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Diet by Design

Designed with Wisdom
The only Comparable Diet with Nature

This is a Condensed Promotional Version of

The 80/10/10 Diet & Grain Damage

"Infinite Love is the only truth, everything else is Illusion."

Contents

Diet by Design

Nature is our only Example

Nature has seen fit to provide the ideal food for every creature on Earth, and all creatures of similar type eat similarly. For example, horses – and all creatures that look like horses (zebras, donkeys and mules) – eat from essentially the same category of foods – those for which their biological systems were designed.

Do not let anyone tell you that humans are the one exception to this rule (called the law of similar) in all of the animal kingdom, for there are no exceptions: Cows eat grass, leopards eat meat, and hummingbirds eat nectar. There is simply no need to complicate this simple program, presented in perfection by nature in thousands of examples.

All of the creatures that are anatomically and physiologically like us known as the ***anthropoid primates***. Gorillas, orangutans, chimpanzees, and ***bonobos*** (previously called the pygmy or dwarf chimpanzee) thrive exclusively on a low-fat diet that is predominated by fruits, vegetables, nuts, and seeds.

There is not one example of an animal with anatomy and physiology similar to ours that consumes grain.

99% of their diets consist of plant. Their caloronutrient ratios is

80/10/10 (80% carbohydrates, 10% protein, 10% fat).

Bonobos, our closest genetic "cousins," are considered the most intelligent (after humans). They consume mostly fruit and eat about 5 % of their calories as vegetable matter.

The anthropoids that are farthest from us are mountain and lowland gorillas, relymostly on vegetation and eat approximately 70% of fruit as they have limited access because their great weight makes it impossible to climb the skinny branches of trees to procure fruit. In zoos, they eat a diet predominated by fruit.

Although many people are surprised to hear it, that ***anthropoid primates*** in the wild eat a diet that is made up primarily of fruits and vegetables. We have never heard that chimpanzees or orangutans – which are typically five times stronger than humans, pound for pound – need more ***protein*** than the amount they get from their plant – based diet.

Longevity Cultures

In John Robbins' new book, Living, Loving and Lasting:

	Abkhasia *Russia* ***69/13/18***	***Vilcabamba*** *Ecuador* ***74/11/15***	***Hunza*** *Pakistan* ***73/10/17***
Calories from ***carbohydrates***	*69%*	*74%*	*73%*
Calories from ***protein***	*13%*	*11%*	*10%*
Calories from ***fat***	*18%*	*15%*	*17%*
Daily Calories	*1,800*	*1,700*	*1,800*
Diet from plant foods	*90%*	*99%*	*99%*
Diet from animal foods	*10%*	*1%*	*1%*
Salt consumption	*Low*	*Low*	*Low*
Sugar consumption	*0*	*0*	*0*
Processed food consumption	*0*	*0*	*0*
Obesity	*0*	*0*	*0*

These people have traditionally consumed high carbohydrates and little fat mostly out of necessity, eating strictly from the foods that have been available to them.

They have done so naturally, without any science to guide them and without options for choosing or adjusting their caloronutrient ratio.

How to Calculate our Daily Calories

We get our calories from three sources: carbohydrates, proteins, and fats. I refer to these as "caloronutrients" ***carbohydrates / proteins / fats,*** separated by slashes.

"80/10/10" - 80% carbohydrates, 10% protein, and 10% fat.

Guidelines for estimating the number of calories you should consider eating each day. Multiply your body weight by 10.

Daily calories = weight x 10.

This is a very rough estimate of your resting ***basal metabolic weight (BMR)*** – the number of calories needed to operate your brain, organs, and all essential functions. A healthy athlete should use another aprox. 10% amount of calories for the athletic activities of the day.

Daily calories = weight x (10 baseline + 10)

(Plan to expand half of these calories in physical activities).

On the ***80/10/10*** plan, a person who eats 2,000 calories a day would shoot for approximately 1,600 (80%) of those calories to come from carbohydrates, 200 (10%) from protein, and 200 (10%) from fat.

Body weight (200 lbs) x 80% = 1600 carbs
Body weight (200 lbs) x 10% = 200 protein
Body weight (200 lbs) x 10% = 200 fat

If you work and the rest of your day is relatively sedentary, add another 200 calories to the BMR estimate described above. Then add calories for exercise, perhaps 300-600 calories per session.

It could be more or less, depending upon the frequency, intensity, and duration of your fitness sessions. If you also have physically demanding job, you might require another 800 to 1,600 additional calories or more.

A sedentary woman who weights 130 pounds must eat about 1,300 calories simply to maintain her body weight. Let us suppose that she needs another 260 calories (an additional 20%) per day to meet her physical needs such as puttering around the house, going up stairs, or to the mailbox, etc. This hypothetical woman would need to eat food that supplied about 1,560 calories per day.

After two decades of research, coaching amateur and professional athletes, and assisting health seekers worldwide, I have come to believe that ***80/10/10*** is the overall target for long-term health and dietary success. When we consume our food in this proportion – the one for which our species was designed – we enjoy glowing health, superb energy, and ideal body weight, effortlessly.

I have eaten this way and used the ***80/10/10*** program with clients for more than twenty years, with astonishing results.

This approach to a natural diet and nutrition has proven over that time to be the healthiest dietary regimen known to man.

By the time you finish this book, you will have the specifics you need to implement this program in your life.

The American Standard Diet 50 / 16 / 42

Americans consume 40-50% of calories from carbohydrates, about 16% protein, and about 34 to 45% fat. After twenty years of doing dietary analysis for my clients, I have observed that ***50/16/42*** is typical for most people.

As this book explains, most of us in the U.S. – even vegetarians, vegans, and raw foodists – tend to gravitate toward this ***50/16/42*** average, a proportion that provides far less fuel (carbohydrate) than our bodies need in order to thrive… and a seriously dangerous level of fat.

Healthful diet: 80% *carbs* ***10%****protein* ***10%*** *fat.*

American standard diet: 50% carbs 16% protein 34%fat.

Raw food diet: 25% carbs 16% protein 60% fat.

Consider yourself to be lucky to have encountered this extraordinary information and found the healthiest of all diets.

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The complete version of these excellent books with 348 and 52 pages are available from:

www. foodnsport.com

Chapter 1

Carbohydrate: 80% Minimum

Nutritionists and health-minded diet professionals generally agree that 60 to 80% of our calories need to come from carbohydrates. Having established so far in this book that the percentage of total calories in our diet to be provided by both fat and protein should run in the single digits (not more than 10% each), we can see that the high end of this range is just about right.

For most people, I recommend ***80% carbohydrates***, or even higher. In fact, if we consume much less than 80% of our calories as carbohydrates, we are destined to consume too much protein, fat, or both – but more likely it will be fat.

1. Insufficient carbohydrate in the diet leads to an array of health concerns, primary among which are eating disorders, severe food cravings, lethargy, weakness, and all of the conditions associated with the over consumption of fats.

2. ***More than 10 % of daily calories*** from protein results in low energy and acid toxemia, a precursor for osteoporosis, kidney disease, arthritis, immune dysfunction, and cancer.

3. ***More than 10% of daily calories*** from fat lead to diabetes, cardiovascular disease, stroke, cancer, and many other maladies. Any way you slice it – too few carbohydrates, too much fat, or too much protein – you will suffer serious health consequences.

Sugar:
The Fuel We Are Designed For

Before our cells can utilize any food for fuel, whether it contains primarily carbohydrate, protein, or fat, it must first be converted into simple sugars. Carbohydrates are by far the easiest to convert to useful sugars. Glucose (a simple sugar) is the primary, preferred source of fuel for every tissue and cell of our bodies. In fact, some of our cells (the brain, red blood cells, and some nervous tissue, for example) depend almost exclusively on glucose as their fuel source.

Types of Carbohydrates

Carbohydrates fall into two broad categories, complex and simple.

Simple sugars (mainly ***monosaccharides*** consisting of one sugar molecule and disaccharides made of two monosaccharides). Primary among these are glucose, fructose, galactose, and destrose (monosaccharides), as well as lactose, maltose and sucrose. They are found in most foods, including fruits, vegetables, milk, and honey.

Monosaccharides are the only carbohydrates that can be absorbed directly into the bloodstream, through the intestinal lining. Our digestive system easily breaks down disaccharides into their monosaccharide constituents.

Simple carbohydrates come into two forms: refined sugars (extracted from fruits, grains, tubers, and sugar cane) and whole-food sugars (the sugars found in whole, fresh plant foods, primarily sweet fruits). Both refined and whole-food simple sugars taste sweet to the tip of the tongue. Unfortunately, widespread misinformation and general ignorance about nutrition causes the great majority of the population to equate simple carbohydrates with the bankrupt refined sugars. Unaware that whole-fruit sugar is profoundly different in nature than extracted sugar, these misguided dieters lump all simple carbohydrates together and then shun them as a category. Government guidelines and short-sighted nutritionists perpetuate this misconception, admonishing us to avoid simple sugars like the plague.

Complex Carbohydrates:
A Diet not by Design

Complex carbohydrates (Polysaccharides) that contain 10 or more as many as several thousand – sugar molecules. These include starches (amylase and amylopectin) and dextrins found in grains, rice, and legumes, as well as nonstarch polysaccharides, also known as fiber (cellulose, pectin, gums, beta-glucans, and fructans), found in grains, fruits, and vegetables.

Complex carbohydrates, found in grains and other starchy foods, they do not taste sweet, even though they are made from chains of sugars. Complex carbohydrates are more difficult to digest than simple carbohydrates. They require substantial amounts of energy in the conversion to sugar, and eating them cooked generates toxic byproducts.

Complex carbohydrates in wheat, barley, rye, oat, rice, corn, and other grains; roots and tubers (potatoes, sweet potatoes, yams, carrots, beets, turnips, parsnips, and the like); and legumes (beans, peas, and lentils). We make breads, cakes, pastas, cereals, pancakes, and pastries from these complex carbohydrate sources.

Complex carbohydrate foods are nutritionally inferior to ***fruits*** and ***vegetables***, which are the two highest sources of vitamins, minerals and phytonutrients.

Grains, for example, are low in vitamins A, B, C, and E, as well as sodium, calcium, sulfur, and potassium. The phytic acid in grains is an antinutrient that drastically reduces zinc absorption.

Legumes are low in vitamins A and C as well. Both grains and legumes contain too much protein (their percentages averaging in the teens and twenties, respectively) to be eaten in quantity.

With the exception of corn, peas, and some root vegetables like carrots and beets, we cannot even attempt to eat most complex carbohydrate foods from the garden, unprocessed, in the form Nature gives them to us. Even if we can physically chew and swallow starchy carbohydrates, they are very difficult for our bodies to digest.

This is true whether they are eaten raw, soaked, cooked, processed, or refined. ***We do not have the digestive enzymes to break down the obligosaccharides in beans, nor the polysaccharides (cellulose and other fibers in grains and starchy vegetables, a sure sign that they are not designed for) in human consumption***.

Biochemistry tells us exactly which foods we can and cannot digest, and therefore what foods we should eat.

Cooked grains create a condition known as acid toxemia. People who adhere to starch /grain-based diets eventually victim to cancer, arthritis, chronic fatigue, hypothyroidism, and a host of other health challenges fall. A diet of raw fruits and vegetables provides most of the vitamins and minerals.

Vitamin C – the most important vitamin of all for the maintenance of tissue integrity and immune system function, - is the most easily destroyed vitamins by heat.

Oligosaccharides

Oligosaccharides (short-chain sugars consisting of three to nine sugar molecules): Oligosaccharides include raffinose, stachyose, verbascose, fructo-oliogosaccharides, and maltodextrins.

Most renowned for causing the flatulence associated with beans, some oligosaccharides are entirely indigestible, while others are partially digestible.

We do not have the digestive enzymes to break down the oligosaccharides in beans, nor the polysaccharides (cellulose and other fibers) in grains and starchy vegetables, a sure sign that they are not designed for human consumption.

Complex Carbohydrates and Disease

Many research studies link diets high in complex carbohydrates to negative health conditions. The gluten-containing grains (primarily wheat, but also rye, barley, and oats) contain at least fifteen opioid sequences, which are strongly addictive, morphine-like substances that have potent psychoactive properties and produce serious neurological disorders, constipation, urinary retention, nausea, vomiting, cough suppression, and other symptoms.

Gluten intolerance (celiac disease) contributes to or causes a wide range of other diseases, including asthma, arthritis, chronic fatigue, Crohn's disease, Type 2 diabetes, depression, eczema, fibromyalgia, irritable bowel syndrome, migraines, *lymphoma, and gastrointestinal cancer***.**

Gluten intolerance may also be linked to autism, schizophrenia, and several autoimmune disorders.

Refined Simple Carbohydrates: Junk Food

The second category of carbohydrates is the refined simple found in cookies, cakes, candies, and other confections. Refined sugars are also added to drinks, cereals, complex carbohydrate foods of all types.

The meat and the dairy industries like to point fingers at sugars, declaring them synonymous with empty calories. They have done such a good job of marketing that to this day most people do not understand the differences between refined simple sugars (empty-calorie junk foods) and the simple sugars in fresh fruit, thinking that "sugar is sugar".

Fruits: Whole-Food Simple Carbohydrates

Whole, fresh fruit is the third and most overlooked source of carbohydrates. I recommend that virtually our entire carbohydrate intake – ***80% of calories or more*** – come from the simple sugars in whole, fresh fruit.

These sugars are the optimal fuel source for humans. The soft, water-soluble fiber in whole fruits allows their sugars to absorb slowly and gradually, so high blood sugar is not an issue (as long as your diet is low in fat). Though these fibers are complex carbohydrates in nature, virtually all of the carbohydrate calories in ripe fruit are simple mono- and disaccharides.

Fruits never require cooking in order to be delicious and nutritious, and our bodies digest them quickly and easily. (Some vegetables like some lettuces, garden-fresh baby peas and corn, and young roots – also contain simple carbohydrates, but they are so low in calories that chewing them may utilize more fuel thank they provide.) Fruits are our least toxic food choice. They digest cleanly leaving only water as residue, which is easily expelled from the body.

Fruit as a Staple

The practice of eating enough fruit to make complete meals of it is alien to most of us.

Yet it is an idea whose time has come. Fruits are designed to be out staple; they contain everything required to be the source and mainstay of our nutritional sustenance.

We have been trained to think of fruit as a treat, something to eat at the end of a meal, or perhaps as a snack between meals when nothing else looks good. But I invite you to begin thinking of fruit as real food, and even as a meal unto itself.

Tropical Fruits

As a species, humans originated in a warm climate and eventually spread throughout the "tropical belt," the warm zone that extends through most of the 1000 mile range above and below the equator.

This is the environment where tropical fruits abound. Humans are anatomically and physiologically adapted to the food of the tropics, predominantly fruit, as are almost all the tropical creatures.

In Central America all mammals with the exception of the river otter and the jaguar are known to eat fruit, as are most of the birds, many of the amphibians, and quite a few of the reptiles. Regardless, tropical fruits remain our natural foods, the only cuisine for which we are perfectly designed.

Sugar

If Candida, diabetes and cancer was not caused by eating fruit, why would you believe that avoiding fruit would correct them?

Condemning fruit has come into vogue in many circles of late. Is there any truth to the allegations about the supposed evils of fruit?

Fruit and Blood Sugar

It is almost impossible to get too much sugar from the consumption of fresh fruit. Eating fruit is not the cause of blood sugar problems… it's just not that simple.

Eating a diet of mostly fruit, including generous amounts of fresh sweet fruit, does not create high blood sugar… not when you are eating a low-fat diet, that is. When the system is not gummed up with excess fat, the sugar from even "high-glycemic" fruit moves easily in and then out of the blood.

Glycemic Index and Glycemic Load

The glycemic index ranks carbohydrate foods based on how quickly their sugars enter the blood.

All fruits fall into the low or medium categories on glycemic load/glycemic index charts (with the exception of watermelon, whose glycemic index ranks barely high).

It is best to eat fruit fresh, as drying and dehydrating concentrate fruit sugars to an unnatural level that the body is not designed to handle. It is also important to eat fruit whole, not juiced, as the fiber in fruit slows sugar absorption to its natural speed. In all eases and with all foods, whole, fresh, ripe, raw, and unprocessed is the way to go.

The speed at which sugar enters the blood is not really the most important factor. When fruits are eaten whole, with their fiber intact, as part of a low-fat diet, their sugars do indeed enter the bloodstream relatively quickly. But then they also exit just as quickly, making them the ideal food, one that provides the perfect fuel for human consumption.

A Must Read … Information How our Body Process Sugar

The sugars we eat travel a ***three-stage*** journey through our bodies:

Stage1: Sugars start out in the digestive tract when we eat them.

Stage2: They pass through the intestinal wall, into the bloodstream.

Stage3: They then move smoothly and easily out of the bloodstream into our cells. ***This occurs rapidly, often in minutes.***

When we eat a high-fat diet, the sugar gets trapped in ***stage 2,*** and the body works overtime, sometimes to the point of ***exhaustion and disease***, in an effort to move the sugar out of the bloodstream. Meanwhile, the sugar backs up in the blood, creating sustained, elevated blood sugar that wreaks havoc on the body in the form of ***Candida, fatigue, diabetes, etc***.

The Role of Insulin

What happens in the presence of fat that causes sugar to pile up in our bloodstream? It has to do with the pancreas. Under the direction of the brain, the pancreas is responsible for producing a hormone known as insulin. One of insulin's roles is to attach itself to sugar molecules in the blood and then find an insulin

receptor in the blood-vessel wall. The insulin can then transport the sugar molecule through the blood-vessel membrane to the interstitial fluid (the fluid between the cells) and continue to escort sugar across another barrier – the cell membrane – and into the cell itself.

Excess dietary fat in the bloodstream creates some negative insulating effects. When we eat too much fatty food, a thin coating of fat lines the blood-vessel walls, the cells' insulin-receptor sites, the sugar molecules, as well as the insulin itself. These fats can take a full day or more to "clear" from the blood, all the while inhibiting normal metabolic activity, and preventing these various structures from communicating with each other.

Too much fat in the blood impedes the movement of sugar out of the bloodstream. This results in an overall rise in blood sugar, as sugars continue to travel from the digestive tract:

(***Stage 1***) into the blood (***Stage 2***) but cannot escape from the blood so they can be delivered to the cells (***Stage 3)*** which await their fuel.

Sugar and Fat at the Same Meal

Raw-food experts give lectures, write books, videos that support their stance against fruit.

Their "scientific" information seems conclusive: Fruit is clearly the culprit in blood-sugar problems for raw fooders. But let's step back for a minute: Take a look at the high-fat recipes in the books, newsletters, and websites of those so quick to tell you to avoid fruit. Note the fat-laden foods they serve guests at their institutes, retreats, and rejuvenation centers. Pay attention to the rich tasty morsels they serve up at food demos and festival booths.

Nuts, seeds, and avocados all run 75% fat or more, as a percentage of their calories. Oils are 100% fat. It takes very little of these foods to push us way over the edge in terms of blood fat, and raw fooders do not eat "very little" of these foods.

Unfortunately, taking care to avoid sugar/fat combinations at the same meal is not sufficient to alleviate blood-sugar problems. Eating a high-fat diet creates elevated blood sugar whenever fruit and other sweets are eaten, regardless of timing. Here's why:

Sugars require little time in the stomach. Immediately upon putting a simple sweet fruit in to your mouth, some of the sugars are absorbed into the bloodstream from under the tongue.

Fruit eaten alone or in simple, well-chosen combination on an empty stomach requires only a few minutes in the stomach before passing to the small intestines, where the sugars can be quickly absorbed. Most of the sugar from fruit travels from the intestines, to the bloodstream, and then to the cells where they are needed within minutes of its consumption.

Fats, however, require a much longer period of time, often twelve to twenty-four hours or more, before they reach their destination, the cells. In the stomach, fats are subjected to a digestive process that usually takes several hours. When they finally do proceed to the small intestine, they are absorbed into the lymphatic system, where they often spend twelve hours or more before passing to the bloodstream. Most important, fats linger in the bloodstream for many hours longer than do sugars.

On a high-fat diet, therefore, the bloodstream always contains an excessive quantity of fat, and more is coming in at almost every meal. Essentially, even when you eat a fruit meal alone and wait hours before eating fat, those sugars are likely to mix in your bloodstream with the fats you ate the day before.

Whether or not we eat fruit in the presence of such tremendously high levels of fat, we set ourselves up for health problems and inability to remain raw.

Sugar + Fat = High Blood Sugar

Fruit and Chronic Fatigue

Abnormally high fat exists in the blood for several hours every time we eat a high-fat meal. As blood-fat levels rise, the "normal" level of pancreatic function is simply insufficient to clear sugars from the bloodstream.

Eventually, if we eat a high-fat diet for a long enough period of time, the pancreas begins to fail at producing sufficient insulin to maintain healthy blood-sugar levels.

Rather than the typical gentle rise-and-fall fluctuations in blood sugar, we begin to experience increasingly higher peaks and deeper valleys. Blood-sugar levels become unstable due to the over consumption of fat in the diet.

This sets up a situation where most of us rely upon adrenal-assisted pancreatic function virtually every time we eat, placing constant excessive demands upon both our pancreas and adrenals.

Society of Adrenaline Junkies

As a society, we have very much become adrenaline junkies. We are addicted to stimulation, and rely upon our next "fix" constantly.

This excessive adrenal demand, coupled with the high stress of our American lifestyle, result in such extreme overuse of the adrenals that they eventually begin to fail.

The symptoms of severe adrenal failure are referred to collectively as "chronic fatigue" in the US, or ME (myalgic encephalomyelitis) in Europe. Of course, many signs and symptoms usually lead up to chronic fatigue; it rarely comes as a complete surprise. Lack of motivation, malaise, reliance upon stimulants, excessive need for sleep, and bouts of mononucleosis are all indications of varying degrees of adrenal fatigue.

The Sugar Highs of Children

The adrenal response also plays a key role in what commonly happens to children at birthday parties. They eat generous portions of extremely sugary foods, and shortly thereafter they are running about wildly, literally out of control and almost out of their minds. What happens, and why doesn't it happen to adults?

The answer is rather simple. Young children do not drink coffee, smoke cigarettes, use alarm clocks, or watch the eleven o'clock news. Life for them is interesting, full, and never dull. They have a higher level of vitality than most adults, meaning that their adrenal glands still function well. They are, however, on the same high-fat diet as adults.

The fats remaining in their bloodstream from their previous day's meals block insulin function just as effectively as they do in adults. Then their young and not-yet-exhausted adrenal glands "kick in" with a jolt, releasing a good amount of epinephrine. The next thing you know, the children are running wild.

Adults do not show such a response because they simply no longer have the vitality to do so. Their adrenal glands are so fatigued that they require a true and serious emergency in order to function at all. Do not blame the children for running wild. Epinephrine is not to blame either, nor is the sugar.

Children on a low-fat diet do not show this same out-of-control response when permitted to eat great quantities of sugar. It is the fat, more than the sugar that is the culprit for their hyperactivity. In the same way, fat – not sugar – is responsible for the ever-increasing incidence of chronic fatigue syndrome in the world today.

Fruit and Candida

Candida is a form of yeast, an organism that naturally occurs in human blood. It is supposed to be there. This microbe consumes sugar for its food.

If blood-sugar levels are always at a normal level, so is the size of the Candida colony that lives in the blood. When the sugar we eat leaves the blood to be distributed and used by the cells of the body, any excess yeast quickly dies off, as it is supposed to.

Should blood-sugar levels rise, however, the Candida organisms multiply rapidly ("bloom") as they consume the excess sugar. Once they have done so and blood-sugar levels come back down to normal, so does the number of Candida microbes. This ebb and flow happens as a normal part of human physiology and causes no health problems or uncomfortable symptoms.

If fat levels stay chronically elevated due to a fat-rich diet, sugar remains in the bloodstream and feeds the large Candida colonies instead of feeding the 18 trillion cells of the body. Starved for fuel, these cells can no longer metabolize energy. You become tired, and feel rundown.

The Candida microbe in our blood is actually a life-saving organism, one that we do not ever want to eradicate. It functions as another backup system – a safety valve that helps to bring the blood-sugar levels back down to normal in the event that the pancreas and the adrenals fail at doing so.

Candida issues plague people until they actually change their lifestyle habits. Outbreaks of Candida are you wakeup call – a warning that your system is rapidly approaching diabetes, and that you would do well to drastically curtail your fat consumption or face dire health consequences.

Fruit consumption did not cause the Candida problem. In the presence of too much fat in the blood, even a small amount of sugar, from any source, can result in abnormally high blood-sugar levels.

Because all carbohydrate, fat, and protein that we eat in converted to simple sugar (glucose) if it is to be used by the cells for fuel, the way out of this cycle is not to eat less sugar, but to consume less fat.

When fat levels drop, the sugar starts to get processed and distributed again, and the yeast levels drop because there is no longer excess sugar available for it to eat.

The Candida microbe is extremely short lived. If people suffering from Candida would simply follow a low-fat diet, most of them would find that their Candida issues were completely gone in a matter of just a few days. Of course, they may still have the underlying pancreatic and adrenal fatigue issues to resolve. Health comes only from healthful living.

Fruit and Cancer

More than a trillion dollars has been spent on cancer research during the past three decades. Cancer has been associated with an acid condition in the body.

Many people mistakenly assume that the sugar in fruits, and especially the acid in "acid fruits," will acidify the body. The chemistry of digestion demonstrates that this is not so. The mineral content of a food is the primary determining factor as

to whether the food produces an alkaline or an acid reaction in the body. If the acid minerals predominate, as they do in meats and most nuts and seeds, for instance, the food will be said to have an acid reaction in the body, or to be "acid-forming."

Since alkaline minerals predominate in almost all fruits, including the acid fruits, it is safe to say that fruit has an alkalizing effect upon the body.

Cancer researchers have demonstrated that when cells in a Petri dish are bathed in an appropriate nutritive environment and the toxic waste products of their metabolism are efficiently removed, healthy cells result.

To date, it has not been possible to cause cancer in these healthy cells no matter which carcinogens they are briefly exposed to.

80/10/10 diet represents the ideal "appropriate nutritive environment" in which to bathe the cells of our bodies. We cannot, however, expect to eat acid-forming foods like cooked proteins, heated oils, and fried chips and remain cancer-free just because we also eat large quantities of fruit and greens.

Acid-Alkaline Balance

Most of our body fluids and cells require a natural to slightly alkaline environment (a pH reading in the high-six to low-seven range) in order to be healthy. Nature in her infinite wisdom set it up so that our natural diet of alkalizing raw fruits and vegetables would neutralize those acids.

However, if we overwhelm our bodies with unnatural sources of acidity, there is no amount of raw fruit and vegetables that can compensate.

What kind of activates acidify us in this way?

- Consuming cooked foods, heated fats, animal-derived foods, grains (cooked or raw), or more than a very small amount of nuts and seeds.
- Eating poorly combined foods, cooked or raw
- Smoking, drugs, or stimulants
- Alcohol, carbonated drinks, coffee or tea
- Lack of exercise, insufficient rest and sleep
- Stress, anger, fear, or negative emotions

Only healthful living results in health…there is no shortcut.

Eating a high-fat diet decreases the oxygen content of the blood and tissues and creates an ideal environment for cancer cells to flourish. When we consume a diet such as 80/10/10, which is high in simple carbohydrates and water, we effectively raise the oxygen-carrying capacity of the blood, thus vastly reducing the likelihood that we will create cancer.

The point is not to try to starve the cancer cells of their fuel, as that would effectively kill the patient as well, but to create a well-oxygenated environment that is inhospitable to the creation and subsequent survival of cancer cells.

When a person eats a healthy, simple meal, it generally leaves the stomach rapidly, usually in less than an hour. Difficult-to-digest foods can be held in the stomach for twenty-four hours and longer.

Fruit and Tooth Decay…?

Funny thing about teeth – everybody's got them and almost everybody has problems with them.

People have problems with their teeth for a wide variety of reasons, including these three:

- Exposure to phosphoric acid in soft drinks, tannic acid in tea, and various acids in coffee erodes tooth enamel.

- Fluoride in the water supply often results in eventual tooth decay (as well as other serious health problems).

The late Dr. John Yiamouyiannis wrote and spoke with great courage and conviction about the significant dangers of fluoridation.

- Excess acidity in the bloodstream causes the body to seek stored alkaline minerals (primarily calcium) to neutralize the acids. Eating highly acid-forming foods like meats, diary products, and grains elicits this intelligent bodily response. The acid minerals in these foods can eventually cause erosion of tooth and bone structure, as the body draws out calcium to neutralize them.

Dental Hygiene

Aggressive brushing of the gums can wear them away, resulting in receding gums. Gums are soft and can decay quickly when treated roughly. Receded gums expose the roots of the teeth, which have no enamel and hence no protection from the acids in foods or those produced by bacteria.

Flossing the gums, rather than gently flossing only the spaces between the teeth, can also be detrimental. Improper flossing can irritate the gums and resulting in unnatural enlargement of the pockets between the teeth and gums.

Food and microbes can then be caught in these pockets and wreak havoc on teeth. Even toothpaste can have a damaging effect upon the teeth. The particulate matter in toothpaste that is designed to scrub the teeth can eventually wear through tooth enamel.

Conservative dentists today recommend using only a soft brush that has been wet with water to thoroughly clean teeth without damaging them.

Dehydrated Foods, Nuts, Complex Carbs, and Refined Sugars

Dehydrated foods have negative effects on teeth. Dried fruit qualifies as a refined carbohydrate, as the water has been removed from what was once a whole food. It sticks aggressively to the first wet surface it contacts – your teeth. Stuck in the crevices, crannies, and corners of teeth, dried fruit will eventually be broken down by bacteria designed to do exactly that job.

The acid in the bacterial "excrement" essentially dissolves your tooth enamel. This acid is extremely damaging to the roots of teeth, should any be exposed. Continued exposure to this acid will result in the development of tooth decay.

The brain controls the pH (level of acidity) of the mouth by directing the type and amount of digestive enzymes secreted by the salivary glands. The pH of the mouth is usually in the alkaline range when we are in a healthy condition. After testing the saliva of hundreds of clients after they ate nuts or seeds, I have found that the mouth often becomes slightly acidic. This acid works to chemically break down the proteins in the nuts and seed particles while it also adversely affects the roots and the enamel of our teeth. Once again, cavities eventually form.

Complex carbohydrates, as well as refined simple carbohydrates, stick to the teeth in a similar fashion to dehydrated fruit. The bacteria that digest the carbohydrates also produce acid waste products that corrode tooth enamel. Most complex carbohydrate foods are acid-forming foods.

Fruits and Vegetables for Healthy Teeth

Whole, fresh, ripe, raw fruits and vegetables are excellent foods for teeth and gums.

Our dental structure, as well as the rest of our anatomy and physiology are all designed for fruits and vegetables. Just use some common sense, and by all means – enjoy your fruit!

Chapter 2
Protein:
10% Maximum

Protein is certainly the most discussed, and the most misunderstood.

The need for protein has been greatly exaggerated by market forces, and protein's functions have been misrepresented.

How Much Protein Do We Need?

"Where do you get your protein?"
"How much protein do you think we need?"
"How much protein do you think you currently eat?"
"What exactly is the function of protein?"
"Have you ever met anyone with a protein deficiency?"

Protein's primary function is growth, which is negligible in adults, as well as repair from injury and replacement of worn-out cells.

Official Guidelines Recommend 10% Protein

U.S. government officially recommends that our protein intake should be somewhere between 10 and 35% of total calories consumed. It is extremely difficult to consume more than 20% of total calories from protein, however, unless you are following a strict regimen of refined protein powder and egg whites. Currently fewer than 5% of Americans eat more than 21% of their calories from protein, with the average ranging form 10 to 21%.

Despite the advertising hype of the meat and dairy industries, humans require an extraordinarily low amount of protein in their diets.

Mother's Milk

Mother's milk provides on average approximately 6% calories from protein for growing infant.

This should be ample proof that adults do not need more protein per calorie than this, as infants, with their extremely rapid rate of growth, have the highest need for protein per calorie of all humans.

Too much protein creates emergency conditions and keeps the body in a constant state of toxicity.

In an excellent book, ***The China Study,*** renowned Cornell University professor***, Dr T. Colin Campbell***, states that we require only 5-6% of our total calories to come from protein. "About 9-10% protein has been recommended for that past fifty years to be assured that most people at least get their 5-6% requirement".

All Plant Foods Contain Protein

Consuming approximately 5% of calories from protein is difficult to avoid if you are eating enough food to meet you daily calorie needs. All plant foods contain protein.

Proteins are complicated molecules made by assembling simple building blocks (amino acids) together in a chain (polypeptide chain).

Some 20 different amino acids are used to synthesize proteins; eight or nine are designated essential. The term "essential" in nutrition means that the nutrient in question must be eaten or otherwise consumed, as the body cannot synthesize it.

Sources of Protein

Dietary protein is not the only source for building the proteins we need. Instead, our bodies efficiently recycle between 100 and 300 grams of our own protein every day. We have an amino acid pool from which to build new proteins. We add amino acids to the pool by breaking down the proteins we eat and proteins in our bodies.

We can easily meet our protein requirements on a vegan diet.

The table below shows the percentage of calories from protein in twenty-one common fruits and vegetables, and in five animal foods for comparison. Surprisingly, the vegetables we commonly eat raw range from about 10 to 30% protein.

The caloronutrient ratio of a day's worth of food consisting strictly of a variety of raw fruits and vegetables without the addition of concentrated proteins, they generally weigh in at approximately 5 to 8% of calories as protein – an adequate and healthful amount of top-quality protein.

T. Colin Campbell writes; that "There is a mountain of compelling research showing that 'low-quality' plant protein … is the healthiest type of protein."

Protein Content

(% of calories)

	Protein		*Protein*
Apricots	10%	Asparagus	27%
Bananas	4%	Broccoli	20%
Cherries	6%	Cabbage	15%
Cucumbers	11%	Carrots	6%
Grapes, red	4%	Corn	10%
Oranges	7%	Kale	16%
Peaches	8%	Lettuce	22%
Strawberries	7%	Spinach	30%
Tomatoes	12%	Cheese, ched.	26%
Watermelon	7%	Milk, whole	23%
Potatoes, bak.	7%	Egg, poached	37%
Rice, white	8%	Ice Cream	8%
Spaghetti	14%	Beef, ground	50%

Americans Eat 16% Protein

The standard American diet, replete with meat, dairy, and eggs, runs in the teens. The vast majority of the population ranges from 11 to 21% of calories from protein. A smaller population who eat low-fat vegan fare, can easily and healthfully reduce that number to single digits. People who intentionally consume high-protein diets can approach 30% but only bodybuilders and athletes who eat massive quantities of egg whites and isolated protein powders are likely to reach 40 or 50% protein.

How can it be that as a nation we gorge or "high-protein" foods, yet we end up with less than 20% of our calories from protein? The answer is that the vast majority of our commonly consumed "protein" foods – meat, egg, and dairy products, as well as all nuts and seeds, contain such an overwhelming

amount of fat that the protein numbers go way down as a percentage of total calories consumed. For example:

- Eggs – 60% fat
- "70% lean" ground beef also weighs in at 60% fat
- Cheddar cheese – 72%
- Cream cheese – 88%
- Almonds – 73%
- Sunflower seeds – 73%

Dangers of Eating More Than 10% Protein

Most people suffer from an overdose of protein each day, and this accounts for the great deal of out ill health.

Too much protein in our diets is associated with all manner of health impairments, including such symptoms as constipation and other digestive disorders that often lead to toxemia (toxic blood and tissues) and, eventually, cancer.

Autoimmune dysfunction
Arthritis
Premature aging
Impaired liver functions
Kidney failure
Osteoporosis
Other degenerative and pathogenic conditions results from eating more protein that we need.

Protein-based foods are highly acid forming in the human body (even the high-protein plants, such as legumes). This is because their predominant minerals are the acidic minerals – chlorine, phosphorus, and sulfur.

To maintain homeostasis, the body must counterbalance the acidity caused by excess protein consumption. Unfortunately, it does so in part by taking a precious alkaline mineral – calcium – from our bloodstream.

The body replaces calcium into the bloodstream, where calcium levels must remain relatively constant, by removing it for out bones and teeth, setting the stage for osteoporosis and tooth decay.

It is no coincidence that fruits and vegetables contain just the right amounts of protein to build and maintain the human body. Nor is it a coincidence that the minerals they supply are predominantly the alkaline ones: calcium, sodium, magnesium, and potassium.

Calculating Your Daily Protein Intake

0.36 gram / pound of weight

Calculations are based on the U.S. RDA of 0.36 grams of protein per pound of body weight.

125-Pound Woman: 45g

- 0.36 grams of protein x 125 pounds = 45 grams of protein per day.
- 45 grams of protein contain approx. 180 calories (45 x 4 = 180) - 1gram = 4 calorie
- If this woman is sedentary and eats about 1,800 calories per day, this amount of protein would come to 10% of her total calories for the day.

- If this woman is more active and eats 2,300 calories per day, 180 calories of protein would amount to 8%.

175-Pound Man: 63g

- 0.36 grams of protein x 175 pounds = 63 grams of protein per day.

- 63 grams of protein contain approx. 252 calories (63 x 4 = 252) - 1gram = 4 calorie

If this man is sedentary and eats about 2,400 calories per day, this amount of protein would be just over 10% of his calories for the day.

- If this man is more active and eats 3,000 calories per day, 252 calories of protein would amount to 8%.

In my experience, about 5% of calories from protein, especially when it is high quality and unadulterated by heat, is adequate and healthful.

"5% of calories from protein is adequate and healthful." If you want indisputable evidence of the toxicity of higher protein consumption, pick up a copy of ***T. Colin Campbell's outstanding book, The China Study.***

Dr. Campbell's blockbuster book will leave you with no doubt that 5% protein, exclusively from plant foods, is more than enough.

Protein from Fruits and Vegetables Only

On a diet of fruits and vegetables only, it is likely that your total protein intake will average about 5% of calories or slightly higher.

Adding a small quantity of nuts or seeds results in a slight increase in protein intake percentage. For example:

- A meal of 10 peaches (420 calories) = 7 grams of protein
- A meal of 10 bananas (1,085 calories) = 12 grams of protein
- A bowl of 3 tomatoes blended with 2 cucumbers (150 calories) = 7 grams of protein
- A pint of fresh-squeezed orange juice (225 calories) = 3.5 grams of protein
- One medium head of lettuce (about 50 calories) = 5.5 grams of protein
- We ate only 1,930 calories = total 35 grams of protein (total 6% of calories).

Protein Deficiency Does Not Exist

A 1999 journal article entitled "Optimal Intakes of Protein in the Human Diet" confirms this fact, saying "…the true minimal [protein] requirement is likely to be so much lower than the amounts provided by natural diets (which are providing sufficient energy and other nutrients) that its magnitude becomes to some extent an issue of scientific curiosity only."

Only our fat and carbohydrate consumption rates tend to vary appreciably. As one goes up, the other, fairly reliably, goes down.

Chapter 3
Fat:
10% Maximum

Fats serve a wide variety of functions in our diet and in the human body. It is wrong to think of fats as being all bad. Fats are a concentrated source of fuel, providing more than double the calories per gram of either carbohydrates or proteins.

Fat plays many important roles in regulation of various bodily functions. It is essential to our production of hormones, although too much fat will exert an adverse influence on our hormones. It also helps to regulate the uptake of nutrients and excretion of waste products by every cell. Fat is the primary insulator within the body. It protects us against cold and heat, keeps the electricity that flows through our nerves on course, and protects our vital organs from jarring and other types of physical shock.

Solid and Liquid Fats

All oils are fats, but all fats are not oils. What is the difference? Oils are fats that tend to be liquid at room temperature. Both solid and liquid fats function nutritionally as fat. Both oils and fats exist within walnuts and avocados. Whereas you can feel the liquid oil in a pine nut, you cannot separate the oil from the lettuce; they are one.

The ***80/10/10*** diet does not recommend the consumption of oils separated (extracted) from foods; rather, we recommend eating foods with oils in them, especially over foods with solid fats in them.

Essential and Nonessential Fats

Essential fatty acids are so named because they cannot be synthesized; we must consume them in our foods. They play an integral role in the health of our skin, in growth and development, the stability of our heartbeat, and the clotting and flowing of our blood. Too much, too little, or the wrong ratio of these vital nutrients can wreak havoc on our health.

Currently, two fatty acids are thought to be essential:

Alpha-linolenic acid (ALA) – Omega-3
Linoleic acid (LA) – Omega-6

Scientists generally accept that early man consumed omega-6 and omega-3 fatty acids in roughly a 1:1 ratio. This happens to be the same ratio of essential fatty acids found in the human brain.

We need approximately 0.5 to 3% of our caloric intake to come from Alpha-linolenic acid (ALA) – Omega 3 and 3 to 5% of calories from Linoleic acid (LA) Omega 6 per day.

On a 2,000-calorie diet, 0.5% of calories from Omega 3 represents 10 calories = 1.1 grams of Omega 3. It would follow the same amount of Omega 6. This quantity of both is easily obtained through the consumption of whole fresh fruits and vegetables, with the occasional addition of nuts and seeds.

Various Whole Foods (grams)

1 oz. Fruits/Nuts etc.	*Omega-3*	*Omega-6*
Avocado	0.04	0.47
Flaxseed	6.45	1.67
Olive	0.02	0.24
Pine nuts	0.22	7.03
Walnuts	2.57	10.76
Banana	0.06	0.10
Blueberry	0.13	0.20
Cabbage	0.08	0.06
Fig	0.00	0.33
Kale	0.41	0.31
Kiwi	0.10	0.56
Mango	0.08	0.03
Oranges	0.02	0.04
Papaya	0.01	0.06
Peaches	0.00	0.19
Pineapple	0.04	0.05
Romaine lettuce	0.26	0.11
Strawberries	0.15	0.20
Tomatoes	0.01	0.18

Based on the above numbers, on a 2,000-calorie ***80/10/10*** Diet, we could obtain recommended levels of Essential fatty acids with the following:

- Breakfast: 1.5 lbs. of mangos (about 3) and 12 oz. blueberries.
- Lunch: 44 oz. of bananas (about 11)
- Dinner: 1 lb. or oranges, 1 lb. of romaine lettuce, and 8 oz. of tomatoes.

Since the average American consumes a higher ratio of omega-6 than omega-3, we are bombarded with nutritional information directing us toward omega-3 supplements. The result of increasing fat consumption, whether from "good" fats or not, is that we end up consuming too much fat.

Cholesterol

Cholesterol, a sterol (combination of steroid and alcohol) and lipid, is found in the makeup of every cell membrane and is transported in the blood of every human being. Cholesterol is not all bad but is vital to human life. Some of its many functions include the production of vitamin D and the formation of the bile salts, the sex hormones testosterone and progesterone, and the myelin sheath that surrounds our nerves.

Excess cholesterol accumulates and forms plaques within artery walls, leading to atherosclerosis (hardening of the arteries), decreasing the oxygen-carrying capacity of the blood, disrupting hormonal balance, and sometimes decreasing cell permeability.

Saturated Fats

Saturated fatty acids are so named because their long chain of carbon atoms contains the maximum possible number of hydrogen atoms – in other words, they are saturated with hydrogen. These fatty acids have the highest melting point and are solid at room temperature.

Our bodies are simply not capable of utilizing dietary saturated fats. At best, the body stores dietary saturated fats as body fat and at worst, the fats accumulate along arterial walls.

Unsaturated Fats

Unsaturated fatty acids make up the bulk of plant fats. Monounsaturated fats contain one double or triple bond. It can accommodate a single pair of hydrogen atoms.

Monounsaturated oils have a lower melting temperature than saturated fatty acids. Whole-food raw plant sources of monounsaturated fat include avocados, almonds, and other nuts and seeds and their butters.

Polyunsaturated fatty acids are the least saturated, with room for two or more pairs of hydrogen atoms. Polyunsaturated oils have even lower melting points, meaning they are all liquid at room temperature. Whole-food raw plant sources of polyunsaturated fat include walnuts and other nuts and seeds and their butters, as well as leafy green vegetables.

Generally, the less saturated the fatty acid, the more easily it can be utilized by the body.

Saturated and Polyunsaturated Fat Ratio

Nutritionists have recommended a healthy ratio of saturated to polyunsaturated fats for the last fifty years. The ratio is called the "S/P ratio." The suggested ratio that is best for health has been placed at ***20/80*** (20% saturated to 80% polyunsaturated). This is an accepted standard in the world of nutrition.

Note that the S/P ratio of most plants, including nuts and seeds, is ideal: ***20/80,*** or extrem ely close to it. The proportion of saturated to polyunsaturated fatty acids in most animal foods is ***80/20***, the exact opposite of the ratio we require.

As this number skews toward satur ated fats in the diet, we see increases in artheosclerosis and other forms of heart disease, the number-one killer in the west ernized world. It is liter ally impossible to achiev e a healthy S/P ratio while inc luding products of animal origin in our diets.

Eating Fat: Good or Bad for Us

Americans consume 30 to 50% of their calories as fat. In my experience, the num ber tends to gravitate around 42% for t he average fast-food connoisseur. A steady flow of research comes out regularly relating high-fat diets to almost every type of digestive disturbance, bl ood disorder, and degenerative disease. Much of this is caused by the body's reduced ability to uptake, transport, and deliver oxygen to our trillions of cells.

Oils... Empty Calories at Best, Carcinogenic Junk Food at Worst

Refined oils (including coc onut, flax, olive hem p, almond, borage, and the lik e, which are tou ted as "pu re" or "special" because of their source or ca reful processing methods) are essentially empty calories, not fit for hum an consumption. They are stripped of the fiber, protein, and carbohydrates that accompanied the whole foods from which they were deriv ed, leaving an imbalanced fractional product that is 100% fat.

In contrast, whole-food fats eate n sparingly (fresh nuts, seeds, avocados, or young coconut fles h) provide som e useful nutrition and are not automatically detrimental to health.

The fiber contained in w hole plant foods helps keep fats from going rancid. Shortly after extracting any oil from its source and discarding the fiber, early-s tage rancidity (and therefore potential carcinogenicity) ensues, even if we cannot detect it.

If calling refined oil "empty calories" doesn't sit well with you. Because oil (pure fat) fits the des cription of em pty calories perfectly, as do protein powder (pure protein) and table sugar (pure carbohydrate). These include commodities popular among raw fooders such evaporated cane sugar (Rapadura) and hemp protein. Oil is simply not necessary in our diet.

10% Fat for Health

If you are relatively new to th e idea of monitoring your caloronutrient ratio, bringing your total fat consum ption down to the teens is an excellent initial goal. You can accomplish this by just calculating the fat in your nuts/seeds/avocados/etc., without factoring in the covert fats in your low- fat fruits and vegetables.

When the ***80/10/10*** ratio com es from whole, fresh, ripe, raw, organic plants, all the rest of your food-related nutrients will be consumed in the optimum quantities for human health.

Cooked or Raw, Too Much Fat

Cooked or raw , higher-than healthy le vels of fat in the bloodstream force fat to "precipita te out" and adhere to arterial walls, a condition known as athe rosclerosis. Hypertension, aneurism, atherosclerosis, em bolism (thrombus), myocardial infarction, cerebral infarction, and other vascular disorders are all related to excessive consumption of dietary fat.

Cooked or raw, increased fat in the bloodstream reduces the oxygen-carrying capacity of red bl ood cells, predisposing us to cancer. A lowered blood-oxygen level also adversely affects all cellular function, including muscle and brain-cell function.

Reduced oxygen to the brain results in impaired clarity of thought, poor decision making, a dull mind, senility, memory dysfunction and learning disabilities.

Cooked or raw, increased fat in the bloodstream requires an increased epinephrine (adrenaline) response in order to drive the pancreas to produce insulin. Following excess stimulation, adrenal exhaustion sets in, as required by the Law of Dual Effect. Adrenal exhaustion is the precursor for conditions such as mononucleosis, Epstein-Barr virus, chronic fatigue syndrome, post-viral fatigue syndrome, ME (myalgic encephalomyelitis), lupus, and myofascial disease, to name just a few.

Cooked or raw, increased fat in the bloodstream results in increased demand for insulin, known as insulin resistance and resulting continuous drain on the pancreas eventually leads to pancreatic fatigue and chronically elevated blood-sugar levels. This predisposes us to a group of lipid (fat) metabolic disorders, mistakenly referred to as "blood-sugar metabolic disorders": hyper- and hypoglycemia, hyperinsulinism, candida infections, diabetes, and others.

Cooked or raw, the excessive consumption of fat has been incontrovertibly linked to the development of cancer, heart disease, and diabetes.

It has been shown that when we consume more fat than we require, we almost invariably consume less carbohydrate than we require. Insufficient carbohydrate consumption will result in feelings of fatigue, loss of strength, reduced sex drive, and a general lowering of vigor and vitality.

Raw Food People

If you have been following a raw diet, you are probably almost certain that it does not contain 60% or more fat. In almost every instance, the Raw Food people discover that the raw-food cuisine they consider the ultimate in health has actually become a ***very dangerous high-fat program 60 % or more fat.***

Coconuts

Many raw fooders plow through a case of young coconuts weekly, or even daily. In addition to the high fat inherent in such a diet, imported coconuts are dipped in fungicide, thus contaminating both the meat and the liquid.

If you include dried coconut at all among your list of acceptable "foods," I urge you to use it sparingly (maybe once or twice per year for very special occasions), and to purchase only the unsweetened, organically grown product.

Even the shredded coconut found in health-food stores usually contain sulfites to prevent browning, and often other chemical preservatives and additives.

Most commercial air-dried coconut is dehydrated at temperatures between 170 and 180 degrees F.

100 grams or 3.5 ounces	***Cals***	***Fat Cals***	***% Fat***
Coconut meat	355	285	80%
Coconut jelly (growing)			20%-85%
Coconut water	20	1.8	9%
Coconut milk	230	200	87%
Coconut cream	330	290	88%
Dried coconut	660	545	82%
Coconut oil	862	862	100%

Coconut meat is nearly all fat, the vast majority of which, (80%) is saturated. If you eat a healthful low-fat raw vegan diet and live healthfully, you will not need the "benefits" of coconut or any other food.

I suggest eating and drinking fresh coconuts when you visit the tropics, otherwise use it only for an occasional indulgence.

Daily Portion of Fats

Avocado (6-7 ounces) 1 medium.	Almonds (1 oz.) 23 kernels
Hemp seeds (1 oz.) 4 Tbs	Macadania (1 oz.) 10-12 kernels
Pecans (1oz.) 20 halves	Pine nuts (1oz.) 140 nuts
Pistachios (1oz.) 49 kernels	Sesame seeds (1 oz.) 3.5 Tbs.
Sunflower seeds (1oz.) 5 Tbs.	Tahini (1oz.) 2 Tbs.
Walnuts (1oz.) 14 halves	Hazelnuts (1oz.) 21 kernels
Cashews (1oz.) 30 kernels 4Tbs.	Brazil nuts (1oz.) 10 kernels
Pumpkin seeds (1oz.) 4Tbs.	***Do not mix it with sugar!***

Olives & Durian

Olives are inedible off the tree, which should be an indication that they are not human food. Just picked, they contain a bitter compound called oleuropein. Olives must be cured *in oil, water, brine, salt, or lye to remove the oleuropein.* ***8oz. of olives contains 78% fats.***

Durian fruit available in the West is imported frozen from Thailand and therefore cannot be considered fresh food. And sadly, the durian supply is notorious for its heavy treatment with unnecessary agrochemicals. ***8oz. of durian fruit contains 20-30% fat.***

Can Fats Ever Satisfy?

Fat is a very difficult nutrient to digest. It passes through the stomach and intestinal tract more slowly than other nutrients. Because of this, it is easy to overeat fat, and in the process, stress your digestive capacities beyond their limits. A stuffed feeling results, if you are lucky. The less fortunate end up with digestive ailments of varying severity. Almost ever digestive disorder is related to the over consumption of fat.

How Much Overt Fat?

When contemplating reducing your fat consumption to 10% or less of total calories consumed, you must remember that somewhere around 5% of your calories will likely come from fat even if you eat only fruits and vegetables in the form of nuts, seeds, avocados, and nut butters etc. 2,000-calorie diet: 100 calories (5% of 2,000 = 100).

In a single day an average person endeavoring to follow the 80/10/10 plan would consume in the neighborhood of:

-1/3 of a medium-sized avocado (6-ounces edible portion)

- 0.6 ounces of almonds (about 15 nuts)

What's wrong With Avocados, Nuts, and Seeds?

Avocadoes, nuts, and seeds are extremely high in fat content, especially nuts and seeds:

- Avocado (77% fat): 4 oz. (about 1/2) = 200 calories; 165 fat.
- Almonds (73% fat): 4 oz. (1/2 cup) = 650 calories; 480 fat.
- Flaxseeds (58% fat): 4 oz. (3/4 cup) = 560 calories; 325 fat.

When it comes to fat; fat is fat. Fat travels from the lymph system directly into the blood. Too much fat will thicken the blood, causing the red blood cells to clump together so they cannot deliver oxygen to the cells. Excess fat also blocks the action of insulin in bringing sugars to the cells, which leads to diabetes and other blood-sugar problems.

It is best to eat only small amounts of avocados, nuts, and seeds (not more than half of an avocado in a day or one ounce of nuts for a sedentary person; twice that for an athlete), but not to eat them daily. Fruits, vegetables and leafy greens contain

adequate high-quality f atty acids (assuming we're getting enough calories) to meet all of our needs.

Fat and Diabetes

From 1990 to 1998 alone, the in cidence of diabetes in individuals between 30 and 39 years old increased by 70%. Diabetes will be more than double by 2050.

5% of diagn osed diabetics are des ignated "***Type 1,"*** (formerly "juvenile") diabetics. From birth, the pancreas of these individuals is unable to produce adequate amounts of insulin for the m etabolism of glucose. Although glucose is present, it remains trapped in the bloods tream. The cells receive no energy from carbohydrates to perform their n ecessary functions, because glucose requires insulin for entry.

95% of diabetics are classified as "***Type 2***" (formerly adult-onset) diabetics. In th e vast majority of th ese cases, the pancreas produces adequate to ex cessive levels of insulin, but glucose is nonetheless unable to en ter the cells. This is in large part a result of the high-fat Am erican diet, which hinders the functioning of both natural and injected insulin.

Diabetes is but a natu ral stepping stone on the low-carb, high-fat path to health devasta tion. Although not all diabetics experience chronic fatigue and candidias is, th ese conditions are manifestations of the sam e underlying condition – high blood fat.

Fat and Diabetes Connection

- In ***1927*** Dr. E. P. Joslin of the famous Joslin Diabetic Center in Boston suspected a high-fat, high-cholesterol diet m ight contribute to the development of diabetes.

- In ***1936,*** Dr. I.M. Rabinowitch of Canada presented 1,000 case studies, he proved that the main factor inhibiting the metabolism of blood sugar in th e presence of norm al insulin was too much fat in the blood.

- In ***1959,*** the *Journal of the American Medical Association* also documented this relationship between fat consumption and diabetes.

- A ***1979*** article in the *American Journal of Clinical Nutrition* states, "Medical research confirms that up to 50% of people with Type 2 diabetes can elim inate diabetes risks and discontinue medication within three weeks by a dopting a low-fat, plant food diet and regular daily exercise.

- In ***1998,*** Duke Univers ity Medical Center researchers reported the findings of a study demonstrating that Type 2 diabetes can be com pletely reversed in m ice by lowering dietary fat. The press release states, "Without the fat, the diabetes does not occur, even in diabetes-prone mice. When the high-fat diet is stopped in m ice that have been raised on it, the diabetes disappears.

- Nathan Pritikin, whose work in th e ***1960****s* demonstrated that eighty percent of long-term diabetics put on a low-fat diet could be taken off their m edication entirely in less than f our weeks.

Consuming fruit does not cause blood-sugar problem s, but overeating fat does. If you remove the fat from the diet, in most cases blood-sugar levels return to normal, as does pancreatic functioning. Restricting fruit from the diet is n ot the cure. In fact, the opposite is true.

Doctors tell us, "You have diab etes. You will have it f or the rest of your life. And oh, by the way – you can no longer eat fruit." This certainly does not sound like a "healing profession" to me.

I have worked with m any diabetics over the p ast twenty-five years. In every instance, however, without exception, the use of

a low-fat raw vegan diet predominated by sweet fruits has resulted in stabilization of blood-sugar metabolism.

Most of my clients were able to completely eliminate their need for insulin and other related drugs within in a few weeks of less.

Chapter 4
Cooked Food

Applying heat to foods provides no nutritional benefit and is detrimental to the person ingesting the cooked food.

Hundreds of thousands of identified and not-yet-identified nutrients in the heated foods are damaged by the heat.

Unheated or raw foods are the natural and optimal choice for the cellular health of all creatures. One of the major differences between people and the other animals on planet Earth is that we cook our food and they do not where our health is concerned, this is not a good thing.

Unfortunately, the doctors and scientists who study nutrition, for the most part, are cooked-food eaters, and they see the world through a cooked-food perspective. The very idea of a diet of all raw food is unthinkable to most of them. Rarely do they even consider it.

These professional men and women spend a good deal of their time coming up with scientific arguments to support the way of life to which they are accustomed.

Common sense does not support cooking; however, more not a single creature other than man cooks its food. The animals that suffer from degenerative "human" diseases are domesticated or caged ones that are routinely fed cooked food by their human caretakers.

If we observe nature, we will find that all creatures are born with or develop everything they need to secure their natural food.

The History of Cooking

Prior to and throughout most of the 19th century, fresh fruit was a very popular food item, and people did not eat the high percentage of cooked food that they currently do. In fact, the raw-food movement was almost as big 120 years ago as it is today, if not more so. But the whole concept was essentially shot down with a single word: germs.

After scientist ***Louis Pasteur (1822-1895)*** published his "germ theory of disease" in ***1878***, fear of microbes developed into a full-blown phobia for many people. This fear led the medical fraternity to suggest that all foods be cooked, for the safety of the consumer. People began cooking their apples, their tomatoes… essentially everything they ate. Due to the overwhelming power of the doctors to influence society, cooking fruit became the norm.

Toxicity and Disease

To varying degrees, the different methods of cooking introduce toxic substances that the body must eliminate. The repeated consumption of cooked food results in a detrimental enlargement of the pancreas, as well as damage to the liver, heart, thyroid gland, adrenals, and most other organs, as a result of toxic exposure combined with reduced oxygen availability.

Eating cooked food has also been shown to provoke degenerative changes in almost all aspects of blood chemistry.

These changes unusually reverse rapidly when exposure to cooked food is eliminated.

To escape the destruction of cooked food, one must be willing to recognize that, as a culture, we have been eating ourselves into poor health, earth death, and disease-ridden old age. The damage done to food when it is cooked provides enough material for a separate book.

Protein after Cooking

Few people realize that cooking denatures the proteins in foods, fusing the amino acids together with enzyme-resistant bonds that preclude them from being fully broken down, thus rendering the proteins substantially useless – and in fact toxic – to us. All proteins that we consume must be broken down into single, individual amino acids before they can be of any use to us; our bodies cannot use "protein" for any purpose whatsoever.

Our digestive enzymes cannot easily break down coagulated protein molecules once they fuse together. The best they can accomplish is partial breakdown, into polypeptides.

The body recognizes clumps of partially broken down proteins, known as polypeptides, as foreign invades to be attacked, contained, and eliminated through the kidneys. The cell walls of the kidneys do not allow for easy transport of these substances, and their buildup causes the distress that leads to kidney stones and eventually to kidney failure. Undigested proteins also produce allergies, arthritis, leaky gut syndrome, and other autoimmune disorders.

Carbohydrates after Cooking

We must heat starchy carbohydrates to "dextrinize" them, thus facilitating their breakdown into glucose. Unfortunately, heating caramelizes these complex carbohydrate foods, fusing their molecules into a sticky, molasses-like goo.

This melting of sugar molecules occur in carbohydrate-based foods subjected to cooking temperatures whether or not we witness it, and it causes them to produce an extremely high glycemic response in the body. Blood-sugar levels predictably spike after we eat cooked carbohydrate foods, especially grains that have had their fiber refined out of them. Heat the carbohydrates further and they will char, or blacken, as happens to burnt toast. This blacked carbohydrate is toxic, a known carcinogen.

The digestion of cooked complex carbohydrates is typically impaired by fatty and sugary foods with which they are consumed, leading to fermentation. The byproducts of fermentation are gas, alcohol, and acetic acid. Alcohol is a protoplasmic poison that kills every cell with which it comes into contact. Acetic acid in its pure form is a known poison. When diluted with 19 parts water, it is called vinegar. The acetic acid in vinegar is still toxic, regardless of dilution.

Mainstream science is tying itself in knots over a lethal poison, called "acrylamide," recently discovered to be produced in high-carbohydrate foods by the chemistry of cooking.

Fats after Cooking

All manner of nutritional and health problems occur when fats are heated. Heated fats interfere with cell respiration, leading to cancer and heart disease. Heating fats also reduces the functional value of their antioxidant properties.

Once fats have been cooked, they quickly go rancid, at which point they become carcinogenic. It's important to understand that while even freshly roasted nuts are harmful for us. The longer fatty foods are exposed to oxygen, the more their nutrients become deranged.

Many high-temperature methods of cooking (deep frying, broiling, roasting, barbecuing to a char, etc.) cause fats to produce carcinogenic substances including acrolein, hydrocarbons, nitrosamines, and benzopyrene, which is one of the most virulent carcinogens known to man.

Frying temperatures range from about 400 to 1,000 degrees F. When unsaturated vegetable fats and oils are heated to such temperatures (and especially when polyunsaturated oils are repeatedly reheated, as in fast-food deep-fry establishments), their naturally occurring "cis" bonds are converted to "trans" bonds, creating trans fatty acids. Trans fats are recognized as one of the most dangerous dietary health hazards of our time.

Are We Starch Eaters?

Starches can be divided into three general categories: ***roots, tubers, legumes, and grains (grass seeds).***

Starchy Roots and Tubers

Without tools, humans are very poor diggers. Food below ground that, in their natural state, very few exist that our digestive systems can even handle. Some roots, notably turnips, rutabagas, sweet potatoes, yams, beets, carrots, parsnips, and salsify can be eaten raw, though in practice today, next to none are eaten this way.

Legumes

Very few creatures other than birds and pigs readily consume legumes, as legumes in their mature state are indigestible or toxic to most mammals. For humans, raw mature legumes are not just unpalatable, they are quit toxic. We simple have no capacity for consuming them in their natural state. While young legumes are edible and nontoxic, one must question their nutritional makeup.

Legumes are touted as excellent sources of protein, and their protein content is generally quite high.

High protein levels are not necessarily a good thing, however, especially for humans, who seem to thrive best on a diet composed of less than 10% of calories from protein. As it is in flesh, diary, and eggs, the protein in legumes is rich in the amino acid methionine, which contains high amounts of the acidic mineral sulfur.

Carbohydrate levels of legumes are also high enough to make them difficult to digest due to the high protein levels. The lack of vitamin C, an essential nutrient for humans, also makes legumes a very poor food choice.

Vegetables

Humans do consume green leafy plants such as lettuce, celery, spinach and the like, as well as the tougher cruciferous vegetables (beets, broccoli, cauliflower, cabbage, collards, kale, and others). Eaten plain, as they occur in nature, these tough vegetables are high in insoluble fiber and therefore difficult for us to digest.

All vegetables yield proteins, some essential fatty acids, mineral matter, vitamins, and some simple sugars. But if we get enough of these nutrients from our natural foods, then these are not needed from plants that we do not eat raw with keen relish.

Though we include vegetables in our diets, we're not primarily vegetable eaters by nature.

"The Staff of Death"

"Grain Damage" *written by* ***Dr. Douglas N. Graham***

There is NOT ONE example of an animal with anatomy and physiology similar to ours that consumes grain.

Creatures that naturally eat grains, which are the seeds of grasses, are called "granivores."

Grain-eating birds possess a "crop," a pouch in their throats or gullets, where the grains they swallow whole are allowed to germinate, thereby becoming digestible. Grains are indigestible raw, but even cooked, the ***complex carbohydrates*** in them require great digestive effort to break down.

Most of the human race presently consumes grains and starches, we can reject them as natural human fare. The fact that grass seeds neither attract these complex-carbohydrate foods in their natural state are a torture some affair. To fully digest starchy foods – grains, roots and tubers, and legumes – an animal must produce large quantities of starch-digesting enzymes (amylases).

The human body produces salivary amylase (also called ptyalin) of extremely limited strength and in relatively low amounts, sufficient only to break down small amounts of starch, such as would be found in fruit that is not fully ripened. The body also produces small quantities of pancreatic amylase for somewhat limited starch digestion in the intestines.

After Harvesting

Grains lose nutritive value once harvested, and they lose even more when milled to flour. In storage, grains are subject to infestations of insects, rodents, and molds. To prevent these problems and provide us with grains year around, farmers and food processors resort to the use of an array of toxic chemicals and preservatives.

Toxic Chemicals in the Grains

Modern grain farming has resulted in the loss of almost all of our topsoil. What was six to sixteen feet of topsoil a century ago, it has been reduced to six inches or less on most of our farms. In a world where potable water has become a commodity, over half of the total water used in the United States goes to watering livestock or feed for livestock.

The following is a partial list of toxic chemicals used in the processing of grain. How much residue from these chemicals remains in the grain itself, versus how much is simply dumped in concentrated form onto our soil is of little consequence.

- ***Mercury***
- ***Cyanide***
- ***Ammonium salts***
- ***Chlorine***

(Each of the above, in high enough doses, can cause insanity or even death.)

- ***Fluorine - Mineral oil - Aluminium***

(These are high-potency toxins)

The toxins of war – including chemical weapons such as chlorine, mustard, and the organophosphates, explosives such as nitrates, and radioactive waste – have all been incorporated into the human diet.

Listing of Grains

- ***Barley***
- ***Oats***
- ***Tritical (a hybrid of wheat and rye)***
- ***Rye***
- ***Wheat***

Wheat has several names and varieties. Bulgur, semolina, spelt, frumento, durum (also spelled durham), kamut, einkorn, farina, couscous, seitan, matzoh, matzah and matzo.

***Alternative grains*:** These are the g rains (they're not really all grains, but people call them that).

Amaranth – Buckwheat – Mesquite – Millet – Montina
Quinoa – Sorghum – Teff – Rice – Wild Rice

"The Staff of Life"

We have learned since childhood th at grains are the "staff of life." What, really, is a "staff"? It is a stick, pole, or rod traditionally used as a support or crutch. Grains, like any crutch, become detrimental to us when we rely on the m constantly, three m eals per da y. Instead of thriving, we are weakened by their con tinual usage. ***Is it possible that our beloved grains are actually crippling us?***

Does Grain Eating Come Naturally?

People are experiencing severe cravings for refined grain products. When starches are consumed, people wake up the next day and go through unpleasan t periods of feeling foggy, hung over, or sedated. Should they stop consum ing grains, symptoms of detoxification and w ithdrawal emerge. It is b est to avoid substances that result in such powerful dependencies, whether we choose to call them drugs or food.

The consumption of grains, and any other foods that do not suit our design, is a serious step down nutritionally. Coupled with the habit of cooking, a food adul teration not practiced by any other species, the outcome is nutritionally bankruptcy.

Jared Diamond notes what ***wheat, rice, and corn alone provide most of the calories consumed by humans today,*** and that each of these is lacking in certain vital nutrients we need to exist.

"The Staff of Death"

Cereals, breads, pastries, pastas, pretzels, pizza crust, and other grain-based foods lose much of their original food value during refinement and other processing to make the grains edible.

Even cooking a food c ounts as a refining process, as not only are the nutrients compromised, but antinutrients are created and water is driven off. No cooked food is a whole food.

Vitamins, minerals, carbohydrates, proteins, fats, enzym es, coenzymes, antioxidants, and phytonutrients are dam aged, deranged, or destroyed by the heat of cooking.

What does rem ain after cooking are the calories. Therefore, when we eat starches, we c onsume the m aximum number of calories with the m inimum amount of nutrients. ***Dr. Emmet Densmore, author of How Nature Cures, on e of the first to speak out against grains, pointed out that humans are frutarian and declared bread to be "the staff of death."***

A substance known as phytic acid , found in raw cereal grains, is well known for its tendenc y to bind with calcium and interfere with its absorption. Gr ains also contain substantial quantities of acid-forming minerals, such as phosphorus.

During the process of digestion, the body must yield up calcium from the bones, a powerful alkaline m ineral, in order to neutralize the acidity of grains. Eventually, people on a high-grain diet run predictably low on calcium, often resulting in a common bone-thinning condition known as osteoporosis.

Grains contain very little calc ium, and they are also low in sodium, choline, iodine, sulfur, and other alkaline minerals. On the other hand, fruits and vegetables contain from ***ten to one hundred times as much calcium*** and other alkaline minerals as do grains, when measured in terms of calories.

Does it ever seem peculiar to you that dog and cat food commercials stress the fact that optimum nutrition gives your pet the best chance of growing well and living healthfully?

Why, do you ask, are children's foods marketed instead of their colors, shapes, and exciting flavors, but rarely for their nutrient quality? Why are adult foods prom oted for their convenience, but seldom for their health - building qualities? Why are these

food commercials invariably followed by commercials for anti-acids? Do you ever wonder?

Fiber

The fiber in grains must be considered a health destroyer. Humans have delicate digestive systems. Just look at the number of people with digestive problems: nine out of ten in the United States. Our digestive systems require the soft, soluble fiber found in fruits and tender vegetables. Grain's fiber, however, is coarse and sharp like finely ground glass.

Nutritionists refer to it as insoluble fiber. It acts as an irritant in our system. Irritation of the mucosa of the intestine is considered a risk factor in many different diseases, including ulcers, diverticulosis, spastic colon, celiac disease, Crohn's disease, colitis, irritable bowel syndrome, and colon cancer.

The presence of insoluble fiber in the intestines causes food to move through the bowels more rapidly than normal, reducing nutrient absorption. Coupled with the irritating quality of insoluble fiber, this rapid movement of foods leads to malabsorption syndromes, nutritional deficiencies, and overall loss of health. In the production of refined flour, bran is left over. This flavorless and bowel-irritating waste product is then sold, at an inflated price, as if it were a health food.

Digestion

The human digestive system is complex, sophisticated, and highly sensitive. Food must be broken down into simpler molecules to be absorbed; this is digestion.

Chemical digestion, directed by the brain, happens in three major areas; the mouth, the stomach, and the small intestine. This digestive action is dependent upon receptors that send messages to the brain, telling it which type of food is being worked upon. The brain then responds accordingly, sequentially utilizing a barrage of water, digestive enzymes, enzyme precursors, coenzymes, electrolytes, acids, bases, buffer salts, hormones, extrinsic (vitamin B12) and intrinsic (mucoprotein) factors, and other secretions far beyond the capabilities of our greatest chemists to understand.

Chemical digestion begins in the mouth with the secretion of amylase, a starch-splitting enzyme. Stomach acid neutralizes the amylase and effectively stops starch digestion. It resumes in the small intestine. Protein digestion is purely mechanical in the mouth and nonexistent in the intestines. Proteins are broken down from long to short chains in the stomach, in the presence of hydrochloric acid.

When starches are consumed with out proteins, the acidity of the stomach approaches neutral, allowing starch digestion to continue. ***When proteins are consumed with starches,*** the acidity of the stomach becomes as strong as is humanly possible, thus fostering proteolysis. The pH of the mouth and intestines are also capable of varying from mildly alkaline to mildly acidic, though predominantly alkaline, at about 7.4, is considered healthiest.

Herein lays the problem: when proteins and starches are consumed at one meal, the body is asked to provide two opposing chemistries in the same place at the same time. This cannot work, because they effectively cancel each other out. The result is impaired or partial starch digestion and impaired or partial protein digestion. The digestion process takes longer than it would to digest either substance on its own, and it requires considerably more energy to do so.

Since animal protein contains no fiber, they pass through the digestive system more slowly than other foods. At one hundred degrees, in a dark, wet environment, undigested meat will go bad (rot) rather rapidly. The partial digestion of meat that occurs when it is eaten with grains very often accounts for the putrefaction so obvious when feces are expelled. Grains do not tend to putrefy. They do, however, ferment. Fermentation results from the mixture of sugar and starch, for example, in a raisin bagel, fruit pie, or dessert after a starchy meal.

Two products result from the fermentation of grain: alcohol and gas. Alcohol quickly penetrates the gut lining and becomes blood alcohol, giving rise to the phrase "food drunk". Drivers have actually failed Breathalyzer tests for blood alcohol simply from the alcohol produced in their digestive tracts!

Alcohol is a protoplasmic poison, meaning that it destroys every cell with which it comes into contact (the lining of the mouth and digestive tract are spared this fate, because they are coated by a protective mucosal layer). The production of alcohol within the gut is never a good thing, as it is absorbed into the bloodstream where is does its usual damage.

Energy

Upon consuming your starch meal, your body must perform many complex processes to utilize what is left after cooking, which is, primarily, only the calories. Before cooking, we refer to these calories as complex carbohydrates, an indigestible form of sugar made palatable through the application of heat.

During cooking, chemically referred to as caramelization, some starches are broken down into simpler sugars. The digestion of starch, however, is energy intensive and make take anywhere from thirty-six to seventy-two hours. This immediate, high energy demand, coupled with delayed energy return, explains why so many people feel lethargic after a starch meal. All available energy is being used for digestion.

Starches are touted as low-calorie foods. If we subtract the calories requires during the processes of digestion, the net energy gain is low. It is the fat we put on our starches that provide the really big calories, exactly the opposite of what more people desire.

The digestion of fruit is a relatively simple process. What we refer to as "ripening" is actually the fruit converting starchy, complex carbohydrates into sweet-tasting, simple carbohydrates. In effect, the fruit is digesting itself for us. The digestion of fruit demands considerably less energy than the digestion of starches, freeing energy for other processes such as organ and muscle functioning.

Fruit, which must be worked upon for minutes in your stomach and eighteen hours in you intestines, yields more energy per calorie consumed than starches, which can require as many as twelve hours in you stomach and three days in your system.

Health Problems

The list of health problems associated with eating grains is long. Asthma, allergies, celiac disease gluten intolerance, digestive disturbances, mucous and congestive conditions, yeast infections, several types of arthritis, several types of autoimmune disease, and even chronic overeating are all linked to the consumption of grains.

Congestion, asthma, and allergies are of special concern to us. They hinder breathing, alter the clarity and tone of the voice, cause us to quickly become tired, and interfere with social interactions. Many sufferers of nasal congestion, asthma, and allergies are pleased to discover that their symptoms are relived once they embark upon a starch-free diet.

Cooked grains have little flavor on their own. Commonly, we add flavoring agents such as salt, heated fats or oils, refined sugar, artificial sweeteners like aspartame (a known neurotoxin that causes cancer, brain damage, neurodegenerative diseases, and birth defects) or powerful spices to make grains more palatable. These condiments are health destroyers and bring with them to the table an array of health problems.

Gluten Sensitivity

Many research studies link diets high in complex carbohydrates to negative health conditions. The gluten-containing grains (primarily wheat, but also rye, barley, and oats) contain at least fifteen opioid sequences, which are strongly addictive, morphine-like substances that have potent psychoactive properties and produce serious neurological disorders, nausea,

constipation, urinary retention, vo miting, cough suppress ion, and other symptoms.

Gluten intolerance (celiac disease) contributes to or causes a wide range of other diseases , including asthm a, arthritis, chronic fatigue, Crohn's disease, Type 2 diabetes, depression, eczema, fibromyalgia, irritable bowel syndrome, migraines, *lymphoma, and gastrointestinal cancer.* ***Gluten intolerance may also b e linked to autism, schizophrenia , and several autoimmune disorders***.

www. Enterolab. com Writes

"Gluten, a protein found in m any grain products, has been named as a causative f actor in psychoses and neurological disorders. It has been proven to chem ically contain fifteen different opioid sequences, or morphine-like m olecules. Opioids that come from outside the bod y are called ***"exorphins."*** It is called by scientists addictive and neurotoxic.

Since the mid-1960s, scientists ha ve repeatedly linked gluten consumption to learning disorders and schizophrenia.

More info. www. drritamarie. com

Physical effects of opioid consumption include nausea, sedation, truncal rigidity, e uphoria, dysphoria, and m iosis (papillary contraction). Opioids are known to interfere with our neurotransmitter chemistry, cause various types of epilepsy, and result in digestive distur bances such as constipation, urinary retention, biliary spas m, reduced production of ADH (an antidiuretic hormone that results in reduced urine production), slowed gastric emptying, and slowed digestion."

Are Grains Addictive?

Some addictions are easier to spot than others. People with eating disorders say they experience problem s with starches, and especially the starches we call sweets or pastries.

Could most of us be "starcha holics"? With a belly full o f starch, most people are capabl e of no m ore than lying dow n and falling asleep in front of the television. It is common for people to becom e torpid af ter a holiday meal, som etimes falling into a stupor, full of breads, stuffing, potatoes, and a pastry or tw o. These reactions to a heavy starch m eal are the typical reactions experienced by "users" to narcotics.

Most Americans eat starch a minimum of three tim es daily at meals, and another two or three or more tim es as snacks. We were trained to eat starch as infants, since before we developed the enzymes to digest it.

Athletic Performance

A major issue of concern for athletes is a cid/alkaline balance. In health, our bloodstream always remains alkaline, maintained at approximately 7.4. If the pH of the blood changes even two-tenths of a point, you will likely die. The m inerals in starchy foods, however, are acidic: ch lorine, sulfur, and phosphorus. Consumption of starches drains our alkaline reserves, resulting in lowered performance possibilities.

One starchy food leaves the digestive system and enters your bloodstream, acids enter the blood. Fortunately, your body maintains a reserv e of calcium, its most alka line mineral, plus several buffer systems to neutra lize the acids in the event that the lungs, liver, and k idneys fail to keep pace with your acid creation and/or intake.

The phenomenon of bicarbonate flowing into your bloodstream to neutralize acidity af ter meals is referred to as the "alka line tide." Most doctors con sider the alkaline tide to be norm al to our physiology, the flip side of the intense acid production needed from our stomach in a vain effort to digest anim al protein.

Since animal proteins are also dense with acid minerals, normal metabolism must be delayed while the emergency threat to the

blood pH is addressed. This de lay results in a reduction of performance potential with each occurrence.

A Weighty Issue

Your blood sugar rises, gently and alm ost instantaneously, upon eating fruit, supplying your every cell with its only source of fuel: simple sugar. The br ain monitors blood sugar, and when blood sugar rises, appetite drops. It is alm ost impossible to overeat on fruit.

Many people comm ent that they fe el satisfied and full, often for the f irst time in y ears, after eating a relatively small quantity of fruit. Our bodies convert any extra com plex carbohydrate calories to fat. Starch consum ption, however, does not result in loss of appetite. On the contr ary, it is easy to over eat them. We over eat pizza or pasta every time.

Since blood sugar does not rise, the only way one feels satiated is to eat until stuffed. It is likely there would be no obesity problems if the people of the world ate fruit instead of grains.

Sprouted Grains

What about sprouted grains? They are raw, so do they still count as grains? " Yes, sprouted grains still count as grains. They lack of vitam in C com plex, a predom inance of a cid minerals, extremely low levels of the soluble fiber we need , a high concentration of complex carbohydrates, and so forth.

Sprouted grains are ex ceptionally quick to grow m old. The only thing that sprouted grains ha ve going for them is that they are not cooked. Increasing the per centage of whole, fresh, ripe, raw, organic foods in your diet will yield you huge health and performance benefits.

And as an a dded bonus, you will fi nd yourself less depend ent on grains. It is easy to see that the grain-free diet is not radical; It is truly ultraconservative. ***Instead of grain try to eat fruit***.

Become the next person to go against the grain and reap the harvest of health.

Grains for the Birds

In brief, the objections to grains and grain products as foods suitable to the human system are

1. They are deficient in a number of important nutrients.
2. They contain substances to some degree poisonous to the system.
3. They must be cooked in order to be digested which process further depletes their value and increases their pathological effect.
4. They place strain on the digest ive system causing hypertrophy of the pancreas and unnecessary depletion of enzyme reserves while at the sa me time resulting in flatulence.
5. They are capable of dam aging the intestinal villi, causing them to atrophy.
6. They are acid-form ing in the body , often to the ex tent of causing them to atrophy.
7. They are capable of causing allergy reactions such as dry skin, subcutaneous cysts, exacerbation of m ultiple sclerosis and schizophrenia.
8. They are antagonistic to the body's immune system and increase susceptibility to head colds and other infections.
9. They are the worst causative factor in tooth deca y due to their tendency to readil y ferment between the t eeth, so producing the acid which destroys tooth enamel.
10. They are totally unsuitable for infant s, causing in som e cases permanent damage to their digestive organs.
11. Of all food stuffs, they contain the highest levels of calcareous salts which gradually accumulate in the tissues and cells, including the arteries, to a ccelerate the process of aging.
12. Apart from antagonizing the digestive sy stem and providing inadequate nutrition, they are a bsolutely tasteless and unappealing to the senses, being rendered edible only by cooking and artificial flavor.

Vitamin B12

Vitamin B12 deficiency is not limited to vegetarians and vegans. Two primary vegan sources of natural vitamin B12 exist for humans.

1. Vitamin B12 is a waste product of a bacteria that can be found in and on the foods we eat (of both animal and plant origin).
2. B12 is also produced in the intestine and the mucosa of healthy humans.

Very unlikely third source of B12 may be unheated algae, spirulina, chlorella, and also raw sea weeds like nori, wakame, dulse, kombu, etc. Although these substances apparently do contain some human-active B12, they also contain significant amounts of noncobalam in analogs of B12, which actually interfere with the absorption of true B12.

The analog form of B12 registers on test results, masquerading as the human nutrient, but the body cannot use it. To compound the problem, analog B12 also occupies the body's B12 uptake sites or "receptors," thus lowering our ability to utilize true B12.

Our Produce Doesn't Contain B12

For centuries people have acquired some of their vitamin B12 directly from fruits and vegetables. Scientists did not discover vitamin B12 until the 1950s. Plants do not make a lot of vitamins.

Rather, they soak them up from the soil through their roots. Most of our vitamins are made by bacteria in the soil.

Since the advent of modern agriculture in 1942, when Bayer and other chemical manufacturers began diverting leftover chemical weapons from World War II into use as pesticides and fertilizers, farmers have sterilized the bacteria out of our soils. The resulting loss of plant-derived dietary vitamin B12 is just one of the unintended consequences of "better living through chemistry." An initiative that continues to devastate the balance of nature in ways we are only beginning to comprehend.

However, organically grown plants specifically cultivated in highly composted soils rich with organic matter can contain plenty of B12 and a host of other nutrients not found (or found in short supply) in industrially grown produce.

When we add chemicals to the soil, we destroy not only "pests" and the bacteria that produce vitamin B12, but also the entire pyramid of soil life.

Vitamin B12 Deficiency

B12 deficiency is usually only a problem if you lack a chemical called the "intrinsic factor," which causes people to be unable to absorb B12.

Vegetarians and meat eaters alike are at risk of B12 deficiency. A high-fat diet increases this risk substantially, for two reasons. First, the colonies of B12 producing bacteria in our intestines utilize carbohydrates for fuel. As the amount of fat in our diets goes up, the amount of carbohydrate goes down, thus reducing the quantity of fuel available to the microbe.

Less fuel results in a smaller colony and an overall decrease in B12 production. Second, the B12 uptake sites in our intestines become clogged when there is excess fat in the diet, further reducing B12 absorption. When reduced B12 production is coupled with impaired absorption, the likelihood of B12 deficiency becomes predictable.

B12 Standards are High

Many refined starchy foods are "enriched" with a synthetic form of vitamin B12. When doctors test for "normal" B12 levels, their results are skewed towards the high end by the fact

that most people eat these foods (mostly grain products – cereals, breads, pasta, cookies, cakes, etc.) on a daily basis.

People who eat a grain-free diet not supplemented by this poor imitation of the natural nutrient often test "low" for B12, even if their levels are healthy and they are totally asymptomatic. This is because their B12 levels are being compared to those of people who are consuming a B12 supplement in their food at almost every meal.

Drinking Water

It is not part of human nature to drink water. Some animals, especially the grazers, are notorious for drinking huge quantities of water. The anthropoid apes, however, (biologically, humans are classes as anthropoid apes) are rarely observed to drink water, but they can do so if necessary. Their tongues are not designed to lap water the way carnivores do, so they have to suck water if they must drink.

Drinking water is simply not necessary for the anthropoids. They do not cause their own thirst. These animals do not eat the foods that result in thirst. Remember, these animals live in the tropics, often in intense heat. The Anthropoids get plenty of exercise and are quite fit. In fact, pound for pound, they are about five times stronger than humans. They spend most of their day in the shade. They rest during the midday heat. They eat a low-fat raw diet composed primarily of whole, fresh, ripe, organic, fruits and vegetables.

We are drinking water, because we cause our own thirst. The food we eat is the result of thirst.

Cooking drives water out of food and alters it drastically. Dehydration oxidizes the nutrients in food, and their nutrient value is duly degraded. Fruits and vegetables are nature's perfect water filters, and the water within them is the purest available on Earth.

Most nutrients – vitamins, minerals, enzymes, coenzymes, anti-oxidants, phytonutrients, and fiber are damaged or devitalized by the heating process, leaving behind "food" with substantially empty calories.

The most common way that we become dehydrated is when our toxin intake rises relative to our intake of water. Cooking produces many toxins that cause the body to require additional water. Among the most virulent of these are the acrolein produced by deep frying and the polycyclic aromatic hydrocarbons released during barbecuing and other cooking methods that blacken or char our foods.

Two common products found in most households may in fact, be the most toxic substances popularly consumed. Plain table salt is so toxic that even when extremely diluted, as it is in sea water, it is still deadly.

All sailors know that if they drink seawater they will die of dehydration. Salt must be greatly diluted with water before the body can tolerate it. Alcohol, the second deadly household poison has a similar toxicity. It acts as a diuretic and causes substantial water loss. Few substances dehydrate and impair us as effectively as alcohol.

Low Water Intake vs. Toxic Load

The second way that we can become dehydrated is when water intake is low relative to toxin intake. If we are to (correctly) assume that the necessary amount of water is in our fresh plant foods before we cook them, we can be certain that an insufficient quantity is left after we cook them.

Cooking removes water from food. By driving off water, cooking effectively changes the water-to-toxin ratio in food to favor toxins, while also raising the level of toxins in the food. So cooking food results in a double whammy – not only does it remove water, but a great many toxins are created in the process.

Increased Toxin Production

The third way we become dehydrated is when our "endogenous" toxin production rises relative to our water intake. Every cell in the body produces toxic waste products as a result of its own metabolism, and many tissues, glands, and organs also produce toxins as a result of their metabolism.

These internally produced toxins are referred to as endogenous toxins. These are the ones that come from our food, the air, and other aspects of our environment.

As our levels of physical activity or stress rise, so does the quantity of endogenous toxins we produce, as cellular output increases. This is one of the reasons that we are told to drink water before, during, and after exercise and other physical pursuits – to dilute the toxins we produce.

Are You Dehydrated?

Dehydration has many symptoms; one of the most common is fatigue. Other clear indicators of dehydration include the following:

- Your urine is deep yellow or dark, rather than almost clear.
- You urinate fewer than six times in twenty-four hours.
- Eight to twelve times per day is considered a healthy frequency.
- You would describe the volume of urine that you void as "scanty" rather than "satisfactory."

We are drinking water, because we cause our own thirst.
The food we eat is the result of thirst.

Questions & Answers

How Much Should I Eat?

To consume 2,000 calories a day, you would need to eat something like the following:

- A large honeydew melon for breakfast (461 calories)
- A 12-banana smoothie for lunch (1,260 calories)
- 4 peaches before dinner (153)
- 1 large salad for dinner (175)

This would provide 2,026 calories, with a ***90/6/4*** caloronutrient ratio (90% carbohydrates, 6% protein, and 4% fat). If you didn't have any physical activity that day, you might eliminate two bananas and one of the peaches. If it was a physical day, you could add half of a 6-oz. avocado to the salad. It would provide about 145 more calories, 111 of which would be from fat.

The caloronutrient ratio for the day would be ***86/6/9.*** Adding a whole avocado would take the fat percentage for the day up to 13%...not a big deal, but it would be better to add a few pieces of fruit to meet the extra calorie requirements of your exercise routine.

Will Eating Raw Make Me Healthy?

A proper raw diet will result in improved health, but I must emphasize that the body, not food, creates health. Food does not build; the body builds. Food does not cleanse, the body cleanses. Good health, after all, is the result of a healthy lifestyle.

The raw diet is only one component of healthful living.

- Adequate rest and sleep
- Regular physical activity
- Plenty of fresh air

- Sunlight
- Positive outlook on life
- And many other factors are creating good health.
- Consume 2 to 6% calories from leafy greens (1 lbs daily)
- Sleep 6-8 hours a day.
- Do not eat all day long. 1 to 4 meals a day.
- Eliminate stress which causes ongoing adrenal excertion.
- Consider 30 minutes sunshine a day.

(Our bodies require approxim ately 15 m inutes of sunlight exposure per day to produce sufficient vitamin D).

Is Eating Salt All Right?

Extracted sodium chloride, in a ny form is an irr itant and is toxic to the body. It deadens the taste buds' ability to sense sweet, sour, or bitter retards digestion and excretion, and upsets our critical natural water balance. Sodium and other salts that occur naturally and abundantly in whole plant foods (which are vitally important nutrients needed by every cell of our bodies).

Eating a variety of vegetables, especially celery and tomatoes, provides all the organic salts and other m inerals our bodies need in just the right amounts and combinations we require.

The salt in seawater causes de hydration regardless of how it is consumed. Ocean water is caustic and irritating, tastes vile, and causes people to vom it. In quant ity, drinking seawater causes death within days, even though it is diluted by a lot of water. Consuming sodium chloride of any kind-including sea salts and other highly m arketed, pricey specialty salts – is a se lf-destructive practice.

True, we need m inerals… but we need to ing est them in the quantities and the for m in which they occur in whole plant foods. Eating a highly m ineralized form of poison m akes no logical sense whatsoever. I cannot overemphasize the importance of m aking the com mitment to give up this ubiquitous poison.

What about Fermented Foods?

Most Americans eat fermented decomposed substances that are called foods. Most are derived fr om milk. Some are made from grains (especially the alcohols), fruits (wines and c ertain vinegars), legumes (especially the soy bean and its suite of putrefactive products), and de composed meats. Fermented carbohydrates produce alcohol, acetic acid (vinegar), and lactic acid, as well as methane and carbon dioxide.

Proteins putrefy (rot) when they decom pose by anaerobic bacteria but also by fungi (yeast) and aerobic bacteria, proteins produce as end products ptom aines (cadaverine, m uscarine, neurine, ptomatropine putrescine, and others), indoles, leukomaines, skatoles, m ercaptans, ammonia, methane, hydrogen sulfide, and yet other toxic compounds. Fats become rancid and repulsive when they oxidize and decompose.

What about Cheese?

Most Americans consume with abandon som ething that never occurred in nature – a pathogenic putrefactive product called cheese. We make cheese by tak ing the cas ein portion of m ilk and rotting it with types of bacteria that yield byproducts.

Cheese is all the decomposition products in a single package: putrefactive proteins, fermented carbs, and rancid fats.

You need to learn just how poi sonous these substances are. Yet, Americans eat billions upon billions of po unds of cheese annually. To assert that all thes e poisons going into the system cause anything less th an sickness, disease, and debility is misrepresentation. Tumors and cancer are often the result.

Can I Drink Milk?

The practice of drinking anim al milk as a regular part of our adult diet is only a few hundred years old.

No other animals in nature drink the milk of another species; they know instinctively that the milk from their mothers is the perfect food to support their rapid growth and to provide the precise nutrient mix their developing bodies require. We are no more designed for cows' milk than for pig's milk or rat's milk or giraffe's milk… or vice versa.

Milk-drinking is pathogenic. If milk and milk products were discontinued today, millions of people would cease to suffer sicknesses and pathologies within a short period. In fact, if this one dietary practice alone were discontinued, the hospitals would virtually empty out and physicians' waiting rooms would be mostly vacated. Humans are most certainly designed by nature as suckling – but only for their first couple years of life, and only of their own mother's milk.

We would do ourselves an astronomical favor if we had the good sense to stop consuming milk after weaning age, as does every other milk-drinking creature on Earth.

Can I Use Vinegar?

All forms of vinegar, including apple cider and balsamic are highly toxic to the human body. Vinegar is made by diluting one part acetic acid (a common poison found in any chemistry laboratory… in a bottle with a skull and crossbones) with 19 parts water.

Vinegar excessively stimulates the thyroid gland, leading to hyperthyroidism and eventually hypothyroidism and concomitant health issues such as endocrine disorders, calcium metabolic disorders, metabolic rate disorders, fat metabolism problems, body-weight issues, lethargy, headaches, and the classic bulging of the eyes. This stimulation also accelerates the aging process.

The body pulls phosphorus from the adrenal glands to negate the effects of acetic acid in the system. Depleted phosphorus results in impaired function of the adrenal glands and thus, again, the entire endocrine system. The outcome of all this can include body odor, pains in the heart, rapid pulse, increased mucus production, chronic fatigue, and headaches. Repetitive use of vinegar will also result in hardening of the liver. Vinegar should not be considered "food."

Is it OK to Eat Frozen Produce?

Some damage to living foods occurs when they are frozen. Freezing can expand and burst cell walls, and the resulting oxidation diminishes the nutritional value of the food. However, nuts and seeds, which are designed to survive through cold winters, are less damaged by being frozen. Generally, the lower the water and the higher the fat content of a whole, fresh food, the better it will take to freezing.

The practice of freezing is one of the least-damaging ways to preserve foods. Freezing introduces no known toxins.

You should be aware that eating frozen and ice-cold foods damages the essential bacterial colonies that live in your gut and may be harmful to the bacteria that produce Vitamin B12. Once again, we see that eating foods as we find them in nature proves to be the most healthful… it is true every time.

Are Dehydrated Foods OK to Eat?

Dehydrated foods are not whole foods; they have had their water removed. Unfortunately, we have not been taught to recognize the vital value of water as it comes packaged in fresh plant foods. Fruits and vegetables are nature's most pristine water filters, and the water we cook and dehydrate out of them can never be adequately replaces. Drinking water, no matter how purified, alkalized, or "structured," just doesn't compare.

Dehydrated foods can never be as nutritious as the whole, fresh foods they started as. Nutrient damage has been shown to

occur, even if the water is replaced. The use of dehydrates is a personal decision, but dried foods should always be considered at best a compromise, second in quality to whole, fresh, ripe, raw, organic fruits and vegetables.

Current research indicates that vitamin B12 changes to an analog and unusable form where it is found in dehydrated foods. This appears to be true, by the way, for spirulina, chlorella, algae's, and other pills and powders made from ocean plants.

What about Spices?

Herbs and spices like garlic, onion, curry, cumin, ginger, cayenne, chili powder, and oregano contain alkaloids and other toxic chemicals. These seasonings stimulate our taste buds and nerves while delivering toxins to our nervous systems. Their use should be avoided, or at least minimized. They act as irritants in the digestive tract, often causing the body to produce mucus for protection.

Like salt, spices provide such an intense "flavor hit" that our taste buds lose their ability to recognize the natural but more subtle tastes of fruits and vegetables. The same holds true for the use of all condiments, including mustard and ketchup.

Can I Drink Coffee?

The beans in coffee are roasted, making them no longer a raw-food item. The fatal dose of caffeine is 10 grams, the amount in approximately 70 cups of coffee. Caffeine is considered such a powerful drug that just three cups of coffee supplies enough caffeine to disqualify an athlete from competing in the Olympic Games.

Many people take one tenth of the lethal dose everyday. Caffeine decreases the amount of pepsin in your body. Pepsin is used in the digestion of protein. Caffeine is also known to deplete the body of water, calcium, potassium, manganese, and the vitamin B complex. Caffeine is just one of the many toxic substances that can be found in coffee.

How Can I Stay Raw in the Winter?

If in cold weather a person finds that they need more food, it is perfectly acceptable to increase consumption. The caloronutrient percentages should not change appreciably, however, just as it does not change whether a person consumes 1,500 calories per day or 4,500 calories per day. Of course, it is almost always a healthy idea to take a winter vacation to a warm-weather climate if you live in a location where this season is particularly harsh.

Fruit and Vegetable Juices

Drinking fruit or vegetable juice without the pulp being present to slow the absorption rate of the nutrients can spike the blood sugar and throw your blood chemistry out of balance.

One exception is fresh-squeezed citrus fruits, since a significant portion of the pulp is generally retained with the juice. The other "exceptions" are to blend fruits such as melons into a watery slush or to make fruit smoothies out of fruits like bananas, strawberries, peaches, or mangos.

Liquefying a blender full of whole fruit turns it into a thick smoothie, while keeping the entire nutritional package together. Blending whole tomato, celery, and orange makes a thick, tasty, salad dressing.

Do I Need to Take Supplements?

All the vitamins, minerals and nutrients any body needs are amply supplied through the variety of fruits, vegetables, and leafy greens found in a healthful diet.

In individual cases, it may be necessary to supplement the diet nutritionally during the initial phases of lifestyle change rather

than risk potential health damage. One example of this is a possible need to supplement B12. If you experience extended periods of extreme stress, are nursing, eating too much frozen food, are in transition, or your food is not grown in healthy soil, supplementing this nutrient for a short period of time may be beneficial.

4 Seasons Menu

30 days menus - breakfast, lunch and dinner (1-2-3).
No details of preparations explained, only proportions.

For more details please order the book " The 80/10/10 Diet."

Spring

Day 1		
Breakfast: 8 oz. kiwi 2.5 lbs. papaya	Lunch: 1 ¾ bananas 4 oz. celery	***Total Calories:*** 2,407 82/6/12
Dinner 1: 8 oz. pineapple 4 oz. celery 4 oz. cucumber 1 oz. fennel fronds	Dinner 2: 8 oz. pineapple 8 oz. kiwi	Dinner 3: 1 lb. green lettuce 4 oz. tomato 1 oz. macadamia nuts
Day 2		
Breakfast: 1 lb. banana 1 oz. dates 1 oz. carob powder	Lunch: 2 lbs. bananas	***Total Calories***: 1,591 89/6/5 rom. = romaine
Dinner 1: 8 oz. strawberries 8 oz. pineapple	Dinner 2: 1 lb. strawberries 8 oz. yellow bell peppers 8 oz. rom. lettuce	Dinner 3: 1 lb. romaine lettuce 4 oz. bell peppers 8 oz. strawberries

Day 3		
Breakfast: 8 oz. pineapple 8 oz. kiwi 8 oz. strawberries 8 oz. red grapefruit 8 oz. oranges	Lunch: 2 lbs. mangos	***Total Calories:*** 1,992 82/7/11
Dinner 1: 1 lb. kiwi 1 lb. strawberries	Dinner 2: 1 lb. strawberries 8 oz. cucumbers	Dinner 3: 1 lb. r. leaf lettuce 4 oz. cucumbers 4 oz. strawberries 1 oz. of almonds
Day 4		
Breakfast: 4 cups fresh orange juice	Lunch: 1 lb. bananas 1 lb. mangos	***Total Calories:*** 1,961 81/7/12
Dinner 1: 1 lb. papaya 1 lb. strawberries r = red	Dinner 2: 8 oz. celery 8 oz. red bell peppers 8 oz. oranges	Dinner 3: 1 lb. r. leaf lettuce 4 oz. oranges 2 oz. r. bell peppers 1 oz. brazil nuts
Day 5		
Breakfast: 16 oz. orange juice 8 oz. mangos 8 oz. strawberries	Lunch: 2 lbs. bananas	***Total Calories:*** 2,028 83/8/9 r = red
Dinner 1: 16 oz. fresh orange juice	Dinner 2: 8 oz. of spinach 8 oz. red peppers 8 oz. oranges	Dinner 3: 8 oz. baby spinach 8 oz. r. leaf lettuce 8 oz. oranges 1 oz. pistachios
Day 6		
Breakfast: 1 lb. oranges 1 lb. strawberries 8 oz. kiwi	Lunch: 2 lbs. mangos 1 lb. strawberries	***Total Calories:*** 1,980 88/7/5

Dinner 1: 1 ½ lbs. papaya	Dinner 2: 1 lb. papaya 8 oz. tomato 2 oz. fresh basil	Dinner 3: 1 lb. butter lettuce 1 lb. papaya Juice of 1 lime
Day 7		
Breakfast: 3 lbs. strawberries	Lunch: 2 lbs. bananas 8 oz. romaine lettuce	***Total Calories:*** 1,984 80/9/11
Dinner 1: 1 lb oranges 8 oz. kiwi	Dinner 2: 8 oz. cauliflower 1 lb. tomatoes Rom = romaine	Dinner 3: 8 oz. rom. lettuce 8 oz. baby spinach 4 oz. oranges 1 tbs. raw tahini

Summer

Day 1		
Breakfast: *4 lbs. watermelon*	*Lunch:* *1 lb. bananas* *1 lb. peaches*	***Total Calories**:* *1957* *89/7/5*
Dinner1: *1 lb. mangos* *Juice of ½ a lime*	*Dinner 2:* *8 oz. mango* *8 oz. tomatoes*	*Dinner 3:* *1 lb. rom. lettuce* *8 oz. ea. Cucumbers, mangos ,r. peppers* *4 oz. tomatoes*
Day 2		
Breakfast: *4 lbs. watermelon*	*Lunch:* *2 lbs. bananas*	***Total Calories:*** *2072* *82/8/11*
Dinner 1: *4 oz. blueberries* *4 oz. raspberries* *8 oz. peaches*	*Dinner 2:* *8 oz. peaches* *8 oz. tomatoes*	*Dinner 3:* *1 lb. lettuce* *4 oz. tomatoes* *8 oz. blackberries* *2 tbsp. raw tahini*

Day 3		
Breakfast: *3 lbs. melon*	*Lunch:* *1 lb. figs* *1 lb. bananas*	***Total Calories:*** *2030* *90/6/4*
Dinner 1: *8 oz. mango* *8 oz. raspberries*	*Dinner 2:* *8 oz. mango* *8 oz. cucumbers*	*Dinner 3:* *1 lb. green lettuce* *8 oz. cucumber* *8 oz. mango* *8 oz. raspberries*
Day 4		
Breakfast: *2 lbs. cherries*	*Lunch:* *1 lb. bananas* *1 lb. peaches* *8 oz. blueberries*	***Total Calories**:* *2240* *89/7/4*
Dinner 1: *1 lb. apricots* *8 oz. blueberries*	*Dinner 2:* *1 lb. mangos* *1 large fennel*	*Dinner 3:* *1 lb. butter lettuce* *4 oz. tomato* *4 oz. celery* *1 lb. apricots*
Day 5		
Breakfast: *3 lbs. cantaloupe*	*Lunch:* *1 lb. bananas* *1 lb. mangos*	***Total Calories**:* *1948* *77/8/15*
Dinner 1: *1 lb. apricots*	*Dinner 2:* *8 oz. romaine lettuce* *8 oz. tomatoes* *8 oz. bell pepper*	*Dinner 3:* *8 oz. rom. lettuce* *8 oz. cucumber* *12 oz. tomatoes* *6 oz. avocado* *¼ cup cilantro*
Day 6		
Breakfast: *2 lbs. apricots*	*Lunch:* *2 lbs. bananas* *8 oz. romaine lettuce*	***Total Calories**:* *2092* *85/9/6*
Dinner 1: *8 oz. peaches* *8 oz. blackberries*	*Dinner 2:* *8 oz. blueberries* *8 oz. blackberries*	*Dinner 3:* *8 oz. baby spinach* *4 oz. tomato*

	8 oz. raspberries *8 oz. romaine lettuce*	*4 oz. cucumber* *4 oz. blackberries* *4 oz. raspberries* *4 oz. peaches*
Day 7		
Breakfast: *4 lbs. casaba melon*	*Lunch:* *2 lbs. mango* *8 oz. butter lettuce*	***Total Calories:*** *1914* *80/11/9*
Dinner 1: *12 oz. mangos* *12 oz. peaches*	*Dinner 2:* *1 lb. tomatoes* *5 sun-dried tomato* *Fresh basil*	*Dinner 3:* *1 lb. tomatoes* *9 oz. mixed greens* *2 tbsp. hemp seeds*

Autumn

Day 1		
Breakfast: *1.5 lbs. black grapes*	*Lunch:* *1 lb. bananas* *1 lb. figs*	***Total Calories:*** *2026* *84/7/9*
Dinner 1: *2 cups orange juice* *1 cup pomegranate juice*	*Dinner 2:* *8 oz. tomatoes* *8 oz. cucumbers* *8 oz. yellow bell peppers*	*Dinner 3:* *1 lb. r. leaf lettuce* *8 oz. tomatoes* *8 oz. cucumbers* *1 oz. pistachios*
Day 2		
Breakfast: *2 lbs. plums*	*Lunch:* *2 lbs. fuya persimmon*	***Total Calories****:* *2018* *89/6/5*
Dinner 1: *1 lb. red grapes*	*Dinner 2:* *1 lb. kiwis* *8 oz. cucumbers* *2 oz. pomegranate seeds*	*Dinner 3:* *1 lb. r. leaf lettuce* *8 oz. cucumbers* *8 oz. strawberries* *8 oz. kiwi*
Day 3		
Breakfast: *2 lbs. red papaya*	*Lunch:* *2 lbs. bananas*	***Total Calories****:* *2027*
	8 oz. rom. lettuce	*87/7/5*
Dinner 1: *2 lbs. strawberries*	*Dinner 2:* *8 oz. celery* *8 oz. red bell peppers* *8 oz. tomatoes*	*Dinner 3:* *8 oz. romaine lettuce* *8 oz. fennel bulb* *2 lbs. strawberries*
Day 4		
Breakfast: *1 ¼ lb. banana*	*Lunch:* *2 lbs. hachiya persimmons*	***Total Calories:*** *2077* *90/6/4*
Dinner 1: *1.5 lbs. plums*	*Dinner 2:* *8 oz. red cabbage* *8 oz. red peppers* *8 oz. cucumbers*	*Dinner 3:* *1 fond fennel* *8 oz. red cabbage* *1 lb. tomatoes*
Day 5		
Breakfast: *2 lbs. green grapes*	*Lunch:* *1 lb. bananas* *4 oz. dates*	***Total Calories****:* *2058* *82/7/11*
Dinner 1: *16 oz. fresh orange juice*	*Dinner 2:* *8 oz. bell peppers* *8 oz. cucumbers* *4 oz. strawberries*	*Dinner 3:* *1 lb. baby spinach* *4 oz. broccoli* *4 oz. orange juice* *1 oz. pecans*
Day 6		
Breakfast: *2 lbs. grapes*	*Lunch:* *2 lbs. fresh figs*	***Total Calories****:* *2259* *90/6/4*
Dinner 1: *1 lb. pineapple* *1 lb. strawberries*	*Dinner 2:* *1.5 lbs. pineapple* *8 oz. bell peppers* *8 oz. tomatoes*	*Dinner 3:* *1 lb. r.leaf lettuce* *8 oz. tomatoes* *8 oz. strawberries* *1 oz. parsley*
Day 7		
Breakfast: *2 lbs. concord grapes*	*Lunch:* *1 lb. bananas* *1 lb. fresh figs* *16 oz. coconut H20*	***Total Calories****:* *2016* *83/6/11*
Dinner 1:	*Dinner 2:*	*Dinner 3:*

1 lb. papaya	*8 oz. grapefruit* *8 oz. tomatoes* *8 oz. cucumbers*	*8 oz. celery* *8 oz. cabbage* *4 oz. avocado* *8 oz. orange juice*

Winter

Day 1		
Breakfast: *2 lbs. bananas*	*Lunch:* *2 lbs. hachiya persimmons*	***Total Calories**:* *2072* *84/6/10*
Dinner 1: *8 oz. papaya* *8 oz. fresh orange juice*	*Dinner 2:* *8 oz. romaine lettuce* *8 oz. oranges*	*Dinner 3:* *8 oz. romaine lettuce* *4 oz. oranges* *1 oz. walnuts*
Day 2		
Breakfast: *8 oz. grapefruit* *1 lb. oranges* *1 lb. tangerines*	*Lunch:* *2 lbs. bananas* *4 oz. celery*	***Total Calories:*** *2069* *90/7/3*
Dinner 1: *16 oz. fresh orange juice*	*Dinner 2:* *8 oz. f orange juice* *8 oz. cabbage* *4 oz. romaine lettuce* *4 oz. tomatoes*	*Dinner 3:* *8 oz. cabbage* *1 lb. oranges* *1 fennel top* *rom. = romaine*
Day 3		
Breakfast: *2 ½ lbs. red papaya*	*Lunch:* *1 lb. bananas* *4 oz. dates*	***Total Calories**:* *2044* *85/6/8*
Dinner 1: *12 oz. pineapple* *16 oz. fresh orange*	*Dinner 2:* *12 oz. pineapple* *8 oz. romaine*	*Dinner 3:* *8 oz. rom.lettuce* *8 oz. cucumbers*

juice	*lettuce* *4 oz. tomatoes*	*4 oz. pineapple* *1 oz. raw tahini*
Day 4		
Breakfast: *1 lb. pineapple* *1 lb. kiwi*	*Lunch:* *10 oz. dates* *1 lb. cucumbers*	***Total Calories:*** *2040* *85/7/7*
Dinner 1: *1 lb. tangerines*	*Dinner 2:* *8 oz. cucumbers* *8 oz. grapefruit* *8 oz. tomatoes*	*Dinner 3:* *1 lb. baby spinach* *8 oz. tangerines* *8 oz. cucumbers* *½ oz. pine nuts*
Day 5		
Breakfast: *2 lbs. tangerines*	*Lunch:* *2 lbs. bananas*	***Total Calories**:* *2031* *84/8/7 r. = red*
Dinner 1: *1 lb. papaya* *8 oz. pineapple*	*Dinner 2:* *1 lb. papaya* *8 oz. rom. lettuce* *1 oz. lime juice*	*Dinner 3:* *1 lb. r.leaf lettuce* *8 oz. oranges* *2 tbsp. hemp seeds*
Day 6		
Breakfast: *1 lb. kiwi* *16 oz. orange juice*	*Lunch:* *1 ¾ lbs. bananas* *8 oz. rom.lettuce*	***Total Calories:*** *2002* *83/7/10*
Dinner 1: *8 oz. tangerines* *12 oz. pineapple*	*Dinner 2:* *8 oz. tangerines* *4 oz. celery* *4 oz. red bell peppers*	*Dinner 3:* *1 lb. butter lettuce* *4 oz. pineapple* *4 oz. r bell peppers* *1 oz. almonds*
Day 7		
Breakfast: *8 oz. papaya* *1 lb. bananas*	*Lunch:* *10 oz. dates* *16 oz. celery*	***Total Calories:*** *2058* *85/7/8*

Dinner 1:	Dinner 2:	Dinner 3:
16 oz. fresh orange juice	8 oz. broccoli 8 oz. oranges	1 lb. romaine lettuce 4 oz. broccoli 4 oz. grapefruit 1 oz. raw tahini

Macronutrient info for your daily Carbs, Protein and Fat intake for an easy calculation of the 80/10/10 Proportions.

All numbers are 100 grams or 3.5 oz.

Fresh Fruits	Cal. 100g	Carb. % Cal.	Prot % Cal.	Fat % Cal.	Carb. gram	Prot. gram	Fat gram
Apples	52	95	2	3	13.8	0.3	0.2
Apricots	48	83	10	7	11.1	1.4	0.4
Bananas	89	93	4	3	22.8	1.1	0.3
Blackberries	43	79	11	10	9.6	1.4	0.5
Blueberries	57	92	4	4	14.5	0.7	0.3
Cantaloupe	34	87	8	5	8.2	0.8	0.2
Cas. Melons	28	84	13	3	6.6	1.1	0.1
Cherries	63	91	6	3	16.0	1.1	0.2
Currants	56	89	8	3	13.8	1.4	0.2
Dates	282	96	3	1	75	2.5	0.4
Figs	74	93	4	3	19.2	0.8	0.3
Grapefruit	32	91	6	3	8.1	0.6	0.1
Grapes	67	92	3	5	17.2	0.6	0.4
Honeydew	36	93	5	2	9.1	0.5	0.1
Kiwi fruit	61	87	6	7	14.7	1.1	0.5
Lemons	29	78	13	9	9.3	1.1	0.3
Lemon juice	25	95	5	0	8.6	0.4	0.0
Limes	30	86	8	6	1.5	0.7	0.2
Lime juice	25	92	5	3	8.4	0.4	0.1
Mangos	65	93	3	4	17.0	0.5	0.3
Nectarines	44	86	8	6	10.6	1.1	0.3
Oranges	49	88	7	5	11.9	1.0	0.3
Orange juice	45	91	5	4	10.4	0.7	0.2
Papayas	39	93	5	2	9.8	0.6	0.1
Peaches	39	86	8	6	9.5	0.9	0.3
Pears	58	97	2	1	15.5	0.4	0.1
Persimmons, Fuyu	70	95	3	2	18.6	0.6	0.2
Persimmons, Native	127	64	95	2	33.5	0.8	0.4
Pineapple	48	94	4	2	12.6	0.5	0.1
Plums	46	90	5	5	11.4	0.7	0.3
Pomegranates	68	91	5	4	17.2	1.0	0.3
Raspberries	52	81	8	11	11.9	1.2	0.7
Raisins	299	96	3	1	79.2	3.1	0.5
Strawberries	32	85	7	8	7.7	0.7	0.3
Tangerines	53	90	5	5	13.3	0.8	0.3
Watermelon	30	87	7	6	7.6	0.6	0.2
Vegetables	**Cal. 100g**	**Carb. % Cal.**	**Prot % Cal.**	**Fat % Cal.**	**Carb. gram**	**Prot. gram**	**Fat gram**
Arugula	25	52	25	23	3.7	2.6	0.7
Asparagus	20	69	27	4	3.9	2.2	0.1
Cucumbers	15	83	11	6	3.6	0.7	0.1
Beans	31	83	14	3	7.1	1.8	0.1
Beets	43	86	10	4	9.6	1.6	0.2
Broccoli	34	70	20	10	6.6	2.8	0.4
Cabbage	24	83	14	3	5.6	1.4	0.1
Cabbage Red	31	84	11	5	7.4	1.4	0.2
Carrots	41	90	6	4	9.6	0.9	0.2
Cauliflower	25	77	20	3	5.3	2.0	0.1
Celery	14	76	12	12	3.0	0.7	0.2
Chard, Swiss	19	68	23	9	3.7	1.8	0.2
Collards	30	69	20	11	5.7	2.5	0.4

Cilantro	*23*	*60*	*22*	*18*	*3.7*	*2.1*	*0.5*
Dandelion	*45*	*72*	*15*	*13*	*9.2*	*2.7*	*0.7*
Fennel, Bulb	*31*	*86*	*9*	*5*	*7.3*	*1.2*	*0.2*
Kale	*50*	*72*	*16*	*12*	*10*	*3.3*	*0.7*
Lambsquarter	*43*	*60*	*24*	*16*	*7.3*	*4.2*	*0.8*
Lettuce, Butter	*13*	*61*	*26*	*13*	*2.2*	*1..4*	*0.2*
Lettuce, Romaine	*17*	*68*	*17*	*15*	*3.3*	*1.2*	*0.3*
Lettuce, Iceberg	*14*	*78*	*16*	*6*	*3.0*	*0.9*	*0.1*
Lettuce, Green Leaf	*15*	*66*	*23*	*11*	*2.8*	*1.4*	*0.2*
Parsnips	*75*	*93*	*4*	*3*	*18*	*1.2*	*0.3*
Peas, Edible-Podded	*42*	*73*	*23*	*4*	*7.6*	*2.8*	*0.2*
Peas, Green	*81*	*73*	*23*	*4*	*14.5*	*5.4*	*0.4*
Peppers, Yellow	*27*	*85*	*9*	*6*	*6.3*	*1.0*	*0.2*
Peppers, Red	*26*	*81*	*9*	*10*	*6.0*	*1.0*	*0.3*
Pumpkin	*26*	*88*	*9*	*3*	*6.5*	*1.0*	*0.1*
Zucchini, Baby	*21*	*53*	*31*	*16*	*3.1*	*2.7*	*0.4*
Zucchini	*16*	*72*	*18*	*10*	*3.4*	*1.2*	*0.2*
Radishes	*16*	*83*	*12*	*5*	*3.4*	*0.7*	*0.1*
Spinach	*23*	*54*	*31*	*15*	*3.6*	*2.9*	*0.4*
Tomatoes, Red	*18*	*79*	*12*	*9*	*3.9*	*0.9*	*0.2*
Tomatoes, Yellow	*15*	*67*	*16*	*17*	*3.0*	*1.0*	*0.3*
Tomatoes, Sun-dried	*258*	*77*	*13*	*10*	*55.8*	*14.1*	*3.0*
Watercress	*11*	*41*	*51*	*8*	*1.3*	*2.3*	*0.1*
Sprouts:							
Alfalfa	*29*	*46*	*34*	*20*	*3.8*	*4.0*	*0.7*
Mung Beans	*30*	*70*	*24*	*6*	*5.9*	*3.0*	*0.2*
Peas	*128*	*78*	*17*	*5*	*28.3*	*8.8*	*0.7*
Lentils	*106*	*75*	*21*	*4*	*22.1*	*9.0*	*0.6*
Radish	*43*	*29*	*22*	*49*	*3.6*	*3.8*	*2.5*
Onions:							
Garlic	*149*	*85*	*12*	*3*	*33.1*	*6.4*	*0.5*
Onion	*42*	*92*	*6*	*2*	*10.1*	*0.9*	*0.1*

Nuts and Seeds:	***Cal. 100 gram***	***Carb. % Cal.***	***Prot. % Cal.***	***Fat % Cal.***	***Carb. grams***	***Prot. grams***	***Fat grams***
Avocados, Ca	*167*	*19 4 77*			*8.6*	*2.0*	*15.4*
Avocados, FL	*120*	*24 6 70*			*7.8*	*2.2*	*10.1*
Coconut Meat	*354*	*18 3 79*			*15.2*	*3.3*	*33.5*
Coconut Meat, Dried	*660*	*14 4 82*			*23.6*	*6.9*	*64.5*
Coconut Cream	*330*	*8*	*4*	*88*	*6.7*	*3.6*	*34.7*
Coconut Milk	*230*	*10 3 87*			*5.5*	*2.3*	*23.8*
Coconut Water	*19*	*78*	*13*	*9*	*3.7*	*0.7*	*0.2*
Nuts:							
Almonds	*578*	*14 13*		*73*	*19.7*	*21.3*	*50.6*
Brazil Nuts	*656*	*7*	*8*	*85*	*12.3*	*14.3*	*66.4*
Cashew Nuts	*553*	*23 11*		*66*	*30.2*	*18.2*	*43.8*
Hazelnuts	*628*	*11 8 81*			*16.7*	*14.9*	*60.8*
Macadamia	*718*	*8*	*4*	*88*	*13.8*	*7.9*	*75.8*
Peanuts	*567*	*77 16*		*73*	*16.1*	*25.8*	*49.2*
Pecans	*691*	*8*	*5*	*87*	*13.9*	*9.2*	*72.0*
Pine Nuts	*673*	*8*	*7*	*85*	*13.1*	*13.7*	*68.4*
Pistachio	*557*	*20 13*		*67*	*28.0*	*20.6*	*44.4*
Walnuts, Black Dried	*618*	*6*	*14*	*80*	*9.9*	*24.1*	*59.0*
Walnuts, English	*654*	*9*	*8*	*83*	*13.7*	*15.2*	*65.2*
Seeds:							
Flaxseed	*492*	*28 14*		*58*	*34.3*	*19.5*	*34.0*

Pumpkin	*541*	*13 16*		*71*	*17.8*	*24.5*	*45.8*
Sesame	*573*	*16 11*		*73*	*23.5*	*17.7*	*49.7*
Sunflower	*570*	*13 14*		*73*	*18.8*	*22.8*	*49.6*
Butters:							
Almond	*633*	*14 8 78*			*21.2*	*15.1*	*59.1*
Cashew	*587*	*20 10*		*70*	*27.6*	*17.6*	*49.4*
Sesame	*570*	*19 11*		*70*	*26.2*	*17.8*	*48.0*
Oils:							
Oil,Veg.	*884*	*0*	*0*	*100*	*0*	*0*	*100*
Oil,Coconut	*862*	*0*	*0*	*100*	*0*	*0*	*100*

Green for Life

BANANA/MANGO SMOOTHIE
Blend well:
2 Cups lambsquarters (plantain, chickweed or other weed)
1 banana
2 cups water

BLUEBERRY SMOOTHIE
Blend well:
1 stalk of celery
2 cups fresh blueberries
1 banana
2 cups water

WATERMELON SMOOTHIE
Blend well:
8 leaves of Romaine lettuce
5 cups watermelon
1 cup water

ORANGE/GRAPE SMOOTHIE
Blend well:
8 leaves of Romaine lettuce
1 cup of red grapes
1 medium orange / 1 banana
2 cups water

APRICOT/BANANA SMOOTHIE
Blend well:
6 to 8 leaves of green leaf
4 apricots / 1 banana
¼ cup blueberries
2 cups water

HONEYDEW SMOOTHIE
Blend well:
6 to 8 leaves of Romaine lettuce
½ medium honeydew
2 cups water

ALOE/BANANA/MANGO SMOOTHIE
Blend well:
1 cup apple juice
1 banana / 1 mango
1 small piece of aloe
5 leaves of kale
2 cups water

MANGO-PARSLEY SMOOTHIE
Blend well:
2 large mangos (peeled)
1 bunch parsley
2 cups water

PEACH SMOOTHIE
Blend well:
6 peaches (without seed)
2 handfuls of spinach leaves
2 cups water

WEED-MANGO SMOOTHIE
Blend well:
4 mangos (peeled)
1 handful of lambsquarters (or other weed, like stinging nettles, purslane, etc.)
2 cups water

STRAWBERRY SMOOTHIE
Blend well:
1 cup strawberries
2 bananas
½ bunch romaine
2 cups water

KIWI SMOOTHIE
Blend well:
4 very ripe kiwis (green or golden) / 2cups of water
1 ripe banana
3 stalks of celery

RASPBERRY SMOOTHIE
Blend well:
2 bosc pears
1 handful of raspberries
4-5 leaves of kale
2 cups water

BANANA/APPLE SMOOTHIE
Blend well:
½ bunch spinach
4 applies (peeled)
½ whole lime with peel
1 banana
2 cups water

PEAR/MINT SMOOTHIE Blend Well: 4 ripe pears 4-5 leaves of kale ½ bunch of mint/2 cups water	***FINGER-BANANA SMOOTHIE*** Blend well: 10 finger-bananas 2 handfuls of spinach leaves 2 cups water
TOMATO/CILANTRO SMOOTHIE Blend well: 2 ½ cups spinach ½ bunch cilantro 1 clove garlic ½ red bell pepper ½ lime (juiced) 1 tsp stevia (1 green leaf) 3 tomatoes 2 cups water	***CELERY-BASIL SMOOTHIE*** Blend well: 6 leaves of red leaf lettuce ¼ bunch of fresh basil ½ lime (juiced) ½ red onion 2 celery sticks ¼ avocado 2 cups water
TOMATO/GARLIC SMOOTHIE Blend Well: 5 kale leaves (green) ½ bunch of fresh dill ½ lime (juiced) 3 cloves garlic ¼ cup sun dried tomatoes 2 cups water	***LEMON-JALEPENO SMOOTHIE*** Blend well: ½ lemon (juice) 4 tomatoes 2/3 bunch kale ½-inch jalapeno pepper 1 small clove garlic/2 cups water
KALE/AVOCADO SMOOOTHIE Blend well: 5 leaves of kale (purple) ¼ avocado/3 cloves garlic juice of ½ lime 2 cups water 2 tomatoes	***RASPBERRY SMOOTHIE*** Blend well: 2 bosc pears 1 handful of raspberries 4-5 leaves of kale 2 cups water

Once Again How our Body Process Sugar

***The sugars travel a three-stage journey through our bodies*:**

Stage1: Sugars start out in the digestive tract.

Stage2: They pass through the intestinal wall, into the bloodstream.

Stage3: They then move smoothly and easily out of the bloodstream into our cells. ***This occurs rapidly, often in minutes.***

When we eat a high-f at diet, the sugar gets trapped in ***stage 2,*** and the body works overtime, sometimes to the point of exhaustion and disease, in an effort to m ove the sugar out of t he bloodstream. Meanwhile, the sugar backs up in the blood, creating sustained, elevated blood sugar that wreaks havoc on the bod y in the form of Candida, fatigue, diabetes, etc.

What happens in the presence of fat that causes suga r to pile up in our bloodstream? It has to do with the pancreas. Under the direction of the brain, the pancreas is responsible for prod ucing a horm one known as insulin. One of the insulin's roles is to attach itself to sugar molecules in the blood and then find an insulin receptor in the blood-vessel wall. The insulin can then transport the sugar molecule through the blood-vessel membrane to the interstiti al fluid (the fluid between the cells) and continue to escort sugar across another barrier – the cell membrane – and into the cell itself.

Excess dietary fat in the bloodstream creates some negative insulating effects. When we eat too much fatty food, a thin coating of fat lines t he blood-vessel walls, th e cells' insulin-receptor sites, the sugar molecules, as well as the insulin itself. These fats can take a full day or more to "clear" from the bloo d, all the while inhibiting normal metabolic activity, a nd preventing these various structures from communicating with each other.

Too much fat in the blood impedes the movement of sugar out of the bloodstream. This results in an overall rise in blood sugar, as sugars continue to travel from the digestive tract:
(***Stage 1***) into the blood (***Stage 2***) but cannot escape fro m the blood so they can be delivered to the cells (***Stage 3)*** which wait their fuel.

Prevent heart disease, Candida, diabetes, hyperglycemia, etc!
PLEASE DO NOT EAT SUGAR WITH FAT!

Alternative Websites:

When you drink from the stream, remember the source.

Cancer & Diabetes

www.anoasisofhealing.com
www.gerson.org
www.treeoflife.nu

Gluten Sensitivity

www.enterolab.com

Thyroid help

www.drritamarie.com

For asthma

www.watercure.com

Medical info

www.nutrimedical.com

The Maximum Way of Life

www.solarhealing.com
www.jasmuheen.com
www.prosveta.com

Aspartame

www.holisticmed.com

Vaccination Info

www.drcarley.com
www.drtenpenny.com

Epidemic Info

www.recombinomics.com

Shocking Info on Milk & Soy

www.notmilk.com
www.soyonlineservice.co.nz

Raw Food

www.foodnsport.com
www.rawfamily.com
www.naturalnews.com
www.livingnutrition.com
www.livegourmet.com
www.fredericpatenaude.com
www.beautifulonraw.com

Vegetarianism

www.afa-online.org
www.goveg.com

Interviews

www.projectcamelot.org

Science

www.divulgence.net
www.globalreasearch.com
www.iceagenow.com
www.sciencedaily.com
www.gcnlive.com (radio)

Diet by Design

Dangers of High Fat and Protein Diet

Many people are misinformed about the proper diet. Obesity is at the highest rates in history. It will continue to increase at horrendous rates.

There are reasons for these dietary failures. What people were told was "low fat" ***30%*** actually is not low fat at all. People have no idea how to get to an effective low-fat ***10%.***

High-fat diets is dangerous and put you at risk for the diseases that most Westerners die from prematurely.

Low-carbohydrate diets are also dangerous, and most people have no idea that the ideal diet consists of ***80%*** carbohydrates.

High-Protein diets lead to osteoporosis, kidney disease, and lack of energy for exercise. Having been convinced by the meat and dairy industries that the more protein you eat, the better – and nothing could be further from the truth.

Protein pills, shots, powders, and shakes, these gimmicks will never give people the health. What they don't realize is that obesity is actually a symptom of eating the wrong diet.

The same is true for heart disease, cancer, stroke, diabetes, arthritis, colitis, constipation, osteoporosis, acne, dementia and even vision and hearing problems.

You are holding an extremely valuable book that will give you overwhelming information we all need to have.

INFINITE LOVE IS THE ONLY TRUTH, EVERYTHING ELSE IS ILLUSION.

At Meal Time

Ask every day blessings on your food you eat. Create an aura of sacredness around the act of food preparation.
Provide yourself with all your nutritional need.
Try to understand that we should eat food which is in harmony with the Universal Law "Thou shall not kill."
Eat the healthiest and the most nourishing foods available.
Try to understand why the vegetarian diet is necessary for our spiritual growth.
Focus with love and gratitude upon the Gifts of food that is available.
Be grateful for these gifts of love which have been lovingly provided for your nourishment, which is a symbol of abundance.
Respect and give thanks to these foods for their energy and generosity.
Know that the food is a gift of life.
Be filled with gratitude for the opportunity to merge with your food's vibrational essence.
Trust that it will provide you with good health and well being.
Recognize that everything is an expression of the Divine Love.
Express gratitude for all our nourishment, which is constantly provided by the Divine Love.

Sunlight the Miracle of the Ages

Moderate sunlight exposure improves mood; strengthens immunity; prevents disease; enhances mental awareness, concentration, intelligence, and productivity; stimulates our metabolism; improves sleep; and boosts our energy levels.

1) prevent cancer (lowers your risk of colon, prostate, breast, ovarian and even skin cancer);

2) reduce your risk of getting sick (de-creased sun exposure is closely related to your risk of acquiring the flu, a common occurrence during the winter);

3) increase healthy levels of vitamin D, essential not only for healthy bones, but for reducing the risk as diabetes, cancer, heart disease, obesity, and autoimmune disease;

4) lower your blood pressure (in fact, the farther from the equator you live, the higher your blood pressure); and

5) even help babies sleep better at night.

Many health disorders can be traced to problems with the circadian rhythm, the body's inner clock, and how it governs the timing of sleep, hormone production, body temperature, and other biological functions. Disturbances in this rhythm can lead to health problems such as depression and sleep disorders. Natural sunlight and various forms of light therapy can help reestablish the body's natural rhythm and are becoming an integral treatment for many related health conditions. When light enters the eye, millions of light- and color-sensitive cells called photoreceptors convert the light into electrical impulses. These impulses travel along the optic nerve to the brain where they trigger the hypothalamus gland to send chemical messengers called neurotransmitters to regulate the autonomic functions of the body. The hypothalamus is part of the endocrine system whose secretions govern most bodily functions-blood pressure, body temperature, breathing, digestion, sexual function, moods, the immune system, the aging process, and the circadian rhythm. Full-spectrum light (containing all wavelengths) sparks the delicate impulses that regulate these functions and maintain health.