diet.

The belief that early paleolithic man routinely cooked his food is incorrect. Anthropologist Dr. Vaughn Bryant studied the fossilized excrement of early paleolithic people and concluded that they were primarily raw food eaters and, from studying the skeletons, that they were in excellent health. Thus it appears that cooking became customary only after the Stone Ages.

Why did man start to cook? There are many theories. Some anthropologists suggest that as man migrated to colder climates, the only way he could eat the frozen food he found was to thaw it out with fire. Since then cooking has become an art form and is now thought to be a near necessity.

Culinary arts have been a part of virtually every historical culture, dating back thousands of years. Every country's inhabitants have generated recipes that swell their pride, just as they are proud of creativity in the literary or musical arts.

Now I am going to suggest something *very radical*. Maybe cooking is not only unnecessary, but also deadly. Could this be one case in which creativity is not progress and in fact is sending people to premature deaths? You may think, "Well, my grandfather ate cooked food and lived to be 100." What if our natural

Chapter 1: Ten Reasons to Stop Cooking

lifespan is much greater than 100? And what if we have the potential to be very, very healthy even as we get closer to the ends of our lives?

A diet of raw, living food is not just another weight-loss diet. This is about energy transferred from the sun to the food to your body. This is about the life force and the enzymes in the food nourishing your body — hence the terms “living food” and “live food,” often used to describe uncooked food in its pure, original state. If merely giving up the heating of food could transform your health and well-being, extend your life and youth, and raise you to a level of health you never even envisioned, wouldn’t you gladly throw out the pots and pans?

Let us now take a closer look at some of the main benefits that a live food diet can bring you. In fact let’s look at *ten reasons to stop cooking*.

1. Super Health

The Greek doctor Hippocrates, considered to be the founder of modern medicine, uttered the famous words, “Let food be thy medicine.”

How far we have fallen from his wisdom! First, let it be made clear that nothing, no outside object, “cures” or “heals” the body. *The body always heals itself*, and it alone has the wisdom and capability to do so. As French philosopher François Voltaire (1694–1778) once observed, “The art of medicine consists in amusing the patient while nature cures the disease.”

But in order for nature to do the healing, it must be aided by the right nutrients, or building blocks. Thousands of modern-day people have enabled their bodies to heal themselves from all kinds of degenerative diseases using raw food diets in combination with other healthful living practices.

As we shall see in Chapter 12, many have written books (or have been written about) describing their journeys to health and full recovery from cancer, diabetes, heart disease and many other ailments.

A number of doctors have recognized the therapeutic value of raw diets in treating a host of conditions, including the following: diabetes, ulcer, cancer, jaundice, Grave’s disease, arthritis, fibromyalgia, asthma, ulcerative colitis, menstrual difficulties (including PMS), hormone disturbances, diverticulosis, anemia, circulatory diseases, weak defense mechanisms against infection, hypertension, neuralgic conditions, gastrointestinal disorders, renal diseases, gout, obesity, myasthenia gravis and various skin diseases. Many of these ailments are not normally associated with nutrition. Section Two will present the science behind these seemingly outrageous claims.

It is very common to heal from supposedly “incurable” ailments and no longer need medications on a 90-100% raw diet, especially when the diet is adopted as part of a total healthful living package.

I personally have met several people who had to take the drug Valtrex every day for many years for herpes. After going raw, they threw the drugs out and never had a breakout again. I have met people who no longer need medications for diabetes. I have also read of, and heard reports of, people with full-blown AIDS who became disease free, sometimes the virus even disappearing from

Section One — Raw Power: Reasons to Go Raw

their blood and not showing up on blood tests. A number of the authors of raw food books cited in this book were healed of cancer or other serious diseases using raw diet alone.

Bodily defense mechanisms are vastly enhanced on a living food diet. A clinic in Germany (*Klinik in der Stanggass*, Berchtesgaden) documented the influence of a raw diet on the body's defenses against infection. Their researchers found raw diet effects that yielded antibiotic, antiallergenic, tumor-inhibiting, immunomodulatory and anti-inflammatory results. These scientists recommend uncooked food as an adjunct to drugs in the treatment of allergic, rheumatic and infectious diseases.

Eskimos traditionally ate nothing cooked until very recent times. They are the only Native American culture that has no history of belief in a "medicine man" because they were extremely healthy until introduced to cooking.

Most people think of health as the absence of observable pathology or dysfunction. Dr. Herbert M. Shelton was a renowned leader of the Natural Hygiene movement, a health reform movement that became prominent in the 1800s. He was quick to query, "Why must we accept as 'normal' what we find in a race of sick and weakened beings?"

At his death, Shelton was writing a book to be called *Normal Man*, his vision of what *true* normal really is for our species. Perhaps we have yet to realize the full scope of our health potential.

Some people are motivated to get on the raw food bandwagon even though they were relatively healthy already. Some do it to prevent degenerative diseases. Much to their surprise, they soon encounter what can only be termed "ultra health" or "super health."

Gone is the need to sleep eight hours a day. Some even jump out of bed fully awake after three to six hours of sleep, with no desire for coffee or other stimulants. Excess fat melts off without any feeling of deprivation. The desire to overeat is diminished, as natural appetite control reestablishes itself.

Women find complete freedom from PMS. For most, even their periods, which are simply a form of detoxification, dwindle down to one day. Birthing labor is sometimes painless and very brief. Women who have been eating raw diets for several years prior to the onset of menopause report having neither signs nor symptoms that indicate they are passing through menopause. The only way they discover that they have gone through the passage is via blood tests for hormone levels.

Temperature extremes are suddenly tolerated more easily. Body odors vanish or greatly diminish after a year or two of eating mostly or 100% raw. Skin becomes soft and smooth. Hair grows thick and wild. Bad breath becomes a thing of the past. Air travel does not entail jet lag.

Various other complaints, like athlete's foot, acne, allergies, colds, flus, dandruff, herpes or cold sores simply vanish.

The physical senses sharpen. The person's psychic ability and feeling of being "in sync," or "in the flow of synchronicity," flourish. The person finds himself or herself more dynamic, radiant, charismatic and confident.

Chapter 1: Ten Reasons to Stop Cooking

There is a feeling of lightness that everyone new to the raw diet comments on because far less energy is required for digestion. Digestive time is also reduced: while 48-100 hours are needed for cooked food, only 18-36 may be needed for raw food. This is a huge energy savings!

Athletes eating raw food diets have found their athletic performance enhanced. Dr. Elmer in Germany and Dr. Douglas Graham in the USA both experimented with athletes they train by having them go on purely raw food diets. The athletes improved remarkably in strength, energy and stamina.

Victoria Boutenko, raw food teacher and author, tells how her husband was able to do 1,000 pushups after going raw. She feels certain that once Olympic athletes discover the raw diet, many world records might be impressively broken.

Jan Dries tells of a cancer patient on his raw diet regimen who was actually skiing better than before she fell ill (*The Dries Cancer Diet*, p. 67). Comedian Dick Gregory became a remarkable athlete on a diet of raw foods and juices with occasional fasting. He ran 900 miles on fruit juice alone in 1974.

Since the vast majority of your body's cells die and get replaced within days to many months, a whole new "you" will exist after one to two years of a raw food diet. Only this will be the first time your body will be composed primarily of the best possible construction materials: nutrient-rich, living food.

A common thing people say when confronting dietary reform is, "Well, I have to die of something!" This feeling of resignation relieves them of all responsibility to watch their diets. Dr. Robert Young, a nationally known microbiologist and nutritionist, responded to this "common cultural myth. . . . I disagree with this because I feel that it's NATURAL TO DIE HEALTHY!" (*Sick and Tired? Reclaim Your Inner Terrain*, p. 83).

If you have no interest in achieving abundant health, consider that some illnesses show virtually no symptoms until the eleventh hour. For example, most people don't know they have cancer until it is in very advanced stages, and the doctor gives them about a year and a half to live, despite the tumor's having been there for up to a decade or so already. For about 40% of the people who have heart disease, the first symptom they experience is death by heart attack! (Sorry, the living food diet cannot bring you back from the grave.)

Although living foods can help your body heal itself even in advanced stages of disease, it is not wise to wait until you are ill. In the Chinese medical classic, the *Nei Jing*, it is said, "To administer medicine after an illness begins is . . . like digging a well after becoming thirsty or casting weapons after a battle has been engaged." Therefore, even if you are currently content with your state of health, consider this diet as a powerful way to help *prevent future disease*.

2. Mental Ability and Mental Health

The concept "you are what you eat" applies not only to physical health, but also to mental health. Diet affects ideas, perceptions and even dreams.

Eating a raw food diet definitely provides the nutrients the brain needs to get rid of brain fog, make the mind sharper and give one a "competitive edge" at

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work. One's short-term memory sharpens. Concentration and mental stamina improve. A raw fooder is also more alert, as excessive energy expenditure needed for digestion of cooked food is spared. The raw fooder doesn't fall asleep after eating dinner.

Raw food activist Viktoras Kulvinskas warns us, "When one eats a heavy meal, his energy goes from his head to his stomach." Digestion of cooked foods or unnatural foods consumes a great deal of energy. The clean body of a raw fooder thus contributes to a pure mind.

Dr. Edward Howell, who studied the role played by food enzymes for over 50 years, found a connection between enzyme deficiency, typical of cooked food diets, and a decrease in brain size and weight. He also found that the brain becomes smaller under the influence of obesity. Obesity generally vanishes with a raw food diet.

As you increase the fresh, raw food in your diet, you will notice an increase in positive thinking. This is partly because your body is being nourished properly, and the energy previously expended in digesting cooked food is now being used to cleanse your body of toxins. Especially if you do not overdo the phosphorus-rich acidic foods (meat, nuts, seeds, grains, beans) and eat plenty of fresh green leafy vegetables, your body will alkalinize, automatically creating the conditions for more powerful, positive thinking.

Visualization exercises, imagination and meditation will all happen much more easily. In time, your inherent psychic abilities may even blossom. Your natural intuition and instincts will sharpen. Decisions can be made with more clarity. Synchronicity will bring things into your life with ease and flow.

In his classic book *Mucusless Diet Healing System*, Professor Arnold Ehret wrote, "If your blood stock is formed from eating the foods I teach, your brain will function in a manner that will surprise you. Your former life will take on the appearance of a dream, and for the first time in your existence, your consciousness awakens to a real self-consciousness. . . . Your mind, your thinking, your ideals, your aspirations and your philosophy change fundamentally."

Prominent raw food author and publicist David Wolfe says, "Raw food nutrition returns to you lost powers and abilities. I like to say that it bestows superhuman abilities — especially in physical endurance, clarity of thought and sixth sense perception." He sometimes works with corporate leaders to teach employees about this. He knew a man who was a raw food enthusiast for 37 years and became the number one insurance salesman for his company out of a field of 13,000 people. Nobody could compete with him.

Creativity may also increase. Raw food teacher Joe Alexander paints this intriguing, poetic picture of life on raw foods, "As an artist, when I ate cooked foods, I painted bleak, grotesque surrealist-type pictures with drab and dull, muddy colors . . . but when I became a raw food eater, all of a sudden I began to paint instead vibrantly alive pictures with lush abundance of healthy shapes and brilliantly beautiful colors" (*Blatant Raw Foodist Propaganda!* p. 75).

Valya Boutenko was in third grade and unable to concentrate on reading for longer than fifteen minutes at a time when her parents made her switch to a raw

diet. Once her body became fully nourished with live food, she could read five hours at a time. “The biggest change I noticed from going on raw food is that I gained much mental clarity. I was amazed to discover that I can understand every subject. I’m sixteen and in college now. It’s easy for me to write essays now for my writing class” (*Eating without Heating*, Sergei and Valya Boutenko, p. 13).

Leslie Kenton, health and beauty editor of the British periodical *Harpers & Queen*, and her daughter Susannah found that on a high-raw diet, they could write and research efficiently for seven or eight hours rather than just three or four as before (*Raw Energy*, p. 81).

Being a raw fooder somehow also makes people more open-minded. This is undoubtedly because the brain is clearer. However, I think it is also because taking such a radical leap makes a person begin to wonder if there are not other mental leaps to be taken and adventures to experience.

Joe Alexander declares that raw food eaters live in a more real world. “Their attitudes and opinions become transformed, energized by the reality of the Life-Force, whereas in most cooked food eaters, their attitudes and desires and opinions are programmed into their minds by parents, school, friends, clubs, organizations et al. and thus come from a very limited and superficial reality indeed, not from the deeper wisdom and reality of Nature at all” (*Blatant Raw Foodist Propaganda!* p. 59).

Mental health is tremendously enhanced. Many raw fooders find that they become freed from former addictions. For many, the desire to smoke cigarettes, drink alcohol or do drugs (prescription as well as recreational) falls away as the body becomes healthier: one experiences a natural high. Furthermore, those who work with juvenile delinquents and former prisoners have found that abnormal nutrition alone can contribute tremendously to the creation of a criminal mind. Children behave much better in school when on raw diets. Hyperactivity ceases, and brains fed with raw foods rich in omega-3 fatty acids (such as present in flaxseed) are able to focus better.

Part of the reason a raw food diet helps a person so much mentally is not only because live foods feed the brain, but also because unnatural foods are *eliminated* from the diet. (See Appendix A.) Working for several decades at the Hippocrates Health Institute, Brian Clement has seen mental problems like paranoia, depression, manic depression and schizophrenia disappear on raw foods combined with psychological therapy. Over the years, he found out that mental illness is exacerbated by hormonal imbalances from eating meat pumped with hormones, pesticide poisoning from commercial produce and a high level of body acidity from eating animal and processed foods. Eating a raw, organic diet is directly linked to the amelioration or elimination of these problems.

3. Optimal Weight and Beauty

The raw diet promotes beauty. To begin with, one reaches his or her ideal weight more readily and maintains it with much less effort than on a cooked diet. Many people lose 15 pounds in a month or two with no feeling of deprivation

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whatsoever. Obese people lose much more than that while eating raw fats, including raw “ice cream,” avocados, nuts and olives. Raw fats (from avocados, olives, nuts, seeds, coconut butter et al.) are actually needed by the body to maintain youthful skin, hair and glands. They are rich in the essential fatty acids linolenic acid and linoleic acid, both of which are denatured by heat.

Raw food pioneer Dr. Ann Wigmore pointed out, “The effectiveness of live foods and fresh juices, especially wheatgrass juice, has bankrupted many complex theories about why we become fat and how to reduce quickly. . . . Among our guests at the [Hippocrates Health] Institute, the average weight loss per week is between four and fifteen pounds” (*The Wheatgrass Book*, p. 59).

Studies have shown that raw food is less fattening than the same food cooked. According to Dr. Edward Howell, raw fats are not fattening and seem to belong in “a special pigeonhole in nutritional speculations” (*Enzyme Nutrition*, p.109). While cooked fats accumulate in the body and become very detrimental to our health, raw fats contain lipase (deficient in many obese people), the enzyme involved in metabolizing fat properly.

The word *Eskimo* means ‘raw eater’, as the Eskimos traditionally ate nothing cooked, subsisting chiefly on raw meat and blubber. Dr. V. E. Levine examined 3,000 primitive Eskimos during three trips to the Arctic and found only one person who was overweight.

Cooked starches are also very fattening. Farmers have even learned that it is necessary to feed their animals cooked food to fatten them up for maximal profit. Hogs do not get fat on raw potatoes, but cooked potatoes make them gain weight.

In addition to reaching your body’s ideal weight, many other beauty factors blossom on a raw diet. Cellulite, which is thought to result from eating heated fats, gradually disappears with the consumption of freshly squeezed grapefruit juice and raw fruits and vegetables. On a raw diet, improved elimination of cellular waste and increased lymphatic drainage help remove cellulite.

As your body’s old cells are replaced with new, healthier cells through superior nutrition that only a raw diet provides, your hair may grow in thicker and at times wilder. It may even regain color after having been gray, as did Ann Wigmore’s. Your skin may become as soft and smooth as it was in your youth. Your nails become strong, clear and shiny. Facial lines may fade or disappear. The face’s pasty, white complexion becomes ruddy, or rosy. People may remark on how much younger you look. Your eyes will sparkle. You will smile more because you feel so good.

The Hippocrates Health Institute, one of the places where people have gone to learn about the raw food diet, was once described by *Cosmopolitan* magazine as the “well-kept secret” of beauty and rejuvenation of various famous Hollywood movie stars and celebrities. Now the news media are letting the secret out.

When Demi Moore appeared in a bikini in the Charlie’s Angels movie *Full Throttle* and looked every bit as great as the women younger than her, the word went out that the secret was her raw food diet. Other celebrities who have caught the wave include Alicia Silverstone and Woody Harrelson.

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Model Carol Alt shares in her book *Eating in the Raw* that the raw diet helps her stay beautiful, slim and young looking. She attributes her current youthfulness and stamina to having eaten primarily raw food for eight years. She explains that in her thirties she had to starve herself and exercise a lot to stay trim. As a raw fooder, she is able to eat anything she wants as long as it's raw. She now maintains her weight effortlessly, without ever feeling excess hunger. In addition, she claims she has better abdominal definition without exercising than she did as a cooked fooder who exercised regularly. She also has fewer wrinkles.

Health and beauty are intertwined. Dr. Herbert Shelton wrote, "The woman who maintains her health and youthfulness will retain her attractiveness. If she permits her health to slip away from her, if she values indulgences and frivolities more than she does health and impairs her health in the pursuit of false pleasure, she will lose her BEAUTY, and no art of the cosmetician and dressmaker will be able to preserve it for her."

Researcher Arnold De Vries wrote, "In the final analysis, we must regard beauty, health and youth as intimately related. To the extent that you preserve one in your physical being, you also preserve the others. The uncooked fruit and vegetable diet, pure water, sleep and rest, sunshine, strong relationships, exercise, fresh air, fasting if necessary and abstinence from drugs, vaccines, serums and other toxins are the prime requirements in your attempt to preserve your youth, health and beauty as long as you can" (*The Fountain of Youth*).

The face becomes more beautiful with a raw diet. "Skin loses its slackness and puffiness and clings to the bones better," write Susannah and Leslie Kenton (*Raw Energy*, p. 90). "The true shape of the face emerges where once it was obscured by excess water retention and poor circulation. Lines become softer. Eyes take on the clarity and brightness one usually associates with children or with super-fit athletes."

Nutritionist Natalia Rose, author of *The Raw Food Detox Diet*, profoundly praises the raw food diet as being the key to permanent weight loss. It's a lifestyle in which a woman can even attain her perfect shape without formal exercise or counting calories or grams of fat or carbohydrates and regardless of having had several children. The skin tone improves as cells become healthier and tighter. One dares to go out without make-up.

Tonya Zavasta describes her lifelong obsession with attaining beauty, which she finally discovered in her 40s through a 100% raw food diet. In her book *Your Right to Be Beautiful*, she explains how each of us can fulfill our full beauty potential, which is robbed by the energy drain placed upon the body by toxic waste accumulations from eating cooked foods, dairy, wheat, salt and drugs. "Beauty lies latent under cushions of retained fluids, deposits of fat and sick tissues. Your beauty is buried alive" (p. 134).

She goes on to explain that on a diet of uncooked foods, "The landscape of the body will change. Fat that has accumulated in pockets under the eyes and at the jaw will melt away. The lumpy potato look of one's face will give way to sleek and smooth contours. The surface of the skin will become soft and smooth

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but still firm and supple. Visible pores will diminish. A sallow skin with a yellow pallor will turn into a porcelain-like complexion” (p. 137).

Tonya further describes the radiance and glow produced internally when there is “an abundance of clear, pink, almost transparent cells that light up the face,” which is produced by superior blood circulation. Even the most beautiful supermodel would be enhanced by a raw food diet. She notes that the modern-day version of beauty is more in harmony with health than perhaps ever before. “The quest for beauty, instead of a narcissistic preoccupation, becomes a noble pursuit.”

Tonya came across many women who would not eat a raw diet for their health, preferring just to take medications. However, they would go raw for beauty, as there is no pill for it. In her book *Beautiful on Raw*, ten women contributed their own experiences of how raw diets added to their beauty.

Various observations were that hair grew out with color instead of gray, sometimes with natural waves or curls. Fingernails grew strong, long and shapely. Cellulite vanished effortlessly. Puffiness in the body and face disappeared, and the skin cleared up. These women often get complimented on the “glow” of their faces. They feel confident without make-up. Their inner beauty and confidence also radiate. They look younger than ever and have no fear whatsoever of getting old. One of the women is 64 and still gets checked out by “the young whippersnappers” when she is at the gym!

Interestingly, many of these women, before eating raw, had never been called “beautiful” by anyone, even when they were much younger. One of the women wrote about suddenly becoming aware of the benefits of being attractive, benefits which one who had always been beautiful would take for granted. People were nicer to her, cops didn’t give her tickets, and salespeople waited on her first.

The authors of *Raw Food/Real World* explain, “People who eat only raw, plant-based foods have an unmistakable shine, like a pregnant woman in her second trimester or someone newly in love. They have a radiant, positive energy.”

In his book *Raw Spirit*, Matthew Monarch relates that after he went raw, a woman passing him on the street offered him a modeling job! He writes, “Your appearance takes on a divine essence while on a Raw Diet. Your facial features become more defined; your skin glows, and your spiritual energy vibrates at an almost tangible rate. You become gorgeous” (p. 17).

4. Emotional Balance and Happiness

The word *war* spelled backwards is *raw*. On a raw diet, one loses the impulse to be at war with the world, feeling peace inside and out. The burden of digesting “dead” food, as well as all of the modern-day chemicals in food, can create mild to extreme stress on the brain as well as on the body. Dead, denatured food, with all of its toxins, pollutes the consciousness.

With the emotional balance that results from a natural diet of uncooked food, the frequency and intensity of mood swings dampen. Mind chatter calms

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down. You now have the capacity to deal with stress, frustration and emotional pain like never before. You will feel less overwhelmed, as well as more grounded and capable. You no longer need antidepressant or anti-anxiety medications.

Emotionally, the raw food diet helps put you at your peak. Your mind stops racing. You become more optimistic, even blissful, euphoric. You find joy where there used to be drudgery. You are at peace.

The Kentons explain how the raw diet affected their emotions (*Raw Energy*, pp. 119–121). “Instead of getting caught up in the emotional hassles when differences arise with other people, we can stand back and see what is happening. We no longer identify so much with what we think — we feel less threatened by someone who doesn’t agree.” They go on to say that life on the high-raw diet is “not the endless seesaw of minor ups and downs we once thought it.”

They wonder, as I often have, if many of the negative feelings we get are not so much psychological in origin as physiological, “a sign that body chemistry is out of balance and toxins are building up.” They read that Dr. Max Bircher-Benner discovered raw foods could not only help his patients recover from illness, but also help them fulfill their potentials in every area of their lives.

Nutritionist Natalia Rose explains that eating raw — and therefore cleansing, since your body has more energy for detoxification — makes you more emotionally centered, with a clearer mentality. She has observed in her clients that internal cleansing gives them the desire to clear and cleanse their living spaces and also create clear, honest communication with others. A sense of confidence develops, as well as respect for others.

She relates that her clients start to experience a “state of inner ecstasy” when they eat according to raw food energy principles. They experience “unprecedented rushes of energy and bliss” (*Raw Food Life Force Energy*, p. 2). “When your cells oscillate true vitality, you’ll feel like the wealthiest person alive!” (ibid., p. 35). She claims that even when inactive she feels more euphoric, light and energized than she used to after an intense workout.

5. Spiritual Growth

People with low physical vitality have little energy available for spiritual focus. Therefore, a high-energy diet, i.e., an uncooked diet, can naturally enhance one’s ability to commune with God, pray, meditate and perform whatever other spiritual practices one might do on one’s path.

Entire books have been written about the spiritual benefits of a raw food diet. These include *Man’s Higher Consciousness* by Hilton Hotema, *Why Christians Get Sick* by Baptist minister George Malkmus and *Raw Gorilla: The Principles of Regenerative Raw Diet Applied in True Spiritual Practice* by Da Free John.

Dr. Gabriel Cousens, MD, has written two books on the spiritual power of a raw diet: *Spiritual Nutrition and the Rainbow Diet* and another one published years later, *Spiritual Nutrition: Six Foundations for Spiritual Life and the Awakening of Kundalini*.

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Victoria Boutenko, a famous raw food teacher, has also written a yet-to-be-published book about the spiritual power of raw food. In a lecture entitled “The Spiritual Power of Raw Foods,” Victoria explained that when we rely on indulgences, we burn ourselves out. As we eat more raw foods, we rely less and less on these indulgences because we become happier without artificial stimulation.

When we rely on stimulation and momentary pleasure, we drain our vitality. It physically exhausts our hormones and neurotransmitters. Stephen Cherniske explains it like this: “Have you ever felt a ‘letdown’ after an exciting event — even something really good? The intense stimulation subsides and is then replaced by a creeping sense of depression or languor. This happens because your dopamine receptors, the brain cells associated with excitement, have all been fired. What follows is a metabolic rebound that you must experience until your stores of dopamine are replenished” (*Caffeine Blues*, p. 111).

Perhaps, as Victoria pointed out, that is why rich people who have funds for all kinds of gambling and other recreational highs do not derive lasting happiness from those events. With living food, we actually learn to find happiness from within.

The spiritual power of raw food is a concept that is even central to one religion. The Essenes are a religious group, dating back to the Hebrews, who are raw fooders and believe Jesus was an Essene and therefore a raw fooder.

Yogis of the Hindu tradition from India found that they could meditate better by eating only raw food. When less energy is needed for digestion, energy flows up to the body’s higher chakras (energy centers) and enables one to experience higher states of consciousness. There is an ensuing “spiritual high” that makes one feel closer to the “Source,” whatever version of that one may believe in.

Renowned spiritual teacher Da Free John claims, “Anyone who engages the raw diet properly will more and more naturally discover this sattvic disposition” (*Raw Gorilla*, p. 17). A sattvic disposition is one that is spiritual and peaceful.

The Mormons were probably the first group in the USA to discover the spiritual power of the raw food diet. Joseph Smith and his core group ate a primarily live food diet after discovering that it enhanced their spiritual sensitivity.

Victoria BidWell points out, “Biblical scripture teaches this same principle of spiritual growth as being a product of internal bodily purity and increased energy enhanced by a raw food diet. In the book of Genesis, God created the Edenic foods before creating Adam and Eve. Jesus’ teachings instructed men and women to take care of their holy temples (bodies) and avoid defiling (poisoning) them in thought or action.”

Gabriel Cousens was looking for a diet to enable him to meditate better and to enhance his communion with the Divine when he found the raw food diet. He wrote *Spiritual Nutrition and the Rainbow Diet*, in which he outlines an ideal type of raw food diet to promote spiritual growth. According to him, “Enzymes represent special high-energy vortex focal points for bringing Subtle Organizing Energy Fields into the physical plane for all general functions” (p. 101).

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Cousens has claimed that in his experience working with thousands of people turning toward live foods, the vast majority responded by becoming more open and moving toward a more spiritual life, whatever their particular religious tradition. Raw food, he says, opens one up to a lot of prana, the vital force that makes you feel high naturally.

“The light is switched on with raw food. You start seeing the Divine in everything,” he stated at a lecture. He claims that a live food diet turns us into superconductors of both electrical energy and cosmic energy, enhancing our sensitivity to the Divine (*Spiritual Nutrition*, p. 305).

Christians have also discovered the power of a living foods diet in a big way. Reverend George Malkmus freed himself of cancer using a 100% raw diet. He later got his Baptist congregation onto a vegetarian, primarily raw diet, citing — as do other raw diet Christian teachers — Genesis 1:29 as biblical proof that this is the divine plan for our optimal health and spiritual well-being: “Behold, I have given you every herb yielding seed which is upon the face of all the earth, and every tree which bears fruit yielding seed; to you it shall be for food.”

In his book *God’s Way to Ultimate Health*, Malkmus quotes Tom Suiter, a Baptist pastor, “If we practice the laws of health, then we shall start a revolution in this nation that could shake us to our spiritual foundations.”

Joe Alexander, author of *Blatant Raw Foodist Propaganda!* boldly makes this comparison, “The raw fooder would enjoy a higher standard of living in a little hut than a junk food eater could in a palace. And raw foodism aids greatly in developing the spiritual maturity necessary for truly worthwhile achievements in life.”

I once heard raw food activist David Wolfe say that he grew up as an atheist but that after being on raw food for some time, he *just knew* there was a spiritual realm! He experienced synchronicity and laughter for no reason. He has written in his book *The Sunfood Diet Success System* that the body decalcifies the pineal gland on a raw food diet. The pineal gland is thought to be the source of the “third eye,” or psychic center of the body. Indeed, children who are raised on a 100% raw food diet have been known to be more psychic, as are animals in the wild.

Wolfe has also made the comment, “The Bible says the body is the temple of the soul. Unfortunately, I used to treat mine like an amusement park.” Many of us could say the same.

Raw food has also been called “sunfood” because it contains sun energy, which is absorbed into our cells. It can be thought of as “densified sunlight.” Light and its absence dramatically affect our consciousness.

Dr. Rudolf Steiner, PhD, founder of the Waldorf schools and anthroposophical medicine, taught that outer light released into our bodies stimulates the release of inner light within us. The more light we absorb and assimilate, the more conscious we become. He felt that plant nutrition connects us to unrevealed cosmic forces, enabling us to go beyond the limitations of the mundane personality.

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Many people report feeling an energy current flowing through their bodies after having eaten raw for some time. Professor Ehret wrote about this, “Your soul will shout for joy and triumph over all misery of life, leaving it all behind you. For the first time you will feel a vibration of vitality through your body (like a slight electric current) that shakes you delightfully” (*Rational Fasting*, p. 89).

Matthew Monarch was catapulted into spirituality by the raw food diet. He describes what happened after six months of being 100% raw and doing a seven-day deep tissue cleanse: “Since then, I’ve had an orgasmic-like vibration in the center of my forehead. When it first happened, I felt like a wild tiger in the high mountains looking over a cliff into the distance; I felt clear, awake, alive” (*Raw Spirit*, p. 52). His research indicated that the pineal gland had awakened, and the vibration has only gotten stronger over the years.

Comedian-turned-raw-fooder Dick Gregory reported in *Dick Gregory’s Natural Diet for Folks Who Eat*, “As my body was cleansed of years of accumulated impurities, my mind and spiritual awareness were lifted to a new level. I felt closer to Mother Nature and all her children. I felt more in tune with the universal order of existence.” He also described, as a result of the cleansing his body went through, losing the “six basic fears”: poverty, death, sickness, aging, being criticized and losing love.

Victoria Boutenko points out that Dr. Edward Howell’s enzyme research indicates that a person typically has only 30% of his limited enzyme-generating capacity left by age 40. (See Section Two for more information on enzymes.) She says that while we can still walk, talk and think at this point, we have only 30% of our enzyme potential left. These enzymes have to give about 75% of their catalytic capacity to detoxify the body. “We become less sensitive to other people and to ourselves. We may survive physically but not spiritually” (*12 Steps to Raw Foods*, p. 5).

Raw activist Tonya Zavasta declares that her body is no longer an obstacle to meditation, prayer and self-realization. She proclaims that using her method of eating raw and only eating within an eight-hour period, which she calls “quantum” eating, “you will find enlightenment without even searching for it.” She adds, “Instead of *having* a body, you will experience *being* in the body. . . . You will feel weightless, you love the now so much. There is no place you would rather be but in your body. . . . This creates a euphoric feeling, the ecstasy of enjoying the now” (*Quantum Eating*, p. 283).

Many spiritual leaders teach that mankind is on the brink of a major shift in consciousness. Those who radically change the way they eat, switching to 100% raw food diets, may experience such a shift. If enough people discover the best kept secret of the raw food diet, revolutionary changes in mass consciousness and the patterns of human thought habits would take place spontaneously. The hundredth monkey theory postulates that if just one in a hundred makes such a powerfully positive shift in consciousness, the other 99 will follow.

6. Economy

On a raw food diet, you will save money on food. You will save by eliminating processed foods. By the time you buy a processed food, it has gone through numerous steps and been passed through many hands between the farmer and you. Cost is added at every step. You will save on eating in restaurants unless you are fortunate enough to have several raw food restaurants where you live. You will save on junk food by eating simple fruit for snacks instead. You will also spend less on your grocery bill after eating raw for a year or so because, after your body rebuilds with raw materials, you will need less food. Consider that you will receive at least three times the nutrients from a raw fruit or vegetable than from a cooked one. In addition, you will save money on food immediately if you cut out meat.

Moreover, if you have been on a raw diet for a few years and have completely detoxified, you will no longer need to spend money on many personal-care products, such as perfume, mouthwash and deodorant. You will use less soap and laundry detergent because, since you will have far less toxic sweat, your clothes stay fresh longer.

Money spent on energy will also be saved. Since you may tolerate heat better, you might use the air conditioner less. You might even take up biking or walking to a lot of places you would have previously driven, thus saving on gasoline. You will save on the electric or gas bill because you will not use a stove or oven. Nonsmokers get a fire insurance discount. Since another major source of house fires is stove or oven use, raw fooders should also get a noncooking discount!

You will save money on health care, doctors' bills and nutritional supplements. You may even decide, like some people have, to save money by eliminating or scaling down health insurance. You will feel in nearly total control of your health, no longer afraid of being a helpless victim of disease. And even if you come down with an acute illness, your natural defenses will be strong enough to shake it off with a bit of fasting, followed by a tightening up of healthful living practices. After thoroughly educating yourself and becoming your own doctor, under no circumstances would you submit to toxic drug treatment, so why have costly health insurance? You might wish to purchase catastrophic insurance only, which is considerably cheaper and could be used in case of accidents.

Joe Alexander claims you will also save money on recreational drugs because the 100% raw food diet offers a better high than LSD, cocaine, speed and marijuana.

Sarma Malngailis (*Raw Food/Real World*) confirms, "Eating only raw plant foods . . . can give you so much energy; it's like a natural version of Ecstasy, and you never crash."

In addition, many raw fooders lose interest in mass entertainment and take up new, less expensive activities, such as organic gardening, hiking and camping. They also spend less on cars, being content with simpler, older models.

7. Pleasure

It may be hard to imagine now, but after you have been eating raw for several months, food will begin to taste much better. You will derive more and more pleasure from the simplest foods, eaten in their whole, natural states. On occasion, eating will approach ecstasy.

Cooked food loses so much of its taste that it has to be heavily spiced up with unhealthful additives such as monosodium glutamate (MSG) — a poisonous taste enhancer hidden in almost all canned and processed foods, disguised with many different misleading names. (See Appendix A.) In addition, cooked food is often “enhanced” with deadly table salt, as well as dressings and condiments. Once these are detoxified from your body, you will no longer crave them. Your tastebuds will open up to the ecstasy of whole, raw, natural foods.

When it comes to the sheer pleasure of eating raw food, perhaps no one puts it better than Juliano, the raw food chef genius, owner of a raw food restaurant in Los Angeles and author of *Raw: The Uncook Book*: “Why raw? Not because it guarantees me optimal health like the other 80 million species who eat only raw. Not because it’s the last word in nutrition. Not for saving time or money. Not for the endless energy it provides me. Not because it helps the planet because, instead of discarding packaging that creates trash, I discard seeds that give life. No, not any of these reasons. So, why raw? Taste and pleasure and only taste and pleasure.”

In an interview with *Newsweek* (April 12, 2005), outspoken raw fooder David Wolfe was quoted as calling his eating plan “‘sensual nutrition’ rather than restrictive. ‘There’s such an erotic and beauty side to these foods,’ he says. ‘They’re alive, and the colors are bright and vibrant.’ ”

Natalia Rose explains that she actually eats more calories on a 95% raw diet than when she weighed 30 pounds more because what she eats exits the body quickly and is not stored as waste or fat (*The Raw Food Detox Diet*, p. 88).

Pleasure from eating on a raw diet increases, but the addictive aspect is gone. While one experiences more eating pleasure, it is balanced; there is less attachment to it than with cooked food.

Sexual pleasure seems to work in the same fashion: while it may also become much more intense on a raw food diet, it is paradoxically less addictive and more balanced. The addiction, or strong compulsion, will diminish, but the enjoyment will be much greater because one is in far superior physical shape.

8. Ecology

On a raw food diet, there is vastly less trash produced. There is a minimal amount of packaging to throw away. In fact some raw fooders who grow their own food and compost their vegetative waste into their gardens find that they have stopped producing trash altogether!

Furthermore, much forestation has been depleted in order to produce wood for cooking in areas where people are too poor to own a stove. For those who

cannot afford wood to cook with, cattle dung is often used. I remember traveling in India and having to breathe in the polluted air as people burned water buffalo dung in order to cook.

When on a raw diet, you also don't destroy any of the nutrients, so you don't need as much food. People who have been on a 100% raw food diet for years need to eat even less food than the "newly raw," as veterans absorb so much more of the nutrients since digestion has become much more efficient.

Eating raw food saves the earth. The conventional diet based on grains demands the plowing up of soil every year, which causes erosion, leading eventually to sterile deserts. The raising of cattle also creates serious erosion, with the legacy of destroyed land turning into desert. A raw food diet, on the other hand, encourages the growth of trees. Trees reach down deep into the ground and mineralize the earth's surface soil by pulling the minerals up to the stems, leaves and branches, which eventually fall to the topsoil for recycling.

The diet most Americans eat is rapidly destroying the planet for generations to come. Of prime concern is the fresh water used for cattle ranching. As Howard Lyman points out in his book *Mad Cowboy: Plain Truth from the Cattle Rancher Who Won't Eat Meat*, the water required to produce just ten pounds of steak equals the water consumption of the average household for an entire year! It took millions of years for the Ogallala Aquifer, the largest underground lake in the world, to form. This vast water supply is in America. However, the meat industry is draining it dry very rapidly. It will be nearly exhausted in half a century, as Lyman explains in his book.

John Robbins, vegetarian activist son of one of the founders of the Baskin-Robbins ice-cream franchise chain, estimates the date of depletion much sooner, at about the year 2020, in his video *Diet for a New America*. He cites a study from the University of California explaining that it takes 49 gallons of water to make a pound of apples, 24 gallons of water to create a pound of potatoes, but 5,000 gallons of water to make a pound of beef! Most people who eat meat are unaware of the true costs. When we eat meat, we are depleting one of our children's most precious natural resources.

Water is also spared because people on raw diets don't need to drink as much since the food they eat doesn't have the water cooked out of it. On a diet of cooked food, the body also needs more water to produce massive amounts of gastric juices to digest the cooked food and to dilute the pathogens in the process of eliminating them from the body.

Using our resources to produce fruits, vegetables, nuts and seeds, we could undoubtedly feed many more people. It is often reported by vegetarians that by using the same land area to grow food for people instead of cattle, a vegetarian diet feeds many more people than a diet that includes meat. Yet a raw food diet feeds even more people, using the same land space, than a conventional cooked vegetarian one does. Of course a raw food diet feeds many, many more people than the Standard American Diet (SAD) of meat and potatoes. According to Dr. Douglas Graham, "The Standard American Diet requires one hundred times the

land of a raw food diet to produce the same amount of food. A [typical] vegan diet requires two and a half times as much land as does a raw food diet.”

“We could feed forty people a pound of grain each, or one person a pound of beef,” Graham asserts, “but nutritionists figured out long ago that we can feed 2½ times as many people from an acre of fruit than we can from an acre of grains” (*Grain Damage*, p. 35).

When asked about the issue of famine in the third world, raw fooder Guy-Claude Burger of the instinctive eating movement (see Appendix C) responded, “When you love the fruit, you love the tree as well. One plants and looks after one’s orchard. Under the rule of cooked, starchy foods, fruit was demoted to the rank of snacks.”

Raw food pioneer Dr. Ann Wigmore went to India and taught some beggars to sprout their grains and beans. The nutrient content of their diets increased so much from eating the food uncooked and sprouted that they were able to stop begging since they needed less food.

In addition to helping the ecology simply by being on raw diets, raw fooders report feeling closer to the earth and all of its creation. They more consciously make efforts to avoid polluting it, frequently taking up gardening, which reduces the need to consume scarce fossil fuels used in transporting foods long distances.

9. Free Time

No longer will you have to scrub the pots and pans of all that sticky, cooked food! You will no longer scrub endlessly at the greasy stains on the stove, oven and sink. Washing dishes and utensils used in raw food meals is simply a matter of rinsing. Sink drains will not clog up with grease.

During the six to twelve month transition stage, you may wish to experiment with many raw gourmet dishes that will take some preparation. But after a year or even less, you will become content to eat food in its most natural state. You will free up hours previously spent on food preparation and dishwashing. Eventually, you may also reduce your sleep time by a few hours a night. In a culture where time is often more precious than money, this is perhaps one of the greatest gifts a raw diet has to offer.

10. Longevity

Of the millions of animal species on earth, only humans habitually eat cooked food. There are the notable exceptions of farm and zoo animals, domesticated pets and wild animals foraging in our trash cans. These also develop the degenerative diseases that humans get from eating cooked food diets.

Only humans deliberately heat what they eat, and only humans tend to die at or below half their potential lifespans due to lifestyle-related illness. Typically, an animal in an unpolluted environment will live seven times past its age of maturation. Humans, who reach physical maturity in their late teens or early

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The Fasting Factor

The philosopher is like a man fasting in the midst of universal intoxication. He alone perceives the illusion of which all creatures are the willing playthings; he is less duped than his neighbor by his own nature. He judges more sanely, he sees things as they are. It is in this that his liberty consists: in the ability to see clearly and soberly, in the power of mental record.

—Henri Frédéric Amiel (1821–1881), Swiss writer known for his masterpiece *Journal Intimé*

Going on a fast refers to blocking out a period of time to be used by denying oneself something. *To fast* commonly means ‘to abstain from something, usually food and/or drink’. People fast for different reasons: to cleanse the body and improve health, to lose weight, to break addictions, to increase spiritual or mental awareness or to take a social or political stand.

While many fast for the wonderful feeling of lightness and freedom it brings, most people fast because they want to get well. If the prospect of fasting doesn’t sound particularly appealing, just be reassured that genuine hunger generally disappears in a few days. The physiological call for food is usually gone by the third day, although cravings and desire for food as entertainment may persist for some people.

Your body can cleanse and heal itself more rapidly while fasting or juice dieting, often referred to as *juice fasting*. Since the body doesn’t have to spend so much energy digesting various foods and eliminating their residues, it can focus on revitalizing, expelling stored toxins and repairing damaged cells.

Dr. Paavo Airola explained why fasting is the “number one healer and rejuvenator” (*How to Keep Slim, Healthy and Young with Juice Fasting*, pp. 20–21). The body lives on its own substances by the process of autolysis, or self-digestion. The body breaks down and eliminates cells and tissues that are diseased or damaged, such as tumors, abscesses and fat deposits. Some of the protein of decomposed cells is recycled through what physiologists call the *amino acid pool*. The building of new, healthy cells is actually accelerated while on raw juices. Taking only juices provides a time of relative rest for the entire digestive system compared to taking whole foods. On raw juices, the nervous system is revitalized, mental powers are improved, body chemistry including hormonal secretions is normalized, and the entire body undergoes rejuvenation.

Many studies have proven the benefits of fasting. Among them are several by Dr. Mark Mattson, PhD, at the National Institute on Aging. His studies found that mice fasting every other day lived longer and were healthier than controls.

All living organisms make use of the extra rest during fasting to revitalize. This added rest serves to free up energy so that the body can normalize body weight, heart rate and blood pressure. The body can further make cellular upgrades as needed, establish overall health and prolong life.

Neurobiologists at Göttingen University in Germany found that the body, when put on a fast, reduces stress hormone levels and increases serotonin levels, thus creating the well-known *fasting high* people often experience several days into their fasts.

Dr. Gabriel Cousens notes that “youthing genes” are activated in fasting and has observed people experiencing *radical youthing* at his fasting retreats. Evidence of this is found in Paul Bragg, a health educator and frequent faster who often took long, labor-intensive mountain hikes while not eating. He enjoyed surfing with younger men well into his 90s, according to his daughter-in-law Patricia.

It could easily require several pages to list all the illnesses from which the body recovers when put on a fast. In the health by healthful living paradigm, fasting has proven to be the superlative method for accelerated healing and recovery from most diseases that run the gamut of acute to chronic.

Fasting on Water Only versus Juice Dieting

One way to fast is on water only. Another way to abstain from whole foods is to take freshly made juices only. Juice dieters often dilute their juice with at least 50% water and maybe even more as the days progress. Some use juice dieting as a lead-in to fasting on water only. Some people even take a tiny bit of lemon juice and honey highly diluted with water, especially if they plan to be active while on juices.

Some people hold that fasting on water only is the only way to fast correctly and consider it superior to juicing. Natural Hygiene teachers consider *juice fasting* to be a misnomer that should be correctly termed *juice dieting*.

For elimination of toxins and healing, Dr. Vetrano explains the superiority of fasting on water only compared to juice dieting:

Since the body has to cleanse itself [during a fast], the less interference it has, the better. That is, the less juice, the better. The body does not need to waste its precious nerve energy and stored reserves to handle quarts of juice every day.

Perhaps the greatest detriment to the juice diet in comparison to fasting is that the juice diet does not force the body to rely solely upon its reserves for nutrients. Instead of forcing the body to break down its tissues for the vitamins, minerals, energy reserves, and proteins it needs, many of these nutrients are supplied by the juices.

When juice dieting, the metabolism does not slow down as much as it does when abstaining from all whole or juiced food and taking in only water. Therefore, the more active physiological/nutritional situation set up by juice dieting causes a greater depletion of the body's protein stores than fasting on water alone.

On the other hand, Dr. Paavo Airola declared fasting on juices to be superior for many reasons in his book *How to Keep Slim, Healthy and Young with Juice Fasting*. For one thing, he maintained that the juice nutrients are easily absorbed directly into the bloodstream without putting a strain on the digestive system. Thus the healing and rejuvenating process of autolysis, or self-digestion, is provided freed-up energy due to the efficiency of absorption. He claimed that taking in the juice nutrients speeds up the healing and recovery.

Furthermore, Airola claimed that the juices provide alkaline minerals the body uses to alkalinize its fluids and tissues, since they contain abnormally high levels of acids during fasting on water only. The body uses the abundance of minerals from vegetable juices or broths to correct mineral balances and restore biochemical balance throughout the body.

Dr. Airola cited Dr. Ralph Bircher-Benner in claiming that raw juices contain an as yet unidentified factor that “stimulates a micro-electric tension in the body and is responsible for the cells’ ability to absorb nutrients from the blood stream and effectively excrete metabolic wastes” (pp. 38–39).

Dr. Cousens also prefers juice dieting to fasting on water only. He points out that healing crises occur less often on juices. He maintains that the alkaline minerals of juices, especially in greens, provide the body with what it needs to neutralize its overacidic condition.

Dr. Vetrano’s and Victoria BidWell’s Natural Hygiene response to both Drs. Airola’s and Cousens’s juice dieting reasoning must be considered:

Think about it! To get well, the whole idea of fasting on water only is to *inspire the body to live off its own reserve nutrients in certain tissues exclusively*, healthy and unhealthy both. This is the most favorable setup for complete healing to take place in as short a time as possible. *If an ill person takes juices, however, he is living partially on juice nutrients; and this auspicious setup for exclusivity is sabotaged.* The possibility of inspiring the body to break down unhealthy tissues until they are completely autolyzed and the ill person is completely well is therefore less likely and certainly less speedy on a juice diet!

Their acid stance is also not correct. Both of these doctors consider an acidic condition pathological while fasting on water only and want to correct it by giving the sick person raw juices. When fasting on water only, the toxic body *is* more acidic. *But that is perfectly normal and as it should be!*

The stored wastes and poisons are all acidic. As they leave their storage sites for elimination, the body will be perfectly and correctly acidic! But the body will normalize its chemistry to alkaline in its own sweet time.

Of course healing crises do occur less often on juices! But a healing crisis is called a *healing crisis* because that is when healing occurs most efficiently and rapidly. That happens most thoroughly and expeditiously on water only. Is this not exactly what the sick person wants — complete and rapid healing? Besides, in some cases, full healing cannot even take place while taking in nutrients; for these health seekers, a fast on water only is the only route to take to inspire complete bodily healing.

When taking nutrients, the juice dieter's metabolism is not slowed down significantly, even if resting a great deal. If the juice dieter is active, it is not slowed down much at all. But the faster *on water only* goes into a deep state of complete rest, and metabolism is slowed down dramatically. In comparison, the juice dieter's needs for protein are much higher than those of the faster on water only. With anything over just a few days, therefore, the juice dieter is potentially creating a serious protein deficiency. With fruit and veggie juices, health seekers are getting the full spectrum of minerals for some detoxification and healing; but they are not getting enough protein. Nutrition becomes lopsided. With the fast on water only, nutrient conservation in general and protein conservation in particular take place. This is ideal for complete healing.

Fasting is commonplace in European clinics where 14-21 days in duration is customary. Supervised fasts of up to 40 days on water only and juice diets of up to 100 days are considered safe for most people seeking therapeutic fasting supervised by European experts. The general consensus among most European clinicians is that juice dieting gets superior results to fasting on water only.

Furthermore, with juice dieting one can go about daily business and even get moderate exercise. It is even possible to continue working if the person is relatively healthy.

Many people, myself included, have noted that they can still work while on a juice diet, although deeper excretion of toxins only comes with complete rest during a fast on water only.

Fasting and Freedom from Addictions

Dr. Cousens likens the effects of fasting on the body to the effects of rebooting on a computer. Often when your computer acts up, a simple reboot is all you need to get rid of the problem. The body works more efficiently after a fast.

For many people without hard-core eating disorders, the cellular memory of — and cravings for — coffee, drugs and cooked food are either virtually erased or greatly diminished after a fast of a couple of weeks. Victoria BidWell is an expert on the obsessive-compulsive eating disorder. She points out the exception to this postfast phenomenon of losing interest in SAD, cooked foods:

The depths of a person's addiction to SAD, cooked food is often not revealed until he or she takes a fast and then starts on all live foods. Then the addictions surface — sometimes with a vengeance.

The new raw fooder may find himself, much to his despair, hopelessly hooked on cooked. Most hard-core food addicts will still struggle, even after taking a fast or juice diet. They will have to put out behavior modification, visualization and affirmation energy. They may need to get ongoing counseling to get completely free from their SAD food addiction. At the root of their problem is a self-image that needs radical changing from hopeless and unhappy to believing in new possibilities, choosing to do right and wanting high joy as a way of life!

Certainly going all-raw, practicing the ten energy enhancers and taking a fast is the best route to help these far-gone addicts regain hope, get control of their lives and *get happy*.

Paul Bragg wrote of a woman he supervised on a fast. She had been smoking four packs of cigarettes and drinking a fifth of whiskey a day! She was also a heavy drinker of colas and coffee. Her nerves were so shattered that her hands trembled while writing. She suffered from insomnia, blurred vision, pasty and flabby skin tone and thoughts of suicide.

When Bragg put her on a fast, he allowed her to smoke a little and drink small amounts of alcohol and coffee. But on the third morning of the fast, these poisons began to nauseate her. Any time she began to drink alcohol, tea or coffee, she would vomit. For the next seven days of the fast, she had no desire for these poisons. Bragg put her on a raw diet another ten days, then on a fast for another ten.

Her skin tone renewed to perfection after that. She became happy and care-free, and she was *free from addictions*! Bragg reported, “She became one of the best writers in the Hollywood TV and movie world. Her income doubled and tripled. Her personal magnetism increased, and she attracted a handsome, wholesome man for a husband” (*The Miracle of Fasting*, pp. 110–111).

Through his experience in supervising fasts, Paul Bragg proved repeatedly that anyone with addictions can find the answer in fasting. When the body becomes clean, it will no longer tolerate poisons without taking action to expel them. Joseph Sarelli declared that he was freed from an addiction to four packs a day of cigarettes after a 27-day fast (*Naturally, the Hygienic Way*, August 1984).

German Professor Arnold Ehret maintained, “If an alcoholic were to be made to fast for a few days or eat nothing but fruit, he would soon lose his taste for beer and wine. This proves that the entire civilized mass of foods from beef-steak to seemingly harmless oatmeal creates a desire for these detestable antidotes: alcohol, coffee, tea, tobacco. Why? Because overeating makes man lazy, and consequently he has to pep himself up with stimulants” (*Rational Fasting*, pp. 40–41).

Spiritual Benefits of Fasting

Spiritual benefits from fasting are well known in nearly every religion, though religious ritual fasts are sometimes very brief — a day or even less. Early Native American Indians fasted while going on vision quests and taking passage into manhood. Muslims fast from sunrise until sundown every day during their holy month of Ramadan, not even drinking water, despite living in the desert. Fasting is also practiced in Judaism and Christianity. The Bible mentions fasting 74 times. Moses, David, Elijah, Jesus and others mentioned in the Bible fasted for as long as 40 days and 40 nights, a length commonly referred to as the *master’s fast*.

During the Golden Age of Greece, the great philosopher Pythagoras required his disciples to fast for 40 days before being initiated into the mysteries of spiritual teachings. Plato, Socrates and Aristotle also required their students to take fasts. They believed that only through fasting could the mind be purified enough to understand the deep teachings of life's mysteries.

After Mohandas Gandhi led the passive resistance movement of Indians against British imperialism and an independent India was established, internal strife between Pakistani and Muslim Indians broke out. Gandhi hoped people on both sides would respect his love for a free India and his efforts to make the dream come true. He further capitalized on the people's inability to distinguish between fasting and starvation by conducting personal protest fasts to inspire members of the two factions to restore peace in the new India.

His refusal to eat unto what appeared to be starvation was so effective and so well publicized that the fighting stopped. Gandhi, however, knew exactly how long he could safely fast, as Dr. Shelton had provided Gandhi with Natural Hygiene counsel and a copy of *The Hygienic System, Volume III: Fasting and Sunbathing*. Gandhi's fasts popularized social and political fasting. It is practiced to this day by leaders and protestors alike.

Many raw food teachers have also remarked on spiritual powers improving with fasting. Arnold Ehret considered fasting the master key to mental and spiritual evolution. It was said of Dick Gregory that after extensive juice dieting, he lost not only weight, *but also his anger*. He claimed that as fasting cleanses the body, poisons are thrown off, releasing hatred and other sick emotions.

Steve Meyerowitz writes, "You may even discover some psychic abilities as waste products from undigested food and other materials no longer interfere with nerve linkages and your vital energies are free to center in your upper chakras [energy centers] instead of your stomach. Conquering your appetite and desires allows you to focus your thoughts on the discovery of the 'heaven' within" (*Juice Fasting & Detoxification*, pp. 118–119).

Dr. Gabriel Cousens explains that fasting accelerates the purification of the body and thus allows the physical body to be a better conductor of the kundalini energy. Fasting "improves the alignment of the chakras and subtle bodies, which makes it easier for the cosmic prana to enter the body and increases the possibility of the awakening of the Shakti Kundalini."

Cousens goes on to describe in detail his own experience with a 40-day fast in which his mind "dissolved into the Light of God" and four hours of meditation seemed to go by in a few minutes. His crown chakra became one "whirling vortex of energy" connecting him with the dance of the cosmos (*Spiritual Nutrition*, p. 340).

Victoria BidWell explains why some Christians experience a spiritual high when fasting:

During a fast, the flesh is neither fed nor satisfied with lustful longings for food. The faster draws closer to God and can better listen to the Holy Spirit. I recall deep into my long fast at Dr. Scott's one day. I walked barefoot on the lawn

and lay down to rest on the cool grass. Suddenly, I felt the whole property being lifted up into the cumulus clouds. Then the proverbial peace that passes all understanding flowed through me. It brought love, joy and gratitude into every cell of my body.

Fasting and Mental Health

According to Dr. Shelton, mental powers such as memory, attention and association are quickened during fasting. Imagination is at its best. This is because blood flow increases, and nerve energy used to process food is freed up for use elsewhere in the body. He explained, “Large amounts of blood and nervous energies have to be sent to the digestive organs to digest a meal. If these energies are not required there, they may be drawn upon by the brain in thinking” (*Fasting and Sunbathing*, p. 67).

Brain tissues are also cleared of toxins during fasting. In fact many times Dr. Shelton saw mental health during a fast improve greatly among his patients. Depression and pessimism lifted. “Insanity is frequently overcome while fasting, and practically all cases are improved by the fast” (ibid., p. 68).

Dr. Yuri Nikolayev of the Moscow Psychiatric Institute and Alan Cott, MD, have also had great success in treating mental illness, including schizophrenia!

Michael Bobier reports that he had been obsessed with and almost suicidal over a woman who broke up with him for another man. By his 20th day of a fast on water only, Michael was not only free of his jealousy, but even felt compassion for her and her new companion because they were on a cooked diet and drank alcohol (*Living Nutrition*, Vol. 19, 2007, p. 59).

Stephen Buhner sheds some light into how the mind is affected by fasting. When the intake of carbohydrates is low enough, the body is forced to use fat stores for fuel. This change is called *ketosis*. “When in full ketosis, the mind simply works somewhat differently. Thinking can be just as acute, but it tends to be slower, more reflective, more studied and deeper, and aside from thoughts of food or ending the fast, less inclined to dwell on future plans” (*The Fasting Path*, p. 76).

Victoria BidWell now assists health seekers wanting to fast at her school named *Our Hygiene Homestead in The Woods* located in Concrete, Washington. She consults with Dr. Vetrano when hygienic teachings need clarification and with Dr. Zarin Azar (see New-Earth Medicine on page 595) when fasting supervision is needed. Victoria shares with us highlights of her experiences and knowledge about the Natural Hygiene fast in the next several sections.

The Natural Hygiene Fast

I had the great education and pleasure of spending at least six years of my life, all totaled, at most of the Natural Hygiene retreats during the 1970s and into the 1990s. In my travels, I met, worked for and/or studied with most of the most

renowned names of those times. These three decades spanned the great heyday of Natural Hygiene and fasting that T. C. Fry's publications, especially his *Healthful Living Magazine*, inspired among his 36,000 subscribers. At most of these places, the institutions were filled and overflowing with three-month-long waiting lists.

My longest fast on water only was in 1992 for 36 days at Dr. Scott's Natural Health Institute, followed by two weeks on lettuce and watermelon and another 18 days of fasting on water only. Most of the healing benefits in body, mind and spirit that I harvested then have lasted to this day.

Humans and animals alike have practiced fasting for thousands of years and for many reasons. Yet we never see advertisements for fasting on television. And medical doctors argue against fasting in the media and to their patients who bring the subject up. If the idea of fasting sounds too radical and tempts you to give up your conventional to alternative paradigm shift, just know that no one is forcing you to take a fast. The slower method with raw foods and juices also gets results.

Remember, *it's all about energy. Disease is an energy crisis in a toxic body.* Also, keep in mind that the high rate of disease arrest and partial or complete recovery among health seekers who undertake a fast is backed up by "The Natural, Physiological Laws of Life" presented on page 549.

Physiologists estimate that at least 75% of the energy the body uses on a daily basis for people eating conventional SAD foods goes not for body heat and movement and mental/emotional work, as you might think. Instead it goes for these supremely energy-expensive metabolic tasks: digesting food in the mouth, stomach and intestines; absorbing chyle from the small intestine into the blood and lymph streams; circulating absorbed nutrients through the liver for initial cleansing; moving nutrients to the cells; assimilating nutrients into the cells; converting nutrients into energy and/or using them as raw materials for reconstructing cellular matter, and eliminating toxic byproducts and metabolic and cellular waste.

These nutritive and eliminative processes feed, tear down, rebuild and keep clean the 75 trillion cells of the human body. These many processes — and not the combination of body heat, muscular contraction and mental/emotional activities — take up an estimated 75% of a person's energy generated during rest and sleep! (This estimate is much lower for people on clean-burning live food diets, however.)

So why fast? It's so simple. Abstaining from all food intake — and resting from virtually all physical activity and mental, emotional and sensory excitation while taking in water only — free up the body from all of the aforementioned demands for energy and provide the body with an extended period of deep rest on many levels. Nerve energy is generated and its reserves filled while the body subsists on its nutritive reserves. But this restored energy is not used on processing food. It is used for autolysis of unhealthy tissues and for cleansing and making fluid and cellular upgrades and tissue repairs as needed — all the while balancing body chemistry — all to the greatest extent possible.

In many cases, medical intervention may be absolutely necessary during a critical accident emergency or for an 11th hour disease crisis. Barring these cases, however, and always whenever the health seeker takes the holistic course of action in acute disease, and in most cases of chronic disease, this natural process of providing a sick person a time-out period for fasting and cooperating with the body's design gets better results and faster results than any other known method.

Indeed, this period of fasting provides time for the body to bring about the closest thing to a "healing miracle" possible. It offers a veritable fountain of youth! Fasting also provides a time-out period from cooked food addiction. When only small amounts of fresh raw foods and juices are taken to break the fast, they are enjoyed and welcomed by the health seeker with a relish indescribable! The 10,000 tastebuds have gone cold turkey for the duration of the fast. The mind, emotions, body and especially its tastebuds are ready and poised for this new radical dietary shift into raw foods and the other nine energy enhancers like never before!

Fasting and Starvation — Defined

The idea and practice of going without food for an extended period of time is considered by adherents and proponents of the medical mentality to be the most unconventional, fanatical and dangerous of all alternative health care practices.

This is because these ill-informed medical doctors and their followers have mistakenly confused fasting with starving. They do not understand that a Natural Hygiene fast, properly conducted and supervised, provides a period of time for the most rapid and most complete elimination of toxins and healing known for the human body. They have a lot to learn and need a crash course on the Natural Hygiene fast.

To rightfully educate those misinformed and to get it really straight ourselves as well, we must start with three sets of basic definitions and distinctions.

First, the term *fasting* comes from an Old English verb that meant 'to make firm or fixed', while *starvation* comes from an Old English verb that meant 'to die'. Interestingly enough, these Anglo Saxon derivatives with their archaic meanings hold true even today. When a person fasts, therefore, he firmly withholds food, fixed in his resolve not to eat. When a person starves, however, he withholds food until nutritional reserves are exhausted and until the body begins to feed upon its essential tissues unto death.

When misunderstood, fasting conjures up images of Nazi concentration camp victims — waiting to die. No wonder the uneducated are horrified at the idea and practice of fasting! This horror is compounded by two facts. First, the alternativists, who by conventional definition are to be mistrusted by the medical doctors, have largely taken over the practice of fasting as their domain and area of expertise. Second, fasting is wholeheartedly condemned by virtually all conventional medical doctors.

By the end of this chapter, however, you will be so well informed on the idea, practice and benefits of the Natural Hygiene fast, that you will see it for the blessing it has been in the past for others and could be in the future for you. “This fasting knowledge will put you among the elite Natural Hygiene intelligentsia!” Dr. David Scott once proclaimed to me.

What the Natural Hygiene Fast Is and Is Not

The second set of distinctions to make clear to the uninformed is to define just what the Natural Hygiene fast is and what it is not. Following are seven parameters. Let me emphasize here as a Natural Hygiene health educator that these seven parameters are speaking strictly of the Natural Hygiene fast as practiced and popularized by Drs. Shelton and Vetrano while supervising over 80,000 fasters combined and by those who stay within those boundaries.

Now, here are the seven parameters in a nutshell that distinguish the Natural Hygiene fast from both other alternativists’ versions of fasting and from the dreadful practice of starvation:

1. The Natural Hygiene fast occurs only with complete abstinence from all food/nutrients in any form while taking only distilled water according to thirst and while the body safely lives on its totally adequate reserves.

Starvation may occur even while taking in insufficient and nutrition-deficient amounts of food or may occur in the complete absence of food over an extended period of time.

2. Once underway and in a matter of a day or two, the Natural Hygiene faster almost always experiences a distinct lack of hunger.

During starvation, the individual almost always experiences a compelling sense of hunger.

3. The Natural Hygiene fast represents a peaceful period of complete rest, willingly entered into and always marked by a genuine calm once the faster cooperates with his body.

Starvation represents a tortuous period of turmoil for a person that is forced upon his body by himself or by someone else and is marked by extreme distress.

4. The Natural Hygiene fast is always undertaken for beneficent reasons: mental, emotional, spiritual and/or health-related.

Starvation is often undertaken for social, spiritual or political agendas and coercions.

5. The Natural Hygiene fast is properly prepared for and properly supervised by a trained practitioner who daily monitors the faster’s vital signs, eliminations and subjective experiences.

During starvation, a person is never properly supervised.

6. The Natural Hygiene fast represents a process of the body utilizing its nutritional reserves and autolyzing morbid tissue while abstaining from eating.

Starvation represents a process of the body, exhausted of its nutritional reserves, slowly breaking down its vital tissues essential to life functions.

A key noun in literature on fasting is *autolysis*. The verb is *autolyze*. (The prefix *auto-* means 'self', and *-lysis* means 'digesting'.) During fasting, the body is very busy doing just that: autolyzing, or self-digesting.

As soon as energy is regenerated, the body eagerly autolyzes excess body fat and morbid tissues, such as tumors and cholesterol deposits in arteries. *Autolysis* is thus an exciting word to add to our health-seeking vocabulary!

7. The Natural Hygiene fast is always followed by proper refeeding and a feeling of increased well-being and improved health.

Starvation is always followed by learning to live with irreversible tissue damage if one survives, and if not, by dying.

The Five Kinds of Rest Taken on the Natural Hygiene Fast

The third item above is so very important to the Natural Hygiene fast, it needs further emphasis for the health seeker who is mildly interested in studying more on the subject. The third item is also what distinguishes the Natural Hygiene fast from those of other alternativists who advocate their forms of fasting.

During the Natural Hygiene fast, the faster must, by definition, secure complete rest. She must not be going on hikes and swims, driving around, spending hours on a computer or seeking other such distractions and entertainments. Doing so is not fasting: it is just *not eating*!

The Natural Hygiene faster is a *complete rest*. Her sole focus is to revitalize her nervous system. Revitalization only occurs during rest, sleep, fasting and other forms of complete stillness, as in meditation and prayer. The revitalization, however, is accelerated while resting or sleeping and fasting! *Remember, it's all about energy.* During the Natural Hygiene fast, the health seeker increases energy levels by securing rest on five levels:

✓ Rest from physical activity

The faster makes as few demands on her musculoskeletal system as possible and takes as much bed rest as possible. She goes to bed to rest, relax and/or sleep. Or she lounges around during a minimum of her waking hours. She secures as much physical rest as possible, sleeping in, interspersing her day with naps and then retiring very early. A leisurely slow walk or brief period of mild stretching may be allowed for all but the very weak faster and according to the supervisor's orders.

✓ Rest from physiological duties of processing food

During a fast, the tremendously energy-expensive processes of digestion, absorption, assimilation and elimination of food are brought to an end with the processing of the last meal. To repeat, physiologists speculate that 75% of our nerve energy is spent on the daily processing of food. During fasting, however, the entire gastrointestinal tract rests. The basic metabolic activity is at a healthful restful minimum.

The energy normally used to process food while eating is thus freed up to repair, restore and renew the body, mind and spirit. Deep physiological rest is se-

cured during fasting for most of the body. But some organs and systems are working overtime carrying out the many eliminating and healing activities. The more toxic the health seeker, the more energy is needed to carry out these activities, thus the importance of securing physiological rest.

✓ **Rest from sensory input**

During a fast, the health seeker retreats from the sensual sensorial onslaught of sight, sound, touch, taste and smell that makes up the excitations and fabric of daily life. The faster should use her eyes, ears and other sensory systems as little as possible and stay in a quiet place to secure a rest and respite for all the senses.

✓ **Rest from emotionalism**

Ideally, the faster retreats to a Natural Hygiene school and sanctuary setting, away from all the emotional input and output of daily life. Experts estimate that upwards of 90% of all illness has a stress-related factor. Therefore, this emotional rest is truly beneficial for minimizing psychosomatically induced diseases.

✓ **Rest from mental activity**

The faster puts away concerns and projects that demand mental effort and concentration or that present distractions. The brain is the center for all mental activity. It is also the housing for nerve energy regeneration. In order for the revitalization that brings health and energy, the brain and entire nervous system need this mental time-out period of rest, sleep and fasting.

Obviously, the Natural Hygiene faster is not watching television, not on the phone, not at the computer, not reading, not at hobbies, not taking regular exercise, not exchanging recipes with other fasters all day and night, and not engaging in endless conversations. Ideally, the health seeker is securing deep and complete rest on all five of these levels, taking part in any of the above activities minimally or only because of emergencies.

To so abstain is very hard for the thrill-seeker. Even the health seeker who is more relaxed and not a stimulant junkie can get very fidgety. But your knowing just what a *properly conducted fast* is now can help you prepare mentally and emotionally for a fast you may decide to undertake later. It is best to get your affairs in order before checking out from daily routines to fast. Ideally, you want to be able to let go and enjoy complete rest with a brain that is flat-lined into peacefulness and pleasantness!

The Natural Hygiene Fast versus the Juice Diet

The third set of definitions needed follow. The phrase *to go on a fast* has been misunderstood. To use the phrase correctly, when a person *goes on a fast*, he is abstaining from one or more items. Thus, a *water faster* refers to a person who is taking in everything and anything but water. *The juice faster* refers to a person who is taking in everything and anything but juice.

Once these distinctions are made, a person who is taking in only water and fasting from everything else is correctly said to be *fasting on water only*. Among

the Natural Hygiene intelligentsia, therefore, when we speak of *taking a fast*, it is always a fast on water only.

Likewise, when taking in juices only, the novice incorrectly says that the person is *fasting on juices*. But since taking juices, or food nutrients in any form, for that matter, is actually eating as far as the digestive system is concerned, the Natural Hygiene-educated person correctly states that one taking in juices is on a juice diet.

The term *Natural Hygiene fast* is defined very strictly, and it is a *water-only* and *complete-rest endeavor*. Let me repeat this very important distinction: the body does not differentiate between metabolizing juices and whole foods. Either way, the body is eating, digesting, absorbing, assimilating food nutrients and eliminating waste. To drink juices is the same as to eat, as far as the body's metabolic processes are concerned. Juices, being devoid of fiber, simply require less energy to process. Being on juices only, therefore, is not properly defined as 'juice fasting'. Rather, *being on juices only* is properly defined as 'fasting from whole foods and juice dieting, both'.

Following are 12 distinctions between the Natural Hygiene fast on water only and the juice diet on 8-ounce glasses of raw juices only, three to four times a day or more as needed or directed.

1. During fasting, eating and digestion halt. But during juicing, eating and digestion continue but with the nutrients simply in a liquid form. Juice dieting, therefore, is not fasting in any sense of the term in the Natural Hygiene paradigm.
2. During fasting, hunger is absent after two days, more or less. But during juice dieting, hunger continues.
3. During fasting, revitalization, cleansing, body chemistry balancing and repair processes are an estimated three to five times greater than during juicing.
4. During fasting, sodium chloride is rapidly eliminated. But during juice dieting, sodium chloride elimination is less dramatic.
5. During fasting, weight loss is an estimated three to five times greater than during juice dieting.
6. During fasting, nutritional balance is maintained. But during juice dieting, one or more nutritional imbalances can occur within days or weeks.
7. During fasting, deep physiological rest is secured. But during juice dieting, the deep physiological rest secured is more than when eating solid foods but much less than when fasting.
8. The longer fast of 7-10 days, and more requires retreat and supervision when the faster has a condition that requires monitoring. But a period of time spent juice dieting, in most cases, does not.
9. During a longer fast, energy levels invariably drop; this necessitates complete bed rest. But during juice dieting, energy levels normally allow modest activity and even a modest workload, as long as breaks to rest are allowed.

10. After a fast, an equal number of days feeding is required to regain full strength. But after a juice diet, fewer days are required to regain full strength.

11. The fast is not necessarily superior to juice dieting. The two physiological modes of Natural Hygiene care are employed for different reasons and in different cases to achieve different results.

12. It should be noted that in certain disease situations, the health seeker cannot get well on juices only and will need a long fast or a series of short fasts before health is recovered. These special cases are rare, but should nevertheless be noted.

How to Break the Natural Hygiene Fast

Dr. Scott once warned me, “You can undo all the good of a long fast in just a few days by doing all the wrong things.” He was of course referring to going right back to the ten energy robbers, and especially to large servings of cooked, SAD food. No one goes on a fast with the intention of doing wrong immediately afterwards! To end the fast on the right track is absolutely essential.

All Natural Hygiene doctors select fresh raw fruit or fruit juices in small amounts and typically six servings a day for breaking a fast. After a few days of whole fruit on this frequent feeding schedule, larger amounts and more variety of fruit and just three times a day are served. Raw vegetables, nuts and seeds are typically added within a week of a fast or sooner.

Except for special situations, and with Drs. Shelton and Vetrano behind me, I start health seekers with the following break-fast schedule:

Breaking the Fast

DAY 1: Whole fruit six times a day, four ounces starting at 8 AM and every two hours until 6 PM.

DAY 2: Same as Day 1, only serving eight ounces of fruit each time

DAY 3: Three meals of 12 ounces total, serving tomatoes, cucumber, celery, lettuce and red bell pepper

DAY 4: Same as Day 3, only serving meals of 16 ounces total

DAY 5 and onward: Regular meals with veggies, nuts, seeds and avocado as well as the other fruits are given, as presented in *The Health Seekers' YearBook's* Chapter Nine: The Year in Live-Food Menus.

Melons are the preferred break-fast fruit! They are the very easiest to digest, since most are 92-98% water. Dr. Scott not only breaks virtually all fasts at his institute with watermelon, but he also serves watermelon with lettuce for virtually all breakfasts! The mild sweetness of the watermelon does not set up too much excitement for the post-faster's tastebuds and does not entice him to drink or eat beyond genuine hunger. Other juicy fruits are also favorites used by other practitioners: oranges, sweet grapefruit and grapes.

I remember Dr. Vetrano breaking my very first fast of 17 days on a four-inch-square piece of heavenly watermelon. It took twenty minutes to eat. It knocked me out! Full of energy when I sat down to eat this little block of red melon, I immediately passed out into a two hour deep sleep and then became exhausted for the day during the refeedings. I was *so impressed*. This was proof of how the body uses so much energy for the digestive process!

All break-fasters are encouraged to take a long time to drink their juices or eat their meals. If breaking your fast on juices, a teaspoon at a time or slow sipping with a straw is ideal. It takes as much as ten to twenty minutes to get the digestive system reactivated. Likewise, eating the whole food slowly will get the live food connoisseur off to the best start.

Some fasters have gone through hell during some point in their fasts. Now breaking those fasts can be a heavenly delight of sight, sound, touch, taste and smell! Dr. Vetrano teaches health seekers to learn to “eat sensorially.” A better time never presents itself to do so than upon the break-fast!

Questionable Candidates for the Natural Hygiene Fast

Most people in acute and chronic disease are prime candidates for fasting to get well. Dr. Vetrano and I must caution health seekers who are not prime candidates for the Natural Hygiene fast.

Although each health seeker's condition is different, it is questionable whether certain patients should fast on water only, even under the best of monitoring. Certainly these questionable fasting candidates should never fast on their own. Self-conducted, extreme fasts outside the boundaries of proper supervision can be extremely dangerous! Since proper care observing the ten energy enhancers, including refeeding and exercise schedules, is crucial to getting well, the following health seekers in their special situations need guidance with these post-fast activities as well.

Dr. Vetrano next presents her list of those who are questionable candidates for the Natural Hygiene fast, prepared for the *Health Seekers' YearBook*. She points out, “Every case is unique, and whether or not an individual should fast is up to the doctor to decide. Without question, if a health seeker is on this list and the doctor recommends a fast, the patient must be closely supervised from beginning to end.”

Questionable Fasting Candidates

- ✓ **Those who are extremely thin and undernourished**
These people may go on short fasts of 1-3 days with definite benefit. And with getting strict with the ten energy enhancers between fasts, these people may be restored to health.
- ✓ **Those who are in extreme weakness, depending on its cause**
- ✓ **Those who are in extreme stages of chronic, degenerative disease**

- ✓ **Those who have some cancers, especially of liver and pancreas**
- ✓ **Those with inactive kidneys accompanied by obesity**
- ✓ **Those with difficult breathing due to cardiovascular disease**
Caution and supervision must be taken with any abnormal rhythms of the heart.
- ✓ **Those taking insulin**
Insulin-dependent health seekers must be fasted under competent supervision. A fast provides time for the body to eliminate the toxins that impair normal function of tissues and organs and time for the pancreas to repair the beta cells so that metabolism of carbohydrate, fat and protein is normalized.
- ✓ **Those who are afraid to fast**
They should not undergo a fast until they have well educated themselves and lost their fears.
- ✓ **Pregnant women who are in a state of good health**
They may safely fast but should limit themselves to just three to four days.

Doctor Vetrano and I conclude this crash course on the wonderful benefits of the Natural Hygiene fast with a primary caution:

In cases of many acute and most chronic diseases, for the fullest rest and greatest healing to take place, a longer fast is almost always required, making the retreat setting essential. For any health seeker deciding to take a fast of significant length, therefore, proper supervision by a trained specialist is necessary.

Fasting in acute and chronic disease is serious. Fasting is not a toy for play-time, nor is it a time for novices and the ill-informed to monitor themselves and decide their own care. Most people in relatively good health with no serious complaints can fast safely seven to ten days. But even these less serious conditions in health seekers can develop into very serious situations once a short fast progresses into a longer fast and as cleansing and healing crises become intense and heretofore unknown disease symptoms in progress surface.

If you are in reasonably good health and intend to fast for more than a week, it is best to consult with your Natural Hygiene, holistic or naturopathic physician or a qualified health educator. Second best is to read up on fasting so you'll know what to expect and how best to break your fast correctly. If, however, you are in poor health, if your energy is low and you have chronic, degenerative symptoms, you most certainly should get consultation.

Since Dr. Shelton's most famous book, *Fasting Can Save Your Life*, is now out-of-print, Dr. Vetrano considers our crash course on the Natural Hygiene fast and how to break it the next best thing for do-it-yourselfers.

I now turn our fasting chapter back to Susan.

Natural Hygiene Fasting Case Studies

The first six reports are real case studies from fasting clinics, taken from the book *Fasting for the Health of It: 100 Case Histories Selected from over 200,000*

Clinical Records by Jean Oswald and Dr. Shelton.

Among the 100 health seekers whose conditions improved or who healed completely after fasting are case histories on the following acute and chronic diseases: abdominal tumors, alcoholism, bursitis, breast tumors, varicose veins, headaches, back pain, ovarian cyst, brain tumor, eczema, hemorrhoids, osteoarthritis, angina, glaucoma, Hodgkin's disease, spinal meningitis, overactive thyroid, multiple sclerosis, rheumatoid arthritis, ulcerative colitis, schizophrenia, appendicitis, lupus, anemia, snoring, drug addiction and more.

Kidney Stones Passed

[Therese, age 44, fasted under the supervision of Dr. Scott for 10 days in 1977 and 14 days in 1978.] After Therese's first fast, she returned to the same X-ray specialist who stated that two kidney stones were clearly visible on her X-rays. On her new pictures, no remnant of the stones remained; the stones had crumbled and passed.

In 1978, Therese and her "health nut" son, as she called him, returned to Dr. Scott's Natural Health Institute. Both fasted two weeks.

Therese told me her improved health was worth the effort to overcome her former bad habits. She eats no dairy products, fried foods or meat and is still changing other dietary habits, such as proper food combining, to prevent the formation of more kidney stones. "Rome wasn't built in a day," Therese said to me.

Cataracts Gone

[Helen, age 54, fasted 14 days in 1979 under the supervision of Dr. Scott.] Helen put away her honey, aspirin, and Darvon after the fourth day of her fast. She discovered there was no use trying to mix the hygienic system with the drug system; it was like trying to mix oil with water. Helen discovered that the fundamental principles of the two systems are the exact opposites of each other, just as their means of care are opposites. If she attempted to use both systems and relied upon drugs for part of her remedial resources, she would fail to make full use of hygienic means.

After Helen developed full confidence in Hygiene, in her body's own power to both restore and preserve health, she recovered. After fasting twelve days, her eyesight had improved tremendously. And the cataracts were gone. The eyes are just as much a part of the body as the skin, lungs or heart. Helen had to change her former toxic habits to change the health of her eyes. "The disappearance of the cataracts seemed like a miracle," Helen said to me.

Woman Finally Carried a Fetus to Full Term

[Rachelle fasted under the supervision of Dr. Shelton for 10 days in 1932.] There are different reasons for sterility; many respond favorably to the fast, others do not. In this particular case, Rachelle had 28 spontaneous abortions. After a

10-day fast and a four-month diet of raw fruit and vegetables, she became pregnant and later gave birth to a healthy boy.

Insanity Reversed

[Mr. S. A., age 35, fasted 39 days under the supervision of Dr. Shelton in 1940.] Hygienic care greatly improved Stan's mental condition. I have used fasting in cases of mental disease and have no doubt that fasting is distinctly beneficial. I am convinced that when the insane person refuses food, this is an instinctive measure designed to assist the body in its reconstructive work. Many people have lost their abnormal mental conditions while fasting. All who have had extended experience with fasting have seen cases of insanity recover health while on the fast and many others make great improvement while fasting.

Parkinson's Tremor Gone after Several Fasts

[Monica, age 39, fasted three times under the supervision of Dr. Shelton: 30 days, 14 days and later another 14 days in 1941.] The developments in this case are typical with the exception that Monica completely recovered. Full recovery is not the general rule. The majority of fasters make sufficient progress to become useful again but retain part of the tremor.

Monica was at the health school for nine months and had previously suffered with Parkinson's disease for six years. After she had fasted 30 days, the tremor immediately recurred, but not as severely as before the fast. After the second fast, the tremors were less. After the third fast, the tremors were gone. For more than 10 years, I remained in contact with Monica. She has had no recurrence of the tremor.

Deafness, Impotence, Enlarged Prostate and Sinus Congestion Gone

[Mr. A. B., age 70, fasted 42 days in 1960 under the supervision of Dr. Shelton.] On the 36th day of fasting, Art regained hearing in his deaf ear for the first time in six years. His prostate gland had shrunk to nearly normal size. After he fasted, he spent three weeks on a raw fruit and vegetable diet. He was no longer impotent, his sinus congestion was relieved, and the recovery of hearing was permanent.

I have conducted a number of fasts in people from 70 years to over 85 years of age, and I have found no reason to consider aged people to be in a class by themselves. Adult animals of any species, including *Homo sapiens*, can fast much longer than the young of the same species. Old people actually stand fasting best. Growing children stand it least, although they stand it well. People do not get too old to use fasting as a method for healing.

The regenerating effects of fasting are especially apparent in the old. So I do not hesitate to place old people upon a fast, but I watch them more closely than I

do younger people not because they do not stand fasting well, but because they are often possessed of hidden weaknesses that render it inadvisable to carry the fast to great length.

Ankylosing Spondylitis Healed

Vern Caloudes wrote his miraculous fasting account in the June 1984 issue of the journal *Naturally, the Hygienic Way*. A very athletic young man in his 20s, he got early warning signs of ankylosing spondylitis, a disease in which the body slowly fuses together the spinal vertebrae, creating pain and extreme immobility. Initially, Vern lost flexibility, had a choppy gait, collapsed after running, and experienced a great deal of pain.

He received the official diagnosis of ankylosing spondylitis at the age of 29, by which time he was practically bedridden. It took him 20-30 minutes just to move across the room, always on his hands and knees. He was warned to lie as straight as possible to be able to stand straight, and he took the drug Indocin to ease the pain.

Since medicine offered no cure, Vern desperately sought the answer in alternative health and read Dr. Shelton's best-seller, now out-of-print, *Fasting Can Save Your Life*. In 1981, Vern went to the California Health Sanctuary where he fasted for 30 days on water only. Although he was still experiencing some discomfort in parts of his body, he writes, "But a miracle was occurring elsewhere in my body. Mobility in my neck and hips began to return. This was the first sign that my life was turning around."

Three and a half months later Vern returned for another fast. Since, as a runner, he had eaten an excess of candy bars (25 in a day!), he went through sugar withdrawal. Later he went on to do two more fasts. Director Arthur Andrews wrote the following in his case file:

April 30, 1984. 100% hygienic raw diet. . . . No pain anymore. Can basically do whatever he wants. In the past year he has participated in 10-15 road races (running) for pleasure, not for competition. . . . Doesn't push to exhaustion, nor does he run anything longer than 3 miles to 10 kilometers. He has done a few training runs of up to 10 miles. . . . Feels comfortable and getting stronger. Says if he didn't ever get any better, he'd be happy with what has been accomplished.

Vern went on to affirm his life commitment to eating only raw foods and to practicing Natural Hygiene's ten energy enhancers. Vern vowed, "Even though not all my movement has returned, I do everything with great joy because there is no more pain."

Baby Healed from Whooping Cough

Joe and Cindy D., friends of your author, once took their 9-month-old son to Dr. Shelton's fasting retreat in 1979 because the boy had whooping cough with nonstop coughing. Much to their surprise, Shelton advised that the infant fast on

water only! These parents were at first concerned because he was so young, but Dr. Shelton assured them their child would be fine. After five days of ingesting only water, the baby was well!

By contrast, some friends of theirs took their own baby with whooping cough for conventional treatment with medications. He took over a year to heal!

Extreme Emaciation Resolved via Fasting!

Dr. Shelton related the story of one young man who was so emaciated that the medical and naturopathic doctors attending him for months while getting no results were at their wits' end. Dr. Shelton was called in for consultation as a last resort.

To the astonishment of the doctors, Shelton recommended a fast, to which they reluctantly agreed. Following the young man's fast, his digestive capacity returned. He went on to achieve a complete recovery.

Further Fasting Cautions

Note that not all of our raw food friends are enthusiastic about fasting. Some of those mentioned in Appendix C believe it is better just to eat properly. Instinctive eaters believe that one should fast only when nothing smells or tastes good, which is the body's only true call for a fast. This is what animals instinctively do, fasting only when sick and refusing food until well.

Educate yourself first if you do decide to fast. If a fast on water only is to be longer than a week or so, especially if it is your first fast, consider using the guidance of a doctor or health educator trained in fasting supervision.

How you break a fast is critical, especially if the disease process has not been fully reversed. There is one infamous account of a man deep into chronic degeneration who undertook a long fast and broke it improperly without supervision on meat and potatoes. It killed him!

When one is fasting on water only, the digestive system shuts down and needs time to reactivate. So break the fast with fresh juice or fruit. A juice diet should be broken with whole raw fruit. One day of juice or whole fruit for each day of fasting on water only is the standard recommendation.

Most people consider the fast fully broken when their prefast strength and vitality have returned. They are then ready to return to live food meals of fruits, vegetables, nuts, seeds and sprouts in proper combination at that time.

The Details of Drug Withdrawal

If you have been taking recreational, prescription or over-the-counter drugs — your body doesn't know the difference — you could go into a more intense elimination than would happen on the raw diet or juices alone. It is therefore often not advised to fast while on drugs or immediately after quitting drugs, unless under proper supervision.

Dr. Vetrano cautions, “Natural Hygiene doctors cannot take people off meds. They must ask their clients to have their medical doctors tell them how to get off prescriptions. Only after several weeks of quitting medications should a fast be taken. With steroids, however, it is best to wait a year before fasting. This permits the adrenal glands to return to full function. A crisis could occur, and with too little cortisol, death could result unless the client took his steroids again at the onset of the crisis.”

Legally, an MD is the only health professional who can tell you to stop taking drugs or reduce your drug dosage. Holistic physicians, such as chiropractors, acupuncturists, homeopaths and naturopaths, know how bad these drugs are but cannot tell you to cease taking them at the risk of being taken to court for practicing medicine without a license and being hauled off to jail. (See Appendix B for more on how the medical system works.)

Therefore, we can't advise you to stop your prescription medications either. We do recommend consulting first with a naturopathic doctor or other doctor trained in fasting supervision from among those listed in the Resource Guide. Some even offer supervision and guidance by phone.

Fasting for a Heart Attack — A True Story

Lest the fasting information presented herein make you too fearful of pursuing fasting as a means of health recovery, just be aware that even some people falling into the questionable categories listed above have achieved remarkable fasting recoveries under proper care or even their own care.

This case history is presented to show you what can be accomplished, even in life-threatening emergency situations. It demonstrates the power of the body to heal when simply resting and conserving energy, even when ideal conditions are not provided. The story dramatically portrays the remarkable restorative powers of the human body under conditions of nearly total physiological rest.

Please note that this represents an extreme case in fasting, since most people don't wait until a life-or-death situation to begin fasting! Also, most people do not have mystical, near-death experiences while fasting. It happened in this case only because the storyteller was so close to death. People in hospitals sometimes report such near-death accounts. They correlate with being near death, not with fasting.

In July 1998, Leo Duerson of Wasco, Oregon, wrote the following account of his recovery from a near-fatal heart attack, entirely at home without any medical intervention at all, merely by means of complete rest and fasting under the telephone supervision of hygienic doctor Bernarr Zovluck.

Had Leo called 911 instead, he most likely would have been given drugs and subjected immediately to a heart bypass operation or other invasive coronary procedures. He may not have even survived such an operation. Most certainly had he survived, he would have been handed a medical bill numbering tens of thousands of dollars.

Leo had been advised to exercise only in moderation due to his heart condition. His heart attack resulted from not monitoring his exercise. He also had long been going against his doctor's advice by ill-advisedly partaking in his beloved wife's nonhygienic cooking.

Leo's amazing story is reprinted here in his own words with permission, edited only slightly for clarity, from the August 1998 issue of *The Natural Health Many-to-Many*:

I exercised for 5 days. Believing the body was strong enough to endure short periods of work, with the idea I would rest after 10-15 seconds in much the same fashion as in lifting weights, I decided to use a weed-eater (a small machine used for cutting weeds). The problem was, I forgot to monitor the time. Feeling faint, I decided to lie down, but then came the near-fatal mistake.

After resting, I decided on another attempt — again not monitoring the time. It felt like somebody hit me over the head with a 2x4. I had all I could do to maintain consciousness with my arms, legs and eyes totally out of control and focus. After a period of time, I was able to walk 40' to my pad on the ground, where I rested until able to get to my bedroom and later to the couch to be close to my wife, who was knitting in the living room.

That night I had an out-of-body experience. It started with the pounding of my heart, then hyperventilation until I thought my heart would explode. Recalling Bernarr's often-repeated recommendation, I closed my eyes and concentrated upon the symptom. Almost immediately the hyperventilation ceased, and my heart slowed.

Each time I started to breathe normally, my heart started to pound harder, so all I could think of was to concentrate on my breathing until I entered a trancelike state in which I was not sure that I was breathing. I sensed my body was floating with my legs above me. I passed by a door with a bright, shining light to the left and underneath the door. I asked the Lord God within, "Are you going to take me now?"

I got the answer, "No!"

I then passed another door that was totally black. I'm not a devil-thinker, so I did not even think to ask the same question. I do not know how long it was before my breathing returned to normal, but I was then able to get up from the couch and walk to bed.

Throughout the above [17-day] fast, Bernarr was always available — 24 hours a day, 7 days a week, for both my wife and me. My fast and recovery period was particularly rough on my wife, who was instructed under no circumstance to call 911. When I was in a trancelike state, or when going into or coming out of, she was totally helpless to do anything and in fact was on occasion told to leave the room because I realized that I had to do it totally on my own.

Again Bernarr's recommendation to "close eyes, concentrate on the symptom" always cut through the discomfort of the symptom, which occasionally was somewhat scary. My body at times was like a 4th of July celebration, with flashes of heat, pains, aches from leg to arm, to leg, to chest, to groin — the whole 2,001 parts.

It was not long before I began to look forward to the next happening. One in particular was an event which I looked forward to: a bubbling sensation in arteries leading from the heart toward the left and right shoulder and another from the base of the neck on the right side up to my temple. I sensed that blood was finding new pathways to various parts of my body.

I terminated the fast before I wanted, as I sensed that my wife was having a more difficult time than I. I do not think that I would go on a long fast again at home. She upsets herself more than I wish to tolerate. During a fast, I become supersensitive to other people's reactions. . . .

Once again the heart started *banging*, and once again I had to concentrate on the pounding until reaching a trancelike state — a condition which was becoming very disagreeable [to my wife] but the only means I knew of survival. She then became very upset and refused to leave until once again I was breathing normally, and even then under protest. She thought that I might die while she was not there for me. I had to reassure her again and again that the body would not self-destruct while in a state of complete rest.

After the near-fatal mistake and the out-of-body experience above, I decided to return to the fast for another three days — terminating for those reasons given. I had one hell of a time on fruit, as I had a hypoglycemic reaction. In fact I do not recall . . . just how I terminated, but it took 3 days of experimenting. And once I did terminate, it took several months before I could eat fruit without cloves or cinnamon without getting a reaction like that of hypoglycemia.

Immediately after breaking the fast, I proceeded to exercise, lifting very light weights until out of breath or until I had a heavy chest, always increasing repetitions, speed and weights, resting as needed.

I notice that if I slack off, I immediately have less energy and seem to lose strength. I'm inclined to think I'll be on an exercise routine for the rest of my life.

[You] might ask — "A longtime natural hygienist (since 1981) having a heart attack and/or heart condition at age 70? What gives?"

Bruno Comby, in his book *Maximize Immunity* . . . states something to the effect [that] it is not the fruits and vegetables that make you healthy; it is the cooked food that makes you sick.

Note Lou's confession at the end. Though he had been practicing most of the principles of Natural Hygiene for 17 years, he hadn't let go of cooked food — hence the heart condition. He went on to live another seven years.

The occasion of his death was equally instructive. He eventually died at the hands of the medical profession in the aftermath of an accidental fall that left him with a brain hematoma (swelling or tumor) and a severe, continuous headache. Instead of seeking Dr. Zovluck's counsel, which would have been the same as for his heart attack — complete physiological rest — he sought medical diagnosis and treatment.

The "learned" MDs recommended brain surgery to relieve the pain and swelling and to excise the hematoma. When the first surgery proved unsuccessful in relieving his pain, they performed a second brain operation, which killed him.

Dr. Zovluck teaches that meditating, or focusing attention intently, upon any symptoms that may appear from time to time throughout the fast will accelerate the healing process by directing the healing energy to those areas of the body.

Victoria BidWell, a student of Dr. Hans Selye's fight-or-flight work, explains the fear response and wisdom of calming down:

When the body goes into the alarm mode because something is perceived as terribly wrong in the body or in life circumstances, every cell in the body is affected by the nervous, glandular and circulatory systems. In fact all systems are readied for extreme action. The body is mobilized to fight or flee the situation so it can get back to normal. Skin vessels constrict, and goose bumps appear. Sweat glands pour out sweat. Secretion of digestive enzymes and insulin stops. Digestion halts. The mouth goes dry. Adrenaline and other stress hormones and neurotransmitters flood the body. Bowels and the urinary bladder relax, and their control is often lost. Blood flow to the heart and muscles increases. Voluntary muscles dilate to accommodate powerful action. Blood vessels to the brain constrict. Muscles of the head constrict and cause headaches and fear for some and euphoria and fearlessness for others. Much more is going on in the body's 75 trillion cells, but you get the idea. Emotional balance for all who do not possess self-mastery is completely lost.

All of this heightened neurophysiology throws people without coping techniques into a state of great fear. They start trembling and entertaining dreadful thoughts. Dangerous decisions can get made. They can actually see things and hear things that are not there and act upon them. Paranoia can kick in. If these fearful imaginings and poor choices are allowed and acted upon while in this unique physiological state of alarm, the situation can be made much, much worse. This is why knowledge of how the body, mind and emotions work and self-control are so important. While fasting or in emergency situations, knowing yourself and practicing self-mastery are all-important. Keeping cool and maintaining emotional balance could save your life.

Our Final Fasting Farewells

Fasting should be a complete rest for the entire mind and body — rest from food, drugs, emotional stress, mental tasks, excitement of the five senses and all but the most mild and limited of physical activity. It's even best to stay in bed sleeping with eyes closed 24/7, or as close to that as you can manage, for the duration of the fast. This permits the body to focus as much of its attention and energy on revitalizing, cleansing and healing as is humanly possible.

Yet what good does it do to detoxify and heal if you simply go out and re-intoxicate yourself? Next we will look at how to stay raw in a world that caters to cooked fooders. The answer begins in changing the doors of perception through which we pass. It all begins in the mind.

Chapter 21: Raw Pleasure

Tomato Sauce

1 cup fresh tomatoes
½ cup sun-dried tomatoes
½ cup pitted dates
½ bunch cilantro
3-4 cloves garlic
¼ cup chopped red onion
4 leaves basil
1 t powdered sea vegetables
3 T unpasteurized olive oil or nut butter

Blend in Blend-Tec or Vita-Mix until creamy. Liquefy all ingredients until smooth and you attain the desire consistency. For a thicker and sweeter sauce, use more dates and sun-dried tomatoes. You could blend it in a food processor with the “S” blade, but the dates and sun-dried tomatoes will be very hard to blend, causing the machine to vibrate, and the ingredients may even splatter! But this splattering can be avoided if you soak both the dates and sun-dried tomatoes for at least two hours first.

Parmesan Cheese

½ cup ground flaxseeds
1 T dehydrated cilantro or parsley flakes
½ t garlic powder

Mix the ingredients evenly. Sprinkle on vegetable spaghetti, salads or other main dishes.

Natural Hygiene Salad Dressings, Sauces and Dips

These recipes are excerpted from Victoria BidWell’s *The Health Seekers’ YearBook with The Best of Common Health Sense*. She explains:

I have been helping health seekers toward superlative nutrition using strict Natural Hygiene recipes since 1986. I remember a rough time when only one good hygienic recipe book was available, put out by T. C. Fry. Over the years, I have learned that the single biggest problem for those starting on, and staying on, the nontoxic raw food diet was getting down the dry salads, especially the vegetable salads. I know this situation has not changed. Therefore, I am thrilled to share some of the simple salad dressings from my *Health Seekers’ YearBook with The Best of Common Health Sense* collection of 60 with the hope that they will get you past any of those tough SAD salad dressing, sauce and dip addictions and ever further into the live food lifestyle.

Cashew Tang

Blend until smooth, 2 cups tangelo juice, the juice of 1 lemon and 8 ounces cashew butter or cashews.

Tart Cashew Crème

Blend until smooth 2 cups grapefruit-tangelo juice with 8 ounces cashew butter or cashews.

Cashew V-4 Crème

Blend until smooth 2 cups tomato-carrot-celery-beet juice with 8 ounces cashew butter or cashews.

Apple-Sweet Cashew Crème

Blend until smooth 2 cups apple-celery juice with 8 ounces cashew butter or cashews.

Almond Tang

Blend until smooth 2 cups pineapple-orange juice with 8 ounces almond butter or almonds.

Almond V-2

Blend until smooth 2 cups carrot-cucumber juice with 8 ounces almond butter.

GetWell's Waldorf Special Sauce

Blend until smooth $1\frac{3}{4}$ cups tangelo juice and $\frac{1}{4}$ cup lemon juice with 8 ounces walnut butter.

Tomato-Pecan Dip

Coarse chop 2 large, quartered tomatoes in the blender. Juice 2 stalks celery. Then mix the tomatoes and celery juice in a bowl by hand with 8 ounces pecan butter.

Sunny Tomato Topping

Blend until smooth 2 large tomatoes with 8 ounces sunflower seeds or sunflower seed meal.

Piña-Tahini

Blend until smooth 2 cups pineapple-celery juice with 8 ounces sesame butter.

Taste of Brazil

Blend until smooth 2 cups tomato-cucumber juice with 8 ounces brazil nuts or brazil nut butter.

Hawaiian Dream

Blend until smooth 2 cups pineapple juice with 8 ounces macadamia nuts or macadamia nut butter.

Tomacado

Blend until smooth 2 tomatoes, 1 large stalk celery and 1 large avocado.

Applecado

Blend until smooth 2 cups apple juice with 2 medium avocados.

Avocado Special

Blend until smooth 2 cups very sweet soak juice from any soaked dried fruits with 2 avocados. Especially sweet and tasty are raisins, figs and apricots.

Avobutter

Mix 2 avocados and lemon juice together until a buttery consistency is reached. Avobutter will be stiff and spreadable like the soft, SAD counterfeit. Enjoy Avobutter with the many recipes and dishes with which you used to take butter.

GetWell Guacamole

Coarse chop 3 tomatoes, blend and pour them into a mixing bowl. Dice into very small pieces yet another tomato. Mince 2 tomatillos, 1 celery stalk and 1 red bell pepper. Mash 2 large avocados. Juice 1 lime and 1 lemon. By hand, turn all these ingredients into each other thoroughly.

Dieter's Delight Sauce

Coarse chop 3 tomatoes and blend. Juice 1 grapefruit. Cut into quarters 12 cherry tomatoes. By hand, mix all the ingredients thoroughly.

Fig Ambrosia

Place 8 dried figs in a little over 1 cup water and soak overnight. Blend with 1 cup soak water until smooth.

Fruit Fixin's Sauce

Blend until smooth 1 cup apple juice with the flesh of 2 small papayas.

Old-fashioned Apple Sauce

Take 3 golden delicious and 3 red delicious chopped apples, ½ cup tart apple juice and ½ cup soaked raisins. Blend these ingredients until smooth.

Mexican Salsa

Juice 2 lemons and 2 limes, chop 2 red bell peppers, dice 4 celery stalks, and mince 4 tomatillos. Mix these ingredients with 4 cups of coarse-chopped tomatoes.

GetWell's Fruit Jam Formula

Any variety of dried fruit can be made into a tasty fruit jam, with all the advantages of live food and none of the poisons of counterfeit, SAD food. Simply soak the chosen fruit in an equal amount of water for 8-12 hours. Then cut the fruit into small pieces. Put it into the Vita-Mix. Next, run it in spurts. Stop between to stir GetWell's Fruit Jam Formula. To reach the desired consistency, add more or less soak juice. Also, you may try combining two or more fruits for a *merry taste medley*!

Serve the Jam Formula a variety of ways: spread on lettuce or celery as a filling, scooped onto a sliced fruit as a garnish, poured over a fruit salad as a dressing, set into a dish as a dip, piled onto a banana ice cream sundae as a topping, blended into a fruit smoothie as a sweetener and so on!

Victoria BidWell's Nut and Seed Butter Secrets

Nut butters can be used in an endless array of recipes, but especially as thickeners in juices, soups, dressings, dips and sauces. Nut butters are delicious served with a raw vegetable finger food plate as well.

Butter prepared with a juicer using the blank screen (homogenizing plate): Some juicers, such as the Champion, have a homogenizing plate that slides in and replaces the juicing screen. Any nut can go through to make nut butter without adding oil, although adding a few teaspoons of liquid allows homogenizing the nuts more quickly and with less effort.

Butter prepared with a Vita-Mix: A slight amount of liquid must be added to the nuts when making Vita-Mix nut butters. Water or fruit or vegetable juice is more healthful than any oils for this purpose.

Butter prepared with a grinder: The various kinds of grinders will pulverize nuts into a powder, light and fluffy with a small amount of liquid and stirred into a nut butter.

Victoria BidWell's Favorite Recipe: Traditional Cranberry Relish

1½ lbs fresh cranberries
1½ cups raisins
3 oranges, cut in sections
3 diced pears

Run all the above foods through the food grinder or through the food processor set for purée. Mix the foods thoroughly, cover with a tight seal, and let chill. This recipe is best when chilled overnight to let the flavors mingle one with the other. It's delicious!

Appetizers and Dips

Raw Hummus

2 zucchinis
¾ cup unhulled sesame seeds, soaked 6-12 hours, rinsed and drained
¾ cup raw tahini
¼-½ t cayenne (optional)
½ t celery salt or dulse
3-4 garlic cloves
1 t powdered sea vegetables
¼ cup lemon juice

Blend in a food processor with the "S" blade, adding ingredients a little at a time until creamy. Serve on flax crackers or use as a vegetable dip with sliced zucchini, baby carrots, sliced bell peppers and fresh broccoli.

Nori Rolls

See "Entrées."

Creamy Spinach Dip

½ lb spinach (about 5-6 cups)
½ red onion
3 cloves garlic
¾ cup raw tahini or leftover pulp from nut or seed milk
½ bunch cilantro
3-4 T lemon juice
½ t powdered sea vegetables

Blend in food processor with the "S" blade, adding spinach a little at a time. Mix until creamy. Serve on flax crackers, or use as a vegetable dip for sliced zucchini, baby carrots, sliced bell peppers or fresh broccoli.

Deluxe Macadamia Nut Cheese

12 oz (3 cups) macadamia nuts, soaked 6-12 hours, rinsed and drained
1 t powdered sea vegetables
2 cloves garlic
1 T fresh cilantro
¼ cup lemon juice
¾-1½ cup unpasteurized olive oil (or substitute equal amount of half nut butter half water)

Blend in food processor with the “S” blade, adding the nuts a little at a time. Mix until creamy, the texture of cream cheese.

Note: For a creamier mixture, you could put the nuts through a juicer with the blank screen before putting them into the food processor. In that case, you will need about half the olive oil! You might have to add one or two tablespoons more of oil.

Blend until it has the creamy texture of cream cheese. Serve on flax crackers, or use as a vegetable dip with zucchini, baby carrots, sliced bell peppers, fresh broccoli and so on.

Pecan Pesto

2 cups pecans, soaked 4-8 hours, rinsed and drained
1 bunch cilantro
1 medium red onion
4 cloves garlic
4 T ginger
Juice of 1 small lemon or lime

Mix in food processor using the “S” blade. Use just as you would pesto sauce. It is great over zucchini or squash noodles.

Pumpkin Seed and Macadamia Nut Cheese

1½ cups macadamia nuts, soaked 4-8 hours, rinsed and drained
1½ cups pumpkin seeds, soaked 4-8 hours, rinsed and drained
Juice from small lemon
3 T unpasteurized olive oil (or substitute nut butter)
3-4 fresh basil leaves
3-4 any other fresh herbs (tarragon, mint, thyme)

For best results, put nuts and seeds through the blank screen of a juicer (e.g., Omega or Champion). Then mix everything until very creamy (with a texture like cream cheese) in a food processor using the “S” blade. If you do not have a juicer, simply put the nuts and seeds into the food processor right away with the other ingredients. You may have to add more olive oil, though, to help it get creamier.

Guacamole

2 Roma tomatoes or ½ cup other tomatoes
 2 large avocados
 ½ bunch cilantro
 Juice from ½ small lemon
 1 t jalapeño, chopped (optional — omit for hygienic purity)
 2 cloves garlic
 1 t powdered sea vegetables
 ½ red bell pepper

Blend in food processor using the “S” blade. For a chunky texture, cut the pieces first into small chunks; then blend for only about 3 seconds to get slightly smaller chunks. For a creamy texture, blend longer.

Sunflower Seed Pâté

1 cup sunflower seeds, soaked overnight, rinsed
 1 cup pumpkin seeds, soaked overnight, rinsed
 ½ cup pitted olives
 2 red bell peppers
 ½ bunch cilantro or favorite fresh herb
 1 t powdered sea vegetables
 ½-1 cup sun-dried tomatoes, soaked for 30 minutes and cut into small pieces with scissors

Combine the seeds and make butter according to “Victoria BidWell’s Nut and Seed Butter Secrets.” If using a food processor with the “S” blade to make the seed butter, it will not be as creamy with the true pâté consistency. Combine the seed butter with all the other ingredients, and blend in either the Blend-Tec or Vita-Mix, or process in a food processor.

Salads and Salad Trimmings

Arabian Salad

2 tomatoes
 1 bell pepper, green or red
 1 cucumber
 ¼ bunch cilantro
 1 bunch green onions
 Unpasteurized olive oil (or substitute half nut butter half water)
 ½ t powdered sea vegetables
 1 lemon

Chop cilantro finely. Chop other vegetables into bite-size chunks. Add salt. Sprinkle on olive oil, but don’t let it be so much that vegetables get soggy. Squeeze lemon juice over salad. Gently stir. This is a tasty, cool salad enjoyed in Middle Eastern dinners.

Serves 2-3.

Cheesy Spinach Salad

$\frac{1}{2}$ - $\frac{3}{4}$ cup unpasteurized olive oil (or substitute half nut butter half water)

Juice of 1 lemon

1 cup pumpkin seeds, soaked 6-8 hours, soaked and rinsed

1 T mustard (see recipe in “Sauces, Salad Dressings, Condiments”)

4 garlic cloves

$\frac{1}{2}$ t powdered raw sea vegetables

1 lb chopped and cleaned spinach

1 red onion

Mix all ingredients except the spinach and onion in food processor with the “S” blade or in a Blend-Tec or Vita-Mix. If the dressing is too thick, you may have to add more oil or a tiny bit of water. Chop the red onion, and put it with the spinach into a big bowl. Pour the dressing over it and toss.

Serves 6.

Waldorf Salad

1-2 apples, grated

1-2 sprigs asparagus, grated or sliced in small pieces

$\frac{1}{2}$ cup sun-dried raisins

$\frac{1}{2}$ cup walnuts

3-4 cups lettuce and/or spinach

Toss salad ingredients. Top with honey mustard dressing (see “Sauces, Dressings, Condiments”).

Coleslaw

1 cabbage (green or purple)

$\frac{1}{2}$ red onion

1 red bell pepper

1 green bell pepper

3 carrots

Dressing:

$\frac{1}{3}$ cup raw apple cider vinegar (or $\frac{1}{3}$ cup lemon juice)

$\frac{1}{3}$ cup unpasteurized olive oil (or $\frac{1}{6}$ cup nut butter $\frac{1}{6}$ cup water)

$\frac{1}{3}$ cup unheated honey

1 T mustard or mustard seeds

1 t powdered sea vegetables

Grate the carrots with the food processor using the grating blade. Slice the other vegetables using the slicing blade. Next, blend the dressing using the “S” blade and pour over the salad.

Serves 8-10.

Holiday Salad

5-6 cups spinach (about ½ lb)
1 cup pecan croutons (see recipe below)
½ cup raw olives
½ red onion, sliced into halved ringlets

Toss pecans, olives and onion ringlets into spinach. Top with oil and vinegar or dressing of your choice.

Serves 5-6.

T. C. Fry's Super Salad

This favorite of T. C. Fry comes from Victoria BidWell's *The Health Seekers' YearBook*:

6 large tomatoes
4 stalks celery
4 red bell peppers
1 head bok choy
1 head cauliflower
4 medium avocados

Dice the tomatoes. Chop the cauliflower: stalks, leaves and all. Dice the avocados. U-cut the celery. Mince the red peppers. And chop the bok choy: stalks, greens and all. Combine the ingredients into a large bowl, and mix them thoroughly.

Serves 4.

Marinated Kale

1 bunch kale (stems removed and saved to put later into a juice)
1 small red onion
2 carrots
1 red bell pepper
2 zucchinis
1 bunch cilantro or mint
½ cup red cabbage or 2-3 stalks celery

Chop in a food processor using the slicing blade. Then the dressing (below) over it and let it marinate overnight. Sprinkle with raw sesame seeds before serving.

Dressing for Kale:

½ cup coconut oil or unpasteurized olive oil (or ¼ cup nut butter ¼ cup water)
Note: If you plan to store this in the refrigerator, I would avoid using coconut oil, as it congeals.

- 2 cloves garlic
- 2 inches ginger
- ½ cup lemon or lime juice
- 2 T nama shoyu (or powdered sea vegetables)
- 1 dash cayenne (optional)

Chop the garlic and ginger, then blend with the other ingredients using a food processor with the “S” blade.

Serves 6-8.

Arame Salad

This makes a very large salad. You may want to cut the recipe in half.

- 1 head green cabbage
- 1 head red cabbage
- 2 beets
- 5 carrots
- 3-4 bell peppers (red and green)
- 1 red onion
- ½-¾ cup arame seaweed (sun-dried)
- ½-¾ cups sesame seeds (soaked overnight and rinsed)
- ½ cup each of agave or unheated honey, raw apple cider vinegar and unpasteurized olive oil

With a food processor, slice the cabbages, bell peppers and onions. Grate the carrots and beets. Sprinkle in the arame and sesame seeds. For the dressing, mix the agave or unheated honey, raw apple cider vinegar and olive oil. Pour over the salad.

Serves 15-20.

Dill Coleslaw

- ½ head red cabbage
- ½ head green cabbage
- 4 bell peppers
- 1 bunch parsley
- 1 bunch dill
- 1 cup sunflower seeds
- 4 carrots
- ¾ cup olive oil (or ¾ cup water ¾ cup nut butter)
- ½ cup unpasteurized miso or powdered sea vegetables
- 4 T mustard
- 3 T agave

Slice cabbage, carrots and peppers in food processor with the slicing blade. Use the shredding blade for the dill and parsley. Blend the rest of the ingredients to make a dressing to pour over vegetable mix.

Greek Salad

3 tomatoes
2 cucumbers
2 red bell peppers
1 red onion
1 t oregano
¼ cup lemon juice
½ tsp basil
½ cup pitted greek olives
½ cup olive oil (or ¼ cup nut butter ¼ cup water)

Dice the vegetables. Blend the lemon juice, oil or nut butter with water, and spices to make a dressing to pour over the vegetables. Sprinkle with pitted olives.

Pecan Croutons

1-3 cups pecans
Cinnamon
Unheated honey

Soak the pecans overnight, rinse and drain. Roll them in a mixture of honey and cinnamon. Dehydrate them for four hours or so until they are dry. Toss them in a salad.

Salad Sprinkles

Soak overnight a few cups of flaxseeds, sesame seeds or sunflower seeds. If you like, you can soak them in Celtic sea salt or Himalayan rock salt. Rinse and thoroughly dehydrate. Sprinkle onto your salad for extra flavor and crunch.

Buddy and Cherrie's Mock Potato Salad

8-10 cups jicama, peeled and diced
⅓ cup diced bell pepper (core and seeds removed)
2 cups chopped celery
2 ears of corn kernels
½ cup chopped onion
1 diced avocado
1 recipe of the following dressing

Put all ingredients in a large bowl and mix well.

Dressing for Mock Potato Salad

2 cups cashews

½ cup pure water

2 t powdered sea vegetables

½ cup agave

¼ cup lemon juice

¼ cup raw apple cider vinegar

½ cup olive oil

½ t paprika

½ t cumin

½ cup fresh dill

Add all ingredients and blend until smooth. This recipe makes 11 cups of salad. Enjoy!

Serves 11.

Snacks

Cauliflower Pâté (“Mashed Potatoes”)

3 cups cauliflower, cut up

1 cup macadamia or pine nuts, soaked 4-8 hours, rinsed and drained

¼ cup lemon juice

¼ cup water

¾ T powdered sea vegetables

½ T garlic

Put into food processor, using the “S” blade, adding cauliflower a little at a time. Blend until the mixture looks light and fluffy like mashed potatoes. The mixture will not only look like mashed potatoes, but the taste will also be reminiscent of mashed potatoes!

Serves 8.

Garlic Cilantro Flax Crackers

2-3 cups of flaxseeds, soaked overnight (Note: Seeds will expand with water, so it will become 4-6 cups the next day.)

1 bunch cilantro, chopped

1 T powdered sea vegetables

5-6 cloves garlic

5-6 T nama shoyu (optional)

Blend cilantro, salt, garlic and shoyu in the food processor, using the "S" blade. Put the seeds into a big mixing bowl and fold into the mixture, mixing until it is spread throughout the seeds. Put onto dehydrator sheets, and dehydrate until it is completely dry on both sides. (Some people like to turn the cracker over after 6 hours or so, but it is not absolutely necessary.) It may take up to 24 hours to dry completely. Store in a closed, airtight container with some moisture absorption packets. (These are often found in supplement or vitamin bottles.) The crackers can keep a month or so if dry.

Barbecue Flax Chips

$\frac{1}{3}$ cup flaxseeds (soaked overnight)

$\frac{1}{3}$ - $\frac{2}{3}$ cup pulp from carrot or orange juice (if not available, use another $\frac{1}{3}$ cup flaxseeds)

3 dates or $\frac{1}{4}$ cup agave nectar or unheated honey

1 celery stalk

2 tomatoes

$1\frac{1}{2}$ cups water

$\frac{1}{2}$ - $\frac{2}{3}$ cups sun-dried tomatoes (if a heavy-duty blender is not available, such as a Vita-Mix or Blend-Tec machine, be sure to soak them for an hour before blending to soften them)

1 dash cayenne powder (optional)

1 t powdered sea vegetables

2 carrots

Blend all ingredients except seeds. Then add seeds, blending mixture until it is smooth. Dehydrate in the shape of small crackers or large ones that can be broken later. Dehydrate at about 105° F for about 24 hours until very dry. Store in an airtight container with moisture absorption packets such as found in vitamin and other nutritional supplement containers. This will enable them to keep much longer.

Breakfast Dishes

Any of the drinks listed in the “beverage” section are also a great way to start out the morning. But if you need something to munch on...

Al's Cereal

- 1 banana
- 2 heaping T sun-dried raisins
- 1 heaping T bee pollen
- 1 heaping t almond butter
- 1 heaping T hemp seeds

Mash the banana with a fork until it is creamy. Stir in other ingredients.

Serves 1.

Trail Mix

- 1 cup almonds, soaked, drained, rinsed and dehydrated or left out until dry
- ½ cup sun-dried raisins
- ½ cup shredded coconut
- ½ cup sunflower seeds, sprouted and dried

Mix together. This is also great as a snack or travel food.

Serves 6.