

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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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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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.*

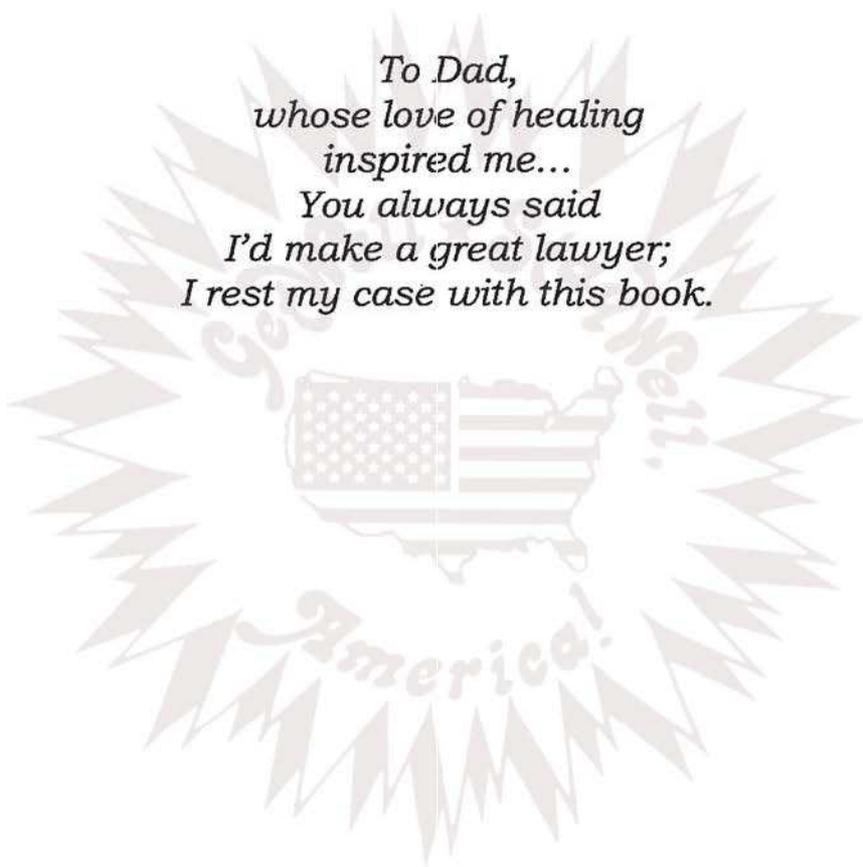


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Foreword by Dr. Vetrano

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

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

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

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.

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.

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!

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.

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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!

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 proto-plasmic 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.

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. Hmm... 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*

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!*

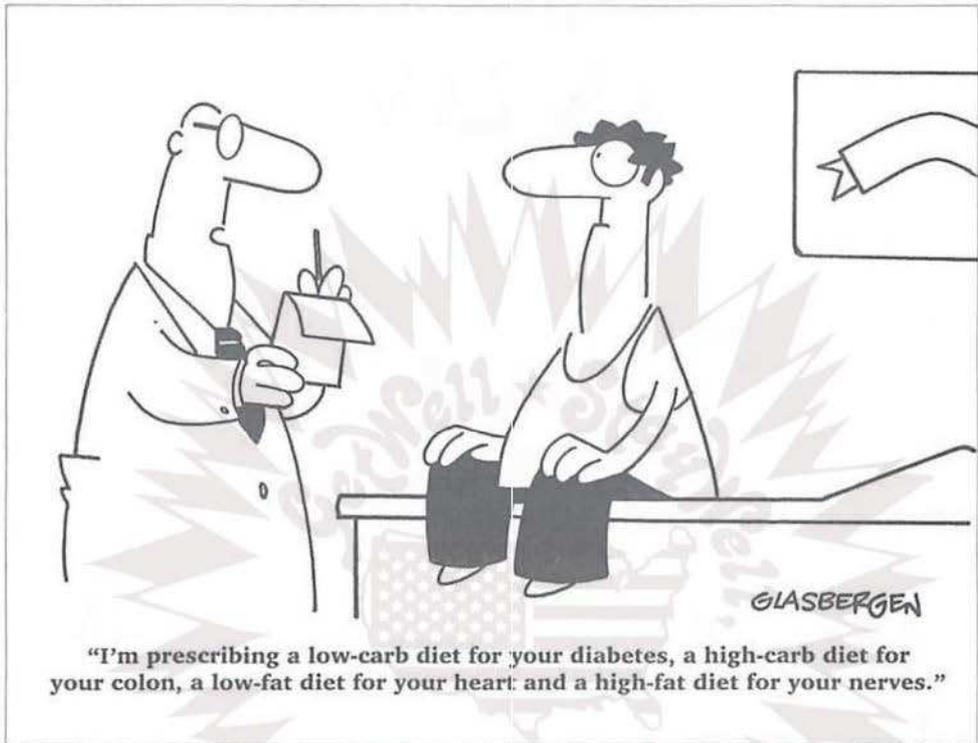


Section One

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

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

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.

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

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

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.

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

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

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*.

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).

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.

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

twenties, should be living to at least 140 years, full of health and vigor up to the last few years.

The great historian Herodotus claimed that the Pelasgians, who ate a diet of raw fruits, vegetables, nuts and seeds, lived an average of 200 years. This would make them the longest-lived people in recorded history.

On a raw food diet, you will not only have more time freed up from less sleeping time, less food preparation time and less dishwashing time, but you will also likely add many years to your life. You may be one of the modern-day pioneers in pushing the boundaries of our lifespan. You could extend your “middle years,” living in full vigor and health many years past 100.

Gabriel Cousens, MD, stated in a lecture that there are two types of genes: the genotype, which you are born with and never changes, and the phenotype, which is affected by environment, such as diet and lifestyle. Eighty percent of longevity is dependent on environmental factors, especially what we eat. Only 20% comes from the genotype. What you eat feeds your genes. When you eat the phytochemicals from raw foods, you can turn on the antistress, antiaging and anti-inflammatory genes. Resveratrol, a phytochemical found in red fruits and vegetables, is especially effective in turning on the antiaging genes.

An important factor in the role raw foods play in prolonging our years is their enzymes. (See Chapter 10.) One is known as the “antiaging enzyme,” superoxide dismutase (SOD), because it discourages the formation of chemicals known as *free radicals* that do serious damage to the body’s cellular life.

The media tell us that we are living longer than ever before. This is misinformation. Some statistics show that the average current life expectancy is longer than the average life expectancy was, for example, 100 years ago, but these include the many babies that died. If you factor in all of the infant mortality of those years, the average life is bound to be shorter. Currently, due to better hygiene (see Glossary), fewer babies die, which adds many years when calculating average life expectancy.

Go visit a cemetery from the 1800s and early 1900s. You will marvel at all the gravestones for babies! So a big part of why the statistics tell us that we can expect to live longer is simply that fewer infants die nowadays.

According to the United States Department of Health and Human Services, the USA ranks 21st in life expectancy among all industrialized nations. People in modern America are not only *not living longer*, they are generally *getting sick much younger*. With the increased consumption of cooked foods (sometimes a food is heated three times before it is eaten!) as well as of processed and refined foods, we as a people are actually living shorter lives than our great-grandparents did, at least the ones who made it past 50.

Cancer, for example, hit only 1 in 8,000 people in 1900, according to Dr. William Donald Kelley, an expert on treating cancer. Now about 2 in 5, 40% of us, can expect to develop a cancerous condition. If such diseases as cancer were primarily caused by genetics, one would expect the rate of disease to remain somewhat stable, or even diminish (since many with the cancer gene would die before being able to reproduce).

Instead, most diseases are on the rise because they are *environmentally rooted*, our bodies not being designed to deal with the continual barrage of environmental pollutants in today's civilized societies. Our increasingly unhealthful lifestyles and polluted environments result in toxic body ecologies. The movie *Safe* graphically illustrates this by showing the effects that environmentally induced diseases have on people's lives.

Also consider that much of the talk of our alleged increased length of life is due to medications and life support devices that prolong the agony of a sick body for a few years more while vastly draining one's financial resources. Yes, we are living longer in hospitals and nursing homes. But what quality of life is this? Would it not instead be better to prolong the *healthy years*, maintaining an agile, active body, quick mind and steady emotions until the very end?

Eating a raw food diet will extend your youth and middle years, barring an early death from an unnatural cause like an accident. But even if someone eating raw gets killed in an accident before living out his or her maximal lifespan, the raw food diet still will not have been in vain. As David Wolfe says, "It's not about adding *years* to your *life*, but adding *life* to your *years*."

Now that we have explored ten reasons to eat raw, let's look at the amazing results achieved by some real-life adherents to this transformational diet.

