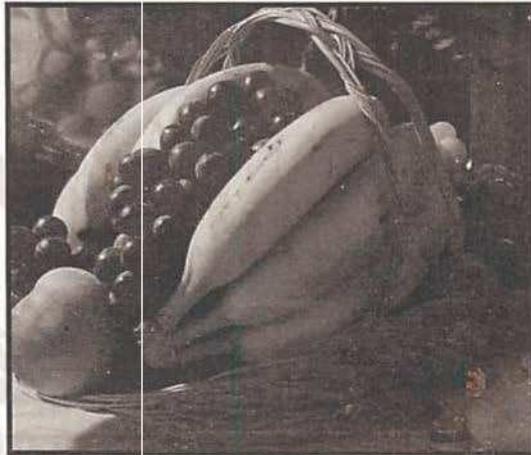


The Miracle of Living Foods

by Kristine Nolfi, M.D.



&

The CURSE of Cooking

by T.C. Fry

REVEALING:

- ◆ How Dr. Nolfi overcame cancer on a raw food diet
- ◆ How diseases are overcome on a raw food diet
- ◆ How the raw food diet makes you kinder and more loving
- ◆ Why childbirth becomes painless on the raw food diet
- ◆ Why menstruation ceases on the raw food diet
- ◆ Why drinking water is not normal to humans
- ◆ Why animal foods are pathogenic
- ◆ How cooked foods destroy nutrients and cause diseases

THE MIRACLE OF LIVING FOODS

**RAW FOOD TREATMENT
OF CANCER**

&

**MY EXPERIENCE WITH
LIVING FOODS**

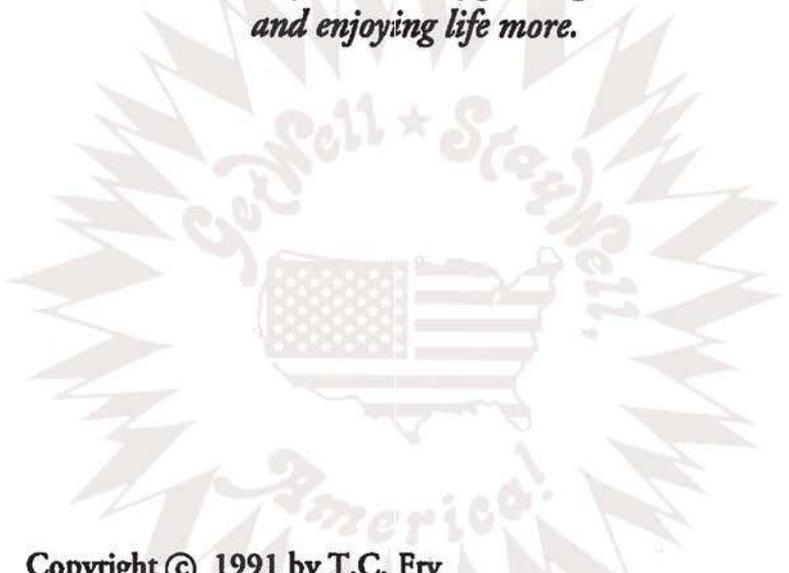
by Kristine Nolfi, M.D.

**THE CURSE OF COOKING
COMMENTARY**

by T. C. Fry

Published by
HEALTH EXCELLENCE SYSTEMS
1108 Regal Row
Manchaca, Texas 78652-0609

*Dedicated to a world suffering from diseases
arising from modern eating practices.
Offering a way that contributes heavily to
overcoming diseases, upgrading health
and enjoying life more.*



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NOTICE TO THE READER:

We do not intend nor wish that you should be confused in our usage of terms.

Many terms are used interchangeably in the HEALTH EXCELLENCE series of books. Therefore, this note of explanation.

The following terms are synonymous: LIFE SCIENCE, NATURAL HYGIENE, HYGIENE, HEALTH, HEALTH SCIENCE.

All these terms signify the science that embraces all that bears upon human welfare. The following terms may also be used and are, therefore, defined:

BIOLOGY: The science of life.

NATURAL LIVING: Living in accord with the laws of life.

NATURAL: That to which we have as creatures of nature been adapted.

PUBLISHER'S NOTES

THIS BOOKLET IS SIMPLY A REVELATION FOR MOST PEOPLE WHO READ IT! We are, therefore, happy to bring Dr. Nolfi's works to you.

This book presents but one aspect of the **HYGIENIC SYSTEM--** the living food diet!

Dr. Kristine Nolfi, who wrote this on a first-person basis, must be applauded for her researches and observations. Nevertheless, the reader must guard against some of her "findings" and practices. She still retained some old myths and indulged errors and wrong practices, despite her remarkable advancement. She did not have the benefit of the scholarship and researches available to the Publisher-- neither was she as broadly aware of the physiological processes and needs of life.

Nevertheless, she brings you gem after gem and truth after truth that are illustrative of the beneficence of a live food diet. To be sure, the living food diet was advocated a hundred years before her by pioneering Natural Hygienists. But for Dr. Nolfi, this was a pioneering effort; and she writes of it so simply and effectively that we select it for your delectation.

!! The Miracle of Living Foods

As Hygienists, we maintain that nothing can be “cured” -- that the body is self-correcting given the conditions of health and removal of cause of ill-health.

FOOD--ONLY ONE OF MANY LIFE ESSENTIALS

It must be emphasized that a LIVING FOOD dietary is but one of the essential elements of healthful living. There are some 30 other factors of health.

It is important, in reading these works, to remember that DISEASE IS SOMETHING WE BUILD OURSELVES through our practices. Likewise, HEALTH IS SOMETHING WE BUILD OURSELVES through understanding its principles and their application in practice.

HEALTH CAN BE A CERTAINTY

Attacks by “germs,” “viruses,” “microbes,” or “bacteria” form the Pasteurian and medical myths to which the “curing profession” gives credence. Disease is not born of “infection” and neither is health a matter of luck. Health is a material certainty if we indulge a valid system of health practice.

ANIMAL FOODS HARMFUL IN THE HUMAN DIETARY

Hygienists do not endorse the use of ANY animal food, except in extraordinary circumstances. Animal foods are poor in assimilable nutrients and are objectionable because they not only contain harmful substances but are deleterious in their “after effects” or “side effects.” Especially is this true of milk, meat, eggs, fish and other animal products. Further, we disapprove of animal exploitation on ethical grounds and we maintain that animal husbandry is a primary cause of the desertification of our planet.

This booklet is published with only one purpose in mind: that of demonstrating dramatically the importance, yes, the ABSOLUTE NECESSITY of LIVE FOODS in the human dietary if the highest possible level of health is to be realized.

The Miracle of Living Foods III

Chapter 1

RAW FOOD TREATMENT OF CANCER

by
Kristine Nolfi, M.D.

Before I realized the actual importance of raw vegetable food, my attitude was exactly the same as that of other physicians: to treat the symptoms of the disease without thinking of preventing it. In the future it ought to be the duty of the medical profession to find a means of prevention to a much higher degree than now, instead of attempting to cure later on.

That I, as a physician, went in for excessively raw vegetable food is due to the fact that I became ill, even seriously ill, myself. I developed cancer of the breast. The disease had, of course, been preceded by wrong nourishment and wrong habits in the course of my twelve years of hospital training, when I suffered from sluggish digestion and catarrh of the stomach all the time--disorders which are still of quite common occurrence among hospital staff members. Since that time no change of the hospital diet has taken place in Denmark in this very important domain. On one occasion I was in a dying condition because of a bleeding gastric ulcer. This made me abandon meat and fish, and I became a vegetarian. Later I took to eating a good deal of raw vegetable food. In this manner my digestion became regulated and I felt better, though not completely well. In the winter of 1940 to 1941, I was exceptionally tired and dull; but I was unable to ascertain any specific disease. At that time I did not understand what was wrong with me; but in the course of the spring, I discovered a small node in my right breast.

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I Discover My Cancer

Tired and dull as I was, I did not pay any attention to it until five weeks later. I discovered that the node was the size of a hen's egg. It had grown into the skin, a thing only cancer does. As a physician I had seen enough to be unwilling to submit to the treatment of cancer generally employed. I consulted my good friend, Dr. M. Hindhede, who dissuaded a trial microscopy. It would open up the blood streams and the cancer would spread; so I gave it up. And then I felt it as quite a natural thing that I would have to carry through a one hundred percent raw vegetable diet.

I went in search of nature, lived for some time on a small island in the Kattegat, took sun baths from four to five hours daily, slept in a tent, bathed several times a day, and lived exclusively on a raw vegetable diet. Later I introduced this habit of life at the sanatorium "Humlegaarden."

Improvement Realized After Two Months

I was still tired and continued to be so for the first two months, and during that period the node in the breast did not diminish. It remained unchanged.

But then the improvement came. The node diminished and my strength returned; apparently I recovered and felt better than I had for many years. When I had experienced good health in this manner for about a year, I tried by way of experiment (and urged to do so by Dr. Hindhede) to revert to a vegetarian diet supplemented by fifty percent of raw vegetable food.

My Cancer Reoccurs On Cooked Food

But it was no good. In three to four months I began to feel a stinging pain in the breast, in the sore-like tissue which the cancer had left where it had originally adhered to the skin. The pain increased much during the weeks that followed, and I realized that the cancer had begun to develop again.

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Cancer Under Control Again On Raw Food Diet

Once more I reverted to pure, raw food, which caused the pain to subside rapidly and the fatigue to become less pronounced. But being a doctor, I realized that I would have to use the experience I had gained to help my sick fellow creatures. So I set up my home so that I could have four or five patients stay with me the next summer. We took one hundred percent raw vegetables as a diet and all went well, but it was not satisfactory with so few patients. I understood that this cause would have to be advocated under quite different and larger conditions if any proofs were to be given. On my initiative a joint stock company was then formed which bought the property "Humlegarden." Well suited for the purpose, it was set up as a sanatorium where I became the chief physician. Here we eat only raw vegetable food, employees as well as patients. The establishment is now in its sixth year.

Why Raw Foods Are Beneficial

Now, what is the reason why a one hundred percent raw vegetable diet exerts such a beneficial effect on civilized individuals? First and foremost, because the raw food is live food as it is handed to us by nature. We all know that life on earth is completely dependent on our sun. If we had no sun, the earth would be without any life, dark and icy cold. Vital force is, therefore, identical with sun energy.

According to Dr. Hesselink, it is, however, only the plant with its widely unfolded thin green leaves that is able to catch the sunlight and to deposit it in the form of roots and tubers, fruits and seeds. We human beings and the animals, with massive bodies, are not able to utilize it to a sufficiently high degree. Therefore, both men and beast use plants as carriers between the sun and themselves. A fresh, raw vegetable diet is sunlight nourishment!

Dr. Bircher-Benner, of Zurich, realized this long ago. Dr. Hesselink, from Holland, believes that it is the atoms which are the carriers of the solar energy.

Raw Food Of Highest Nutritional Value

Fresh, raw vegetable food possesses the highest nutritive value, and this cannot be increased or improved. Anything else, such as

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heating, drying, storing, fermentation or preservation will reduce and destroy its value. Boiled vegetables taste of nothing, so something must be done to make them palatable. We mix different things together, and we add salt, sugar, spices and butter. We remove the germ and the husk from the wheat to use the flour for baking. We polish the rice, we refine the sugar, we remove the skin, seeds, and cores of apples and pears, we peel the potatoes and scrape the carrots. Meat, fish, eggs and cheese supply us with an enormous surplus of animal protein. We make beverages of coffee beans, cocoa beans, and tea, which contain stimulating poisons.

Drug Taking Is Widespread

We use the grapes for wine and brandy--intoxicating poisons--which first stimulate the grey cortex of the brain and later paralyze it. We preserve food with chemicals such as benzoic acid, salicylic acid, nitre, boric acid and sulphurous acid in order that it may keep well and look attractive. Further, we take anodynes, hypnotics, sedatives and aperients--all strong chemical poisons--substances that are foreign to the organism. Among drugs which are misused to a great extent, tablets for headache, hypnotics and aperients are much too predominant. In a small country like Denmark, the adviser on pharmacological matters of the Public Health Authorities is able to give us the following figures: Annual consumption of drugs for headache: 105 tons, aperients: 15 tons, hypnotics: 9 tons.

Raw Food, The Way To Overcome Tobacco Habit

Nicotine, too, is a ruinous stimulant, a still stronger poison than spirits. It causes sclerosis of the heart and causes the cardiac musculature to become undernourished. The heart becomes a flaccid bag instead of a firm muscle. Many busy men about the age of fifty die of heart failure caused by chronic nicotine poisoning. Here, too, I have experienced that patients on a pure, raw vegetable diet gradually lose their taste for tobacco completely.

Also, the ground is wrongly cultivated when it is fertilized too much and too uniformly with chemical manure. We may run the risk that the ground becomes just as diseased as man--overacidified, overnourished--and that it yields plants which are not fit for human food.

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Raw Foods Easy to Digest

Raw food is termed live food by me, in contrast with such food as has been treated by heating, which I consider dead food. Care should be taken that the food does not include substances which counteract the chemistry of the organism so that the waste products are not retained too long and putrefy in the large intestine. The best food is, therefore, completely natural food which has not been subjected to denaturation of any kind. To this must be added that live food is much easier to digest. It helps in the digestion itself just as the living baby cooperates in its delivery. Raw vegetables are digested in the stomach and the intestines in an hour; boiled vegetables require almost three hours and leave more waste products, offensive stools, impure blood, and poisoned and gradually impaired organs, whereas the raw food--live food, the sunlight nourishment--dissolves and excretes these poisons. Raw food is easy to digest, it spares and strengthens the organism in every respect because of its content of life, bases, and vitamins in their natural, living combination and relationship to one another. Everybody who can think must be able to understand that our present nutrition is highly destructive and is the most common and most serious cause of physical and psychic diseases and constitutional degeneration. We must seek more wholesome nourishment and more wholesome habits of life if we are to live better now and in the future. We cannot afford to compromise where life and health are concerned. We must follow the only right way--the 100% raw fruit and vegetable diet.

Let us consider for a moment how it influences our many different diseases. In the individual case it will always, on the one hand, depend on how good a constitution the patient has and how old he is, and, on the other hand, how poisoned, weakened and broken his constitution has gradually become because of preceding wrong nutrition and wrong habits. But it may be said, largely, that if in spite hereof the organism is fairly fit for work and able to utilize the exclusively raw diet, the latter will exert a curative effect on almost all our diseases, both those we have acquired during our span of life and those determined by hereditary predispositions.

Humankind Presently In A Degenerated State

Even the unborn baby may be injured in various ways. The impaired germ may determine both physical and psychic diseases. The baby may be injured by the wrong nutrition of the mother because it is nourished through the impure blood of the mother. This may pave the way to disease so that the baby is born ill. After its birth the condition is aggravated--mostly because the mother's milk is not as good, both qualitatively and quantitatively. Children all over the civilized world are born weaklings in a mild or severe degree, and who can estimate the future consequence thereof? Therefore, the sooner we go in for exclusively raw vegetable food, the sooner that it will exert its effect. Children are assisted by nature; older individuals are rather opposed by nature. When a mother goes in for pure raw food, her milk secretion is immediately increased, the child thrives in all respects, the vitality is increased, and the mother can soon begin to give even the young baby an addition of finely chopped fruits and vegetables; never, however, fruit and vegetables at the same time--always separately. It borders on the incomprehensible that a change can be effected so rapidly just by giving the child wholesome mother's milk, as much as it requires, and afterwards fruits and vegetables.

Raw Food Diet Humanizes Us

I have often experienced how a large family of brothers and sisters living exclusively on raw vegetables become healthy, happy, lively and nice children in the course of a few months--so good is the effect of the exclusively raw vegetable diet in childhood, which is still assisted by nature and has not yet been ruined. The effect does not appear quite as soon in adults, but it is indisputable that raw vegetables exert a good effect on adults too, even psychically. It brings about equanimity and harmony, kindness and sympathy.

But what of the elderly sick or the very sick people who have gone in for this diet too late? How about them?

Raw Food Diet Helps All

Well, they have to be patient, energetic, and very much interested, and they must be able to rest much, at any rate, to begin with. The

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first few days may be troublesome until they have become accustomed to this different food and habit of life. But they will soon do better, the bowels open regularly--two to three times daily--and this is a great encouragement to many.

Raw vegetable food exerts an excellent effect on all forms of rheumatism and rheumatic arthritis when these diseases have not progressed too far. A good effect is also seen on the diseases related to loading with uric acid; it applies to psoriasis, hemicrania, stone formation in the gall bladder, the renal pelvis and the urinary bladder. Almost all diseases of the skin are corrected, in many cases even rapidly. Loss of hair, fat formation, and dandruff cease. All infections are corrected or improved.

Women who carry through the raw diet during pregnancy feel well, delivery takes place rapidly and almost without pain, and the slender, healthy, strong baby cooperates. The raw food produces copious and good milk for the child during the first year if the mother continues with the diet.

Cancer is the terminal stage pathology. Here a one hundred percent raw vegetable diet may prove helpful, alleviate the pain, and prolong the life to some extent because it agrees well with the patient. In most favorable cases, when the cancer is dealt with in time, it may perhaps also be checked--even for many years. I am an example of this myself. But then the seat of the cancer must not be in a vital organ, such as the lungs, liver or stomach. And treatment with raw food should be commenced as soon as the cancer is discovered, and it is an absolutely necessary condition that it is carried through one hundred percent.

I want now to tell a little about my own case from 1942 to the present year. Up to 1946 I was doing well on my exclusively raw diet, the cancer of the breast was completely quiescent, and my general health was good.

Dried Fruits Inferior To Fresh Fruits

But in the spring of 1946 we got some dried fruit from Sweden (raisins, dates, pruned and figs). I thought that it would be all right to eat, but it was not. These are the fruits which have been treated with chemical poisons in order to preserve them and to make them look attractive. Having taken them for three or four months, I suddenly

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developed violent pains in the scar-like tissue of the breast; and on closer examination, I found a small node in the right breast, in the same place as before. Once more I reverted to the fresh raw food, and the node disappeared.

The last and most dangerous thing for me was, however, the trial microscopy against which I had been dissuaded by Dr. M. Hindhede. I had to let it be done because of so many physicians maintaining that I had never suffered from cancer. It was done at the Radium Centre in Copenhagen in January 1948. The trial microscopy was positive; there were cancer cells in the scar-like tissue in the skin of the right breast, but it was a benign form called scirrhous. My originally malignant, rapidly growing form of cancer had thus, under the influence of raw food, been converted into a benign form of cancer which remains quiescent. But still, this interference was just on the point of stirring up the cancer so much as to frighten me seriously. For the first time I developed metastases (two small nodules) in the armpit, and about six months on the exclusively raw diet were required to make them subside again. But it went well this time. Since then I have been in excellent health. All through last summer I was up at sunrise and in my garden where I have been working hard several hours daily. This was far more wholesome than sitting indoors working as a physician. I didn't only have the patients at the "Humlegaarden," but also a large practice and correspondence out of town. This was more than I could manage.

Organic Gardening Necessary

On January 1, 1949 I stopped practising and took up gardening again, which had always been my great interest. For this purpose I had acquired about half a hectare (about one and a quarter acres) of land near the Humlegaarden," and here I learned how right it was to grow both fruits and vegetables biologically; that is, according to the laws of life. For manure I used only compost, seaweed, straw or hay- -no chemical manure and no dung.

In conclusion, just a few words about the practical conditions and the everyday use of raw vegetable food. I am glad to be able to refer to my book "Live Food" which has just been brought out by a Dutch publishing house and which gives a detailed picture of the procedure to be followed to change to a pure raw vegetable diet. It would be of

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great consequence if the medical profession would acquire greater knowledge in this field to a higher degree than is actually the case. Doctors from Denmark and from foreign countries have visited the "Humlegaarden" for shorter or longer periods of time and have utilized their experience in their practice. The "Humlegaarden" is visited by about one thousand patients annually. Here the patients, as well as the members of the staff, live exclusively on food that has not been treated by heating; and our experience is that a transition diet is quite superfluous. The raw vegetable diet can only be varied according to seasons and consists of three meals daily. We get a fruit meal in the morning and in the evening, and a vegetable meal in the middle of the day. Fruits and vegetables are never mixed. If the condition of the teeth permits it, the raw food is taken whole; otherwise, it must be grated and reduced to small particles immediately before the meal. Once the food has been grated or chopped, it will not keep because it loses its content of vitamins. The raw food should be carefully chewed, preferably so well that it passes down all by itself, and even the grated raw food should at any rate be mixed well with saliva. All kinds of nuts provide a good supplement. The vegetable meal consists of green leaves, roots and tubers. All fruit is eaten with the peel. In the case of disease such as gastric catarrh, gastric ulcer and the like, care should, however, be taken during the initial stages.

If the exclusively raw food with its associated sound habits of life prevails, a variety of things will improve. Diseases will gradually be obviated. Obesity, the most dangerous of all diseases, will become a rarity.

Life A Joy For The Healthy

The housewife's work will be reduced to half the time, and the leisure hours thus gained will be an invaluable advantage and joy for husband, children and home. The slender build, the erect carriage, the supple gait, the fresh complexion, the white, sound teeth and the vigorous hair will dominate the picture. When the body is healthy, the result will invariably be a sound mind. Our negative thoughts will be changed into positive ones and develop the great cultural progress which the world is waiting for. Only then will life be worth living.