

WE WANT TO LIVE! *Expanded and Revised in 2005*
by Aajonus Vonderplanitz

“Revolutionary! This is an exciting book. An important book.” Dr. Robert Atkins, M.D. Author of numerous best selling diet books

“...a revelation. It is one of the most impressive books I have ever read.” Rob Strauds, Health writer/editor

“...an impressive addition to any health and medicine reference book collection.” Wisconsin Bookwatch

“...fascinating...absolute dedication to finding answers... many, many peoples lives it will empower.” Leslie Kenton, Author of New Raw Energy; Ageless Aging

“This isn’t just about having disease and trying to heal, [but]...getting healthier. Marvelous! Scott Cluthe, KENR, Houston

Endorsements: Malibu Health & Rehabilitation Clinic, Monika Klein, B.H.Ec, C.N., Clinical Nutritionist, Member I.A.A.C.N., Dr. John Finnegan, N.D., Institute for Internal Healing, Kaumari Research Foundation, Dr. Gene Hummel, Leslie Kenton (Health researcher, writer, London), Dr. Stephen L. Sokolow

WE WANT TO LIVE!
Expanded and Revised in 2005
the **PRIMAL DIET**™

Through this remarkable but true story of Aajonus' battle to save his son from life-threatening injuries following an automobile accident, we learn how Aajonus healed himself of terminal cancers, diabetes, bursitis and psoriasis. We learn how thousands of his clients have healed themselves of hundreds of "incurable" diseases. All of those miracles were accomplished simply by eating foods prepared in specific ways and in specific combinations. Aajonus shares with us the overall, fundamental premises and practical guidelines that created those phenomenal results.

At last, all of the disappointments and despair that people have endured because of failed medical treatments, "miracle-cure" diets and expensive "magic-bullet" supplements and drug-therapies can be understood and set aside. The revolutionary information contained in this book, culled from over 40 years of medical and naturopathic experience and experimentation, brings new hope and inspiration to anyone who has ever suffered from disease or physical decline, or who wishes to increase their peace of mind, physical and mental vitality, endurance, athletic skills, and happiness.

This book includes a remedy section listing hundreds of diseases and ailments, with specific foods and combinations of foods that people have used to cure themselves. Listed is everything from beauty tips, the common cold and infant problems, to aging, muscular dystrophy, HIV and cancer. Most people who applied the principles of the Primal Diet to their lives reduced their medical bills by at least 90%. Many people eliminated their medical bills entirely. Imagine living a life you control, as well as being healthy and feeling great!

ABOUT THE AUTHOR

Aajonus Vonderplanitz was a sickly and accident-prone child who also suffered autism that caused learning, attention and social disorders. At twelve he survived his first life-and-death situation from peritonitis that was misdiagnosed and treated as appendicitis. His health continued to decline throughout his adolescence. At twenty, he was diagnosed with blood and bone cancers and given less than six months to live. Medical therapies made him semi-invalid with three new “incurable” diseases, along with the medical death sentence of “three months at best”.

His struggle with diseases drove him to pursue the boundaries of health. He studied and explored every alternative: physical exercise, psychotherapy, positive-thinking, metaphysics, religion, dietary regimes, and vitamin, mineral and enzyme supplement therapies. He obtained substantial results from certain diets.

After his health improved significantly, he traveled for three years on a bicycle laden with his sleeping bag and four saddle bags containing books on health, physiology and anatomy. He adventured the North American continent, living outdoors while studying the diets and healing methods of various cultural groups and animals. He discovered a dietary approach that changed his life and all of his diseases completely reversed. He outlives his medical death sentence now by three decades, and enjoys excellent health.

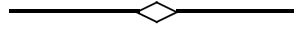
Mr. Vonderplanitz is based in Malibu, California, USA, and advises people on nutrition all over the world. Disney's *Epcot TV Magazine* featured him in an episode entitled “You Are What You Eat” (1983), FOX-6 News featured him in “The Primal Diet” (2005), and *Ripley's Believe It Or Not* featured him in the television episode “No Fear of Bacteria” (2002). He fostered nutritional education on several TV and radio talk shows and children's programs (1979-2005). People all over the world seek his individualized counseling. In 2002, he developed a companion volume of raw-food recipes with extensive scientific support for the Primal Diet entitled, **The Recipe For Living Without Disease**.



WE WANT TO LIVE!

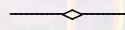
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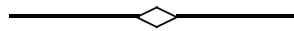
Volume One

Out of the Grips of Disease and Death
(the story)



Volume Two

Healthfully
(the facts)



Aajonus Vonderplanitz

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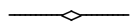
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DEDICATION

(In order of appearance in my life)

TO MOM, Dad, my brothers Donald, Douglas, David, my hundreds of relatives, especially Lanny Sims, to Ann Ergen, Claudia Fieglein, Ann Gablein, Jack Tepker, John Maloney, Mary Linder-Marshall, Margaret and William Linder, my son John Jeffrey, Steve and Elsie Sanico, Pauline Gerber, Steve Flanagan, Dore Freeman, Marvin Paige, Lurene Tuttle, Kathy Hill, Bruno Corigliano, Monica Lauren-Corueil, Terry Costa, Rení Rodriguez, Dr. Jim Rota, Louis Cangemi, Yomi Perry, Susan Stewart-Clark, Tony Plana, Myron Scheinhaus, Paul and Teresita Echaniz, my esteemed colleague Owanza di Mdina, Charles Berendt, Benjamin Stewart, Kathy Pattiz, Beatriz Cervantes, Laura Long, Mary Ivory, Véronique Bertier, Beth Duffy, all my clients throughout the many years, Kate Seitz and Debra Powell for their wonderful help editing this book so many times, Ruth Ross for editing this revision, and my dear friend Paul Kruhm President of Carnelian Bay Castle Press.

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OWANZA'S knowledgeable and experimental contributions to diet over the years, and to the remedy section of this book, have enabled me to reach, affect and facilitate healing of many more people than I would have otherwise. Owanza thought of the simple food formula that alters coma. Not only is she wonderfully insightful, she has been one of the three most generous, kind and loving people I have known. My nutritional mentor Bruno Corigliano, and uncle Lanny Sims are the other two. Bruno and Lanny's examples showed me how to evolve to the extent that I primarily live free of anger, resentment and self-pity, except when drama is an element of teaching.

PROLOGUE

Three doctors declared that I would die at age twenty-one after I had received medical treatments for cancer. I began searching, experimenting and exploring other means to gain my health. I discovered that good health most often comes when one eats a diet consisting of foods that supply the most bioactive nutrients; they are mentioned throughout the following pages.

Since I was intent on sharing all that I learned, I became a nutritional counselor and learned more by helping others. The high point of gratification in my work in the health field is the saga that *We Want To Live; Volume One, Out of the Grips of Disease and Death* tells. It is the battle I waged when the doctors said that my son was on his deathbed.



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VOLUME

ONE

WE WANT TO LIVE!

the PRIMAL DIET™



Out Of The Grips
Of Disease And Death

The story

Several names have been changed.

The efficacy of all of the dietary wisdom in this book is from experience, experimentation, trial and error and does not rely upon whether we chemically understand the phenomenon or not.

Although the author would like to, he does NOT imply or suggest that anyone interfere with medical procedure.

The Appendix contains biochemical, dietary and nutritional explanations that were too distracting to the story but they are important to those with inquiring minds. People have benefited the most by reading the story through to the end, and then reading the Appendix.

Friday, September 26th

"Hi, Mom," I say groggily. "Are you okay? We usually talk on Sundays."

I peer through the curtains above my bed. It's a clear early morning in Beverly Hills, California. I wonder what in the world - or in Cincinnati - happened to get Mom to call on day rates.

"Jeff was in an accident."

"How bad?"

"His car went into a ravine and he suffered severe brain damage. He's in a coma."

"No... I'll be on the next flight."

"The doctors say he won't live through another night," she hesitates. "There's no point in your coming...until it's over."

Why would Mom say such a thing? "If there's anything I can do I want to be there."

"Mary doesn't want you here."

"She actually said that?"

"She told me to tell you not to come."

"If Mary and I could have done what each other wanted we'd still be married. I'll call you as soon as I've booked a flight."

"Okay. We'll pick you up at the airport."

"Thank you. I love you."

"I love you," she replies sincerely and hangs up.

Oh, my God, I'm going to have to face the helplessness I felt when Jeff was an infant and I was seventeen. And the divorce with Mary at nineteen. I feel delirious.

I flip open my personal phone directory and punch in the numbers. The lines are busy. A recorded voice answers. I check my pulse rate. It's faster. Although my heart and mind seem a little frenzied, I notice my adrenals haven't triggered panic in my body. Is my body protecting me from the inevitable? Can't death just leave me alone?

I won't spend energy on that probability. Okay. Jeff will need lots of--

"This is Cyndi, may I help you?"

“Hi, Cyndi, what is your next flight leaving L.A.X. to Cincinnati? This is a life-and-death emergency.”

I wonder how corny that sounds and how often she’s heard that line.

“My son’s been in an accident.”

“I’m sorry,” she says timidly.

I hear her computer keys clicking away. I drift into memory.

Jeff was one month old. He had my blue eyes and my fairness when I was his age with many of Mary’s facial features. Mary sat in the rocker holding Jeff in her arms. Her thick, dark brown, wavy hair folded on to her shoulders. Her large brown eyes and full lips are flanked by high full cheek bones and jowls. Mary and Jeff rocked. He screamed. He pushed and twisted his face into the blouse covering Mary’s breast. His scream pressed his lungs completely void of air, creating a vacuum. Then he desperately sucked in air as if suffocating. He released another blood-curdling scream and then gasped for air. He screamed again and again. Grieved and frustrated, Mary and I didn’t know what to do for him.

“I’m still searching,” Cyndi’s voice rescues me.

But my thoughts keep churning. I remember Jeff screaming for hours, night after night. I turn my thoughts to life right after Jeff’s conception.

Like normal teenagers in love, Mary and I adored each other. She was a senior at Finneytown High and I was a junior (she was older than I). Our parents were understanding and supportive, which surprised me at the time. We married in another state and hid it from everybody because the school didn’t allow married or pregnant students. Mary did sit-ups, wore sweaters and blouses that hung to hide her pregnancy. She graduated with honors in her sixth month. Within four weeks after that her stomach bulged to the size of a basketball.

Jeff was born the first week of my senior year. Surprisingly, the school faculty changed policy for me. They encouraged me to attend as a part-time student, allowing me to take only the courses necessary to graduate so I could work and tend to my family. Very little in my life was happy until I met Mary more than two years before Jeff was born. All of a sudden, encouragement came from everywhere.

Margaret, Mary’s mother, took care of Jeff while I was in school and Mary was at work. Margaret was strong, fun-loving, attractive and had reddish-blond hair. She hated to be called a redhead. Why, I still don’t

know. After school I'd get Jeff from Margaret. Jeff and I went home to our apartment in a lower middle-class suburb at a very small business intersection. We lived above a "Family Billiards" hall and I remember being comforted by the happy noises of people playing.

After settling Jeff, I'd usually prepare dinner for the three of us. I'd gobble down my share and rush off to work the moment Mary walked in the door from work. She was a prized secretary for the electric company. I breaded and fried chicken and French fries in a short-order restaurant.

I got home from work between twelve and one in the morning. Mary was often asleep in the rocker with Jeff fussing or asleep in her arms. I'd take over, hold him in my arms and rock. On a rare occasion I did some homework while I rocked him. Sometimes we alternated in one-to two-hour shifts, rocking Jeff through the night.

Everybody except Margaret insisted we were spoiling him. Fear of spoiling a child was the mindset back then. So several times we let him cry in his crib. One time he screamed for six-and-a-half hours until we picked him up. We knew his pain was more than a need to be cuddled.

We discovered our baby had severe colic. We gave him baby aspirin. They made him worse when the effects wore off. The doctors prescribed every infant milk formula on the market. None worked. Everything the doctors said and did did not help him. I wish we had known then that if a mother is on a healthy diet, breast-feeding would have resolved the problem.

The doctors steered us away from breast-feeding. The consciousness seemed to be that breast-feeding was unsanitary, primitive and disgusting. Consequently Jeff suffered for twelve months. We suffered with him. It stopped for no apparent reason.¹

"The first available flight is 11 a.m. tomorrow," Cyndi's voice snaps me back.

"Who's going to Cincinnati in late September?!"

"You, sir," she quips.

I asked for that. "Please put me on your stand-by call list for all flights and book me on the first available, please. My name's Aajonus Vonderplanitz."

I spell it and Cyndi's keys clicking away takes me back to when Jeff

¹ See Appendix A, page 127.

was one year old. Mary was aloof. What was it about childbirth that robbed Mary of her ceaseless optimism, humor, joy of life and sensuality? That thought constantly perplexed me. I didn't understand that it was biological. Not knowing enough about anything, I thought it was merely psychological. I pressured her to desire me the way she had before. She couldn't. I said hurtful things to her. It made things worse. All the chores and responsibilities of family life didn't make any sense anymore. After work, I began drinking with work buddies until five or six in the morning.

During the days, I attended a breakthrough computer trade school. I got top grades in something other than art for the first time in my life. I began seeing one of the teachers after school. She was a single parent, divorced, eight years my senior. She was lonely for affection, too.

"Do you want to schedule a return flight?"

"Uh, yes. I have to be back next Wednesday late afternoon." What am I saying? Am I expecting a miracle in five days? I'll have to cancel my performance next Thursday. No. If I can't help Jeff I'll need the distraction.

"Okay, Mr. Vonderplanitz. We'll call you if a seat opens. You'll have about forty-five minutes to get to Los Angeles International Airport immediately after we call. So have your luggage ready. But for now your reservation going to Cincinnati is on flight___"

As I write down the information, I remember Jeff's first portrait-sitting. He was six months old. He sat on a cloth-covered table, clasping a small rubber ball between his chubby thighs. He laughed and giggled. The flash blinded him and he made a mean face. "Just like his father," Mary gibed. I was teasingly blamed for all of his "bad" behavior.

Jeff was a spirited, lively child once he got over colic. He was such a joy when he was feeling well. (But then, most everyone is.) When he got angry he would suck in his breath, puff himself up, turn red as a beet, clasp his fists at his sides and shake. "Just like his father," Margaret razzed. I enjoyed hearing the phrase, "Just like his father," although I never held my hands stiffly at my sides and shook.

Even Jeff's temper tantrums were cute, and ludicrous. We shared the same favorite word, ludicrous, and we gave it a clownish connotation. Actually, it was one of the few words he spoke. By the time he was

two, when either of us tripped we'd laugh and say, "That was sure ludicrous, were you born yesterday?" He had a viable excuse.

Everything was cheerfully ludicrous, except the change in Mary after childbirth. I had never seen Mary violent and now she was spanking Jeff with a flyswatter and yelling at me. Often, I couldn't blame her for yelling at me.

I deserted them. We divorced.

I thank Cyndi and hang up the phone. I begin planning for the battle. The enemy is huge, shrewd and powerful. I must put the enemy at bay so I can use my nutritional expertise to help Jeff heal. The enemy - Jeff's body's enemy - is the medical profession's concepts and methods.

I get up, get dressed, eat and drive to a health food store to get the survival supplies I know I won't find in stores outside of California.²

I reach for a six-pound jar of unheated honey and place it in the hand basket. I know the glucose water that they are pumping into Jeff intravenously has no nutrients for healing. I know that his body is depleting the nutrients within himself, trying to heal. I've experienced that unheated honey has the nutrients to promote healing. I reach for another jar and a woman approaches me.

"Do you have a tribe of sweet teeth?" she flirts (or am I flattering myself?).

She is definitely attractive. Her upper lip is slightly larger than the lower and quivers sensuously, unconsciously, when she's quiet and curls when she speaks. What am I thinking about?! "Just two. My son and I."

"Oh... Have you been married long?"

Boy, is she fishing. I reach for a third jar and smile, "I'm divorced."

"Storing up for the fall and winter?" she asks merrily.

"I eat a jar or two a month."

"Aren't you afraid you'll get diabetes and your teeth'll rot?" she gasps.

Her persistence is charming, relaxing. "If I were to eat heated honeys I'd have diabetes again and dentures," I say.

"Well, whenever I ate Uncooked Raw honey it imbalanced my blood

² See Appendix B, page 128.

sugar level. Like a roller coaster I was full of energy for an hour or two and then I was deep in depression or falling asleep,” she says argumentatively.

Is she a lawyer? I want to turn this back into a conversation. “My name is Aajonus. Pronounced like homogeneous without the hum.”

Caught off balance, she titters, “Aajonus? That’s unusual. I’m Linda.”

“That’s not.”

She finds it funnier than I do and laughs. She has a singer’s airy rich laugh that makes us relax a bit more.

“I buy only honeys that are labeled ‘Unheated’, or that say something like ‘We do not heat this honey in processing’. Honeys labeled ‘Raw’ or ‘Uncooked’ aren’t the same,” I clarify.

She furrows her brow and looks at me as if I were a simpleton. “What’s the difference?” she asks.

I think of the many internal and external wounds I’ve seen heal rapidly with application and large consumption of unheated honeys. And how miraculously unheated honeys stimulate digestion. “Okay, honeys labeled ‘Unheated’ can’t be heated over beehive temperature on a hot day - that’s 92.8° Fahrenheit. On hot days, bees fan the honey with their wings to keep the honey temperature below 92.8° F. In the body, 80-90% of unheated honey turns into enzymes for digestion, assimilation and utilization. Whereas, honeys that are labeled ‘Raw’ or ‘Uncooked’ can be heated to 160° which they do to thin the honey for quicker filtering and bottling for more profits. ‘Raw’ or ‘Uncooked’ honeys mainly turn into radical blood sugar. ‘Unheated’ is the key word with honey. You can eat as much unheated honey as you want, as long as you have a taste for it.”

“As one gets fatter and fatter,” she scoffs.

“That depends on what you eat and what the honey helps you digest and utilize. There is nothing wrong with being fat as long as you are healthy. But do I look fat?”

“Your metabolism is different,” she retorts.

“I used to get fat very easily and I would have to exercise four hours five days a week to stay as fit as I am now. I haven’t exercised in seven years, so I can’t take credit for my fitness. Except that I eat right for my body.”

She looks at my naturally developed body disbelievingly.

“Linda, I have to go. I’ll give you my card. I’ll be tied up for a couple of weeks.”

“Sounds like fun. Can I play, too?”

I must seem naïve because I’m turning red. I hand her my business card. She reads it and says, “Now I understand, you are a nutritionist.”

“Yes. I’ve enjoyed talking with you but I must go, Linda. Bye.”

“Bye...”

I walk over to the dairy section and remember that I’m supposed to speak at a group meeting tonight about my experience with cancer. I consider canceling as I place eight one-pound packages of unsalted certified raw butter in the basket. I decide to go to the meeting, so time will pass faster. The distraction could relieve some of my anxiety about not being able to get to Jeff sooner.

I glance over my shoulder and spot Linda watching me. As I walk past her she joins me.

“How much raw butter do you eat?”

I chuckle, “You don’t want to know.”

“Four tablespoons a day?”

“You asked for it. Eight to sixteen tablespoons a day.”

She gives me an are-you-a-pathological-liar look and starts to say something but I intercede. “Like unheated honey, although the labeling requirements are different, ‘Raw’ butter hasn’t been heated above a cow’s normal body temperature. Raw fat, like raw butter, cleanses, lubricates, protects and fuels the body easily. Whereas heated and pasteurized fat often store as cellulite or other hard-to-use or non-utilizable waxy fat.” I place the items on the checkout and pay. “Call me in a couple of weeks if you want to try my nutritional logic and see if it works for your body.”

“I think you are out of your mind,” she says utterly deadpan.

“Is that a compliment, Linda?”

Outside of the store, I punch in my voice-box number on the pay phone. It plays back a message, “Hi, sweetheart, I got your message about Jeff,” Beatriz’ voice says and pauses for the right words. “I’m sorry. Call me from Cincinnati and let me know how he is. I’ll miss you. I love you. Bye.”

I feel as if my muscles, like my thoughts, are stirred up. I can't sleep. I thank whoever invented flannel sheets. The softness feels comforting. The digital clock reads 1:02 a.m.

I rise and go to the kitchen. I pass by my packed luggage at the door. A tinge of fear rushes up my chest. The lonely luggage makes the unknown so foreboding.

I spread a slice of French bread with a 4 tablespoons of unsalted raw butter to calm me down while thoughts of Jeff keep coming.

It's been nine years since I've thought about Jeff this much. How little I know him. I left Mary for the second and last time a few months after Jeff's first birthday. For the next year, Jeff and I were together on Sundays, or for weekends.

I graduated from computer-programming trade school, and in September, two months after the divorce, I moved to Los Angeles to pursue a degree in architecture. I'll never forget the day before I left.

Jeff's second birthday was six days away. I had bought him a swing and slide set. Mary and Jeff were living with her parents in a two-bed-room house in a lower-middle-class neighborhood. Willy, Mary's father, and I were building the set in the backyard. Willy, or "Pawpaw" as Jeff called him, was about five-feet-four-inches tall with black hair receding on either side of his widow's peak. He was very shy, a gentle man. When he smiled with his large mouth, his head tilted shyly, playfully.

Jeff loved to swing and slide. He bounced, danced, laughed, shrieked and giggled around us because he couldn't wait for Willy and me to finish building the swing. Finally, when it was built, Willy, Margaret and I stood watching Mary swing Jeff. She pushed him too hard once and Jeff swung too high. His eyes opened wide, his arms stiffened, his hands gripped the chains tighter and his mouth made a donut shape. He lost his breath. When he swung back down he giggled, relieved he'd made it okay. He dragged his feet enough to slow himself down and took a deep breath.

"I guess that was too high for you, huh boogie?" Mary said.

Jeff nodded dramatically. He swung forward again and his mouth

took on the donut shape fearing that he might sail too high. He didn't and he laughed. Mary did too. We all laughed. Mary and Jeff had similar mouths and they had the largest smiles, after Willy's. Once again I wanted to ask Mary to come with me to California but I knew she'd refuse. No one could guess which way I wanted things from one week to the next, especially me.

It came time to say good-byes and I stooped down to Jeff. "You're the man of the house now. You take care of Mommy, okay?"

"You be back, Daddy. Soon." He smiled real big.

"No, sweetheart, Daddy's going to the other side of the world, sort of. I'll only be able to see you about every six months or so. I'm going away to school in California."

He cried. I cried. Even Margaret cried. We all hugged and I left.

I didn't return for two years.

I rise from the dining table and return to the kitchen. I have a taste for something sweet. I get some unheated honey, fresh strawberries and cream to help my digestion and raise my blood sugar level to a happy balance. I take a drink of the raw cream, dip a strawberry in the honey and take a bite. I remember that Jeff and I had been together on only four separate occasions since the swing set and we rarely spoke on the phone.

I recall that the first of the four occasions was in August. Jeff was four. I had a form of leukemia called multiple myeloma (cancer of bone and blood).

I had already undergone surgery for an ulcer. Three months later I received radiation therapy because the scar was keloidal.³ Four months after radiation I was diagnosed with leukemia. I was told that I would die by Christmas.

I was supposed to have begun chemotherapy that August. I postponed it until September because my family was having a reunion. I didn't want them to know about my illness because: back then most people were afraid that somehow cancer was catching like the Black Plague; Mom had a weak heart and had suffered a heart attack when I was ten or eleven (telling her I was dying could have killed her); and men in my family were expected to be strong and tough. Because I had always

³ A keloid is an overgrowth of a scar, that is a fibrous tumor forming hard, irregular excrescence upon the skin.

been sickly, I put on a tough front.

The clan gathered in Cincinnati from all over the continental United States. I thought I was seeing everyone for the last time. I hid the radiation therapy burns under my clothes.

As I was driving to get Jeff to bring him to the reunion, I noticed a tall dark-haired father holding the hand of his golden-haired son. They walked along the sidewalk. Drops of joy filled my eyes because I would soon be holding Jeff's hand.

The father was a giant compared to his son but gentle. He carefully moved at the pace of the boy's little steps. I held back more tears. I thought red eyes would look unattractive and immature to Mary.

I arrived at the large apartment complex, parked and walked to Mary's apartment. She greeted me courteously. We both felt awkward. I was especially uncomfortable because I hadn't had enough time to adjust to the fact that Mary had remarried over a year ago. Mom wanted to protect me and had told me only a week ago. I blushed, facing Mary and thinking that several months ago I had asked her to move to Los Angeles so we could be together. Mary didn't tell me then she had remarried. I hid the pain, but, oh, God, I was wounded.

"Jeff'll be here any minute. He and Ben went for a walk," Mary said.

The door opened behind me and in walked the gentle giant and the golden-haired boy, Jeff.

"This is Ben," Mary smiled proudly introducing her husband, and Jeff's new father.

My heart sunk.

Ben must have been six-foot-four inches, dark, rugged-looking and very handsome. I felt like drab wallpaper.

Ben immediately let his head drop shyly, painfully. He left the room without a word. I could see the fear and hurt he felt with me coming to take Jeff for the day. Jeff called him Dad now. My presence was changing all of that. I felt like a schmuck.

"Do you remember him?" Mary asked Jeff as I crouched down to greet him.

Jeff's face winced as he tried to remember but didn't. I was crushed.

"Here is a change of shirt in case he makes a mess," Mary jested to break the awkward moment.

"No bag with diapers and bottles and all," I said playfully. I tried to

appear unaffected.

“Yes, it’s been a long time,” she said somewhat scolding me.

But I could see she was relieved that Jeff didn’t remember me. In my mind I could hear her telling Ben as soon as we walked out the door, “See? Jeff didn’t even remember him.” And knowing that Jeff’s not-remembering me was going to mean some solace to Ben, gave me some solace.

At the reunion, I set Jeff free to play with several cousins, aunts and uncles. Then, when I thought I was emotionally detached enough, I played with him. We tossed a ball and frisbee. I tickled him. We giggled. I swung him around and laughed, until we were exhausted. It was time to drive him home but he wanted to stay. That made it a great day.

We parked in the lot outside Mary and Ben’s apartment. Jeff wanted to get out with me on the driver’s side. Just as he was about to put his arms around my neck for me to lift him, he said, “You helped Pawpaw put up my swing!” A wave of joy passed through me. He hugged me very tightly.

“It appears Jeff’s head went partially through the driver’s side of the windshield when his car flew down the ravine and hit a tree. The car spun and jolted him back inside. The car hit another tree and Jeff’s head went through the passenger’s side of the windshield. The car spun and hit the ground at the rear end, jolting him back into the front seat. Finally the car smashed into another tree on the passenger’s side. His head went completely through the passenger’s door window. His body was found draped over the car door,” Mom’s words echo in my head.

I lie down on the still warm flannel sheets. Will I be as unable to help Jeff as I was when he was an infant? Will I become hostile wanting to help but not knowing how? Will I be able to confront the medical professionals who’ll think I’m a fanatic? Jeff is an accident victim! I haven’t dealt with any serious accident victims. Yet, healing is healing, I remind myself. I know what the body needs to heal itself.



I'm in a tornado like Dorothy in "The Wizard Of Oz." Four doctors, who are circling around me, direct me to go with them. I sense I'll meet death. Their voices sound like the ringing of only one giant gong. The deep-echoing sound emanates from all four of their mouths, quadraphonically. It makes my heart pound until I think it'll burst from my chest. It's odd that the ringing doesn't disturb my ears and head, only my heart.

I refuse to go with the doctors. Suddenly they all wilt and die. I am happy I didn't go with them. But the ringing continues and my heart pounds. I become aware that the phone is ringing and I reach for it. I anticipate that the airline has an earlier flight. Then I realize it is already morning.

I lift the receiver. I remember my dream and the fear of death. I dread what the voice will say.

"Hello."

"This is your mother."

"Hi," my voice cracks.

"It's pouring here and I thought you should bring your boots and a raincoat. I have lots of umbrellas if you need one."

"Please! Mom, don't greet me with, 'This is your mother' ", I want to say. She seemed apprehensive, as if she were going to tell me Jeff is dead. It scared me! I take a deep breath and calm down.

I recall her umbrellas being flowered, bright and feminine. "Thanks, Mom, I'll bring a coat and my own umbrella." I take another deep breath, "Have you seen Jeff at all?"

"I'm waiting until you get here and we'll all go together. I called the hospital and talked with the head nurse. She said the doctors all agree his signs are worsening. Too much water has collected in his brain and there's no hope he'll pull through with this kind of brain damage." She takes a breath, "I just want you to be prepared. We'll see you this afternoon."

We say good-bye.

I have avoided Jeff since he was two-years-old. I have been afraid of getting attached and losing him again. Have I lost all chance to get to know him?

The alarm goes off and jolts me back to the physical world. I rise and go to the couch. I stretch and lean my head against the arm. I cross my feet tightly. I hug a pillow.

Okay, okay. Mom's a nurse. Like most nurses what she knows is what the doctors know. Whether from illness or injury, medical science believes that virus and germs, like bacteria cause disease. That is their "germ theory". They believe that germs are enemies of healing.

The standard approach is to attack virus and germs (bacteria and other microbes) with medical drugs and poisons to stop them. These drugs simultaneously attack, destroy and deteriorate the body. Drugs are like bombs, they most often kill, cripple, harm or destroy everything within their influence. They cause subtle or obvious mutations. The least harm that they do is create imbalances.

Medical science ignores that bacteria inspires healing and that drugs kill bacteria, and therefore, that drugs prevent healing.⁴

My approach is that bacteria, yeast, mold and virus are all part of a natural process for detoxification. Bacteria, yeast, mold and virus decompose body obstructions, such as dead or weak cells and tissue. When the body has too many obstructions, it has disease. The body encourages the detoxification process so it can cleanse itself of accumulated wastes that cause weaknesses, or damaged tissue in cases of injury. They also dissolve and eliminate foreign substances, like rust from taking iron supplements. That is, if the body is fed the proper nutrients during and after the detoxification processes.

For example, colds and flu are like changing the oil and flushing a car's radiator. If the body is allowed to take its course with colds and flu several times a year, or whenever necessary, an increase in health is the natural result. That is, if at the same time one feeds his or her body good nutrients. For instance, oranges and/or bananas blended with raw eggs, raw dairy fats and unheated honey; a smoothie. However, if these cleansing and renewing processes are interfered with or stopped by using medication, the body advances faster toward deterioration, aging and disease. I remind myself that instead of attacking the body, I

⁴ See Appendix C, page 129.

nurture it.

I feel comforted that Jeff's doctors' prognosis isn't based on what I know. And that Jeff is still alive. I will work with Jeff's body to cleanse the dead and damaged tissues, and to regenerate new cells to replace them.

I am sitting at a window seat not far from first-class on this early morning flight to Cincinnati. I am facing the partition wall that separates the classes. It reminds me for a moment of the wailing wall in Israel. I feel a little claustrophobic. Will I celebrate life? Or will I be wailing for the dead? I have to stop thinking like that.

I feel excited by the gravitational pull as we climb. I notice outside the portal window that the smog isn't too bad on this golden sunlit Los Angeles morning. With amusement, I take it as a good omen. We loop over the Pacific Ocean. The plane levels off in the direction of our destination. The flight attendants push their carts down the aisles.

It's Saturday, four days from October, a time that marks a measurable decline of tourists in Los Angeles. The thought comes that I am a tourist visiting Earth. Whenever I talk to someone who doesn't know me about my view on health and my life-style, I'm considered bonkers.

I look around me and I see so much bodily suffering. I feel compassion for the people I see who aren't happy because they lack health. An unhappy-looking woman wheezes, then swallows three pills. At least seven people are already drinking or being served alcohol.

I recall when years ago I drank to relax and feel good. I couldn't go to sleep at night without drinking a bottle of bourbon or gin.

I was nineteen years old and had been living in Los Angeles six months. I was making good money. I yearned for Mary and Jeff, even though I knew I was too emotionally distorted to make family life work to anyone's benefit. So I partied a lot and enjoyed freedom from all responsibilities except work and child support. I wouldn't admit alcohol was affecting my work and studies and I ignored the symptoms that it was hurting my body. It relaxed my memories and guilt.

I think about Jeff being in the hospital and I recall my advent into cancer. It was a Sunday night in March, one month from my twentieth birthday. I had just returned from a weekend in Tijuana, Mexico, with

friends. I was dizzy from drink. I stood over my toilet to urinate. I became dizzy and nauseous. As I collapsed to my knees I whacked my penis on the cold porcelain (I remember I had been accident prone as a child). A surge from my stomach curled my body and put my face in the toilet. Blood trailed with the vomit.

The doctor pointed to a very dark spot on my X-ray, "It's probably only an ulcer. You're too young and strong to have cancer."

"Don't let looks fool you. How do we find out?"

"It's an ulcer," he decided, "and we'll treat it."

After six months of drinking bottle after bottle of Maalox, I decided I should have stock in pharmaceuticals. Instead of being addicted to alcohol I was addicted to chalky Maalox. Maalox didn't have the good taste and didn't give me the feeling that alcohol did. I was sure that if I died a chalk factory would make a fortune with my remains.

In November, I was looking upward from an operating table. The ceiling was blurred and I was becoming unconscious from anesthetic, going into surgery to remedy my stomach ulcer. After "recovering enough" from surgery (the doctors had said), I received radiation therapy for five or six...or was it ten weeks. (My memory went into a slump during my year of cancer therapies and has never fully recovered.)

After returning from the August family reunion, I underwent chemotherapy for leukemia for my blood and bone cancers. With each chemo session I got sicker. Finally, after three months of the treatments I wouldn't tolerate it. That was eighteen years ago. I was only twenty-one but I remember as if it were yesterday.

"The cancer's not responding to the chemotherapy either. We'll try again in three weeks," Dr. Goldman said matter-of-factly.

"Doctor, I seem to be missing the point here. Let's retrace what's happened to me. I had a stomach ulcer. I had surgery to correct it. As a result of the surgery, I haven't been able to digest anything very well. Food seems to just sit in my digestive tract. I have lost my sexual drive. If I happen to have an orgasm it can be extremely painful. How in the world was my penis effected by stomach surgery?"

"I don't know," he said.

I thought for a moment and then continued, "I have terrible acne (the one common problem I have never had before). My waist line has gone from twenty-eight to thirty-four inches. And I have redeveloped very

painful muscle spasms around my heart.

“Then I had radiation therapy to stop the keloidal tissue from growing. As a result of the radiation, I have burns that are mainly scar tissue. My spine is cauterized and I can barely turn to either side and I am always painful. I now have psoriasis and bursitis. I have inflamed, sore and bleeding gums. I have come down with chronic weakness, exhaustion and joint pains. I couldn’t, and still can’t even lift a large dictionary with my right arm because my shoulder and elbow ache so badly. My knees ache, too. They are always cold and numb--”

“We’ll continue the treatments because there’s always a chance we can stop the cancer from doing any more damage,” he said.

“Please, listen, I’m leading to something. Then I was diagnosed with cancer of the blood and bones. I am receiving chemotherapy. As a result, I’m as pale as a ghost. I vomit no matter what I try to eat. I can’t be away from a toilet for five minutes without a diaper. I’m bloated from head to toe. My acne is so bad that a film-director friend described my face as looking like raw hamburger. I have only a few sparse patches of hair and it’s graying like I’m an old man. My teeth are rotting. My diabetes is worse. Homicidal and suicidal thoughts plague me--”

“Your anxiety and anger are side effects of the chemotherapy. It’s normal,” he interjects.

“Normal? Yesterday, I heard one of the biology professors say that radiation, especially radiation therapy, transforms certain body substances into toxins that are cancer-causing. Why would you treat keloidal tissue with a treatment that causes cancer?”

“It’s like fighting fire with fire,” he said smiling.

“Isn’t that like burning down the forest to save the forest?”

“There is no other way to stop the formation of keloidal tissue or cancer. Disease is not nice, you can’t treat it nicely,” he argued.

“I also heard the professor say that for every one cancer cell that chemotherapy kills, at least one billion healthy cells are killed. I thought about that statistic and derived this analogy: If four humans were declared cancerous to the human race, the medical profession would be willing to kill four billion people - the entire population on Earth - in order to destroy only three or four individuals. That’s an extreme and barbaric perspective, don’t you think?”

“I’m trying to give you more time to live,” he said, annoyed.

“Doctor, as a result, I have cancer. I didn’t have cancer before receiving the cancer-causing therapies. I merely had an ulcer. I feel like the walking dead. Food doesn’t taste good. Nothing pleases me anymore. Why didn’t you tell me my quality of life and disposition would be miserable; that I’d be a semi-invalid as a side effect of the treatments? Why didn’t you stress that the side effects would be a hundred times worse than cancer when you frightened me into taking your therapies? And now I’m going to die anyway.”

“I’m sorry. It isn’t possible to predict how anyone will react,” he said belligerently.

“That doesn’t make sense. Yesterday I studied the side effects in the Physician’s Desk Reference and books on radiation research. All of mine and a hundred more side effects are listed. You never showed me any list. And the Physicians Desk Reference is right there on your shelf. Do you admit that the radiation treatment for keloidal tissue gave me blood and bone cancer?”

“Look, there’s still a small chance that your cancer will respond to the chemotherapy.”

“Did you hear what I just said?”

“I know how you must feel,” he said.

Finally I realized that medical methods are barbaric. Surgery is butchering. Radiation is burning. Chemotherapy is poisoning. Why didn’t it dawn on me before?

“Doctor, have you ever been cut and burned and poisoned to help you get well from cancer?”

“No.”

I threatened to sue because the doctors didn’t tell me that the therapies would kill much more of me than would any cancer. I would have taken my chances with cancer. Several attorneys said the doctors would all testify that I was dying anyway and that I had signed a release. How can they get away with that?! I wondered.

One month later, I discovered several successful alternative methods for healing cancer. All of them were pleasant by comparison. But because the doctors had said all the alternatives were hoaxes, I hadn’t bothered to investigate them.

Education, religion, the media and government taught me to revere

doctors. The doctors could deceive and frighten me, slowly and painfully kill me, get paid handsomely for it and go to heaven for “good” intent. It didn’t make any sense.

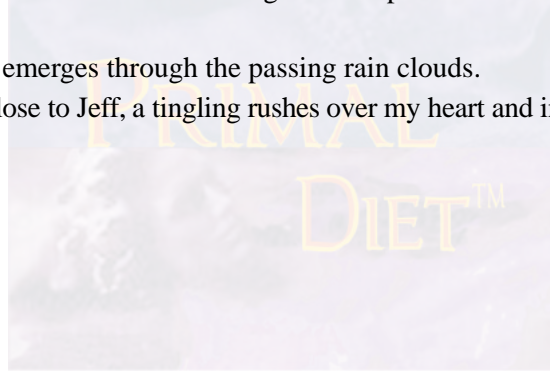
Because I was left disabled, I couldn’t afford child support. Ben adopted Jeff.

“Please fasten your seat belts. We are beginning our descent to Cincinnati Airport. Thank you for joining us and we hope__”

I ignore the pilot as I look over the rain-glistening, rich green landscape of Kentucky. I wonder why it is called the Greater Cincinnati Airport when it’s across the river at Stringtown, Kentucky. I suppose that if it were named the Stringtown Airport no one would ever fly there.

The sun emerges through the passing rain clouds.

I’m so close to Jeff, a tingling rushes over my heart and into my spine.



Saturday afternoon, September 27th

I see Mom and Dad smiling, standing just beyond the crowd as I follow the procession through the terminal gate. Ever since Mom and Dad stopped worrying and began trusting me to make the right decisions for myself, I have been relaxed and happy to see them.

I’m surprised at how much they have aged since I saw them two years ago. Or does it seem more so because most of the people I see regularly are more or less on my type of diet? Raw diets slow down the normal aging process or reverse it altogether. (Gad, I wonder, would that have sounded pompous to anyone who hadn’t experienced it?)

Or do Mom and Dad look older because I have been reliving my past and remembering them much younger?

Dad looks - and always has looked - inherently physically stronger

than Mom. I imagine him as a child on the dairy farm where he grew healthfully with fresh food, raw dairy products and hard work. He is definitely healthier than his father, who was raised in Brooklyn in the mid 1800's when it was difficult to get fresh foods in large cities. Grandfather suffered crippling arthritis and strokes, and died in his sixties.

Amazingly, Mom's wearing slacks. This is the first time she's greeted me informally at an airport. I'm delighted she feels that relaxed. Looking into her eyes, I realize she has always had a stronger balanced will and more self-esteem than Dad. I deduce that's because, as a girl, she successfully raised six of her twelve brothers and sisters while Viola, her mother, tended their drugstore where Mom's father was the pharmacist.

Mom and I embrace and her hand automatically pats my back. I recall being an infant receiving that caring touch. Her perfume hides the nice smell of her body that I remember loving as an infant. Her salt-and-pepper Orphan Annie hair tickles the side of my face and I giggle. The hug ends and I become an adult again, instantly.

I turn to Dad and see that his wavy gray hair still has a trace of black remaining. Apart from his large stomach he looks fitter than most of his peers. We hug and his squeeze feels encouraging, different from when I was a child. But, then, I can't remember him hugging me after I was three. I was probably somewhat of an embarrassment to him. I think the first time he was unforgettably impressed with me was six years ago. He watched me give an eight-hour seminar on nutrition.

As we drive by downtown Cincinnati nothing looks familiar to me. I try to keep my mind from anxious thoughts about Jeff. I notice autumn settling in. The leaves are turning.

Ten miles farther, we pass the exit that would have taken us to Finneytown. I lived there from ages seven through eighteen.

I remember how grueling the cold weather was on me here. Like a hibernating bear, I would have slept through it if I could have. When I got a cold or flu, it lasted one to three months. Daily, I would fill two to five handkerchiefs until they were sopping wet. They made my pockets wet and me colder.

I realize how much I enjoy cold weather now that I am healthy. And when I get a cold or flu, it lasts only thirty minutes to three days.

“Is there a health food store on the way to the hospital?” I ask. “I’d like to buy some eggs, papayas and bananas.”

“I don’t know if they carry eggs,” Mom says apologetically.

“Could we stop and see, please?”

“Sure,” Dad encourages.

We do. They have eggs and the fruit I need.

Mom points to Mercy Hospital. It’s a small modern four-story building alone near the top of a green rolling hill. We pull into the parking lot. In a matter of moments we will be facing Jeff. I seem to be ready for the battle ahead. Surprisingly, I feel calm and strong. Maybe it is my years. Also, because I no longer see doctors as my enemy. Doctors have not had power over my mind and body for one and a half decades. But they see Jeff’s body as a battle ground. They are attacking it. I will defend him.

It dawns on me that Jeff is Mom and Dad’s first grandchild. I look at them and they look rigid, like foot soldiers wearing armor. They are protecting their feelings. I wonder if my wisdom and strength are enough to protect mine.

I leave my blender and food in the car and we walk toward the hospital. The smell of wet grass and drying pavement remind me of the damp day I entered a hospital for my first traumatic stay. A chill passes through me.

It was early spring, the week before my twelfth birthday. I had had a near fatal reaction to my final polio vaccine.⁵ The vaccine caused an acute intestinal infection, “deadly” peritonitis. The doctors misdiagnosed my condition as appendicitis. I underwent emergency surgery. The doctors found my appendix normal. They removed it anyway. “In case it would cause you problems in the future,” the doctor said.

Now was the third night after my appendectomy. The doctors hadn’t properly diagnosed my problem. They never did. I still had fevers of 104-106°. They packed me in ice - an agonizing process - to bring down the fever and prevent brain damage. I was in tremendous pain from the shots I received every three hours for infection or pain. Already I had had eight shots in each arm, seven high in the left gluteus maximus and

⁵ See Appendix D, page 132.

eight high in the right.

I was sore on all sides. My front had surgery soreness and peritoneal pain. My left, right and back sides had the injection soreness. I wasn't able to lie on any side without severe pain. I couldn't sleep more than fifteen minutes before the pained area exceeded the painkiller's influence. I had to turn onto another side. My sleep was irregular and sparse. There was no escaping pain or the hospital.

It was 10 p.m. when the nurse entered with her tray and needle. She rolled me on to my right side. It hurt and I screamed. I pleaded for her not to inject me again.

"It's for your own good," she preached and scolded.

I watched the needle coming toward my bottom. I used every measure of energy I had to turn and knock the syringe out of her hand. The syringe hurled through space twisting and turning as if in slow motion. In my imagination I heard a wonderful crescendo of music. The nurse lifted the syringe, wiped the floor and left. I fell asleep only slightly more relaxed.

In deep sleep my hip began to burn and cramp. I remember thinking, I am not sleeping on my back, nor on that hip, why is there that much pain? The pain increased.

I woke and felt the last fluid of an injection entering my hip. I cried, "The medicines aren't working! You're killing me! You're making the pain worse and worse." The nurse gave me a disbelieving smile. She proudly put the needle back on the tray. I remember how amazed I was that this Florence Nightingale could be so proud of her insensitivity and ignorance.

"Have a nice night," the nurse said and walked out.

If I had had the strength at that moment to kill her, I probably would have. I wanted to. But instead I lay there crippled by pain. I cried for two and a half hours. I fell unconscious from pain.

In the morning I gave the doctors and nurses such a conniption that they didn't give me any more medication. Consequently, I got the sleep I needed. I faked being well enough for 24 hours. They let me go home the next morning.

Mom, Dad and I reach the elevator. It opens as if waiting for us. We enter and Mom pushes the third-floor button. We don't look at each other or say anything as it ascends. With the motion of the elevator I

drift back into my experience in the hospital when I was twelve.

An intern stood towering over me. His manner was impatient and gruff. We had gotten off to a bad start two days earlier. He had asked if I had been farting. Since my puritan upbringing had taught me that the word fart was taboo, I was shocked to hear it come from a doctor. I stuttered and without judgment I asked if he meant did I pass gas. He thought I was a snob and turned malicious. I was afraid to try and rectify the misunderstanding because of autism and my experience that doing so merely compounded resentment.

“Sit up,” he ordered like a sergeant.

I moaned in pain as I sat up very slowly.

“Don’t pull that sympathy trick on me. I’ve seen too many appendectomies. I know the pain doesn’t last more than a day and a half after surgery. You’ve been pulling this for four days now.”

He pushed hard on my lower abdomen. I screamed in pain.

He smiled and said, “Look. Your buddy over here came in two days after you. He was up and running around the day after his appendectomy. He doesn’t scream when I push on his stomach. And he’s going home today too.”

“I can’t help it, it hurts. Even when I move.”

It only made him angrier. He took my right arm which had the I.V. needle inserted in it. He gently pulled one end of each of the four strips of tape that held the needle in my arm. He took firm grip on those ends, looked me in the eyes, smiled, and ripped the tape from my arm. The roundness of the needle pulled my flesh until the force tore my skin. I cried.

“You act like a girl,” he said.

I intuitively knew he wouldn’t hurt me more, so I continued crying to release the pain and frustration while he put gauze and tape over the bleeding gouge to stop it. Two hours later I was out of the hospital and on my way home.

The elevator stopping sends a wave through my stomach. We step from the elevator and Mom leads the way toward Jeff. I feel nauseous. My heart misses a beat and then speeds up, pounding.

The halls are empty, except for a couple of staff personnel. We pass many doors. Only a few patients have visitors. The patients are all connected to machines. Of course this wing is eerie, I realize, this is

intensive care, numb skull.

“Numb skull”? I haven’t used that term in ages. Numb skull was something my parents called me. And probably what their parents called them. It never did help my self-esteem. Strange how old patterns surface when I’m back here.

Mom stops at room 317. Jeff is steps away. For the first time I visualize his cuts and bruises. I see him thrust and banged around inside the car. My adrenaline rushes. My heart pounds like a great symphonic drum sounding the battle charge. I take a slow deep breath and enter the room after Mom. I wonder if it would have been polite to enter before her.

We pass through a small dressing room-like foyer. It has a large picture window fixed with lavender Venetian mini-blinds. This is the room where loved ones wait and watch while emergency personnel work. This will be my supply room. On the wall is a locked medicine compartment. There is a counter and sink where I can put my blender to make food formulas for Jeff when he recovers from the coma. Am I deluding myself?

I see the end of the bed, the shape of Jeff’s feet and legs under the covers. My blood rushes faster as the drumming of my heart pounds harder, louder and faster.

I see Jeff’s arms and hands taped to boards so he can’t bend them. Tubes run everywhere. A catheter empties his urine into a plastic container. An I.V. drips sugar water and chemicals into his right forearm.

I feel queasy. I want to stop for a moment to settle down. I keep trooping behind Mom. I remember Jeff’s face from the last time I saw him when he was eighteen. His smile was big and his complexion ruddy.

The image disappears when I see two machines monitoring his body. Mary stands on one side of the bed, at the head, facing me. A nurse stands opposite her, obstructing my view of Jeff’s face. They lean over him.

Now I see his chin. His mouth gapes open. His lips are gray-purple. Oh, my God, he looks dead. Oxygen tubes are strapped to his head and up the nostrils. His eyes are closed and recessed in unconsciousness. His skin looks waxy, ashen except where tubes enter his body, irritating him. Cuts spot his face. A long cut streaks his forehead. Another parts an eyebrow. The abrasions from the plunges through glass are swollen

and inflamed.

I take it all in for a minute. I use positive thoughts to settle myself. I think: Jeff's not missing part of his head, brain or limbs. I'm thankful for that. My heart continues to drum frantically. I wish other instruments would join in so no one would hear it. It could expose my sensitivity. I want to look totally in control. The enemy will know that I'm not as strong as I want to be.

"Jeff! Wake up, Jeff! You've been asleep for six days now, wake up. Your mother wants to talk to you," the nurse shouts as if Jeff were deaf.

I guess she wants to shock him from his coma. Okay, I guess, if it works. But it doesn't. Jeff's head seems to roll slightly as if he were trying to tell her that her shouting hurts. Or is that my wishful thinking?

"Six days?" I whisper to Mom.

"Mary didn't call me until the night before I called you. You weren't home and I didn't want to leave that message on your answering machine," she says firmly.

"Why did she wait to call you?" I ask with a trace of anger. Fortunately, Mom does not take it personally.

"She figured there was nothing we could do. When they told her Jeff was definitely going to die, she called."

I wonder why Mary still hates me after twenty years.

"Jeff! Wake up!" screams the nurse.

He gives no response. I sense his coma is partially from medication. I know the shouting must hurt Jeff's ears. It hurts my ears and I'm eight feet away. I want to grab the nurse and scream in her ear to stop it. I feel helpless.

"Jeff! It's Mom. Wake up," Mary mimics the nurse but not nearly as loudly.

I look at Mary. She would not be considered cover-girl material but she still looks beautiful to me. She wears jeans and a plaid blouse. I realize I'm still attracted to her. I see she is strong-willed like Mom and compassionate.

"Hi, Mary," I say gently.

She gazes a moment, gropes and finally yields to our presence. She turns and looks over at Mom and says, "Hi, Doris," and then to Dad,

“Josef.”

Finally, she manages to look straight into my blue eyes.

“Hi, Dick.”

Oh, that nickname. All the reasons I changed to a Greece-Roman-sounding first name that I liked, flood my head. No matter how “Dick” was said to me, the innuendo was prevalent. It was like wearing a bright name tag with “scum” printed on it. My brothers, classmates, and some teachers often used it to patronize me.

“As you can see, Jeff isn’t with us,” Mary says bluntly.

I see the strain in her face and body. I want to hug and comfort her but that is out of the question. Instead, empathic tears fill my eyes. Seventeen years passed before I stopped dreaming about her.

Mary turns to Jeff. “Dick is here to see you. Wake up, boy,” she says, trying to humor and ease her new tension because of my presence.

Oh, geezus , I’m going to break down.

“Jeff. Jeff, it’s Aajonus,” I say softly. My voice cracks.

He doesn’t move.

“May I see his charts, please,” I politely ask the nurse.

She is stunned and then derisive, “Are you a visiting doctor?”

Mary chortles and jokes, “No. He’s from Los Angeleees, California.”

She gives it the sneering tone that she gave the nickname Dick.

The nurse chuckles, then settles, confused.

“This is Jeff’s other father,” Mary explains.

The nurse and I introduce ourselves.

“When is the soonest I can see Jeff’s X-rays?” I ask kindly.

“You’ll have to speak to one of his neurologists.”

“How many does he have?”

“Four.”

“Lead me to one of them.”

“Dr. Braisley just left the floor and none of the others are expected until morning.”

“Can we talk in the hall a minute, please?”

She scrutinizes my patient but determined stare. She realizes I could be trouble. She turns and we walk into the hall.

“Debra, I’m not here to make your job difficult. I’m here because my son is dying. I want to do everything I can to help him live.”

“Are you a physician?”

My inclination is to mimic her patronizing attitude but that wouldn't be constructive, “I'm a nutritional counselor. And I'm Jeff's biological father. I have the right to see all of his records upon request. Would you be kind enough to make that as easy and as soon as possible? Please?”

“I can't do that. One of his doctors has to, and I don't know if Dr. Braisley is still on rounds,” she says in a friendlier tone. “You'll have to wait until morning. Okay?”

“Would you give me his number, please? I'll have his answering service page him and have him call me here.”

“I'll call his service,” she relinquishes.

“One more thing? When he calls and you tell him my request, if he refuses please tell him I would like to speak with him. Will you do that for me and my son? Please?”

She relaxes, shrugs and snickers, “Okay, sir.”

“Thank you. And would you pass the word to all the doctors and nurses that Jeff's biological father is here, that I will be taking an active part in his recovery?”

She is slightly impressed and amused but her reaction says she thinks my ego is larger than my brain. There are times when I would agree, but ego has nothing to do with this.

“The doctors all agree that Jeff isn't going to--” Compassion, I think, restrains her from finishing.

5

Finally, Mary and I are alone with Jeff. We ease into light conversation for a while. I mention that I am a nutritional counselor. I say a little

about my nutritional point of view. I ask her if she would like to care for Jeff at home. She gives me a look of astonishment and absurdity. She tells me she wouldn't even consider removing Jeff from the hospital. She vacuums the mucus oozing into Jeff's throat so he can breathe without choking.

"The mucus is good. Through it, his body dumps dead cells and debris from the brain quickly. More will go to his bowels and dump there," I say.

"How do you know all of that stuff?"

"Remember when I said I was disabled from a car accident and couldn't pay child support? I had cancer. I didn't want anyone to know. I was disabled from the therapies. A kind, wonderful and intelligent man named Bruno tutored me for three and a half years in nutrition. I've spent most of the last seventeen years researching and experimenting with diets and health."

She frowns and looks at me curiously.

"I'll tell you about it later. Did all of the doctors tell you that Jeff's going to die?"

Mary nods, "They said if he hadn't responded by Wednesday, he'd die any time soon."

"I know you think I'm a California nut cake, but I'm asking you to put that judgment aside for Jeff's sake. Let me try nutrition."

"I know you mean well, Aajonus." She stops to take a deep breath, drained, then teases, "But he's not exactly able to eat."

"We can feed him under his tongue," I say handing her a canning jar. In it are equal portions of unsalted raw butter and unheated honey mixed together.

I explain its properties and I conclude by saying, "His salivary enzymes will dissolve it. Some will be absorbed directly into his blood through his mouth. The rest will drain down, soothe his throat and eventually, his stomach. In the blood, the nutrients from the butter/honey mix will go to his brain to protect living tissue and carry away the bruised and dead for elimination. I would like to put a teaspoon under his tongue at least every forty minutes."

A little hope sprouts and gives her strength. "Okay. If you think it'll help."

I am astounded. And relieved. Happy tears fill my eyes. I hold back

though. Mary might think I'm weak. I must appear in complete control to defend Jeff.

I put some honey/butter mix under Jeff's tongue. I ask Mary if I may tell her about some of my nutritional work so she will know my perspective on nutrition versus medical methods.

"It beats just sitting here," Mary says.

"One day I arrived home at 9:30 p.m. from one of those exciting evenings in traffic school."

Mary chuckles, "Still speeding?"

"U-turn. I couldn't seem to comprehend that a residential-apartment-complex neighborhood was not a residential area. Anyway, it was a Tuesday in January, 1973. I was twenty-six at the time.

I walked through the courtyard toward my Hollywood apartment. There were no lights on in the apartment. I wondered where Monica was. I took my keys from my flared-bottom jeans. I inserted one in the lock. My neighbor, Lien, heard me and came bursting from her apartment. She was panting, not from hurry but horror.

"Aajonus! I took Monica to County General Hospital about two hours ago. She was having terrible stomach cramps. She came crawling over to my door, screaming. I, we, just panicked. I took her to Emergency."

"She didn't say anything about her stomach four hours ago. What is it?"

"They said it would take a while to do all the tests. But they thought it was appendicitis."

I felt panicked. But I concealed it.

Monica was still in Emergency when I arrived. I was relieved that she was not on an operating table. She laid on a gurney looking drugged and in pain. The doctor stood analyzing the lab reports.

"Monica," I teased, imitating Bell Lagosi portraying Count Dracula, "let me take care of you at home, my dear. Your body probably won't like the chemicals they'll pump into--"

"They haven't found out what it is for sure," she said, cutting me off.

The doctor stepped toward us and said, “If you’re not a relative, please leave. Monica, you have peritonitis, which means that your intestines are infected, and possibly perforated and bleeding. It’s serious.”

“Excuse me?” I said. I feel badly about it now but I had little patience with doctors’ scare tactics after my experiences. I mirrored his arrogant, patronizing attitude, and asked him, “Have you every had peritonitis?”

“No,” he said as if my question were absurd.

“I have. Would that make me more knowledgeable?”

“I’ve treated forty cases of peritonitis and if she leaves she’ll die,” he asserted.

“How many of those forty patients died?” I asked.

The doctor stammered but quickly recovered, “Twenty-four.”

I motioned for Monica to listen.

“So at worst Monica has a 60% chance of dying in here, is that right?”

The doctor nodded.

“That’s something they won’t normally tell you,” I said to Monica.

“Without treatment she has no chance,” he countered.

“How many cases do you know in which someone had peritonitis and treated it with wholistic methods?”

“None,” he said firmly.

“Then how would you know that she would die without medical treatment?” I asked, putting him in checkmate.

“Common sense,” he retorted.

“Do only doctors have this common sense?”

“These are ridiculous questions. If you knew the seriousness of this infection, you would be embarrassed.”

“Excuse me? Which of the two of us had peritonitis?” I asked.

“I’m not answering any more of your questions.” He turned to Monica, “Are you going to listen to this character and put your life in danger? Or do you have some sense?”

“Monica, he’s trying to play you like an untuned piano inside a yoyo.”

Mary laughs, “Did you really say that?!”

“Yes. Monica laughed but the doctor didn’t. Then I said to Monica:

“According to R.B. Pearson’s research and statistics listed in his book *Man’s Correct Diet*, you have a 93% chance of living if you let me care for you nutritionally. Come on, honey, let’s go home.” I turned back to the doctor and said, “I’m sorry. I know you mean well but your logic is off.”

Urgently, he raised his voice, “Don’t you get it? If the infection isn’t stopped she’ll die.”

Monica’s drug-intoxicated state had the side effect of lowering her blood pressure and heightening paranoia. She was terrified. She looked back and forth between the doctor and me.

“Sweetheart, listen to his reasoning. He’s going to treat you with antibiotics to kill the infection. That will also kill your intestinal flora. That will destroy your ability to digest food and synthesize your own proteins and B vitamins. If you can’t properly digest the nutrients you need, you won’t detoxify and heal properly.”

“I’m warning you, if you don’t stay here and stop the infection you’ll die for certain,” the doctor countered.

I wanted to suture his mouth. And I’m sure he wanted to suture mine. The fear on Monica’s face advertised that the doctor’s unsubstantiated scare tactics had won the debate. I was saddened. I was angry. But I decided that I should argue no further. I had been introduced to an ideal concept called unconditional love a few years ago. It meant respecting Monica’s decision even if her life were at risk. It was her life and her will be done.

Twenty-four hours later, I stood looking down at her. On her arms and thighs were badly bruised dome-shaped swellings the size of quartered tennis balls.

“Monica, please take a look at the blackness around your sunken eyes, and your sallow complexion. They treat you not knowing how you’ll react to chemicals,” I cried out.

Drugged, she looked in a hand mirror and laughed, “Don’t be silly. It’s okay. I’m okay, really. I love you too.”

I couldn’t bear looking at her in that state and keep my mouth shut. I drove home.

The next morning she had two more bruised swellings on her

arms. Dr. Pine, the young intern assigned to her, looked over her chart.

“Doctor,” I said gently, “Monica needs live nutrients including various strains of lactobacillus to aid her digestion. I’m going to take her home where I can feed her properly.”

He shook his head and gave me a look that said, Oh, you’re one of those misguided health fanatics. Then he said aloud, “Eating will exacerbate the infection. I’ll give her a prescription for all the vitamins and minerals to be added to her I.V. Don’t worry, we’re taking good care of Monica.”

“Why does she have these lumps and bruises all over her body?” I pleaded, and then added, “They aren’t healing. They’re getting worse by the hour.”

“She was allergic to penicillin and three other antibiotics,” he said.

“It took you seven shots to discover one she was not allergic to?”

“Yes.”

“You just said not to worry, you are taking good care of her?”

“Now everything is under control.”

“She has a hundred times more ailments to heal than when she came in here. Why are you saying you have everything under control?”

“Everything is okay now. I’ll put the vitamins in her I.V. and she’ll be fine,” he said testily.

“She’s betting her life on your expertise. Will you bet your expertise on her life?”

“We’ll do the best we can for her. We can’t promise anything,” he said.

“Doctor, please, you just said you had everything under control now. Why won’t you put your expertise on her life? I’ll put my wholistic logic on her life. I’ll even put my life on her life. Why won’t you?”

“We’re not miracle workers. Will you excuse me, I have many patients in this hospital who need my help,” he said unnerved and briskly walked out.

I tried to convince Monica to leave but she was too intoxicated and drowsy.

In the evening of Monica’s fifth day in the hospital, I stood over

her. Her entire body was sallow with areas of black and blue. She had a milky stare that I had seen in animals just before they died. I realized I had to act.

“Monica,” I pleaded, “you have to get hold of yourself. You have to become sober so you can examine yourself.”

She was so drugged she didn’t care.

“You have to refuse your sedatives and painkillers so you can make a clear decision about whether you are being helped or damaged. The nurse is due to give you your 8 o’clock shot. Refuse it, please. Just until the doctors get here in the morning. Please, baby, please.”

She smiled. I placed in her hand a jar full of liquefied raw foods.

“This will aid and soothe your intestines,” I said.

“What is it?” she whispered.

“I blended one raw fertile egg, one tomato, 2 tablespoons unsalted raw butter and two heaping tablespoons of unheated honey. It also regulates fever.”⁶

“It doesn’t sound very tasty,” she whispered.

“Will you give it a chance?”

She sipped it. Then, I guess because it was the first food she had in days, she gulped it. My immediate thought was to stop her. But her gulping was instinctual.

I put the empty jar back in a bag. When I looked again, she was asleep. I stared at her frightful appearance. I remembered how beautiful her blushing color and pretty skin had been.

An hour passed and the raw tomato/butter formula had sobered her enough. She argued with the nurses against taking any more medication that night. And she won.

The next morning, I said to Monica, “Sweetheart, look at yourself.” I pulled the covers down to her ankles and lifted her gown.

She looked at herself in horror, “Oh, my God, I’m going to die.”

“Not if you let me take care of you.” I wondered how I knew that.

“I’m scared, Aajonus.”

⁶ See Appendix E, page 137.

“I’m afraid, too. Yet, I’m certain that excellent health and raw (live) foods are as connected as falling and gravity. The doctor said if you ate anything it would make you worse. Your abdomen didn’t swell and bruise from the raw food mixture. It has given you strength. God, I love you Monica. Don’t die on me, please. Please let me help you?”

I explained the three different food formulas I devised to get her well.⁷

“Did you marry her?” Mary asks.

“No. We were together five years.”

“Haven’t you found anyone you wanted to marry?”

“It took me seventeen years to stop dreaming about you. How could I have stayed married while dreaming of you?” It’s an awkward moment for both of us. I continue the story.

Monica agreed to go home. I gave her another jar of the tomato and butter mixture to drink. I went to the nurses and asked them to remove Monica’s I.V. and catheter. They refused.

While I analyze how to remove Monica’s catheter, three security guards, two nurses and three large male orderlies hurried into the room, stopped abruptly and stood watching me. If I had caught it on film it would have looked like one of those old black-and-white Buster Keaton films with that sudden stop-and-go motion. I covered Monica. Immediately following came three doctors with the same comical go-and-stop motion. One of them was the intern, Dr. Pine.

With the humor inspired by the moment I turned to Monica, “They’re having a going away party for you. Isn’t that sweet?”

“She can’t leave here. I won’t release her,” said Dr. Pine.

The gall these guys have is amazing, I thought. I laughed, a short breathy laugh that was enough to insult him. That was not my intention but it happened.

I turned to Monica again, “Do you want his permission to go?” I knew I was irritating the doctor. I had mixed feelings about it. I

⁷ See Appendix F, page 138.

was still angry at doctors, in general.

“She can’t leave this hospital unless I release her. And I won’t.” He turned to a nurse, “Call her mother right away.”

“Dr. Pine. You’ve been really kind, and thank you. I’m leaving here now. So, if you don’t remove this tube for me, Aajonus will,” Monica said so diplomatically and maturely she seemed like a wise old empress.

Her manner affected everyone. They all turned to Dr. Pine. He seemed alarmed that his authority was being challenged.

“I won’t release you. I won’t be responsible for whatever happens if you leave this hospital,” he said.

“I accept what you say. Now will you, or a nurse help me remove this, please?” Monica firmly implored.

Again everyone looked at Dr. Pine. He stood there staunchly.

“Help me, Aajonus,” she ordered.

I pulled down Monica’s covers. I looked around at everyone, “This is not a show.” I started to lift Monica’s gown but Dr. Pine stopped me, “Wait. A nurse will remove it. Let’s talk about this. This is a life and death infection. Do you think some voodoo will save her?”

“Whoa,” I said. “You thought throwing vitamins and minerals into her I.V. would help. It didn’t. We will cure her with foods. That’s all I have to say. If at some time in the future you are interested in what I feed Monica, I’ll gladly tell you. Thank you.”

Just then a nurse returned and blurted out, “Her mother says she is not to leave this hospital.”

Her mother’s voice rang through my head. I dreaded her intervention.

“Do I look underage, Dr. Pine?” Monica said growing angry.

Her mother’s order had the opposite effect of what I had feared.

“Monica,” Dr. Pine paused, “Please, take a few prescriptions I’ll write for you.”

Monica and I simultaneously raised our surprised eyebrows at each other; the fascist air had thinned.

“Give me whatever you want me to take,” she said.

“You must take an antibiotic to kill the infection or you won’t have a chance. I’ll give you a painkiller to take as you need. Call

me here everyday between nine and two and I'll do whatever I can to help."

The tension was still so high that the phone ringing startled all of us. Monica looked at me. We knew who it was.

"Hi, Mom. I'm just about to leave the hospital. Call me at home in about an hour, okay? I'm walking out the door, call me at home," Monica said.

She looked at me. She curled and twisted her smiling mouth, warning me. She tried to hand me the phone. Exaggeratedly, I shook my head and waved no. Monica laughed the way she did when I had been unintentionally acting silly.

"It'll be easier on all of us later if you can make some sense to her now," Monica said still laughing.

I was amazed at how much energy she had gained from the last tomato and butter drink. Reluctantly, I took the phone, "Hi, Ruth." Monica's divorced mother insisted I call her Ruth. It seemed to remove the generation gap. I liked that and we liked each other.

"It's you forcing Monica to leave the hospital, isn't it?"

"I've only fastened a chain from my car to her ankle."

"This is not funny."

"Ruth. You've seen Monica's condition since she's been in here. I'm certain she'll do better at home."

"The nurse said she'd die if she leaves the hospital." Ruth's blood pressure was rising.

"What would they say if she died in the hospital? 'The treatment was a success, we stopped the infection. We're sorry Monica's dead, and here's the bill.'"

Dr. Pine gave me a look.

Ruth argued parroting the doctor's every word although her concern was genuine.

"I understand that perspective but it doesn't make it right just because a doctor says it. You think lawyers are a big rip-off, right? Well, doctors are well-educated like attorneys," I countered knowing it was a cheap shot.

Dr. Pine and the nurse glared at me.

"If my daughter dies," Ruth paused. "I'll kill you."

“It’s just something you say in a fit of passion,” Mary says.

“It sent a chill through me because she meant it.”

The nurse’s voice announces through the intercom above Jeff’s bed, “The doctor is on the phone about Jeff’s X-rays.”

I am delighted. I get up, feel Jeff’s forehead and put some honey/butter mix under his tongue. I tell Mary a quick conclusion to the story. “Monica left the hospital in a wheelchair and was bedridden. I convinced her to flush the antibiotics down the toilet. Her mother threatened to skewer me on a clothesline. I fed Monica the mixtures. Within five days, Monica was on her feet and blending the food mixtures herself. In six weeks she was back in ballet classes. That was seventy-two weeks sooner than the doctors said she would if she survived in the hospital. I was so astounded by her rapid recovery that I vowed to eat only raw foods.”

Mary seems impressed and hopeful.

The fear that I might let her down suddenly hits me. Even so, I must advance into battle or lose Jeff. “Jeff needs to be off medication. He needs to be conscious to eat and recover,” I say.

Mary looks pensive and doesn’t answer. I leave her to think about it.

6

I ponder as I sit waiting in Radiology about accumulated radiation emissions from X-rays being absorbed by everything. The lights, walls, floor, furniture and abstract paintings on the walls seem to glow. I feel a hyper-irritating sensation, as if my nerves and bones want to wear an ultraviolet shield.

I wonder if Dr. Braisley told the radiologists to make me wait here for the last two hours. Could he be punishing me for questioning his analysis and diagnosis? Jeff is upstairs needing the honey/butter mix. It’s 11 p.m. and few patients have passed through this department and there’s no backlog. Why is it taking so long?

I also wonder if the older radiologists are balding from exposure to these “low” levels of radiation. Is it absorbed into their skulls, gradually making the follicles impotent at producing hair?

“Mr. Marshall?” the white-uniformed, partially balding radiologist says as he approaches me.

I consider accepting Jeff’s adopted name, Marshall, for the moment. I could avoid explaining my relation to Jeff. But I don’t want Ben being mistaken for me, considering my radical presence in the hospital. I explain as the radiologist takes me into a room.

Aisles of open shelves full of X-ray files line most of the floor space. On one wall is mounted a row of backlit white opaque glass with X-rays hanging against them. They are of Jeff’s head taken by CAT scan. I see three oval areas that portend severe brain damage. I see images of Jeff crashing through glass. I cringe and take a deep breath.

The radiologist points to the spots, “These are filling with fluids and creating pressure on Jeff’s brain. The doctors are going to tap and drain them to prevent further brain damage.”

I listen to the prognosis without comment. I visualize them assaulting Jeff’s body as they drill into his skull. I know if I tell the radiologist that fresh raw green vegetable juices and no-salt-added raw cheese could help draw out the fluids without drilling into Jeff’s head, he’d have me in a circus by day’s end.

I have to get Jeff out of the coma so he can eat. I realize the next step is to eliminate consciousness-interfering drugs.

Wait, stop. I wonder if Jeff wants to live. I won’t force his soul to stay in his body if it wants to leave. Somehow, I must get his permission.

I thank the radiologist and go back to Jeff.

Mary and a nurse wrestle Jeff’s arms and convulsing body down. Jeff’s subconscious has burst through and pulls out the urinary catheter. The bulb at the end is inflated. It tears his urethra. Blood spurts and spatters from his penis everywhere on him and the sheets.

“Can’t you see his body doesn’t want the thing in him?” I say.

“He’ll be wetting the bed constantly and he’s too big and heavy for us to be changing him all the time,” the nurse says annoyed.

I know I am not going to be around every forty-five minutes to

change a diaper and bed, so I don't say any more. Mary tells me, as if confessing, that Jeff had pulled the catheter twice before. I shudder.

I remember that after stomach surgery I had sharp, burning pain in my penis when I urinated. I felt as if I were being painfully electrocuted during orgasm, with the electrodes connected to my urethra. It still happens occasionally. Now I wonder if I had unconsciously pulled my catheter. Had I ripped the tissues and damaged the nerves? Is that what made my urethra so sensitive?

The nurse and Mary finish changing the sheets and Jeff's gown.

One nurse reinserts the catheter, the other leaves.

Mary tells me she's taking a snack break and goes. The last nurse leaves.

I lean close to Jeff's head. I give him entrancing suggestions. I repeat them until I see that he is probably hypnotized. I tell him I want to speak to his psyche (spirit). I ask him if he wants to live. I suggest the slightest positive or negative response. A vague movement up or down for "yes", to either side for "no", from his head or hands, or his eyes behind his closed eyelids.

He gives no response.

I assume that he has chosen death. A lump forms in my throat. I recall my near death experience of seventeen years ago when I was 22. I was experimenting with mind expansion to find specific answers about my health and reality. It was early Spring. I had already put my cancer in remission with diet but I still had multiple health troubles.

My youngest uncle, Lanny, who had been studying for his doctorate in psychology and worked as a Teaching Assistant at the University of California, Los Angeles was guiding me. We had consumed psilocybin (a manufactured chemical form of an hallucinogen) and smoked a mixture of hashish and marijuana.

At first, Lan and I had a wonderful experience communicating telepathically. Then the pleasant effects of the drugs had worn off and my mind was normal again. Then I realized I was having an extremely adverse reaction. My blood pressure was dangerously low. It was 86° inside my apartment but I was freezing. My lower back ached so badly I couldn't sit or stand comfortably. That was normal but this pain was approaching unbearable. I remember lying on the floor next to the floor heater.

"I'm still freezing."

"It's all in your mind. Imagine a fire," Lanny said.

I imagined sitting next to a fire. Then I imagined the fire inside my body. This provided a bit of relief but did not raise my blood pressure.

"I'm still freezing and my back aches."

"It's all in your mind," Lanny said.

I rose from the couch and turned the heater to the highest temperature. I stood on top of the heater in my tennis shoes. Lanny began to complain that he was suffering heat prostration.

"Isn't it all in your mind?" I asked.

He rose from the couch and left.

I noticed the hands on the clock pointed to 12:47 p.m. As I stood on the heater I was slightly more comfortable. I became aware that my skin was turning ashen. I was weakening. I fell back slouching against the wall. I thought I was losing consciousness but instead I turned inside out with a pop. I detached from my body. I felt free and whole. I knew this experience was not an hallucination and I became frightened. Then I realized there was nothing to fear and my fear disappeared. I left my body. I hovered above it, circling. My body was still propped against the wall, dead.

Of all things, I was leaving my body with fresh pizza stains on my shirt. What would Mom think if she knew I died with pizza stains on my shirt?

Suddenly, I drifted upward through the ceiling. Through the upstairs apartment. The roof. And into the sky. I flew into the stratosphere and glided through it. Everything went dark as if it were a moonless night, except the stars, which were clear, and the Earth, which glowed.

I traveled backward toward the Sun, faster until the Earth became pea-sized. Suddenly I realized that I had an invisible form. I felt an intense brightness penetrating me from behind. It was the Sun. I turned inside out to look toward the Sun. After I turned inside out this time, I saw in all directions at once. I sped into the Sun. It seemed like a bright white tunnel. Inside the Sun I turned inside out again. Pop. I seemed liquid now. I swelled like an invisible balloon. I had become the Sun.

I wondered how that was possible. The answer came instantly; it was simply the nature of that reality. Then my stratosphere - my skin - dissolved. Like water I seeped through all of creation. I experienced an

infinite sense of oneness and I was all that is.

I enjoyed eternity briefly. The ultimate oxymoron, I thought. I laughed and every particle in creation laughed. Although so obvious, I realized that laughter is an expression of joy. Joy is the appreciation of Creation, of beingness. I realized that without joy a sense of separateness ensues. And then fear. Beingness loses its sense of love that unites everything. Joy is more important than I had ever imagined.

Then I formed into a tornado-like mass. I focused my consciousness in the calm center. I watched lives swirl around me. In that whirlpool of lives, I saw that I had been a Sun, many lives on many planets, and other existences that I can not describe. I relived each of those lives from birth to death with tremendous speed, yet I seemed to understand more. Emotions were the gage of experience here, that is, what I and everybody felt and thought as a result of my actions was all important. The importance of these lives was creating joy/love. Unconditional love.

Finally I glimpsed a lonely, unhappy, unloved and sometimes unloving life in this whirlpool. It was full of resentment. It was my "Dick" life.

I relived that life. I felt sick, weak and angry. I realized that for my life to be happy I had to love myself completely. I had to heal my instincts and intuition. Through instinct my body communicates with me. Through intuition my psyche (soul or spirit) communicates with me. I knew that every decision should be a trilateral agreement between my psyche (intuition), body (instinct) and mind (reason). In that order.

I saw that health and happiness in my Earth-reality started at the most basic level, my body. I saw that my body cells were loving, feeling and intelligent. I should have loved them more. Listened to them. Helped them enjoy life. My cells wanted to experience so much more with me but they were strained, exhausted and deformed from environmental and dietary adulterations. I realized that I had wanted to love my cells all along. Their love was evident, trying to help me enjoy life. I wanted them to enjoy being part of me, with as much effort I wanted to love my cells as much as they loved me. But conditioning and education confused my instincts and intuition. I had been forced to mistrust myself.

Now, I thought, if I had it to do over again, I would take better care of my cells, to heal my cells. I saw that the cells in food were alive,

loving, feeling and intelligent also. I saw that cooking food kills most of its vitality that we would receive if we were to eat food fresh and raw. I saw how much disease, pain and unhappiness comes from eating dead toxic food. I realized that my body cells could have gradually transmuted to magnificent health in several decades of care if I would have eaten raw foods. Also, I realized that I had chosen the diseased state, my diseased life, to learn about and create health. I felt excitement growing. I felt overwhelmed with compassion. I wanted to return to Earth. I would literally reverse the direction of my life from the inside out. Instantly a change came over me.

I became a black hole and I traveled at many times the speed of light. I realized that my desire was sending me back to Earth. I felt whole again - loved and loving; recharged with vital loving purpose.

I traveled through the psychic umbilical cord – a black hole - to my pitiful dead physical body on the heater. I exploded into my body, turning outside in. My body bolted upright. The power of my love started my heart beating again and warmed it. My blood began to move again sluggishly. I was still ashen.

I smelled burning rubber. With tremendous effort, I opened my heavy eyelids. I was looking down at my tennis-shoed feet on the heater's grill. I noticed the maroon telephone cord had melted black and was about to catch fire. I couldn't control any part of my body, except my eyes.. I felt a bit panicked. My adrenaline rushed.

The hands of the clock pointed to 4:17 p.m. My body had been dead three and a half hours. Slowly my body began responding to my thoughts. I flipped the telephone cord off but it fragmented, melted onto the grill. I tried to step off the grill but my tennis shoes were melted to it. I was exhausted and sick. I forced myself to pull hard. Finally, my shoes released.

I went into the kitchen and grabbed a barbecue fork. I returned to the heater. I removed the grill with the fork. I trudged with it to the back driveway and put it down.

I felt the warmth of the Sun on my body and I relaxed. I felt more alive every second, many of my cells were returning to life.

The thought of delicious, heavily buttered garlic bread came to mind. I knew it was instinct, my body telling me what it needed to raise my blood pressure. I went back into my apartment and ate a little crushed

raw garlic with fresh raw unripe pineapple, lots of raw unsalted butter and a little French bread. I hadn't eaten bread in 13 years.

Except of a little digestive difficulty from the cooked bread, within moments I felt better, satisfied. I decided from then on that at least 70% of my diet would consist of raw foods. I remember that that was 2½ years before my experience with Monica in the hospital.

I went to bed. I fell asleep knowing instinctively and intuitively that sleep is where I would do most of my healing.

I become aware that I am in the hospital at Jeff's side. I touch his cheek.

"Do you want to live, Jeff?" I ask again.

I watch him intently for an eternal minute, anticipating, hoping for any indication from him.

"Good-bye, son. I wish you happiness wherever you've gone."

Suddenly, Jeff's voice surges loudly and clearly past the tubes, "Live!"

7

Willy, Mary's father, enters looking burdened and disgruntled; the opposite of my memories of him. I haven't seen or talked with him since we erected the swing set for Jeff's second birthday 20 years ago. He ignores me.

"Any change?" he whispers to Mary.

Mary shakes her head no. She says, "Good night, Dad," ignores me and leaves. Willy and I sit uneasily.

After five minutes, I break the silence, "Hi, Willy."

He nods without looking at me.

"Remember how you, Margaret, Shirley," - his older daughter - "Mary and I used to play pinochle for hours? Before that I'd never experienced adults enjoying children for more than several minutes. Thank you. That helped turn me from cynic to skeptic," I say jokingly

but meaning it.

“Well, you broke the bubble, Dick. You and Shirley’s ex-husband, Bill. You two screwed up my daughters and then dumped them. Neither of you deserved them, that’s for sure.”

“For everyone’s sake, it was better that I left. I was so difficult. I was confused, frustrated and enraged.”

“You have to learn how to discipline yourself,” he says disgustedly.

“Not when it was at Mary and Jeff’s expense. My body had developed biological habits from so much fear, anger and violence caused by my jealous brother Doug, and my father’s brutal punishments. Either my blood sugar would drop, causing depression, or my adrenaline would soar and I couldn’t control my excess energy, causing manic behavior, or blood sugar would drop while adrenaline soared, causing irritability and sour disposition. When I first went to California my Uncle Lanny gave me some cognitive self-help tools. I learned to control myself. I mainly handle it through diet, now. If ever I’ve had angels in my life, one would be Lan,” I say still feeling ill-at-ease.

“I never met Lanny.”

“I think you did. Of my mother’s twelve siblings he is the youngest - only eleven years older than I. Lanny was the witty one. He was more like the understanding brother that I had wanted.”

“Do you have any idea, the hardships you caused everyone?”

“I can imagine.”

He sits back, defeated, “Imagine? My daughters screw up with two bums who abandon them, move into my small two bedroom house with two infants, and I’m supposed to trust their choices,” he says.

“I know saying I’m sorry won’t change the past, but I am,” I say as guilt swells. “I was so afraid of being hurt and taken advantage of, I desperately and sometimes maliciously tried to get control of things. I had been taught that a man had to be mean and callous, deceitful and ruthless to be in control of body, relationships, spirituality and economy.

“I even thought ‘Leave It To Beaver’ was all Hollywood hoopla because I rarely experienced people who were understanding. Compassion wasn’t normal. Goodness was an ideal that eluded me. I was always prepared for life to knock the wind from me. I couldn’t learn to trust myself in an untrusting world. I couldn’t trust and appreciate Mary as

she deserved. I didn't realize that with that attitude I often forced people and experience to crash in on me. I rarely find myself a victim of my past anymore. I've worked hard to change. I'm not perfect by any means but I'm here to help. That's something I couldn't do very well back then."

"Whatever you can do."

"Do you still repair machines or have you retired?"

"Retired a few years ago."

"Do you and Margaret still live in that nice little house?"

"We been separated a long time. Along with my cynicism, I developed a taste for alcohol. I threatened her with a gun once. I was drunk."

"Was it loaded?"

"Course not. I just wanted to scare the bejeezus out of her."

"I'm sorry."

He nods but his look is too bitter to be forgiving.

I had been holding on to my memories of his family as proof that family life could be happy. Now I know I was very responsible for his family breaking up. I feel miserable. But I wasn't aware of any self-help tools at the time. Self-forgiveness is my only appropriate action now.

I place honey/butter mix under Jeff's tongue. Willy and I sit quietly, uncomfortably.

"You making a living with your health stuff?" he breaks the silence.

"At times. I'm taking a break from working exclusively with illness. I paint murals, motif, trompe l'oeil and faux finishes in homes, mainly in Beverly Hills. I do some acting on the daytime soap 'General Hospital'. I make just enough to stay in business, afford my research and survive. As long as I'm healthy, doing more than one thing, and what I enjoy, I'm happy. How about you?"

"Just gettin' along, I guess," he sighs. We sit quietly, a little more at ease.

Sunday, September 28th

I awaken from napping in a chair and notice it's almost 8 a.m. My first morning in the hospital. Willy leaves the room. I place honey/butter under Jeff's tongue. He seems more settled in that calmer state. Looking somewhat rested, Mary walks in followed by Ben.

Willy returns and says good-bye. Everyone seems laconic. They are probably exhausted from six stressful days.⁸

I go to the anteroom for some raw pistachio nuts. A nurse enters, unlocks the medicine cabinet and removes a small bottle. I eat as I follow her over to Jeff and she hands Mary the bottle.

"What's that?" I ask.

"Medication," says the nurse.

"Yes, but what is it?"

"Dilantin," she says, "Keeps him from having seizures."

"But it keeps him completely drunk and unconscious."

"Would you rather he have seizures and die?!"

Mary pours a half teaspoonful of the thick medication into a spoon and into Jeff's mouth. It looks like the raw custard I make when I use reddish Mexican papayas - like the ones I bought on my way here.

Jeff's mouth fills with saliva and drains into his throat. He chokes. The nurse takes a thin flexible plastic tube and vacuums his throat.

"May I," I ask the nurse.

She hands me the vacuum tube. I lean close to Jeff's face, blocking everyone's view of his mouth. I vacuum his throat. Then I suction the diluted pool of Dilantin around his tongue. I press the tube to his tongue and gums. Another pool of saliva forms. No one will notice the medication is gone. I notice the nurse returning the bottle to the medicine cabinet. A sense of relief passes over me.

An attendant comes in with a food tray for Jeff. I give Mary a curious look.

"We eat it," Mary says.

One of Jeff's neurologists arrives on morning rounds. We introduce ourselves. I suddenly realize my blood sugar is very low. My brain doesn't have enough blood sugar to remember his difficult name from

⁸ See Appendix G, page 138.

the instant it leaves his mouth. I go back to the anteroom and get some nonsteamed dates and raw butter to elevate my blood sugar.⁹ I return and eat while I watch the doctor examine Jeff's stomach where there is a very long stitched incision.

"What's that?" I ask.

"Dr. Japtur performed exploratory surgery, searching for internal bleeding. But there was none," the doctor says.

I look over Jeff's abdominal area, hips and lower back. I see no bruises that would have indicated there could possibly have been internal bleeding.

I open Jeff's eyes. Using Iridology as a diagnostic tool, I search for blood spots in his irises.¹⁰ Fading blood spots would indicate that there had recently been internal bleeding. There is none. My adrenaline rushes. Sadness fills me. The invasive surgery is another problem for Jeff to heal. I am angry that his life has been more endangered. I wonder if Dr. Japtur, believing Jeff was going to die anyway, performed the unnecessary surgery to make a house or swimming pool payment, or pay for a daughter's braces.

I remember the first remarkable experience I had after studying Iridology for two years. My New Zealander girlfriend, Susan, and I were making love. Her blond head was arched back and her hazel eyes were open. I suddenly noticed a blood red spot in her right iris. The spot was near the area relating to the peritoneum.

"Sweetheart, are you spotting?" I asked.

She laughed, "You don't have to worry, I'm not going to get pregnant. I have an IUD."

"That's not my concern. Do you have pain in your stomach or uterus? Are you spotting?"

"Well, yes, and yes. The pain only happens when I move in particular ways. When we're making love it hurts once in a while, just a little. How did you know?"

"Iridology."

"You see something that alarms you?!"

⁹ See Appendix H, page 138.

¹⁰ Iridology is a science using the patterns and discoloration in the irises to diagnose the body's condition without expensive dangerous X-rays or exploratory surgery. Each tiny area relates to a body part or system.

“Please, don’t be frightened. I’m no Iridillogical expert, but I think we should get you to Cedars-Sinai Hospital. You might have a little problem that could become a big problem.”

“But you don’t believe in doctors.”

“Disease is a natural process whereby the body cleanses itself of accumulated toxins that it hasn’t been able to eliminate. Most often the body just needs good nutrition and time. But I think your IUD is causing problems. It’s a foreign object that requires a mechanic to remove it.”

Susan laid tensely on the examination table with her legs spread and feet in stirrups. The doctor (in his early thirties, as I was) pulled his scissors clamp from her crotch. In its clasp was Susan’s IUD string. It had become disconnected from the IUD. Her tissue acids had dissolved the end like cat gut.

“Susan’s IUD punctured through her uterus and floats somewhere in her abdomen,” the doctor said. “We have to perform emergency surgery. It could cause peritonitis, which can be fatal. You may lose your uterus.”

Susan looked as if the wind had been knocked out of her.

“Doctor, can we take this one step at a time?” I asked. “Since infections are the body’s response to foreign or toxic substances, when you remove the IUD you will eliminate the primary cause for severe infection (if Susan has one). Then her uterus will heal.”

“If I get inside and find an infection that I consider dangerous, I will have to remove her uterus.”

“Couldn’t you give her body a week to see if it heals first?” I asked.

“If it looks bad, I’ll remove it.”

“I don’t like taking this attitude, but you leave me no choice. If you remove her uterus without giving her body a chance to cease the infection, we will file suit against you and this hospital. Please, be clear that this will be personal against you because your treatment of Susan is personal. When she signs the release for surgery, there will be a clause stating that you are not to do anything other than remove the IUD and possibly stitch the tear in her uterus, if necessary.”

“We refuse to operate at all, then.”

“Since we are in agreement that Susan needs emergency surgery to remove the IUD, why can’t you just do that?”

“I’m not going to go inside her with shackles on. I need the freedom to do what I think is right.”

“May I remind you of your oath. If you or any other qualified surgeon here refuses to perform the agreed upon necessary surgery, anything, anything from peritonitis to pneumonia to death that happens to Susan from this moment on, I will see that you and this hospital are swamped with litigation. All I’m asking is for you to give her a chance to heal with the IUD removed. You can always remove her uterus tomorrow or the next day if her condition gets serious, correct?”

He looked deep into my eyes. He must have seen inside me and knew I meant it because his attitude changed.

“Yes, sir,” he said respectfully. “Administration will give you a release. I’ll accept it with your limitation clause.”

“I’m sorry I felt it necessary to be so aggressive. Maybe I should have been more patient.”

“No. You haven’t been unreasonable,” he said.

I sat in the lounge while Susan had surgery. The doctor approached me. He smiled and said, “Susan is fine. We easily found the IUD and the infection looks as if it will go quickly. She has an inch long incision at the base of her belly button that is hardly noticeable.”

My eyes filled, “Thank you, doctor.”

Standing over Jeff, I realize that I have to let go of my anxiety about his unnecessary abdominal surgery. But I wonder, Why is it that doctors don’t use Iridology as a safe diagnostic tool? Is it because it would not generate great profits? I can’t think about that now, I must concentrate on what will benefit Jeff.

“Doctor,” I say, “my son is much more likely to recover from his coma if we take him off medication.”

He looks terrified and says, “That is not possible. He will have seizures and infections without medication. Then everything we do for him will be for nothing.”

“I am feeding him enough unsalted raw butter to prevent seizures,” I say.

“You are feeding him what?” he asks.

“Raw fat prevents seizures. I put it under his tongue every twenty to forty minutes. We have to take the chance or he will remain a vegetable or die.”

“No,” he says and looks to Mary for support.

Looking frightened, Mary says to me, “I appreciate whatever you can do, but the doctors know more about this than you. Please.”

“Remember Monica? How is Jeff going to recover from his coma and eat if he’s drugged unconscious?” I ask.

“Please, Aajonus, don’t make things more difficult for everybody,” Mary says firmly.

I remember the Dilantin looking exactly like the raw custard. I will sabotage the medication.

I go into the anteroom, unpack my blender and food. I make a thinner-than-usual raw custard.¹¹ I sit and eat some, waiting for everyone to leave.

Finally, I am alone with Jeff. I want to increase Jeff’s thirst for juices, so I turn down the drip-speed of his I.V. I remind myself that the honey I am giving him eliminates his need for sugar water. I wish I could remove the I.V.

I lift a fork from the food tray and bend back one prong. I return to the anteroom and stick the bent prong in the medicine cabinet’s lock. The lock is loose and seems broken. I jiggle it until it turns and opens. I wonder if this act is a crime. Could I go to jail for trying to save my son?

Trembling, I empty the contents of two bottles of Dilantin into the sink. It has such a strong odor, anybody who walks in might be suspicious. I rinse it down with cold water. I take a Dilantin bottle and pour in the custard. The bottle neck is small and the custard so thick it spills all over. I am so nervous I can barely manage tapping the bottle on my palm to get the custard to enter and settle.

One finished, I lift the other bottle and fill it with custard. I wipe both bottles and cap them. I hear someone in the hallway. I return the bottles to the cabinet and close it just as the nurse enters. She doesn’t stop or say anything. I wipe the sink so she won’t notice me trembling. I hope she doesn’t notice the cabinet isn’t locked.

She walks to Jeff and injects a syringe into the catheter on his I.V. She notices the I.V. speed is slow. She turns it up. She empties only half a

¹¹ I blend 2 raw eggs, 4 tablespoons unsalted raw butter, a quarter of a fresh papaya (skinned and seeded) and 2 tablespoons unheated honey.

cubic centimeter into his blood and leaves the needle inserted. I join her.

“What’s that?” I ask.

“It’s too strong to put more than a little in his blood at a time. I’ll be back every ten minutes until the syringe is empty,” she says, walking out.

I turn down the I.V. speed. I wonder why she didn’t answer my question. The drug is probably to keep Jeff’s blood pressure low. Low blood pressure in his condition interferes with healing. And if Jeff is anything like me, he could die from low blood pressure.

I remove the syringe and empty its contents into the sink. I refill the syringe with a solution of Evian water and a drop of honey. I tremble again. I have barely completed the task when the nurse returns.

I watch her squeeze the syringe. A little water/honey mix enters the I.V. and Jeff’s veins. A wave of relief passes over me. She notices the drip is slow again. Looking puzzled, she turns it up and leaves again.

I turn the I.V. speed down. I return to the anteroom and insert the bent prong into the cabinet and lock it.

Realizing I have done all I can for awhile, I leave.

As I drive to Mom and Dad’s for some rest and relaxation, I realize I am not afraid of harming Jeff. In life and death situations in the past I have been afraid that something I did would go wrong. This is the riskiest and most dangerous circumstance I have been in. Yet, I feel undaunted, fearless.

Have I lost my friggin’ mind? What am I doing?!



I steer the car into my parents’ driveway. Their home is a few miles from the hospital and near a hill top overlooking the autumn-colored valley. The neighborhood is slightly more urbanized than the hospital’s.

“Hi,” I say as I enter the house. Mom, Dad and Doug sit at the dining

table.

They all say hello. Mom stands and clears their early luncheon dishes while Doug finishes eating.

“Any change?” Mom asks.

“Not that I could prove,” I say.

It is a surprise seeing Doug here. I have forgiven him for the sixteen years of his brutality when we were children. I can't forget it. Doug and I have not been able to relate as loving brothers in all of these years.

“Glad you came,” Doug mumbles. “Sorry about Jeff.”

I give him a hug. It is awkward for both of us. It is the first sincere hug of our lives. Optimists see benefit in every calamity; cynics see calamity in every benefit. Which is this?

I sink into the shallow modern tub. I wonder what happened to old-fashioned deep tubs, where you could immerse your entire body and bathe in luxury. As the water slaps the sides, my thoughts drift to Jeff. What if he is crippled for life?! He may never be able to take a bath when he wants. He may never be able to do anything by himself. Would he rather die?

I remember wanting to die. It was midsummer on Jekyll Island, Georgia. My girlfriend, Owanza, and I were walking to the beach a block away. I spotted a patch of beautiful white mushrooms in a neighbor's yard. (I had identified and eaten mushrooms in the island's woods from the time I had arrived six months earlier.) Because these mushrooms resembled a poisonous amanita, I cleared the ground at the base of one of them. I searched it for a cup-like lip that the similar-looking amanita forms. I didn't find one, so Owanza and I shared a tasty mushroom the size of my fist. I ate two thirds and she ate a third. I remember she had had breakfast, I hadn't.

We talked and strolled the north beach where few people were that early hour, along the sudsy ebb and flow where sandpipers dashed in and out spearing the sand with their long thin beaks. The shrimp boats just beyond the sandbars tooted. Two hours later and three miles up the beach, Owanza vomited again and again. She had had terminal cancer. Becoming weak and vomiting was common for her back then. All of the mushroom and part of her breakfast seeped into the sand or washed

into the ocean.

We walked a short distance to the road hoping to see someone we knew to give us a ride home. Then I began feeling shaky, dizzy and exhausted. I realized we had eaten a poisonous mushroom.

I wondered why I hadn't felt nauseous. Why hadn't my body reject it as Owanza's body had? Of course, the vagus nerve to my stomach had been severed in the surgery for my stomach cancer. My body's ability to defend itself from such a mistake had been damaged. I felt an ominous sensation, like I was about to enter the twilight zone.

I waved my arms to stop a car and the couple took us home. At home I began to vomit. Nothing spilled but saliva and hot acidic gases that burned my throat, sinuses and nostrils.

Within another half hour, muscles in my feet and legs began to cramp. I fell to the bathroom floor. The cramps traveled to my head. Every muscle, including my facial muscles, was in a lumpy knot. Pain was excruciating. I twisted into a fetal position.

Owanza tried to help but when she touched me the cramps worsened. I couldn't speak. I moaned and tears streamed from my eyes. Owanza began to weep. My muscles, locked in knots and started to spasm. The next twenty minutes seemed an eternity. I fell unconscious from pain and exhaustion.

I awakened about twenty minutes later, tired and very thirsty. I got off the floor. Immediately, my feet and legs cramped. I fell to the floor. I asked Owanza to get me some water, fast. I guzzled a quart just before the cramps reached my hands. Again, I laid in a painfully twisted fetal position for fifteen minutes and passed out.

I awakened twenty minutes later thirsty and having to urinate. Cautiously, I moved my hands and arms to see if movement would initiate cramps. My limbs felt foreign, detached, but I had no cramps. I carefully flexed my toes. The cycle of cramps started again.

"I'll call your mother," Owanza said trembling.

"No! She'll put me in a hospital and I'll be dead within days. People die from mushroom poisoning because they dehydrate and the poisons in the mushroom dissolve their livers. Please get me some water, quickly."

I realized that the slightest flex of any muscle from my toes to my crotch initiated cramps. I crawled on my belly, using my arms to pull

myself around the house. I urinated into a bottle while lying on the floor. I carefully and slowly hoisted myself on to the toilet to defecate - as if I were paralyzed from the waist down - after which I was exhausted. Breathing was exhausting.

Unless I accidentally flexed my lower extremities or grasped either of my hands too tightly, the cycle was every hour. Like clockwork, twenty minutes conscious taking care of myself, twenty in excruciating cramps and twenty unconscious. My liver was in constant pain, sometimes mildly, other times severely.

By the fourth day I had consumed six pounds of unsalted raw butter, two dozen bananas, two dozen raw eggs and eight gallons of water. Yet I was twenty pounds lighter. Now I could move my lower half, slowly, without causing cramps. The cycle jumped to once every four hours.

I went to the neighbor's yard and dug deep under one of those mushrooms. I found that it had a cup-like lip one and a half inches below the dirt's surface. I wondered what had caused these mushrooms to deform. I figured it had been a chemical fertilizer or weed killer.

I had eaten the mushroom nicknamed "Death Cap". Several books claimed that every person on record who had eaten a half thumb-sized amount of the mushroom had died. I had eaten fifteen times that. One book stated, "Death usually comes within ten days and it is welcomed."

I thought that I would get used to the pain, but I didn't. On the tenth day, the cramps diminished to as few as four a day. Now Owanza could touch me. She rubbed my feet often, gently and kindly for hours at a time. It was the only thing I enjoyed.

The cramps continued for ten weeks. I had come almost full circle to where I had been after my cancer therapies: semi-invalid. I developed chronic fatigue syndrome again. If I walked two miles, it took me two weeks to recuperate. Many days, simple tasks like brushing my teeth took an act of God.

I lost most of my pleasurable sensations. Before, when I walked in the woods I had felt a connection to every living thing, like feelings one has for loved ones. It was comforting, invigorating. Before, I was moved by colors the way music evokes feelings. Now, I felt nothing from colors or the woods. I was dead and in hell. Most everything smelled repulsive. Noise drove me crazy. I remember a hyperactive mockingbird that hung around for weeks. It was all I could do to keep

from buying a gun and shooting it. The sound of barking instantly drove me into panic and fury. I constantly forced myself to be kind and understanding although I felt destructive and chaotic. I had to eat every two hours to keep a semblance of equilibrium but I was never hungry.

After being that way for over three years, I feared I might remain that way for life. I worked hard at being optimistic. But often I wanted to die. I experimented and learned that a little cooked starches in combination with raw fat and fresh fruit could control my depression and rage. (This experience inspired me to ponder about how much violence is a result of ill health. I speculated that most is.) Now, almost six years later, I am mostly happy again. I triumphed over death, against all odds again. And I healed without being crippled.

As I fall asleep in the warm bath I wonder, again: How will Jeff fare? If he lives, will he be completely paralyzed? Will he be happy?

Mom and I walk back into Jeff's hospital room at 4:45 p.m. (twenty-four hours after my arrival). I carry a small cooler of food. A nurse stands at one side of the bed, Ben sits at the other. Margaret and a volunteer stand at the end of the bed. Everyone has more energy. They seem optimistic and more relaxed. I feel relieved.

As I pass behind the volunteer, I see that Jeff's eyes are open. He sees me and his eyes widen. His left eyebrow rises and his mouth opens in a left-sided laugh. He lifts his left arm, greeting me. Ben smiles but looks hurt. The nurse looks shocked, and says to no one in particular, "Who's he that gets such a hello?"

"Jeff's lucky, he has two fathers," Ben says with a tense smile.

No wonder everyone is more cheerful; Jeff recovered from his coma!

Within moments Jeff falls asleep. We say our greetings and Mom cuts the tension with light talk. After the nurse checks Jeff's vital signs, I put honey/butter under his tongue.

Another nurse escorts Dr. Braisley into the room. She nods toward me, smiles wryly at the doctor and walks out. Dr. Braisley approaches me. We formally introduce ourselves.

"Can we talk in the hall?" the doctor asks Ben and me. We follow him.

"I know it's a miracle that Jeff's out of the coma but it may not be a

blessing. His brain damage is extensive. Although the body can repair the brain, brain cells don't reproduce like other cells. Jeff will have very little control over his body."

"Last evening, I watched him yank his catheter out. It took his mother and two nurses to wrest him still," I counter.

"That was an unconscious body response. He will have no conscious control. He won't be able to take care of himself, even feed himself," the doctor says and pauses.

"His brain is cleaning and healing. When I walked in today, he smiled and raised his entire left arm and waved at me (even though it looked more like a Nazi salute)," I say, hoping humor will lighten the tension. "And he hasn't seen me in four years! For his brain to assimilate and respond on that data in that manner he can hardly be considered a vegetable."

"He did?" the doctor asks looking to Ben.

Ben nods, yes.

"Two-year-olds recognize their parents. They can wave, smile and even laugh, but Jeff will never be normal. He will not have control of his right side. He will never walk."

I look at Ben and see in his face the memories and hardships that he and Mary experienced with their daughter who had been paraplegic. She did not properly develop hip bones. I remember seeing a picture of her with black hair, sprightly look and kind demeanor. I recall Jeff and Mom telling me that she was always cheerful and sweet. She died on the operating table when she was six years old. Although that was ten years ago, the thought of Jeff being crippled seems to regurgitate those feelings in Ben. I feel angry at the doctor for his hopeless prognosis.

"The fluids that have built up under Jeff's skull are putting pressure on the brain and causing further damage. We are going to operate in the morning and drain them."

The idea of them drilling panics me. I take two deep breaths slowly. The doctor assumes that my pause is agreement, so I blurt out, "It will only create more problems for Jeff to heal."

They look as if I've punched them. The doctor regains composure and says, "I understand your concern but I will drill small holes from which we can draw out the fluids as they build. This kind of procedure has risk but much to gain."

“You told everyone he would die, no question,” I say. “The fluids that are in his brain supply healing nutrients and cleanse dead tissue. The raw fats I have been giving him have made that natural process possible, and he recovered from his coma. With the concentrated raw fat, his body will not call for more fluids than the areas need to cleanse and heal. We need to supply the proper nutrients, be patient and let his body heal. Jeff will get better.”

Ben’s face shows shock and fear. I don’t believe he had ever heard anyone refute a doctor.

Smiling patronizingly, the doctor says, “As I said, it is a miracle that Jeff is out of his coma, but the water on his brain is a fact. We have to remove it.”

“Let me share my position with you,” I say getting in his face. “You don’t know the logic of Jeff’s healing, so you call it a bizarre miracle. But it is a natural miracle. You know disease and how to attack the body. You drill it, pound it, poison it, sedate it, trying to eliminate symptoms and not causes. This may be over-simplification, but the point is infallible: Are people hyperactive because they’re deficient in sedatives? Do diabetics’ pancreases stop producing insulin because they’re deficient in insulin? Do people have pain because they’re deficient in aspirin? Jeff’s brain isn’t swelling with fluids because he needs holes in his head. Jeff would not be in this hospital if it weren’t for Mary and Ben’s wishes. But be very sure that I will use whatever power I have to stop you from performing any more surgeries on Jeff.”

Ben, cringing, remains silent.

Dr. Braisley, flabbergasted, says, “Very well, then. If we are going to treat Jeff with diet then we will tube-feed him.”

“If we get him sober he can eat,” I say.

“If he isn’t eating solid food within twenty-four hours we will tube-feed him! I will at least do that,” the doctor says, turns and leaves, ignoring my hint about medication.

“Give him a chance,” I say after the doctor.

I know that the foods they will tube-feed Jeff will be too deficient in nutrients for healing but I say no more.

“Relax, Ben, that was a victory for Jeff.”

Ben walks away without saying anything.

I walk back into Jeff’s room. I put honey/butter under his tongue. A

repairman comes into the anteroom. He checks the medicine cabinet. I watch him replace the lock. I wonder if I'll be able to get back in there. After the repairman leaves, I make Jeff ten ounces of raw custard.

"Jeff, buddy. Wake up and eat. You will heal properly and more easily."

His eyes open and his mouth drops. I place a half spoonful of custard on his tongue. I close his mouth and bring his head level so he won't choke. I gently glide my fingers downward along his Adam's apple encouraging him to swallow. He swallows it!

I give him another half spoonful, rub his throat and he swallows. I give him another and he swallows but coughs a little. His cough grows violent. He turns red choking.

I take the vacuum hose and insert it deep into his throat. Globes of mucus with the food flow through the tube. Jeff chokes on the tube as if he will vomit, but I finish clearing his esophagus and he doesn't. I give his throat muscles and nerves several minutes to relax.

I feed him another half spoonful. I gently stroke his throat. He swallows. He coughs a little and settles. I give him more. He coughs violently and chokes. I insert the tube deep and suction the mucus. He produces mucus faster than I can feed him. If I suction his throat before every other bite I'll prevent mucus from blocking his throat, I realize. But right now I'd better let him relax for four or five minutes.

I see that feedings will be long and painful for both of us. But he is eating!

Ben and Margaret return with coffee. They stand over Jeff watching him sleep. Jeff looks exhausted but more relaxed.

"Jeff kept down about three and a half ounces of custard," I say. "He choked a lot, but he kept down that much."

Ben and Margaret seem encouraged. Ben wipes the sweat off of Jeff's brow. Jeff would love to be aware of this. He has always resented Ben's aloofness.¹² Ben strokes Jeff's head again affectionately. He sits and stares at nothing. Should I try to talk with him? No, I don't want Ben to feel comfortable enough with me to counter my wishes with the doctors. I feed Jeff a little honey/butter to alleviate pain and to continue cleansing

¹² See Appendix I, page 139.

his internal wounds.

“Would you like to get anything to eat?” Margaret asks me.

“I brought food, thank you.”

“How about some hot chocolate? It has milk in it.”

“It would make me hyperactive, jittery.¹³ But I’ll go with you if you’d like.”

“Yes, that would be nice,” Margaret says and stands.

We walk to Intensive Care lounge without saying a word. I realize that I haven’t seen Margaret since the day Willy and I built Jeff’s swing when Jeff was two. The lounge is empty. We sit. I fear I’m in for a lecture.

“So, how’s California?” she asks.

“I’ve moved away four times but I keep going back to Los Angeles. So, except for pollution, I guess it’s still the promised land for me, for now.”

“I hear you’re on quite a strict diet.”

“Very politely put, thank you.”

“I want you to know that I never gave up on you. Some things just don’t work out.”

“And all these years, like Mary, I thought you despised me. You have every right to, you know.”

“Believe me, I know,” she says laughing.

We have a pleasant talk and I repeat a few of the stories I told Mary.

9

Monday, September 29th

Mary’s arrival wakes me. I reposition my numb and sore bottom on the chair. It’s 7 a.m. She and Ben go for coffee. Rather than awaken Jeff, I put honey/butter under his tongue. An attendant brings in a food tray. The nurse checks Jeff’s vital signs.

¹³ Chocolate has theobromine and caffeine - two nerve irritants called stimulants.

Mary returns without Ben and immediately assists the nurse. Mary inserts a straw in a carton of orange juice. I cringe because I know this juice is pasteurized and much more acidic than fresh. All of its enzymes and at least 50% of its vitamins are dead and some radical,¹⁴ and the minerals are unstable and radical. It will give Jeff very little with which to heal and will burn his throat.

“Jeff! It’s time to eat something. C’mon, drink some juice,” says the nurse waking him.

“Jeff, welcome back, boy. Help us out here. You need to get your strength up. Sip a little, now,” Mary says.

Jeff sips and immediately chokes violently. Mary vacuums his throat.

“That was a good try,” says the nurse.

“Try again, Jeff,” Mary says.

Jeff sips and instantly chokes again. Mary vacuums his throat. I can’t stand here and keep my mouth shut, so I go to the anteroom. I juice several oranges.

I return to Jeff’s bedside and exchange orange juices. Mary and the nurse give me looks.

“Which would you rather drink?” I ask.

They raise their eyebrows in agreement and feed Jeff the fresh juice. I go for a walk.

Forty-five minutes later I reenter the room. Mary sits on the bed talking to Jeff who mumbles incoherently. She seems to understand a little but I can’t understand a word. Jeff dozes off.

“I guess Ben told you the doctor said Jeff will be a vegetable,” I say.

“Yes,” Mary says with her eyes filling.

“It doesn’t have to be that way. The doctors’ prior prognosis was that he’d definitely die, no question. They say his brain is permanently damaged. That’s not necessarily so.

“For example, nine years ago a man named Louis came into Aunt Tilly’s Too, the health food store where I was the nutritionist. He was a thirty-two-year-old man with a masters degree in Library Science. He

¹⁴ A "radical" vitamin or mineral means that the structure has become brittle and/or sharp, and/or the chemistry has become dangerously acidic. Radicals irritate all types of cells, including blood.

approached me. It took him four and a half minutes to ask a simple question.

“At first, I thought he had a severe stuttering problem. But he didn’t stumble consistently on consonants. Sometimes he stumbled on vowels. Mostly he stumbled trying to articulate thoughts. Among his many problems, all of his glands were overactive. His nervous system could never keep up with them. He had low blood sugar and protein levels. As a result, I assessed he had severe delays between the analytical, decision-making process and motor response. So his problem was complex. Just like Jeff’s.

“After a fifteen minute conversation that took an hour, I presumed that Louis had been this way most of his life. His condition was so normal to himself that he had little awareness of his difference from others. He wondered why he had no real friends. I thought to myself, who has the time or patience?! I did.

“First, I suggested he eat all raw foods and eliminate all of the vitamin, mineral and protein supplements that he consumed.”

“You don’t believe in vitamin supplements?” Mary asks shocked.

“I suggest eating fresh foods that are rich in balanced bioactive enzymes, vitamins and minerals for optimal health rather than consuming supplements.¹⁵ Anyway, Louis showed immediate results. Within six months, a fifteen minute conversation took only forty minutes.”

“When did you develop all this patience? My God, I’d go crazy if I had to listen to someone take forever to have a conversation,” Mary says.

“Look back at the patience you had with your daughter. My patience came with better health.”

Mary nods. “How’s Louis now?”

“Patience. I realized that Louis must have had synapse, axon and/or ganglia damage or mutation. I deduced that if he ate fresh raw ocean fish and raw organically raised free-range fowl, his body could regenerate and rebuild those nerves.”

“Yuk,” Mary says.

“An aversion to flesh food is either conceptual or you’re an herbivore. Herbivores have hooves. I don’t remember you having hooves.”

Mary smiles wryly and says, “It’s the fact that it’s raw!”

“That’s what I said, conceptual. Although Louis only ate raw fish or

¹⁵ See Appendix K, page 140.

fowl twice a month, within a year he managed a fifteen minute conversation in thirty minutes. That was half his original time. If we feed Jeff raw meats while his body focuses on healing the brain, he should be able to repair himself in less time than Louis.”

“What about worms and salmonella?” Mary says alarmed and repulsed.

“Intestinal worms do not thrive in healthy cells. When an intestine becomes excessively toxic and massive tissue degenerates, worms can thrive. Parasites actually help eliminate dead, weak and dangerous degenerative cells. They consume these damaged cells and break them down into substances that the body can most easily eliminate.

“Or the body can produce virus to dissolve the toxic degenerative tissue, or it can produce a bacterial infection to consume organic degenerative tissue, but those processes usually take more time and are more exhausting. Parasites are always the best and quickest the body can do to cleanse. Jeff’s irises indicate he is not in danger of parasites.

“Now, regarding salmonella and similar bacteria. Normally, foods that naturally contain these bacteria produce a putrid odor when the bacterial count gets high. If you worry about bacteria, when meat stinks don’t eat it. The bacterial count in cooked meat and eggs will grow as much as sixty times higher than in raw food. The waste products from bacteria that feeds on cooked food is 10-100 times more toxic than the waste products from bacteria feeding on raw rood. That’s why in our advanced society, bacterial food-poisoning is from cooked, packaged or restaurant food. I will not feed Jeff stinky meat.”

“I must be as crazy as you. If it works, do it,” Mary says.

“May I ask you something?”

“What?”

“Why didn’t you want me here? After all these years, why do you still hate me?”

Mary looks straight into my eyes for a moment. “When Jeff had his tonsils removed, I submitted the Teamster’s insurance forms that you sent when you worked as a dispatcher for that trucking company. I waited months. The Teamsters said they sent you the check because it was your insurance. The check had been cashed. How could you do such a thing?”

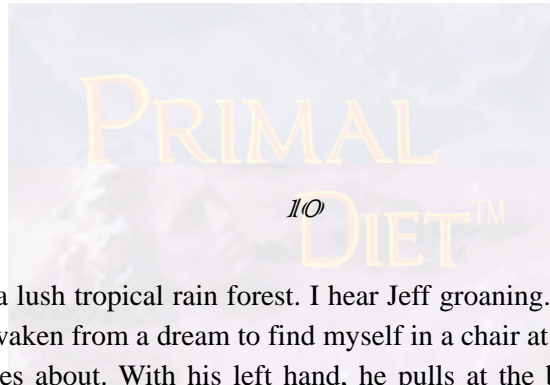
“I remember receiving insurance checks regularly for all my medical

bills back then. I automatically sent them to the doctors. One of my doctors got a hearty, undeserved tip. Why didn't you call me? I could have looked into it. I had no idea. Mary, I would never purposely do anything like that to you and Jeff."

She looks at me, then touches my hand. "You trying to live forever?"

"How long isn't all that important to me. How healthy and happy I am while I'm alive is important."

She looks at me pensively and smiles.



I am in a lush tropical rain forest. I hear Jeff groaning. He sounds far away. I awaken from a dream to find myself in a chair at Jeff's bedside. He thrashes about. With his left hand, he pulls at the boards binding both hands and arms. I look around. Thank God no one is here to see this.

"Jeff, please. If you pull your tubes and all, the nurses and doctors will sedate you. Or they'll give you a paralyzing drug. You won't be able to eat to get well. It's okay to thrash about if only I am here but please don't pull your tubes."

He continues thrashing but stops pulling at the boards.

"Great, that's good exercise."

I place my fingers in his left palm.

"Can you grip my fingers? Squeeze, let me feel your strength."

His grip is shaky with little strength but he does it.

"Terrific, you're controlling some movements! Now squeeze my fingers with your right hand."

His hand doesn't respond. He furrows his brow despondently.

"It's okay. Give it time. Your car won't recover but you will." Should I be telling him that, I wonder. Do I know enough to help Jeff get through this?

When I didn't know as much as I do now, I was not always successful with my nutritional advice. Failing Lanny was a disappointment to me.¹⁶ In his late thirties Lanny became severely schizophrenic and depressed. He had been to doctors and they told him that cures were rare and that a lifetime of medication was his only solution. Several years later doctors convinced him that thyroid removal might help. It did briefly. Then he was labeled incurable and forever dependent on thyroid hormones and antidepressants.

I failed Lanny before doctors convinced him to let them remove his thyroid. I was still a diehard fruitarian/vegetarian. I had encouraged him to fast and follow a raw fruitarian/vegetarian diet. His digestion improved. He felt better. But he was prone to low blood sugar (hypoglycemia). I didn't realize then - I was this ignorant - that a fruitarian or vegetarian diet is often rapid debilitation for people with hypoglycemia. Fasting - starving the body - is rapid debilitation for almost every body. Nor did I recognize at the time that hypoglycemia and protein deficiency are the main cause of depression.¹⁷

My suggestions were more harmful than helpful to Lanny. Lanny has not been open to my suggestions since. He continues to suffer terribly unless heavily medicated. With or without medication, the most he can do is take care of his basic needs. He cannot work. I miss his vitality, intelligence, compassion and humor.

"Awwwsssooot mmaaaph," Jeff groans and releases me from my misery.

"Jeff, how about eating some custard?"

"Uhhheeeuuuhnnn," he says and I take it as a yes.

I make a raw custard in five minutes. I raise Jeff's bed so he sits erect as possible.

"You have been having difficulty swallowing. I have had to vacuum your throat a lot. But be patient with yourself. You are doing very well. The doctor said it is a miracle that you are recovering. It is. A natural miracle that depends upon you eating these wonderful live foods that give you their life. In time you won't have any difficulty swallowing. But right now, accept it as a challenge. Okay? I love you, Jeff. I've always wished I could show you that. Lanny said that if I really wanted

¹⁶ Lanny was not a client but I had encouraged him toward a dietary solution.

¹⁷ See Appendix L, page 141.

to, I would have. I suppose that may be true but I've been focusing on getting myself well all these years. Open a little wider, kiddo. This isn't a baby spoon."

He chews a little and swallows on his own. I give him another spoonful. He gets it down easily. I feed him another. He chokes. I vacuum his throat. We start again.

Tuesday, September 30th

I open the shades and see the sunrise over the autumn trees on my third morning in the hospital. The parking lot is filling with employees arriving for the next shift and early callers paying visits to loved ones before they go to work. Mary sleeps peacefully but looks uncomfortable sitting in a chair with two blankets wrapped around her; one around her upper body and one around her lap and legs.

"Aashama, aamaa sirsa," Jeff says awakening Mary.

She approaches him, "Did you say you're thirsty, Jeff?"

"Yyyeeehhsss."

"You understood that?!" I whisper to her.

"We've known each other for awhile."

"I know, stupid question," I say as I reach for Perrier water.

Jeff's left leg moves.

"Did you see that?! He moved his left leg a little. And he's conscious."

"I didn't see," Mary says. "Jeff, can you move your left leg? Try."

He lifts it. He looks at it. It drops.

"Hey boy, you did it! All right!" Mary says.

"Siiirssa!" Jeff grumbles.

"Just a minute, kid, give us a break here. Maybe you're not impressed that you moved your leg, but we are," Mary says.

I pour some Perrier water into a cup.

"Siiirssaaa!" Jeff grumbles.

"Chill out! Aajonus is pouring you some water right this second."

I hand Mary the cup of water with a straw.

"Don't you think the bubbles will make him choke more?" Mary asks.

“He needs as much oxygen to his brain as possible. Natural carbonation somehow increases nitrogen in the digestive tract and oxygen in the blood. Also, the high natural mineral content will bind with toxic substances and neutralize them. It will reduce water-on-the-brain. Sip just a little at a time, Jeff.”

He sips. He swallows and coughs a little.

“Good, sweetheart,” Mary soothes. “When you’re ready just sip.”

Jeff lifts his head toward the straw, sips and coughs violently. I vacuum deep into his throat. He gags and spits up.

“Let’s elevate him higher so he sits erect. He’ll probably be able to swallow more easily,” I say.

Jeff reaches for the cup with his left arm and spills it on himself and the bed.

“Wait a minute, Jeff,” Mary says admonishingly, but delighted by his enthusiasm for water. “Aajonus has to raise the bed. We’ll pour you some more.”

Jeff looks down at the wetness.

“We were gonna change your bed anyway. You get a bath every morning right here in bed,” Mary consoles. “I have to go to work for a change, but Ben, Aajonus and the nurses will bathe and shave you very soon.”

Just as she says that, Ben arrives. He walks over to Mary and touches her shoulder. She hands him the cup.

“Jeff’s demanding like his old self again,” Mary tells Ben. “I told him you’d help with his bath. I need to go clean up for work. Call every couple of hours, would you?” Ben smiles and nods, towering over her. “Don’t cause too much trouble, kid,” she teases Jeff. She says good-bye and leaves.

“Aaaterrrrr!” Jeff grumbles.

Ben sits on the bed. He gives Jeff a sip of water. Jeff swallows. He takes another sip and coughs violently. I vacuum his throat. Ben gives him a couple more swallows.

The nurse enters and announces, “We’re taking Jeff down for a CAT scan.”

It is several hours after the CAT scan. Dr. Braisley approaches me in

the hall on my way to Jeff's room, "The water on Jeff's brain has diminished. But his progress is as good as it's going to get. If he makes it out of intensive care, think about a long-term facility where they can care for him properly. Call my office and someone will supply you with names of facilities that handle chronic invalids." The doctor gestures toward the nurse beside him, "We will begin tube-feeding him."

"Excuse me, you said that only if he weren't eating solid food would you tube-feed him. He's eaten custard with eggs, mashed potatoes and butter," I say.

"He's not getting any protein."

"Correct me if I'm wrong, doesn't science consider eggs protein?" I ask.

"He's not eating enough. He's almost skin and bones."

"That's an exaggeration, doctor, and you know it. I'm sorry, you cannot tube-feed him. Swallowing is good exercise for his head and brain. Tube-feeding will cause more irritation and damage to his throat. Yesterday, Jeff wasn't eating at all. In the last twenty-four hours he's consumed six ounces of custard which consisted of three eggs, 2 tablespoons of butter with one ounce honey. Plus he's eaten two ounces of mashed potatoes with butter," I say.

"By tomorrow, he'd better be eating twice that much or we will tube-feed him," the doctor says and walks away.

The nurse gives me a disparaging look and walks away.

I remind myself that Jeff can make fast progress. I recollect how quickly Ray's wife responded in a crisis.

Ray was slender, well-educated and a gentle man. He came into Aunt Tilly's asking about supplements for his wife. He told me that she had a malignant tumor wrapped like an octopus around her brain stem. The doctors thought that the tumor had been forming for years. They told Ray that his wife would not live more than a few months. That the only chance she had was an operation to cut away the tumor and scrape the brain stem. They said her chances of surviving the operation were remote.

I suggested that Ray refuse the surgery and feed his wife a blend of fresh raw tomatoes, stone-pressed wheat germ oil¹⁸ and a primary yeast¹⁹

¹⁸ A chemically unprocessed, completely cold-pressed (under 86 degrees Fahrenheit) refrigerated wheat germ is what I recommended and Ray used, but

three times daily. And as much fresh carrot juice as she wanted.²⁰

“I don’t know about calling off the surgery, but I’ll give your suggestions a try. Thank you for your help,” Ray said. He turned in the aisle and walked toward produce.

Four weeks later, Ray returned, looking forlorn.

“I guess my suggestions didn’t work,” I said.

“On the contrary. The day I talked with you the tests showed that the tumor was solidly adhered to her brain stem. She ate what you suggested and ten days later, when the doctors removed the tumor, it had ‘miraculously detached’ (their wording). But they scraped the brain stem anyway, fearing metastasis. She’s been in a coma for weeks. They don’t expect her to come out of it.”

Back then, I didn’t know anything about how to help someone recover from coma, so I wasn’t able to help her further. But just as Ray’s wife had responded quickly, so could Jeff. I won’t let Dr. Braisley confuse me. I’ll trust my intuition that everything will be fine.

Again, I stand looking at the locked medicine cabinet. I have a fresh custard sitting on the counter. I insert the bent prong of the fork into the new lock and turn. “Please, please open,” I chant to myself. It opens more easily than the broken one did! I remove the fresh bottles of Dilantin and close the cabinet. I dump the drug into the sink, wash it down the drain with cold water and fill the bottle's with raw custard..

I sit close to Jeff’s bedside reading and memorizing the play I am to perform three days from now.

“Maaarrouwssiss fouuunigh,” Jeff struggles.

“I’m sorry, Jeff, I can’t understand you. Mary’s gone for something to eat. She’ll be back in about an hour. Are you hungry?”

“Yeaahsss.”

is no longer available. An unheated stone-pressed or granite-pressed olive oil is equivalent.

¹⁹ Grown on the whey of raw milk without ever being heated above 96 degrees Fahrenheit.

²⁰ See Appendix M, page 143.

“Would you like to try something more solid? You will have to chew more to turn it liquid enough to swallow. It will help you regenerate tissue quickly and easily. Shall we give it a try?”

“Yaaahhss.”

I remove two small canning jars from the side table. In one is a combination of room-temperature raw fish, raw beef and unheated honey that I had made into pâté in a food processor. In the other jar is 3 tablespoons of unsalted raw butter. I immerse both jars, lids tight, in the sink full of hot water (only as hot as my hand can take). While I wait for the butter to melt, I raise the bed so Jeff is in a sitting position. Then I pour and mix the melted butter into the pâté to help him swallow.

“Okay, my boy, here we go. I’m going to put only a small amount in your mouth first, to see how you handle it. Okay?”

Jeff’s eyes nod and his mouth opens.

“Open just a little wider, please. Thank you.”

I sweep the pâté into his mouth by passing the spoon over his upper teeth and lip. He sits there in a stupor. “It won’t go down if you let it sit there. You have to chew a little - or suck - to mix saliva with it.” He does both. “That’s excellent. Stay calm and swallow only when you sense it will go down easily. Okay? Good. Great! That’s terrific! You did it! Okay. Would you like another? Good.”

I place another half spoonful in his mouth. He goes into another daze.

“Jeff, you have to chew each time. That’s it.”

He coughs. The cough graduates to choking.

“Don’t panic, you are not going to choke to death.” I vacuum his throat. He settles.

“I’ll tell you what, I’ll vacuum your throat each time before each bite, so mucus will not block your throat and make you choke.”

An hour later, Jeff sleeps peacefully and I sit memorizing the play. Mary returns and I tell her, “Well, he did it. He ate the food that will start repairing his brain quickly and completely.”

“You got him to eat raw meat?” Mary says fearfully.

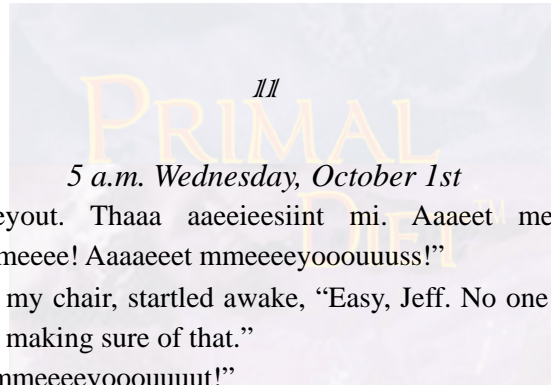
“He swallowed about three ounces before he got tired.”²¹

“Did he choke much?”

“No more than usual.”

“I guess we’ll discover soon enough if it kills or helps him.”

“The first time I ate raw meat, I thought it would kill me, but here I sit,” I say knowing Mary has no idea how literally I meant that.



“Aaet meeyout. Thaaa aaeieesiint mi. Aaaet meeeyooout! Aaeieesiint meeee! Aaaaeeet mmeeeyooouuuss!”

I leap from my chair, startled awake, “Easy, Jeff. No one is going to hurt you. I’m making sure of that.”

“Aaaaaat mmeeeyooouuut!”

“Jeff, it’s okay. If you get too unruly, they’ll drug you. And then, I don’t know if I would be able to feed you so you can heal properly and quickly. Thrash around, if you like. It’s good exercise. But don’t pull your tubes or make too much noise, please.” I seem to have said that fifteen times in the last four days. “Listen, I would like you to think about eating as much custard and meat as you can today. I’m leaving for Los Angeles late this afternoon.”

“Aaernn youu oonna sthaaay!”

“I’ll be back tomorrow night or Friday morning. Tomorrow, you’ll be getting a full injection of a drug I’ve been sabotaging. You need to eat a lot of custard so the raw eggs will prevent the drug from creating too much havoc in your body. I don’t know if your mother will feed you the meat while I’m gone, so it would be beneficial for you to eat as much as possible now. That way you’ll continue healing your brain while I’m gone. Okay?”

²¹ See Appendix N, page 144.

He lifts his right arm as if he were intending to gesture with it but it drops.

“Hey, you moved your right arm! Was that a choice?”

“Iiii ssssothhnnn’t knnnowww.”

“What the heck, try it again.”

His brow furrows. His mouth twists. He exerts tremendous effort. Finally, his right arm raises slowly and rests on his stomach.

“That’s great! Can you move your right leg?”

He moves his left leg fairly easily.

“No, your right leg.”

His right leg doesn’t respond.

“Try one more time.”

Again, he moves his left leg.

“That’s your left leg. Try the other one. I’m touching your right leg, can you feel it?”

He looks bewildered. I pat his shin. He nods.

“Terrific! Can you move it?”

He twists the muscles in his shoulders, neck and face. He bites his lower lip. He rolls his head back. He does all of this to help himself lift the leg. It raises an inch at the knee! He lets go, exhausted.

“You did it, you moved your knee a little! That’s a start.”

“What’s this I hear, you moved your right leg?” says the nurse behind me, startling me.

“He moved his right arm even more.”

“Can I see?” asks the nurse. “Jeff, will you move your right arm for me?”

He tightens the muscles in his shoulders and face again. The arm doesn’t move.

“I know it’s difficult, try again,” says the nurse.

He tries with all of his might. He lifts it an inch and drops it.

“That was pretty good. I put two of my fingers in your right palm, grip as tightly as you can. Try real hard.”

Jeff’s eyes look around but not at anything outside of himself. He seems to search for some connection to those fingers. He doesn’t find any.

“You can’t?” she says more as a statement than a question.

“That’s okay, Jeff. Yesterday you couldn’t move your right arm at all. Maybe tomorrow you’ll move your fingers. No problem. It’s just a matter of time. Okay?” I turn to the nurse and ask, “What time do Jeff’s doctors usually come on Wednesdays?”

“Sometime between ten and two. Usually.”

“Be sure the doctor reads on the chart that Jeff ate five ounces of hamburger between yesterday and this morning,” I say without mentioning the words raw and fish, “Therefore, please, enter on Jeff’s chart that I formally refuse tube-feeding.”

“Are you leaving us?!”

“I’m taking a day’s rest,” I say because I don’t trust that my wishes will be followed if the hospital staff and doctors know I will be gone.

“You certainly deserve it,” she says and turns to Jeff, “Are you ready for your bath, young man?”

“Aaahhh thhhon thiii iiiiit.”

“What was that? I didn’t understand you.”

“He says he doesn’t like sponge baths,” I say.

“That’s what he said?”

“More or less.”

“Well, okay, we’ll postpone it for awhile. Okay, Jeff?” She strokes Jeff’s hair off of his forehead.

“Sssaaan yooouuu.”

“My Lord, he didn’t swear at me, did he?”

“No. He said thank you.”

“You’re welcome, Jeff. I have to check your blood pressure and temperature, okay?”

Jeff nods.

“Good. Thank you.”

“Bath time?” Mary asks as she enters.

“Ssssh, don’t mention bath. Jeff doesn’t like them today. So we’re putting it off for as long as we can,” says the nurse.

“You mean for as long as we can stand him. You want to stink us out, boy?” Mary says. Jeff gets upset.

“She’s teasing you. You know how mothers tease,” I say and take Mary aside. “I’m leaving for a day and a half. I have a rehearsal tonight and a performance tomorrow morning. I was wondering if – I

know I'm asking for a long shot, but-- Would you consider-- Please think about it before you answer, okay?"

Mary says straight-faced, "Is your name Louis?"

"Funny. That was good. Would you be willing to feed Jeff the unheated honey/butter mix, make some raw custard and feed him some raw meat while I'm gone? I'll leave everything you'll need in the cooler here."

"I don't know about the raw meat, but the rest I can handle."

"I have to go buy some eggs, papaya, oranges and bananas for Jeff. I don't feed him the honey/butter mix by itself too often. I mash banana and mix it in. It relaxes his muscles and is better at relieving pain."

"You really have all this nutritional stuff down."

"I'm always working on it. I rely on myself and not doctors for good health. I learned a long time ago that going to allopathic doctors is like playing a state lottery. A handful of people will benefit and millions lose. Regardless, the medical business gets rich. That's just the way it is. Our society makes too many choices based on economics."

"Have you ever met a doctor you respect? Do you think anything they do is beneficial?"

"I respect Dr. Robert Mendelsohn. He's a doctor who realized the medical search-find-destroy methodology is futile. He's written several books about it. And yes, I think that doctors who put disfigured accident victims back together and relocate broken bones are wonderful. But the way doctors treat infection and disease, and conditions like Jeff's, assaults the detoxification and healing processes."

"I don't think I would care to have your view."

"Dr. Mendelsohn once said that the poor are fortunate because they can't afford doctors."

As I park my car, I feel like I've left a dream. I take another deep breath and realize the air quality is bad. Here I am back in Los Angeles after a long day at the hospital, an hour's drive to Cincinnati Airport (in Kentucky), a five-hour flight with a two-hour nap, a taxi from LAX to home in the slums of Beverly Hills and the drive to Hollywood for rehearsal.

I exit my car and approach an old-style Spanish apartment building. I knock on the door and wait a few moments.

Lorain, the director, opens the door and smiles with wide eyes, sparkling, "You're here!"

"I left a message from the airport that I'd be thirty minutes late, you didn't get it?"

"Yes, but I'm just excited that you are here."

"Thanks," I say and wonder what would it be like to always be greeted that way? Hmm...

Lorain, about thirty, very attractive with an educated and relaxed grace says, "I'm happy your son is improving, Aajonus, but I really feel awful that you left him."

"Sixteen to twenty-four hours a day in that hospital has been intense. I couldn't think of a better way to release my tension than doing this. Thank you for your concern."

"I'm glad you're here too. I'm Faye," says the thirtysomething, lean and fit actress with whom I will be working.

"Hi, I'm Aajonus. You look great for the role," I say sincerely.

"And you look great for yours," she says as she flips her short red hair back.

"I know you're tired, so we'll make this rehearsal as brief as possible," says Lorain to me. She shows us stage blocking as she moves agilely around her lovely Spanish-style living room. "These chairs will be the park bench on and around which you will work."

"Before we go any further, I have a reservation," I say, "When I auditioned, I didn't know my character was fighting in the Golden Gloves. I had no idea he was twenty years old. I'm one of those actors who would like to think he can do almost anything, and will try. But, my God, my son's that young."

“Good actors are excused of some imperfections, so don’t worry. This is just an exercise for directors to better learn their craft,” Lorain says.

“Just wanted to admit that I know I’m physically too old for this character.”

“Up close you look like you’re twenty eight or twenty-nine. The audience is going to be at least ten feet away; you’ll look twenty, no problem. You’re perfect or I wouldn’t have cast you.”

“Okay,” I say.

“The two of you are taking a walk together and you come to this park bench, stop and talk. Faye, flirt with him. You’ve been with your stuffy boxing manager boyfriend too long and this young man is refreshing. Aajonus, your character is naïve but loyal. So even though you are aroused by her, you would never make a pass at your manager’s girlfriend. All right? Let’s do it,” Lorain says.

9 a.m. Thursday, October 2nd

Standing in the hall in my apartment, I am on the phone, waiting, dressed for the performance: 1950's slacks and knit short-sleeved shirt.

“Intensive Care Unit,” says a female voice.

“Hi. May I speak with the head nurse, please?”

“One moment, please.”

“This is Mrs. Baine, how may I help you?”

“This is Aajonus. How is my son, Jeff, room 317?”

“Marshall... Oh, you’ll have to ask his doctor, I can’t give out any information.”

“You know how difficult it is to track down a doctor. I’m not going to be around a phone where anyone can reach me for four or five hours. Please, just tell me if Jeff is stable, improved or worsened since yesterday afternoon.”

“He’s not with us anymore.”

“He didn’t die...?!”

“He was transferred from intensive care. You will have to call admissions for his room.”

“My son’s out of danger! Thank you, thank you. He’s not in danger! Have a fabulous day, Mrs. Baine.”

10:40 a.m. at the American Film Institute

I watch forty directing fellows applauding Faye and me enthusiastically. This moment, at the end of a performance, is the only time I allow myself to notice the audience.

Professor Dorn stands and says, “Yes, it was very good.” She waits another moment for everyone to quiet, “But each scene has to be more than that. The actors were interesting. Believable. We could relate to them. But what was missing? Film is visual. Let’s give them action, something to do within their characters. Aajonus is playing a viable contender in the Golden Gloves, right? Aajonus, I would like you to practice your foot and fist work during the scene. Let’s do it again. Actors take your places.”

Ten minutes later.

Faye, in character, rises from the bench, approaches me and says. “I just think you should be careful of Tom. Watch your back.”

I give my imaginary opponent a succession of quick jabs to the stomach then dance back. I duck an imaginary punch to my right eye. I come back with a barrage of jabs to his face. “Don’t worry, I can take care of myself.” I stop shuffling and jabbing the air. I’m breathing heavily but not winded. “I have to get back. I’ll see you later.”

“Cut,” Professor Dorn says.

The room fills with whistling, howling and applause.

“You see how exciting it was after adding action appropriate for one character? Let’s give Faye and Aajonus another thank you and that’s it for today.”

They applaud. Faye and I bow and leave.

10 p.m.

Just having awakened from a nap, I lie in Beatriz’ bed watching her undress. Her athletic Latin body is covered with lightly tanned satin skin and accented with rich black hair.

“What are you thinking about?”

“How a nap a day gives me more waking hours in a day and how much better I think and function. Why, were you thinking I was making love to you while you undressed?” I tease.

“Yes. I’m embarrassed.”

“Don’t be. I was also admiring your beauty.”

“Would you mind if we didn’t make love right now, sweetheart? Can we talk?”

“Sure. What’s on your mind?” I ask.

“I spent three of the five days you were gone staying with Owanza. She shared all the wonderful things you two did together. And how you saved her life. She’s still very much in love with you. I don’t know if I could love anyone as much as she loves you.”

“May I ask a few questions? Answer aloud only if you want. Would a rose look to a gardenia for how a rose should grow? If the rose were able to produce the chemicals to breakdown the soil, absorb the nutrients and recreate them the way a gardenia does, then, would the rose be a rose or a gardenia?”

“A rose would probably go crazy trying to behave like something it wasn’t,” Beatriz says.

“Okay, then. How can you know what you personally feel about anything if you are immersed in Owanza’s thinking and feelings? Is it important for you to judge your thinking and feeling by hers?”

“Sometimes. If I don’t like the way I feel. Or the results of what I’m doing. That’s what education is all about.”

“True, other peoples’ experience can be inspiring. But if you were to try to feel and think the way anyone else does, then aren’t you like the rose trying to be a gardenia? If anyone did that in school, wouldn’t they be admonished for plagiarism?” I ask.

“This is getting too confusing.”

“Sorry. What’s your favorite color?”

“It varies, but mostly rich reds.”

“Why?”

“I don’t know. I like the way it makes me feel.”

“Do you think that Owanza’s passion for pink makes your passion for red less or wrong?”

“I get the point. And you’re absolutely right. But I feel so much empathy for her. She wants you to be her lover again and I feel like I’m

the reason you're not in love with her. I feel like I'm taking you away from her."

"I guess I'd better start from the beginning. Owanza and I met on Jekyll Island, Georgia. The couple who owned the local health food store referred Owanza to me. When Owanza came for her first appointment, she was frail, trim and pallid as a corpse. She trembled. Her skin on the back of her arms hung like an elderly person's. She was allergic to everything but fresh self-squeezed grapefruit juice. She had been diagnosed as having terminal cancer; sixteen malignant tumors in her liver, thirty pea-sized tumors in her spine, six in her uterus, and innumerable tiny nonmalignant tumors in her brain. She was given as little as one week to live."

"How old was she?"

"Thirty-four. Owanza and I sat and talked about her diet."²²

"And she really had only one week to live?"

"She was in danger of suffering a stroke at any moment. And when you're down to one food in liquid form and you can't even drink water without getting maddening hives, the end is very near. But I was optimistic. Right then and there, I gave her a selection of foods to eat in combination.

"She was afraid to eat any one of them alone, so the idea of eating them all together terrified her. I asked her what she had to gain and lose. She ate for two and a half hours while I explained my theories and conclusions about diet. She didn't get one hive. She was elated. Since then, she gets hives only twice a year for two-week periods - when she goes through a lymph detoxification.

"I also instructed her to get more sleep because most healing happens in the sleep state. She had her own gift shop and worked an eight- to twelve-hour day there. I insisted that she tell her husband and son to fix their own meals, do their own laundry and tidy after themselves. Her husband had a fit because she wouldn't be making him any more stuffed mushrooms. She divorced him."

"She told me the same story. She said you nursed her back to health. You're her angel."

"Her body, with the proper foods and sleep, healed itself. I didn't. I helped her discover what foods were right for her body at any given

²² See Appendix O, page 145.

time (which she does very well on her own now by following her instincts and intuition). Anyway, her cancer went into remission immediately, but her body will be discarding those tumors, particle by particle, for years to come.

“When her husband left and she had to surrender the gift shop, she couldn’t handle all the bills on her own and get well too, so we rented a house together. We fell in love.

“Several months later, I ate the poisonous mushroom that killed every feeling I had but pain, empathy and my sense of smell. And everything smelled awful. I lost my sexual drive too. I had been the picture of health and overnight I became as sick as she had been most of the time. Owanza and I went from making love three to five times daily to zip. That was difficult for her. She said she had never experienced the passion we shared.

“We took turns nursing each other, and yes, I nursed her a lot more, but we did what was compassionate. We loved and cared for each other. We still do. But, basically, the romance ended when my senses died with the poisonous mushroom.

“When my sexuality returned five years later, it was not for Owanza. Until a few months ago, when you and I met, that kind of affection was something I thought had ended for me. I can’t transfer my passion for you on to Owanza. It would be debilitating and fruitless to try to be a bird of paradise if what I am is a sunflower,” I joke.

“Hi, sunflower. Do you want to shine on me?” Beatriz says, leaning on me and nibbling my ear.

“Can you take the heat?”

Beatriz wets her lips and kisses me with her mouth open while pulling me down on top of her.

The next day, Friday; Back in Cincinnati

I am feeling sprightly after my two-hour nap on the plane. I amble down the hall to Jeff's new room. I enter, "Hi, kiddo, it's Johnny! Direct from Los Angeles," I say imitating the Johnny Carson Show. The room is empty of visitors. "Now that you're in a regular room, no one stays with you?"

"Hhii. Tthheirrr kkiillinn' meee. I gauttaa get oouutta hheere. Tthheirrr kkillinn' meeee, daadd. Tthheirrr eeevviiil," he pleads.

The right side of his face is still predominantly paralyzed. I find it hard to look at him. I will get used to it again. "I used to get paranoid when they gave me medication that lowered my blood pressure. I thought the sky was falling on me. I knew this would happen to you, so I slowly melted some unsalted raw butter and blended in some fresh garlic and mixed it with some raw pâté that I made. All before I boarded the plane."

Jeff slowly moves his left hand to my chest, grasps my shirt and pulls me toward him. I am just noticing that neither of his arms are taped to boards.

"Tthheirrr ttryyiiiinnn' tooo kkkkkiiilll mmeee."

"I'm back, and I assure you, they won't get away with it."

"I wwon't ccaaarrrre wwhhhennn I'mmm deaddd."

"Wow, you really have improved. Jeff, what I meant was, I'm not going to let them kill you. I think the fear you feel is biological. Your blood-pressure is too low. Open your mouth and eat this. The danger you are feeling will pass. Chew or mix it around in your mouth so saliva will thin it. It will be easier to swallow. Are you conscious enough to do all of this without me talking you through it?"

Jeff shakes his head no.

"Then I'll talk you through it when I see you distracted, okay?"

He nods.

"The hospital personnel are not purposely trying to kill you. They simply don't understand the subtle disasters that lowering your blood-pressure causes. What they normally do is counter danger-symptoms of fear and panic with a drug that'll dope you. I had been sabotaging that drug before I left. I'm sorry I couldn't get here an hour sooner or I

could have sabotaged the injection again. But the flight was late. If they see you panic like this, they'll drug you more and you won't be able to eat."

"I'mmm ccolld. Fffeeezzinn'."

"Before I give you another bite I'll put some honey in the pâté. If the body needs its temperature raised, unheated honey with raw meat and/or raw butter will raise it. It'll be about twenty minutes before it takes effect. So please be patient. I'll get you another blanket. You want to hear a joke?"

"Yyeess."

"Since you'll be getting out of here soon and coming to visit me, I'll tell you a traveler's joke."

"Ii'mmm ccuummmiinn' ta vviissit yyyuuu?"

"I was hoping you would want to."

"Yyeesss."

"Great. The passenger walks up to a ticket agent and says--"

"Whaaat tiicket aaaggennt?"

"I'm telling you the joke. The passenger approaches a ticket agent and says, 'Send this bag to Hong Kong, that one to Honolulu and the last one to Fiji.' 'We can't do that, sir. You're only going to Los Angeles.' 'Well, you did the last time I was here. And I had no luggage when I got there!'"

"Oooooohhh. Ooowww."

"I know, it only hurts when you laugh. No more jokes for you."

"Ooowww. Ooww. Ooohh."

An hour passes and Jeff is completely calm and warm.

A stout woman enters, says, "Hi, Jeff. I'm Adele. I'm your speech therapist. We'll be working together until you're well enough to leave the hospital and go to a rehabilitation facility. We'll start off working thirty minutes or more. Or until you become too tired." Adele seems annoyed with my presence and says to me, "Jeff and I need to be alone, would you be so kind? Thank you. Jeff, I want you to say the word day."

Feeling a bit insulted I leave and walk to the anteroom.

"Tthhaaaa."

“That was pretty good. This time put the end of your tongue on the roof of your mouth, not at the back of your teeth. The roof of your mouth. Day.”

“Dthaaaa.”

“Better. Put your tongue a little higher on the roof of your mouth. And this time, close your mouth a little at the end of the word to round off the ‘A’ sound. Day.”

“Daaay.”

“Excellent. You know, you may never be the fast talker you were before, but that’ll be kind of sexy. Be patient. I have to be, so it’s only fair you be patient with me. A deal?”

“Yyyeaasss.”

Adele looks over at me in the anteroom, rises, comes over, gives me a look, closes the lavender mini-blinds and walks back to Jeff.

Wow, she doesn’t like me. I feel hurt and I don’t even know her!

An hour later I return to Jeff’s room, “Did Adele wear you out?”

“Yyyeasss.”

“Hi, Jeff,” a voice comes resounding from behind me, startling me. I step aside. A large African-American gentleman in a hospital uniform passes me. Owning the room with his presence, he says to Jeff, “I’m Harold. I’ll be your physical therapist while you’re here. Looks like your easy days of lying around are over. You ready to get that body back to doing something?”

“Would you like me to leave?” I ask.

“I’m Harold, who might you be?”

“I’m Aajonus, like homogenous without the hum. I’m one of Jeff’s fathers. The biological one.”

“What did you do, become a father at seven years old?!”

“Seventeen years old.”

“What is your secret?!”

“You don’t want to hear.”

“Gotcha. Jeff and I’ll work an hour or two a day. If you work some with him, it’s better you do it right. So watch and learn.”

“Thank you, I appreciate that. We’ll have Jeff dancing from this hospital,” I say.

Harold gives me a distressed look. Then he looks to Jeff and says, “Your nervous system has been badly damaged, Jeff. So, we are working with limitations. We’d all better come to the realization right now that you’ll probably never dance. But we’ll get you moving as much as we can. We might even get you on a walker some day. Maybe. We’ll just do the very best we can. So try real hard. Okay?”

“Yyeass.”

“Harold, if I sound offensive, understand and forgive me. Just let me take one minute to tell Jeff about Oscar (one of my clients).”

“Go for it.”

“Jeff, Oscar was twenty-two (your age) when he came to me. He had knee injuries. He was a ski instructor and loved skiing. The doctors said that he must have surgery or he would have a lot of trouble and pain for the rest of his life. They told him that with or without surgery he would never ski again. Oscar refused surgery. I suggested a diet that was heavy in raw eggs, raw meat with unsalted raw butter, no-salt-added raw cheese, avocado, raw milk, and a little raw fruit and raw germinated grains.” Harold gives me a strange look but I continue, “Within nine months Oscar was back to skiing like a mad man. Within eighteen months he won two ski ribbons in Switzerland. Oscar healed. You can heal too, Jeff. Your muscles don’t have to atrophy like normal brain-damaged accident victims. You’ll regain connection to your muscles as quickly as you heal the damaged nerve connections. Okay, Harold. Thanks.”

Harold swallows an impulse to call me nuts. He looks at me pitifully. He looks at Jeff, “Let’s see what you can do. Move your right arm.” Jeff’s arm doesn’t move. “Keep trying, it may take a while before enough messages get to the motor center and down to your arm.” Jeff clinches his teeth and buckles his chin to his neck, trying. But he can’t do it. “That’s okay, don’t get discouraged,” Harold says.

“He lifted it an inch two days ago. Twice.”

“Let’s see the left arm move,” Harold says. Jeff easily curls his left arm. “Good, my man. With a little work, looks like you could play hard ball with that one. Now turn it back and forth. Twist at the wrist,” Harold continues.

14

Next afternoon, Saturday, October 4th

I walk down the hall past nurses, orderlies, patients, visitors and doctors on the way to Jeff's room.

"Aajonus," the nurse calls.

I stop and approach the nurses' station.

"My shift ends in about thirty minutes. Did you forget to tell me what Jeff ate last night and so far today?"

"Oh, yes. Three ounces of fish, four ounces beef, half cup of potatoes, 8 tablespoons of butter, four ounces of honey, cup of custard, six ounces fruit juice and six ounces of water. He still coughs a little but I only had to vacuum his throat twice."

"Very impressive. Word's around that you're feeding him raw eggs and meat," she angles.

"I would have to say...that is very true. Raw, or should I say, live foods, are what have made Jeff's progress impressive. Potato is the only thing I've fed him that's been cooked."

She glares at me without saying anything.

"Is there something else you want to know?" I ask.

She smiles wily and I get a bad feeling. She gestures no.

"Excuse me, then. I'm going to see if Jeff needs anything. I've been gone several hours. Have a pleasant evening. Are you working tomorrow?"

"My husband and I are going to my mother's for dinner," she asserts.

Why is being friendly often considered a come-on? To make my intention clear, I say, somberly, "I wish you and your family a wonderful day off together, Mrs. McCauley."

"Thank you."

As I amble into Jeff's room, I take a playful ape-like posture to amuse Jeff. I see a pretty, petite young lady with light hair sitting in Jeff's room. I straighten up, embarrassed. She looks familiar. She stands as I come closer. I notice Jeff sleeping.

"Hi, I'm Stacey," she says with a fraught smile.

“Jeff’s fiancée!” I say, remembering her from the picture Jeff sent me of them at Stacey’s prom. “I’m Aajonus. I’m happy to meet you. Does Jeff know you’re here?”

“Yes, but he fell asleep.”

“He’s pretty drained,” I say.

“Jeff talked a lot about you.”

“He did? I wonder from whom he got his information.”

“That’s true, you certainly haven’t been around for him to get it first hand,” she says playfully.

“I’m Ralph,” says a young man, who stands to greet me, “Jeff and I were best friends.”

“Jeff is no longer considered dead, so I assume you’re still best friends,” I say jovially.

Ralph gives Stacey a noncommittal look that frightens me.

“Jeff hasn’t had a relapse in the last six hours, has he?!” I dart over to Jeff. He sleeps quietly.

“No, he’s doing okay,” Stacey says.

“Have you talked to him?” I ask.

“He’s hard to understand but he recognizes us,” Stacey says and hesitates, “But I think he’s completely forgotten what he did.”

“What do you mean?” I ask.

“You don’t know?” Stacey asks rhetorically, wishing she hadn’t mentioned it.

“What do you know?” Ralph asks.

“He lost control of his car and went down a ravine.”

“Did you know he was carrying a loaded revolver when it happened?” Ralph asks.

“No.”

“Maybe we’d better sit down,” Ralph says empathically. A chill runs up and down my spine.

Stacey begins, “The night before the accident, Jeff and I got in a fight about something that happened a few days ago. The three of us had been hanging out at Ralph’s house. Jeff and I were fooling around inside. Ralph was by the pool. Jeff was drinking a lot and getting crazy. He went into one of the bedrooms to sleep it off. I went out to the pool. I gave Ralph a harmless, friendly kiss. Jeff saw us and snapped, got crazy jealous. Accused Ralph and me of having an affair. I was

engaged to Jeff and Ralph was his best friend!”

Then Ralph says, “We tried to reason with him. He said he’d been watching Stacey and me together for a long time. That we were getting along too well to be just friends. Accused me of fucking Stacey. I was his best friend! Called her a slut. She was his fiancée!”

Stacey resumes the story, “An hour or so before the accident, I called and told Jeff that I’d filed a police report against him for hitting me. He just kept saying things like, ‘You’re fucking Ralph, aren’t you, you whore? I’ll kill you. You can’t do this to me, you bitch.’ I told him he was insane and I hung up.”

“Then he called me,” Ralph says, “and he said, ‘I’m comin’ to kill both of you!’ Next thing we knew, his mother called to tell us he had had an accident. The police called to ask how much he’d had to drink, about some drugs and the loaded gun.”

“Wow,” I say.

I remember my jealousy. If Mary were even ten minutes late, I imagined that she was screwing around with a salesman at work. I reasoned that the salesman had more education, intelligence and money than I and could easily seduce her. I trembled with fury. I never had the guts to talk to anyone, even Mary, about my ridiculous fears and jealousy. Thank my lucky stars, I didn’t become an alcoholic until after Mary and I separated. Although I was a happy drunk. I was nasty only when I was sober.

I feel disoriented, fearful, angry and sad. How am I going to put this in some compassionate and practical perspective? Is an accident all that separates my son from being a murderer? It doesn’t matter, Jeff has not killed anyone!

“Sstaacyy! Iii llovvve yuuuu. Ddad, tthiss iisss mmy ffianncee.”

“Yes, we met,” I say.

“Hii, ssweeethhheart.”

“Hi, Jeff,” Stacey says sympathetically.

I can see whatever romantic feelings she had for him are dead now. I wonder if she will be able to tell him.

“I have to go now,” Stacey says and turns to me, “It was nice meeting you.”

“Thank you. Me too. Take care, Stacey, and I hope you do whatever is right for you.”

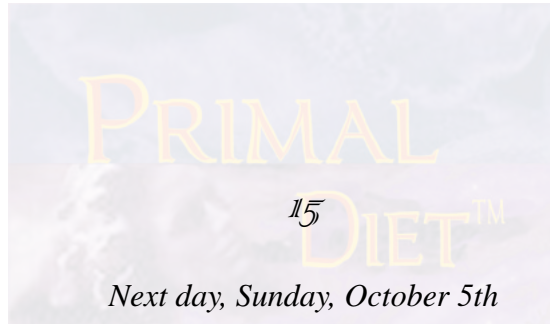
“Thanks for understanding.”

“Ssstaaay,” Jeff pleads.

“I have to go,” Stacey says.

“Thhaannkss forrr cuummin’. Cuuumm baaack Illaterrr.”

She gives him a kiss and leaves without answering him. Jeff knows that something is very wrong. Sadly he watches her go. Tears fill his eyes. He crossed the line. It is over and he knows it.



“I ii donn’t wantt taa usse the bed pan. Iii cann go ta the toiilet,” Jeff says as he sits up. He slides his legs to the side of the bed. Margaret and I help Jeff position himself on the edge. We take him by the arms. We get ready to move him to the wheel chair.

“Iii cann waulk,” Jeff says.

“No, Jeff!” Margaret says.

“Iii haave taa go ta the baahffroom.”

“Jeff, now you stop it. You can’t do it. Please, sweetheart,” she says.

“Let him try,” I say, knowing very well that he has only slight movement in his right side. “If you think you can walk we’ll help you. You are just planning to walk the two steps to the wheel chair, aren’t you?”

“Iii cann doo it on my ouwn.”

“No, Jeff!” Margaret says.

“Gra’maaa, Iii cann doo it!”

“But you can’t!”

“Let him. He won’t know unless he tries. You never know,” I say allowing for a miracle. And my skeptical side assumes that if he falls on his face he will know his limitations. We won’t have to wrestle and

argue with him. I am sabotaging his medication, so he is not drugged and he will remember. Jeff lifts himself by pushing with his left arm. I help balance him on his feet. "Can you feel both feet on the floor?" I ask.

"Yeesss," he says with more air than voice. He has that look infants have when they first try standing on their own. I can see he is convincing himself that he can do it. "Okaaay, le' go."

"Just to be safe, can you step forward with your right foot?" I ask. He slides it forward very slowly and shakily. "I'm impressed! Now can you put your weight on it while you lift your left leg forward?" He gives me a frustrated look. "I know, people can walk very well until they're asked to think about it. But I'm just trying to help you explore your strength, or lack of it."

"Le' meee go, nouw!"

"Okay, we're letting you go very slowly," I say.

Jeff stands on his own, shakily. I reach for a pillow to throw under him in case he falls. He bends his left knee. He shifts his weight on to his right side and collapses. He crashes to the floor before I can get the pillow under him. His reflexes are so slow his arms don't brace the fall. He lands hard. I cringe. A lump forms on his brow as fast as my ego shrinks. Margaret and I lift him up. We put him into the wheel chair.

"Iii ccaann't doo it," he says embarrassed, grieved and humbled.

"It's okay. Now you know for sure. Take your time, work with the therapist and you'll be walking in no time. The doctors say you will never walk again. Take what they say very lightly. They don't know what we know," I say.

"Whhat do wee knnoww?" Jeff asks with surprised innocence.

"We know what foods in what form will help your body heal."

"Aamm Iii eeating them?"

"Better and more than I imagined."

"Thaaat'ss goood."

"That's wonderful! I'm going to wheel you into the toilet now. You won't mind if we help you on to the toilet, will you?" I ask.

"No, Iii need ya taa hhelp mee, pllllease."

"Such a polite cripple."

"Ii'mm nnot a cripaalle!"

“I’m teasing you. I’m sorry. That was in bad taste, I know. I was trying to lighten us up. I want to talk to you about something and I’m afraid to. But here it goes. I hope the anxiety from your accident will inspire you to take better care of yourself. Avoid drugs, including alcohol. Sermon said and done, I put it to rest, okay?”

“No, yoo arre rriiight.”

“Shall we go to the toilet, or would you rather use the bedpan?”

“Toiiiiillet.”

“Let’s wheel you in.”

Next afternoon, Monday, October 6th

A gray-suited, gaunt, thin, austere, somewhat anxious man enters Jeff’s room and looks around. I have a bad feeling about him. “Jeff has gone to physical therapy. Are you another doctor?” I ask with trepidation that he might be.

“I am the president of this hospital. You are Age-ee-nees?”

“Hi. It’s Aajonus.” I extend my hand. We shake hands. He furtively wipes his hand on his pants. I surmise that he is terribly germ phobic. Either his immune system is very low, or he has allergies or he’s just paranoid.

“I understand you have brought raw meat and eggs into this hospital,” he says confrontationally.

“Is there a problem?”

“Raw meat and eggs carry disease. They don’t belong anywhere in this hospital, except the kitchen. In fact, for sanitation, no meat or eggs come into this hospital raw. Everything but fresh fruit is processed,” he says with pride and authority.

“Hospital food is the most processed and denatured. Is that something to be proud of? Does it have any life to give sick people?”

“I want you to remove all raw food from the hospital.” He waits glaringly for my acceptance.

“May I say something about the disease theory?”

“Those bacteria show up in lab tests.”

“All of us have the syphilis germ within us, like meat has bacteria. However, active bacteria are distressing only when they feed on toxic

substances, like in cooked, processed and chemically grown food.²³ The bacterial count in cooked meat and eggs will grow sixty times higher than in raw meat and eggs before it produces a putrid odor. The waste produced by bacteria feeding on cooked food is extremely toxic. That's why bacterial food-poisoning in this country is from cooked, packaged or restaurant food. I could not find one laboratory test that proved bacteria living on raw meat caused food-poisoning in animals who ate it."

"Are you going to remove what I asked?"

"Would you stop doing something for your son that has been helpful and working because I asked you to?" I ask.

"Not likely."

"Then may I have a little latitude, please. Decades of research documents and photographs held by the Price-Pottenger Foundation in La Mesa, California, prove that raw meat, raw dairy and raw foods in general create excellent health, free of disease. That's the Price-Pottenger Foundation, in case you want to research the raw issue before you make that decision."

"Shall I call security?"

"Fresh raw meat promotes cellular reproduction, good health and vitality."

"I'm not going to argue the issue. The facts as I know them are that raw meat and eggs cause disease. Now, if you don't remove those items, I will have security come and do it. And you with it."

"Please. My son's life is at stake. The doctors said my son would be a vegetable, living off machines. When Jeff's progress shattered that prognosis, they said he would be paralyzed and have the mind of a two-year-old. Look what the raw meat and eggs have done. The raw foods continued to heal him and have made that prognosis obsolete."

He raises his voice, "The medication and everything the doctors and nurses have done in this hospital have saved your son!"

I can't tell him that I sabotaged the medication. And arguing that all the hospital has done was to house, butcher, radiate and drug Jeff, would get me thrown out.

"Shall I call security?"

²³ See Appendix Q, page 151.

“Let me ask one more thing, please.”

He shakes his head disgustedly but lets me talk.

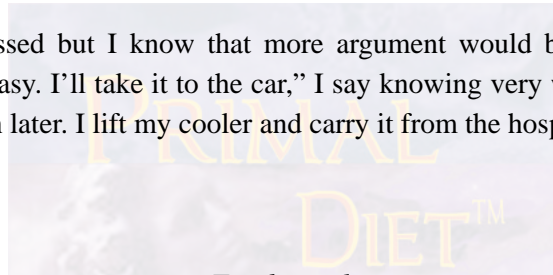
“How would it look if the media got a hold of this miracle story and it said that the president of this hospital risked a young man’s life by changing what had been working? How many people would be willing to come to your hospital?”

“Don’t threaten me.”

“Actually, it was intended as a wake-up call,” I say trying to lighten the air.

“Don’t try my patience any longer. Take that raw food out of my hospital!”

I am pissed but I know that more argument would be detrimental. “Take it easy. I’ll take it to the car,” I say knowing very well that I will sneak it in later. I lift my cooler and carry it from the hospital.



Two hours later

Jeff and Harold have just finished physical therapy. Harold leaves. Mary, on a long lunch break from work, sits reading a magazine. Jeff watches TV. I read a book. How much more typical can we look.

The nurse enters and examines Jeff. Her face curls comically from Jeff’s body odor. She playfully says, “Now that you’re doing so well and you’ve had your exercise, how about a shower? We can give you a thorough scrubbing.”

“That sounds good. Les go,” Jeff says with a big smile.

“Wow, you’re speaking so well already,” she remarks.

“I know,” Jeff says, now sounding a little like John Wayne - slow-talking and gravel-voiced. “Isn’t it amazing?”

“I’ll say,” she says.

“And the hits just keep comin’,” Mary says mirthfully.

“We’ll have to wait for an orderly to take you to the shower; you’re too heavy for me,” says the nurse.

“I’ll help,” I say.

“Then les go,” the nurse says. We help Jeff scoot to the side of the bed.

“Do you want to try walking the two steps to the wheel chair?” I ask

wryly.

“Are you crazy?!” Jeff says. Tears come to my eyes. “Are you all right?” he asks.

“I’m just happy you’re healing so fast.”

“So am I,” he says.

I move the wheel chair back a few feet and say, “Okay, the nurse and I will get under your arms so you can simulate walking; just to give you the sensation, okay?” The nurse and Mary give me wry looks. “We’ll take two small steps, all together we’ll turn around, take two small steps backward and sit you in the chair. Ready?” We move like a slow and clumsy chorus line but we all feel exhilaration.

Ten minutes later, I lift and carry Jeff from the wheel chair into the shower stall. I place him on a stool with his left hand at the bar-handle on the wall. “Can you hold yourself up?”

“No problem,” Jeff says.

I remove his gown.

“Is this like an automatic car wash, or are we gonna get wet?” I ask.

“We’ll get soaked,” the nurse says.

“You may have other clothes here but I don’t. Therefore, I’m getting naked. If a healthy naked man bothers you, I can wash him alone.”

“I’ll see you later,” she says with a wry salacious grin. She gracefully turns and walks out.

“You keep this progress going and you’ll be home in no time,” I say as I remove my clothes.

“I’ll do the best I can.”

“I’m sorry, I didn’t mean that to rush you. I meant to be encouraging.”

“I appreciate it and all you’re doin’ for me, Dad.”

He seems to like calling me Dad as much as I like hearing it. I have no illusions about it, with all due respect, Ben has been his father.

The next morning, Tuesday, October 7th

Jeff sits in bed nonchalantly eating a bowl of raw ground beef with butter only. I realize I should have put honey in it when all of a sudden his eyes widen and his mouth twists.

“This is raw!” he says.

Mary and I exchange looks and break into laughter. Jeff puts down the bowl.

“I can put some honey in it to make it more appealing.”

“But this is raw.”

“You’ve been eating that for seven days. It’s what has helped you heal so well and quickly.”

“I’m not eating that raw! That’s *raw* meat. I’m no savage.”

“Would you please keep it down. The hospital banned me from bringing raw meat in here,” I whisper, still laughing. “I would not force you to eat anything that isn’t appealing to you.”

“I appreciate that.”

A nurse comes in and I go for the bowl of meat. “I’ll clean your bowl,” I say and furtively pass it by the nurse. In the anteroom I put the meat back in the jar and inside a sack. I return to Jeff and see the nurse leaning over him. She arranges something I can’t see. Jeff strokes her bottom and says, “You’re very nice to me, thank you.”

“Jeffrey Marshall!” the nurse says shocked, pushing his hand away.

Mary and I exchange looks.

“That boy is definitely okay, now,” Mary says. “Jeff, you don’t do things like that!”

“Why not? It feels good,” Jeff says innocently.

“You don’t touch people unless they want you to touch them. All right?!” Mary says.

Jeff looks at the nurse and says, “Can I touch you?”

“Absolutely not,” she says.

“How about a kiss?” he teases.

“You know what this means, Jeff?” I ask.

“What?”

“When the nurses have to put up with your sexual harassment, your ass is on the way out of this hospital. Unless you want them to give you a drug to make your sexual organ limp.”

“They’d do that to me?!”

“Without the bat of an eye,” says the nurse. “Tomorrow or the next day, you’ll be sent to Good Samaritan Hospital where they have a terrific physical rehabilitation unit.”

“See?” I say. “Listen, everyone, I’m outta here. I have to get back to work or I might not have a roof over my head next month.”

“You have to go?” Jeff asks.

“I’ve done all I can. Do you want me to stay just to watch the nurses slap your sweet face? I’m leaving you two six-pound jars of unheated honey and four pounds of unsalted raw butter. Remember, they will help you get well, so eat lots of them. The honey helps you digest, utilize and assimilate nutrients and the butter will minimize infection, cleanse dead cells and other waste and make what you have strong. Raw meat, if you ever eat it, will help your body replace the cells killed as a result of the accident. Eat them together or with whatever you like. Just don’t cook or put them in or on food that’s hotter than your touch can take. You got it, kid?”

“Yes, sir,” he says comically.

“Good-bye, Mary,” I say and hug her. I may be imagining this, but I think her eyes are tearing up. I turn and go to Jeff. I give him a hug and kiss on the cheek. “Call me anytime. If you need anything I can help you with, especially your health, call me. Take care of yourself. I love you.”

“I love you too. You take care.”

“Thanks. Bye.” I leave feeling satisfied. But I also feel guilt that I am leaving him again.

16

*Four-and-a-half months later
in Beverly Hills, California*

Beatriz and I stand in our cantaloupe- and honeydew-colored kitchen. We drink a blend of orange juice we have just squeezed, raw egg and raw cream. I notice it is almost 2 p.m. We watch Jeff on the sofa bed in

the living room. He is just waking from fifteen hours of sleep. He moves as if acutely intoxicated, literally moving in slow-motion, wearing only baggy briefs. The right side of his body is retarded, including his face slightly. He straps a small electrical device to his right hand and wrist. It sends mild currents to stimulate the dormant nerves.

He attempts to stand. He falls back on to the bed. He does this six times. Finally, with tremendous determination and effort, he moves to his feet. He stands wavering in slow-motion for three minutes. Then he gets somewhat sure-footed. He realizes he can't move with the hand device strapped on. He removes it. He scuffles across the hardwood floor toward the bathroom. He moves as if he were a hundred-year-old man in a young-looking body. He disappears into the hall.

"I expected him to be so much better, the way you described his progress in the hospital," Beatriz says.

"Me, too. The few times we talked on the phone he must have been at his best. He always talked slowly, but I had no idea. Healing has reduced to a crawl if at all. He's been here five days and I can't get myself to talk to him about his condition. He has improved a little since he's been here, eating the raw custard and raw foods. But I need to talk to him about meat and his medication. I feel like a father who doesn't deserve to be a father. Yet I can't watch him flounder through life like this. I must sound like someone who needs a shrink. Am I being selfish, wanting him to be better?"

"You always care just enough about everybody. But you nag me about my diet a little too much."

"I know. I'll work on trusting that you can manage your life by yourself. Sometimes I have difficulty watching people hurt themselves. Not that they have to care for themselves the way I do. I just want them to take care of themselves. And it's really none of my business. But I'm going to try with Jeff, anyway. He has to be taking medication for him to sleep this much and move around like a drunk trying to be sober. Here I go." I take a deep breath and gather courage from within myself. I march to the bathroom. The door is completely open. Jeff stands wavering over the toilet, urinating. Now I know why the toilet and all around are wet so often. I halt and wait for him to finish. He doesn't even realize that I'm only seven feet away. Now, that's intoxicated!

“Can we talk?”

“Sure.”

“Here’s a blend of orange, raw egg and cream to get some fuel in you. It’ll help wake you.”

“I sure sleep a lot,” he says with slow speech and a coarse voice.

“Are you taking medication?”

“Dilantin.”

“For how long?”

“Ever since the accident.”

“Jeff, I know I haven’t been there for you. Except for a few flashing moments. But I want to help you get well. To be normal again.”

“I want to be normal again.”

“I can help. If you want me to.”

“I want you to help me. However you can. Or want to.”

“First, I suggest you stop taking medication.”

“The doctors said I would have seizures and I’d have to start all over again. Or die!”

“If you will eat lots of raw fat every day for a month, then at least every other day for six months more, you will never have to worry about seizures. If you will also eat raw meat at least twice weekly for one year, I figure that you’ll be completely normal again. It could take less time but you’ve been taking Dilantin for four and a half months. Drugs interfere with healing. They are often just toxic enough to usurp most of the blood nutrients without causing trauma. So no one is conscious enough to realize the harm they do. Very few people respond well. And even fewer don’t have side effects from medication. Medication is the Great Risk.”²⁴

“Aajonus, I don’t want to have a seizure.”

“Do you think you will ever drive again?”

“If I can.”

“The risk of you getting in a car and having an accident on your way to get a six-pack is astronomical compared to the remote chance that you would have a seizure if you would eat as I’ve suggested.”

“The doctor really got on Mom’s case about making sure I take the Dilantin. He said one seizure and it’s all over again.”

“You know the saying, ‘Get a life’?” I ask playfully. Jeff smiles. “If

²⁴ See Appendix R, page 153.

you get tired of sleeping fourteen to sixteen hours a day and not having a life, take the chance. If you do it while you're here I will monitor you. I guarantee that that isn't necessary. But if it will put you at ease, I'm here for you.

"Let me tell you about a client with a similar circumstance. Barbara was a talented singer who had been diagnosed as incurably manic depressive and schizophrenic. She was suicidal unless medicated. I think she was twenty-seven when Owanza and I began counseling her. She had been on medication for nine years and hadn't been able to work in all that time. Her parents supported her. I really didn't get the point of her medication because she was still extremely depressed. Maybe it disoriented her enough to keep her from killing herself. I would have preferred death to a life like that. Jeff, I see you suffering and I ask myself, 'Will you hate me for helping to save your life if you don't get any better than this?'"

Jeff ponders the question. He doesn't comment.

"Anyway, since Barbara had been on medication for so long, Owanza and I suggested she wean herself off it over three months. First, she cut her dosage in half for a month. Then in half again for another month. And in half again for the final month. By the end of her first year off medication she had written five hundred songs and was recording a few."

"But I'm different, I have physiological damage."

"On the correct diet for your body, it can heal. I won't be a nag about it, so I doubt I will mention it more than twice after this. After that, you'll have to ask me. And I'll help you, without any I-told-you-so. Just ask. I love you, Jeff."

"I'll think about it. I'll probably do it but I need to get my head in the right place first. I'll be here a little over three more weeks. Will that be enough time?"

"Easily. I'll wait three days before I mention it again."

"Thanks. How many days do you think I have to eat the fats before I can stop taking medication?"

"Three to five days. You are already there. The unsalted raw butter and raw eggs I've been putting in your custard and banana smoothies have already prepared you. Now it's up to you."

"Good. Can we go to the store and get me a steak? I don't care for

ground meat too much.”

“Whatever you want. I have a porterhouse steak in the fridge. Help yourself.”

“Thanks.” Jeff pauses, then says. “I would like us to get to know each other. Talk about what we’ve been through.”

“I was going to suggest something like that. But since a lot of my past is unpleasant, I’d prefer talking about what we like and don’t like. See what we have in common.”

“That sounds good,” he says fading out. He looks barely in touch with this world. He sways like a palm in the wind as he sits down on the toilet, exhausted.

“The orange juice, egg and cream in your hand will bring you back to life if you’ll drink it,” I tease.

“Oh, yeah,” he says chuckling. He drinks it.

“I’m speaking at a cancer support group this evening. Would you like to see what your old man really cares about?”

“I’d like that.”

“Be aware that most of these people are suffering and not too happy.”

“I can relate to that.”

17

In the evening

The soft lighting sprays warm highlights and shadows on the thirty-three faces before me. I feel this loving mood has been set to help everyone forget about death for the next few hours. Everyone has terminal cancer except Pamela, our host, who is in remission. I can barely see Jeff sitting back in a corner in the shadows where he felt he wanted to be, alone.

All eyes are riveted on me while I’m being introduced. I feel comfortable with it; the prospect that I might be helpful is exciting,

especially with Jeff here. I look into everyone's eyes.

"Please, welcome Aajonus," Pamela concludes.

I stand and receive their warm applause.

"You may sit. We like everyone to feel at home," Pamela says as she sits to my left near the stone fireplace. The fire burns low. Her living room is decorated with antique furniture and knickknacks.

"I'd prefer standing for awhile, thank you. First, I would like to introduce you to my son, Jeff. We've been separated for most of his life. Please stand, Jeff."

He stands somewhat uncomfortably.

"Jeff is recovering from a near-fatal accident. What I mean by that is, four doctors said it was impossible for him to live because of the brain damage he suffered. But here he stands due to good nutrition. So there is more hope for health than doctors know about. Thank you, Jeff. Sorry for embarrassing you."

"It's okay. It seems like it could be helpful," he says and sits.

The room is so quiet I can hear people breathing and the gas hissing as it passes through the pipe before it burns in the fireplace.

"When I was dying of cancer seventeen years ago - actually, I was dying from medical treatments for cancer - I met a man who drank the juice from carrots. Can you imagine?!"

Almost everyone laughs or chuckles.

"He told me about a woman who'd cured herself of cancer with carrot juice. She had written a book about it. I scoffed at the idea. I mean, anyone who could drink carrot juice, I thought, couldn't have everything in her head in place."

There are more laughs.

"I hated cooked carrots, and I'd never eaten one raw. Eventually, he got me to taste the carrot juice. It was delicious. Something clicked in my head with that sip. Instantly, I linked health and diet together. Within weeks I went to a health food store and purchased eight books that had some reference to cancer and diet. I didn't get--"

"This is hoopla. Carrot juice. If it were that easy these people wouldn't be here!" a skeptical voice from the far side says.

"Gabe, you agreed to keep an open mind. Do you have any answers? No, you don't. If you want to leave, leave. But don't start," says the woman next to him.

“What’s your name, Ms.?” I ask.

“It’s Mrs. This is my husband, cynical Gabe here. I’m Sarah.”

“If you want to deck him, it’s perfectly okay with me. I’m just kidding, Gabe. You have a right to be cynical. We’ve all been conditioned to depend on doctors for our health. They’ve failed us. As I said, the carrot juice incident got me to link diet and health together. I didn’t cure myself with carrot juice alone. I don’t know how many people here can heal themselves with the diet-logic I’ve devised. But it has been my experience that it works for everyone who does it. For as long as he or she stays with it.”

The tension dissolves. A hand from the darkest shadow next to Jeff rises and I call on her or him.

“My name’s Jill,” a teenage girl’s wounded voice says.

“Hi, Jill.”

She leans forward and I see her face. The tension is extreme around her eyes. I recognize that below her baseball cap she is bald from chemotherapy, which has also made her puffy and pallid with large dark circles around her sunken red eyes. I also see traces of radiation burn. Seeing her brings back my image after I had had devastating radiation and chemo therapies.

“I’d like to know why I got cancer so young. Do you know why you got cancer so young?” she asks.

“I avoid remembering.”

“But don’t you think burying it causes cancer? I mean, some people say it does,” Sarah asks very sensitively.

“Not necessarily. My experience has been that stress usurps massive amounts of nutrients. As long as we eat enough live raw nutrients, stress will not weaken our bodies.”

“Your stress must not have been as great as mine, then,” Jill says.

“That may be true. But does that negate what I just said?”

“Why don’t you want to get it out? Doesn’t it eat at you?” demands an elderly woman to my right. She has black circles in her sunken eyes and is bone thin. She wears heavy make-up and an elegant scarf covering her baldness. Again, I recognize the effects of chemotherapy. The sight of her brings me to tears.

“Talking about it won’t change my past. I’ve made peace with it and I move on from here. When I was young I was always sick. Now I’m

healthy. What more is there?" I ask.

"I think if you'd let it out you'd be even healthier," says a man confrontationally. I see the fresh burns on his neck and face from radiation therapy. I cringe. I remember how sore and tender my flesh was after radiation treatments.

"I would agree, if I were bitter about my past. But I'm not a victim anymore. The past was. My present is mainly what I make it," I say.

"If you made your peace with it, it shouldn't bother you to face it," Gabe mocks me.

I notice Jeff and Pamela getting angry for me.

"I'm sorry, this isn't going well, Aajonus. What's the matter with all of you? He's come to give us what he has to offer. Please," Pamela says anguished.

"How can he look so healthy and have had blood and bone cancer? I want to hear the whole story," Jill, the teenage girl, demands.

Pamela rises and stands in front of the fireplace, "Aajonus is going to leave if you--"

"It's okay. I'll give you some highlights as I remember them. I was born in a pile of shit and wherever I went, if there was another pile within fifty miles, my feet found it."

Everyone laughs except Gabe.

"By the way, Jill, where did you get all that information about me? You seem to know more about me than I do."

"One of your clients told me," Jill says.

I pause. I take a deep breath bracing myself. "I feel like I need to hold a flash card that says: Some people may be too sensitive to hear the following story. It contains vivid and explicit details." Everyone laughs, even Gabe.

I sit on the couch to cushion myself. I have never told anyone the stories that led to me getting cancer. Should I be doing this? I just told Jeff today I didn't want to talk about my past. And here I go.

"I was the third born of four boys. That was at least two too many for Mom and Dad. They were always too busy with basics to give us the necessary emotional and psychological attention. They mostly gave orders, criticisms and punishments. Usually, they argued. We got the typical white-bread upbringing with a heavy measure of brutal discipline baked in.

“My trauma began in Denver, Colorado. Mom and I had just come home from the hospital several days after my birth. I was lying in my crib looking upward at the mobile that dangled above me. I wasn’t fond of the wooden mobile because it was painted stark primary colors, so I chewed on my hand. That ugly mobile gave me cancer.” Everyone laughs.

“My brother Doug watched me from outside the bars of my crib. I couldn’t see his nose because he was barely tall enough to see over my mattress - he was standing on something. His furrowed brow leaned against the bars and his dark eyes stared at me vengefully. Nausea overwhelmed me.

“He reached through the bars and pinched my thigh slowly until I screamed and cried. The pain was excruciating. Then he reached for my hair and yanked. He ran to the doorway with a waddle; his diaper was falling a little. He watched for Mom to come while I screamed. She didn’t. He came back and pinched my arm until I screamed bloody murder. He ran back to the door.”

I take a deep breath. I feel a lump forming in my throat but I continue, “Sometimes he did this for ten or fifteen minutes. Finally, Mom decided that something was wrong. She investigated. But she never caught on. Still, I was always happy to see her. I guess she assumed the red spots and bruises came from me banging around in the crib.”

“My God. Was your mother a zombie? Couldn’t she tell what was going on?!” an attractive matronly woman sitting on the floor in front of me asks. A tear runs down her cheek. Her tear makes me sad.

“Doug, who was eighteen months older, would pretend to like me. But when Mom left the room, or sometimes just turned her back, he hurt me. I don’t think Mom could have imagined that one of her babies was so angry. She may have been in denial, I don’t know. I tried to alert her. I believe everyone comes into this world telepathic. I was. I’m no different than anyone else. I knew when Doug was on the brink of hurting me. A couple of times I screamed to signal Mom when he approached. Doug leaned forward. He stared intensely into my eyes and I heard, ‘If you ever let her know, you’ll really suffer.’ But his lips didn’t move! Mom didn’t hear!”

Someone gasps. I notice Jeff looking distressed.

“At that moment I realized I was living a nightmare. Doug was still

telepathic enough to know some of my thoughts. He knew just when to threaten me.”

Someone else gasps.

“But Mom and Dad were deaf and dumb to my way of communicating. I wasn’t able to learn language.”

“That’s horrifying! How could you have been so aware at that age?!” the woman in front of me asks with tears streaming down her face.

“You actually remember all of that at only a few days old?!” Gabe asks annoyed, a challenge more than a question. I hear someone blowing and sniffing.

“I guess I remember because of trauma. Hasn’t everyone heard enough?! You want my guts too?” I ask humorously.

“We’d like to know the gravity of it,” Gabe challenges again.

“I remember the first time I fought back. It was the Easter Sunday before my second birthday. Doug was three-and-a-half years old. Mom, my two brothers, Don and Doug, and I were in our church clothes standing on the sidewalk outside our home in Oak Ridge, Tennessee. I watched the clouds my breath made in the frosty air while Dad took 8 mm moving pictures of us. Doug jabbed a knuckle in the soft of my spine without anyone seeing. I ached. Adrenaline rushed into my blood. It seemed to race through my spine and into my nervous system. I lost control. I turned on Doug. I hit and frightened him. He was afraid that Mom and Dad would realize he caused me to do it, so he froze up. I pounded on him.

“ ‘Stop that!’ Mom yelled at me. Doug learned he could get me into trouble. Every time he furtively hurt me and I defended myself, Mom and Dad spanked me. I looked like a mad child. He looked like an angel. But he began hurting me less.

“I came to believe that I couldn’t trust anyone. Not even my parents. I kept to myself as much as possible for the next two and a half years. I didn’t care to talk to anyone unless I was forced to with an, ‘Answer me, or I’ll wallop you,’ from Mom, Dad or Doug.

“The day my semi-victories with Doug ended was the day my father betrayed me. Doug had begun kindergarten. I wanted to go too. I followed him to school. He got enraged and started pushing me. I beat him up. A paper boy stopped the fight. He took me home and told my parents. Dad said to Doug, ‘He’s smaller than you. Don’t let him get

away with that. Look, hold your hands like this. Clench your fists like this. Keep your hands up like this, so you can block his fists when he tries to hit you. Like this, see? Then punch him back, like this. He'll stop hitting you.' ”

I hear a gasp among a few snuffles and groans.

“Didn't you learn to fight the same way?” Jeff asks hopefully.

“Doug was stalker, a full head taller than I with much longer arms. I had a squat build. There was only one thing Doug feared from me after that. If I could talk I could prosecute him before my parents. He made sure I was too afraid to talk. This caused me to be borderline autistic and severely dyslexic.

“Schools worsened my problems. Mom is Catholic and put us in Catholic schools. The nuns in my first and second grades ridiculed me and smacked me with rulers because I couldn't read a word. I thought the whole world was full of raving maniacs. They solved their problems - so they thought - with intimidation and violence.

“At age seven, I decided that I would make Doug my friend. But his animosity was immense. He continued to hurt me. The constant stress and abuse drained and weakened me. I got sick more often as the years passed. Excuse me. I have to catch my breath. I feel as if I'm going to cry. Crying in private was the only release from my childhood traumas. Crying felt so good that I still cry, or at least tear up, from pain, joy, tenderness, and just about anything that touches me deeply.”

Three women come and hug me. I start to weep. We weep together. Another woman and Jill join in the hug, weeping. Jeff joins us. Then, everyone but Gabe joins in.

I begin to laugh. Then I break down crying.

“I feel like a water pipe with no valve to turn me off. Would somebody please turn me off?” I joke. Everyone laughs. “Okay,” I snuffle. “Let's try to get through this in one piece. Let's see. So, my being compassionate and understanding with Doug rarely helped our relationship. He accused me of trying to be a saint. He said I was really the devil. He called attention to my anger. I felt my anger. It felt destructive. I began to believe that I was evil.

“At age eight, I stopped trying to be his friend. I became brazen enough to try to communicate with Mom and Dad that he was hurting me. They repeatedly told me, ‘You must have done something to make

him hurt you.' I wanted to sass back, 'Yes, I was born!' I hadn't learned the sound patterns to express my concepts.

"Then at age ten, a light of inspiration struck. I took on Doug's criminal attitude. I immersed myself in his emotions the way an actor does. I became the frustration, the anger, the hostility. I was a better thief than he was. He shared in the loot. I fought and beat other kids. He enjoyed it. Sometimes I flipped. I waved a knife at him. Or my Knights of Columbus sword. Or a BB gun. At those moments he was frightened of me. As a result, I spent ten minutes, a day, a week, or three weeks without being harmed.

"But, I had exchanged one set of terrors for another: I could get caught. When Dad caught us he went wild on us with either belts, wooden clothes hangers, whiffle ball bat, 9-iron golf club, or wooden 2x4 paddle. (He forced Doug to make the paddle. I had to sand and finish it.) Child abuse was called discipline in those days.

"Because fighting and sharing-the-loot were social activities, I began to play with other kids. I was attracted to 'nerds' because they were rarely verbally violent, and never physically. But I still couldn't communicate well because I couldn't articulate my thoughts. I had difficulty forming sentences. The 'nerds' thought I was an imbecile. I chose to play with girls who were smart and compassionate."

Jill weeps by herself. I hold her while I continue. Jeff smiles supportively.

"Mom realized I needed help. She hired a reading tutor for me when I was in fifth grade. Kitty was a cum laude college student. I was delighted. But Kitty didn't have the understanding or patience for my problem. She laughed uncontrollably at some of my pronunciations. I was humiliated because I admired her and thought she was beautiful."

Gabe laughs. Everyone rebukes him.

"I think Gabe laughed because he identified with me," I say.

"You're too kind to him," the white-haired woman says in a witty tone.

"Sorry, Gabe. I guess cynicism breeds cynicism. Mom fired Kitty after the first session. A year later my parents shut Doug and me in the same room every Saturday. They gave each of us a book and a dictionary. (What use a dictionary is to someone who can't read, I'll never know.)

“I don’t know if Doug had my problem or just hated reading. I was losing my telepathy. I was afraid of knowing Doug’s thoughts. He knocked the wind from me when I did. Several times I fell unconscious thinking I wouldn’t awaken. That would have been okay with me if a place called “hell” hadn’t existed for me then.

“We couldn’t leave the room until we had each read at least four chapters. I was resourceful enough to hoodwink Mom and Dad. I chose books they would never read, from the ‘Tarzan’ series. I had seen the Tarzan movies at Saturday matinees. I had learned enough sound bites to tell a little of the story by deduction and imagination. It worked and I was released from confinement after six Saturdays.”

“Didn’t Doug ever change, to make a long story short,” Gabe jests.

“You are so rude!” a voice spews.

“I thought we had out-grown our childhood irritations, but at a family reunion only nine years ago, when Jeff was thirteen, Doug mashed water-melon in Jeff’s face. Jeff couldn’t breathe. Because Doug had always been a good father to his children, I realized it was an extension of his hostility for me. Doug seems to be a likable man to everybody else. To maintain compassion and equilibrium, I think of him as a dark angel who helped me face fear and disease head-on, and to reverse and heal them.

“I cheated throughout my schooling. I was always terrified of getting caught. But I didn’t know any other way. There was no help to ask for as far as I knew. I had been led to believe that my inferior mind couldn’t be fixed.”

Jeff stirs restlessly. He looks hungry and tense. I decide to finish and take Jeff home, “Then I married at sixteen and had Jeff at seventeen. I was divorced at nineteen. So, a lifetime of toxic medical drugs, pollution in everything, especially diet, and daily traumas made me weak enough to quickly develop cancer from medication, surgery and radiation treatments. I was on my deathbed when I began to read well at age twenty-two. I literally woke one morning several weeks after my initiation into carrot juice and diets and I could read. I know it was my change of diet and not coincidence. It was as if my brain ran on high octane and my new diet supplied it. Then I began reversing all the deficiencies that my lifetime of severe stress and poor diet caused.

“Jeff and I have to leave. I will return in a couple of weeks, if you’d

like. At that time I will answer specific questions about diet.”

“You really have to go already?” Gabe asks sadly.

Everyone is upset that I am leaving except Jeff and me. We are exhausted. But no one else presses us to stay. I am relieved that they don’t and touched that Gabe did.

I look at Jill and say, “Very few bone marrow transplants are successful without side effects. About 2%. Plus it is frightfully expensive. If you will stop radiation and chemotherapy, and eat fresh, unfrozen raw bone marrow with organic raw beef, your chances of remission and recovery from leukemia are as high as 96%.”

“How did you know I was going to have a marrow transplant?!”

“The medical profession only has three ways of treating bone cancer. I can see by the side effects that you already have had two of them.”

“Can my mother call you?”

“Sure. Here’s my card. Take care.”

She gives me a hug. “Thanks for coming. I feel better. ‘Bye,” Jill says.

“Good-night everybody,” I say.

“Good-night, and thank you,” Jeff says and we leave. Still drugged, Jeff moves slowly and almost stumbles over his own feet. I start to help him but I stop myself. He might feel embarrassed in front of everyone if I treat him as if he can’t walk. He recovers his balance.

Outside, Jeff says, “You had a rough life. I’m sorry.”

“Thank you.”

“I need to tell you something,” Jeff says hesitantly.

“What?”

“I assume you know something about what happened before the accident.”

“Stacey and Ralph told me a little.”

“I had to stop myself from hurting Stacey and Ralph. I drove into the trees on purpose.”

*18**Three days later*

I stand in the kitchen hand-juicing oranges. I notice Jeff in bed stirring. He sits up.

“What are you doing awake at nine o’clock in the morning?!” I ask.

“Jus’ woke up.”

“Beatriz is in the bathroom. She’ll be out by the time you get there.”

He moves at almost normal speed to the side of the sofa bed and stands. He wavers, as if dizzy. He sits back down.

“Here.” I hand him a large glass of a mixture of orange juice and certified raw cream. “Most people have extremely low blood sugar in the mornings. That’s why it’s so difficult to awake and do anything. Stand up too fast with too low blood sugar and you’ll get dizzy. Even black out. I can hardly believe that you are so much more focused, and moving this fast. You’ve only been eating steak for three days.”

“It’s also that I haven’t taken my medication in four days - since the day before we talked about it three days ago.”

“You haven’t?!”

“I’m a little scared.”

“Well, you’ve had five months of fear-conditioning. Don’t worry, with each day the fear will shrink and finally disappear.”

“I trust you.”

“Thank you. Neither of us will regret it,” I say with my eyes filling.

“How can you be so sure?”

“Seventeen years experience. I’ve taken greater risks. And I didn’t know as much as I do now. But good instincts and intuition, and common sense got my clients and me through successfully.”

“Do you always eat the same things day after day?”

“I go with my cravings and desires for food. Sometimes I’m into lots of raw bland fruit, like cucumbers, tomatoes, summer squash, corn on the cob, zucchini and fresh peas, and a few vegetables like lettuce, alfalfa sprouts, parsley and young spinach with a few ounces of carrot juice. I mostly eat head lettuce because that’s the kind my body has a taste for. I know people say that it isn’t nutritious. They determine that

by the specifics that researchers look for. They don't research unbiasedly. I trust my body. I am doing excellently for someone who has been through a lot. Trusting my body, what it wants and eating those foods raw, has been advantageous for me. But although my body mainly craves fruit, I try to limit fruit and eat plenty of fat and meat."

"The day of my accident Stacey and I broke up. I was really upset and jealous. I drank half a fifth of one-hundred-and-one proof Wild Turkey. If I hadn't of drunk that liquor I would never have been thinking like that. But I get crazy once in a while."

"Are you asking for suggestions?"

"Do you have any?"

"Probably more than you want to hear." Jeff laughs. "I recommend that you never use salt. It irritates nerves and destroys cells. When you feel anger or rage, do not eat cooked meat and, frequently, eat small amounts of cooked starch with tons of raw fat. That recipe takes approximately forty minutes after eating to take effect, so you would be wise to exert extreme self-control and do some physical activity until it does. In general, eating antibiotic-free and hormone-free fertile raw eggs, raw meat, raw cream and no-salt-added raw cheeses, soothe and calm the body."

I talk to Jeff about nutrition for awhile longer.²⁵

"I don't expect you to remember much at first, so ask me to repeat anything. I'll write you a book someday." I pause a moment. Then I say, "Your conscious or unconscious decision to drive into the trees rather than kill your friends was loving - in a broad sense. I believe that your mother's, Ben's, Stacey's and Ralph's hurts will all heal. You are alive, whole, still healing and not in jail. I'm glad you are here." Jeff smiles and his eyes tear up.

"I haven't asked you about the details of your accident, not because I don't care, but because I don't want you to distort what really happened by telling abbreviated versions. Everything in your life led up to that event. It is my belief that if you can see and remember it clearly and honestly, you will make choices that will prevent that from happening again. I mean, unless you enjoy having near-death experiences."

²⁵ See Appendix S, page 154.

“Yeah, I don’t think it’s good to talk about it. You think I’ll be all right?”

“Like I said, isn’t your future made by your everyday choices? You have a good mind, strong will and you know how to take care of yourself. If you lack anything, wouldn’t it be better to trust yourself to handle problems without drugs and self-destructive behavior?”

“I can make my life good.”

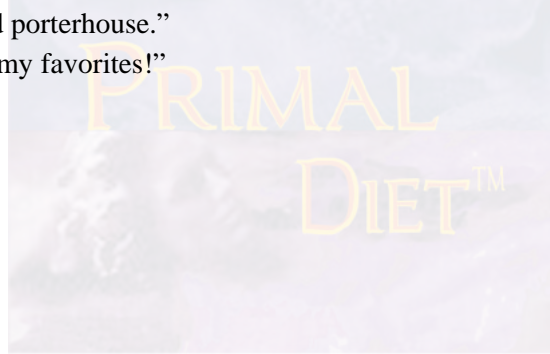
“Great. I’m starving! How about you?” I ask.

“I’m starving!”

“Let’s get dressed and buy some steak. What would you like.”

“Sirloin and porterhouse.”

“Those are my favorites!”



19

Nine days later

It is 8 a.m. I am dressed in my painting clothes. I go into the kitchen and pack my food in the cooler. I hear Jeff moving on the sofa bed.

“You goin’ on a picnic at this hour?!” Jeff calls to me.

“I’m off to paint a house. If you feel like working I could use your help. Could you use ten dollars an hour?”

“Sounds good to me. But I don’t know if I can do any good.”

“What are you talking about? You have full use of your brain and both hands now.”

“I’d really like to. It’ll take me a few minutes to get ready.”

“Beatriz is going to work with us, come with her. I’ll meet you there.”

“Awesome! I never thought I’d work again. Or at least for a long time. All right!”

Two days later

Wearing a dust mask, Jeff sands an area on the north wall that I patched. I watch him. I see how quickly he is regaining his more subtle motor responses. I amble over to him and we talk through our dust masks. “Jeff, you are doing great! But may I show you how to sand so you won’t make ridges?”

“Sure.”

“The hardness of the patching compound and the wall are usually different. I fill the cracks several times leaving only the slightest film higher than the surface of the wall. Then I sand lightly in circles.”

“Looks easy enough. Thanks.”

“I’m stopping for lunch. You can have lunch whenever you get hungry.”

“I’m starvin’ now!”

“Me, too,” Beatriz says.

“Then let’s all do lunch,” I say.

We clean our hands and saunter to the porch with the cooler. I remove a jar of ground beef, butter and honey. “Would you like some?”

“No, I feel like eating some fruit right now,” Jeff says.

“Help yourself,” Beatriz says.

“Thanks. Dad, did you smash your thumb with a hammer?”

“No. It pusses like this every so often,” I say as I look down at my thumb. At the side of my nail is an inflamed and blackened area with pus. Where it is blackened, a hole has been eaten through the nail.

“Is it painful? What is it?” Jeff asks.

“An infection that is very painful at times. When it first happened it lasted for seven weeks. Then it disappeared for three months. This makes the seventh time it has reoccurred. The blackness and eating away of my fingernail and skin usually indicates molds. After the fourth time it happened, I had a lab test the pus for molds. The results came back positive for penicillin. I hadn’t had penicillin in fifteen years.”²⁶

²⁶ See Appendix T, page 156.

“Wow,” Jeff says.

“Fifteen years and it’s still in your body!” Beatriz says.

“If it can eat a hole through my nail, imagine what it has done to the inside of my body. Of course, the air may have rendered it more volatile than it was inside my body.”

“I’ll never take antibiotics again!” Beatriz says.

“Dad, how did you get into raw meat?”

“That’s a jump in subject.” I pause trying to remember. “I recall thirteen years ago. I had already stabilized my cancers and mitigated many of my other problems. But I wasn’t satisfied. I had had a taste of good health and I wanted more.

“Everything I read was contradictory. So I decided that I had to enter the wild to learn the truths about optimal health. I hadn’t realized at that point, that it was a matter of difference. Everyone’s body is different. Every body reacts to food differently. Because specific foods and amounts are proper for someone, doesn’t mean that those foods and amounts would be proper for others. And vice versa. That is no contradiction.

“Anyway, I traveled North America on my bicycle and lived off the land for almost three years. I occasionally lived with Native American tribes for a month at a time. A very wise native suggested that I eat raw meat.²⁷ I rejected the advice because I was a diehard evangelistic vegetarian.

“The experience that changed me was...unusual. After two and a half years traveling on my bicycle, I became discouraged. I had gotten too thin and was weakening more everyday.”

“I thought you said you were always overweight?” Beatriz asks.

“I was overweight when I ate cooked foods. I got slender when I switched to all raw but meatless diets. And then, when I bicycled and lived outdoors the stress was so great that I deteriorated.²⁸ I regularly ate as much as three pounds of nuts daily, six avocados, enormous amounts of fruit and every day I awakened a bit thinner than the previous morning. But I didn’t want to return to civilization with its

²⁷ See Appendix U, page 156.

²⁸ See Appendix V, page 161.

pollution and its survival-of-the-fittest attitude. I had seen in the wild that only malnourished animals lived by that rule. Otherwise, life outdoors was peaceful. I loved living outdoors. But, physically, it was too stressful on a raw meatless diet.

“Rather than go back to civilization, I decided to fast myself to death.

First, I dug in and built a ten-by-ten foot stone house in what I was told was an ancient Indian burial ground. It was in the foothills of a mountain range twenty miles northwest of Salton Sea, here in California.

“Because the house was sunken, the roof was only four and a half feet above the ground. At night, I jumped onto the flat wood roof with my sleeping bag. I loved falling asleep while watching the stars. A coyote woke me one night around midnight. She made sounds like a laughing crazy person. She stood fifty feet away. I could see her because I had night vision. Night vision is something I had developed while living outdoors.

“After several consecutive nights, I realized she had a purpose in waking me. But what it was I didn’t know. Another night I sensed a coyote passing in the wash twenty feet behind me. I turned and saw him. I wondered why the laughing one woke me when they could have easily passed me while I slept. This game went on every night for two weeks. Each night I sensed another coyote, without using my eyes or ears. (I think that that was what they had intended - for me to strengthen my sixth sense.) Then I turned in the direction where I felt he or she was. And there was another coyote. Within two weeks I had sensed each one as he or she passed through the narrow canyon by me. There were eleven in the pack.

“One unusually warm night it rained lightly. I slept on the ground inside the house. My sleeping bag was unzipped and I had one leg sticking out. I was awakened by a cold nose rubbing the side of my bare leg. It was a coyote. I wasn’t alarmed. The coyote dashed away and up the steep grade of the entrance. He stood looking down at me. He looked straight into my eyes. He motioned his head as if he were indicating that I should follow. I thought I must be crazy. But he did it again. I trailed behind him to the pack. They all nodded at me. I returned the gesture.

“They leapt, butted and played as they started off into the desert. I followed behind. I was weak from fasting. They waited for me to catch

up. We had gone about a half mile when they caught a whiff of something up wind. The group quietly separated and made a half circle about two hundred yards wide. The one that stayed with me, looked me in the eyes. He motioned his head for me to follow. I did.

“We crept about three hundred yards up wind. Then he sped off to the side zigzagging down wind. He laughed like a crazy person. I heard the others start to howl and laugh from afar. They were approaching like an ever-shrinking half circle toward the lone coyote. He was making his way toward them.

“I ran to see what was happening. A jack rabbit was caught in the half circle. It zigzagged and leapt around. But it was trapped by the encroaching chorus of coyotes. The rabbit stopped, paralyzed. I thought I saw an apparition leave the rabbit. It seemed to no longer have a consciousness.

“A female coyote took the stiff rabbit and broke its neck. It dangled from her teeth. Another coyote bit into the skin between the rabbit’s front legs and ripped open its entire torso. She brought the rabbit to me. She dropped it on my bare feet. The rabbit was hot and bleeding. I felt sick.

“All eleven of them stood staring at me. I kept getting this thought: It’s what you need, take and eat it. They seemed to be sending me that thought. I flashed back to my childhood. I remembered the way my brother Doug sent me his thoughts. This was the same, but this thought had a gentle feeling about it. The coyotes were communicating with me.

“I looked down at the rabbit. It was warm and moist as if it were alive. I looked at the coyotes and said, ‘I don’t know, guys, I haven’t eaten meat in six years.’ Then the idea came to me that these coyotes were here to help me quickly end my life. A fast could take months (another oxymoron, I thought).

“I picked it up. I took a bite. I forced myself to swallow. It came right back up. The coyotes looked at each other as if it were a joke. I sat down for five minutes and psyched myself into eating it. After five bites, it tasted delicious. I ate about three and a half pounds. The coyotes shared what was left: the hind, head, skin and bones.

“They went on food-shopping and I walked back to my rock house to die. With every minute that passed, I felt lighter. I thought that the

poisons were taking effect.

“I got my sleeping bag and laid down on the roof. I felt a peacefulness that I had only felt during my death experience on the heater with the fresh pizza stains on my shirt. I was sure I was about to leave my body again. I fell asleep.

“I woke the next morning after the best sleep of my life. The raw rabbit meat made me strong for three more days. And so I became a raw meat eater. I had found the missing link to my health! I killed and ate rattle snakes and birds. I traded my hard labor on farms for eggs, chickens and raw goats’ milk. My muscles developed easily. Several months later, I returned to Los Angeles to spread the great news of my discovery. Everybody thought I lost my mind.”

“You are! But that’s one reason I like you so much, Dad. You are strange,” Jeff says laughing.

“I remember you saying you liked to bowl. Would you like to go bowling?” I ask.

“I don’t have enough strength in my right hand.”

“At the rate you are healing, you will soon,” Beatriz says.

“I don’t know,” Jeff says.

20

Five days later

Beatriz’ friend, Wilma, and Jeff sit in the back seat. Beatriz sits shotgun. I drive us into Mar Vista Bowl’s parking lot.

“I’m warning everybody right now, I haven’t bowled but once in twenty years. I have never been very good at it, but I loved it,” I say.

“Wilma and I aren’t good bowlers either. We just enjoy it,” Beatriz says.

“Before the accident, I was very good. I was in a league. But I don’t know if my hand will be able to control the ball.”

“That makes us all about even, doesn’t it? So, the worst bowler wins. Hey, Jeff, your mother and I met at Brentwood Bowl.”

“I didn’t know that.”

“No, I guess she wouldn’t have talked about us.”

We exit the car and walk to the building.

“Your accident changed you into John Wayne, I swear. You walk and talk real slow like,” I say, mimicking him.

“Wish I made his kinda money, pilgrim,” Jeff says.

Jeff wipes his hands and passes them over the blower. He lifts his bowling ball and moves into position. He inserts his right hand fingers into the ball. He hesitates and flexes his right wrist. He brings the ball into position. He makes his approach, slides and brings the ball forward. He drops it. It bounces hard down the lane and into the gutter. Jeff looks frustrated and disheartened.

“You expected a strike on your first bowl?” I ask.

“Crazy, huh?” He steps back and waits for the ball to return. “Dad, I think that health has a lot to do with your state of mind. If you think about good health you make it happen.”

“To what extent?”

“Whatever.”

“If you are saying that, because I desired good health and focused on it, found the means to achieve it and acted on it with successful results, I’ll buy that as a general statement. But if you are saying that I didn’t have to do anything other than think about, desire and pray for good health to find myself miraculously healthy one day, you’re talking mind over matter, and I don’t buy it. I mean, you can take your body for granted like any male chauvinist dominates a woman. The body will respond. But there will always be dire emotional, psychological and physical side effects.”

“That’s what I believe,” Jeff says.

“Let’s do one of those man things. You know, challenge each other - without the kill-to-win attitude,” I say playfully.

“Watch out, Wilma, the boys are getting started,” Beatriz says wryly.

“Who goes first?” I ask.

“You,” they all say.

“All right. Jeff, tell me why were you taking that medication that was interfering with your healing if all you had to do was believe you

wouldn't have seizures? And why, once you started eating the raw diet and stopped taking the Dilantin, did you begin healing after nearly four and a half months of limbo? Your state of mind was that you were afraid you would have a seizure. Why didn't you have a seizure? (Don't answer yet.) Instead, you are able to work and even bowl."

Jeff passes his hand over the blower as his ball returns.

"Jeff, I would love for what you believe to be true. I would have preferred an easier way to health. Lord knows I tried. And I'm not saying that because I couldn't do it, it can't be done. I'm just asking you to help me see it."

"It takes a certain kind of faith," Jeff says as he lifts his ball and moves into position.

"I've seen some of the greatest gurus of our time. Everyone of them had health problems. Why is that so, when they lived very cushy, protected lives? They purported to heal people yet they couldn't heal themselves. Why was that?"

"I couldn't begin to tell you," Jeff says looking back at me.

"I lived in a yoga ashram for two months, once. One of the most disciplined young men I had ever met, Sadashiva, was in charge of the Los Angeles community for Sri Vishnu Devananda. He had been celibate all of his young life. He had witnessed Vishnu Devananda levitate, that is, float up and remain suspended or bounce in mid air. But what good was that talent when Vishnu Devananda couldn't come into agreement with his body? He witnessed Devananda's cravings for pizza, canned pineapple, salt and ice cream. Every time Devananda ate any of them, he got either immobilizing stomach aches, flatulence or headaches. He ignored that Devananda's mind-over-matter concept, taught to him as spiritual fact, was not working there.

"Anyway, Sadashiva was completely sold on mind-over-matter. I was explaining to him that diet could alter a person's state of mind as easily as a person's mind could alter the physical being. He said that that was completely opposed to everything he had studied in metaphysics, short of poison. I decided to prove it to him, and myself, without telling him.

"I was the dietitian at the vegetarian ashram of which Sadashiva was in charge. I was responsible for selecting and buying food for the entire community. I chose a food combination that acts as an aphrodisiac. I intended to turn the ashram upside down by stimulating everyone's

sexual desires. Sexual pleasure was the absolute no-no there.

“Except at dinner, most people ate on the fly, grabbing whatever fruit was available. I had observed that most raw-food fruitarians and vegetarians were often hungry. Only a handful assimilate enough protein to satisfy the body’s needs. At the ashram we were no different. If delicious food were available, we ate often. I bought cases of oranges and avocados. Everyone ate the combination on the fly several times a day.

“Within five days, Sadashiva and the other Hatha yoga instructors, excluding me, began talking about the anatomy of their female students. As the days went on, they became randy. Some started to touch the students - not in lewd ways but unconsciously sensual.

“I stopped feeding them oranges and avocados. Within five days everyone was back to normal. I told my friend Monica about the experiment. (Monica and I had been lovers, but by this time our relationship hadn’t been sexual for about a year.) She didn’t know whether to believe me or not. It seemed so far-fetched. We decided to repeat the experiment and she would be witness.

“I supplied the kitchen with avocados and oranges again. Within five days they started talking about anatomy. Within eight days, the touching began. I mentioned to everyone that they were getting awfully randy (without mentioning the food) and shouldn’t they be careful. They said I had a few screws loose, that they were just playing around, and nothing was going to make them lose control.

“Although I wanted to prove to them that their mind-over-matter concept was flimsy in reality, my conscience persuaded me to stop. I bought pears and apples for them to eat with the avocados instead. Everyone settled.

“Monica and I debated about the results. Among other things, she said it could have been the full moon that stimulated everyone. I agreed that that was a probability. I let a week go by.

“I supplied avocados and oranges again. By the fourth day, the conversation was wild. Touching began. I considered ending the experiment. Monica agreed that things were getting heated but she argued against my belief that food would drive these ascetics from celibacy. They continued eating avocados and oranges.

“On the sixth day, one of the instructors shared passion with a woman

he had admired. On the seventh night, Sadashiva called on Monica. She thought Sadashiva was gorgeous and had mentioned her desire for him. They shared intimacy through most of the night.

“So much for mind over matter, or should I say, life in chaos. I’ll take mind and matter in cooperation - life in balance.”

“Avocados and oranges, I’ll have to remember that,” Jeff says.

“Me too,” Wilma says.

“I don’t know if it works on people who are not raw-fooders or vegetarians. Since then, I discovered that watermelon and avocados together stimulate me more. Add raw fish, especially raw oysters to that and I don’t have to wait a day or two for it to work. But the body acclimates to almost anything. So I found that an aphrodisiac works for only so long.”

“This conversation is making me lose concentration,” Beatriz says, laughing.

“Me too,” Jeff says as he takes his bowling stance again.

“God, wasn’t everybody fat from eating all those avocados?!” Beatriz asks.

“Because the fats were raw, their bodies utilized the fat perfectly.²⁹ Beatriz, for you, I recommend three avocados a day with oranges and raw oysters.”

“Awesome! Sizzling,” Jeff remarks.

“Get some cold water for this boy, now!” Wilma says about me.

Everybody laughs. Beatriz gives me a twisted smile.

“Are you guys gonna let me bowl or what?” Jeff says.

Everybody laughs. Jeff starts his approach, hastens his step, slides and sends the ball spinning. It takes all of the pins down for a spare.

“All right!” we all say.

“Hey, hey!” Beatriz says, “Nothing like ending the first frame with a bang.”

“You are going to make all of us look like the worst bowlers in the world,” Wilma teasingly chides.

Jeff says, “Well, Wilma, we’ll just have to feed you some avocados and--”

“Don’t say it,” Wilma says.

“Hey, not bad bowling - for a vegetable who’s predominantly

²⁹ See Appendix W, page 162.

paralyzed for life. We should be filming this to show Dr. Braisley. Wouldn't he have a baby?" I say.

"You got that right," Jeff says as he approaches me and offers his right hand. We shake hands and he hugs me.

In Conclusion

Jeff called me after he had seen Dr. Braisley. He asked Dr. Braisley if he could stop taking Dilantin. The doctor became alarmed and warned Jeff of possible seizures. Jeff told him that he hadn't taken the medication in three months. Dr. Braisley stammered. Then he said, "If you haven't had a seizure by now, you don't need to take it." And Jeff stopped pretending to his mother that he was taking the medication.

Jeff went on to study electronics and computer technology, and graduated.

Ten years later

Jeff is still normal and has not had a seizure or any complication as a result of that accident.

Owanza is completely healed from her cancers, and - she insists that I mention - she has healed her sagging arms and bottom.

Jill, the teenage girl, reversed her leukemia within a year on this Primal Diet. She is married with a successful career in education. However, she hides the fact that she eats raw meat because of the narrow-mindedness within the academic community.

And, finally, my patience and tenacity were rewarded with complete recovery from the mushroom- poisoning. It took my body eleven years to recover to vibrant health.

Appendix to Volume I

Appendix A

(From page 10.)

If a mother isn't eating a healthy diet or can't breast-feed for one reason or another, feeding an infant fresh raw (not heated above 96°) cow's or goat's milk will most often resolve colic and make her baby healthy and strong. But there are some babies (and people) who can't even digest raw milk properly for several months. Two ounces of unheated honey and 4 tablespoons of unsalted raw butter blended with a half gallon of raw milk will make the milk digestible.

I remember one infant who could not digest pasteurized milk, raw milk or the raw milk/honey blend. Three years ago a young Korean couple came to Owanza and me (Owanza is a friend and nutritional colleague who was at one time my nutritional client). The distressed mother held her five-month-old infant who screamed just as Jeff had. Owanza and I could see the couple's humiliation. It seemed to me that their gestures at soothing the baby were to show us that they cared and were helpless.

In hopeful gesture, the mother tenderly placed a bottle to the baby's mouth and circled the nipple around her lips. The infant's little hands grabbed it and sucked. Within five seconds she pushed it away and screamed fiercely. The mother sighed.

"Does she cry like that often?" I asked.

"She cries all the time, almost all day," the mother said tensely.

"Doctors not able to help. Five months now," her husband said.

"May we try giving her something?" Owanza asked.

"We have tried all formulas," the mother said.

"If it works she'll stop crying," I said.

"Okay," the father said with bitter resignation.

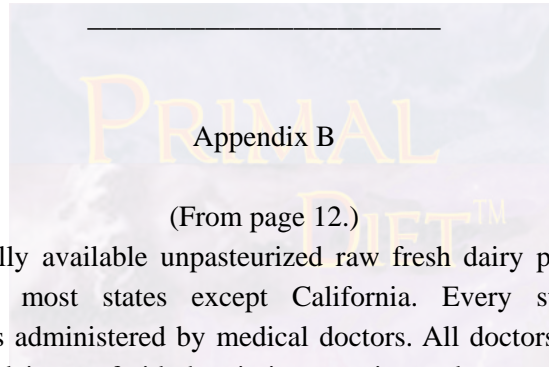
Owanza blended one raw fertile egg with two ounces of Evian water for 30 seconds on low speed so that the egg would completely liquefy and not clog the nipple. For a moment, the high-pitched blender noise distracted the infant from crying.

Owanza poured the mixture into an empty baby bottle and handed it to the mother. The mother ran the nipple over the infant's upper lip. The baby grabbed the bottle and sucked. Within three seconds she pushed it out, screaming.

The mother looked more discouraged. The father sighed, disgusted. Then, in an instant, the baby's eyes widened. She grabbed the bottle and nursed it dry within four minutes. She pushed the nipple from her mouth and then smiled.

"She has never smiled before!" the mother said.

"Look, she happy," the father said proudly.



(From page 12.)

Commercially available unpasteurized raw fresh dairy products are outlawed in most states except California. Every state health department is administered by medical doctors. All doctors are taught to fear raw dairy - afraid that it is a carrier and cause of disease. Although there have been thousands of testimonials for the healthy benefits of raw dairy and there has not been one case of disease or illness as a result of certified raw dairy in California, California health officials still try regularly to outlaw raw dairy and deprive the people. Their argument rests solely on germ theory. They recently forced the raw dairy industry to put a warning label on their products. These labels scare people away from eating those healthy foods. Health conscious people who are fully aware of the benefits of raw dairy in California have had to fight hard and long over the years to maintain their right of choice. "Health" officials allow people the choice of cigarettes and alcohol which have been proved harmful, why not allow us the healthful choice of fresh raw dairy? *See Obtaining The Foods You Want And Need, page 208.*

Appendix C

(From page 20.)

Medical science removes cells from the natural environment of the body and isolates them in “controlled” environments, like test tubes. It administers chemicals to these isolated cells and observes the reactions. It treats cells as if they were machines that have no intelligence and that repeat exactly the same movements and functions. Medical science says that this is the only way experiments can be valid. But it fails to see that cells do not behave or react the same in “controlled” environments as they do in the body. Therefore, it can never predict how a person will react to a drug. And every body reacts differently.

I have employed a very different approach to experiments. I see that the body is its own ecological system. Every body part, gland, cell and particle of blood makes the body the magnificent creature that it is. Eliminate any organ, appendage, hormone or cup of blood, and the body loses a function and/or precise ability. My approach is wholistic. All of my experiments have been employed on the whole person and whole body with food as agent.

There are always side effects with drugs - sometimes seemingly minor, other times disastrous. A side effect with raw food is extremely rare.

To prove that medication prevents healing, I employed research methods formulated by Owanza. I repeated the following experiments with seven individuals. 1) I had a blood analysis performed on each person before and after his or her doctor administered a drug (seven different drugs). The analyses were specifically focused upon RNA and DNA. Blood analyses were done twelve hours after drugs were taken. Mutations were found in the RNA and DNA when compared to the RNA and DNA of the blood taken before drugs were administered. 2) I also had a urinalysis performed on each person before and after a drug had been administered, specifically focusing on bacteria. In all cases the analyses taken before drugs were administered showed a normal live bacterial count. In all cases the analyses performed ½ hour after

taking drugs showed large quantities of dead bacteria.

The next step was to show a correlation between greater bacterial levels and healing. Bacteria, like bears and flies, go in and out of hibernation. When conditions are right they wake from hibernation. Are bears and flies contagious? Bacteria consume particular damaged, decaying and dead cells when weather, other environmental conditions and bodily cycles are right, and when an individual's body is ready to detoxify. To prove that higher bacterial levels advance healing, I observed ten subjects, each with three open wounds. On each person, I treated one wound with alcohol. I treated another with the subject's urine only. (Urine contains most of the same constituents as blood, except that it contains very few red blood cells. The practice of using urine as both a cleansing and healing agent has been employed for thousands of years in Ayurvedic medicine.) The third wound on each person was left untreated to heal on its own. The wounds treated with urine healed about three times faster than the ones treated with alcohol. The wounds that were untreated healed a little quicker than those treated with alcohol. Conclusion: Alcohol destroys bacteria and retards healing. A high bacterial level inspires healing.

In another experiment, I observed several groups of people who had stomach ulcers. One group took either Maalox or antibiotics. Another group drank his or her own urine. A third group drank urine and ate a raw diet. The ulcers in those who ate raw foods and drank urine healed two times faster than those who only drank urine. The ulcers in those treated with medication grew larger.

I asked those who were taking medication to discontinue medication. After one week I observed that their stomach secretions had higher bacterial levels. Concurrently, I observed that the ulcers had diminished in size and/or were less inflamed. Conclusion: Drugs kill bacteria and retard healing. Bacteria inspires healing.

To explore the phenomenon that infection also inspires healing, I observed a person who was suffering from polio. When the person was treated with the standard drugs, I noticed that there was a drop in body temperature and a loss of bacteria and virus in the blood. The urinalysis showed very few poliomyelitis virus in the urine and blood. However there was no improvement in the condition or symptoms. I asked the person to discontinue drug therapy. After three days without drugs, the

person drank five raw smoothies a day and drank Perrier water when thirsty. (Each smoothie consisted of 2 raw eggs blended with a whole green – unripe - banana.) No other food was eaten. After this nine-day procedure there was about 50% improvement in the condition and symptoms. I reexamined the blood and urine. I found a lot of poliomyelitis virus and bacteria. In ten weeks this person healed completely without paralysis. Conclusion: Drugs destroyed bacteria, prevented cells from manufacturing virus, and interfered with healing processes. When the subject stopped medication and began to eat the right nutrients, bacteria and virus increased and healing began and continued until complete. Bacteria and virus are necessary for proper cleansing and healing.

To prove that medication stores in the tissues, Owanza suggested that I examine people who had a long history of drug treatment. I found hard dry areas on their skin. I had small tissue samples cut from these hard dry spots and had them analyzed for chemicals. Every tissue sample was found to contain small amounts of medical chemicals, specifically those containing alkaloids.

In another test I conducted, I had small tissue samples taken from the throats of people who had long histories of taking drugs such as Emperin, codeine, aspirin, Fiorinal, and other drugs which effect the mucous membranes. I had the tissue samples analyzed. All of the analyses showed trace amounts of drugs.

In another experiment, I worked with subjects who had long histories of taking antibiotics. I asked them to discontinue taking medication for at least two weeks. Then blood and urine samples were taken and specifically analyzed for drugs. These samples showed only trace amounts of drugs, or no drugs at all. I suggested that the subjects follow a diet for six weeks. First thing in the morning each of them ate ½ cup raw fatty beef with one tablespoon of unheated honey. When the stomach growled, indicating hunger, each of them ate 2 fresh oranges and a tablespoon of unheated honey. Again, after the stomach growled, each of them ate another ½ cup raw fatty beef with one tablespoon of unheated honey. They continued to eat the beef and oranges, alternately, throughout each day until they went to sleep for the night. They always waited until their stomachs growled before eating the beef

or the oranges.³⁰ They drank as much unfiltered, unadulterated spring water as desired, but no sooner than 30 minutes after eating meat. They ate no other foods. After this six week diet, blood and urine samples were taken again and analyzed for drugs. Analyses showed large quantities of drugs in both blood and urine. Conclusion: Drugs store in the body. Certain foods cleanse the body of drugs.

Appendix D

(From page 27.)

I am reluctant to mention the harm that vaccines produce because most everyone is adamantly brainwashed that vaccines produce immunity. However, I would be negligent to ignore how vaccines actually affect health.

Allopathic medicine is based on the “germ theory”, that microbes and viruses, cause disease. Medical science bases the use of vaccines on the theory that the body forms antibodies to “fight” natural viruses. They believe that these antibodies live on after the virus is contained, thereby creating immunity.

First we must consider the facts known to evaluate medicine’s viral theory. Science has proved that virus are not alive, that they are predominantly protein but that they contain organic DNA. Science has proved that virus increase only in the presence of live cells, and that they cause certain cells, and/or parts of cells to dissolve. What is believed and taken as fact but not proved, is that viruses are non-discriminatingly destructive “things” that self-replicate. That is like saying that laundry soap, because it is found in homes inhabited by

³⁰ When doing this detoxification diet, which helps the body eliminate stored drugs without much harm to the body, it is important to eat only when the stomach is completely empty. That is because some drugs will be dumped into the stomach and be arrested there. Eating during the dump/arrest phase, or mixing the beef and oranges in digestion - by eating either before the other has completely been digested - causes indigestion, increases nausea, and sometimes causes vomiting. (Vomiting is beneficial and the quickest and easiest way for the body to eliminate drugs after they have dumped into the stomach.)

humans, self-replicates. Those assumption and conclusion are shallow and ludicrous. Medical science operates from fear, and it attacks the body. All medical procedures for treating disease are written by pharmaceutical-related individuals and groups. That is a severe conflict of interest. Self-produced health or medication-dependent profit, which do you think that they want?

A rational and logical conclusion would be that virus are solvents (cleansers) manufactured by individual cells to dissolve degenerative tissue (disease) caused by accumulated waste and industrial toxins, including medicines. Virus contain DNA because cells have used substances within themselves to synthesize virus; DNA is a part of that. When the cleansing and healing processes cease, cells stop producing large amounts of virus.

Normally, healthier bodies symbiotically utilize bacteria and parasites to cleanse themselves of cellular degenerative tissue and organic waste. They are the bodies preferred janitors. Bacteria and parasites consume the degenerative tissue and organic waste and reduce it to a tiny fraction of the original mass eaten. They can consume 100 times their weight and reduce it to 1-percent excretion. When eating a healthy raw diet, our bodies easily secrete and/or excrete the 1-percent excretions from bacteria and parasites.

However, when bodies become too toxic with industrial toxins, including medicines, the bacteria and parasites are poisoned to death. Under such toxic conditions, the only cleansing method that the body can utilize is virus. So, cells synthesize viruses. I reiterate, viruses are solvents that dissolve degenerative tissue and organic waste. They are beneficial in preventing disease; they do not cause disease. The symptoms that accompany viral, bacterial or parasitical detoxifications are a necessary process but can be mitigated with the consumption of plenty of raw eggs and raw dairy fats.

The key is: We should trust, nurture and understand the body and Nature, not fear them.

Inoculating people to prevent viral infections is ridiculous and dangerous. After many years of experimentation, Louis Pasteur realized that the idea of vaccination was doomed. He confessed on his deathbed to his assistants that a poor (toxic) environment within the body creates

disease. Microbes do not cause disease.

Regarding the immediate trauma that vaccines cause in many people, the eminent scientist and physician, Dr. William F. Koch, M.D., Ph.D. said:

The injection of any serum, vaccine or even penicillin has shown a very marked increase in the incidence of polio - at least 400%. Statistics are so conclusive no one can deny it.

The long term effects of vaccines are just as harmful. Vaccines are made of disease, mercury, aluminum, formaldehyde and other poisonous chemicals. Pharmaceutical houses manufacture diseases in animal tissue. The diseases are sterilized to make vaccines. Sterilization alters the RNA, DNA, structure and actions of diseases and viruses. When a sterilized disease or virus enters the body, the body tries to analyze it and create antibodies to regulate the disease or virus. The body cannot find the logical reason for the unnatural disease or virus. Nor can it find the key to the time that the bacteria or virus will be active. Therefore the body creates mutant antibodies that do not go dormant for up to decades.

These mutant antibodies remain active long after the disease or virus becomes inactive. The mutant antibodies eat sub-particles from the inside of amino acids (proteins) in the blood.³¹ That renders proteins unstable. The amount of proteins damaged and lost to mutant antibodies depends on the number of vaccines. Because amino acids are the primary building blocks of cells, the consequence is cellular malnutrition. In all animals, the malnutrition causes gradual genetic mutations, resulting in weaknesses, diseases, malfunctions and deformities.

The life span of mutant antibodies varies, from at least 1 year (penicillin) up to 50 years (polio).³² Each vaccine multiplies the number

³¹ The nature of the sub-particles eaten from proteins is explained in *THE PERSECUTION AND TRIAL OF GASTON NAESSENS* by Christopher Bird, H.J. Kramer, Inc., P.O. Box 1082, Tiburon, CA 94920.

³² The body reacts to antibiotics (like penicillin, tetracycline, etc.) the same as it does to vaccines - that is, mutant antibodies are created.

of mutant antibodies, which increases cellular malnutrition and results in greater weaknesses, diseases, malfunctions and deformities.

Table 1 shows the reported incidents of polio in the year 1958, before the compulsory polio vaccine law, and the year 1959, when the law was adopted. Only four states and one city kept records. The statistics show that the polio vaccine actually created the disease that it was purported to have prevented.

Table 1: Number of Polio Cases Reported in 5 areas, Before and After Polio Vaccine became Compulsory

	<u>1958</u>	<u>1959</u>	<u>% Increase</u>
Compulsory Vaccination?	NO	YES	
Connecticut	45	123	273%
Los Angeles, CA	89	190	213%
North Carolina	78	313	401%
Ohio*	17	52	306%
Tennessee	119	386	324%

*Ohio had an escape clause and many people declined inoculation. Therefore there were fewer incidents of Polio.

Eighty-two percent of all of the people who had polio in 1959 (listed above) had been vaccinated with one or more polio vaccines. Twenty percent had at least three polio vaccinations. Polio vaccines create polio.

Vaccines have other immediate side effects. There is temporary or permanent paralysis (Guillain-Barre) associated with any type of vaccine, including flu shots. Almost everyone receiving a vaccine of any sort suffers some of the following side effects: blindness, brain damage, convulsions, death, dizziness, other serious diseases, fever, headaches, hepatitis, impotence, irritability, muscular pain and soreness, nausea, skin eruptions and disease, sore throat, stiffness and vomiting.

Former Secretary of War, Henry L. Stimson, reported that at a military boot camp in only a six-month period, there were 63 deaths and 25,585 cases of hepatitis “as a direct result of the yellow fever vaccine.”

Yet, doctors and pharmaceutical houses say vaccines are miraculous - choosing to ignore the harmful effects. Is it because vaccines generate several billions of dollars a year? Isn't it frightening that our children are the main target?

I experimented with vaccines in animals (rats, cats, and rabbits) and found that the mutations compounded with each succeeding inoculated generation. In the second generation, with all three types of animals, mutations started as slight deformations of an ear, or eye, or jaw; or a shortened limb; or scoliosis. Glandular malfunctions were prominent. In some animals, temperaments became unruly. In the sixth and seventh generations' mutations were severe: loss of glands, organs, limbs, features, motor and neural functions; brutal suicidal and homicidal tendencies; and impotence resulting in extinction.

In my experience, of all the pharmaceuticals that are accepted as miracles, vaccines are the most dangerous because the side effects are most often subtle, or attributed to another problem, or ignored. These side effects become obvious after the third and fourth generations. That is when the mutations start to become exaggerated and pitiful. With humans this will probably be apparent by the year 2015.

There are many books on the dangers of vaccines. Read them. I've listed the ones I've read - both well written and not - in the reference section. *See Bibliography, page 340.*

While I was experimenting with raw moldy foods as possible remedies for particular health problems, Owanza, who was assisting me, discovered that eating moldy berries affected the mutant antibodies caused by vaccines. She placed raspberries, blackberries and strawberries in separate glass containers with lids that were not tight. She allowed them to sit at room temperature until a healthy mold had formed. Then she placed them, still in glass containers with loose lids, in refrigeration for ten weeks. After these ten weeks, Owanza strained the moldy berries through a porous sieve, separately. The mold-juices were ready for my subjects.

Blood analyses were done on eleven people with long histories of vaccinations, with specific focus on amino acids. All subjects had minor complaints, ranging from headaches to joint pains. For one time

only, each person drank ½ cup of one kind of mold-juice - of the particular berry that normally appealed to their taste. Their diets were not altered. Blood analyses were done 30 days after drinking mold-juice. Analyses showed an average of 30% increase in stable amino acids over previous analyses. There was only one side effect as a result of drinking the mold-juice - everybody became lethargic for a period of 30 days. After that period, everyone's level of energy and health increased sharply above what it had been before drinking the mold-juice. Health complaints either diminished or disappeared.

Between 13 and 18 months after they drank the mold-juice, three of the people planned to get vaccinations for travel reasons. Blood analyses were done before inoculations and again a month after inoculations. The post-inoculation analyses showed a 30% drop in stable amino acids.

Twenty-four months after taking the mold-juice all eleven had blood analyses. In eight of them the stable proteins in their blood remained high. In the three who had recent vaccinations, stable proteins were still down and the health complaints that they had prior to drinking mold-juice returned.

Appendix E

(From page 39.)

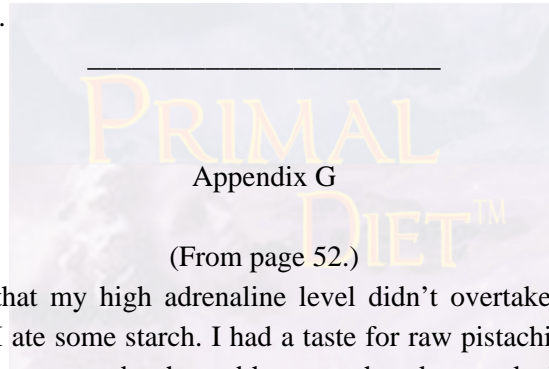
I would have substituted raw plain kefir (a liquid yogurt) in place of the butter, to replenish her intestinal flora destroyed by the antibiotics, but plain raw kefir wasn't on the market at the time. I didn't give her yogurt because yogurt is made with milk heated to at least 112° to make it congeal quickly. Even low heat above 100° Fahrenheit makes the nutrients in milk inferior. By the time Monica came home I had made a raw kefir using kefir grains and raw milk.

Appendix F

(From page 40.)

The formulas I fed Monica were: (1) the tomato mixture; (2) plain raw kefir blended with unheated honey and whatever fruit appealed to her at the time, and (3) an orange and banana blended with a primary yeast that had been grown on raw milk and dried below 95° Fahrenheit.

With what I know now, I would have used raw chicken and fish marinated in fresh lemon, or lime or pineapple instead of formula 3. Eating raw chicken and fish better ensures that nerves heal properly and promptly.



Appendix G

(From page 52.)

To ensure that my high adrenaline level didn't overtake, irritate or exhaust me, I ate some starch. I had a taste for raw pistachio nuts with raw butter, raw egg and unheated honey rather than cooked starches. I knew this combination would cause my blood sugar to drop, so I put some non-steamed dates (most dates are steamed) on the counter, to be ready. I'm glad most people's blood balance isn't as delicate as mine.

Appendix H

(From page 53.)

I know that when I eat raw fat with fruit 1) my blood sugar level doesn't get too high because the fat time-releases the fruit sugar into my blood for better equilibrium and therefore I don't have the sugar top and drop, 2) I don't have to eat constantly to keep sugar in my blood, and 3) I get two to three times more energy than when I eat fruit alone. I eat rich delicious foods that balance me without side effects like getting too fat, or wired and then exhausted from caffeine, or the sugar highs and lows (mentioned above). The benefits of eating raw fat and

fruit together would apply to most people most of the time.

Appendix I

(From page 64.)

I remember my childhood and think how wonderful it would have been if aloofness were my only complaint about my father. Dad probably recalls his childhood and thinks how much easier my childhood was compared to his. But Dad wasn't sick or injured six months out of every year as I was. Although, I do remember a story he told me.

When Dad was three years old, he was walking in the barnyard and a Clydesdale horse kicked him in the face and put him in a coma. Everybody thought Dad would die. Nearly every year as a child thereafter Dad got severe migraines with an infection under his cheekbone. The doctor literally hammered a horseshoe nail through Dad's skin and cheekbone to drain the infection. No anesthetic was used. Dad's migraines continued through the years.

I believe Dad's trauma never healed because his nerves didn't properly heal. He didn't eat raw meat. And he ate a lot of salt, which causes high blood pressure in the brain (the main reason for headaches³³). His high salt intake along with his tremendous adrenaline flow made Dad extremely irritable, sometimes violent and regularly suffered migraines.

I believe that almost all violent and antisocial behavior has biochemical and biological roots because I have witnessed that it can be turned on, off or mitigated by what a person eats. And I have seen that if we don't become aware and take care, our relationships and lives fall victim to our biochemical imbalances.

³³ See Appendix J, page 140.

Appendix J

(From Appendix I, page 139.)

I worked with people who had long histories of headaches. Ninety percent of these people ate a lot of salt. When they stopped consuming all types of condiment salts (which are radical, that is, harmful), including sea salt, they stopped having frequent headaches.

Periodically their headaches returned. Whenever the headaches returned, I had their blood and urine analyzed. Each analysis showed sodium molecules clumping - just as if they had recently consumed condiment salts. They assured me they hadn't. Also, all of the analyses showed high levels of dead cells, especially liver and brain cells. The conclusion I drew was that radical salts had stored in the body and killed the surrounding cells by dehydrating them. I realized that the salt and dead cells in the blood and urine indicated that the body was cleansing salt and dead cells. And that salts store throughout the body, especially in the brain and sometimes liver and brain.

See also Appendix M, regarding salt, page 143.

Appendix K

(From page 67.)

All nutrients - proteins, starches, sugars, vitamins, minerals, enzymes and millions of unknowns - interact. Each requires all of the other nutrients in varying amounts to be properly utilized. All supplements lack most of the balancing nutrients, especially bioactive enzymes. If all are not present, the body leaches nutrients from its own supply (if it can afford to). Supplements create a balance/depletion see-saw effect.

I experimented with supplements for two years. I started this research while I was the nutritionist at a health food store. Of the 1,200 supplements we carried, I observed that only nine had any significant benefits. Those nine supplements were all prepared at temperatures below 82° Fahrenheit and were not chemically treated or extracted.

Over those two years, I observed that the remaining 1,191 supplements created toxicity throughout people's bodies, especially

their glandular systems.

For example, many people who regularly consumed iron supplements had iron deposits somewhere in their systems. The worst deposits appeared as rust spots in Iridology. Almost all mega-dose-Vitamin C-takers suffered irritability, psychological problems and frequent hunger - sometimes compulsive - for ice cream, chocolate and/or other rich foods. This is because supplemental Vitamin C is spiky, like glass, irritating blood and nerve cells. It depletes fat from the blood and makes the blood highly acidic.

People often reported an increase in energy from taking supplements but I observed that the increase in energy was most often a toxic effect. The toxicity forced certain hormones to rush into the system, similar to caffeine or nicotine rushes that ultimately have damaging effects on the entire body.

Unless supplements are prepared correctly, the side effects outweigh the benefits. By the time I left supplement research, 6 of the 9 beneficial supplements had been destroyed: wheat germ oil, 2 brands of cod liver oil, shark oil and 2 brands of primary yeast powders. The pharmaceutical houses and the American Medical Association created a myth that synthetic, natural and organic were all the same; so why pay more? The media circulated the myth. So preparation and temperature quality controls became moot points. Manufacturers altered their processing to compete in the cheaper markets. The public are deprived and consequently suffer.

Appendix L

(From page 70.)

Most often, depression is caused by too much carbohydrate sugar and sugar byproducts in the blood, lymph and nerves. Carbohydrates made into blood sugar result, unfavorably, in high sugar byproducts, causing the blood, lymph and nerve serums to be sticky, causing reduced bodily functions and hypoglycemia.

Naturally, when too much carbohydrate sugar enters the blood, the pancreas produces insulin. Insulin helps regulate blood sugar levels by binding with sugars and turning them into glycogen which can be

stored in the body and used later. When mutant sugars enter the blood, the pancreas overproduces insulin even if the blood sugar is low.

Refined sugars are mutations, including flash pasteurized products. They enter the blood too fast. When refined sugars are eaten, the body first tries to turn them into a more natural sugar. However, most of the sugar just passes into the blood as mutations. They over-stimulate the liver and pancreas. Eventually, bile and hormones, like insulin, bind with the sugars and leave the blood low in sugar (hypoglycemia). Over a period of time, this can lead to the eventual exhaustion of the pancreas (diabetes). Although it would take considerably longer, the same can result from eating too much raw fresh fruit and fruit juices.

The best way to resolve the blood-sugar problems that cause depression is to eat a lot of raw meat. When the body forms blood sugars from meat, the blood sugar is called pyruvate. The body's use of pyruvate results, favorably, in low sugar byproducts allowing clean body serums, including in the nerves.

For some people, simply changing to a raw diet, that includes lots of raw meat, relieves depression. For a few, adding only raw fats to their diet is the simple answer because without proper fat, proteins cannot be assimilated for many purposes. Eating raw meat with raw fat, and reducing fruit intake to once daily in the afternoon only, feeds the liver and pancreas, regenerates and rebuilds them and, over a period of many years, repairs them to where they cease to automatically over-dump sugar into the blood and over-produce insulin.

Another cause of chronic depression is too-low of bacterial levels throughout the body. When high levels of bacteria are present, proper detoxification occurs. Bacteria are janitors who consume organic cellular waste, keeping the body clean. When the body is low in bacterial levels, the body becomes overloaded with organic waste and toxins, causing cellular depression that is experienced throughout the body and mind, and expressed emotionally.

The low-bacterial cause of depression can be alleviated by eating stinky bacterially decomposing meat, as several cultures do, such as the Eskimo. The Eskimo call that meat "high" meat. Eating an ounce of high meat usually relieves depression in 10-20 minutes and may last for weeks. I demonstrated that there is no danger from eating meat with enormous amounts of bacteria on Ripley's Believe It Or Not (it first

aired internationally on July 17, 2002). The recipe to make high meat is in my recipe book, *The Recipe For Living Free of Disease*.

A less favorable way to keep the blood sugar level balanced is to eat one cooked starch (like French bread, rice cakes, pasta, air-popped corn, baked or steamed potato) with lots of raw fat (like avocado, unsalted raw butter, no-salt-added raw cheese, raw cream, raw eggs, stone-pressed olive oil or fresh coconut) with a little fresh fruit. For people with severely overactive pancreases, that combination - in small amounts - may have to be consumed two to four times daily. However, the cooked starch always results in accumulations of sugar byproducts and toxins.

How the last recommendation works is that the cooked starch easily binds with excess insulin. Then the raw fat binds with the starch-insulin mass and escorts it to the bowels.³⁴ The fresh fruit raises the blood sugar level to normal. Depression is gone or mitigated within forty minutes. However, many sugar byproducts and other toxins from the cooked starch accumulate in the body and could eventually cause disease.

Appendix M

(Part of the conversation cut from page 74.)

“Should she continue drinking a lot of distilled water?” Ray asked as we stood in the vitamin and supplement aisle.

“Distilled water makes all problems worse in the long run. It’s hungriest water that starts leaching nutrients from the digestive tract and blood, then from the rest of the body. All water disturbs the balance of the digestive juices and intestinal flora. Sometimes, that causes people to lose a little weight and they falsely think it’s healthy.

“Balanced minerals in natural unadulterated waters, if drunk moderately, help dissolve and bind with toxins in the body. Then blood fat or protein, if available, binds with the mineral/toxin mass and are

³⁴ If the fats reach temperatures above 104 degrees Fahrenheit, they have a greater tendency to store in the body and solidify instead of dumping into the bowels. Therefore, eating fats warmed above 104 degrees Fahrenheit is not suggested for optimal health.

eliminated from the body. Balanced minerals in natural unadulterated waters help dissolve and neutralize toxins, cleanse and soothe.

“The only naturally distilled water I would ever recommend would be fresh unpolluted rain water with its high bacteria content. It may cause diarrhea for a few days, but that’s always a healthy cleansing process. To balance the effects of diarrhea, I suggest any or all of the following: raw plain kefir, a little banana, no-salt-added raw cheeses, and a Nut Formula [page 194]. Oh, and your wife should not eat salt in or on anything.”

“She craves salt! What’s wrong with salt?” Ray asks alarmed.

“It causes sodium molecules to clump in the blood. That reverses ion magnetism and pulls the guts (so to speak) from cells. The affected cells can no longer eat anything and they shrivel and die. Four little bitty grains of salt - including sea salt - destroy approximately two million red blood cells. It takes at least three hours to replace the blood cells and about 24 hours to cleanse the dead cells. During those processes important nutrients are leached from the blood and body. As a result, salt speeds aging.

“The craving for salt is symptomatic of a mineral deficiency. To satisfy her craving for salt, I suggest that your wife eat any or all of these foods: fresh raw tomatoes, no-salt-added raw cheeses, fresh celery juice and raw fish. (Eating raw shell fish, like oysters and clams, several times a month is particularly effective in quickly correcting a mineral deficiency.) These foods will supply a concentrated balance of minerals that the body can utilize easily and pleurably.”

Appendix N

(Part of the conversation cut from page 76.)

“Where did you get the beef?” Mary asks me, worried.

“At the shopping center.”

“Isn’t raw meat toxic from all the antibiotics and injections animals get nowadays?”

“Yes, but most toxins store in glands, some organs and bone marrow because of the concentration of fats in glands, bone marrow, and some organs. I don’t recommend eating glandular tissue and certain organs

(that is, pancreas, thyroid, adrenals, testes, ovaries, liver, kidney, brain, etc.) and bone marrow unless they are from organically grown animals raised without injections and without deworming medication. Fresh muscle meat - steaks and ground - are okay even if you buy them at regular markets as long as they don't add coloring and you don't cook them. If toxins are in the meat, cooking the meat releases the toxins from the fat and some or all will accumulate in the body, eventually causing disease. Organically grown is always more nutritious and preferable. But if organic isn't available, regular is healthier than none."

Appendix O

(Part of the conversation cut from page 84.)

"I'm allergic to everything but grapefruit juice that I squeeze myself. Literally, I can't eat anything. Not even whole grapefruit. If I do, I break out in hives that itch so intensely that I feel like I want to tear off my skin," Owanza said.

"I see two problems. You do not form enough healthy resilient mucus. And you are not lubricating and protecting your cells. There are two basic reasons for that. Either you do not eat enough fat and proteins, and/or you are not digesting, assimilating and utilizing fat and proteins properly. Eating raw protein and raw fatty foods will relieve the hives in time. Probably within two hours," I joke.

"Oh no, you're a raw-fooder? I did raw-food fruitarianism for years and I never felt balanced. I had to eat cooked pastas, and I got better. So you see, raw food doesn't work for me," Owanza said and her eyes filled with tears.

"Did you always eat a raw fatty food with fruit?"

"No."

"A strict fruitarian diet often robs the body of fat, protein and minerals. If you had eaten avocado, raw eggs, no-salt-added raw cheese, raw cream or fresh coconut cream, the fruit would have digested and utilized the fat you ate. Instead, the fruit leaches the fat from your blood and body. Therefore, it was impossible for you to get balanced."

“Avocados caused acne with me, and they sat on my stomach.”

“What did you usually eat with avocados?”

“Nuts, salads, in sandwiches.”

“Some people lack the digestive enzymes to digest avocados. Eating any raw fruit that appeals to you with avocado will help you digest avocado properly. Raw fruits include sweet, acid and subacid fruits, tomatoes, cucumbers, fresh corn on the cob--”

“I’m not a skinny person, I’ll get fat!” she said.

“You look trim to me.”

“But I have this sagging flesh and cellulite on my arms and bottom.”

“If you feel puffy or bloated, it’s mainly water retention. Fat has to be soluble to be absorbed and utilized properly. Cells absorb fat to lubricate, protect themselves, gain energy and clean waste. When vegetable oils are cooked they most often do not stay soluble at body temperature. They harden and the body can’t dispose of them. The body stores them - sometimes as cellulite and/or plaque.

“When hardened fat stores in a cell, the cell will do one of two things. It will try to liquefy the hardened fat, or try to soothe as much as possible its non-lubricated, vulnerable self. The end result in both cases is water retention. Eating raw fats will eventually alleviate the need for water and water retention.

“Would you rather have two to three extra inches of raw healthy fat to lubricate, protect and soothe you, or would you rather suffer your case of hives and heightened fear of life?”

“I pride myself on not being vain, but I guess that’s a delusion,” she said.

“Only about 28% of those whom have done a high-fat raw diet of unsalted butter, no-salt-added cheeses, cream, avocados, fresh coconut cream, eggs and meat gain more than an inch or three and retain it for awhile.

“I use size rather than weight because body weight on a raw food diet with raw meat is considerably heavier. On the “normal” weight chart, a person of my frame and height is supposed to weigh around 147 pounds. I actually weigh 169 pounds but look like I weigh no more than I should. So I go by inches.”

“I’m vegetarian. I can’t eat eggs and meat,” Owanza said firmly.

“How long have you been vegetarian?”

“Fourteen years. I can’t kill, it’s against my religion. It’s also unhealthy to eat meat,” she said.

“You have done the balanced-protein-type vegetarian diet?”

“I’ve followed the chart and rules to the tee.”

“If vegetarianism hasn’t made you healthy in fourteen years, do you think that you’re plagued with these problems for some spiritual or psychological reasons?” I asked.

“Maybe, I don’t know.”

“Could it be simply that a vegetarian diet is not appropriate for your body?”

“I don’t think so,” she said, offended.

“Generally, herbivores have several stomachs and a digestive tract more than twice the length of ours. They have sixty thousand times more digestive juices to disassemble vegetable cellulose. Most humans can’t digest the proteins and fats from legumes, grains and vegetation enough to satisfy the body’s needs.

“According to the archaeologist, Dr. Stuart Struever, in charge of the excavations of past Native American civilizations at the Koster site in Illinois, evidence showed that the more Native Americans became a cultivating society and lived less on meat, the more diseases they got. So maybe eating raw meat is necessary for most humans to live without disease.

“My approach is very existential when it comes to health. It has been my experience that health is the basic gift of all life - as the sun shines on everybody. Food, what one does to it and what one eats, determines health. Unless someone has a genetic digestive or assimilative problem. (Often congenital problems can be healed, but it takes longer.)

“Since your problems have developed over time, I will assume you are not eating what is proper for your body. And since you have rejected what I have suggested, I can’t help you.”

“Please. I have a thirteen-year-old son and a husband. What will happen to them? I can’t eat anything. I know I’m going to die. I have been diagnosed as having thirty very small malignant tumors in my spine, sixteen in my liver, six in my uterus, and innumerable nonmalignant ones in my brain. They said I had maybe three

months to live. I have one week remaining,” Owanza pleaded, weeping.

“What do the doctors want to do?” I asked.

“Radiation and chemotherapy. But I’ve seen several people suffer terribly from those therapies and die miserable deaths. More miserable than I am dying. None of them lived very many years after those treatments. Medical treatment is not an option. I haven’t told my family that I have cancer. I don’t want to be forced into radiation and chemotherapy,” she said.

“You don’t have to convince me. I’m against all medical treatment for cancer from personal experience. Okay, I’ll try to help you without meat, but you have to eat what I tell you, how much and when. Because I’m not a medical doctor, you will have to sign a release. Is that agreeable with you?”

“Yes.”

“My research and experience has brought me to view cancer as a condition where the body no longer eliminates dead cells, for various reasons. So the malfunctioning body develops tumors, or catacombs, so to speak, and contains the dead cells within them.

“Cancer cells are only the caretakers of the catacombs. They are not the problem that created the inability to eliminate dead cells. Does a rooster crowing at sunrise cause the sun to rise? Calling cancer cells responsible for tumors is like calling roosters responsible for sunrise.

“Killing all the roosters and all other creatures near and around will not stop the sun from rising, no more than killing cancer cells with countless other cells will stop cancer. If clouds pass during rooster killings, one may believe that the killing has stopped the sun from rising, just as, occasionally, a body stops mutating normal cells into cancer cells during and after radiation or chemotherapy.

“Cancer, then, is basically a fat deficiency. A deficiency in utilizable cholesterol that normally binds with or dissolves, carries away and eliminates dead cells. Certain properly digested, assimilated and utilized fats, like those in stone-pressed olive oil, dissolve dead cells. Then other fats, like those in raw eggs, act like sacrificial garbage collectors, binding with dead cells or the dissolved waste and dump themselves and the toxins wherever the

body is able to eliminate them from the body.

“A fat deficiency forms when a person stops eating fat; or a person doesn’t eat the particular fat his or her body digests, assimilates or utilizes properly; or the body is unable to digest, utilize or assimilate fat at all. Therefore the body becomes as much a vessel for death as for life.

“Eating anything cooked depletes the body of enzymes, vitamins, minerals and innumerable unknowns that could be used to properly digest, assimilate and utilize fat and proteins. Antibiotics destroy digestive ability. They kill more of the beneficial intestinal bacteria than so called “bad” bacteria. Cooked or processed sweet foods, like sugar cane and beets from which table sugar and molasses are derived, work like acids and destroy digestive abilities. Coffee, teas and chocolate, even if caffeine free, create acidic conditions and neutralize digestive juices. This disables the body’s digestive abilities in varying degrees. All of these, and many more problems, gradually and completely deplete the body of its ability to digest fat and therefore create a condition where the body is susceptible to countless health problems (cancer merely being one).

“Eating many raw fatty foods daily with the foods that supply enzymes for fat digestion, utilization and assimilation (that is whatever bland, sweet or acidic raw fruits, or unheated honey, you have a taste for) shrinks the odds of getting cancer in our society to 10%. We could reduce that to 0% if we were not exposed to medication, pollution and chemical additives.

“Fifty percent of your diet will be raw fat. Every meal will have to include either the unsalted raw butter, no-salt-added raw cheeses, raw cream, avocado or fresh whole coconut. If you live beyond the week, will you at least consider eating raw eggs?”

“It’s against my religion to kill anything. I won’t even kill a cockroach,” Owanza said.

“I think killing cockroaches is inappropriate too, unless you’re a bird or other creature who eats them. Everything is alive, even vegetables. You kill vegetables when you uproot or cut them. You dismember them when you tear off their leaves. If you bite into a fruit and leave it, it rots very quickly. Eggs are as immobile and as faceless as fruit and vegetables. I’m not asking you to make a

decision now, but think about it.”

“Why didn’t you mention beef? Was Owanza of the blood type³⁵ that doesn’t do well with red meat, even if raw?” Beatriz asks.

“No. At that time I didn’t believe raw beef was healthy. A friend and I had had a very bad experience with raw liver and sweet breads - that weren’t organically grown. She vomited and I had terrible hallucinations. It wasn’t until after my poisonous mushroom experience that I discovered that animals store most of their toxins in glands and bones. That’s when I realized that it was okay to eat muscle meat of non-organically grown beef, but not the glands. It was almost a year after the poison mushroom before I ate raw red meat.”

Appendix P

(From Appendix O, page 145.)

There are three basic blood types when determining what meat someone should eat regularly. These types are: 1) People who naturally have acidic blood easily produce red blood cells. They do not naturally produce enough white blood cells. Generally, this type should eat mostly white raw meat (fish, fowl, rabbit) to be balanced. If they eat red meat more than occasionally they will have a tendency to be irritable, impatient, overanxious and overaggressive. 2) People who naturally have alkaline blood easily produce white blood cells. They do not naturally produce enough red blood cells. Generally, this type should eat mostly red raw meat (beef, lamb, venison) to be balanced. If they eat white meat more than occasionally they will have a tendency to be lethargic and tired (anemic) 3) People who naturally have a balanced blood pH produce a balance of red and white blood cells. Generally, this type should eat both red and white raw meat to remain balanced. Few of this type can do fairly well as vegetarians.

Type 1 usually has a ruddier complexion, holds a tan easily, and/or has a high adrenaline level (that is, they have a lot of physical energy). Type 2 usually has a light complexion, his or her tan fades moderately to quickly, and/or he or she is more emotionally and mentally oriented

³⁵ See Appendix P, above.

than physically oriented. Type 3 normally has a balanced complexion, tanning cycle, and a near-even balance of physical, emotional and mental energies.

A person can change from one of these blood types to either of the other types many times throughout his or her lifetime.

Appendix Q

(Part of the conversation cut from page 96.)

“Byron, a nutritional client and friend, got a call from the Health Department one day last year. They told him that a woman with whom he had had an intense sexual relationship for three months was in second stage syphilis. He called me immediately, horrified:

“Byron,” I said, “in order for syphilis to flourish in your body, you would have to have acute toxicity in your nervous system. You have been on a raw diet for years, so you’re clean enough of toxins. Go down to the clinic and have the test, but I suggest you do not take medication. It is meant to poison the virus but viruses are not alive and cannot be poisoned. The medication poisons millions of healthy cells and causes the body to stop manufacturing detoxifying virus.”

“But Aajonus, this is syphilis,” Byron shouted.

“Go get the test done and then you will know.”

About a half hour later, Byron called again. He was at the clinic. “Everyone here is panicked because I refused the medication. They say that no one is immune to syphilis and that it could already be in my brain because the woman is in advanced second stage. Aajonus, I’m going to take the medication. What should I do to counteract the side effects?”

“The medication is a poison. Just buy billions of cell caskets and kiss your energy and sexuality good-bye, because they will diminish for years to come - pardon the pun.”

“Aajonus, don’t kid around, this is serious.”

“Something has to make you rational again. Take a look at who’s promoting the fear and who’s profiting. Trust me, you do not have syphilis. You have sex more than anyone I know. That exercise in

conjunction with your raw diet keeps you clean and healthy. Use your common sense. Panic persuades people to do all sorts of things that are not beneficial. Who in their right mind is going to drink poison because someone tells them to? One or two more days isn't going to melt your brain, Byron."

"Aajonus! This is syphilis."

"I have said all I can. It is your body, your life and you have to live it. It is your choice."

"Okay. Thanks. 'Bye.'"

Five minutes later, Byron called again, "Aajonus, they say I have to take the medication. This is syphilis."

"Would you tell me it's syphilis one more time, just to make sure I remember?"

"Will you stop joking around?! We're talking about my brain and nervous system."

"Byron, right now we're talking panic and fear. I told you the choice is yours. They cannot make you take the medication. It has dangerous side effects."

He handed the phone to the man at the clinic, and the man said, "Excuse me, how can you be human and put this man's life at more risk? Don't you care about him, or is he just a client you take money from? I mean, get rational, sir, this is serious. This is syphilis."

"Now, now, be nice, and calm down. How long will it take to get the results?" I asked.

"As early as tomorrow, if we rush it through. But he has to begin the medication now."

"Would you read the specific law stating that he has to take medication, and the procedures to enforce it."

"It could take weeks to go through the procedures," he said.

"Exactly, so until a judge would rule that he would have to take it, he does not have to take it. And for a judge to order that, a syphilis-positive blood result would be required. Am I right?"

"You have no idea the danger you are putting your client in."

"Let me ask you this, does the medication have side effects?"

"Of course."

"If Byron's test comes back negative for syphilis, would you be

putting him in danger with medication?”

“This is crazy. This is syphilis. Your ignorance is really sad.”

“I have been exposed to the medical profession my entire life, so ignorant regarding it, I am not. I have also been experimenting with raw food diets for 15½ years, so ignorant about that I am not. Have you ever experienced anyone on a raw diet like Byron’s who tested positive?” I asked.

“I’m not aware of anyone exposed to syphilis who was on a raw diet. Have you worked with syphilis like I have?”

“I admit ignorance to your experience, but not about syphilis. Since you are absolutely certain, would you be willing to pay one thousand dollars in damages if Byron does not have syphilis as a disease or as a carrier?”

“You are crazier than I thought,” he said and hung up.

“Byron did not take the medication and the test results were negative. They demanded he take the test again. He did. It was also negative.”

Appendix R

(Part of the conversation cut from page 102.)

“If a medicine gets a 20% effectual rate, it’s considered worthy. The pharmaceutical houses then conduct isolated tests on individuals most likely to react favorably and the effectual rate increases, and consequently the results are biased. Although they know a drug is going to be effectual on very few people, the manufacturers sell it to the masses and doctors as if it would help most people. Drugs don’t work on most people and not without side effects, and most people develop a tolerance for them, so people stop taking them. To keep the hopeful masses buying, pharmaceutical houses create new drugs regularly. And advertise heavily,” I say.

“But drugs have to go through so much testing before they’re approved,” Jeff says.

“The people who approve the drugs have not witnessed anything.

They read the test results as viewed by researchers who are being financed or influenced by a pharmaceutical house and/or the medical establishment or researchers who would like their names associated with medical progress whether exaggerated, fabricated or real. It has been my experience that drugs are ineffectual 91% of the time. It seems to me that people are being sold the old snake-oil-panacea pitch with every drug.”

Appendix S

(Part of the conversation cut from page 115.)

“Back to your question about eating the same thing day after day. I eat meat almost every day, but which meat I eat changes. Once, for sixteen months, I craved only raw organic chicken. I couldn’t eat any other meat, except fish several times a month. Another time, for six months, the only meat I could eat was lamb. One year I craved meat two to three times daily, eating as much as four pounds a day. Another year I could only eat about one third of a pound once daily. Other times I had to eat parsley and fish with beef because beef alone made me too acidic and I got sores around my mouth. I just stay in touch with my body’s taste and needs.”

“Do you think raw foods would work for everybody?” Jeff asks.

“I don’t know if the few hundred people I’ve counseled who have actually done it are enough proof that my approach could help everyone, but it’s the most effective diet for developing and maintaining health that I know. Everyone’s body is different and everyone will eat differently, but basically we were raw-food eaters for millions of years before cooking became convenient and changed our sense of taste.

“I’ve seen that most people are ill because they don’t digest cooked or processed foods well enough. Not many of us have mutated to handle cooked foods to create or even maintain health without disease.

“But everybody has to follow their own instincts, that is, whatever they have a taste for. Generally, I suggest that whatever it is one craves, he or she should eat it raw. Most often I’ve found that foods artificially

heated above 104° Fahrenheit are inferior for creating and maintaining optimal health. Very few people who have eaten a cooked-and-processed-food diet lived without any health complication throughout a long lifetime.

“If people are satisfied with their health, then my view isn’t for them. If they are not, as I was not, I suggest they cultivate a taste for raw food.

“If, for example, you like sauces, discover what is in them, buy the raw ingredients and mix or blend and eat them raw. Pay attention to whether you digest them well. If you have problems or discomfort, simplify the ingredients. Experiment until both your taste buds and digestive system are satisfied. Sometimes quickly, but most often gradually, you will achieve better health.

“A few rules of thumb, but not absolutes. If you are feeling shaky, it most often indicates too low of a blood protein level. Eat whatever raw meat appeals to you (no-salt-added raw cheeses - a fat that is high in concentrated minerals - will also help this symptom but not as effectively). If you are feeling depressed, it’s most often low blood sugar. Eat some fresh fruit with raw fat and a cooked starch. If you are feeling hyperactive, anxious, impatient, or irritable, it indicates one of two things: either you are overproducing adrenaline and/or other stimulants, or your blood fat level is so low the body’s own acids irritate the nerves. Eat cooked starch with lots of raw fat and/or raw meat. If you are feeling headachy, nauseous or just have no appetite, it most often indicates that your blood is over acidic and/or toxic. Eat some no-salt-added raw cheese and drink some fresh-squeezed lemon or lime juice with some unheated honey and naturally carbonated water. Sometimes a salad or fresh raw vegetable juice is also helpful. If you can’t sleep or can’t get to sleep easily, one of two things will help. Eat two to three raw eggs blended with fruit at least twenty minutes before bedtime, and/or eat raw fish in the evening.

“Caution, anything in a can or bottle is at least pasteurized and is relatively a lifeless food, unless labeled raw, unheated or unpasteurized. Concentrates are adulterated and cause ill health.

“Again, get in touch with your body’s signals and trust them. Sometimes nothing seems to work fast enough. Patience. Your body didn’t grow in a day. Finally, if you get a cold, flu or allergy, eat the

following: blend two to three raw eggs, one to three tablespoons of unheated honey and one to two tablespoons of unsalted raw butter with either an orange or a banana. That mix is a panacea that speeds detoxification. It cleanses and binds with the toxins that cause symptoms. It helps you feel better through the detoxification.”

Appendix T

(Part of the conversation cut from page 117.)

“That pus test inspired me to investigate athlete's foot, other fungus, some yeast infections, and the like. I have most often found that antibiotics were the cause. (However, I have found that drinking coffee is the worst cause of yeast infections.)

“Because all antibiotics create unnatural antibodies inside the human system, the body has to get rid of them. If it doesn't, they disrupt normal functions, consume vast amounts of blood nutrients and destroy tissue.

“I found that most penicillin stores in joints, especially of the hands and feet. When people get a fungus and the skin itches and peels away, it's most often the body throwing off antibiotics or some other medication that molds, or causes molds, within the body.

“Women who take antibiotics while pregnant or nursing are putting their offspring at very high risk of anemia, leukemia, malformation of cartilage, weak joints and other bone problems.”

“Does that include Candida?” Beatriz asks.

“Not as much. I've found a large correlation between alcohol, and drugs in the aspirin family causing Candida.”

Appendix U

(From page 118.)

“I was on a vision quest at Pine Ridge Indian Reservation, South Dakota, in the summer of 1975. As my Oglala Sioux friend, Spotted

Deer, had instructed me, I was alone, meditating, praying and fasting for four days and nights. I was expecting a vision that would answer my health dilemma. It was sunset and the third day of my quest on a butte. I hadn't seen a vision. I wondered if Spotted Deer had been pulling my leg.

"Actually, I didn't care because the days had all been beautiful. Clouds formed shapes that inspired me to think of prehistoric, Medieval and futuristic times. I was enjoying just being alive.

"I heard something climbing toward me. An ageless wise man came into view. He had the most beautiful smooth vibrant deep red skin. It seemed to glow. He wore supple deer skin tribal clothing as I had seen in pictures. He didn't pant from climbing the butte as I had. He was clear of the normal thickened leathery skin that I'd seen on other Native Americans.

"I got excited. Surely this healthy man could tell me his secrets and to heck with visions. I stood and he bowed his head. I returned the gesture.

"I'm Circling Feet. That's what I'm called here because I've been living off a bicycle for two years. 'Circling Feet,' makes me think of myself as the Road Runner cartoon," I said.

He laughed. "I am Elk-of-the-Black Moon," he said and we shook hands, wrists to hands, while he put his other hand over my diaphragm. "You have been cut by Wasichu³⁶ medicine."

"You can see my scar through this shirt?" He smiled without answering. "I've been here days waiting for a vision about my health. What's your secret?" I asked.

He sat in my vision-quest square made of a thin bed of sage with its fragrance turning heavier, flatter, stale, but still pleasant. I sat down beside him. We faced east where the sky was turning dark and the clouds were multicolored with a mauve hue.

"If you listen to all that your body tells you, as you most often do, you will have the health you want," he said.

"Are you saying, this is all there is, I'm as well as I'll get?"

"Maybe yes, maybe no. You could add something to your diet," he said.

³⁶ A term referring to Caucasians.

“What?”

“When you were a child, what did you often take more of than your mother told you you could?”

“Cookies, candy and sodas.”

“For your lunch?” he said laughing.

“You’re very psychic. Luncheon meat.”

“Does your body ever have a taste for it now?”

“I’ve been a fruitarian/vegetarian for five years now.”

“Do you ever have a taste for meat?”

“I stopped eating meat some time after medical treatments for cancer. Meat always made me nauseous and increased my skin problems and made me irritable. It seemed to just sit in my intestines.”

“Do you remember how eating cooked peas instantly made your body want to throw up?”

“Yes. All cooked vegetables made me want to vomit. Why do you suppose that was?” I asked.

“Cooking altered them into chemicals that were toxic to your body. Your body was telling you not to eat them cooked.”

“My parents forced me to eat them anyway.”

“That is the first and most harmful assault against all of Nature. Like in your holy book, there.” He lifted my Bible beside me and opened it to Genesis. “Eve’s apple is any bad food that creates havoc in the body and mind. Bad food makes life difficult and distorts perception, like bad fuel makes a machine run poorly, become faulty, wear and die too soon. Life becomes imbalanced and painful. Fear and ugliness dominate the mind. Then life is seen as dangerous and we live defensively, attacking the outside when it all begins inside. That is the banishment from the Garden of Eden. Paradise was the state and feeling of health and balanced happiness. You like and digest raw peas well, right?” he said.

“They’re delicious. I do well with almost all raw foods.”

“Three hundred years ago, my people didn’t use fire on food. Only for pottery, some tooling and warmth. Then Wasichu came and drove us from our cultivated lands. All tribes of all Indians everywhere became hungry. We began fighting and killing so much then - even members of other tribes - for land to live on.

“To stay healthy we had to eat mostly meat, as my ancestors did thousands of years ago, and as the plains Indians did. But our food supply was always in jeopardy. Wasichu grew like mold on rotting fruit. They pushed further and further westward behind us. They slaughtered us, our buffalo, deer and all animals for greed and sport and again we were no longer able to get fresh meat daily. We had to cure it into jerky to survive.

“When we ate it fresh and raw, Wasichu said that it was a savage ritual. They said we would evoke their devil and infect them with disease. They ordered us to cook our meat or they would kill us. Consequently, we got sick.

“Everything we did, Wasichu used against us as an excuse to kill us and take over all our land and resources. This weakened us more. Wrinkled us like grapes to raisins. Our bones and teeth began to rot rapidly. We became crazy like Wasichu - sick in heart and mind. Many of us drank to forget our pain and fought like the worst of them. Wasichu were used to eating cooked foods and living with the ill consequences. We weren't,” Elk-of-the-Black Moon said.

“I'm sorry. I think Native Americans were and still are treated horribly. Like Hitler treated Jews. As you said, white men proliferate and live without respect for balance. They have child after child simply because they want to. It doesn't seem to matter whether they can care for and raise them healthfully and happily. I don't feel like I'm one of them,” I said, lowering my head in shame.

“On your mother's side, you have Sioux blood,” he said.

“Yes, my mother said she's one-eighth Native American Indian. Do you think you could teach me to be as psychic as you?”

“Let me teach you this: raw meat will make you strong.”

“Spotted Deer put you up to this, didn't he?” I said laughing.

“I live alone out here,” he said, insinuating he didn't know Spotted Deer. “The next time you have a taste for meat, eat some raw.”

“I can't kill animals. I mean, even though I didn't actually kill them, eating meat is the same as killing,” I said.

“To uproot vegetables, or bite into fruit is also killing. But when someone only kills to eat, it is according to the goodness of Nature. It is a natural agreement between all species. Death is quick in the hunt. Suffering is a lifetime in disease. You choose.”

“No. I believe the reason people are so hateful and aggressive is because they kill and eat meat,” I said.

“As I said, the cause, or ‘sin’ as you might call it, is any fruit of evil. Cooking food is one of them. My people lived very peacefully for thousands of years eating raw meat under strenuous environmental conditions without severe diseases. Only those of us who accidentally or purposely ate foods that were not good for them became diseased. Everything in your society is confusing. Science and business try to formulate everything and everyone. Soon your scientists will name fat and red meat ‘evil’ and say they cause much disease.”

“That would be a shame. Fat is the main nutrient that has kept me alive. They research people who eat cooked fat, so they are right about that, but they’re wrong regarding people who eat only raw fat. Meats are all poison. They turn into uric acid in the body,” I said.

“As you are for plenty of raw fat and against cooked fat, the same is true for meat. When I was a boy, my friends and I would greet food-hunting parties with our knives drawn. We would cut and spread the hides and cut handfuls of buffalo fat and eat them like Wasichus eat cookies, candy and cake. And then we ate the meat with some leaves to make our breath fresh or sweet. We never got sick from either. It made us strong against disease and gave us rich skin. Now, you haven’t answered my question: Do you get a taste for meat?” he asked.

“No.”

“Well, if you do, have it raw and you will become much stronger over a period of many years.”

“I love animals. I can’t kill them,” I said. A wind twister whipped around us and Elk-of-the-Black Moon stood up.

“I will continue my journey. May you find peace in Wakan-Tanka. Your God and Wakan-Tanka are the same by different names.”

“I know. God bless you, too. Thanks for stopping,” I said as I made the peace sign. He smiled and disappeared into the dusk, opposite from the direction he had come. I had no vision on my four-day quest.

I told Spotted Deer about Elk-of-the-Black Moon and he said,

“You spoke with Black Elk?!”³⁷”

“Black Elk has been dead for years. He died of very old age. This man’s name is Elk-of-the-Black Moon,” I said.

“No Wasichu knows him by that name. I don’t believe this.”

Appendix V

(from page 118.)

Living outdoors in the wild was more stressful on my body than living in the city. I had to deal with hunger, constant sunrays or wind, drastic temperature changes from day to night (up to 50° Fahrenheit in deserts), and insect bites. A few times I awakened in humid swamp areas with at least a hundred mosquitoes sucking my blood at once - my mosquito net had opened. But I never got lice or parasites. I did not eat meat at that time, so living in the wild aged me faster than normal. I weathered. I developed deep lines in my face.

Psychologically, living outdoors in the wild was less stressful than living in the city. There was no pollution or rat race to maintain. I loved that.

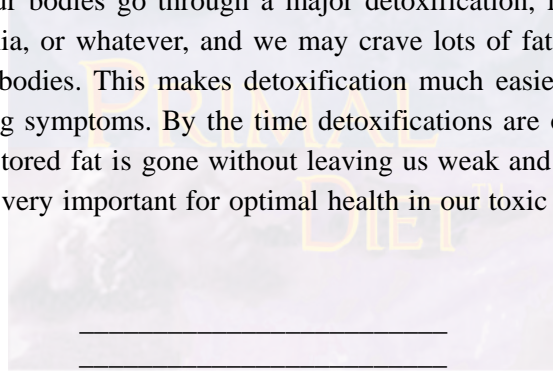
Since that three-years period, I have lived outdoors for a month or two at a time. The addition of raw meat to my diet has changed my outdoor experiences considerably. (It also reversed my aging process.) When mosquitoes light on me, most often they leave without sucking my blood. I tolerate the cold and hunger more easily, and sunrays and wind no longer wizen me.

³⁷ Black Elk was a revered Oglala Sioux holy/medicine man who lived from 1863-1950.

Appendix W

(From page 125`)

Most cooked vegetable fats harden so much that most bodies can't get rid of them, especially vegetable and seed oils. Rarely can a body utilize cooked fat properly, especially after the body reaches its mid-twenties. After several years of eating my Primal Diet, if the body stores excessive raw fats, usually we can lose them with exercise. However, I prefer that people maintain excess weight. The reason is, sometimes our bodies go through a major detoxification, like a cold, flu, pneumonia, or whatever, and we may crave lots of fats and store them in our bodies. This makes detoxification much easier, reducing and mitigating symptoms. By the time detoxifications are over, all or most of the stored fat is gone without leaving us weak and exhausted. Excess fat is very important for optimal health in our toxic bodies and environment.





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I've learned that if I eat donuts today I look and feel like donuts tomorrow, and maybe for the rest of my life. -- Jill, School teacher

This volume was written for better understanding of how food and nature affects us. The remedies are based on results, not conclusions that were based on speculation and assumptions that were based on theory and disseminated mainly for profit. The efficacy of all of the dietary wisdom given herein was born from 35 years of nutritional experimentation, trial and error. It does not depend upon our chemical understanding and explanations.

This material is for educational purposes (read Warning/Disclaimer, page 6).

INTRODUCTION

The Raw Truth

by Rob Strauds

As a researcher and practitioner of the healing arts I have devoted a great deal of time and energy to the study and application of what is variously referred to as “alternative”, “holistic” or “natural” healing, which embody most of the “modalities” currently in use. After many years I concluded that while the “alternative” approaches to illness and health are generally more organic in principle than conventional drug-based allopathic medicine, many of them still treat symptoms rather than whole organisms. They often merely substitute herbs, supplements and other substances for drugs. It became apparent to me that neither medical science nor alternative medicine was going to resolve the issues of degenerative illness, radiant health, and longevity, in the laboratory. The number of variables and the vast complexity of biological and subtle energy processes and reactions in the miraculous human “body-mind” seem to defy any attempt by man or machine to ultimately “figure it out” at the biochemical level. Intelligent and talented men and women have devoted decades of their lives to researching tiny fragments of human biochemistry and still their conclusions are often contradictory, incompatible with one another, wrong, or limited in their healing applications. Although there have been remarkable advances in medical science, the foundational understandings necessary to resolve degenerative disease and produce radiant health and significant longevity are still not evident.

In the field of natural healing in the Twentieth century, the work of pioneers such as Bernard Jensen, Paul Bragg, Paavo Airola, and others, has led to a greater understanding of the single most fundamental principle of health and healing. These landmark health practitioners embraced food for detoxification, regeneration and rejuvenation. The human body is, after all, a “food body”, and although there are emotional, psychological and spiritual components to health, any system that does not incorporate food as a primary healing therapy is seriously negligent.

My investigation, therefore, led me to the confusing and contradictory world of diet and nutrition: vegetarianism, dairy-free veganism, macrobiotics, Chinese dietary therapy, raw foods, etc. In the course of studying and experimenting with each approach, a significant

factor seemed to emerge (based on successful results): the health of living organisms is dependent on the use of live, organic food in raw form, rich in enzymes and other nutrients that have not been destroyed or reduced by heat or other processing. Consequently, I pursued the work of Ann Wigmore, Victor Kulvinskis and other advocates of vegetarian raw-foodism.

As time passed I observed that the completely raw vegetarian diet was not for everyone. While some benefited, many tended to become weakened by it. Some could not easily digest raw vegetables, even with enzyme supplementation, making it difficult or impossible for them to eat salads. In one instance I observed a rapid decline in the health of a cancer patient (who had been improving somewhat on a modified macrobiotic diet) when he switched to an all-raw diet. Doubts surfaced. The questions kept arising: Is there a fundamental dietary approach to prevention, healing, and longevity? If so, on what basis would that diet vary from one individual to another?

I decided to approach the matter in a different way; to start from the desired result and work backwards. This took two forms, 1) to seek and research the work of health practitioners who were consistently (75-90%) reversing deep-seated pathology (cancer, AIDS, chronic fatigue syndrome, etc.) and evaluate and compare their methods, 2) to study the diets and lifestyles of cultural groups that enjoyed radiant health and significant longevity and look for commonalities. In phase one, I found that such practitioners were hard to come by, for several reasons: a) they often work alone rather than in the context of a larger organization or clinic, b) they are generally not mainstream or even well known, and c) they generally maintain low profiles because of the political and economic dangers of curing diseases in a society controlled and policed by medical and scientific prejudices.

I began to hear about the work of Aajonus Vonderplanitz, a practitioner who had apparently facilitated 232 cancer remissions (of 240 cases) as well as many recoveries from heart disease, chronic fatigue and other serious illnesses. Even more remarkable was the fact that these healings were effected almost exclusively through diet. I contacted him immediately and ordered the manuscript *The Primal Diet; We Want To Live*. The book was a revelation. The first reading left me astonished.

After months of enjoying significant health improvements from the diet, I found myself involved in a week-long face-to-face apprenticeship with its creator. I was pleasantly surprised at my first encounter.

His general appearance was that of a man ten years younger; his skin and hair possessed the healthful glow that develops from the inside rather than from the mere use of topical cosmetic products; his musculature exhibited a tone that results from regular work-outs, despite the fact he had not done any significant exercise in seventeen years. The most amazing characteristic was the clarity of his eyes. Iridologists will tell you how very rare it is to find a human being alive in today's toxic world, whose irises show little or no signs of disease or toxicity. An examination of his irises revealed a complete circle of solid blue filaments radiating outward from the pupils. There were none of the yellow, green, brown, white or dark discolorations and telltale shapes that appear in most eyes and reveal states of less than optimal health. The man was a living testimony to the validity of his work.

His dietary approach postulates two fundamental principles: 1) food of any kind is best eaten in its live, raw condition, rich in enzymes and other nutrients, and 2) a diet resplendent in raw fats and raw meats taken from natural sources is essential to excellent health. The latter may be hard for us to grasp since we live in a fat-phobic, meat-phobic, and bacteria-phobic society, where fats, meats and bacteria are blamed for just about everything short of the depletion of the ozone layer. When we speak of raw fat and raw meat, we must think of them as new food groups, utterly different in their biochemistry from the fats and meats we have been taught to avoid in cooked form. The diet primarily encompasses: a) raw animal meats (beef, fish, poultry, organic eggs), b) raw dairy products (unsalted raw butter, raw milk, raw cream, unsalted raw cheeses, raw kefir), c) raw whole fruits and vegetables (especially vegetable juices), d) unheated honey.

Traditional Precedents

The idea of consuming raw meats and raw dairy products in raw diets has many historical precedents. Much of this history was brought to light by two pioneering doctors who researched the subject extensively in the first half of the Twentieth century. Francis Pottenger, Jr., M.D., was a physician and researcher who demonstrated that raw foods contain unique nutrients vital to health. His research included a now-classic series of controlled experiments that involved more than nine hundred cats for more than ten years. Pottenger proved that raw foods (including raw milk and raw meat) were required to maintain these

animals in excellent health. He applied elements of this knowledge to the care of his patients with tuberculosis and other chronic diseases, with excellent and well-documented results. Unfortunately, while his work was initially well received by the medical profession, it has been ignored in the ensuing years.

Weston Price, D.D.S., was a contemporary of Pottenger who, during his years in practice, began noticing in the children of his patients problems which their parents had not experienced. Besides having more decay, in many children the teeth did not fit properly into the dental arch, causing them to be crowded and crooked. He noticed also that the condition of deformed teeth reflected the overall state of compromised health. Considering possible reasons, the idea occurred to him that perhaps there was some deficiency in modern diets. While others in his profession looked for causative factors in dental decay, Price searched among primitive people for one or more nutritional factors protecting them. His travels took him to the corners of the earth. He and his wife lived with and studied Swiss people in high Alpine valleys; Gaels on islands of the Outer Hebrides; Eskimos in Alaska; Indians in the far northern, western and central parts of Canada and western United States and Florida; Melanesians and Polynesians in the South Pacific; Africans in eastern and central Africa; Aborigines in Australia; Malay tribes on islands north of Australia; Maori in New Zealand; and descendants of ancient civilizations in Peru.

Fortunately, Price traveled and conducted his research during the 1930's when the cultures he observed were still primarily indigenous, and groups of people still lived entirely on local foods that they mostly ate raw. He found cultures without tooth decay and children without misshapen dental arches or crowded teeth. He interviewed an American medical doctor living among Eskimos and northern Native-Americans who reported that in thirty-five years of observation, he had never seen a single case of cancer among natives subsisting on their traditional foods. When natives eating "civilized" man's processed foods developed tuberculosis and other diseases, this doctor sent them back to their native villages and foods. They usually recovered.

In the course of his travels, Price specifically searched for groups that maintained immunity to dental and chronic disease on diets consisting entirely of vegetable matter. He did not find any. Every healthy native culture he studied ate many animal foods raw; tradition often dictated which foods. The milk, cheese and butter of Swiss villagers and

African herdsmen were seldom heated. Animal glands and organs, in every traditional culture, were often eaten raw. Eskimos of Arctic regions, where no plants were available much of the year, ate a lot of raw meat and fish. This tradition prevented scurvy; the vitamin C in meat and fish is destroyed by cooking. Islanders in the South Pacific and coastal Australian Aborigines ate most food raw, including shellfish. As Price's studies progressed, it emerged ever more clearly that healthy, free-ranging animal life of the land and sea provided humans everywhere with essential nutrients apparently unobtainable in adequate quantities from plants alone.

It is useful and inspiring to study the diets of these indigenous people in order to break through the conditioning and fixed ideas that dictate what we should and shouldn't eat. An obvious example is the objection to eggs as a food that contains cholesterol that is dangerous to the heart and arteries, particularly in individuals who already have high cholesterol levels. The fact is, however, that harmful cholesterol accumulations result from cooked fats; accumulations decrease when raw fats, including raw whole eggs, are eaten. To quote Edward Howell in his classic work, *Enzyme Nutrition*:

...when fats, either animal or vegetable, are eaten along with their associated enzymes, no harmful effect on the arteries or heart results. All fatty foods contain lipase in their natural state. Cooking or processing removes it.

While similar to traditional diets, most of the principles and formulas contained in *We Want To Live* constitute a unique discovery, one which opens an entirely new healing paradigm. The work of Aajonus Vonderplanitz, as presented in these two volumes, is truly a pioneering effort which should become a significant breakthrough in the health-care revolution that looms on the horizon.

If we don't take responsibility and care for our individual health, how can we have more than limited abilities, limited happiness and limited control over our lives?

Understanding Food That Nourishes Us With Radiant Health



QUESTIONS AND ANSWERS

WHY DOES LIVE FOOD ASSIST HEALING?

We are born with a given supply of nutrients in our bodies to facilitate all bodily functions. Enzymes, vitamins, minerals, sugars, fats and proteins are just some of the known nutrients. As we grow, we require greater quantities of all nutrients. We eat to supply this need so that we develop fully, healthfully. Many nutrients are expended during bodily processes. Those nutrients must be replaced. We eat to supply them and maintain or achieve the most efficient bodily functions and optimal health.

Enzymes are catalysts for every metabolic process from thinking, to smiling, to healing, to cleansing, to cellular regeneration. Vitamins, minerals, sugars, fats, proteins and all other nutrients cannot be digested, assimilated or utilized properly without a myriad of active enzymes.

Raw foods contain a myriad of active enzymes and have plentiful supplies of vitamins and other nutrients. Eating raw foods ensures optimal digestion and functioning, and replaces expended nutrients, promoting excellent health.

I have found that all sickness is rooted in malnutrition, pollution and the accumulation of toxins. This includes allergy-related conditions and genetic diseases. Malnutrition results from a person not getting the nutrients (or combination and balance of nutrients) that his or her body needs. Disease most often results from a combination of malnutrition and accumulated toxins, or an instant poisoning, such as results from many vaccines and other industrial substances. Under this heading, the toxins that result from cooking food will be our focus.

Cooking and processing foods destroy nutrients by altering their shape, size and chemistry. This causes biochemical confusion, and toxicity in the body (the accumulation of harmful substances, residues, and debris). Immersing fully charged batteries into boiling acid would cause batteries to lose charge, be destroyed and become debris. That is analogous to the destruction of nutrients by cooking.

Because nutrients have been destroyed in cooked and processed foods, eating cooked and processed foods forces the body to leach enzymes from its own supply to digest, assimilate and utilize whatever is eaten, breathed and absorbed. Enzymes are not the only nutrients that are leached. Our bodies leach cells, vitamins, minerals, proteins, and hormones from our constitutions, gradually weakening us. Leaching increases work that the body and enzymes must do. Consequently, increasingly, work does not get done. Gradually, inert and volatile toxins accumulate. Cells weaken. Cellular functions decline, causing bodily deterioration and disease. We call this aging.

Therefore, cooked diets lack what the body needs to more easily build, protect and cleanse itself. Many people over age 20 easily succumb to gravity and lose muscle tone because they eat cooked and processed foods. Most people have at least one ailment because they eat cooked and processed foods.

If instinct and intuition were not muddled with traditional dietary habits, and if healthy foods were available, we would eat only for good health and the body would never get to the state of gross toxicity that is disease. Disease would be a concept rather than a fact. However, while we lack intuitional and instinctual connectedness, symptoms of illness are as necessary to achieving good health as ears are to good hearing. A

body that does not manifest symptoms would behave like a little girl who had no feeling of hot or cold. Sadly, she burned off her backside from her waist to her knees when she sat for five minutes on a hot radiator.

Symptoms are the body's way of telling us that something needs to change. In all cases it is a change in diet that is needed. But in some cases, other changes may be necessary in conjunction with a dietary change. Simply avoiding certain foods and environmental pollutants, such as smoke, poisonous fumes and radiation, sometimes corrects an ailment with time. In others cases, besides a change in diet, physical or psychological changes may be needed. For instance, leaving a cynical mind-set and becoming more open-minded, accepting and creative. Or sometimes what is needed is to leave an unhappy or inappropriate or non-improvable relationship.

Sabotaging symptoms with drugs puts a person in greater danger of disease, suffering and early death. Correcting the causes of illness is the cure. Adopting a healthy diet and environment naturally lessen and eventually eliminates symptoms, indicating that health gradually improves.

WHY ARE SOME PEOPLE HEALTHY EVEN THOUGH THEY EAT COOKED AND PROCESSED FOODS?

The body, as a whole and on a cellular level, always strives toward good health. The changes in shape, size and chemistry of nutrients from cooking forces the body to invent and manufacture unusual forms of enzymes to facilitate all metabolic processes. We will call those ENZYME-MUTATIONS. Some individuals have a full spectrum of enzyme-mutations, and are better able than others to digest, assimilate, and utilize the mutilated nutrients in cooked and processed foods, as well as discard the enormous waste. Consequently, those people are healthier than people who do not have a full spectrum of enzyme-mutations. Each body handles nutrients and toxicity differently.

There are so few people who do very well on cooked foods that we are genetically an unstable species. As a whole, mankind has not come close to altering himself to live on cooked and processed foods without

disease. Diseases are changing form and increasing. They are not being eradicated.

Genetic illness is the same malnutrition carried on for generations; that is, dietary habits are learned and followed from generation to generation. When a deficiency is continued in a particular family, the genetic plan for proper functioning of one or more body parts or systems is misplaced, but usually not lost, at birth or during the lifetime. Most genetic illness can be corrected in time if the right nutrients are eaten.

The onslaught of pollution has created a need for more nutrients and enzyme-mutations to neutralize, constrain, and eliminate more toxins. We have an even greater need to eat fresh raw foods, especially raw fat, today than we have had in the past.

WHY ARE SOME PEOPLE MORE ILL-AFFECTED BY COOKED AND PROCESSED FOODS?

Some ailments are a direct result of a lack of enzyme-mutations for handling certain cooked foods. This causes the toxic resins and residues from those cooked and processed foods to accumulate. These ailments are basically allergies to those cooked and processed foods. Therefore, some people are more sensitive to and ill-affected by cooked foods than others.

Fat resins, especially from vegetable oils, and protein residues from cooked or processed green foods first collect in intestinal cells. Secondly, they collect as gummy resins in the glands (as in prostatitis leading to prostate cancer). Thirdly, they collect as gummy resins in the brain (as in Alzheimer's disease). Finally, the gummy resins frequently crystallize, hardening cells and creating disease such as hardening of the heart, arteriosclerosis and multiple sclerosis.

The resins and residues from cooked or processed red fruits and vegetables most often collect in the lymph and skin cells, causing acne, sickly looking tongues, hard and brittle bones, and deep lesions in the skin when the weather turns very cold. Most children with chronic illness within their lungs and nasal passages, like colds, sore throats, tonsillitis, and swollen adenoids, lack enzyme-mutations for eating

cooked or processed red or orange fruits and vegetables. By simply eliminating cooked red and orange fruits and vegetables from their diets, and by eating raw red and orange foods, most often those symptoms normalize so that those children will have only occasional colds, flu, and/or sore throats.

People who lack the enzyme-mutations for digesting, assimilating and utilizing cooked or processed yellow foods most often look pasty around the nose and eyes, and have very slow digestion, especially after eating a cooked or processed yellow or orange food.

People who lack enzyme-mutations for eating all three food groups - cooked or processed green, red (including orange) and yellow (including orange) foods - have a predisposition toward HIV positive.

IF I LACK ENZYME-MUTATIONS, WHAT FOODS SHOULD I AVOID?

If a person lacks enzyme-mutations to digest, assimilate or utilize cooked or processed green foods, she or he should avoid eating or drinking cooked or processed green foods such as ordinary olive oils, cooked leafy vegetables (including steamed), artichoke, celery, green beans (string beans), green peppers, broccoli, any pastas made from green foods such as spinach, cooked vegetable juices (canned or bottled), teas (including herbal unless sun-steeped) and food coloring.

If a person lacks enzyme-mutations to digest, assimilate or utilize cooked or processed red fruits and vegetables, she or he should avoid eating or drinking cooked or processed red or orange fruits and vegetables, like store-bought strawberry preserves and jams, cherry, cranberry, tomato, vegetable and orange juices and drinks, tomato sauces, catsup, carrots, peppers (including cayenne and paprika), red and brown beans and food coloring. Other cooked foods to avoid that have red in their pigment are coffee, chocolate, boysenberries, grapes and blueberries. Therefore cooked or processed apple, strawberry, cherry, boysenberry, grape and blueberry jams, juices, syrups and pies should be avoided.

If a person lacks enzyme-mutations to digest, assimilate or utilize cooked or processed yellow foods, she or he should avoid eating or

drinking cooked or processed yellow or orange foods, like ordinary corn oils, cooked corn (including steamed or popped), carrots, yellow squashes and onions, corn bread, banana bread, pasteurized or frozen juices (including pineapple, lemon and orange) and food coloring.

COULD I BENEFIT FROM EATING VITAL FOODS?

Sick and healthy people have benefited from eating vital foods. If you are a person who is in perfect health, does not have disease, is balanced emotionally, physically, mentally, and sensually, is happy, has great patience and stamina without intoxicants such as coffee and chocolate, and ages without deterioration, you have mutated to eat cooked foods completely. You are an evolutionary wonder! You can eat cooked and processed foods. Please give this book to someone who needs it.

If you are like me and most people who have some kind of health problem, including genetic, you have not mutated well enough to handle a cooked diet without sickness or disease. We can struggle to try to change millions of years of dietary evolution in our short lifetimes, or we can experiment and probably discover that this raw Primal Diet is healthier.

WHAT SHOULD I EXPECT IF I CHANGE TO EATING A VITAL-FOOD DIET?

People who have completely changed to a raw diet have had different experiences. In thousands of cases, every person experienced improved health. Coincidentally, some people entered a detoxification period at the same time they began this Primal Diet. However, the detoxification was not directly caused by the change of diet. Their bodies were detoxifying accumulated toxins that were in their bodies from the mass quantities of toxins from cooked, processed and chemically grown food prior to the diet change. I have never seen a bad physiological reaction directly caused by a complete change to the Primal Diet.

Squeamishness toward eating raw meat, especially raw chicken (even

though antibiotic-free and hormone-free), was a psychological block in some instances that was overcome by those people eating a few bites of raw meat several days weekly until their bodies developed a craving for it. Another psychological block I encountered was that people, especially women, who were thin-conscious and fat-phobic, and who gained weight and size in the initial stages of a raw diet, got upset. Sometimes those people chose to discontinue the raw diet so that they would stay slim, even though a cooked diet made them anxious and irritable and gave them one or more serious health problems. I tried to reassure them that their tissues were being hydrated, cleansed and strengthened, and that the increased size is temporary, lasting no more than 30 months (except in women who had cesarean surgery or disease, in which cases size retention averages 74 months). If you are a person who is thin-conscious and has one or more health problems, you must ask yourself, "Would I rather gain and retain 10-20 pounds and put on a few inches while my body cleanses and improves my physical, mental and emotional health, or would I rather continue with my present state of health and progression toward more disease?" See *Weight and density*, page 339.

Some bodies are so starving for nutrients that some people eat twice as much on a raw diet as they do on a cooked diet. However, most people's hunger is easily satisfied on the Primal Diet. Eating excessively usually lasts only 1-2 months. Eating more is healthy, especially if you are underweight. Even if you do not crave food, it is good to eat more if you are underweight.

Some bodies crave so much sleep that some people sleep more during the first month or two on a raw diet. Sleeping more is healthy because it promotes healing. Most healing occurs during sleep. Yet some people sleep less than before they began the raw diet because they don't spend so much energy on digestion and toxicity. Occasionally a person will feel sluggish because her or his body has to slow or rest certain functions to cleanse and rebuild.

In my thirty-one years of experience, everyone gained general vitality within a month and maintained it, except during some detoxifications. Digestion significantly increased. Bad breath was either eliminated or reduced significantly in most people but increased in some for awhile. Usually, bowel movements were easy, except in people with a history

of constipation. For them, it took 1-2 years to produce relaxed, smooth bowel movements. However, some people did not have bowel movements for 2-5 days when they began the diet because their bodies utilized almost everything they ate without discarding much. After many months on a raw diet, a perpetually increasing calmness of body and clarity of mind usually were beneficial results.



Specifics About Particular Foods

Note: To the categories of carbohydrate, fat, and protein, I add the category starch because certain starches, like nuts, seeds, grain and potato, contain substances (such as gluten) that can bond with toxins (including excess hormones) and neutralize them. See Cooked Starch, page 183, and Nut Formula, page 194.

ALCOHOL: For some people, raw organic wine is beneficial. It helps break down and remove some hardened fat from the blood and body. However, any kind of alcohol robs the liver of fat. This weakens the liver and causes it to become lethargic. Eating 2 raw eggs within 10 hours of consuming raw wine restores fat to the deprived liver. Most often it is healthier to eat raw unripe pineapple, raw lemons, or raw oranges to dissolve hardened fat rather than to drink alcohol. Raw natural alcohol in slightly fermented raw fruit facilitates the making of internal natural body soaps to cleanse the body of internal toxins. All hard liquors - bourbon, whiskey, cognac, etc. – and wine are damaging to glands, brain and nervous system.

ALKALIZING FOOD neutralizes acidity and volatile toxins, refreshing an acidic and toxic body. Except for wheat grass juice, all edible raw fresh vegetable juices, raw fruits and raw fresh fruit puree are alkalizing. Raw fresh tomatoes, raw fresh figs, raw fresh pineapple, raw fresh lemons and raw fresh parsley are the most alkalizing. Alkalizing foods do not need to be eaten together or eaten exclusively except during particular ailments. But if they are included - when you desire them or have a toxic problem - in a balanced raw diet, physical, emotional, and mental life will be easier. Although tomatoes, apples, citrus fruit and raw unpasteurized apple cider vinegar are considered acidic, they alkalize the blood and body. *See* pages 201 and 213-216 about acidic and volatile toxic conditions.

See Salad dressings for dressings that alkalize, page 199.

APPLE CIDER VINEGAR, RAW, UNPASTEURIZED AND UNFILTERED is a must for all home remedy kits. This quality of vinegar promotes healing in a wide variety of ailments. *See Remedies*, pages 212-339.

BLACK PEPPER: *See Pepper*, page 196.

BUTTER/HONEY MIXTURE is made of equal portions of unsalted raw butter and unheated honey. Where raw butter is not available, the following 3 alternatives may be substituted in the remedies that suggest the butter/honey mixture: 1) raw avocado mashed with an equal portion of unheated honey; 2) fresh coconut cream (juiced from the meat of fresh whole coconut) mixed with an equal portion of unheated honey, or 3) a stone-pressed or cold-pressed-below-96° Fahrenheit oil mixed in equal portions with unheated honey. Those alternatives produce similar effects, but in some cases, take a little longer.

Here is a recipe that makes the honey/butter combination more desirable for some people: Place 1 cup of room temperature unsalted raw butter in a tightly sealed jar and immerse the jar in hot water that is not hot enough to burn your hand. While the butter is melting, blend ½ cup of shelled raw walnuts (or other soft nut) until it is powder. When the butter is melted, add 4-6 tablespoons of unheated honey and the powdered nuts and blend. This mixture can be refrigerated and kept up to 3 months. It can be eaten with any food or just eaten off a spoon or finger (if mothers and fathers allow), or spread on toast (after toast has cooled a little) or other bread, or it can be included in smoothies and milk shakes.

CANNED FOOD is cooked food. Therefore, canned foods are all nutrient-deficient and difficult to digest and utilize. Most canned and bottled food, like fruit and tomato purees and sauces, were rotten. Then they were very processed and chemicalized to hide the rotten taste. If food is moist in the can, it is contaminated with metal from moisture leaching metals from the can. Metal-leaching causes low-grade, gradual toxic mineral/metal-poisoning that complicates and promotes numerous diseases. The metal from all canned food is toxic in the human body. Aluminum never occurs naturally in the human body and

is toxic. Cooking food in aluminum foil and eating canned food, including beverages stored in aluminum, cause many complications in the body. In thousands of hair analyses performed for measuring mineral content of the body, each person had high levels of aluminum. Most of the hair mineral analyses also showed unnaturally high levels of lead, iron, cadmium and other toxic metals. Cooking and storing food in metal vessels also cause gradual toxic metal-poisoning that helps disease blossom.

CARBONATED BEVERAGES AND WATERS: If a label reads “carbonation added” or “carbonated” it means that the carbonation is synthetic. Synthetic carbonation causes radicals and free radicals, resulting in mineral and oxygen deficiencies, sometimes resulting in headaches. If a label reads “naturally carbonated”, or “natural carbonation added” or “naturally sparkling”, the carbonation is natural from the well and highly charged with healthful electrolytes. *See page 72.*

In combination with unheated honey, naturally carbonated waters relieve most headaches. Naturally carbonated waters help relax adrenal glands. Therefore, if you are an individual with low energy, it would probably be better to drink naturally sparkling water only when needed in a remedy.

CAYENNE PEPPER: *See Pepper, page 196.*

CHEESES, RAW, NO-SALT-ADDED, are made from raw milk and there is no salt added to the milk. Similar to clay, cheese supplies concentrations of minerals that bind with radicals and poisons that the body dumped into the stomach and intestines. Also, cheese draws the poisons from the blood, nervous and lymphatic systems as they pass through the stomach and intestines. Unsalted raw cheeses act like a sponge to absorb those toxins, relieving nausea. Since cheeses lack most bioactive enzymes, causing dehydration, eating raw fat with cheese, such as unsalted raw butter or coconut cream, helps prevent constipation.

CHOCOLATE is mainly made of fat and approximately 20% sugar. People crave chocolate because they need fat accompanied with sugars

to digest the fat, especially during stressful times. However, because the fat and sugar in chocolate are cooked and processed, they have a tendency to store in the body without being properly utilized, especially during stressful times, and should not be eaten. Chocolate also contains the toxic nerve irritants caffeine and theobromine.

CHOCOLATE SUBSTITUTES can be made by combining 4 parts raw fat to 1 part unheated honey. For instance, place ½ cup unsalted raw butter in a small canning jar and place it, with the lid tight, into a bowl of hot water to melt (water should be no hotter than your hand can stand without burning when immersed for 4 seconds). After the butter is mostly melted, add 2-3 tablespoons unheated honey and 1-2 tablespoons raw carob powder. Mix until it has an even consistency. To harden it, you may refrigerate it. Or eat it warm by itself or on something you desire, like bananas topped with crushed raw nuts.

To make another chocolate substitute, juice the meat of fresh coconut, rendering a coconut cream, and use the coconut cream in place of the butter in the recipes above.

For anyone who likes peanut butter and chocolate together, the following recipe may be substituted: 1 cup unsalted raw butter, ½ cup raw peanuts or other soft nut (blend alone until nuts become flour), 4 tablespoons unheated honey, 1 whole raw egg, and 2 heaping tablespoons raw carob powder. Butter should be room temperature (soft). Blend all ingredients together until dark and rich-looking. That mixture may be refrigerated or eaten soft.

Unlike chocolate, those mixtures have no ill side effects and they promote good health. You may eat as much of those chocolate substitutes as are appealing to you, and they will usually satisfy your cravings for chocolate.

CLAY, POWDERED, SUN-DRIED, binds with toxins both inside the body and topically. I suggest clay in several remedies, even if the clay is labeled not for consumption, provided that it is pure without additives. It may be purchased in most health food stores in the cosmetic department, or the best that I found was at www.terramin.com. Do not use clay from volcanic activity, such as most bentonite clays. Those clays are full of molten heavy metals, including mercury.

Prepare the clay by mixing it with good drinking water in a glass or pottery container until it is a thin plaster-like mixture. Cover and let it stand for 5 days in a dark cupboard. When premixed and aged, clay is 3 times more effective.

COFFEE SUBSTITUTE AND COFFEE DETOXIFIER: The first and best choice is always raw fresh green vegetable juices, containing at least 80% celery juice. I suggest drinking 8-16 ounces first thing in the morning. That juice provides many nutrients that alkalize excessive and toxic acids in the stomach and blood, healthfully waking the body for the day. The second choice would be to heat 5 ounces of good mineral water until it is not hotter than an immersed finger can tolerate for 4 seconds. Stir in 2-5 tablespoons unheated honey and fresh juice of ½ lemon or 1 lime (optional: 1 tablespoon raw unpasteurized apple cider vinegar). This mixture also supplies most of the enzymes necessary to get the blood and digestive system energized. A coffee substitute for people with sluggish thyroids could be the same as above but with an added 1/8 teaspoon organically grown vanilla extract (*see* Vanilla extract, page 201). Coffee is a catalyst for many diseases.

CONCENTRATES have been extensively processed and heated to at least pasteurization temperature. Concentrates do not promote health; they mostly damage health.

COOKED FOOD is any food heated above 104° Fahrenheit, whether by baking, barbecuing, boiling, broiling, frying, irradiating, microwaving, pasteurizing, steaming, stewing or toasting. The destruction of enzymes is not significantly observable until cooking temperature reaches 118° Fahrenheit. However, I have consistently noticed subtle to substantial declines in digestibility when food is heated at 106° Fahrenheit for more than 2 minutes. I found that sick people digest food best when food is not heated over 104° Fahrenheit.

Pasteurized food is food heated between 140°-160° Fahrenheit. Nowadays, almost every bottled food is heated to at least pasteurization temperature to kill what is alive in it, lengthening shelf life but decreasing nutrients for human life.

Irradiated food is food that has been exposed to radiation, more

commonly to toxic radioactive material. *See* Irradiated food, page 190.

Dehydrating food, even at low temperatures, causes nutrient loss, especially of enzymes and mineral/nutrient couplings. Even natural weather conditions above 104° Fahrenheit continuously for one or two days can destroy nutrients by dehydration.

Utilizing refrigeration or cold cellars preserves many enzymes as well as prolongs shelf life.

COOKED STARCH: Eating cooked grain or potato starch is important for some people with excess hormones or toxicity. The reason for eating a little cooked starch is that cooking releases starch and gluten that some individuals cannot obtain from any other source. However, most people can obtain raw starch from eating nuts in combination with raw fat and unheated honey. See Nut Formula, page 194. Released starch or gluten can bind with excess neurological hormones and toxicity if the starch or gluten is refined, that is, without the bran and germ.

Eating refined starch goes against the established concept that more fiber is better, but people rarely utilize starch and gluten in whole grain products because the starch and gluten often attach to bran and germ and cannot be absorbed. (Also, cooked fiber robs the blood and intestines of available fats. That often causes dryness, irritability and/or lethargy.) If starch and gluten are not properly utilized, they will not arrest excess hormones, toxic hormonal byproducts, including psychological, and other related toxins. Therefore, refined flours that are unbleached and not fortified or enriched are better for that purpose than whole grain flours. Normally, the human body requires no vegetable or grain fibers on the Primal Diet.

As when eating any cooked food, eating too much cooked starch causes the accumulation of acrylamides and advanced glycation end products, creating obesity and/or cellulite, and diseases. Generally, an individual should not eat as much cooked starch as she or he may crave. Eating small quantities of it when necessary reduces anxiety, depression, anger, symptoms of detoxification, etc. Plenty of raw fats must be eaten with every cooked starch to help prevent more toxicity, cellulite- and acrylamide-storage, and constipation. If constipation ensues, not enough raw fat was eaten with cooked starch. An equal

amount of raw fat to cooked starch is healthier.

Most people, most of the time, don't need to eat cooked starch because they obtain and utilize the starch that is present in raw meat, raw nuts and raw seeds (*see* Nut Formula, page 194), and raw vegetable juices. However, people who need cooked grain and/or potato starch may require it regularly for as long as two years. After one to two years on a raw diet, cooked starch should be eaten sparingly or not at all. Cooked starch may be cooked at normal recipe temperatures. When putting unsalted raw butter, raw oils, self-made raw sauces and raw jams, and any other raw food on hot cooked starch, make sure that the starch has cooled to the point that it won't burn the raw food. This temperature test can be done by sticking a finger deep into the hot food after steam no longer rises from it - if it is too hot for your finger, it will burn the raw food and diminish nutritive value. Wait until it cools just enough that it doesn't burn.

Where I have recommended cooked starch, I am referring to baked, boiled or steamed potatoes, plain grain pastas, air-popped corn, and breads (for instance, French, Italian or sourdough) that are made with only unbleached flour that is not fortified, yeast and water. (A little salt in the baking is acceptable because gluten will not easily release salt into the body; however, breads made without salt are best for health).

Most often it is better not to eat cooked potato skins. Cooking potato skins often creates toxic resins and concentrated residue. People lacking enzyme-mutations for eating cooked red fruits and vegetables should not eat yams or red or purple potatoes. Air-popped corn and rice cakes are good for some people and indigestible, or unassimilable, or non-utilizable for others. If anyone has an ailment that relates to a lack of enzyme-mutations for eating cooked yellow food, he or she usually cannot eat yellow popcorn, yellow potatoes or cooked whole grains easily or properly.

When cooking, it is healthier to cook ingredients in oven-safe glass or pottery. (*See* Canned food, about metal poisoning, page 179.)

EGGS: Should always be from chickens that are not fed antibiotics or hormones. Fertile eggs are eggs that have been laid by chickens that have fraternized with roosters. Eggs should be at least "free range" if not fertile. "Free range" means that the chickens run on the ground and

are not cooped in tiny cages. Chickens that are permitted to roam in pastures are healthier. When consuming large quantities of eggs, there is a need for vegetable iron. Therefore, it is necessary to eat deep leafy green (for example, spinach or parsley) or purple (for example, red cabbage) vegetables or 4 ounces of their juice once weekly.

It is believed that large quantities of whole raw eggs should not be eaten because avidin (an amino acid) in egg white binds with biotin (part of the Vitamin B complex) in the body, causing side-effects. The avidin/biotin bond is beneficial because it helps to dissolve biocarbons and helps muscles retain carbohydrates. Whole raw eggs contain a wonderful natural balance of nutrients, including bioavailable lutein (an antioxidant) that is an important carotenoid for eye and skin health.

Empirical experience proved to me that the body properly alters any chemically-identified enzyme-inhibitor in eggs, allowing raw eggs to be eaten in their entirety at once. I have eaten up to 24 whole raw eggs daily for 28 years with no ill effect. Thousands of people have eaten up to 33 whole raw eggs daily for up to 25 years with none of the symptoms associated with biotin deficiency. People need to stop making conclusions based solely on laboratory analysis.

In my experiments with animals, including humans, who ate only the yolk and not the white (along with other foods on a raw diet), metabolism was considerably increased, usually without increasing energy. The side effects were that often hunger increased to a frenzy and dispositions tended to be irritable. It has been my experience in every case and condition that eating the whole raw egg was more nourishing, and better for metabolic and emotional balance.

The cautions listed by many sources regarding raw eggs are from rhetoric and not experience. I suggest that you forget all of their precautions regarding freshness and salmonella. For centuries, the Chinese have been consuming eggs that were as old as 25 years to increase health and stamina. Many of my patients purposely "spoil" eggs to increase bacteria and digestibility, which almost instantly relieves poor digestion, constipation, and chronic depression for days.

FAT FOR GREAT HEALTH: Because fat cleanses, fuels, lubricates and protects the body, it is needed more than any other single nutrient - that is, more than protein, sugar and starch. Fat is a necessary catalyst

for utilizing minerals and protein. That is why a diet resplendent in raw fat is so important to excellent health. People who eat diets low in fat often develop immune deficiencies sometime in their lives.

The body can, to some extent, turn sugars, starches and proteins into fats, but not nearly enough and it is a long and exhausting process for the body. When fats are eaten raw, they can and will clean, fuel, lubricate and protect the body properly. And raw fat ensures cellular reproduction when raw meats are eaten.

If fats are heated above 104° Fahrenheit they are rarely digested, assimilated or utilized properly. (See Appendix O, pages 145-150, and Appendix W, page 162.) The following raw fats are easiest to digest, assimilate, and utilize: unsalted raw butter, raw eggs, raw cream, the fat in and on raw meats (all flesh food), no-salt-added raw cheeses, fresh coconut, avocados, stone-pressed olive oil, and other non-vegetable cold-pressed-below-96° Fahrenheit oils.

Most often the body utilizes the fat in raw eggs and avocado to bind with toxins, carrying the toxins to the bowels and from the system. In the case of cellulite and other cooked fat that has bound to toxins and stored in the body, raw fruits and raw fruit puree (including raw unpasteurized apple cider vinegar), and raw vegetables and raw vegetable juices gradually break down and releases those old storages of cooked fat. Eating raw eggs or avocados provides fat to bind with the released cooked fat and toxins and escorts them from the body. Without the raw fat to escort toxins to the bowels, toxins often restore in the body. Avocado is especially helpful for cleansing and strengthening the liver.

The fat in raw cream and full-fat raw milk soothes and lubricates nerves and muscles, including heart, gently cleanses and lubricates the liver, restores moisture to the thyroid and heals intestinal lesions from dryness. Often drinking too much raw dairy cream causes bloating and slows digestion. Dairy cream is the fat that is most complicated for the liver to digest. Raw eggs and raw butter are easiest for the liver to digest. The fat in unsalted raw butter strengthens organs and glands, heals eyes, cleanses arteries and vascular system, dissolving plaque made from hardened and/or crystallized cooked fats (mainly vegetable fats), chelates and escorts byproducts and waste from the body and lubricates bones, cartilage and teeth. It is utilized for all body-fat needs:

cleansing, dissolving, lubricating, fueling, protecting, rejuvenating and helping to reproduce cells.

The body uses the fat, protein and minerals in no-salt-added raw cheeses to absorb toxins, including free radicals like aluminum and mercury that exist in the stomach and intestines. No-salt-added raw cheeses act like a sponge in those areas of the body, allowing minerals in fresh raw food to be utilized intercellularly for all purposes, such as relaxing and strengthening nerves, and reversing bone diseases.

The fat in raw meat is the most valuable for healing, soothing and lubricating tissue faster than all other fats. Meat fat and coconut cream have all of the healing properties of all other fats and oils. *See Oils*, page 194. Raw coconut cream eaten with cucumber gradually dissolves hardening of the nerves (e.g., in early Alzheimer's), and eaten with banana, gradually dissolves glandular, organ and dermal hardening (e.g., sclerosis, and cirrhosis of liver).

FIBER: is not normally necessary on this Primal Diet. *See Cooked starch*, page 183.

FISH that are grown in fish farms where they are fed processed foods - for instance, alfalfa pellets and fish meal - grow very malnourished and anemic. Those fish are not healthy to eat. *See Index: Meat*.

FISH OILS, including Norwegian cod liver oils, are all purified with solvents (chemicals) and contain toxins. As of April 2005, the only way to get pure raw fish oil is to eat raw fish. All advertising that claims pure fish oils are false claims. Before we begin to give credence to any pure and raw claim for oil, we must receive in writing on the producer's letterhead that at no time does the oil come in contact with any chemical, including but not limited to chlorine and alcohol, or any heat greater than 96° Fahrenheit from ocean or lake to commercial container (usually bottle). Distributors cannot make any verifiable claims because they do not know the details of producing oils, only the producer of any oil knows the process. Any oil that is encapsulated, has been subjected to high temperatures when sealing each capsule, and absorb chemicals from the capsules. Capsules are all chemically and thermally constructed.

FOOD-COMBINING: Each person must pay attention to her or his digestibility. Eat whatever combinations appeal to you, unless you have digestive problems after eating. However, most problems come from eating red animal meat within 1 hour of eating sweet ripe fruit, and sometimes too much tomato. Papaya and pineapple are exceptions; most people can eat them with any meat.

FROZEN FOOD: Freezing, like cooking, destroys nutrients. The colder foods get, the more nutrients are destroyed. Therefore it is always healthier to eat foods that have never been frozen.

The nutrients in meat are especially harmed by freezing. The protein in raw meat that has been frozen is only 25% utilizable in the human body, whereas in fresh raw meat, the protein is nearly 100% utilizable. Freezing meat causes the Escherichia coli bacterium (E. coli) in meat to flourish quickly. When only frozen meat was fed to carnivores, they developed mange and other skin disorders, and sometimes scurvy. When the same meat unfrozen was fed to carnivores, they remained healthy and happy. *See Refrigeration, page 197.*

Some fats, like raw cream and butter, seem to maintain well when frozen for short periods. *See Ice cream, page 189.*

FRUITS are produced by vegetation. Vegetation is the plant; that is, the leaves, stalks and roots that constitute the plant, like spinach, parsley, celery, rhubarb, carrots, onions and garlic. The following foods are often thought to be vegetables but are fruit (bland fruit): tomatoes, peppers, broccoli tops, cauliflower tops, corn on the cob, mushrooms, cucumbers and other squash.

Fruits are mainly used for cleansing (including detoxification), hydrating the body, and supplying sugars for fuel and enzymes for digestion, utilization and assimilation. Fruits that are not bland fruit are best eaten unripe and very firm. When unripe, they contain less sugar and more enzymes. Fruit eaten highly sweet and ripe causes much over-emotionality.

GARLIC is believed to be a blood cleanser. It contains nutrients that transmute toxic substances into less volatile forms. However, many people are ill-affected by eating it too regularly, interfering with blood

pressure (increasing or decreasing) and overstimulating adrenal and sexual glandular activities. Eat garlic if you crave it, not simply because it can be a stimulant and cleanser. *See* Halitosis, page 267, to mitigate garlic breath. *See* Body odor, page 233, to mitigate garlic body odor.

GELATIN and gelatin products are made from very processed and cooked pulverized bone and cartilage. Eating it creates mineral imbalances in many people that often ill affect every part of the body. Eating gelatin is often partially responsible for bone overgrowths and deformities.

HONEY, UNHEATED, that is, honey that does not reach temperatures beyond 93° Fahrenheit; *See* pages 12-13. Bees fan honey inside hives to prevent honey from reaching over 92.8° Fahrenheit. If the honey reaches higher temperatures, bees abandon part or the entire hive. They will not eat the heated honey unless they are starving. If they have to eat heated honey, they become agitated. Eating plenty of unheated honey helps replace missing enzymes for nearly all purposes throughout the entire body, but especially for protein digestion. When the bees collect nectar, they swallow it and predigest it, synthesizing an insulin-like substance that prevents excessive sugar problems. For most diabetics, unheated honey replaces absent insulin and eliminates the water retention caused by missing insulin and enzymes. Unheated honey is a major promoter of youth when the diet includes raw meat.

HONEY/BUTTER MIXTURE: *See* Butter/honey mixture, page 179.

ICE CREAM, RAW: Self-made raw ice cream is fine if eaten within 24 hours after making it, but it is most digestible if eaten shortly after it is made. Ice cream can be made by using raw cream, unheated honey, raw fresh fruit(s) and raw eggs (optional) in an ice cream maker. After 24 hours, raw ice cream may become too difficult to digest, causing fat build-up around the waist and abdominal areas. Here is a raw ice cream recipe that tastes like French vanilla (makes about 2 quarts): 1 pint raw milk, 1 pint raw cream, 1 papaya, 1 or 2 raw eggs and 4 ounces of unheated honey. Blend milk, peeled and seeded papaya, eggs and

honey together. Then stir in cream and pour into ice cream maker.

A fat-burning, energy-producing raw ice cream is: 1½ pints raw cream, ¼-½ raw fresh pineapple, 1 or 2 raw eggs and 3-4 tablespoons of unheated honey. Slice pineapple into little chunks. Blend 1 cup of pineapple chunks with eggs and honey. Stir remaining pineapple chunks and cream into the blended mixture. Pour into ice cream maker.

A toxin-absorbing raw ice cream recipe that tastes a lot like gingerbread eaten with ice cream and makes about 2 quarts is: 1 pint raw milk, 1 pint raw cream, 2 raw eggs, two-inch section of fresh ginger root, 4 ounces unheated honey and 1-3 ounces raw carob powder. Slice ginger root (peeled or not) into thin circular slices. Blend milk, eggs, honey, ginger and carob powder together. Then stir in cream and pour into ice cream maker.

Delicious frozen ice on a stick can be made by blending fresh fruit(s) - with a little unheated honey if desired - into a puree. Pour into molds and freeze. *See* Frozen foods, page 188.

IRRADIATED FOOD is food that has been exposed to radioactive materials for the purpose of lengthening shelf-life. The radiation destroys enzymes that would cause normal fermentation and molding. It also alters many other nutrients and causes many toxic byproducts. Eating irradiated food increases your chances of developing cancer.

Many potatoes and packaged spices have been irradiated. Fruit and meat are increasingly being irradiated and are supposed to be labeled as irradiated. The label is a deceiving encircled rose. The FDA does not require manufacturers to label foods that have been irradiated when they are blended with other foods, such as sauces and seasonings. Manufacturers and suppliers are fighting to change the law so that they do not have to label irradiated food. They do not seem concerned that they are slowly poisoning us into painful disease and/or early death.

KEFIR, PLAIN RAW is similar to yogurt, that is, milk that has been predigested by bacillus (*see* Yogurt, page 203). Kefir is healthier when not thickened with gelatin (*see* Gelatin, page 189). The difference between kefir and yogurt is that plain raw kefir is thinner than yogurt and can easily be made without heat above a cow's body temperature (about 100° Fahrenheit). Yogurts are heated to at least 112° Fahrenheit

to further thicken them.

The fat, lactose and protein in raw plain kefir have been predigested by the bacillus cultures for easy digestion, assimilation, and utilization. Kefir improves general digestion because the milk is mostly predigested. Blending or mixing in some unheated honey increases digestibility. Along with unheated honey, raw unripe fruit may be blended with kefir if desired, but not if you suffer from pain. If you blend or mix fruit with kefir, you should not drink it within an hour of eating beef, lamb, venison, and other red meat.

Flavored kefir is flavored with concentrates, and concentrates destroy much of the nutritive value of raw kefir, even if the concentrates are made from fruit only (*see* Concentrates, page 182). Raw plain kefir may be flavored by blending fresh raw fruit and unheated honey with it, as mentioned above. Kiwi fruit is the only fruit I would not recommend blending with kefir because the taste of the combination is repulsive to many people.

LIVE OR VITAL FOOD: When I use the words “live” or “vital” in conjunction with food, I use them as synonyms for raw, meaning that the food is not heated above 104° Fahrenheit. When I use “live” referring to raw fruit, I mean that the fruit should not be cooked or dried. For instance, live pineapple denotes that the pineapple should be fresh. When fresh is not available, sun-dried fruits that have not been sulfured may be substituted but they lack bioactive enzymes and have high sugar levels that may cause over-emotionality.

MEAT, RAW: Wherever I have used the words "meat" and "meats", I have not referred only to beef. I have referred to any flesh food, whether fish, fowl (like chicken) or animal. I don't recommend eating the skins of meat; they are all too difficult to eat and digest. I do not recommend eating any glands or bone marrow from fish, fowl or animals unless they are organically grown, because most toxins store in the glands and bones. To help a person decide which meats are right for her or him, *see* Appendix P, page 150. *See* Index: Meat.

MILK, RAW, AND RAW DAIRY PRODUCTS: For someone who gets stomach or intestinal discomfort, gas, or flatulence from drinking

raw milk, try adding and blending up to 1 tablespoon of unheated honey per 8 ounces of raw milk to correct the enzyme deficiency that causes digestive problems. Pre-blending ½ gallon (64 ounces) raw milk with ¼-½ cups unheated honey and ½ cup raw cream makes it convenient when you want a glass. Drinking cold milk from the refrigerator often causes lactate and milk-protein to pass into the blood without digestion, causing allergic reactions. It is best to warm milk, or let it stand in a dark warm cupboard several hours before drinking it. I let mine stand for at least 24 hours prior to drinking to allow the natural bacteria in milk to predigest it for me.

A very small percentage of people will have intolerance to raw warm milk or raw milk that has unheated honey added to it. Those rare individuals should not drink milk at all. However, some of those rare individuals may be able to drink raw cream, and eat no-salt-added raw cheeses and unsalted raw butter without difficulty because those milk products contain very little lactate.

In the remedy section I have suggested full-fat raw milk. This means that the milk should be approximately 10% cream (the way it came from cows when I was a child). Raw cream facilitates proper digestion and utilization of the minerals and protein in raw milk. Dairies usually skim the milk, reducing the cream content to 2-4%. Milk containing 2-4% cream is usually labeled “skimmed milk.” Milk containing 4-7% cream is labeled “whole milk” - which of course it is not. Add enough raw cream to the raw milk so that the cream content is 15%. For example, add ½ cup of raw cream to 6 cups of raw milk.

The only “raw” cottage cheese that is available (at the time of this writing) is not really raw. It is heated to about 120° Fahrenheit. Many of my clients, especially women, developed thyroid sluggishness and swelling throughout the thyroid area (neck) from eating that cottage cheese. Like other cooked foods that are not starches, I don't recommend that people eat that misnamed “raw” cottage cheese.

MILK, PASTEURIZED, HOMOGENIZED AND GENETICALLY ENGINEERED: Like all other cooked and processed foods, pasteurized and homogenized milks are nutritionally deficient foods. Pasteurized and homogenized milks create dry and coarse hair, skin, glands, and brittle bones that can easily break. Pasteurized and

homogenized milks have been linked to causing osteoporosis and diabetes (*see* the book *The Recipe For Living Without Disease*, Chapter 31).

A hormone has been genetically engineered that forces cows to produce more milk. This also makes the cows anxious. Genetic hormones are passed on to the consumer through the cows' milk, and may have side effects besides creating anxiety. For instance, in young laboratory animals, one or both breasts overdeveloped. In adult humans, the hormones in milk may cause over-production of milk while nursing, spontaneous lactation when not nursing, or difficulty in ceasing lactation. It was found that, for children and adults, it was carcinogenic when that milk was drunk pasteurized. Other side effects have been swollen and overdeveloped thyroids, causing thick necks, especially in females. (Were any women on the engineering team that developed hormonally stimulated milk?) I observed that infants who nursed from mothers who drank those milks developed rashes, colic and frequent odorous bowel movements including diarrhea. Within days after mothers ceased nursing and fed their babies healthy raw cow's milk, the rashes, colic and irregular bowel movements stopped.

MOLASSES is the thick resinous matter that is left at the bottom of the caldrons when cooking sugar cane to make table sugar. It is given a "healthier-than-sugar" blurb simply because it contains so many minerals, like iron. Those minerals are mostly indigestible, unassimilable and unutilizable. They are most often toxic. Since molasses is extremely high in toxic resins it clutters the entire body, causing kidney stones. It's another by-product marketed only for profit.

NUTS AND SEEDS, RAW AND UNSALTED: Even if raw, nuts and seeds are indigestible in the human system because they contain phytic acid that prevents proper protein digestion and absorption. Most people can digest only 1 cup per week if they eat them in combination with raw fat and unheated honey. That combination neutralizes phytic acid. If you crave nuts but feel blah after eating them raw and unsalted, I suggest that you eat the Nut Formula. Nuts and seeds help heal the vascular system and brain lesions. Seeds fortify the immune system. It is better to eat nuts and seeds only in combination with the other foods

contained in the Nut Formula recipe. It is better to eat nuts and seeds rarely for the first 7-9 months on a predominately raw diet, unless you crave them or need them to help prevent depression.

Most “Raw” cashews are not raw. They are blasted with a laser that pops the shells open and cooks the nuts. I discovered this only after years of trying to analyze why cashews were so indigestible. If you crave cashews, raw macadamia nuts are a good substitute, but raw macadamias must be dried at temperatures below 104° Fahrenheit. Diabetics should not eat seeds unless they crave them because seeds thicken the blood. Insulin-deficient blood is usually too thick.

NUT FORMULA 2 to 4 ounces raw pecans or walnuts, pine or hazel nuts, sunflower or pumpkin seeds, or peanuts, 4 to 8 tablespoons unsalted raw butter, 1-2 raw eggs, 1½-2 tablespoons unheated honey. Blenderize nuts in an 8- or 12-ounces jar on high speed until they are flour. Add remaining ingredients and stir. Blenderize on medium speed for 20-25 seconds, until smooth. **ALTERNATIVE:** Substitute coconut cream for butter.

Many people need starches to bind with toxins (including excess hormones) that stress the body. We may obtain that starch by eating a Nut Formula once or twice weekly. Some people may need to eat a little cooked starch with plenty of raw fat if they cannot digest the Nut Formula. That may be determined by eating the Nut Formula when we are extra-stressed. If we become more self-controlled within 12 hours after eating the Nut Formula, we do not need to eat cooked starch.

OILS must be stone-pressed or cold-pressed below 96° Fahrenheit. Write or call the producers or distributors of cold-pressed oils. Discover the maximum temperature each oil reaches all times during processing and bottling. Many producers and distributors label their oils cold-pressed but temperatures will be as high as 250° Fahrenheit depending on the speed and friction produced by the machinery. Cooked vegetable oils, such as margarine and safflower, are primary causes of many ailments, including hardening of the heart and arteries, multiple sclerosis and some cancers. Hydrogenated oils have the molecular structure of plastic. Would you knowingly eat plastic for nourishment? The tribes that eat cooked animal fats do not have

hardening of arteries or heart disease.

I have been using a little unheated-above-96° Fahrenheit fermented coconut oil for awhile now. Its virtues have been impressive, especially for the skin. I mention those virtues throughout the remedy section. I do not know if the virtues would increase if the coconut oil were fermented, for the 12-19 hours of fermentation, below 96° Fahrenheit. I do know that the virtues diminish if heated above 96° Fahrenheit. Eaten a little at a time, the body uses coconut oil to help unclog organs and glands, strengthen liver and heart, and heal vascular lesions. The natural fermentation process helps digestibility of the coconut oil.

The olive oils that I have been using have been either stone-pressed or cold-pressed below 80° Fahrenheit. I do not know if the virtues that I have stated throughout the remedy section would diminish if the olive oils were cold-pressed above 80° Fahrenheit yet below 96° Fahrenheit. I do know that the virtues diminish if heated above 96° Fahrenheit. The body uses olive oil to cleanse blood and vitalize lungs, soften and then dissolve scar tissue. Eating citrus fruit or tomato with or immediately after olive oil helps digest olive oil.

The cold-pressed flax seed oil that I have been using has been pressed below 96° Fahrenheit. I do not know if its virtues would increase if it were pressed at temperatures below 96° Fahrenheit. I do know that the virtues diminish if heated above 96° Fahrenheit. The body uses flax oil to help prevent cancer cells from forming, heal nerve tissue, soften liver and kidneys, reverse cirrhosis, and substantially strengthen the heart. It is better drunk not more than 1 tablespoon at a time, in the morning, in a few ounces of fresh raw citrus juice.

Unheated-above-96° Fahrenheit fermented coconut oil may be used in place of olive or flax oils but not as replacement for coconut cream. Coconut oil is more of a cleanser, except on the skin where it is a health-stabilizer. Internally, coconut cream is more a health-stabilizer.

ORGANICALLY GROWN food is always preferable. That means, foods that are grown without any chemicals including fertilizers and sprays. Regarding animals, “organically grown” means that animals are grown on organically grown feed, and not fed or injected with chemicals or hormones. However, this label is abused. If you have doubts, call the manufacturers/farmers that produce the food. There are

many poultry producers who claim to sell organic chicken. They feed their chickens mainly soy (50-85% of the diet). Poultry would be poisoned by eating raw soy. So feed manufacturers heat and chemically process soy for poultry feed. Even though the soy may have been organically grown, the chemically treated and processed soy is no longer organic. Then, farmers who feed their fowl soy as a protein supplement are not raising their poultry organically grown but will sell it as organically grown, such as Rosie Organic chickens. When a product is chemically treated and processed, it is no longer organic. Animals that eat such a feed are not organically grown. Governments allow producers to lie to us and harm us. So we have to do the best we can by choosing the best we can, until we change the laws and get farmers to grow crops and animals truly organically grown.

PAPAYA helps to increase taste, health of the spine, and general digestion.

PEPPER, dried and ground, when eaten too much or too often, irritates the digestive tract and glands. Processed black and cayenne peppers are partially responsible for many kidney problems and “high” hernias. Those peppers may be eaten in moderation for flavoring. Fresh raw hot peppers, like jalapeño, banana and chile, promote good circulation, and prevent and expel parasites when very very hot.

PRESERVATIVES AND PESTICIDES, airborne, or in or on foods, create volatile substances inside the body that are dangerous to the life of cells, often causing faulty development and functions, faulty production and utilization of body serums, cellular mutations and overall impaired cell and body constitutions. Some people have severe reactions (allergies) to preservatives and pesticides, especially children: sores, eczema, psoriasis, nose bleeds, severe irritability, headaches, numbness, dizziness, panic, nausea, fatigue, anxiety and hyperactivity. *See Edema, page 260; and Overweight, page 296.*

RAW BROWN SUGAR is a misnomer. It is nothing other than table sugar with about 5% molasses added back to it. *See Molasses, page 193.*

REFRIGERATION AND STORAGE: Refrigeration that is too cold dulls taste. Setting the refrigerator temperature no lower than 48° Fahrenheit ensures more taste. As room temperatures fluctuate through seasons, so will refrigerator temperatures. Adjusting refrigeration temperature every two months ensures more flavorful refrigerated foods.

Meats are best kept in the coldest area of the refrigerator but not frozen. Raw meat wrapped, sliced or cubed and placed in large wide-mouth glass jars, usually keeps 10 days (the average is 7 days) without developing a strong odor. The lid should be tight. I found that raw poultry stays fresh 5-7 days without developing a strong odor when the bone and skin are removed and the meat is stored in glass jars with the lid tight. However, I have not experienced any problem with eating any meat when the smell was offensive. Remember that I had my vagus nerve severed in surgery when I was 20. I am supposed to be in danger of death from bacterial and parasitical invasion from raw meat. I have been eating raw meat full of bacteria and parasites for 29 years without ever experiencing food-poisoning. I explain in my book *The Recipe For Living Without Disease*, more about bacteria and parasites in raw meat and the fact that they are healthful, rather than dangerous.

Raw meats stored below 38° Fahrenheit lose too many enzymes and flavor is subdued, often becoming almost tasteless. Storing raw meat below 32° Fahrenheit destroys enzymes, vitamins and protein, and causes *E. coli* to mutate.

Eggs should not be refrigerated. Refrigeration destroys or damages too many enzymes and protein in eggs. Therefore, when refrigerated, eggs are less nutritive, and harder to digest, assimilate, and utilize. Egg may be nonrefrigerated for at least 4 weeks. More about eggs is discussed in my book *The Recipe For Living Without Disease*.

Most fruits may be refrigerated to preserve their unripe state with more enzymes and less sugar. However, refrigeration quickly advances ripe bananas to the rotting stage, causing intestinal fermentation when eaten. Any fruit that turns brown or becomes mushy in refrigeration should not be eaten. Often, pears that have been frozen in commercial storage turn brown and mushy rather quickly after they thaw. When thawed, they rot from the core outward causing intestinal fermentation when eaten. If fruit is frozen, it should be eaten very soon after it

thaws. Covering fruits with glass bowls or domes, or placing them in glass containers with lids and storing in refrigeration slows spoilage, keeps flavors alive longer, and prevents insects from feasting on them.

Raw butter can be left at room temperature and enjoyed soft for as long as two weeks, that is, unless room temperature exceeds 80° Fahrenheit. Even if room temperature reaches 90° Fahrenheit, raw butter remains flavorful for two days or more unrefrigerated. Do not expose butter to direct sunlight. Exposing butter to sunlight for an hour or more causes it to sour. I prefer to refrigerate my raw butter until the day before I use it. Then I put 1½ cups in a 2-cups wide-mouthed glass jar and leave the butter at room temperature so that I may enjoy my butter soft and flavorful. Many people on this type of raw diet eat 3-8 ounces of butter daily and keep a daily schedule preparing raw butter for the next day or two. Raw dairy never spoils, it simply becomes varieties of cheeses, including butter that becomes a blue cheese.

Raw cheeses last several weeks unrefrigerated in air-tight containers. Like butter, no-salt-added raw cheeses are more flavorful at room temperature. Some of my clients enjoy their no-salt-added raw cheeses left unrefrigerated for weeks. Some times a pungent white mold forms on cheeses. The mold is beneficial for some people, that is, if strong cheeses are appealing. However, for some people, moldy cheeses cause listlessness that may last weeks.

Raw milk is best consumed soon after it has been taken from an animal. However, since most of us do not live on farms, raw milk keeps better in refrigeration. Raw milk mixed with unheated honey and raw cream added, and stored in a dark cupboard without refrigeration lasts without souring for 3-4 days unless room temperature constantly exceeds 80° Fahrenheit. If it separates, shake to remix it.

Oils that are properly cold-pressed or stone-pressed, that is, pressed below 96° Fahrenheit, should be kept from light. Placing each bottle of oil inside a brown paper bag, pressing the bag around the bottle, putting a rubber band at the neck, and putting the oil in the darkest, coolest cupboard prevents the bottle of oil from turning bitter and/or flat. Olive oil should not be refrigerated. Because flax oil is so vulnerable to oxidation and light, it should be refrigerated. If and when there is ever truly cold-pressed, non-solvent-extracted wheat germ oil available, it should be refrigerated. Cold-pressed peanut oil, if we can

ever get it again, is better nonrefrigerated. It should be placed in a dark bag and kept in a dark cupboard, as for all pressed oils, except flax and coconut oils.

Holding your breath for ten seconds and exhaling into containers of fruits, vegetables and oils, then sealing them, facilitates preservation.

ROYAL JELLY is food prepared just for the queen bee and brood of a hive. Eaten with raw meat and raw fat, it increases regeneration of tissue and youth. Royal Jelly should be stored in refrigeration.

SALAD DRESSINGS: An alkalizing salad dressing is 5 tablespoons each of raw unpasteurized apple cider vinegar (or raw wine/vinegar) and unheated honey. Optional ingredients are: red onion, fresh chile, fresh herbs, raw plain kefir (when available), raw cream (when available) and raw fertile egg. Unless combined with an equal portion of raw vinegar, avoid oils on salads because the nutrients in the salad foods will be bound by the oils and unable to alkalize the blood and body. However, it is okay to eat raw oil, like unsalted raw butter or stone-pressed olive oil, on cooked starch such as pasta or bread, during the same meal with a salad - the starch keeps the oil free from coating and penetrating the salad foods. *See Wine/Vinegar Dressing, page 202.*

SALADS, VEGETABLE: *See Vegetables, page 201.*

SALT: *See Appendixes M, page 143, I, page 139, and J, page 139.* Table salt is a catalyst in the development of all diseases in most people. Mineral salts are plant-food, not food for humans. If they were food for humans, we could live on dirt. The vegetable kingdom makes wonderful use of mineral salts, in balanced ratios, to grow healthfully and strong. After they make the salts into bio-actively available substances, we can juice their leaves, stalks and roots to obtain concentrations of those salts. In our bodies, mineral salts that are not naturally present in food, imbalance our systems, causing many diseases, including cellular dehydration, edema, and bone diseases and malformations.

SAUCES: Store-bought, prepared sauces are all cooked. Raw sauces

may be made by using your favorite ingredients fresh and raw, and blended together. For example, here is a tomato sauce: Press 4 tablespoons unsalted raw butter against the inside walls of an 8-ounces canning jar and put a lid on it tightly. Place the jar into water that is as hot as your fingers can stand without burning them. While the butter melts for 5-10 minutes, slice one medium tomato that is room temperature and then blend it with the melted butter and fresh raw herbs, fresh raw pepper, fresh raw onion and fresh raw garlic if you like. Pour that mixture over raw meat, or not-too-hot pasta or bread, and top with grated no-salt-added raw cheese. In the book, *The Recipe For Living Without Disease*, there are 82 sauces that can each be made 3-5 different ways.

SMOOTHIES: When I mention smoothie, I mean a drink made with raw eggs blended with a raw fresh fruit or raw fresh fruit puree and unheated honey. Honey is optional, but in some cases it helps digestion. If you have a taste for a smoothie without the honey, you should have it without honey. *See Eggs*, page 184.

SUGARS: Table sugars and sugar sweeteners (refined sugars, sucrose) are all made from processing sugar cane or sugar beets at temperatures around 320° Fahrenheit. They interfere with and damage digestion, glandular and nerve health and functions.

Fructose is the sugar from fruit (as opposed to sucrose which is the sugar from vegetables). Sweeteners made of fructose are also processed and cause as many similar complications as sucrose. Fructose is the lesser of two evils. Unheated honeys, raw fruit and raw juices are the only sweeteners that promote better health.

SUGAR SUBSTITUTES are inorganic chemicals. They are debris that create toxins and damage health. Unheated honey and raw fruits are the only sweeteners that promote better health.

TURKEY builds strong lymph and membranes. Turkeys produce an enzyme during molting season which can make some people sick when eaten raw. Some people should avoid eating raw turkey from early Spring through Summer. If you have a taste for turkey during molting

season, most likely you are not ill-affected by this enzyme and it may be important for you to eat raw turkey during molting season.

VANILLA EXTRACT should be organically grown and should contain its natural alcohol. Its nutritional properties stimulate the thyroid when a thyroid is inactive, or when it is needed to balance a sluggish glandular system. Vanilla extracts that have had the alcohol removed are less effective. Some people become hyperactive and develop insomnia if they consume vanilla extract too often or too late in the day. *See Coffee Substitute, page 182.*

VEGETABLES: Whole vegetables should only be eaten when craved; *see page 147, about digestibility of vegetables.* However, when eating vegetables - leafy, root and stalk foods - most often they should be eaten without oil dressings. Drinking very fresh raw gel of aloe vera, or juice of yam, in combination with other vegetable juices such as carrot and parsley, most often increases healing and decreases suffering.

VEGETABLE JUICES help alkalize overly acidic blood. They are also a means of supplementing our vitamin, enzyme and mineral deficiencies. Vegetable juices should mainly be celery with a little parsley. *See the book The Recipe For Living Without Disease.* Children under 15 should only have vegetable juices occasionally, if necessary for a particular ailment or following a cold or flu, and regularly maybe once every 10-22 days. If a child is raised on raw food, there maybe no need for her or him to drink vegetable juices.

VINEGAR: *See Apple Cider Vinegar, Raw, Unpasteurized and Unfiltered, page 179.*

VOLATILE TOXINS are substances entering the body or substances altered to a state within the body that create harmfully acidic and sometimes allergic reactions. They can negatively alter RNA and DNA, enzymes, hormones, cells and tissue, affecting the entire body. They can be the result of: low-grade mineral poisoning caused by eating canned food, preservatives, pesticides and medication; exposing oneself to chemicals, pesticides and other pollution; from an excess of

hormones produced by the body itself because of those substances listed above; or from a diet that is not proper for an individual.

WATER dries the body. Drink water rarely. Analogy: continually applying water to skin dries and cracks the skin. Oiling the skin protects and preserves the skin. It is the same inside our bodies.

Eating tomatoes quenches thirst best. Dry lips and mouth are not dehydration. The brain discards many toxins, especially metals, through the gums and tongue, absorbing and spending all available fats in and surrounding oral tissues. That leaves the mouth and lips very dry, but it is not dehydration but fat deficiency. Placing 1 tablespoon of unsalted raw butter with a dab of unheated honey on the tongue and keeping them in the mouth for 5-10 minutes reverses dry mouth and lips. Drinking fresh raw milk, cream and kefir, fresh raw vegetable juices, unheated honey, and eating fresh unripe fruit provides H₂O rich in electrolytes, enzymes, minerals, vitamins and fats that prevent drying. A wonderful thirst-quenching drink is a blended mixture of 2 cups peeled cucumber, 3-6 tablespoons coconut cream and 1 tablespoon unheated honey. Of that mixture, drink 2-3 ounces at a time throughout the day. *See Appendix M, page 143.*

WINE/VINEGAR DRESSING, RAW, for salads, can be made and refrigerated up to one week only. One suggested recipe is: Blend $\frac{1}{3}$ cup of raw unpasteurized apple cider vinegar, $\frac{1}{3}$ cup raw organic wine, all or a portion of 1 fresh hot pepper (red, yellow banana, red or orange or black jalapeño and chilies), $\frac{1}{2}$ -4 tablespoons unheated honey, and a slice of purple onion. Use as much fresh hot pepper as desired but the dressing should have a little bite from the pepper. For some people, the sweetness of the honey in the dressing is not appealing; those people should have it with less honey or without honey. For some people the opposite is true; those people should add more honey. (This is the dressing that is imperative for those people who lack enzyme-mutations and need to remove the accumulated toxic residues and resins from years of eating cooked green and cooked red foods.)

For another salad dressing, decrease the amounts of wine and vinegar to $\frac{1}{4}$ cup each and add $\frac{1}{4}$ cup raw plain kefir (when available).

WHIPPING CREAM: when raw cream is available, it can be whipped and enjoyed. Whip raw cream until it starts to thicken, and then add 1-4 tablespoons unheated honey per 1 cup of cream. Continue whipping until it is as firm as you like it. Eat it with whatever meets your fancy - fruit, salads, popcorn (!) or other cooked starch or raw meat.

YOGURT is similar to kefir. However, yogurt is always made with heated milk and will not thicken unless the milk is heated to at least 115° Fahrenheit. Most store-bought yogurt is made from pasteurized milk and is an inferior food. Raw kefir is considerably superior.

Conversations About the Primal Diet

I conclude this section by sharing parts/composites of the email exchanges between Sheri, who is a mother of 5 and has been on the diet for about 4 years, and an acquaintance Cari, a woman who was a dissenter of my Primal Diet, and finally me.

Sheri,
 Didn't you feel this strongly about a vegan diet too? This diet says no water, this diet says no starch, this diet says no salt, this diet says eat eat eat. That will burn out your organs. I just am saying that faith is blind and you will have to see for yourself as I did. My husband's grandma lived until she was 16 years old in Poland on raw goat's milk. She came here and has been living without and now is 92 years old. She drinks coffee everyday and eats lunch meat everyday. I haven't heard of a 92 year old raw foodist. Also my sister-in-law's husband's grandma from Germany who ate her weight in chocolate lived to be 102. Do you want to be that old?
 Aajonus makes it seem that this diet will give you the vitality to jump rope when you are 95. I haven't seen the people who he claims cured themselves. I haven't even read articles about any of it. I haven't seen him share with the world his findings. Nothing is published anywhere. His first book I read 10 times. I wasn't convinced by his appearance that 20 years of eating like this was promoting youth and wellness.
 take care
 Cari

Hello, Cari,

Again. I have already considered the objections you posed. I have read, studied and applied principles of nutrition and its relation to our physical, mental and emotional health for many years, and also have put these principles to the test to see what really works. My husband may be smart in many ways, but he is not in great health and even has some fairly serious pre-cancerous symptoms. He may have a strong genetic health which has allowed him to be abusive to his body thus far, but he will need to consider making changes in his own diet, if he wishes to continue into old age in good health.

I look to Dr. Pottenger's studies and see such a mirror image of what happened to his cats and what is happening to humans today regarding the lack of health we are all experiencing. I attribute many factors, not just diet to the cause of it all. But because we have been assaulted by vaccines, medications, processed foods, and pollutants of every sort, we must take what seems to be extreme measures to reverse it. We did not have the healthy start that our parents and grandparents had with breast milk, or raw milk and wholesome foods, and free of vaccines and other chemical pollution. I am most certain that raw food reverses disease because I have witnessed it.

I have personally witnessed over and over again, the negative affect on physical and mental health when eating junk food and YES even cooked food. I conclude that it is because our organs and glands are so toxic, that even a little cooked food will give us some symptoms. I am sorry, but you are not going to convince me. As I have said, I have been there, done that, thought that already.

I also do not think that because I have not made all the right choices in the past regarding diet, makes me wrong today. As humans we must progress a little at a time. Change is a gradual thing. I learned very much from being a raw vegan, and even though it was nutritionally deficient, it still showed me that raw foods heal and make one feel better.

By the way, Aajonus is not using me or anyone to promote his business. Those of us who have benefited from his knowledge and the diet, wish to share that with others. Aajonus is one of the few people I know who is not given to pride and greed. He lets the diet speak for itself. And speak it does, if you give it a chance.

I have 4 children and one on the way, and can see a great difference between my last born when I had been on the diet for more than 2 years, and the rest of my children. I have also spoken to another mother who has been on the diet for 2 of her pregnancies and there is no doubt that this diet positively affects our children emotionally, physically and intellectually.

I appreciate your thoughts, but again, you will not convince me as I have already considered these same objections in the past, and cannot find any validity to them. We have been doing the Primal Diet now for 3½ years, and I have only seen continued improvement in my children and myself. My youngest is exceptionally smart and advanced, and that I attribute to being on this diet during pregnancy as well as her now consuming the raw meat and dairy. I have much empirical experience/evidence at this point to prove the diet, and I will confidently continue.

Sincerely Yours,
Sheri

Sheri,
There are plenty of smart people who eat cooked foods. Did Sir Isaac Newton eat raw meat? What about all the people who design machines to do the work of 200 men. They definitely pass me up as far as brains go. Doctors don't necessarily have brains. Being smart isn't a product of this diet. It's the time you take to teach your children in ways that they can absorb all the knowledge given to them. Look at your hubby, he eats cooked food and is able to work out of your beautiful house and make enough money to raise 4 children and have a comfortable life. To me that is smart!

Dr. Howell died, he looked his age. As far as Pottenger, he studied cats. Animals have far greater enzymes and acids to digest raw food because that is how God designed them. Yes they should eat raw. People are different. Another thing Aajonus said is you don't need a lot of sleep just 4-5 hours.

I am not here to judge, I just feel in my heart that Aajonus isn't telling all and is using you for his BUISNESS because that is all it is.

I am sorry to upset you, I am grateful I met you and for the farm foods.

take care
Cari

Hello Aajonus,
I think that whenever we are persecuted for this diet, it gives us some consolation if you read and comment on the exchange, only if you have time, of course.
Hope you are well.
Yours,
Sheri

Hi, Sheri,
If anyone claims to have read my first book 10 times, we must ask, "Why did that person misquote me on water, starch, sleep and salt?"

About water: I recommended that we minimize the drinking of water because very little water can be absorbed by our cells and dries the skin and membranes of cells. I suggested drinking more milk and vegetable juices, and eating tomatoes and cucumbers. All of those foods and all raw foods contain H₂O that can be cellularly utilized. I said in my first book that some people should drink a lot of water for awhile.

About starch: I said in my first book that starches are very necessary, even to the point that I recommended that a few people go against the main principle of eating raw food. I suggested that they would benefit from eating simple, cooked starches sometimes, like unsalted bread, etc. But, because I later observed the collection of toxins even when those people ate plenty of raw fat with the cooked starch, in my second book and in the revision, I advise that necessary extra starch be derived from eating the Nut Formula as much as possible. Note that all meat contains starch. That is what herbivores eat when they eat seeds of grasses, especially their preferred seeds, those that have fallen to the ground and dried.

About salt: It is a fact that people need sodium but not necessarily salt. When people drink salt water, they get sick. Eating salt is helpful in cultures that eat only a little meat and lots of starch because those people are prone to tapeworms and excessive pinworms. Salt dehydrates intestinal parasites. Some salt is helpful to people who eat cooked food and cannot utilize enough sodium to counter all the toxicity that results from eating

cooked foods. I said that people who have adrenal exhaustion should eat a little salt. I said that most people who eat a raw diet should not eat salt, including sea salt.

About sleep: I stated in my books that sleep is very important because 90% of healing happens for most people in the sleep state. After my 32 years of eating raw food, I said that I need only 4-5 hours of sleep daily, unless I am in an intense healing state. Sometimes I have needed 6-12 hours of sleep per day. Most people need 7-10 hours of sleep. I did not say that everybody needs only 4-5 hours sleep.

About greed: I could have compromised many times and made fortunes. I wrote a diet for a woman named Judy. It was for a certain period of her life, for her to temporarily lose weight. Judy wrote a book of the diet called The Beverly Hills Diet and made a fortune. That diet is harmful to the nervous system if followed for more than a few days or weeks. It often made people very testy and/or irritable. Many people who followed that diet damaged their nervous systems, family relationships and friendships. I refused to do that harm to people for money. In 1971, on moral principle, I refused to be the Winston man in commercials, rejecting \$7.5 million over the next seven years.

You are a very intelligent woman who has experimented and found that the Primal Diet promotes healthy emotional behavior for yourself, as well as for members of your immediate family and many of your acquaintances. You are blessed with a particular sensibility. I suggest that you trust your reality. It may be a waste of time to try to educate people about the science of nutrition if they are new to the diet and their thinking is clouded because they believe that they know everything from only a few months, or even a few years of eating some of the Primal Diet. Also, some people have learning and comprehensive disorders along with frustration, fear and impatience. They are unable to see the nutritional puzzle clearly, even though they think they see it clearly. I do not know what can be done for them but it seems like a waste of energy to allow it to frustrate us.

Healthfully and lovingly,
aajonus

Obtaining The Foods We Want And Need

Some foods necessary for optimal health, and for the remedies that follow, are not available in all states in the USA. Fresh raw dairy is commercially available only in a few states. In some states, fresh raw dairy is sold only at the farm. Some farmers have to label their raw milk “For animal consumption” or “For pets only”. I will consume raw milk from cows fed raw feed and that do not receive hormones or antibiotics. I prefer organically fed, but it is not always available.

The rulings that fresh raw dairy cannot be available commercially to the people in most states is prejudicial. Health freedom is denied. You may regain this right if enough people from each state petition their state government. The process, reports and documents to change legislation to permit raw dairy to be sold are on the internet at www.RawMilk.org. Find a dairy farm that feeds their cows organically and produces raw dairy products. Or buy and start organic raw dairy farms as individuals, or as cooperatives.

For any other foods that may not be available in your locale, the need and demand create the product. Tell your local stores what you want. If they can't get it or refuse to, write to me at: Optimal Ways of Living, P.O. Box 176, Santa Monica, CA. 90404-0176. Enclose the order form at the back of this book and a check or money order for \$15 (cost of service, materials, handling and shipping) made payable to Optimal Ways of Living. You will be sent a list of the brand names and addresses for Primal Diet-quality products. If you know of any raw dairy products, unheated honey and stone-pressed oils (or cold-pressed below 96 degree Fahrenheit) in your part of the country, please send me the brand names, the kind of food, and the producer's address and phone number so that I may verify rawness and quality, then pass this information on to those who search for genuinely raw products.

Brief Preparation Guide

For recipes, instructions and suggested meal plans, buy the book, *The Recipe For Living Without Disease*. It contains 150 recipes, including raw cheesecakes, raw pies, raw meat recipes, and 82 raw meat sauces that can be made 3-5 different ways each. That means there are approximately 400 sauces to help you enjoy raw meat.

BLENDING MADE EASY: Buy a blender, such as Osterizer. The base of the blender, where the blades fit, should be the size of a regular, small-mouthed, glass Ball canning jar (the 2½ inch diameter mouth, not the 3¼ inch diameter mouth). The rubber sealing ring, stainless steel blade, and the threaded plastic bottom of the blender screw onto the mouth of a regular, small-mouthed canning jar (in that order, that is, one side of the rubber sealing ring should be against the mouth of the jar and the other side against the base of the steel blade). Note: As of April 2005, the rubber sealing rings for the Osterizer are too thin and small, so that a proper seal is not made with the jar, causing food to leak from the jar while blending - very messy. Therefore, buy a rubber washer that is made for another blender. Buy one that is at least $\frac{3}{16}$ inch ($\frac{1}{2}$ mm) thick and slightly larger than the circumference of the blade-plate.

Then buy or collect regular, small-mouthed canning and jelly jars in an assortment of sizes: 4, 8, 12, 16 and 32 ounces. Select the size of jar that is appropriate for the job, such as a 4-ounces jar to make a sauce for 1-2 people. Before blending food, make certain that the blades do not strike or cut into the glass jars during blending. If one blade strikes the glass, bend it upward so that it does not strike the glass again. Usually, one blade strikes the glass on only 4-ounces-sized jars. Place ingredients into the jar. Place the rubber sealing ring on the rim of the jar. Then place the steel blades inside the jar. The metal base of the blades will rest on top of the rubber sealing ring. Make sure that the sealing ring does not fall into the jar. If any part of it does, it will become twisted around the blade, causing profuse leakage and possibly damaging the sealing ring. Finally, screw the plastic base over the base of the blades and onto the jar. Turn the jar upside down and place it on the blender and blend. If you hear an unusually low frequency or high vibrational sound when you turn on the blender, turn it off

immediately, unscrew the threaded bottom, remove the blade and untwist the rubber sealing ring from around the blade. Realign the ring properly (if torn, use another sealing ring - have several sealing rings on hand because that occasionally happens). Absolutely do not blend any substance harder than shelled raw almonds in a glass jar because the jar might break and the glass could injure someone.

DISSOLVE HONEY easily and quickly into any liquid or food to puree by blending it in the appropriate sized canning jar. Always put honey in the jar last and blend immediately, especially if other ingredients are cold from refrigeration; otherwise the honey will turn hard and stick to the sides of the jar. *See* Blending made easy, above.

DRINK FOR MOISTURIZING AND LUBRICATING DRY AND/OR HARDENED INTERNAL AND EXTERNAL TISSUE (e.g., dry skin and hair, arthritis, sclerosis, and cirrhosis of the liver): Blend 1-2 raw eggs, 3-6 tablespoons unsalted raw butter (or other raw fat, but butter is best), 1-1½ tablespoons fresh raw lemon juice and 2-6 teaspoons unheated honey. That drink has a lemon-meringue taste that appeals to most people, and works quickest to relieve dryness, stiffness and hardening.

JUICING A COCONUT: Choose a coconut by inspecting its shell. If you find any cracks or dark watermarks, small or large, or black spots, it is probably soured. Inspect the three small dark circles grouped together at the top, called eyes. If one of the eyes is open or shrunken, it is soured. If the coconut is without any of the above, the odds of having a good coconut are 9 of 10.

Juicing coconuts can seem like a chore but the healthful rewards are worth the effort. You will need leather gloves that are not heavily dyed, an ice pick, hammer, curved-ended oyster knife, and a juicer that separates cream from pulp, such as a GreenStar 1000 juicer.

Poke the coconut eyes until you find the eye that is soft. Do not puncture it, yet. Puncture one of the hard circles with the ice pick and hammer. Then puncture the soft circle with the ice pick. Pour the coconut milk into a glass. Taste the milk. If it is sour, the coconut may be partially or completely soured. If the coconut milk (often referred to

as coconut water) is good, drink it when thirsty.

Don gloves. To loosen the meat from the shell, firmly tap coconut all around for 2 minutes but not hard enough to crack it yet. Now, crack the coconut shell at the end opposite from the three eyes. Hammer the coconut into many pieces. If you find some of the meat yellow or discolored, it is partially soured. Pry the meat from the shell with the oyster knife. If black spots appear on the brown skin, it is molded where the spots appear. Separate the non-soured meat from the soured meat. If it is completely soured or moldy, begin again with another coconut. Slice good coconut pieces into strips that are approximately ¼-inch thick by ½-inch width and any length. Or (easier!) drop the chunks of coconut into a food-processor and grind.

Place the coconut meat slices or ground coconut into a juicer that separates cream from pulp, such as a GreenStar or Champion juicer. The result is coconut cream that will thicken as hard as butter in refrigeration. Use the pulp to fertilize a garden or lawn, or sun dry it to make a coconut confection for recipes. Do not mix the coconut milk with the coconut cream unless you intend to drink it within 24 hours, or it will sour. It is best to store coconut cream in many 4- or 8-ounces glass jars. Blend ½ teaspoon lime juice with each 8 ounces coconut cream. Storing in that manner in refrigeration will preserve it for up to 7 weeks. Note: Since making coconut cream requires time and tools, it is recommended that you juice 5-10 coconuts at a time. Each coconut renders 6-8 ounces of pure cream from the preferred metal twin-gear juicer (such as Green Star) not including the coconut milk.

PÂTÉ is made by cutting meat into cubes, then putting them into a food processor and chopping them until they are paste.

POULTICES are made by blending, chopping, crushing, grating, mashing or mincing raw food, and then wrapping it in a clean white cloth (cotton, cheesecloth, muslin or silk). That is then applied to an affected external area of the body. Put a strip of cloth around the poultice to hold it in place, not too tightly. When the poultice dries in several hours, replace it with fresh ingredients. The cloth should always be thoroughly rinsed before adding or replacing ingredients, and the final rinse should be with good mineral water.

Nature should not be feared; She is healing, vital and loyal. Our bodies should not be feared; they are part of Nature and are always in the process of healing. While eating our way to better health, it should be remembered that healing often takes time, endurance and requires patience. I wish you a richly healthy life.

VITAL FOOD REMEDIES

I have recommended that my clients acquaint themselves with all of the ailments listed throughout this section because most people have many of these ailments, but not to the extent that they can be diagnosed. I have suggested that they highlight all of the sentences that have applied to them sometime in their lives. Highlighting makes it easier to locate applicable symptoms, explanations and remedies.

Symptoms were usually alleviated and ailments usually mitigated in people who ate the foods that I had specifically recommended for their ailments. Where more than one food or combination was recommended, I suggested that they eat all that was recommended but not all at one meal. When someone desired more food than was specifically recommended, I suggested that they supplement the recommended food with food that constitutes a balanced raw diet. *See* the book *The Recipe For Living Without Disease*. They chose the foods that they desired, then prepared and ate them raw. Consequently, the speed of healing increased. But people who did not continue to eat raw food on a regular basis did not heal properly. Because optimal healing needs proper nutrients and takes time, their ailments gradually returned. Ailments that did not heal usually advanced. Detoxification and healing - to the point that people no longer felt hindered by advanced ailments - took weeks, months or years, depending on severity. Symptoms of ailments that quickly mitigated usually returned, indicating that more thorough cleansing and healing was required for better body functions. When symptoms lingered because the body continued a process of cleansing and healing, or when symptoms mitigated quickly and then returned for more cleansing and healing, people sometimes became disconcerted

and discouraged. Doubts rooted. However, everyone who held fast to eating the raw diet experienced proper cleansing and healing, mitigating the severity of their ailment(s), often to the point that eventually they forgot they had had the ailment. People who trusted in Nature's raw-food precedence, and to a degree in their instincts and intuition, with endurance, patience and time, most often achieved significantly better health.

Throughout Volume 1, I gave examples of the many healthy rewards I obtained using courage and patience when going through a major detoxification and eating a raw diet. I will give you another, here. Immediately prior to the first printing of this book in 1996, a violent rash erupted on my nose, around the inside of my left eye and the top center of my forehead at my hairline. On the second day, the rash looked as if it were developing into karposi, accompanied with chronic headaches. I did not have AIDS but was concerned. I used my salve for burns, ate raw chicken every 4 hours, ate 8-12 raw eggs daily and drank raw milk constantly to keep pain to a minimum. By the fourth day, small blisters formed. I released the pus on several but it was not enough for a laboratory test. On the fifth day, a chunk of my skin fell off near my burned eyeball. I became alarmed.

I quieted myself and took the skin to a lab and requested that they test for chemical and medical toxins as well as cancer. The laboratory reported listed components used in aerospace/dental epoxy, and basil-cell melanoma. Since my nose was the primary focus of tissue, the lab technician asked me if I had splintered my nose. He told me that some plastic surgeons use epoxy in such cases because they can't pin a shattered nose together. I told him that when I was fifteen, my nose was shattered by a hard ball going about 60 mph thrown by an adult. My nose shattered into seven pieces. It took two major surgeries to correct it over seven years. The first surgeon told me that the surgery took 6 hours. He did not tell me why, or that he had glued my bone together using aerospace/dental epoxy.

The technician explained that, during an operation such as the one I'd undergone, the surgeon would have normally cut and pulled the skin covering my nose, and would have clamped it to my forehead. Then, he would have had to allow each spot-glued piece of bone to dry before gluing the next fragment. He would have had to let the epoxy dry

completely, because if wet epoxy were to have come into contact with tissue softer than bone, the epoxy would have burned and melted it.

Almost 30 years after that surgery, my body decided to detoxify the epoxy. The epoxy-detoxification process took six weeks. If I had panicked and gone to a dermatologist, I would have been given antibiotics, steroid ointments, radiation and chemotherapy, adding more toxins to my body, and scarring my face as well. Now my face, skull and brain have the opportunity to live and function healthier, better and more efficiently. Already, my sense of smell is keener, and food tastes better. I'm hoping that the scars and damage to my left cornea, nose and forehead where the dissolved epoxy, causing cancer, burned my eye and burned massive holes in my skin will heal. One year after that cancer in 1997, my left cornea contained 8 layers of scars and vision loss to 20/180. Almost 8 years later, an eye exam revealed only 1 layer of scar remained and my vision improved to 20/40. I have observed consistently that the body always gains more than it loses during a detoxification. I trusted it that time, too, and I am not disappointed.

Because eating raw food provides the nutrients for the body to properly cleanse (detoxify) as well as heal and rebuild, natural cleanses (such as colds, flu, and temporary aches and pains) should be welcomed. They may occur 1-4 times a year. Cleanses (detoxification) have been shorter in duration and less debilitating than cleanses that occurred before my Primal Diet. Almost everyone on the balanced raw Primal Diet felt more energy and vitality during and immediately after a natural cleansing than they had experienced when on cooked diets.

Note that sometimes different ailments resulted from similar overall problems in different people. For instance, a frequently high adrenaline level in one person caused acute hardening of the arteries, while in another person it caused Candida, and in another person it caused cataracts.

Some elderly people who had a lifetime of accumulated cooked-food residues or chemicals (for instance, years of medication, or exposure to household or industrial chemicals and gases) spent the remainder of their lives in painful detoxification. Consequently, I learned that it is sometimes more important to feel better while getting a little healthier. Therefore, now I suggest to my elderly clients who find themselves going through an uncomfortable detoxification that lasts more than

three months, that they bathe as suggested under Detoxification. *See Detoxification, Stopping It, page 255.*

The less beneficial alternative for stopping painful persistent detoxification for the elderly is to eat a cooked meal once weekly. A cooked meal discourages continual detoxification of old stored toxins. One cooked meal each week of baked, broiled or boiled chicken, not fried, usually stops and prevents extreme detoxification of old toxins stored in the body.

Volatile toxic conditions are ailments where highly reactive toxins have accumulated, whether in the blood, nerve-serum, lymph, connective tissues, muscles, bones, glands or organs. It is a state in which live cells in the affected area(s) or system(s) are vulnerable to severe irritation and cellular destruction (as in my example above). Excess hormonal production (for instance, adrenaline and insulin) along with pollution, or not eating enough raw fat and meat, or not drinking raw fresh vegetable juices, frequently causes volatile toxic conditions. Drugs (medicinal and recreational), coffee, chocolate, processed peppers and sugars, pesticides, preservatives and sodas all irritate and overstimulate adrenals and pancreas, creating volatile toxic conditions. Symptoms of excessive adrenaline are: hyperactivity and/or irritability and very dry skin or hair. Eating the foods suggested for alkalizing the blood balances the blood within 2-10 days (*see Alkalizing Food, page 178*). Symptoms of excessive insulin are hypoglycemia, irritability and edema. Completely refraining from eating ripe fruit and high-carbohydrate vegetable juices helps relieve that condition. Completely neutralizing all of those conditions has taken up to 10 years.

Drinking 1-2 cups of naturally sparkling mineral water daily helps restore the electrolyte balance and oxygen level in the blood and reduces adrenaline production.

Eating 3 ounces of unheated honey daily and 1-4 cups of raw fresh green vegetable juices at least five days weekly for the rest of one's life, gradually replaces enzymes lost or leached from years of eating cooked food.

For optimal health, research and experience have conclusively proved to me that all food, except raw oils, should not be heated above 104° Fahrenheit. Raw oils should not be heated above 96° Fahrenheit.

The following remedies have worked an average of 85% in all cases. However, by man's laws, they are not prescriptive.

When beginning the Primal Diet, a person who has not eaten many fresh foods such as raw fruits, raw juices and raw salads, may do better eating more raw fruits, an occasional salad and lots of unheated honey. Also, there are people who have diseases for which the body requires more fruit until the disease is reversed. However, after those people have eaten the Primal Diet for 1-2 years, I have observed that better health and mitigated symptoms have been achieved quicker by limiting fruit intake to once daily in the afternoon. A person who exercises may need more fruit, but usually in combination with a raw fat.

ABORTION: Scraping of the uterus (D&C) may cause scarring; *See* Stretch Marks, Scars And Wrinkles, page 338, about removing scar tissue. *See* Hemorrhage, page 210, to stop an excessive bleed. *See* Family Planning for more natural abortive methods, page 333.

ABSCESS is a localized infection (detoxification) accompanied by pus externally or internally. An abscess is helpful because it is a process of dissolving and discarding volatile toxins from tissues.

Externally, packing the abscess with a little clay that has been pre-mixed with good mineral water into a thin paste, and then applying a bandage over it absorbs and neutralizes volatile toxins. Clay is best premixed as instructed under Clay. The abscess will, most often, come to a head in a couple of days and burst on its own when as much toxicity as the body plans to remove is brought to the surface. *See* Clay, page 181.

In the case of an abscessed tooth, eating at least 15 medium-sized tomatoes per day neutralizes the condition. Eating no-salt-added raw cheese with tomatoes helps to reduce abscessed tooth pain and promotes healing. With an abscessed tooth, blending the tomatoes into puree makes them drinkable. The cheese may be blended with tomatoes. Also, *see* Pain Formula, Chapter 15 in the book *The Recipe For Living Without Disease*.

ACNE often comes from not having the enzyme-mutations for utilizing cooked red and orange fruits and vegetables. The fat from cooked red

fruits and vegetables cannot be broken down, assimilated, or utilized properly, forming resins and residues. Therefore, the body binds the resins and residues with numerous white cells (antibodies) and fat molecules. Then the body tries to discard the mass through the skin. Because of the chemistry or size of the mass, or the sharpness of residues (often like glass) the toxins burn, split, or lacerate cellular walls of the skin as they pass through the pores, creating lesions. This causes cellular sores that weep, forming pus (acne) and causing scars. Avoiding cooked red- and orange-pigmented fruits and vegetables (including all bottled or canned tomato sauces) usually eliminates acne. *See If I Lack Enzyme-Mutations, What Foods Should I Avoid?*, page 174.

Topically: Applying a mixture of 1 tablespoon good mineral water, ½ teaspoon powdered sun-dried clay and a drop of stone-pressed olive oil soothes and usually prevents scars. Or apply some Primal Facial Body Care Cream (from my recipe book). Or simply applying a dab of unheated honey soothes and promotes healing.

Eating a little cold-pressed-below-96° Fahrenheit fermented coconut oil or stone-pressed olive oil daily, 3 days weekly, helps remove and prevent scars. Eating live red or orange foods helps the body eliminate stored residues and resins from cooked red or orange foods through the bowels (and less through the skin).

Drug residues, like those from cocaine, Novocain and Lydocain, require 200-4000 white and/or fat cells to arrest and eliminate one molecule of toxin. When that large mass is eliminated through a pore, the skin is torn, lesions occur and inflammation results. Consuming 1-2 tablespoons pre-prepared mixed clay in 2 ounces of water or juice, or eating cheese with butter, helps the body absorb those toxins into the bowels and discard them from the rectum rather than through the skin. *See Clay*, page 181.

My mother, a Registered Nurse, told me that she eliminated her teenage acne by washing her face with her urine (an Ayurvedic medical method that works). The concentration of nutrients and ammonia in the urine aids the cleansing and healing of the skin.

Certain toxins must be removed through the skin instead of through the bowels. Therefore, a few pimples may be unavoidable until those toxins are completely cleansed from the system. Removing them could

take many years. *See* Dermatitis, page 254.

ADRENAL EXHAUSTION is characterized by weight loss, fears beyond what is “rational”, ridges in the nails in a length-wise direction, apathy toward most forms of effort, unusual loss of hair; and by feeling unable to keep the back straight, feeling that your legs could easily collapse from under you, and feeling chemically unbalanced no matter what you eat. People who have adrenal exhaustion often have an energy drop within 15 minutes of the same time every day.

Eating the Nut Formula (page 194), or, less preferably, a cooked starch, like French, sourdough, and Italian breads with raw fat, 15 minutes before the energy drop is due each day, usually allows for normal energy levels. Eating a raw diet with plenty of fat, fish, vegetable juices and alkalizing foods gradually heals this condition in most cases. *See* Alkalizing Food, page 178.

Also *see* Chronic Fatigue Syndrome, page 247.

See Eating Schedules in my book *The Recipe For Living Without Disease*, pages 40-42.

AGING in our “advanced” society is basically a process of body-deterioration leading toward disease and death. That deterioration is caused by accumulated toxicity, limited cellular reproduction, cellular mutations, and cellular exhaustion. Aging and deterioration do not have to be synonymous.

Symptoms: loss of hair moisture, dexterity, skin tone, muscle tone, flesh tone, and strength.

Consuming a raw diet in which 40% of calories are raw fat prevents the “normal” process of body deterioration. The body gradually or quickly deteriorates without fat. At least 3% and up to 30% of that raw fat should be from raw milk, that is unsalted raw butter, raw cream, no-salt-added raw cheese, full-fat raw milk and raw plain kefir. Raw full-fat milk soothes tissues best.

About 50% of the human race needs starches to prevent aging. Those people need starches to bind with toxins (including excess hormones) that stress the body. We may obtain that starch by eating a Nut Formula (page 194) once or twice each week. Some people may need to eat a little cooked starch if they cannot digest the Nut Formula. That may be

determined by eating the Nut Formula when you are extra-stressed. If you become more self-controlled within 12 hours after eating the Nut Formula, you do not need to eat any cooked starch.

Aging men and women could create and maintain youth by eating meat twice daily, about 1 pound daily. Men do better when they drink 1 cup raw plain kefir, if available, as often as possible with meat.

AGORAPHOBIA is a pronounced fear of leaving a safe familiar home to go anywhere. More often, this is from a severe chemical imbalance due to allergies to pesticides, preservatives, medications and other chemical toxins.

Eating (separately or together) mushrooms, naturally sparkling mineral water, raw baby spinach, fresh raw fruit and 5 raw eggs each day calms this condition. *See* Eating Schedules, in my recipe book *The Recipe For Living Without Disease*, Chapter 12. In most cases, avoiding chemicals (including household chemicals) and any gases they produce, relieves agoraphobia. Avoid all cleaning compounds and fluids, hairspray, insecticides and aerosol sprays.

AIDS: Owanza, a colleague, has observed that advanced symptoms of AIDS is partially related to the destruction of melanin. Melanin stagnates when the lymph is in poor condition due to chemical inundation and clogging. Melanin also stagnates from lack of enzyme-mutations, lack of lysine in unaltered states, poor retention of phosphorus due to liver damage, and ingestion of swollen, ruptured and corrupted molecules (nutrients) from heat processing. The loss of the melanin creates impairment of oxygen absorption and prevents photosynthesis of light from the sun. Advanced AIDS seems to be a disease of isolation, the person being unable to interact internally and externally, bio-chemically and ecologically. The result is death through cellular suffocation. AIDS is not contagious. For the direct man-made scientific cause of AIDS, *see* the book *BIO-ATTACK ALERT*, Theodore A. Strecker, LL.D.

I have not had enough nutritional experience with AIDS to be comfortable with my knowledge of it. My observation has been that most of those with HIV positive who developed AIDS-like symptoms developed them only after medical treatment for AIDS. There is overwhelming evidence that the theory that HIV is a precursor to AIDS

is flimsy. Individuals who have AIDS lack enzyme-mutations to practically all cooked foods, and extreme allergies to pollution. People with those conditions would improve if they would eat a raw balanced diet daily, including the Nut Formula once or twice weekly. *See* Nut Formula, page 194. If the Nut Formula is not effective, an AIDS sufferer may help her/himself by eating a little cooked white gluten starch (that is, no baked yams, purple potatoes, yellow corn, including yellow popcorn, and other colored starches) with plenty of raw fat. That may stabilize the condition and very gradually reverse it. *See* If I Lack Enzyme-Mutations, What Foods Should I Avoid?, page 174; and HIV, page 272. Lysine in an unaltered state can be found only in unprocessed raw foods, not in supplements.

ALCOHOLISM is a disease that involves compulsively craving and drinking alcoholic beverages. Most alcoholics do not breakdown cooked fat properly, so they crave alcohol to help breakdown cooked fat. However, the side effects are most often traumatic.

When an alcoholic stops drinking, he or she should consider that the liver goes through a drastic temperature drop (liquors artificially heat the liver). The temperature drop causes the liver to go into shock (d.t.'s). Eating at least ¼ pound (4 ounces) of raw fish twice daily for three days helps the liver and most often prevents the d.t.'s. Continuing to eat raw fish for another week helps the transition from alcohol. Processed alcohol destroys liver, pancreas and brain cells by the millions and robs tissues and cells of fluids. Eating raw meats and unheated honey replaces the enzymes and sugars absent in the radical alcohol (distilled or pasteurized liquors) that destroy the membranes around cells. Raw meats and unheated honey also promote the chemical breakdown of radical alcohol. A diet that is 45% raw fat would be the most healing for an alcoholic. Eating ½ cup nonsteamed dates with a raw fat in the mornings restores the thyroid and balances the sugar level. Then eating small amounts of raw meats with raw fat, alternating with very small amounts of whatever fresh fruits (preferably unripe) that are appealing with raw fat throughout the day keeps the blood sugar level balanced. If a craving for alcohol hits, blend a raw drink consisting of the juice of 5 limes, an avocado, 4 kiwis and 4 tablespoons of unheated honey to satisfy the craving. When fresh kiwis

are not available, sun-dried non-sulfured kiwis are okay, or substitute 1 cup of live pineapple in place of the kiwis.

Some people crave alcohol because they lack certain enzymes that digest fat - the alcohol helps break down fat. This particular type of individual is prone to hepatitis. For this type, eating a little unripe pineapple with raw fat usually supplies enzymes for fat digestion and stops the craving for alcohol. For those few who cannot produce their own body alcohol, drinking 2 ounces of organic raw wine once or twice weekly supplies the alcohol that is needed. Eating raw cheese or raw fat immediately before drinking alcohol prevents a lot of damage.

ALD is an accelerated deterioration of myelin (the covering over nerve networks) causing loss of concentration, uncommon dazes, convulsions, unmotivated fits, loss of motor control and coma. This is usually diagnosed in an advanced stage in children when the symptoms are very pronounced (as are most diseases). It has been lethal in children because without myelin the nerves have no protection or buffer.

Eating stone-pressed olive oil, fresh raw fish and red meat or poultry at the same meal daily provides the body with the nutrients it needs to regenerate the myelin. The key to these nutrients being properly utilized is drinking 1 drop of homeopathic quinine up to 5 times daily and eating up to 4 ounces of unheated honey daily.

ALLERGIES are disagreeable sensitivities to particular foods, light rays or pollutants (including vapors from magazine and newspaper print, perfumes and colognes). Some allergies are the result of airborne pollutants that the body cannot neutralize or detoxify and eliminate, including fibers from synthetic clothing (plastic). Other allergies result from substances in foods, natural or man-made, that the body cannot digest, assimilate, or utilize. These substances become radical toxins that severely damage tissues with which they come in contact. The same goes for allergies to cosmetics and soaps - if you can't eat it, don't put it on your skin.

Symptoms from airborne allergies: rash, sinus congestion, sneezing, coughing, headache, hay fever, asthma, high blood pressure, abnormal fatigue, dizziness and mental depression, and bleeds from mucus membranes, like nose bleeds and considerable blood in the feces.

Symptoms from food allergies: all of the above plus loss of appetite, nausea, vomiting, stomach and intestinal ulcers.

Eating plenty of raw fat with a Nut Formula, or a cooked starch, unheated honey and fruit (frequently live pineapple) most often corrects allergies. Another reason for allergies is that a body may lack the enzyme-mutations to digest and utilize cooked minerals. People who lack mineral enzyme-mutations often have premature graying. Drinking naturally carbonated mineral waters is helpful. Some people who lack enzyme-mutations for cooked minerals have severe reactions to cooked fish. Eating raw fish with unheated honey heals this allergy. Eating no-salt-added raw cheese with raw fish and honey usually speeds healing. (That does not mean that a person develops a mutation to digest and utilize cooked minerals. It means the toxic minerals that are stored in the body are gradually removed. Then symptoms of allergy subside.)

Another reason for allergies is that some people allow the body to get too cold, causing the body to burn all its blood fat. That leaves radical minerals and toxins free to damage and constrict cells to the extent that they cannot absorb nutrients. Taking care to keep the body warm with clothing or heat, and to feed the body raw fat alleviates this allergy-to-cold-weather condition.

Pollen-related allergies can most often be alleviated by eating up to ½ cup of fresh local pollen daily until symptoms subside. Mix pollen in anything that's appealing, e.g. sprinkle it on a raw salad, or blend it with raw milk or raw juice. *See* Hay Fever, page 268.

ALZHEIMER'S disease is presenile dementia usually occurring in middle age and associated with sclerosis and nerve deterioration. The hardening is in the nerves of the brain that delineate motor impulses, preventing proper association with motor commands. In advanced cases, hardening has extended to ganglia, disrupting sensory as well as motor response patterns. Alzheimer's is mainly the result of low blood protein levels over long periods, such as in vegetarianism or fruitarianism, or in someone who lacks enzyme-mutations for digesting and assimilating cooked or processed protein, or lacks enzyme-mutations for digesting and assimilating cooked or processed sugar, forming calcification along nerves, which erodes nerve tissue. Another

factor that causes Alzheimer's is accumulated aluminum from vaccines, canned food and beverages, aluminum cook-wear and chemtrails. Aluminum destroys Zeta Potential causing high sediment in blood and neuro-serums and excessive clotting. That often causes hardening and scarring in the brain.

Avoiding cooked and processed protein, including all meat, eggs, roasted nuts and nut butters, and avoiding cooked and processed sugar, including drinks, jams or jellies, steamed and/or sulfured fruits, any canned food, and deodorants that contain aluminum stops progression of this malady. Usually, by the time Alzheimer's symptoms manifest, hardening and deterioration of nerve tissue is too advanced to reverse. However, recent indications lead me to believe that frequently eating fresh raw coconut cream with cucumber dissolves the hardening of nerves that causes Alzheimer's, effecting reversal in its early stages. Eating fresh raw coconut cream with banana, or eating 1 tablespoon daily of cold-pressed-below-96° Fahrenheit peanut oil with 5 drops of quinine water, gradually dissolves hardening of the arteries that feed the brain. Also, drinking moldy water from rinsing moldy raw grains every 3 weeks for the rest of one's life, and eating moldy grains once every 6 months for the rest of one's life removes some hardening. Eating a raw-food diet with plenty of raw meats, especially fish, fresh raw fruit and Nut Formula strengthens mental functions.

Moldy grains are made by soaking $\frac{1}{3}$ cup of one or more kinds of grain in a glass or ceramic vessel containing 6 ounces mineral water for three days, then pouring off the fermented water and drinking it immediately. Then let the fermented grains stand for 6-8 days in a place with little natural light with a cloth covering the vessel. After 6-8 days, pour $\frac{1}{2}$ cup distilled water over the moldy grains and stir until the mold is mixed into the water, pour off and drink. Once every six months, moldy grains may be eaten after blending only 3 ounces of moldy grains with $\frac{1}{2}$ cup distilled water.

ANEMIA is a low red blood cell level or weak red blood cells that cause oxygen deficiencies. That results in carbon dioxide accumulations in cells, decreased blood and general body efficiency, general weakness, paleness, brittle nails, loss of appetite, fatigue, abdominal pain, and lower rates of bodily processes. If affecting the brain, anemia

causes dizziness. If a person is exhausted all of the time, usually she or he is anemic.

Choosing whichever meat is appropriate for a person's type and eating it raw daily, or at least three times weekly, usually corrects anemia. (See Appendix P, page 150, for your type.)

ANGER is emotional feedback that something in a person's life needs to change. Realize what is making you angry and resolve it rationally. Leaving a situation that is inappropriate for you, or is irresolvable, may be the best choice. Letting go of concepts, desires, things and people that are not good for you and that you can't change with love and compassion, opens doors for better opportunities. An overly acidic system causes irritability that can evolve into anger and violence. Cooking meat forms heterocyclic amines and lipid peroxides that irritate nerves in many people. I suggest that you eat raw white meats. Anger expressed as violence usually perpetuates violence and fear. Therefore, be certain that violent words or actions are constructive and the only option.

Nutritionally, eating a Nut Formula, or cooked starch with raw fat and raw fresh fruit helps eliminate excess adrenaline, calming anger in about 20-40 minutes. Exercise is extremely helpful, especially one you enjoy. See Appendix G, page 138.

ANGINA PECTORIS is the cramping of muscles in or around the heart. Most always, the cramps are a natural process by which the body tries to increase circulation and remove toxins and hardened fat from muscles and arteries. A lack of enzyme-mutations for digesting, assimilating and utilizing cooked green foods and mostly vegetable oils are responsible for most hardening of the arteries that causes heart muscle spasms. Avoiding cooked green foods and vegetable oils stops the accumulations. See *If I Lack Enzyme-Mutations, What Foods Should I Avoid?*, page 174

Eating raw green foods (salads) with a fat-free dressing as the last meal of the day helps remove the resins and residues that cause this type of hardening of the arteries. A preferred dressing would be raw unpasteurized apple cider vinegar, or a mixture of fresh lemon juice and raw unpasteurized apple cider vinegar. Some people would benefit

from using a raw wine/vinegar dressing, that is, an organic raw wine (pesticide-free, chemical fertilizer-free and preservative-free) and an organic raw unpasteurized apple cider vinegar. Eating raw fat with other foods, especially with a little lemon juice, helps lubricate the hardened arteries. *See* Drink for Moisturizing and Lubrication, page 210. Eating raw coconut cream with cucumbers helps remove hardened resins. Eating bananas, nonsteamed dates, tomatoes, melons or unripe pineapple with plenty of raw fat, especially raw coconut cream helps to relieve the lactic acid build-up and the resulting soreness from muscle spasms.

ANXIOUSNESS expressed as unsettled desire or fear is often caused by excess adrenaline or other hormones or toxins.

Eating no-salt-added raw cheese and/or the Nut Formula, or small amounts of cooked starch with plenty of raw fat usually calms this condition. Drinking naturally sparkling mineral waters helps to calm the adrenals. Eating salt is especially toxic here and should be avoided. Eating raw meats, especially white with red and plenty of raw fat helps mitigate and soothe this condition. Eating unheated honey or a few nonsteamed dates with raw fat help maintain enzymes and blood-sugar level during anxious times when tremendous amounts of blood sugars and enzymes are utilized. *See* Anger, page 224, and Appendix G, page 138.

If accompanied with the shakes, anxiety is often caused by a low protein level. Eating raw meats, especially white meats, no-salt-added raw cheeses or cooked starch with raw fat calm this condition.

APPENDICITIS is an inflammation in the appendix.

Symptoms: pain in the lower abdominal area that graduates to severe is most common; also nausea, sometimes high fevers with sweating, and feelings of failure accompanied with feelings of low self-esteem.

Drinking a large glass of raw fresh tomatoes (for some people the Roman variety is more effective) blended with at least 5 tablespoons of unheated honey and 5 teaspoons of the fresh juice of lemons neutralizes this volatile toxic condition and calms the infection without antibiotics. Drinking this concoction every four hours until symptoms are gone usually relieves pain and heals this condition quickly. Also,

eating 1 tablespoon raw unsalted butter with 1 tablespoon of no-salt-added raw cheese every hour helps absorb toxins discharged from the appendix. If nervousness is experienced, eating some French bread with avocado (or other raw fat if avocado is not available) usually settles the body's systems. Drinking 2 ounces of fresh raw lime or beet juices every 4 hours and/or eating fresh raw corn, on or off the cob, helps to regulate infection and control toxins.

See the Shakes, page 310.

ARTERIOSCLEROSIS is a condition of mineral build-up in the arteries.

Symptoms: frequent nausea, sharp pains without apparent cause, feelings of deep fear and despair, pronounced indignation on all subjects, quivering hands and feet and life is viewed as stressful.

Eating ½-1 cup unripe pineapple with ¼ cup coconut cream daily for up to 7 days in a row helps digestion, assimilation, and utilization. However, pineapple often causes over-emotionality. Therefore, be aware of your moods and eat pineapple cautiously. Raw fats are soluble, easily soothing and lubricating to the entire body. Eating plenty of raw fat ensures that mineral toxicity is very gradually removed from the body, not reabsorbed. Eating fresh raw coconut cream with banana gradually dissolves hardened mineral build-up. This can also be achieved, more slowly, by eating raw citrus and raw fat together, such as live pineapple with avocado, or live pineapple with raw cream, or raw eggs with raw orange juice, or raw orange and avocado, or raw orange and raw cream.

ARTHRITIS is inflammation in the joints or the connective tissue that is accompanied by soreness or pain. Arthritis is usually caused by volatile toxins that cause decay in the joints. Often, bacteria results that try to help the body remove joint toxicity by eating decayed cells.

Drinking a blend of 2 raw tomatoes with 4 tablespoons fresh raw lemon juice most often relieves pain within several hours. All foods which help alkalize the blood are helpful in this condition, especially raw unpasteurized apple cider vinegar. *See Alkalizing Food, page 17840.*

If you have a taste for cherries, eating raw cherries helps to prevent

uric acid deposits in joints. Or eating raw celery or drinking raw celery juice does the same.

Drinking 6-8 ounces of raw milk blended with 1 tablespoon of cold-pressed-below-96° Fahrenheit flax seed oil, peanut oil, or unheated-above-96° Fahrenheit fermented coconut oil helps lubricate and strengthen joints. The best recipe for lubricating and strengthening joints is the Drink for Moisturizing and Lubrication, page 210.

Applying a poultice made of 1 raw celery stalk blended with 2 tablespoons grated raw horseradish root to a painful joint most often reduces pain within 20 minutes.

ASPHYXIATION occurs when high levels of pollutants are breathed causing exhaustion, shortness of breath, claustrophobia, headache, dizziness, fainting, choking, nausea, and vomit. Even a so-called minor asphyxiation - breathing air in a theater or office building that uses gaseous formaldehyde in the ventilation system to retard molds - produces nausea, claustrophobia and headache in some people.

Eating whatever raw fats that are appealing to you, with raw meat or a little unripe fresh raw fruit clears toxins from the blood. Avocado and no-salt-added raw cheeses are two raw fats that are especially helpful. A raw diet in which at least 40% of calories are from raw fat (including no-salt-added raw cheese) eaten for at least 10 days has produced the best results. Drinking 2 cups of naturally sparkling water daily helps restore the electrolyte balance and oxygen level of the blood.

ASTHMA is a chronic respiratory condition that is both allergy and emotionally related. It often occurs in individuals who are, or feel that they are repressed. Finding a way to express yourself creatively and to communicate helps to heal asthma.

Symptoms: chest tightness, frequent coughing, wheezing or whistling sounds that, all together, make a sufferer feel as if he or she is suffocating.

Avoid processed cheeses and caffeine in any form, such as coffee, chocolate, medications, soft drinks and teas, all of which are especially poisonous to an asthmatic condition. Avoid store-bought mayonnaise and mustard - they prevent proper digestion and the metabolism of certain minerals.

Eating plenty of raw fish, plenty of raw eggs, and plenty of tomatoes

helps heal asthma. Raw tomatoes may be juiced or made into a raw sauce. When available, drinking raw milk with eating raw fish, or drinking raw milk with raw eggs speeds the healing process. Getting plenty of sunshine, fresh air and enjoying open places also helps.

These foods help relieve asthmatic symptoms: eggs, unripe raw apricots, fresh raw garlic, fresh raw horseradish, raw Jerusalem artichokes, and sunflower seeds used as the nut in the Nut Formula, or a little raw potato juice. Eating 1-2 eggs every hour relieves asthmatic fits.

ATHEROSCLEROSIS is hardened fat build-up in the arteries.

Symptoms: high blood pressure, pink or flushed complexion, deep grooves across the nails, difficulty urinating; feeling very bloated, making faces at sour foods, viewing life as overwhelming, making or seeming to make little headway although working hard, and fussing over nothing.

The Drink for Moisturizing and Lubrication, page 210, should be consumed daily. Drinking 2-4 cups of good mineral water and eating plenty of raw fat with most foods gradually correct this problem. Frequently eating fresh raw coconut cream with unripe banana gradually dissolves hardened fats. Sometimes the body manifests muscle spasms to help increase circulation, and the dissolution and removal of hardened fat accumulations, for example, the muscle spasms experienced with angina pectoris. If spasms occur, it is best to sit, eat some unheated honey and relax. Eating plenty of raw fat, especially coconut cream, with any of the following: unripe bananas, nonsteamed dates, unripe melons or unripe pineapple, helps to relieve the lactic acid build-up that causes muscle soreness.

ATHLETE'S FOOT is a fungus under and in the skin characterized by itchy, peeling skin that has a sour odor. I have found two basic causes for it: high adrenaline level, or accumulated volatile toxins (including vaccines and antibiotics).

Coffee, chocolate, cooked soups, cooked teas, and cooked meat create volatile toxic conditions in most people, as well as overstimulate adrenals, causing decay to cells. The fungus tries to help by eating decaying cells or the decaying parts of cells. Avoiding those foods and all medications usually stops a tendency to produce foot fungi.

However, as long as toxins remain in the area causing the decay, the fungus will continue to do its job unless it is poisoned by medication.

Eating foods that alkalize minimizes discomfort. *See* Alkalizing Food, page 178. Letting fungus run its course increases health, but if that is not possible, coating the feet with unheated honey and covering them with clean white cotton socks for four consecutive nights smother and stop fungus for awhile. *See* Fungus, page 265. Also, applying the Primal Facial Body Care Cream (recipe from the book *The Recipe For Living Without Disease*) soothes itching and usually allows fungus to work without excessive discomfort.

BACKACHE: There are many causes for this, from spinal detoxification and tension, to accidents. Often, backaches happen in conjunction with emotional exhaustion.

Drinking plenty of raw milk, a little good mineral water (*see* Appendix M, page 143, about water) and, when available, plenty of raw cream help relax the spine. During a backache, eating several smoothies daily made with 2-3 raw eggs, ¼ cup unheated honey, either 2 tablespoons unsalted raw butter or 5 tablespoons raw cream or coconut cream, and either ½-1 cup unripe papaya or unripe banana helps remove toxicity and soreness. Eating nonsteamed dates or pineapple helps remove soreness. Eating no-salt-added raw cheeses with equal amounts of fat, especially raw butter, helps strengthen the back. (Note: Eating too many papayas can cause intense back detoxification and therefore too much pain.)

Hot baths and very gentle back massages are helpful. Lying on one side and applying a hot water bottle propped between your spine and a pillow speeds circulation and nutrients to the effected area, relaxing muscles, and taking pressure off nerves, especially while sleeping.

Also, enjoying one's self speeds healing.

BACTERIAL FOOD-POISONING that causes disease is caused by cooked or processed food. The belief that raw food causes bacterial food-poisoning is nonscientific myth and hysteria. All epidemic food-poisoning that has occurred was caused by bacteria feeding on cooked food. The bacteria feeding on cooked and/or chemically treated food develops disease and mutates. The mutant/diseased bacteria excrete

volatile toxins that cause poisoning that result in vomit and/or diarrhea and intestinal damage, including decay. The Jack-in-the-Box epidemic was caused by cooked meat, not raw meat. No one ate any of those burgers raw. For bacterial food-poisoning data regarding pasteurized milk products, *see* Chapter 31, Infant Safety, Health Benefits, Propagandized False Risks From Feeding Raw Milk, And The Harm Of Feeding Infants Pasteurized And Processed Milk, in my book *The Recipe For Living Without Disease*.

Symptoms: nausea, vomiting, diarrhea, headache, high blood pressure, abnormal fatigue, dizziness, mental depression, and loss of appetite.

The myth that raw foods cause bacterial disease was ingrained into society when two giant food manufacturers paid fortunes in research from 1928-1938 to prove that bacteria in food causes disease. They wanted to prove that their cooked and processed foods were cleaner, healthier and safer than raw foods. Animals were separated into two groups. Several groups were fed raw food and others were fed cooked, processed food. The companies' officers released to the press, the conclusion based on mere speculation and belief that the theory that bacteria in raw food caused disease. When the long-term results of that research proved that the raw-food-fed groups did not develop any disease, and that the cooked/processed-fed groups developed most of the diseases that humans suffer, the two companies burned all of the research and hid the results from the public in 1940.³⁸

Only bacteria feeding on cooked, non-organic foods are likely to turn pathogenic. *E. coli* feeds rapidly on frozen meat but is not dangerous if eaten raw. The worst that could happen from eating raw meat with a high bacteria count is vomit or diarrhea, yet that response is very rare, and not from poisoning. Instead, it is a radical detoxification of the liver, pancreas or intestines. The toxins are potentially damaging and so the body must flush them quickly.

Eating raw food, including raw meats, with or without high bacterial counts has proved to promote good health and not cause disease in humans. (Ripley's Believe It Or Not, July 17, 2002, featuring Aajonus

³⁸ That information was reported to me in 1975 in Louisiana at the home of one of the retired scientists who worked on the project at one of the companies. He stated that he felt great remorse for not coming forward to contest the propaganda. He did not because he feared for the life of his family.

and 3 patients.) *See* the book *The Recipe For Living Without Disease*, Chapters 25-31.

BAD BREATH: *See* Halitosis, page 267.

BALDING is the rapid or gradual loss of hair growth, usually occurring from metal-poisoning from canned foods, aluminum cooking utensils, deodorants, shampoos, soaps, and medication. Poor oxygen utilization is sometimes causative. It is also believed that poor thyroid function is causative, but my experiments disproved that theory.

Eating raw berries with raw coconut cream, a little unsalted raw butter and a little raw cream helps bind with the metals so that they do not cause as much damage to follicles. Topically, rubbing into the scalp a blended mixture of 1 ounce fresh raw aloe vera gel (directly from the inside of the leaf) and 2 ounces never-been-heated-above-96° Fahrenheit fermented coconut oil helps protect the scalp and follicles. That usually stops hair loss and sometimes promotes hair growth within several weeks, unless you have an allergy to shampoo. Drinking naturally carbonated waters helps oxygen absorption. Drinking some parsley juice with celery juice helps oxygen absorption. Eating non-steamed dates helps thyroid functions. Eating 2 ounces of stone-pressed olive oil with meat 3 times each week helps remove dead cells in and around follicles. A good shampoo is whipped raw egg. Wet hair, apply and rub whipped raw egg to hair and scalp, let stand for 1-5 minutes and rinse.

BEDWETTING is the inability to control the bladder during sleep because of nutrient losses during stressful waking hours, usually when toxic blood conditions exist. Blood sugar problems are commonly causative, such as in childhood diabetes.

Drinking the combination of 3 ounces fresh raw cabbage juice, 2 ounces fresh raw cucumber juice, 2 ounces fresh raw carrot juice, 2 ounces fresh raw parsley juice and 3 tablespoons unheated honey supplies nutrients for nerves and bladder control. Drinking that juice combination once early in the day every 3rd day, and eating unsalted raw cheeses, raw eggs blended with unripe banana (or other appealing unripe fruit), raw fish and celery daily usually correct this condition

within several weeks.

BELL'S PALSY is paralysis of some facial muscles, resulting from facial nerve damage.

This is most often due to excess adrenaline produced from toxic diets and/or environmental pollution. When adrenaline utilizes all of the blood fat, it seeks other fats. For example, adrenaline may eat at the nerve coatings (myelin), and leach fat from the myelin. The result is neural lesions and scarring.

Eating the Nut Formula (*see* page 194) every other day, or very small amounts of cooked starch with plenty of raw fats, especially avocado, unsalted raw butter, or raw cream, helps neutralize excess adrenaline and prevents nerve damage. Eating raw fish with raw red meat or with raw poultry helps heal and restore nerves and replenish myelin.

BERIBERI is a form of severe malnutrition. Correcting beriberi requires adherence to a well-balanced dietary regime for a long time. *See* Eating Schedules, pages 40-42 in the book *The Recipe For Living Without Disease*.

Symptoms:

In adults: appetite and weight loss, diarrhea, edema, fatigue, heart failure, nerve dysfunction causing paralysis and wasting of limbs.

In children: abdominal discomfort, constipation or diarrhea, nausea, respiratory difficulties and vomiting.

Eating plenty of tomatoes with raw mushrooms, some fresh whole raw parsley in the late afternoon with a little French bread with plenty of avocado, 3 ounces unheated honey each day, and raw milk, when available, helps detoxify the digestive system in preparation for handling a balanced diet.

BITOT'S SPOTS are white, foamy elevations on the whites of the eyes.

Drinking raw fresh parsley juice helps to prevent and correct this condition. Parsley juice should be consumed with celery and can be combined with a mixture of other juices to make it more palatable. A drop of filtered fresh parsley juice dropped in the eyes is helpful to reverse this condition. A balanced healthy diet, such as this Primal Diet helps remove toxins and rebuild the eyes.

BLADDER INFECTION is a detoxification of the urinary bladder characterized by pain in the lower abdomen and back, sometimes fever, and an urgent, most often painful, frequent need to urinate.

Drinking raw fresh grapefruit juice throughout the day, and eating the butter/honey mixture every ½ hour for as long as it takes to calm the bladder, relieve bladder infections. For people prone to bladder infections, drinking 4 ounces of raw fresh beet juice twice weekly, or 4 ounces fresh raw lime juice blended with 2 tablespoons unheated honey added to 4 ounces of good mineral water keeps bacteria levels low and helps detoxify the bladder a little every day so that discomforting, exorbitant infection is rarely, if ever, necessary. *See* Kidney Infection page 282, Kidney Stones page 282, Urethra Infection page 319.

BLOOD PRESSURE:

High blood pressure: Fresh raw grapefruit or fresh raw grapefruit juice lowers blood pressure. One half of a grapefruit may be adequate, but some people may need more. Eating raw cucumbers or fresh raw cucumber juice helps soothe stretched arteries, veins, capillaries and nerves. Eating fresh raw garlic helps stabilize high or low blood pressure. High blood pressure is the body's method of stretching, cleaning and healing congested arteries and veins. Unlike what is said in the media and portrayed on television, many heart attacks occur during times of low blood pressure and low cholesterol levels. High blood pressure is necessary to vital arterial health when blood passages are congested from overweight or hardened arteries and veins. I suggest that high blood pressure should not be suppressed with drugs.

Low blood pressure: Fresh raw garlic, or fresh raw onions, or fresh raw hot peppers raises blood pressure. A small amount of any of those is usually adequate, although some people will need to eat substantial amounts.

BLOOD SUGAR:

High: *See* Diabetes, page 258.

Low: *See* Hypoglycemia, page 274.

BODY ODOR indicates that putrid gases have formed inside the body by toxic chemical changes, or by eating foods with strong odors, for

instance, garlic or broccoli. Avoiding foods that easily putrefy in your body (cooked and/or processed foods) eliminates body odor. Putrid gases produced by the body when dissolving and eliminating old toxic storages can be eliminated, or at least mitigated, by eating fresh raw parsley, or ginger, or peppermint, or spearmint, or fresh raw juice from any of them. Celery juice and unripe pineapple relieve foul body odor.

BRITTLE BONES is a condition of the bones where there is little or no flexibility. It is caused by a lack of utilizable fat (and other nutrients as a result of a fat deficiency).

Symptoms: fear of jumping short heights, and easily breaking bones.

Drinking fresh full-fat raw milk gradually corrects this problem. If raw milk isn't available, eating 4 ounces fresh raw organic carrot juice with avocado, or with unsalted raw butter, or with another raw fat daily will be effective but may take a little longer. Eating fresh and unfrozen organic bone marrow with raw beef speeds healing. The texture and taste of beef bone marrow is similar to butter. It is best eaten with a raw meat meal. It may be made as part of a meat sauce. *See* the book *The Recipe For Living Without Disease* for raw meat sauces.

BROKEN BONE: Make sure bone is properly set for healing.

Unripe pineapple has enzymes that help heal bone. Eating ½ unripe pineapple each day for 1 week, and then every third day for 5 more weeks works the best, especially in conjunction with a balanced raw diet and the foods recommended for Brittle Bones.

BRONCHITIS is an inflammation (cleanse) of the air passages to the lungs because of toxin-damaged bronchial cells. It is exacerbated by suppression of what needs to be said, that is, suppressed emotions turned against one's self. The resultant tension in the chest is often secondarily causative because it spends fat in the bronchi, drying them. It is then difficult to produce protective mucus and the bronchi become susceptible to irritation from airborne substances.

Symptoms: back and muscle pain, sore throat, dry coughs that are followed by coughing up mucus.

Finding a form of artistic expression that suits a person's nature begins a more expansive approach to life and health.

Eating raw fats, especially unsalted raw butter, raw cream and raw eggs, soothes this condition. Drinking fresh raw carrot juice mixed with raw cream or raw eggs soothes and nourishes the bronchi very quickly. Smoking and other airborne pollution worsen this condition.

See Anger, page 224; and the Dink for Moisturizing, page 210.

BRUISE is ruptured veins and cells causing internal bleeding in small or large damaged areas of the body that turn black/blue. As the blood in the tissues is dissolved, absorbed or excreted, the bruised area turns yellow and finally clears to normal. Applying a thin slice of raw beef to a bruise for at least 5 hours and up to 24 hours helps soothe, reduce swelling and speed healing. If a large area is bruised, like a foot, you may apply ground beef. Thinly pack the area with sliced or ground red meat and cover with a sock or bandage.

Eating raw eggs blended with unripe banana or unripe pineapple helps clear damaged cells and toxicity from injury. Eating raw meat helps heal and replace damaged cells. *See Appendix P, page 150.*

BURNS: Eating avocados and fresh raw aloe vera gel directly from the leaf for several days helps soothe burned cells and eliminate scars.

For **SUNBURN**, topically apply the Primal Facial Body Care Cream from the book *The Recipe For Living Without Disease*, or make a mixture by stirring 2 tablespoons fresh raw aloe gel (best taken directly from leaf), 1/6 teaspoon fresh royal jelly, 1/4 teaspoon sun-dried powdered clay and 1 teaspoon stone-pressed olive oil. Or simply apply raw egg white to sunburn. Any of those will often make sunburn disappear magically. They quickly soothe and heal other first degree burns. They increase relief and healing to second-degree burns. Another remedy for sunburn is to bathe as soon as possible in a bath with at least 1 cup of raw unpasteurized apple cider vinegar and, if available, 2 cups raw milk stirred into the bath water. Then, very gently rub plain raw kefir, raw milk, or egg white into sunburn every 2-6 hours and let it stay on the skin. That soothes the skin and relieves pain.

SECOND AND THIRD DEGREE, OR DEEPER BURN OR ABRASION may be quickly healed **WITHOUT** skin-grafts. First, remove as much burned tissue or dirt-filled abrasion as possible and

apply a thin layer of unheated honey over burn or abrasion. That may cause 2-5 minutes of intense stinging. Over the layer of unheated honey, apply a thin slice of raw beef and cover with a damp cotton cloth to prevent the meat from drying quickly. Then wrap a bandage to hold the meat and damp cloth in place. Remove the dressing and reapply the same way every 24 hours for 2 days. On the 3rd day, eliminate the honey layer and continue to apply raw beef, damp cloth and bandage every 24 hours for at least 14 days. If pus appears in areas, clean those areas before reapplying the layers. Do not let the wound dry between applications. Usually, if a person has been following the Primal Diet for 2 or more years, a third-degree or deeper burn or abrasion will heal in approximately 3-4 weeks. If a person has recently begun eating the diet, it may take as long as 4-6 weeks to completely heal a serious third degree burn or abrasion.

James had been on the diet approximately 6 years when he was in a truck accident. His skin was scraped from his right wrist to nearly his shoulder. The abrasion was deep enough to expose his muscles, and in some areas his tendons. He instinctively designed and utilized the procedures in the above paragraph for 14 days. In 14 days, his body completely refilled the abrasion with healthy live cells without skin-grafts. After three weeks, I witnessed that the abrasion looked as if it had never occurred. The skin looked slightly pinkish at the spot that had been scraped deepest. There was no scar whatsoever. That proved to me that medical treatment for burns and abrasions was harmful, disfiguring, physically and psychologically crippling, expensive, and in many serious cases caused long-term pain from skin-grafts and scars.

BURSITIS is an inflammation of the sacks (bursas) that lubricate joints, muscles, tendons, and bronchi.

Symptoms: swelling and tenderness of the hip, shoulder, elbows or feet. Symptoms during infection: extreme tenderness and sharp severe localized pain.

During inflammation, eating beef with avocado at least twice daily soothes the condition. Eating small amounts of food more often is better unless you have a healthy appetite. Consuming the Drink for Moisturizing/Lubrication after meat meals speeds healing of bursitis (see page 210). Adding 1 tablespoon of bee pollen to that drink, and

eating 1-2 tablespoons of no-salt-added raw cheese with the drink helps relieve pain quicker and for longer periods.

Drinking live orange, lemon or lime juices no sooner than two hours after having meat and avocado mitigates detoxification and alkalizes blood and lymph. Waiting at least one hour after drinking citrus juice before eating beef is better for digestion.

CANCER is basically the body's inability to discard dead cells. The body gathers those cells in a particular area, called a tumor, until it can later dissolve those cells.

Whether before or after a tumor forms, dead and degeneratively toxic cells must be dissolved and neutralized. Then the waste must be excreted and secreted. The body has two basic methods for dissolving those cells. The body's natural and first choice is the action of bacteria, parasites and/or fungi. Its second choice seems to be through the action of viruses. Bacteria, parasites and fungi can consume degenerated or dead cells quickly, and the volume of the waste products produced by their cleansing action constitutes a mere fraction of the volume of the original toxic cells. It is then relatively easy for our bodies to eliminate that waste. The opposite is true with the action of viruses because viruses are crystalline solvents manufactured within poisonous toxic cells. The waste from viruses is magnified and grossly distributed throughout the body.

Here, I will explain why the body develops and employs viruses. Poisonously degenerative cells often kill bacteria, parasites and fungi. When that occurs, our bodies no longer have the preferred assistance of those helpful agents in dissolving toxically sick or dead cells for elimination. Resultantly, our bodies resort to manufacturing viruses to do that job. Unlike the reduction of waste produced by bacteria, parasites and fungi, the waste produced by viruses increases because viruses utilize volumes of H₂O to dissolve and dilute dead and degenerative cells. That grossly toxic wastewater contaminates the various circulatory systems (blood, nervous and lymphatic), spreading the toxicity throughout the body. The actions of bacteria, parasites and fungi are always the most natural and preferred methods used by the body to detoxify dead and degenerative cells.

When our bodies are overly contaminated with pollution and too

deficient in vital nutrients, bacteria, parasites, fungi, nor viruses can dissolve all the dead and degenerated cells. So our bodies must embalm those cells and contain them. First, the embalmed cells are dispersed throughout our bodies, intermixed with live cells, sometimes creating thick fibroids. When our bodies reach the limit of their ability to tolerate so much dispersed dead cell structure, our bodies must construct tumors to contain the embalmed (dead) cells. Building tumors is a means of isolating dead cells into a localized area so that the dead cells will have less impact on the functions of living tissue and bodily functions.

Tumors are built as benign or malignant. In the case of malignant tumors, our bodies sparsely intermix live young mutated cells with many times more of the embalmed cells. The young mutated cells are phenomenally designed to produce and contain potent solvents within themselves. Those young mutated cells have been termed by medicine as *cancer* cells. In the case of benign tumors, our bodies do not incorporate those young mutated cells that produce and contain solvents.

The difference between benign and malignant tumors is dramatic. Our bodies, with the help of those young mutated (cancer) cells, can dissolve tumors rapidly, in 2 days to 5 years, depending on the size and number of tumors. Without the help of cancer cells in benign tumors, most often our bodies must manufacture extra-cellular solvents to dissolve those benign tumors, from the outer edges inward, slowly. Often, that can take from 5-40 years or never, if our bodies do not receive proper nutrients. Therefore, idealistically, malignant tumors are preferable to benign tumors, as long as our bodies receive enough nutrients to neutralize and eliminate the tremendous amount of acrid waste that results from the quick dissolution of malignant tumors. If our bodies cannot neutralize that acrid waste, the waste will injure, damage and dissolve adjacent living cells, such as in the case of an open cancerous lesion that grows and stinks. *Read Appendix O now, pages 145-150, and return here.*

According to the conclusions of Dr. Harbin B. Jones, emeritus professor from University of California, Berkeley, cancer is like the flu: Let it run its course, and 76% of the time it will reverse itself, even if you do not improve your diet or lifestyle. He made that statement in

1972, when we were less inundated with carcinogens. Nowadays, we may have to change our diets and lifestyles to reverse cancers. Dr. Jones said that although you may temporarily stop cancer, we cannot heal the body with medical treatments for cancer. He testified before the congress that medical treatments were dangerous and always harmful long-term.

There are three factors to address when eliminating and healing cancers. The first is to stop eating cooked, processed and contaminated food that weakens or kills cells with toxicity and debris. Avoiding fried foods is imperative because so many active and volatile toxins are by-products of frying. (For identified toxins, see the book, *The Recipe For Living Without Disease*, Chapters 17 and 18.) The second is to fill the blood and body with raw fats that will dissolve and bind with dead cells and carry them from the body, or at least will neutralize toxicity, so that tumors will cease to grow. A very high blood-cholesterol level (between 250-400) made of raw fats, is almost always necessary. The third is to dissolve tumorous tissue as safely as possible by eating fresh raw citrus or other fruit that is appealing. However, if the tumor has broken the skin and is festering, it is already in the process of dissolving too rapidly. In such a situation, restricting fruit and consuming large quantities of honey would be best to reduce acidity.

Following a balanced raw diet as suggested in the book, *The Recipe For Living Without Disease*, Chapters 8-12, has helped hundreds of people develop a high rate of cancer reversal if the cancer has not broken the skin. The lowest reversal rate for cancer on the Primal Diet for people who did not receive any medical treatments has been approximately 90% for all cancers except lung and esophageal. The reversal rate for lung and esophageal cancers has been approximately 60% without any medical treatments. With medical treatments, sadly, reversal rates decrease astoundingly.

To reverse cancer, the best results have been obtained by keeping the diet simple, even though, at times, it is monotonous. (The exceptions were in cases that involved cirrhosis of tissues. Then the diet had to be more complex.) Usually, indications of reversal were achieved within three months of beginning the diet. Some cases took as long as thirty months; they were 4 cases of breast cancer. Only 1 of 239 cases did not achieve indications of reversal. Of those 239 cases, 223 have survived.

Fourteen of those who died were malnourished and very thin. They either refused to eat because of nausea or were unable to eat enough because of pain medication that destroyed their appetites and/or made them nauseous. Vomiting is a very healthy aspect of cancer reversal in many instances. Vomiting indicates that toxins dump into the stomach and our bodies want to expel them immediately. As I mentioned, Owanza intermittently vomited up to 11 times daily for up to a 5-week cycle. She recovered from 63 tumors. It took her 11 years. She is living and happy to this day, 24 years later.

Raw fats, including some oils, are tantamount for eliminating cancers and should be 30-45% of caloric intake. Raw dairy products are very soothing to cancerous conditions, especially raw cream and unsalted raw butter. Although fats are 80% responsible for eliminating the accumulated dead cells that cause cancer, fats do not work alone. Protein, unripe fruit and green vegetable juices are essential catalysts. Eating fatty raw ground beef, and raw unripe oranges or fresh raw unripe orange juice (but not meat and oranges at the same meal) have brought about excellent results toward healing, as well as detoxifying cancers that have not broken the skin. Unripe pineapple, or any unripe fruit that is appealing, can often be substituted for orange. For some people, drinking fresh raw vegetable juices may be more healing than oranges. If experiencing anxiety, eating raw fish with whipped raw cream acts as a calmate. Also, consuming the Nut Formula twice weekly helps to calm anxiety. If those are not immediately available, eating raw fish with a little cooked starch and raw butter or with avocado or with another raw fat or raw oil works as a calmate.

In one case, breast cancer continued to advance to the point it broke the skin, becoming overly acidic. I suggested an alkaline raw milk diet for 3 days with extra raw cream and unheated honey. Also, I suggested fresh raw green vegetable juices. The patient became severely painful, unable to move. Her voice quivered from intensity of pain. Prior to that dietary experiment, her pain had been isolated mainly to the chest and arm. Afterward, the pain moved to her back and then all over her body. I suggested that she immediately resume eating the normal Primal Diet suggestions for cancer and her pain mitigated within hours.

Through circulation, the body gets its nutrients. Swimming or gentle movement on a regular or daily basis increases circulation to cancer-

congested areas of the body. Applying heat to tumorous areas with a hot water bottle helps blood and lymph circulate to those areas, and once there, to cleanse and heal. (Electrical heating pads emit electromagnetic fields that can interfere with neural functions and healing.)

For health's sake, have some fun on a regular basis, even if you have to work at it at first. Focusing on the positive, even if it's fantasy, promotes creativity, satisfaction and well-being. Sex is good fun and is good exercise as long as it is not accompanied with anxiety.

Tomatoes contain lycopene that shrinks tumors, including prostate cancer, in cases when cancers have not broken skin. Owanza discovered that eating 1 tablespoon of cold-pressed-below-96° Fahrenheit flax seed oil each day helps prevent tumor development. I noticed that she drank 2 ounces of fresh raw lemon juice blended with 2 ounces of unheated honey and mixed with 4 ounces of naturally sparkling water 3-4 days weekly. None of her cancers broke the skin. Remember, cancers that break skin are already too intensely dissolving tumors, so the object with those cancers is to slow the dissolution process by alkalizing the body with non-acidic and non-detoxifying foods. That eliminates oils and reduces fruit consumption.

Along with what is suggested above, full-fat raw milk is very helpful for people who have cancer in and around the spine. I suggest adding 3-4 tablespoons raw cream and 2 tablespoons unheated honey to each quart of milk for spinal problems, including cancer.

For cancers in the groin area, such as prostate and lymph, eating raw fish with a Nut Formula, or a little cooked potato, as well as all that is suggested above, can be more effective.

It has been Owanza's experience that breast cancer in people who have consumed aspirin, other medications, and food additives and preservatives, or have been exposed to toxic chemicals for many years, requires surgical removal. I have not yet come to that conclusion, even though I know that in many people, certain chemicals, like the compounds in aspirin, turn some cells into cement. It is sometimes impossible to dissolve those cells to removable substances. Unlike most tumorous tissue, cement-like cells cannot be dissolved and eliminated by the body.

I have lost only two clients to breast cancer who refused surgery. One

was in her sixties and was 135 pounds overweight. For a period of 43 years, she had consumed several bottles of aspirin each week for headaches. As soon as she began the Primal Diet, her headaches stopped and never returned, and her weight normalized within 4½ years. But her breast cancer could not be stopped because of 43 years of accumulated cemented cells. When she died, her chest was overgrown with tumorous sores. The other client was in her forties and in advanced stages by the time she came to me. She was consuming appetite-suppressing dosages of morphine for pain. After four months of eating as much as she could of what I suggested, her tumors began to dissolve (by more than 35%). But she could not eat enough to get strong enough. The one client who Owanza lost to breast cancer was in her late thirties when she died. She was raised and played next to a farm where the crops were dusted with pesticides. A biopsy done and specifically analyzed for toxic substances that occur in many pesticides showed a very dense ratio of those compounds. It had been about eighteen years since she had lived on that farm.

Another client I lost to cancer (not breast) was in her seventies and would not stop taking chemotherapy. She went into a coma on the colonic table (I cautioned her about chemotherapy and colonics). She was the first and last cancer-sufferer I accepted as a client who took chemotherapy and radiation during the experimental period where over 3,000 people tired the effectiveness of my Primal Diet (1984-2005). Chemo- and radiation therapies are toxic and cause cellular genocide, amassing dead cells that are likely to be built into tumors throughout the body (metastasis), usually within 7 years of treatment. *See pages 22-25.*

When cancer occurs in an individual who has progressed cirrhosis of tissues throughout his or her body (or in one or more areas), it indicates that tissues are unnaturally polluted with compounds that cannot be easily eliminated. If the body were to dissolve those tissues (cells), the by-products could be so poisonous that the body's systems could be severely damaged or the person could suffer anaphylaxis. Under such conditions, cancer remission has been questionable, and reversal (cure) has remained doubtful. That is often the case in cancers that have broken the skin. However, two such cases surprised me after six years, by at least beginning to dissolve hardened tissues and creating soft new

tissue.

Bone deterioration that is sometimes found in conjunction with some cancers is not directly part of the cancerous process (the process of containing - tumor - and then dissolving dead cells). Bone deterioration results from a severe fat and mineral deficiency that is exacerbated in cancerous cases. In those cases, the body leaches minerals and fat from bones to facilitate the isolation and neutralization of the waste from dissolved cells. Eating unsalted raw cheese with unsalted raw butter (or other raw fat) and raw ocean fish, especially raw scallops, oysters, clams and urchin, supplies fats and concentrated minerals so that the body does not have to leach them from bone. Also, *see* Clay, page 181.

CANDIDA is a yeast-like condition (detoxification) that eats little stagnant pools of blood that result from internal lesions caused by dryness and cracking of the tissues within the body. Candida fungus cleans the system by eating degenerated tissue damaged by accumulated cooked carbohydrate-based, adrenaline- or insulin-related chemicals. Candida is helpful and should have its cycle. The worst thing anyone can do if he or she wants to improve his or her health is to destroy Candida. Smoking puts a person at higher risk of developing Candida. If a person has a high adrenaline level and drinks alcohol, he or she is putting herself at great risk of developing Candida.

Symptoms: a somewhat pallid complexion, sensitive and swollen extremities, dry skin, extreme lethargy, critical attitude, a general dislike for people, and a tendency toward isolation.

Soft drinks with caffeine, salt, alcohol, smoke, coffee, teas, and aspirin are all poisonous because they overstimulate the adrenals and pancreas, causing excess adrenaline and insulin that spends fat, creating the dryness that causes lesions, the storage of volatile toxins in tissues, and disturbing blood sugar levels.

When experiencing extreme symptoms, eating half of a Nut Formula once daily in the afternoon for 3 days helps remove toxic adrenalin and insulin.

Eating a raw diet with cooked starch in combination with plenty of raw fat eliminates high adrenaline and insulin levels. Eating raw tomatoes, fresh or nonsteamed unsulfured sun-dried figs, fresh raw green vegetable juices, raw unpasteurized apple cider vinegar and fresh

unripe pineapple neutralizes and soothes the condition over a period of years. Eating raw fish or organic raw chicken or turkey helps heal and restore damaged and dead nerve tissue and skin. Raw beef and other red meat may be eaten when the condition is neutralized enough. A sign that a person is too toxic to eat beef is severe itching and irritability, accompanied with nausea after eating beef.

Drinking the freshest raw juice of 1 yam once every 4 days helps produce hormones that reduce the swelling and soreness in the joints as a result of Candida. Yam juice should be consumed within 10 minutes after juicing. To re-lubricate the joints and body, I suggest daily consuming the Drink for Moisturizing and Lubrication, page 210, but made with only 1-3 teaspoons of fresh raw lemon juice.

To temporarily reduce rampant Candida, I suggest that you blend 4 tablespoons fresh lime juice, 1-2 tablespoons unheated honey and 1-2 tablespoons raw unpasteurized apple cider vinegar together, add that to 4 ounces of naturally sparkling water, and drink 2 ounces every 4 hours for no more than 3 consecutive days. In some individuals, that may cause increased symptoms for the several days but ultimately it reduces Candida proliferation.

CANKER SORE is an open sore on the mouth that usually burns and tingles.

Topically, it is best not to apply anything. Cankers heal best when left to air. Sometimes though, the burning and sensitivity can be too much. Applying a thin layer of unheated honey soothes this condition.

CARBUNCLES are deep pus-filled infections under the skin.

Topically, make a poultice with 1 tablespoon powdered mustard seeds, ¼ teaspoon powdered sun-dried clay, 2 drops of royal jelly (optional), and 1 ounce of good mineral water. Applying it to the carbuncle and surrounding area and letting the poultice remain on for 80-90 minutes once or twice daily until it subsides, attracts and absorbs toxins and soothes the tissues.

CATARACTS are the collection of organic waste clouding the cornea and/or crystalline lens of the eye. Most blindness is a result of cataracts. Cataracts are usually found in hyperactive individuals with

high adrenaline levels who constantly exhaust blood and body fat levels, or in diabetics as a result of improperly assimilated sugars and medicinal insulin. Their eyes are completely deprived of certain utilizable fats. The body can't clean debris from the eyes properly and cataracts form.

Consuming 1-3 tablespoons of stone-pressed olive oil every day for the rest of a person's life stops further development of cataracts, and sometimes reverses cataracts. Eating plenty of raw fat and the foods suggested in *Alkalizing Food*, page 178, soothes the overall toxic condition of the body due to excess adrenaline. Eating raw salmon several times weekly, and drinking a combination of 2 ounces carrot and 2 ounces beet juices 3-4 days weekly speed healing.

CELIAC DISEASE is said to be the inability to digest gluten. That is part fallacy. Most often, Celiac is caused by the chemicals created from combining certain foods with foods containing gluten.

Symptoms: diarrhea, flatulence, abdominal pain, anemia and weight loss.

If a person with celiac avoids eating the following foods cooked or raw in combination with wheat or corn, celiac will usually be eliminated: tomatoes (including catsup), strawberries (including jellies and jams), apples (including sauces and pies), pineapple, citrus and apple cider vinegar. Starches are usually necessary for people with celiac disease. Therefore, eating a Nut Formula (page 194) at least twice weekly usually prevents extreme anxiety. However, if the Nut Formula does not satisfy starch cravings or settle extreme anxiety, try eating bread or pasta made with refined unbleached nonfortified wheat. People with celiac may become extremely anxious without the Nut Formula or cooked gluten. When starch cravings strike and the Nut Formula fails, eating small amounts of breads with plenty of raw fat and avoiding the foods listed above in combination with breads usually resolve the problem.

CHICKEN POX is a viral detoxification in the lymph and skin, particularly detoxifying the nerve endings characterized by rashes, and is sometimes accompanied with headache and slight fever. The skin eruptions eventually break and fluid leaks, turning crusty. Usually, the

nerve damage results from metal toxicity.

Raw hormone- and antibiotic-free chicken eaten with avocado soothes, heals and regenerates the tissues. Getting a lot of sleep is best.

Eating the foods suggested for Fever eases discomfort (*see* page 262). Eating fresh raw unripe pineapple or unripe banana with unheated honey relieves soreness. Eating raw eggs before sleep helps cleanse toxins from tissues.

CHOLESTEROL LEVEL, HIGH AND LOW: Cholesterol are necessary fatty-based substances that help fuel (for example, cholesterol needed for the body to develop sex and adrenal hormones) clean, lubricate, and protect the entire body. Cholesterol that the liver forms from raw fat, or cholesterol that we consume in raw foods like meat, dairy and coconut are all beneficial. It is necessary and desirable for our bodies to produce and consume cholesterol in large quantities. It is the cholesterol that the liver makes from cooked fat and cooked cholesterol we consume that is the problem. On a raw diet with plenty of raw fat, a high cholesterol level is wonderful and desirable, indicating that we are digesting, cleansing, lubricating, fueling and protecting the body. *See* Appendix O, pages 145-150, and Appendix W, page 162, to understand why most people have problems with cooked cholesterol.

In all cholesterol problems, whether high or low, there is a deficiency in utilizable blood fat, lacteal fat and lymphatic fat. Usually, those conditions are due to eating cooked oils, especially safflower, margarine, vegetable oils, and any hydrogenated oil. Those oils readily harden and crystallize, turning into rock-like substances, such as amber stone that was once tree oil.

Eating plenty of raw fats, like unsalted raw butter, raw eggs, raw cream, no-salt-added raw cheeses, fresh raw coconut, avocados, stone-pressed or small amounts of below-96°-pressed oils provide health-giving raw fats, making a high cholesterol level beneficial. Many years of eating those fats, raw meats and fresh unripe pineapple gradually remove stored cooked cholesterol (toxins) from body tissues. Note that while a person detoxifies the stored toxic cholesterol, the blood cholesterol level soars because some toxic cholesterol enters the blood to be carried to the bowels and dumped there, or through the skin.

There is no cause for alarm; it is cause for celebration. That process rids the body of cellulite and other toxic fatty storages.

CROHN'S DISEASE is an inability to digest many cooked foods and the inability of the body to prevent undigested food from entering the blood, lymphatic and nervous systems. When undigested food particles enter those systems, they cause extreme reactions, such as painfully swollen and enlarged joints, fibromyalgia and chronic fatigue. Most cooked grains and potatoes are poisonous in cases of Crohn's. Crohn's disease is usually caused by medicinal antibiotics, especially in infancy and childhood, and vaccines. When antibiotic and vaccine toxins enter the intestines, they destroy the healthy bacterial environment of the intestines. That chemical damage to intestines may reach as deeply as intestinal DNA, preventing the natural bacterial environment of the intestines from perpetuating digestive bacteria. In such a case, unless a raw food diet is continuously consumed, symptoms of Crohn's will persist throughout life.

Eating an all raw food diet is vital to reversal and recovery. Raw animal products, with their natural beneficial bacteria and enzymes have helped restore digestion in all cases, but did not completely reverse Crohn's in a few cases where chemicals had caused genetic damage to the intestines.

Eating 1-2 cage-free raw eggs every 1-2 hours followed by ¼ teaspoon unheated honey for 3-5 days usually restores some digestion. Then, daily, adding early morning and evening raw meat meals, an afternoon raw custard (*see* custard recipe page 56, footnote), and 1-2 cups fresh raw celery juice, 4 ounces at a time helps restore strength and bring life to normalcy.

CHRONIC FATIGUE SYNDROME is an almost constant feeling of physical, emotional and mental weariness. Often chronic fatigue syndrome is from not having the enzyme-mutation to digest cooked green foods. Avoid cooked green foods. *See* *If I Lack Enzyme-Mutations, What Foods Should I Avoid?*, page 174.

Eating raw meat 2-4 times daily on a balanced raw diet corrects this condition, sometimes quickly but most often gradually. *See* the book *The Recipe For Living Without Disease*, Chapter 12.

CIRRHOSIS OF THE LIVER is a condition of degeneration and hardening of the liver. Although it may not have been caused by the usual volatile toxic condition of excess hormone-related toxins, it is a volatile toxic condition, usually accompanied by frequent nausea.

Early symptoms: indigestion, diarrhea or constipation, fever, yellowish complexion, liver pain and spasms.

Progressed symptoms: anemia, edema, spider-shaped bruises (i.e., internal bleeding) and heaviness throughout the liver area.

For those who experience extreme nausea, eating plenty of raw tomatoes or fresh raw tomato puree throughout each day for as many days as it takes to quiet nausea works best. After that, and for those who have lighter nausea, drinking the fresh juice from about 6 lemons, and at other times of the day, eating plenty of raw fat (especially raw eggs) with small amounts of cooked starches every day helps clean and tone the liver. Eating fresh raw coconut cream with cucumbers dissolves hardening the quickest. Healing the liver is a very long process because, similar to the heart, it is almost constantly working. Eating raw meat twice daily with raw fat also helps restore the liver and liver functions.

Usually, eating unheated honey with every food that is consumed provides the liver with a supply of enzymes to make its work easier. Most often, it is vital that raw fruit, or raw vegetable juice or unheated honey is eaten with raw fat. That is because the liver's most complex task is preparing fat that will lubricate, clean, protect and fuel the body. Raw fruit, especially unripe fruit, raw vegetable juices and unheated honey supply enzymes to make those processes as easy as possible.

When lacking an appetite for any food, eating the butter/honey mixture satisfies the liver's frequent need for fresh nutrients. Eating a little live parsley helps cleanse the blood and liver, and increases appetite. Eating a little live ginger helps liver functions, and increases digestion and appetite.

Nausea may occur frequently, accompanied by mild or extreme depression. Eating small amounts of no-salt-added raw cheese with equal amounts of raw fat, raw fruit and unheated honey throughout each day, and, alternately, eating raw tomatoes or raw lemon juice reduce nausea and depression. If the raw cheese with raw fat does not reduce nausea, try a little cooked starch with plenty of raw fat.

Also, developing and enjoying a creative distraction is helpful.

COLITIS: This inflamed intestinal condition is medically diagnosed far too often among people with intestinal problems. Most often, I have found that people who are diagnosed with colitis have a poor intestinal environment and ineffective intestinal fluids. Colitis is caused by cooked food byproducts and chemicals, including household cleansers that contacted food, absorbed through skin or inhaled.

Early symptoms: abdominal cramps or pain, and frequent diarrhea.

Progressed symptom: rectal bleeding.

Eating raw fresh grapefruit juice, raw tomatoes or raw fresh tomato puree, and small amounts of no-salt-added raw cheese or cooked pasta with a raw fresh tomato sauce made with raw tomatoes and unsalted raw butter and/or stone-pressed olive oil neutralizes volatile substances in intestinal walls and improves intestinal environment. As intestinal discomfort subsides, larger meals may be eaten. Pasteurized milk and its products of any kind can cause mild to severe intestinal discomfort.

Drinking raw plain kefir, when available, or soured raw milk helps restore intestinal flora. (Drinking raw milk that is not soured or predigested by kefir bacillus sometimes causes a problem with colitis.) *See* the book *The Recipe For Living Without Disease* for the recipe for making natural raw kefir from raw milk. Eating the fresh raw gel from aloe vera plants is very soothing to intestines.

When volatile and ineffective fluid conditions have been corrected, colitis subsides. Then eating a smoothie made with eggs and unripe pineapple once daily helps to cleanse other toxins from intestines. If the combination of pineapple and eggs continually causes flatulence, eating them separately usually resolves the problem.

COLD, COMMON, is mainly a bacterial detoxification (yellow to clear mucus) that is sometimes accompanied by fungi (green to clear mucus) and very little or no virus. Cold detoxification cleanses the respiratory system, connected lymphatic glands and nodes, and brain.

Bacteria and fungi stir from hibernation to consume damaged, decaying and dead cells. That is the natural function of bacteria and fungi in the human body. After they complete their natural function of consuming degenerated organic matter, our bodies enter an intense healing cycle, usually indicated by fever. When that is complete, our bodies have finished a cycle of improvements. Let colds run their

course by supplying nutrients that best facilitates cleansing and healing.

Symptoms: chills, cough, fever, headache, muscle soreness, nose and throat draining, sore throat, temporary loss of smell and taste, and watery eyes.

Drinking a blend of 4 tablespoons raw unpasteurized apple cider vinegar, juice of ½ lemon and 4 tablespoons of unheated honey the first thing in the morning helps neutralize toxins. Eating smoothies that are made by blending 2-3 raw eggs and ½-1 fresh raw unripe banana or ½ cup raw fresh orange juice helps the body make this detoxification through the mucous membranes easier. Unheated honey may be added if desired. Getting plenty of sleep allows the respiratory system to rest and clean and if that means taking a day or three off work, all the better for excellent health. Eating the butter/honey mixture soothes membranes. Mixing and drinking 1 tablespoon grated raw horseradish root and 2 tablespoons fresh raw lemon juice helps thin mucus that is too thick to cough up. *See* the book *The Recipe For Living Without Disease*, Chapter 15, Diet During Symptoms Of Cold, Flu Or Severe Pain.

As soon as fever begins, taking warm baths relaxes us and stimulates perspiration and circulation to cleanse and nourish us.

CONGESTIVE HEART FAILURE is a condition where the heart is unable to pump blood through the body properly. Seek medical help to stay alive. Eating a strict raw diet that includes a little cooked starch eaten with plenty of raw fat gradually cleanses and heals the heart. Eating two Nut Formulas weekly helps restore heart nerves.

Eating two smoothies daily (one made with unripe pineapple) helps cleanse and tone the heart. Eating the honey/butter mixture helps soothe it. Eating unheated honey with meat strengthens and gradually restores the heart.

CONJUNCTIVITIS, also called “pink eye”, is an inflammation of the whites of the eyes and eyelids.

Sipping 2-3 smoothies (each made with 4 raw eggs blended with ¾ cup of fresh unripe pineapple and 8 tablespoons of unheated honey) throughout the day for several days helps the eyes cleanse during this

radical detoxification. Getting rest, relaxing the eyes and avoiding sunshine make this process tolerable. Then for ten days more, eating a balanced raw diet and drinking one pineapple smoothie once daily ensure healing.

Topically, applying a poultice made by blending 1 raw apple and ½ teaspoon unheated honey, or a poultice made of 1 red potato or yam by itself on your closed eyes and letting it stay there for at least 20 minutes soothes and relaxes the condition while the diet heals the eyes.

CONSTIPATION is a condition where fecal matter collects, dries out and is difficult to expel.

For temporary relief: Blending a green apple with 5-8 tablespoons of cold-pressed-below-96° Fahrenheit oil, the juice of ½ lemon or lime and 1-2 tablespoons unheated honey usually gets fecal matter moving quickly. Owanza's remedy is to drink raw fresh grapefruit juice. Another is to drink the mixture of 6 ounces hot water (no hotter than a finger can stand when immersed for 3 seconds), 4 tablespoons unheated honey, 3 tablespoons raw unpasteurized apple cider vinegar and the juice of ½ lemon or lime. A less comfortable remedy would be to eat unripe pineapple while drinking 5-8 tablespoons stone-pressed raw olive oil, or 4 tablespoons cold-pressed-below-96° Fahrenheit raw flax seed oil.

Constipation indicates that a person is not eating enough fat, or that he or she is eating too many cooked foods that are drying and hardening because they are indigestible, inassimilable and unutilizable. Eating plenty of fresh raw foods, including plenty of raw fat, usually eliminates constipation.

Chronic constipation results from too little E.coli bacteria in the digestive tract, usually caused by antibiotics, vaccines, food additives and preservatives. *See* the book *The Recipe For Living Without Disease*, Chapter 15.

COUGHS are the body's way of loosening and eliminating toxic mucus, or increasing circulation to the torso, including respiratory and cardiac systems, intestines and gonads. However, if the mucous membranes cannot produce enough mucus to bind with the toxins, they become dry, and convulsive coughs may result.

Drinking smoothies made of 2-3 raw eggs, ½ cup fresh raw fruit and 2-4 tablespoons unheated honey supplies the nutrients to form healthy mucus and lubricate mucous membranes. Eating equal portions of grated raw horseradish root or ginger root and fresh raw lemon juice helps thin toxic mucus so coughs don't have to be as violent.

CROUP is a high-pitched cough that is accompanied by difficult breathing. A sore throat usually precedes the cough. This type of cough generally affects children under age five. The cough is necessary to bring circulation to toxin-blocked tissue of the lungs, heart and throat.

Eating honey/butter mix soothes the tissue and eases difficult breathing. Drinking smoothies and eating citrus fruits help cleanse the mucous membranes. Eating antibiotic-free and hormone-free raw chicken or turkey helps to strengthen and rebuild the affected tissue.

CYSTIC FIBROSIS is a hardening and thickening of glands, such as gallbladder, lungs, pancreas, and sweat glands, similar to keloidal tissue. It is thought to be an hereditary inability to digest foods, causing failure of normal growth and development. (It is only hereditary in that the genes have lost access to the plan for synthesizing many enzymes.) The enzyme-mutations for digesting, assimilating and utilizing cooked green and red fruits and vegetables are not produced, causing dryness, lesions and scarring, eventually producing thick mucus in an attempt to harness and eliminate the resultant toxicity.

Symptoms: poor circulation, respiratory difficulties (especially in the later part of the day), sour palate, mustard taste in the mouth, eyes that have difficulty focusing in bright light, difficulty in communicating, and a feeling of isolation.

Avoiding cooked green foods, and cooked red and orange fruits and vegetables, stops the general hardening of glands. *See If I Lack Enzyme-mutations, What Foods Should I Avoid?*, page 174.

Eating raw green salads with a raw unpasteurized vinegar dressing helps cleanse the residues and resins that have scarred the glands. Eating all foods raw, except some cooked starches if necessary, supplies the body with plenty of enzymes for digestion. Eating plenty of raw fat and unheated honey with everything, especially with cooked starch if necessary, supplies the body with the nutrients to lubricate the body

and make and replace most enzymes that may be missing in glands and throughout the body.

CYSTITIS: *See* Bladder infection, page 232.

DANDRUFF is one layer or more of dry dead skin on the scalp that cracks and flakes. Hardened fat or unutilizable fluid fat are the cause. The bacteria that usually accompanies this condition are a result of the body trying to detoxify the fat. Some people use antibacterial shampoos. These shampoos poison the scalp. The poisons are often absorbed into the body/brain, causing impatience, discontent and irritability.

Eating plenty of raw fat and alkalizing foods usually ends dandruff within 1-2 months. Occasionally it may return for a week or two as the body discards old stored unutilizable fat and other toxins through the scalp. Those toxins cause the scalp to dry and the upper layer to flake. During these times, a topical remedy can be applied. Once every second or third day, massage 1½ tablespoons of cold-pressed-below-96° fermented coconut oil or stone-pressed olive oil blended with 1 teaspoon fresh cucumber into the scalp and let stand over night. Then wet hair, wash hair and scalp with a whipped raw whole egg, let egg remain for 3-5 minutes, and rinse hair and scalp thoroughly.

DEHYDRATION is a deficiency of H₂O in cells. Drinking water does not supply cells with absorbable H₂O. Drinking water causes cellular drying and bloating in the body's fluid systems. For H₂O to be properly absorbed, H₂O must be bound to nutrients other than minerals in water. The only way to properly hydrate the body, is to eat and drink raw foods. Eating tomatoes hydrates cells best. Or blending 3 cups tomatoes, 1-2 teaspoons raw unpasteurized apple cider vinegar, 2-4 tablespoons unheated honey and either 4 tablespoons unsalted raw butter, or 6 tablespoons raw cream, or 4 tablespoons raw coconut cream, or 8 tablespoons avocado, and drinking it throughout the day hydrates cells wonderfully. A less desirable alternative would be to drink the mixture of at least 2 tablespoons of unheated honey, 2 tablespoons fresh raw lemon or lime juice and 1 cup naturally sparkling water. *See* Water page 202.

DEPRESSION: Transient depression is most often caused by low blood sugar. Drinking a blenderized mixture of ½ cup of raw fresh fruit (such as orange, or pineapple, or whatever fruit appeals to you) and ½ cup unheated honey usually brings immediate relief. Drinking a little and then sipping the rest over a 1-to-2-hour period often creates better results. If hypoglycemia or diabetes is involved, 1-3 ounces raw cream or ½-1 avocado or other raw fat (e.g., raw coconut cream, unsalted raw cheese) should be blended in or eaten with the fruit and honey mixture. To handle repeated and extended spells of depression, *see* Appendix H, page 138, and Appendix L, page 141.

Chronic depression is most often caused by low bacterial levels in the digestive tract and/or protein deficiencies. Eating at least 1 pound of raw meat and ½ cup raw cream daily helps ease chronic depression. To completely resolve it, I suggest eating “high” meat. (*See* the book *The Recipe For Living Without Disease, High Meat, Chapter 15.*

Doing something creative inspires creative thinking for problem solving instead of worrying. Concentrating on creating positive things and experiences helps create a better future. Then making choices based on yourself experiencing a more suitable future makes your future a better reality. Believing in sayings like “too good to be true” closes the door to wonderful experience. Inventions are rarely made by proving something can't be done. Inventions are made by focusing on the possibilities that something can be done. If I had believed what the doctors said about my probabilities, I would be dead. If I had listened to what most of my teachers and counselors told me my aptitudes were, I would not have been able to read a book, much less write this one. What will you invent or create of your future? For suggestions on creating happiness, *see* Awareness, page 325, and Mental illness, page 290.

DERMATITIS applies to various inflammations in the skin. These inflammations are detoxification of the lymph and the skin.

Eating 2-4 smoothies daily blended with red or yellow fresh raw unripe fruit (like tomato, or papaya, or pineapple) and getting plenty of sunshine assist this detoxification. If the taste of tomatoes blended with eggs is repulsive, the smoothie can be made with another fruit. Then, in between smoothies, eating plenty of raw tomatoes or a raw tomato

drink (2-5 tomatoes blended with 1-4 tablespoons unheated honey and 1-2 tablespoons of raw unpasteurized apple cider vinegar) neutralizes toxins that cause this condition.

Typically, rinsing the skin with a mixture of 2 ounces water and 1 tablespoon raw unpasteurized apple cider vinegar provides the skin with nutrients to detoxify more easily so that large skin eruptions are not as necessary, if at all. *See* Acne, page 216, and Fever blister, page 263.

DETOXIFICATION is the metabolic process by which toxins are changed into less toxic or more excrement substances. Bacteria, parasites, fungi and virus perform many types of detoxification. Stopping detoxifications will cause toxic build-ups that become disease. It is much healthier in most circumstances to let detoxification run its course while we nurture our bodies with the best raw diet.

I don't suggest that anybody force any type of detoxification, including by fast or colonic (*see* Colonic, page 330, and Fasts, page 334 and page 70). Everybody will have enough colds, flu, occasional vomit and/or diarrhea, skin eruptions and sores, and short-term aches and pains (which are all detoxification) throughout his or her lifetime without forcing any more. However, if someone is feeling extra strong, has 30 days when he or she can afford to be lethargic, and wants to rid himself or herself of some of the mutant antibodies caused by vaccines, eating moldy raspberry juice as mentioned in Appendix D, pages 132-137, frees many blood proteins to speed his or her journey to optimal health instead of being utilized by needless mutant antibodies. An orange, or lemon, or lime, or strawberries may be molded and the juice drunk instead of raspberries - whichever is more appealing to you will be the one that is right for you. Note that if lethargy strikes, usually it strikes 3-4 weeks after drinking the moldy juice, and lethargy can last for at least 30 days and, in rare cases, up to 1 year. Sometimes lethargy is accompanied by mild to severe depression. If anyone is going to drink moldy juice he or she should be prepared.

DETOXIFICATION, STOPPING IT. A person who needs temporary relief from a continually heavy painful detoxification may discourage that detoxification by taking 102°-107° Fahrenheit, 1-1½-hours baths 3 days apart. Immediately before each bath, the bather should drink a

blended mixture of 1/4-1 cup unripe lime juice, 3-7 tablespoons coconut cream, 1-6 teaspoons raw dairy cream or 2-6 tablespoons avocado. Measured ingredients should be equal for suggested amounts, that is, for a person who is 4'-4'6" the smallest amounts of each ingredient to be blended is 1/3 cup lime juice, 3 tablespoons coconut cream, 1 teaspoon dairy cream or 2 tablespoons avocado. A person who is 4'6"-5'2" should blend 1/2 cup lime juice, 4 tablespoons coconut cream, 2 teaspoons dairy cream or 3 tablespoons avocado. A person who is 5'3"-5'9" should blend 2/3 cup lime juice, 5 tablespoons coconut cream, 3 teaspoons dairy cream or 4 tablespoons avocado. A person who is 5'10"-6'2" should blend about 3/4 cup lime juice, 6 tablespoons coconut cream, 5 teaspoons dairy cream or 6 tablespoons avocado. A person who is 6'3"-6'10" should blend about 1 cup lime juice, 7 tablespoons coconut cream, 2 tablespoons dairy cream or 7 tablespoons avocado. After the bath, the bather will be weak. The bather should move slowly from the bath, and sit to dry. Bundle in very warm natural clothing and take a 30-45-minute easy walk.

The hot-bath routine above works by instigating the healing cycle that relaxes bacteria, putting them in hibernation, and discouraging cells from producing virus. Those are the same effects produced by fever. Fever is an important and beneficial feat of the body. Fever ends microbe and viral proliferation and initiates intense healing (cellular division/reproduction). Usually, fever is accompanied by necessary lethargy that transforms into tiredness. Rest, relaxation and sleep are important because most healing occurs during those states.

Or a less beneficial alternative for stopping painful persistent detoxification for the elderly, is to eat a cooked meal once weekly. A cooked meal discourages continual detoxification of old stored toxins. One cooked meal of baked chicken once weekly usually stops and prevents extreme detoxification of old toxins stored in the body.

DETOXIFICATION OF DRUGS is characterized by coating on the tongue, sour taste in the mouth, chemical-smelling urine, skin eruptions, nausea and/or headache, and often by the returning of symptoms that had occurred at the time a drug had been taken. *See* Detoxification, page 255.

Drinking a mixture of 2 tablespoons of unheated honey per 1 cup of

raw fresh orange juice helps the body neutralize drugs. Here are the foods that have helped to bind with the following toxic substances and remove them from your body:

Amphetamines, caffeine - carob powder, raw kefir, unheated honey.

Antibiotics - fresh parsley.

Antihistamines - sun-dried powdered clay (twice daily, drinking 2 ounces of good mineral water with ¼ teaspoon clay mixed in, works best). *See* Clay, page 181.

Aspirin, cocaine (including Novocain) - avocados.

Cough medications, sedatives - yellow banana pepper (yellow chili) eaten with ½ avocado and some raw meat.

Drugs in general - smoothies made with raspberries. *See* Smoothies, page 200.

Nail polish on nails - (very toxic!) 25% more fat, fresh parsley (15 sprigs daily), and put coconut or olive oil on nails instead of nail polish.

Salt - naturally sparkling mineral water, ripe tomatoes.

Vitamin C supplements - oranges.

DETOXIFICATION OF RADIATION is characterized by nausea, nervousness, and a feeling of extreme sensitivity in the body. Radiation-poisoning can come from medication, medical testing, X-rays, fluorescent lighting, television, computer monitors, laser printers, cellular phones, Bluetooth tech, irradiated food, microwaves, scanners, industrial pollution, jewelry, building material, and EMF's from improperly grounded electrical connections and operating machinery.

Eating avocado with orange, or with melons facilitates the body's ability to discard stored radiation. If a person received barium or iodine as an x-ray contrast, eating a combination of raw meat with plenty of beef fat, and in the afternoon, eating 3 ounces coconut cream blended with either ¾-1 cup dark berries (such as blue, black and boysenberries) or 1/3 cup raspberries and 1/3 cup dark berries helps detoxify it. For individuals who have taken radioactive medication, drinking raw milk with unheated honey helps detoxify it. *See* Radiation Burn, page 306.

DIABETES is an impaired ability to utilize carbohydrate blood-sugar or protein blood-sugar (pyruvate) because of insufficient production of insulin or faulty insulin manufactured by the pancreas.

Symptoms: frequent hunger and urination, impaired vision, muscle cramps shortly after eating sweets, and wounds that heal slowly and poorly.

Medicinal insulin causes poor sugar assimilation and metabolism, and causes the pancreas to further deteriorate. The poorly assimilated and metabolized sugars most often store in the extremities, causing deterioration of tissue and eventual gangrene and amputation.

Eating tremendous amounts of unheated honey (about $\frac{3}{4}$ cup throughout each day) replaces the functions of insulin missing in the blood while it heals the pancreas and encourages pancreatic functions. The best honey for this is a partially crystallized completely unheated honey. Unheated honeys naturally crystallize within a year, unless exposed to hot weather conditions. Refrigerating honey speeds crystallization but remove from refrigeration when crystallization begins.

Eating plenty of raw fat strengthens glandular cells. Eating plenty of the particular meats that are right for you rebuilds the pancreas over a period of 2-5 years. If diabetes is accompanied with other ailments, rebuilding the pancreas may take many more years. If a person is suited for eating red meat, eating raw red fish (like tuna or salmon) with raw beef at least once weekly helps rebuild the nerves in the pancreas. (*See Appendix P, page 150.*)

When a pronounced decrease in energy occurs, eating avocado (or other raw fat) with raw fresh unripe fruit and unheated honey raises the energy level.

When clients had been taking insulin for at least two years, he or she did best by weaning himself gradually off insulin over a long period - up to two years; it usually took that long before the pancreas worked well enough. When an insulin-taker started experiencing itching of the skin, it was an indication to decrease his or her insulin intake.

DIARRHEA is the frequent elimination of watery fecal matter. Diarrhea should be welcomed (*see Detoxification*).

Eating plenty of raw fats, especially no-salt-added raw cheeses or raw

eggs with raw unripe banana and unheated honey absorbs radical toxins causing diarrhea, soothes membranes and replenishes lost nutrients. One to three tablespoons of raw carob powder may be added to that combination if it is a smoothie. Avoid apples; they have a tendency to overstimulate the adrenals which often causes more diarrhea. Drinking soured milk such as raw plain kefir helps restore intestinal flora lost in diarrhea.

DIVERTICULITIS is inflammation in one or more of the sacs of the intestines. It can result from food that has collected and adhered to the sac, or toxins within the intestinal walls in a given area. It most often results from a fat-deficiency, usually accompanied by protein deficiency. Often that results in the body's inability to produce proper or enough mucus to protect intestinal walls. There may be several reasons for fat deficiencies; *see* Appendix O, pages 145-150.

Symptoms: abdominal cramps or pain, irregular bowel movements, gas, lethargy and continued abdominal bloating.

Eating 1-2 eggs every 1-2 hours following that with ½ tablespoon of butter/honey mixture for 3-7 days calms this condition. Afterward, eating more raw fat with everything that is eaten, and eating raw meat corrects diverticulitis. Eating vegetable salads often slows digestion and irritates the intestines; it is healthiest not to eat salads except as the very last food of the day. Drinking raw fresh vegetable juices soothes intestines. If experiencing intestinal cramps, eating ½ raw papaya with ½ avocado, or other raw fat (except cheeses) usually relieves cramps. Eating whichever raw meats that are appropriate for you will strengthen and tone your intestines.

DIZZINESS is most often from low blood sugar; *see* Hypoglycemia, page 274. Dizziness may be caused by swelling in one ear and not the other ear; *see* Ear Infections, page 260.

DRY SKIN & GENERAL DRYNESS: *See* Fat deficiency, page 262, and Aging, page 218.

DYSPEPSIA: *See* Indigestion, page 275.

EARACHE: *See* Ear infection, below.

EAR INFECTION: Resting a hot-water bottle next to the entire side of the head increases circulation, speeds nutrients to the area and soothes pained tissue during this detoxification. Eating tomatoes reduces fever and minimizes swelling. Eating citrus (as well as tomatoes) helps neutralize toxins in the effected area so that healing progresses more quickly.

If experiencing severe pain, eating a golf ball-sized amount of ground meat with ½ tablespoon unsalted raw butter and ½ teaspoon unheated honey every 4-6 hours helps relieve pain and speed healing. Drinking a mixture of raw milk and bee pollen, or raw carrot juice and bee pollen (*see* Pain, page 297), also relieves pain. More immediate relief may be obtained by pressing the juice from fresh garlic or onion, mixing 4 drops into 1 teaspoon of room temperature unheated-above-96° Fahrenheit fermented coconut oil, or cold-pressed peanut oil or stone-pressed olive oil, slowly putting drops into the ear and gently plugging the ear with a puff of cotton. Then apply heat with a hot water bottle (not an electric heating pad). Electric pads generate electromagnetic fields that may interfere with neural function and healing.

ECZEMA is an inflammation of the skin accompanied by itching and scales. *See* Dermatitis, page 254.

EDEMA is the retention of fluids in the body. It is sometimes a mineral deficiency or mineral imbalance where cells are unable to utilize water.

Avoid salt! *See* Appendix M, page 143. Drinking honey mixed with fresh raw vegetable juices or fresh raw tomato puree, and eating no-salt-added raw cheese at the same time correct many mineral imbalances. Eating raw fish and getting fresh air and sunshine are helpful.

Nowadays, a major contributing cause of edema is volatile compounds and fluids collecting in the body. They must be diluted or they will irritate, burn and kill cells. *See* Overweight, page 296, on how to

neutralize volatile substances. Read all of: Specifics About Particular Foods, pages 178-207, to know what foods to avoid that create volatile toxins, for instance, coffee, canned food, pesticides and household chemicals.

EMPHYSEMA is swelling and destruction of the sacs in the lungs, usually brought on by airborne pollution (for instance, tobacco smoke, including secondary smoke, smog, and prolonged inhalation of dusts – such as lint from synthetic fibers from bedding, clothing, carpets and rugs, and coal dust). The lungs have become loaded with garbage that they cannot easily detoxify and discharge. If a person stops smoking, stays away from airborne toxins, including synthetic fibers, and eats a raw diet with plenty of raw fat and raw meat, he or she may have a good chance of living with emphysema. *See* the book *The Recipe For Living Without Disease*, Chapter 12.

EPILEPSY is characterized by sensory seizures (change in sensation or loss of consciousness) or convulsive seizures (involuntary muscle movement). This is an ailment that mainly results from a lack of enzyme-mutations, to digest, assimilate, and utilize both cooked fat and proteins. It is dangerous for people with epilepsy to eat cooked meat and cooked fat. In infants and children, I have observed that antibiotics caused frequent or constant grand mal and petite mal seizures.

Eating plenty of raw fat and raw meat has corrected this problem within 9 months to 2 years (that is, unless a person continued to eat cooked fat and meat and take medication). When a person had taken medication for a longtime, it worked best to wean herself or himself over a comfortable period of time by reducing the dosage every three to four months. In infants, I suggest that medication be immediately discontinued and 1 teaspoon of the mixture of 2 parts unsalted raw butter to 1 part completely unheated honey be given every 20-40 minutes until seizures subside. It was best for infants to receive meals of only raw milk blended with unsalted raw butter and completely unheated honey (2 tablespoons butter and ¼ teaspoon honey to 7 ounces milk). In one case, an infant experienced seizures only when she nursed from her mother; her mother took medication.

EYE INFLAMMATION AND IRRITATION: The same remedy suggestions for Conjunctivitis has soothed and healed those conditions. *See* Conjunctivitis, page 250.

EYESTRAIN: Getting sleep, plenty of sunshine, and eating red and orange live foods, such as raw fresh tuna, salmon, tomatoes, raw carrot juice, oranges, watermelon, and cantaloupe soothe and heal eyestrain. Eating unsalted raw butter is also helpful. Blurred vision accompanying eyestrain is often a red-meat deficiency. Eating red meat with unheated honey corrects blurred vision.

FAT DEFICIENCY results from either not eating enough fat or lacking the enzyme-mutations for digesting, assimilating and utilizing cooked fat.

Eating plenty of raw fat with unheated honey eventually and properly lubricates and strengthens cells. For a quick body-lubricating drink *see* the Drink for Moisturizing and Lubrication, page 210.

FATIGUE is the “normal” feeling of physical, emotional and mental weariness at the end of a day. However, if fatigue happens during the day, it frequently results from self-criticism. Focusing on one’s talents and accomplishments develops and continues them. (If you don’t know you have a talent, you could develop one to which you are attracted.) Also, *see* Depression, page 254, and Mental illness, page 290, about creative suggestions.

Drinking a mixture of ½ cup raw fresh juice mixed with ½ cup unheated honey usually brings immediate relief. Sleep is both healing and energizing. *See* Stress, page 313, and Chronic fatigue syndrome, page 247.

FEVER is a body temperature above the body’s normal temperature. Fever ends proliferation of bacteria and other detoxification microbes, stops cells from producing virus and initiates intense healing (cellular division/reproduction). Usually, fever is accompanied by necessary lethargy that transforms into tiredness. Rest, relaxation and sleep are important because most healing occurs during those states.

Getting plenty of sleep, fresh air, and eating red and orange live

foods, such as raw fresh tuna, salmon, tomatoes, carrot juice, oranges, unripe watermelon and cantaloupe soothe tissues and prevent cellular destruction. If blood-sugar problems exist, add 4-6 tablespoons raw fat to any high-carbohydrate fruit. Eating fresh raw aloe vera gel also soothes tissues, especially mucous membranes, and prevents cellular destruction. Consuming raw cream or unsalted raw butter also helps. If there is not an appetite, drink the freshest raw juices mixed with unheated honey. Raw cream mixed in equal proportions with the freshest raw carrot juice, or cream mixed with orange or watermelon juice is often the most soothing. If a fever rises above 105° Fahrenheit, drink chilled fresh blended raw tomatoes, or fresh raw fruit purees of red and orange raw foods. Don't panic; when eating a predominantly raw diet convulsion and irreversible brain damage has not happened from fever.

Night fevers - night sweats - are usually a combination of friction from mass cellular division (cellular reproduction) and cessation of intense detoxification. That is cause for joy. It is a time of intense rejuvenation when an individual becomes more alive with new cells. Sleeping more, getting fresh air and sunshine, and eating plenty of raw meat during and after these cycles bring youth and strength. Eating 1/8 teaspoon of royal jelly with raw meat and with raw fat daily during those cycles increases the body's ability to reproduce and strengthen cells.

FEVER BLISTER is a sore in or around the mouth characterized by inflammation, swelling and sensitivity. Fever blisters are the result of too many free volatile toxins in the serums in the mouth (including blood). This results from a deficiency of nutrients that neutralize and bind with toxins. A person not getting enough sleep can cause fever blisters and acne because the body spends all available nutrients on physical activity, resulting in excessive accumulated toxins throughout the body.

Drinking the following mixtures usually has healed fever blisters within 36 hours but in a few instances has taken up to 5 days. First food in the morning: heat good mineral water until it is no hotter than an immersed finger can tolerate for 3 seconds. Stir in 2-5 tablespoons unheated honey. Then stir in 1-2 tablespoons raw unpasteurized apple

cider vinegar, 4-6 tablespoons fresh raw lemon or lime juice, and 2 tablespoons raw cream (if available). Last food before sleep: blend 1 tomato, 1-2 tablespoons raw unpasteurized apple cider vinegar, 2-4 tablespoons unheated honey and 4-6 tablespoons fresh raw lemon or lime juice, and 2 tablespoons raw cream (if available). *See* Acne, 216, Dermatitis, page 254, Preservatives and pesticides, page 196.

FLU: *See* Influenza, page 278.

FOOD ADDICTION is the frequent craving for a particular food or foods. Most people can't digest, assimilate, and utilize what their bodies need from cooked foods, so they overeat.

It is almost impossible for a person to overeat when on a raw diet that includes meat. The body loses its appetite when its needs are satisfied. If someone deprives her or his body of what it needs, she will experience emotional deprivation (depression), or anxiety (anxiousness and irritability) and malnutrition. Eating the foods a person craves fresh and raw brings on a degree of physical and emotional satisfaction that would not have ill repercussions. For people who crave chocolate, I have included a recipe for a substitute (*see* Chocolate Substitutes, page 181).

Everyone should trust his or her cravings. Cravings are the body telling a person that it needs the nutrients in the food(s) craved. If a person craves ice cream and raw cream is not available, she or he could eat other raw fat with unheated honey, such as avocados and unheated honey, or fresh raw coconut cream with unheated honey.

Owanza, a nutritional colleague, has found a relationship between emotional needs and physical needs. She has found that people who are overaggressive - trying to sink their teeth into things - have a protein deficiency and need to eat more raw meat, especially white meat. People who crave sweets have a need for a sweet life. Finding and interacting with sweet people will be as emotionally nourishing as raw fresh fruits and unheated honey will be physically nourishing.

FOOT PROBLEMS:

Aching or burning feet: Drinking a combination of raw tomato, raw cucumber and raw carrot juices helps soothe the feet. Applying cold slices of fresh raw tomato, or cucumber or potato to the soles of your

feet soothe and relax the feet. Or soaking your feet alternately for two minutes in cold and then in warm water as many times as you like stimulates circulation and relaxes the feet.

Athlete's foot: *See* Athlete's foot, page 228.

Cold feet: Drinking a combination of raw tomato, raw spinach, raw carrot juices with the juice of ½-1 hot fresh raw pepper (chile, jalapeño, etc.) and 2 tablespoons unheated honey increases body temperature. Alternately standing on your toes for 1-2 minutes and then on your heels for 30 seconds increases circulation to the feet, warming them.

Corns: Alternately rubbing stone-pressed olive oil twice daily for 1 day and then rubbing cold-pressed-below-96° Fahrenheit peanut oil twice daily for 3 days gradually causes the corn to let go. Peel off the corn and you will find smooth skin. Or, bandage a piece of fresh raw lemon peel or pineapple peel on the corn (inside of peel against the corn) overnight for several nights until the corn comes off leaving smooth skin.

FRACTURE: *See* Brittle bones, page 234, and Broken bone, page 234.

FROSTBITE: The remedy suggestions for burns are effective for frost-bite. *See* Burns, page 235.

FUNGUS is characterized by itching and peeling of the skin. All fungi naturally appearing in the body are beneficial. They consume intercellular toxicity, including toxicity caused by antibiotics. Consequently, fungi detoxify antibiotics.

Eating foods that alkalize facilitates the cleansing and healing processes (*see* Alkalizing food, page 178), reducing the need for fungi. Cooked acidic foods, like coffee, chocolate, teas (including herbal), soups and meat should not be eaten. It is best to let a fungus run its course, usually in 5-6 weeks. If that is impossible, coating the area with unheated honey and covering it with a clean cotton cloth will smother the fungus and stop it for a period of time.

GALLSTONES are deposits of crystallized resins and minerals, the same as kidney stones but combined with bile in the gall bladder.

Along with the suggestions for Kidney Stones, *see* page 282, eating

foods containing a lot of minerals, that is, fresh raw vegetable juices, raw eggs, raw milk (preferably full-fat), raw plain kefir, tomatoes, melons, no-salt-added raw cheeses and fresh raw fish, especially raw oysters and clams with raw fat soothes the condition. Drinking 2 ounces of fresh raw beet juice mixed in other vegetable juices and eaten with no-salt-added raw cheese once daily speeds the process. A raw milk eggnog made by blending 2 raw eggs, ½ cup raw milk and ¼ banana (nutmeg isn't necessary) works just a little bit slower but sometimes is more soothing.

GASTRITIS is inflamed stomach walls. If a person is paunchy, he or she lacks the enzyme-mutations to digest, assimilate, and utilize cooked green foods. Avoid eating cooked green foods. *See If I Lack Enzyme-mutations, What Foods Should I Avoid?*, page 174.

Another cause is drinking alcohol, *see Alcohol*, page 178. Other causes are eating processed sugars, and taking antibiotics.

Eating plenty of unheated honey and raw fat has corrected this condition, that is, as long as cooked green foods and alcohol were not ingested.

GINGIVITIS is an inflammation of the gums. *See Pyorrhea*, page 305.

GLAUCOMA is edema in the eyeball and hardening of the conjunctiva. Eating raw red meat daily helps reverse glaucoma.

Avoid all cheese for 6 months. Eating ¼ cup stone-pressed olive oil daily, several fresh raw tomatoes blended into puree with plenty of unheated honey and a little fresh live hot pepper once or twice daily, and fresh raw fish at least once daily usually heals this condition in several months. If you are diabetic, glaucoma is probably due to poorly assimilated or metabolized sugars (*see Diabetes*, page 258).

GOITER is the enlargement of the thyroid. Eating raw fish everyday for five weeks has corrected this mineral-imbalanced condition and helped fortify the thyroid gland. *See Thyroid problem*, page 315.

GONORRHEA is an inflammation of the urethra and or vagina accompanied with pus. It is a necessary detoxification of the tissues

that is usually caused by the inability to utilize caffeine and cooked green foods. Avoiding caffeine and cooked green foods stops the accumulation of these toxins. *See If I Lack Enzyme-mutations, What Foods Should I Avoid?*, page 174.

It is best to be celibate for 10 days. Getting a lot of sunshine and drinking 2 quarts of raw fresh orange juice throughout the first part of the day and then a balanced raw diet for the remainder of the day has brought this detoxification to a quicker end.

GOUT is a condition in which volatile substances (e.g., uric acid) collects in the blood and around the joints, causing swelling, especially in the fingers and toes. Gout occurs in people who can handle very little, if any, uric acid. Cooked and processed meats produce tremendous amounts of volatile toxins; avoid cooked and processed meats.

Eating plenty of raw meat with raw fat, however, helps remove the saturation of volatile toxins and strengthens the body. Eating raw fresh tomatoes, pineapple and melons, and drinking raw fresh carrot juice mixed with other raw fresh vegetable juices alkalize, cleanse and soothe this condition. *See Alkalizing food*, page 178.

GUMS, SORE: *See Pain*, page 297, and *Pyorrhea*, page 305.

HAIR PROBLEMS: *See Balding*, page 231.

HALITOSIS is a foul odor emanating from the mouth. In hygienic people, only 1% of “bad breath” comes from decaying teeth. The other 99% of “bad breath” comes from a toxic intestine where foods have putrefied. Some putrid gases in the intestines pass into the blood and expel from the lungs.

Eating unheated honey often (and, when available, plain raw kefir) supplies enzymes necessary for better digestion. Eating fresh raw parsley, or other fresh raw aromatic herbs, or fresh raw vegetable juices or fresh raw pineapple or papaya aids digestion and sweetens breath. Very seldom does anyone on a raw diet have bad breath, and only during detoxification.

Some people are ill-effected by the putrid gases of bad breath that are

emitted by other people. Those people get a headache when they are within two feet from someone who has bad breath. Many people who drink alcohol have a destructive chemical reaction that causes their breath to smell like airplane glue. Many people who do not drink alcohol have breath that smells like airplane glue. Some people get nauseous, claustrophobic and headachy when enclosed in an unventilated room with someone whom has breath that smells like airplane glue. Following the same suggestions above alleviates the gaseous ill effects suffered from someone else's bad breath.

HAY FEVER is an extreme sensitivity to airborne substances that irritate the mucous membranes of the air passages and eyes.

Immediate relief can be obtained by eating a little honeycomb. Eating plenty of raw fat daily, especially eggs, with red and orange fresh raw foods eventually resolves this problem. For example, a fresh raw orange, carrot or tomato smoothie (*see* Smoothies, page 200) soothes and sets a condition for healing the sinuses. Fresh raw meat, like tuna and swordfish, help heal and strengthen sinuses.

Also, eating fresh local bee pollen can help reverse this condition. If a person starts by eating $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon unheated bee pollen at a time, six times daily, there will be only a remote chance of the rare incidence of anaphylactic shock. If hay fever is severe, working up to $\frac{1}{2}$ cup of unheated bee pollen daily with at least $\frac{1}{3}$ teaspoon royal jelly and 1 tablespoon unheated honey mixed with 12 ounces of fresh raw vegetable juice (including carrot) and sipping it throughout the day may be a more palatable form to consume the pollen. Drinking $\frac{1}{6}$ of this mixture 6 times daily has stopped sneezing and headache. Avoid cheeses during hay fever season; they can cause dryness of the sinuses.

HEADACHES: The common headache is from either high blood pressure (most often caused by eating salt), or low blood circulation, or toxic blood stream.

High blood pressure headache: Mix 2 ounces of naturally sparkling water with 2 tablespoons of unheated honey and the juice of 1 lemon. Add 6 ounces more of naturally sparkling water and drink. Usually, that relieves this headache in 20-40 minutes.

Low blood circulation headache is accompanied by sluggishness: Mix

2 ounces of naturally sparkling water with 2 tablespoons of unheated honey. Add 6 ounces more of naturally sparkling water and drink. Usually, that relieves this headache in 20-40 minutes.

Toxic blood stream headache is accompanied by nausea: Drinking 1 cup fresh raw orange juice mixed with 3 tablespoons unheated honey usually relieves this headache in 20-40 minutes. Or drinking 6 ounces good mineral water mixed with 2 tablespoons of raw unpasteurized apple cider vinegar, fresh raw juice of ½ lemon and 3 tablespoons unheated honey usually relieves this headache in 20 minutes.

Cluster headaches (also called “suicide headaches”) are successively occurring headaches that grow in intensity, usually immobilizing the sufferer. Cluster headaches occur in a body laced with volatile toxins, usually from excessive adrenaline, accompanied by low blood fat and low body fat levels. Cluster headaches are somewhat allergy related. Avoiding the following foods and substances usually solves the problem: caffeine (including aspirin, coffee, chocolate, and sodas), alcohol, processed sugars, cheddar and jack cheeses (even if cheeses are raw), salt and anything made with baking soda. For cluster sufferers over age 25, following these suggestions for at least 3 days weekly for several months before the cluster season begins usually prevents reoccurrence: abstain from the foods listed above and eat cooked starches with plenty of raw fat and tomatoes, and eat fresh raw fish (salmon is more often the most effective).

Migraines are sudden headaches that fluctuate in intensity, usually occurring on one side of the head. Sleeping is the best relief. When awake, eating a little spoonful of unheated honey every five minutes and avoiding all other food, especially avoiding meat and dairy, eventually relieves migraines. If thirsty, sipping some good mineral water, or some fresh raw orange juice with an equal amount of unheated honey is helpful.

HEART ATTACK: Get medical help to stay alive. Then, eating a healthy raw diet gradually restores the heart. *See* Heart disease, below; Angina pectoris, page 224, Arteriosclerosis, page 226, and Atherosclerosis, page 228.

HEART DISEASE: Eating plenty of raw meat, raw eggs, raw dairy,

stone-pressed olive oil, raw pineapple, raw fresh onions and unheated honey very gradually restores the heart. *See* Angina pectoris, page 224, Arteriosclerosis, page 226, Atherosclerosis, page 228.

HEMOPHILIA is an inability to properly coagulate blood, characterized by bleeding easily and difficulty in stopping a bleed. Heredity or taking medications causes this condition.

Eating a high raw meat diet, preferably a combination of fish with another raw meat of choice, restores health to platelets, and strengthens tissues. Hemophiliacs do not digest, assimilate, or utilize cooked fat properly. The thyroid is sometimes at fault. *See* Thyroid problem, page 246. Eating plenty of unheated honey and pineapple with raw fat and with raw meat helps digestion, assimilation, and utilization.

During a bleed, drinking 1 cup of raw white cabbage juice mixed with 7 tablespoons of honey helps coagulation. The juice mixtures suggested in Hemorrhage sometimes work better. *See* Hemorrhage, below.

Aspirin and aspirin-based medications prevent blood clotting, damage platelets and cause skin to easily tear. Avoid those poisons.

HEMORRHAGE is profuse bleeding from a ruptured blood vessel, wound or discharge. To promote and speed clotting: drink 1 cup of raw white cabbage juice blended with 7 tablespoons unheated honey. Consuming white cabbage will stop hemorrhage even without unheated honey, however, unheated honey speeds general healing. (If you are alone and unable to juice the cabbage, eat the whole cabbage. Eat the honey before, while or after you eat the cabbage.) Mixing 3 ounces of fresh raw carrot juice and 5 teaspoons lime juice to the cabbage juice and honey mixture improves taste for some people as well as speeds healing. Lime juice is the key to preventing excessive infection. Drinking over a period of 16 hours, a blend of 18 raw eggs, 2 small tomatoes and 2-4 tablespoons of unheated honey usually prevents re-hemorrhage.

HEMORRHOID is a distended or ruptured vein in or around the anus. This is a condition caused by the accumulation of volatile toxins.

Eating alkalizing foods soothes and gradually heals the condition. *See*

Alkalizing food, page 178. Avoid black pepper, marshmallows, and store-bought mustard, because they often cause chronic hemorrhoids.

The most effective remedy for speeding detoxification and healing the rectum has been to insert a small-finger-sized slice of raw beef into the rectum, leaving only $\frac{1}{8}$ inch protruding from the anus day and night until hemorrhoids disappear. A fresh slice of meat should be inserted every 24 hours.

HEPATITIS is an infection in the liver. This severe liver detoxification occurs in people who lack a particular fat processing enzyme, and is usually brought on by drinking alcohol, or taking legal or recreational drugs (including vaccines, eating cooked marijuana or smoking marijuana).

The missing enzyme can be replaced by eating raw fresh unripe pineapple often. Getting plenty of rest and sunshine, and eating no more than two foods in combination (like a smoothie made with 2-3 raw eggs and $\frac{3}{4}$ cup pineapple), and no more than one cup of food at a time, make the liver strong again. Eating pineapple twice daily as often as possible supplies the liver with enzymes that make its work easier while it cleanses and rebuilds itself. Eating fresh raw fish at least three times weekly for the first three weeks, then at least twice weekly for another 6 weeks, helps regenerate nerves in the liver.

HERPES is an inflammation of the skin or mucous membrane, characterized by clusters of blisters that seem to spread. This is sometimes a condition that results from taking medication during chicken pox. Sometimes it is a condition resulting from taking the small pox vaccine. Another cause is very high adrenaline saturation (volatile toxic condition) in the nerve endings.

For six weeks, drinking 1 level teaspoon of powdered sun-dried clay mixed in 2-6 ounces of good mineral water or raw fresh juice helps attract and absorb toxins that cause herpes. Eating raw fresh fish and raw chicken several times weekly with no-salt-added raw cheese and an equal portion of unsalted raw butter for eight weeks helps soothe and heal the nerves. Eating fresh raw unripe pineapple with unheated honey relieves soreness. For many years thereafter, and in general, following a balanced Primal Diet, mainly utilizing alkalizing foods,

helps heal the liver and other affected areas. *See* Alkalizing Food, page 178.

HICCOUGHS are spasms of the diaphragm muscles causing abrupt short inhalations with a slight gasping sound.

Sipping 1 cup of very warm good mineral water mixed with 3 tablespoons unheated honey relaxes the diaphragm muscles within a few minutes.

Applying warmth with a hot-water bottle and gently massaging the diaphragm and the upper spine just below the neck helps relax the affected muscles.

HIV is toxic and exhausted condition affecting lymphatic, nervous and blood systems that are failing, caused by caffeine, medical and recreational drugs, alcohol, smoke tars and other chemicals (including from cooked food). HIV is not AIDS which involves a different virus. The one client who I followed the longest did very well living with HIV positive for almost ten years. He followed my raw food suggestions only sporadically but they were always helpful. Then he panicked during a three-month bout with tiredness and exhaustion. He underwent chemotherapy that thinned him of his healthy constitution. Consequently, he died from medical-poisoning within a year. Owanza has found that eating 3-6 tablespoons of cold-pressed-below-96° Fahrenheit flax seed oil a day several days weekly helps strengthen all systems. Adhering to a balanced raw diet makes living with HIV easy and asymptomatic.

HIVES: *see* Itchy skin, page 281.

HYPERACTIVE individuals are unusually active and are unable to relax, often feeling anxious.

I hope by now people realize that children are not hyperactive because they are deficient in sedatives, drugs, or abuse. Children who are hyperactive lack the enzyme-mutation for digesting, assimilating and utilizing cooked proteins, especially in cooked and processed meat and eggs. Also, hyperactive children lack the utilizable proteins necessary to deal with irritants like mustard, alcohol, caffeine,

preservatives, additives and pesticides. Many tests from Canada and the USA show that preservatives and malnutrition cause hyperactivity in children that leads to violence in adulthood. Avoiding cooked and processed meat and eggs, mustard, alcoholic and caffeine beverages (including sodas), preservatives, food coloring and other additives help settle this condition.

Eating raw fresh meat with raw eggs, or raw meat with lots of raw fats alone, usually makes hyperactivity disappear. Also, getting lots of sunshine and fresh air helps the body utilize proteins.

If people are hyperactive because they have high adrenaline levels rather than because of the cooked-protein allergy mentioned above (children of this type are usually thin until at least teenage), eating a Nut Formula at least twice weekly subdues the excess adrenaline. If the Nut Formula fails to subdue hyperactivity, try eating some cooked starch with plenty of raw fat. Eating 3-4 ounces of the Nut Formula or cooked starch with raw fat thirty minutes before homework time, or a test, allows the mind to work without being distracted by excess adrenaline. A hobby, creative pursuit or sport is also helpful for high adrenaline types.

All hyperactive children have potential genius, but unless they can utilize proteins or harness adrenaline, their genius may turn into antisocial behavior. If the excess adrenaline is not spent in physical activity, the body will spend it in anxiety, irritability, bullying or arrogant bravado.

HYPERTENSION is either from high blood pressure or the same causes as hyperactivity. High blood pressure is mainly caused by the lack of enzyme-mutations to digest, assimilate, and utilize cooked fats. Eating plenty of raw fats with raw fresh tomatoes, eating other raw foods, especially unheated honey, and following the suggestions for high blood pressure, alleviate hypertension. *See* Blood pressure, High, page 233. *See* Hyperactivity page 272.

HYPERTHYROID: Hyperthyroid is a condition where the thyroid overproduces hormones.

The same causes and suggestions as hyperactivity usually works. *See* Hyperactive, page 272.

HYPOGLYCEMIA (low blood sugar): This is very often a condition where the pancreas over-secretes insulin. The excess insulin binds with sugars and turns them into glycogen (a storable sugar), causing low blood sugar, and is often the precursor to diabetes because the pancreas becomes exhausted from overproducing insulin. This in turn overworks the liver. Along with the suggestions in Appendices H and L, eating 3-4 ounces of unheated honey daily supplies enzymes to regulate and heal the pancreas and liver. Also, eating small amounts of food frequently, instead of normal meals, makes the entire body work more easily and efficiently. Eating raw meat, including raw fish, gradually rebuilds the pancreas. *See* Appendix H, page 138, and Appendix L, page 141.

IMPETIGO is an inflammation in the skin characterized by itchy sores that tend to spread and ooze yellow pus that turns crusty. Impetigo usually results from a loss of melanin, resulting from metal and chemical toxicity, especially from injections such as dental and vaccines. Following the suggestions in Diabetes (for different reasons) heals this severe skin infection (*see* Diabetes, page 258).

IMPOTENCY: Owanza says, “Relax.”

Most often this is not just a physiological problem. If a person finds himself or herself in a relationship where sex is no longer exciting, letting the imagination run wild with fantasy before and during sex usually gets the juices going again. In some relationships it may be best not to tell your mate your imagined fantasies because your mate may become insecure or offended. For some people, telling a fantasy ruins its potency. For others, sharing your fantasies is exciting and causes sexual arousal.

Physiological impotency occurs from deterioration in the nervous system, medication that lowers blood pressure, psychotherapeutic drugs, genital-related problems, including prostatitis and vaginitis, childbirth, and surgeries or injuries that have damaged nerves. Spermicides, lubricants, birth control pills and chemical douches absorbed into vaginal and uterine walls cause poor mucus formation and/or production, and nerve damage. A pure unheated-above-96° Fahrenheit fermented coconut oil is the best lubricant that will not cause side effects.

Eating plenty of raw fat with raw fresh unripe fruit (non-steamed dates may be included) and having at least $\frac{1}{4}$ cup of unheated honey daily stop nerve deterioration. Eating, or blending and drinking, 4-8 tablespoons raw coconut cream with $\frac{1}{2}$ -1 cup peeled cucumber helps dissolve hardened nerves. Regularly, eating raw fresh fish heals and rebuilds deteriorated nerve tissue over time.

Another reason for physiological impotency is an intolerance for milk heated above 100° Fahrenheit (pasteurization is about 160° Fahrenheit). If a person suspects that he or she may have a milk intolerance, abstaining from drinking and eating milk products for 2-3 months usually restores potency. Then, for most of those people, drinking and eating only room-temperature or warmer raw milk products will not affect potency as long as unheated honey is eaten with them (for example, up to 2 tablespoons of honey per 1 cup of raw milk or raw plain kefir).

See also pages 123-124. In cases of low sexual hormone production, eating plenty of raw shell fish, like oysters, clams, scallops, and urchin with other raw fats often increases hormone production and sexual appetite. Another aphrodisiac is 2 ounces of cold-pressed-below- 96° Fahrenheit peanut oil, 1 raw fertile egg, 1 tablespoon raw carob powder and $\frac{1}{8}$ - $\frac{1}{4}$ teaspoon vanilla extract. Eating enough raw meat and 1 cup unheated honey daily usually sustains erection for an hour or more. Drinking 2 cups of hard peeled cucumbers blended with 2-3 ounces fresh raw coconut cream and 3 ounces of unheated honey usually helps to develop and sustain erections. Adding 1 teaspoon bee pollen to the cucumber/coconut cream mixture strengthens erections for many men but not for others. Experiment and discover for yourself. For some men, raw garlic or red onion is also effective in maintaining erection; for others, garlic has the opposite effect.

INDIGESTION is poor digestion accompanied by a feeling of fullness, discomfort, and any or all of the following symptoms: pain, cramps, heartburn, nausea, belching, flatulence.

Eating a diet of unheated honey with warm or room temperature raw milk for 2-6 weeks quickly aids digestion. If raw milk is problematic, eat a diet of 1 raw egg every 1-1 $\frac{1}{2}$ hours followed with 1 teaspoon raw cream and $\frac{1}{8}$ teaspoon unheated honey for 2-6 weeks, until symptoms

subside. If more fluid is needed, see Dehydration page 253. Someone who does not synthesize enzymes well would be much healthier if she or he would eat a balanced raw-food diet only.

INFANT PROBLEMS: There is a terror among doctors about babies under 1 year old eating honey. One-point-one percent of all babies have been known to react badly to honey, causing a few deaths. However, I was unable to find one scientifically proved infant death that was attributed to honey. Those that claimed honey responsible were mere conclusions from surveys that noted the infant had been fed honey. The cause of death was probably medicinal but the doctors were not going to accept responsibility. I wish doctors would react that way with all of their medications and vaccines because the risks of side effects from pharmaceuticals are astronomical. *See Vaccine Induce Diseases, page 319.*

Since unheated honey is such an energizing and healing food in our fast polluted environments, we would be negligent to deprive our infants of completely unheated honey. If there were any ill reaction to honey in infants, it was probably from heated honeys. A rare infant may have a slight allergy to unheated honey but I have never seen any conclusive evidence of an ill reaction from unheated honey in over 120 infants. To test this without risk, I have put 1 drop of honey in 3 ounces of raw milk or good mineral water. In only one instance, a baby cried continuously for 15 minutes. I tried the 1-drop-of-honey test in a week and there was no ill reaction.

Colic: When an infant enters this world he or she does so as a raw-food eater. The mother's blood has not been cooked or sterilized even though the mother may have been eating cooked foods. However, babies always developed better when drinking raw cow or raw goat milk because those animals ate only raw food. When a baby had colic and continuous diarrhea for 36 hours with raw cow or goat milk, blending 2 tablespoons unsalted raw butter and ½-1 teaspoon unheated honey into every cup of warm raw milk usually corrected colic. Sometimes, blending ¼ teaspoon of raw ginger root juice (pressed with a garlic press) with every cup of raw milk helped. If colic persisted even after unsalted raw butter, or unheated honey or raw ginger juice was added, feeding the baby 1 raw fertile egg blended with 2 ounces of

good mineral water nourished the baby. However, the immature protein from eggs does not supply much body-building material. Therefore, after a week of raw eggs and water, raw cow or raw goat milk was tried again.

Diaper Rash: Applying a little of the mixture of ½ cup good mineral water and 1 tablespoon unheated honey has usually promoted healing. When rashes had persisted, applying salves for rash usually relieved discomfort immediately (see Rash, page 306). Getting a little direct sunshine discourages the yeast involved in diaper rash. Letting baby's skin breathe without a diaper as often as possible also discourages yeast.

Diarrhea: Feeding 2-3 tablespoons unripe banana blended with 2-3 ounces raw plain kefir or raw milk stops diarrhea and replaces nutrients lost as a result of diarrhea. If raw plain kefir or raw milk is not available, replace the kefir with good mineral water. Do not feed apples in any form to a baby suffering diarrhea because apples overstimulate adrenaline production, which often causes diarrhea in infants.

Fever: It has been my experience that fevers below 104.5° Fahrenheit are important to healing and do not result in brain damage when babies are eating a raw-food diet; that is, mother's or raw cow or raw goat milk. Feeding a blend of 2 ounces fresh raw celery juice, 1 ounce fresh raw carrot juice, 1 ounce fresh raw tomato puree and 1 raw egg keeps fever at a comfortable temperature without danger. Feeding that drink slightly chilled or applying moist cool compresses (not cold) to the forehead reduces fever in the head if fever reaches 104-105° Fahrenheit.

Hiccups: *See Hiccups*, page 272.

Teething: Feeding ½ teaspoon of the butter/honey mixture every 20-30 minutes during obvious gum pain eliminates or reduces pain to bearable. Drinking a blended mixture of 1 cup raw milk and ½ teaspoon bee pollen, or ½ cup raw milk, ½ cup raw carrot juice and ½ teaspoon bee pollen has relieved teething pain. Gently rubbing unheated-above-96° Fahrenheit fermented coconut oil or peanut oil on the gums soothes them. *See Pain* page 297

INFERTILITY is the inability to produce offspring. If a woman's reproductive organs are properly formed, infertility generally results from poor mucus production in the ovaries and uterus. The mucus or its fiber is too sparse, or too thin, or too short, or weak. Fertility clinics are usually unnecessary. Spermicides, lubricants, birth control pills and chemical douches absorbed into the uterine walls cause poor mucus formation and/or production, and damage ovaries and ovum quality and production. An unheated-above-96° Fahrenheit fermented coconut oil is the best lubricant that will not cause side effects.

Drinking 2 smoothies daily, 5 days weekly for 6 months, or 1 smoothie daily, 5 days weekly for up to 2 years, along with a healthy raw diet that includes raw meat, corrects the mucus formation and ovum problems. Foods and substances to avoid that interfere with mucus and ovum productions and quality are: coffee (including decaffeinated), caffeine, aspirin, sodas, teas, horseradish and mustard. Caffeine also disturbs the spermatozoa's swim. *See Eggs*, page 184.

Occasionally, simply douching with a raw fertile egg at fertility time will suffice. If the mucus quality remains insufficient during pregnancy, miscarriage may result.

I have had clients who had not been able to get pregnant for up to 16 years. They became impregnated after two years or less on a healthy raw diet that included raw meat.

INFLUENZA (FLU): This is mainly a viral detoxification of the respiratory, intestinal and/or lymphatic systems, like cleaning the carbon from a car's engine. Influenza flushes the body of many accessible stored toxins and allows for a fresher, cleaner-running body. Rejoice and see them through. Increased vitality follows if flu are not stopped with drugs and a healthful diet is eaten that helps the flu process.

Viruses are not living organisms. They are solvents manufactured within cells. They do not self-replicate as believed. Viruses are body soaps. They cleanse contaminated cells, or parts of cells, from the body. When damaged, decaying or dead cells are so polluted that microbes, such as bacteria, parasites and fungi, cannot eat and eliminate the contaminated damaged, decaying or dead tissue, cells manufacture viruses (solvents) to dissolve and dilute the chemically contaminated

waste for elimination through mucous membranes, skin, tear ducts, ear wax, gums and tongue.

I reiterate, when damaged, decaying and dead cells are too toxic from chemical pollution (from shampoos, cosmetics, medication, preservatives and pesticides in food, processed foods, and pollution of water, air and land), bacteria and fungi cannot survive to eat and discard those contaminated damaged, decaying and dead cells. The body almost exclusively uses viruses (solvents) to dissolve, and hopefully neutralize and eliminate those contaminated damaged, decaying and dead cells. Science knows that viruses are NOT living organisms. They cannot reproduce so, the belief that they self-replicate is preposterous. Cells manufacture viruses. Viruses are solvents. Saying that viruses self-replicate is the same as saying soap self-replicates.

Eating plenty of smoothies all day long for as long as flu endures facilitates that detoxification process. *See* Smoothies, page 200.

Stomach flu: Drinking plenty of naturally carbonated water with plenty of unheated honey for a day or so allows the stomach and intestines to cleanse. Then drinking plenty of smoothies, such as eggs blended with unripe banana, facilitates the detoxification and elimination processes.

INSECT BITES: Applying raw fresh raw lime juice helps dissolve and neutralize insect's saliva. Applying a mixture of ½ teaspoon powdered sun-dried clay, 1½ tablespoons of water and 1 drop of stone-pressed olive oil, attracts and absorbs poisons and soothes the area. Or, if fresh raw corn on the cob is available, simply chew some and apply it to the bitten area. If the bitten area continues to swell, make a poultice with 1 tablespoon corn starch, 2 teaspoons good mineral water, 1 pinch of powdered mustard, 2 drops stone-pressed olive oil and ½ pinch of fresh self-grated nutmeg.

If it is a poisonous bite, apply a poultice made of 1 teaspoon fresh shredded and minced beet, 1½ teaspoon fresh raw lime juice and ½ teaspoon powdered sun-dried clay.

Another poisonous bite poultice is: 1 teaspoon normally cooked moist coffee grounds, 1 teaspoon fresh raw lime juice and ¼ teaspoon powdered sun-dried clay. (I never suggest that anyone drink coffee of any sort, but topically it works for poisonous bites in an emergency.)

INSOMNIA is the inability to sleep soundly characterized by frequent waking and restlessness.

For those who had raw milk available, slowly drinking a blended mixture of 1 cup warm raw milk and 1-3 tablespoons unheated honey immediately before bedtime relaxed them for the night. For those who did not have fresh raw dairy, a smoothie made with 2-3 raw eggs, ½ to 1 whole unripe raw unripe banana and as much unheated honey as desired usually took them through the night. If bananas were not appealing, another fresh unripe raw fruit mixed with 3-4 tablespoons unheated honey worked. (Do not make a smoothie with berries or apple. Berries mixed with raw egg often causes drugs and toxic minerals to detoxify from glands, and apple excites adrenals. Either combination may interfere with sleep.)

For people who felt wired, eating raw fish a few hours before bedtime, and then drinking one of the suggestions in the paragraph above near bedtime got them through the night.

Another choice was a piece of toast with plenty of raw jam made of equal parts fresh raw berries and unheated honey. (Berries, especially raspberries, eaten with the Nut Formula made without egg, or eaten with unheated honey and toast supplies minerals that relax the body, and do not cause detoxification as berries do when eaten with egg or coconut cream.)

INTESTINAL CRAMPS: Eating ½ an avocado with ½ a papaya usually stopped cramping within 20 minutes. Eating honey/butter mixture (1 part honey to 4 parts butter) often throughout the day soothes the intestines. Eating raw custard once daily improves digestion and intestinal ease. *See* custard recipe page 56, footnote. *See* Colitis, page 249.

INTESTINAL INFECTION (a detoxification) is characterized by abdominal swelling and discomfort, poor digestion, flatulence, cramps, diarrhea and sometimes headache.

Eating 1-2 smoothies made with ½ raw unripe banana and 1-3 raw eggs, 1 tablespoon unheated honey and, when available, 2-4 tablespoons raw cream daily, and 2 raw custards daily soothes and heals the intestines during infection. Avoid any whole vegetables,

lettuce, spinach, carrots, parsley, etc., until several days after the intestinal discomfort has subsided. However, drinking the raw juice of predominantly low-carbohydrate vegetables such as celery and parsley promotes a healthier intestinal environment, but not in children under 15 years of age. *See* also Peritonitis for the tomato drink, page 36-43.

ITCHY SKIN: This is a condition usually caused by high adrenaline, drugs (medical or recreational), pesticides, preservatives and condiment salt including sea salt (Celtic or other). The excess adrenaline, salt and chemicals utilize all available fats, or fats are not available because they are not eaten, or fats are not digested, assimilated or utilized properly and leave the skin dry. As toxins leave through the skin, they cause excessive dryness that results in itchy skin and sometimes hives.

Eating plenty of raw fat gradually lubricates the skin. Topically, blend $\frac{1}{4}$ cup of good mineral water, 1 small tomato, or $\frac{1}{4}$ cup of melon with 1 tablespoon unsalted raw butter, unheated-above-96° Fahrenheit fermented coconut oil or 1 tablespoon stone-pressed olive oil. So that the oils are properly homogenized, blend until ingredients are warm to the touch. Pouring this mixture into a hot bath - no hotter than the body is comfortable in - and soaking for 15-30 minutes usually bring immediate relief.

If suffering with hives, pour into a not-too-hot bath the mixture of tomato or melon blended with butter, coconut or olive oil (recipe given above), then add $\frac{1}{2}$ cup sun-dried clay or corn starch, and soak in the bath for 20 minutes. That will draw the toxicity from the skin as well as soothe it. The warmth of the bath increases circulation and hydrates the skin which is usually dehydrated from excess adrenaline or drugs, pesticides and preservatives. *See* Baths/Sauna/Steam, page 326.

Some people would be relieved of itchy skin simply by pouring $\frac{1}{3}$ cup raw unpasteurized apple cider vinegar into a hot bath and soaking for 15-30 minutes. To lubricate the skin, add 3-4 tablespoons of raw coconut cream to the bath water.

For people with overactive adrenals (hyperactivity), eating a Nut Formula (page 194) usually resolves itchy skin caused by excess adrenaline. Or a less healthy alternative that works is eating a combination 1-2 pieces of toast, a jam (made by blending 4 ounces raw fresh fruit with 2 tablespoons unheated honey and 2-4 nonsteamed

dates) and a fat (½-1 avocado, or 4-8 tablespoons unsalted raw butter, or 4-6 tablespoons coconut cream).

JAUNDICE usually results from liver contamination, exhaustion and malfunction from pasteurized dairy, most medication and chemicals. Sometimes kidney dysfunction causes jaundice, and sometimes the inability to digest cooked lactate (the milk sugar in pasteurized milk) is responsible. Undigested lactate strains the liver. The same applies to carbohydrates in grains, such as rice, that cannot be completely digested or assimilated, and collect in the liver and kidneys.

Avoid medication, chemicals, including foods grown with pesticides and herbicides, food treated with additives and preservatives, and avoid drinking any milk that has been heated above 100° Fahrenheit for the rest of your life. Avoid drinking raw milk for 3-7 days while the liver gets cleansed and alkalized. Drinking ½ cup of raw fresh carrot juice, preferably with 2 tablespoons raw coconut cream or raw dairy cream the first thing every morning for 3 weeks supplies the liver and blood with missing nutrients during this disorder. *See* the foods suggested in Alkalizing food, page 178.

KIDNEY INFECTION (a detoxification) is characterized by pain originating in the middle back that reaches around to the lower abdominal area, frequent urination, sometimes blood or pus in the urine, nausea, and vomit.

Throughout each day of infection, drinking a large glass of good mineral water with 3 tablespoons fresh raw lime juice and beet or ½ cup raw fresh vegetable juices (that includes 1 ounce beet juice) with 3 ounces of good mineral water ½ hour before eating has nurtured and soothed the kidneys. (The juice and water were mixed or drunk separately.) Raw lime and beet juices and fresh raw corn on the cob regulate bacteria levels so that infection does not become excessive. If there is blood in the urine, it is best to stay off the feet and remain sedentary.

KIDNEY STONES are crystallized cooked vegetable-fat resins and crystallized hydrogenated fats and oils, and mineral salts that collect and form into clusters and clumps in the kidneys. I have had many kidney stones analyzed. Most were composed of food additives such as

flavor and fragrance oils. Many were composed of crystallized oils from syrups and candies.

Most stones are formed during sleep. Kidney stones cause pain originating in the middle back that reaches around to the lower abdominal area, increased urination that sometimes contains blood or pus, sometimes sharp pains in the kidneys, and nausea and vomiting.

Two to three hours before sleep, abstaining from solid food and drinking a mixture of 1 cup warm raw milk with 4 tablespoons raw cream and 2 tablespoons unheated honey relaxes kidneys during sleep. Drinking a blended mixture of ½ cup raw unripe pineapple, 1 tablespoon raw unpasteurized apple cider vinegar, 3 tablespoons fresh raw lemon juice and 4-6 tablespoons raw coconut cream helps gradually dissolve kidney stones. Or 6-8 tablespoons of fresh raw lemon or lime juice mixed with 6 tablespoons fresh raw beet juice, 2 ounces fresh raw carrot juice and 4-6 tablespoons raw coconut cream 2-3 hours before sleep gradually dissolves kidney stones. Eating at least ½ cup of raw fat (for instance, avocado or unsalted raw butter) daily usually prevents large kidney stones.

When stones are being dissolved, there may be some discomfort. Drinking plenty of raw milk to which you have added 4-6 tablespoons raw cream and 2 tablespoons unheated honey per 28 ounces of raw milk, and staying in bed for 1-2 days allows the body to use all of its accessible nutrients and energies for dissolving stones, making the process easier.

KWASHIORKOR is another severe form of malnutrition. It occurs in people who live primarily on starches and sugars, especially cooked.

Symptoms: diarrhea, edema, loss of appetite, nervous irritability, poor skin and hair conditions; and in children, the symptoms are retarded mental and physical growth.

Eating a balanced raw diet with plenty of raw fish and/or raw fowl for 3-6 months settles that condition. *See* the book *The Recipe For Living Without Disease*, Chapter 12. If after 6 months (when the protein levels are built-up or restored) lethargy continues, eating red meat, like beef, corrects the problem (anemia).

LICE: There are several ways of dealing with these little creatures. It is difficult to ascertain which will work for whom. Use your instincts and intuition.

Vigorously oiling the body, especially the hairy areas, with a mixture of 1 tablespoon raw apple cider vinegar with 4 tablespoons unheated-above-below-96° Fahrenheit fermented coconut oil or stone-pressed olive oil or cold-pressed-below-96° Fahrenheit flax oil, and leaving it on thickly for several hours and then wiping excess (without washing) and leaving it on for twenty-four hours smothers lice and retards the eggs from hatching. (Clothes and bed sheets might get stained.) After twenty-four hours, slicing the oily part of the rind of a lime, eliminating the white pulp, and juicing or blending the rind with the meat of the lime, and then rubbing the oily lime juice over the entire body, vigorously over hairy areas, removes lice and eggs.

In case the oil and lime don't work, simply applying urine three times daily without washing at all for twenty-four hours gets rid of lice and eggs easily. (The odor can be endured.)

The standard chemical attack of poisoning the skin along with the lice may be easier for some people but I certainly do not recommend it. If you use a chemical to rid lice, after use, rinse with a mixture of ½ cup raw unpasteurized apple cider vinegar and 4 cups water to remove the loose chemical. Then whip 2-3 raw eggs and vigorously rub the eggs into the skin and let them remain on the skin for 20-40 minutes; the eggs will absorb some of the chemical poison that has penetrated the skin. Rinse again with the mixture of apple cider vinegar and water. Then apply unheated-above-96° Fahrenheit fermented coconut oil or stone-pressed olive oil to help soothe chemically poisoned and burned skin.

LYME DISEASE seems to be another smokescreen to blame nature for disease that is actually created by accumulated toxicity from medical and industrial chemicals, and poor diets. There are only conflicting reports and far-fetched stretches of scientific fantasy that support claims that Lyme Disease exists and comes from ticks. The debilitating symptoms that are attributed to Lyme Disease are common symptoms of severe toxicity. Since the medical community is unwilling to acknowledge that medicine and industry cause most diseases, they search for any relationship between us and other creatures. If they find

anything similar, they vigorously attempt to blame that for a disease that they have no success identifying, labeling and treating.

Many desperate people believe the medical community's weak explanations of the varied tests for and symptoms of Lyme Disease and accept poisonous medication. I have observed approximately 14 people who were medically diagnosed with Lyme Disease and adhered to the Primal Diet. All of them reversed their symptoms within 2½ years. Most felt much better within 3 months on the balanced Primal Diet. *See* the book *The Recipe For Living Without Disease*, Chapter 12 for balanced diet.

If you truly have an allergy to the saliva of a tick, following the recommendations for bites would help. Also, blend a mixture of 10 ounces of lime juice, 10 ounces unheated honey and 3½ ounces of raw cream or never-heated-above-96° Fahrenheit fermented coconut oil or stone-pressed olive oil. Drinking 4 ounces at a time every 3-4 hours daily for 10 days usually resolves any allergy to insect fluids.

LIVER PROBLEMS: Alcohol, caffeine, chocolate, sodas, coffees and teas complicate liver problems and should not be consumed.

Eating ½ pound nonsteamed dates with 12 tablespoons unsalted raw butter or with 1 cup raw cream or with 9 tablespoons never-heated-above-96° Fahrenheit fermented coconut oil or stone-pressed olive oil each day until problems cease, helps the liver work easier. (Dates and oil can be eaten together or at separate times.) Then eating plenty of unheated honey with everything, and in between, supplies the liver with plenty of enzymes for its work. Eating 10-15 raw tomatoes for 1-2 days weekly alkalizes the liver. Normally, eating a balanced raw diet with plenty of raw meat over many years rebuilds the liver.

When feeling nauseous, it is helpful to eat 1-2 teaspoons of no-salt-added raw unheated cheese with an equal quantity of fat, especially unsalted raw butter every 2-3 hours.

See suggestions for Cirrhosis of the Liver, page 248, and Hepatitis, page 271.

LOW BLOOD SUGAR: *See* Hypoglycemia, page 274.

LYMPHATIC CONGESTION is caused by toxicity accumulated in the lymphatic system, especially glands and nodes. The lymph system feeds every cell in the body except red and white blood cells. Additionally, the lymphatic system is responsible for neutralizing toxins, reducing toxins to smaller substances and eliminating them through tear ducts, ears (wax), mucous membranes, bowels, vagina, urinary tract and especially skin. Reversing lymphatic congestion takes time.

Symptoms: muscle and/or bone soreness, skin problems including psoriasis and eczema, chronic fatigue and chemical sensitivity.

From laboratory analysis, I observed that much lymphatic congestion results from chemicals such as medications, preservatives, pesticides and herbicides, in combination with hydrogenated oils such as margarine, soy, flavoring additives, safflower oils, and peanut butter. Those oils and combinations harden over time (5-20 years) and are not fluid at body temperature. Eating a balanced Primal Diet is important for slowly reversing lymphatic congestion (*see* the book *The Recipe For Living Without Disease*, Chapter 12).

To help our bodies melt and dissolve hardened lymphatic congestion, I suggest taking 1-1½ hours hot baths every 3-4 days. Drinking the following blended mixture immediately upon entering a hot [102° F (39° C) to 105° F (41° C)] bath helps prevent the melted lymphatic congestion from hardening as much when the body temperature later normalizes: ¼-1 cup of unripe pineapple, 3-6 tablespoons coconut cream, 1-3 tablespoons unsalted raw butter, and 1-2 tablespoons raw dairy cream. Measured ingredients should be equal for suggested amounts, that is, for a person who is 4'-4'6" tall, the smallest amounts of each ingredient to be blended are ¼ cup pineapple, 3 tablespoons coconut cream, 1 tablespoon butter, and 1 tablespoon cream. A person who is 4'6"-5'2" tall should blend ½ cup pineapple, 3 tablespoons coconut cream, 1 tablespoon butter, and 1 tablespoon cream. A person who is 5'3"-5'9" tall should blend ⅔ cup pineapple, 4 tablespoons coconut cream, 1½ tablespoons butter, and 1½ tablespoons cream. A person who is 5'10"-6'2" tall should blend about ¾ cup pineapple, 6 tablespoons coconut cream, 2 tablespoons butter, and 2 tablespoons cream. A person who is 6'3"-6'10" tall should blend 1 cup pineapple, 6 tablespoons coconut cream, 3 tablespoons butter, and 2 tablespoons

cream. After the bath, the bather will be weak. The bather should leave the bath slowly, and sit to dry. Then bundle in very warm natural clothing and take a 30-45-minute easy walk.

Standard lymphatic massages that are offered by alternative practitioners are brutal, causing internal lacerations, and dried and hardened lymphatic networks to break and leak into connective tissue. The best lymphatic massage is to touch the skin so lightly that it almost tickles, causing great neuro-stimulation between the brain and whole body that stimulates and relaxes all circulatory systems.

MALNUTRITION: Practically everyone is suffering to some extent from eating cooked and processed foods and pollution. Eating a raw diet of fresh fruit with plenty of raw fat, raw vegetable juices, and raw meat strengthens the body. See the book *The Recipe For Living Without Disease*, Chapter 12.

MEASLES are viral infections that detoxify the lymph system and strengthen the whole body. Measles should be allowed to run their course.

Common measles: Early symptoms are fever, cough and eye inflammation. Within 48 hours, red spots appear on the cheeks. Within 5 days from the early symptoms, a rash forms that usually starts on the neck and spreads to the rest of the body. Fever declines as the rash spreads.

To prevent any damage to organs and cells during measles, it is important to drink good mineral waters with fresh raw lemon juice. Drinking smoothies made of raw eggs blended with fresh raw fruit and unheated honey and, if available, raw milk helps to speed this detoxification. After measles have run their course, eating plenty of fresh raw tomatoes soothes and relaxes membranes. Eating a balanced raw diet with plenty of raw fat and raw meat feeds, rebuilds and strengthens the lymph.

German measles (this is the milder of the measles detoxifications): Symptoms may include fever, headache, stiff joints, and a rash that lasts about three days appearing on arms, chest and forehead. German measles is a thyroid detoxification that causes localized lymph glands to detoxify simultaneously.

Making a poultice of 3 tablespoons powdered sun-dried clay mixed with 2 ounces good mineral water and applying it to the entire neck, especially the thyroid area, for 35 minutes supplies minerals to facilitate detoxification. It is best to rap a damp cloth around the neck to keep the clay pack moist. *See Clay, page 181.*

Drinking raw milk helps this condition best. However, if raw milk is not available, drinking smoothies made of raw eggs blended with raw unripe banana and unheated honey speeds this detoxification. After this detoxification has run its course, eating plenty of fresh raw tomatoes soothes and relaxes membranes. Eating a balanced raw diet with plenty of raw fat and raw meat feeds, rebuilds and strengthens the lymph.

MEMORY LOSS AND OTHER SIMPLE MENTAL MALFUNCTIONS: Drinking fresh raw carrot juice or other fresh raw vegetable juices with raw milk, if available, daily, restores mental functions. Drinking fresh raw ginger root blended in raw juices or grated and eaten with other foods helps to stimulate mental functions. Drinking fresh raw asparagus juice with other vegetable juices helps mental functions. A lot of memory problems result from concentrations of accumulated toxins, especially aluminum from vaccines, cooking utensils, canned food and drinks, and packaging, including aluminum foil. Eating ½-1 cup organic raspberries blended with 4-6 tablespoons raw coconut cream, 1 tablespoon unsalted raw butter, 1½ tablespoons raw dairy cream and 1 tablespoon unheated honey helps remove aluminum from the body. Adding ½ teaspoon clay to that drink increases its effectiveness. If you do not like the taste with clay added to it, you could put the clay in your mouth and wash it down with the raspberry drink. *See Clay page 181.*

See Hypoglycemia, page 274.

MENIÈRE'S SYNDROME is a disease of the labyrinth of the ear characterized by recurrent deafness, ringing in the ear, dizziness, nausea and vomiting. It is chiefly caused by lack of enzyme-mutations for assimilating and utilizing minerals in cooked and processed foods.

Eating plenty of full-fat raw milk, no-salt-added raw cheeses and raw meat heal this mineral imbalance in time. *See Mineral Deficiency, page 291.*

MENINGITIS is a detoxification of the two inner coatings of the brain (cerebral), or spinal cord (spinal), more commonly occurring in children. Meningitis detoxifications are either bacterial or viral, and are mainly caused by metal toxicity that settled in the brain or spinal cord. Often, they are caused by the mercury, aluminum and formaldehyde in vaccines. The reason so many children develop meningitis is because they receive vaccines that damage nerve and brain cells.

Symptoms: fluctuating high fever, chills, headache, stiff neck, nausea, vomiting, drowsiness, sometimes pneumonia-like symptoms and temporary excruciatingly crippling pain in back and/or legs, and rarely coma.

Eating ½ cup unheated honey in good mineral water every hour for 8 hours has eased congestion. Then eating 4-6 tablespoons of Pain formula every 2-3 hours remarkably eases pain. Eating a little alkalizing food and raw meat, especially fish, every 2-3 hours (between Pain Formulas) has healed the membranes. *See* Alkalizing Food, page 178. *See* Pain, page 297 for recipe, and Pain Formula in the book *The Recipe For Living Without Disease*, Chapter 15.

MENOPAUSE is the cessation of the menstrual cycle. There is so much psychological baggage with this change (for instance, women fear loss of hormones, youth and sexual appeal), but the only natural loss in this life cycle is the ability to have children.

As long as a woman can digest properly, if she eats a predominantly raw diet with full-fat raw milk (when available), 2-4 raw eggs, raw meat twice daily, and no-salt-added raw cheese, her body will continue to produce hormones and keep her glands and organs from drying. Eating fresh raw peppermint leaves or fresh raw cucumber (or the fresh raw juice of both) soothes, relaxes, helps digestion, and rids her of the bloated feeling. Eating raw melons, including unripe banana, eases the ill side effects of hormonal changes. If available, drinking 1-2 cups of raw yam juice with 3 tablespoons raw coconut cream with each cup of yam juice once every 3-8 days ensures hormonal production that balances mineral levels after menopause. Yam juice should be consumed within 1 hour after juicing.

For some women, having sex is beneficial because it flushes hormones and expedites the hormonal changes of menopause (not

hormonal cessation). If lacking a sex partner during this cycle, self-sex is helpful for some people. Although a woman may have completed menopause, she may occasionally experience menstruation. That is a healthy function where the body cleanses those tissues.

MENSTRUAL CRAMPS are abdominal muscle contractions that sometimes accompany menstruation, and are usually painful. These cramps are directly related to a lack of utilizable proteins in the blood. Either a sufferer is not eating enough meat or she doesn't digest, assimilate, or utilize cooked meat.

Eating at least 5 raw mushrooms daily for 5 days before menstrual onset with a raw green salad, and eating raw red meat, like tuna, beef, or lamb, usually prevents these cramps. (Raw mushrooms contain enzymes that facilitate protein utilization.) *See* Premenstrual Syndrome, page 304. Drinking the blended mixture of raw milk and bee pollen, or raw carrot juice and bee pollen relieves pain. *See* Pain, page 297. For another Pain Formula, *see* the book *The Recipe For Living Without Disease*, Chapter 15.

MENSTRUATION, LATE: Drinking 1 cup of fresh raw beet juice with 2 tablespoons unheated honey helps bring on and regulate menstruation unless you are pregnant; or eating grated fresh raw ginger root or fresh raw horseradish root with other foods usually brings on and regulates menstruation.

MENTAL ILLNESS is a condition in which a person has tremendous difficulty dealing "rationally" with problems and stress. Although the problems may be normal, the emotionally challenged individual is overwhelmed by them. Some people react antisocially. That usually occurs in very sensitive, overly criticized individuals who are in constant fear of making disastrous decisions. I have found that the resultant stress overtaxes the nervous and glandular systems. Neural and glandular irritation and exhaustion result in actual physiological imbalances, such as: hypoglycemia, diabetes, thinning of neural membranes, and thyroid malfunction. Unless physical health is restored, psychotherapy of any kind is not likely to be complete or long-lasting.

Eating a raw diet that includes some cooked starch with plenty of raw

fat and some raw unripe fruit 1-2 times daily helps balance hormonal levels. Eating plenty of raw fat, including no-salt-added raw cheese and raw cream (when available), and meat, especially fish, gradually restores health to glands and nerves.

A fun deficiency is also the cause. If you are not having enough fun you are probably criticizing yourself and others. Be a cheerleader for yourself. Trust and encourage yourself and others in whatever is right for each of you as individuals. Although education and science try to formulate everything and everybody, no two people will ever think or act alike, or have the same tastes. Just as two flowers on the same stem are different, both are beautiful and right. Only machines that have no choice follow formulas. If you try to validate yourself by comparing yourself to other people's thinking and talents, you will always be confused and insecure. When you have a taste (a need) for strawberries and someone else has a taste (a need) for oranges, each of you is right for yourself.

Listening to one's self, discovering one's likes and dislikes, and trusting one's choices based on those likes and dislikes are important to liking yourself. Finding an appealing creative outlet, not comparing one's creativity to anyone else's, and pursuing that creative outlet help build self-esteem. *See* Depression, page 254, and Awareness, page 325. *See* the book *The Recipe For Living Without Disease*, Chapters 12 and 15.

MIGRAINES: *See* Headaches, Migraines, page 268.

MINERAL DEFICIENCY is the lack of minerals needed to provide for proper body development and/or functions.

Symptoms: very warped and grooved nails, chapped lips, reserved attitude toward people, and lots of fecal matter produced because food doesn't digest well.

For several days weekly, drinking ¼ teaspoon clay with a little mineral water, usually corrects mineral deficiencies. Most people have benefited best by drinking this in the mornings. Although fresh raw juices, especially vegetable, are high in minerals, the body uses most of those vitamin-coupled minerals in solution to transport glucose to the brain and bind with toxins. Therefore, drinking clay in water, rather than in juices, works best.

Some people need to eat several fertile raw eggs with good mineral water to correct this deficiency. Drinking two eggs and chasing them with mineral water may be an easier way of taking this combination. Another way would be to blend and drink a combination of 2-3 fertile raw eggs with ½ cup good mineral water, juice of ½ fresh raw lemon, 1-2 tablespoons unheated honey and 1 teaspoon clay. *See Clay, page 181.*

Some people need to eat fresh raw celery too, to correct this imbalance. Whole celery, not just the juice, should be eaten. Eating no-salt-added raw cheeses also supplies needed concentrations of minerals.

MISCARRIAGE: To stop bleeds or hemorrhage, *see Hemorrhage, page 270.*

Eating eggs, even when raw, more than 5 days in succession sometimes causes uterine mucus to thin, becoming watery, and increases the possibility of miscarriage. However, eating raw eggs (as in milk shakes and smoothies) for 5 days, then not eating eggs for 2 days, and repeating this cycle helps build and sustain the strong stable mucus needed to maintain pregnancy. Eating a balanced raw diet helps support stable pregnancy. *See the book The Recipe For Living Without Disease, Chapter 12.*

Too much horseradish may cause mucus to thin and should not be eaten too frequently by women prone to miscarriage, unless they crave it.

Sexual intercourse with orgasm during the eighth month often makes the blood too rich in hormones for the fetus to properly establish brain functions. Sometimes this results in miscarriage. Kissing and petting without orgasm are good. (It might be a sensitive gesture for the man to refrain from having orgasm also.)

Moldy foods and moldy environments can cause miscarriage.

Women who are prone to miscarriage can maintain pregnancy better by remaining flat on their backs as much as possible. Doing Hatha yoga stretch exercises (except for the Sun-salutation) stimulates circulation and tone while being sedentary.

MONONUCLEOSIS often coincides with depressed states of being. Finding a creative outlet, or doing something that is enjoyable everyday, enriches life. Food-poisoning is often misdiagnosed as

mononucleosis because the maladies sometimes produce similar virus.

Eating plenty of raw meat helps correct this mineral-imbalance-related virus, that is, detoxification. Drinking raw milk, when available, at the same meal with raw meat helps mineral absorption.

Avoid smoking for the rest of life and try to avoid smoky places. Smoking is especially harmful for people who have had this detoxification. The best healing results are achieved by not exercising for a 5-weeks period during mononucleosis, and afterward exercise plenty.

MOTION SICKNESS is intense nausea caused by involuntary constant fluctuations of the fluids in the inner ear, as experienced in the motion of an airplane, boat or car.

Drinking a blend of 6 ounces warm good mineral water, the fresh juice of a whole lemon and 2 tablespoons unheated honey every 1-2 hours helps relax this condition. Deep slow breathing also helps. Applying gentle pressure to the insides of the wrists gives immediate relief. You may have to continue the pressure for awhile.

MULTIPLE SCLEROSIS is a disease that deteriorates the protective coating of the nerves in the brain and spinal cord, causing scars or lesions and hardening of the affected nerves. This is similar to ALD which occurs in children, but multiple sclerosis usually develops more gradually in adults between the ages of 25 and 40. It is chiefly caused by metal- and chemical-toxicity, and by lack of enzyme-mutations for digesting, assimilating and utilizing cooked and processed green and red foods.

Symptoms include bowel and bladder problems, dizziness, loss of balance and coordination, emotional, visual and speech disturbances, and paralysis.

Avoiding cooked and processed green and red foods, and eating plenty of raw fats, like raw cream, full-fat raw milk, no-salt-added raw cheeses, 4 tablespoons of stone-pressed olive oil with each of 4 meat meals weekly, and at least ½ avocado daily, eventually stops the progression of multiple sclerosis. Eating fresh raw fish, antibiotic-free and hormone-free raw poultry, raw red meat, and raw eggs provides the body with the nutrients it needs to regenerate nerves and myelin tissue. Physical activity is important to dissolve scar-blocked circulation to

nerves. Eating ½-1 cup cucumber with 4-6 tablespoons raw coconut cream and 1 tablespoon unheated honey helps dissolve hardened nerve cells.

Drinking 2 cups of naturally sparkling mineral water daily for 5-10 days restores the electrolyte balance and oxygen level, and reduces adrenaline production that often deteriorates myelin.

MUSCLE CRAMP (“Charley Horse”) is a muscle contraction, or spasm, that is most often painful. Arch your foot or hand backward while gently rubbing your leg or arm. There are a variety of deficiencies that cause cramps, but usually cramps occur when there are high concentrations of uric acid in the muscle accompanied with low blood fat or sugar or mineral levels. Eating concentrated carbohydrate foods without fat can cause cramps in hand, legs and feet.

Eating a combination of fresh raw unripe fruit (especially banana or pineapple or melon or tomato), raw fat, unheated honey and no-salt-added raw cheese quickly alleviates cramps. Or drinking 6-8 ounces of raw milk blended with 2 ounces bee pollen, or fresh raw juice blended with 2 ounces bee pollen or good mineral water blended with 3 tablespoons grated fresh raw ginger root quickly alleviates cramps. *See* Clay, page 181. Simply drinking ½-1 cup raw cream eases a cramp.

MUSCULAR DYSTROPHY is a condition chiefly caused by the lack of enzyme-mutations for eating cooked meat and cooked proteins, resulting in atrophy. Antibiotics and vaccines often cause loss of enzyme-mutations or the inability to produce enzyme-mutations.

Physical therapy in conjunction with hot baths and a diet consisting of plenty of raw eggs, raw meat (including raw fish), raw milk before sleep, and at least ½ cup unheated honey daily has stopped and often reversed degeneration. Drinking raw milk, when available, along with eating raw meat (including raw fish) has helped mineral absorption in this disease. Eating ½ unripe banana with 4-6 tablespoons raw coconut cream and 1½ tablespoons unheated honey helps dissolve hardened muscle cells. Getting as much sunlight as possible without sunblocks (lotions) and without sun glasses speeds the healing processes. *See* Fresh Air and Sunshine, page 334.

MUSCLE SORENESS usually results from uric acid concentrations in muscles from lack of enough utilizable blood and lymph nutrients, especially enzymes, fat, minerals and fruit sugar.

Taking long hot baths, and eating plenty of raw fish with raw avocado, and eating raw unripe bananas and melons relieve muscle soreness.

NAIL BITING is caused by mineral deficiencies or severe mineral imbalance. A person eats finger and/or toenails, instinctively, to recycle minerals in the nails. Eating any or all of the following usually corrects this mineral deficiency within 3 months: no-salt-added raw cheeses with an equal quantity of fat, especially unsalted raw butter, fresh raw ocean fish (including scallops, oysters or clams), whole raw milk, and, occasionally, ¼ teaspoon of clay. *See Clay, page 181.*

NAIL PROBLEMS: Avoiding salt most often settles this condition. Salt dries cells and interferes with mineral and fat utilization and the process of building nails. Ridges in the nails mainly result from mineral deficiencies. *See Mineral Deficiency, page 291.*

Drinking fresh raw milk within 2 hours after eating raw meat helps mineral assimilation and utilization, and consequently this condition.

Topically, making a balm of 5 parts unheated-above-96° Fahrenheit fermented coconut oil or stone-pressed olive oil and 1 part unsalted raw butter, when available, and rubbing it into the nails 2-3 times daily is helpful.

NAUSEA is the result of toxins dumping into the stomach to be neutralized or vomited. Drinking ½ cup unheated honey mixed with ¼ cup naturally sparkling mineral water helps ease nausea. The next best remedy is drinking the fresh juice of 1 lemon mixed with 4 tablespoons unheated honey and ¼ cup good mineral water. When experiencing frequent nausea, eating a little no-salt-added raw cheese with an equal quantity of raw fat, especially unsalted raw butter, and a little unheated honey will absorb toxins that dumped into the stomach.

NEURAL PROBLEMS: *See Pain, page 297.*

NIGHT BLINDNESS is distorted vision, including depth perception,

in dark or dim light.

Drinking a blended combination of fresh raw lemon juice, 2-3 raw eggs and 1-3 tablespoons unheated honey alkalizes fluids in the eyeballs. Generally, though, this condition mainly results from low protein levels in the blood. Eating raw red meat gradually improves vision, including depth perception. Drinking raw carrot juice improves the general health of the eyes. Adding a little raw watercress juice to raw carrot juice increases healing of this condition. For better eye health, add 4 tablespoons raw cream or 2 tablespoons unsalted raw butter to 1 cup carrot juice.

OBESITY: *See* Overweight, below.

OVEREATING: *See* Food Addiction, page 264.

OVERWEIGHT: Being fat is not a “bad” condition. Fat storages are protective to all body systems and provide stamina. But if stored fat cannot be utilized, it can be burdensome, as it overtaxes the entire body, causes general exhaustion and may harden, causing build-ups, dryness and blockages.

Low thyroxin production often results from overweight. Overweight often results from the inability to utilize fat, resulting in dry skin and listless hair. *See* the suggestions for Thyroid Problem, page 315.

Overweight often results from the lack of the enzyme-mutations for eating cooked green foods. People who have that enzyme-mutation deficiency often have little white spots on the finger nails or toe nails. *See* If I Lack Enzyme-Mutations, What Foods Should I Avoid?, page 174.

Some people who have excessive insulin production have very watery fat (if slapped, it jiggles like gelatin). The extra water in their fat dilutes the toxicity produced by excessive hormones. Two foods that are especially helpful in reducing watery fat storages are fresh raw lime juice with good mineral water, or fresh raw lemon juice with good mineral water. Raw lemons and limes alkalize the tissues and neutralize volatile substances, reducing the need for edema.

Eating 40% of the daily calories consumed as raw fat supplies the body with healthy fat that gradually cleanses the system of useless fat

or fat that has bound with toxins and stored by the body. *See Fat For Great Health*, page 185, Appendix O, pages 145-150, and Appendix W, page 162.

For people with firm or solid corpulence, eating ½ raw unripe pineapple daily for 2 weeks supplies the liver and pancreas with the enzymes they need to remove hardened fat properly. That regime may cause over-emotionality, so be certain to consume enough raw cheese with unsalted raw butter, raw cream and lots of raw meat. It takes 2 weeks on a raw diet before the liver and pancreas are balanced enough to begin gradually removing hardened-fat storages. Years are required to cleanse those glands of hardened fat. Eating plenty of raw fat ensures that hardened fat will be removed from the body. *See Edema*, page 260.

PAIN: Avoiding salt helps prevent the swelling and pressure on nerves that increase pain. A very effective pain remedy has been a blended mixture of 7-8 ounces full fat raw milk, 2 ounces fresh bee pollen and 1-2 tablespoons unheated honey. Drink 2-4 ounces immediately and refrigerate remainder. Sip 1-2 tablespoons every 20 minutes until pain is gone. Shake each time before drinking. Repeat the entire procedure if pain returns.

General pain will also be alleviated by eating raw butter, or raw eggs, or any other raw fat, especially when combined with unheated honey. Eating eggs is usually necessary during pain for binding with toxins and removing them from the body. Released toxins cause swelling and therefore pain. However, sometimes eating eggs causes more detoxification, which increases or prolongs pain. If pain increases rather than decreases 20 minutes after eating eggs, stop eating eggs until pain has ceased. After pain has stopped, wait 2 days before eating eggs again.

Pain from broken bones: Alex was a seven-year-old boy who completely broke and dislocated both bones in his forearm and experienced a lot of pain. To make his pain tolerable, he ate a golf ball-sized amount of fresh antibiotic-free and hormone-free ground turkey with unheated honey and unsalted raw butter, then waited 2 hours and ate some unripe banana, then waited 2 hours and ate raw turkey, honey and butter again, and 2 hours later he ate banana. He continued eating

like that and within 12 hours, his pain was minimal.

Tooth pain: Eating plenty of fish and avoiding citrus and ripe fruit, avoiding exercise and avoiding strenuous activities speed this detoxification and reduce pain.

However, once when I had an excruciatingly painful toothache, to make the pain tolerable, I ate ½ cup of raw ground beef with honey and butter, waited two hours and ate ½ unripe banana. Like Alex did for broken bones, I alternated those foods continuously for eight hours until the pain subsided. If a person is acidic, eating beef can increase pain rather than alleviate it by raising the adrenaline level and blood pressure. If a person is high in adrenaline (an indication that a person is inclined to be acidic), eating beef may increase pain. Therefore, drinking full-fat raw milk blended with fresh bee pollen, and eating raw fish, butter/honey mix, and no-salt-added raw cheese mitigate pain.

Gum sensitivity is most often the result of low blood protein level accompanied by low blood sugar level. Eating plenty of unheated honey and drinking raw milk with raw meat (or within 2 hours after eating raw meat) mitigate gum pain.

Chest pains around the heart: *See Angina Pectoris*, page 224.

Growing pains are mitigated by drinking plenty of full-fat raw milk, and getting fresh air and sunshine.

Muscular pain: Drinking plenty of full-fat raw milk, unripe bananas, fresh raw unripe pineapple, unripe melon, non-steamed dates and figs, and plenty of raw eggs most often mitigates muscular pain.

Pain caused by fissures in the finger tips: Drinking a quart of raw cream daily for 1-2 weeks, when available, then ½ cup daily until the condition stabilizes, relieves fissures and pain. If raw cream is not available, drinking the juice of fresh whole coconut meat (raw coconut cream) mixed with unheated honey gradually relieves the pain and heals the fissures.

Pain behind the knees is often related to anemia. Eating raw meat mitigates that pain.

Pain in the temples is indicative of toxic blood. Drinking the fresh raw juice of lemons between meals mitigates that pain. *See Headache*, page 268.

Pains in hands and feet are very often from low blood mineral absorption. Consuming plenty of unheated honey with food and in

between eating foods, most often mitigates hand and foot pain. Eating raw fish and no-salt-added raw cheeses with an equal quantity of unsalted raw butter help correct mineral balances. *See* Clay, page 181.

Pain in the eyes and throat is often from a cooked lactose (pasteurized milk) intolerance. Drinking full-fat raw milk mixed with plenty of unheated honey and avoiding raw eggs until pain is gone mitigate those pains. If raw milk is not available, eating raw meat and drinking the fresh raw coconut cream with unheated honey mitigates pain.

Pain from shingles: *See* Shingles, page 310.

General tightness in the body often occurs from deteriorated nerve coatings (myelin). Eating plenty of raw fat, raw fish and as much unheated honey as possible with all food mitigates this pain and gradually restores the myelin.

For a general pain formula that has worked for almost every type of pain, *See* Pain Formula in the book *The Recipe For Living Without Disease*, Chapter 15.

PARANOIA is an exaggerated fear that someone, something, or life in general is going to destroy you. The psychological cause is cynicism. The physiological cause is low blood pressure, caused by allergies to pollutants, including medical or recreational drugs and pollution, and/or poor diet.

Eating the Nut Formula (page 194) or fresh raw garlic with a cooked starch and/or raw meat usually raises blood pressure within minutes and dissolves paranoia within 40 minutes. If drugs are continued, garlic has a limited effect on raising blood pressure and removing paranoia.

PARASITES that live in the body are friendly and should be allowed to run their course. They eat weak, damaged and decaying tissue. Parasites usually occur in individuals lacking enzyme-mutations for eating cooked green and red fruits and vegetables. *See* *If I Lack Enzyme-Mutations, What Foods Should I Avoid?*, page 174. Caffeine causes weakening and decaying of tissue.

If you get too weak during a tape worm detoxification, eating plenty of fresh raw onions with meat usually forces a tapeworm to evacuate with feces. Drinking lime juice usually prevents or minimizes any parasite's ability to reproduce. Avoiding cooked green and cooked red

fruits and vegetables (including caffeine) and eating plenty of fresh raw red, orange and green foods, raw vegetable juices, unheated honey and fresh raw lemon juice cleanse the tissues and stop future need for parasites.

PARKINSON'S DISEASE is the slow destruction of an essential type of nerve cell. Overproduction of adrenaline, accompanied by metal toxicity, is often the major cause. Nerve cells spend too much fat trying to protect themselves from the high adrenaline acidity. Consequently, nerve cells are left deficient and vulnerable to toxins. Compoundedly, adrenaline often leaches fat from nerve cells.

Symptoms: rigidity, cramps and involuntary movements.

Eating a Nut Formula (page 194) or small amounts of cooked starches with plenty of raw fat at least three times daily reduces the high adrenaline that leads to nerve damage. Avoid cooked meats (except cooked chicken once weekly if necessary; *see* page 255-256). For Parkinson's, eating cooked meat creates too many volatile toxins, causing irritation to nerves and glands, dryness and overproduction of adrenaline. Eating plenty of raw meat, especially fresh raw fish and/or raw fowl, allows for healing and regeneration of nerve tissue. Processed sugars very often cause adrenaline and insulin overproduction. Therefore, avoiding cooked and processed sugars is essential in correcting Parkinson's disease.

PELLAGRA is severe malnutrition that is most common among people who mainly eat corn. However, low-grade pellagra is common with all people who have not developed enzyme-mutations for eating cooked or processed greens.

Early symptoms: anxiety, depression, loss of appetite and weight, reddened and swollen tongue, and weakness.

Progressed symptoms: skin changes, severe nerve dysfunction, and diarrhea.

Pellagra can most often be alleviated if the sufferer avoids eating or drinking cooked green foods. *See* *If I Lack Enzyme-Mutations, What Foods Should I Avoid?*, page 174.

Eating fresh raw greens or the juice of raw greens, if desired, helps flush the accumulated resins that are a major factor in this disease.

Eating a raw diet restores health.

PERITONITIS: *See* pages 36-43.

PERNICIOUS ANEMIA is the gradual reduction in the numbers of blood cells because the bone marrow fails to produce mature red blood cells. Pernicious anemia most often develops from low blood sugar, usually because of the inability to digest or utilize cooked and processed sugars.

Symptoms: weakness, gastrointestinal problems, sore tongue, sallowness, and tingling extremities.

Avoid cooked and processed sugars. Eating raw meats, a little raw unripe fruit, and a minimum of ½ cup unheated honey daily supplies the nutrients necessary to reverse that condition. Since many other malfunctions are the result of pernicious anemia, eating small amounts of raw foods every few hours, instead of large meals, keeps the body freshly supplied with nutrients. Eating raw meat, especially beef, at least once daily with a Nut Formula (*see* page 194) or a little cooked starch with plenty of raw fat inspires healing. When the body begins to have hot flashes, pernicious anemia has begun to reverse. During hot flashes it is beneficial to consume unheated honey in good mineral water, or in raw milk.

PHLEBITIS is inflammation of vein walls, most commonly occurring in the legs. This is a fat and protein deficiency most often resulting from the inability to digest or assimilate or utilize cooked fat and cooked proteins. In many cases oral (birth control pills) and injected contraceptives cause phlebitis. Many cases are results of sulfa drugs or other medications taken to reduce water retention, and aluminum-poisoning (*see* Edema, page 260).

Symptoms: swollen and reddened veins, increased pulse rate, slight fever, and pain.

Consuming plenty of raw meat, including raw fish with raw milk, no-salt-added unheated cheese with an equal quantity of raw fat strengthens the veins. Pain can be minimized by eating the honey/butter mixture or raw milk blended with bee pollen. If feeling nervous, drinking a raw fertile egg by itself is calming.

PNEUMONIA is inflammation of the tiny air sacs in the lungs that fill with fluids and mucus. This usually happens following a severely stressful detoxification or medical procedure that has consumed all available nutrients. Consequently, mucus cannot be properly constructed to protect the lungs. Then, even a particle of dust or lint in the lungs causes fluids to collect, trying to cleanse the lungs. Pneumonia is always associated with internal or airborne toxins that irritate lungs and result in allergy.

Symptoms: fever and chills, more mucus, fatigue, rapid respiration, cough, sharp chest pains and sometimes headache.

Eating a little raw fish every couple of hours and drinking plenty of orange smoothies, that is, 2-4 raw eggs blended with raw fresh orange juice usually has ended this severe detoxification in two days. Continuing to drink the raw orange smoothies daily and eating only 1 cup of raw meat for one week has brought the mucous membranes to a healing state. After that, eating a balanced raw diet that included raw eggs and plenty of raw meat, including raw fish, strengthened and restored the mucous membranes to very good health.

POISON IVY, POISON OAK, and POISON SUMAC are itchy skin rashes that ooze when those plants' oils contact the skin. They do not bother everybody. Those easily vaporized oils land on the skin or enter the respiratory system and burn the skin, causing blisters that ooze, itch and seem to spread. The body absorbs, dilutes and distributes the oils over the largest area necessary to exhaust the volatility of the oils. The way to remove the oils is to absorb and dissolve them.

Firstly, rubbing raw unpasteurized apple cider vinegar into affected and surrounding areas helps neutralize the oils. Secondly, applying clay thickly to affected and surrounding areas, letting it dry and rinsing helps draw the oils from the skin. Thirdly, the Ayurvedic and tribal healing approach works best: Rubbing your urine onto the affected and surrounding areas once or twice daily and leaving it on all day and night usually subdues irritation and heals the condition. Urine, with its ammonia and proteins, helps dilute and neutralize the oils that have penetrated deep into skin. Fourthly, 1½-2 hours after urine has been on the skin, applying the Primal Facial Body Care Cream helps further

neutralize the oils, and soothe and protect the skin from additional burn. For the Primal Facial Body Care Cream recipe, *see* the book *The Recipe For Living Without Disease*, Chapter 15.

POLIO is a viral detoxification of the spinal cord. Polio occurs in an individual who has an allergy to eating cooked green foods and cooked red fruits and vegetables. His or her digestion has not mutated to fractionate, assimilate or utilize those foods properly. Consequently, resins and residues collect in the spinal cord. However, most often polio has been caused by metal toxicity, especially from vaccines and household and agricultural pesticides that embed, contaminate and degenerate spinal tissue. In all cases of spinal cord contamination in which the body utilizes the poliomyelitis virus for detoxification, poor nutrition during that detoxification often results in massive nerve-cell destruction, resulting in partial paralysis. *See* *If I Lack Enzyme-Mutations, What Foods Should I Avoid?*, page 174.

Symptoms at the viral stage: nausea, fever, diarrhea, irritability and headache.

Eating raw greens, raw red fruits and vegetables, plenty of smoothies, unheated honey, raw fat and raw unpasteurized apple cider vinegar has helped remove the resins that have collected in the spine and nervous system (that the poliomyelitis detoxifies) without causing permanent paralysis. Eating raw meat often, including raw fish and/or raw fowl, restored nerve health. When a person already had paralysis from polio, eating those foods that were suggested above and avoiding those that should be avoided, gradually reversed some paralysis in every case.

POLLUTION FROM VEHICLES: *See* *Asphyxiation*, page 227, and *Nausea*, page 295.

PREMENSTRUAL SYNDROME (PMS): Low pyruvate (protein sugar) level in the blood is the main problem in PMS. Coffee and substances with caffeine, such as sodas, aspirin, and chocolate, irritate glands and nerves, creating toxicity, low blood sugar and irritability. (If you eat or drink a substance with caffeine during PMS, you are likely to hate everyone.) Also, avoiding processed, cooked and even raw sweets (unless it is raw unripe fruit with raw fat) helps prevent hormonal imbalances associated with PMS. Avoid eating cooked meats because, they create too many volatile toxins, drying and irritating the entire body. Women with too high adrenaline levels should eat mostly white raw meats during PMS.

Eating raw unripe fruit, raw green vegetable juices, and unheated honey encourages alkalinity and psychological stability. Drinking full-fat raw milk (when available), and eating fresh raw fish, raw mushrooms, and a diet that is high in raw fat works wonders. Women who get listless during and after menstruation develop a type of anemia during their cycle. Eating plenty of raw meat alleviates that condition. Eating white with red meat helps prevent irritability. For a balanced diet, *see* the book *The Recipe For Living Without Disease*, Chapter 12. *See Menstrual Cramps*, page 290.

PROSTATITIS is a detoxification of the prostate gland. This is primarily related to the lack of enzyme-mutations for eating cooked and processed greens; the resins and residues have collected in the prostate. *See If I Lack Enzyme-Mutations, What Foods Should I Avoid?*, page 174. When prostatitis is compounded with pollution, prostate cancer often results.

Symptoms: pain between the scrotum and rectum, frequent urination accompanied by a burning sensation, blood or pus in the urine and fever. Add the following symptoms for long term prostatitis: lower back pain, premature ejaculation, or loss of potency.

Drinking 8-12 ounces raw green vegetable juices with ½ teaspoon raw unpasteurized apple cider vinegar once or twice daily helps cleanse resins and residues that have collected in the prostate over many years of eating cooked greens. Eating zucchini, pumpkin seeds, and unheated bee pollen helps to revitalize the prostate gland.

PSORIASIS is characterized by patches of red eruptions on the skin that are sometimes covered with dry, silvery scales. These sores usually grow in size without healing. Psoriasis is mainly from lack of enzyme-mutations for eating cooked red fruits and vegetables; those resins congest the lymphatic system. *See If I Lack Enzyme-Mutations, What Foods Should I Avoid?*, page 174.

Allergies to volatile toxins is also a factor in many cases. *See Preservatives and Pesticides*, page 196, *Edema*, page 260, and *Overweight*, page 296.

Eating plenty of raw fat, fresh raw tomato puree and other raw red and orange foods (like strawberries, cherries, red bell peppers, oranges and carrot juice) along with a balanced raw diet reverses this condition in time. *See the book The Recipe For Living Without Disease*, Chapter 12.

PYORRHEA is most often a detoxification of the brain and glands in the mouth that eliminates through the gums, often forming pus and causing loosening of teeth. Some times that condition is caused by lactose intolerance. Pyorrhea can be controlled by improving mineral absorption. *See Mineral Deficiency*, page 291.

Avoiding pasteurized dairy is essential. When drinking raw milk (preferably with extra cream), blending in unheated honey usually promotes lactose digestion. However, if there is still some upset from drinking milk, avoiding milk altogether and eating plenty of raw fish settles pyorrhea.

Drinking juices too quickly can cause blood pressure to rise too quickly and make teeth and gums more sensitive. Therefore it is better to sip juices. Or eating no-salt-added raw cheese with raw juices prevents the blood pressure problem, and this combination supplies added raw minerals that are so lacking in pyorrhea.

Drinking fresh raw ginger root and unheated honey mixed in good mineral water or fresh raw vegetable juices soothes and promotes healing of the gums. The ginger may be pressed with a garlic press, juiced or shredded, and set to stand in water or in juice for an hour or more.

Because of the solidity of gums and associated nerves, it takes at least three months to stabilize this condition. Having patience and eating properly will see a person through without having to have teeth extracted.

Inflammation usually prevents chewing, so blending raw foods and making raw meat into pâté makes eating easier. *See* Pâté, page 211. For a balanced diet, *see* the book *The Recipe For Living Without Disease*, Chapter 12.

General gum sensitivity is most often the result of low blood protein level accompanied by low blood sugar level. General gum sensitivity should not be confused with pyorrhea. *See* Pain, Gum Sensitivity, page 298.

RADIATION BURN: Topically, applying a poultice made of 1 cup raw coconut cream, unheated-above-96° Fahrenheit fermented coconut oil or stone-pressed olive oil, ½ cup fresh raw tomato puree, 1 raw fertile egg and ½ tablespoon of sun-dried powdered clay on radiation burn, covering with a white cotton or silk cloth, for at least 1 hour 4 times daily soothes and promotes healing. Fresh raw aloe vera gel, taken directly from a leaf, may be added to that formula for better results.

Drinking within 4 hours of making a mixture of 15 raw eggs, 2 unripe bananas, and ½ cup unheated honey blended together helps heal and strengthen burned cells. Adding fresh raw aloe vera gel to that recipe improves results. For the rest of the day, eating plenty of raw full-fat milk and honey, or raw fresh unripe fruit and raw fish, and getting plenty of fresh air in the shade soothes and refreshes the body. *See* Burns, page 235.

RADIATION-POISONING: *See* Detoxification of Radiation, page 257.

RAGE: *See* Anger, page 224, and Hypoglycemia, page 274.

RASH is a detoxification of or through the skin, often involving yeast. The remedies for burns usually effect immediate relief from itching and aid healing. Another effective salve can be made by blending ½ tomato, 1 teaspoon unheated-above-96° Fahrenheit fermented coconut oil, or raw coconut cream or stone-pressed olive oil, ¼ teaspoon sun-dried clay and 1/8 teaspoon royal jelly. Alternating these two salves speeds detoxification and usually prevents thickened and hardened tissue (scarring). *See* Infant Problems, Diaper Rash, page 277.

RECTAL ITCHING is most often unidentified yeast cleaning the area. Soak a cotton or silk cloth in a mixture of equal portions of plain raw kefir and raw unpasteurized apple cider vinegar, and slightly tuck the cloth into the rectum. Let it stay over night and all day for constant relief until the rectal detoxification stops. For longer-lasting relief with only nightly insertion of the cloth, add to that mixture, unheated-above-96° Fahrenheit fermented coconut oil or cold-pressed-below-96° Fahrenheit peanut oil. Either oil may be used by itself but itching may be persistent. The most effective remedy for speeding detoxification and healing the rectum has been to insert a small-finger-sized slice of raw beef into the rectum, leaving only $\frac{1}{8}$ inch protruding from the anus all day and night.

RHEUMATIC FEVER is a detoxification of connective tissue linking muscles, cartilage, and bone. It occurs mainly in children, ages 4-18, whose lymph systems are impaired. Rheumatic fever is characterized by fever, swelling and pain in joints, sore throat, and heart complications, and often is caused by vaccines, antibiotics, medications, or toxins consumed by the mother during fetal development. When a wholesome raw diet had not been adhered to during this process, the RNA and DNA were further damaged, causing residual problems, such as heart disease, arthritis, chorea, tissue and skin problems. Rheumatic fever occurs in people who lack enzyme-mutations for eating cooked green and cooked red fruits and vegetables, causing acidity and other volatile toxins that damage cells. Usually, molds are active in this condition, affecting connective tissue and the heart. Avoiding cooked green and cooked red fruits and vegetables is a start. *See If I Lack Enzyme-Mutations, What Foods Should I Avoid?*, page 174.

Eating plenty of fresh raw alkalizing foods most often relaxed symptoms within three weeks. However, the energy level often remained low until the heart was repaired. Eating a balanced raw diet, including raw meat at least 5 days weekly, usually stabilized the heart within six months. Complete healing takes many years.

RHEUMATISM is acute and chronic stiffness of the muscles with pain in the joints. Usually, that results from low blood protein sugar accompanied by lack of enzyme-mutations for eating cooked green and

yellow foods. *See* *If I Lack Enzyme-Mutations, What Foods Should I Avoid?*, page 174. Avoiding cooked green and cooked yellow foods, and eating raw foods, including raw pineapple with raw meat and raw fat usually resolve rheumatism.

RHEUMATOID ARTHRITIS: *see* Rheumatism, above, *and* Arthritis, page 226.

RHINITIS is a detoxification of the nasal mucosa that causes increased mucous secretions and nasal congestion. That condition is related to brain toxicity and lack of enzyme-mutations for eating cooked red fruits and vegetables and sometimes cooked yellow foods. *See* *If I Lack Enzyme-Mutations, What Foods Should I Avoid?*, page 174. Avoiding cooked red and cooked yellow fruits and vegetables stops the build-up of cooked resins and residues, reducing damage from detoxifying through the nasal passages. The flow of mucus is necessary to free the body of toxins. Eating smoothies and raw red and raw yellow fruits and vegetables, including juices, helps to soothe nasal passages.

Poor thyroid function usually accompanies rhinitis. *See* *Thyroid Problem*, page 315.

RICKETS is severe malnutrition characterized in children by soft weak bones causing malformations like: bowlegs, knock-knees, narrow rib cage, bony beads along the ribs and protruded breast plate. In adults it occurs during severe bodily stress such as pregnancy and breast-feeding, and is accompanied by weakness and aching joints. Generally, rickets is caused by the same mineral toxicity and deficiency that creates low thyroid production. *See* *Thyroid Problem*, Underactive, page 315.

SALT CRAVING: Generally, a craving for salt is caused by poor thyroxin production (a thyroid hormone). *See* *Thyroid Problem*, page 315, Appendix I, page 139, *and* Appendix M, page 143.

Raw glandular thyroid supplements are helpful, enabling the thyroid to relearn the chemical structure of thyroxin so that it can produce it. Eating raw deep sea fish (tuna, salmon, swordfish), raw oysters, raw

scallops, raw clams, no-salt-added raw cheese, unripe melons with an equal quantity of raw fat, plenty of raw tomatoes, and fresh raw celery, supply the body with minerals necessary to stabilize mineral balance and for the thyroid to produce thyroxin. *See Mineral Deficiency*, page 291.

However, about .5% of the human population needs salt once weekly. Therefore, if after two months of eating the foods suggested above, you continue to have an unusual craving for salt, eating only two grains of unprocessed salt once or twice weekly usually satisfies and calms the system and settles the craving with little or no cellular destruction.

SCIATICA is characterized by tenderness or pain in the sciatic nerve that runs from the back at the waist, down the hip and thigh to the ankle. Tenderness or pain can occur at any point along the sciatic nerve.

Drinking full-fat raw milk is very helpful for people with spinal problems. I suggest adding 3-4 tablespoons raw cream and 2 tablespoons unheated honey to each quart of milk.

Often, sciatica is associated with liver problems. When functions of the liver improve, symptoms of sciatica usually disappear. *See Liver Problems*, page 285 (the remedy suggestions are the same for sciatica, even if you don't have a liver problem).

Most sciatica problems result from metal or chemical toxicity in the bones and/or tendons in the spine and sciatic nerves. That toxicity enters the sciatic nerves, causing cellular damage and swelling. Usually, infection results to remove cellular decay. Drinking any of the remedies for pain every 2-3 hours mitigates pain. Soaking for about an hour in a hot bath helps relax the back. Following a balanced raw diet as suggested under Mineral Deficiency (page 291) will cleanse and strengthen the sciatic nerves.

Enjoying hot baths for up to 8 hours helps discharge electricity from back pain into the water instead of into the brain. *See Bath*, page 326.

SCOLIOSIS is curvature of the spine that sometimes causes pinched nerves and pain.

On a balanced raw diet with Nut Formula (page 194) or a little cooked starches, the spine straightens itself over a period of several

years. Although completely straightening of the spine can't always be expected, you can eliminate the pain that periodically accompanies scoliosis. Eating raw meat, including raw fish and/or raw fowl, helps to relax the tension and discomfort, and rebuild the spine.

SCURVY is a form of malnutrition, characterized by swollen and bleeding gums, rough dry discolored skin, tenderness of joints and muscles, bruising easily, poor healing of wounds, and susceptibility to frequent detoxification (infections, parasites, virus, etc.). Scurvy occurs in individuals who lack the ability to assimilate cooked sugars and cooked fat properly. A lack of enzyme-mutations for eating cooked yellow foods is sometimes also a factor in scurvy. (Cooked yellow foods in some people rob blood sugars that are needed throughout the body.)

Avoiding cooked and processed sugars and fat and cooked yellow foods settles scurvy. Eating plenty of fresh unripe fruit and fresh parsley leaves usually relaxes symptoms in a few days. Eating plenty of unheated honey helps the utilization or elimination of stored processed sugars (such as glycogen). Then eating a balanced raw diet that includes raw meat corrects scurvy. *See* the book *The Recipe For Living Without Disease*, Chapter 12.

The SHAKES are a sensation of inner or outer trembling that often makes a person feel uncontrollable. Usually this is a condition resulting from low blood protein.

Eating raw meat with raw fat usually calms the shakes within 30 minutes. However, some people need to eat 1-4 raw eggs without any other foods for a period of ½-1 hour. If you have a protein assimilation problem, regularly eating raw mushrooms and unheated honey with raw meat usually resolves it.

SHINGLES is a detoxification of the skin's nerve endings, resulting in blisters, crustiness, and pain that can last for weeks. Shingles directly relates to a lack of enzyme-mutations for eliminating cooked and processed sugars. Those sharp crystallized toxins then store in the skin, irritating nerve endings, causing shingles.

Avoiding cooked and processed sugars, and eating plenty of unheated

honey (1-1½ cups daily for 2-3 weeks), and fresh unripe fruit, especially bananas, resolve this condition within a few days. Eating plenty of raw meat gradually heals the damage done by the cooked and processed radical sugars. If the nerves are scarred, eating cucumber with coconut meat or raw coconut cream gradually dissolves scars.

SINUSITIS is a mild detoxification of the sinus passages, causing mucus congestion and discharge, earache, headache, pain in or around the eyes, fatigue, cough, low fever and susceptibility to other detoxification (infections).

Avoiding coffee, teas and all substances that contain caffeine eliminates ½ of the toxins being discharged during sinusitis. Sunshine helps heal this condition. Eating plenty of raw fish, plenty of fresh raw lemon juice, 3-6 raw eggs daily, and not drinking much milk until the condition clears, speeds this detoxification. Eating equal portions of grated raw horseradish root, fresh raw lemon juice and unheated honey helps thin mucus.

See suggestions for Thyroid, Underactive, page 315.

SLEEPLESSNESS: *See Insomnia, page 280.*

SMOKING ADDICTION is rarely an addiction to nicotine. It is always a need for enzymes and blood sugar. Smoking causes a toxic response in the body that forces the liver to produce hormones that call for stored sugars. The preferred blood sugar glycogen is made of the protein sugar pyruvate that is best obtained from eating raw meat. It can enter the blood to help arrest monoxides and tars. The raised blood sugar level causes a rush of energy. The rush from smoking is not a healthy way to raise blood sugar and enzymes to increase energy because monoxides and tars poison and kill cells and clog the body. Over many years, if those tars remain in the body, they crystallize and clog and dry many bodily systems, especially kidneys and lungs.

A raw diet high in unheated honey, raw unripe fruit, raw fat, and raw meat is a preferable way to keep blood sugar levels and energy high. Eating unripe melons and pink grapefruit help the body remove tars from membranes and blood. Drinking a blended mixture of ½-1 cup fresh unripe pineapple or apple, ½-1 cup peeled cucumber, ¼-½ cup

unheated honey, ½ teaspoon raw unpasteurized apple cider vinegar and 4 tablespoons raw coconut cream 3 days weekly helps dissolve tars and tar crystals. Drinking that mixture and eating fresh raw fruit in combination with raw fat every 3-4 hours, and whenever you crave a smoke, and taking deep breaths of air, especially fresh air, usually alleviate the craving for a smoke.

SORE THROAT: Drinking a mixture of 4 ounces warm good mineral water, 1-2 tablespoons raw unpasteurized apple cider vinegar, 2-3 tablespoons fresh raw lemon juice, and 2-4 tablespoons unheated honey several times daily usually relieves sore throat in minutes and keeps the symptoms relatively unnoticeable. If not, *see* Pain, page 297. *See* the book *The Recipe For Living Without Disease*, Chapter 15.

SPINAL MENINGITIS: *see* Meningitis, page 289.

SPRAIN: Warmth increases circulation and healing. Cold compresses reduce circulation and healing. Therefore, to promote healing to the area, apply warm compresses over a liniment made of leek.

To make the liniment, juice 1 leek and 1 tablespoon fresh raw ginger root (or blend and strain), and mix with either 4 tablespoons of raw coconut cream, or unheated-above-96° Fahrenheit fermented coconut oil, peanut oil or olive oil. For preferred healing, wrap the sprain in thinly sliced warm raw steak. To warm the steak, place it in a closed glass jar and immerse in a hot bowl of water (not too hot).

Following the same suggestions for bruises will heal sprains (*see* Bruise, page 235).

STIFFNESS: The Drink for Moisturizing and Lubrication relaxes the body (*see* page 210). Drinking that before bedtime has produced the best results.

If a person is chronically stiff, most often she or he lacks enzyme-mutations for eating cooked red fruits and vegetables that results in toxicity and mineral deficiency. Avoiding cooked red fruits and vegetables and having the raw egg/butter/honey/lemon drink (given in the preceding paragraph) at least once daily relieves stiffness. *See* *If I Lack Enzyme-Mutations, What Foods Should I Avoid?*, page 174. *See* *Mineral*

Deficiency, page 291.

STOMACH, ACID: Eating no-salt-added raw cheese, or raw fresh coconut, or bread (unbleached and nonfortified), and sipping honey usually absorbs stomach acidity. Drinking a mixture of 1 cup good mineral water with $\frac{1}{4}$ teaspoon sun-dried powdered clay, 2 tablespoons of honey and the juice of 1-2 lemons (or limes) neutralizes stomach over-acidity. Sometimes it is best to neutralize the acidity first and then absorb it with no-salt-added raw cheese or bread.

STRESS: Eating a Nut Formula (page 194) or cooked starch with raw fat and fresh unripe fruit raises blood sugar and neutralizes overproduction of hormones that accompany stress. Eating raw meat supplies the proteins, and drinking fresh vegetable juice supplies the concentrated vitamins and minerals needed during stress. Drinking 4-8 ounces of raw cream helps immediate relaxation. Doing something that is fun or relaxing stimulates confidence and creative problem-solving. For suggestions on reducing stress and enjoying life, first *see* Awareness, page 325, then *see* Depression, page 254, and Mental Illness, page 290.

STROKE: A stroke results when blood is blocked from some part of the brain, killing cells in the area. Strokes occur when heterocyclic amines and other residues from eating cooked meat accumulate in the brain, usually caused by a lack of enzyme-mutations for eating cooked meat.

Symptoms warning of this condition are low blood pressure (not high, as the myth states) accompanied with severe sluggishness and irritability, anxiousness, chronic fear, constant stress, poor muscle tone, and general debilitating health.

Eating plenty of fresh raw meat, raw mushrooms and an alkalizing raw diet usually prevents stroke or corrects the results of stroke. *See* Alkalizing Food, page 178.

SUNBURN: *See* Burns, page 235. Also, avocado or raw milk rubbed on the skin is healing. (Caution: avocado stains clothes.)

SURGERY: Eating plenty of unheated honey and getting into fresh air and sunshine facilitate healing. For at least 10 days, drinking plenty of smoothies has helped to arrest toxic medication and anesthesia. Eating 3 smoothies daily for one week before surgery, each consisting of 3 eggs, reduced damage from medication and anesthesia. Eating raw meat facilitated healing.

SWOLLEN GLANDS is a condition from accumulated volatile toxins and resins in lymph glands. Drinking plenty of unheated honey, fresh raw orange or lemon juices and tomato puree alkalizes the blood. If a person suffers chronically with swollen glands, he or she probably lacks enzyme-mutations for eating cooked green foods. Avoiding cooked greens and eating raw greens help eliminate stored resins and residues caused by eating cooked greens. *See If I Lack Enzyme-Mutations, What Foods Should I Avoid?*, page 174.

SYPHILIS is a viral detoxification affecting almost any organ or tissue in the body, especially genitals, skin, mucous membranes, aorta, brain, liver, bones and nerves, and is caused by the inability to utilize caffeine and cooked green foods. Extreme acidity and accumulation of volatile toxins deteriorate cells, forcing the body to manufacture this virus en masse. *See If I Lack Enzyme-Mutations, What Foods Should I Avoid?*, page 174.

Strictly adhering to the following regime for at least 8 days has worked the best without having to use harmful drug therapy. Drinking a blend of 18 tomatoes (Roman variety work a little more quickly) with at least 5 tablespoons of unheated honey and 5 teaspoons fresh raw lemon juice neutralizes toxins and has eliminated the body's need for the virus. Eating other foods that are alkalizing reinforced the effects of the tomato/honey/lemon drink. Eating very little meat during the eight-day period prevented the blood from getting acidic, which would have irritated the condition. *See Alkalizing Food*, page 178.

After the eight days, eating plenty of raw meat, including raw fish, and raw eggs gradually healed the deterioration and breakdown from this severe detoxification. *See Appendix Q*, page 151.

TEETH: *See Tooth And Gum Disorders*, page 316.

THYROID PROBLEM:

Underactive: Symptoms: poor-looking hair, low energy level, fearful nature.

Eating unsulfured non-steamed dates with no-salt-added raw cheese with an equal quantity of raw fat energizes the thyroid. Eating plenty of alkalizing foods (like tomato) cleanses the thyroid, especially of toxic minerals, including those caused by table salts. *See Alkalizing Food*, page 178. For a balanced diet, *see* the book *The Recipe For Living Without Disease*, Chapter 12.

Eating no-salt-added raw cheeses, fresh raw ocean fish (including scallops, oysters or clams), whole raw milk, Nut Formula (page 194) and, occasionally, ¼ teaspoon of sun-dried clay mixed in fresh raw vegetable juices or smoothies supplies the thyroid with minerals it needs to properly function and produce hormones. Mixing 5 drops of organically grown vanilla extract into fresh raw juice or smoothies helps stimulate the thyroid. *See Vanilla Extract*, page 201.

If headaches are experienced, tomatoes should not be eaten for a week or more. In that circumstance, tomatoes may produce too heavy of detoxification, causing the blood to become too toxic and raising blood pressure.

If this diet doesn't correct the condition within eleven weeks, eating a natural raw thyroid glandular supplement may be necessary. However, if neither the diet nor the glandular supplement helps, going to a doctor for prescription thyroid hormones may be required for proper hormonal balance.

Overactive: *See Hyperactive*, page 272, *and Hyperthyroid*, page 273.

TONSILLITIS is a detoxification of the tonsils, causing reddened and swollen tonsils and throat, hoarseness, difficulty swallowing, coughing, fever, headache, earache, nausea, vomiting, sinus congestion and discharge, and swollen lymphatic glands throughout the body. Tonsils mainly protect the brain by dissolving and neutralizing degenerative brain cells. Therefore, it is preferable to keep your tonsils. If the brain cells are toxic with metals or other toxins, the tonsils may frequently inflame and are damaged. Tonsillitis usually occurs in individuals lacking enzyme-mutations for eating cooked red fruits and vegetables. *See If I Lack Enzyme-Mutations, What Foods Should I Avoid?*, page

174.

Eating salt or caffeine interferes with and irritates this detoxification. Avoiding salt, anything with caffeine, including soft drinks and chocolate, and cooked red fruits and vegetables minimizes tonsil infections.

Drinking a blend of 3 cups fresh raw tomatoes and 4 tablespoons fresh raw lemon juice has helped neutralize the volatile toxins. Best results have come from drinking the mixture within one hour of making it, and then 4 hours later making and drinking another of the same mixture. Eating other raw foods, if desired, is fine. That regime followed for one day usually relieved tonsillitis on the third day.

For an accompanying sore throat, drinking unheated honey mixed with a good mineral water ("Naturally Sparkling" water is best) usually brings relief. If not, *see* Pain, page 297.

TOOTH AND GUM DISORDERS usually occur from poor assimilation of minerals. Processed minerals, including metallic, from canned food, Novocain, vaccines, medical or recreational drugs, chlorinated and fluorinated waters, processed cheese, and caffeine (including chocolate) are especially harmful for, and often causative in, tooth and gum conditions.

Root canals sometimes result in large deep abscesses that affect the entire body. Those abscesses can cause general fatigue, neck and shoulder soreness and stiffness, and reddened eye(s). I have seen very debilitating conditions as a result of the body trying to dissolve and remove nerve and bone toxicity around teeth, especially root canals. Fatigue that results may continue for years as long as the infection continues. Even on a healthy diet, the toxicity around the teeth may require more nutrients than most people can eat. Therefore, if persistent infection occurs, it may be preferable to have a root-canal tooth extracted.

Amalgam fillings, called silver fillings, contain large quantities of toxic mercury and should not be used to fill teeth. The best dental filling material is porcelain or ceramic inlays. For crowns and bridges, I suggest using those that are reinforced with gold because so much more of your tooth will remain. I have seen gold-reinforced crowns last 30 years. If you use only ceramic or porcelain crowns or bridges, each tooth must be severely ground to a small post. That little post of a tooth

that remains may easily break in 1-5 years. Then, if you want to have a stable tooth, you must have a root canal or an artificial tooth must be drilled and screwed into the jaw bone.

Drinking plenty of full-fat raw milk begins reversing those problems. If raw milk is not available, eating raw fish works almost as well. Drinking raw milk and eating raw fish speed the healing process in most people. *See* Pyorrhea, page 305. *See* Mineral Deficiency, page 291.

TOOTHACHE: *See* Pain, page 297. *See* Tooth And Gum Disorder, page 316.

TRAUMA: Making yourself warm and comfortable, having a good cry, and staying away from demands for awhile nurture you back to normal. Thinking about successes and better times help put a difficult experience behind you. Whether you have a good voice or not, singing encouraging songs is healing. Watching stand-up or other comedy with the intent to enjoy it can bring about speedy relief. Eating raw meat helps produce calm determination.

Eating plenty of unheated honey, and a Nut Formula (page 194) or cooked starch with raw fat and fresh raw unripe fruit helps restore and maintain hormonal balance and blood sugar. Eating a raw egg every 1-1½ hours usually speeds relaxation. Drinking ½-1 cup raw cream immediately soothes the body and mind.

TUBERCULOSIS is a severe detoxification of very volatile toxins that are hormone-related and discharged from the lungs. These toxins may affect other glands, organs and tissues as the toxins travel through the blood. The volatile toxins are mainly formed from cooked green foods in people who lack enzyme-mutations for eating cooked greens, including smoking tobacco or herbs. *See* If I Lack Enzyme-Mutations, What Foods Should I Avoid?, page 174.

Avoiding cooked greens, plus eating plenty of raw green salads, and plenty of hearty foods (like pasta with raw fat and raw beef, or raw beef sandwiches) has strengthened and healed tubercular sufferers without permanent damage and without medication.

ULCERS are open sores on the mucous membranes or skin. Ulcers occur in people who lack enzyme-mutations for eating cooked and processed red fruits and vegetables. *See If I Lack Enzyme-Mutations, What Foods Should I Avoid?*, page 174.

Skin ulcers occur in people who have an allergy to cooked and processed red fruits and vegetables, and cannot assimilate minerals. Avoid anything with caffeine, including chocolate and sodas. Caffeine interferes with mineral assimilation.

Drinking good mineral water and unheated honey, and being active, flush the skin with minerals to bind with toxins and neutralize them. Eating no-salt-added raw cheese helps to heal.

Intestinal and stomach (mucous membrane) ulcers: Drinking plenty of smoothies for one week, and eating raw butter, unripe papaya and other unripe fruit (but no tomato or citrus) bind toxins and revitalize the tissues. After one week, the following regime detoxifies toxins that are stored in stomach and intestinal membranes: plenty of fresh raw white cabbage juice and tomato purees, some raw milk with raw fertile egg(s) and unripe banana, plain raw kefir with a little fresh unripe pineapple, plenty of butter and unheated honey. Best results have been achieved by eating very little raw meat, and no cooked meat or pasteurized milk for two weeks. After the two weeks (the time it usually takes for ulcers to cleanse, close, and enter the first stages of healing) eating plenty of raw meat, ½ cup white cabbage juice (for 4 weeks) and alkalizing foods daily heals and strengthens mucous membranes.

UNDERWEIGHT: Gaining weight sometimes requires correcting an underactive thyroid. *See Thyroid Problem, Underactive*, page 315. Otherwise, it is an indication that not enough protein and fat are being eaten together, or that protein is not assimilated. Eating plenty of raw meat with plenty of raw fat usually reverses this condition within a month. The quickest way to gain weight is to add 3 ounces of raw cream and 2-3 tablespoons unheated honey to 32 ounces of raw milk and drink that throughout each day. That mixture should be in addition to all other foods on a balanced raw diet. *See the book The Recipe For Living Without Disease, Chapter 12 for a balanced raw diet.*

URETHRA INFECTION OR PAIN: Most often, urethra problems stem from kidney or gall bladder stones that scrape and irritate the urethra as stones pass through the urethra. Most cases readily responded to the suggestion for kidney stones. *See* Kidney Stones, page 282. James suffered with this problem for weeks. I suggested long hot baths that helped when he could get them. (His home was equipped with a shower but not bathtub.) Finally after many weeks, he began eating a raw milk diet only. Within 24 hours, all of his pain subsided. I suggest adding 4-6 tablespoons raw cream and 2 tablespoons unheated honey to every 28 ounces of milk.

VACCINE-INDUCED DISEASES (VID) can be mitigated or reversed by eating 1-2 raw eggs every 1-2 hours until symptoms are alleviated enough, which may take weeks. Then, I suggest eating a balanced raw diet with plenty of raw fat and raw meat. Those suggestions are for the time period within 10 days after injection. For people who can acquire raw butter and unheated honey, they can mix 7 tablespoons of raw butter with 1 tablespoon unheated honey, and eat 1 teaspoon of that mixture after each egg.

For those who suffer VID from vaccines injected further in the past, I suggest a balanced diet as given in the book *The Recipe For Living Without Disease*, pages 40-42. For the afternoon fruit meal, I suggest eating ½-1 cup raw berries (raspberries, blackberries, boysenberries, or cranberries) blended with 3-8 tablespoons raw coconut cream, 1-2 tablespoons unsalted raw butter, and 1-2 tablespoons raw cream to help remove the mercury and aluminum that are common ingredients used in vaccines. Those two toxins cause blood and neurological serums to become high in sediment and cause excessive clotting, resulting in strokes, seizures and many other neurological VID's.

For more information on the dangers of vaccines, read the book by Dr. Rebecca Carley, M.D., *Inoculations: The True Weapons of Mass Destruction*; and, *Causing VIDS; An Epidemic of Genocide*. Dr. Carley is a court-qualified expert in VIDS and Legal Abuse Syndrome.

VAGINITIS: *See* Yeast Infection, page 322.

VARICOSE VEINS are veins that have become swollen, enlarged and twisted (vascular flabbiness). (A friend calls these “very close” veins - close to the surface.) Caffeine is the greatest cause of flabby veins in most people. Bodies that have varicose veins have irritating storages of caffeine or other toxins in the veins making them water-bloated and sluggish. Oral (birth control pills) and injected contraceptives also cause varicose veins. Avoiding caffeine in beverages and medications, and dried peppers (including black and cayenne) is important to healing.

Eating raw unripe pineapple with raw cream, when available, or stone-pressed olive oil, and taking plenty of warm baths, soothe and strengthen varicose veins. Eating plenty of raw meat, including fish, helps regenerate veins, making them strong and perky over a period of many years.

VENEREAL DISEASE is a detoxification of the genitals usually caused by the inability to utilize caffeine and cooked green foods. *See If I Lack Enzyme-Mutations, What Foods Should I Avoid?*, page 174.

Avoiding caffeine and cooked green foods, and drinking plenty of raw milk with added raw cream and unheated honey soothe the tissues and make those detoxifications easier.

See Gonorrhea, page 266.

See Syphilis, page 314, *and Appendix Q*, pages 151-153.

VERTIGO is a condition in which a person or his surroundings seem to whirl. Excess adrenaline is usually a factor. In vertigo, adrenaline utilized all blood sugar, fat and protein, and saturated nerves relating to balance with acidity. In every case I have seen, some type of industrial chemical, including medication, poisoned those nerves. If the DNA was damaged before the toxicity was removed, reversal was extremely slow or did not occur.

Eating raw meat and unheated honey, small amounts of Nut Formula (page 194) frequently, or a small amount of cooked starch in combination with plenty of raw fats and raw fruit re-supplies the blood with nutrients, and usually vertigo subsides.

VISION AND FOCUS DISORDERS are characterized by blurred vision, eye fatigue, inability to see far or near, squinting, light sensitivity, itchy, bloodshot or burning eyes and lids.

Caffeine in any form, including chocolate, coffee, tea and soda, damages nerves and brain. In many people it damages eyes. Caffeine consumed by a mother during pregnancy and breast-feeding can cause poor vision in her child. Excess adrenaline causes dryness, nerve damage, and in some people creates poor vision. Medicinal insulin also causes vision disorders. *See* Cataracts, page 244.

Eating plenty of live foods, especially raw fats with foods that are red or orange (indicating abundant vitamin A content), such as carrot juice, apricots, watermelon and raw tuna, soothes and nourishes eyes. As a result of eating a raw diet, especially raw red meat, most vision disorders have stopped the “normal” progression toward poorer vision. I have seen few instances where vision disorders completely reversed. Adding 1-2 drops of raw egg white (from antibiotic-free and hormone-free chickens) to the eyes once or twice daily gradually and continuously improved vision. Those who continued to consume caffeine on a predominantly raw diet did not improve their vision. Either their eyesight remained poor or it continued a slower progression toward poorer eyesight.

VITAMIN DEFICIENCIES, when severe, are indicated by dark circles under eyes, pallid face, poor energy, sleeplessness for people who are usually able to sleep, and fearful attitudes.

Eating plenty of fresh raw unripe fruits, unheated honey, vegetable juices and sometimes salads supplies naturally bioactive, enzyme-bound vitamins for proper assimilation and utilization.

Symptoms of chronic vitamin deficiency are powdery tongue in the morning, loss of peripheral vision, flatulence, nervous and fearful thoughts about the future and related psychological complications (like making difficulties where none exist). A chronic vitamin deficiency is often misdiagnosed as a severe potassium deficiency. Ironically, consuming vitamin supplements increase those symptoms rather than mitigate symptoms.

Eating plenty of fresh raw vegetable juices, raw unripe fruit, especially banana and melon, and frequently eating small amounts of

Nut Formula (page 194), or a little cooked starch with plenty of raw fat (e.g., unsalted raw butter, avocado, stone-pressed olive oil) and sometimes a fresh raw salad gradually replenishes missing vitamins. Avoid eating salads with oils of any kind (olive, peanut, etc.) - the combination prevents the vitamins in salads from being digested. However, raw oils may be eaten with cooked starches at the same meal with a salad.

WARTS: The same remedy for corns. *See* Corns, page 265.

WATER RETENTION: *see* Edema, page 260.

WORMS, *see* Parasites, page 299.

X-RAYS: *See* Detoxification of Radiation, page 257, and Radiation Burn, page 306.

YEAST INFECTION is characterized by swollen, inflamed and itchy skin. Yeast eat tissue toxins and alkalize the system. Yeast are helpful and should be allowed to run their cycle. Medication poisons the already toxic and hardened tissue, causing it to remain toxic and hardened. If your goal is to improve your health, the worst thing you can do is to destroy a yeast infection with medications.

Alcohol, coffee, teas, aspirin, soft drinks with caffeine and salt consumed in large quantities over years are all poisonous, overstimulating adrenals and pancreas. The high levels of adrenaline and insulin create toxic conditions and dryness that cause lesions, thereby creating conditions where yeast are necessary for cleansing.

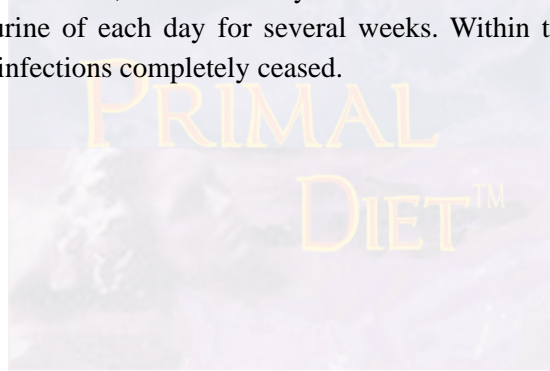
Eating a raw diet that contains regular meals, small quantities of Nut Formula (page 194) or some cooked starch with plenty of raw fat eliminates the excess adrenaline and insulin levels. Eating raw tomatoes, nonsteamed figs, fresh vegetable juices, especially green, and raw unpasteurized apple cider vinegar alkalizes and soothes tissues and reverses the toxic condition.

Vaginal yeast infection: All of the above applies. Drinking 2-3 raw eggs blended with 2-3 tablespoons unheated honey and ½ unripe banana provides the vagina with a constant supply of healthy nutrients

to build mucus that flushes and removes toxicity with the help of smaller colonies of yeast (less itching, too). Eating raw fish and/or raw fowl 3-4 times weekly strengthens the tissues and replaces destroyed nerve tissue and skin, increasing sensuality.

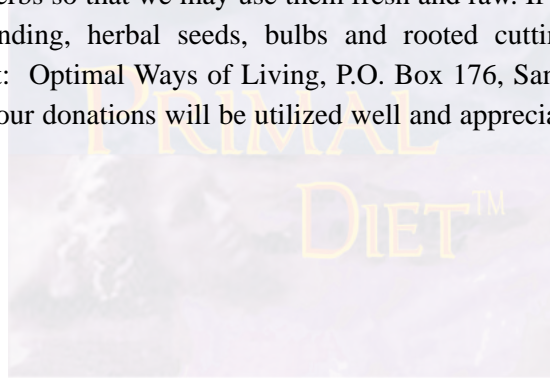
Douching with one of the following eliminates discomfort: ½ table-spoon raw apple cider vinegar mixed in 4 ounces of water, or 4 ounces plain raw kefir, or 3 ounces of your own urine.

A woman who had suffered vaginal yeast infections every time she had sex throughout her life had tried everything suggested above. Those mitigated the yeast infections, but she still experienced pain after sex. As a last resort, she tried an Ayurvedic medical method: she drank her first urine of each day for several weeks. Within two weeks, the recurring infections completely ceased.



POSTSCRIPT

I have been very limited in financial resources to fund my experiments and research over the years. But I did them. Although my results with reversing disease have been extraordinary, I know that my work has the potential to achieve even more remarkable results by incorporating fresh raw herbs. I will continue my work in this direction. That involves obtaining funding, seeds, bulbs and rooted cuttings, to grow therapeutic herbs so that we may use them fresh and raw. If anyone has access to funding, herbal seeds, bulbs and rooted cuttings, please contact me at: Optimal Ways of Living, P.O. Box 176, Santa Monica, CA 90291. Your donations will be utilized well and appreciated. Thank you.



Health Methodologies; Opinions And Tips

ACUPRESSURE is the application of pressure by fingers, thumbs, hands and elbows to specific points on the body that have been found to directly affect glands, organs and nerve centers, with the intent to stimulate healing of malfunctioning or pained glands, organs, and nerve centers. Some acupressurists work on a person's hands and feet only. Some acupressurists like to dig deeply to break free what they call crystals, deposits and other blockages. Acupressure is often effective. However, the consequential bruises, internal lacerations, fluid leakages and the quantity of toxins that are released are often a problem, creating damage locally and throughout the body, including the heart.

If gentle acupressure is applied while plenty of raw fats are suspended in the blood, a certain amount of released toxins will be arrested and eliminated properly. Therefore, eating a raw diet that is high in raw fat 5 days before and 10 days after having treatments is beneficial. Treatments that are intended to gradually remove blockages with gentle pressure promote healing and cleansing more easily occurs.

ACUPUNCTURE is the application of needles inserted into and through the skin in specific nerve points on the body that have been found to directly affect glands, organs, and nerve centers, with the intent to stimulate healing of malfunctioning or pained glands, organs, and nerve centers. Acupuncture is often effective. However, the needles lacerate skin and nerve cells, leaving them susceptible to scarring. Scarring is often the case. Scars increase with each treatment and lead to eventual desensitization to pleasure as well as pain. Therefore, I have mixed conclusions about acupuncture. I would favor it over Western medical methods.

AWARENESS: Asking yourself questions about your individual needs and what you enjoy, leads to answers that promote happiness and self-esteem. Listening to your body's needs and enjoyments are part of that questioning. Instead of dwelling on all the possible things that could go wrong, or that already have gone "wrong", living in the moment and

choosing which dreams you wish to follow give you power to create a more desirable future. Imagining the worst things that can happen, so that you will be ready and prepared just in case they happen, creates tension, criticism and cynicism. It is useless to waste time considering infinite negative possibilities. It is helpful to consider negative probabilities but it is futile and debilitating to dwell on negative probabilities and possibilities. If negative probabilities exist, make the best plans of action to change those directions. Tension and criticism/cynicism attract tense, cynical, critical people and experiences; a stressful and exhausting cycle. Are you as prepared for the best possibilities? Preparing for the best experiences creates hope and joy. Hope and joy attract happier, creative people and experiences to you, and synchronicity; a delightful cycle. Therefore, imagining and fantasizing positive experiences with the belief that they are probable creates a happier and more fulfilling life. If you quit, whose life do you surrender? Ecological considerations and compassion create healthier environments, and consequently healthier and happier people.

BATHS/SAUNA/STEAM promote circulation and health. However, chlorinated water vapor is toxic because it kills cells and bacterium necessary for good health. Chlorine vapors are toxic to sinuses, bronchi, lungs, blood, brain and nervous system. Baths, including Jacuzzi, are preferable because the toxins that are perspired drift into the water, away from the skin. I suggest adding 2-3 cups raw milk, 3 tablespoons raw unpasteurized apple cider vinegar, and 2 tablespoons sun-dried sea salt to the water. Or add ½ cup sun-dried clay, 2 ounces raw unpasteurized apple cider vinegar and 3 tablespoons raw coconut cream. The coconut cream is optional but it is beneficial because it keeps the skin from drying as a result of the clay. Those ingredients in both bath formulas will help pull toxins from the skin and hold them in the water so they are not reabsorbed into the skin during the bath. Also, they will bind with toxins in municipal water and prevent them from entering the skin and body. Municipal waters contain many harmful chemicals. One example is the water in Los Angeles that contained 192 toxins when I had it analyzed in 2003. When fluoride was added to the water, the chemical toxins rose from 157 to 192. As you can surmise, there are many compounds that are part of fluoride. Fluoride is a toxic

byproduct of industrial processes including the manufacturing of aluminum.

When using saunas to perspire toxins from the body, it is healthier to shower and rinse toxic perspiration every 3-4 minutes so that perspired toxins are not reabsorbed into the skin, eventually reentering the body.

Steam baths are the least desirable form to evoke perspiration of toxins from the body. Steam burns mucous membranes, including those in the lungs, bronchi and sinuses. If using steam baths, use good mineral water to produce the steam. Do not use municipal water. Shower and rinse often.

When showering with municipal city water that is chlorinated, it is best to have non-chemical filters installed that will eliminate chlorine and some other chemicals. Chlorine vapors (chloroform) gradually weaken and damage lungs, blood, thyroid and brain, predisposing people to pneumonia, other respiratory conditions, and meningitis of spine and brain.

The spleen mainly regulates the body's adaptability to cold and hot temperatures. It removes red blood cells from the blood stream to thin the blood and cool the body. It adds red blood cells to the blood to thicken the blood and heat the body. People who do not have spleens should ease into hot baths and drink more fluids immediately prior to entering a hot bath.

BEAUTY TIPS: Several times a week, applying onto the skin, a thin paste made of 1 teaspoon sun-dried powdered clay mixed with 1½ tablespoons raw unpasteurized apple cider vinegar, or clay mixed with 1 fertile raw egg, or clay mixed with 1 tablespoon fresh raw papaya juice with ½ tablespoon good mineral water, attracts and absorbs toxins. Alternating apple cider vinegar, then egg, then papaya in the paste is healthiest for skin. Papaya helps remove scars, such as acne.

All skin oils, soaps and lotions are made with processed oils, "natural" or not, that smother and make skin toxic as well as lubricate it. If you can't eat it, why would you feed it to your skin? Applying a cold-pressed-below-96° Fahrenheit oil, especially coconut and peanut oils, or raw unsalted butter mixed with a drop of unheated honey or raw royal jelly feeds and protects the skin without smothering and poisoning it. After fifteen minutes, wipe any excess. It is healthier for

the skin to be allowed to breathe every few days without oils, even if oils are cold-pressed. *See* Primal Facial Body Care Cream in the book *The Recipe For Living Without Disease*, Chapter 15. *See* Sleep and Rest, page 327.

BIOFEEDBACK machines can help us become familiar with our mental and emotional states of illness and health. By achieving that awareness, we can learn to alter undesirable mental and emotional states to those that are relaxed and life-changingly positive.

Electro Dermal Screening Devices can cause serious ill effects. *See* page 332.

BIRTH CONTROL: In all fairness and logic, since it is the man's sperm that impregnates a woman, it is the man's responsibility. It is up to the man to calculate fertile times. He should not rely on anyone else's calculations, including the woman's. If a man wants to be certain that he does not impregnate a woman, he must not ejaculate inside her. If a woman cannot trust a man to withhold ejaculation, during intercourse use a diaphragm or cervical cap eight days before and during ovulation (ten days total). If you failed to practice birth control eight days before and during ovulation, douche with apple cider vinegar immediately after intercourse. Drinking the pepper-tasting blended combination of 6 tablespoons fresh papaya seeds and ½ cup good drinking water 1-3 hours before sex or within 20 minutes after sex usually prevents pregnancy. When using a prophylactic, sensation can be increased by lubricating the penis with unheated-above-96° Fahrenheit fermented coconut oil, or peanut oil or stone-pressed olive oil and lubricating, thoroughly, the penis and outside of the condom after it is on the penis. It feels the closest to not wearing anything.

BIRTHING: Using any or all of the pain remedies reduces pain and bruising, especially the unheated honey/raw unsalted butter mixture, and the bee pollen mixed with raw milk or carrot/green vegetable mix. *See* Pain, page 297. Drinking the Drink For Moisturizing and Lubrication (page 210) daily 3 weeks before baby is due helps ease birth and prevent tearing of tissue during birth. The prone position for birthing makes birthing more difficult and painful, working against gravity. The

prone position is for the convenience of doctors and medical personnel. Kneeling or squatting works with gravity, causing milder contractions and less stress. Birthing in a warm bath with 2 cups milk, 3 tablespoons coconut cream (optional but keeps the skin from drying) and 3 tablespoons raw unpasteurized apple cider vinegar helps prevent muscle cramps, keeps muscles as relaxed as possible, and eases bruising. Remaining in the bloody warm bath, lying back and holding child for at least 45 minutes soothes and relaxes the mother and eases baby's entrance into the dry world. *See* Pregnancy, page 336. Many women who were on the Primal Diet for at least 2 years, experienced only two major contractions during labor. The first pushed the baby's head through and the second pushed the rest of the baby free and into the arms of the father or midwife. That is relatively easy birthing.

Caesarean section, that is, surgical removal of child through the abdomen, severs the connections between the mother's spinal cord and her brain, and severs the blood and lymph circulation to vital abdominal areas, including uterus, while scarring nerves, veins, lymph, muscles and skin. Consequently, sensation for sexual pleasure and control over motor responses and hormone productions are drastically reduced, usually ill-affecting a woman for the remainder of her life. Too often this adversely affects the tone and shape of a woman's constitution and figure. In many cases when caesarean section was administered, a spinal injection and/or muscle relaxant given to the mother during an earlier stage of the birthing process prevented proper contractions. Birthing was slowed or even stopped, resulting in caesarean section. In 94% of caesarean sections, doctors chose caesarean birth because they didn't want to wait around countless hours for delivery to occur. In only 6% of caesarean sections has mother or child been in danger and benefited from caesarean surgery.

See Hemorrhage, page 270, about preventing excessive bleeds.

BREATHING supplies oxygen to every cell in the body. Oxygen is as important as nutrition. Learning to breath properly from the diaphragm slowly and fully, increases mental clarity, physical energy, and emotional balance. Hatha yoga utilizes excellent breathing exercises.

CHELATION THERAPY uses chemicals to attract heavy metals, such as mercury, cadmium and lead, and plaque from soft tissues, such as glands, organs, veins and arteries, for elimination. In over 200 cases, I have witnessed that the body does not excrete or secrete most of those toxins. Along with the various chemicals used in chelation therapies, the metals and plaque re-store in the body, that is, in the bones, bone-marrow, lymph, connective tissue and skin. In the long-term, chelation therapies are the most harmful therapy, next to medical chemotherapies. Factually, chelation therapies are chemotherapy. The body needs tremendous amounts of fats to bind with and excrete concentrations of any toxin, especially free-radicals (metals). No one could eat enough fat to make chelation therapies safe.

CHIROPRACTICS is the manipulation of the body to place bones in their joints properly so that nerves are not pinched and circulation flows more easily. Pinched nerves can cause anything from indigestion to impotency by cutting off circulation, as well as block communication to the brain. In youth, it can cause spinal compression, resulting in scoliosis. Accompanying a healthy diet, chiropractic adjustments can assist a body to better health when needed.

COLONIC is a radical flushing of the colon; that is, it is an extreme form of enema. Colonics may flush impacted matter from the colon but they force enormous amounts of toxins into the blood stream where they cause heart and brain damage. Another side effect of colonics is that they strip the colon for up to 45 days of friendly E.coli bacteria that are necessary for the body to synthesize proteins and B vitamins. That can result in indigestion, hypoglycemia, fatigue, anemia, depression, irritability and backaches.

Cleansing impacted matter from the colon can be done gradually on a raw diet that includes plenty of raw fats eaten with raw citrus, especially unripe pineapple, raw vegetable juices and some raw vegetables.

CONTAGIOUS is an overused, manipulative word/concept that incites fear, driving people to go to war within themselves and their bodies. Natural microbes are all beneficial. With most people, eating cooked

foods and exposure to pollution creates toxicity that causes the body to weaken and deteriorate. Eating a raw diet prevents further accumulations of toxic matter in the body, and through many years, cleanses old accumulations. A person suffers bacterial and/or parasitical and/or viral infection because he or she has toxins in the body that need to be detoxified, not because someone has given him or her an unnecessary plague. Just as termites do not eat a healthy living tree, natural microbes will not eat healthy tissue. *See Common Cold*, page 249.

EATING BEFORE SLEEP is very healthful when on a raw diet because raw food is easy to digest, and the body doesn't have to go too many hours without a good supply of fresh nutrients during sleep. After five hours, there is a blood-protein deficiency resulting in red blood cells eating other red blood cells. That cannibalism causes tremendous toxicity that makes many people feel drained and lethargic even after 8-10 hours of sleep. Therefore, it is healthiest to wake after 5 hours to drink ½-1 cup of room-temperature raw milk, or raw milk shake, or 2 raw eggs. Food may be kept at your bedside. Then immediately return to sleep. Do not eat fruit or drink a smoothie when waking to eat, because you may not be able to immediately return to sleep.

ECOLOGY: Records and statistics kept by the Price-Pottenger Foundation (*see Bibliography*, page 340) include documentation supporting the findings that eating raw foods is ecologically conscientious. Dr. Francis Pottenger's logs document the effects of animal excrement on plant growth. Three control groups of cats were employed in the following experiment: All animals were fed the same foods but the foods were prepared differently for each group. Group #1 was fed raw foods, Group #2 was fed cooked foods, and Group #3 was fed processed, cooked and packaged foods. Plants fertilized with excrement from Group #1 grew lush, green and healthy. Plants fertilized with excrement from Group #2 grew half as well as Group #1. Plants fertilized with excrement from Group #3 grew sparse, bearing few leaves and coarse rigid stalks.

ELECTRO DERMAL SCREENING DEVICES (EDSD, or EDD):

Using biofeedback, computerized electrical devices attempt to diagnose health problems. However, when electricity is used to rebalance the body, there can be serious repercussions. In the case of EDSDs, the computer sends electrical signals to the brain and body that are believed to be the frequencies of a healthy person. But those idealized frequencies are relative to the programmer's understanding of health, which may be biased or prejudiced against important bodily functions or substances, such as the production of mucus, bacteria, parasites and virus. The fact that every human body is different and emits varied electrical frequencies negates the ideological validity of EDSD. The electrical signals supplied by the EDSD machine may or may not give the body false ideas about its needs and state of well being. Consequently, the body's systems might fail to respond properly, healthfully.

The epoxy-detoxification and cancerous burn that I mentioned earlier on pages 213-214, was forced by an EDSD treatment. Hindsight is too late, as we all know, and I regret having agreed to be electrically treated with the EDSD.

Is EDSD an electrical brainwashing (reprogramming) of bodily functions? I don't know enough about it, and I was under the impression that the therapist was simply diagnosing me, not treating me with EDSD. People defending EDSD said that the therapist treated me on the machine for too long and therefore I experienced violent side effects. One of those many side effects was that my body stopped producing protective and cleansing mucus that would have bound and flushed the epoxy without having caused cancer and the severe third-degree burns to my skin and eye and the excruciating pain. Another side effect of the EDSD is that I felt hyperactive and anxious, making it difficult for me to relax or sleep more than three hours at a time. If I wanted to sleep longer, I had to sleep in a hot bath for 1-3 hours and then sleep in bed for 2-3 hours. I had to lie on grass and ground for 40 minutes per day to reduce the feeling that I was constantly being exposed to excessive electrical charge. The EDSD computer diagnosed me as having many problems that I didn't have until after it treated me for them. In one case, the EDSD machine diagnosed me as having sensitivity to sunlight. Until then, I was able to sun-gaze easily and enjoy intense sunlight into my brain for long periods. After EDSD

treatment, I experienced an uncanny sensitivity to sunlight that affects me to this day (2005). It has caused an intense frowning of my brow that has caused many lines to develop. Still, I cannot stare into the sunlight for more than a few seconds. The EDSO also diagnosed and treated me for allergies I did not have but developed immediately after the EDSO treatment. Like medicine, EDSO seems to be very risky.

EXERCISE increases circulation and sometimes releases and spends difficult-to-utilize stored cooked fats; therefore exercise is healthy. However, when the combination of a raw diet and exercise is not appealing, exercise is not necessary. Exercising when feeling anxious, or feeling a need to be active, is healthful. Exercise spends excess hormones that cause such restlessness. Hatha yoga postures are good for stretching when one is feeling tight but not wanting strenuous exercise.

Proper breathing is very often the most important exercise. Breathing exercises increase oxygen and carbon dioxide utilization. Therefore, breathing exercises increase health of body and mind.

EXPRESSION: Expressing ourselves with the goal of creating a happier future attracts a happier future. Health automatically inspires creativity, more positive outlook and happiness.

FAMILY PLANNING: Drinking 8 tablespoons of fresh papaya seeds blended with $\frac{1}{2}$ cup good drinking water twice daily for 18 days has caused miscarriage in up to 8 weeks of pregnancy. Eating plenty of fresh raw horseradish root increased the incidence of miscarriage but had a tendency to make women irritable. Eating 1 cup whole moldy blackberries blended with $\frac{1}{2}$ cup good mineral water sometimes caused miscarriage, usually within 2 weeks of eating them. (Blackberries had been molding for no more than, and no less than, 4 weeks.) Inserting 1 teaspoon cold-pressed pennyroyal (an herb) tincture through the cervix and rubbing it vigorously on to the uterus, usually caused abortion in up to 6 months of pregnancy. (It took up to 21 days with mild cramping before abortion was complete). Inserting a mixture of 2 tablespoons pennyroyal tincture and $\frac{1}{4}$ cup good mineral water into the uterus, and lying on your back with buttocks raised and holding it in the uterus for

at least 2 hours, usually caused abortion in the same manner. That procedure was best performed at bedtime.

Vigorously rubbing 4 drops of cold-pressed pennyroyal oil (instead of tincture) directly onto the cervix, usually caused abortion within 3 days, usually with intense labor pains.

Regardless how miscarriage may occur, have remedies for hemorrhage ready (*see* Hemorrhage, page 270). At first signs of miscarriage, begin taking hemorrhage remedies to prevent radical infection and excessive bleed.

FASTS, that is, not eating or drinking food, starve healthy cells as well as weak cells. After 5 hours of not eating or drinking food, cells become cannibalistic and eat each other, causing extreme systemic toxicity. (*See* Eating Before Sleep, page 331) I do not recommend fasting for anyone. Gradually detoxifying the body through good nutrition is a more loving way to care for our bodies. *See* Detoxification, page 255. My next book will discuss and suggest many effective methods to healthfully inspire and speed detoxification.

FRESH AIR AND SUNSHINE: Getting as much of those as you can reduces the need for lengthy detoxification, and makes detoxification easier.

Sunshine does not create skin cancer. A deficiency of utilizable fat in the skin prevents proper absorption of sun rays and prevents the skin's ability to transform sun rays into vitamin D. Resultantly, the skin burns and dries, creating vast amounts of dead cells that the body can't afford to discard. Skin cancer develops in people who are especially deficient in utilizable fat in the skin. The fat deficiency is from not eating fat, especially raw fat, or the inability to utilize cooked and processed fat, or the application of any skin lotion (including all suntan lotions) because skin lotions smother and poison the skin.

It is imperative that we do not shower or bathe the morning of a day of sunbathing. Washing removes the body's natural oils that are a natural sunblock. Rubbing a little unrefined cold-pressed-below-96° Fahrenheit coconut or peanut oil into the skin the night before sunbathing promotes tanning and reduces the likelihood of burn.

People who had normally sunburned easily before eating a raw diet

(which included plenty of raw fat) were able to sunbathe without sunblocks and without burning after 1-5 months. It is best to start sunbathing in short periods (as much time as feels comfortable). Those who experience many months each year without sunbathing may have to burn a little each year. *See Burns, page 235.*

FRUITARIANISM is following a diet that consists of eating only fruit. A fruitarian diet cleanses the body but does not build and strengthen it. Bones, teeth, nerves, and tissue in general deteriorate when fed mainly fruit. Most people on mainly fruitarian diets lack focus and clarity, and are excessively emotional.

HAIR SPRAY SUBSTITUTE: Store-bought hair sprays damage hair and are very toxic to the sinuses, bronchi, lungs, blood, scalp, brain and entire body.

A natural hair spray can be easily made by mixing 1½ teaspoons unheated honey into 1 cup of good mineral water. Pour into a spray bottle and use as you would normally use hair spray. (That mixture will eventually ferment. In warm temperatures it may last as little as 3 days. If kept in a cool place, it will last as long as 10 days.)

HERBS AND HERBAL THERAPY are the use of plants as remedies for all maladies. The success rate of herbal therapies is double that of the medical profession. In conjunction with a healthy raw diet, fresh herbs stimulate and promote better health and ease detoxification. However, when herbs are steeped, cut, powdered or processed using heat above 90° Fahrenheit, they create as much toxicity as they supply healing properties. They cause an overly acidic digestive environment, blood and neural fluids. If digestion is impaired, all other bodily processes are impaired also, and health suffers.

If a person is in need of the effects of an herb, it would be best to eat or juice the fresh herb. But if the fresh herb cannot be obtained, steeping the dried herb in water in the sun for a long afternoon, or for 24 hours, then adding the raw juice of ¼ fresh lemon and 1-3 tablespoons unheated honey to each cup before drinking it minimizes toxicity.

HOMEOPATHY is treating disease by drugs, given in minute doses, which would produce in a healthy person symptoms similar to those of the disease. Homeopathic medicine has twice the success rate of Western medicine. However, too often I have seen that homeopathy is like Western medicine in that both are remedial and not curative. They arrest symptoms without eliminating the cause of disease.

METABOLIC TYPES AND METABOLIC TYPING consider that people who metabolize differently should eat different foods. That is, because some people are extremely athletic or non-physical, or somewhere in between, it is believed that each of those types should eat different foods. I have not found any long-term empirical evidence that supports those theories. All tribes contain individuals who metabolize differently, yet they consume the same foods daily without distress or disease. I have received many patients who developed serious disease or increased symptoms of their diseases by adhering to the suggestions postulated by people who promote Metabolic Typing. I strongly disagree with Metabolic Typing because it prohibits or restricts important foods from people who need those foods, especially raw meats and dairy, and advises foods that cause toxicity, and preferably should not be eaten.

PETS, like all creatures, have eaten raw foods for millions of years. Feeding pets dried, processed and cooked foods causes them to develop discomfort, illness and disease. Research documenting this is available through the Price-Pottenger Foundation (*see Bibliography, page 340*).

PREGNANCY, as every one knows, is the process of growing a child. How that child grows depends on genetics, what the mother eats, and what drugs the mother takes. Every drug alters the genetic structure or weakens the DNA and RNA of some young cells. Therefore, it is best not to take medication, especially during pregnancy.

The stress factors are tremendous during pregnancy. Not only is the mother responsible for carrying the extra being, her body also feeds the child and discards the child's wastes. If what the fetus needs is not present and freely available in the lymph and blood of the mother, the placenta calls for and leaches protein and other nutrients from the

mother's cells, via the production of certain hormones. Many women nowadays age 2-8 years with each pregnancy, resulting from the leaching process.

To prove how important utilizable proteins are during pregnancy, take a look at how many women lose muscle tone during and shortly after pregnancy. Muscle tissue is not the only tissue that is leached from the mother if utilizable protein and fat aren't available in the blood and lymph. Also, glandular, nerve, brain, arterial and bone cells are leached. Eating plenty of raw meat and fat before and during pregnancy grows a strong healthy child (genetics allowing) and prevents the mother from sacrificing her body for her child.

Nausea during pregnancy indicates that the mother's system is too acidic and toxic. Eating red meat may cause more nausea and vomiting even if the red meat is raw. Therefore, if experiencing morning sickness, it is best to follow the suggestions in *Alkalizing Food*, page 178, and eat raw white meat, especially raw fish, and unripe pineapple or other unripe fruit with a raw fat.

Many women who cannot discard the accumulation of wastes - fetal and their own - during pregnancy, usually bloat with fluids, or get fat during or after pregnancy. They retain the wastes within their bodies, bound in difficult-to-discard cooked fat and fluids. Eating plenty of raw fat before and during pregnancy usually prevents bloating and fat retention. However, if bloating or fat retention occurs when eating raw fat, it usually gives women more strength. The fluid and fat can be more readily discarded within months after birthing when fat is eaten raw.

After bathing, daily massaging unheated-above-96° Fahrenheit fermented coconut oil, or peanut oil, or stone-pressed olive oil into thighs, buttocks, hips, abdomen and breasts, reduces or eliminates the formation of stretch marks (scars). Wipe off excess after 15-20 minutes.

Sexual intercourse with orgasm during the eighth month often makes the blood too rich in hormones for the fetus to properly establish brain functions. Kissing and petting without orgasm is good. (It might be a sensitive gesture for the man also to refrain from having orgasm for that month.)

See Miscarriage, page 292, and Overweight, page 296.

SLEEP AND REST are necessary for healing. Ninety percent of healing happens during very restful states. Most people only achieve those states during sleep. Therefore, most healing occurs during sleep. A nap daily is not only a beauty aid, it is rejuvenating physically, emotionally and mentally. When on a healthy raw diet, situations that seemed so complex, difficult, or futile before a nap are often magically reduced to something more solvable after a nap. To help yourself sleep better and become healthier, sleep, or at least nap, when tired.

STRETCH MARKS, SCARS AND WRINKLES result from poor healing because of poor nutrition. Eating raw meat, and raw fat like avocados, raw cream and butter, unheated-above-96° Fahrenheit fermented coconut oil, and stone-pressed olive oil, prevents or very gradually reduces stretch marks and scars. Applying raw red meat to wrinkles over night feeds and nourishes the skin and reduces wrinkles.

Topically, vigorously rubbing a mixture of 2 tablespoons fresh raw papaya and 1 tablespoon unheated-above-96° Fahrenheit fermented coconut oil or stone-pressed olive oil into the skin once weekly helps to gradually remove stretch marks and scars. The vigorous rubbing should not cause abrasions. Wipe off excess after 15-20 minutes. As some of the naturally embalmed dead cells (scar tissue) that are more toxic dissolve, some red spots and slight acne may result.

SUNSHINE: *See* Fresh Air and Sunshine, page 334.

TEAS that are steeped in the sun without ever having been cooked can supply certain minerals and provide obscure nutrients that an individual may be lacking. That is herbal therapy's claim to increase health. However, dried leaves, stems and roots are deficient in enzymes and turn overly acidic in the body. Digestion is impaired. If digestion is impaired, all other bodily processes are impaired and health suffers. *See* Herbs and Herbal Therapy, page 335.

WEIGHT AND DENSITY should be measured differently when eating a raw diet that includes raw meat. The body becomes denser and often gains about one pound each year without increasing girth. Consequently, present weight charts are inaccurate. Oversized people hoping to become trim should forget the scale. Measuring the dimensions of the body to see that the body is trimming is the only accurate measurement. *See* Overweight, page 296.



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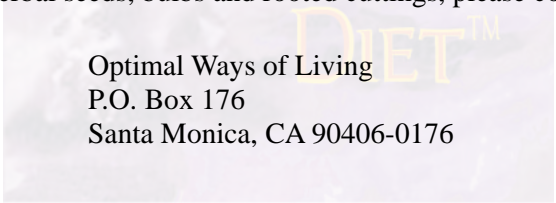
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For information on individualized consultations and programs with Aajonus Vonderplanitz, please e-mail or leave a message:

e-mail: optimal@earthlink.net
Message: 310-226-7055

I have been very limited in financial resources to fund my experiments and research over the years. But I did them. Although my results with reversing disease have been extraordinary, I know that my work has the potential to achieve even more remarkable results by incorporating fresh raw herbs. I will continue to work in this direction. That involves obtaining funding, seeds, bulbs and rooted cuttings to grow therapeutic herbs so that we may use them fresh and raw. If anyone has access to funding, herbal seeds, bulbs and rooted cuttings, please contact me at:



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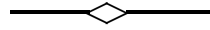
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the Recipe for Living Without Disease



Volume One
What's To Discuss? Let's Eat!



Volume Two
**The Recipe For Healthy Living
& Optimal Recipes!**



Volume Three
The Science Of Living Healthfully



Volume Four
Health Or Disease?



AAJONUS VONDERPLANITZ

Author of the life-changing book on living free of disease:
The Primal Diet; We Want To Live

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FOREWORD

All of my students reported that they learned as much from their sixteenth read of my book *The Primal Diet; We Want To Live, Vol. 1, Out Of The Grips Of Disease And Death (the story); and Vol. 2, Healthfully (the facts)*,¹ as they did when they read it for the first time. The information in that book and this book is so contrary to the assumed medical perspective that I suggest everyone on the path to optimal health reread my books often for better clarity and understanding. Health awareness develops incrementally over time and with experience.

DEDICATION

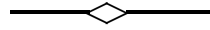
To my son John Jeffrey Marshall,
Dennis Kruhm, Paul Kruhm, Lori Jacob, Lucille Jacob &
Family, James Stewart, James Hopson, Norman Fritz,
Pat Connolly, Greg Laur, and health-minded individuals.

DISCLAIMER

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¹ Santa Monica, CA; Carnelian Bay Castle Press, 1997, 2005.

the Recipe for Living Without disease



Volume One

What's To Discuss? Let's Eat!



Volume Two

**The Recipe For Healthy Living
& Optimal Recipes!**



Volume Three

The Science Of Living Healthfully



Volume Four

Health Or Disease?



AARJONUS VONDERPLANITZ

Author of the life-changing book on living free of disease:
The Primal Diet; We Want To Live

We can live without fear of disease, disease-free.

Volume One

What's To Discuss? Let's Eat!

Chapter 1 **Are We Safe?**

According to the world-renowned Dr. Samuel Epstein, M.D., one of every 2.5 people develops cancer. Why has the cancer rate increased from 1 in 8,000 in the year 1906 to 1 in 2.5?

Considering all of the other diseases and those yet to come, what are our chances of developing disease in our lifetime? 100%?! What are the odds that hospitals, doctors, insurance companies and HMOs will decide that it is too expensive to treat us? How many insurance companies will deny us, or fail and seek bankruptcy? According to recent estimates, 50% of possible medical treatment is withheld because of cost-savings. Trends indicate that in 10 years, few people will have access to medical treatments other than drugs. Why do we continue to hear from the media that medical science is on the verge of freeing us from disease?

With the extremely low success-rate of medical treatments, what are the odds that medical therapies will be a waste of our time, money and health? What are the chances that we will get medical-induced diseases from doctors, hospitals and medication?

The Journal of American Medical Association reported from university research that conservatively, 137,000 hospital deaths and 2.1 million serious hospital injuries occur each year from medication. Additionally, consider the conservative estimate that the non-hospital-medication deaths and injuries may be 5 million per year. Plus, medical therapies cause over 2 million diseases per year. With those statistics, should we trust medical treatments? Do we want to risk those frightful odds?

Would we be more secure in living life-styles that insure better health and freedom from disease at a fraction of the cost of medical treatments?

How I Discovered What Health Is

I am compelled to tell my story. It may save many lives from falling into the same fate that I did with medical treatment. I am one of the statistics cited above. My experiences were traumatic and true. Often, they elicit emotionality, even hostility toward the medical system. However, I no longer live in anger or hostility. My life is wonderful now. I took responsibility and made it rich in health.

I was frequently sick after birth. I was administered pound after pound of medication without dietary change. Family, teachers, the media, doctors and scientists convinced me to believe that disease is a natural phenomenon to which mainly weak-minded individuals succumb. I was considered weak and useless. Instead of getting healthier with medical therapy, I got worse. Some people said that I suffered at the mercy of God, Karma or Nature. Others said that I was the product of genetic mishap.

I was conditioned to believe that a few pills or injections would cure my problems. Then I was led to believe that several pounds of pills or injections were needed. I was indoctrinated to believe that medication is all-important and that the quality of our food is of little consequence.

My first 20 years were full of illness including developmental autism. At 20, I was diagnosed with a stomach ulcer. Medical treatment turned the ulcer into cancer. The doctors treated me as if I were stupid if I did not do what they demanded. They told me that I would suffer "beyond belief" and die quickly. They traumatized me into believing that I had to let them cut and restructure my stomach, expose me to radiation and infuse me with chemotherapy.

Doctors did not tell me that for every one cancer cell that is burned by radiation a hundred million healthy cells are burned. I was not informed that radiation prevented billions of healthy

cells from reproducing. They did not mention that radiation therapy would cause blood and bone cancers, cauterize my spine and greatly restrict movement. They did not inform me that for every one cancer cell poisoned by chemotherapy one billion healthy cells were poisoned. There was no mention that chemotherapy congested the lymph system and would cause me lymphoma. They did not tell me that all of their cancer treatments prevented proper healing, or that they would give me psoriasis and bursitis. They did not warn me that chemotherapy would damage my kidneys and bladder. I learned the hard way that, probably, I would not be able to live without a diaper.

The horror stories I heard, about what would happen if I did not attack the cancer, would have been a lot less traumatic than what I experienced with treatment. Doctors said that those therapies would be helpful and extend my life; possibly conquer my cancers. My life deteriorated rapidly within weeks after each therapy ended. The treatments rendered me suicidal in despair.

Rather than speak rationally about the facts of cancer-treatment, doctors terrorized me into believing them. I call it terrorism because their advice and stories left me so completely traumatized that I did anything they prescribe whether rational or not, based on true science or not.

Too late, I comprehended that the foundation and structure of medicine is disease not wellness. I learned that doctors know little or nothing about health and healing. I discovered that medical doctors' prejudices and fears do not accept rationale or empirical evidence when it comes to food, bacteria, virus, parasites, disease and pollution.

Doctors have been trained to attack microbes. We are treated with drugs that most often do not work. When they work, the effects are usually temporary and addictive. All drugs have side effects. After doctors crippled me and gave me a "definite" 3-months death-sentence, I began to reject medical therapies.

Through searching and trial and error, I discovered alternative approaches to wellness. One of my first realizations came a year

after one of my doctors severed all of the vagus nerves to my stomach as treatment for the cancerous stomach ulcer. After the fact, he explained that I would never be able to eat fresh raw food again because my stomach would never again produce hydrochloric acid. After surgery, I noticed that foods did affect me radically. Consequently, I realized that food affects health.

When I was given the ultimate death-sentence a year after stomach surgery and suffering with a normal cooked diet, I experimented and ate the opposite of what the doctors prescribed. I discovered that I digested fresh raw foods very well, except for whole vegetables. I felt a little better.

Chapter 2 Origin of Disease

I began to explore theories that were not embraced by the medical profession. One theory with substantial supportive documentation is that we are industrially, environmentally, dietarily and medicinally poisoning ourselves into disease. That theory generated the movements toward ecology and healthfood. Very little contemporary scientific research has been funded to discover the truths proposed by those movements.

We have plenty of evidence that environmental pollution is hazardous and creates volatile toxins. We have proof that cooking and processing alter the chemical properties of food, destroying nutrients and creating volatile toxins. We know that deficiencies and volatile toxins cause disease. We simply need to connect the dots: Deficiencies and toxicity, not microbes, cause loss of cellular integrity and degeneration resulting in disease.

Consumption of any cooked or processed food, and exposure to pollution create toxicity, imbalances, and deficiencies. When enough toxicity accumulates, resulting in compound cellular damage and degeneration, disease develops. I present evidence on pages 153-158.

Chapter 3

**How Much Toxicity Does It Take To Develop Disease And
How Do We Reverse It?**

We experience degenerative conditions and symptoms from accumulated toxins. For some people, a little toxicity is enough to create disease. In weaker individuals, often the mothers had not eaten a healthy diet and/or had been exposed to toxins, including medication and cleaning compounds. The toxins flowed from mothers' blood and accumulated in the fetuses.

Toxins must be dissolved and discarded. Tests have proved that the accumulations of the byproducts formed and released from dissolving or discarding toxins also must be isolated and removed. That isolation, dissolution, neutralization, secretion and excretion of toxins is called detoxification.

Symptoms, such as nausea, vomit, diarrhea, edema (swelling), failed appetite, insomnia, aches and pains, lethargy, impotence, weight-loss, colds, flu, fever, and even immobility are indications of detoxification. Detoxification is necessary to reverse disease. It is our bodies' way of cleansing themselves of toxins. Swelling occurs during periods when massive toxins inundate the blood and/or tissues, such as after injury including poison. Swelling is a sign of increased circulation required to dilute and remove toxins and to increase nutrients to toxic areas.

Healing follows detoxification. Proper healing is when the body reproduces cells to repopulate areas where toxins destroyed cells. Improper healing occurs when our bodies cannot reproduce cells because of deficiencies. Our bodies must relocate live or mummified cells (scar tissue) from other areas of our bodies when our cells cannot reproduce. That process weakens the entire body.

*What are the nutrients for proper
detoxification and healing?*

Chapter 4 **Journey To Optimal Health**

I tried many alternatives to medical therapies. The only alternative that was effective and long-lasting was a particular raw-food diet. Over many years, it completely reversed my cancers as well as my juvenile diabetes, psoriasis, angina, bursitis and developmental autism. I discovered that particular raw foods and particular raw-food combinations gradually reversed almost every disease 90% of the time as long as I did not accept medical therapies. Although sometimes I experienced reduction in symptoms, I observed less overall recovery when I used medication, medical therapies or dietary supplements. Medication, medical therapies and supplements often stop symptoms while they further compromise and/or destroy health. I will discuss this more on pages 159-161.

Empirical evidence proved to me that the health of an individual depends greatly on what she or he eats and how food is prepared and combined. The foods to eat depend on an individual's health-needs. Generally, each food affects the body differently because each food offers a different formula of nutrients. Because of our individual chemistry, some times the same food affects individuals differently.

Over a 33-year period, empirical and scientific evidence proved to me that raw, unheated, uncooked, non-irradiated, unprocessed food promotes and generates good health and well-being and reverses disease. Empirical and scientific evidence has proved that cooked and processed food promotes disease. I am one of thousands of people who can testify to those truths from experience. I realized that health-giving food is raw food that is suited for us anatomically and biochemically. I discuss which foods are suited for us on pages 151-153. To discover which foods reverse particular ailments and disease, read *The Primal Diet; We Want To Live, Volume 2*.

To see several hundred testimonials go to the website: www.PrimalDiet.com.

If you are interested in my journey and others' case histories of disease reversals with diet, and to discover specific foods that have proved to beneficially affect an individual's health, read *The Primal Diet; We Want To Live, Vol. 1*.

Chapter 5

Man's Dietary Origin; Humans Lived Without Disease

All creatures in nature have thrived on the ability to grow, propagate, and live disease-free with the ingestion of raw food that is complete with particular combinations of enzymes, vitamins, minerals, proteins, fats, carbohydrates and many unidentified nutrients. Our bodies have evolved for millions of years digesting raw foods that are complete microcosms within themselves, resplendent in nutrients and bacteria.

The story that cavemen started a fire every time they ate is anthropological supposition. Anyone who has lived primitively, as I did for several years, knows that there are numerous conditions that prevent fire-making. Cavemen had to have eaten their meat diet mostly fireless. Prior to the importation of German cooking cauldrons, Eskimos ate their meat raw. Cavemen probably did, too. The Eskimo-diet was 99% animal products² (fish, Caribou, seal, moose, bear, whale, etc.). Eskimos lived free of degenerative diseases. Based on my experiences, eating raw food was the primary factor that enabled them to stay strong, energetic, and happy, and to live without disease under strenuous climatic conditions.

Why did we make the transition from eating raw animal foods to eating mainly grains and vegetables? The most plausible

² Throughout this book, when I state "animal products" or "animal food", I mean flesh food (meat and glands), eggs and dairy products. I do not mean food that is fed to animals.

explanation is that nomadic humans decided to settle in one place. They overpopulated and consumed most of the animal life around their dwellings. They had to eat something else. Rather than leave their homes, migrate to where more meat roamed and rebuild their villages, they found ways to utilize vegetation, legumes, nuts and grains. They learned that cooking allowed their digestive tracts to utilize more substances from grains, legumes and vegetables. Cooking, however, gradually caused health problems, including dehydration, constipation and severe sensitivity to hot and cold temperatures. Those problems gradually became innumerable ailments and diseases. I will discuss more about nutrients destroyed by cooking and processing on pages 153-157. More on disease and disease-free living is discussed on pages 164-186.

Chapter 6

Can We Digest Cooked And Processed Food?

Doctors and scientists have told people for a century that our bodies produce vitamins and enzymes to compensate for those destroyed by cooking and processing. They point to the fact that when people digest cooked food, pancreatic and stomach fluids show supplementation of nutrients destroyed by cooking. Because of that phenomenon, they conclude that it is healthy to eat cooked food. They have led us to believe that vitamins and enzymes spontaneously appear, as money grows on trees.

They have not told us that: 1) eating cooked food forces our pancreases to send hormonal and electromagnetic messages to every cell in our bodies, 2) those messages demand that nutrients be leached from our cells to replace the nutrients lost during cooking and processing, 3) our cells sacrifice their innate high-quality supply of vitamins and enzymes to the functions of digestion, assimilation and utilization of cooked and processed food, 4) when our digestive systems are finished with those jobs, we suffer more leeching because our cells must send more nutrients to detoxify the poisons formed during cooking and processing, and 5) those leeching processes gradually and

unnoticeably weaken every cell in our bodies. As a result, our entire bodies slowly deteriorate. Disease came quickly to those of us who were born weak and debilitated.

We must acknowledge that some people who eat cooked foods appear and feel healthy because they utilize cooked foods better than most people. Many people who eat cooked food, especially our youth, progressively deteriorate but do not realize it because they have great energy produced by hormones from overactive glands. That means they have an over-abundance of hormones. Much of the hormonal overproduction is from toxic junk food full of preservatives, pesticides, herbicides, fungicides, chemical fertilizers, hormones, antibiotics and other drugs fed to crops and animals we eat. Those hormones are often used by their bodies to replace the destroyed nutrients in cooked and processed food, to stimulate energy levels, and to mask illness-symptoms without eliminating disease. Many of those people's glands become too toxic, may harden later in life and/or become fatigued. Most often, those people do not realize they are diseased until it is too late to reverse their ill conditions easily. At that late stage, their glands do not produce enough hormones to carry on normal internal functions, much less utilize hormones as replacements for destroyed nutrients.

Can We Digest Raw Food?

In discussions over the years, approximately 30 doctors corroborated what Dr. Edinberg emphatically stated to me after he performed stomach surgery (vagotomy pyloroplasty): That I could not possibly digest properly because of that surgery. They all said that because I do not secrete hydrochloric acid for proper digestion, I must cook all food to get some value from it, even though cooking destroys much of the nutrient value that raw food supplies. Again, they terrorized me into believing them.

I followed their prescriptions and worsened to the extent that I was crippled. One cooked meat meal caused pustules to appear from my head to my waist, front and back. I noticed that if I did not eat cooked meat, I had fewer pimples. Every time I ate cooked or processed food, I felt side-effects; cooked meat affected me worst.

Using various diets, I experimented with myself first, then with animals and people. We found that raw food was, and is, the only food we digest thoroughly and properly *without* carcinogenic toxins formed by cooking and side effects of those toxins.³ How can doctors and scientists hold fast to their false beliefs and deny our testimony? How can they deny the quality of my health when their prognosis was that I would die horribly at least 34 years ago? How can they deny my healthy results from eating only raw food for the last 28 years? The answers to those questions are implied in the answers to these questions: Who funds research and who dictates the purpose of research? Could researchers be biased in favor of the economic gain from the pharmaceutical and food-processing industries? They use the example of a small portion of the population who live satisfactorily and even happily eating cooked food and taking their medications.

Researchers dictate what doctors believe. Most doctors, academia and the media, accept researchers' speculations as truth written in stone. People have been conditioned, in the name of "advanced" technological living, that anything "raw" or "primitive" is bad, and that technology at any price is good. The words "raw" and "primitive" have been propagandized to mean unclean, gross and disease-causing. The processed-food industry, with its well-paid scientists and marketers, and with government help from the USDA and FDA, blurred the meanings of the words "natural", "organic", "raw", and "uncooked". They have deliberately confused us about what truly gives to and takes away from our health. Empirical evidence proved erroneous the supposition that raw food is hard to digest and dangerous. Thousands of people and I are living examples that raw food digests and assimilates wonderfully.

It is true that most humans cannot properly digest the leaves, stalks and roots of whole raw vegetables, including seaweeds and dried algae. A human is not an herbivore. The key to digesting vegetation is to drink raw vegetable juices and eliminate the pulp. Raw vegetable juices are our best vitamin,

³ Carcinogenic toxins discussed on pages 153-157.

enzyme and mineral supplements. More about our digestive abilities is on pages 151-153.

A diet of mainly raw meat, raw eggs and raw dairy proved to be safe, easily digested and the most nutritious.

Chapter 7

Should We Worry About Bacteria?

Bacterial concern is a phobia that has swept the “civilized” world. Our natural food-supply is being annihilated because of it. We must look rationally at the bacterial issue. Consider the fact that many tribes ate primarily unsalted raw meat, unsalted raw fats and/or unsalted raw dairy products from the beginning. They did not wash their hands or sterilize their food before eating. Every form of natural bacteria, including salmonella, E. coli and campylobacter⁴ were eaten with their food, abundantly and constantly. Why were they vibrant, healthy and disease-free if microbes are the culprits?

From the time babies are born, they put everything in their mouths, dirt and microbes. It is believed that babies build immunity through small benign doses of bacteria, allergens, and pathogens. Some scientists call this “auto-immune inoculation”. Rather than accept the inoculation-theory, I believe that for millions of years animals, including humans, formed working relationships with bacteria, including “pathogens”. Those microbes have a janitorial role in nature and we benefit from them. When parents stop babies from putting stuff in their mouths, they hinder the relationship with microbes and the environment, unless of course the objects are poisonous, such as manmade chemicals and most toys.

⁴ Three genes of bacteria believed to cause food-poisoning. E.coli is found in bowels and feces and unscientifically presumed to cause death. More on pages 169-186.

Doctors told me that I was in danger of death from bacterial and parasitic food-poisoning. I was placed in the highest “at-risk” category. They terrorized me into believing that raw food with all of its bacteria would kill me. They were adamant about it. What they told me to eat did not work.

From desperation, I tried eating raw meats. Thousands of times, I ate raw meats and raw milk that were “microbe-infected” during my 32 years of experimentation and everyday-life. According to the assumptions of the medical and scientific communities, I should have suffered bacterial or parasitic food-poisoning thousands of times. I did not. Not once. Thousands of other “at-risk” individuals who switched to eating raw animal products to reverse their diseases and/or to improve their health also did not get sick.

I learned that the occurrence of diarrhea and vomit in people who ate raw food was less frequent than in people who ate cooked and processed food. I learned that in either case, bacteria were found. I discovered in studies of diarrhea and vomit that more often there were higher concentrations of bacteria in people who ate cooked food than in people who ate raw food. How, then, can the medical and scientific communities adhere to the belief that raw food causes bacterial food-poisoning? Their belief is based in fear, with no more rationale than the belief in evil spirits that motivated the witch hunts of medieval times.

Possible metabolic and environmental sources of vomit and diarrhea must be explored where “pathogens”⁵ are found. These questions must be asked: Are pathogens the cause or the result of degenerative disease? Are they the cause or the cure? Is pointing the finger at microbes a distraction from the causes of disease? Is the pollution of our food, water and air predominantly the cause of diseases that include vomit and diarrhea? Are doctors and scientists using microbes as scapegoats for the causes of diseases that we create with our processing, medical therapies and pollution? All hypotheses

⁵ Believed to be agents capable of producing disease. “Pathogen” is the medical term for “the bad guys”. However, in reality, “pathogens” have a beneficial purpose.

must be explored by independent testing. Researchers must be held accountable to uphold the rules of evidence without the influence of special interests.

It is wise to know the myths as well as the truths regarding food in our time. Then we will be free to eat with peace of mind, joy and sensuality. Do not look to the medical or scientific communities for information on raw food. They have been prejudiced against it and know very little or nothing about raw food. They study and experiment with drugs, cooked and processed food. Although most make adamant claims against raw food, especially raw meats, they know little or nothing about the effects of raw food on health. I have met hundreds of doctors. Not one had any experience utilizing a raw-meat diet. I present more evidence on the myths and truths regarding bacteria on pages 169-186.

Chapter 8

What's Healthiest To Eat, And What's Not?

In an ideal world, a recipe for health satisfies a person's well-being and desire for good taste. In the natural world without pollution, animals are guided by instinct to eat raw food rich in nutrients and bacteria. They are guided by their senses. If we were healthy animals that allowed pure natural instinct to direct our sense of hunger, we would eat what is best for our bodily functions. Unfortunately, in our industrial-food, carbohydrate-addicted, bacterial-phobic society, we eat from the muddled combination of instinct, habituation and addiction.

I have observed and counseled many people who ate a raw instinctive diet. I tried and enjoyed a raw instinctive diet for six years. We ate only foods that appealed to our senses of smell, taste and fullness. We ate a lot of fruit because sweetness appealed to all of us. Even though we felt better in general, too often we suffered severe symptoms, over-emotionality, hyperactivity and irritability. Those experiences were no different than our experiences on the standard-American diet

(SAD). We assumed that instinctive-eating was a better diet because it was natural. When my teeth began to rapidly decay, I began to doubt the power of food. Someone suggested that I eat a modified raw diet that restricted high-carbohydrate food, including carrot and sweet-fruit juices, and sweet fruit. I was appalled at the suggestion because I loved sweet fruit.

Since I wanted to stop my tooth-decay, I tried eating a raw diet of meat, dairy, eggs, green vegetable juices and only ½ cup of fruit daily. The diet was not as enjoyable and I was often nauseated for the first 3 weeks but my life gradually improved. My tremendous anxiety over the polluted, greed-driven and fearful structure of society and government settled. I spent more time finding or creating solutions and less time brooding and being ineffective. I became less sensitive to cold temperatures and less hyperactive. My over-enthusiasm and zealousness mellowed. I became better able to communicate, write and read. When I ate too much fruit, I relapsed into heightened anxiety.

After a year of eating that way, I advised changes to my clients' diets. Some clients gradually experienced the same improvements that I had. Most of them experienced immediate improvements. It was a wonderful leap of progress toward a healthier, happier, disease-free life. I experimented with fine-tuning the diet. I continually found that raw fats, especially unsalted raw butter, are the primary substances that dissolve and bind with toxicity, protect our cells, reverse the greatest number and most severe cases of diseases, and deliver the greatest strength and energy. In an ideal healthy world, we would not need such an abundance of fat. In our civilized, polluted, disease-ridden world, we need an abundance of fat.

Before my move away from high-carbohydrate food, I discovered that most people do not regenerate cells to reverse or prevent the aging process of deterioration and disease without eating plenty of raw meat in combination with raw fats. My experience contradicted the conditioned-thinking that meats and fats are bad and cause obesity and a myriad of other diseases. After my shift away from eating high-carbohydrate food, I discovered that I healed more quickly. My clients who implemented the changes of diet also healed more quickly.

It was not long after my introduction to raw food that I became aware that our bodies have innumerable chores to complete every minute. They eat, digest, transport, utilize and assimilate food to energize, lubricate membranes, regenerate and reproduce to replace dead cells. Dead cells must be collected, transported, dissolved or disassembled, sorted through for usable substances, and the byproducts discarded. The innumerable enzymes and vitamins found in raw food are the helpers necessary to accomplish those tasks. When we eat raw food, we have trillions of helpers to accomplish all of those tasks with little waste.

When we cook and/or process our food, we massacre our helpers, causing our bodies to have to do all of the chores on their own. Cooking and processing exhaust our bodies' natural resources. We further exhaust our natural resources trying to clean up the toxicity after the massacre. The pancreas must produce and discharge extra hormones and electromagnetic signals that leech quality vitamins, enzymes, minerals, fats, proteins, and carbohydrates from every cell to clean up the massacre, as well as continue to perform all of its ordinary, innumerable bodily tasks. In most people, many years of leeching causes gradual but marked decrease in strength and agility. That is common in our society. Leeching reduces the ability of each and every cell to withstand the increased toxicity that accompanies this process and produces diseases of all kinds.

A simple analogy is this: We are the mayors of a city (the body) in which we live. We must renovate, maintain and keep the city efficient and clean. Our enzymes are the maids, gardeners, food-preparers, handy and craft persons, helpers and managers that accomplish all of the chores necessary every second. If we massacre the workers (cook and/or process our food, destroying enzymes and vitamins), not only do we have to clean the massacre, we must seize workers from other tasks to do all of the chores of the city. That depletes our resources and depresses the population (our cells). That entire process is impossible to maintain. We cannot properly accomplish the

chores. Pollution collects and creates a toxic environment within the city and the city deteriorates.

Taking the analogy another step, let's say we built New York City (our body) from poor and poisonous materials (cooked and processed foods). The city-dwellers, animals and plants (our cells and microbes) are variously affected. They overproduce waste because they are weak and lack the resources necessary to maintain a self-sustainable environment. Grime accumulates in the homes, buildings, streets, fields, parks and skies, deteriorating structures and life. Now let's say we become aware that we built a polluted and rapidly deteriorating, diseased city. How much time will it take to reorganize, demolish faulty structures, load, transport and bury waste, neutralize poisonous matter, search for and gather nutrients, negotiate, redesign, renovate and restructure? How long will roads be blocked and over-congested? What degree of inconvenience, pollution and pain will residents and workers suffer? If people had to completely rebuild New York City, how long would it take? Two hundred years? Five hundred?

Our bodies do not normally sustain a complete, instant cataclysmic breakdown of organs, glands or systems as New York City did when the Twin Towers collapsed. The body has to take itself apart bit by bit. Bacteria, molds and parasites help speed the process by consuming the weak or dead cells and degenerative tissue, reducing them to lesser wastes. Viruses are not alive. They are solvents (soaps that dissolve) produced within cells to dissolve toxicity, including degenerative cells. It is cellular self-surgery. The detoxification process is slow, accompanied by many uncomfortable symptoms.

The work of doctors Pottenger and Howell corroborates the results of my observations of more than 5,000 people who eat a mainly raw diet. Our conclusion is that animals require 5 generations to reach optimal health. Since bones in humans take approximately 7½ years to be completely replaced one time, our bodies require approximately 40 years to rebuild themselves to reach optimal health. Fortunately, we do not have to wait for a pot of gold at the end of the rainbow to feel better. We improve every year on a health-giving diet. (I outline more on health-

giving foods, food-combining and daily dietary plans on pages 26-43.)

Sleep And Healing

Ninety-percent of healing that is regeneration and cellular reproduction occurs during sleep and very restful states. Naps are health-giving, especially when feeling sleepy or tired. A 10- to 60-minute nap often does wonders for the body, mind and spirit.

People who are sleepy, need sleep. Getting well and strong depends on lots of sleep. As we get healthier and stronger, we need less sleep. When I was recovering from cancer, especially cancer treatments, I slept 12-20 hours each day. Now, on the average, I sleep 4½ -5 hours each day. I enjoy excellent clarity and stamina in my wakeful hours. Two to six days each month, I may sleep 6-8 hours. I usually take a 10-60 minute nap everyday.

Bowel Movements

The number and volume of bowel movements depends on the food, health of intestinal bacteria and amount of toxins that enter the bowels. One movement every 1 to 3 days may be appropriate for one individual while 5 movements in a single day may be appropriate for another individual. Frequency, volume and consistency naturally vary and should not be a concern unless there is considerable discomfort. If constipation is a problem, I suggest that you eat more unsalted raw butter. Also, see pages 148-150.

Volume Two

The Recipe For Healthy Living & Optimal Recipes!

Chapter 9

Delicious Is In The Palate Of The Masticator

You may have noticed that the same products of processed and cooked foods taste exactly the same, package after package and bottle after bottle. Processing and cooking destroy the naturally occurring flavor-nutrients in food. Food often becomes bitter and unappealing. Food-manufacturers must season the food to make it appealing and habit-forming. Often, a bite of cooked and processed food loses flavor and palatability within five or six chews, unless it has been heavily salted, chemically flavored or seasoned. Because processed and cooked foods do not satisfy our nutritive needs and cause extreme toxicity, our bodies are always unsatisfied and starving, regardless of how full we feel. One of two extreme symptoms is often the result: 1) over-eating or 2) lack of appetite.

Most processed foods are made from spoiled, rancid, and repulsive-tasting fruit, vegetable, grain, or animal products. For example, most commercial tomato sauces and tomato soups are made with spoiled tomatoes. They are full of fermentation and molds. The tomatoes sit in open trucks in the hot sun for days, spoiling. After the spoiled tomatoes are sterilized, they are seasoned with chemical and/or processed flavorings to hide the rotten taste. If we eat those sauces and soups, we eat rotten food and chemicals.

A little spoiled raw food has been shown to be beneficial to health, but not when processed, sterilized and eaten repeatedly. Diets of spoiled, cooked and processed foods have proved repeatedly to coincide with disease. We may pay twice more for them, through loss of health and work.

Fresh raw foods usually have delightful tastes. Some of us have retained a degree of our natural taste instincts and easily appreciate meaty raw foods. However, most of us live in palatal conflict. We crave foods that are not good for us. I vowed to resolve that conflict. I offer health-giving raw recipes that have assisted many people with varied food preferences toward achieving optimal health and reversing disease.

Each raw food tastes uniquely different, especially if it comes from heirloom seed, rather than hybrid. One tomato may taste slightly different from another tomato from the same vine. Therefore, each time a raw-food recipe is prepared, it will have a somewhat different flavor. This is the ultimate dietary variety, the spice of life.

For some people, eating raw meat is nearly impossible unless it has a familiar flavor. Therefore, most of the recipes I present in this book are to increase peoples' appetite for raw meat. When I refer to raw meat, I mean flesh food, whether it is seafood, fish, fowl, beef, sheep, venison, buffalo, pork or wild meat. Other recipes, such as raw cheesecakes, are wonderfully delicious, raw, health-giving sweet meals.

All recipes in this book promote better health when included in a balanced diet. To discover what a balanced diet is for each individual, read *The Primal Diet; We Want To Live, Vols. 1 & 2*. I suggested two general dietary plans in this book, pages 40-41.

Chapter 10

The Best Health-Giving Raw Food

- **Honey, bee pollen and royal jelly should not be artificially heated above 93° F (33° C), nor stored below 45° F (7° C).**
- **Fats should not be artificially heated above 96° F (35° C) nor stored below 38° F (2° C), except olive oil, which should not be stored below 50° F (10° C).**

- **Milk and milk products should not be artificially heated above 98° F nor stored below 45° F (7° C).**
- **Meats should not be artificially heated above 98° F (37° C) nor stored below 38° F (2° C).**
- **Eggs should not be artificially heated above 98° F (37° C) nor stored below 68° F (20° C). Eggs lose many nutrients when refrigerated. Eggs should not be refrigerated except when a recipe calls for it. Recipes that contain egg should not be refrigerated after being prepared. Most recipes will last for 24 hours outside of refrigeration.**
- **Other foods should not be artificially heated above 104° F (39° C) nor stored below 45° F (7° C).**

Following are the foods that have been proved to assimilate well in human digestion and are able to be properly utilized for balance, growth, regeneration, cellular reproduction and lubrication, soothing, calming, cleansing and fueling.

RAW EGGS, Free-Range, are one of the best compact foods in nature. Eggs are the ultimate complete fast-food. However, the protein in eggs is not utilized for cellular reproduction. They are utilized for regeneration and maintenance and cannot be substituted for meat except occasionally. The relationship between raw eggs and salmonella-poisoning is a myth.⁶

Eggs are remarkable for everyone, especially those who are infirm. Three years ago, a medical doctor called me on a Thursday evening about her 70-year-old female patient with emphysema. She explained that her patient had been mainly bedridden for 2 years, was on 100% oxygen and respiratory machines. She prognosed that her patient would die that weekend unless I could help. I told her that the only thing that I thought might help at that late stage was eggs. I recommended that she get her patient 10 dozen raw eggs and put them on her bed-table. I suggested that she ask her patient to eat one as often as she could and that there was no limit. Very early Monday morning, I received a call from the patient. She told me that she

⁶ *The Great Egg Panic* by Emily Green, LA Times, Jan. 4, 2000.

was off the machines, out of bed and feeling stronger than she had in years. She had eaten 66 eggs over the weekend.

If eggs are whipped, beaten or blenderized without milk, cream or coconut cream, many of the enzymes are oxidized and lost. Therefore, if we eat eggs alone, do not mix, beat, whip or blenderize them. Many clients enjoy sucking them from the shell, as I do, by poking a whole at each end. Hold the head back and suck. Be certain to put a finger over the bottom hole when your head returns to normal position or egg will drain. Others enjoy eating eggs Rocky-style, that is, broken into a glass and consumed without any other food, not whipped, beaten or mixed. For those who are squeamish about the texture, sipping and swallowing the egg white makes eating eggs Rocky-style very easy and non-repulsive.

RAW FAT is the most utilized nutrient in our bodies, especially in our toxic industrial world. It helps stabilize and relax the body markedly when in combination with raw meat. Fats help white blood-cell production, assist microbial activity and provide for lubricants to accomplish a variety of functions. Lubricants facilitate movement without frictional deterioration, protect cells from heat, cold and caustic substances, provide hormones to regulate activity, and, when acting in conjunction with 15% protein and 5% alcohol formed internally from carbohydrate, fats dissolve all sorts of toxic substances. Fats provide the greatest, strongest and most efficient energy possible.

Before modern man encroached upon native populations, such as the Eskimo, Masai, Fulani and Samburu, natives consumed fat as 40-60% of their caloric intake. The Eskimo endured the coldest temperatures. The Masai, Fulani and Samburu tribes in Africa endured very hot temperatures. The Eskimo, Masai, Fulani and Samburu did not suffer any heart maladies as long as they ate their natural diet of raw meat and raw fat, absent of sugar and cooked starches.

RAW MEAT provides easily used proteins to build, rebuild, regenerate, and reproduce cells throughout the body. I have observed that raw meat is the only protein that facilitates nerve-

tissue regeneration and cellular reproduction. Although all meats help regenerate every type of cell, particular raw meats more readily help the regeneration of certain types of cells. Red meat, such as beef, buffalo, venison, lamb, etc., helps regenerate and develop most glandular tissue, blood and muscle. White meat such as chicken, turkey and other fowl, helps build and regenerate connective tissue, nerves, lymph, skin, and tissue in general. White meat such as nonfarmed, ocean wild-caught fish and seafood, helps reconstitute nerves, including the brain. I have seen that eating 1-3 pounds of raw meat daily helps regenerate, heal the body, and reverse the common toxic deterioration associated with aging and disease. Regarding the ratio of red and white meat to eat for each individual, see *The Primal Diet; We Want To Live*, Appendix P.

I recommend only ocean wild-caught raw fish, not farmed, except oysters, clams and scallops. I suggest all varieties including Swordfish, which has the highest mercury content. When digested and made bioactive by plankton and eaten by fish, traces of mercury are great detoxifiers of toxic mercury in the body. Bioactive and non-cauterized mercury in raw fish helps buoyancy of fish. When fish are cooked, mercury and other metallic minerals become free-radicals and toxic.

I have noted in my clients, a continual rise in nausea and vomit from eating freshwater fish, especially freshwater-caught salmon, catfish and sturgeon. Freshwater fish have a greater number of toxins because our fresh waters are approximately 30% polluted. Our oceans are approximately 4% polluted. I do not eat freshwater fish unless I catch it in a non-polluted lake. There are very few non-polluted lakes left in the USA because of the pollution created by water-sport vehicles, agricultural chemicals, and agricultural and mining waste.

Eating organic glands is recommended in all cases, especially Chronic Fatigue Syndrome, Fibromyalgia and Lupus. To make glands palatable, I created POWER DRINKS; pages 103-104.

When deciding on cuts of meat to eat, consider that all hunter tribes discard the tender meats, or feed them to the elderly. They

have experienced that eating tender meat causes weakened cells. The-tougher-the-meat-the-better is their motto.

FRESH, RAW, NON-PASTEURIZED, NON-IRRADIATED GREEN VEGETABLE JUICES are important for optimal health because they are the only nontoxic vitamin, enzyme and mineral supplements. Vegetable juices replace the vitamins, enzymes and minerals that are lost in daily activity. They provide for the management of toxicity from years of eating cooked food. They provide for proper blood alkalinity without alkalizing the acidic parts of our digestive tract.

Because we are constantly in accelerated detoxification due to our toxic conditions, our blood tends to be too acidic with waste compounds. That acidic blood-condition often causes cravings for too much fruit and cooked starches, lethargy, irritability, repulsion toward meats, and anorexia. Drinking green vegetable juices 2-4 times a day, but not in combination with other foods, helps to neutralize the acidic compounds in the blood. They do not over-alkalinize the intestines. Most often, they eliminate the symptoms listed above. Drinking green vegetable juices daily ensures the replacement of the enzymes, vitamins and minerals that are lost because of deficient soils, reduced through the stress of food transport from the field to our dinner plates, and that have been leached from our bodies from years of eating cooked foods. Several juice recipes appear on pages 54-56.

High-carbohydrate vegetable juices, such as root vegetables (carrot, beet, potato and yam) raise the blood-sugar level too high, making us overly emotional. Often the blood-sugar level soars and then drops, leaving us mentally and emotionally fatigued, sleepy, irritable and/or depressed. Therefore, it is important to restrict the quantity of high-carbohydrate vegetable juices. Most often, I suggest that a vegetable drink contain no more than 10% carrot juice.

Since the USDA and FDA have worked against our health and acted in favor of agribusinesses, they have ruined the true meaning of organic. Now, even organic produce may contain agricultural chemicals. To help prevent agricultural chemicals

from damaging our health, it would be best to put ½ teaspoon of sun-dried clay into each quart of vegetable juices. The clay will absorb most, if not all, of the toxins that may be found in the juices. Prior to use, mix clay with water and let stand for 5 days.

UNHEATED HONEY contains an insulin-like substance that is produced by bees when collecting nectar. That insulin-like substance converts 90% of the carbohydrate in nectar into enzymes that help digest, assimilate and utilize protein. Unheated honey is a wonderful sweet food that helps digest all types of meat. That honey is wonderful for infants, fed in small amounts at a time.

The insulin-like substance begins detrimental alteration at 93° F (33° C) and is destroyed at 100° F (37° C). Diabetics, hypoglycemics and some infants cannot utilize honey if the insulin-like substance is destroyed. Honey that is heated above 104° F (39° C) is radical sugar that often causes slow deterioration of membranes in the body. Honey heated above 104° F (39° C) may cause toxicity in some infants.

CARBOHYDRATES are required for only 5% of the optimal diet for humans. They are needed to properly utilize fat for energy and make solvents for cleansing. The best sources for carbohydrates are green vegetable juices and a small amount of fruit. When we eat too much carbohydrate, we create many conditions that diminish health. Carbohydrates such as root vegetables, grains, nuts and seeds, and products made from them, such as pasta, cereals, cakes, donuts, pancakes, breads and cookies create health problems.

For example, after white man brought native people processed and cooked breads, sugar and alcohol, natives developed all of the diseases that “civilized” mankind suffers, including cavities, diabetes, osteoporosis, and cancer. Archeologists have concluded that as Native Americans hunted less, while gathering and cultivating more nuts, grains and fruit, they developed osteoporosis and dental decay. It seems that all races are unable to properly eliminate carbohydrate wastes.

Some carbohydrate wastes are called glycotoxins. One glycotoxin, termed Advanced Glycation End-products (AGEs), was studied at Columbia University's Department of Medicine. Researchers found that AGEs store in a healthy body at a rate of 70%, and in an unhealthy body at a rate of 90%.⁷ AGEs contaminate the body and predispose it to cancer and molds such as candida and other yeast infections.

If most people eat too much carbohydrate, the blood-fat level drops, the blood-sugar level soars, and the pancreas overworks to regulate the sugar level. That often results in manic behavior and hyperactivity. Then that energy drops quickly and leaves us mentally and emotionally fatigued, irritable, sleepy and/or depressed. As happens with processed sweets, I have seen that eating too much fruit or carrot juice causes many people to become overly emotional. That is similar to monkeys who live on fruit.

In this modern age, several factors are responsible for people eating mainly grain products (bread, pasta, cereal, etc.) and vegetables. Grain products are less expensive than meat, eggs and dairy, and we are told that red meat, eggs and dairy cause disease. Advertising campaigns from the processed-food industry have contributed to the propaganda that blames fats and meats in general for many diseases.

Contrarily, fat-free diets have caused a startling increase in degenerative diseases in the past two decades, according to Harvard University. Non-meat diets slow healing and regeneration. For humans, a raw diet that is very low in carbohydrate has proved to produce a disease-free, happy life.

A LITTLE FRUIT eaten with raw fat slows fruit-sugar digestion and helps to prevent manic, hyperactive, irritable and/or depressive reactions. To avoid those reactions, I suggest

⁷ *Cellular Receptors for Advanced Glycation End Products; Implications for Induction of Oxidant Stress and Cellular Dysfunction in the Pathogenesis of Vascular Lesions*, Schmidt, Hori, Brett, Du Yan, Wautier, Stern; Review, *Arteriosclerosis and Thrombosis*, 1994, Vol. 14, (10):1521-8.

eating the whole fruit (except citrus rind) and rarely, or never, consume fruit juices. For people with diabetes and glycemic conditions, I recommend no more than 4-7 ounces of fruit, depending on a person's size, once every 2-3 days. As I stated, high-carbohydrate fruit should always be eaten with a raw fat, such as raw cream, raw coconut cream, unsalted raw butter, avocado, or a combination of unsalted raw butter and no-salt-added raw cheese.

Too much fruit causes over emotionality because it causes low blood-protein and blood-fat levels, disrupts the sugar levels, irritates tissue, and leeches fats from the nervous system, causing lesions in the myelin. Some people should not eat fruit except on rare occasions, such as bulimics and diabetics, and when they do, they should always eat high-carbohydrate fruit with an equal amount of fat. Fruit also causes edema (water retention). I have met 8 people of 2,300 who were able to maintain health and eat a high-carbohydrate fruit diet without ill symptoms. If you do not get overly emotional or manic within 24 hours after eating fruit, more fruit might be fine for you.

NUTS, when eaten plain and/or in quantity and/or too often, cause carbohydrate toxicity. Raw nuts contain enzyme inhibitors that prevent proper protein digestion and cause mineral loss. I created the NUT FORMULA that neutralizes the enzyme inhibitors in nuts. The Nut Formula should be eaten only once or twice a week to satisfy needs and eliminate cravings for breads, pastas, cakes, donuts, rice, etc. It helps harness and detoxify neurological toxins. If consumed more often, especially two days in a row, it can cause neurological detoxification that will interfere with sleep between 12:30 and 5:30 A.M. Eating nuts that are not in combination with all of the foods in the Nut Formula, often interferes with protein-digestion of any food consumed within 48 hours after eating nuts. That can make sleep at certain hours difficult.

See Nut Formula, page 117, to learn the foods to combine with raw nuts so that they help create health rather than interfere with health.

OILS, such as olive and flax are 90% solvent-reactive. That is, they are mainly used as cleansers to dissolve toxins. Our bodies cannot easily utilize pressed oils for lubrication, relaxation and stabilization. Pressed oils are beneficial in dissolving internal adhesions (scars) and dead cells, including benign or malignant tumors, and arterial and lymphatic congestion and plaque. Pressed oils often cause dry and acrid conditions in the body. I recommend the moderate eating of oils, no more than once a day or every other day, and that oils be consumed mainly with one meat meal. The body uses coconut cream the same as it does olive and flax oils but without drying the body because coconut cream can lubricate and soothe. Coconut cream is better.

In WW I, a Russian general recorded in his log that 3 months after his troops exhausted the raw butter supply and resorted to consuming olive oil, the men's hair, nails and skin dried. The log stated that several weeks after they were able to obtain raw dairy again, the men's hair, nails and skin became supple and moist.

Olive oil should never be refrigerated. Flax oil and coconut cream should always be refrigerated. As of this publication, only olive and flax oils are pressed below 96° F (36° C) and have not been solvent extracted. Absolutely no coconut oil or butter is produced under 118° F (46° C), no matter what the labels claim.

WATER that is not in raw food has no active ions, electrolytes nor minerals bound with nutrients. It must have all 3 properties or it is only 10% cellularly utilizable. Water leeches nutrients from our blood and intestines, and dilutes digestive juices so that when we eat, we do not digest or assimilate our food properly or efficiently. That leeching often causes wastes to embed in body-tissue rather than being discarded from the body.

It is a false notion that water nurtures and hydrates tissue. In fact, water dries the cells while it bloats the body because 90% of it circulates in the blood serum without cellular absorption. That also applies to the H₂O in cooked food. People who eat cooked food cannot absorb much of the H₂O into their cells. Their cells become dehydrated.

Most people who consume cooked and processed food, processed drinks and water, evaporate 2 quarts of water during the night. Most people who consume live raw food including meat, milk and vegetable juices may evaporate only 2 pints throughout the night after they have been on this Primal Diet for several years. Water is never a good replacement for body fluids spent during evaporation/perspiration because cells cannot absorb it. Only H₂O that is nutrient bound in food properly replaces fluids.

People believe that water lubricates the body. How can water lubricate anything? Fats lubricate. Try lubricating devices with water and they will disintegrate. Water disintegrates soil and rock so that plants can eat those particles. Drinking vast quantities of water also disintegrates the human body, causing frequent urination, a sense of being too cold in temperatures as high as 70° F (21° C), weight-loss in many people and bloating in many others.

Raw food contains from 55% to 92% H₂O that is 92-100% cellularly utilizable. Dehydration is impossible on the Primal Diet when water is not consumed. I drink about 1 cup of water per week without exercise. I may drink a little more if involved in physical activity. I recommend that people drink raw milk and green vegetable juices and eat tomatoes to fill their H₂O requirements. Most often, eating raw tomatoes and raw fat satisfies thirst and dryness, including dry mouth, better than other foods. When physically active, I drink 2 quarts of raw milk, 1-2 tomatoes and up to 1 1/2 quarts of green vegetable juices per day that are all rich with nutrients to completely satisfy my H₂O needs. To satisfy dry mouth and severe thirst, I consume butter and/or cream. Rather than dehydrated, we are delipidated. That means we are deficient in the raw fats that can properly lubricate us. Our thirst is more for raw fat than for H₂O.

Chapter 11

FOOD-COMBINING**For Proper Digestion And Assimilation**

Combining acidic and alkaline foods often neutralizes digestibility, resulting in toxins that deprive us of nutrients.

VEGETABLES and vegetable juices are alkalizing and require an alkaline digestive environment for proper digestion. Except in small amounts as flavoring, vegetables and vegetable juices should not be eaten or drunk with acidic foods. Bland fruits, such as tomato and avocado are not vegetables and may be eaten with acidic or alkaline foods.

MEAT, EGGS, MILK, CHEESE, NUTS and SEEDS require an acidic digestive environment for proper digestion.

UNSALTED RAW BUTTER, RAW CREAM, AND UNHEATED COCONUT CREAM are neutral and may be consumed with either acidic or alkaline foods.

RAW MILK requires an acidic digestive environment for proper digestion. It may be consumed at any time except within an hour before or an hour after vegetable juices. For speedier healing, I suggest that we do not drink so much milk that we cancel our appetite for meat and other foods. If we experience discomfort after drinking raw milk with other foods, it would be better to drink raw milk alone. Drinking raw milk that has warmed to room temperature for at least 5 hours aids digestion. When milk is drunk cold from refrigeration, milk proteins and sugars may pass into the blood undigested and cause allergic reactions. If I drink cold milk from the refrigerator, I experience stomach cramps and sometimes cramps in my hands and feet.

Concerning Vegetable Juices

- Wait at least one hour after drinking vegetable juices before eating or drinking any other food, except unsalted raw butter, raw cream, unheated coconut cream, and unheated honey.

- Wait at least one hour after eating or drinking any other food before drinking vegetable juices, except unsalted raw butter, raw cream, and unheated coconut cream, and unheated honey.

Concerning Whole Vegetables (Salads)

- Rarely should we eat whole vegetables but when we do, vegetables should not be eaten sooner than 1 hour after any other food.
- Vegetables move through the intestines slowly. Acidic foods will catch up with them and interfere with digestion. Therefore, no other food should be eaten within 5 hours after eating a vegetable salad.

Concerning Fruits

- If experiencing tooth or gum sensitivity or pain in a particular area, do not eat high-carbohydrate fruits, especially apples and citrus.
- Alkaline fruits, such as bananas, peaches and figs, should not be consumed more than once a day, and should not be consumed with meat. They should be eaten with coconut cream, coconut, avocado, unsalted raw butter, raw cream, no-salt-added raw cheese or occasionally raw eggs.
- Acidic fruits, such as lemon, lime, pineapple and tangerine, may be consumed with fowl or fish when in combination with an added fat, such as raw cream, unsalted raw butter, no-salt-added raw cheese, coconut cream, coconut or avocado.

Concerning Meats

- Combining alkaline or acidic fruits with red meats usually turns too much of the protein into fuel or solvents. That reduces healing and obstructs the reversal of the aging process. The combination is not harmful but can hinder the healing processes and instigate too much detoxification. There is an exception: A little acidic fruit, such as lemon, lime, pineapple and apple cider vinegar, may be mixed or blended with fat 10 minutes prior to combining with red meat. Example: Tartar sauce eaten with red meat.

Concerning Cheese

- Combine cheese with at least an equal amount of fat, especially butter, to prevent constipation.

Chapter 12
An Optimal Diet

The Recipe For Removing Deep-Tissue Toxicity

On the Primal Diet, it is very important to gain and lose weight to remove imbedded toxicity. Without excess fat, the body cannot afford to make solvents, dissolve toxicity, neutralize, harness and contain it. Low body-fat levels only allow for basal metabolism and no deep cleansing. Most diseases are caused by concentrations of embedded toxicity. When a person lacks fat reserve, any toxin that enters the body or is loosed will cause cellular damage. They will be absorbed into cells. When a body has fat-reserves, toxins are collected and absorbed into fat, where they do little harm.

How many thin people do we know who are calm? How many thin people do we know who are hyperactive, physically and/or emotionally intense, easily irritated, manic, short-fused, and never satisfied? How many who are overweight? Physically, raw fat and happy is more often true. Our idea about thin should be refashioned until we become healthy. Now, fat is beautiful.

I recommend that men gain 15-30 pounds and women 12-15 pounds above what should be their normal weight (not according to thin-fashion). The excess weight should be achieved within two months. It should be maintained for another 2 months. That allows the body to utilize the stored fats as solvents to withdraw toxins from deep tissue and dissolve them. Then, it is time to eat the weight-loss diet to remove the toxin-filled excess fats. The process is similar to an oil-change in machinery. When the oil becomes black and thick with waste, it is time to change it. For the human body, I found that the cycle is best employed twice yearly. That vastly reduced symptoms of detoxification when detoxification occurred.

Some people have been able to gain the excess weight in as little as 10 days but it is important to hold it for at least 8 weeks. Some people require 2 weeks and some 3 months to lose the excess weight on the suggested weight-loss program on page 42.

The time required for weight-gain and weight-loss is individual. Two wardrobes are needed: 1) trim, not thin, and 2) oversized. Women should gain at least two sizes larger than their trim size. Men and women, get a temporary belly; it is healthier on and off!

I created the following paradigm from 35 years of experience, experimentation and research. An optimal diet consists of all organically grown food and generally contains:

Daily Intake:*

- * **4-6 ounces only of raw fruit with equal amounts of raw fat consumed midday. Raw fruit should not be more than 5% of our total food consumption.**
- * **1-3 pounds (3-9 cups) of raw meat (red meat, and/or seafood, and/or fowl). Raw meat should be 25 to 30% of our diet.**
- * **8-24 ounces of raw fat (unsalted butter, cream, coconut cream juiced from coconut, meat, eggs, unsalted cheese, coconut, avocado, oils cold-pressed below 96° F (35° C)). Raw fat should be 25% of our diet.**
- * **2-6 cups of raw green vegetable juices. Green vegetable juices should be 25 to 30% of our diet.**
- * **8-12 ounces raw milk. Raw milk should be 10 to 20% of our diet. If we are active or athletic, 1-2 quarts raw milk may be consumed and plenty of butter to satisfy our sense of thirst. If milk is not available, the proportion of other foods increases, especially vegetable juices and butter.**
- * **Salad may be eaten once every 2 to 4 weeks, or not at all. It would be better for digestion if that salad, if eaten, were eaten as the last food of that day. Whole vegetable salads often cause constipation on a raw diet by neutralizing acidic bacteria responsible for forming stools in the bowels and by interfering with digestion of other food. Usually, vegetable juices provide every thing we need from vegetables.**

* Measurements: Meats are by weight in ounces and pounds; all other foods are by volume in teaspoons, tablespoons, ounces, cups, pints, etc. Percentages are by volume of food, not by weight.

General Daily Eating Schedule Recommendations #1

(This plan consists of three meat meals daily and is better for people with slower metabolism, lethargy and glyceemic problems, including diabetes.)

- **After waking, drink 4-12 ounces green vegetable juices.**
- **45-60 minutes later, eat 6-10 ounces (1-2 cups) raw meat with raw egg(s) and/or 2-5 tablespoons raw butter, raw cream, raw coconut cream, no-salt-added raw cheese with equal amount of butter or avocado. One or a combination of several raw fats may be eaten at a meal, such as in a sauce.**
- **Next, 45-90 minutes later, drink a blended milkshake consisting of 1-4 raw eggs, 3-6 ounces raw milk, 1-4 ounces raw cream and 1-2 tablespoons unheated honey.**
- **At least 1 hour later, drink another 4-12 ounces green vegetable juices.**
- **At least 1 hour later, eat 6-10 ounces (1-2 cups) raw meat with raw egg(s) and/or 2-5 tablespoons raw butter, raw cream, raw coconut cream, no-salt-added raw cheese with an equal amount of butter or avocado. One or a combination of several raw fats may be eaten at a meal, such as in a sauce.**
- **60-90 minutes later, eat 4-6 ounces fruit with 3-6 ounces of either raw cream, raw coconut cream, raw butter or avocado. You may combine any or all of the above, or you may drink another milkshake without fruit.**
- **At least 1 hour later, drink another 4-12 ounces green vegetable juices.**
- **At least 1 hour later, eat 6-10 ounces (1-2 cups) raw meat with raw egg(s) and/or 2-5 tablespoons raw butter, raw cream, raw coconut cream, no-salt-added raw cheese with an equal amount of butter or avocado. One or a combination of several raw fats may be eaten at a meal, such as in a sauce.**
- **45-90 minutes later, drink a blended Moisturizing/Lubrication Formula; page 146.**
- **At least 1 hour later, drink another 4-12 ounces green vegetable juices.**

General Daily Eating Schedule Recommendations #2

(This plan consists of two meat meals daily and is better for people with high metabolism and hyperactivity.):

- **After waking, drink 4-12 ounces green vegetable juices.**
- **45-60 minutes later, eat 8-14 ounces (1½-3 cups) raw meat with raw egg(s) and/or 3-10 tablespoons raw butter, raw cream, raw coconut cream, no-salt-added raw cheese with an equal amount of butter or avocado. One or a combination of several raw fats may be eaten at a meal, such as in a sauce.**
- **45-90 minutes later, drink a blended milkshake consisting of 2-4 raw eggs, 3-6 ounces raw milk, 1-4 ounces raw cream and 1-2 tablespoons unheated honey.**
- **At least 1 hour later, drink another 4-12 ounces green vegetable juices.**
- **At least 1 hour later, eat 4-6 ounces fruit with 3-6 ounces of either raw cream, raw coconut cream, raw butter or avocado. You may combine any or all of the above, or you may drink another milkshake without fruit.**
- **At least 1 hour later, drink another 4-12 ounces green vegetable juices.**
- **At least 1 hour later, eat 8-14 ounces (1½-3 cups) raw meat with raw egg(s) and/or 3-10 tablespoons raw butter, raw cream, raw coconut cream, and/or no-salt-added raw cheese with an equal amount of butter or avocado. One or a combination of several raw fats may be eaten at a meal, such as in a sauce.**
- **45-90 minutes later, drink a blended Moisturizing/Lubrication Formula, page 146.**
- **At least 1 hour later, drink another 4-12 ounces green vegetable juices.**

If you are balanced metabolically, I suggest that you alternate those plans. The recommended daily diets above are intended to cause the weight-gain necessary to remove deep-tissue toxicity.

Weight-loss-Diet Recommendations

- ❖ **Drink 1 cup green vegetable juices.**
- ❖ **When very hungry but not in a stupor or angry-hungry, eat 2-3 golfball-sized amounts of meat (any meat that appeals to you) with 1 teaspoon of raw butter, cream or avocado but butter is preferable.**
- ❖ **When next very hungry, eat 2 golfball-sized amounts of meat with one teaspoon of raw butter, cream or avocado but butter is preferable.**
- ❖ **When next very hungry drink 1 cup green vegetable juices.**
- ❖ **When next very hungry, eat 1-2 raw eggs Rocky-style.**
- ❖ **When next very hungry, eat 2 golfball-sized amounts of meat without butter, cream or avocado.**

That is one cycle. If the day is not over, start the cycle over. You may eat as many cycles in a day as necessary to avoid eating other food. I suggest that, no matter where you are in a cycle at the end of a day, drink 1 cup of raw milk before a long sleep-period to help relax and calm nerves. If no raw milk is available, drink a blend of 2 ounces raw coconut cream, 4 ounces coconut milk and 1 teaspoon fresh lime juice.

Juice recipe during weight-loss cycle: 1½ tablespoon unheated honey per quart as preservative, ½ small organic lemon or lime with rind per 3 quarts green juice (80% celery, 18% parsley, 2% lemon; percentages are by volume, not weight).

I break the weight-loss diet if I experience lasting detoxification symptoms, such as cold, flu or severe pain. For the recommended diet during bacterial or viral detoxification, see page 147. During detoxification, our bodies need massive nutrients to properly detoxify and heal.

Traveling While Eating The Primal Diet™

While traveling, I always take a minimum of enough meat to last 36 hours. That is usually enough time to get to a store, preferably a healthfood store. For every 14 days of travel, I take 2½ pounds of no-salt-added raw cheeses, 1 quart of unheated

honey and 3 pounds of unsalted raw butter. Because I do not drink vegetable juices on trips, I eat many tomatoes, drink coconut milk, chew on celery and expectorate the pulp. Or, I may consume 1 grapefruit per day, or eat other fruit that is low in carbohydrate, such as cherries and berries other than strawberries, with avocado, or butter and cheese. I never eat the cheese without butter. I have a tendency toward constipation when traveling. Usually, it does not bother me. Others have experienced a similar tendency toward constipation while traveling.

When I backpacked in Hawaii and did not have refrigeration, I mixed 5 pounds of butter with 8 ounces (volume) of honey. Only on the 9th day did I detect some fermentation but it was still good and health-giving. My cheese was fine without refrigeration.

Baby Food/Infant Formula

In 1998, a grandmother brought a 12-months-old girl to me. Three months earlier, a Pediatrician had diagnosed the infant with anemia, retardation and oversized liver. The doctor prescribed many supplements, including iron, and specialty baby formulas. After three months on the prescriptions and formulas, the infant showed signs of less strength, more irritability, mental regression, and was unable to sleep restfully.

I placed a golfball-sized amount of finely chopped beef in front of her and let her play with it. Within 15 minutes, she consumed the beef. She took more from the wrapper and ate it. I suggested that the child eat only raw beef, raw milk, unsalted raw butter and a little unheated honey. She improved immediately. Within 2½ months her energy level, mental aptitude and liver were normal. Now, three years later and mainly having continued the diet, she is very advanced physically, mentally, socially and psychically.

For research on infant safety from drinking raw milk and the dangers of drinking formulas, and processed and pasteurized milks, see pages 180-186.

Chapter 13

To Eat Or Not To Eat Spices And Oils?

Spices in small amounts add flavor and excite the taste buds. Eaten too much or too often, spices can cause excessive energy, fatigue, indigestion, gas and constipation. I suggest that we stay attuned to our bodies' changes and the world of spices will be pleasurable. Most spices have been irradiated. Purchase those that are labeled non-irradiated.

As I explained on page 34, pressed oils, such as olive and flax, are used by our bodies as cleansers. They often dry tissue rather than lubricate it. Pressed oils, in many individuals, cause thinning of the mucus that protects the stomach and intestinal linings when oils are eaten too often.

In moderate amounts, mustard increases digestion. If consumed in quantities too high for any individual, raw mustard thins the mucus that protects membranes, and may burn the stomach and intestinal walls. That may result in nervous erratic energy, tense muscles or overall tension. This often causes schizophrenic energy levels as well as exhaustion, sometimes resulting in restless sleep. I consume mustard only to add flavor, and never more than 2 teaspoons per day.

In some individuals, too much onion can cause results similar to that of mustard. The too frequent combination of garlic and onion sometimes creates similar reactions. Consuming too much hot pepper may result in similar side-effects. Too much garlic can cause a similar reaction in some individuals, or create the opposite effects – lethargy and sleepiness – because it may lower blood-pressure too much. Be aware of how these affect you.

Our bodies are always changing and adapting. When using spices, we will gain better health if we are sensitive to our bodies' changing needs. Sometimes an individual may be able to eat spicy food often but then may reach a saturation point and have to stop consuming a particular spice for a period of one day

to weeks. Centuries ago, spices were medicine, not condiments. Spices are potent, therapeutic and enjoyable in moderate doses but discomforting when over-consumed or counter-indicated for our bodies' particular requirements. They may cause indigestion accompanied by frequent flatulence.

*Let's prepare some health-giving,
tasty food! Bon appetite!*

Chapter 14

Health-Giving Recipes!

Be certain to read all of the instructions on pages 46-50 before making any recipe.

Necessary Equipment

- ✓ One blender; my preference is an Osterizer.
- ✓ One juicer; my preference are a Green Star or Green Life because it is a closed-case-crush press. It has the lowest electromagnetic field produced by efficient juicers. I do not use centrifugal juicers because they use air to press the juice from the pulp, oxidizing and damaging up to 30% of the nutrients in the juice.
- ✓ One 1-quart food processor.
- ✓ One dozen each of the 12- and 16-ounces regular-sized mouth glass jars; my preference of brand names is *Ball* with enameled lids.
- ✓ Two dozen each of a 4- and 8-ounces regular-sized mouth glass jars, my preference of brand names is *Ball* with enameled lids. If more than one person lives in the household, many more jars, especially the 8-ounces, will be needed.
- ✓ Extra enameled regular-sized jar lids to replace rusty lids.
- ✓ Hand-crank ice cream maker, such as Donvier brand. The hand-crank is best because making ice cream takes approximately 30 minutes. When a motor-driven ice cream maker is used, the high electromagnetic field alters the molecular structure of the food and it is less nutritious, and possibly harmful.

- ✓ Hand pepper grinder.

Blenderizing The Easy Way

We can blend with many tools, such as a kitchen utensil, food-processor, mixer or blender. I use the word “blenderize” so that there is no mistake that I use a blender. To follow most of the recipes, you will need a blender that accommodates glass jars because most of the recipes utilize small quantities of food. Also, blenderizing in a common blender-bowl sucks oxygen into the bowl and food, oxidizing and damaging approximately 30% of nutrients. It is healthiest and easiest to use the washer, blender-blades and base of a blender that will fit regular-sized-mouth glass jars. As of this writing, all of the blender models made by *Osterizer*, except the Classic model, fit those jars.

Simply remove the base, washer and blades from the blender’s bowl and store bowl. Obtain regular-sized-mouth glass jars in the following sizes: 4-ounces, 8-ounces, 12-ounces and 16-ounces.

Sometimes the washer that comes with the blender is too thin and it will not seal properly. The washer should be at least 1/16th-inch thick, but preferably up to 3/32nds-inch thick. Alternative washers of another brand may be obtained at most small appliance and hardware stores. *Do not* use two washers together. Too often one gets caught in the blades.

Place washer on rim of jar, then pass the blades inside jar and rest its plate on top of washer. Ensure that washer and blade-plate are somewhat flush with the jar’s rim, and then screw on base firmly. Turn the jar upside down on the blender and start blenderizing.

WARNING! Of the thousands of people who have used the blender blades with glass jars millions of times, I received only one report that the jar broke while it was blending. The gentleman’s palm suffered a cut. The washer had gotten caught in the blades and caused the jar to burst. I suspect that the jar was cracked prior to blending. I have had the washer catch on the blades approximately 25 times over 25 five years and the

glass never broke. Take your time and be patient. If the washer gets caught in the blades, an unusually deep drone occurs and most often, the ingredients spew from the base of the jar without bursting. Turn off the blender immediately if it sounds strange. Unscrew the base and inspect the washer; is it properly placed? If the washer is too slippery to remain in place, wipe the rim of jar, and rinse and dry the washer before reapplying it to the jar.

Blenderizing Recipes That Include Butter

Blender blades are made of cold metal that will cause butter to chill and stiffen. That often causes the ingredients to freeze-up and not blenderize. When blenderizing a recipe with butter that needs to be melted, it is best to cap the jar with blender washer/blades/base before immersing in mildly hot water. That way, the blades will heat along with the ingredients and blenderizing will be easy.

Making Raw Milk Into Raw Kefir Without A Culture-Additive

Let raw milk stand at room temperature in a dark cupboard. An upper cupboard is preferable because it is warmer. It is ready when the milk becomes thick, usually after two days. Adding 1-2 tablespoons unheated honey help make an enjoyable kefir. If separation of liquid and solids occurs, see making Cottage Cheese, page 59-60.

How To Juice Vegetables And Store Them For 3 Days To Maintain Nutrients

I juice 92 ounces of green vegetable juices at a time for a three-day period. As I juice the vegetables, I pour the juices into a gallon container. After I have juiced 92 ounces (not including foam), I place 3 ounces of juices and 4 ounces of honey in an 8-ounces jar, screw washer/blades/base on jar. I place the jar upside down on the blender and blenderize for 5-10 seconds to thin the honey. I pour the honey/juice mixture into the remaining 89 ounces and gently stir. The honey helps to preserve the juices. Then, I pour the 96 ounces into twelve 8-ounces glass jars. I fill the jars to the top, seal with *Ball*-jar lids and store them in refrigerator. There should be no more than 1 tablespoon of airspace in each jar. My tests showed that refrigerated juices stored that way retained 90 to 93% nutrient value in a 78-hour period.

Making Coconut Cream

1 to 3 Coconuts

Choose a coconut by inspecting its shell. If you find any cracks or dark watermarks, small or large, or black spots, it is probably spoiled. Inspect the three small dark circles grouped together at the top, called eyes. If one of the eyes is open or shrunken, it is spoiled. If the coconut is without any of the above, the odds of having a good coconut are 9 of 10.

Juicing coconuts can seem a chore but the healthful rewards are worth the effort. We will need leather gloves that are not heavily dyed, an ice pick, hammer, oyster knife and a juicer that separates cream from pulp, such as a Green Star juicer.

Poke the coconut eyes until we find the eye that is soft. Do not puncture it, yet. Puncture one of the hard circles with ice pick and hammer. Then puncture the soft circle with the ice pick. Pour the coconut milk into a glass. Taste the milk. If it is sour, the coconut may be partially or completely spoiled. If the coconut milk (sometimes referred to as coconut water) is good, drink it when thirsty.

Don gloves. Firmly tap coconut shell all around for 2 minutes but not hard enough to crack it yet. That usually loosens the meat from the shell. Now, crack the coconut shell, starting from the bottom, that is, opposite from the three eyes. Hammer the coconut into many pieces. If you find the meat yellow or discolored, it is spoiled or partially spoiled. You can tell where it is spoiled by discoloration on the white meat. Pry the meat from the shell with the oyster knife. If black spots appear on the brown skin, it is spoiled where the spots appear. Separate the non-spoiled meat from the spoiled meat. If it is completely spoiled, begin again with another coconut. Slice good coconut pieces into strips that are approximately 1/4-inch thick x 1/2-inch width and any length. OR! drop the chunks of coconut into a food-processor and grind.

Place the coconut meat slices or ground coconut in a juicer that separates cream from pulp, such as a GreenStar juicer, Champion, or Norwalk. The result is coconut cream that will

thicken as hard as butter in refrigeration. Use the pulp to fertilize a garden or lawn. Do not mix coconut milk with the coconut cream unless you intend to drink it within 24 hours; or it will sour. It is best to store coconut cream in many 4-ounces glass jars. Stored in that manner, it will keep for 7 days in refrigeration. If we blenderize 1 tablespoon of lime juice to each 7 ounces of coconut cream, it will preserve for up to 3 weeks. Note: Since making coconut cream requires tools and actions, it is recommended that you juice 3-5 coconuts at a time. Each coconut renders 6-8 ounces of pure cream from a Green Star juicer (do not include the milk from the coconut).

Marinating Meats In Lemon Or Lime Juice

Seafood and Fowl may be marinated in citrus juice. If red meats are marinated in lemon or lime juices or vinegar, often the protein is converted to fuel or solvent rather than for regeneration and cellular reproduction. We obtain more than enough fuel from fat. We should preserve our meat-protein for cellular reproduction. One or two tablespoon of lemon or lime juice or vinegar may be mixed with fat 10 minutes prior to mixing with red meats. Some people say that because fish and fowl look and taste heat-cooked when marinated that they are cooked. That is not true. Like digestive acids in our bodies, citrus juices partially break down the components of food for proper digestion but do not mutilate or destroy the nutrients.

Using Gauze-cloth, Cheesecloth, Or Cheese-pouch For Straining

New material contains bleach and chemical sizing; compounds that are very toxic. Cloth must be thoroughly rinsed in cold and then hot waters, and finally rinsed in warm water with a capful of raw vinegar before use with food. **Do not use soap after the first washing.**

Whipping Raw Cream

When blenderizing cream in a 4-ounces glass jar, always blenderize on low speed. Never use more than 3 ounces of cream in a 4-ounces jar. The cream needs airspace to swell or it will turn into butter. When blenderizing in an 8-ounces jar, blenderize on medium speed. Never use more than 6 ounces of cream in an 8-ounces jar. During blenderizing, when an high

pitch from the blender begins, it indicates that the cream is stiff and ready. Turn off the blender.

Making Raw Butter From Raw Cream

Fill an 8-ounces jar with 7 ounces raw cream. Screw on blender washer/blades/base tightly and blenderize for 90 seconds on high speed. Pour off whey.

Ingredients That Are In All Capitalized Letters

A capitalized word indicates that the item itself is a recipe. That recipe must be made first, or made previously.

Quantities And Servings

Most recipes are for 1 serving. To make larger recipes, multiply the appropriate number of servings you need times the amount of each ingredient. If a recipe is for 2 servings and you want to make 4 servings, simply multiply each ingredient by 2.

**** **BABY FOOD** ****

It has been my experience that infants under 1-year old have achieved better health when breast-fed entirely by a mother on a healthy raw animal food diet, especially this Primal Diet. If the mother is not on a healthy diet, I found that the infant gains better health if fed raw milk from a cow or goat rather than mother's milk. The determining factor is, who eats more of a balanced raw food diet, the mother or the animal? Generally, I have observed that children over 9 months of age can easily enjoy the following infant formulas/recipes. In many primitive cultures that do not experience disease, an exclusive raw-milk diet for babies up to 2 years of age has proved perfectly healthful. A few tribes breast feed for up to 4 years and have incredibly healthy children.

Infant Glandular Booster

8 Servings

- 1 cup organic raw liver**
- 1 cup raw milk**
- 1/4 teaspoon unheated honey**

Cut liver into small chunks. Blenderize all ingredients in a 16-ounces jar on high speed for 20-25 seconds. Strain mixture through a strainer or cloth-pouch. Squeeze pouch to speed straining. Use nipple with large hole.

Infant Immune Booster

8 Servings

- 1 cup organic raw liver**
- 1/2 cup raw milk**
- 2 raw eggs**
- 1/4 teaspoon unheated honey**

Cut liver into small chunks. Blenderize all ingredients in a 16-ounces jar on high speed for 20-25 seconds. Strain mixture through a strainer or cloth-pouch. Squeeze pouch to speed straining. Use nipple with large hole.

Infant Milkshake

2 Servings

- 2 ounces raw milk**
- 2 ounces raw cream**
- 1 raw egg**
- 1/4 teaspoon unheated honey**

Blenderize all ingredients together in an 8-ounces jar on medium speed for 5 seconds. No straining is necessary.

Infant Nervous System Booster

8 Servings

- 1 ounce fresh ocean wild-caught raw fish**
- 3 tablespoons raw cream**
- 1/4 cup fresh organic liver**
- 2 ounces raw milk**
- 1 raw egg**
- 1/2 teaspoon unheated honey**

Cut liver and fish into small chunks. Blenderize ingredients in an 8-ounces jar on high speed for 20-25 seconds. Strain mixture through a strainer or cloth-pouch. Squeeze pouch to speed straining. Use nipple with large hole.

****** BEVERAGES ********Green Vegetable Juices**

These juices provide more than the necessary vitamin-, enzyme- and mineral-supplementation that is necessary, they help the functions described in their title. Read pages 30-31, regarding the addition of clay to vegetable juices.

**Helps Regulate Body Salts, Remove Toxic Salts,
And Increase Oxygen Absorption**

12 Servings

- 5 bunches fresh celery stalks (with leaves if not wilted)**
- 5 bunches fresh parsley, curly or Italian**
- 3-4 ounces unheated honey (help to preserve the juices as well as sweeten them)**

Read page 47, regarding proper storage of juices to maintain nutrient-value.)

**Helps Remove Impactions (Plaque)
From Arteries And Intestines,
Regulate Body Salts, And Increase Oxygen Absorption**

12 Servings

- 4 bunches fresh celery stalks (with leaves if not wilted)**
- 3 bunches fresh parsley, curly or Italian**
- 3 medium carrots**
- 3 ounces unheated honey (help to preserve the juices as well as sweeten them)**
- 1/2 -inch circular slice pineapple. dice**

Blenderize diced pineapple into an 8-ounces jar on medium speed for 10 seconds. Follow the rest of instructions for juicing and proper storage of juices to maintain nutrient-value on page 47.

**Helps Eliminate Toxicity From Liver, Other Glands,
Decrease Lymphatic Congestion,
Regulate Body Salts, And Increase Oxygen Absorption**

12 Servings

- 4 bunches fresh celery stalks (with leaves if not wilted)**
- 3 bunches fresh parsley, curly or Italian**
- 1 lemon, juice rind and all**
- 1 bunch fresh cilantro**
- 2 medium raw zucchini, crookneck or sunburst squash**
- 1 medium cucumber**
- 3 ounces unheated honey (help to preserve the juices as well as sweeten them)**
- 12 tablespoons coconut cream.**

Read page 47, regarding proper storage of juices to maintain nutrient-value.)

Immediately before drinking this juice formula, eat 1 tablespoon coconut cream, unsalted raw butter or raw cream.

**Helps Remove & Eliminate Mercury
And Other Heavy Metals,
Regulate Body Salts, And Increase Oxygen Absorption**

12 Servings

- 3 bunches fresh celery stalks (with leaves if not wilted)**
- 3 bunches fresh parsley, curly or Italian**
- 3 bunches fresh cilantro**
- 4 medium raw zucchini, crookneck or sunburst squash (occasionally cucumber)**
- 3 ounces unheated honey (helps to preserve the juices as well as sweetens them)**
- 12 tablespoons raw cream, or**
- 12 tablespoons coconut cream, or unsalted raw butter.**

Often, the body pulls heavy metals from its cells and tissues with the nutrients in this juice. Fats must be present with the juice to ensure that detoxified metals do not cause harm and restore in the body. Therefore, immediately before drinking this juice formula, eat 1 tablespoon coconut cream or butter, or drink a little juice and put 1 tablespoons raw cream into the juice and stir.

Read page 47, regarding proper storage of juices to maintain nutrient-value.

Milkshake

(Soothes nerves.)

1 Serving

- 1 to 3 raw eggs**
- 3 to 6 ounces raw milk**
- 2 to 4 ounces raw cream**
- 1 to 2 tablespoons unheated honey**

Blenderize in an appropriately sized jar on medium speed for 5-10 seconds.

Coffee Substitute

(Most often, any mixture of green vegetable juices is the best substitute for coffee. Green vegetable juices fill the digestive tract and blood with energy producing vitamins, enzymes and minerals, and usually increase appetite for healthy food.)

1 Serving

- 4 ounces natural mineral water**
- 2 tablespoons unheated honey**
- 2 tablespoons lemon or lime juice**
- 1 tablespoon raw apple cider vinegar**
- 2 tablespoons raw cream**

Blenderize all ingredients, except cream, in an 8-ounces jar on medium speed for 5-10 seconds. Pour in cream and stir. If you would like it warm, cap and immerse in mildly hot water for 5 minutes.

Banana Smoothie

Fruity milkshakes make some people more emotional, sensitive, irritable and/or sleepy. If you experience those symptoms, you would probably do better by drinking milkshakes.

1 Serving

2 to 3 raw eggs
1/3 banana
3 ounces raw milk
1 ounce raw cream
1 pinch freshly ground nutmeg
1 tablespoon unheated honey

Blend all ingredients together in an 8- or 12-ounces jar on medium speed for 10 seconds.

Orange Smoothie

Fruity milkshakes make some people more emotional, sensitive, irritable and/or sleepy. If you experience those symptoms, you would probably do better by drinking milkshakes.

1 Serving

2 to 3 raw eggs
1 peeled and seeded orange
2 ounces raw cream
1 teaspoon unheated honey, (optional)

Blenderize all ingredients together in an 8-ounces jar on high speed for 10 seconds.

Raspberry Smoothie

Fruity milkshakes make some people more emotional, sensitive, irritable and/or sleepy. If you experience those symptoms, you would probably do better by drinking milkshakes.

1 Serving

- 2 to 3 raw eggs**
- 4 ounces raspberries**
- 1 ounce raw milk**
- 2 ounces raw cream**
- 1 teaspoon unheated honey**

Blenderize all ingredients together in an 8- or 12-ounces jar on medium speed for 10 seconds.

**** COTTAGE CHEESE ****

Caraway Cottage Cheese

4 Servings

- 1 quart raw milk**
- 3 ounces raw cream**
- 1 1/2 tablespoons caraway seeds**

Pour milk into a wide-mouthed quart jar, add caraway seeds and let stand in a dark high cupboard until the liquid completely separates from the solids (2-4 days). Pour into a cheese-making cloth-pouch, or make a pouch from gauze-cloth or several layers of cheesecloth. Hang and let strain until milk solids are firm but not too dry. (Use the whey to pickle, or in place of raw vinegar to prepare sauces and spices, or mix whey with 5 parts water and feed to indoor or outdoor plants.)

Put firm cheese in bowl and gently stir in 3 ounces raw cream.

Sour Cottage Cheese

4 Servings

- 1 quart raw milk**
- 3 ounces raw cream**

Pour milk into a wide-mouthed quart jar and let stand in a dark high cupboard until the liquid completely separates from the solids (2-4 days). Pour into a cheese-making cloth-pouch, or make a pouch from gauze-cloth or several layers of cheesecloth. Hang and let strain until milk solids are firm but not too dry. (Use the whey to pickle, or in place of raw vinegar to prepare sauces and spices, or mix whey with 5 parts water and feed to indoor or outdoor plants.)

Put firm cheese in bowl and gently stir in 3 ounces raw cream.

Sweet Cottage Cheese

4 Servings

- 1 quart raw milk**
- 3 ounces raw cream**

Pour milk into a wide-mouthed quart jar and let stand in refrigeration until cream separates to the top. Skim the cream off of milk, place cream in an 8-ounces jar, cap and place cream in refrigerator. Let milk stand in quart jar in a dark high cupboard until the liquid completely separates from the solids (2-4 days).

Pour into cheese-making cloth pouch, or make pouch from gauze-cloth or several layers of cheesecloth. Hang and let strain until milk solids are firm but not dry. (Use the whey to pickle, or in place of raw vinegar to prepare sauces and spices, or mix whey with 5 parts water and feed to indoor or outdoor plants.)

Put firm cheese in bowl and stir in separated cream and an additional 3 ounces raw cream.

**** MEAT MEALS ****

White meats are fowl, fish, seafood, pork, rabbit, squirrel and other small animals. **Red meats** are beef, lamb, bison, venison, and other large animals.

Preparing Meat Dishes

There are seven basic preparations for meat: Whole, sliced, diced, chopped, ground, pâté, and liquefied. Each preparation has a distinct flavor. Liquefied meats are usually for invalids and infants. However, liquefying glands is an easy way for anyone to eat glands. Pâté the meats in a food processor, then, using a blender, blenderize them with an equal amount of raw milk, and a little honey if desired, in a glass jar until they are liquid.

I have observed that most people prefer the carpaccio-style of meat preparation, that is, meat sliced very thinly, especially tough meats. Most butchers and restaurants freeze the meat in order to slice it very thinly. Frozen meat does not give much healing or cellular-reproductive support to the body. Frozen meat produces more byproducts and toxins than fresh meat. It is better to slice it thinly by using the slicing plate in a food processor. Other people like meats thick and juicy at room temperature, or ground. Taste is in the palate of the eater.

The flavors of sauces change according to whether we blenderize, chop, crush, grate, marbleize, whip, stir or fold ingredients. Sauces produce distinct flavors according to how we combine them with meats. We may stir or fold in, marbleize, pour over, sprinkle, mash into, marinate, or blend sauces with meats. Using one sauce to blend with meat and topping it with another sauce, gives more options and flavors. As we make sauces with suggested alternatives, we will understand infinite possibilities. I present one or two alternatives per meat dish; see pages 87-113. Adventure and explore flavors as our tastebuds change.

Even though I have hundreds of sauce-recipes, usually I eat meats plain. When I spice meats, usually it is a time when I am repulsed by or bored with plain meats. If I do not eat meats daily, after a day or two I do not feel or function as well. Sauces help me eat meats at those times. I found that force-feeding myself provides the nutrients necessary to live a healthier life in our toxic world. I encourage my clients to do so, too, especially those who are anorexic.

Meat Sauces

All of the following sauces may be used with red or white meats: beef, lamb, venison, bison, pork, fowl, fish and seafood.

Asian Spicy Meat Sauce

2 Servings

- 1 raw egg**
- 7 tablespoons raw cream**
- 1 tablespoon finely grated fresh ginger root**
- 1/2 teaspoon unheated honey**
- 1 tablespoon MUSTARD**

Ingredients should be room temperature except mustard. Blenderize all ingredients, except cream, together in a 4-ounces jar on medium speed for 10 seconds. Blenderize cream in an 4-ounces jar on low speed until cream is stiff. Gently fold blended mixture into whipped cream.

Barbecue Sauce

2 Servings

- 1 tomato, medium**
- 1/4 to 1/2 fresh hot pepper, such as jalapeno**
- 4 tablespoons stone-pressed olive oil**
- 1 teaspoon raw unpasteurized apple cider vinegar**
- 1 teaspoon finely chopped fresh basil**
- 1 teaspoon finely chopped fresh thyme**
- 1/8 teaspoon minced fresh garlic, (optional)**
- 1 teaspoon diced fresh red onion**

If a thicker sauce is desired, slice a deep and wide cut in tomato. Over a bowl , gently squeeze tomato to remove juice and seeds. Drink tomato juice when thirsty. Blenderize all ingredients, except onion, together in an 8-ounces jar for 7 seconds. Stir onion into sauce, or sprinkle over sauce after sauce is poured over meat.

Béchamel Sauce

1 Serving

- 2 tablespoons unsalted raw sunflower seeds**
- 2 tablespoons raw milk**
- 3 tablespoons unsalted raw butter**
- 1 pinch freshly grated nutmeg**
- 1 teaspoon chopped fresh thyme**
- 1/4 teaspoon chopped fresh red onion**
- 1 pinch ground white pepper**

All ingredients must be room temperature. Warm the milk, butter, nutmeg, onion and pepper together in a 4-ounces jar immersed in a bowl of mildly hot water for 5 minutes. When butter is liquid, blenderize together for 10 seconds on low speed. In another 4-ounces jar, blenderize seeds on medium speed for 5 seconds. Add seed flour to sauce and blenderize for 10 seconds on low speed.

Bordelaise Sauce

1 Serving

- 2 tablespoons bone marrow**
- 2 tablespoons raw cream**
- 1 tablespoon unsalted raw butter**
- 1 teaspoon chopped fresh leeks**
- 1 teaspoon grated fresh turnips**
- 1 tablespoon grated no-salt-added raw cheese**

Scoop the marrow from bone. Warm all ingredients, except cheese, in a 4-ounces jar, capped with blender washer/blades/base, immersed in bowl of mildly hot water for 5 minutes. Blenderize together on low speed for 10 seconds. Stir in grated cheese.

Bordelaise Sauce, Two

1 Serving

- 4 tablespoons bone marrow**
- 2 sugar-cubed-sized cubes fresh pineapple**
- 1/2 teaspoon chopped shallots**
- 1/4 teaspoon chopped bay leaves**
- 1/8 teaspoon chopped thyme**
- 1 pinch freshly ground mixed peppercorns**
- 1/2 teaspoon fresh lemon juice**
- 1 sliced fresh mushroom**

Scoop the marrow from bone. Warm all ingredients, except mushroom and shallot, together in a 4-ounces jar, capped with blender washer/blades/base, in bowl of mildly hot water for 5 minutes. Blenderize on low speed for 10 seconds.

Add sauce to meat, arrange sliced mushrooms and top by sprinkling with shallot.

Caesar Meat-Dressing

1 Serving

- 2 **tablespoons walnut halves**
- 1 **egg, or 4 tablespoons stone-pressed olive oil**
- 2 **teaspoons fresh lemon juice**
- 1 **tablespoon raw cream**
- 1 **teaspoon unheated honey**
- 1/2 **teaspoon freshly chopped thyme**
- 1 **slice fresh garlic**

Blend walnuts in an 8-ounces jar for 5 seconds on medium speed. Add all other ingredients and blend on low speed for 10 seconds.

Cheesy Spiced Paste

4 Servings

- 1 **cup SOUR COTTAGE CHEESE**
- 2 **ounces SPICE PASTE**

Mash and stir together until thoroughly mixed. Will keep in refrigeration for 2 weeks.

Creamy Cheese Pepper Sauce

1 Serving

- 2 **tablespoons grated no-salt-added raw cheese**
- 2 **tablespoons raw cream**
- 1/2 **medium tomato**
- 1 **teaspoon MUSTARD**
- 1/3 **jalapeno**
- 1/4 **hot red pepper**
- 1 **teaspoon finely chopped fresh bay leaves, (optional)**

If a thicker sauce is desired, slice a deep and wide cut in tomato. Over a bowl, gently squeeze tomato to remove juice and seeds. Drink tomato juice when thirsty. Place all ingredients in an 8-ounces jar and blenderize for 5-10 seconds.

Egg/Cheese Basil Sauce

1 Serving

- 2 **tablespoons unsalted raw butter, or raw cream, or raw milk**
- 1 **egg**
- 4 **tablespoons grated no-salt-added raw Monterey cheese**
- 2 **tablespoons finely chopped fresh basil leaves**
- 1 **diced tomato**
- 1 **teaspoon PICKLED PEPPERS (PIMENTOS), (optional)**

Blenderize egg, 1 tablespoon basil and cheese together in an 8-ounces jar on medium speed until smooth.

Slice beef thinly lengthwise, and slice again to make small rectangles. Place meat and diced tomato in a decorative pattern on plate. Pour sauce over meat. Sprinkle with pimentos and remaining chopped basil.

French Mayonnaise

3 Servings

- 2 eggs
- 2 teaspoons **MUSTARD**
- 1/2 teaspoon fresh lemon juice
- 6 tablespoons chilled unsalted raw butter
- 6 tablespoons stone-pressed olive oil
- 2 pinches ground white pepper

Blend all ingredients together in a 12-ounces jar on medium speed for 15-20 seconds.

Garlic Butter

2 Servings

- 6 tablespoons raw unsalted butter
- 1 (or more) thin slice of a single section of garlic clove
- 1/8 teaspoon unheated honey, (optional)

Place all ingredients together in a 4-ounces jar, capped with blender washer/blades/base, immersed in mildly hot water until melted. Blenderize on medium speed for 5 seconds.

Hollandaise Meat Sauce

2 Servings

- 4 tablespoons raw unsalted butter**
- 1/2 teaspoon MUSTARD**
- 1 tablespoon grated horseradish**
- 1/2 medium tomato**
- 1 teaspoon unheated honey**
- 2 tablespoons stone-pressed olive oil**

All ingredients should be room temperature. If a thicker sauce is desired, slice a deep and wide cut in tomato. Over a bowl, gently squeeze tomato to remove juice and seeds. Drink tomato juice when thirsty. Blenderize all ingredients together in an 8-ounces jar on medium speed for 5 seconds.

Hollandaise Meat Sauce, Two

1 Serving

- 3 tablespoons unsalted raw butter**
- 1 raw egg**
- 1/2 teaspoon fresh lemon juice**
- 1/4 to 1/2 fresh hot pepper**

Butter should be room temperature, firm but not cold. Blend all ingredients together in a 4-ounces jar on low speed for 5 seconds.

Horseradish Sauce

8 Servings

- 6 tablespoons grated fresh horseradish**
- 3 tablespoons raw cream**
- 3 tablespoons raw milk**
- 1/2 teaspoon unheated honey**
- 1/2 teaspoon fresh raw lime juice, (optional)**

Blenderize all ingredients together in an 8-ounces jar on medium speed for 10 seconds. It will keep for 2 months in refrigeration.

Horseradish Sauce, Two

8 Servings

- 7 tablespoons grated fresh horseradish**
- 5 tablespoons raw milk, or whey, or 1 tablespoon raw apple
 cider vinegar and 4 tablespoons whey**
- 1 tablespoon unheated honey**
- 1 tablespoon fresh lime juice**

Blenderize all ingredients together in an 8-ounces jar on medium speed for 10 seconds. It will keep for 2 months in refrigeration.

Italian Sauce

2 Servings

- 5 ounces stone-pressed olive oil**
- 1 tablespoon finely chopped rosemary**
- 1 tablespoon finely chopped basil**
- 1/4 garlic clove, pressed, (optional)**

Stir all ingredients together in an 8-ounces jar for 1 minute. Cap and let stand in cupboard for at least 3 days. Do not refrigerate at any time.

If you would like to flavor a bottle of olive oil, triple the quantities of rosemary, basil and garlic, add to bottle of oil and let stand for at least 3 days.

Ketchup

2 Servings

- 1 tomato**
- 1 tablespoon unsalted raw butter**
- 1 tablespoon stone-pressed olive oil**
- 1 teaspoon unheated honey**
- 1/2 teaspoon raw apple cider vinegar**
- 1 teaspoon fresh red onion**
- 1 slice fresh garlic**
- 1 pinch freshly ground mixed peppercorns**
- 1 teaspoon fresh fish eggs, (makes for salty taste), (optional)**
- 1 teaspoon MUSTARD, or SPICE PASTE**

Slice a deep and wide cut in tomato. Over a bowl, gently squeeze tomato to remove juice and seeds. Drink tomato juice when thirsty.

Place tomato and all ingredients in an 8-ounces jar and blenderize on medium speed for 10 seconds. If ingredients stick to bottom and do not blend properly, remove from blender and shake jar until ingredients unsettles at blades, replace on blender and resume blenderizing.

Mayonnaise

2 Servings

- 4 tablespoons unsalted raw butter**
- 1 raw fertile egg**
- 1 tablespoon fresh raw lemon juice**
- 1/2 teaspoon unheated honey**
- 1/2 teaspoon raw unpasteurized apple cider vinegar**
- 4 tablespoons stone-pressed olive oil**

All ingredients should be room temperature. Blenderize all ingredients together in an 8-ounces jar on medium speed until smooth.

Mexican Sour Cream Sauce

6 Servings

- 1 slice minced fresh garlic**
- 2 tablespoons chopped fresh red onion**
- 1 tomato**
- 2 tablespoons chopped fresh cilantro**
- 1 cup SOUR CREAM**

Slice a deep and wide cut in tomato. Gently squeeze tomato in hand over a bowl to remove juice and seeds. Drink tomato juice when thirsty.

Chop tomato and stir/fold all ingredients together. It will keep in refrigeration for 3 weeks.

Mornay Sauce

1 Serving

- 2 ounces BECHAMEL SAUCE**
- 1 tablespoon raw cream**
- 1 raw egg**
- 2 pinches ground white pepper**
- 2 tablespoons grated no-salt-added raw cheese**

Blenderize egg, cream, and pepper together in a 4-ounces jar on low speed for 10 seconds. Add Béchamel Sauce and cheese, and stir/marbleize. Spoon over slivered raw meat.

Mousseleine Sauce

1 Serving

- 2 ounces HOLLANDAISE MEAT SAUCE, TWO**
- 2 ounces raw cream**

Blenderize cream in a 4-ounces jar on low speed until it is stiff. Swirl/marbleize Hollandaise sauce into whipped cream.

Mushroom Cream Cheese Sauce

1 Serving

- 1 large mushroom**
- 2 tablespoons raw cream**
- 3 tablespoons no-salt-added raw cheddar cheese**
- 1 raw egg**

Chop mushroom and set aside. Cut cheese into small chunks. Blenderize all ingredients, except half of the chopped mushroom, together in a 4-ounces jar on low speed for 10 seconds. Stir in remaining chopped mushroom.

Mushroom Cream Sauce

1 Serving

- 1 large mushroom**
- 1 tablespoon unsalted raw butter**
- 3 tablespoons raw cream**
- 2 tablespoons raw milk**
- 2 teaspoons diced fresh red onion, (optional)**

Chop mushroom. Blenderize all ingredients, except half of the chopped mushroom and onion, together in an 8-ounces jar on medium speed for 15 seconds. Stir in remaining chopped mushrooms and onion.

Mustard

10 Servings

- 4 tablespoons whole yellow mustard seeds**
- 4 tablespoons whole brown mustard seeds**
- 3 ounces whey or natural mineral water**
- 3 tablespoons raw unpasteurized apple cider vinegar**
- 1 to 2 tablespoons unheated honey**

Place mustard seeds, vinegar and whey together in an 8-ounces jar. Pour in enough whey, or water, to fill jar. Cap and let it stand at room temperature in cupboard for 24 hours. Add honey and blenderize on medium speed for 15 seconds. It will keep in refrigeration for several months.

Mustard, Two

10 Servings

- 3 tablespoons whole yellow mustard seeds**
- 3 tablespoons whole brown mustard seeds**
- 2 tablespoons unheated honey**
- 3 tablespoons raw apple cider vinegar**
- 4 ounces whey or natural mineral water**
- 2 pinches freshly grated nutmeg**
- 1 teaspoon chopped fresh watercress**

Place mustard seeds, vinegar and whey together in an 8-ounces jar. Pour in enough whey, or water, to fill jar. Cap and let stand at room temperature in cupboard for 24 hours. Add honey, nutmeg and watercress. Blenderize on medium speed for 15 seconds. It will keep in refrigeration for several months.

Mustard Butter

1 Serving

1 to 2 tablespoon **MUSTARD**
3 to 4 tablespoons **unsalted raw butter**

Vigorously stir or marbleize mustard into soft butter.

Nut And Spice Sauce

1 Serving

2 ounces **pine nuts**
2 tablespoons **stone-pressed olive oil**
2 tablespoons **unsalted raw butter**
1 to 3 teaspoons **unheated honey**
1/2 teaspoon **raw apple cider vinegar**
1/2 slice **garlic, (optional)**
1 tablespoon **fresh red onion, chopped, (optional)**

Blenderize nuts into flour in a 4-ounces jar on medium speed. Warm butter and oil in an 8-ounces jar, capped with blender washer/blades/base, immersed in a bowl of mildly hot water for 5 minutes. Add nut flour, honey, vinegar and garlic and blenderize on low speed. Stir in onion.

Pepita Gravy

1 Serving

- 2 ounces pumpkin seeds**
- 2 ounces meat-fat trimmings or unsalted raw butter**
- 2 tablespoons raw cream**
- 1 teaspoon unheated honey, (optional)**

Warm meat-fat or butter with cream in a 4-ounces jar, capped with blender washer/blades/base, immersed in bowl of mildly hot water for 5 minutes.

Blenderize pumpkin seeds into flour in a 4-ounces jar on medium speed. Add fat or butter, cream and honey, and blenderize on low speed, for 15-20 seconds, until it won't blend or it is smooth.

Sour Cream

8 Servings

- 24 ounces raw cream**

Pour cream into a quart jar, loosely screw on lid, and let stand in the refrigerator for 1-3 months. Scoop out as you want it. When you reach the bottom, you will find whey. Use the whey in recipes, or dilute with 5x more water than whey and feed to plants.

Sour Cream Quick

1 Serving

- 4 tablespoons raw cream**
- 3 tablespoons grated no-salt-added cheese**

Blenderize cream and cheese together in a 4-ounces jar on low speed until thick and firm (10-15 seconds).

South African Frikkadel Glaze

1 Serving

- 2 ounces pecan halves**
- 1 egg**
- 2-4 tablespoon chopped fresh red onion**
- 1 pinch freshly grated nutmeg**
- 1 pinch freshly ground coriander seeds**
- 1 pinch freshly ground mixed peppercorns**
- 2 ounces meat-fat trimmings or unsalted raw butter**
- 1 tablespoon stone-pressed olive oil**
- 2 tablespoons unheated honey**

Blenderize pecans in an 8-ounces jar until they are flour. Add egg, nutmeg, coriander, peppercorns, fat or butter, oil and honey, and blenderize on medium speed for 15 seconds. Add sauce to meat and top with chopped red onion.

Spice Paste

8 Servings

- 2 whole cardamon seeds
- 1 teaspoon coriander seeds
- 1 teaspoon whole allspice
- 1/2 cinnamon stick
- 1 shallot
- 1 tablespoon fresh tarragon leaves
- 1/4 teaspoon white pepper
- 1 teaspoon mixed peppercorns
- 1 teaspoon fenugreek seeds
- 2 pistils of saffron
- 1 fresh hot pepper
- 5 ounces stone-pressed olive oil

If you enjoy a less hot paste, remove seeds from fresh hot pepper. Blenderize all ingredients, except fresh hot pepper and shallot, together in an 8-ounces jar on medium speed for 5 seconds and on high speed for another 5 seconds.

Add and blenderize all ingredients together in an 8-ounces jar on medium speed for 20 seconds. Cap and let stand in cupboard for 24 hours, then use or refrigerate. Paste will keep in refrigeration for approximate 3 months.

Spiced Butter or Oil

2 Servings

- 6 ounces unsalted raw butter, or olive oil, or flax oil**
- 1 slice garlic clove**
- 1 teaspoon freshly grated ginger root**
- 1 pinch turmeric**
- 1 pinch freshly ground cardamon seed**
- 1 pinch freshly ground cloves**
- 1 pinch nutmeg, freshly ground**
- 1 teaspoon fresh red onion, (optional)**

Warm butter in an 8-ounces jar, capped with blender washer/blades/base, immersed in a bowl of mildly hot water for 5 minutes. Blenderize all ingredients together on medium speed for 15 seconds.

If using oil, there is no need to immerse in hot water before blenderizing.

ALTERNATIVE: Stir in onion after blenderizing all other ingredients together.

Spicy African Paste

4 Servings

- 2 tomatoes
- 6 tablespoons stone-pressed olive oil
- 3 tablespoons unsalted raw butter
- 1 whole cardamon seed
- 1/4 teaspoon coriander seeds
- 1/4 teaspoon grated fresh ginger root
- 1/4 teaspoon fenugreek seeds
- 1 whole clove
- 1/4 inch cinnamon stick
- 1/4 teaspoon whole allspice
- 1 slice fresh garlic clove
- 1/2 teaspoon fresh red onion
- 1 pinch paprika
- 3 whole mixed peppercorns
- 1 pinch grated nutmeg
- 1/4 fresh hot red pepper
- 1 tablespoon unheated honey

Blenderize cardamon, coriander, fenugreek, clove, cinnamon, allspice and peppercorns together in a 4-ounces jar until they are flour.

If a thicker sauce is desired, slice a deep and wide cut in tomato. Over a bowl, gently squeeze tomato to remove juice and seeds. Drink tomato juice when thirsty. Blenderize all ingredients together in a 12- or 16-ounces jar for 15 seconds. Let stand for at least 10 hours. Sauce will keep in refrigeration for at least 1 month.

Spicy Thai Sauce

1 Serving

- 2 ounces walnut halves**
- 1/4 stalk celery**
- 1/2 teaspoon fresh ginger root**
- 3 tablespoons coconut cream**
- 1/2 tablespoon unheated honey**
- 1 tablespoon chopped Thai basil, or mint leaves, (optional)**
- 1/2-4 tablespoons fresh hot peppers (authentic Thais make it so hot their noses perspire while they eat).**

Blenderize celery and ginger together and strain out pulp. Warm coconut cream in a 4-ounces jar, capped with blender washer/blades/base, immersed in a bowl of mildly hot water for 5 minutes.

Blenderize walnuts in an 8-ounces jar until they are flour. Add juices, honey and coconut cream and blenderize all ingredients together on medium speed for 10 seconds. If ingredients stick to bottom while blending, remove from blender and shake loose, then resume blending.

ALTERNATIVE 1: Rather than blenderize basil into sauce, cover meat with sauce and top with sprinkled basil.

ALTERNATIVE 2: Stir all ingredients together for 1 minute rather than blenderizing.

Tango Meat Sauce

1 Serving

- 3 tablespoons room-temperature soft raw unsalted butter**
- 1 teaspoon grated horseradish, or HORSERADISH recipe**
- 1/2 tomato**
- 1 teaspoon unheated honey**
- 2 tablespoons olive oil**

If a thicker sauce is desired, slice a deep and wide cut in tomato. Over a bowl, gently squeeze tomato to remove juice and seeds. Drink tomato juice when thirsty.

Blenderize all ingredients together in an 8-ounces jar on medium speed for 10 seconds.

ALTERNATIVE 1: Blenderize all ingredients, except mustard, together on medium speed for 10 seconds. Stir-marbleize mustard into sauce.

ALTERNATIVE 2: Blenderize all ingredients, except tomato, together in a 4-ounces jar on medium speed for 10 seconds. Dice tomato and fold into sauce.

Tartar Coconut Cream Sauce

1 Serving

- 1 tablespoon finely chopped fresh dill weed**
- 4 tablespoons coconut cream**
- 1 tablespoon fresh lemon juice**
- 1 tablespoon fresh lime juice**
- 1 tablespoon chopped PICKLE**

All ingredients must be room temperature except dill. Finely chop dill. Blenderize all ingredients, except pickles together, in a 4-ounces jar on low speed for 10 seconds. Add and stir in pickles. Eat with meat, or marinate at room temperature for 1 hour to enhance flavors.

Tartar Sauce

2 Servings

- 2 tablespoons lemon juice**
- 1 teaspoon unheated honey**
- 6 tablespoons raw unsalted butter**
- 1 raw egg**
- 2 tablespoons fresh dill weed**
- 1 tablespoon finely diced fresh red onion, (optional)**
- 1 tablespoon chopped PICKLE**

All ingredients must be room temperature except dill. Finely chop dill. Blenderize all ingredients, except onion and pickle, together in an 8-ounces jar on medium speed for 10 seconds. Stir in chopped onion and pickle. Pour on meat. Eat, or marinate at room temperature for 4 hours.

Thousand Island Meat-Dressing

1 Serving

- 2 ounces cherry tomatoes
- 1 tablespoon stone-pressed olive oil
- 1 raw egg
- 1 tablespoon unsalted raw butter
- 1/2 tablespoon fresh red onion
- 1 slice fresh garlic

Blenderize all ingredients in an 8-ounces jar on medium speed for 10 seconds.

Thousand Island Meat-Dressing, Two

4 Servings

- 2 tablespoons fresh lemon juice
- 1 1/2 teaspoons unheated honey
- 3/4 cup cherry tomatoes
- 1 teaspoon vinegar
- 2 tablespoons olive oil
- 1/2 -inch cube of no-salt-added raw Monterey cheese
- 1 teaspoon fresh red onion, (optional)
- 1 slice fresh garlic, (optional)

Cut cheese into thin slices. Blenderize all ingredients together in a 12-ounces jar on high speed for 10-15 seconds. This dressing will keep in refrigeration for several weeks in closed jar.

Tomato Cream Cheese Sauce

1 Serving

- 2 tablespoons raw cream**
- 1/2 diced tomato**
- 1 teaspoon fresh lemon juice**
- 1 -inch cube of no-salt-added raw cheese**
- 2 tablespoons grated no-salt-added raw cheese**

If a thicker sauce is desired, slice a deep and wide cut in tomato. Over a bowl, gently squeeze tomato to remove juice and seeds. Drink tomato juice when thirsty. Blenderize all ingredients, except grated cheese, together in a 4-ounces jar on low speed for 10 seconds. Pour over meat and top with sprinkled grated cheese.

Tomato Sauce

1 Serving

- 1/2 tomato**
- 4 tablespoons raw unsalted butter, (or stone-pressed olive oil)**
- 1/2 -inch cube of no-salt-added raw cheese**
- 1 slice fresh garlic**
- 1/2 to 1 tablespoon chopped fresh red onion**
- Favorite fresh herbs to your taste , (optional)**

All ingredients should be room temperature. If a thicker sauce is desired, slice a deep and wide cut in tomato. Over a bowl, gently squeeze tomato to remove juice and seeds. Drink tomato juice when thirsty. Warm butter in an 8-ounces jar, capped with blender washer/blades/base, immersed in bowl of warm water until butter melts. Add rest of ingredients to jar and blenderize on medium speed for 10 seconds.

Wasabe

4 Servings

- 6 tablespoons grated fresh wasabe or horseradish**
- 2 ounces natural mineral water, or whey**
- 1 teaspoon unheated honey**
- 1 teaspoon fresh lemon juice**
- 1/3 avocado**
- 1/4 teaspoon raw apple cider vinegar**

Blenderize all together in an 8-ounces jar on medium speed for 15 seconds.

White Pepper Sauce

1 Serving

- 1 raw egg**
- 2 tablespoons unsalted raw butter**
- 2 tablespoons raw cream**
- 1 pinch grated nutmeg**
- 2 pinches ground white pepper**

Blenderize all ingredients together in a 4-ounces jar on low speed for 10-15 seconds.

Red Meat Meals

Beef, lamb, venison, buffalo, pork and wild meat. Any meat, including fowl, fish or seafood may be substituted for the specified meat in the recipe.

Himalayan Meat

1 Serving

5 to 8 ounces raw meat (beef, lamb, fowl, seafood)

2 to 3 ounces CHEESY SPICED PASTE

Chop meat into bite-sized pieces.

Spread paste on plate and cover with chopped meat.

ALTERNATIVE: Cut meat into strips and spread paste on strips.

African Lamb

1 Serving

1/4 **teaspoon raw apple cider vinegar**
1/2 **teaspoon unheated honey**
1/4 **teaspoon grated fresh ginger root**
1/2 **freshly ground clove**
5 **tablespoons unsalted raw butter**
3 **seedless raisins**
1 **slice crushed fresh garlic**
1 **pinch freshly ground peppercorns**
5 to 8 **ounces lamb**

Warm all ingredients, except ginger and meat, in a 4-ounces jar, cap with blender washer/blades/base, immersed in bowl of mildly hot water. When butter has completely melted, blenderize on medium speed for 10 seconds. Add and stir in ginger.

Prepare lamb as you wish and add or cover with sauce.

ALTERNATIVE 1: Replace butter with stone-pressed olive oil.

ALTERNATIVE 2: Reduce unsalted raw butter to 2 1/2 tablespoons and add 2 1/2 tablespoons stone-pressed olive oil.

Beef Pâté

1 Serving

- 4** **tablespoons pumpkin seeds**
- 4** **tablespoons unsalted raw butter**
- 1** **slice fresh garlic**
- 5 to 8** **ounces ground beef**
- 1** **teaspoon diced red onions**
- 1** **egg**

Blenderize seeds in an 8-ounces jar on medium speed for 5 seconds. Warm butter and garlic in a 4-ounces jar, capped with blender washer/blades/base, immersed in a bowl of mildly hot water for 5 minutes. Blenderize butter and garlic on low speed for 5 seconds. Pour butter/garlic into seed flour in an 8-ounces jar, stir and blenderize on medium speed for 5 seconds. Place meat and all ingredients into food processor and blend until they are paste.

Beef Stroganoff

1 Serving

- 5 to 8** **ounces chopped beef**
- 1** **slice minced garlic**
- 3** **chopped mushrooms**
- 2** **chopped chives**
- 5** **tablespoons SOUR CREAM or SOUR CREAM QUICK**

Stir garlic and sour cream together. Lay bed of mushrooms, cover with meat, top with sour cream and sprinkle with chives.

Carpaccio (pronounced carpachio)

1 Serving

- 5 tablespoons stone-pressed olive oil**
- 2 tablespoons grated no-salt-added raw cheese**
- 1 tablespoon finely chopped fresh bay leaves**
- 1 tablespoon finely chopped fresh basil leaves**
- 1 tablespoon chopped fresh parsley**
- 1 slice minced or crushed fresh garlic, (optional)**
- 1 teaspoon chopped fresh red onion, (optional)**
- 5 to 8 ounces meat (beef, lamb, fowl, seafood)**
- 1 mushroom**

Vigorously stir olive oil, bay, basil, onion and garlic together for 1 minute.

Slice meat into thin luncheon meat-sized slices in food processor with slicing plate. In a covered bowl at room-temperature, marinate meat slices in sauce for 1 to 3 hours.

Spread meat and sauce on plate and sprinkle with cheese and top with parsley.

Ethiopian Kitfo

1 Serving

1 to 2 tablespoon **SPICE PASTE**
1 teaspoon **red onions**
1/2 teaspoon **fresh hot pepper**
1/2 teaspoon **freshly grated fresh ginger root**
1 pinch **freshly ground cardamon seed**
1 tablespoon **lemon juice**
1/4 **red, yellow and/or green bell pepper**
5 to 8 ounces **fresh beef**

Mash paste, pepper, ginger, cardamon and lemon together in a cup.

Cut meat into chunks and place in food processor. Add all ingredients and blend all together for 10 seconds.

Lamb Shanks

1 Serving

- 5 to 8 ounces lamb shanks**
- 2 tablespoons unsalted raw butter**
- 1 teaspoon bone marrow**
- 3 tablespoons stone-pressed olive oil**
- 1 to 2 tablespoons grated raw unsalted Monterey cheese**
- 1 teaspoon chopped fresh basil, (optional)**
- 1 teaspoon chopped fresh bay leaves, (optional)**
- 1 tablespoon chopped fresh parsley**
- 1 spear asparagus**
- 1 teaspoon chopped red onions, (optional)**
- 1 slice minced fresh garlic, (optional)**

Scoop marrow from shank bone. Warm butter, oil, basil and/or bay leaves and garlic together in a 4-ounces jar, capped with blender washer/blades/base, immersed in bowl of mildly hot water for 5 minutes. When butter has melted, blenderize ingredients for 5 seconds at medium speed.

Slice lamb into strips. Dice asparagus. In a covered bowl at room temperature, marinate lamb strips and asparagus in sauce for 1-3 hours. Spread marinated ingredients on plate and top with cheese, onion and parsley.

Liver Pâté

1 Serving

5 to 8 ounces organic raw liver
1 to 3 tablespoons red onions, (optional)

Cut liver into small chunks. Put liver and onion in food processor and blend together for 20-30 seconds.

Liver Pâté, Two

1 Serving

2 to 4 tablespoons raw sunflower seeds
5 to 8 ounces organic raw liver
1 to 3 tablespoons red onions, (optional)

Blenderize sunflower seeds in a 4-ounces jar on medium speed for 10 seconds. Cut liver into small chunks. Put all ingredients in food processor and blend together for 20-30 seconds.

Meat au Gratin

1 Serving

- 4** **tablespoons unsalted raw butter, (may substitute stone-pressed olive oil)**
- 1** **slice fresh garlic**
- 1/4** **red bell pepper**
- 1 1/2** **-inch cube no-salt-added raw cheddar cheese**
- 5 to 8** **ounces raw meat (beef, lamb, fowl, seafood)**

Grate a portion of room-temperature cheese and set aside. Slice remaining cheese thinly. Warm cheese slices, garlic and room-temperature butter in a 4-ounces jar, capped with blender washer/blades/base, immersed in bowl of mildly hot water for 5 minutes. When butter is completely melted, blenderize ingredients until smooth.

Cut 1/8 bell pepper into circular slices. Chop remaining 1/8 bell pepper. Slice meat thinly lengthwise. Arrange meat on plate in overlapping circular pattern. Pour sauce over meat. Cover with slices of bell pepper like spokes of a wheel. Sprinkle grated cheese on top. Finish by sprinkling with chopped bell pepper.

Nuts Over Meat

1 Serving

- 4 to 5** **ounces NUT BUTTER**
- 5 to 8** **ounces raw meat (beef, lamb, fowl, seafood)**
- 1/4** **quarter of a zucchini or cucumber, or combination**

Make nut butter of choice.

Slice zucchini and/or cucumber circularly and place on plate in circle. Slice meat into thin strips and place inside squash circle. Pour nut butter over meat.

Steak Tartare

1 Serving

5 to 8 ounces raw sirloin steak, or New York steak
2 tablespoons red onions
1 to 3 tablespoons unsalted raw butter
1 raw egg
1 teaspoon raw **MUSTARD**
2 pinches freshly ground caraway seeds
2 pinches freshly ground mixed peppercorns
1/2 teaspoon unheated honey, (optional)
1 teaspoon horseradish, (optional)
1 sprig parsley or cilantro

Cut steak into cubes. Blend meat and all ingredients together in food processor for 5-15 seconds, depending on the desired consistency.

White Meat Meals - Fowl

Chicken, turkey, duck and wild birds. Any meat may be substituted for the specified meat in the recipe.

Cajun Chicken

1 Serving

- 2 tablespoons refrigerated unsalted raw butter**
- 1 tablespoon refrigerated raw cream**
- 1 chilled raw egg (keep refrigerated for 2 hours)**
- 1 pinch freshly grated nutmeg**
- 1 pinch fresh ground mixed peppercorns**
- 5 to 8 ounces raw chicken**
- 1/2 diced tomato**

Blenderize egg, nutmeg, pepper, chilled butter and cream in a 4-ounces jar on low speed for 4-6 seconds.

Dice chicken. Fold sauce with chicken and top with diced tomato.

Cheesy Chicken

1 Serving

- 5 tablespoons stone-pressed olive oil**
- 1 tablespoon fresh lemon juice**
- 1 -inch cube sliced no-salt-added raw cheese**
- 1/4 to 1 fresh hot pepper**
- 1 teaspoon fresh red onion, (optional)**

Blenderize all ingredients, except chicken, together in a 4-ounces jar on medium speed for 10 seconds. Slice chicken into narrow strips, baste and marinate for 20-60 minutes.

ALTERNATIVE: Instead of blenderizing onion, dice and gently stir into sauce before basting and marinating chicken.

Chicken Salad

1 Serving

- 5 to 8 ounces raw chicken**
- 1 tablespoon diced cucumbers**
- 1 tablespoon chopped summer squash**
- 1 tablespoon PICKLED PEPPERS (PIMENTOS)**
- 3 tablespoons MAYONNAISE**

Place chicken in food processor, blend for 5-7 seconds and place in bowl. Add all other ingredients and gently fold into ground chicken.

Chicken/Beef Mustard

1 Serving

- 2 to 3 ounces ground or diced raw chicken**
- 3 to 5 ounces diced beef**
- 2 tablespoons grated no-salt-added raw Monterey cheese**
- 1 serving MUSTARD BUTTER**

Fold meats and mustard/butter together and top with cheese.

French Chicken

1 Serving

- 2 tablespoons SOUR CREAM or SOUR CREAM QUICK**
- 1/2 diced tomato**
- 1/2 teaspoon finely chopped bay leaves**
- 1/2 teaspoon finely chopped thyme**
- 1/2 teaspoon freshly ground mixed peppercorns**
- 1/4 crushed fresh garlic clove**
- 1/2 teaspoon chopped parsley**
- 5 to 8 ounces raw chicken**

Place chicken in food processor and blend for 10 seconds. Spread a thick layer of chicken on plate. Gently stir garlic and sour cream together. Spread layer of sour cream over meat. Spoon tomato over sour cream and sprinkle with ground peppercorns, bay, thyme and parsley, in that order.

Macaroni & Cheese-Tasting Chicken

1 Serving

- 6 ounces chopped or ground raw chicken**
- 3 tablespoons SOUR CREAM**
- 1 egg**
- 1 red hot pepper**
- 3 tablespoons grated no-salt-added raw cheese**

Blenderize egg, pepper, cheese and sour cream together in an 8-ounces jar on medium speed for 10 seconds. Fold sauce into chicken.

ALTERNATIVE: On a plate, form chicken into a plateau, indent and fill with sauce.

Orange-Glazed Duck

1 Serving

- 3 tablespoons soft unsalted raw butter**
- 1 pinch black pepper, (optional)**
- 1 section fresh orange**
- 1 tablespoon unheated honey**
- 1/4 teaspoon raw apple cider vinegar**
- 1/2 teaspoon lemon juice**
- 1 fresh mint leaf**
- 5 to 8 ounces raw duck**

Blenderize all ingredients, except duck and mint, in a 4-ounces jar on high speed for 5 seconds.

Chop duck into small pieces. Cover with orange glaze. Marinate for 2 hours

Finely chop mint leaf and sprinkle over glaze.

Parmesan Chicken

1 Serving

- 6 ounces raw chicken, dice**
- 4 walnut halves**
- 2 tablespoons stone-pressed olive oil**
- 1 tablespoon fresh lemon juice**
- 2 tablespoons raw cream**
- 1 tablespoon finely chopped oregano**
- 1 slice minced garlic clove**

Blenderize walnuts into flour in a 4-ounces jar on high speed for 5 seconds. Add all ingredients, except chicken, and blenderize on low speed for 15 seconds. Spread over chicken. Eat immediately or marinate for 45 minutes.

Salsa Chicken

1 Serving

- 1 tomato**
- 1 fresh hot pepper**
- 2 tablespoons fresh lime juice**
- 1/2 teaspoon vinegar**
- 5 to 8 ounces skinned, boned, diced chicken breast**
- 1/4 diced red bell pepper**
- 1/4 stalk diced celery**
- 1 slice avocado, or**
- 1 raw egg**
- 1 tablespoon diced red onions**
- 1 sprig cilantro, (optional)**

Slice a deep and wide cut in tomato. Over a bowl, gently squeeze tomato to remove juice and seeds. Drink tomato juice when thirsty. Blenderize tomato, pepper, vinegar, and lime juice together in an 8-ounces jar on medium speed for 5-10 seconds. Pour sauce over chicken in a bowl, fold together and marinate for 45 minutes. Top with other ingredients and eat from bowl.

ALTERNATIVE: Spoon chicken on to plate, cover with sauce and spread remaining ingredients on top.

Sexy Chicken

1 Serving

- 5 to 8 ounces skinned, boned, diced chicken breasts**
- 1 raw egg**
- 4 to 5 ounces NUT BUTTER made with peanuts**
- 1 inch section chopped celery stalk**
- 1 tablespoon chopped fresh arugula leaves**

Gently whip raw egg, peanut butter, celery and arugala together in a small bowl. Fold chicken into whipped mixture. Spoon spiced chicken on to plate. Pour remaining sauce in bowl over chicken.

ALTERNATIVE: Gently whip raw egg, peanut butter and celery together in a small bowl. Spread chicken on plate, cover with sauce and top with arugala.

Tahitian Chicken

1 Serving

- 3 ounces COCONUT CREAM**
- 1/2 to 1 diced tomato**
- 2 tablespoons fresh lemon juice**
- 2 tablespoons fresh lime juice**
- 5 to 8 ounces fresh raw chicken**

Stir coconut cream and lime juice together, and let stand for 10 minutes.

Dice meat. Place chicken, lemon juice and tomato in a bowl and fold gently together. Top with coconut/lime sauce. Eat immediately or let marinate 2 hours before topping with coconut/lime sauce.

Turkey Pâté

1 Serving

5 to 8 ounces turkey
1 to 2 raw eggs
1 to 2 tablespoons MUSTARD, and/or HORSERADISH
1 tablespoon diced red onions
1/2 diced tomato

Place turkey in food processor and blend for 20 seconds. Mash turkey down into food processor and add egg(s) and mustard and/or horseradish and blend for 10 seconds more. Put into bowl or on plate and cover with tomato and onion.

ALTERNATIVE: When adding egg and mustard, or egg and horseradish to food processor, add tomato and onion. Blend for 10 seconds.

POWER DRINKS

Liver Booster

1 Serving

4 to 8 ounces organic raw liver
4 to 8 ounces raw milk
1 tablespoon unheated honey, (optional)

Cut liver into small chunks. Blenderize all ingredients together in a 12- or 16-ounces jar on high speed for 20 seconds.

Liver Booster, Two

1 Serving

- 4 to 8 ounces organic raw liver**
- 4 to 8 ounces raw milk**
- 1 to 2 tablespoons red onions, (optional)**

Cut liver into small chunks. Blenderize all ingredients together in a 12- or 16-ounces jar on high speed for 20 seconds.

The Power Drink

1 Serving

- 2 tablespoons organic raw liver**
- 1 tablespoon organic raw thyroid gland**
- 1 tablespoon organic raw testis or ovary**
- 2 tablespoons organic raw lung**
- 1 tablespoons organic raw brain**
- 1 tablespoon organic adrenal gland**
- 4 ounces raw milk**
- 1 to 2 tablespoons red onions**

Blenderize all ingredients together in a 12-ounces jar on high speed for 20 seconds.

Seafood/Fish Sauces

Island Fish Sauce

1 Serving

- 1 ounce banana or pineapple**
- 1 tablespoon unsalted butter**
- 1 raw egg**
- 1/4 teaspoon unheated honey, (optional)**
- 1 drop organic vanilla extract, (optional)**

Blenderize all ingredients together in a 4-ounces jar on high speed for 10 seconds.

Polynesian Ginger Sauce

1 Serving

- 1 tablespoon coarsely grated fresh ginger root**
- 2 tablespoons fresh lemon juice**
- 1 tablespoon unheated honey**
- 2 to 3 tablespoons unsalted raw butter, room temperature**

Vigorously stir butter and all other ingredients together.

Spicy African Paste for Fish

4 Servings

- 2 tomatoes
- 6 tablespoons flax oil
- 3 tablespoons unsalted raw butter
- 1 whole cardamon seed
- 1/4 teaspoon coriander seeds
- 1/4 teaspoon grated fresh ginger root
- 1/4 teaspoon fenugreek seeds
- 1 whole clove
- 1/4 inch cinnamon stick
- 1/4 teaspoon whole allspice
- 1 slice fresh garlic clove
- 1/2 teaspoon red onions
- 1 pinch paprika
- 3 whole mixed peppercorns
- 1 pinch grated nutmeg
- 1/4 fresh hot red pepper
- 1 tablespoon unheated honey

Blenderize cardamon, coriander, fenugreek, clove, cinnamon, allspice and peppercorns together in a 4-ounces jar on high speed until they are flour.

If a thicker sauce is desired, slice a deep and wide cut in tomato. Over a bowl, gently squeeze tomato to remove juice and seeds. Drink tomato juice when thirsty. Blenderize all ingredients together in a 12- or 16-ounces jar on medium speed for 15 seconds. Let stand for at least 10 hours. Sauce will keep in refrigeration for at least 1 month.

White Meat Meals - Seafood/Fish

Any fish, seafood or fowl may be substituted for the specified meat in the recipe.

Ceviche

1 Serving

5 to 8 ounces fresh ocean wild-caught raw fish
3 to 4 ounces fresh lemon or lime juice
1/2 to 1 diced fresh tomato
4 to 6 tablespoons flax oil, or stone-pressed olive oil
1 tablespoon chopped fresh cilantro
1 tablespoon chopped red onion, (optional)
1 slice minced fresh garlic, (optional)

Dice fish and marinate in lemon or lime juice for 20 minutes to 24 hours in a jar or bowl.

Stir oil, onion and garlic together for 1 minute. Pour off lemon or lime juice from fish. Pour oil mixture over fish. Top with diced tomato.

Escolar Fresca

1 Serving

5 to 8 ounces Escolar fish
1/2 diced tomato
2 tablespoons fresh lime or lemon juice
1 tablespoon diced apples
1 teaspoon diced red onion, (optional)
1 teaspoon unheated honey, (optional)

If using honey, mix lime or lemon juice with honey until honey is dissolved. Stir tomato, apple and onion together and spoon over fish. Marinate for 10-40 minutes.

Hot Buttered Salmon

1 Serving

- 5 to 8 ounces fresh ocean wild-caught raw salmon**
- 3 tablespoons lemon or lime juice**
- 1/8 to 1/2 hot pepper**
- 3 tablespoons raw unsalted butter**
- 2 tablespoons grated no-salt-added raw cheese**

Warm lemon and lime juices, hot pepper and soft butter together in a 4-ounces jar, capped with blender washer/blades/base, immersed in a bowl of mildly hot water for 5 minutes. Blenderize on medium speed for 10 seconds. Pour mixture over salmon and top with grated cheese.

Oyster Sauce & Pasta

1 Serving

- 1 serving PASTA SUBSTITUTE**
- 3 oysters**
- 2 mushrooms**
- 2 tablespoons raw unsalted butter**
- 1 1/2 -inch cube raw unsalted Monterey or Muenster cheese**
- 1 slice red or white onion**
- 2 tablespoons fresh sweet red pepper, (optional)**

Make PASTA SUBSTITUTE (see recipe). Blenderize 1 1/2 oysters, 1 mushroom, butter, 1/2 of the cheese, 1/2 of the onion and 1/2 of the red pepper together in an 4-ounces jar on medium speed for 10 seconds. Dice remaining oysters, mushrooms and onion. Fold diced ingredients together with sauce and pour over PASTA. Grate remaining cheese. Top dish with grated cheese.

ALTERNATIVE: Follow recipe above but do not blenderize onion in sauce. Chop onion and fold into sauce.

Oysters Over Cheese

1 Serving

- 5 fresh oysters**
- 2 mushrooms**
- 5 tablespoons unsalted raw butter**
- 6 tablespoons grated no-salt-added raw cheese**
- 1 teaspoon chopped red onions**
- 1 to 2 circular slice(s) fresh sweet red peppers, (optional)**

Blenderize 1 1/2 oysters and butter in a 4-ounces jar on high speed for 10 seconds.

In a food processor, chop with pulse-action the sweet pepper, mushrooms and remaining oysters. In a serving bowl, fold all ingredients, except cheese, together.

Sprinkle a bed of cheese evenly over plate. Spoon oyster/pepper/mushroom mixture evenly over cheese. Top with oyster/butter sauce.

Salmon with Lemon And Parsley

1 Serving

5 to 8 ounces salmon, chopped, bite-sized pieces
6 to 9 tablespoons fresh lemon or lime juice
1/2 cup finely chopped fresh parsley

Marinate fish in juice for at least 20 minutes at room temperature. Place fish on plate and sprinkle with parsley.

Shrimp Passion

1 Serving

5 to 8 ounces fresh shrimp
1 teaspoon grated fresh ginger root
1 teaspoon chopped red onions, (optional)
1/4 to 1/2 finely chopped fresh hot pepper
1/3 partially ripe papaya
1 tablespoon chopped fresh parsley

Sprinkle ginger over papaya and mash together until saucy, or chop papaya and blenderize with ginger in a 4-ounces jar on high speed for 5-10 seconds.

Stir in pepper and onion. Spoon over shrimp and top by sprinkling with parsley.

Spiced Salmon

1 Serving

5 to 8 ounces fresh ocean wild-caught raw salmon
1 tablespoon slivered shallots
2 tablespoons unsalted raw butter
1 sliced mushroom
1 tablespoon chopped fresh dill
1 egg
1 tablespoon fresh lemon juice
1/4 to 1/2 chopped fresh hot pepper

Blenderize egg, chilled butter, dill, and lemon juice together in a 4-ounces jar on high speed for 5 seconds.

Cut salmon into strips and arrange in circular pattern on plate. Cover with blended mixture. Arrange shallot slivers on top and sprinkling with chopped hot pepper.

Spiced Sashimi

1 Serving

1 tablespoon grated fresh ginger root
1 teaspoon WASABE, or HORSERADISH
3 tablespoons flax oil
1 tablespoon very soft unsalted raw butter
1/2 teaspoon unheated honey, (optional)
5 to 8 ounces fresh ocean wild-caught raw fish

Vigorously stir all ingredients together, or blenderize in a 4-ounces jar on low speed for 5 seconds. Spoon over fish.

Swordfish Sashimi

1 Serving

- 5 to 8 ounces fresh Swordfish**
- 4 tablespoons fresh lemon or lime juice**
- 1 fresh hot pepper (like jalapeno)**
- 2 ounces stone-pressed olive oil**
- small assortment of herbs or lettuce**

Grate and finely chop pepper. Stir juice, olive oil and pepper together for 1 minute. Slice swordfish into strips. Arrange fish in a pattern on plate. Pour oil/juice/pepper mixture over fish.

Tahitian Fish

1 Serving

- 3 ounces COCONUT CREAM**
- 1/2 to 1 diced tomato**
- 3 to 4 tablespoons fresh lime juice**
- 5 to 8 ounces fresh ocean wild-caught raw fish**

Stir coconut cream and lime juice together and let stand for 10 minutes.

Dice meat. Place fish and tomato in a bowl. Pour coconut/lime sauce over fish and tomato and fold gently together. Eat immediately or let marinate for up to 8 hours.

ALTERNATIVE: Substitute 1/3 cup pineapple for tomato.

Thai Ceviche

1 Serving

- 5 to 8 ounces fresh ocean wild-caught raw fish**
- 4 to 6 tablespoons fresh lemon or lime juice**
- 2 to 4 tablespoons flax oil, or stone-pressed olive oil**
- 1 to 2 tablespoons unsalted raw butter**
- 1 tablespoon chopped fresh mint, (optional)**
- 2 tablespoons chopped PICKLED GINGER**

Dice fish and marinate in lemon or lime juice for 20 minutes or up to 24 hours. Pour off juice.

Stir oil, soft butter and ginger together for 1 minute and pour over fish. Top with chopped mint.

ALTERNATIVE: Use all oil, or all butter, or varying amounts of oil and butter.

**** SOUP ****

Chicken & Tomato Soup

1 Serving

- 3 to 5 ounces chopped raw chicken**
- 1 1/2 to 2 tomatoes**
- 2 drops organic vanilla extract**
- 1 1/2 teaspoons raw apple cider vinegar**
- 1 tablespoon unheated honey**
- 2 tablespoons stone-pressed olive oil**

Place all ingredients into food processor and blend for 5 seconds. Pour into bowl.

Chicken Soup

1 Serving

- 5 to 8 ounces raw chicken**
- 1 tablespoon chopped watercress**
- 2 tablespoons unsalted raw butter**
- 1 slice red onion, or shallot, or coarsely chopped chives**
- 3 ounces raw milk**
- 2 tablespoons stone-pressed olive oil**
- 1 pinch freshly ground mixed peppercorns**

Warm butter, oil, milk and watercress in an 8-ounces jar, capped tightly and immerse jar in a bowl of mildly hot water until butter completely melts.

Place all ingredients, including chicken, in food processor and blend for 10-15 seconds.

If you would like warm soup, place soup in a 16-ounces jar, cap and immersed in bowl of mildly hot water for 10 minutes.

Cream of Chicken Soup

1 Serving

- 5 to 8 ounces raw chicken**
- 1 egg**
- 1/4 teaspoon raw apple cider vinegar**
- 1 teaspoon unheated honey, (optional)**
- 1 tablespoon stone-pressed olive oil**
- 1 tablespoon unsalted raw butter**
- 4 tablespoons raw milk**
- 2 tablespoons raw cream**
- 1 tablespoon SPICE PASTE**
- 1 tablespoon raw sunflower seeds**

Add all ingredients to food processor and blend for 5-10 seconds. Pour into bowl.

Grandma's Tomato Soup

1 Serving

- 1 1/2 to 2 tomatoes**
- 2 drops organic vanilla extract**
- 1 1/2 teaspoons raw apple cider vinegar**
- 1 tablespoon unheated honey**
- 2 tablespoons stone-pressed olive oil**

Place all ingredients into food processor and blend for 5 seconds.
Pour into bowl.

Lentil Soup

1 Serving

- 2 tablespoons whole sprouting lentils, do not sprout**
- 3 ounces natural mineral water**
- 1 tablespoon sunflower seeds**
- 1 ounce raw milk**
- 2 ounces raw cream**
- 1 tablespoon unsalted raw butter**
- 1 raw egg**
- 1 slice fresh garlic**
- 1 teaspoon unheated honey**

Place lentils in a 4-ounces jar and fill jar to top with water. Place in cupboard and let stand for 24 hours. Drain off water and blenderize for 4 seconds.

Blenderize sunflower seeds in another 4-ounces jar on high speed for 5 seconds. Blenderize all ingredients, except 1/2 of the ground lentils, into a 12-ounces jar on medium speed for 20-30 seconds. Stir in remaining ground lentils.

If you prefer warm soup, put a tight lid on jar and immerse in mildly hot water for 10 minutes.

Split Pea Soup

1 Serving

- 2 tablespoons whole sprouting peas, do not sprout**
- 3 ounces natural mineral water**
- 1 tablespoon sunflower seeds**
- 1 ounce raw milk**
- 2 ounces raw cream**
- 1 tablespoon unsalted raw butter**
- 1 raw egg**
- 1 slice fresh garlic**
- 1 teaspoon unheated honey**

Place peas in a 4-ounces jar and fill jar to top with water.

Place in cupboard and let stand for 24 hours. Drain off water and blenderize for 4 seconds.

Blenderize sunflower seeds in another 4-ounces jar on high speed until they are flour. Blenderize all ingredients in a 12-ounces jar and blenderize on medium speed for 15-20 seconds.

If you prefer warm soup, put a tight lid on jar and immerse in mildly hot water for 10 minutes.

**** **RAW STARCH** ****

Breads, crackers, pasta, cakes, cookies and products made from beans, potatoes, yams and grains should not be eaten because acrylamides and Advanced Glycation End products (glycotoxins) store in a healthy body at a rate of 70%, and in an unhealthy body at a rate of 90%. Cooked carbohydrates are for those who cannot manage their tempers, and should only be eaten at times when eating raw fowl and/or seafood, and/or raw-nut formula, and abstaining from sweet fruits, do not reduce hyperactivity and temper-tantrums.

Nut Butter/Nut Formula

1 to 2 Servings

**2 to 4 ounces raw pecans or walnuts, pine or hazel nuts,
sunflower or pumpkin seeds, or peanuts**

4 to 8 tablespoons unsalted raw butter

1 to 2 raw egg

1½ to 2 tablespoon unheated honey

Blenderize nuts in an 8- or 12-ounces jar on high speed until they are flour. Add remaining ingredients and stir. Blenderize on medium speed for 20-25 seconds, until smooth.

ALTERNATIVE: Substitute coconut cream for butter.

Pasta Substitute

1 Serving

- 3 ounces raw sunflower seeds**
- 1/2 teaspoon unheated honey**
- 1 raw egg**
- 1 tablespoon unsalted raw butter**

Blenderize sunflower seeds in an 8-ounces jar on high speed for 5-10 seconds. Add butter, honey and egg, and stir together. Blenderize on medium speed for 15 seconds.

Spread mixture evenly on plate and let stand in refrigerator for 2 hours. Cover with any sauce.

Reminiscent of Mexican Chips

1 Serving

- 3 tablespoons soft unsalted raw butter**
- 1/4 to 1/2 fresh hot pepper**
- 1/4 tomato**
- 2 tablespoons grated Monterey Jack cheese**
- 1 slice fresh garlic, (optional)**
- 1 tablespoon red onions, (optional)**
- 1 serving PASTA SUBSTITUTE**

Blenderize butter, tomato, hot pepper, garlic and/or onion together in an 8-ounces jar on medium speed for 10 seconds. Add cheese and blenderize on medium speed for 15-20 seconds, until smooth and warm to the touch. Pour over Pasta Substitute and eat before it gets soggy. Eat with a serving of meat.

Reminiscent of Refried Beans

1 Serving

- 2 ounces raw pumpkin seeds**
- 1 ounce raw sunflower seeds**
- 3 tablespoons raw unsalted butter**
- 1/4 teaspoon unheated honey**
- 1 raw egg**
- 1 slice fresh garlic**

Blenderize pumpkin and sunflower seeds in an 8-ounces jar on high speed until they are flour. Add butter, honey, garlic and egg and blenderize on medium speed for 15-20 seconds. Place in cupboard and let stand for 2 hours.

Top with a sauce and eat with a serving of meat.

****** SWEET MEALS ********Cheesecake**

10 Servings

3/4 pound no-salt-added raw cheddar cheese
1 pound unsalted raw butter
1 cup raw walnut halves
3 tablespoons unheated honey
1 drop organic vanilla extract

TOPPING, (optional)

1 1/3 cups raw cream
1 tablespoon unheated honey

Let cheese and butter stand at room temperature to warm for 4 hours before making cheesecake.

Slice cheese into 1/8-inch slices. Into each of two 16-ounces jars, warm half of the cheese, half of the butter and 1 tablespoon honey immersed in a bowl of mildly hot water while making the Crust.

Crust: In a food processor (not blender), place nuts, two tablespoons butter and 1 tablespoon honey. Blend ingredients until they become a large ball.

Butter bottom and sides of an 8- or 9-inch pie plate. Evenly spread nut mixture and press on to bottom of pie plate. Chill in freezer while making Filling.

Filling: When butter is nearly liquid, blenderize both jars of butter/cheese/honey mixture on high speed for 60-90 seconds until ingredients are smooth, not grainy. Do not let it get too hot while blending. Pour both jars of Filling into chilled piecrust and refrigerate for several hours. (If making a Topping, place back in freezer while making Topping.)

ALTERNATIVE TOPPING 1: Blenderize 5 ounces cream and 1 teaspoon honey in an 8-ounces jar on low speed until it is fluffy and stiff. Repeat with remaining 5 ounces cream and 2 teaspoons honey in another 8-ounces jar. Remove pie from freezer and top with whipped cream. Let stand in refrigeration for 8 hours. The flavors blend better when it stands for 20 hours.

ALTERNATIVE TOPPING 2: Choose fruit with low carbohydrate, such as cherries, berries and/or unripe fruit. Remove seeds or stones. Chop fruit, if necessary, and blenderize 1 cup fruit and 1 tablespoon honey in a 12-ounces jar on medium speed for 10 seconds. Spread over chilled cheesecake.

ALTERNATIVE TOPPING 3: Remove stones from 4 dates. Chop dates. Blenderize chopped dates and 1 cup fruit(s) in a 12-ounces jar on high speed for 15 seconds. Spread over chilled cheesecake.

Cheesecake, Miniature

2 Servings

- 3 ounces no-salt-added raw cheddar cheese**
- 3 1/2 ounces unsalted raw butter**
- 2 ounces raw walnut halves**
- 2 teaspoons unheated honey**
- 1 drop organic vanilla extract**

TOPPING, if desired

- 3 ounces raw cream**
- 1 teaspoon unheated honey**

Let cheese and butter stand at room temperature to warm for 4 hours before making cheesecake.

Slice cheese into 1/8-inch slices. Warm cheese, butter and 1 teaspoon honey in an 8-ounces jar, capped and immersed in a bowl of mildly hot water while making the Crust.

Crust: Blenderize nuts, 1 teaspoon butter and 1 teaspoon honey together in a 4-ounces jar on high speed using pulse-action for 5 seconds.

Butter bottom and sides of 4-inch glass or ceramic pie-dish. Evenly spread nut mixture and press on to bottom of pie plate. Chill in freezer while making Filling.

Filling: Blenderize butter/cheese/honey mixture on high speed for 30-40 seconds until ingredients are smooth, not grainy; do not let it get too hot while blending. Pour into chilled piecrust and place in refrigerator for several hours. (If making a Topping, place back in freezer while making Topping.)

ALTERNATIVE TOPPING 1: Blenderize 3 ounces cream and 1 teaspoon honey in an 8-ounces jar on low speed until it is fluffy and stiff. Remove pie from freezer and top with whipped cream. Let stand in refrigeration for 8 hours. The flavors blend better when it stands for 20 hours.

ALTERNATIVE TOPPING 2: Choose fruit with low carbohydrate, such as cherries, berries and/or unripe fruit. Remove seeds or stones. Chop fruit, if necessary, and blenderize 3 ounces fruit and honey in a 4-ounces jar on medium speed for 5 seconds. Spread over chilled cheesecake.

ALTERNATIVE TOPPING 3: Remove stones from 1 date. Chop date. Blenderize chopped date and 3 ounces fruit(s) in a 4-ounces jar on high speed for 10-15 seconds. Spread over chilled cheesecake.

Coconut Cream & Fruit

1 Serving

4 ounces COCONUT CREAM
1/8 peeled and seeded small papaya
1/8 -inch circular slice fresh pineapple
1 teaspoon unheated honey, (optional)

If pineapple is not organic, wash outside of pineapple with brush and lukewarm water. Slice pineapple circularly. Cut away rind and discard. To retain juice in pineapple, slice and dice pineapple with sawing motion. Fold diced fruit into coconut cream, or top diced fruit with coconut cream, or top coconut cream with diced fruit.

ALTERNATIVE: Use 2 ounces each of other fruits, such as berries and peach, or nectarine and peach, or pear and grapes.

Custard

1 Serving

- 1/3 papaya, remove seeds and peel**
- 1 raw egg**
- 2 tablespoons raw unsalted butter**
- 1 tablespoon unheated honey**

Blenderize all ingredients together in an 8-ounces jar on low speed for 10 seconds. Immediately pour into serving bowl before it thickens, or let it thicken in jar and eat from jar.

Custard Aphrodisiac

1 Serving

- 1 egg**
- 1/3 diced avocado**
- 1/2 diced orange**
- 1 tablespoon unheated honey**
- 4 ounces papaya or mango**
- 1 teaspoon lime, (optional)**
- 4 tablespoons unsalted raw butter**

Blenderize butter, papaya or mango, honey, egg, and lime juice together in an 8-ounces jar on high speed for 10 seconds. Immediately pour into bowl and stir in diced avocado and orange before it thickens. Let stand for 3-5 minutes.

Fudge Parfait

or

Mint Fudge Parfait

2 Servings

- 5 ounces raw cream**
- 3 tablespoons raw milk**
- 1 raw egg**
- 3 tablespoons peeled and seeded fresh papaya**
- 2 teaspoons unheated honey**
- 2 -inch square PECAN FUDGE**

Premake PECAN FUDGE recipe

Blenderize 2 ounces cream, milk, egg, papaya and honey in an 8-ounces jar on medium speed for 5 seconds. Pour into a serving bowl, place in freezer and let sit for 10-16 hours, or use ice cream maker.

Cut fudge of choice into thin layers and place one layer in dessert glass. Spoon a layer of ice cream on top. Repeat the two layers.

Blenderize 3 ounces cream in a 4-ounces jar on low speed until cream is stiff. Top fudge/ice cream layers with whipped cream.

ALTERNATIVE: Chop mint leaves until you have 1 tablespoon. Blenderize 3 ounces cream and chopped mint in a 4-ounces jar on low speed until mixture is stiff. Top fudge/ice cream layers with mint whipped cream.

Gingerbread Balls

1 Serving

- 3 tablespoons unsalted raw butter**
- 1 tablespoon unheated honey**
- 1 teaspoon grated fresh ginger root**
- 1 tablespoon raw carob powder**
- 2 1/2 ounces raw walnut or pecan halves, pine or hazel nuts, or
 sunflower seeds**

Warm butter and ginger in a 4-ounces jar, capped and immersed in a bowl of mildly hot water.

Blenderize nuts in an 8-ounces jar on high speed until they are flour (or pulse-blend to make it chunky). When butter melts, add honey and blenderize for 5 seconds. Add nuts and carob powder and stir for 60 seconds. Put on plate and let stand for 2 hours until it firms. Form into balls. To harden it more, refrigerate for 30 minutes.

ALTERNATIVE 1: Make it chewier by using honeycomb.

ALTERNATIVE 2: Stir in 1 teaspoon soft fresh bee pollen.

ALTERNATIVE 3: Finely grate coconut meat and roll balls in grated coconut.

Mint Chocolate Substitute

2 Servings

- 7 tablespoons soft unsalted raw butter**
- 1 raw egg**
- 3 tablespoons finely chopped fresh mint leaves**
- 2 tablespoons unheated honey**
- 1 1/2 tablespoons raw carob powder**
- 2 drops organic vanilla extract**

Blenderize all ingredients together in an 8-ounces jar on medium speed for 30-40 seconds. Refrigerate to harden for 2 hours. (To preserve the nutrients in eggs, it is best not to refrigerate for more than 4 hours.)

Pecan Fudge

1 Serving

- 2 ounces pecan halves**
- 4 tablespoons unsalted raw butter**
- 1 raw egg**
- 3 tablespoons unheated honey**
- 2 tablespoons raw carob powder**
- 1 drop organic vanilla extract**

Blenderize pecans in an 8-ounces jar on high speed until they are flour. Place the rest of ingredients in jar, stir, and blenderize on medium speed until smooth. Place in a small bowl and refrigerate to harden for 2 hours. (To preserve the nutrients in eggs, it is best not to refrigerate for more than 4 hours.)

ALTERNATIVE 1: To make it chunky, place all ingredients, except 1 ounce pecans, in an 8-ounces jar and blend until smooth. Crush 1 ounce pecans into bits and stir into mixture. Place in a small bowl and refrigerate to harden for 2 hours.

ALTERNATIVE 2: Substitute walnuts, pine or hazelnuts for pecans.

South African Chipolata

1 Serving

- 2 sections tangerines
- 1/2 tablespoon grated fresh ginger root, or **PICKLED GINGER**
- 1 tablespoon unheated honey
- 1 egg
- 1/4 papaya, peeled and seeded
- 2 tablespoons unsalted raw butter
- 5 tablespoons raw cream
- 1 pinch nutmeg

Blenderize all ingredients, except cream and nutmeg, together in an 8-ounces jar on high speed for 10 seconds. Pour into serving bowl immediately before it solidifies into custard.

Blenderize cream in a 4-ounces jar on low speed until it is stiff. Top custard with whipped cream and grate nutmeg on top.

Whipped Cream Ambrosia

1 Serving

- 4 ounces raw cream**
- 7 fresh berries**
- 1/4 cup diced fresh pineapple**
- 1 teaspoon unheated honey, (optional)**

Blenderize cream and honey in an 8-ounces jar on low speed until it is stiff. Place fruit in bowl and top with whipped cream.

ALTERNATIVE: Use other fruits, such as berries and peach, or nectarine and peach, or pear and grapes.

Whipped Cream Tropical

1 Serving

- 4 ounces raw cream**
- 1/8 peeled and seeded small papaya**
- 1/8-inch circular slice fresh pineapple**
- 1 teaspoon unheated honey**

If pineapple is not organic, wash outside of pineapple with brush and lukewarm water. Slice pineapple circularly. Cut away rind and discard. To retain juice in pineapple, slice and dice pineapple with sawing motion. Blenderize cream and honey in a 4-ounces jar on low speed until it is stiff. Fold diced fruit into whipped cream, or top diced fruit with whipped cream, or top whipped cream with diced fruit.

Ice Cream

Berry Good Ice Cream

1 Serving

- 1 egg**
- 4 tablespoons raw cream**
- 3 tablespoons raw milk**
- 3 tablespoons fresh berries, such as blueberries, raspberries, boysenberries and blackberries**
- 1 tablespoon unheated honey**

Blenderize all ingredients together in a 12-ounces jar on medium speed for 10 seconds. Pour into ice cream maker and churn until firm.

French Vanilla Ice Cream

2 Servings

- 1 egg**
- 4 tablespoons raw cream**
- 4 tablespoons raw milk**
- 3 tablespoons fresh papaya**
- 1 tablespoon unsalted raw butter**
- 1 tablespoon unheated honey**
- 2 drops organic vanilla extract**

Blenderize all ingredients together in a 12-ounces jar on medium speed for 10 seconds. Pour into ice cream maker and churn until firm.

Gingerbread Ice Cream

1 Serving

- 1 egg**
- 4 tablespoons raw cream**
- 4 tablespoons raw milk**
- 1 tablespoon raw carob powder**
- 1 tablespoon unheated honey**
- 1 to 2 teaspoons grated fresh ginger root**

Blenderize all ingredients together in a 12-ounces jar on medium speed for 10 seconds. Pour into ice cream maker and churn until firm.

Lime Ice Cream

1 Serving

- 1 egg**
- 4 tablespoons raw cream**
- 4 tablespoons raw milk**
- 2 tablespoons fresh lime juice**
- 1 tablespoon unheated honey**

Blenderize all ingredients together in a 12-ounces jar on medium speed for 10 seconds. Pour into ice cream maker and churn until firm.

Pineapple Ice Cream

1 Serving

- 1 egg**
- 4 tablespoons raw cream**
- 3 tablespoons raw milk**
- 1 1/2 ounces fresh pineapple**
- 1 tablespoon unheated honey**

Blenderize all ingredients together in a 12-ounces jar on medium speed for 10 seconds. Pour into ice cream maker and churn until firm.

Cream Sickles

These cream sickles satisfy without causing manic behavior, as most common sweets do. Refrigerating egg is an exception for this recipe.)

Mango Creamsickles

4 Servings

- 1 egg**
- 4 tablespoons raw cream**
- 4 tablespoons raw milk**
- 2 ounces fresh mango**
- 1 teaspoon unheated honey**

Blenderize all ingredients together in a 12-ounces jar on medium speed for 10 seconds. Pour into popsicle-mold and freeze for 5-8 hours.

ALTERNATIVES 1: Substitute other fruit, such as peach, nectarine, or berries.

ALTERNATIVES 2: Substitute raw coconut cream for raw cream.

Pies

Ambrosia Coconut Cream Pie, Miniature

2 Servings

CRUST

- 2 ounces raw walnut, or pecan halves**
- 2 teaspoons unsalted raw butter**
- 1/2 teaspoon unheated honey**

FILLING, all ingredients room temperature

- 1 non-steamed date**
- 4 ounces fruits or combination of fruits**

TOPPING

- 2 ounces COCONUT CREAM**
- 1 egg**
- 1 tablespoon unsalted raw butter**
- 1 teaspoons unheated honey, (optional)**

Crust: Blenderize walnuts, butter and honey in a 4-ounces jar on medium speed using pulse-action for 5 seconds. Butter bottom and sides of 4-inch glass or ceramic pie-dish. Flatten mixture evenly on to bottom of dish and chill in refrigerator for 15 minutes while making Filling.

Filling: Remove stone from date and chop date. Blenderize chopped date, 2 ounces fruit together in a 4-ounces jar on high speed until creamy. Slice or dice remaining fruit, unless berries, and fold fruit into Filling mixture. Pour and spread evenly over crust and chill in refrigerator for 20 minutes.

Topping: Blenderize chilled coconut cream, butter, honey and egg in an 8-ounces jar on medium speed for 15-20 seconds. Pour coconut cream over chilled Filling and spread evenly. Chill pie in refrigeration for 30 minutes to firm coconut cream. You could save some of the cut fruit from the Filling to make a pattern over the chilled and firmed coconut cream.

Ambrosia Coconut Cream Pie

10 Servings

CRUST

- 1 cup walnuts, or pecans halves
- 2 tablespoons unsalted raw butter
- 1 tablespoon unheated honey

FILLING, all ingredients room temperature

- 6 non-steamed dates
- 2 cups fruits or combination of fruits

TOPPING

- 8 ounces COCONUT CREAM
- 4 tablespoons unsalted raw butter
- 2 raw eggs
- 1 to 2 tablespoons unheated honey, (optional)

Crust: Place walnuts, butter and honey in food processor and blend until ingredients form into a ball. Butter bottom and sides of 8- or 9-inch glass pie-dish. Spread nut mixture. Then flatten evenly on to the bottom of pie-dish and chill in refrigerator for 15 minutes while making Filling.

Filling: Remove stones from dates and chop dates. In a blender, blenderize chopped dates and 1/2 cup fruit (room temperature) together in an 8-ounces jar on high speed for 20-30 seconds, until thick.

Slice or dice remaining fruit, unless berries, and fold into Filling mixture. Pour and spread evenly over crust and chill in refrigerator for 20 minutes.

Topping: Place chilled coconut cream, eggs, butter and honey in food processor and blend for 20-30 seconds. Pour coconut cream over chilled Filling and spread evenly. Chill pie in refrigeration for 30 minutes to firm coconut cream. You can save some of the cut fruit from the Filling to make a pattern over the chilled and firmed coconut cream.

ALTERNATIVE TOPPING: 1 egg only, instead of two, and add 1 1/2 ounces fresh lime or lemon juice, or a combination of lemon and lime juices. Place chilled coconut cream, egg, butter, honey, and lemon and/or lime juices in food processor and blend for 20-30 seconds. Follow the rest of instructions for Topping above.

Ambrosia Cream Pie

10 Servings

CRUST

- 1 cup raw walnut halves**
- 2 tablespoons unsalted raw butter**
- 1 tablespoon unheated honey**

FILLING

- 6 non-steamed dates**
- 2 cups fruit, or combination of fruits**

TOPPING

- 15 ounces raw cream**
- 1 to 2 tablespoons unheated honey, (optional)**

Crust: Place walnuts, butter and honey in food processor and blend until ingredients form into a ball. Butter bottom and sides of an 8- or 9-inch glass pie-dish. Spread nut mixture and flatten evenly on to the bottom of the pie-dish. Chill in freezer for 15 minutes while making Filling.

Filling: Remove stones from dates and chop dates. In a blender, blenderize chopped dates and 3/4 cup fruit in a 12-ounces jar on high speed for 20-30 seconds until thick.

Slice or dice remaining fruit, unless berries, and fold into Filling mixture. Pour and spread evenly over crust and chill in freezer for 10 minutes.

Topping: Blenderize 5 ounces cream and 2 teaspoons honey in an 8-ounces jar on low speed until it is fluffy and stiff. Repeat two more times, each time with 5 ounces cream and 2 teaspoons honey in an 8-ounces jar. Remove pie from freezer and top with whipped cream. You can save some of the cut fruit from the Filling to make a pattern over whipped cream. Let stand in refrigeration for 2 hours.

ALTERNATE TOPPING: Add 2 tablespoon fresh lime or lemon juice, or a combination of lemon and lime juices, to cream and honey. Blenderize as stated above. You can save some of cut fruit from the Filling to make a pattern over whipped cream.

Ambrosia Cream Pie, Miniature

2 Servings

CRUST

2 ounces raw walnut halves
2 teaspoons unsalted raw butter
1/2 teaspoon unheated honey

FILLING

1 non-steamed date
4 ounces fruit, or combination of fruits

TOPPING

4 ounces raw cream
2 teaspoons unheated honey, (optional)

Crust: Blenderize walnuts, butter and honey in a 4-ounces jar on medium speed using pulse-action for 5 seconds. Butter bottom and sides of 4-inch glass or ceramic pie-dish. Spread nut mixture and flatten evenly on to the bottom of the pie-dish. Chill in freezer for 10 minutes while making Filling.

Filling: Remove stone from date and chop date. Blenderize chopped date and 2 ounces fruit in a 4-ounces jar on high speed for 10-15 seconds until thick.

Slice or dice remaining fruit, unless berries, and fold into Filling mixture. Pour and spread evenly over crust and chill in freezer for 10 minutes.

Topping: Blenderize cream and honey in a 4-ounces jar on low speed until stiff. Top Filling with whipped cream. You can save some of the cut fruit from the Filling to make a pattern over whipped cream.

Banana Cream Pie

10 Servings

CRUST

- 1 cup raw walnut halves
- 2 tablespoons unsalted raw butter
- 1 tablespoon unheated honey

FILLING

- 2 eggs
- 6 non-steamed dates
- 3 bananas
- 8 tablespoons unsalted raw butter
- 2 drops organic vanilla extract, (optional)

TOPPING

- 15 ounces raw cream
- 1 to 2 tablespoons unheated honey, (optional)

Crust: Place walnuts, butter and honey in food processor and blend until ingredients form a ball. Butter bottom and sides of an 8- or 9-inch glass pie-dish. Spread nut mixture and flatten evenly into the bottom of pie-dish. Chill in freezer for 15 minutes while making Filling.

Filling: Remove stones from dates and chop dates. In a blender, blenderize eggs, 1 drop vanilla extract, chopped dates, 1/2 banana (break into small pieces) and butter (room temperature) together until thick.

Slice 2 1/2 bananas lengthwise into halves. Slice laterally into 1/8-inch pieces. Fold bananas into Filling mixture. Pour and spread evenly over crust and chill in freezer for 20 minutes.

Topping: Blenderize 5 ounces cream and 2 teaspoons honey in an 8-ounces jar on low speed until it is fluffy and stiff. Repeat two more times, each time with 5 ounces cream and 2 teaspoons honey in an 8-ounces jar. Remove pie from freezer and top with whipped cream. Let stand in refrigeration for 2 hours.

ALTERNATE TOPPING: Add 3 tablespoons fresh lime juice to cream and honey. Blenderize as stated above.

Banana Cream Pie, Miniature

2 Servings

CRUST

2 ounces raw walnut halves
2 teaspoons unsalted raw butter
1/2 teaspoon unheated honey

FILLING

1 egg
1 non-steamed date
3/4 banana
2 tablespoons unsalted raw butter
1 drop organic vanilla extract, (optional)

TOPPING

3 ounces raw cream
2 teaspoons unheated honey, (optional)

Crust: Blenderize walnuts, butter and honey in a 4-ounces jar on high speed using pulse-action for 5 seconds. Butter bottom and sides of 4-inch glass or ceramic pie-dish. Spread nut mixture and

flatten evenly on to bottom of pie-dish. Chill in freezer for 10 minutes while making Filling.

Filling: Remove stone from date and chop date. Blenderize chopped date, egg, vanilla extract, half of 3/4 banana (break into small pieces), and butter (room temperature) together in an 8-ounces jar on high speed until thick.

Slice remainder of banana lengthwise into quarters. Slice laterally into 1/4-inch pieces. Fold banana into Filling mixture. Pour and spread evenly over crust and chill in freezer for 10 minutes.

Topping: Blenderize cream and honey in an 8-ounces jar on low speed until fluffy and stiff. Top Filling with whipped cream.

Pumpkin Pie?

(Tastes like it!)

8 Servings

3 ripe persimmons
6 non-steamed dates, remove stone and chop
3 tablespoons unheated honey
1 cup raw walnut halves
2 tablespoons unsalted raw butter
15 ounces raw cream

Crust: Place nuts, 2 tablespoons butter and 1 tablespoon honey in food processor and blend until ingredients form into a ball. Butter 6-inch glass pie-dish. Evenly distribute crust on plate and press firmly. Place in freezer while making Filling.

Filling: Blenderize half of chopped dates and 1 1/2 persimmons in a 12-ounces jar on high speed for 40 seconds. Repeat with remaining dates and persimmons in another 12-ounces jar.

Remove crust from freezer and pour in persimmons mixture. Return to freezer while making Topping.

Topping: Blenderize 5 ounces cream and 2 teaspoons honey in an 8-ounces jar on low speed until it is fluffy and stiff. Repeat two more times, each time with 5 ounces cream and 2 teaspoons honey in an 8-ounces jar. Remove pie from freezer and top with whipped cream. Let stand in refrigeration for at least 8 hours.

Pumpkin Pie, Miniature

1 Serving

3/4 ripe persimmon
1 non-steamed date, remove stone and chop
3 teaspoons unheated honey
2 ounces raw walnut halves
2 teaspoons unsalted raw butter
3 ounces raw cream

Crust: Blenderize nuts, 2 teaspoons butter and 1 teaspoon honey in a 4-ounces jar on high speed using pulse-action for 5 seconds. Butter the bottom and sides of serving bowl. Evenly distribute crust on bottom of bowl and press firmly. Place in freezer while making Filling.

Filling: Blenderize chopped date and persimmon in an 8-ounces jar on high speed for 20-30 seconds until thick. Pour into chilled piecrust. Return to freezer while making Topping.

Topping: Blenderize raw cream and honey in an 8-ounces jar until it is fluffy and stiff. Remove pie from freezer and top with whipped cream. Let stand in refrigeration for at least 6 hours.

****** SALAD ********Bland-Fruit Salad**

1 Serving

- 1/2 avocado, cut into wedges**
- 6 circular slices raw cucumber**
- 3 circular slices raw zucchini, crookneck or sunburst squash**
- 1 stalk cauliflower tops**
- 1/2 tomato, cut into wedges**
- 2 sliced mushrooms**
- 1 serving of any of the sauces in this book**
- 2 tablespoons red onion, (optional)**

Arrange ingredients on a plate or in a bowl and eat with or without a sauce.

**** PICKLES, PICKLED PEPPERS & GINGER ******Pickled Ginger**

10 Serving

- 6 ounces thinly sliced fresh ginger**
- 4 tablespoons raw apple cider vinegar**
- 3 tablespoons whey, or natural mineral water**
- 1 tablespoon unheated honey**

Blenderize vinegar, whey or water and honey together in an 8-ounces jar on medium speed for 10 seconds. Add ginger slices and cap. If necessary, add more whey or water to cover ginger slices. Marinate for 24 hours in refrigeration. It will keep in refrigeration for about 2 months.

Pickled ginger may be mixed with unsalted raw butter, raw cream, raw coconut cream, olive oil or flax oil and eaten with any meat, red or white.

Pickled Peppers (Pimentos)

10 Servings

- 1 red bell pepper**
- 1 yellow bell pepper**
- 1/2 cup raw apple cider vinegar**
- 1 cup natural mineral water**
- 1/2 teaspoon unheated honey**

Blenderize 1/2 cup water, vinegar and honey in a 16-ounces jar for 5 seconds at medium speed.

Seed and dice peppers, and place in a 16-ounces jar with vinegar/honey/water. If more water is need to cover peppers, add it now, cap and gently turn jar upside down and back several times. Let stand in refrigerator for 24 hours. It will keep in refrigeration for 2 months. If recipe is too much for use in 2 months, divide each ingredient by half and use an 8-ounces jar.

Dill Pickles

10 Servings

- 4 pickling cucumbers**
- 1/2 cup raw apple cider vinegar**
- 1/2 teaspoon unheated honey**
- 2 tablespoons fresh dill weed**
- 1/2 cup natural mineral water**

Blenderize vinegar, honey, dill and 1 ounce water together in an 8-ounces jar for 10 seconds on low speed.

Slice cucumbers lengthwise into quarters. Slice the quarters into halves horizontally. Stuff cucumbers in a 16-ounces jar, pour in blenderized mixture into jar. If more water is needed to cover cucumbers, add it now. Cap and gently turn jar upside down and back several times. Let stand in refrigerator for 24 hours. It will keep in refrigeration for 2 months.

ALTERNATIVE: Add garlic or ginger slices, or any other spice before adding water to cover cucumbers.

Sweet Pickles

10 Servings

- 4** pickling cucumbers
- 1/2** cup raw apple cider vinegar
- 3** tablespoons unheated honey
- 1/4** cup natural mineral water

Blenderize vinegar, 1 ounce water and honey together in an 8-ounces jar for 10 seconds on low speed.

Slice cucumbers lengthwise into quarters. Slice the quarters into halves horizontally. Stuff cucumbers in a 16-ounces jar, pour in blenderized mixture into jar. If more water is needed to cover cucumbers, add it now. Cap and gently turn jar upside down and back several times. Let stand in refrigerator for 24 hours. It will keep in refrigeration for 2 months.

ALTERNATIVE: Add garlic or ginger slices, or any other spice before adding water to cover cucumbers.

Chapter 15
**Remedies
and
Natural Topical Beauty Recipes**

Primal Facial® Body Care Cream

As well as facial and body skin cream, this is an all-in-one fantastic Sunscreen, Suntan and Sunburn lotion, burn, abrasion and cut salve.

- 2 ounces raw cream**
- 2 ounces unsalted raw butter**
- 2 ounces raw COCONUT CREAM**
- 1/4 teaspoon unheated honey**
- 1/4 teaspoon royal jelly**
- 1 teaspoon fresh lime juice**
- 1 teaspoon fresh ginger juice**

Stir lime juice into coconut cream and let stand for 10 minutes. Then, warm all ingredients in an 8-ounces jar, capped with blender washer/blades/base, immersed in a bowl of mildly hot water for 5 minutes. Blenderize on medium speed for 5 seconds. Rub into skin. Wipe away any excess 20 to 30 minutes after applying on skin. It must be kept refrigerated.

This skin cream feeds the skin and helps prevent and slowly remove lines and wrinkles with regular application. It works for the entire body. In all empirical tests, it acted on ALL participants as both a sunscreen and tanning lotion.

Applying the skin cream liberally to a cut, scrape or abrasion helps to prevent excessive scabbing and the dryness that results from scabbing, and helps heal the wound without scarring. Liberally applied and left on, the skin cream slowly dissolves scabs that have already formed.

During tests for sunscreen potential, some participants thought that they had burned because they were so red. The next mornings there was no burn or soreness, and no one peeled. As a suntan lotion, participants who normally did not tan tanned.

Moisturizing/Lubrication Formula Drink

- 1 to 2 raw eggs**
- 2 to 4 ounces unsalted raw butter or coconut cream**
- 1 to 2 tablespoons lemon juice**
- 1 to 2 teaspoons unheated honey**

All ingredients should be room temperature. Warm all ingredients in an 8- or 12-ounces jar, capped with the blender washer/blades/base, immersed in a bowl of mildly hot water for 5 minutes. Blenderize on medium speed for 10 seconds. It is most effective when consumed with, or shortly after, a meat meal.

Most bodies are so starved for healthy raw fat that when they get fat, the organs, blood, glands and nervous system consume it. The lymph, bones, joints, connective tissue and skin continue to starve and shrivel with dryness unless we get enough fat. We cannot eat enough fat to supply all that our bodies' need after years of cooked food. However, this formula helps rush fats into the body so that lymph, bones, joints, connective tissue and skin receive some wonderful fats. Because fats are utilized for so many functions, I suggest eating this recipe almost daily.

To make this recipe sound appealing to both sexes, I gave it two names. When I give this formula to women, I call it the Moisturizing Formula. When I give it to men, I call it the Lubrication Formula.

Pain Formula

- 3 to 4 level tablespoons refrigerated fresh soft bee pollen**
- 1 to 2 ounces no-salt-added raw cheese**
- 1 MOISTURIZING/LUBRICATION FORMULA DRINK**

Add pollen to the Moisturizing/Lubrication Formula above prior to blenderizing, and then blenderize. Eat cheese as you drink the formula. Usually, this formula reduces pain 80-100% within 10

minutes to several hours. It is 5-10% less effective if the cheese is not eaten.

Natural Deodorant

Splash and rub fresh lemon juice under armpits and wipe. It is effective in most cases of very strong body odor. A drop of ginger juice rubbed into underarms usually creates an alluring fragrance. One tablespoon of ginger and/or mint juices per quart of green vegetable juices also helps body odor.

Natural Antiperspirant

Cut pieces of lemon rind and pulp (no juice) and dry it in the sun for 30 days. Grind into a powder. Brush it into armpits that have been splashed and rubbed with lemon juice and wiped.

Diet During Symptoms Of Cold, Flu Or Severe Pain

1/2 to 1 pound fowl

**2 to 3 MOISTURIZING/LUBRICATIONS FORMULA DRINK
(preferable), see page 146**

or 2 to 3 MILKSHAKEs, see page 57

1 SMOOTHIE, see pages 58-59

This daily diet should be followed until symptoms have subsided and normal functions resume.

Lemon Throat Lozenge

4 ounces butter

2 tablespoons fresh lemon juice

3 tablespoons honey

**2 teaspoons fresh ginger root juice or 2 tablespoons grated
fresh ginger root**

Warm all ingredients in an 8-ounces jar, capped with blender washer/blades/base, immersed in bowl of mildly hot water for 5

minutes. Blenderize on medium speed for 5 seconds. Enjoy 1-2 teaspoons, retaining the mixture in the mouth for as long as possible, swallowing a tiny amount at a time. That will coat the throat over a 1- to 4-minutes period, allowing it to absorb into and coat the throat.

Toothpaste

Mix ¼ teaspoon sun-dried clay, 2 tablespoons raw butter or raw cream and 2 drops ginger or mint leaf juices. Good for 5 tooth-brushings. Keep refrigerated.

Constipation, Chronic, Relief

Chronic constipation indicates that intestinal bacterial levels are much too low. Sixty to eighty percent of our bowel movements should be bacteria not fiber on a raw diet. E. coli is the main bacterium in our colons responsible for proper bowel movements. Eating high raw meat supplies the body with natural bacteria destroyed by cooking and internal pollution. Those bacteria help reduce waste and decay in the body. Eating moist clay and/or HIGH MEAT (see below) helps build intestinal bacteria responsible for healthy bowel movements. These suggestions may be the only long-term solutions: 1 teaspoon of moist clay eaten every other day, and 1 marble-sized portion of high meat eaten once a day for 14 days, then once a week for as many months as it takes to resolve constipation. Also, read Constipation Remedy, Temporary, and read pages 174-177 in this book. Other constipation remedies are in my book *The Primal Diet; We Want To Live, Volume 2*, see Constipation.

Depression, Chronic, Relief

can be consistently alleviated by eating HIGH MEAT (see below). It often causes an attitude shift in people with “entitlement” issues, that is, the segment of society who feels the world owes them. Worries usually settle. Normally, those effects last from 2 to 60 days. People who suffer severe depression eat high raw meat as often as every day. One client feels so happy,

he eats 1 cup each day. People who have cancer help reverse it by eating high raw meat. If suffering intestinal, neurological or lymphatic cancer, high raw chicken is more favorable. See pages 170-174.

High Meat Recipe **(red meat, seafood, and fowl)**

Place 1 volume-pint of raw meat, chopped into bite-sized pieces, into a glass quart (32 ounces) jar; equal air- and meat-space. Place *Ball* jar lid on jar tightly and place in the refrigerator. I suggest three jars be prepared; one with raw red meat, one with natural raw fowl and one with ocean wild-caught raw fish. Every 3 to 4 days take the jars outdoors, completely remove lids and wave the jars in the air to exchange the air inside each jar. Return lids to jars, tighten and return to refrigeration. After 4 weeks, you may begin to eat one marble-sized piece once or twice every week. There are approximately 17 stages of bacterial developments. Airing the meat is required to progress bacteria through the stages. If you don't replace the air in the jar every 3 to 4 days, the bacteria stages will not progress. If you go on a trip, when you return, recommence airing the meat so that it will resume progress through all of the bacterial stages.

To make eating high raw meat easier, take it outside (or your home will stink for up to 36 hours), close the nostrils with fingers or swimmer's nose clip, and eat. You can swallow it without chewing but chewing makes it more effective to lift spirits. The odor is terrible, but the texture is palatable. If you do not like the after-taste, rinse mouth with lemon or lime but do not swallow the lemon or lime. Lemon and lime are antibacterial, especially lime. If you swallow the citrus juice, it is likely that you will experience little benefit. I have eaten high raw meat that was aged up to 1-year old with excellent benefits when I needed it.

If suffering depression or chronic constipation, I suggest eating high raw meat twice a week. Do NOT eat large amounts of high meat while on a weight-loss cycle.

Constipation Remedies, Temporary

Temporary relief may be obtained by soaking 2 ounces raw Chia seeds in 5 ounces of good water for 24 hours. The water turns to a gelatinous consistency. Stir seeds and gel into one entire Moisturizing/Lubrication Formula Drink and eat like cereal once a day as necessary.

Besides those above and in my book *The Primal Diet; We Want To Live, Volume 2*, here is an more aggressive remedy. Because the combination prevents proper digestion, the body moves this remedy through the intestines quicker. This is not suggested for regular use but for emergencies only. Usually, this remedy drunk once is enough. Only 10% of the test-subjects had to drink two or three within 24 hours.

- 3 ounces stone-pressed olive oil**
- 2 ounces raw milk**
- 2 ounces raw unpasteurized apple cider vinegar**
- 2 ounces unheated honey**
- 2 ounces fresh lemon juice**

It is best to drink all of it as quickly as possible. Occasionally, stomach cramps result. I suggest placing a hot-water bottle on the stomach and breathe deeply and slowly. Never use an electric heating pad. Electrical devices produce electromagnetic fields that unfavorably alter cellular structure. Never use microwave packs; they irritate cellular membranes.

The Science Of Living Healthfully

Chapter 16

Our Digestive Abilities

We want the raw foods that have proved to digest efficiently and healthfully. We want those that transform into substances that balance, build, grow, regenerate, reproduce cells, lubricate, soothe, cleanse and fuel us. We cannot utilize that which we cannot digest properly and in healthful balance.

Our intestines are 2½ times shorter than most herbivores⁸. We have only one stomach, while herbivores have 2-4 stomachs. Herbivores have nearly 60,000 times more enzymes than we have to disassemble cellulose (plant fiber) to obtain the fat and proteins from vegetation and grain. Vegetable fiber passes through an herbivore's digestive system in about 48 hours. In our digestive tracts, vegetables complete their journey in 24 hours. Only a fraction of the cellulose is digested. Sixty-five percent of the protein and fat are undigested.

On a primarily cooked diet, eating whole, raw vegetables usually prevents constipation. They supply enzymes and fiber needed to counter some of the putrefaction and the resultant tendency toward constipation that occur with cooked food in our digestive tracts. Contrarily, on a raw diet, eating whole raw vegetables more than once every 2 weeks often causes over-alkalinity of our digestive tracts. Alkalinity destroys or neutralizes the acidic bacteria that digest all meat, dairy and eggs, frequently causes loss of appetite for raw meat, and causes constipation. We do not digest raw whole vegetables well. Normally, they are not part of a health-giving diet for humans.

⁸ Animals who consume mainly vegetation, such as cows, horses, deer and sheep.

Our gastrointestinal tract is not like that of birds. Birds can eat a lot of grain (seeds) and digest it with their gizzards. We do not have a gizzard or an alternative way of eating grain that is health-giving. We cannot properly digest grain for cellular reproduction and healing, even if sprouted. Sprouted grains are vegetables. As stated above, we do not digest vegetables well. Germinated seeds contain enzyme suppressors that prevent proper protein digestion, utilization and assimilation, causing protein deficiency.

Our intestinal shape is like some frugivores (primates) who mainly eat fruit. However, when humans eat a lot of fruit they incur health problems, such as osteoporosis, tooth degeneration, anxiety, dryness, diabetes, hyperactivity, attention-deficit disorder (ADD), attention-deficit hyperactivity disorder (ADHD), over-emotionality and temperature sensitivity. Unlike pure frugivores and herbivores, we mainly have an acidic digestive tract, including acidic bacteria that facilitate the prevention and reversal of cancer. More than a little raw high-carbohydrate fruit over-alkalinizes the intestines. Intestinal over-alkalinity destroys proper protein and fat digestion and suppresses appetite for raw meat, and can make raw meat repulsive to us. That destroys our ability to combine many foods and impairs the natural acidic environment of our bowels. A sugar-rich environment caused by high-carbohydrate fruits results in fungal problems, such as candida and other yeast infections. Eating more than a little fruit causes severe fat and protein deficiencies. In women, that often causes bloating and menstrual cramps.

Carnivores, such as cats and dogs, mainly eat meat. Our digestive juices are most similar to carnivores. In their stomachs, the hydrochloric acid concentration is 15 times greater than in humans so that they digest meat in 10 hours, which accommodates their very short intestines. Humans, however, produce an equal amount of hydrochloric acid throughout the stomach and intestines combined, allowing raw meat and other raw animal products to digest easily and efficiently in our much longer digestive tract within 16 hours. (Cooked meat takes 24-36 hours to digest accompanied with putrefaction, heterocyclic

amines, acrylamides and lipid peroxides not found in the digestive tract when raw meats are eaten.) Our teeth are designed for cutting and crushing meat with the help of our dexterous hands.

Lastly, there is the omnivore, such as the pig, who eats everything. Our digestive tract is similar in size and action to a pig's, but 35 years of experimentation with food has taught me that limiting the human diet to mainly a raw carnivore diet results in healthier and happier well-being.

Chapter 17

What Does Cooking Do To Nutrients In Food?

A major problem with food-science is that its scientists view nutrients in food in only two categories, good and destroyed. That is like viewing people as follows: A person who is vibrant, strong and athletic is considered good, useful and functional; a person who is weak and tired is considered good, useful and functional; a person who is crippled is considered good, useful and functional; a person who is comatose is considered good, useful and functional; and a person who is dead is considered destroyed.

Nutrients that are mutilated are not very useful or functional for creating and maintaining health. Yes, the weak, crippled and comatose people are alive but how productive can they be toward accomplishing the daily chores? How many weak, crippled and comatose people have you asked to dig ditches and lumberjack?

I have observed that no matter how slight the damage to nutrients, that digestion, utilization and assimilation are impaired. Science fails to acknowledge that truth. I have found that health is poorly affected when people eat food that artificially reaches a hot-temperature as low as 93° F (34° C), and cold-temperature as high as 40° F (4° C).

Research throughout the world shows that heat-treatment of food alters, damages, or destroys many vitamins at standard pasteurization temperatures from 140° to 161° F (59° to 71° C). All enzymes are destroyed at prolonged artificial temperatures from 122° F (49° C). Consider, as I stated above, that the artificial temperature that weakens or cripples some nutrients, including vitamins and enzymes is as low as 93° F (34° C). The loss of mineral utilization due to cauterization⁹ is significant.

Cooking protein-foods, including all meat, above 104° F (39° C) produces toxins. Higher cooking temperatures create more dangerous toxins, such as heterocyclic amines (caustic compounds) that have proved to be carcinogenic in laboratory animals.¹⁰ Cooked protein is difficult to utilize for cellular reproduction, regeneration and healing.

⁹ Cauterization is when heat or a caustic substance burns a substance to the point where it is relatively impervious and unable to exchange molecules to sustain or promote activity.

¹⁰ "Analysis of cooked muscle meats for heterocyclic aromatic amine carcinogens", Knize MG, Salmon CP, Mehta SS, Felton JS; *Mutat Res*, 1997, May 12; 376(1-2):129-34.

"Cooked casein promotes colon cancer in rats, may be because of mucosal abrasion", Corpet DE, Chatelin-Pirot V; *Cancer Lett*, 1997, Mar 19; 114(1-2):89-90.

"Mutagenic activity of heterocyclic amines in cooked foods" Felton JS, Knize MG, Dolbeare FA, Wu R; *Environ Health Perspect*, 1994, Oct; 102 Suppl 6:201-4.

"Cancer risk of heterocyclic amines in cooked foods: analysis and implications for research", Layton DW, Bogen KT, Knize MG, Hatch FT, Johnson VM, Felton JS; *Carcinogenesis*, 1995, Jan; 16(1):39-52

"Exposure to heterocyclic amines", Wakabayashi K, Ushiyama H, Takahashi M, Nukaya H, Kim SB, Hirose M, Ochiai M, Sugimura T, Nagao M; *Environ Health Perspect*, 1993, Mar; 99:129-34.

"Occurrence of mutagens in canned foods", Krone CA, Iwaoka WT; *Mutat Res*, 1984, Nov-Dec; 141(3-4):131-4.

"The formation and occurrence of amino acid pyrolysates and related mutagens in cooked foods", Massey RC, Dennis MJ; *Food Addit Contam*, 1987, Jan-Mar; 4(1):27-36.

"Food-derived mutagens and carcinogens", Wakabayashi K, Nagao M, Esumi H, Sugimura T; *Cancer Res*, 1992, Apr 1;52(7 Suppl):2092s-2098s.

Heating fat above 96° F (36° C) causes toxic alterations, including lipid peroxides (oily oxidizing compounds) that have proved to be carcinogenic. Cooked fats cannot exchange ions or molecules properly. An example: If the body forms, from cooked fats, an improper or incomplete lubricant to protect the arteries, the fat hardens and arteries become brittle after many years, especially from heated vegetable oils.

Stockholm University in cooperation with Sweden's National Food Administration (a government food safety agency) showed that cooking carbohydrate-rich foods, such as bread, cake, biscuits, crisps, donuts and French fries, produces high quantities of acrylamides. The British Food Standards Agency confirmed the Swedish findings that acrylamides cause gene mutations leading to a range of cancers in rats, including breast, uterine, adrenal and scrotum cancers. The British study revealed levels of acrylamides 1,280 times higher than international safety limits in fried supermarket potatoes, chips and crisps, such as Walkers crisps, Ryvita crackers, Kellogg's Rice Crispies and Pringles crisps. Acrylamides increase damage to the nervous system and affect fertility.¹¹ The Swedish report showed that the average potato chip contains up to 25 times more acrylamides than the top level allowed in drinking water by the World Health Organization (WHO). Heating food destroys many health-giving properties and produces disease-causing toxins that accelerate bodily deterioration associated with aging processes.

A deleterious array of effects from eating cooked and processed foods commonly occur within the body. Molecules degrade and repeatedly collide, causing divalent-bonding that results in the formation of "new chemical composites". Mucoïd-plaque layers often form in intestines, lymph and blood structures. A tremendous increase in white blood cells floods the digestive tract (leukocytosis) trying to harness and neutralize

"An experimental approach to identifying the genotoxic risk by cooked meat mutagens", Loprieno N, Boncristiani G, Loprieno G; *Adv Exp Med Biol*, 1991; 289:115-31.

¹¹ "World alert over cancer chemical in cooked food", Robert Uhlig, Food Correspondent, *News.telegraph.co.uk*, (18 May 2002), United Kingdom.

toxins. Up to 50% of cooked protein eaten coagulates and becomes unutilizable and cross-linked. Body-food synergism is corrupted. High levels of methionine result, promoting the creation of homocysteine that initiates atherogenic free-radicals.¹² Extremely caustic waste products result, causing cumulative congestion that clogs the body's circulatory systems. Putrefactive and mutagenic bacteria proliferate, producing more caustic waste and byproducts (intestinal toxemia) that disrupt normal actions of the intestinal flora, and are absorbed into blood, lymph and nerves, causing systemic toxemia. Lipofuscin accumulates in the skin and nerves, including brain. Water in food is reduced from 100% utilizable to an average 20% absorbable and 8% utilizable. Often, excessive overeating or anorexia results because nutrient-deficient food is unsatisfactory for our bodies' requirements. Bio-electromagnetic energies within food are lost rather than conveyed cellularly.

The following analogy applies to many nutrients, including fats and minerals that are destroyed by cooking and other food-treatments: Clay is malleable, pliable, and able to foster growth of bacteria and plants. When fired, clay becomes hardened and life-deprived. When cooked, nutrients in food become hardened and life-deprived. Bones, for example, become brittle, like glass, and impervious to salivary secretions when they are cooked. If cooked bones splinter and lodge in a pet's throat, the splinters may lacerate and embed, causing the animal to choke to death. Its saliva cannot penetrate the cauterized bone. If raw bones splinter, the animal's saliva dissolves it within minutes and the animal does not suffer any significant suffering or damage.

Most often, animals develop disease from being fed cooked and processed food, especially food-manufacturing byproducts and waste, hormones, antibiotics, vaccines and chemicals. If we become ill from eating diseased meat, such as cattle infected with mad cow disease, the blame should not be directed toward bacteria but toward the cattlemen who grow and produce diseased animals for us to eat. The USDA and FDA is also responsible; they fail to protect us, making regulations that hurt

¹² Accumulations of homocysteine have been linked to heart problems.

the people and make profits for agribusiness. Animals fed cooked and processed byproducts and wastes, chemicals and drugs, become diseased if they live long enough. They are usually slaughtered before disease is apparent. The products from those animals should only be eaten if a healthier/better quality of meat is unavailable.

Chapter 18

Other Forms of Nutrient Destruction

Cooking and processing are not the only ways to damage food. All methods to eliminate bacteria and parasites and preserve food (pasteurization, irradiation, freezing, ascorbic acid and other chemical additives and washes) destroy nutrients and create toxins. They rob us of nutrients and pollute us.

Research proved that exposing food to high intensity gamma radiation affected the activity of key enzymes and caused the depletion of radiation-sensitive, essential nutrients, including the amino acids l-cysteine, l-histidine, and l-tryptophan, vitamins C, E and K, B1, B2, B3, B6 and B12, folic acid, an omega-3, 6 and 9 unsaturated essential fatty acids. Some irradiated minerals in food become toxically radioactive. Radiation-mutated nutrients advance aging. Irradiation destroys the health-giving properties of food and poses public and environmental hazards.

Isolated ascorbic acid, whether used as a preservative or “Vitamin C” supplement, robs the blood of fat, causing nerve lesions throughout the body, including the brain and spinal cord. That often causes irritability and depression. Hydrogen peroxide burns cells, destroys bacteria and neutralizes many viruses. All chemicals have proved side-effects, immediate or long-term. Chemical destruction of helpful virus and bacteria in our food results in poisoning, often causing anger and/or depression. Freezing food alters, damages, or destroys most enzymes and damages many vitamins. In animal tests, animals fed exclusively uncooked frozen meat developed severe skin problems, including mange. The other group fed the same diet of the same

meat but unfrozen remained healthy and vibrant. Therefore, food that is heat-treated, freeze-treated, dehydrated, chemically preserved, irradiated or processed in any manner that destroys nutrients and creates toxins is not raw or health-giving.

Chapter 19

Is The High-Cholesterol Problem A Myth?

On this diet, sometimes cholesterol levels radically increase. That is normal and healthful. As the body removes stored toxic cholesterol, it often moves it through the blood and out the urine. The combination of new health-giving cholesterol and the old toxic stored-in-the-body cholesterol accounts for the increase. The presence of both cholesterols in high amounts has not posed harm or threat in any case that I have observed for the last 32 years. When enough raw fats are eaten, the toxic cholesterol leaves our bodies through our urine, bowels and skin without re-absorption into the body. When on this diet, a radically high cholesterol level in the blood is a wonderful indication that toxic cholesterol has been removed from tissues and is being eliminated.

Most often, a high intake of raw fat lowers cholesterol levels in six weeks, but in a few cases, high cholesterol levels continue for years while health increases. Therefore, I suggest that we completely ignore cholesterol levels when eating raw fat. Raw fats continue to exchange ions as long as they are in a warm living body. Raw animal fats do not cause hardening of the arteries, osteoporosis, or brittle bones. Cooked and processed fats cause those diseases, especially processed vegetable, nut and seed oils.¹³

¹³ *The Cholesterol Myths; Exposing the Fallacy That Saturated Fat and Cholesterol Cause Heart Disease* by Uffe Ravnskov, MD, PhD; ISBN 0-9670897-0-0; (2000)

Chapter 20

Should I Take Supplements To Replace Missing Nutrients?

Processed food is full of food-byproduct toxins, mutilated minerals, proteins, fats and carbohydrates, and destroyed enzymes and vitamins. Research has proved that those foods, when enriched with vitamins, enzymes and other expensive supplements produce the same diseases that processed and cooked foods produce.^{14, 15} Manufacturers sell us the false notion that enrichment of their processed foods resolves deficiencies created by processing and makes their product the greatest food on Earth.

All vitamin supplements are merely portions of the vitamin, like bran is to a grain. They are not what we are led to believe they are and will not do what we believe they will do.¹⁶ Supplements are always drugs and not food, even if they are derived from food. Extraction-processes alter nutrients and poison them. Once a nutrient is isolated from its bioactive form and extracted, it is no longer bioactive. If it is not in food form, it is not raw or bioactive. Pill, powder and liquid supplements are only 2-12% utilizable, and are 88-98% waste that will be isolated and eliminated, leeching and usurping our bodies' innate vital nutrients.

The worst-case example of a toxic supplement is Vitamin E. Most Vitamin E is the byproduct of the film-development and film-process industry. Because the chemical waste (tocopheral) is similar in molecular structure to natural Vitamin E (d-alpha tocopheral), it is called Vitamin E and sold as a supplement. In reality, those manufacturers make profits instead of paying fortunes for the hazardous disposal of their toxic waste. In other words, profiteers make money by seducing us into purchasing and ingesting toxic waste. Vice versa, foods rendered into waste

¹⁴ *The Milk Book* by William Campbell Douglass, Jr., M.D. (1997).

¹⁵ *The Real Truth About Vitamins & Antioxidants* by Judith A.

DeCava, MS, LNC; A Printery, Massachusetts, 2001.

¹⁶ *Ibid.*

products after vitamins and other nutrients are chemically extracted, are then made into foods, such as chips and cereals, or animal fodder. That subject alone is worth a shelf of books. Even natural Vitamin E has to be either heat-processed or solvent-extracted. Heat-processing destroys Vitamin E and solvent-extraction causes destruction and low-grade poisoning.

Consider doctors' advice to take iron supplements if iron level in the blood is below what they think it should be. The iron-level concept is a seatbelt of the medical/pharmaceutical industry to hold people into the supplement-vehicle from which they profit. I have seen repeatedly that iron levels are individual and have nothing to do with particular diseases or vitality. Diseases always have their roots in multiple deficiencies and gross toxicity. See *Baby Food/Infant Formula*, page 43, for a case history of an infant who was diagnosed by a medical doctor with anemia and retardation and who was prescribed iron, mineral and vitamin supplements.

Mineral absorption and utilization depends upon ion and electrolyte activity and exchange. When food is cooked or processed, ions and electrolytes are neutralized and often separated from minerals and nutrients. Many of the minerals become free-radicals, including iron, causing cellular destruction and degeneration, often resulting in infections. Iron supplements are never ionically or electrolytically active. They are ineffective and harmful. Free-radical iron that is absorbed into tissue but not utilized cellularly often rusts in the body causing severe degeneration. The only way to assure that iron is properly absorbed and utilized, is to eat raw foods that contain bioactive iron. A bioactive iron-rich food is raw meat that strengthens blood, liver, adrenals, pancreas, gallbladder, spleen and muscles.

Massive free-radicals and other toxins store extracellularly and/or intercellularly. They cannot be converted to cellular food. Affected areas of the body malfunction or rupture and become sites of disease.

In the case of very debilitating and painful intestinal Crohn's disease, several major toxins accumulate in the intestines: Free-

radicals, acrylamides, AGEs, and heterocyclic amines and other toxic protein-byproducts and wastes accompanied by cellular low-fat levels, and caustic bilious byproducts. Those toxins destroy the intestines' natural bacterial environment. That corrupts digestion. Specific vitamin-deficiencies include Vitamins K and U. Supplemental consumption of those vitamins is rarely effective because of processing. However, the ingestion of raw green cabbage juice has proved to be effective toward healing 90% of ulcerative cases.

Why Do Supplements Seem To Work?

Most pill, powder and liquid supplements create a toxic high similar to the high created by caffeine, causing a rise of hormones, such as adrenaline, that buffer, hide or arrest symptoms without resolving disease and without effecting cure. Decades of research proved that the body manufactures adrenaline in response to injury and most poisons that enter the blood stream. Hormonal rushes and cessation of symptoms are usually interpreted and marketed as increased health. Therefore, people think falsely that supplements work to increase health and cure disease. Like medications, supplements are drugs.

Left to the body's natural abilities with the present level of toxicity, most people on cooked diets will heal cancer and other disease 60% of the time. Many of those cures follow colds, flu, meningitis or pneumonia (natural detoxifications). Any test for any product or diet that shows less than 60% recovery is not only ineffective but also harmful.

Our vitamin, enzyme and mineral supplementation should be fresh raw green vegetable juices.

We will redefine and restructure healthcare.

Volume Four

Health Or Disease?

Chapter 21

Origins of Modern Medicine

In the 1870's, Louis Pasteur proved that heat-processing slowed food spoilage and lengthened the shelf life of mold-damaged wine. He saved vineyard owners from financial loss and ruin, but he condemned wine drinkers to seasons of toxic wine produced from unhealthy crops of grapes.

Pasteur presumed that fungus and bacteria caused disease. He failed to realize that an unhealthy crop succumbed to fungus and molds. Rather than looking to enrich the soil to generate healthy grapes, he attacked the fungus and mold that were symptoms of the unhealthy crop. Diseases, he surmised, originate from constant types of microbes attacking the body from outside.

Contrary to Pasteur, his contemporary, Dr. Antoine Bechamp, 1816–1908, claimed that disease originates from within the body because of the destruction of cellular integrity by toxic food and pollution. He contended that all microbes were beneficial, some for cleansing, some for maintenance and others for regeneration, but that none were responsible for causing disease.

I suppose that because we are a warring society, we ignored Bechamp and embraced Pasteur. Maybe it was easier for us to believe that we could recognize and battle invading forces rather than consider changing our life styles. Regardless, modern medicine's justification for microbial wars is based on speculation, fear and pseudoscience.

Louis Pasteur made the “germ theory” famous but he killed it on his deathbed. Many reports said that some of his dying words were:

Pathogens are not the problem. The environment in which and on which pathogens feed is the problem of disease.

That means that the cause of disease is the quality of our air, food and all substances with which we come in contact.

Louis Pasteur’s dying words were lost because philanthropists, people in government and pharmaceutical houses lobbied and funded the research to plan and fight a war against germs (microbes). Those who joined the microbial war were intellectuals, mainly academics, who were excited by the opportunity to prove the germ theory and once and for all to win a battle against disease. However, instead of conducting experiments to prove or disprove any validity to the theory, they accepted the theory to be as true as the law of gravity.

Through Pasteur’s work, the new medical scientists of the time gained respect and quickly seized the opportunity to root in academia. Consequently, our science does not understand how disease develops. Medical science is obsessed with studying cellular particles without understanding the basic nature and relationship of the body holistically. They established an arsenal of weapons. They created drugs and tools of diagnoses, surgery and radiation. The original intention to defeat disease became rhetoric. The new intention became profit.

Medical science readily wages war in our bodies, treating the symptoms of disease with drugs, surgery, chemotherapy, radiation and machines. This treatment of symptoms, rather than the causes of disease, has proved to imbalance body chemistry and has filled our bodies with toxins. Most often, those toxins cause loss of quality of life and more disease. The foundation and structure of modern medicine is disease, not wellness. Humanity suffers from disease because we do not focus on rational cure and prevention.

We have libraries based on Pasteur's point of view, so let's look at information that supports and proves the accuracy of Dr. Bechamp's work. In the early 1900's, German zoologist Günther Enderlein observed through a powerful dark-field microscope, hundreds of tiny moving beings in blood that entered into union with organized bacteria. Enderlein stated that in the serum of all people and warm-blooded animals, there are living microorganisms that often are called the "bug factory". He properly named them endobionts, meaning "internal life". Enderlein saw what Bechamp believed existed: That all microbes beneficially partake in a natural developmental cycle, changing into bacterial and fungal phases, including those misnamed as "pathogens". It is a modern-day tragedy that Bechamp's work has not been funded and tested rigorously.

Chapter 22 **Modern Medicine**

Most medical doctors have studied 0 to 16 hours of nutrition in premedical and medical school. Whether we consider Sloan Kettering, Johns Hopkins, Mayo, Beth Israel, or the Cleveland Clinic, the knowledge base of food and nutrition, its efficacy, and the funding of testing are virtually non-existent. If modern medicine does not understand the cause of disease, how can it elevate our health? We cannot be medically treated without compromising our health and most often the quality of our lives.

To illustrate how irrational much of modern medicine is, consider that today's biotechnology has produced 791 anticancer agents. None of them are designed to eliminate the causes of cancer. Trillions of dollars have been spent on cancer, yet medicine has not invented any effective "therapy" that does not have serious side-effects. Modern medical therapies fail miserably, with an overall survival rate of approximately 17% beyond 5 years.

Through the media, the pharmaceutical industry and scientific community keep us believing that someday they will sell us a magic potion that will create a super immune system and a disease-free environment in the human body. Although that scenario is extremely improbable, people continue to fund and believe in them. More likely, we will reflect from a future time upon the human body's poisoning by today's medical therapies similar to the way we viewed the practice of bloodletting in the 20th Century. Future science will probably condemn today's paradigm of modern medicine for being exactly what it is: Ignorance, lack of education, and unwillingness to fund natural research into the cause and prevention of disease. The change is likely to be difficult because cancer is big business, trillions of dollars each year.¹⁷

Today's medical science tries to prevent microbes rather than pollution from entering our bodies. It attempts to cleanse Nature's ubiquitous microbes from the body and environment rather than cleanse us of toxins. They annihilate rather than nurture our cells with the liveliest nutrient- and bacteria-rich raw food. Our mechanical sciences are brilliant but our life-sciences are stuck in a quagmire of delusion, pride and greed. Nurturing is the wisest approach to prevent and reverse disease. Nurturing maintains and/or restores the highest quality of a fully enjoyable rich life, even if we live in simplicity.

Chapter 23

Discovering How To Live Disease-Free

Let's look at some animals who lived their entire lives without degenerative disease. Dr. Francis Pottenger, M.D., demonstrated in his tests with 900 domesticated cats, over a decade, that cats developed strong bones when they were fed raw dairy and raw meat, without the consumption of bones.

¹⁷ "AN EPIDEMIC of Deception; We Can't Trust The Cancer Establishment; An Interview With Dr. Samuel Epstein" by Derrick Jensen; *The Sun magazine*; March, 2000.

Also, he found that sick domesticated cats with osteoporosis reversed the disease when they were fed raw meat and raw milk. Edward Howell repeated the same clinical tests with rats and received the same results. The records we have of animals that have lived without degenerative disease shows that they enjoyed a non-toxic environment and ate a raw diet that suited their digestive abilities.

In the 1860's, dental decay first appeared among the Eskimo people, occurring only in Eskimos who lived in white man's colonies, eating breads and sugar. The first case of cancer among Eskimos occurred in 1934. Like dental decay, cancer appeared only among second- and later generations of Eskimos who ate breads, sugar and cooked food for nearly a century.

In his book *Cancer: Disease Of Civilization?*, Chapter 14, "The Longevity Of 'Primitive' Eskimos," Vilhjalmur Stefansson stated that there was only one community of Eskimo reported to have had a short life span. That report has been used to propagandize that Eskimos lived short lives because of their predominately raw animal-food diet. In all other reports, "primitive" Eskimos lived as long as we do, with the same percentage of people exceeding the age of 100 years. Eskimos who ate their normal raw diet enjoyed teeth so strong that they chewed on bones during evening congregations. Osteoporosis only occurred in Eskimos who ate cooked, refined foods. If you placed average civilized humans of the 21st Century in the Alaskan environment, equipped with the same skills and required to live as the primitive Eskimo did, most would die within one winter's climatic exposure.

Chapter 24 Dawning Of Disease

Two factors cause the rampant, modern progression of afflictions such as cancer, diabetes, osteoporosis, obesity and heart disease. The first factor is eating cooked and/or processed

food that is devoid of unadulterated nutrients and full of the toxic byproducts of cooking, pesticides and other chemicals.

The second factor is environmental pollution. The industrial and chemical revolutions have created over 6,000 bizarre foreign chemicals that our bodies have not succeeded in processing as food or air. Toxic accumulations within our bodies cause more deterioration. Some chemicals cause immediate death, but most cause the gradual degeneration that leads to poor-quality health and disease. The dithiocarbamates are a group of fungicides including mancozeb, metiram, zineb and ziram which have a metabolite called ethylene thiourea (ETU). This breakdown product is a known endocrine-disruptor, carcinogen, mutagen and teratogen, and can become concentrated when food is processed and heated. In other words, if you cook a vegetable that has been sprayed with mancozeb (the most common), you will be increasing the amount of that dangerous metabolite.¹⁸

In New Zealand, over 60% of the 138 samples of fruits and vegetables analyzed for dithiocarbamates in the latest total diet

¹⁸ *Age and Susceptibility to Toxic Substances*, Calabrese, E.J. 1986, New York: John Wiley & Sons.

“Anthropological approach to the evaluation of preschool children exposed to pesticides in Mexico”, Guillette, E.A. et al 1998, *Environmental Health Perspectives* 106: 237-347. In: Watts, M. 2000: Endocrine disruption: a case for the precautionary approach. *Soil & Health* March/April.

Eating Safely in a Toxic World: What really is in the food we eat, Kedgley, S. et al 1998, Penguin NZ.

“Effect of a mixture of 15 commonly used pesticides on DNA levels of 8-hydroxy-2-deoxyguanosine and xenobiotic metabolizing enzymes in rat liver”, Lodovic, M. et al, 1994, *Journal of Environmental Pathology, Toxicology and Oncology* 13: 3, pp163-168.

Food Additives. Penguin Books, Millstone, Erik, 1986

Introduction. In: Mourin, J (ed), Nair, K.P. & Mourin, J, 1999, *Warning: Pesticides are Dangerous to Your Health!* Pesticide Action Network Asia and the Pacific, Penang.

Pesticides in the diets of infants and children, Nair, K.P. & Mourin, J, 1999, Washington: National Academy Press.

“The physiological susceptibility of children to pesticides”, Whyatt, R., 1993, *Journal of Pesticide Reform* 9:3, pp5-9.

survey contained dithiocarbamates. The 17 fruits and vegetables that ranked highest, in order according to occurrence and mean dithiocarbamate-concentration were broccoli, cabbage, tomato, celery, lettuce, onion, cucumber, apple, orange, mushroom, potato, courgette, kumara, nectarine, pear, capsicum and kiwifruit. Levels are worse in the USA because more chemicals are used.

Chemical risk assessments are generally based on animal tests. Scientists disagree about the reliability of the tests in assessing the effects pesticides will have on humans for a lifetime. Because of the inexact nature of toxicology, precise and unequivocal risk assessments for some substances are difficult. Over time, our knowledge about particular substances increases and technology and testing methods become more sophisticated. The result is that acceptable daily intakes (ADI) become unacceptable, as in the case of the pesticide DDT. As the current concentration of agribusiness-favorable public servants ruling the FDA, USDA and CDC¹⁹ increases, we are more endangered every day.

International regulatory agencies concede that the concept of an ADI is a crude way of assessing toxicity. There is no scientific justification for choosing a safety factor of 100 rather than 75 or even 10. Professor Erik Millstone argued that it is a random guess chosen for political rather than scientific reasons and is nonsense in the real world.²⁰ We should not be subjected to any level of health-disruptive chemicals.

¹⁹ Federal Drug Administration, US Department of Agriculture and Center for Disease Control.

²⁰ "Pesticides In Food: Why Go Organic, Analysis of New Zealand's latest Total Diet Survey", Alison White, Pesticide Action Network NZ/ Safe Food Campaign, Wellington, NZ, (Millstone 1986).

Chapter 25
**Are Bacteria, Viruses and Parasites
Dangerous to Humans?
And Is Microbe Genocide A Rational Pursuit?**

Today there are several astute scientists challenging the postulate that bacteria are the threat. Before the Los Angeles County Medical Milk Commission, Dr. Marc Harmon, a dentist, stated that his medical education trained him to blame disease and decay on bacteria and virus. He stated that the genocide of microbes has not reduced dental decay any more than it has reduced disease in general. Disease continues to increase at an astounding rate. Science, medicine and technology have waged a horrific war against microbes, while tooth decay and other diseases continue to overwhelm and devastate our lives. Dr. Harmon concluded that the war against microbes is futile in eradicating disease.

William Campbell Douglass, Jr., M.D., presented numerous scientific reports showing that raw milk is not a bacterial risk, even when abundant with “pathogenic” activity, and that raw milk helps the body develop strong bones free of osteoporosis. (See pages 180-186).

At the University of Utah, John R. Roth, Professor of Biology, studied salmonella for 40 years. He stated that salmonella is mostly reported as a pathogen but lives beneficially as part of the gut flora.²¹ He believes that the idea of eliminating it is absurd because salmonella is distributed widely. Rarely does it get across the gut wall. When it does, it is simply an irritation at the gut wall. Symptoms can range from loose stools to flu-like symptoms. The idea of eradicating microbes like salmonella is ludicrous because they are everywhere, in your nose, mouth, on your skin and pets.

The University of Arkansas for Medical Sciences and the Arkansas Children's Hospital did a study of 50 Arkansas homes

²¹ *The Great Egg Panic*, LA Times, Jan. 4, 2000.

where salmonella-infected children lived. They found that salmonella was widespread with concentrations in 38% of the homes on unsuspected places, such as doorsteps, vacuum cleaners, refrigerators, and a pet lizard.²²

The questions we beg to have answered are these: Are the microbes activated in a nontoxic environment? Are the microbes active because they are doing a beneficial job? If they are, they are supposed to be in our bodies. If we change our life style to improve our internal environment, will the microbes still become active?

Los Angeles Times researcher Emily Green wrote that her foray through Salmonella literature from present to the early 1940s revealed that what was perfectly legitimate *speculation* in the last 12 years by CDC doctors concerning the possible origin of Salmonella enteritis transmogrified into fact once their speculations were stated in political reports. CDC speculation concerning Salmonella enteritis remains unproved.²³ Ms Green stated that most of what appears in scientific and medical journals is guesswork. That explains the recent reversal over cholesterol in eggs - that egg-cholesterol is now benign, or may be favorable. They do not know. Yet, the CDC is the most influential health department in the world. Its doctors influence most of the decisions that affect everyone. As I stated, they are driven by fear, speculation and junk science.

Chapter 26

Should Microbes That Are Considered Disease-Causing But, Actually, Are Disease Eliminators, Be A Part Of Our Optimal Diet And Lives?

During the last 25 years, I have seen hundreds of “incurable”, life-threatening, degenerative diseases reverse and heal by

²² “Salmonella Bacteria Often Lurks Close By”; *Richmond Times Dispatch*, July 19, 1999.

²³ *The Great Egg Panic*, LA Times, Jan. 4, 2000.

people eating a raw diet that was mainly raw animal foods. I have experienced a continuing series of events in which degenerative tissue (cancer, etc.) disappeared within days, weeks or months following bacterial, viral and parasitic infestations. My body's environment has become increasingly healthier over time because of the invaluable assistance of microbial activity, including pathogenic. And yet, science and the medical industry consider me greatly “at risk”.

In a test project, Jon Monroe, Director, New Science, tried “to avoid diseases caused by viruses. The assumption was that viruses were pathogens and should be avoided.” But, after employing techniques to prevent virus production in test individuals, each of the subjects became and remained clinically depressed for one year. When viruses were allowed to flourish again, symptoms of depression disappeared, and colds and flu returned. Monroe realized that it was better to have detoxifications in the form of periodic colds and flu rather than constant depression. They play a crucial role in health, symbiotically.^{24, 25}

The microscience that studies “pathogens” is relatively new (50 years) and flawed. Newer research (20 years) has been and is being performed, proving that “pathogens” are responsible for the reversal of cancer, and possibly for cancer prevention. As part of her doctoral studies at the University of Toronto, Canada, Dr. Sara Arab injected verotoxin, a bacterial byproduct from *E. coli*, directly into human malignant brain tumors. After a single injection, the verotoxin completely dissolved both the tumors and their blood vessels within 2-7 days.²⁶ Dr. K. Brooks Lowe of

²⁴ Symbiosis: Unlike organisms living harmoniously and beneficially together.

²⁵ Strange Attractor, Volume 2, Number 1, A News Letter of Alternative Science and Medicine; <http://www.newscience.santa-fe.nm.us/strange.htm>

²⁶ “Verotoxin Induces Apoptosis and the Complete, Rapid, Long-Term Elimination of Human Astrocytoma Xenografts in Nude Mice” by S. Arab, J. Rutka, and C. Lingwood; *Oncology Research*, Vol. 11, pp. 33-39, 1999.

Yale University reported that researchers used salmonella to reverse cancer.

Many universities in Canada have been developing cancer treatment using viruses to penetrate cancer cells and dissolve them for decades. Many tests have been successful. Oncologist Don Morris at Calgary's Tom Baker Cancer Centre said, "It's common to hear that cancer patients who pick up a virus get a regression of their disease." Several of the universities that have jumped on the viral bandwagon are Havensack Medical School in New Jersey, Stanford is using the common cold virus, Harvard is using a herpes virus, Duke University is using a weakened polio virus, Mayo Clinic is using a measles virus. The projected retail price of an injection to the patient will be \$8,000. I suggest that we get colds or flu, eat high meat regularly and pay nothing.

Even though virus therapy has been successful, many of the patients now suffer with chronic viral symptoms. That is what happens if you treat the disease without understanding and correcting the cause. Dr. Patrick Lee from Duke University observed that viruses penetrate and dissolve unhealthy cells. So, the question to be answered is: What makes cells unhealthy? For the answer, read pages 166-168.

Robert and Michele Root-Bernstein cited in their book *Honey, Mud, Maggots and Other Medical Marvels*, that for hundreds of centuries, various worldwide cultures ingested bacteria and molds for medicinal purposes. The Hunza (one of the world's longest-lived people), certain Eskimo, Fulani, Masai and Samburu tribes of Africa regularly ingest "pathogens". The Hunza and Fulani drink salmonella and E. coli daily in their raw milk. Eskimo tribes bury their meat in hides for up to six weeks. The bacteria-infested meat, called "high meat", is ingested to elevate the mood, eliminate aches and pains, and increase endurance. None of the primitive tribes have degenerative diseases. A number of raw food eaters in the USA and worldwide regularly ingest bacteria-infested food for those purposes. The Chinese successfully used "century" eggs for remedies and disease prevention, and as an aphrodisiac. Century

eggs are decomposed eggs aged up to 25 years with high-bacteria concentrations and molds.

The supposition that the elderly, infants and ill people are more susceptible to harm from “pathogens” is speculation and false. I have observed that in most cases in which so-called “at-risk” individuals ate bacterially rich, aged and decaying raw food, they regained health of their bowels, digestion, glands, sanity, and in many cases, reversed disease. It worked favorably in all situations with only 6 people in 32 experiencing minor loose bowels, nausea and/or vomit. Those people considered their temporary discomfort well worth the long-lasting beneficial results. Content tests of diarrhea and vomit showed high levels of a variety of toxic substances that were not part of the food or byproducts. The tests results indicated that those toxins already existed in the patients’ bodies and were being flushed from their bodies.

Parasites are the most feared of “pathogens”. Parasites, too, have a symbiotic relationship with our bodies. They consume and digest tremendous quantities of degenerative tissue in short periods. Joel Weinstock, a gastroenterologist who heads a research team at the University of Iowa stated that we are the first population to be without gut worms. He asked six patients with very painful, intractable inflammatory bowel disease to drink the eggs of *Trichuris suis*, a whipworm parasite normally found in the intestines of pigs. Within two weeks, five of the six patients entered remission for up to five months. The patients begged for more parasites. Weinstock noted that intestinal problems are increasing in animals because they are kept too clean. Pigs and monkeys raised in sterile pens and cages are getting diseased.

Parasites afford us the quickest process of organic detoxification. Parasites are a problem only if an individual does not readily reproduce cells. Meaning, they do not replace the degenerative cells consumed by parasites. In such a case, ulcers could result and fester, causing numerous problems including death. Eating raw meats with raw fats prevents ulceration by providing the nutrients necessary to support quick cellular

reproduction following the tremendously beneficial detoxification precipitated by parasites.

If an individual eats foods or chemicals that cause gross destruction and decay (degenerative tissue), she or he will be less able to tolerate parasitic and bacterial detoxifications. If he or she eliminates chemicals, pollution, and destructive foods, he or she will stop adding to the problems that make parasitical and microbial detoxification necessary. To facilitate the removal of degenerative tissue, people can eat “high” meat, meaning that the meat is high in bacteria, and that it makes people's spirits high. For high-meat recipe, see page 149.

Although the germ-theory has been predominantly disproved, modern medicine continues to uphold it.

Chapter 27

Then Why Are There So Many Reports About Bacterial Food-Poisoning?

There have been medical reports that stated microbial food-poisoning as cause of death. In most cases, the reports described symptoms of anaphylaxis,²⁷ or drug-damage/poisoning, rather than bacterial food-poisoning. On a rare occasion, someone has died from dehydration and/or excessive bleeding caused by a ruptured stomach or bowel from violent vomit or diarrhea. “Pathogens” are sometimes found in the presence of diarrhea and vomit but have not been proved the cause.

Any foreign substance that causes traumatic allergic reactions causes anaphylaxis. Anaphylaxis is a very common response to injected antibiotics and vaccines. The people who were reported as having died of bacterial food-poisoning probably died of the medical treatment from antibiotics and/or other medication. E.

²⁷ Anaphylaxis is a severe allergic reaction to anything, usually medication.

coli 157:H7 has been blamed for Hemolytic Uremic Syndrome (HUS) and kidney failure, but the claim has not been proved. The treatment of bacterial infection involves the use of drugs containing poisons, such as thimerosal (mercury). Research has proved that mercury causes HUS-like symptoms, kidney and neurological damage. The antibiotic Cipro has been linked to kidney degeneration. Drugs damage kidney cells setting the stage for virus and bacteria to dissolve or consume them. The medical treatments for bloody diarrhea are probably the major cause of HUS and kidney failure. Of the hundreds of “at risk” people on the Primal Diet who experienced vomit and bloody diarrhea, not one suffered glandular or organ damage. They did not take any medication or medical therapy. Also, antibiotics affect heart, lungs and central nervous system. Most often, it is the drug treatment that causes some deaths in cases diagnosed as bacterial food-poisoning. Scientific inquiry needs to be thorough. However, that research is not likely to occur because it would open a flood of lawsuits against doctors, hospitals and pharmaceuticals.

People are afraid to eat pathogens, bacteria and parasites even though all wild animals eat them without ill-consequence. Even if “pathogens” were a real danger, they are here among us. A few people may be harshly affected by “pathogens” but most will not. As some people will die during common colds and automobile accidents, most will not. The attack on, kangaroo-trial and lynching of “pathogens” in our foods, bodies and households are scientifically wrong and dangerous.

Immunity is likely to arise if we ingest bacteria the way all other animals do. But people are afraid to eat bacteria called pathogens, especially E. coli. No other animal except the civilized human washes itself or its food before eating. All animals eat feces full of E. coli except civilized man. No animal experiences bacterial food-poisoning except us. Do wild animals naturally eat small amounts of feces for the bacteria and parasites as a cancer preventative? The tests at all of the universities mentioned, indicate that they do. Edward Howel’s experiments proved that rats who ate cooked and processed food and naturally ate their feces had less severe diseases and lived a third longer than those who did not eat their feces.

A friend of mine, who I will call Jean, suffered from chronic fatigue syndrome for 8 years, cancer of the right breast, hipbone, left kidney and adrenal gland (before we met to discuss the diet). She was lucky to work 6 hours per week. She progressed on the Primal Diet slowly for 2½ years. Jean's body completely softened and dissolved all of her many breast tumors but the others showed little shrinkage.

Finally, because her cancer was so advanced, I shared with Jean the results of tests using *E. coli* and other bacterium to dissolve tumors. Jean asked where she could get the bacterium. I explained that *E. coli* is natural to bowels and could be consumed in feces from any healthy animal. I explained that other bacteria could be grown on high meat. She did not want to wait to grow bacteria on high meat, so she pursued feces.

Jean consumed 2 ounces by volume the first time from a healthy herbivore. That is not much, considering that some tribal members eat an entire load from a water buffalo at one sitting. However, within two months, all of her tumors shrunk by 15%. Since that time, she has consumed some feces from gopher, goats, sheep, chicken and duck. She is cautious with the quantity she eats and has not consumed more than half a cup at a time. She did not incur much diarrhea. Jean's tumors have shrunk 60% in the 2 years since she began eating a little feces every 3 to 4 months. Most tumor-shrinkage occurs in the 4 weeks following ingestion of feces or high meat.

Jean is completely physically and mentally active. She is vigorous. Now, she lives rather primitively on a self-sustainable farm. She performs hard and continuous labor daily. She loves having her health and new-found strength.

We must measure which is the greater risk: Is it more perilous to eat raw food, get healthier and accept rare minor diarrhea and/or vomit, or to eat cooked and processed food, develop deficiencies, collect toxicity, develop disease, and experience occasional-to-frequent, mild-to-severe, diarrhea and vomit?

When I develop detoxifications in the form of vomit or diarrhea, my chances of living are greater if I eat properly, stay completely away from terrorist medical advice and treatments, and let it run its course, as with a cold or flu. Usually, any intestinal bleeding easily stops within hours of drinking 8 ounces of fresh, raw, green cabbage juice.

Chapter 28

Why the Hysteria Over Bacteria, Viruses and Parasites?

The assumption and false premise is that microbes labeled “pathogens” are always harmful and must be eradicated. Health-department officials are in the cerebral dark ages. They are prejudiced against microorganisms labeled “pathogen”, and have based their raw food restrictions on prejudicial correlations, erroneous statistics and pseudoscience. Most doctors, scientists and health department employees maintain one-sided views of the “pathogen” and “bacterial food-poisoning” controversies. They ignore existing data that proves pasteurization does not provide food safety nor prevent disease, but causes disease. Their adherence to the mind-set against the virtues of microbes called pathogens does not make rational sense and produces poor judgment in policy-making.

Peoples’ fears of loss, injury and the unknown have always been at the heart of medicine and food regulation. Consequently, we attack our bodies and food as if they were inherently dangerous. Our collective approach in this life, then, has been to make war within and outside of ourselves to survive and thrive. It has proved to be a futile approach to health and life.

The virtues of attaining zero exposure to “pathogens” cannot be proved to exist, yet people believe in pursuing that goal. Zero exposure to “pathogens” is not possible anyway, because they are everywhere. Making threshold-extrapolations to generate quantitative-risk estimates is pseudoscience. Using the impossible criteria of zero exposure to bacteria in order to

estimate risk is pseudoscience. Existing regulatory policy is based on a better-safe-than-sorry premise. In the real world of everyday practicalities where common-sense decisions are needed, better-safe-than-sorry is simply ignorance and a morally bankrupt posture.

There is nothing “better” about the illusion of “food safety” when it results in people using scapegoats - “pathogens” - in place of scientifically verifiable causes of actual harm. The conviction that one individual's right to absolute protection should preempt the well-being of others is poor social planning, especially if the protection of the minority harms the majority.

Government regulators are not responding to what is actually harming people. They pander to imaginary issues that frighten people and themselves. We must be brave against the FDA, USDA, CDC and health-department officials and employees. We do not need to fear political or social pressure, third party judgments, or the disinterest of our peers when discussing this paradigm. This is vital information to our individual and collective lives. It is devastating that we have virtually lost our raw food supply that is our primal link to optimal health. Government regulators must be educated and laws criminalizing and/or penalizing the sale of raw food must be reversed immediately.

To change the laws in your city, county and state, see the Right To Choose Healthy Food²⁸ website: www.rawmilk.org

Chapter 29 **Follow The Money**

The last equation in this problem is the vested money and corporate interests concerned with product shelf life, medics, pharmaceuticals and agri-chemicals that fuel microbe-hysteria.

²⁸ *Right To Choose Healthy Food* is a not-for-profit organization based in Santa Monica, California. See page 186-189.

The food industry wants pasteurization, chemical washes, antibacterials and irradiation because their products will have a longer shelf life, reducing their costs by slowing spoilage. They care much more about their products, costs and profits than they do about our health. Almost all of them encourage government officials to pass laws mandating compulsive pasteurization and irradiation, yet industry tells us that the government is to blame for industry producing and supplying more toxic products.

“Pathogens” are to the body what vultures, crows and ants are to the Earth. They are a few of the Earth’s janitors. They find carcasses and eat them. Without the Earth’s janitors, our air would be in jeopardy of becoming toxic gas in which animals could not thrive. “Pathogens” are our bodies’ helpful, organic, inner-ecological recycling organisms that help us thrive.

Chapter 30

Bacterial Summary:

Does a Recipe for Optimal Health Include “Pathogens”?

As our houses must be taken apart to be renovated after becoming dilapidated, so must our bodies. According to Dr. Elnora Van Winkle, retired biochemical neuroscientist from the Department of Psychiatry at New York University’s School of Medicine, “pathogens” are the clean-up and demolition crews for degenerative conditions.²⁹ They appear as a response, not as the cause. “Pathogens” respond to decay within the body, reversing or preventing disease that is more serious. They are the first stage of the cure, the cleansing stage. Eliminating pathogens, such as salmonella, campylobacter and E. coli, and parasites forces decaying tissue to remain in the body, endangering the inner body environment. Our bodies gradually get sicker.

We must comprehend that bacteria are absolutely everywhere. Our bodies rely upon microbes for every healthy

²⁹ Letter To The Editor, *Health Science Magazine*, February 1999.

function. As in all wars, there are untold casualties. Lands are blown to pieces, people are maimed, poisoned, devastated and exterminated. Financial resources of the majority of people vanish in explosions and are vaporized by technology. Recovery for people and the environment is long and hard, taking decades, if it occurs at all. The maimed live maimed. The dead are dead.

When we make war on germs, the battlegrounds are our bodies. We are the casualties, our cells, ourselves. Our finances are drained and exhausted on a war we cannot win. Such wars enrich the wallets of doctors, chemists, investors, employees of pharmaceutical houses, retail outlets, hospitals, insurance companies, health departments and every industry that provides supplies and services all of them.

Imagine spending 1/6 of our resources and 1/3 of every day attacking a necessary torrential storm that cannot be stopped without long-term devastation. Imagine losing everything we own to support that unnecessary and futile war. That is what we do when we try to live pathogen-free by attacking our bodies rather than changing our life-styles. If we do not want disease and their symptoms, we simply need to live a life-style that does not make our bodies into huge feeding lots for microbes.

We have the answer to what makes us sick and that is the biological degeneration that results from eating cooked and processed foods, and exposure to industrial, environmental and therapeutic pollution, including medications. The more waste and pollution we have in our bodies, the more symptoms of degeneration we suffer. Should we teach how to prevent and reverse disease, or should we spend our lives in fear, fighting futile microbial wars? My choice is to live without disease.

Chapter 31

Infant Safety, Health Benefits, Propagandized False Risks From Feeding Raw Milk, And The Harm Of Feeding Infants Pasteurized And Other Processed Milk.

Consistent with most doctors' modern beliefs, they prescribe food and therapies for infants and children that have created disease in our children. Unscientific propaganda issues from them constantly. They say that raw milk is dangerous for infants, causing bacterial food-poisoning and death without one credible scientific experiment to support that theory. I present to you many published reports from the first 5 decades after pasteurized and processed milks were introduced to the public. They prove that feeding infants pasteurized or processed milk is dangerous and causes disease. They prove that feeding infants raw milk is safe and healthful.

In 1984, William Campbell Douglass, Jr., M.D., presented considerable clinical evidence to the world that drinking pasteurized milk resulted in degrees of osteoporosis and bone malformation, diabetes, and many other diseases. Also, he provided clinical evidence from the same sources that drinking raw milk reversed osteoporosis, bone malformation, diabetes and many other diseases. He cited the findings of studies documented at the following universities and clinics: Harvard, Princeton, Cambridge, Dartmouth, Tufts, the Washington University School of Medicine, the University of Georgia Dairy Science Department, the Ohio State University School of Agricultural Chemistry, and Mayo Clinic of Minnesota.

He presented testimony confirming those findings from the following medical journals and publications: *The Lancet*, *JAMA*, *World Cancer Research Fund* journal, *American Journal of Clinical Nutrition*, *New England Journal of Medicine*, *British Medical Journal*, *Consumer Reports*, *Consumer's Union*, Hartford's prestigious *St. Vincent's Hospital Report*, *Certified Milk Magazine*, *American Association of Medical Milk Commission Report*, *Milk Industry Foundation Report*, and *The Price Pottenger Nutrition Foundation Newsletter*.

Colic is a concern with infants who are fed pasteurized milk. One of every five babies suffers colic. Pediatricians learned in the early 1900s that pasteurized cows' milk was often the reason. A more recent study linked pasteurized cow's milk consumption to chronic constipation in children. Those researchers observed

that pasteurized milk consumption resulted in perianal sores and severe pain during defecation, leading to constipation.³⁰

Dr. Francis Pottenger, Jr., MD observed several infants. They were born of mothers known to be hypothyroid. Prior to the birth of those infants, the mothers had given birth to children within three years. Each of the previous children suffered asthma, infantile rickets, and skeletal underdevelopment. In one experiment, the baby girl that had been fed formulas since birth was always sickly. The formulas included powdered milk, pasteurized milk, boiled milk, boiled certified milk and canned milk. She suffered severe gastric distress during her infancy. When she was 8-months young, she developed asthma. She was undersized, considering her parents had large builds. Contrarily, the healthy child was breast fed from birth. The mother drank raw milk and lived under excellent health-promoting conditions.³¹

Dr. Weston Price, D.D.S., proved fifty years ago that processed milk leads to disease and premature death.³² He also showed that processed food, such as pasteurized milk, causes poor development of facial bones. Nizel of Tufts University reported that decayed teeth were four times more common in pasteurized-milk-fed babies as opposed to raw-milk-fed babies.

Dr. A. F. Hess wrote in his abstracts that pasteurized milk was an incomplete food. He proved that many infants developed scurvy on a diet of pasteurized milk. The form of scurvy took some months to develop and was termed subacute. He considered it not only the most common form of scurvy but also the one that passes most often unrecognized.³³ The infants were cured of scurvy when raw milk was substituted. Regarding his

³⁰ Iacono G, Cavataio F, Montalto G, et al. "Intolerance of cow's milk and chronic constipation in children" N Engl J Med 1998;339:110-4.

³¹ "Clinical and experimental evidence of growth factors in raw milk", Certified Milk, January, 1937.

³² Nutrition and Human Degeneration, Price-Pottenger Nutrition Foundation, La Mesa, California.

³³ Infantile Scurvy. III. Its influence on growth (length and weight), Am. J. Dis. Child., August, 1916.

tests, he stated that, taken in conjunction with the fact that they fed the same number of infants on raw milk as pasteurized milk, cases of scurvy did not develop in infants on raw milk. He stated that their test-results were sufficient to warrant the deduction that pasteurized milk is a causative factor in infant scurvy.

Dr. Pottenger proved there is deficiency disease similar to Vitamin C deficiency (scurvy) that can be cured by giving an endocrine product that contains no Vitamin C. He proved that raw milk naturally contains that endocrine nutrient and that pasteurized milk does not. He proved that raw milk reversed and prevented scurvy.

Stefansson, an anthropologist working for the U.S. government, reported that an arctic sea-captain who ingested high amounts of Vitamin C did not reverse his scurvy. After the captain ate raw meat for several days, he completely healed.³⁴ It was reported in 1942 that grazing cows produced as much Vitamin C as does the entire citrus crop, and that most of it is lost as the result of pasteurization.³⁵

In Berlin prior to 1901, rarely was there a case of infant scurvy. In 1901, a large dairy established a pasteurization plant in which all milk was raised to a temperature of about 140° F (60° C). After an interval of months, infantile scurvy was reported from various sources throughout the city.³⁶ Neumann recorded that he and two other doctors had seen only 32 cases of scurvy from 1896 to 1900. He reported that the number of cases suddenly rose to 83 cases in 1901 and 1902. An investigation was made as to the cause. Pasteurization was discontinued. The number of cases decreased as quickly as they had increased.³⁷ Neumann also reported that the cases of infantile scurvy were marked by susceptibility to infection, abdominal cramps, nasal

³⁴ Harper's Magazine, November/December, 1925 & January 1936, from the Stefansson Collection, Dartmouth College.

³⁵ Proc. Nat. Nut. Conf. for Defense, May 14, Federal Sea Agency, pp. 176; U.S. Government Pat. Off., 1942.

³⁶ Neumann, H., *Deutsch. Klin.*, 7:341, 1904

³⁷ *Ibid.*

diphtheria, furunculosis of the skin, and pneumonia in advanced cases.³⁸

Dr. Hess reported that milk-pasteurization that was intended to prevent humans from getting diseases that cows sometimes develop was a waste. He further reported from his observations and tests that infants fed pasteurized milk easily developed common diseases. He stated that deaths from those common diseases should have been attributed to the defective nature of pasteurized milk.³⁹ Humans do not get bovine undulant fever nor does it naturally transmute into human undulant fever. There is no credible data that proves otherwise.

Dr. J.E. Crewe, from the Mayo Foundation, Minnesota, reported the therapeutic uses of raw milk in 1923. He stressed, from his experiments, that the key-factor was the feeding of *raw* milk. He stated that while raw milk is widely used and recommended as an article of diet, physicians seldom use it as an agent in the treatment of disease. For 15 years, he employed the raw-milk-diet treatment in various diseases and obtained “uniformly excellent” healing results. Dr. Crewe witnessed rapid improvement in his patients with advanced cases of pulmonary tuberculosis when he utilized raw-milk therapy. That was ironic, considering that tuberculosis of the time was blamed on raw milk. Hippocrates used raw milk to cure tuberculosis.

Research by Johns Hopkins University and the University of Maryland found that raw milk contained 2½ times more IgG enzyme than pasteurized milk. In the presence of higher levels of IgG, rotavirus that cause diarrhea in infants is not produced.

In 1923, at St. Vincent's hospital in Philadelphia, concern arose for the high death rate among infants from gastroenteritis. Dr. Paul B. Cassidy, M.D., recommended raw milk instead of pasteurized milk. The raw critics panicked, predicting a catastrophic increase in infant deaths. The death rate in infants

³⁸ Ibid.

³⁹ Hess, A. F., “Recent advances in knowledge of scurvy and the antiscorbutic vitamin,” J.A.M.A., April 23, 1932.

from gastroenteritis quickly fell by 94%, from a high of 89 in 1922 to less than 5 per year.⁴⁰

Destin was a child who developed asthma as an infant on baby formulas, suffered near-fatal attacks yearly, grew frail, weak, underdeveloped, extremely small for his age, and was on regular medication. Dr. Douglass treated him, at the age of nine, by feeding him raw milk. In six weeks, Destin stopped wheezing for the first time in his life. Destin grew rapidly on the raw-milk treatment, living a normal life thereafter.⁴¹

A Dutch chemist, Willem J. Van Wagtendork at Oregon State College, proved that pasteurized dairy creates calcification and stiffness. He found that guinea pigs with calcification of the tissues could be relieved with raw cream but not so with pasteurized cream. The active health-giving factor is transmuted and rendered ineffective by pasteurization. John Fowler, M.D., Worcester, Massachusetts reported that raw-milk therapy relieved muscle cramps in pregnancy.

There has never been an epidemic proved caused by raw milk. All epidemics from milk were proved to be caused by pasteurized milk. The following list reveals that pasteurized milk products are dangerous. As Dr. Lee explained, pathogens enter unhealthy cells. Pasteurization kills milk cells. Pathogens multiply rapidly in those cells. If someone eats a product that is full of pathogens, the bacteria will proliferate in a body full of unhealthy cells.

Some Outbreaks Attributed to Bacterial Food-poisoning from PASTEURIZED MILK products

- **1945—1,492 cases for the year in the U.S.A.**
- **1945—1 outbreak, 300 cases in Phoenix, Arizona.**
- **1945—Several outbreaks, 468 cases of gastroenteritis, 9 deaths, in Great Bend, Kansas.**

⁴⁰ Annual Convention, Certified Milk Producers Association, Hotel Roosevelt, New York City, February 8, 1938.

⁴¹ The Milk Book; How Science Is Destroying Nature's Nearly Perfect Food, Wm. Campbell Douglass, Jr., MD, 1996, Second Opinion Publishing, Georgia; pp. 204.

- 1978—1 outbreak, 68 cases in Arizona.
- 1982—over 17,000 cases of *yersinia enterocolitica* in Memphis, Tenn.
- 1982—172 cases, with over 100 hospitalized from a three-Southern-state area.
- 1983—1 outbreak, 49 cases of listeriosis in Massachusetts.
- 1984—August, 1 outbreak *S. typhimurium*, approximately 200 cases, at one plant in Melrose Park, IL.
- 1984—November, 1 outbreak *S. typhimurium*, at same plant in Melrose Park, IL.
- 1985—March, 1 outbreak, 16,284 confirmed cases, at same plant in Melrose Park, IL.
- 1985—197,000 cases of antimicrobial-resistant *Salmonella* infections from one dairy in California.⁴²⁴³
- 1985—1,500+ cases, *Salmonella* culture confirmed, in Northern Illinois.
- 1993—2 outbreaks statewide, 28 cases *Salmonella* infection.
- 1994—3 outbreaks, 105 cases, *E. Coli* & *Listeria* in California.
- 1995—1 outbreak, 3 cases in California.
- 1996—2 outbreaks *Campylobacter* and *Salmonella*, 48 cases in California.
- 1997—2 outbreaks, 28 cases *Salmonella* in California.

Chapter 32

Losing Our Choices To Live Disease-Free; A Plea For Help

Health departments are pushing for eradication of pathogens in our food supply. They accomplish that by laws controlling food suppliers. The USDA and FDA, with the help of CDC and congress, has banned us from being able to purchase bottled raw

⁴² Ryan CA, Nickels MK, Hargrett-Bean NT, et al. “Massive outbreak of antimicrobial-resistant salmonellosis traced to pasteurized milk”, *JAMA* 1987;258:3269-74.

⁴³ “CDC. Outbreaks of *Salmonella enteritidis* gastroenteritis -- California”, 1993. *MMWR* 1993; 42:793-7.

fruit and vegetable juices at our local healthfood stores and supermarkets because, they claim, that one girl died from drinking orange juice containing E. coli. The evidence was entirely circumstantial. Nevertheless, they used that incident to scare congress and people into depriving us and our children of another healthy vitamin- and enzyme-rich food source. Coca Cola was pushing for the mandatory pasteurization laws because they own a major juice company. As I said earlier, they want to restrict our resources because they will have little competition if competitors cannot offer a better and cheaper product. Also, because they will experience less product-loss from the mandated processing that lengthens shelf-life.

State health departments have pushed legislation to prevent restaurants and other ready-made-food retailers to cook foods to certain temperatures or else be in violation of the law. With the present trend, soon we will not be allowed to buy any food that has not been completely adulterated. We are being regulated by legislation as to what we are allowed to eat and how it has to be prepared. Most of us rely upon commercial markets for our food. Markets have to follow whatever the health departments demand or they will be shut down and out of business.

We, as the consumers, have few choices. The more restrictive the laws on food and food preparation, the less choices we have. I have watched the laws move in that direction every month for the last 10 years. I have tried as much as possible to stop the momentum but I cannot do much without your help.

Consider that the deck is already stacked against us. Most of the pharmaceutical giants own the major chemical and agrochemical businesses that produce the poisons that are poisoning our bodies and lands.

Consider that, my more recent tests indicated that people eating cooked, non-organic foods are losing their microbe levels. There are so many medications, antibacterials and chemicals, including gaseous, in the environment and food that microbes cannot survive the poisoning. They are becoming as extinct as the firefly. Sooner than we might think, people will be paying for injections of viruses, bacteria and parasites.

Will people be told that they have to have injections of viruses, bacteria and parasites to survive? Who will have kept the FDA- and USDA-certified microbes alive in laboratories? Would it be the pharmaceutical industry that is also the major owners of antibacterial chemicals and agrochemicals industries? If you live in a city, how much will you have to pay because you will not be allowed to get them naturally in your food or environment? Laws went into effect in the year 2002 that restricts transport of soil, seeds and plants. The law states that if the plant you want to transport and grow is not on the list, it will be confiscated and destroyed. If it is on the list and not an approved source, it will be confiscated and destroyed.

Unless we can change those laws together, we may not be able to enjoy a healthy life-style without living on a farm with approved crops and bacteria that only you will be able to eat and not sell. Only cooperative communities, which can establish themselves according to their own laws, will enjoy a natural healthy life-style.

I am the Executive Director for the not-for-profit organization Right To Choose Healthy Food. We battle the government whenever they threaten to deprive us of healthy food with regulations, such as the laws that have been enacted requiring all milk and juices to be pasteurized if they cross any state line. At present, we are battling to reverse those two issues. It takes researchers, lawyers and many resources. Please send generous donations made payable to:

Right To Choose Healthy Food
P.O. Box 176,
Santa Monica, CA 90406-0176.

We need your help and support regularly.

Issues arise quickly in government with little or no notice to the public. Email is the quickest way to contact you and rally your support for unconstitutional laws that deprive us of health

and liberty in the name of pseudo-safety. Please help us help you and our children. Send me your addresses, especially an email address. Thank you.

Healthfully,
Aajonus

For information on individualized consults and programs with Aajonus, e-mail or leave a message, speaking slowly, with a fax number. Aajonus wishes that he had more time to answer all of your letters but he is inundated with work. At present, he is fighting for our rights to have raw food and writing 4 more nutritional books: one on detoxification, two of questions and answers from lectures, one on changing food laws, and an update and revision of *The Primal Diet; We Want To Live* (the basic changes are in this book).

Optimal Ways of Living
P.O. Box 176
Santa Monica, CA 90406-0176

e-mail: optimal@earthlink.net
Message: 310-226-7055

A new book giving helpful information about food, nutrition and the Primal Diet will be published every six months for the next 2 years starting January 2006. An audio version of *The Primal Diet; We Want To Live* will be available in Summer 2006. Also, CD/DVDs will be published by Fall 2006 that shows how to make recipes and use kitchen equipment, and another in which Aajonus presents a workshop on how to live disease-free with more clarity, strength and energy. Notice for all publications will be posted on the website www.PrimalDiet.com.

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Aaj'onnu



Questions and Answers

A COLLECTION OF PRIMAL WISDOM

First Edition

Aajonus

Questions and Answers

A collection of Primal Wisdom

First Edition

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Introduction

Aajonus devoted the greater part of his life to researching in the field of health. From his research he developed the very effective and workable Primal Diet, writing two books and 31 newsletters on the subject, as well as making 2 DVDs. He also gave thousands of consultations to his many clients and taught workshops all around the world.

And he devoted a great deal of his time to answering people's questions. People would phone him or e-mail him and ask about their health problems and he would answer.

To our tremendous loss, he died on Aug 28, 2013 from an accidental fall.

After his death, it was discovered that his computer and his backup drives held a tremendous number of his e-mail responses to people's health questions. Unfortunately, most of the backup drives were damaged and could not be accessed. But one of the top companies in the field of data recovery was employed and they were able to recover the data on all but one of Aajonus' hard drives. It turned out that the recovered drives contained thousands of his invaluable e-mails wherein he answered almost every conceivable health question.

Aajonus wanted us to have access to all of his knowledge and information so that each one of us would be able to achieve and maintain optimal health. This is what he said to a group in Los Angeles on April 4th, 2011:

"I will have all the information in books. ... They won't need me when I have all the information; that's what I'm working on. Everybody will be able to take care of themselves if I give everybody enough information."

Accordingly, we are publishing his answers to many of the health questions posed by his followers.

They have been edited for clarity and to preserve people's anonymity.

They are presented in date order and can easily be searched for the answers to your health questions, using the search function of your PDF reader. Type in the word or phrase you want information on and it will pull up every place in this book where that word or phrase appears. Also, try synonyms or related words, if the search doesn't find everything you are looking for. If you still can't find it then, probably, your answer will be found in one of the subsequent editions of this book.

We hope you will benefit from the knowledge herein and thereby attain optimal health.

20120405-1611

Apr 5, 2012

Re: Penicillin Destroyer Recipe

Dear Aajonus,

It was great to see you in Chicago!

One quick question:

I wrote 3 oz lime juice for the Penicillin Destroyer Recipe.

This is what I wrote for the recipe:

- 3 oz lime juice
- 1T lemon juice
- 3T coconut cream
- 1T dairy cream
- 2T honey

Did I write it wrong? Should it be 3T instead?

I enjoyed seeing you too.

3 oz. is correct, but you need to add to your list of ingredients:

- 1 tsp raw apple cider vinegar
- 1 egg.

Healthfully and appreciatively,
Aajonus

Thank you! It's good I asked.
Does it get blended in the blender?

Yes, blended.

Healthfully and appreciatively,
Aajonus

20120426-0459

26 Apr, 2012

Re: Thyroid

Dear Aajonus,

I just wanted to clarify my thyroid issue. Last time I saw you (Sept 2010) you had said I did not have any thyroid problems, but different blood tests have shown that I have Hashimoto's, and I am sure I have had it for years. Why would that not have shown up when you looked at my eyes and hands?

Have you had other clients with this, and get over it with the right nutrition?

I must assume that you have not watched my DVD lecture. In it, I explain how the endocrine glands are for emergency purposes only. Because people are so toxic and low on nutrients, their bodies produce hormones for everyday help and not just for emergencies. Normally, the thyroid protects the heart and lungs. If you are in an accident, wherein your heart and lungs stop, thyroxines are produced to jump-start the heart and lungs. The thyroid does not normally have any relationship to normal energy or well being, however the medical profession profits enormously from their false claim that we need certain levels of hormones. If diet and digestion are correct, plenty of energy and well-being will result once homeostasis is achieved.

When people consume or are exposed to toxins, it causes their bodies to produce emergency hormones. I suggest that you focus on diet, digestion and lymphatic flow.

Healthfully and appreciatively,
Aajonus

20120426-2014

Apr 26, 2012

Re: Dental Care

Hi Aajonus,

Lately, I have noticed a discoloration in one of my wisdom teeth. What once was a gold crown now is partly black when I look in the mirror. Moreover, it feels a bit swollen in the surrounding gums. I believe it is time to have it checked (preferably tomorrow). Have you had any similar experience?

All of my teeth with crowns completely covered any tooth so I cannot tell if any are turning gray. I have had many teeth have surrounding swelling at times. I eat 2-3 T. no-salt raw cheeses with 2 tsp. unheated honey 3-4 times daily when that occurs.

Healthfully and appreciatively,
Aajonus

Hi Aajonus,

Thank you for sharing what you do for swelling around teeth. It seems to work when I take more cheese and honey as well.

I have a formal checkup scheduled in a few days. My teeth have plaque that chips off when I use my fingernail. Are you against cleanings? I'm sure they will want to do one.

I am against scraping the teeth with a metal tool. Most dentists have an electrical tool that can clean them easily and quickly without scraping the teeth. If plaque chips with the fingernail, plaque will probably clean easily with brushing with vinegar, coconut cream and clay.

Healthfully and appreciatively,
Aajonus

Hi Aajonus,

I had a cleaning today. It went well. They used an electrical tool, as you mentioned. The tooth formula must be working because the assistant said my teeth look good.

They offered to X-ray as part of the checkup. Of course I said "no". The dentist found nothing wrong. Yea! He said I "might" want to get a deep cleaning for the next checkup. I heard this years ago. In lieu of that, shall I simply keep using the tooth formula you gave?

Congratulations! Yes, continue to brush with the formula, but only once every 5 days with vinegar.

**Healthfully and appreciatively,
Aajonus**

Aajonus,

Lets see if I understand. Use all formula ingredients, but every 5th day brush only with vinegar?

Not quite. You can brush with coconut cream and clay every day but with coconut cream, clay and vinegar every 5th day.

**Healthfully and appreciatively,
Aajonus**

20120501-0538

May 1, 2012

Re: Strep Throat

Hi Aajonus,

My children had contact with a friend who has strep throat.

Our children do not have strep throat as of this moment and they may not get it.

But, I would like to know: What food would you use to PREVENT strep throat and what food would you use to TREAT strep throat.

I looked in your book and did not see any information on strep throat.

Thank You.

Since the weather is getting warmer, it is the season for throat detoxifications. Strep is not contagious. If your children get it, it is because their bodies want to detoxify the neck area at the throat. To mitigate symptoms, apply hot water bottles to their necks each night for about 9 days, then they will perspire the toxins and probably will not need to detoxify through the throat.

If and when strep occurs, consume 1 T. of the following mixture every 2 hours until throat detox is finished: 2 oz. lime juice, 1 tsp lemon juice, 3 T. unheated honey, 1/2 tsp raw apple cider vinegar, 2 T. coconut cream and 2 T. raw dairy cream.

Healthfully and appreciatively,
Aajonus

20120507-1507

May 7, 2012

Re: Emergency - Lead Spill in Child's Bedroom

Hi Aajonus,

My daughter had a mobile hanging from her ceiling in her bedroom. One of the pieces of the mobile was a globe of the earth. The globe fell down onto a wood floor and spilled a black powder on the floor. I had the black powder analyzed at a laboratory for heavy metals. The lab checked for the 4 top heavy metals: arsenic, lead, mercury, and cadmium. Everything was negative except for the lead. The black powder had a very high lead content.

What diet can we use to get lead out of the body, if we happened to take any in?

The room has been quarantined and I am going to have someone come in and check for any residual lead dust.

Please tell me about food that will take lead out of the body if we happened to take any in.

Thank you.

2 ounces cilantro and 2 ounces carrot juices, 1/2 tsp raw apple cider vinegar and 2 ounces cucumber puree, once daily for 2 weeks and twice weekly for 10 weeks. Also, 3 ounces blueberries, 1 T. coconut cream, 1 T. dairy cream and 1/2 tsp. raw apple cider vinegar, once daily 5 days weekly for 10 weeks.

**Healthfully and appreciatively,
Aajonus**

20120518-1701

May 18, 2012

Re: Baby's Diet

(See also: Oct 24, 2011 Re: Urgent - Sick Baby, Please Help
 Oct 28, 2011 Re: Urgent – Baby Liver Formula Follow Up
 Nov 12, 2000 Re: Baby Skin Rash and Formula Ingredients
 Nov 30, 2011 Re: Baby with Cold, Diarrhea & Vomiting – follow up
 Mar 3, 2012 Re: Baby's Diet
 Mar 15, 2012 Re: Urgent – Baby throwing up)

Hi Aajonus,

My son has 6 top teeth in and two bottom. He drools every time he watches us eat. Is there anything I can start feeding him that's pureed?

Have you tried the liver shake? You can puree sirloin also.

**Healthfully and appreciatively,
Aajonus**

Hi Aajonus,

I have given him liver, and every time I continue to try it, he ends up throwing up for the rest of the day. I tried it again last week and put a tiny bit, approximately half a teaspoon mixed with raw milk, and he threw up for the next several hours. I keep going back to 1 cup of raw goat's milk, 1-2 oz of raw cow's cream, and 1 1/2 tablespoons of raw butter and honey.

I do not think he can handle the liver. I gave him half a teaspoon of eye of round beef; I ground it up and added milk. He did not throw up, but he did get a little bit of diarrhea.

What else can I give him mushed up? Bananas? Raw eggs?

Also, as you know, Organic Pastures was shut down again so we will not have cream and butter until next Saturday, if I can order it through Ra Healthy Foods. I can get raw goat's milk but is there anything else I can give him for a week until then?

Most infants live exclusively on raw milk up to 18 months of age. If the liver causes him to detoxify, then I suggest you give it to him only once every 10 days to help him cleanse more slowly.

Mixing and blending a little eye of round is a fine way to add more protein to his diet.

I do not understand why you are so adamant about feeding him much more than milk, cream, butter and honey with occasional meat.

Healthfully and appreciatively,
Aajonus

Thanks Aajonus,

I am only adamant to the extent that I feel pressured by everyone around me to feed him more. Children's books all talk about feeding them by 7 months. I want to make sure he is not deficient in nutrients, especially since we are now going to have limitations to raw butter and cream with this constant political nonsense that goes on every time they shut down Organic Pastures. It's also very difficult to see how he responds to liver, even the tiniest amount. I wish there were another way to detox him. It's very painful for me to see a baby throw up violently.

I understand, but you must force logic upon people who tell you that a baby needs other foods than raw milk until the age of 18 months. Most healthy tribal children get only raw milk until they are 24 months. After that, mothers chew meats and feed it to babies, but milk is still the major source of food until 4 years of age.

Violent vomit indicates that you transferred some very caustic toxins into him while he was gestating. It is better that he detoxifies one day every 10 until he has discarded those toxins. Hopefully, all or most are stored in the stomach lining.

Healthfully and appreciatively,
Aajonus

20120612-2030

Jun 12, 2012

Re: Baby with Constipation

Hi Aajonus,

Should I give my son anything different for constipation? He has a real hard time pooping and strains himself. His poop is typically a mustard-colored ball or a few small ones.

Thanks.

Since he is on a perfect diet, most of the food he eats will completely digest and he will not make much feces – not much undigested food or waste.

If he is straining, his bowel is not getting enough raw fat. I suggest that you give him a suppository of 1 T. each of no-salt raw butter, coconut cream and dairy cream. That way the intestinal bacteria won't have to hold the feces so long to get as much fat as possible. His colon bacteria will love it because it is fresh fat and not the little left over from the small intestines.

**Healthfully and appreciatively,
Aajonus**

20120616-0613

Jun 16, 2012

Re: Blocked Arteries

Hi Aajonus,

A couple of years ago my mother had stents put in 2 of her arteries. One was 80% blocked and the other 65% blocked. Afterwards, you suggested 3 tbsp honey, 1 tbsp of raw apple cider vinegar and 2 1/4 oz mineral water, 3 times a day for two months, then twice a day for two months, then once a day forever; and to eat plenty of eggs.

I'm 60 years old and have been on the raw diet for 5 years. I'm 143lbs and female. I've been having some heaviness in my chest, no cold or stress, but winded when climbing stairs, and pain in my left arm. Would this remedy be the fastest for cleaning out my arteries or would you suggest something else? Also, I have not been as strict on the raw diet this past 6 months, but I am back at it again, for the peace of mind and the healthy results!

Most likely, your system is not congested. Probably, your body is using your lymphatic system in the chest area to detoxify the stuff you were eating that added toxicity to your body. However, to help your body dissolve some of those toxins, I suggest that you consume 2 T. of raw apple cider vinegar in 4 ounces of milk once daily for 3 weeks only. Afterward, you may do 1 T. once daily.

Healthfully and appreciatively,
Aajonus

20120625-1644

June 25, 2012

Re: Sport Formula

Hi Aajonus,

Can you email me the Sports Drink asap as I need to go out today to get all the products while I have the car.

Thanks.

Aajonus' Sport Formula (not Sport Drink):

3 cups of at least 2 of the following foods:

**cucumber
tomato
watermelon
raw milk and/or fresh raw liquid whey.**

The cucumber, watermelon and tomato are to be pureed not juiced; the whey is the liquid byproduct of making cheese; milk is whole raw milk. You may have any combination of those to equal 3 cups.

The remainder of the ingredients are:

**1 T. raw apple cider vinegar
2 T. lime juice
2 tsp. lemon juice
2 T. coconut cream
2 T. dairy cream
2-3 eggs
1-2 T. unheated honey (optional).**

That makes about 1 quart, after blending all ingredients together. Sip throughout the day for hydration.

**Healthfully,
Aajonus**

20120711-1617

July 11, 2012

Re: High Meat

Hi Aajonus,

My high meat has been at room temperature for almost a month. In a matter of days, it will be ready for refrigeration. Once I put it in the fridge, do I need to keep airing it out every 3 days?

If you do not open it, the bacteria will stop digesting it.

**Healthfully and appreciatively,
Aajonus**

Hi Aajonus,

Thanks for answering. I presume the dosage is the size of a ping pong ball once a week?

Also, do I eat high meat by itself, or can I add fats and other meats?

Eat as much as you want, but no less than a ping pong ball size. You can eat meat after eating high meat or eat it by itself.

**Healthfully and appreciatively,
Aajonus**

20120714-0041

July 14, 2012

Re: Graying Hair

Hi Aajonus,

I have been on, and about 90% compliant with the Primal Diet since 2004. I have read both of your books, too.

Over the last 18 - 24 months, my hair has been rapidly graying.

We Want to Live talks about tomatoes, raw unsalted cheeses, celery and celery juice, Terramin clay, oysters and raw fish, as well as a fertile egg and mineral water drink, all of which I consume, except for the last item.

My father and uncles (on both sides) lived and died with their full natural hair color, despite eating the SAD and worse. All my siblings - within a few years of my age - have no gray hair, despite eating SAD.

- 1) What causes gray hair?
- 2) Is it reversible on the Primal or any other diet?
- 3) What is your PD protocol for gray hair and have you experienced any significant success with this problem?
- 4) If the above food items for mineral deficiencies are in fact applicable for graying hair, in what quantities and for how long?

As I stated in my books and newsletters, graying hair is usually caused by heavy metals, especially aluminum. However, some people are able to rid the body of aluminum by building aluminum into hair without causing graying. Over the age of 50, it is very difficult to stop aluminum from graying hair because of all of the toxins that have accumulated and deficiencies that result. However, I have seen gray come and go in my hair since chemo in 1968. Since I was abducted and injected in 2009, my hair has gone much more toward gray.

To help mineral imbalances, I now ask people to consume 3-4 T. no-salt raw cheese with 3 t. unheated honey, twice daily, usually 30 minutes after each meat meal.

Consuming 3/4 - 1 cup raspberries with 3-4 T. coconut cream, 1-2 T. dairy cream, 3 T. lime juice, 2 t. lemon juice and 1 t. raw apple cider vinegar helps to eliminate aluminum and reduce graying.

Healthfully and appreciatively,
Aajonus

Would Terramin clay in any way contribute to detoxing the heavy metals causing gray hair?

I just turned 46, but have been following the PD for over 8 years. I was a raw vegan for nearly a decade before that. I only got my first gray hair about 6 years ago, but the last 18 months has seen a rapid acceleration. Is this a product of overly rapid detox on the PD?

WHEN and HOW OFTEN should this be followed: **"Consuming 3/4 - 1 cup raspberries with 3-4 T. coconut cream, 1-2 T. dairy cream, 3 T. lime juice, 2 t. lemon juice and 1 t. raw apple cider vinegar"**?

The only way that your diet can accelerate detoxification is if you eat a lot of fruit, and that is not what the PD is. I suggest only one fruit meal daily. If that is all you consume, then the diet is not forcing your intense metal detoxification through the hair. It would be your body's choice.

I suggest that raspberry mixture every day for 3 weeks and then at least 3 days weekly for as long as your hair is gray.

Healthfully and appreciatively,
Aajonus

Thanks again. But in terms of WHEN the raspberry mixture should be eaten: empty stomach, OK with or near juice, etc? Obviously not with meat.

As your fruit meal in the afternoon.

Healthfully and appreciatively,
Aajonus

20120718-1759

July 18, 2012

Re: Cotton Mask

Hi Aajonus,

I just want to confirm that I am ordering the correct product for a face mask. Do you recommend the Organic Cotton Mask from I Can Breathe?

Is it useful for airplane flights and other chemical fumes?

I use the organic cotton mask and the silk one over it. I use them only on airplanes, not for heavy chemical exposures. Additionally, I exhale heavily from my mouth through the area of my nose of the masks to moisten them and make them more effective.

**Healthfully and appreciatively,
Aajonus**

20120719-1740

July 19, 2012

Re: Consultation, medical tests

Dear Aajonus,

I hope your trip is going well. I take it you are now in Finland.

I have been over the recording of my earlier consultation with you in October 2010. You mentioned in it that I had bone cancer from the pelvis down. Do you still feel that, in this latest reading? It is obviously a big statement. I have had tremendous aching in both hips, the ankle bones and weakness and pain in the legs, upper thighs and restless legs at night for the last two years. What do you attribute that to? Plus The MRI last year showed the hip labrum tear on the left hip (labrum tear with a cam lesion or paralabral cyst) but also bursitis on both sides of the hip and tendinopathy. In your philosophy what is bursitis and how is it eased?

Various specialist blood tests one health specialist did on me last year, December 2011, showed reactive hypoglycemia, problem with HCL, GI malabsorption, slight pituitary hypofunction, inflammation (from monocytes and lymphocytes), low T cells and Helper, low calcium, phosphorus, magnesium, glucose and low globulin. Any comment or worry about this?

These were very specialised tests – not the average ones in which everything looks fine for me except thyroid. However, even the normal tests show slightly low T4 and slightly high TSH. Is that normal? Also a depressed progesterone. Is this a problem?

Another test by an immunologist in June 2011 revealed my immunoglobulin G was low (770 whereas normal was 694-1618) and another test showed my RNAA (R Nase-L Activity Assay) to be abnormal and high ie 536, whereas normal was less than 50. This apparently reveals a virus or immune system fighting something. Any comment? Also a positive result came up for antibody to CMV (IGG) ie Epstein Barr, although the immunologist said I had had this in the past and it was well contained and not threatening the system. Any comments? Could this however explain why I am so wiped out and sleepy a lot of the time? Or do you think he is right, that it is not a problem and no symptoms?

In my October 2010 reading with you you mentioned I had a sign of Crohn's. How does that look now? And I also wonder when you say I am close to lupus now. What would that mean; what symptoms?

The specialist from last year talks a lot about my immune system being very weak and I do seem to get every viral, fungal or bacterial infection around - flus, colds etc. constantly. You don't believe in the immune, do you? You feel they are coming due to my toxic levels and them working on cleaning things up. Yes? So you don't believe in the immune. You don't feel mine is weak?

On another note, I am worried about you Aajonus. Your life has reached a peak of danger, stress, crisis and every authority after you, whether in LA, Philippines or Thailand. So many battles. I know you believe in truth and speaking truth. Could you not have a period of being cautious right now, keeping your voice down e.g. in the Philippines or any of these non-Western countries where your life might be in danger. I see you need to defend yourself in LA and that battle, but are the others so necessary right now e.g. speaking against swine flu, etc. Just don't want you to go through those injections again and such danger! You did look harassed and stressed when I saw you. It is not a way to live. Take care and perhaps lie low for a time.

•

I do not state that a person has cancer because I am not a medical doctor. I stated that you had indications of bone cancer. Most of those indications are gone as of your last visit. Your lower body symptoms indicate to me that you were detoxifying those bones that were moving toward cancer. Your body is doing its best. A better diet will result in less pain when detoxifying.

Anyone who claims that they can tell such symptoms from blood tests is delusional. Of course, that is the way medicine and pharma want it. Their tests and measurements are all geared to result in only one conclusion: you are deficient in some industrial nutrient that they want to convince you to consume. ALL supplements are latent with either kerosene or gasoline or completely constructed of industrial chemicals. Everyone who consumes cooked foods and exposes himself to industrial toxins will experience many bodily malfunctions. That is to be expected. Supplements do not remedy the condition long-term.

As I stated in my Workshop DVD and newsletters, endocrine glands are for emergency purposes. Healthy animals do not have high amounts of hormones in their blood or tissues. The body can and does utilize hormones to help arrest and control toxins in the body because hormones are predominantly fat. Eat raw fat regularly and your body will not have to create excess hormones to chelate, neutralize and dissolve toxins, which is now normal in our toxic society.

Crohn's is still a prominent indication in your irises. Lupus is the disintegration of connective tissue. The first symptoms are usually excessive skin sensitivity. Advanced symptoms are swelling under the skin and such sensitivity that a person cannot lift a pencil or be touched without severe pain. Your irises indicate that you have an abundance of very caustic toxins under your skin.

Again, all medical tests are purposely constructed to convince people that they are deficient in something that can be corrected with supplements or medication. Only the proper raw foods for your body will result in homeostasis.

As I stated in my newsletters, there is no immune system. There is simply the body's lymphatic system, which is endowed with the ability to cleanse every waste in the body. As I stated in everything I have written and spoken, parasites, bacteria, fungus and virus are merely janitors. If they are active, you are cleansing your body of toxic waste that has accumulated to a problematic quantity. You succumbing to those cleanses is a good thing. Instead, you could be crippled for life.

Thank you for your concern about my well being. I was attacked by Westerners in the Philippines. It was not Filipinos. I could not live a happy life if I did not help others, so I must endure what I must. I am simply doing it armed.

Healthfully and appreciatively,
Aajonus

20120804-1335

Aug 4, 2012

Re: Neck and Shoulder Pain

I just wanted to ask what you think the tremendous neck and shoulder pain I get all the time is about. It feels inflamed and very painful, almost daily now. What should I do about it? Hot water bottles, etc. just don't help anymore.

Pain anywhere in the body indicates that enormous quantities of toxins are stored in a particular area. Localized heat with hot water bottles is best to help the body increase nutrients to the troubled area(s). Although hot water bottles may not relieve pain at very difficult areas, they do help mitigate the toxicity in the area. If you eat cooked food, your body uses a lot of its nutrients neutralizing the byproduct toxins caused by cooking. That deprives the body of nutrients that could and would go to mitigating health problems anywhere within the body. Diligence may not be easy; but it is always fruitful.

**Healthfully and appreciatively,
Aajonus**

20120804-1336

Aug 4, 2012

Re: Bursitis

What was the bursitis that I have been diagnosed with in the hips? Industrial chemicals?

Bursas contain more nerves than many glands, and when they are swollen with industrial toxins, the pain can be chronic and overwhelming.

**Healthfully and appreciatively,
Aajonus**

20120804-1337

Aug 4, 2012

Re: Reaction to cooked eggs

Dear Aajonus,

I am very sorry indeed to hear of yet another attempt on your life. Wow. Unless it was just part of Uranus retrograde and the Pluto/Uranus T square, which began 4 weeks ago and has a very dramatic effect on people: death, destruction, regeneration and unexpected events. I have had a real onslaught myself daily for the past 4 weeks.

I wanted to ask what you think happened yesterday to me. I cooked three Amish eggs into a small omelet at 2am; 10-15 minutes later I vomited several times; then I must have fallen asleep for an hour; then I woke up with a feeling as if I had been bashed in the stomach (winded) but also in the diaphragm area. That progressed into spasms and stabbings, lasting all night (lower abdomen and diaphragm area) and the following day with a feeling of nausea, but no more vomiting. It felt as if I had poisons or something toxic in me.

I wondered if that was arsenic from the eggs (although the eggs were from the Amish community) or salmonella poisoning, although I did not smell any eggs being off. Or was it just a detox? However, every episode of vomiting I have had before has not been accompanied by so much pain.

I wish you safety and much strength at this difficult time.

Thank you for your concern, well-wishes, and prayers. The planetary energies are always a part of what happens but, thankfully, with help from greater sources, we can bypass much of the negative forces. At least we were not seriously injured.

Eating anything cooked can cause instant ill reactions because at least 32 toxins are formed from cooking food. Most people acclimate to those poisons and are a-symptomatic until vast numbers of toxins are stored in one place. Bodies that can react quicker to remove the toxins (symptoms of discomfort) are healthier bodies.

Arsenic usually causes heart symptoms. Since you cooked the eggs, bacteria in the food would not have been a factor – they were destroyed. If you had cooked the eggs and allowed them to sit for 24 hours, the salmonella that eats dead cells and its waste could have caused severe symptoms.

Healthfully and appreciatively,
Aajonus

20120805-0425

Aug 5, 2012

Re: Puppy leaking from vagina

Hi Aajonus!

My precious 1 year old puppy (on Primal Diet mainly of Northstar Bison meat, with a little sour cream, cream and cheese now and then) has a tan colored liquid leaking from probably her vagina. She has not been spayed. She is leaking fast enough right now that she is not able to keep up with keeping herself clean. She is irritated and growls, which is not like her at all.

I am guessing she has pyometra, an infection with swelling. I am so glad that the liquid is draining out of her body and not stuck inside her.

What would you recommend to help her get through this as comfortably as possible?

What is most urgent for me is the care needed for her!

Safety to you Aajonus!

Your puppy is discharging some very caustic industrial toxins. Since dogs and cats only perspire through the nose, lungs, ears and anus, their bodies have to discharge from the urinary tract and the bowels, not through the skin. If female, they can discharge through the vagina. The vagina is the least important of body parts, but it has many more nerves than the intestines, kidneys and bladder. Toxins that exit out the vagina will cause severe sensitivity and carnivores will growl to indicate that they do not want to be bothered.

Feeding her no-salt raw cheese would help some of the toxins move to the intestines. The cheese will absorb the toxins and prevent intestinal damage, but cheese would have to be regularly consumed, that is, 1/4 tsp raw cheese at least every 30 minutes if she is a small dog. If she is a larger dog, she should consume 1/2 tsp at least every 30 minutes.

Rather than fresh cream, she should have no-salt raw butter. Sour cream is fine, but she needs butter. If she will eat a little chunk of pineapple and/or papaya, it would help her digestion.

**Healthfully and appreciatively,
Aajonus**

20120806-1924

Aug 6, 2012

Re: Lucite acrylic bathtub

We are putting in a new tub. The main ingredient is Lucite acrylic. I'm wondering if this material will break down gradually, putting toxins in my body while taking my soaking baths. I am hoping not, but if this is the case what brand or kind of bath tub would you recommend?

Could you just give me a simple answer on the Lucite acrylic bathtub?
A good idea or not? Guessing I should probably do cast iron or something solid like that.

I think that the Lucite would be okay if you let it cure in the sun for about 15 days prior to using it; 8 days filled to the top with water with 1 cup raw apple cider vinegar in it and 7 days dry, in that order. Thoroughly wash the tub, after 15 days, with Biokleen All Purpose Cleaner. The problem with ready-made tubs is that the motor is too close to the tub and the EMFs are much too high; they negatively alter the molecular structure of animal cells when exposed above 3 milligauss. You must move the motor far enough away so that the EMFs are not ill affecting you.

Healthfully and appreciatively,
Aajonus

20000625-0853

Jun 25, 2000

Re: Salted Cheese & Smoothies

How bad is it if I eat cheese with salt in it sometimes?

Very bad.

And how bad is it if I were to have 1/3 or 1/2 a banana a day in my smoothies?

If it causes you sleepiness, it is very bad. If not, it is fine.

I find the berries (all types) still give me a bad stomach (pain and discomfort) when I have them in the smoothies.

The berries should pull toxins into the stomach. As the toxins pass through the stomach wall, cramps or other discomfort sometimes occurs.

So, I wondered if I could try a little banana?

If it does not make you sleepy.

And how about half an apple sometimes with bits of cheese as a convenient snack?

Then have your smoothie without fruit; just milk and eggs, and honey if you can tolerate it.

**Healthfully,
Aajonus**

20000625-0854

Jun 25, 2000

Re: Weight Gain and Loss

When I explain the diet to others, and the weight gain, I never know the precise reason for the weight gain and loss. Could you explain that to me? That would be very helpful. I have been passing on information about this diet to a lot of people ever since our consultation.

The body cannot properly remove embedded toxins from tissue, including bone, unless excess fats are present to be utilized as solvents and binders for toxin removal. After the excess fats have dissolved, neutralized and chelated with some of the embedded toxins, the compounds must be eliminated, just as dirty oil must be replaced in an automobile engine.

**Healthfully,
Aajonus**

20000717-0621

July 17, 2000

Re: Weight Loss

Is there anything else I can do to keep my weight down? My body composition is already about 30% fat.

Don't mix any fruit with beef, except tomato.

Most bodies need to gain fat to absorb toxins that have been stored in the tissues for years. I now use a technique that involves cyclic weight gain and weight loss.

I suggest that people gain from 12-30 lbs. over what their normal weight should be. Then they go on a weight-loss regime to lose it. Most people are able to do the cycle in 16-30 weeks. For example, they may take 10 weeks to gain it and 10 weeks to lose it. Some people do it in as little as 6 weeks; mostly these are men: 3 weeks to gain it and 3 weeks to lose it.

They continue to utilize this technique for 15-40 years. It takes 40 years, approximately, to detoxify and reconstruct the body. There is not a pot of gold at the end of the rainbow. You receive the benefits as you develop.

You may do the weight-loss regime in whatever time frame is comfortable for you. I strongly suggest, however, that you do gain at least 12 extra pounds each time before going on the weight-loss regime. The controlled weight loss and weight gain is an effort to maximize detoxification with maximum clarity and calmness.

The program varies per the individual, but here are two examples:

Example 1)

DAY ONE: Throughout the day, alternate drinking 8-9 oz. of green vegetable juice and 1 whole egg, eaten Rocky-style. Do not drink the juice and eat the egg together. After each time that juice or egg is eaten, wait until very hungry before consuming the next juice portion or egg. Always begin the day with the vegetable juice; it will alkalinize the blood after a night of turning acidic.

DAY TWO: Throughout the day, alternate drinking 8-9 oz. of green vegetable juice and a golf-ball-sized amount of meat. Do not drink the juice and eat the meat together. After each time that juice or meat is eaten, wait until very hungry before consuming the next juice or meat portion. Red and white meats should be alternated but any one of them may be consumed more than another. All meats should be consumed regularly, i.e., beef, lamb and/or buffalo, seafood, and fowl.

EVERY FOURTH OR FIFTH DAY: Consume 8 oz.. of raw milk before bedtime to help calm and relax the nervous system.

Repeat this cycle throughout the 90 days of this regime.

Example 2)

This suggestion is for people who are more inclined to be emotional and/or suffer insomnia:

DAY ONE: Throughout the day, alternate drinking 8-9 oz. of green vegetable juice and 1 whole egg, eaten Rocky-style. Do not drink the juice and eat the egg together. After each time that juice or egg is eaten, wait until very hungry before consuming the next juice portion or egg. Always begin the day with the vegetable juice; it will alkalinize the blood after a night of turning acidic.

DAY TWO: Throughout the day, alternate drinking 8-9 oz. of green vegetable juice and a golf-ball-sized amount of meat. Do not drink the juice and eat the meat together. After each time that juice or meat is eaten, wait until very hungry before consuming the next juice or meat portion. Red and white meats should be alternated but any one of them may be consumed more than another. All meats should be consumed regularly, i.e., beef, lamb and/or buffalo, seafood, and fowl.

DAY THREE: Same as DAY TWO.

DAY FOUR: Same as DAY ONE.

DAY FIVE: Same as DAY TWO.

EVERY FOURTH OR FIFTH DAY: Consume 8 oz. of raw milk before bedtime to help calm and relax the nervous system.

DAY SIX: Same as DAY TWO.

Repeat this cycle throughout the 90 days of this regime.

Healthfully,
Aajonus

20000717-0621

July 17, 2000

Re: Food in Taiwan

FYI, in Taiwan we can get:

1. All kinds of fresh meat: beef from Australia, local pork, chicken and goat.
I don't know where the tuna and salmon are from.
2. Raw goats milk (took me 8 months to find). 1.5L/\$4 US.
3. Organic free range eggs (non fertile) 9 eggs/\$4US.
4. There are a couple imported brands of honey, but not sure if I trust them.
All Taiwan honey is pasteurized???!!!!
5. Coconuts here are worthless - too young.
6. All kinds of fresh fruit, mangos, papayas, guava, watermelon and avocados
(summer only).

Young coconuts are great for digestion and improved fat utilization. If you want older coconuts with plenty of fat can you simply ask for some?

Fruits cause much water retention and emotionality. Since my book was published, I considerably reduced my intake of fruit and drink mainly green vegetable juices (consisting of 60% celery, 20% parsley, and 20% zucchini or other summer squash).

Healthfully,
Aajonus

20000722-0634

July 22, 2000

Re: Sunburn

I tried your suggestion of putting oil on the skin the night before, not washing the next day and sunbathing and got somewhat burnt. Why is this?

I was out for 3 hours in the hot sun and got burnt after 1 ½ hours, so then I had to put some normal sunscreen on, on certain areas, to avoid further burning. I am burning today, the day after all this.

The first outing without sunscreen of each year might result in some burn with peeling. Some people seem as if they burn because they feel burned, but within a few days it eases without peeling. After the first burn of each year, a burn is rare. If you continue to burn and peel on the next two outings, it may be an indication that you already have enough oil in the skin to prevent sunburn. In that instance, as it is with me, you may not be able to sun with any other fats on your skin than those that are transported naturally inside your body – that includes the butter or cream/ginger mixtures. I cannot put any oil on my skin for 24 hours, and I cannot bathe for 24 hours prior to sunning. I always feel burned for a day and then it fades to a tan without peeling. The first outing should be regulated with no more than 20 minutes per side per flip.

Raw cream on the skin will soothe and nourish the skin, and help the skin absorb the sun that has been captured in the skin.

A client with red hair and very white skin who has been on the diet for almost 10 years, but has been afraid to sun because she had cancer and has always had a problem with second+ degree sunburn prior to the diet, came to LA last week and spent a few hours on the beach without putting anything on her skin the night before. She thought she had burned. She turned bright red and was very sore. She put raw cream on her skin to soothe the burning feeling for 36 hours afterward. She called me Thursday and said the redness and soreness disappeared after 3 days and no sign of peeling at all. The first time in her 42 years. Now she will be able to utilize the sun more easily for the rest of the summer. I have not known any clients with your coloring who continue to have sun problems that cause peeling.

Healthfully,
Aajonus

20000826-0809

Aug 26, 2000

Re: Viruses

Are all viruses produced by the body or can one get them from other sources, for example: this virus that is meant to come from the mosquito, or malaria or any other disease?

In a person who is in a very weakened state of health, it is possible to propagate an introduced virus if the body needs it. How the body handles it and the aftermath depends on the condition of the body and what that body is fed.

What are they and how do we get them?

The study of viruses is extensive, but basically they alter cellular and/or serum conditions of the body. Some even eat entire membranes, but with much less aggression than parasites. Man-made viruses can be dangerous to a weakened immune system in someone who does not eat properly.

On tuberculosis, did people get this from milk in the past or is this also a fallacy?

Mostly, when milk was contaminated with tuberculi, it was contaminated by the milker coughing while milking the cows. Since milk was somewhat predigested in the mammary glands, sometimes the tuberculi passed through the mouth, throat and/or esophagus where it could be propagated if the body wanted to utilize it for cleansing the pulmonaries. Only people who were very weakened in the pulmonary area experienced severe symptoms or, in some cases, death.

20000927-1940

Sept 27, 2000

Re: Colostrum & Questions

I believe that colostrum should be consumed on an empty stomach.

Or with any meat.

Q1. On my specific program, am I allowed to have colostrum?

Yes.

Q2. If so, then when in relation to my program, how much and with what other food, if any?

In place of milk. I recommend only one cup per day. The colostrum should be consumed after it reaches room temperature. If you are drinking colostrum within an hour after eating a meal, the meal that precedes you drinking colostrum should be meat. If you are drinking colostrum within an hour preceding a meal, the meal that succeeds you drinking colostrum should be meat.

I realize that because of limited availability, colostrum is not a regular part of my program. Someone said that colostrum should be sipped over a 5-day period, but they weren't sure.

See above.

Q3. Regarding smoothies: at my consultation with you, you said that I should have 3 smoothies/day. The 1st smoothie comes between my 1st and 2nd juice. The 2nd smoothie comes with my 3rd meat meal. So I assume that the 3rd smoothie must come after my 3rd meat meal and before my 4th juice?

Correct.

Do I have the orange + 1/2 an avocado in lieu of a smoothie, between my 2nd and 3rd juice?

Correct. Therefore, on days that you consume the orange and avocado, I suggest only 2 smoothies a day.

Q4. Regarding weight: I am still at about 195lbs and I am barely 5' 8". I can hardly fit into my clothes; most I cannot. When can I get onto some weight reduction program that you would prescribe?

How long have you followed a strictly raw diet?

Q5. I have been drinking the juice combination on the following schedule: 10 straight days of 20% summer squash group, 20% parsley and 60% celery; then, 3 straight days of white/green cabbage in lieu of the summer squash group; then I repeat the 10 day/3 day pattern, etc. Is that correct?

Correct.

**Healthfully,
Aajonus**

20000927-1944

Sept 27, 2000

Re: Wheat Grass Questions

Q1. On my specific program, am I allowed to have wheat grass in the ratio of 3 oz. of wheat grass to 28 oz. of milk, i.e. "wheat grass/milk combo"?

Yes. I suggest that you drink it at least 1 hour from any other food, and no more than 1 cup per day.

Q2. If so, then how much at any one time of wheat grass/milk combo?

See above.

Q3. Can this combo be used in smoothies?

It is not recommended. It can create digestive difficulties.

Q4. Can this combo be consumed with any other food on my program, e.g. at a meat meal?

It is not recommended.

Q5. Should this combo only be consumed on an empty stomach?

See above.

Are there any other comments about this you'd care to make?

None.

**Healthfully,
Aajonus**

20001212-1012

Dec 12, 2000

Re: Acupuncture, Homeopathy & Herbalism

When I talk to people about the diet and you, etc., it would be helpful to have some statistics on reversal rate of illness from acupuncture,

Acupuncture does not cure; it is a temporary fix.

homeopathy

I stated the statistics in my book: about 27%.

and herbalism.

About 22%.

Do you have any reasoning as you did with the body's own natural reversal rate versus the medical approach and macrobiotics. Why do some people report improvements from these?

In most cases those therapies create toxic and/or traumatic conditions that cause the previous detoxification and its symptoms to either stop or diminish.

And why have the Chinese been using acupuncture and herbalism for thousands of years?

Only the peasants and aesthetes, who were all poor, could not afford meats and dairy. They had to do whatever seemed to cause distraction, whether actual or conceived.

**Healthfully,
Aajonus**

20001212-1013

Dec 12, 2000

Re: Bone Cancer

Dear Aajonus,

I have a father and son who are over here from Houston getting treatment for the 21 year old son who has bone cancer. They are staying in my building at the moment.

The son had chemo and consequently his kidneys are bad and he is on dialysis. He must be in a bad way.

It sounds like he experienced anaphylaxis to the chemo. That means he is in terrible condition.

20001212-1014

Dec 12, 2000

Re: Reading your book first

I feel that some people are put off by having to read your book first before making an appointment. Or some people do not get around to it or are in a rush to do something quick. I feel it is better they book an appointment with you and then you ask them to read your book before the appointment. Instinctively, I feel it is a deterrent to making an appointment.

Best wishes.

Your view is very compassionate and true. But it is a great drain on my life. When people do not read the book first, I spend an enormous amount of my time and energy explaining my approach and then they don't act on it. I wrote the book so that people could decide for themselves, without usurping my life. I believe if their spirits are in favor of and have chosen that their earthly manifestation is to live, then they will read the book first. I can only work and help so many people. I have made my life as efficient for this purpose as possible. One of my efficiencies is that people read the book before contacting me.

Healthfully,
Aajonus

20010112-0630

Jan 12, 2001

Re: Flu

(See also Jan 12, 2001 Re: Kidneys)

I am having a horrible flu with fever,

Do you mean a wonderful flu? A flu is a bacterial detoxification. Fever is a way that the body lowers its bacterial levels to slow down or end the detoxification processes. Fever is also an indication of healing, that is, regeneration of tissue, so that you may become 30 again.

a lot of pain in the spine (a lot, to the point of agony),

Do not eat garlic. It often causes more swelling and sensitivity.

nausea, vomiting,

Indicates that the poisons being detoxified are caustic and dangerous, usually consisting of caustic bile. When toxic bile is removed, the body is much freer to heal and become more energetic. Vomiting is the quickest and best way to eliminate dangerous poisons. Next is diarrhea.

extreme emotional sensitivity,

Normal, but garlic can increase it.

coughing up a lot of stuff, bleary eyes, etc.

Good. More toxins expelling through the mucous membranes bound in the mucus where it cannot escape and damage other live cells.

Never had it so bad and it cycles over and over.

This is the season when bacteria are able to grow to high levels and help us detoxify. It is the cooler temperatures and atmospheric conditions that allows for greater colonies of bacteria to help us.

But you will be proud. I would not touch an Aspirin

I am very proud!

and am doing fresh-squeezed OJ and Gerolsteiner, raw milk

I recommend that you eat egg and/or raw cream with OJ. I hope that you can get some raw cream and/or unsalted raw butter.

with fresh-pressed garlic juice, which just really indicated to me,

You may want to eliminate garlic if you notice that garlic increases sensitivity and swelling.

raw honey and bee pollen, but I can't keep the bee pollen down. Ha.

The bee pollen allows for the removal of more toxins. Reduce the amount of pollen and be sure to eat cheese with it.

Should I do the green drink?

No. But I recommend that you eat 6 oz. of chicken each day while your body detoxes intensely to make sure that you are healing properly.

My daughter has the same, except her excruciating pain is all in the throat and head, while mine is in the spine and kidneys; so we are sharing the pain. Ha.

You are detoxifying from the neck down to the coxix and she is detoxifying from the top of the skull to the clavicle or ribs.

She, too, is being a very good girl.

Give her my love.

I have lost so much fat on my hips and thighs the last few years it is baggy. YUK!

As I said, you are detoxifying down to your coxix, so some of that extra skin and connective tissue is dissolving.

Maybe it is beyond repair.

It will simply take time, in stages.

So, what to do for estrogen, progesterone, testosterone, HGH, etc???

Eat lots of fat with your protein, after your detoxification settles. That is, eat eggs, raw cream, unsalted raw butter, avocado, etc. with meat.

How do you feel about a colostrum powder that is not heated over 115 degrees, as they claim?

Not helpful on a raw diet.

I can take herbs but wanted to know what you say about any raw food. I do get a lot of fat from avocados, flax seed oil, meat and whole milk, but I think I need more help making the body mind.

I suggest that you do not ingest flax oil during your intensive detoxification. As I suggested, get some raw cream and/or unsalted raw butter.

I know this diet makes you younger, as look at you; but considering my age, I just wondered if you have any more suggestions.

You are doing wonderfully. Every time I got the flu, which was not often enough, the detoxification took 3 years off my appearance.

I have noticed my flesh is much more dense, which is great. I am basically not willing to grow old gracefully, but don't feel ready for a new model, yet.

Then keep up the good work.

In two more weeks I will be ready to start up the fat diet, again.

**Healthfully,
Aajonus**

20010112-0739

Jan 12, 2001

Re: Kidneys

(See also Jan 12, 2001 Re: Flu)

I realized since last night that this severe pain is a kidney infection, especially on the right side. The only thing that worries me is I am not urinating hardly at all, though I drank several glasses of Gerolsteiner in the night – I hope it is not all blocked up or something. I haven't turned yellow yet, I don't think. Now I'm drinking some warm regular lemon water as that's all I have. If you have a suggestion for this, please let me know. I don't think I could eat much yet, but will try. Thanks so much for all the great data and encouragement.

It's probably not a kidney detoxification. Probably toxins that have discharged through the kidneys causing irritation to the kidneys. However, that may have caused some kidney tissue detoxification. Better to drink smoothies with many nutrients than nutrientless water.

**Healthfully,
Aajonus**

20010121-0725

Jan 21, 2001

Re: Symptoms – detox or from cooked food?

I am still confused as to whether my symptoms are a detox or a reaction to cooked food.

Since I have been on the diet, I have had very few days when I am not exhausted and very wiped out with a fluey feeling. It seems like a never-ending cycle. Over Christmas, I was aching for days and days with a bad head and was very very tired. Now, I am not aching but feel very hot and swelled up and fluey and washed out, and I have felt like this since Christmas. Overall, I feel I have improved since September in health and energy levels, but I do get a lot of symptoms and the above. Other people on the diet seem to go for 6 months with no detox symptoms, and then they might have 2 weeks of being out of action. I am in action but with an awful lot of symptoms and exhaustion and extra symptoms of flueyness and a funny head, like at the moment, which just goes on and on for weeks. I might have relief for few days, and then it occurs again. Right now, I just want to sleep and sleep and yet, at night, I lie there awake for hours. I get very cold in the day. I look very tired and have spots and have swelled up and my hair is limp. Everything seems an enormous effort.

Is this a detox or a reaction to cooked food?

Both. There are some people, like me and you, who cannot afford to eat cooked food.

In an ideal world, a recipe for health is created when the effects on a person's well-being are considered first and taste second. I considered both within all of the recipes in the recipe book. However, appetite for food is either habitual or instinctual, or both.

When conditioning prevails on hunger, we eat what we are used to eating and may not consider what helps our bodies to function best. Most people are conditioned to eat processed food that lacks enzymes, vitamins and unadulterated minerals, proteins, fats and carbohydrates, even if enriched with supplements.

Supplements are always drugs and not food, even if derived from food. Most supplements are not derived from food. The worst case of this is the fact that 99% of the Vitamin E manufactured is a waste byproduct of developing film. Because the chemical waste has a similar structure to Vitamin E, film-developing companies and/or waste-disposal companies and marketers sell this chemical waste as Vitamin E and make huge profits instead of paying a fortune for its hazardous disposal. Virtually, most supplements are derived from waste products. In other words, profiteers are making industrial polluters rich by getting people to purchase and ingest toxic waste. Vice versa, foods rendered into waste products, after vitamins and other supplements are chemically extracted or processed, are then made into foods, such as chips and cereals, or animal fodder. That subject alone is a volume of books that I am not going to go into here.

The concept of extracting nutrients and consuming them to balance deficiencies produced in cooked and processed food is futile. Organisms in all of nature have thrived on the ability to propagate, grow and live disease-free with the ingestion of the raw food that is complete with particular combinations of enzymes, vitamins, minerals, proteins, fats and carbohydrates. Our bodies have evolved for millions of years digesting foods that are complete within themselves.

If we were healthy beings that allowed pure natural instinct to answer hunger, we would eat what is best for our bodily functions. Instinct, in a natural world without pollution, is when animals thrive on eating raw food, rich in nutrients, that appeals to their sense of smell and/or taste. But, when we eat from the muddled combination of instinct and habituation in this industrial-food world, we eat in a turmoil that creates disease, as you know.

Often, our instincts are not pure and cannot lift us from realms of disease. Most animals who thrive on instinct eat only one type of food at a time. Our nutritional deficiencies and toxicity are so great that, most often, we need to eat concentrations and combinations of fats and meats that contradict our conditioning that fats and meats are bad and cause obesity and a myriad of diseases.

There are two factors in the cause of our rampant diseases, such as cancer, diabetes, osteoporosis, obesity and heart disease. The first factor is eating cooked and/or processed food void of live nutrients and full of toxic byproducts of cooking, such as heterocyclic amines and lipid peroxides. The second factor is the industrial and chemical revolutions that have created bizarre foreign chemicals that our bodies must try to process as food and air, but have failed, causing toxic accumulations within our bodies.

Our bodies have innumerable chores to complete every minute. Each eats, digests, transports, utilizes and assimilates food to generate energy, lubricate membranes, regenerate and reproduce cells, and replace dead cells that it must then collect, transport, dissolve or disassemble, sort through for usable substances, and finally discard; and collect, transport, and finally discard the byproducts of metabolism. The innumerable raw enzymes and vitamins found in raw food are the helpers necessary to accomplish these tasks to avoid disease. When we eat raw food we have zillions of helpers to accomplish all of those tasks. When we cook and/or process the food, we have massacred our helpers, causing our bodies to have to do all of the chores on their own, as well as clean up the toxicity from the massacre. Our pancreases must produce and distribute hormones that leach vitamins, enzymes, minerals, fats, proteins and carbohydrates from every cell to clean up the massacre and perform all of the innumerable tasks. Over many years, this leaching causes, in most people, the gradual but marked decrease in strength and ability of each and every cell and the increased toxicity that produces diseases of all kinds.

A plain and simple analogy is: We have a mansion (our body) in which we live. We must run it and keep it clean. Our maids, gardeners, food preparers, handy persons and house managers help accomplish all of the chores necessary. If we massacre the help (cook and/or process our food), not only do we have to clean up the massacre, we have to do all of the chores of the mansion ourselves. As we can imagine, that would be impossible. We will not properly accomplish any and all of the chores. Garbage will collect and create a toxic environment within the mansion, and the mansion will deteriorate.

To further encourage the consumption of raw food, take into account that the tribes that have been, or were, disease-free ate abundantly and primarily unsalted raw meat, unsalted raw fats and/or unsalted raw dairy products. Raw-food fats are the primary substances that can dissolve toxicity and bind with toxicity, protect our cells and immune systems, and deliver the greatest strength and energy. In an ideal world we wouldn't need as much fat as we do in our polluted, disease-ridden, human world. We are not living in an ideal world, so we need to eat plenty of raw fats. Most people cannot regenerate cells to either reverse or prevent the aging process of deterioration without eating plenty of raw meat in combination with raw fats. Because we are so conditioned to eating burned flesh and fats, our taste buds have been conditioned to like burned flesh and fats. Eating non-burned (raw) meats for some people is nearly impossible, unless it is made into a familiar, flavored recipe. Therefore, most of the recipes I present in the recipe book are to increase the appetite for raw meat. When I refer to raw meat, I mean any flesh food, whether it is seafood, fowl, beef, lamb, venison or buffalo. Other recipes, such as raw cheesecakes, demonstrate that wonderfully delicious raw recipes can be created and reproduced.

Fresh raw foods are not spoiled and usually have delightful tastes. They do not require seasoning for their enjoyment; however, because we are accustomed to certain flavors we may want to combine and season our raw food, creating familiar tastes. Each raw food tastes uniquely different, especially if heirloom rather than hybrid. One tomato may taste slightly different from another tomato from the same vine. Therefore, each time a recipe is made it will have a somewhat different flavor. This is the ultimate dietary variety that is the spice of life. You may have noticed that most processed food when chewed loses its flavor and palatability within 5 or 6 chews. That is because the flavor is artificial.

Most processed foods are from spoiled, rancid, and repulsive-tasting vegetable, grain, dairy or meat products. For example, ninety-nine percent of all store-bought tomato sauces and tomato soups are made with spoiled tomatoes, robust with fermentation and molds. Food processors season the spoiled tomatoes with "natural" and artificial flavorings to hide the rotten tastes and make the spoiled tomatoes taste appealing. But, basically, we are eating rotten tomatoes and paying a fortune for them, and they make our bodies toxic and advance our bodies toward disease. A little spoiled, raw food has been proven to be beneficial to health, but diets resplendent in spoiled, cooked and processed foods have proven to create disease.

Since taste is in the palate of the masticator, the desirability of recipes depends on each individual. And, since the health of an individual depends on what she or he eats, the benefits of recipes depend on an individual's needs. So, the foods necessary for us to regain or maintain good health may not appeal to our palates. This is the conundrum that I faced when I developed recipes that please our adulterated processed-food-craving palates. Some of us have retained some of our natural instinct and easily appreciate raw food without palatal conflict. However, most of us live in palatal conflict.

I have raw food every day – I eat about 80% raw. I do still, unfortunately, get cravings for sugar and eat it, especially when feeling this low in energy and fluey. I was eating more cooked food over Christmas but less now. What do you feel my symptoms are? Are they detox?

Ill symptoms are always detoxification. When you eat cooked food, you will spend plenty of your raw nutrients detoxifying the cooked. When you eat raw food, any cleansing is the detoxification of old, stored toxicity. I prefer to cleanse the old and make my body healthier every moment, rather than delay my progression toward the best of health.

Am I just someone who is detoxing at a more intense rate than others and therefore feels it more, or someone who is reacting to the 20% cooked food?

Both. I just looked at your irises from June. Although I have seen a lot more toxicity in individuals, a lot of seriously toxic compounds have stored in your glands. Without proper hormonal function you are likely to be fatigued until you discharge enough of those compounds from the glands. Your pattern is to move the toxicity from the glands through the muscles, rather than through the lymph. That causes aching and fatigue. Your lymph system is congested and cannot stay ahead of its chores of detoxification.

Another question: my gums bleed an awful lot. What would help this, and why is this?

I suggest that you stop using your nutrients on detoxifying cooked food by ceasing to eat cooked food. And drink $\frac{1}{2}$ - 1 cup of green cabbage juice per day until it stops.

3rd question: Before my period, for 7-10 days, I get constant indigestion and reactions to a lot of food. Before, it was cooked food, but now it is some raw food too. This time I reacted to bananas and unpasteurized goat's yogurt with the same bad indigestion and stomach pain. In the past, I could eat both without reactions; now it seems I cannot. What is this?

The female body utilizes menstruation for detoxification. Many toxic substances will pass into the blood stream, causing a need for more nutrients and enzymes to enter the blood in order to dump the toxins through the uterus. Difficult foods, like bananas and cultured dairy, require complex enzymes and white cells for proper digestion. Since the blood has required and taken so many from the digestive tract, complex foods are more difficult to digest. I rarely eat banana because of that problem. I never eat unnaturally cultured yogurts or kefir because the bacteria on which they are cultured need a lot of enzymatic assistance from the pancreas. When I want to eat cultured dairy, I simply let it stand until the natural, fresh bacteria, that naturally exist in raw dairy, predigests it.

4th question: my nose seems blocked a lot of the time – not fully, but enough to notice I never seem to breathe well. What can I do about the nose?

The air has been drier than usual; many people have been complaining of the same thing. Foods that help produce lubricating mucus are most important, such as the Lubrication Formula made with unsalted, raw butter.

And is this lack of oxygen causing some of my fatigue?

Doubtful.

Is this a common problem for ill people?

Yes.

Thank you.
With best wishes.

**Healthfully,
Aajonus**

20010206-0547

Feb 6, 2001

Re: HGH-effect - Wheatgrass

In my search for eternal youth, I heard a couple of things you were supposed to have said about the HGH effect, and wondered if they were accurate and if you had any more tips. I heard that you said 2 ounces of wheat grass juice in a glass of raw milk works to release HGH. And if so, how often?

I suggested 3 ounces of wheatgrass in 28 ounces of raw milk. I suggest consuming 1 glass per day for four days. Then, off for a week and on for 4 days.

Then I heard fat on meat works towards that end. I put flax seed oil or avocado or cream with my meats, as it is so good.

Flax and olive oils will not work to that end. Pressed oils are mainly used by the body as solvents to dissolve toxicity for removal. Animal fats with meat help regenerate tissue.

**Healthfully,
Aajonus**

20010208-0833

Feb 8, 2001

Re: Hormones, Herbs

I have that loss of estrogen feeling with the hair on the chin and some other familiar symptoms.

That is not an indication of low estrogen. It indicates high testosterone.

So, I am looking into herb roots like wild yam and licorice that I might be able to juice, as I don't take the herb tinctures anymore. They helped, but they are all cooked, I'm absolutely sure.

They are.

I am trying to find where to get these roots and tubers, as they would be juiceable and I hope to find how much to take, too. If you have any data on this, let me know.

Herbs are medicinal and should constitute no more than 5% of your juice and no more than 2 ounces per day unless suffering severe illness.

Healthfully,
Aajonus

20010220-1534

Feb 20, 2001

Re: Paralysis, Fasts

(For more of the story on Jacob see also:

Feb 21, 2001 Re: High Blood Pressure & Stroke

May 11, 2001 Re: High Blood Pressure Medication

Dec 22, 2001 Re: DETOX – Vomiting Blood – Nausea – Rough Massage

Apr 27, 2002 Re: Jacob – chronic depression – mental problems

Jun 24, 2003 Re: URGENT – JACOB)

Jacob has, since yesterday morning, had his left side go numb. He does not have control over it. It started with the hand, then the leg. Today it is also the face somewhat – the face is lopsided and one side is drooping. He had the liver from the last buffalo the night before, if that has anything to do with it.

Raw buffalo liver could not cause such an effect unless contaminated. I ate from the same buffalo and it was wonderful.

The only thing he has done differently, recently, is that he went on a fruit fast: dried fruits and no liquid for 2 days and then another day of fresh fruit. This is a fast according to Professor Ehret in the 30s. He does say it is a horse fast.

There are side effects to fruit feasts. Advanced glycation end products form and collect, blood-fat levels drop dramatically causing lesions to the nervous system, muscles and sometimes glands. Dried fruit is all sugar with few, if any, active enzymes, and severely taxes the pancreas, kidneys and nervous system. Collectively, this causes dryness of tissues, creating lesions in all tissue which can result in temporary and partial paralysis, especially if it occurs in the brain.

Is his condition detox, something to worry about or not, do you feel?

Yes, it is a detoxification, but probably as much a detoxification of the sugar feast as old toxins.

Secondly, I wanted to ask if it is normal or expected that my sex drive should go ever since I went to that fasting clinic last January and did the Mayr Cure, which was a fast of an air-dried bread roll with a bit of milk or yogurt, twice a day, and then nothing after lunch until the following morning. I did this for 3 weeks and then continued a reduced diet on the same food with some processed fats (cheese, sour cream, butter and yogurt) for another 5 weeks and lost 30lbs in that period. I would not do this again and now know it is not a nutritious fast. I lost my libido and have not got it back since then (one year now). Is this usual or not? How long do you think it might take on the raw diet to get it back?

That is the worst mono-style fast/diet of which I have heard. It clogs the intestines and plaques the heart and glands. If you want to regain your libido, you might have to gain some excess weight to afford the hormones necessary for sex drive. In many women, if the body does not have enough fat and protein, hormones will not be afforded for extracurricular activity, if you know what I mean. In the future, if you want to lose weight be sure to ask me about my latest weight-loss program if you do not already have it.

Thirdly, how have supposed experts on fasts done so well with their health. Example: Shelton, Ehret and Fry. They have all written on it extensively and have helped and healed thousands of patients this way, with fruit fasts and then a lifelong diet of green raw vegetables, fruit and nuts and seeds. How have they managed to do so well and look so well and get rid of their illnesses like this?

If you knew them in person, you would not want to have been around them. They were hyperactive, impatient, often irritable and sometimes extremely scattered thinkers. They had no fat on their bodies to allow natural relaxation and too much sugar in their systems that over-excited their nervous systems. They all had forms of osteo-degeneration.

I know you say fruit diets make you hyper and very hungry and detox the body too rapidly. Are fruit fasts OK for a few days?

If you have enough fat to prevent lesions in the nervous system.

I have done 3 days of a fruit fast, just now, and feel good, although I can feel a detox going on. Is this bad for someone with diabetes?

Fruit overtaxes and stresses the pancreas. Raw fat and protein are the only foods that allow the pancreas to rest.

I will go on to raw eggs and juice shortly.

Raw juice and raw egg together cause severe detoxification. Milk and egg, with a little honey, is a preferable combination.

Look forward to hearing from you.
Hope you are well.

**Healthfully,
Aajonus**

20010221-2229

Feb 21, 2001

Re: High Blood Pressure & Stroke

(For more of the story on Jacob see also:

Feb 20, 2001 Re: Paralysis, Fasts

May 11, 2001 Re: High Blood Pressure Medication

Dec 22, 2001 Re: DETOX – Vomiting Blood – Nausea – Rough Massage

Apr 27, 2002 Re: Jacob – chronic depression – mental problems

Jun 24, 2003 Re: URGENT – JACOB)

Jacob went to the hospital today on the insistence of people at the church, as they are all worried.

That is a shame because they will prevent him from proper healing as they explore him. X-rays can prevent proper healing for up to 18 months. Since he has had some neurological damage, that was not a good idea. If he scars, rather than heals properly, he will be slightly paralyzed for a long time.

At the hospital, they say he has had a stroke. Is this true?

Any paralysis is a break in the flow of neurological transmissions from the brain to the body, whether caused by a clot that breaks off from a wall during detoxification or the temporary shutdown during detoxification. Regardless, the only proper way to address the condition is to nourish the body so that it may continue to detoxify the brain and properly heal.

And they obviously feel it is from his high blood pressure and that he has not been taking his blood pressure medication, or not all the time (he does sometimes when he feels his blood pressure is bad).

A half to a whole grapefruit normally resolves high blood pressure. How much does he follow the diet? As I mentioned, a fruit feast (fast) is counterproductive, especially during fall and winter.

There is no clogging on the brain, but they want to do a neurological test tomorrow. Do you really feel it is from the fruit fast of dried fruit and no liquid, not his high blood pressure or stress?

Sugars, natural or not, clump together when dried. High blood pressure is necessary for people with plaquing in or on the arteries. It stretches the arteries. If they weren't stretched, very little blood would pass through them.

He feels it is pressure and stress. How can he get off those high blood pressure pills safely forever?

The pills are more damaging than the high blood pressure. The blood pressure is high for a good reason.

He is on the diet 85% and has been for 2 1/2 years.

For his condition, I don't think he should do anything less than 100% until his arteries are clean enough.

Would he need to do it 100%, or have more of something to get off them completely?

Whether he gets on the diet 100% or not, the pills could cause neurological toxicity that can cause the problem he now faces. Go to www.rxlist.com and enter the medication that he is ingesting and discover the side effects.

And what about those crippling headaches he has DAILY? He can't get off the headache pills as the pain and effects get too bad. He says the pain formula did not work when he tried it. What can he do??

That is a very long answer. I will have to give it to him when he calls.

Healthfully,
Aajonus

20010329-1937

Mar 29, 2001

Re: Deodorants & Breast Cancer

Dear Aajonus,

I was sent an e-mail, which said that deodorants are the leading cause of breast cancer. What do you think? It is inaccurate is it not?

Yes, it is accurate. This information has been available to me for over 26 years.

**Healthfully,
Aajonus**

Yes, I know deodorants are toxic, but I thought the reason breast cancer occurs by lymph nodes is because that is where the toxins build up, in piles so to speak, over time, whether using deodorants or not.

Deodorants advance and accelerate that buildup. In some cases, the buildup would not have occurred and caused breast cancer if it were not from the toxicity of deodorants.

Does that apply to crystal deodorant? I thought that was natural and OK.

Not completely. The mineral crystal somewhat clogs the pores. It is better to apply lemon or lime onto the armpits and wipe.

Aajonus

20010330-1541

Mar 31, 2001

Re: Mammograms & Breast Cancer

Aajonus,

I have heard that mammograms cause breast cancer. Is this true?

Mammograms have been proved to be cancer-promoting. See the work of Dr. Hardin Jones of the University of California, Berkeley and in The Healing of Cancer by Barry Lynes.

Aajonus

20010331-0829

Mar 31, 2001

Re: Spiritual Healing

Dear Aajonus,

I have been introduced to another perspective on health and the causes of illness by Dharma King Dechan Jueren Master Yu Tianjian. He is an advanced Master from China to whom I have been going for spiritual healing this year. He is a realized soul or, in other words, has attained enlightenment. Master Yu does have control over his body and mind and can choose death and incarnation at will. He runs a mystery school here and has come over from China to heal and preach Hanmi Buddhism, which could be said to be the original or most pure form of Buddhism and predates Tibetan Buddhism. It went underground in 700AD and was only passed from Master to Master. He is the first to bring it into the open.

He teaches that our emotions cause imbalances in our internal systems and that if you want to attain health and beauty, you have to first learn to adjust your inner emotions. And that you have to change your own mind and heart, the way you are thinking and your lifestyle. He says that meditation can aid the human body return to its natural functioning and regain its regulatory ability; and that you will then have health and you can help others regain their health.

With best wishes.

I observed for the last 33 years that people, who did not change anything in their lives when they were injured or diseased, continued to heal regardless of what they did, unless they took a deadly poison like cocaine, speed, other drug, or food with concentrated processed carbohydrates, especially table sugars. From this I learned that the body always tries to heal itself.

I spent from 1969 to 1981 exploring and believing the concepts presented by Master Yu. I found that blaming disease on emotional states and trying to correct the physical via the emotional state rarely affected natural healing time. The rate of reversal of disease, and healing, while practicing emotional disciplines, was little different than when people changed nothing.

The father of medicine wrote, and I will paraphrase: The greatest healer is one who can entertain his patient while the patient's body takes the time to heal itself.

Through experimentation and observation I learned that the degree of reversal of disease, and healing depended mostly upon what a person ate. If a sufferer ate cooked food, reversal and healing of disease averaged 45%. I discovered that feeding the body in the principles I advocate on my Primal Diet affect reversal of diseases, healing and prevent progressive degeneration properly and considerably faster and more efficiently than if an individual changes nothing, or does other diets or disciplines.

From the truths within the four paragraphs above, I learned that if you can teach a person to distract her/himself from her/his disease or injury, as Master Yu does, or convince her/him not to worry and trust the body, as I do, while her/his body heals itself, the person is not likely to panic and consume harmful medications administered by medical doctors, homeopaths, herbalists and nutritionists, or seek harmful surgeries. If s/he eats a diet abundant in raw fats and meats, and some vegetable juices, her/his diseases will properly reverse and heal, and progressive degeneration will cease 90% of the time.

The Buddhist and Chinese Dharmic disciplines are extremely similar. They were established when dynasties only allowed the lackeys to eat grains and little or no meat. The high-carbohydrate food kept the lackeys (slaves) emotionally unstable with sugar imbalances so that they would always be in turmoil within themselves, with family members and with neighbors. They would never be clear-headed and emotionally stable enough to overthrow the government, even though they vastly outnumbered the ruling and guarding classes. Royalty, rulers, guards and warriors ate mainly meat and fat for clarity and strength.

Dharmic and Buddhist masters created disciplines that would allow lackeys (slaves: everyone who was not royalty, rulers, guards and warriors) to live somewhat happily or, at least, with disciplined inner peace. If masters were caught teaching that meat-eating was the way to health and spiritual attainment, they were put to death. Healers were allowed to use meat in the worst diseased conditions only, and only for as long as healing was required to put a person back on her/his feet. Refraining from eating meat became part of Dharmic and Buddhist disciplines, except in crippling diseases. Masters taught the people to develop and use psychic powers to help themselves, but with the brain obstructed from diet, it was very difficult for people to achieve the goal sought. That is why very few people ever achieve those supernormal abilities; there are very few truly healthy people following those disciplines; and there is rarely a master. Here is an analogy: There are very few master athletes in this world because of physiological conditions. Billions may train very hard and diligently at it but never reach mastery because it is simply beyond their bodies' abilities.

Healthfully,
Aajonus

20010511-0901

May 11, 2001

Re: High Blood Pressure Medication

(For more of the story on Jacob see also:

Feb 20, 2001 Re: Paralysis, Fasts

Feb 21, 2001 Re: High Blood Pressure & Stroke

Dec 22, 2001 Re: DETOX – Vomiting Blood – Nausea – Rough Massage

Apr 27, 2002 Re: Jacob – chronic depression – mental problems

Jun 24, 2003 Re: URGENT – JACOB)

I take it it is fine for Jacob to stop his medication all at once and suddenly, and not need to do the gentle bit by bit approach the doctors always talk about to come off drugs.

High blood-pressure medications should normally be reduced over a two-week period. I suggest reducing it by half every five days until eliminated.

**Healthfully,
Aajonus**

20010511-0902

May 11, 2001

Re: Ill Plants

Do you have any suggestions for ill plants. I have a couple of large ones that always get sick in my apartment. Even when I buy new ones and put them in the same area where the other ones got sick, the new ones get sick too. They have sticky stuff and white stuff and hairy stuff all over them. What can I do to prevent this; and then once it happens, what should I do?

Per quart of good water, add 1 tablespoon of blood from a steak, and 6 oz. of raw-milk whey (milky water left after milk solids separate from milk); and let that stand for 48 hours before feeding it to your plant. Do this every 3 months.

Toxic environment no doubt?

Yes, toxic soil environment.

**Healthfully,
Aajonus**

20010514-0905

May 14, 2001

Re: Fish/mercury dilemma

Dear Aajonus,

So many people I have gotten on the diet are afraid to eat fish like tuna and swordfish because of the mercury that's being talked and written about.

I have heard organic minerals from plants are harmless and good for you, so I guess this is the same from the fish who eat the seaweed, but just wondered if you have something to send around with that data in it so I can calm their fears.

I presume the fish, especially the lower chain ones, eat the seaweed and it is not like having the fillings in your mouth. I don't know if the big fish, like tuna and swordfish, eat seaweed or little fish or both and where they get the mercury.

I just would love to have something in writing on e-mail that I could send to them. It seems to be such a big issue right now, and even in health books.

I suspect the ADA puts this out to distract from the mercury filling danger.

Thanks.

Metal toxicity can be attributed to a childhood + of eating canned, processed and chemically treated food. My tests showed, 10 years ago, that if meat (seafood, fowl, white and red meat) were consumed raw, that 98 percent of the toxicity that existed in it passed through the body, contained within relatively unaltered fat molecules.

My tests also showed that toxic minerals from cooked and chemically contaminated food store in the bones. It takes at least 7 1/2 years to replace every cell in the bones. Logically, according to Pottenger's work, it takes at least 5 generations to cleanse all of the toxicity out of tissue. Since most toxic minerals store in bone, it is probable that it could take as long as 40 years to clean out all of the metal poisoning stored in bones.

The oceans are only 1% polluted, and that is usually within 1/2 mile from shore. Land is over 20% polluted. Mercury in fish I have not found to be harmful as long as the fish is eaten raw. Cooking of any kind causes the fat that fish bodies use to protect themselves (from poisons) to detach, resulting in the poisons (mercury) being released (free-radical). The mercury in swordfish is a natural element in that species that helps its mobility. Eating raw swordfish will educate a body on how to utilize mercury efficiently. I eat mainly swordfish without ill incidences or ill symptoms of mercury toxicity.

Foods that are high in raw minerals and fats help the body detoxify toxic minerals in bones. If someone eats foods that are high in minerals and fats, like seafood, s/he is promoting this detoxification.

While living on Jekyll Island, I consumed up to 7 pounds of raw seafood a week, including shrimp. The waters were known to have been contaminated to some degree, including mercury. The raw seafood helped me recover from the poisonous mushroom. It helped Owanza recover from 63 tumors.

The best detox a person could do to rid her/himself of metal toxicity, including mercury, would be to eat raw fish. I have observed that eating lots of raw cream and coconut (or coconut cream) helped soothe tissues disturbed during toxic metal detoxification. Those creams also protected tissue from mutation.

I wonder if we expect the body to cleanse and repair itself in less than the projected 40 years it may require to cleanse and heal to optimal. Are we too impatient? Instant gratification is not logical concerning the body.

The FDA publicizing the dangers of mercury in fish seems suspicious at best and conspiratorial at worst. What the story is not telling us is that the FDA has allowed millions of pregnant women and children to be poisoned with mercury from vaccinations and other injections. Does it make any sense that the poisoning from medications exceeds that of their estimate for eating fish by thousands of times, and they are so hysterical over food poisoning?

It appears to me that this "fish story" is a smoke screen to throw people off the track: that they suffer mercury poisoning from medical therapies rather than eating fish. Did you notice that this story follows the lawsuits filed in the last year regarding mercury poisonings from medication and the FDA's decades of approval of the medical mercury poisoning?

I hope that this clarifies the mercury/fish dilemma for you.

Healthfully,
Aajonus

20010523-0948

May 23rd, 2001

Re: Blood Analysis

Hi Aajonus,

Total cholesterol: 353
HDL: 72.7
LDL: 187.5

I was curious if those numbers are expected to go down as my body gets more acclimated to the change?

I do not give credence to the analysis of blood content. We do not test for quality, only quantity. Some people require very high cholesterol levels. I have an Olympic gymnast who has to maintain a 327 level or she cannot function as an athlete. When she maintained the 327 level on cooked food she got colds and/or flus every 3-6 weeks that caused her to lose training time. On raw fats, she functions very well.

Other people have high cholesterol levels because they have toxic cholesterol in transit (leaving the body) as well as the fresh cholesterol from daily intake of food. Most of the toxic cholesterol cannot be properly utilized and is drawn from tissues and discarded.

I offer you another experiment that will show you the correlation: I had a client concerned about his high blood sugar levels from a blood test. To demonstrate a point, I suggested that he stop eating all fruit and honey, and only have four ounces of nuts (in the nut formula) once a week, but no nut butter within 2 days of any blood test. Five weeks later his blood sugar level was just as high. When the doctor told him to stop eating so much carbohydrate, he told the doctor that he hadn't eaten any in 5 weeks. The doctor was dumbfounded. My client's high blood sugar level was from toxic sugars that were stored in the system.

One thing, however, I hope you'd comment on is the BUN (blood urea nitrogen), which is normal at 5 – 18, where mine is 21, and the creatine, normal at .9 – 1.4, where mine is 1.3.

These often indicate a detoxification and dissolution of degenerative kidney tissue.

These are kidney markers and if they continue to go up may indicate impaired renal function among other things. Now I don't believe protein consumption (especially raw!) can impair kidney function in a healthy individual, but since my BUN is slightly high and my creatine is at the normal limit (though a BUN of >50 is where one gets concerned) I was curious. Any experience with this?

Interestingly but not surprisingly my triglycerides were 47 and uric acid 3.7, both at the very low "normal" limits.

Yes, the blood, hormonal, urine, etc., levels discovered on a health-giving raw diet that helps proper detoxification are confusing to the normal test results.

Healthfully,
Aajonus

20010529-1124

May 29, 2001

Re: Sesame seeds in sauces

What sort of sesame seeds does one use in dishes with carob, etc? The ones I bought (Wild Oats' organically grown sesame seeds natural) do not taste of much. Is this the right sort?

Yes.

How do people get that distinct taste from them normally?

Not easy. If you want a more distinct taste you must blend the seeds into a powder, then add the egg, cream and/or butter and honey, then blend again.

**Healthfully,
Aajonus**

20011005-0703

Oct 5, 2001

Re: Spaced-Out Feeling

Is the spaced-out feeling and the brain not functioning as well, is this due to flying or detox or cooked food, or what?

It could be from a myriad of circumstances, such as: cooked food causing too much toxicity, resulting in low blood sugar; too low meat intake, resulting in the low blood sugar pyruvate...

Aajonus

20011127-0002

Nov 27, 2001

Re: Papimi Machine

Dear Aajonus,

Check out the website www.papimi.gr. It is a machine that pumps magnetic ion pulses into every cell of the body in microseconds, which brings the cell voltage up to 70 millivolts, which is the healthy range for cell gates to open to receive nutrition and expel waste. What do you think?

What a coincidence. Today I received a call from a Utah university professor who said that her mother received this magnetic therapy extensively for months, and reacted with decreased symptoms for as long as she received the treatments (in Germany) for systemic arthritis and indications of connective tissue disintegration. The magnetic therapy did not reverse the condition. She is still seeking help.

The nonbioactively-produced electromagnetic energy produced by machines only mimics the energy that has been bioactively produced by biological life. Lying on the earth, or grass in a yard, or sand on the beach, will balance the currents in the body holistically. Also, natural clays carry magnetic ions that correct cellular low-magnetic conditions.

**Healthfully,
Aajonus**

20011211-1003

Dec 11, 2001

Re: Carob Coconut Chews

Ingredients:

coconuts,

Steamed between 160-220 degrees F.

malted barley syrup,

Cooked between 375-450 degrees F.

sesame seeds,

Hulled or unhulled? They contain enzyme retardants that prevent protein digestion for up to 36 hours, unless mixed with raw egg, honey and butter (or other animal fat).

raisins,

Usually heat-dried between 115-160 degrees F.

pure honey,

Usually honey that has been heated between 140-175 degrees F.

soy flour,

Completely processed, chemically treated, and heated between 240-470 degrees F; promotes breast and uterine cancers.

natural vanilla,

Usually irradiated, solvent treated and heated between 190-220 degrees F.

carob coating (made of carob powder

Heated between 220-350 degrees F.

coconut butter

Heated between 170-240 degrees F.

sesame oil

Heated between 170-210 degrees F.

and honey)

Heated between 140-220 degrees F.

Presumably, the malted barley syrup and the soy flour are the bad things here.

Everything in it forms more toxicity and usurps more nutrients than I would consciously choose to endure and sacrifice.

**Healthfully,
Aajonus**

20011222-0500

Dec 22, 2001

Re: DETOX – Vomiting Blood – Nausea – Rough Massage

(For more of the story on Jacob see also:

Feb 20, 2001 Re: Paralysis, Fasts

Feb 21, 2001 Re: High Blood Pressure & Stroke

May 11, 2001 Re: High Blood Pressure Medication

Apr 27, 2002 Re: Jacob – chronic depression – mental problems

Jun 24, 2003 Re: URGENT – JACOB)

Jacob was vomiting blood yesterday, in the night. Is this a detox? He had had monkfish the evening before.

Vomiting is always detoxification, but bleeding is often a tear from violent vomiting. I recommend that he drink 4-8 ounces of green cabbage juice daily for approximately 6 weeks. How much blood?

I also had a Lubrication Formula one evening and had acute nausea (almost vomiting but not quite) that night. What was this? I had had a brief but tough massage two days prior to this that included my head, which set off the most acute pain in my head, going on day and night (I could barely move my head), and I had a myalgia/flu-like feeling for days. I take it this again was a detox. Was the acute nausea the next day after the head problems from the Lubrication Formula – i.e. a reaction from the liver (I found it very rich), or a detox from the massage?

Nausea, also, is always detoxification – the pre-vomit stage that signals an individual that poisons have dumped into the stomach or have been eaten.

Rough massages not only disturb too many toxins stored in the body, they usually bruise and damage tissue, causing more toxicity. It is likely that the massage caused a massive detoxification that resulted in flu-like symptoms.

I recommend that people not suffer rough massages under any circumstance. I recommend gentle, healing, touch massage. I have seen rough massages cause detoxification resulting in long-term symptoms of myalgia/chronic fatigue syndrome.

What do you do for Christmas?

I will work on my recipe book.

Hope you have a good one!

Thank you. I wish the same for you!

**Healthfully,
Aajonus**

20011224-0735

December 24th, 2001

Re: Phlegm, mucus, congestion

I have been continually plagued for months with a feeling of phlegm in my throat and a need to voluntarily try to cough it up and/or clear my throat. My previous beliefs were to cut out dairy, as it is known to cause phlegm, and to treat with Chinese herbal formulas to dissolve this phlegm. I have resisted any self-treatment in the belief that it is possibly due to my naturally weak lungs going through an on-going healing crisis and the phlegm is how the body deals with the toxins coming out. Kind of like a protective measure.

Precisely.

As I mentioned when you were here, I have had terrible sinuses (too much mucus) and allergies for as long as I can remember (early childhood). These things improved, but never went away completely as I gave up dairy and began eating a mostly vegan diet for almost 9 years (I did eat meat a few times a week).

A decrease in mucus production does not mean Improved health. The body can easily make mucus from eating raw dairy, especially milk, that is used to eliminate toxins. More often, if the head, neck and chest contain toxins, the lack of mucus insures that the toxins remain in those areas.

My diet was of course cooked.

Yes, the body generates mucus to discard the toxins formed from pasteurized dairy and eating it. The body does not make mucus to discard anything from eating raw dairy. Mucus is imperative to discard toxins through the mucous membranes. Without it, toxins would burn, tear, rupture and scar mucous membranes; or as I stated above, without mucus, toxins would remain in the tissues.

Healthfully,
Aajonus

20020127-0949

Jan 27, 2002

Re: Cyst & Fungus Infection

1. A couple of months after I started the diet, around September 2000, I developed a cyst under my chin. It has not changed since then and it is just this annoying bump under the skin. I thought that it would eventually go away, but it persists. A couple of years ago, I had two cysts removed from my back with laser surgery and no more developed on the back. Short of laser surgery, what is the best way to get rid of this thing?

Time and patience, eating the most nutritious food. Also, I suggest that you apply olive oil on the cyst and surrounding area 3-4 days a week, alternating with the following salve on other days: 1 ounce each of raw butter, coconut cream and raw cow's cream, 1/2 teaspoon of honey, 1/4 teaspoon of royal jelly and 3 tablespoons of lime juice. If eruptions occur, it indicates that ingredients in the cyst are being discharged through the skin.

2. I have had a fungus infection in the toenails for years. 8 of the 10 toenails are greatly affected. Around 1986, I took Nizoral which cleared up the toenails, but probably damaged my liver in the process and could have helped to precipitate the Hodgkin's disease which I was diagnosed with in December 1989. Obviously, I'm not going down that route again. Any dietary or other solution for this?

The same procedure for the cyst would be helpful to discharge the toxins that damaged the cells on which molds feed. Applying a mixture of 1 part honey and 1 part naturally sparkling water usually stops itching immediately and prevents scarring (calluses).

Healthfully,
Aajonus

20020205-0607

Feb 5, 2002

Re: Irritable Infant

Hi Aajonus,

My 2 year old is getting better. Her gums are still really swollen and bleeding occasionally, and there are still white spots in her mouth. We received milk on Saturday and she is taking a mixture of milk, honey and olive oil through an eye dropper. She has been taking about 8-12 oz a day. She has lost 4 pounds now.

The big concern/question I have now is that since she has been taking the milk, she has been very very irritable. We are talking about a child that has been a little angel that is now constantly hitting me and screaming at me and crying continuously. You should know that when she was born she cried and cried uncontrollably until at 4 months old my midwife had me do a food elimination diet to see if it was food allergies. It was. Once I cut out dairy, soy, wheat, corn, peanuts and chocolate she was fine. All rashes and irritability disappeared. Then, if I ate just a bite of one of those things, she would become irritable and develop a rash again within 24 hours. She would get it through my breast milk.

Thank you again.

The olive oil is likely to make her irritable. It is solvent reactive and irritating to infants. The raw dairy might be causing her to detoxify those harsh compounds that she received the first 4 months of her life. It is doubtful that it will last more than a month.

Healthfully,
Aajonus

20020205-0640

Jan 31, 2002

Re: Two year old - hurting after she urinates.

My daughter (2 years old) is now complaining that her vagina hurts about 1 to 2 minutes after she urinates. She is still not eating anything but is still nursing. Is there anything I can eat to get it to her? She is going through quite a detox right now.

Thanks again.

Raw vegetable juice to alkalinize her during her acrid detoxification: 70% celery, 20% parsley and 10% zucchini.

**Healthfully,
Aajonus**

Feb 5, 2002

Aajonus,

I have thought she has been allergic to all of these foods. Do you think the irritability is from food allergy?

Not likely to the raw food, but allergic to the compounds from cooked food stored in her body. As they leave the tissues they enter the blood and cause the same symptoms until they pass into the bowels, mucous membranes, skin, etc. The best would be for you to drink more raw cream and butter for you to pass them on to her. Her body will be able to arrest the compounds as they enter the blood.

**Healthfully,
Aajonus**

20020210-0510

Feb 10, 2002

Re: Milk/honey binge

Dear Aajonus,

I have gone on binges of drinking nothing but raw milk with tons of honey, like about equal amounts. I have felt guilty about this but couldn't stop as it was all I could think of. (Well, almost. Ha.) Claravale milk is the one I'm most obsessive about, maybe because it seems creamier. I've been on a binge like this for the last few days since Claravale came back on the market. I have to force myself to do the juices or anything else and am not always successful. So, the result is I have a lot of energy and feel great EXCEPT for A LOT of burning, stinging nerve pain and some numbness, as well as stinging in my tissues, mostly on the left side of my body, and especially at night. My muscles are tight and ache, too. But, as I said, my energy is real good. Well, just thought I'd let you know.

Thank you as always.

Too much honey will cause a protein deficiency if you continue the binge too long. If you begin getting easily irritable, get the shakes or lose concentration, you have symptoms of protein deficiency. There is nothing wrong with an occasion milk/honey binge.

On your burning: milk often causes chemicals to be removed from the tissues and dumped into the stomach or intestines. If the chemicals are abrasive or have been stored with bile, they are caustic and most often will cause burning and/or stinging, followed by numbness until the cells regenerate. But meat is needed for cellular regeneration.

**Healthfully,
Aajonus**

20020215-0957

Feb 15, 2002

Re: Allergies

Dear Aajonus,

An old friend of mine has terrible allergies and is on a regular vaccination program to get rid of them. Can you explain, in a nutshell, what the reason for allergies is?

There are two basic reasons for allergies:

- 1) A person lacks enzymes to properly digest one or more constituents of food, and if it(they) pass(es) into the blood, the blood is poisoned;
- 2) a person has an inability to utilize one or more constituents breathed, eaten or absorbed that accumulate to a very toxic level in the sinuses or blood, and introduction of any more of a constituent causes severe reactions.

In either case, the body often tries to eliminate the constituent(s) through the mucus in the respiratory system. For people in either case, they should eat foods that are easily digestible, that is raw food. Be cognizant that a person may continue to experience allergies as the toxins stored in the body detoxify for years. I have always seen the symptoms of allergies mitigate over time, most cases being insignificant within 3 years.

Healthfully,
Aajonus

20020222-1032

Feb 22,2002

Re: Sagging skin under eyes

I forgot to ask you today on the phone what you would recommend for aging and somewhat sagging skin under the eye, or just below under the eye, as it were.

I answered that question, unasked, when I said that your skin and facial muscles were sagging and that non-ground meats provide for more healing so that the common aging symptoms do not occur at the same rate.

Can I use the same moisturizing cream as the rest of the body? Will that help the aging and marks that have appeared?

Yes, but without the fresher meats, it will not help as much.

**Healthfully,
Aajonus**

20020222-1123

Feb 22, 2002

Re: Dry Brushing

What do you think of dry brushing the skin?

It damages skin cells. When looked at under a microscope, the brushed cells are scratched, oozing and sometimes bleeding. It is best to place the hands to where they barely touch the skin and allow the electromagnetic field of the hands to gently massage the skin and lymph. Results prove to be better.

Aajonus

20020305-0154

Mar 5, 2002

Re: Sprained Ankle

I sprained my ankle on Saturday and applied a hot water bottle to it for a period in the day and again at night. Is there anything else I should do to help the recovery? Should I continue with the heat daily?

I suggest that you apply a hot water bottle as often and for as long as possible. Also, I suggest that you combine 60% chicken, 30% beef and 10% seafood every time you ingest meat – that means eaten together. That is likely to speed healing of the pulled tendons and muscles.

Aajonus

20020305-0541

Mar 5, 2002

Re: Mercury in Vaccines

Note: mercury will be allowed in vaccines for 4 more years, so that pharmaceutical houses can empty their coffers of already manufactured vaccines. Also, pharmaceutical houses are selling vaccines with packaging that says no mercury. However, when a consumer group had the vaccines tested they found mercury, although a smaller proportion, in them.

**Healthfully,
Aajonus**

20020426-0658

Apr 26, 2002

Re: My father had a heart attack

Dear Aajonus,

My father had a heart attack yesterday and I wondered what this comes from and what would help? I heard today that it is a minor one, so to speak, and that he is coming out of intensive care tomorrow into his own room, and that he can speak and is not paralyzed. Of course, the doctors are doing tests and, in particular, a test up the arteries to get a view of the heart and any possible clogging. And they will then decide if he needs a bypass or whatever. Any comments?

He had prostate cancer two years ago and the prostate removed (via the stomach), as well as spinal osteoporosis and a collapse prior to that on a mountain when out climbing. His body can't be in a good state with all this toxicity and now, of course, all the medical influences. He has, however, always seemed very fit and healthy and has never been ill before all this, apart from some stomach issues and diarrhea. Since he has been taking digestive enzymes or something similar from the doctors all that has 'cleared up', so to speak.

Your father is likely to receive the cholesterol myth information about heart conditions. Heart conditions soared after people began eating processed vegetable oils and not animal fat. Tribes such as the Masai, Samburu and Fulani eat only raw animal fat, lots of it, and have no heart disease. Eating raw animal fat, such as unsalted raw butter and cream, will help your father reverse his condition. Martin Sheen had a severe heart attack 10 years ago and refused the terror tactics of medicine to receive bypass surgery. He eats the raw fats, including coconut cream, and is doing fine. Coconut cream helps remove arterial plaquing quicker. Animal fats properly lubricate the arteries without causing plaque.

See:

<http://www.ravnskov.nu/cholesterol>

<https://www.westonaprice.org/know-your-fats/>

<https://www.westonaprice.org/health-topics/know-your-fats/the-skinny-on-fats/>

Healthfully,
Aajonus

20020427-0634

Apr 27, 2002

Re: My Mother – trapped nerves – mental problems

My mother is doing badly. She has trapped nerves in her spine and is in pain and stooping. She had a pelvic fracture too, 2 months ago, and has been on crutches (she is always having accidents). She is certainly very overweight too (all the wrong foods). She would be resistant to changing her diet or following any new regime, but is there perhaps one thing she could do to help those trapped nerves so she does not need an operation?

My mother experienced the same degenerative symptoms 20 years ago. She agreed to eat 2 raw eggs with either a banana or orange juice every morning. In the afternoon, she agreed to consume 2-3 ounces of stone-pressed olive oil and 1-2 ounces of unsalted raw cheese with a salad. It was enough to stop her downward spiral into devastating health.

I am asking about mental illness and health and nutrition as my mother is psychotic and has elements, I would say, of paranoid schizophrenia; she is not a normal case. She feels she is being pursued by people and has great paranoia about all sorts of things that dominate her and her life a lot. She is very violent and has a lot of anger. She has been very abusive in all ways to me and very violent to me from when I was 17 to today, yet she is also obsessed with me. I am the scapegoat and yet the savior in one. She is very unstable. She did have a motorbike accident and concussion when she was 18 and was badly treated by her very over-dominant, controlling mother (never accepted, always made dependent, and so never able to forge her own identity – no violence from her mother, though).

It sounds as if she has a lifelong health and lifestyle problem that may not ever improve unless she changes her diet radically. Simply eliminating carbohydrates should help. But, most people who are carbohydrate-allergic are also carbohydrate addicts. Byron Katie's work could help her out of her conditioned dysfunctionality.

Anyway, certainly there were elements in her upbringing that would have affected her badly psychologically and emotionally, but not probably enough to cause such psychoses.

Yes it could, if she has a blood-sugar level problem.

Would the accident have done it as well or is it more from diet and nutrition?

Accidents only cause that kind of condition if a part of the brain was damaged, causing too much stimulus to the anger center of the brain, or an inability to buffer neurological impulses to the anger center.

She also has a problem getting on with things and procrastinates and spends hours dithering. She can't keep any time or appointment and arrives two hours late for everything. She also has no awareness of herself. She lives in a lot of fantasy. Plus she lives in the worst mess and living conditions and dirt you can imagine, despite having a nice home.

Sounds as if she is unhappy or has difficulty with organization. That is more often a blood-sugar/dietary problem and too low of a bacteria level. When the body has to rely upon the solvent process to dissolve and eliminate toxicity, the body gets depressed. When the body has bacterial, viral, mold and/or parasitical help, the body and mind get more organized, vital and happy.

I suggest that you live your life and shine your example as someone who lives richly and happily. Again, I suggest that you look into Byron Katie's work, and work at it.

Healthfully,
Aajonus

20020427-0635

Apr 27, 2002

Re: Jacob – chronic depression – mental problems

(For more of the story on Jacob see also:

Feb 20, 2001 Re: Paralysis, Fasts

Feb 21, 2001 Re: High Blood Pressure & Stroke

May 11, 2001 Re: High Blood Pressure Medication

Dec 22, 2001 Re: DETOX – Vomiting Blood – Nausea – Rough Massage

Jun 24, 2003 Re: URGENT – JACOB)

I am concerned about Jacob. He has chronic depression, I think, and has displayed, for years now, a strong tendency to procrastinate and never get on with things – a lot of inactivity and passivity I would say (I did literally everything when we had a relationship, and had to push him to do things for himself to help his life). He also is very focused on the future and never what is (i.e. now), not in the way that most of us are, but in a very pronounced manner. And he seems to be incapable of getting out of his state and mess in life – i.e. changing and moving forward (he so needs to on so many levels). He gets very very down and inactive, and takes everything very badly and very sensitively, and much of what I say about him and his life in order to get him to see the reality of it, he takes as criticism.

Are you expecting a leopard to be a zebra? Is the potential you see for Jacob a true picture of him now?

Is anyone who judges that someone else should be doing something other than what they are doing, in the reality of that individual?

If you remind someone that s/he is not living up to the potential that you create for her/him, isn't that a criticism that is likely to depress and inactivate her/him?

He also talks and projects an image about himself that does not really match up in reality, or is how he would like to be, but is not.

He may be trying to think of himself in a way that motivates him to become that. Most yogis teach that you must first imagine yourself, and then believe in yourself, to be that which you want to become. His process may be slower than you wish. But, is that your choice to make, or his?

Anyway, I mention this as I feel he might have a mental condition; or is this all normal for his level of toxicity and health problems and the toxicity in his brain? Some of his behavior reminds me of my stepfather who had manic depression (and alcoholism which he got over), and also an ex-boyfriend who was alcoholic and had a grandiose way of talking during this phase that did not match up (he has detoxed since).

Those are symptoms of carbohydrate imbalances. He has symptoms of blood-sugar irregularities and imbalances, and low bacteria levels.

Are all mental conditions and ways of thinking, in your experience, related to health and the diet?

I have experienced that they are all affected by health and diet, but they can be exacerbated by concepts.

What would you advise for him?

Eating a golf-ball-sized amount of high meat, 2-3 times per week, would probably help him.

I pushed him hard to get him to a therapist recently. The therapist has said to him that he should see a psychiatrist. She feels he might have dysthymia (which is chronic depression, lack of concentration and a certain way of thinking).

If most of his problem is physiological, a psychiatrist's office would not be a place for him. Psychiatrists use drugs to treat people. I would suggest that both of you delve into Byron Katie's work.

What do you feel; and would the state of his toxicity in his body account for this? I did get back with him for 7 weeks recently, but have now ended the relationship for good. I am, however, still concerned for him as I did spend an awful lot of the relationship trying to help him.

Unless a person shares the same rhythm and reality you do, is it unlikely that you would be able to help her/him?

**Healthfully,
Aajonus**

20020430-0904

Apr 30, 2002

Re: Kidney Problems & Tonsils

My stepmother has had kidney problems for ages. Only one kidney works, the other is very shriveled. She has been ill with it, on and off, for the last few years with fever and kidney/bladder infections, etc. and a lot of white cottage cheese stuff coming out vaginally. She can look very pale in the face. The doctors are now saying it is connected to her tonsils – that is the origin of the problems (sounds nuts to me) and that she should have them out! It sounds to me as if, probably, it is not the kidneys at all, or perhaps one is overtaxed, but rather she is generally very toxic. Any comments?

It would be best if she ate lots of unsalted raw butter with honey, raw eggs and raw meat. A little pineapple once in a while might be helpful; but, normally, refrain from high-carbohydrate foods.

Healthfully,
Aajonus

Thank you for all that.

I just wondered: you did not mention if the doctors idea of the tonsils being involved and needing to be removed were a silly idea or actually could have something to do with her kidney problem.

The tonsils are glands that protect the brain, eyes and ears. They help filter toxicity, harness it and dispose of it through the mucous membranes. If the tonsils are weak or congested, toxicity may spill out of the tonsils, allowing bacteria and viruses to enter other areas of the body for lymph to dissolve and dispose of the toxins. The tonsils are never the cause of problems.

Healthfully,
Aajonus

20020501-0601

May 1st, 2002

Re: Karl Loren article

Karl Loren wrote a very informative article about arterial plaque. Maybe you've already seen it. In the end, he mentions that only chelation therapy can remove the toxic metals he speaks of. And that no diet can do that (although I wrote to him to challenge that - waiting for his response).

I'm quite sure your Primal Diet would in fact do the same thing (as his claims for chelation therapy), over time, with less of a shock to the system. Is my assumption correct?

Yes. Chelation therapy, as I have said, is the most toxic alternative therapy I have seen, causing heavy metals to store in connective tissue, lymph, bones and joints. Coconut cream is the most effective way of removing plaque, especially when in combination with cilantro or berries. Next would be olive oil.

Aajonus

20020513-0607

May 13, 2002

Re: Heart Palpitations

Dear Aajonus,

I have a jumpety heart right now. It feels as if it is missing a beat or jumps – very uncomfortable and weird. It started Wednesday night as far as I can remember and has gone on since then. I was very upset by some disaster on Wednesday night that could have set it off. I was angry and upset.

Or would it have been the exercise program I am doing, 3 times a week with a trainer for an hour. I find that real tough. We had done a session on Wednesday morning and it was tough as I had not done any since Friday (usually it is more often than that). And I do feel over-extended during the exercise, but later on usually feel good.(After the first two sessions I vomited and was dizzy, but since then I have been better).

Or is it I the heart murmur I had according to the doctors when I was a teenager – a scar, they said, left from chicken pox (sounds silly really).

Or is it the cooked food I have eaten?

Anything I should do? Is it serious?

Can you just tell me what to do about the heart problem? I need to know this asap as it is jumpety. It feels as if it misses a beat or jumps around on some beats, sometimes more quietly, sometimes quite vigorously. It is uncomfortable. All I can think of is the intense distress I was under when it seemed to start (some very bad news); or overstraining on the fitness I am doing with a trainer – I had done a session after a bit of a break on that day. Or eating cooked food/sweet things. Any of these and what to do?

Thanks.

The heart needs to palpitate when it detoxifies. The trauma simply caused the heart to dump, probably heavy metals. The best way to approach healing of the heart is to apply a hot water bottle near the heart. When you experience heart irregularities, it is best to sit and do Prana Yama - inhale to the count of 7, hold it to the count of 7 and exhale to the count of 7.

Healthfully,
Aajonus

20020517-0736

May 17th, 2002

Re: Refusal of Vaccines Documentation

Hi Aajonus,

I was talking to a doctor. His wife insisted on having their newborn vaccinated, even though he has studied the controversy extensively and didn't want to do it. (He was at the workshop and is at least partially on your diet).

I told him that it is not an option for us and that I was surprised that he would not be stronger with his wife to avoid it. He did explain to me, though, that mercury has been removed from vaccinations. He also told me that the autism problem (and its link to vaccinations) has been linked to a problem with the "measles" part of the MMR vaccine and that it is supposedly being corrected.

Have you heard any of this or have any comment about it?

According to tests done by Dawn Winkler, President, California Vaccine Awareness, the vaccines that have been claimed free of mercury, still have mercury in them. Your friend may contact her for the test results.

Is your friend not aware that the following ingredients are also in vaccines?: ethylene glycol (antifreeze), phenol (a disinfectant dye), benzethonium chloride (a disinfectant), formaldehyde (a preservative and disinfectant), and aluminum.

He might find the following press release amusing.

Healthfully,
Aajonus

PRESS RELEASE

THE FOLLOWING OFFER is made to U.S.- licensed medical doctors who routinely administer childhood vaccinations and to pharmaceutical company CEOs worldwide.

Jock Doubleday, president of the California nonprofit corporation Natural Woman, Natural Man, Inc., hereby offers \$20,000.00 (U.S.) to the first medical doctor or pharmaceutical company CEO who publicly drinks a mixture of standard vaccine additive ingredients in the same amount as a six-year-old child is recommended to receive under the year-2000 guidelines of the U.S. Centers for Disease Control and Prevention.

The mixture will not contain viruses or bacteria dead or alive, but will contain standard vaccine additive ingredients in their usual forms and proportions. The mixture will include, but will not be limited to: thimerosal (a mercury derivative), ethylene glycol (antifreeze), phenol (a disinfectant dye), benzethonium chloride (a disinfectant), formaldehyde (a preservative and disinfectant), and aluminum.

The mixture will be prepared by Jock Doubleday, three medical professionals that he names, and three medical professionals that the participant names. The mixture will be body weight calibrated.

The participant agrees, and any and all agents and associates of the participant agree, to indemnify and hold harmless in perpetuity any and all persons, organizations, or entities associated with the event for any harm caused, or alleged to be caused, directly or indirectly, to the participant or indirectly to the participant's heirs, relations, employers, employees, colleagues, associates, or other persons, organizations, or entities claiming association with, or representation of, the participant, by the participant's participation in the event.

Because the participant is either a professional caregiver who routinely administers childhood vaccinations, or a pharmaceutical company CEO whose business is, in part, the sale of childhood vaccines, it is understood by all parties that the participant considers all vaccine additive ingredients to be safe and that the participant considers any mixture containing these ingredients to be safe.

The event will be held within six months of the participant's written agreement to the above and further elaborated terms. This offer, dated January 29, 2001, has no expiration date unless superseded by a similar offer of higher remuneration.

Contact Jock Doubleday.

* * * *

Permission is granted to all parties to reproduce all or any part of the above text in any media.

Jock Doubleday
President
Natural Woman, Natural Man, Inc.
A California Nonprofit Corporation

Jock Doubleday is author of the soon-to-be-published book "Spontaneous Creation: 101 Reasons Not to Have Your Baby in a Hospital."

Wow! Thanks Aajonus.

I must admit I'm a bit concerned with the possibility of mandatory vaccinations. My friend also mentioned that hepatitis B is now mandatory in NY. I don't know for sure if that is true as I thought it was unconstitutional to force someone to get an injection. I figure at this point one can get out of it with the right channels.

Freedom of religion can always be used to maintain constitutional rights. The worrisome pending legislation is that everybody in the USA may be required to receive the smallpox vaccine.

Healthfully,
Aajonus

Hi Aajonus,

My understanding of the freedom of religion defense is that one would have to provide some sort of proof that they practice the religion claimed. A parent I know had some trouble with this, getting her child in school. She eventually won after some attorney fees, etc. I've heard of using philosophical beliefs instead. It still would probably need an attorney, though, to get a child in school.

Did you happen to catch the ER show with a Smallpox breakout last night (continued next week)? Pretty scary how the media can be used. I remember hearing of an episode where a child died of the measles. The parents were ridiculed for not vaccinating their child. It was sponsored by the company that makes the vaccine, of course. The whole thing was followed by a calling to boycott the show.

If a group of parents joined forces and hired an attorney to develop basic legal documentation, an attorney would not be necessary for each case. Parents could simply substitute their name for the name(s) in the documents. The fact that science cannot prove that anyone could get any disease nor prove that a vaccine prevents disease, is a sound legal basis. The written notarized statement from a researcher, biochemist or MD would be included in the documentation as testimony.

**Healthfully,
Aajonus**

June 5, 2002

Re: Psychic Healing

What do you think of psychic healing?

I have experienced and witnessed only temporary relief from psychic healers.

Many people believe that they have been cured by psychics, although I have not witnessed one case. The problem with proving that psychics can not only soothe symptoms temporarily but reverse disease is that, in this period of toxic history, the average natural recovery rate of the population is 60% for most diseases if a proper dietary regime is not followed. The body's natural completion of detoxification/symptoms sometimes occurs simultaneously with a healers work. The only objective factor to measure would be to log the healer's patient recovery rate and see if it were greater than 60%. If it were not, it is likely that the recoveries or reversals of disease simply coincided with the healer's work, which was not responsible for it. The body's healing powers, that are always working as hard and as well as we allow, facilitated the healings.

From my experience, I have concluded that healers assist with healing through the comfort of their compassion and aural energy. In other words, they entertain the patient while the patient's body heals itself. As Hippocrates said, I paraphrase: After giving the appropriate dietary food regime for healing, the best physicians are those who entertain the patient while the body heals itself.

The idea of a psychic healer is empowering to some people. They feel that the healer has some particular power and spiritual authority that will help them end the disease. They do not usually understand that it is simply a detoxification process that will end well 60% of the time, even if they do not take care of themselves properly. I believe that healers are helpful because they give people hope and distract them from the disease while their bodies heal themselves.

I would be thrilled to meet and learn from a psychic healer whose healing ratio of reversing disease was greater than 60% without dietary intervention. If you find any, and observe that the rate is higher, please let me know.

Healthfully,
Aajonus

20020627-1229

June 27th, 2002

Re: Enzymes

I just read an interview with Edward Howell about enzymes which brought to mind something I've heard before. He said that vegetables and fruits are not concentrated sources of enzymes; and that when produce ripens, enzymes are present to do the ripening; and once the ripening is finished, some of the enzymes leave and go back into the stem and seeds.

The vegetables are not mature until they begin to seed. Celery, parsley and most vegetables are harvested prior to seeding. Produce companies know that if it goes to seed it loses the enzymes necessary to sustain it. Their produce would wilt easily. I suggest in my new book that people eat fruit unripe.

Sally Fallon made the same kind of statement a while back prompting me to wonder about the idea that our vegetable juices are not much of a source of enzymes and really not replenishing our systems of lost enzymes (2 glasses for today's needs, 2 glasses to replenish what has been lost over the years of eating cooked). Any comment on this?

Sally is more theory than experience. I have seen people not consume the juices and they progress much less than those who drink them.

**Healthfully,
Aajonus**

20020731-0517

July 31,2002

Re: Sun Lotion

I wanted to ask quickly about sunbathing. It is very hot. Is it better to wear no sunscreen lotion even if one does not put on oil the night before, or better to wear cream if one does not do the oil the night before?

It is better not to apply any lotion.

If you burn a little, here are two remedies: rub tomato on the burned areas; or apply a mixture of good water and a little honey (1 part honey to 10 parts water) - that is a little sticky, but it works most of the time.

**Healthfully,
Aajonus**

20020802-0800

Aug 2,2002

Re: Thread Veins and Aging

I have noticed a big increase in thread veins since I last spoke to you about this; and I also have veins coming to the surface. I refer to my thighs, legs and feet. Surely, being on the diet, these should not appear. They have gotten so much worse since on the diet.

The diet has no toxins to cause those symptoms. It is the result of a lifetime of eating toxic foods. Usually, those symptoms pass with time; sometimes it takes 16 years.

Healthfully,
Aajonus

Thank you. So it is just a coincidence or aging that has made all this appear recently?

Aging and deterioration coincide when toxins have accumulated in the body, deteriorating it.

Veins have also appeared in the last month on the surface all over my legs and thighs. Reminds me: is it mainly the result of carbos?

Carbs progress it quickest.

Or the liver. So it comes from a lifetime of toxic foods, not from the percentage of cooked food I am eating with the raw diet?

Cooked foods now may add to it and use up the nutrients in the raw foods being used to combat the poisons in the cooked food.

i.e. does the raw diet make one more susceptible to these symptoms?

Less. The raw diet simply allows the body to detoxify and heal properly, in stages.

Also, I have now a lot of broken blood capillaries on the face that are on the surface or just below.

Alcohol and carbs, recent and stored, are the greatest assaulters of capillaries.

Everything has deteriorated of late – a lot of aging.

Between the ages of 12-15, 24-26, 29-32, 38-41, 49-55 and 58-61 years we experience major systemic detoxifications. Many of those poisons are sent through the connective tissue and skin causing damage to those systems and sometimes scarring. Most often, at least half of those symptoms reverse several years following the major detoxifications.

How are you doing with your life presently? HAPPY AND FULFILLED?

Very; the recipe book is being printed as I write!

**Healthfully,
Aajonus**

20021002-0554

Oct 2, 2002

Re: Nanobacteria Article

Hi Aajonus,

Here is the next article regarding the nanobacteria: NanobacTX: A Personal Adventure. It's very interesting.

I finally got to read about nanobacteria. I have read testimonies like that about every drug that has been produced by pharmaceuticals. In the 1970's it was chelation therapy. This person has no direct knowledge of how and why it seems to work. His scenarios are all conjecture. That does not prove that he is wrong, but he has no concrete evidence that the mechanisms are how he has explained them. Usually, drugs are extremely effective for specific individuals and most researchers know how to select them as test subjects. Time will prove results.

Just because nanobacteria are present around "calcified" tissue does not mean that the bacterium cause the "calcification". They may be the body's response to root into the area and remoisturize and fertilize the area hardened by poor mineral absorption caused by poor diet. For instance, reforesting a desert would soften and re-enliven the soil. The agent that destroys the bacteria, as a byproduct, may cause "decalcification". If so, that method of softening the tissue is likely to cause eventual disintegration of the tissue.

As I have said many times, there are some people who will live life seemingly unaffected by illness even though they have what is an unhealthy lifestyle for most. They are blessed because they don't suffer as most others do. But because they do, their model cannot be held as proof that it will work for most people. This life, produced by the nanobacterial treatment as described by the writer, may give the ability to feel fantastic again, but will it be sustained and without ill consequences? At least, it does not seem to be as dangerous as antibiotics or chemotherapy. Again, time will tell. For those who do not want to be pharmaceutical guinea pigs, a proper diet is more likely to secure optimal health.

Healthfully,
Aajonus

20030107-2157

Jan 7, 2003

Re: Neck and back

Dear Aajonus,

A new chiropractor I have seen recently did X-rays of my back and neck (I know they are very bad) and saw that I have pronounced curvature in the neck, and nerves pinched and no space between the neck pieces (whatever they are called). Anyway, he feels this is responsible for a pronounced curve in my lower back and my long-term hip problem, as well as causing the over-pronation in my feet. He feels the neck problem is one that started when I was pulled out at birth or within the first two years and so all the problems have been building up. He also feels the neck problem would account for gland and muscle problems as well as fatigue, etc. In his experience, he says coming two or three times a week for adjustments will rectify the neck problem over time. I just wondered how much of this you feel is true or plausible? I do have a lot of pain in my neck almost constantly and it is out so much of the time, so am finding I have to have adjustments more and more frequently. Previous chiropractic regular treatment helped my long-term hip pain greatly and stopped me leaning more on one side by 20 lbs. But there is more to go on this, as I lean now about 8 lbs on one side and am askew.

Displacement and constriction of the vertebrae come from inflexible-enough tendons and muscles attached to the vertebrae, or toxins stored in the vertebral joints causing swelling accompanied with inflexible-enough tendons and muscles. A hot bath prior to chiropractic adjustment is very helpful. Without a hot bath, an adjustment usually does not relieve pain for long. If poisons are moving out of the bone marrow, bones and/or cartilage, more joint swelling will occur accompanied by irritation to the tendons and nerves. That causes more constriction and the need for more frequent adjustment. The hot bath before adjustment is very important to allow the muscles and tendons to relax and expand, relieving the pressure on the nerves that pass through the vertebrae. Also, applying a hot water bottle to the spine at any time, especially while sleeping, helps to increase relaxation so that more nutrients can be delivered to the area for proper detoxification and healing. I experienced 12 years of back pain from the chemo and radiation before I was satisfied with my spinal health. I went from having chiropractic adjustments twice a day to needing only one chiropractic adjustment a year for the last 4 years. Eating lots of butter and/or cream with meat is very important for cleansing and healing the spine.

Healthfully,
Aajonus

The inflexible tendons come from what?

Many toxins can cause the poor development of tendons, especially heavy metals (such as mercury from vaccines) and chemicals, including household cleaning compounds. They may poison the RNA and DNA, causing deformity.

Aajonus

20030111-2304

Jan 11, 2003

Re: Update on my 2 year old

Hi Aajonus,

Happy New Year! Hope your new year started off right!

My son just turned 2 last Saturday and my wife has him flying through kindergarten workbooks (age 5 and 6)! He will sit there for 45 minutes with her totally into it. I guess it's safe to say his brain is well fed!

Great to hear about your prodigal son! Every one of the children who is on the diet is advanced or at least exceptionally more advanced than before the diet. That cannot be a coincidence. Thank you for the update.

**Healthfully,
Aajonus**

20030115-0754

January 15th, 2003

Re: "High" Foods

Hi Aajonus,

I have noticed a problem I have with consuming "high" foods. Although I have yet to try to eat the cultivated ones in jars, I have had week-old chicken or fish a few times. And I just found a black egg and tried to eat it in some milk.

Each time, I immediately vomited, even though I really had no psychological problem with eating it. In fact, the fish and chicken tasted fine. I once vomited some week-old salmon about ten minutes after eating. No problem, no discomfort, just a reflexive rejection by my body.

What do you think about my vomiting reaction to nearly week-old chicken (or even 3 to 4 day old fish)? And the same reaction to the black egg? I know you said not to eat fish at 3-4 weeks, but is the early bacteria also too virulent (at least for me)?

Looking at your iris photos, I see that the bile throughout your system is not bound with as many solidifying compounds as with most people. Free-radical bile is very caustic. The bacteria and their verotoxins instantly dissolve and release the bile, making it a free-radical substance. Those poisons must immediately dump into the stomach or bowels causing vomit and/or diarrhea. Don't worry, be happy!!! The more you do it, the quicker you will release the bile from the tissues.

Healthfully,
Aajonus

20030115-0755

January 15th, 2003

Re: Indigestion

Hi Aajonus,

I have had a few questions come up from people with problems with indigestion and heartburn (sometimes severe enough to cause problems sleeping) after starting the raw diet. I have a few patients who started the diet and are having this problem. One turns to TUMS or Pepcid AC so he can get some relief and get to sleep. I can treat it successfully with Chinese herbs, but I was wondering what your approach is when clients have this reaction to the raw foods (some think it's the vegetable juice). I've told one to add some carrot juice (10%) since that is known to relieve indigestion. I've also recommended some cream with the juice and also cheese, but nothing but the Chinese herbs to promote digestion seem to help.

Indigestion is frequently alleviated by adding ginger in juice or with the food that isn't digesting well.

**Healthfully,
Aajonus**

The ginger makes sense since that's in the herbs I prescribe for upset stomach issues. Generally though, dried ginger is recommended and "supposedly" better for that use for some reason.

Dried ginger is recommended by Chinese medicine because it is slow to digest and allows juices to be secreted throughout the digestive tract as the pulp passes to the rectum. Fresh ginger has a tendency to thin mucus. In people not eating enough protein and fat, mucus in the digestive tract will not protect the mucous membranes from irritation from fresh ginger.

**Healthfully,
Aajonus**

20030303-1732

March 3rd, 2003

Re: Article: Metabolic Typing Diet

Hi Aajonus,

Have you had a chance to read this article on the Mercola site?

<https://articles.mercola.com/sites/articles/archive/2003/02/1/metabolic-typing-diet.aspx>

Sure, there's no mention of raw foods but Dr. Mercola is a strong advocate of the "no grain diet" (happens to be the title of his new book). Then, he is promoting this Metabolic Typing Diet. I haven't read the Metabolic Typing Diet yet so I don't know how varied these diets are but I assume there is some consistency with a no grain/low grain approach.

I remember you said you didn't find much value in much variety person to person (same with Weston Price finding consistencies - different foods but same basic principles adhered to all over the world).

Do you have any opinion on the article?

I read the article, finally. I found, as I said in my books, that certain types should eat more or less red or white meat until they are healthier. So, in a way, I agree with it in a small way. However, the supplement issue is a seesaw such that not even the most brilliant of minds can second-guess the body properly. Because people are so unhealthy and even a little change means a lot, and counterbalances may not show themselves for months or years, supplements and a Metabolic Typing Diet may be a temporary benefit. How long it takes to be worse than better would be according to the individual. I do not believe that it has anything to do with genetic predisposition. My experience and observations lead me to believe that the differences are deficiencies and accumulated toxins.

Healthfully,
Aajonus

20030319-1214

March 19th, 2003

Re: Fiber and Appendicitis

Hi Aajonus,

I'm writing a brief article about my appendectomy/hospital experience. Many people have asked about it and of course there are those who ask, "Do you think it's that diet you're on?" To which I deny and chalk it up to their ignorance. However, in researching the incidence of appendicitis I came across an article that said that, internationally, the incidence of appendicitis is lower in cultures with a higher intake of dietary fiber. Dietary fiber is thought to decrease the viscosity of feces, decrease bowel transit time, and discourage formation of fecaliths, which predispose individuals to obstructions of the appendiceal lumen.

I thought it was interesting since we basically don't eat any fiber whatsoever! Is it possible that there is some truth to this low fiber intake/appendicitis thing? I guess we need at least 1000 Primal Dieters to track over their lifetime to see if there's a higher incidence than the rest of the population.

It is not proven that a lack of fiber/pulp is causative or partially causative of appendicitis. Every person I know that had an appendicitis ate vegetables. However, raw vegetable fiber may be helpful in preventing appendicitis in cooked-food eaters where food lacks vitamins and enzymes and moves very slowly with much putrefaction. Putrefaction of food never occurs in rawfooders. The incidence of appendicitis among the Masai, Samburu and Fulani is relatively non-existent. As long as we do not completely filter our juice through thick cloths, we have plenty of vegetable fiber.

I looked at your irises and found storages of heavy metals in and around the appendix, buried in scarring. The caustic metals probably burned the appendix walls which burst during an attempt to remove them. That is an indication that you did not have enough fat in the lower abdomen. That is why I like people to have big bellies during detoxification.

Healthfully,
Aajonus

20030320-1833

March 20th, 2003

Re: MSM

Hi Aajonus,

I was wondering if you have any opinion about MSM (methylsulfonylmethane). A client you saw for a full consult the first time you came here handed me a book about it last night. She has been in pain for years (basically fibromyalgia), with fatigue. She still has the fatigue but the pain is gone since taking the MSM.

She maintains her own version of the raw diet. She's one who doesn't like the weight gain so isn't willing to have that much fat. The meat is no problem for her. She couldn't drink the lube formula without feeling sick for hours (she couldn't work). I advised she sip it gradually and it helped, but she stopped taking it anyway. She does keep away from carbs.

She swears by the MSM now.

Every person who had cancer that I met, who was not on the diet and who took MSM, died. I have heard a lot of claims about it, but from people who had been taking it for a short time. It is not a naturally occurring supplement and probably causes many imbalances that would not show for years. The combination has an affinity for the thymus and thyroid and may cause long-term damage. I will re-investigate the drug in about 20 years and look at people who had taken it for many years.

**Healthfully,
Aajonus**

20030324-1139

March 24th, 2003

Re: Nuts

Hi Aajonus,

I was asked recently, "If we can pulverize the anti-enzymes out of nuts with a blender, then why doesn't chewing do the same thing?"

Pulverizing does not neutralize the enzyme inhibitors. Pulverizing merely exposes them. The combination of egg, fat and honey neutralizes the exposed inhibitors.

My only thought would be that it is not the pulverizing that inactivates these anti-enzymes but the fact that the surface area is increased so that the ingredients mixed with the nuts can inactivate the anti-enzymes.

Correct.

If I'm wrong, then it seems chewing should do the same thing as the blender.

I wish.

**Healthfully,
Aajonus**

20030421-1332

April 21st, 2003

Re: SARS

Hi Aajonus,

I had to contact you and get your perspective about this Severe Acute Respiratory Syndrome (SARS).

The following is part of an email I just sent to a friend in Hong Kong:

Without going into a whole "alternative perspective" with you, let me say this: I seriously doubt there is something to "catch". The internal health of the individual will determine who gets it and who doesn't. Even the worst plagues in human history had survivors helping the sick who didn't get sick.

Just think how polluted Hong Kong is. There could very well be something in the air that is damaging at the cellular level, resulting in this condition. It IS a respiratory condition. The virus that causes the common cold (or flu for that matter) can be found in any of us at any time, but we aren't always sick are we?

A virus isn't alive so it cannot "do" anything. A healthy well fed cell will not be affected (notice I didn't say "infected") by a virus.

Strange thing is how do we explain what is happening with those who do come in contact with someone "catching" it? They are not necessarily exposed to a possible toxic chemical from China by getting close to someone who has.

Here's a story on it titled "Two more killed by SARS disease in Canada:

<http://www.smh.com.au/articles/2003/04/02/1048962786030.html>

What do you think?

My investigation tells me it is simply pneumonia by a different name.

I compare it to the difference between the "Swine" flu and "Pollock" flu. Mainly the heavily medicated/treated have died from it, therefore, it is probably the treatment (for pneumonia) that is the killer, that is, anaphylaxis.

However, Dr. L. Horowitz' investigation points to bio-warfare:

<http://www.rense.com/general36/scam.htm>

**Healthfully,
Aajonus**

Hi Aajonus,

Many are fearing how "contagious" it is, i.e. the face masks and quarantines. Do you agree with my basic explanation to my friend in Hong Kong?

And if so, the following question applies:

Strange thing is how do we explain what is happening with those who "catch" it since coming in contact with someone who has it? They are not necessarily exposed to a possible toxic chemical from China by getting close to someone who has.

Do you believe in the possibility that one can be "exposed" and if their internal environment is optimal for that (any actually) microbe then the person will "contract" (or should I say facilitate) the same "detox" (which in this case may be resulting in some deaths if it is not anaphylaxis)?

In playing devil's advocate a little here, people have died of pneumonia historically without being treated medically with "poisons" have they not?

There are many variables. It could be that there is no contagion but exposure to the toxin in a given hospital. Normally, if it is a natural event, it would not be contagious. Bacterial and viral activity is caused by environmental, especially climatic conditions, like bears coming out of hibernation. If a certain location of people are exposed to the same toxin, when the climate is right, some of them might develop the same condition (symptoms) to detoxify the damage done by the toxin.

I agree that if a person has been eating healthy food for a while that if and when exposed to a "contagion" or toxin of that nature, her/his chances of survival would be exceptional.

Many people have died of pneumonia when they did not have access to good food and/or warmth. However, most often in the comfort of modern heating and comfort, medical intervention in the detoxification process is more often the cause of deaths.

Healthfully,
Aajonus

Thank you. The only confusing part is how is this "toxin" moving from Asia to North America where the authorities are linking it directly to those traveling and then to those exposed to the traveler? I understand the possibility that it may not be natural, which negates the natural explanation. Otherwise, it really makes no sense based on what you and I believe.

Everyone involved with injection/spreading of AIDS learned that without circumstantial evidence of possible contagious activity, the hypothesis that it was spread sexually had no basis. However, people simply believed it, except for those who understood that there had to have been a chain of links to have spread it simultaneously to NYC, San Francisco, Houston and Los Angeles. The fact that there were not enough links to display a chain validates the conspiracy theory that it was man-made and spread by man-made means.

Let us say for arguments sake that a strain of bacteria became supernatural. The bacteria would have to leap through the air in clusters, withstand sunlight and oxygen that destroys internal bodily bacteria unless attached to a host, invade, penetrate the mucus lining of the respiratory system that neutralizes and smothers every form of internal life whether cell or bacteria, and survive the onslaught of white blood cells, eat and adapt to a new terrain of chemistry to survive.

The idea that viruses are contagious is the most ridiculous hypothesis because viruses are not alive. Viruses are solvents produced by the body.

Crabs are contagious because their natural environment is in the outer world. Yeast live in and on the skin and can be contagious. But internal bacteria do not thrive when extricated from the body without a host to carry it. Mucus from sneezing or coughing, or the moisture from exhaled vapor are not mediums that support bacterial life. Contrarily, they destroy internal bacterial life.

It may be possible that mechanical genetic alterations may have produced an internal bacteria that can cross those super barriers. I do not know.

I hope that all of that helps you to understand the nature of bacteria as I have found it to manifest.

Aajonus

I do appreciate your further explanation on this subject and for the most part I do agree with your way of thinking. I just can't help but think there is something to the possibility of "something" getting passed on from one to another and susceptibility has something to do with it. You even once agreed that it is not cut and dry one way or the other and that the truth lies in between somewhere.

I remember my wife used to work with young kids who were always sniffing and sneezing and so she would come home almost every other week with a cold of some sort. It became comical how often she was "detoxing" and people would say things like, "your wife's sick AGAIN?" When she left the job the frequent colds/flu's ended immediately. Interestingly, I never "got" any of it (susceptibility?).

Many children and adults have such symptoms in buildings with toxic materials. The school population in the entire school system in the San Fernando Valley and adjacent areas had similar symptoms because of the asbestos. After many decades, the schools had to gradually be reconstructed. I have one teacher/patient who still suffers from her past exposure.

And again, using the same logic, I could prove to you that bears are contagious because they all seem to come out of hibernation at the same time. In the Northern hemisphere, bears spread from the more Southern regions to the Northern regions. In the Southern hemisphere they spread in the opposite.

More below:

If you wanted people to believe a disease were contagious, how would you make it happen to produce circumstantial evidence? Follow those you have contaminated and contaminate those that they contact?

Isn't this reaching just a bit? Aren't there a few too many people involved to "pull the wool over" all of their eyes?

I refer to the AIDS epidemic, how many were involved? It did happen.

What would be the point? The people in Hong Kong are getting pretty messed up economically now too. Everyone is scared of exposure. To think that some group would go so far as to follow a traveler from Asia to North America and "infect" people they come in contact with really seems a bit outlandish.

As Dr. Len Horowitz said, it is to destabilize an economy so that another power may have greater influence after money is loaned and or diverted. The same was the case of AIDS in Africa.

As for AIDS (and the man-made hypothesis), couldn't that just be a natural breakdown of the body due to overwhelm? Drugs? Alcohol? Stress? Environmental toxins? Ridiculously poor dietary habits? Haven't many suffered with AIDS without HIV? (Then they just say the sicknesses they are suffering from are primary rather than secondary).

Food for thought?

You would have to read the Strecker Memorandum and Bio-Attack Alert, referenced in my first book to realize that AIDS was man-made, spliced not fractionated.

Some things I believe are communicable, such as crabs and yeast that live on the skin. Viruses are not communicable because they are not alive. They are a solvent created by each body, or man-made, to dissolve compounds in the body.

**Healthfully,
Aajonus**

20030624-0947

June 24, 2003

Re: URGENT – JACOB

(For more of the story on Jacob see also:

Feb 20, 2001 Re: Paralysis, Fasts

Feb 21, 2001 Re: High Blood Pressure & Stroke

May 11, 2001 Re: High Blood Pressure Medication

Dec 22, 2001 Re: DETOX – Vomiting Blood – Nausea – Rough Massage

Apr 27, 2002 Re: Jacob – chronic depression – mental problems)

Dear Aajonus,

I wonder if you could do Jacob and myself a favor? I am leaving and have had to hand him over to his church to be looked after (he is in a retrace or neurological detox, as you said, and has not been functioning normally or well). Anyway, they have had him go to his conventional doctor and are worried that he has had another stroke, as indeed are the doctors (they think it might be the MS come back!). Anyway, I hear he is due to have a CAT scan tomorrow and that worries me, especially during a brain detox.

Could you kindly and urgently speak to the person at his church who is organizing the health thing right now for him and speak to that person about what is going on with Jacob, this detox, that it is not another stroke and the effects of a CAT scan, etc. Also, that he has been progressing over these last years and his main problem, and why high blood pressure is good for him (they and the doctors feel his problem all stems from the fact that he does not take his high blood pressure medication and high blood pressure causes strokes), etc.

I would be most grateful. He is not alert enough to make his own decisions right now in the retrace. And they would respond well to you, his health specialist for some years.

PLEASE. I would be most grateful of this favor.

Many, many thanks. I am worried about all this.

I spoke with the person. He is convinced from medical rhetoric that high blood pressure is dangerous and leads to strokes. I cautioned him that the scan could cause irreversible brain scarring and asked him to seek an ultrasound to look for brain scarring that might indicate a stroke, rather than a scan. He seemed very strong in his resolve to do as the doctors want. I am sorry that I could not do more. As far as his symptoms reflecting MS, it is highly unlikely, because MS rears its head via atrophy of nerves, then muscle deterioration. Time will tell.

Have a wonderful trip. I leave for Asia on Sunday for 15 days.

Healthfully,
Aajonus

20030810-0829

August 10th, 2003

Re: Lymphoma

A 29-year old woman that I know had a biopsy done for a mass that was found in her chest (which caused a blood clot) and was just given a preliminary diagnosis of lymphoma. They tore her trachea on the way out, by the way. She is leaving the hospital tomorrow, already fed up with their ways and going on the raw diet. She will see you in Sept. for a full consult, but in the meantime, what is a "basic" diet protocol that I can tell her to follow?

Anything extra from what my wife and I do or what the average person does? She's about 5'7" and 150 lbs (strong and solid!).

I suggest that she should concentrate on eating many eggs: 8-12 per day, 2 with or immediately after each of her 2 meat meals. And, as many tomatoes, for her fluids. No milk, unless it has soured to a kefir consistency, but very little. Butter is much more important than cream. The bowel and contents of a cow or buffalo is usually imperative with lymphoma, about 2 ounces every four days. It may be washed down with some water.

**Healthfully,
Aajonus**

Hi Aajonus,

Thanks for the quick response. She's determined and as yet not swayed by the doctors' scare tactics. How does she acquire the bowel and contents of a cow or buffalo? Have others had success with Northstar Bison?

How or what does she ask for (packaging procedures, etc.) so it is not dried up and useless after shipping?

I suggest that she contact an Amish butcher and try to purchase several pounds of the bowel with contents. Usually, a section of the bowel is tied like a sausage at both points where the cuts will be made. Then it is either placed in a ziplock bag that is placed inside another ziplock bag and placed in yet another ziplock bag, packed with frozen pack and sent; or it can be placed inside a half-gallon glass jar, packed with frozen pack and sent.

She could say it is for her pet that has cancer; she is her favorite pet, I assume.

I suggest eating 1 oz. a day every 3 days. It can be washed down with water. Not milk, because milk contains lactic acid which retards bacterial growth.

**Healthfully,
Aajonus**

Hi Aajonus,

We are having a problem coming up with the "bowel with contents". The states don't let the butchers send it out without inspection. Do you know of any farms that are willing and able to ship that out? I remember the farm in PA couldn't even get me the hooves when I once wanted to make a "bone broth" before I started your diet. Same problem, the butcher couldn't /wouldn't give it to them.

Any suggestions?

She could buy a duck or chicken, butcher it and eat the bowel and contents. I got the bowel and contents of a wild turkey several months ago and sold it to one of my cancer clients. She ate about 2 oz. and felt considerable improvement the next day.

Aajonus

What's different from using the high meat? Could she eat that whether or not the bowel becomes available? If so, what would then be the amounts?

The bowel has lots of E. coli. High meat may not contain any E. coli. High meat usually contains bacteria that works much slower than E. coli.

**Healthfully,
Aajonus**

Hi Aajonus,

I was able to come up with some sources of fresh-killed chicken for her. There is a local farm, but they are grain fed (including the usual soy).

I understand that it is "best" if still in the bowel, but if E. coli is the main ingredient, so to speak, wouldn't it be conceivable to immediately collect it upon defecation of any animal? It seems that it would still contain plenty of E. coli.

If the chickens eat soy, I would not recommend eating it. The processed soy could cause E. coli mutations. E. coli is easily destroyed once exposed to oxygen. Best to maintain it preserved in the colon. Also, eating the bowel tissue provides nutrients that will promote proper and healthier E. coli propagation in the person eating the bowel.

**Healthfully,
Aajonus**

20030913-0954

Sep 13, 2003

Re: Racing heart - Too much butter?

Hi Aajonus,

I have been craving butter and am eating a good 1 to 1½ cups a day! Is it possible to eat too much butter? Last night in bed, my heart was racing and I was wondering if it could have been related to all the butter I have been craving and eating. I had eaten about 1/3 cup before bed with some pineapple.

The pesticide that pineapple growers use has caused many people to having racing hearts. Be sure to scrub your pineapples with warm water before you slice into them.

Remember from my first book, I ate 1½ - 2 lbs of butter per day. You are not eating enough to cause any problem.

Healthfully,
Aajonus

20031010-0954

Oct 10, 2003

Re: Dark skin on toe

I have some rough, dark skin in the middle of my toe. Is it fungal or what? I got it doing a salsa course. Someone trod on me. It does not go and is not a bruise but rather rough skin and darker. What should I put on it?

It seems as if it could be a fungal attempt to cleanse the damaged cells from the area because of poor circulation to the area. Do you wear loose or tight shoes? I suggest that you apply the Primal Facial Body Care Cream (page 145 of my recipe book) after washing. For your condition, I suggest that you add 5 times the ginger and 3 times the lime that is specified in the recipe.

Healthfully,
Aajonus

20031010-0955

Oct 10, 2003

Re: Itching

I am suffering from terrible itching on my head, neck and for a longer period now on my eyelids (they were swollen before too), with red patches on eyelids. What is this and how do I get rid of it?

Sounds as if you are butter deficient and using too much pressed oils that dry the skin rather than lubricate it.

Healthfully,
Aajonus

20031120-1544

Nov 20, 2003

Re: Vomiting, pain & swollen eyes

I have a question: I was nauseous and then was vomiting all day last Monday of last week. Nothing would stop it. No relief – just green liquid coming up, with a very bitter and horrible taste. Was it a chemical?

Then I got neck and shoulder acute pain and this has lasted 8 days now. On some nights it was so painful I could not sleep. I could not move my head hardly. Now I can move it, but it's painful.

Plus I have red patches by my eyes and itching and very swollen eyes and face, which kept happening regularly in the last 2 months. I know you said it was chemicals coming out or lack of butter. It started when I took some sleeping pills.

What do you suggest? I did not feel like any raw meat/fish or any raw food for a week after the vomiting. What's going on?

It sounds as if you have a neurological detox centered in the brain, dumping into the lymph glands in the neck and some out the tear ducts. It's best to try and eat as many eggs as possible during and after vomiting.

**Healthfully,
Aajonus**

20031206-1506

Dec 6, 2003

Re: Best Juicer

Dear Aajonus,

I'm re-reading your books and now want to buy a Green Star or similar juicer as a result of the advice you've given. Is the Green Star still your first choice? The Samson looks good as well. Any comments would be appreciated.

The Samson is a single auger, pressing plastic to plastic causing BPAs to gas.

The Hippocrates is a good juicer, but too small and it takes longer to juice the same amount of food than the Green Star 1000.

The Green Star 1000 is a double stainless steel auger system. It juices wheat grass as well as everything else. The amount of time you save with this machine pays for itself.

If you juice for a family, I suggest the original Green Power Juicer (not Hippocrates). It is a larger version of the Green Star.

The Juiceman and other centrifugal juicers use air (containing oxygen) to press the juice from the pulp. Oxidization of 1/3 of the nutrients occurs. The Green Star crushes and presses the pulp in a hermetically sealed environment where little, if any, oxidization occurs during pressing. You choose: quality or 5-10 more minutes.

The tests showing scientific analysis on juicers was done in Korea. The original company that manufactured the Green Power Juicer printed and distributed it. The lab tests showed oxygen attaching to vitamins and enzymes, rendering them relatively useless.

Healthfully,
Aajonus

20031208-1004

Dec 8, 2003

Re: Teeth

Your last email about your injury sounded pretty bad and sent a disappointed tone through me. You sound like its no big deal and that's great. But did you lose 3 teeth?

Two dentists said that I definitely would, and they wanted to pull them. I said, "Let's try and save them first". There is a bit of pain in all 3, so they are not dead. I hope the nerve to them mends properly. The dentists said it was impossible. If my body saves them it will be another testament to the diet.

Aajonus

I hope you succeed. That will be a great testament to the diet indeed. Your eyes in the photo of yourself on the back of the Recipe book are amazing. They look like they are transmitting light. Have you had your irises change in structure or color over the last five years? If this photo is an accurate representation of your true eye color, then it would appear you are genetically altering your body to the point that you could grow new teeth. I'm in hopes that with this diet and these mono atomic minerals this might be possible some day.

The fact that my eyes have become luminescent may have nothing to do with the ability to grow new teeth, considering that the damage to dental DNA is extreme from chemo and radiation therapies. Time will tell. I simply hope to be healthy enough to remove all of the bruised and dead cells from the injury and regenerate cells to save the teeth.

**Healthfully,
Aajonus**

20031217-0703

Dec 17, 2003

Re: Flu

(see also Dec 19, 2003, Re Flu – Part 2)

Hi everyone,

I received inquiries about "the" flu from many of you. I will make it as easy to understand as possible.

Flus are viral. Viruses are not living creatures like bacteria and parasites. Viruses do not self-replicate as believed by academia. Viruses are solvents, manufactured within the body. Saying that viruses self-replicate is like saying laundry soap self-replicates because it is found in most homes throughout the world.

Viruses are produced when bodies need to cleanse, frequently when dying and/or decaying tissue is too toxic for bacteria and parasites to consume. The difference between bacteria and parasites consuming dying and decaying tissue and viruses dissolving dying and decaying tissue is this:

Bacteria and parasites reduce the matter to tiny waste - just as we consume 5-10 lbs. of food in a day but discard as feces only 1/2 - 1 lb. of waste.

Viruses are solvents that do not reduce the waste but dilute it and spread it throughout all circulatory systems. Viral detoxifications are more debilitating, are longer and result in more symptoms than bacterial or parasitical detoxifications.

Vaccines have never been proved to stop or prevent disease, but have been proved to cause many diseases and death. Vaccine-success is simply myth propelled by billions of dollars a year income for pharmaceutical and medical-related industries. There are many non-medical and non-academic sources for this information on the net if you search for it.

Suggestions to facilitate flu detoxification and reduce and/or mitigate symptoms:

Daily, consume foods that bind with and absorb the enormous waste produced by viral detoxification, such as: 12-30 raw eggs, 9-20 tablespoons of unsalted raw butter (with at least a little unheated honey) and 4 ounces of no-salt-added raw cheese.

Often, the protein in eggs is not enough to build long-fibered mucus. Eating some raw meat daily, especially poultry, is recommended. Eggs may be consumed as smoothies, that is, blend together raw eggs, raw milk, cream and/or butter, a little fruit and, optionally, honey.

Healthfully,
Aajonus

20031219-0750

Dec 19, 2003

Re: Your accident

So sorry to hear of your accident and jaw. How is it and how are you after this?

I am healing rapidly. Suffering some discomfort with the wired jaw and teeth.
Thank you for inquiring.

Healthfully,
Aajonus

20031219-0751

Dec 19, 2003

Re: Canning Jars

Any idea where I can get Ball jars? I have tried Savons, Rite Aid (where I used to get them), and Vons. Nothing.

For canning jars, check your local grocery stores for Ball canning jars in 4, 8, 16 and 32 oz. jars. Always use Ball canning jar lids.

Also:

<http://www.candlesandsupplies.net/Candle-Making/Ball-Mason-Canning-Jars>

Phone: 800-819-6118 or 215-538-8552

20031219-0752

Dec 19, 2003

Re: High Meat

I have some high meat in production in the fridge. I left it for 3 weeks and it is a little slimy. Should I continue to air it? Can I eat it like this – i.e. slimy?

Continue to air it and you can eat it slimy.

**Healthfully,
Aajonus**

20031219-1137

Dec 19, 2003

Re: Flu - Part 2
(see Dec 17, 2003, Re: Flu)

Hi everyone,

Many people responded with: "If flus are not contagious, how do you explain that when someone is around a person with the flu, s/he 'comes down' with the same symptoms in 3 days?" and "One member of the family gets it and it most often spreads to most of the family members."

First, let me explain again that viruses are cleansing agents, solvents. They fractionate cellular structure while causing swelling. After cellular structure is compromised, the swelling causes a cell to appear as if it explodes. Some say that viruses attack healthy cells but not decaying cells. I will attempt to explain in simple terms.

Cells that have biological integrity are easily cleansed with or without bacteria and parasites. Many cells that are poisoned by unnatural chemicals from industrial pollution, including processed food, are toxically preserved and mutant. Because natural auto-bio-eco-cleansing substances are void in those cells, they seem to be sound in structure and are therefore interpreted as healthy cells. They are not. And, as I said in the last email, they are too toxic for bacteria or parasites to consume. Since the body does not need to use viruses on cells that are auto-bio-ecologically sound enough, viruses work on cells that seem to be healthy. To get an idea of the probability, look at many of those seemingly healthy individuals who never had a flu, had boundless energy and looked great. Yet, they dropped dead in an instant with an aneurysm. If they were truly healthy, they would not have had an aneurysm and died.

The medical profession and science are extremely deficient in diagnostics. They usually cannot determine disease until it is advanced. When they try to diagnose disease in advance, they look at criteria which have little to do with any particular state of disease. They are always trying to link a particular biochemical to disease. That is the result of the pharmaceutical industry preparing to produce or market a drug that will be advertised to alter that particular biochemical.

Viruses are manufactured in the cells. When a cell seems to burst, it releases all of the virus into the bloodstream and the body can use them to work on other seemingly healthy but damaged cells. This is diametrically opposed to bacterial and parasitical detoxifications wherein the waste products are minimized. Viral wastes are greater and produce more discharge from tear ducts, ear canals, gums, tongue, salivary glands and mucous membranes.

In the laboratory work I directed and observed, there was no evidence that viruses were produced (self-replicated) outside of cells. That is theory without proof and poor science. The increase of viral substances in the blood directly correlated to the amount that was released into the body with "bursting" cells. Since my discoveries proved to me that viruses are not alive and do not self-replicate, they cannot be contagious.

Now, I will present an alternative to the idea of viral contagions: the idea of cyclic detoxification by bacteria and viruses. Since society, in general, eats the same foods that are high in waste and toxic byproducts produced from cooking, processing and chemical agriculture, it is only common sense that many people will produce similar symptoms concurrently. Climatic conditions often affect which bacteria and viruses are utilized by the body for detoxification during seasons, yearly, bi-yearly, tri-yearly, quad-yearly, etc. If the body and its natural cleansings were not cyclic and happened all at once, we would be extinct. If we want to know how magnificent the body is, we must spend centuries studying its cycles. We must study which tissues are detoxified at what cycles - monthly, yearly, every 2 years, 3 years, 4 years, 5 years, etc. Since viral and bacterial detoxifications are cyclic, many people will get them within months of each other and then they disappear after about 3 months.

If they were contagious, as the profiteering medical and pharmaceutical industries want us to believe, and not cyclical, it would take at least a decade to spread one virus to affect 30 million people. In the present 3-month-flu periods, there would have to be at least 1 million spontaneous eruptions to produce 30 million cases of flu in that 3-month period - 3 days per individual being the least "incubation" period. If we are

going to write off 29 million cases as spreading from other people, what about the original 1 million cases? Therefore, contagion proves to be not only a flimsy but almost ludicrous theory.

Common sense: Because roosters always crow before the rising sun, does not mean that they caused the sun to rise, nor that the sun would not rise without them crowing, nor that they only crow before the sun rises. The cycles of the body are not absolute. Many bodies react differently and need viral and bacterial help at times when the masses don't and vice versa.

Some very well-meaning people wrote in favor of some vaccines, citing several historical changes to prove vaccine effectiveness, with added scare tactics. I will illustrate with only one of those examples. One of them wrote:

"The polio epidemic of the 1940-50's all but disappeared after the Salk vaccine went into widespread use in the sixties, but not before hundreds of thousands, mostly children, died or were permanently disabled."

That is myth. As I wrote in my first book in Appendix D: the following table lists the reported incidents of polio in the year 1958, before the compulsory polio vaccine law, and the year 1959, when the law was adopted. Only four states and one city kept records. The statistics show that the polio vaccine actually created the disease that it was purported to have prevented.

Number of Polio Cases Reported in 5 areas, Before and After Polio Vaccine became Compulsory

	<u>1958</u>	<u>1959</u>	<u>% Increase</u>
Compulsory Vaccination?	NO	YES	
Connecticut	45	123	273%
Los Angeles, CA	89	190	213%
North Carolina	78	313	401%
Ohio*	17	52	306%
Tennessee	119	386	324%

*Ohio had an escape clause and many people declined inoculation. Therefore there were fewer incidents of Polio.

Eighty-two percent of all of the people who had polio in 1959 (listed above) had been vaccinated with one or more polio vaccines. Twenty percent had at least three polio vaccinations. All cases had had at least one vaccine. Most cases reported as dead-by-polio were medically treated individuals.

The decline in polio cases had bottomed by 1958, so the polio vaccine had nothing to do with the elimination of polio. The same is true with the statistics of smallpox. Often, statistics have been twisted to seemingly confirm success of medical technology. As you can see by the table above, polio vaccines created polio and did not eliminate it.

Most often today, cases of polio symptoms are diagnosed as some other disease. Everybody has poliomyelitis. The question should be: Is it active? If it is, is it serving a beneficial purpose? How do we improve the body's condition to withstand and heal such a spinal detoxification? As I stated in my first book in Appendix C, a polio patient showed improvement only when no medical intervention was accepted and raw foods were ingested.

I hope that this opens some conditioned minds to at least explore the possibility that viral contagions are myth, and removes much fear.

Healthfully and lovingly,
Aajonus

20031227-0437

Dec 27, 2003

Re: Mad cow

Hi Aajonus,

Just wondering if you have any suggestions regarding the mad cow thing that has just been announced. I eat a large percentage of red meat and wonder if there is any way to look for specific meats? For example: grass-fed.

No need to be concerned unless, maybe, you eat the brain and spinal cord of an affected animal. I ate mad cow meat in Paris, for 3 months a year for 3 1/2 years over 10 years ago, and did not suffer any ill reactions. Of course, at the time, I did not know it was mad cow.

Healthfully,
Aajonus

20031227-0929

Dec 27, 2003

Re: Herpes

Thanks for this very informative email (Dec 19, 2003 Re Flu – Part 2).

Prior to 1991 I never had herpes. After using a lip balm over my cracked, wounded (opening in the skin) lips, I got a herpes sore in the area where the cut on my lip was, within 24hrs. I also came down with a fever and fatigue for over a week. The fever left but the fatigue stayed with me for over 4 years. It has improved partially but still is with me today. Every time I travel, the stress of flying causes the herpes to come out on my lip. It takes a week to heal this sore. This, I see, is having a direct infection occur from an outside source. The virus has continued to interrupt protein synthesis in my body ever since, creating fatigue, hair loss and lowered libido. I'd like to believe that the herpes will some day have run its course; but it does not seem it will ever go away unless every cell of my body could be made perfect, which according to your other email is 40 years on a perfectly pure raw meat, milk, egg, etc. diet. Unless you are aware of others who have seen their herpes disappear completely as determined by titer blood tests or something better, then I'm still inclined to use the anti-herpe herb "Shegoi" along with continued Rife treatments in the hopes that I will some day shatter the consciousness of herpes in my body, permanently eliminating it from my tissues.

Comments?

Thanks.

The salve may have caused a little poisoning and may have triggered the final development - detoxification - of your systemically poisoned nerve endings, just as acupuncture does not create a disease but may bring disease to fruition. Nerve and bone detoxifications are the most prolonged and debilitating cleanses because nerves and bones contain concentrations of metals.

**Healthfully,
Aajonus**

20040101-1640

Jan 1, 2004

Re: Cravings for cooked meat

Dear Aajonus,

Any explanation as to why, after being on the raw meat diet for a period of time, that I crave cooked meat again?

Happy New Year to you.

It usually means a person is not eating enough fat with it to digest the raw meat properly. Add more raw butter and/or cream to the raw meat meal.

Aajonus

20040105-0229

Jan 5, 2004

Re: Dizziness

I have been dizzy the last 10 days. Yesterday and today has been worse. What to do?

Sounds like a protein deficiency that may be produced from not eating regularly enough or consuming too much fruit. I suggest that you eat a lot of meat with a lot of butter.

Aajonus

20040112-2124

Jan 12, 2004

Re: Intestines & Cellulite

You didn't mention how my intestines are doing and at what percentage the liver and pancreas are now working. Are they working at a higher percentage now that more has been cleared up? Usually, you look at the hands.

Also I have cellulite on my upper stomach area. Is this heavy metals in there and how long will it take to remove that?

They are working about the same. If you were to reproduce more cells in the next year, I am sure they will gradually function at a higher rate.

It's heavy metals in hardened vegetable oils.

**Healthfully,
Aajonus**

20040129-0607

Jan 29, 2004

Re: Pains around heart

Hi Aajonus,

I have been getting a mild pain (dullish) in my chest area around my heart off and on for a couple weeks now. Today it was much stronger and lasted longer. I have had absolutely no history of any kind of heart problem. Of course, everyone that I tell, tells me it's because of all the butter and red meat I eat every day. And, because of my programming growing up not to eat this, I second-guess myself and wonder if it is causing a heart situation that I never had before. Could this be some sort of detoxing that is going on? Or any suggestions as to what to do? I really do not want to go to the emergency room or my doctor if it is not necessary.

No need for concern. The body must increase circulation to the heart and surrounding areas to help cleanse and heal the areas when toxins have stored there. The swelling and cleansing sometimes causes discomfort, pain and fatigue. It has always been transitory.

The people who panic and relate chest pain to high cholesterol are simply parroting others' unscientific claims. All tribes that eat mainly animal meat and fats, and lots of it, whether cooked or raw, do not have heart disease. The fat that causes hardening of the arteries and heart is pressed vegetable oils, especially those that have been hydrogenated. Pour them into dirt and it turns the soil into rock over the next 6 -10 months. Place animal fat into dirt and it molds and becomes healthier, rich soil.

Healthfully,
Aajonus

20040129-0649

Jan 29th, 2004

Re: Blood - acid or alkaline and thoughts

Hi Aajonus,

I recently heard someone state that when the blood is more acidic, 75% of one's thoughts will be negative; when the blood is more alkaline, 75% of one's thoughts will be positive. They also mentioned this is why treatments such as lithium are effective, as lithium makes the blood more alkaline.

I've been trying to back this up with some sources but I've had no luck yet. I have found numerous sources discussing how negative thoughts create an acid environment, but not the other way around.

Do you know anything about this?

My experience supports that belief. I do not know about the percentages, but I do agree that when the nerves are irritated, because the blood supplying them is overacidic, negativity, hostility and irritability are common. An alkaline mineral supplement is not the answer because it causes imbalances. The green vegetable juices alkalinize the blood, rarely causing imbalances.

**Healthfully,
Aajonus**

20040204-1238

Feb 4, 2004

Re: Hand injury

Dear Aajonus,
I had a heavy suitcase with books fall on my right hand 11 days ago and it is still painful in the bone and when I move my fingers. How can I heal this quicker?

Ouch!

The Pain Formula eaten with meat meals and resting it on a hot water bottle as often and long as possible.

**Healthfully,
Aajonus**

20040204-1239

Feb 4, 2004

Re: Sagging flesh

Dear Aajonus,

I have sagging flesh and it is very orange-peel-like if I touch it. Example: on legs and arms. Is this all cooked food or carbos? Will it go on the diet? How long does it take?

The sagging and dry thick flesh indicates that toxins from cooked food are stored in the muscles and that the muscles are deficient in vitamins and enzymes. Removing the toxicity and rebuilding with healthy cells takes a lot of time, but it happens on the Primal Diet.

**Healthfully,
Aajonus**

20040413-1329

Apr 13, 2004

Re: Mad Cow

Hi all,

I include all of you in the following response because so many people have asked about it.

There is no medical evidence that folded prions cause Mad Cow. The symptoms of Mad Cow are similar to mercury contamination that occurs from vaccines. There seems to be several reasons for creating a new disease. Firstly, it is a smokescreen that prevents pointing the finger at the pharmaceutical industry for using mercury in vaccines that causes the nervous system to disintegrate.

Secondly, my research and that of reporter Jon Rappaport shows that the major genetic food industry is behind the scare with agents in the FDA, USDA and CDC. The business plan seems to be to destroy all faith in natural animals and replace faith with fear. Presenting genetically altered "safe" animals that are patented would mean that the manufacturers would receive royalties for every animal, if they wish, and completely control the food industry. It seems they are doing the same with agricultural food. So, for Monsanto and Dow and others, destruction of unpatentable animals is not only good business sense but a must. If we discard the bacteria theory, they would not get away with it. But, as you can see, everyone follows the postulate that we should fear the bacteria that humans and all animals have been living with for millions of years and trust 600,000 new chemicals that create "clean" living. Those chemicals are causing most of the diseases that exist today, not germs.

If you think that that is a far-fetched conspiracy theory, you might miss the boat to good health.

I ate Mad Cow meat for 3 1/2 years while I lived in Paris, off and on, from 1993-1997 and suffered no ill effects.

Healthfully,
Aajonus

20041101-1956

Nov 1, 2004

Re: Shaving

Hi Aajonus,

I'm just curious. What do you recommend for shaving? I used to have a beard and I've since shaved it off, but electric razors give me heat burns. I've resorted to using the Primal Facial Body Care Cream as my shaving cream and using a normal razor. Even with this, I need to reapply the cream for 1/2 hour after I shave because my face gets pretty red. After that, my skin tone goes back to normal and any nicks heal quickly, so I guess it is working; but I thought you might have some advice. What is the best way to shave for a sensitive face?

First, I moisten my face with coconut cream about 5 minutes before I plan to shave. Then I whip an egg, apply it to my face over the coconut cream and shave with the egg on my face. I rinse the razor in clean water frequently while shaving to remove hair in between the blades. Then, I dip the razor in the whipped egg again before I continue shaving. I drink whatever I do not use.

Healthfully,
Aajonus

20060920-0928

Sep 20, 2006

Re: Sore throat

Hi Aajonus,

I just signed up for your newsletters and have read all of them. Awesome information. I'm so inspired and filled with the hope of future improvements in my health. Thanks for these masterpieces of newsletters. I've know much of this, but your providing new facts and details really crystallizes the whole microbe subject for me much better.

In the recent past I got tired of the raw regime and ate a few meals of cooked fish, steak and chicken. Then I bought and tried pemmican that was dried at 120 degees and the tallow that dripped off was added back with honey and cherries. I ate a few helpings of this stuff, then I got a sore throat. I returned to 100% raw, except for some bread and slowly have improved. Now, 2 1/2 weeks into it, the sore throat is about 90% better. It has taken a longer time than normal to clear. I've implemented some of your suggestions in the book. My question: have you ever had a sore throat or cold or flu symptoms on this program that lasted for weeks at a time?

You talk about how people with chronic fatigue syndrome are always skinny and irritable. Yep, that has been me. And it all makes so much sense. I've never been able to build muscle. I must have been really poisoned from mercury fillings, vaccines and dead chemicalized food in the 60's & 70's. By age 16, I woke up and began my exodus from the land of disease.

I ordered some Terramin. I'm excited to use it to grow back the bacteria necessary for good protein digestion and improved elimination. On red meat my bowels slow up way too much. I need more E.coli for sure. I look forward to the day when I'm healed enough to feel tremendous peace, happiness and strength.

Thank you for your appreciation for my work. Through childhood and adolescence, I suffered sore throat and cold/flu symptoms for up to 3 months. Since I have been on my present diet, while several times detoxifying my jaws and teeth, I experienced sore throats for up to 10 days; colds or flu for only 7 days. I suggest that you eat at least 20 eggs daily until symptoms subside.

In order for you to gain weight, you must force yourself to eat when not hungry. Once you gain the weight, your appetite will increase to feed the new cells and you will not have to force yourself to overeat as often.

Healthfully,
Aajonus

20060920-0929

Sep 20, 2006

Re: Traveling to Mexico

Hi Aajonus,

I'll be traveling to Mexico for a week and wanted some advice from you on eating raw. I'll bring a three day supply in my suitcase, but what to do on the other days? Do I order raw steak or fish in restaurants? Have you ever eaten in Mexican restaurants?

When I travel in Mexico, I order "carne crudo" at restaurants. Most often, I find a butcher store where I purchase the meat. If you are flying to Mexico, do not store your food supply in your checked baggage, because the radiation it will suffer is enormous. The carry-on X-ray is mild and if your food passes through only once, it will not be too ill-effected.

**Healthfully,
Aajonus**

20070107-2122

Jan 7, 2007

Re: Fish Question

Hello,

I ate sushi a week ago. I was obviously not thinking and ordered the salmon. For some reason I assumed it was wild. At the end of the meal I asked the waiter and he said yes it was wild.

I found out yesterday after calling the manager of the restaurant that it was farmed salmon. I am/was upset to discover I ate farmed salmon with all of its pollutants. How much damage have I done after two courses of sashimi? I never eat any kind of farmed fish. Unfortunately, I was not thinking.

Thank you.

You probably used about 2 meals of good food to contain and detoxify your farmed-food poisoning. That type of poisoning is unlikely to cause any permanent damage as long as you ate and continue to eat a healthy diet. I suggest that you eat 10 eggs per day for 10 days minimum to ensure that you will not store any of those toxins.

**Healthfully,
Aajonus**

20070215-0626

Feb 15, 2007

Re: Raw Food for 15 Month Old Baby

Hello,

What raw foods are safe for a 15 month old baby to eat? I am just now introducing some food to him.

I know you say meat and milk. What about butter alone, butter and honey together, kefir, raw cheese, raw cream, raw egg or raw egg yolk?

I have tried very small amounts of all of the above foods on our little boy and he loves all of them. Any problem with them?

Is there absolutely any raw food that he should not have? I don't want him to detoxify in an unhealthy way.

I make your Steak Tartare with 1-1.5 pounds fresh raw ground sirloin meat (I grind myself), fresh grated red onion to taste, 1 clove fresh grated garlic and 1 raw egg. Is this okay for a 15 month old to eat? Or should the raw meat be plain?

Thank you.

All of those foods are helpful to most infants, however cream and butter require large amounts of minerals and proteins to utilize them. Milk is most often the perfect balance, if cream content is satisfactory. Small amounts of cream and butter will not cause imbalances. If trying to counterbalance a large consumption of cream and butter, more protein and cheese should be consumed.

Because of children's delicate digestive systems, it is always best to feed infants and children plain meat.

**Healthfully,
Aajonus**

Is raw avocado okay? Our little boy loves it.
Thank you.

It is good for infants, but not as a staple fat. It does not build or heal the body; it mainly causes detoxification.

**Healthfully,
Aajonus**

20070508-1004

May 8, 2007

Re: Salt in Cooked Food

Hi,

In your book you say that cooked food needs salt to help process the cooked food. When eating cooked chicken / cooked food is it okay to put salt on it?

Also, Wild Copper River Salmon is just now coming into season. Is Copper River Salmon safe to eat?

Thank you.

Cooked meats of any kind do not need salt.

I have not investigated Copper River in several years, so I do not know.

**Healthfully,
Aajonus**

200070606-1408

June 6, 2007

Re: Tobacco

Hi Aajonus,

Our friend came to see you. Thank you for helping him. He thinks you are the greatest thing right now!

I talked with someone at Mother Earth tobacco last week. She said someone else has called them about the green tobacco and they are trying to figure out how they can do this for us. She seemed very receptive to doing it, but says that the tobacco will turn brown very quickly and begin to have a horrific odor. And even if they overnight it to places in the US, there is really no guarantee that it won't get stuck at the border, and then be brown when it arrives. Just wondering if you have any thoughts on this? Would it still work as long as it could be juiced, even if it is not green anymore? If this would still be beneficial, then I think they would be willing to work with us.

I did find a farmer not too far from us who is willing to let us come and get some of it, but he does not want us to give his name out and he does not want to do it for other people because he's worried about tax issues. He said he didn't know if there would be tax on "green" tobacco, or if it would just be on the cured stuff. I am also not all that sure that he will be willing to do it for me when I call him back in August to go get it!

Thanks. Hope your travels are going well!

If it were brown for several days that would be fine. You will ferment it anyway. The requirement of green tobacco was to ensure that it was not dried tobacco. Only cured tobacco is taxed.

**Healthfully,
Aajonus**

20070721-0520

July 21, 2007

Re: Whole House Water Filter

Hi Aajonus,

We are interested in installing a whole house water filter. We like the Aquasana filter. It takes out everything except the minerals.

What do you know about whole house water filters?

Thank you.

I would use a three-tier system: paper - charcoal or carbon - sand, in that order.

Healthfully,
Aajonus

20070912-0108

Sept 12, 2007

Re: Raw chocolate

Hi Aajonus,

Question:

What is the truth about raw cacao? I read in one place that chocolate is believed to boost serotonin and endorphin levels in the brain and is good for us. Then in another article I read this:

"Chocolate and raw cacao are outright health hazards due to the chemicals, contaminants, and additives they contain. The chemicals within chocolate are called methylxanthines. They can be further classified as theobromine, caffeine, and theophylline, all of which have deleterious effects on the body. Theobromine is known to cause a host of symptoms including abnormal glandular growth, nervousness, depression, anxiety, insomnia, gastrointestinal problems, and itching. Caffeine is highly suspected of being a carcinogen, and is directly linked to heart and circulatory problems, glandular difficulties, nervous disorders, osteoporosis, birthing abnormalities, and so forth. Theophylline causes stomach problems, nausea, vomiting, and nervous disorders."

You talk about caffeine and theobromine being bad for us in your book.

What is the truth? You eat some of it. How much is too much, or is it really the best not to have any at all? Are there any people that should not have any at all? What do you think?

Raw chocolate made with raw butter and honey is fine in small quantities. I wrote about it in my soon-to-be-released newsletter (Volume 7, Oct 30, 2007).

**Healthfully,
Aajonus**

20070927-0505

Sept 27, 2007

Re: Takara Detox Foot Patch

Have you seen this? What do you think about it? I was totally skeptical until I read it. I am curious. Do you know anything?

<http://www.takarapatch.com/index.htm>

I have not experimented with it but it could be well utilized in emergency cases. Whether the mined and sterilized tourmaline, not bioactive from plants, can cause tissue destruction if absorbed has not been addressed. Whatever else is in the patch that may be absorbed into the body prior to toxins being attracted to the patch has not been addressed. Since feet normally heavily perspire, the acidic perspiration will dissolve some of the patch and absorb it. Does any of it remain in the body, and if so, what are the effects long-term?

Healthfully,
Aajonus

20080227-0446

February 27, 2008

Re: Testing to ensure milk is really raw

I have some doubt (admittedly small, due to the presence of an employee at an organic dairy who is opposed to selling the stuff raw) whether the milk, cream and butter I have been getting is really raw.

Is there a reliable test or indicator?

Yes, it is a relatively inexpensive test where a laboratory tests for the cauterization of phosphorous.

**Healthfully,
Aajonus**

20080322-1805

Mar 22, 2008

Re: Lung infection

Hi Aajonus,

Have you ever had anyone else have a lung infection problem that got worse on the high meat and finally cleared up?

Yes. They should not sleep prone until the detoxification is finished.

Aajonus

20080327-2228

Mar 27, 2008

Re: Severe rash on chest

Hi Aajonus,

I sent you two photos of a rash that came out of nowhere on my chest 2 weeks ago, and is spreading down my body and onto my arms and legs.

My mom has Morgellons and has had it for several years now. She thinks it is that, as the websites on it state that it is a sudden onset of a rash that itches and hurts. Then, after a few weeks or months, it is gone as fast as it came. Then some sort of incubation takes place for anywhere from 3 months to 3 years before the sores start, where the fibers start coming out of the body. It also said stress and sweating can set it off. I do hot yoga and sweat a lot and have been under HUGE stress the past 3 months.

I have no idea if it really is the Morgellons, or if it is some sort of detoxification I am going through. It is excruciatingly painful and itches like crazy. I have been putting coconut cream on it for two weeks and it has not helped. In fact, it is getting progressively worse.

Please help!

No matter what, such a detoxification is toxins passing through the skin and irritating cells. To help arrest the toxins, so they cause less irritation and cellular damage, I suggest that you rub lime (not lemon) juice on the area. 3-5 minutes later, apply coconut cream.

Healthfully,
Aajonus

20080328-0221

March 26, 2008

Re: Olive Oil & Fermented Cod Liver Oil

Is this an olive oil that meets and exceeds your standards?

California Heritage Olive Oil from Living Tree Community Foods

California's olive country is full of pesticides and herbicides, therefore this oil MAY be affected. Is there any type of solution used to help separate the oil from the pulp? Many oil companies claim cold processing, but use solvents and/or separating solutions instead of heat. I think that Living Tree is a reputable company, but I do not think that they understand some of oil processing. Someone will have to speak with the chemist to ensure that nothing is used to cure or separate the pulp from the oil.

I worked with Green Pastures to create the fermented cod liver oil about 1.5 years ago. I tried it and it was good, but they did not sell it at the time because it would only remain stable for 6 months. Then the company decided to change processes to make it last 1 year. They did not contact me about their new processes or whether they changed the processes at all.

I do not have time to call Living Tree right now, but I will put them on my call list. If you would like to call them be my guest, but get whatever they claim in writing.

Healthfully,
Aajonus

March 28, 2008

I emailed Living Tree and I got a reply from their president, who stated that their olive oil is made without using any chemicals or solvents and that it is raw, unfiltered, unheated and UNPRESSED - produced in a water-jacketed centrifuge at room temperature.

Their flaxseed oil is cold-pressed, without chemicals or solvents, below 120 degrees F.

Both are certified organic.

Thank you for being so diligent and prompt. In the past, I have found that most executives of companies are not reliable sources for confirmation of processes; that is why I asked you to speak with the chief chemist for the company. If the president is also the chief chemist for the company, then his confirmation is probably accurate.

Healthfully,
Aajonus

I think I will double check to see who the chief chemist is.

I also spoke with Green Pastures and they will email you to confirm that the fermented cod liver oil product has not changed processes in any significant way since you were aware of it. They only add a small amount of organic virgin rosemary oil as an antioxidant in minute quantities, but they are going to re-establish the product without same this summer.

The rosemary oil is distilled and very toxic, solvent active.

HOW toxic? I've been consuming a lot of his cod liver oil. How should I detox it?

Probably, the amount of rosemary in it is bonded with the cod liver oil and it did not cause you any problem with storage or injury.

20080328-1222

March 28, 2008

Re: Flaxseed Oil & Forced Detoxes

Hi Aajonus,

I just purchased your guide of approved products and have been checking on availability and making comparisons to some of the stuff I have been using.

Flora flaxseed oil is on your approved list, pressed at or under 90 degrees, but it comes in a plastic bottle which they claim has been tested to ensure against leaching of various chemicals. I have been using a local, dark-glass-bottled, organic flaxseed oil, pressed at about 98 degrees. Which do you think is the better bet? Are you OK with plastic containers of the quality Flora claims?

And on this subject: I have been consuming what I thought was the highest quality of organic cold-pressed olive oils as a staple for over 20 years now, only to discover their real temp was in the neighborhood of 120 degrees F. What, if any, damage have I likely done with these oils, and what, if anything, can I do to reverse it? I ask because I noted with fascination your green tobacco detox for smokers included in the guide, and wondered if a similar approach might reverse any detrimental effects of a lifetime on phony extra virgin olive oil.

The best flax oil is Barlean's. They press it the day before they send it. You can put it in glass as soon as you receive it. I agree, oil that sits in plastic for very long dissolves the plastic; as oil sits, it becomes more acidic but not rancid, unless it is heated over 96 degrees F.

Any time you would like to force-detoxify anything, ferment or age the substance and then take it in very small amounts.

**Healthfully,
Aajonus**

20080329-0320

Mar 29, 2008

Re: Rabies Vaccine

Hi Aajonus,

We need to take our dog to a trainer. She has been on the diet you recommended since soon after we got her. She is very spirited and I wouldn't dream of squashing that, but she is a little out of control not listening to us! Anyway, she had the puppy shots at the humane society before we got her, but has had no shots since then. I don't plan to do any of them, even though we cannot kennel her anywhere because of it! The trainer is definitely on the side of as few vaccines as necessary, but he says he cannot get away with overlooking the rabies one. In our state, it is law that they must receive the vaccine once and then once more a year later. After that, they can go 3 years. So, I only have the record of the one she received just before we got her. So, now either I have to give it to her or I cannot take her to a trainer. I have read that they can titer to find out if she still has enough antibodies, but the holistic vet here says that there is not enough evidence that the titering works with rabies to make this legal in our state. So, do you have any recommendations about how I can make this the least harmful to her?

Thank you.

She is not receiving enough bones, or is not digesting the bones you give her because the puppy shots damaged her digestion. If you are feeding her plenty of bones, you may have to crush them with a sledge hammer in the future so that she will digest them better. Once she has enough of the minerals from the bones, she will behave.

As far as shots, including rabies, they only cause harm to her and profit pharma. To protect my dog, I would falsify documents if I had to, which might be easy to do with the phenomenal graphic programs available.

**Healthfully,
Aajonus**

Oops, I didn't mean to give the impression that she is having problems. I think she is OK. We do smash the beef bones sometimes when she is unable to do it herself.

But, I do want to take her to a trainer to learn how to stop her from dragging us down hiking trails with the leash. So, I either have to do the shot or falsify the documents like you said.

Unfortunately, I am not always as resourceful as you with things like this. 95% of the time, we make the choices that you would suggest. But, sometimes, we sell out because we do not know how to get the things done that will allow us to go around. This may be one of those times. Plus, I would hate for her to get bitten one of these days when she takes off through the woods.

So, in case I don't find another way, could you please tell me what I can do to make the shot the least harmful as possible? Is there something I can give her before and/or after that will help?

Thank you.

Rabies vaccine does not prevent rabies but causes it. The mercury, formaldehyde and aluminum usually cause crippling MS in the rear end of dogs after age 9. Usually, it is temporary if the dog is on the PD but sometimes it is not.

Healthfully,
Aajonus

20080416-1950

April 16, 2008

Re: Raw Milk and Weight Gain

I sense my raw dairy consumption of late (as opposed to a few years ago with a different supplier) has resulted in considerable weight gain. Granted, I have been consuming a lot more, but it got me thinking.

When I want to quickly gain weight, I drink lots of raw milk.

Aajonus

20080419-0939

April 19, 2008

Re: Flora Flaxseed Oil

Hi Aajonus,

FYI, Flora's flaxseed oil is a cold-pressed oil that makes your list of approved products but, upon direct inquiry, it turns out that it is pressed at 98, not at or below 96. They say they use NO heat, but that is the temp at which the seeds are ground. I get the same story at a local flaxseed oil producer here. They say NO heat is used, but the gauge at the press is 98 degrees. I am going to enquire about the others on your list, but thought you'd want to know Flora does not meet the 96 advertised there. How bad/less good is having consumed these 98 degree flaxseed oils?

98 degrees F. for flax oil is okay, but not for olive, peanut or coconut oils.

**Healthfully,
Aajonus**

20080519-0341

May 19, 2008

Re: 2 year old eating soil

Hi,

Why is my 2 1/2 year old eating soil? I'm sure soil is contaminated with who knows what. What is best for him to eat? Thanks.

He eats soil because it has many nutrients that aid digestion. However, if the soil has been contaminated with herbicides, pesticides and chemical fertilizers, it could cause anemia and, at worst, leukemia and possible bone or other cancers. It would be best to travel to a clean state or federal forest and harvest about 2.5 gallons of top soil (no more than 6" deep) and pick a spot that he likes in your yard for him to grab and eat it.

Healthfully,
Aajonus

Hi again,

I had one more thought. My 2 year old has only eaten the top soil twice and I don't think he has ingested very much. I am hoping that your reference to leukemia would require him to eat larger amounts over time. Please calm my fears on this. Also, is there anything he can eat now that would **clean him out** of the possible contaminants in the soil. The soil was top soil from the large 40 pound bags you buy at the store; there was nothing added to them. Just plain top soil.

Thank you once again.

In a child that young, even a small amount could cause anemia, but probably not cancer. One drop of vinegar in a tablespoon of raw milk, twice daily 5 days weekly for about 6 weeks, should remove all such toxicity.

Healthfully,
Aajonus

20080520-0639

May 20, 2008

Re: Cucumber in juice

Hi,

When you came here you put all the new people on cucumber for their juice. One person had 50% cucumber. **What does cucumber do for the body?** My juice drink that you gave me 2 years ago is 75% celery, 15% carrot for sulfur, and 10% parsley. **Do I need to change my juice and add cucumber to it? If so how much?**

Thank you once again.

I experimented with cucumber puree for about 6 months with 50 people and the results were very beneficial for skin, connective tissue and other collagen-related needs. New people on it is a broader experiment. You may add 45% cucumber puree and drop 45% celery if you like. However, since you are doing so much better, I am reluctant to suggest the change for you. I will not be able to distinguish how much your skin is affected by fat absorption if you add the cucumber. I do not want you to forget the need for fat and think that because your skin may improve so much with cucumber puree that you do not need as much fat.

Healthfully,
Aajonus

20080603-0805

Jun 3, 2008

Re: Butter wrapped in parchment paper

Hi Aajonus,

What's wrong with parchment paper? I get my raw butter from Grazin' Acres in Wisconsin. They wrap their raw butter in parchment paper. Is that okay? The other alternative is number 5 plastic from Amos Miller in Pennsylvania. Which is better: parchment paper or #5 plastic?

Thank you.

When I got butter wrapped in parchment paper, I trimmed 1/16" of butter from all surfaces, because toxins that are used to make paper are easily absorbed into butter. As long as the butter is not frozen, plastic will not leach into butter. However, there is a slight toxic film on plastic surfaces that will be leached into butter. From plastic containers, I scrape the surfaces. It is my understanding that Grazin' Acres freezes all of their butter unless you ask them to send non-frozen.

**Healthfully,
Aajonus**

20080609-1238

June 9, 2008

Re: Lungs, Pneumonia

Dear Aajonus,

I realized we forgot to see what state my lungs are in. I had pneumonia for the first time last year. The doctors saw something on the X-rays. What do you see?

Thanks.

I mentioned the lungs. The right lung improved with removal of biological waste, but accumulated metallic toxicity. The left lung improved by waste removal and healed some (more cellular life), but also accumulated metallic toxicity.

Pneumonia is a radical method of detoxification.

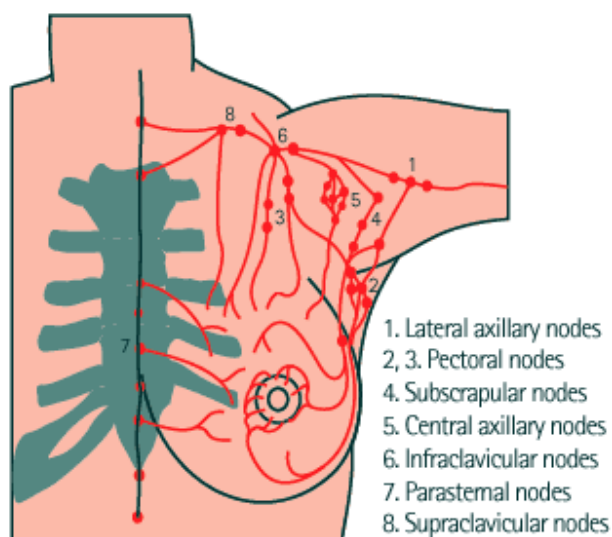
**Healthfully,
Aajonus**

Jun 24, 2008

Re: URGENT – tumor – request for guidance

Aajonus,

My wife's tumor in her left breast has slowly been growing bigger over the last 6 months, from a small plum to about the size of her fist. Also, in the last few months, the surrounding lymph nodes have all gotten bigger and painful. In the attached photo, the entire #2 group is palpable, all the size of grapes. The # 3 area, on the breast, is the largest, double the size of a grape, like a date. # 8, on the top of the sternum, is the size of a silver dollar and raised out about 3/8 of an inch. The one right at #7 is small and painful. There are some smaller ones in the vicinity of #4 and #5.



To make things worse, her shoulder/breast area is now so stiff and painful, it is as if she were recovering from a car accident or some other injury. She has to walk slowly, conscious of her arm movements, and I have to be careful if I hug her. If I squeeze too hard it hurts her. The lymph nodes are very itchy inside and painful. She also gets a very painful itchy feeling inside the tumor that she describes is like little worms moving around, but that pain in the tumor has always been there (on and off), just more intense recently.

A dry cough has been developing slowly over the last few weeks. She says that her lungs are very itchy in the sternum area and she just needs to cough. A couple of days ago, she mentioned that if she bent forward, it was as if blood would surge to the lymph and they would throb. And then, when she coughed, she could feel pain in all of her lymph. Now, she is just so sore everywhere that it is painful all over the area and in the lungs when she coughs. She has started to cough up some mucus.

She is really having a hard time and is really scared, especially after last night when every time she lay down and tried to sleep, she would start coughing and it was really painful. She finally fell asleep and appears to be breathing normally but coughs slightly and moans a little every now and then.

She has been taking hot baths and using a hot water bottle on the breast area and that has been helping with the pain a little. She is all raw (100% and no salt for 2 years). She gets in a lot of cream every day, eating ice cream; plenty of milk, about a quart a day; usually, at least one meat meal; not a lot of juice lately, but a little green juice yesterday; a couple of spoonfuls of butter; and a bit of cheese before the meat meal. Other than that, she has been eating fruit like mango (from the neighbor's trees) which is in season and some organic apples, and one or two small apple bananas from the yard (the fruit has been replacing the other meat meal and a snack). She has been taking some organic salads to work with pine nuts and flax seed/honey/ACV dressing. She has not been drinking smoothies, but we have had chickens for about a month and she drinks one to two eggs a day. They did eat some commercial feed when we got them but we have weened them off and they are now on wheat/corn scratch and the rest is grass, bugs and worms from the yard.

We look forward to your reply.

Thanks.

I am confused why I was not kept abreast of her progress.

Juice is very important to remove waste, especially minerals that have bound with her body's cancerous discharges. If she does not have juice, those toxic minerals will remain in tissues, hardening the area. Fruits cause mineral imbalances and add byproducts that are likely to cause more stiffness.

I suggest that she drink 3 8-ounce glasses of vegetable juices daily: 25% carrot, 25% celery, 10% cilantro and 40% cucumber puree. Juice all but the cucumber. Peel the cucumber until all the dark green is removed. Slice the cucumber into circles and add it to a quart jar. Fill it with vegetable juices and a little honey and blend. Mix all the juices and the cucumber puree together and bottle it for each serving.

When she drinks the juices, I suggest that she drink 1 tablespoon of raw apple cider vinegar with the first juice, 1 1/2 tsp vinegar with the second juice, and 1 tsp vinegar with the last juice. I suggest that she drink that 6 days weekly for 6 weeks. On day 7, weekly, I suggest that she drink the juices without vinegar.

Keep me posted.

Healthfully and lovingly,
Aajonus

20080706-0423

July 6, 2008

Re: Remedy for Hydrogen Peroxide

Hi Aajonus,

I seem to have rendered unreadable my note on your suggested remedy for having consumed 15 drops of "organic, food-grade hydrogen peroxide" daily for the last 8 months. You said coconut oil/cream and _____ together. Can you please remind me.

2-3 ounces of coconut cream and 1/2 cup tomato with a few drops of raw apple cider vinegar. Blend all together.

20080708-0914

July 8, 2008

Re: Food-Grade Hydrogen Peroxide

Hi Aajonus,

I just wanted to clarify something from our Saturday consultation: as I mentioned, I have been taking (I stopped since Saturday) 14 drops of food-grade hydrogen peroxide daily for the last 8 months, as per the recommendation in the first edition of WWTL, as a way to boost oxygen and aid my hair/eyebrows. The funny thing is, I believe there has been some improvement. How do I verify if in fact the H₂O₂ that I have is of the kind you originally recommended in your book, or is in fact dangerous?

If you paid \$300 for 2 ounces, it is probably natural. The cost of obtaining and packaging natural H₂O₂ is very expensive. If you paid anything less, it is definitely not natural.

**Healthfully,
Aajonus**

20080711-0942

July 11, 2008

Re: Bladder Stone Removal Remedy

ITEMS NEEDED:

Small picnic cooler

1 hot water bottle

Glass jars:

4 ounces to hold vinegar

4 ounces to hold lemon juice

8 ounces to hold olive and coconut oils

16 ounces to later combine the above ingredients

16 ounces to hold sparkling water

Ingredients:

3 ounces of olive oil

3 ounces of coconut oil

3 ounces of apple cider vinegar

2 ounces of lemon juice

16 ounces of sparkling water

Place the ingredients in their respective jars as mentioned above. Place all jars including the empty 16 ounce jar in the cooler. Place the hot water bottle that is about 110 degrees F. in the cooler to heat the ingredients and keep them warm. Place the cooler near your bed or floor where you will mix and consume the ingredients later.

BEGINNING THE PROCESS

Follow the instructions for Lymphatic Congestion and Lymphatic Baths. Drink the Lymphatic Formula (pineapple/coconut cream mixture) as soon as you enter the bathtub or hot tub. Soak for 60-90 minutes in water that is 101.8-103 degrees F. After leaving the tub, bundle warmly. Go to the bed or the floor and remove the jars from the cooler. Pour the lemon juice, vinegar and both oils into the empty, warm 16 oz jar. Sit on the bed or the floor and drink 4 ounces of the formula at a time, alternating immediately with 4 ounces of water. Repeat until the mixture and water are consumed.

Immediately, lie on your back. Place one hand on top of the other and with the top pads of your fingers in horizontal alignment with your pelvic bone, press slowly and deeply into the lower abdomen just above the pelvic bone downward toward the tail bone. While pressing as deeply as possible without creating too much pain, slowly move your fingers toward your navel about 5 inches. Do this 10-15 times. Roll onto your stomach and roll your abdomen muscles up and down until you must urinate. Try to hold it until you absolutely cannot hold it. Holding your urine will force the bladder to expand as much as possible and allow the ingredients to begin dissolving the stone(s). Also, it allows for dissolved stone fragments to flow outward with the urine upon urination. Use a jar to catch your urine and check for stone fragments.

Healthfully,
Aajonus

20080715-0839

July 15, 2008

Re: Bladder Stone Removal Remedy #2

ITEMS NEEDED:

**1 hot water bottle
1 glass jar - 32 ounces to hold all ingredients
1 quart Sports Formula**

Stone Removal Formula Ingredients:

**4 ounces of olive oil
7 ounces of apple cider vinegar
2 ounces of lemon juice
7 ounces of sparkling water**

Start drinking 1 quart of Sports Formula 3 hours before drinking the Stone Removal Formula. Finish the Sports Formula 30 minutes before drinking the latter. You may also drink juice instead of Sports Formula if desired. Do not eat anything during this time.

Prepare a cold bath ahead of time. Mix all the ingredients together in the jar. Then lie down on the floor or bed and place a hot water bottle on your abdomen for 20 minutes.

On the way to the bath, begin to drink the formula and finish it while lying in the tub on your back. Rest your head on the hot water bottle.

After 5 minutes in the bath, as relaxedly as possible, roll your stomach up and down for 20 minutes. If you have to urinate before the time is done, get up and catch your urine in the quart jar. Then lie back in the tub for the remainder of the time. When finished, get out, but try to hold your urine for as long as possible and go to the bed or floor, lie on your stomach and roll your stomach for about 5 minutes. Use a jar to catch your urine and check for stone fragments.

**Healthfully,
Aajonus**

20080717-1902

July 17, 2008

Re: Hothouse Tomatoes

Hi Aajonus,

I just discovered that ALL of the tomatoes we have been buying and eating from the local community organic grocer are hothouse tomatoes.

Am I right to assume that such are somehow deficient, and/or possibly dangerous?

Is it better to eat non-organic tomatoes if they have been grown in sun and soil?

Not only are they deficient, they are not truly organic. It is always possible to get organic cherry tomatoes that are not hothouse year round.

**Healthfully,
Aajonus**

20080720-0712

July 20, 2008

Re: Spoiled/Rancid Raw Butter

Hi Aajonus,

Is "spoiled"/rancid/fermented butter harmful or beneficial, in any way?

Raw butter does not rancidify or putrify. It simply turns into moldy butter-cheese such as blue butter-cheese. Like cheese, molds have predigested the butter, making it more digestible.

**Healthfully,
Aajonus**

20080831-0701

Aug 31, 2008

Re: Questions About Diet & Penicillin Destroyer

Dear Aajonus,

I have attached the diet you created for me. Please review it for me and make any changes necessary. I will be working hard to adhere to it. I want to make sure I am following the best eating plan, and I am determined to feel better and get healthier.

A couple of unanswered questions:

You mentioned you wanted me to eat bone marrow.
When, how much, and how often?

You mentioned "Penicillin Destroyer" being important for me. We didn't discuss it further. ("Penicillin going wild in my body.")
Can you tell me what you want me to do?

You suggested cherries and dairy cream 2 times a week.
What time of day, where in my eating plan, and what quantities?

You didn't mention butter following my evening meat meal.
Do you not want me to have it, or did you forget to mention it, and if so how much?

Thanks so much.

Bone marrow should be eaten before meat; have 1-2 bone-marrow sections per day at your evening meat meal.

The Penicillin Destroyer is 3.5 tablespoons each of lime juice and coconut cream, 1.5 tablespoons of honey, and 1.5 teaspoons of lemon juice. Blend all of these together and pour it into 2.5 ounces of naturally sparkling mineral water. Sip it over 15 minutes in the afternoon as your fruit meal of the day, once weekly.

Have 1/2 cup of cherries with 3 tablespoons of raw cream as your afternoon fruit meal, twice weekly.

Temporarily, have no butter with your evening meat meal for weight loss.

To thin mucus, mix 2 tablespoons of butter, 1 tablespoon of coconut cream, 1 tablespoon of honey and 1/2 teaspoon of ginger juice.

**Healthfully,
Aajonus**

"To thin mucus, mix 2 tablespoons of butter, 1 tablespoon of coconut cream, 1 tablespoon of honey and 1/2 teaspoon of ginger juice."

Is this a gargle, or do I swallow it, and how often, and when if I swallow it?

Have 1 teaspoon kept in your mouth for about 4 minutes and swallowed gradually over that 4 minutes, as often as once every 2 hours.

Healthfully,
Aajonus

20080915-0446

Sep 15, 2008

Re: Artificial knee

I was asking you about my father and you felt he has Crohn's with his leg infection, swelling and pain (plus general spinal osteoporosis). It turns out they are going to operate to give him an artificial knee as the bone, etc. are too damaged in the knee and he can't walk. What advice? Is there any hope without this? He is bedridden right now and can't walk. And they are waiting for the readings of the infection to come down so that he can be transferred to another centre to do the operation and the 6 week recoup process.

What advice do you have for my father? His knee and bone are damaged and no good apparently, i.e. he cannot walk. It is worn through. Should he get an artificial knee as they want to do at hospital? Could it be prevented?? And is this bone/cartilage worn through part of Crohn's? Is it ageing/wear and tear or what?

Thanks.

At this late stage, to cleanse and heal his condition could take 2-5 years. If he gets an artificial knee, he could be walking painlessly in several months. However, if he does not resolve the problem that caused his joint deterioration, he will have problems elsewhere and pain in the replaced knee. Many people with replacement joints suffered unending pain until they began eating raw meat. Most sufferers completely eliminated crippling replacement pain within 2 weeks of consuming raw meat twice daily. Others required 4-5 weeks. In those situations, it did not matter whether the sufferer consumed red or white meat for healing. What should be considered is if red meat is causing the sufferer to be more anxious. If so, then s/he should eat white meat. After surgery, meat and the Lubrication Formula are most often imperative.

**Healthfully,
Aajonus**

20080915-0447

Sep 15, 2008

Re: Airport letter

Dear Aajonus,

Just writing to request the letter from you for the airport to take raw food on a flight. Does this mean that the one piece of hand luggage we are allowed to take is then taken up with the raw food bag or is this seen as an extra piece allowed?

Thanks.

Airport document attached. This will be a carry-on only, usually the food you take in your bag. However, if you take a lot of food, if you state that your extra carry-on is medication, they will not stop you and usually not charge you. Thus far, I have not been charged.

**Healthfully,
Aajonus**

20080915-0448

Sep 15, 2008

Re: Tsunami

Dear Aajonus,

Can you remind me of the nuclear explosion explanation of the 'tsunami' in Thailand. Why could it not have been a tsunami? I know you said there were submarines below from UK and US parties and there was only one picture of the water/wave.

Thanks.

An earthquake causes large waves to ripple and crash onto shores. All of the testimony from eyewitnesses described the water swelling with no waves – that the water swelled three times. That kind of physics can only be produce with underground explosions. Also, the USA-owned island that sits between India and Myanmar posted a notice 24 hours prior to the event to evacuate to the top of the island.

Healthfully,
Aajonus

20080917-0826

September 17, 2008

Re: 10% of Brain Myth

Aajonus,

I was at your event and it struck me as inaccurate when you said we only use 10% of our brains. So I did a Google search and found lots of articles saying it was a myth.

My iridology exam showed lots of detoxing in the brain. So I guess that is a good thing after all!

In gratitude for your work.

The estimation of brain usage was issued after Einstein's brain was examined. Like muscles that are active, certain chemical byproducts are present in active tissue. Only 12% of Einstein's brain had those chemicals. From that, it was deduced that other people of less brain activity used approximately 10%. Just because there is circulation to most areas of the brain does not mean that they are utilized.

**Healthfully,
Aajonus**

I believe the brain falls into the same category that, in years past, tonsils, spleens and appendixes fell into. Science doesn't understand how everything works and concludes that we must not need/use them. What year was Einstein's brain examined? Humanity's knowledge base increases astronomically every year. I think you are holding onto a piece of data that doesn't serve your message. That's all.

Einstein's brain was examined from the time it was donated several days after his death and up to 3 months after his death. I do not see any signs that we use much of our brains except with advancing harmful although convenient technologies. Animals with small brains do not kill for greed and pollute reality on all levels. My argument was that most of our brains are utilized to hold metallic and other toxicity, but not much for intellectual use. That is why our brains are so large; they have grown exponentially ever since we began smelting to make and preserve tools and convenience objects all the way to our present level of industrial pollution. In my perceptions of experience, there are no indications that prove we are wiser than other species holistically. I think that I present a huge argument that supports my message that we have large fatty brains to store toxicity that aligns with our rate of pollution, because we well know that bodies store toxins in fats when fats are available. Should we agree to disagree?

**Healthfully,
Aajonus**

20080924-0630

Sept 24, 2008

Re: Cat Vomiting - Now Won't Eat

Dear Aajonus,

Our 16 year old family cat has not been able to keep any food down for 10 days now. He attempted to eat and threw everything up. Now he won't eat anything. He is getting extremely thin and dehydrated. He doesn't drink either.

His usual diet has been raw for five years: raw chicken, meat, tuna (doesn't like salmon), periodically he drinks raw cow's milk, and eggs. He's finicky and eats only these foods. He's an inside cat and hasn't been ingesting anything harmful.

I tried a little cooked chicken, with raw butter added after cooking, a raw egg blended in milk, and mashed potatoes with raw butter. He can't keep anything down. His stool is usually very hard and now what little there is, is runny, yellowish and gray, and he's defecating outside of his litter box. I'm cleaning up vomit, cat urine and diarrhea whenever he tries to ingest something.

Maybe his organs are shutting down. He will certainly starve to death if this continues. I may go get a saline IV from a vet to hydrate him.

What does your expertise and instinct tell you? I instinctually don't believe he is dying yet, but I am scared he will starve if I don't help him in some way.

Cats and dogs who have had vaccines and other injections usually endure such detoxifications between 9 and 10.5 years of age. Mercury, formaldehyde and aluminum cause the symptoms. The symptoms often progress to rear end paralysis.

Trying to feed him tiny amounts of raw cheese frequently helps to absorb those poisons. To give him enough strength to survive the detoxification, I suggest a 2 parts butter to 1 part honey mixture.

Of at least 16 cats that I have helped through that detoxification, only 2 died. However, at the end, their keepers took those 2 to veterinarians and they died within 24 hours.

His stools should be hard because he is not eating anything that remains in his digestive tract.

Healthfully,
Aajonus

20080925-1125

Sep 25, 2008

Re: Pearl Powder as a food

Dear Aajonus,

This is something you do not want to miss. Read this and then sign up and get on board. This is going to be the biggest and best nutritional supplement of the century. I'm not one to ever get involved with MLM but here is a unique and optimal situation. Please do take this seriously.

Pearl powder is rock. We do not digest rock. We could feed it to plants and derive minerals from it, but in rock form, we will get mineral clumps throughout the body. There are no magic bullets.

**Healthfully,
Aajonus**

Oystershell is rock. Pearl is in a matrix with proteins and trace minerals. This is a food and it has regenerated collagen and skin health, it can support bone density. Pure rock would not mend itself into a cavity and fill a tooth, but the Mayans used pearl powder successfully to fill teeth. Only a living mineral with proteins could do that! I know your high standards and I would not begin to think I could persuade you onto something that would be a rock only. Really this is a food and is worth looking into.

Pearl is rock also. It is not a food source for us. Dogs and cats might be able to use a little of it, but not humans properly. Pearl powder as a filling makes it a good hard substance, but can we digest teeth? If you swallowed your tooth it would pass whole through your digestive tract.

Here is what I suggest that you do to test your belief. Have someone consume 1/4 cup with only water – drink water and eat nothing else for 48 hours. Have a laboratory liquefy feces passed for the 48 hours and see how much pearl powder remains and in what condition. That is, has it been etched by intestinal acids or not?

**Healthfully,
Aajonus**

20080926-0835

Sep 26, 2008

Re: Toothpaste

Hi Aajonus,

Do you recommend any other toothpaste besides clay/butter, cream/ginger or mint solutions?

Yes, once or twice weekly, a mixture of 1 tablespoon coconut cream, 1 teaspoon clay and 1/2 teaspoon raw apple cider vinegar. That will clean plaque from deep under the gums.

I presently use Doctor Burt's lavender and mint toothpaste. Should I discontinue using it? If so, what should I use daily?

I suggest that you discontinue it and brush with the following mixture once daily that is best kept in refrigeration: 1 tablespoon coconut cream, 1 teaspoon Terramin clay and 3/4 teaspoon raw unpasteurized apple cider vinegar

**Healthfully,
Aajonus**

20081001-0612

Oct 1, 2008

Re: Custard Formula

Hi Aajonus,

As of Monday, I'm happy to say I will have done the custard formula for 5 consecutive days.

3 questions:

- (1) How many days should I take it for this urinary situation?
- (2) Happily, my urine remains light and clear, but there is a small prickly feeling every time it collects in my bladder, as well as when I relieve myself. Any thoughts?
- (3) Does having E. coli in my urine have anything to do with how it feels? Any recommendations?

Custard was to help correct damage by antibiotics. I suggest having it 2-3 times weekly for 10 weeks.

If the doc lasered your bladder, it will likely cause discomfort until it is completely healed: 3-6 weeks? E. coli in your urine indicates that you consumed antibiotics. Yes, do not ever take antibiotics again.

**Healthfully,
Aajonus**

Hi Aajonus,

Thanks for stating the purpose of the formula. I need to clarify about the E. coli. I had my last urine analysis on Tues 9/24 and they found "bacteria" in the urine. This was BEFORE I took any antibiotic, not after. Hence, I gave in briefly. My apologies for not saying earlier when they noticed "E. coli".

I seem to be improving well. Urination is freer and clear. Much less discomfort. I will continue taking the custard formula. Do you think I still have any bacterial infection from that one pill I took?

Also, is it enough to put 3 Tbs of kefir and yogurt in each quart of milk I consume?

The E.coli is never a problem anywhere in the body. Probably, the antibiotic has been completely arrested but damage done may take several months to resolve. That is why I suggest that you continue consuming raw custard. Also, you could consume about 2 teaspoons of wet clay (see my book) with a vegetable juice once daily.

3 T. of kefir or yogurt per quart of milk.

**Healthfully,
Aajonus**

20081009-1703

Oct 3, 2008

Re:Artisana Coconut Butter

Hi Aajonus,

Whole Foods has a product called Organic Artisana Raw Coconut Butter. It's the pulp and cream together. It tastes delicious. It's nothing but 100% organic raw coconut. Costs about \$9 for 16 ounces. It is found in the raw food section with other sun-dried fruits and foods.

I know honey must remain at 93 degrees or less. 110 degrees does not seem very hot.

Also, under 110 degrees does not mean that the Artisana coconut butter ever reaches 110 degrees. It just means that it remains under that temperature. So it could be that it's being juiced at a far lesser temperature than 110 degrees. Maybe 100 degrees or 98 degrees.

What do you know about the Organic Raw Artisana coconut butter?

I would think that it's better to eat than nothing or other worse alternatives.

Thank you.

96 F is the top to which coconut can reach and still maintain all of its nutritive value without producing toxic byproducts. Coconut is so fragile when pulp is maintained that there is usually a chemical or mechanical process used to prevent fermentation and produce shelf life.

**Healthfully,
Aajonus**

Hi Aajonus,

I was told today that Artisana dehydrates the organic raw coconut at a very low temperature before they juice it. By taking all the moisture out of the coconut, the Artisana organic raw coconut has a very stable shelf life. So the dehydration is the process used to prevent fermentation. No chemical or mechanical process as stated by the company.

When it is dried that way, machine temperatures reach as high as 175 F. Someone is not telling the truth. Many people who sell products have no idea of the mechanics involved and do not know all of the questions to ask their producers. I suggest that you insist on speaking directly with the chemist who oversees the process at the factory.

**Healthfully,
Aajonus**

I can't imagine that a company who is selling a product as raw would dehydrate their coconut at 175 degrees and then label it USDA organic and sell it as raw. As a company, they have a lot to lose and are risking a lawsuit for false labeling. I know when I dehydrate, the temperatures in my dehydrator are below 100 degrees since I've measured them. I will call the company again and ask more questions.

Sorry, I did not make myself understood. After dehydrating any substance, then the process to transform it into a gel or oil or butter takes a process that reaches as high as 175 F and usually nothing less than 128 F. You have to go to the manufacturing plant to discover.

20081016-1928

Oct 16, 2008

Re: Food preserving

Hi Aajonus,

I am preparing food for us, in preparing for a crisis. Of course we will be hunting, and growing foods in a greenhouse, but we want to get some foods for an emergency if we have none, such as freeze-dried and/or canned. Although all are severely depleted in nutrients, which has the highest nutrient count: freeze-dried foods or canned foods (for example, if I buy organic peaches and can them myself in Ball jars)? I can also get a dehydrator and dehydrate some organic foods and vacuum pack them but I don't know their shelf life. Do you have any thoughts on this?

Anyway, hope all is well. Thank you for your suggestions. We are trying to get this ordered in the next week or so.

Soft nuts are very good. Coconuts can stay a long time at cool temperatures, even if there is some mold. Preserving meat is a must. Cut fresh meat into 1"x 1/2" x up to 4.5" and coat with olive or coconut oil. Pour about 3/4 cup of oil into wide-mouthed quart jars and stuff the meat slices into the jars to eliminate air pockets. It will preserve for many years. I preserved some venison in December 1999 and it is still good. I would store some rice, to eat in small quantities weekly, to absorb excess hydrochloric acids that cause excessive hunger, in case you need it. Dried fruits would be an asset. And have tons of honey to replace enzymes lost in nuts and dried fruit.

Healthfully,
Aajonus

20081016-2023

Oct 16, 2008

Re: After Bladder Stone Removal

I urinate freely and comfortably from what I can tell, i.e. I "pee like a racehorse".

My last visit (hopefully) is this Thursday. I want to be prepared for possible scenarios.

(1) Suppose they don't like what they see in my urine sample. Do I just acknowledge?

(2) Suppose they ask if I took the antibiotic. Do I tell them what they want to hear ("yes") or do I tell them the truth (only for a day or two)?

They will probably tell you that your urine is too acidic and builds stones, and that you should eat or drink a lot of fruit. Acknowledge and thank them for any advice that they give. Tell them you took the antibiotics; you do not have to tell them how much.

**Healthfully,
Aajonus**

I had my last visit today. On the plus side, I'm free to go--literally. I wasn't charged for the visit.

I got a copy of the surgical report. In answer to the question if my bladder was cut, he said the stone fragments have a sandpaper effect until washed out. They made the bladder bleed.

Of course I had one more urine test. He found infection saying it is "not quite" what he wanted to see. Bottom line: I was released with no further obligation and given a free supply of an antibiotic called "Cipro" (how sweet of him). Don't worry, I won't take it. I'm free to exercise, ejaculate and whatever I want to do.

I'm guessing that I simply follow your remedies and let the bacteria and nature take its course.

Congratulations. Cipro causes HUS (hemolytic-uremic syndrome), that is, dissolving kidney disease. How wonderful of him to want you to damage your kidney to get rid of a detoxification of the damaged tissue in your bladder.

**Healthfully,
Aajonus**

20081016-2033

Oct 16, 2008

Re: Stainless Steel Knives and Utensils

Hi Aajonus,

Wise Traditions / Weston A. Price just came out with an article in their latest journal (October 2008) about knives, cooking pots and utensils.

They advised everyone to stay away from and to throw out their stainless steel. Broth is a big diet ingredient to Weston A Price people so they need a non-reactive surface. They suggested glass pots or Le Creuset enamel pots for cooking.

What do you know about cooking surfaces?

They recommended titanium knives for cutting.

What knives do you recommend? What eating utensils do you recommend?

The majority of forks and spoons are stainless steel.

What is safe to use?

Thank You.

I addressed stainless steel in my last newsletter (Oct 7, 2008).

I do not cook, but if I did, I would cook in glass (Pyrex). I use wooden or bone utensils, and pottery for plates and bowls.

What knives do you recommend for cutting meat with? Is a titanium knife blade safe?

You said you eat out of pottery. How safe is pottery? What about plain glass plates?

If your cold-to-room-temperature raw food sits in pottery for 1 hour, it is not going to leach from the glazes. I use Cutco surgical steel knives to cut my food. Glass plates would be wonderful.

I've seen bamboo wooden spoons and forks at Whole Foods. Some are glazed with a food-grade oil or something like that. Safe?

Bamboo utensils and plates are all made from bamboo fibers that are glued together like particle board. Very toxic, not to mention the toxic oil applied to them.

**Healthfully,
Aajonus**

20081021-1759

Oct 21, 2008

Re: 10th cold in 26 months

Hi Aajonus,

I'm on my 10th cold in 26 months. Not fun. I must say that I feel miserable.

I've had the current cold for 12 days now with lots of coughing. So my chest is starting to hurt from the coughing. I also feel tired. I've had a low grade fever of about 100.4 to 100.6 for a week.

I just drank one of the drinks in your "We Want To Live" book from page 155: 2 eggs, honey, butter and an orange, all blended together. You say in your book that this drink speeds detox, cleanses and binds with toxins and helps you feel better through the detox.

How often should I drink this drink or is it a one time drink?

What is the best food / drink for me right now? I know what your book says but what would help me with my particular cold?

Thank you.

I would like you to try something: eliminate honey from your diet for 30 days and see if coughing is reduced or eliminated. You may have as many of those drinks as you like.

**Healthfully,
Aajonus**

My green juice in the morning has honey in it. Should I stop putting honey in my green juice? I also put vinegar in my green juice as you stated: about 1 TBS of raw cider vinegar.

Eliminate honey. Vinegar is good.

20081021-1754

Oct 21, 2008

Re: Vision Problems

I am having problems with my vision. Anything 12 inches from eyes becomes blurry. This is something new. I have never had any vision problems before.

What do you suggest for my vision? Why is this occurring with my eyes?

Sometimes, consuming a lot of coconut cream causes many toxins from the brain to discharge from the tear ducts, and that affects vision temporarily. As I stated in my books, putting a little egg white, once daily, in the eyes helps vision, especially before bedtime.

**Healthfully,
Aajonus**

20081024-2109

October 24, 2008

Re: Water System Questions

Hello Aajonus,

I am trying to purchase materials to install the four tier water system you recommended:

- Stage 1: Whole House Water Filter (Paper)
- Stage 2: Whole House Water Filter (Carbon)
- Stage 3: Whole House Water Conditioning
- Stage 4: Whole House Water Filter (Sand)

Could you please review the information and correspondences? I don't know how to respond and get the information I am asking for. I have explained what is needed according to a proposal from the company you spoke with for me months ago. Parts of the proposal have been cut and pasted and passed on to the salesperson I am trying to purchase equipment from. We are going to install the system ourselves. We were quoted over 10,000.00 dollars to have it installed for us.

I think that we had a miscommunication. I suggest a 3 stage water system with NO Whole House Water Conditioning. I suggest that you find metallic joints to couple the sand filter because the pressure is going to cause leaking. If the units are installed outside, leakage will not be a problem.

Remember to place the filters in this order so that water flows first through the paper filter, then carbon, then sand.

**Healthfully,
Aajonus**

20081025-1759

Oct 25, 2008

Re: Down syndrome

Hi,

What are your thoughts on Down syndrome?

Why do you think it happens?

Is it preventable?

Thanks.

Industrially produced chemical disrupters entered DNA chains, altering normal development. It would be preventable only if we were not subjecting people to so many chemicals that cause such chain disruptions. Any industrial chemical, especially medical, could cause Down syndrome. I have never seen a case reversed, but have seen great improvements. However, very few people with Down syndrome would eat the food. Most refused and would starve and throw tantrums rather than eat it.

**Healthfully,
Aajonus**

20081028-1322

Oct 28, 2008

Re: Heavy metal detox rash

Dear Aajonus,

The rash on my face (that you told me is from heavy metal detox) is back after going away for several months after I had a personal consult with you. You changed my green juice recipe by adding cucumber and zucchini, and cutting down on the celery.

I really need your help to see if something will make the rash disappear again. Normally, I don't mind it too much, but on November 20-22 my business partner and I are putting on a ceremony, and I would like to look my best for it.

Below is my current nutrition routine.

Daily: (all is 100% raw, unheated, no salt, unrefrigerated eggs, etc.)

8 oz red meat/5 oz white meat with 4 oz lube formula split between two meals

Green juice* 8 oz in am and 4 oz in pm with 1 egg in each (total 2 eggs/day)

1 oz cheese with 1 t honey 2 times a day

½ t Terramin clay that has been soaked in mineral water for 5 days

1 pint milk with some honey added

1 egg with 2 t butter/honey mix (8:1 ratio) taken 10 mins after egg

1 egg with 1 t butter at night after about 5 hours sleeping

Weekly:

High meat (a little of each: beef, chicken, fish) 2 times a week

1 T olive oil 2 times a week

Lymph bath 2 times a week with pineapple coconut cream mixture**

Carrot juice mixture*** 2 times a week

***Green Juice Recipe:**

Celery 40%, cucumber 40%, parsley 10%, zucchini 5%, pineapple 5%

****Pineapple-Coconut Cream Mixture:**

½ C pineapple, 2 ½ oz coconut cream, 1 ¼ T cow cream, ¾ T butter, ½ T honey

*****Carrot Juice Mixture:**

6 oz carrot juice, 1 ½ to 2 oz coconut cream, 3 T cow cream, 1 T honey

We must draw the toxins out of the body in another way other than through the skin, or we must neutralize the toxins passing through the skin so that they do not irritate the cells as the toxins pass through the skin. We can draw more toxins into the stomach and the intestines by eating a sugar-cube-size amount of cheese every 30-45 minutes and increase clay to 1 t per day. We can try to neutralize toxins by consuming 1 T raw unpasteurized apple cider vinegar (Solana Gold or Bragg's) with your afternoon juices mixture. To strengthen the skin so that it is more resilient to irritation, you can reduce celery to 25% and add 15% carrot juice in the juices mixture. A tomato, weekly, will help strengthen the skin. That is the best we can do. Sometimes the toxins are more toxic than we can control, but it should help a lot. However, there is one more thing: one teaspoon of lime juice mixed with 1 T of coconut cream, gently rubbed into the skin and left for 3-5 minutes maximum, will help neutralize toxins in the skin as they pass through; do that once daily.

Healthfully,
Aajonus

Thank you, Aajonus. I'll try these things.

One clarification: is the cheese eaten by itself? Usually I eat it with some honey. You recommended that at one time for me, and I find it makes the cheese taste better.

Also, is Eden organic raw apple cider vinegar okay? The label says it is raw and unpasteurized. I could get Bragg's, but it costs a bit more.

The cheese/honey combo that you eat is cheese you will digest. The cheese you eat without honey will not be digested and will absorb toxins, drawing them into the digestive tract and holding onto them. If you have honey with the cheese, you will simply re-absorb the toxins. Continue to eat honey and cheese together after the meat meals, but at all other times, cheese should be eaten without honey.

Solana Gold and Bragg's are aged in wood, not stainless steel as Eden's is. The prior are much more useful.

**Healthfully,
Aajonus**

20081102-0231

Nov 2, 2008

Re: Blood Work - Doctor alarmed

Hi Aajonus,

I just got my results back on my blood work and my total cholesterol was 431, LDL was 321, HDL was 90, triglycerides were 98, and VLDL was 20. I know you said high cholesterol is good. I've been on your Primal Diet for a year now and I weighed 127 lbs before I started your program. I'm female, 57 yrs old, 5'4", and my cholesterol before I started your program was 285. I gained 15 lbs on your program and dieted down to 135 lbs, and I still have about 7 more pounds to lose. Should I be alarmed by this cholesterol number, or am I okay?

One of my Hall of Fame athletes has double your counts and plays ball better than many 40 years younger than he. Many people have very, very high levels until they clean many of the old fats from their bodies. Much of the fat they detect in your body is old fats on their way out of the body. Medical does not test for that and are therefore academically and analytically juvenile. You should be cheering that that amount of toxic fat is leaving so quickly.

**Healthfully,
Aajonus**

20081120-0237

Nov 20, 2008

Re: Drinking Water for Dogs

Dear Aajonus,

What is the best drinking water source for dogs? I am still struggling with and spending a lot of time searching for materials and water technicians to install the three-stage water filter system. I am coming up against a lot of challenges.

Thanks!

Until your water system is installed, you could fill half a bucket with sand and a cup of topsoil, then fill the rest of the bucket with municipal water (if you do not have well water) and let it stand for 24 hours. Remove some of the water for the dogs to drink.

**Healthfully,
Aajonus**

20081120-0430

Nov 20, 2008

Re: Herpes

Hi Aajonus,

The idea that viruses produce acids which help to dissolve unhealthy tissue makes wonderful sense. Yet, why is it that my herpes virus only expresses itself when I'm the lowest? I fly from one location to another and the stress of flying causes the virus to come out. Ever since I got infected, I lost my hair and energy and it has never come back. I've been doing the fresh grass-fed cow dung, 3 tablespoons per day, and it helps digestion and elimination greatly. However, I've not noticed any difference in energy.

The analysis that all pathogens are nature's recyclers makes abundant sense and I've subscribed to this before I ever met you. However, having dealt with what I've dealt with, I'm considering that perhaps it is a combination of both the microbes being recyclers and that some microbes being perpetual disease producers. Even if you eat raw for years, they are still there and will continue to poop their toxins into one's body until the immune system is strong enough to eliminate them or some technology like Rife can eliminate them. What is your opinion on this? I'm considering getting another Rife device that may eliminate the herpes bug.

Most healing happens during sleep. Most detoxification happens during wakeful states, especially during mild to stressful activity. We must maintain a good blood-fat level to protect us the less we sleep. That means consuming some or a lot of fat every 1-2 hours. However, it is always better to break a detoxification with a long or short sleep.

With better digestion comes better assimilation and absorption, eventually, usually energy increases. However an increase may depend on your fat level. Are you still very thin?

Pathogen means disease-causing. Industrial chemicals are pathogens, not microbes. Viruses are not microbes; they are not alive. Viruses are solvents that detox when tissue is so toxic that microbes cannot do the work. Herpes is metallic-based toxins in the nerves being cleansed from the nerves. Swelling and abrasions are merely symptoms of the caustic toxicity that is damaging cellular tissue when not enough fat or white blood cells cannot harness the toxicity being removed.

Rife and other such therapies do not reduce or neutralize toxicity and therefore are unlikely to assist the body in nerve-ending detoxification. They may stop detoxification temporarily. Fat is the best remedy.

Healthfully,
Aajonus

So are you saying that the herpes only expresses itself in nerves that are toxic with heavy metals? That stress causes detoxification?

Yes to both questions.

It does not seem logical that stress causes detoxification.

More stress hormones and neurological metabolic waste accumulate during and after stress. (The Biology of Emotions by Dr. Elnora Van Winkle, neuro-scientist.) Therefore, greater neuro-detoxification, if you are fortunate.

It seems that the explanation of the immune system being overtaxed and unable to keep the virus in suppression is more accurate.

Viruses are soap (protein particles not live). How can you suppress solvents?

It is these types of details that I'd like to understand that I would like to talk with you on.

20081120-0510

Nov 20, 2008

Re: Chlorine, and air fresheners

Hi Aajonus,

My 5 year old daughter takes 2 hours of dance class a week. She takes 40 minutes of violin once a week. She also takes 30 minutes of indoor swimming classes once a week. This comes to about 3 hours total once a week. She has been doing these activities for about 1 year, skipping a few sessions here and there. She always drinks milk before and after each lesson. We eat very healthy at home and our home is environmentally safe.

The dance studio and the violin place both use Glade air freshener plug-ins in their outlets. I wrote the owners a very well researched letter on the hazards of air fresheners but have not seen any results re them pulling the plugs.

I am concerned about my daughter breathing in this toxic air freshener air and also taking in chlorine from the pool. Like I said, it totals about 3 hours a week.

What food do you suggest before and after she visits these toxic places?

I could tell her that she can't do these activities because of the chemicals, but she will not understand and she will then be isolated from the people and activities she loves. I do not want to hide her in our home for fear of all the chemicals in the world.

I also don't want any harm to come to her because she is breathing in toxic air while doing her dance, violin and swimming.

Thank you.

Yes, a dilemma. A milkshake would be best, but plain milk is also very helpful, 45 minutes prior to and immediately after each exposure. Cheese with butter and a little honey, or avocado and orange together are alternatives.

**Healthfully,
Aajonus**

20081124-1151

Nov 24, 2008

Re: Populating meat with E.coli

I've inoculated some beef with grass-fed cow feces and have incubated this stuff in several mason jars at room temperature for 3 weeks now. I've aired it out about every three days. The stuff has fungus and I'm sure plenty of other microbes growing on it. The goal being to inoculate my gut with more E.coli and whatever other protein-digesting bacteria my gut will benefit from. Would you consider this stuff healthful to consume?

There is a problem in your methodology if you want E.coli. E.coli is made dormant and usually killed by too much oxygen/air.

If you want to populate meat with E.coli, I suggest that you start the bacterial decomposition with little cubes of meat, as you did for 3 weeks, but without feces. Then, baste the cubes of meat with feces and place them in a jar that has little airspace; keep the lid tight and keep it in a warm place for about 3 days. You will have a lot of E.coli to introduce into your body.

If your intent is to feed your nervous system more, you might want to baste chicken or fish rather than beef.

**Healthfully,
Aajonus**

20081127-0306

Nov 27, 2008

Re: Mother just had a heart attack. Help please!

Hi Aajonus,

My mother of 82 just had a heart attack. She has read most of your book and eats most of your diet, but does still eat cooked food too. She has been on your diet for about a year now. She has 1 100% blocked artery, 1 artery that is blocked 90% that they put a stent in, and 1 artery that is 60% blocked that they put 2 stents in. She still experiences sharp pain in her chest area on occasion with shortness of breath and heaviness in her chest. The doctor is insisting on Plavix to prevent blood clotting and also aspirin . He is insisting on 2 blood pressure medications as well. I am so anxious to get her off the medications but I wanted to hear from you first. I want to make sure I'm doing the right thing. What can she do to keep her blood running thin to aid the stents naturally and to prevent her blood from clotting? Will grapefruit keep her blood pressure in line to assist this situation? Any suggestions you can offer for this overall health of the heart attack will most gratefully be appreciated. He also has her on 400 mg of magnesium (magnesium oxide). Thanks for your time and all that you do for us!

It's sad to learn about your mother's condition. Consider that rationale of the doctors. If you had blocked arteries and the only way you could get blood to circulate was to develop high blood pressure, wouldn't high blood pressure be appropriate? Doctors make no sense.

To thin the blood, I suggest that your mother consume 1 tablespoon of raw apple cider vinegar with 3 tablespoons of unheated honey, mixed together and poured into 2 1/2 ozs of naturally sparkling mineral water, 3 times daily between 6-8 AM, 1-3 PM and 9-11 PM. That much vinegar should be consumed for only 3 months, 5 days weekly. After 3 months, vinegar should be reduced to twice daily for another 3 months. Finally, I suggest that she consume 1T of vinegar once daily for the rest of her life.

You may use grapefruit to lower blood pressure but if her veins are clogged that much, it is likely that her blood pressure will remain high; **SHE NEEDS HIGH BLOOD PRESSURE** because it is part of the remedy. The high blood pressure will propel the vinegar and honey through the veins to begin dissolving the plaque. I suggest she eat lots of eggs.

Healthfully,
Aajonus

20081202-2135

Dec 2, 2008

Re: Marijuana

Dear Aajonus,

Can you please tell me what effect taking marijuana has on someone if they have taken it regularly over 20 years, every night or several times a week.

Thanks.

Marijuana has approximately 16 times more tars than regular tobacco. Because the tars are cooked at temperatures between 500-1000 degrees F., they may crystallize and harden in various parts of the body. There can be an array of unhealthy conditions that could result, depending on individual weaknesses. If an individual makes excessive bile, they may not have as much tar congestion and therefore less hardening.

**Healthfully,
Aajonus**

20090124-0556

Jan 24, 2009

Re: A few more Questions about Thailand

Aajonus,

More questions about Thailand:

We will mainly be hanging out in Chiangmai but may also go up to Chiangrai for a few days, and if we have time, down to Koh Samui to see a friend to learn some raw Thai food prep from his partner. We'll be there about 10 days.

1. Do we need a juicer, or are there places we can get greens juiced while we are there?
2. Are the greens in the markets sufficient, or are there reliable places selling organic?
3. Same for eggs and meat.
4. Any milk sources (Chiang Mai or Chiang Rai), or is like with the Amish where you just have to ask around until you finally find a guy with a goat or cow?

Thanks so much.

There is a large outdoor market at the north end of downtown Chiang Mai, along the west side of the river. At the south end of the market, at an alley road at the east corner, there is a coconut cream maker. Ask her to make nam kati (coconut cream) without adding water (mai nam, that is, nam kati mai nam).

At the meat section, in about the central area, ask any Muslim-looking woman for raw milk (nom dip), usually it's goat's milk.

Thais use an outrageous amount of pesticides on their crops.

The only juice I buy there is fresh sugar cane that only lasts about 2 days in refrigeration (nam oy). If any local sugar cane is in season, you might be able to find someone who makes it; ask around at the market.

Usually, I eat only green or bland fruits to alkalinize my blood, in many places in Thailand, such as rose apple (champoo) and pomelo (some O'). However, occasionally, you will find a tiny food stand that has a juicer and will juice celery and carrots.

None of the outdoor market people can afford to feed cows chemical feed and there is always vegetation for animals to eat, so the meat is fine. Eggs are okay and duck eggs are best.

There is a wonderful 10-tier waterfall about 40 minutes north of downtown Chiang Mai in a national forest that is worth going to in Thailand, if you love waterfalls.

Healthfully,
Aajonus

20090125-0915

Jan 25, 2009

Re: Brazilian Model Who Died of Urinary Tract Infection

https://en.wikipedia.org/wiki/Mariana_Bridi_Costa

When people have so much money, they have a tendency to go to medicine for all complaints/detoxifications, and rather than letting it run its course they search for the magic bullet. All of her symptoms toward death resulted from overmedication that resulted in anaphylaxis. A septic urinary tract is most often caused by antibiotics, especially Cipro.

Aajonus

20090209-1837

Feb 9, 2009

Re: Right To Choose Healthy Food Club

Hello,

I need clarification on what it means to be in "The Right to Choose Healthy Food" club.

Please explain very clearly what it means to be a member of this club.

I believe you are charging a price for this service, but I do not know what service you are providing to me as a person who buys dairy products.

Where does the \$25 go? What does my \$25 buy? What am I getting in return for my money or is it simply a donation?

Also, If I buy from several different farmers and each farmer wants me to sign this club membership and pay the \$25, then I am paying \$75 or more to you every year. Is this correct?

Thank you.

Cow share programs have failed in many states. In fact, laws have been enacted to outlaw them. That is an outrage. However, 3 years ago, I wrote a lease agreement that membership clubs have between them and farmers. Our courts uphold leases of all sorts as legal entities. Also, I wrote a legal membership agreement that eliminates all health department jurisdiction for food, packaging, labeling, sanitation and distribution. I was successful in the courts and bureaucracy of California, Los Angeles County, and Pennsylvania thus far this year. My Amish farmers in PA do not even need a permit with these contracts because the herds are owned by the members. Therefore, the milk is owned by club members and not the farmers. The farmer is an agent to take care of, board, milk, bottle and sometimes deliver our milk to it members.

If you want to be under the umbrella of not-for-profit Right To Choose Healthy Food with your membership club, Right To Choose Healthy Food will receive \$25 of each member's yearly membership fee. If you are ever approached by any health department, including the FDA, Right To Choose Healthy Food will handle all correspondence for your membership club. I have not taken any of those moneys for my personal use. They are and will be used to change laws in state and federal governments. For protection, most clubs need your signed membership agreement at their location. If you can make a copy of your canceled check to the club or RTCHF and make a copy of the signed membership agreement (membership form must be the same) with a letter of explanation to other clubs, probably you will not have to pay but once. However, it is up to whoever runs the club.

**Healthfully,
Aajonus**

20090310-1648

March 10, 2009

Re Article: Experts uncover cause of grayness

http://news.bbc.co.uk/2/hi/uk_news/england/bradford/7920363.stm

Your response?

They did not tell the cause of too much hydrogen peroxide buildup. It is a result of toxic metallic minerals being discarded by being built into the hair, damaging the follicles and destroying PABA.

Aajonus

20090319-2117

Mar 19, 2009

Re: Your books

Sir,

Thanks for taking the time to read my email. I know you're busy so I will be brief. Thanks for writing the two books. I bought them about a year ago and I am coming up to my first anniversary of being on the raw diet.

I have a 'dissolving' jaw, loose and falling-out teeth. Within one week of starting the raw diet, the dairy and fish took the pain completely away. I still have the problem and lost another tooth last month, but there is no more pain. Those burnt-looking sunspots all around both irises have completely disappeared. The spider veins on my legs no longer have that screaming loud black-light color. My doctor informed me that my blood pressure dropped a total of 50, that's right, fifty points in less than nine months. Its down to that of an 18 year old. I am 47!! I am very calm and mellow as when I was a young boy, and can't get enough sunshine and fresh air. After a year, my jaw, teeth and gums are still bad, but hopefully the fish and milk will kick in and reverse the problem before I lose all my teeth.

Again, thank you for writing the books!

Take care.

Thank you for your interest in and appreciation for my work. I am delighted that it has improved your health and life.

Degenerative jaw is usually from dental injections deposited in the jaw and brain, and vaccine toxicity that deposited in the brain. Usually, when detoxification occurs, toxins pass through the gums, salivary glands and tongue. When those chemicals are dislodged, the body requires tremendous amounts of minerals to bind with them to prevent Multiple Sclerosis. It is literally impossible to digest enough minerals to prevent jaw bone and tooth loss under such detoxification. However, you can mitigate it by consuming about 1/2 tsp raw, no-salt cheese every 30 minutes of your wakeful hours, and 1 tsp Terramin clay (moist as I suggest in my books) 1-3 times daily with milk or vegetable juices. Always have an egg with your vegetable juices; whip it into juices immediately prior to drinking.

Healthfully,
Aajonus

20090331-2001

Mar 31, 2009

Re: Emergency- my girl ill

Hi Aajonus,

We are in the Bahamas and my girl has been ill for 5 days now.

Symptoms: Severe diarrhea, SEVERE abdominal pain (screaming non-stop, in pain), a fever of 102, cold sores and cancer sores. Even a tiny sip of water causes severe pain and diarrhea. She is on her 5th day with it, with no end. She is a walking skeleton right now and I am concerned.

A friend said her husband had the same symptoms and had appendicitis, but my girl's cousins are experiencing the same symptoms, and they had spent a day together the day before we left.

Tried: raw egg, banana and honey mixture. I only have with me: raw cow's milk and raw eggs.

I will tell you is she is going through a severe viral detoxification. Feed her only an inch of banana, every 30-60 minutes for 24 hours, then the next 24 hours, 1 inch of banana with 1 T. raw milk. If you can get avocado, you could add 1 T. avocado on the second day to the banana and milk. If you can find any fresh aloe vera leaf, you could scrape the inside gel and give her 3 T. every 3-4 hours for the next 2 days.

Healthfully,
Aajonus

Apr 3, 2009

Hi Aajonus,

Thanks. She is feeling much better after an intense 6 day detox. Found out it was salmonella from some chicken that she and her cousins ate. Wow! Major detox. The eggs, bananas and avocado helped a lot.

Happy to learn that she is better.

They did not have a case of salmonella that caused their detoxification. As I have stated many times, people in a given location will go through detoxification from toxicity when climate and bodies are ready.

How was it determined that salmonella was one of the janitors?

Healthfully,
Aajonus

20090403-2042

Apr 3, 2009

Re: New Honey Pacifica Info

Hi Aajonus,

FYI: Honey Pacifica uses an antibiotic paste in their hives to prevent foulbrood. I did not know this. I only asked because I went to a bee lecture from someone who practices biodynamic gardening and raising bees without chemicals at all, and he does not use them and has never had foulbrood in something like 30 years.

What do you think of the honey from Honey Pacifica, who uses the antibiotics?

Thanks, again.

Yes, it is near impossible to find beekeepers who do not use antibiotics to prevent mite damage. I was able to convert them to cold pack and all, but I could not convince them that they did not have to use mite protection. We always do the best we can.

Healthfully,
Aajonus

20090424-2254

Apr 24, 2009

Re: Chest, throat and nasal congestion

Aajonus,

I called you a few months ago regarding a terrible detoxification I was going through which caused chest, throat and nasal congestion and infection. I had green mucus coming out when I coughed and blew my nose. You recommended two moisturizing formulas a day and an orange smoothie with 1 cup orange juice, 1/2 cup milk, 2 Tbs. coconut cream, 1 Tbs. cream and 1 egg. Within 2 days I was feeling a lot better. Well, I have the same thing happening again, except that it doesn't seem to be getting any better. I immediately started eating the same things as last time, but it doesn't seem to be helping this time. Now I've run out of coconut cream and won't be able to get more until next week. So, I've had to put all dairy cream and no coconut cream in my orange smoothie. I feel like the coconut cream helps me dump some of those toxins into my bowel. The other thing is that I am STARVING!! I feel satisfied immediately after I eat, but then I feel really flush and then I start getting really hungry, even if I have another 2 or 3 hours before I can eat again. Of course, the more I eat the more I detoxify, so I don't want this to become so painful that I cannot even bear it anymore.

Should I continue with the 2 moisturizing formulas and an orange smoothie, even though I no longer have the coconut cream and I'm hungry in between these meals?

Thanks.

I suggest 1 moisturizing formula, 2 milk shakes and 1 orange smoothie. However, only drink 1/2 cup of substance at once, except moisturizing formula; have that 2 tablespoons at a time throughout the day.

**Healthfully,
Aajonus**

Thank you. I will try that. I completely trust you, but my only concern with the milkshakes is that the milk will cause more mucus and make the ear, nose and throat problems much worse. I definitely have strep throat- it feels like needles in my throat when I swallow. The milk won't make these problems worse??? I'm actually wondering if the milk might help coat the throat so it's not so painful??? I don't know. I'm just talking through it.

Thank you.

Milkshakes help build mucus that will bind with the toxins exiting through the throat and sinuses to protect the throat and sinuses. When mucus binds with toxins, mucus prevents much damage and scarring to mucus membranes. Mucus is GOOD when built with good raw foods, especially milk, combined with eggs and a little honey.

**Healthfully,
Aajonus**

20090509-0504

May 9, 2009

Re: Infection

Hi Aajonus,

On Monday I was transplanting some veggies for my garden and decided to mix some of my compost into my dirt by hand. I have numerous cuts on my hands (20 or so) and the dirt and compost mixture got into one, on the end of my finger. I developed a pretty good infection. The entire area is so painful to the touch, hugely swollen and the skin is pulled taut. One small area has turned a bit greenish, but the rest is bright red and inflamed. It has been 5-6 days now and the tip of my finger is getting numb and it is beginning to radiate up my finger and it is throbbing. Someone told me it could be staph, or botulism or a number of bacterial infections that are dangerous, and as they said, "life threatening" if not attended to. The numbness thing that just started is what worries me most. I have not taken an antibiotic in as long as I can remember, but the pain is so excruciating and now with the numbness, I am getting concerned. Please help. Thank You!

The rhetoric that infection is life-threatening is medical terrorism. I suggest you take that as you would Hollywood horror fiction. Okay, let's deal with the issue. When probiotics - bacteria from your compost - entered your cuts, your body took advantage of the bacteria and started a detoxification of your hands. Often, it is fungus from antibiotics taken anytime in your life that live in the joints. To ensure that your body detoxifies thoroughly and heals properly, blood flow to the areas increases exponentially - swelling. To help your body not work so hard, I suggest you coat your hands in lime juice for 5 minutes. If you squeeze a half cup, you can continuously gently massage it into your hands for 5 minutes. Let it stand, absorb and dry for 20 minutes. Dry-wipe your hands with a cotton or silk cloth. Wait 30 minutes. Pour a quart of raw apple cider vinegar into a flat pie dish. I suggest you soak your hands for 15 minutes. Rinse your hands with good water. Cover the vinegar and pie dish to keep. I suggest you soak your hands in that solution twice daily until the swelling subsides. If your hands become dry, apply coconut cream or my Primal Facial Body Care Cream. In cases like yours, nerve numbness is the result of high pressure on them from swelling. It is not nerve loss. I have seen such detoxifications last for up to 6 weeks. However, with my recommendations, usually they last no longer than 2 weeks from beginning my suggestions.

Healthfully,
Aajonus

20090510-0333

May 10, 2009

Re: Anthrax Threat

Is there any such thing, or is this scaremongering?

If real, is there a Primal response?

Only if it is man-made; and injected, or blown into your face and inhaled.

So, could anthrax bioterrorism be considered a real threat in your view?

And what would the Primal remedy or protection or precaution be?

It could be, for people unhealthy enough to cause a major sickness; but the antibiotic and chemotherapy treatments for it would be the ultimate killer.

If you are on a 100% raw diet, it would be unlikely to cause more than a flu.

**Healthfully,
Aajonus**

20090517-2042

May 17, 2009

Re: Dehydrated Food for Puppies

Dear Aajonus,

I was thinking of getting a dehydrator to make raw snacks to use as reinforcers to train our new puppies. What is the scoop on dehydrated food?

Dehydrated food has no bio-activated enzymes. Most of the nutrients are difficult to digest.

It is best to give the dogs lots of chicken bones and some beef bones. They need phenomenal amounts of minerals as they grow. They will likely eat everything, even your furniture, to get minerals. Cheese, although dehydrated, with a little honey will all add minerals to their fast-growing bones.

**Healthfully,
Aajonus**

20090520-1207

May 20, 2009

Re: Emergency – MRI

Hi Aajonus,

I have a herniated disk in my low back, L 5, S1. It herniated 10 years ago in May of 1999. I have lived with it ever since, however, the last 3 years since my second child was born, I have lived with excruciating back pain. The back now is more painful then it was 10 years ago.

I have gone to many doctors, chiropractors, physical therapists. No one is able to help with the low back and disk pain. As I write this, my lumbar disk 5 is throbbing and my low back hurts terribly. My daily activities have been altered because of this low back pain.

The current chiropractor is asking me to get an MRI so he can accurately see what is going on in my low back.

I know you do not like MRIs and do not recommend them.

How bad are they for a one time visit?

What can I do or eat that would stop the negative effects of an MRI?

I really am at the point that I am considering getting an MRI. The low back pain is awful.

Please advise.
Thanks.

An MRI is likely to cause more pain within 2 weeks of the MRI. Probably, I can give you several suggestions to reduce back pain as I did from radiation treatments that damaged my spine and gave me blood and bones cancers. Please call me.

**Healthfully,
Aajonus**

20090610-0909

June 10, 2009

Re: Room Temperature Milk

Hi Aajonus,

You said to store milk in the fridge at 52 degrees and then take it out and let it come to room temperature before drinking it. Do you mean like 70 degrees, or what? Once it is at room temperature, is it OK to drink it then or does it need to sit out for a day or so before you drink it? I am trying to say that I am doing well with it at room temperature, but not after it has been there for more than 8-10 hours. It starts getting the sour smell, or cow smell - yuck!

Thank you!

70 degrees F. is okay, or warmer, but not colder. Let it stand for at least 4.5 hours. Don't let the cow hear you say that! :-)

**Healthfully,
Aajonus**

20090610-0910

June 10, 2009

Re: Eyes

Hi Aajonus,

My husband wants to know if he should expect his eyes to get worse before they get better. He says they are getting more blurry. He has had no coconut cream since our visit.

Thank you!

His eyes may get worse before they get better but not necessarily, unless he consumes more than 2 T. coconut cream daily.

**Healthfully,
Aajonus**

20090610-0909

June 10, 2009

Re: Dog's loss of appetite

Hi Aajonus,

Our dog has lost his appetite for almost everything. I cannot get him to eat anything at all in the morning. I have managed to get the cream and cheese in him sometime during the day, but sometimes I have to mix it with hamburger or something like that and sometimes he will only do a tablespoon at a time. Is this OK?

Thank you!

Sometimes dogs and cats go through periods when they will not eat anything or much of anything. They do okay with fasting, whereas we do not. I would not be concerned with him not eating unless he were only skin and bones. You might try giving him 1/4 cup papaya. If that does not work, then he is detoxifying something very radical. If it works, he was simply too enzyme deficient for digestive activity.

Healthfully,
Aajonus

20090617-1525

June 17, 2009

Re: Pancreatic Cancer

Hi Aajonus,

I have a friend who was just diagnosed with pancreatic cancer. I think he is about 62 years old. The doctor said it is a good sized tumor and too advanced to operate on. He gave him about 6 months.

He pretty much already told them that he does NOT want chemo or radiation.

Is this something that you think you can get results with? If so, where is the next place he can see you?

Thanks.

Any cancer can be reversed, but 5% do not reverse. Whether he would be one of the 95% who do or of the 5% who doesn't, I can rarely tell.

I am in Dayton, Ohio until Sunday afternoon. Then I return to Los Angeles and begin a tour in Asia and ending in Australia the first week of September.

**Appreciatively,
Aajonus**

20090617-1534

Jun 17, 2009

Re: Raw cheese and hot plastic

Hi Aajonus,

I just ordered \$100 of raw, organic cheese. My cheese was delivered warm, very, very soft and looked almost melted. If the cheese had not been wrapped in plastic it would have melted onto my counter top.

I am concerned about the plastic heating up and going into the cheese.

How far does the plastic penetrate the cheese after the cheese has gotten hot?

Should I throw all the cheese in the garbage?

Would cutting off 1 millimeter or 2 millimeters around the outside of the cheese be safe?

Thank you.

Was the cheese ever frozen? If it was, throw it away because the cheese would be very acidic and dissolve some of the plastic. If it wasn't, cutting off 1 mm will be enough.

**Healthfully,
Aajonus**

20090723-2046

July 23, 2009

Re: Mineral Water / Kangen Water

Hello Aajonus,

I know you recommend mineral water such as Appolinaris. However, I have heard from several people that mineral water leaches calcium from the body. Is this true?

Also, I am interested in the Japanese water system known as Kangen water. What do you know about this purified water with a high alkaline content? I believe the Japanese government is subsidizing the people of their country so all homes will have access to the Kangen/filtered water with high alkalinity. I have heard that Magic Johnson drinks Kangen water as part of his health regime.

Thank you.

All water leaches nutrients, not just calcium. That is why I suggest that people drink very little water. I suggested naturally carbonated waters because they have natural cleansing and dissolving preterites and increase nitrogen in intestines and oxygen in blood.

Kangen water is no better than any other processed water and can cause just as many problems as distilled waters if drunk. However, using it for household use is beneficial.

**Healthfully,
Aajonus**

20090728-1253

Jul 28, 2009

Re: Puppy with a Limp & Spaying a Female

(See also Aug 17, 2009 Re: Puppy in Pain)

Hi Aajonus,

1. One of the 5 month old golden retriever puppies has a severe limp. One of her front legs has an injury or defect. It is hard to keep her from running around. Upon pressing on bones, tendons, and muscles, she doesn't wince, but the limp is progressively getting worse. She eats lots of bone marrow and raw bones; raw lamb, beef, chicken and all kinds of organs; goat and cow milk; butter; honey; and beef fat. The other 2 pups and mom are doing fine.

What should we do? Should I have it looked at without getting an X-ray? Will she be okay if we don't do anything?

2. We are approaching 6 months with the pup.

When should I spay a female?

What questions should I ask of a vet and what requirements should I insist on for the procedure?

Does she need to have a general anesthetic? What should I allow and what should I resist in terms of medications?

3. Do you know a veterinarian in our area or someone who might have this information?

Probably, the pup's mother transferred mercury from vaccines during gestation. That is a frequent occurrence. Usually, it takes 6-18 months to remove mercury toxicity. If the pup will eat a little fish, chicken or beef with about 1/2 tsp vinegar and about 5 cilantro leaves, 5-6 days weekly, that would help remove mercury without much scarring and permanent damage.

Rather than have organs removed for birth control, I suggest tying her tubes. Gas is always less damaging than local injections.

I suggest that you search the net for alternative vets.

**Healthfully,
Aajonus**

20090803-1400

Aug 3, 2009

Re: Diarrhea & Nausea

Aajonus,

On Thursday I woke up in the morning and immediately started having diarrhea. My first mistake was not eating anything during the next several hours and I kept proceeding to have diarrhea over the next several hours that just got more and more watery. With each bout of diarrhea my nausea continued to get worse and worse and I finally decided to sip on some sparkling water and I immediately felt better and the diarrhea stopped (temporarily). The nausea came back but the watery diarrhea got better. Instead of continuing on with the raw food I panicked because we were leaving the next day for vacation so I started eating some homemade chicken soup. It's been several days and I can't seem to get rid of the nausea. Not surprisingly, I can't stand eating the soup. I eat a couple of bites and then I feel like I'm going to throw up. In the middle of the night I wake up around 1:30 a.m. and I can feel the toxins dumping into my stomach even after several days of not eating any raw food. I can't figure out why I am still detoxifying when I haven't eaten any raw food for the last 3 days. The detoxification process usually stops pretty quickly when I stop eating the raw fats but this time it is taking such a long time. I'm afraid to eat the raw fats again because I know it will just bring back the intense diarrhea. I would like to get rid of the nausea and start eating anything again but I don't know what to do. I am wasting away because I cannot eat anything and that makes me even more nauseous because I am so malnourished. I know you do not agree with the cooked foods but I am at a loss of what to do. My last resort is to go to the local urgent care and get some medicine for the nausea so that I can try to eat something and hopefully get some nourishment.

Can you give me some advice? If your advice is to start eating the raw foods again then can you tell me exactly what to eat and what to eat when I have such bad diarrhea? I don't want to spend my whole vacation in the bathroom, but I also don't want to spend the whole vacation with such intense nausea and unable to eat anything. I am pretty close to passing out every time I stand up. Help me!!!

Thanks.

Nausea is always an indication that very caustic poisons are dumping into the stomach. Diarrhea indicates that very caustic poisons are dumping into the colon. Eating cooked food only keeps those toxins in the body and adds to the toxins, so that eventually no matter what you eat, you will detoxify those poisons. More people eating cooked foods have nausea and diarrhea than people who eat Primal Diet foods.

I suggest that you eat lots of unsalted raw cheeses, some every 20 minutes, to absorb the toxins throughout the digestive system. I suggest that after one day of eating cheese and 1/4 cup papaya 4 times daily, you begin eating a good Primal Diet.

Healthfully,
Aajonus

Aajonus,

I did as you said. When I got home from vacation I started eating Primal Diet again. I sip on Moisturizing Formula and milkshakes all day. Within a couple of weeks I was back where I started. I'm either STARVING with terrible hunger pangs or, when I eat, I am nauseous followed by severe stomach and intestinal cramping and then diarrhea. The cheese would probably help with the cramps and diarrhea but eventually makes me more nauseous because I don't dump toxins into my bowels, instead it kind of just sits in my stomach but I never vomit.

This has been going on all summer, pretty much the last 2 months, and it is wearing me down.

I've entertained the idea of eating eggs all day but it frightens me because they cause such intense intestinal detoxification, but I'm wondering if that's the only way for me to climb my way out of this. Would eating eggs make my symptoms better or worse? If I eat eggs should I also eat fat with them?

You told me my intestines were one of the most toxic you've ever seen and I'm wondering how long I'm going to have such intense digestive detoxification. I still can't gain weight because the more fat I eat the worse the diarrhea gets.

Thanks.

I wish that I could presage your journey through this toxicity. All we can do is experiment and explore. To help you reduce toxicity and diarrhea, I suggest that you eat 1/2 tsp cheese every waking hour, maybe with an equal amount of butter. Yes, the eggs are a good idea as well as the cheese and butter or other fat. Probably, eating 1/2 to 1 tsp butter with egg would be more agreeable to your body. Experiment.

**Healthfully,
Aajonus**

20090806-0830

August 6, 2009

Re: Swelling in Legs

Aajonus,

I have edema in my legs. I have probably had this swelling for some time now. I have been noticing it since two days ago because I feel the pressure of the swelling and my ankles are blown up like balloons. I am scared. I am elevating my legs now when I sit to see clients.

What do you suggest?

Swelling is always an indication of cleansing and healing, as long as you are on the Primal Diet. Since 90% of toxins are supposed to discharge through the skin, I suggest that you elevate your legs and apply hot water bottles to speed perspiration that will help discharge toxins through the skin. Eating a little grapefruit or pomelo will help, also orange.

**Healthfully,
Aajonus**

20090806-0831

August 6, 2009

Re: Irritability

Aajonus,

I am very irritable.

Have the Nut Formula, or a little cooked rice with an equal amount of butter.

Aajonus

20090812-1310

Aug 12, 2009

Re: Frozen Bones

Hi Aajonus,

Is it OK to give dogs bones that have been frozen? This would include chicken, pork, lamb and beef.

Thanks.

When I fed animals frozen meats including bones, they all developed severe skin problems.

**Healthfully,
Aajonus**

20090817-1735

Aug 17, 2009

Re: bleeding gums

Hi,

I have gums that bleed. This started happening after my son was born about 3.5 years ago.

It seemed to subside for a while, but in the last week or two I can taste a little blood in my mouth almost every day. I do have receding gums, if that matters.

One dentist said it could be an abscess but doesn't know unless he takes x-rays which I refused. Otherwise he said my teeth looked very good and healthy.

My diet is mixed raw with cooked, and cooked is about as healthy as I can make it. We do eat lots of raw all day long except for 1 cooked meal in the evening.

What's going on with my gums?

Thank You.

Probably, the pregnancy caused a major brain detoxification that has not stopped. When heavy metals from the brain detoxify, it is mainly through the gums, tongue and salivary glands. As the metals pass through the gums, they take most of the vitamin K and U with them. Those deficiencies cause gum bleeding. Even if you replace them daily, you still might have some gum bleeding and recessed gums. When it stops, you can reverse the recessed gums to a great extent.

To reduce or stop bleeding, I suggest you drink 4 oz. of raw, fresh, green cabbage juice every 4th day. Also, to control toxins discarding from the gums, I suggest you brush your teeth once daily, only with a mixture of 1 T. clay, 1 tsp coconut cream and 1 tsp vinegar. Also, consume about 1 T. clay daily with veggie juice or milk. Eating fish helps, especially oysters.

**Healthfully,
Aajonus**

20090817-1740

August 17, 2009

Re: Puppy in Pain

(See also July 28, 2009 Re: Puppy with a Limp & Spaying a Female)

Dear Aajonus,

This is a follow-up from our previous email to you about our dog.

Note: Her parents have never been inoculated or medicated and have been fed the Primal Diet since they were born.

OUR DOG IS IN A LOT OF PAIN NOW AND CANNOT USE ONE OF HER LEGS!

Our 5 ½ month old golden retriever's limp is getting worse at an alarming rate. She is now using 3 out of her 4 legs. She has high energy and passion for life. However, she is now obviously in pain and not acting like herself. She wakes later and sleeps more than her 2 brothers and her ability to cope worsens throughout the day. We have been careful and have limited her exercise.

We have read that it is common for large dog breeds, especially golden retrievers, to develop a limp. The most common reason being that the bones at the elbow joint do not fuse properly, or the cartilage can break off and float around in the joint capsule and thus, stress, irritation, and edema can cause a limp and/or infection.

Note: We are already feeding her cilantro and vinegar for mercury toxicity.

What else can we do to strengthen her fascia and immune system?

Should we have an X-ray done to rule out something that should be attended to, to prevent permanent deformity or incapacity?

She is in pain. What can we humanely do to attend to the pain?

Also, I have chosen to spay her with a vet who will cooperate with our instructions. What should be done to prepare her for anesthesia? And pain? And infection prevention? Is it better to spay her before her first heat and before her uterus becomes more mature? Is it okay to spay her now while she has leg/hip pain? Unfortunately, it will be easier for us to spay her than tie her tubes, because we have two male dogs.

We want to utilize the necessary services, while maintaining the integrity of our beliefs and enlist your support in the process. We are hoping to give her some relief soon from her discomfort. Thank you for your support!

However, the parents' parents were vaccinated. According to the experiments of Pottenger and Howell, it took 5 generations of offspring to become free of such toxins.

I suggest that you feed her about 2 ozs of beet juice one day and 2 ozs of red cabbage juice the next. Do this cycle twice weekly for 7 weeks and continue my other recommendations.

Healthfully,
Aajonus

20090821-0216

Aug 21, 2009

Re: Scrotal Hernia

Hi,

My husband has a very sore bulge in his scrotum. A doctor said it is probably the beginning of a hernia and would take about a year for the full hernia to form. The doctor said to relax over the weekend and see if the soreness in the scrotum goes away.

What are your suggestions for curing a scrotal hernia?

Thank you.

Scrotal hernias are extremely rare and usually happen in children. Probably, your husband's testicles are discarding some toxins stored for a very long time. 90% of toxins are supposed to pass through the skin. Often, they can congest just under the skin, but then can be dissolved gradually (sometimes up to 2 years) and eliminated through the skin. To help dissolve the congestion faster and protect the skin that will bear the brunt of toxicity, I suggest that he or you apply my Primal Facial Body Care Cream on and around the area. When the PFBC is not made, simply rub butter on it one night and olive oil on it the next, alternating every night 6 days weekly until the lump dissolves.

**Healthfully,
Aajonus**

20090821-1315

August 21, 2009

Re: Eroding Teeth

Dear Aajonus,

I have deep pockets that have developed where I have porcelain from 2 root canals, unfortunately. Within the next 2 months, I have been told, I will experience pain from infection because the teeth are disappearing and debris is lodging deep down in the areas of the teeth that have cracked more.

It was recommended that I have the teeth removed. I know you are familiar with these consequences from root canals and porcelain.

I am looking for a dentist that is sensitive to my needs. Do you have any referrals? What should I request for myself during this procedure? Should I refuse an X-ray which I am told will be required? How should I have these teeth removed? What pain killers or anesthesia? What kinds of things should I refuse? Pain killers, X-rays, antibiotics, etc.? What kinds of toxic things should I allow? Pain killers, novocaine, anesthesia, X-rays? What other instructions should I give the doctors? What specific foods should I eat before and after the procedure to counteract any toxic substances? Should I have a bridge made or get an artificial tooth? I will be losing the largest lower molars on both sides of my jaw, the second-to-the-last teeth.

Thanks very much.
Always with gratitude and love.

Please do not acquiesce to medical alarmism. It is designed to make you so unstable that you will do anything doctors dictate. From your email, I do not see you following your dentist's dictates, but you have fallen for his alarmism. I have seen that always calmness and patience during such detoxification while on the Primal Diet changes life for the better. I suggest that you refrain from dental work, pack your gums with soft room-temperature cheese and/or thick clay, apply a hot water bottle to your face without applying pressure and allow the body to adjust. If the cheese is too acidic, it could cause excessive heat and more pain. If after 10 minutes of having applied cheese, the area feels much hotter, then remove it and apply thick clay only. I suggest that you consume the Pain Formula with bee pollen and cheese from my book, We Want To Live, rewritten in 2005. Whenever you have pain, it is always swelling from detoxifying industrial chemicals from the area. Swelling provides increased nutrients to the painful area to allow for proper detoxification and healing. Heat applied to the area allows tissues to relax and expand with swelling so that less pain is experienced. When toxins have been removed, swelling reduces. When healing has been properly initiated and balance restored, pain subsides. The objective should be to manage and endure pain until the body finishes its tasks. Otherwise, toxins remain in the tissue and diseases progress.

The body can do its own root canal and limited repairs. I suggest that you wait. Remember that all disease is caused by collections of industrial chemicals, including your tumor. Also, when the brain detoxifies, it usually sends most of the toxins out the gums, tongue and saliva. When heavy metals detoxify through gums, the metals attach to dentine and damage the dentine. Bacteria then occur to eat the damaged dentine so that we can regenerate and heal. Once your body has settled, I suggest that you get composite fillings or crowns, rather than extractions. If your body wants an extraction, it will do it on its own, as long as you eat the Primal Diet.

To absorb the toxicity being discharged from your brain that is causing your tooth decay, I suggest that you sip milk often and eat cheese with a little butter every hour. Minerals in the dairy will bind with the toxins being eliminated through the gums that damage dentine. Brush once daily with a mixture of 1 tsp. of vinegar, 1 tsp. of clay and 1 tsp. of coconut cream.

Healthfully,
Aajonus

Dear Aajonus,

You suggest in your email that I could "get composite fillings or crowns rather than extractions". I already have crowns that are porcelain from two root canals. My body is trying to dissolve and remove nerve and bone toxicity around the teeth with a porcelain crown already in place on the top of the eroding tooth and root.

I am confused by what you mentioned on page 316 of your book about tooth and gum disorders. You mentioned in your book:

"EVEN ON A HEALTHY DIET, the toxicity around the teeth may require more nutrients than most people can eat. Therefore, if persistent infection occurs, it may be preferable to have a root-canal tooth extracted."

I am willing to endure the pain of this process if an end is in sight in the near future. However, I cannot endure more fatigue for years.

Knowing all this, my questions is: What effects will the porcelain crown have on this process of infection and the dissolving teeth underneath the crown? Underneath the crown is a stump of a tooth without enamel.

Thanks!

I don't know how much of your fatigue is caused by oral detoxification. I can take a look when I see you.

**Healthfully,
Aajonus**

20090923-0806

Sept 23, 2009

Re: Rabies

What is Rabies a detoxification of?

Rabies can result from any detoxification that involves extreme metallic or other poisons that affect the brain. Those poisons are sent to the brain to be arrested by fats. If fat in the brain cannot immediately arrest and contain those poisons, and if potent enough, massive cerebral damage occurs.

Healthfully,
Aajonus

20091019-1306

October 19, 2009

Re: Aromatherapy/Essential Oils

Aajonus,

We recently took our dog to a session where the therapist used Essential Oils (Young Living Grade A therapeutic oils). They were very effective in calming and soothing her, as well as recommended for their healing properties for her limp.

What do you know about Essential Oils? Do you know the oils that have the best extractions methods and are the most stable? Can you recommend any brand/company or human that you resonate with?

Your thoughts about this would be much appreciated.

Essential oils are distilled oils that penetrate cell walls, even if the cells do not want it. Like any distilled oil, Young's essential oils are radical solvents, but they can help arrest heavy metals. Oils that are heated above 96 degrees F are not living. The word "living" is a fraud. Young even admits in his book that nature distills plant oils between 57-62 degrees F. Essential oils are not easily removed from the body with the toxins and they damage many cells by thinning cellular walls and organelles. They cause people who are very clean, like me, to sneeze and have headaches. You could try Green Pastures cod liver oil with some flax oil. If she continues to be hyper and anxious, something is irritating her nervous system and/or brain. She may not be digesting well. I have some blue butter that might work (blue butter has been predigested by blue fungus, like in blue cheese).

**Healthfully,
Aajonus**

Thanks Aajonus!

How do I acquire blue butter?

Blue molded butter, that is. You can get it from me.

20091023-0209

October 23, 2009

Re: Cars

Hi Aajonus,

I am looking into buying a new car. Do you have any recommendations for things to look out for? Hybrid or gas? Leather or cloth? Particular things to eliminate or request to reduce toxicity? I am planning to get a large enclosed truck or van to cart around things and dogs.

Honda, Ford, or Toyota?

Thanks.

I suggest that you test all hybrids for low emissions. However, you must consider the EMFs that are emitted in the driver's seat. I suggest that you take an EMF meter with you while someone else drives before you test drive a vehicle. Okay EMF levels are 3 milligauss, but you will find that all vehicles are much higher. My Prius hybrid (Toyota) has an EMF of 8-50. The faster it goes, the higher the EMFs. So, most of the time when I drive, I place my feet on the mound between driver and front passenger where the EMFs are rarely over 18. However, if the CD player plays, the EMFs are 50-100. It might be best to install the CD player in the back of the car. I had leather installed in all of my past cars because fabric upholstery is plastic and lints. It is unhealthy to breath plastic lint. It must be dissolved into the body to eliminate it. After you buy the vehicle, there will be many noxious toxic fumes in the car. I suggest you open all windows and doors and let it bake in the sun for up to 30 days. When driving it during that 30-day drying period, leave all the windows down.

Healthfully,
Aajonus

What about a car that is not a hybrid? Is it much more toxic? I am considering a Ford Expedition or Chevy Suburban.

As I stated, I have no idea about present cars.

20091031-0830

Oct 31, 2009

Re: Inguinal Hernia

Hi Aajonus,

We spoke yesterday about my husband's inguinal hernia. After speaking with you, he decided to cancel his surgery for today. His doctor did not want to use the pig skin mesh saying it was for special cases and his hernia was very routine and did not require the pig skin. The doctor also said the pig skin costs thousands more. Anyway, he is trying to find a doctor who will use the pig skin mesh instead of the Marlex polypropylene mesh.

My question to you: you gave him a recipe of berries, cream, coconut cream and honey to drink daily, taking 1 day off each week. What does this recipe do for him and his health regarding his hernia?

Also, inguinal hernias over time can cause strangulation of the intestines and blockage. How do we know this will not happen while we search for a new doctor? What do you know about the blockage aspect of inguinal hernias?

Thanks.

The berries formula will help him remove metals from the hernia so that it can heal. Without seeing his irises, I would not know how long it is likely to take to remove the metals that prevent healing.

I know of only one person with a hernia that had intestinal strangulation and that was an eighty-eight year old man, who was not on the diet. All of his tissues in his lower abdomen were distended, flabby and hanging with no muscle or tissue strength. That is a scare tactic that pharma/medical use to frighten people into surgery.

**Healthfully,
Aajonus**

20091103-1310

Nov 3, 2009

Re: Ceramic Knives vs. Stainless Steel

Hi,

What are your thoughts on non-toxic knives to use?

Are ceramic knives safe? How about the ceramic knives made by Raw Star?

What about surgical grade stainless steel? It supposedly does not leach heavy metals.

Thanks.

There are two arguments against steel: one is leaching and two is it disturbs the natural electromagnetic fields of food cells. Ceramic knives are safe, but could leach if left in an acidic solution for several hours. Surgical stainless steel does not easily leach, unless left in an acidic solution for many hours.

What Knives do you use and highly recommend?

Both ceramic and Cutco.

Why Cutco knives? Do they leach? Do you use Cutco and Ceramic?

Surgical steel grade steel and best quality knives. I bought these long before ceramic knives were made. But I prefer ceramic unless I cut pineapple or high meat.

Why do you use surgical steel-grade steel on pineapple and high meat?

Pineapple and high meats can dissolve ceramic enough to slightly leach.

Wow I didn't know that about pineapple and high meat. Are lemon, lime and tomatoes okay since they are acidic? Will they leach the ceramic?

None of those contain the bromelain/citrus combination that pineapple has, nor the dissolving proteins that high meat contains.

**Healthfully,
Aajonus**

20091104-0932

Nov 4, 2009

Re: Wood utensils and mineral oil finish

Hi,

Some companies finish/brush their solid wood utensils with a mineral oil. Is mineral oil okay on solid beachwood spoons? The company says it's non-toxic, but I don't believe them. Does the mineral oil from the wood spoons release into the food?

Thanks.

Yes, it leaches especially with fermented or acidic foods.

**Healthfully,
Aajonus**

20091115-1639

Nov 15, 2009

Re: Emergency – Woman with advanced cancer

Hi Aajonus,

A new client was sent to me for food. She is 54, with advanced cancer of the appendix that has spread throughout her body. The doctors took out her appendix, spleen, part of her liver, part of her diaphragm, rectum, colon, large intestine, part of her small intestine (has 2/3rd of small intestine left), peritoneal lining and part of her stomach. She has a colostomy pouch. When you look at her, she looks healthy. She can go for walks. She is about 5'7", 125 lbs, but is losing weight quickly.

She was sent home from the hospital and told to eat nothing but strained soup broth, jello and Total Parenteral Nutrition (TPN). The TPN makes her sick, so she stopped it. They also have some mix that has 5000 calories in it for her to eat. She is losing weight quickly. If she tries to eat anything else, it clogs her up and she is in such excruciating pain that she has to go on morphine for three days. The doctors said if she gets clogged again it could kill her. She has been sent home to die. She clogs up when her intestine gets inflamed and the tumors press on it causing blockage.

To get her going I told her to stop everything she had been eating. I wanted to get her going on raw and give her raw fats that would keep her system lubricated so she would not back up. She started on butter and honey throughout the day, then added a milkshake, then added a lubrication drink, then added raw fish last night (small amounts about 2 oz twice) and today she has added green juice of celery and cucumber only. The first two days were without the fish, only fats. Then, last night, she added fish (2 oz only once for dinner). Today she added juice and more fish (twice a day today). She has had continual diarrhea (good lubrication so she won't back up). The smell is rank she said (toxic crap dumping I am sure). She is also very nauseous. Today, I gave her no-salt raw cheese to try, but did not want her to eat too much as I did not want her to back up. That is what they want to prevent at all costs. I told her a sugar-cube size of cheese, twice a day, for nausea. You don't think the cheese will back her up, do you? She cannot seem to do fruits, only fruit juice like apple juice.

Now she is doing:

- Celery and cucumber juice upon waking
- 2-4 oz fish with lube formula
- Milkshake
- 2-4 oz juice
- Fish, 2-4 oz with lube formula
- Milkshake
- Juice, 2 oz
- Butter/honey between meals
- Fish with lube formula
- Milkshake if hungry
- Milk before bed
- Milk at night

Nausea: I told her to shoot raw eggs or try cheese. I want to get weight on her but she is still losing weight. After a few days, she feels full but she is not satisfied.

She came to me initially just to get foods that she could eat, but when she left, she said, "Tell me exactly what to eat and I will do it." Do you think it is too late for her to survive?

Any thoughts or suggestions? Do you think adding more fish per day plus a little bit of cheese will back her up? Should I have her husband, who is taking care of her, contact you?

No one is dead until they are dead. Diarrhea should not be a problem. I had someone in her condition that had diarrhea for 2.5 years. That is not a worry. What the concern is, is to eat foods that require very little digestion for at least 6 weeks so that her body can cleanse, heal and strengthen as quickly as possible. I suggest that she eat 23 eggs daily. She has lost too much of her digestive system to wait for other foods to try and digest. Also, honey and butter. I suggest that she eat 1 egg, then 1 T. honey/butter mixture (1 honey to 2 butter) every 30 minutes of her waking hours. Meats of any kind will likely make her nauseous. I suggest that she continue on that diet for about 6 weeks. By then, she should have strengthened enough to survive and maybe recover.

For nausea, I suggest she make a mixture of 2 ounces of lemon juice and two ounces of honey. When she gets nausea, I suggest that she mix 1 ounce of the mixture into 2 ounces of sparkling mineral water only and sip it over 3-5 minutes.

Healthfully,
Aajonus

20091122-1950

Nov 22, 2009

Re: Allergy to Dogs and Cats

Hi Aajonus,

We have noticed that our 6 year old daughter, who has a raw diet along with a cooked diet, seems to have an allergy to dogs and cats. Her diet is very clean and totally organic. She has never been immunized / vaccinated. You saw her when she was 3 years old and said her eyes looked good and that you did not have to see her again.

Her symptoms around pets are: sneezing, watery eyes, coughs, stuffy nose, breaks out in red bumps and is itchy.

I am confused as to why she is having a reaction to dogs and cats. Please explain.

Also what foods would be good for her to eat to possibly cure her of her allergies to dogs and cats? Is it curable? I know her grandmother and cousin both have allergies to dogs and cats as well. Is it hereditary?

Thank you.

Since your daughter is eating some cooked (processed?) foods, she has toxic chemical byproducts. Many times, children will discard toxins from mucous membranes, causing loss or thinning of the mucus protecting the mucous membranes. Dander from cats and dogs, even if they have not been vaccinated and are on raw diets, have processed food and vaccine toxins from the mother throughout gestation. When those are detoxified from the body of dogs and cats, 98% discharges in and through the skin. Therefore, the dander from those animals will be highly toxic. When inhaled by a child (or adult), dander penetrates the mucus and irritates the membranes.

A child with little or thinning mucus will not be able to protect itself from dander irritation to mucous membranes. Since most toxins are supposed to be eliminated through the skin, absorption of dander toxins often results in skin rashes.

I suggest that you restrict your daughter's cooked and processed foods and have her drink more milkshakes to increase mucus production.

Feed the dogs and cats moist Terramin clay to help those animals neutralize those toxins better so that the toxins are not so caustic in their dander.

Healthfully,
Aajonus

Aajonus,

My daughter never eats processed foods of any kind. Everything she eats is from the earth and in its whole food form, whether raw or cooked. Some of what she eats is cooked, in the healthiest way possible, and the rest is raw. I just wanted to mention this to you since you spoke of keeping her away from processed foods in your response to me. We never eat processed food of any kind.

I am still puzzled as to why someone like her, who eats a healthy food diet, gets an allergic reaction to dogs and cats, while other children who never eat organic or fresh food of any kind and who eat highly processed foods from fast food restaurants have no allergic reaction to dogs or cats. Please explain why other children on extremely poor diets eating cooked food are not allergic to dogs and cats. Also, it's hard to believe that cooked food is the culprit since everyone on earth eats cooked food and not everyone has allergies to dogs and cats.

Is it true, based on your explanation, that if my daughter were to come in contact with a completely wild dog whose mother was wild and other generations were wild, she may not have an allergic reaction at all since no toxins would be present in the dogs lineage?

So she needs to increase her mucus to protect her membranes from being irritated by toxic dander from cats and dogs. Is this right?

I forgot to mention that when she comes near a hypoallergenic dog, such as a Wheaten Terrier, she has no allergic reaction. Wheaten Terriers apparently do not have fur but hair like humans and do not shed like other dogs.

Thanks.

If you try to compare one person's health to others, you will always be confused. Your daughter has problems because her body contains caustic toxins in her body, especially near the throat and lungs. I suggest that you be thankful that her body tries to eliminate the toxins and that they do not easily store from dander. Cooked food is not the greatest culprit. Medical and industrial pollution in everything is our main culprit. Since you did not grow and live on an exclusively raw Primal Diet and did not live in a clean environment, you have a lifetime of toxins in your body. You passed many into your daughter's body while she was gestating. Why her body stored them where it did, I cannot say.

Yes, she would not have reactions to wild dogs as long as she produces protective mucus that prevents dander from irritating and penetrating membranes. And, yes she needs to increase mucus production.

It is not the hair but the skin - dander - that causes rashes.

**Healthfully,
Aajonus**

20091207-0251

Dec 7, 2009

Re: Coconut oil

It seems like this coconut oil uses the same fermentation process as Wilderness Naturals. Look under virgin coconut oil and how they make their oil. Is the Gold Label Standard Oil a good one?

<https://healthytraditions.com/coconut-oil/what-is-virgin-coconut-oil>

It's the same process, but they let the oil get to a much higher temperature than what is beneficial.

www.thaiorganiclife.com is the only oil that is not heated above 96 degrees F.

Healthfully and appreciatively,
Aajonus

20091208-1219

Dec 8, 2009

Re: Deworming

Hi Aajonus,

We are about to get a puppy in a few weeks. Right now it is 2 weeks old. I asked the person who has the pups to not vaccinate them and she said okay.

However, the person who has the pups right now wants to deworm them with a strong dewormer called Drontal Plus.

What do you know about deworming puppies? Are there safety issues with it?

The pups are nursing right now on their mom but will be weaned soon to a kibble diet. I do not like the kibble dry dog food diet but I do not have control over what the puppy eats until I get the puppy in our home. Once we get the puppy, at 8 weeks old, we will feed it a raw diet.

Let me know about the dewormer. Any suggestions on what raw food the puppy should eat?

Thank you.

Dewormers cause much neurological damage. I suggest that you strongly recommend that she only use dewormers if the pup has signs of worms. I do not ever believe that they should receive dewormers but that is just to placate her so she does not deworm your intended pup.

Or, you could tell her that a pup on an excellent diet will never have worms and that when they have worms, it is to detoxify toxins from an insufficient diet with additives. If a pup eats an excellent diet, that is its natural raw, bacterially infested diet of raw meat including hair, when it has worms, the pup will survive and thrive rather than get sicker and die.

**Healthfully,
Aajonus**

20091211-1517

Dec 11, 2009

Re: Walnuts and Dates from Jaffe Brothers

Hi Aajonus,

Recently, I found out that organic medjool dates are picked from the tree, and if they are too wet, they are placed in a room of 130-140 degrees to dry them out. Are they raw or not?

LLC DatePac is the supplier to Jaffe Brothers. LLC DatePac states that dates must be dried in a room to take out moisture. LLC DatePac states that they try to mimic the high temperature of the desert environment; that's why they use a room of 130-140 degrees.

Also organic raw walnuts from Jaffe Brothers, their supplier is Ferrari Farms, are dehydrated at 110 degrees before selling them to the public. Jeff Ferrari stated that this is the industry standard for preparing raw walnuts, because if they were sold off the tree directly to the public they would be too wet and mold would occur. Jeff states that the walnuts need to be taken down to 8 percent moisture level and to do so they must be dehydrated at 110 degrees. Jeff also stated that above 110 degrees the oil in the walnuts would go rancid.

I don't know if you were aware of this information.

My question to you is: Are these 2 products still raw by your standards since you recommend that people on your diet eat them? I believe you also stated that anything above 100 degrees kills the food. Please correct me if I am wrong.

Thank You.

LLC DatePac has given you incorrect info. Nowhere in the desert where California dates grow does the temperature reach 130, except the sand a few hours of the day. Dates are 15-60 ft above ground and do not reach temperatures greater than 110 for more than 1 hour daily. I worked for 3 years in dates in the Coachella Valley in the late 1970s. Please send them a copy of my email and ask how long they dry medjool dates at those temperatures.

Regarding walnuts: are they dried at 110 in the shell or shelled? In shell is okay, but out of shell that temperature destroys many enzymes.

Thank you for your research; it seems as though my worker is not being thorough enough. I am disappointed in my paid helper and those companies.

**Healthfully,
Aajonus**

Hi Aajonus,

Walnuts are dehydrated in the shell by Ferrari Farms and Gibson Farms at 110 degrees. Both Walnut farms are considered reputable and have been around for many years. You said in the shell dehydrating is okay. So walnuts must be okay.

The organic medjool dates dried between 130 and 140 degrees concerns me. Are they being cooked? Are the enzymes dead? Are we eating pure sugar? Are there any nutrients left?

Please let me know what you think about the nutrition level of dates?

Would you still eat them knowing what you know?

And yes, your paid helper / researcher should do better research. It's not hard to ask questions.

Thanks.

I would not eat dates from that source again. I assume that is why I always need to eat more fat with medjool dates.

My product list is 10 pages and there are literally hundreds of producers to call each year. In fact, it is so costly that I only verify every two years. I lose \$6 on every product list sold, but it is an expense that I must afford.

Again, I am very appreciative of your diligence.

**Healthfully,
Aajonus**

Aajonus,

What is a good source for organic medjool dates? Jaffe Brothers gets their organic medjool dates from LLC DatePac. LLC DatePac dries the dates in a room with temps of 130-140.

If we don't get dates from Jaffe, where from?

Thanks.

There are other types of dates, not just medjools. I will look into a medjool source when I return to the States in March. Ask Jaffe what other kinds of dates they carry and if they are heat dried. Others that I know that might be heat-dried are honey dates and barhi dates.

**Healthfully,
Aajonus**

20091215-1215

Dec 15, 2009

Re: Daughter vomiting

Hi Aajonus,

My 6 year old daughter will occasionally vomit, out of the blue, for no reason at all.

Yesterday she woke up and said her stomach hurt. Later in the afternoon she ate guacamole and she vomited. A couple of hours later she ate something else because she was hungry and she vomited again. About 7 pm she had some mineral water and she vomited. Finally, at 10 pm last night she was fine and wanted a tangerine. So she ate a tangerine and drank Gerolsteiner mineral water and she was fine. No more stomach pain no more vomiting. This morning she said her stomach felt good. She had a strawberry smoothie with a raw egg in it and her stomach did not bother her.

She has vomited before out of the blue. About 2 months ago she woke up one morning and said her stomach hurt. She vomited whenever she ate something, off and on for two days, and then the pain in her stomach went away and she was fine.

Two years ago we were at Whole Foods about 8 pm at night and my daughter (who was 4 years old then), out of the blue, vomited at Whole Foods in the Produce Dept. We came home, she slept for about an hour and she woke up about 10 pm, was hungry, ate a bunch of food and everything was okay. No more stomach pain and no more vomit.

Why is she periodically vomiting out of the blue? What is causing her stomach to hurt to cause her to vomit?

Any food you would suggest for her to eat?

Thank you.

As I stated in my books, the quickest way to get rid of the most concentrated toxins stored in our bodies is to vomit them. In laboratory tests, vomit has been measured to have many times the lethal quantity of a particular or combination of toxins; yet, when the body dumps them into the stomach and vomit occurs, there are no long-lasting ill consequences. I pray for days with vomit. Rejoice, because your child will have very little ill symptoms.

**Healthfully,
Aajonus**

20091229-1335

Dec 29, 2009

Re: Ionizing Footbaths

Hi Aajonus,

What do you know about ionizing footbaths?
Safe or not safe?

Thanks.

Toxic.

20091229-1336

Dec 29, 2009

Re: Blood cancer

Hi Aajonus,

What causes blood cancer? How can 3 siblings, all in their 80's, have blood cancer?

I was just told by my father that 3 of his 1st cousins, all brothers and sisters, died of blood cancer this past year within 2-3 months of each other.

2 siblings lived in Columbus, Mississippi their entire lives and one of them lived in Utah from the age of 22 until she died in her early 80s.

Is blood cancer / leukemia environmental as I would suspect? If so, how can one sibling who lived in Utah be exposed to the same toxins in her environment as the other 2 siblings who lived in Mississippi?

Any genetic component in blood cancers?

What is even more interesting is that my mother's sister who lived in Germany her entire life died last April of leukemia / blood cancer as did her husband who lived with her in Germany. He died 10 years earlier with multiple myeloma. They lived a half-a-mile from a car factory where large haystacks of smoke spewed toxins out every day. It seems reasonable to assume that a husband and wife living next to a factory might get blood cancer. But what about the 3 siblings I spoke about above? How do you explain them getting blood cancer?

Please let me know what you think.

Cancer is always the result of industrial chemicals. They are in everything everywhere. The more they accumulate, the more damage is done in the body to the point where the body stops dissolving dead cells and collects them: cancer.

Utah has more hospital beds per capita and more cancers. Mississippi has been the military's proving ground for biological-warfare experimentation.

**Healthfully,
Aajonus**

20100101-1743

Jan 1, 2010

Re: Emergency - Detox still going on

Hi Aajonus,

I am not fully recovered from the detox and it has been 2 weeks now. Next week, I must get back to work. I've been off work 2 weeks and have already lost a lot of income.

I will summarize my symptoms and perhaps you can steer me in a faster recovery direction.

It started 2 weeks ago with intense vomiting for about 8 hours, every hour or so, with diarrhea until my stomach was 100% empty. I could eat nothing without feeling like I would puke it up. I drank water and puked it up.

I slept around the clock, but only 1.5 to 2 hours at a time for the first week. I would eat something that I felt would go down, such as fresh-squeezed orange juice, papaya, pineapple and cultured milk with honey after the curds and whey separation. I had the runs all the time in small amounts as well as blood coming out of the anus for about 5 days.

The symptoms of this eating was nausea, the runs, blood coming out of the anus and severe intestinal cramps every time I went to the shitter. I mean severe cramps. I was also drinking a lot of sparkling water with honey to try and handle the upset stomach.

This continued for about a week and then the cramps subsided after I was so hungry I had to eat meat. I ate cooked chicken as the thought of raw made me nauseous.

I kept up with avocados and papaya, orange juice, sour cream, cooked chicken, raw fish, steamed mushrooms with butter, goat yogurt (honey with everything), cabbage juice along with parsley and celery, and fresh milk. I've been on this a week and then after the meat, my energy level picked up some each day, but my energy level is still VERY LOW. I'm too tired to do much of anything but light administrative work and a bit of walking around.

I sleep now for 3 to 4 hours at a time, but still wake up with my stomach being unsettled and I have to pee or shit. My shit is not a regular firm stool. It is soft, but not the runs. It is still bleeding a bit. I still have cramps, but not severe, just uncomfortable.

Now I am getting pain in my penis before I pee, like when I sleep and I have to piss. But I get up and piss, and it comes out slow and not very much. Prostate?

I slept last night, for 1 to 3 hours at a time, all night from 9:45 PM to 9:45 AM. It was a VERY knocked out super deep sleep. But I still wake up needing to handle my stomach, as it is upset, or to pee as it kind of hurts.

I have eaten raw eggs now, about 4 a day, starting a few days ago. Again, most all things go down well. But the digestion on the other end is so wired.

I also tried this EM stuff they sell at Rawsome - Effective Micro-organisms - along with clay and Green Kamut stuff. It does not seem to make a difference, but it does seem to empty my stomach.

My energy level is very low and I get tired easily. Last night, I packed myself with chicken and fish and some lamb - partly cooked - like warmed or seared on the outside just a tiny bit as I just don't like the idea of 100% raw. And the warm food is very soothing. I must have eaten a pound I was so craving the protein.

I am very concerned as this is the longest detox I have been through and I don't have the money to just not go to work and produce. I've got to get to work next week on Monday.

Please advise.

Firstly, I suggest that you stop eating cooked meats. That is for elderly people just to maintain their status quo. You are unlikely to recover if your protein is being used to detoxify cooked protein; you will not get enough protein to give you strength.

Secondly, I suggest that you eat 1/4 cup steamed organic rice with your raw meat meals, for 3 days only. The raw protein is helping you detoxify, so when you eat it, it makes you nauseous. When you eat cooked rice with it, the rice will absorb the toxins that make you nauseous. Also, have a little honey, periodically, during meat meals.

Cramps and bleeding indicate that you are discarding very caustic toxins that completely usurp all of your body's energy at times and for long periods. Removing them now makes for better energy for the rest of your life.

If you can, eat watermelon as your fruit to help perspire the toxins so all does not dump into the intestines. Continue papaya and avocado in the morning when juggling cramps. Eat lots of cheese and 1 T. of moist clay, 2-3 times daily in 4 ounces of milk each time, to help arrest the toxins in the intestines so they are not so caustic.

I have been experiencing a 3-weeks-long mucus detoxification with grayish-green phlegm as thick as putty. The grayishness is probably elimination of injected metals, and maybe other metals stored. I am looking forward to increased health.

Healthfully,
Aajonus

20100110-1230

Jan 10, 2010

Re: Raw Honey Corrupted with Corn Syrup

Hi Aajonus,

How does one know if raw honey has been adulterated with corn syrup?

I have heard that some bee keepers / companies will bottle corn syrup in with their honey to save money.

How do we as consumers know if corn syrup has been put in our honey?

Thank you.

Usually, the taste will differ from pure honey. It burns my tongue, especially the throat and lingers for about 10 minutes, consuming only 1/4 tsp. to test. However, if the bee keeper uses corn syrup or sugar at any time, I do not buy honey from him/her.

**Healthfully,
Aajonus**

Aajonus,

Would you ever think that Honey Pacifica would corrupt their honey with corn syrup?

I know they have confessed to feeding their bees corn syrup as of last winter. I do not know if they have done the same this winter.

I am asking because we eat the sage honey from Honey Pacifica and, as consumers, we would never know if it has been corrupted. Just like we never knew they were feeding their bees corn syrup.

Do you trust Honey Pacifica to keep their sage honey clean and pure?

Thanks.

Honey Pacifica promised never to do it again and that it was the first and only time. They did not expect that the bees would run out of the honey they left for them last year; that is why they gave them corn syrup. I stated that they should always dip into their bottled honey to supply the bees in case of emergency and they agreed for the future, including this year.

Healthfully,
Aajonus

Are you going to continue to buy Honey from Honey Pacifica?

Yes, this Spring's crop. I didn't buy any last season because they used syrup. I had 4 gallons stored.

20100110-1736

Jan 10, 2010

Re: Kefir strained in stainless steel mesh strainer

Hi Aajonus,

Does kefir react with a stainless steel mesh strainer for the few seconds that it is in contact with it? Is there metal being released into the kefir?

My 4 year old son has lived on kefir for the last 3 years. It is one of his favorite foods. Is he eating small amounts of metal?

I just learned at a yogurt making workshop that a plastic strainer should be used instead of a stainless steel strainer. What are your thoughts on straining kefir in a stainless steel mesh strainer? I have been making kefir for 3 years now and I use a stainless steel mesh strainer to press the kefir through once it has turned into kefir. Cheesecloth won't work. So it's either stainless steel or plastic. Plastic has it's own issues.

I do not use stainless steel for anything else.

I always use glass bowls/plates and wooden spoons for all our food but there is no such thing as a glass or wood strainer.

Thank you.

Any time any food comes into contact with metal, radio waves affect the food. However, if you are surrounded by more solid walls, less radio waves will affect food. Consider that radio waves pass through almost everything and your radio will play as long as there is a signal close enough.

Stainless steel takes at least an hour to begin to dissolve and enter acidic foods, so I would not worry about using a STAINLESS steel strainer for about 2 minutes or less.

**Healthfully,
Aajonus**

20110122-1341

Jan 22, 2011

Why is Gerolsteiner One of the Worst Waters

<http://breakingnews.ewg.org/bottled-water-2011-search>

Hi Aajonus,

Have you seen this Water Quality Report? Why is Gerolsteiner one of the worst waters to drink?

Hi,

Gerolsteiner received an F, because it does not treat its water at all and does not remove any bacteria that naturally exists in its completely natural water. Rainwater is especially abundant with bacteria. No other water in the world can foster agricultural growth like bacteria-rich rainwater.

According to Environmental Working Group (EWG), who made this study, bacteria in water is bad and therefore Gerolsteiner water is bad by its standards. However, the major reason Gerolsteiner got an F, was because Gerolsteiner did not disclose on its label that it was not treated and may contain bacteria. Any company, calling itself Environmental Working Group, that gives its safest water endorsements to 3 of the most polluting food companies in the world (Gerber, Nestle and Penta), must have its values scrutinized and its roots should be tracked to those companies. Many such so-called environmental groups/organizations are bought, paid-for and even established by corrupt companies for the purpose of falsely elevating their products and/or motives to desirable status. Notice that the word "purified" is in all of Gerber's, Nestle's and Penta's products. "Purified" means that some industrial chemical process was utilized to alter the water.

Remember that we have only 1 human gene in our digestive tracts for every 150 bacterial genes. We have 100-150 bacterial genes to every 1 human gene. I have not found one natural bacteria that is a pathogen in the human body. Consider that I have consumed more "pathogenic", bacterially rich foods than any man in modern society, but I am vitally healthy in my 64th year, when, according to medical pseudo-science, I should have been killed by them. It has been my empirical experience that the only pathogens are industrial chemical toxicity and fraud.

I want natural bacterially rich water that is life-promoting, untouched by industrial manipulation and contamination. What do you want?

Healthfully,
Aajonus

20110201-1826

Feb 1, 2011

Re: OK to Eat Conventional Pineapples?

Hi Aajonus,

Is it OK to eat conventional pineapples, if organic are not available, due to their pretty thick skin? I unfortunately can't find organic pineapples anywhere at the moment.

Yes, but you have to scrub them with a vegetable brush and warm water before you cut into them.

Aajonus

20110202-1650

Feb 2, 2011

Re: Oysters

Aajonus,

You mentioned, a little while ago, consuming oysters. Do they have to be New England oysters, or are North Florida (Atlantic side) oysters also OK to consume?

Any oysters north of South Carolina are good.

**Healthfully,
Aajonus**

20110305-1759

Mar 5, 2011

Re: Sexual Release During Heavy Detoxification

Aajonus,

When detoxing hard, is sexual release of any kind a good idea or rather does it take away too many nutrients for the effort?

Depends on how your body reacts following ejaculation. If it is favorable, do it. Sex creates many wonderful hormones.

Aajonus

20110310-1540

Mar 10, 2011

Re: BPA in Ball Lids

Hi Aajonus,

Did you know that BPA is in the interior lid of Ball and Kerr canning jars? I just found this out. I know a few years back you said to stay away from the lids that had the gold interior and suggested using the lids with the white interior.

Apparently, the lids with the white-coated interior, the part that comes in contact with food, is lined with BPA.

What are your thoughts on this?

Does BPA go into raw milk?

Thanks.

The distributors of Ball and Kerr are supposedly the same when I spoke with them. They claimed that both lids were sealed with plastic. However, when I scraped the Kerr lid, the plastic coating was apparent. When I scrapped the Ball lid, there was no plastic. So, some people do not know what they are talking about. However, since I am not in the USA, I cannot verify that that holds true 2 years later (since my last purchase of Ball lids and scrapings).

Scrape both and you will know.

**Healthfully,
Aajonus**

Hi Aajonus,

If you Google "Is there BPA in Ball canning lids" you will get many responses that say Yes.

My raw milk lady made me aware of the BPA in the canning lids yesterday and advised her customers to switch to a different lid.

An alternate lid made by a company called Tattler states that their lids are BPA free, but the problem with Tattler lids is that their lids contain a small amount of formaldehyde which the company says will not leach out unless heated over 250 degrees. Either way, not good as far as I am concerned. Check out Tattler lids at: <http://www.reusablecanninglids.com/>

One option is to use the Ball plastic storage caps which are either a #1 or a #5 plastic. I am having a hard time finding out what kind of plastic is used on the storage caps. The problem I see with these caps is that they don't seal as tight as the metal lids with rubber rings.

Also, as an alternative, there is a German company called Weck that uses glass lids, rubber rings and glass jars. They look good but don't know much about them. Check them out at:
<http://www.weckcanning.com/>

Let me know what you think.

As I stated, there are hundreds of would-be experts who do not know anything because they do not do their own research. Take a sharp paring knife and scrape it across the white enameled lid. If you find a thin transparent or translucent product, it has been plastic-coated. Let me know what you find.

**Healthfully,
Aajonus**

FYI:

The comment below is from my milk lady:

“Apparently its now an FDA policy that with food containers made from metal, that any areas that come into contact with food must have a layer of plastic containing BPA to prevent leaching from the metal. How silly is that! Typical FDA.”

I will try scraping the lid to see what comes off.

Ball lids are enameled.

Hi Aajonus,

I was finally able to talk with a person from the Ball Company about their rubber-rimmed lids with the white interior and their plastic storage caps.

The person looked in her data sheets and confirmed that Yes the white interior lid does contain BPA. She said it is a small amount. She said it would take a 150 pound person 2,400-4,300 jars with the BPA in them to reach the maximum safe daily limit required by the FDA. She went on to say that the BPA must be in the lids according to FDA rules to prevent corrosion. The lid with the white interior is made from a modified vinyl and is not enamel. She also said the modified vinyl does not have PVC in it but definitely has the BPA.

The Ball plastic storage caps are made from polypropylene which is a #5 plastic. There is no BPA or PVC in the storage caps.

She further stated that the Ball Company is researching a new lid which would be BPA free.

Wanted to share info with you.

All my best.

Because the plastic coating is enamel-like, I found that it does not leach into food. If you scrape the metallic-colored lids (Kerr) you can peel-roll the plastic. With the Ball lids, that does not happen. Also, notice that the plastic coating on Kerr lids dissolves rather quickly and the lids rust quickly - evidence that the BPA in the plastic is absorbed into food.

I would be delighted if Ball were able to make a coating that was BPA-free for the environment. Let's hope that the new technology does not produce something worse.

**Healthfully,
Aajonus**

20110312-1349

Mar 12, 2011

Re: Pain in side

Dear Aajonus,

I have been in great pain on my right side, but particularly the right hip. It was bad last year and again this year. My left one aches too but not as acute as the right. Plus the area where the legs meet the pelvic region feels inflamed or painful too. I have been told I have a slight spinal rotation which seems to mean my right side has the muscles more built up. I also have a rotated right hip or sacroiliac joint problem, which I have had for 24 years. Plus I have bad posture so the right seems to be overstrained. But would this be enough to cause such aching, or is it those toxins in that right side which you said have worsened? My neck always seems to go out of alignment too plus much aching, and I know you said I have more toxins in the brain stem than before.

I have just spent one month in Desert Hot Springs using the hot mineral water three times a day - temperature around 105. Would that be just as good as those detox baths that you recommend?

All health issues result from industrial toxins stored in the body. Sometimes our bodies build more tissue around those toxins to harness and confine them. Discomfort results when our bodies are unable to contain them without local cellular irritation and destruction. In such cases, our bodies want to rid themselves of those toxins whenever they can. Damage results from that process as the body mines, dissolves, harnesses, neutralizes and eventually discharges caustic industrial toxins from our bodies.

The hot springs is better than a hot bath in municipal water, unless the hot springs water is treated with chemicals such as chlorine and fluoride.

To help remove toxins, I suggest that you consume 1 T. moist Terramin clay blended in 3 ounces raw milk, once or twice daily. If constipation results, I suggest a suppository of 3 T. each of raw butter, raw cream and raw coconut cream every few days as needed. Place in rectum before sleep.

**Healthfully,
Aajonus**

20110312-1415

Mar 12, 2011

Re: Raw, Lightly-Salted Cheese

Hi Aajonus,

I have been out of raw cheese for 4 weeks now. I have been waiting on Organic Pastures' cheese to age. I just called them today only to find out that the cheese they are making is only lightly salted and they won't have unsalted for two more months. I get a considerable break in price from them because I buy their scrap cheese in bulk. Would I get some benefits from the lightly salted raw cheese? Is lightly salted not worth the intake?

Salted cheese is not beneficial. Salt forces the body to re-digest and absorb the toxins that the cheese absorbs. I suggest that you contact someone on my Product List and have them send you raw, no-salt cheese.

**Healthfully,
Aajonus**

20110314-1835

Mar 14, 2011

Re: Newsletter Article about Chemical Burn
(Newsletter #25)

Hi, I wanted to tell you that the swab on my burn the doctor took 4 days ago came back positive for Staphylococcus Aureus. What does that mean to you? Or, what does it mean to me?

Staphylococcus are responsible for consuming dead and damaged tissue by chemical or heat burn, or abrasion. If you did not have them, you would probably have leprosy. Congratulations, you have the correct bacteria.

Aajonus

Hi Aajonus,

I noticed I made the Primal Diet Newsletter. I feel important :) Too bad it had to come at the price of **lots** of pain and discomfort.

Also, the doctor did say at my last visit that, yes it is infected, it's very red with green pus coming out and I need to take an antibiotic. And me saying, "No, why should I take an antibiotic killing all the good bacteria in my body when this is a localized wound on my back." She agreed and shut up. The doctor went on to say that she is trained in using chemicals and she does not have holistic knowledge and although holistic alternatives might work she doesn't know how to use them. That was my last visit to the doctor. I used the clay from then on out, working with you over e-mail and following your directions.

The clay worked **wonders** taking away the red infection and the green pus the doctor saw! Amazing about the clay, the raw food and your knowledge for treating it! Very appreciative!

One other thing I thought was good information that I never shared with you was that the doctor's only knowledge of treating the burn was to peel off all the dead skin that was still attached to my body. She wanted to peel off the black skin too, but didn't because of the amount of **pain** it would cause me. Her reason for doing so was to expose the new skin underneath. She said if she didn't do that the infection would continue. I would then have go to a wound center where they would give me a shot for the pain while they debrided the area by pulling off all the burnt skin exposing new skin underneath and then washing the new skin with antiseptic and giving me an antibiotic. The thought of that whole process was horrifying. The clay method was much more appealing and non-invasive.

Just a few thoughts after reading the Newsletter.

Thank You.

You were the first to document it from the worst stage and describe it well, and continue through the process with me via email. Most of the times that I have dealt with such a detoxification have been on the phone without a written record. Your bravery and follow through will help thousands of people. Thank you so much for making this possible and for your appreciation for my work.

Do you remember my wounds from my chemical burns that scarred lumpy? They are all flat and even now but still discolored from the aluminum, barium and mercury.

After all wounds healed, I used bone marrow on the scars and, every 5-7 days, I rubbed, lightly, either pineapple or papaya on them. I will include photos in my update of my scars in Newsletter #26.

Because there are still toxins in the skin, you will have sensitivity, off and on, for some time, even up to 3 years. The detoxification that you experienced was probably from an infant vaccine such as tetanus in the thigh. Usually, only infants are injected in thighs. The medical poison traveled from the thigh to your lower back and stored. Some of the poisons deposited in all of the passages through which they were transported. Normally, they all detoxify simultaneously: the reason for your sensations emanating from your wound to your leg.

The butter-honey will help strengthen the new cells which are exposed to the poisons or still have them in them so they do not turn into dead scar tissue. I suggest that you apply it daily for several weeks after all wounds have sealed; then after several weeks, apply at least twice weekly.

Appreciatively,
Aajonus

20110314-2050

Mar 14, 2011

Re: After Fukushima

Something very clandestine is transpiring in the world. First the Gulf leak to sicken and destroy the Gulf and Florida and now the HAARP-generated earthquake centered at a nuclear plant at a time when the currents lead only to the West Coast of North America all the way to Illinois. Trillions of fish will die and many humans will fall to radiation poisoning and cancer.

Communications have been purposely downed here, in Thailand, with no physical disaster. Any internet search for "NUCLEAR fallout", "disaster" or whatever is aborted and the internet has been disconnected since last Friday. It is spooky. It took 2 days to get my newsletter announcement sent. I had to buy a different SIM card for my internet stick to do it. My cell phone would not work all Friday night and Saturday, and has only worked periodically since.

Aajonus

20110319-1723

Mar 19, 2011

Re: Kangen Water

Aajonus,

What is your stance on Kangen Water? So many people report a big improvement in their health, disappearance of symptoms, a leaner body, etc. No doubt you are against it, though. For what reasons?

All water is devoid of any nutritional value. Water is a solvent. It may help some people dissolve some compounds in their intestines, kidneys and bladders, but if they continue it, it will dissolve more than they know.

**Healthfully,
Aajonus**

20110322-1654

Mar 22, 2011

Re: Healing crisis - URGENT in my opinion

Hi Aajonus,

I had a personal consult in October 2010. I'm the one with the inguinal hernia, but I have NOT had any surgery for it. My sore back has been an issue for many years, and I believe that I have instigated a very beneficial detox with your diet (which I have been on 100% since May of 2010, off-and-on for a year or so before that). I have been doing my best to deal with the symptoms, but it is uncomfortably painful.

Attached are pictures. I am having trouble sleeping. I took two hot baths in one day because it was the only relief I could find. After two baths, however, I was left with a splitting headache and had so many muscle cramps that night that my back pain paled in comparison. My back is so tight and painful that I feel I'm on the verge of developing some sort of paralysis. I hope this is just my imagination running away with me. When I am able to curb the muscular pain, I am left with a very uncomfortable rash-pain which is akin to sleeping on razor blades.

I've numbered the attached pictures to illustrate how the rash is around the right side of my body. It appears that the rash is following a trail of some sort. If the "trail" were to continue down my inguinal canal, it would meet my herniated region (you noted the appearance of sulfur and iodine in my iris, coordinating with my hernia). The pain that I am experiencing reminds me of when I took LSD in college and had a bad experience with back pain afterward. I don't remember specifically how that pain felt, but I remember it being difficult to get out of bed (this was back in 1992 or 1993). I am not having any sort of "acid flashbacks" now, however.

Other than my LSD experience, I assume that many other toxins could, can, and do store in the spinal area of the lower back (I read your most recent newsletter #25 on wewant2live.com a day or two before this started to happen to me). I have had the standard barrage of vaccines and injections over the years, so I assume there's much from which to detoxify.

Your rash looks like iodine mixed with something, but does not look like sulfur. Whatever the combination is, it is doing some serious damage to your skin. Thank the universe that it is no longer doing the damage internally. You could use the same clay pack that I suggest for Doris in my newsletter #25 of Mar 11, 2011.

Pure LSD could not have caused your bad trip. You must have taken something other than LSD. I was part of the UCLA LSD experiments of 1966-68 and no one had bad trips on it in hundreds of cases. Some, like me, had no reaction to it by itself.

Answers follow your questions below.

My question to you is how should I proceed to deal with this uncomfortable detox?

What else can you do? Your body is trying to make the inside a more hospitable healthy environment.

If taking baths is OK, do I just moderate the temperature so that I can take them more often?

I just went through a similar detoxification 7 days ago: back pain, nausea and vomit, without the rash, from the radiation treatments I had in 1968. If I had not taken hot baths up to 5 times daily, I think I would have sought morphine. I was unable to sleep during nights and slept as much as I could during days (about 4 hours). Finally, after 4 days, I was able to sleep more and eat again but very little at a time.

What should I put in the bath water?

1/4 cup Terramin clay, 2/3 cup raw milk (soured is best), 1/2 cup tomato puree and 4 T. raw vinegar.

My last two baths I used 1/2 cup of Terramin clay each (along with some coconut cream), and the two before that I used 2 cups of Epsom salts each. I have also been using rubber hot-water bottles for temporary relief when I try and sleep. I also have an inversion table. In the past, I used the inversion table a bit too much and my esophagus began to get irritated. Is a little of the inversion table to help stretch my back OK in your opinion?

Using an inversion table might send the toxins to your brain and headaches are almost assured. I would wait until you are past the back pain.

I have been eating raspberries, blueberries and coconut cream once a day rather consistently as of late (sometimes the berries were quite moldy). I have also been eating Honey Pacifica's Natural Chunky honey, fortified with royal jelly, bee pollen and propolis (with raw cream and/or butter from Amos Miller). Could either of these items be directly responsible for the harsh but beneficial detox?

It is possible that propolis could have initiated it. It is a hardened vegetable oil and should not be eaten, but rarely.

I figured the moldy berries, especially, could be what to thank for this.

Moldy raspberries could have helped initiate the iodine detoxification, but not likely.

I have not been eating berries for the past couple of days just in case.

Raspberries will help to harness and neutralize some of the iodine. Continue as you are but with frequent hot baths that are at least 45 minutes, but not hotter than 102 F. Congratulations on removing those harmful chemicals from inside yourself.

Healthfully,
Aajonus

20110326-1616

Mar 26, 2011

Re: Coconut Cream

Aajonus,

Do you have an updated product list with new suppliers of coconut cream? I've heard there is a lady that is doing it now, but I have no idea how to get her information.

originallivingcoconut.com

20110329-1626

Mar 29, 2011

Re: Bath Stopper

Aajonus,

Do you think the Better Bath Deep Water bath stopper on Amazon will be a good option to block my overflow drain? It is made from vinyl.

Also, should I stick a plant in the bathroom while bathing to absorb any potential outgassing of the tub still left as the room steams?

Bake the stopper for 11 minutes in 211 F. water (almost to boiling point). It will cure after drying for 5 hours.

A plant in the bathroom would be very helpful for oxygen absorption. You are not going to get much or any toxic vapor with the ingredients in the bath.

**Healthfully,
Aajonus**

Aajonus,

This vinyl stopper I got says it has a fungicide layer to prevent mildew. Will the baking procedure eliminate that chemical?

No, it is made to outgas for years.

**Healthfully,
Aajonus**

20110401-1824

Apr 1, 2011

Re: Digital Iris Photos

Aajonus,

I have scheduled to meet with a digital iridologist. Would you mind then afterwards looking at the pictures and determining just a general progression? We can do a more detailed look afterwards when you visit.

Most digital iris photos do not show true color, but I will take a look.

Healthfully,

Aajonus

20110404-1458

Apr 4, 2011

Re: Epsom Salts in Bath

Aajonus,

Over the long haul of the last few weeks I've developed mildly penetrating acne scarring which extends all across my back. While I realize this is beneficial detoxification, I'm wondering if Epsom salts in my baths will not possibly enter my blood stream via these openings in the tissue and thus cause high blood pressure; or is that not a consideration as the skin in the acne scarring is still thin enough to avoid it? I get some itching now sometimes when in the bath or getting out, though mild. I use 3 tbsp of Epsom salts currently, but I think I will reduce this in any case.

I prefer sun-dried sea salt to Epsom salts. However, to offset any drying effect from and possible absorption of salts, I use 3/4-1 cup milk.

Healthfully,
Aajonus

20110409-1426

Apr 9, 2011

Re: Diarrhea

Aajonus,

I just had a diarrhea dump that was mostly yellowish and incredibly foul smelling, very chemical in nature. It looked like butternut squash soup almost. Any insights into what this was?

There are several things that cause such fecal formations: penicillin, aspartame and chemical flavorings that attach to cauterized metals. The puree consistency may have been that your body used some fruit pulp like cucumber to help move it out of the bowels safely.

**Healthfully,
Aajonus**

20110411-1803

Re: EMERGENCY – Horrible Detox

[The following is only part of the conversation.
Much of the conversation was by phone and was not recorded.]

Will you be in Thailand later in the week at another number?

Tue, Jan 25, 2011

Try to call me in 5 hours. I will be in Thailand with a different number on Thursday. I will not know if my old number there will work until I get there.

Aajonus,

Regarding our conversation, I'm not sure how much effect the clay is having. Does it take time to balance me out? I have had it twice so far and will have it again in a few hours. I will also try the Nut Formula today and rice tomorrow. The same horrible detox is starting now, as it did yesterday at the same time. I am hopeful it will at least be not as bad. Should I be having high mercury fish like swordfish now? I'm guessing it could only help the chelation?

Jan 26, 2011

When first used, it takes time to attract and chelate toxins from blood and neurological fluid.

I suggest that you not eat high mercury fish; but oysters would be good.

Feb 3, 2011

Aajonus,

Are you still in Thailand and if so what are your best hours for phone calls?

Aajonus,

Can you recommend some good books to read on the alternative historical view of illness and nutrition in the past? I am curious to learn more.

Feb 4, 2011

I do not think you will find much in health-related books but in political and government-related books, especially on strategies implemented to acquire control of resources and people.

Aajonus

Feb 14, 2011

Aajonus,

I've entered my most violent detox ever, some kind of horrible mind-altering chemical is leaving. Please, if you see this let me know so I can call. You are unreachable right now and I need some reassurance.

It has been going on since 11 PM now and it is not allowing me to sleep or relax for 1 second.

Feb 14, 2011

Aajonus,

It's really an emergency. What I describe has been going on for 12 hours now. My nerves are jumping and firing all over my body in a super-agitated state. The sun has come up and they are still going. I have done clay twice, hot water bottles, 25 min exercise throughout the night. Nothing has calmed my nerves. It is no longer panic, it is more just very aggravated, jumping nerves. It is so aggressive. After I woke from my pathetic 1 hour of sleep, it immediately kicked back in. It is terrifying because my body feels exhausted and severely affected and I have no control to be able to relax. I will try a bath soon and hope that that will finish it off, but I am not hopeful. Please respond at your soonest opportunity. I will try calling in your usual morning hour times.

Aajonus,

I am going to take your advice, but what should I do if the detox returns tonight anyways?

Feb 14, 2011

Simply continue the honey/butter/milk cycle.

Aajonus,

My energy levels are very very low right now, even more than before. Are you sure this is what is most helpful? Or did you anticipate I would be extremely low in energy? I can't even stand up without feeling like passing out now. Before, I didn't have that problem so significantly. I think my body really wants more protein intake. I started to crave meat a few hours ago, but the craving stopped once I began dumping heavily.

Feb 16, 2011

I have been in an area without any phone connection and will be most of the day here.

Yes, but your 3 days are almost over and you may begin eating meat. However, please continue to eat 4 T. honey/butter mixture daily.

Healthfully,

Aajonus

Feb 18, 2011

Hi Aajonus,

I have begun an extremely painful and crippling fibromyalgia symptom - stemming, I believe, from my spinal cord. The pain is excruciating, and even while resting, I am in severe distress. I will call you today for advice and hopefully my bath today will ease the sensation. My blood sugar doesn't seem to be too low anymore but this pain is almost paralyzing.

Aajonus,

My apologies for calling you while you were driving, I calmed down anyways about 45 minutes after we hung up.

I thought you might like this quote by Nietzsche; it applies to the Primal Diet pretty well, at least for me it does:

"One has to pay dearly for immortality; one has to die several times while one is still alive."

Feb 25, 2011

Excellent quote.

Mar 7, 2011

Aajonus,

I think I realize now I may be suffering more because I forgot to go on the nerve fat restoring diet as you recommended. In any case, I would prefer to discuss it briefly with you this afternoon before starting another round.

Mar 9, 2011

Hi Aajonus,

I've had a re-occurrence of an old intestinal pain problem and want to discuss it briefly. Are you available at your Phillipines number?

Hi Aajonus,

Unfortunately, today I've had, and probably am still having to a lesser degree, one of my worst episodes ever of nerve detox to an extremely crippling degree. The bad thing is I think I may need to go on the nerve fat diet again for a few days as my nerves are jumping, but I am not sure I can handle an increased detox. I've been trying to call you but had no luck so far. I would appreciate any insight you might offer or just let me know when you are reachable.

Thanks.

Mar 14, 2011

Yes, resume the butter/honey/milk regime. It won't cause more detoxification if you do it for only 1-2 days every 10 days.

Healthfully,

Aajonus

Mar 14, 2011

Hi Aajonus,

In the last hour I went through the scariest moment of my entire life. It was so horrible I can't accurately describe it in writing. Are you available for a call? I very much hope to speak to you very soon about this as it has given me total doubts on everything I am doing.

Aajonus,

I want you to know I appreciate your incredible patience with me in these hard times. What happened to me yesterday still weighs heavily on my mind and worries me tremendously, as I do not want to experience it again. Thankfully, bathing twice a day in the near future should offset any such reactions, but I am hopeful you can tell me what I can do in the next 2-3 days while I wait for the bathtub to arrive to avoid the likelihood of it happening again?

In other words, the best time to use my 1 allotted bath per day, and the best time to have clay in advance? Yesterday's horrible reaction happened right at nightfall so I can only assume the same will happen again today.

Mar 15, 2011

Also, such low-blood-pressure symptoms coincide with low blood sugar. Therefore, I suggest that you consume an egg or honey/butter mixture along with applying a hot water bottle.

Healthfully,

Aajonus

Hi Aajonus,

Please give me your best calling times, I do not want to disturb you at the wrong hours.

Thanks.

Fri, Mar 18, 2011

I'm still at a difficult location to get good reception. I hope to return in 2 days. I've been going through a devastating detox myself.

Aajonus,

No worries. I will call you on Sunday then. Please let me know if you happen to return before that time. I hope you recover from your detox quickly. Mine have been very intense this week. Even when bathing everyday, I have had only a minor mitigation of symptoms.

Mar 19, 2011

My detox is ongoing but mitigating with at least 5 hot tub baths daily. I hope to return tomorrow. That would be Sunday morning your time.

**Healthfully,
Aajonus**

Mar 19, 2011

Hi Aajonus,

I'm glad to hear you will be back tomorrow. I have also been bathing daily to avoid that horrible symptom I had Monday. My bathtub arrives Tuesday.

Mar 26, 2011

Sorry my phone battery charge spent. Call me in 2 hours.

Aajonus,

Just to confirm something we talked about yesterday, my overall organ health is decent and comparable to a normal person, except for the pancreas, gall bladder and intestines. Correct? Also, does the iodine/iron toxicity extend throughout my brain as well?

Mar 31, 2011

Yes, to both questions.

Mar 31, 2011

Aajonus,

Since I'm so prone to emotionally despairing lately and will probably continue to do so for the next 2 months before your visit, can you tell me if it would be worthwhile to buy myself an iriscopesuch as one of the ones on Amazon, and that way have a suitable iris photo for you to analyze and get just a vague sense of good progress and not the reverse? Do iriscopes work for this purpose or will the resolution be very poor?

It would give me a lot of confidence and reassurance if you could help me in this regard. In any case I am going to try high meat also to help me with my overemotional responses, as my parents' visit along with probable loss of E. coli due to toxins has really affected my emotional stability lately.

Aajonus,

Disregard this email. I have scheduled to meet with a digital iridologist next Friday. Would you mind then afterwards looking at the pictures and determining just a general progression? We can do a more detailed look afterwards when you visit.

Apr 1, 2011

Most digital iris photos do not show true color, but I will take a look.

Healthfully,

Aajonus

Apr 1, 2011

Thank you Aajonus,

I just want to have that extra bit of reassurance so I can keep from getting swept up emotionally.

Aajonus,

I just had a diarrhea dump that was mostly yellowish and incredibly foul smelling, very chemical in nature. It looked like butternut squash soup almost. Any insights into what this was? I detoxed hard last night, it took 1 hour of bathing at high temperatures to finally allow my body to relax enough to sleep.

Apr 9, 2011

There are several things that cause such fecal formations: penicillin, aspartame and chemical flavorings that attach to cauterized metals. The puree consistency may have been that your body used some fruit pulp like cucumber to help move it out of the bowels safely.

Healthfully,

Aajonus

Aajonus,

Unfortunately, I did not continue my flu-like symptoms last night after my bath. I am disappointed and discouraged as I think I still have a long way to go before the symptoms start to taper off. Rather, they seem to be accelerating now as it seems I have no choice but to bathe twice a day now, rather than do so voluntarily. Would you say it is not a coincidence that the intensity has taken off since I put in my bath but rather a choice my body is making? I am just scared by the fact that I seem to have less and less periods of low detox now as I progress.

Apr 11, 2011

You could be accelerating the detoxification if you continually bathe at temperatures above 105 F.

Healthfully,

Aajonus

20111415-1359

Apr 15, 2011

Re: Decaying Filling

[The following is only part of the conversation.
Some of the conversation was over the phone and was not recorded.]

Aajonus,
See the filling in question in the photo attached. It is of poor quality but the best I could do taking it myself. Please advise if the tooth is in fact decaying and also if the size is indeed small enough to not be hugely damaging to my brain at least.

Also, could the sourness in my mouth not also be from leaking out the gums?
Thanks.

It is not as small as I had imagined and it looks as if it has been decaying for years. I would have it removed if I were you, the sooner the better.

Aajonus

Aajonus,
I will do so, but there is no risk of coma or serious brain damage from a filling still at this size, correct?
Also must I 100% refuse any X-ray, even just a single one of that tooth?

It is unheard of, dying from a filling decaying. As I stated on the phone, tell them they can have one X-ray only of that tooth and it has to be the tiniest X-ray-exposure possible.

Aajonus

Hi Aajonus,
Are you taking calls tonight? I have an appointment for tomorrow morning and just want to make sure I prepare properly for it with your help.

Yes, in about 17 hours.

Aajonus,
Can you just tell me if you think it's a good idea for me to bathe early in the morning before going to the appointment? I want to have my nerves relaxed as much as possible of course, but at the same time I don't want to somehow accelerate my midday brain detoxes either.

I would suggest a milk 102 F. bath only.

Aajonus,

Attached are some photos of these rashes I have developed which are definite signs of intense detox. I would like to discuss them when I call.

Aajonus,

One follow up question, is green more decayed than black or is green just a fungus eating at the chemicals on the filling?

Green is usually the mold that helps decay the metals. Black is the color of decayed metal.

Thanks Aajonus,

As long as my vital organs are protected from the mercury vapors, like you say, then I will not worry. Should I limit exercise to small windows at a time to keep from inhaling any in the lungs?

If you put a wax cap on the tooth before, and keep it while exercising, you do not have to limit your exercise.

Aajonus

Aajonus,

This is purely for curiosity, so feel free to not answer if you don't know; but how much overall health improvement do you think I will achieve with the fillings out? Would you guess around 25%?

As for the beeswax from the chunky honey I had, it was invaded with ants and the entire thing is full of dead ants. I'm not so sure I should use it anymore for that reason as I'm not sure why the ants died inside of it to begin with.

They probably did not want to leave such a great stash of food and decided that living and dying there was heaven. Get to the bottom of the jar and use the wax.

Healthfully,

Aajonus

20110417-1629

Apr 4, 2011

Re: Eyesight Deterorating

Hi Aajonus,

Other than putting egg white in my eye, what should I do daily? And using pinhole glasses and eye exercises and perhaps looking at the sun a bit.

Do you know what I could do to prevent my eyesight from getting worse? It's getting worse and I don't want to wear glasses, as the last time I started to do that they for sure got worse. I can only focus and see out of one eye due to damage to the other one. You mentioned something about cataracts, or something stacking up on our last consultation and were surprised I could see as well as I did, if I recall correctly.

What do you suggest?

Red meat helps maintain eye muscles, so be certain to eat at least 4 ozs. of red meat daily. Also, some people have had eye improvement by putting a little raw no-salt butter into their eyes daily before sleep and egg white, mornings. Bell peppers, especially yellow, help improve eyesight, best eaten with a meat meal.

**Healthfully,
Aajonus**

20110420-1036

Apr 20, 2011

Re: Heart pain

Hi Aajonus,

Over the past two years I have been getting chest pains on my left side very off and on. But, in the last few months, it has been getting progressively worse and worse. It is to the point now that it is continuous, it never goes away and I am getting really scared. It is a pain that feels like it is my heart. I feel it from the front of my chest to the back of my chest, all the way through. I also often get radiating numbness that radiates from my chest up the left side of my neck into the left side of my jaw and, sometimes, also into my left shoulder. It is really bad now and is really freaking me out and I am not sure what to do. Am I having a heart attack? Stroke?

I just checked your irises and you have a load of vaccine-related toxicity stored in your sternum slightly to the right side, and on the left side you have metal deposits just outside your heart that look like some type of inhaled exposure. The lymph around your heart and left chest area all the way to your neck is very congested. It will take 20-30 years to remove that congestion unless you apply heat (hot water bottles) to the area almost nightly. Your heart is in great shape, although you have some scar tissue in the right ventricle, but not enough to cause cardiac arrest. The lymph in your neck is assisting the poor congested lymph in your chest. As I stated above, it could take 20-30 years to relieve the discomfort and pain in that area. I suggest that you apply the hot water bottle(s) nightly to your chest to help facilitate detoxification of lymph so that the lymph can properly remove the vaccine and metallic toxicity from your chest. That should relieve pain through each day until about 5 pm.

Healthfully,
Aajonus

20110426-1432

Apr 26, 2011

Re: Diarrhea from coconut water

Aajonus,

Does too much coconut water cause more diarrhea and is this beneficial or harmful?

I have never seen a case of diarrhea caused by too much coconut water. I have seen and experienced diarrhea caused by consuming too much coconut cream, or too much coconut cream mixed with coconut water. I have seen many cases of bloating, especially in women, who drink too much coconut water.

Aajonus

20110521-0422

May 21, 2011

Re: Blood Tests - Polycythemia

Hello Aajonus,

I eat 100% raw and healed from ulcerative colitis thanks to you, but I haven't been able to convince my ex-wife to let me feed my sons 100% raw.

My middle son's blood sample now has indicated he might have polycythemia which they say is caused by a mutation in the bone marrow causing too much red blood cells in the blood (supposedly incurable, but I don't believe it). The treatment is typically just giving blood to reduce the count.

I personally believe the non-genetic mutation or the symptoms are likely caused by toxins. Can he heal from this condition on a raw diet? If so, are there specific foods indicated for this condition?

Thank you.

I am glad that my work was helpful for you and that you no longer suffer regularly from it.

All doctor's tests were created by Big Pharma to sell medical treatments that always mean drug consumption. I disregard all tests. If your son has symptomatic problems associated with too many red blood cells, the condition can be food-remedied. Mutations only happen from industrial chemical toxicity. Once the stored toxicity is removed or contained, the condition will heal, including RNA and DNA (genes). However, some people require higher red or white blood cell counts for their particular bodies.

Symptoms are the key. What are your son's symptoms?

Healthfully,
Aajonus

20110526-0948

May 26, 2011

Re: Tooth Decay

Hi Aajonus,

I recently had another cavity filled and I've been subscribing to the mailings of Ramiel Nagel, author of "Cure Tooth Decay". Besides my sticking to the Primal Diet and eating good eggs, what products of his do you endorse?

Unwashed egg shells blended until they are powder and fermented in raw milk for 7 days outside of refrigeration. After fermenting, add 1 T. shells to 2 oz.. fresh or fermented milk (kefir or yogurt) once or twice daily.

As you know, I do not endorse any supplements.

**Healthfully,
Aajonus**

Hi Aajonus,

Thanks for the remedy. What are the respective amounts of egg shell powder and raw milk being fermented? Also, is the 1 T. shells referring to the completed fermented blend? How long do I continue doing it?

Equal portions of powdered eggs shells and milk. The 1 T. refers to the whole fermented mixture. Stir it and immediately extract 1 T., beginning with spoon at bottom of jar.

**Healthfully,
Aajonus**

Hi Aajonus,

My Osterizer blender makes a sandy, gravel texture of the egg shells. Is that good enough or does this require a true powdery texture?

Yes, most of it is sandy and that is why it has to be soaked/fermented.

**Healthfully,
Aajonus**

Hi Aajonus,

One last question on this. How long should I take this formula?

For at least one year, or for as long as you can get unwashed eggs.

Hi Aajonus,

Point of clarity: I've been consuming 1T of the fermented formula each day after I added 2 oz. of old milk to the batch. This makes a batch last about 3 days. Did I do it right?

Yes. However, you can make as large a quantity as you like so you will not have to make it so often.

**Healthfully,
Aajonus**

20110805-0028

Aug 5, 2011

Re: Eating Clay

Hi Aajonus,

I hope all is well. As you know I am pregnant and in my 29th week. I have this really strong craving for clay. I bought some at Rawsome and I can't stop eating it all day. Is it okay? I read in your book it provides minerals but I just want to make sure it's safe and not hazardous for the baby.

What brand of clay did you get? Call them and ask if it is bulk Terramin clay. If not, ask which brand.

Hi Aajonus,

I asked him but he did not know where this one was from. He said the guy who gets it is out of the country, but that he eats it daily and the guy who gets it is a clay expert, whatever that means. The problem is I ate most of a small sandwich bag size. I crave it all day long. I feel fine and I am pretty sensitive to stuff, but it still concerns me. Where can I get the right clay? I can't stop eating it.

Also, I did a home inspection with a client whose house had just been tented for termites. The tenting was removed 2 days ago on Tuesday. I was probably there for about 20 minutes and left feeling horrible. What are the risks if I was exposed to gas fumes, and what can I do now? I'm feeling really worried.

Terramin for the nutritional clay or Terrasilk – your choice.

A tented building will be hazardous until all surfaces, including the ceiling and cupboards, are cleaned. Eating clay and cheese, not together, help to rid the body of insecticides.

**Healthfully and appreciatively,
Aajonus**

20110828-0711

Aug 28, 2011

Re: Berry Mixture

Hi there,

When my children are doing their blueberries, coconut cream, dairy cream, vinegar and honey mixture, how often do they eat this?

Can they eat it every day? Is it okay to eat coconut cream with berries every day or will they detox too much?

Yesterday, one wanted a second helping of the blueberries, coconut & dairy cream. Are 2 servings in 1 day too much?

7 days a week or every other day? Not sure how often to give coconut cream with berries.

Thank you.

Did I suggest another fruit on other days? If not, they may have it once daily, 6 days weekly, but it would be good for the summer to have watermelon and cream once weekly while watermelon is available. Not good twice daily except occasionally.

**Healthfully and appreciatively,
Aajonus**

20110831-0623

Aug 31, 2011

Re: Psoriasis and the Liver

Hi Aajonus,

For the last 16 months or so, I seem to have developed serious skin itching and what appears to be psoriasis that comes and goes.

A health promotion for a liver & kidney cleanse makes the case that it could be the result of liver stress.

Do products like this have ANY value in your view?

Could this be a temporary liver detox I am experiencing?

Do you have recommendations for liver detoxification?

For about ten years prior to starting the PD, I drank between 500 ml and 2 liters of carrot juice a day, which I believed to be good for the liver. Would resuming doing so help?

Thanks.

There are many reasons for skin disorders. Ninety percent of toxins and body waste are supposed to discharge through the skin, ten percent through the mucous membranes and intestines. We should expect skin disorders such as rashes, acne and hives.

All skin disorders are caused by industrial chemicals. I have seen skin disorders caused by raw meat, when frozen. Freezing in a machine is an industrial process that causes many chemical byproducts. Do not eat meats that have been frozen. But I have seen all skin disorders reconciled by raw butter consumption.

Skin disorders result from industrial chemicals secreting through or built into the skin, damaging cells as they make their way to the skin's surface and evaporating and/or shedding as dead skin. The best way to harness the toxins and mitigate skin disorders, preventing them from causing ulcers, such as psoriasis, is to consume lots of animal fat, especially no-salt raw butter and raw cream.

If the liver is not producing bile that digests fat, then you have a liver problem causing a fat deficiency. If you eat lots of butter and cream and your fecal matter is very dry, your liver is working fine. If your fecal matter is very oily and often liquid, your liver may not be producing bile. Eating no more than 3/4 cup pineapple with 4 T raw butter or 4 ounces of raw cream daily for 10 days, and afterward every other day for as long as it takes, helps the liver produce bile.

Most raw fat is absorbed and utilized prior to reaching the skin. The skin gets very little of the best fats. You can feed your skin directly by applying/rubbing a blended mixture of equal parts raw butter and bone marrow into the skin to help strengthen it, reducing skin cells' reactions to toxins passing through the pores. The best remedy I found for psoriatic tissue is the Moisturizing/Lubrication Formula on page 146 of my recipe book. I suggest that you consume 1-2 daily until symptoms resolve.

Healthfully and appreciatively,
Aajonus

20110907-1507

September 7, 2011

Re: Kombucha

Hi Aajonus,

Do you approve of kombucha tea in any form?

No. It feeds on dead cellulose sugars. So the host for it is cooked.

Some people claim that they can make it with honey, no sugar and no cooking, but I do not know how. Honey is not dry or dead.

I have seen it cause severe hair loss and terrible gastrointestinal issues.

Healthfully and appreciatively,
Aajonus

So the culture itself is bad even if it is added to raw juices?

It is mutated and diseased.

Healthfully and appreciatively,
Aajonus

20110923-1152

Sep 23, 2011

Re: Terramin Clay

Hi Aajonus,

I would like clarification on Terramin Clay (California Earth Minerals) which I have purchased in the past. You say in The Primal Diet that you shouldn't use bentonite clays, and yet I read on the terramin clay site:

<http://www.californiaearthminerals.com/index.php>

that this product is made from that. Do you recommend a different product these days?

Do you know anything about Sacred Clay (pyrophyllite clay)?

<https://www.vitalityherbsandclay.com>

Do you know anything about this type of clay? Do you recommend it?

Thank you.

Normally, when a clay is termed bentonite, it is supposed to be clay from volcanic ash beds. Volcanic clays are full of heavy metals. Terramin clays are the best I have studied and are what I consume (Terrasilk) and use in the bath (Terramin).

Sacred Clay appears to be the same as Terramin. Terramin clays are from ancient thermal beds. I know that the clay from Terramin is mined at a level where the thermal pool was not above 98 degrees F, at which temperature phosphorus begins to cauterize. Therefore, Terramin clays have stable phosphorus and all other minerals. I do not know the temperature which Sacred Clay reached when the thermal pool was active. You could call them and ask.

Healthfully and appreciatively,
Aajonus

20110926-1647

Sept 26, 2011

Re: Newborn

Hi Aajonus,

1. I have not found any 100% rubber nipples except ones made by a company called Natursutten, which appears to be discontinuing the rubber nipple. Everything else that is rubber is made of latex rubber, which I read is toxic. The other option is silicone. Are there any other alternatives for bottle nipples or specific brand names to use?
2. Do I only use raw milk? No colostrum, cream or butter as something additional to feed the newborn?
3. What should I use as a "soap" to bathe the baby once a week in addition to the milk baths?
4. Name brand recommendations for real unheated coconut oil.
5. Do you highly recommend I buy only organic clothing, blankets, etc?
6. Any baby resources (mom groups, individuals or websites) with info I can tap into who follow your diet and have had or have babies?

I assume you have not given birth yet. Latex rubber is less toxic than pure latex and silicone. You simply have to cure any nipple in lemon and water for 24 hours, then set it in the sun for 2 days and wash it with coconut cream and water.

It is best to bathe your son with 1-2 tablespoons coconut cream once or twice weekly, unless he has rashes, then every day until rashes stop. Usually, babies have rashes because they detoxify most everything through the skin.

You may feed your baby raw colostrum and extra cream with the milk. You could put a pea-sized amount of butter on his tongue once daily.

For coconut oil: www.thaiorganiclife.com

Of course, organic clothing and bedding are always better. Never use synthetic fibers, the lint which he will inhale and which will damage his lungs little by little. You will have to search the internet for organic baby clothes; there are many now.

Also, see my product list with baby items at the end, available from the wewant2live.com website.

Healthfully and appreciatively,
Aajonus

20111008-1930

October 8, 2011

Re: Greenhouses

I read about the food club investing in greenhouses. Do you not oppose greenhouse produce?

I do not. What I oppose is hydroponic greenhouses. If everything is grown naturally in soil with a non-toxic artificial environment to help plants remain warm and growing, I am for it.

**Healthfully and appreciatively,
Aajonus**

You don't believe that light wavelengths are lost in greenhouses, distorting plant growth?

About 40 years ago, science developed near full-spectrum glass, however plants do not seem to be ill-affected by fractured sunlight. It is still sunlight. Do you think that you are ill-affected by glass in your home? If so, how? And how do you prove that glass is harmful to you? I have seen healthy plants grown in many modern hothouses.

**Healthfully and appreciatively,
Aajonus**

Interesting.

I believe it is Mercola and a few others that say burning/damaging wavelengths penetrate glass, and wavelengths stimulating vitamin D production are weakened, creating an imbalance.

Similarly, I also read long ago that sunlight through glass contributes to depression. I come from a city and now live in another city where there are HUGE amounts of sunlight in winter, but where depression, and diseases like MS are highest, per capita, in the world.

As I stated, there is plexiglass that is more full-spectrum oriented. The problem with Mercola is he is a think tank man with little varied experience and not a scientist.

**Healthfully and appreciatively,
Aajonus**

20111019-1552

Oct 19, 2011

Re: Shaking

Hi Aajonus,

We have done 11 hours at a hot springs. This morning I was shaking like I did last month at the springs as well as having many periods of being short of breath like last month.

Any suggestions as to the source of the problem? Last month I just thought it was the toxicity in the kitchen.

Shaking indicates that high levels of cadmium, aluminum and ammonia are being detoxified at the same time. Please eat 1 tsp of cheese every 10-15 minutes until the shaking stops.

Healthfully and appreciatively,
Aajonus

Re: Urgent - Sick Baby, Please Help

(See also: Oct 28, 2011 Re: Urgent – Baby Liver Formula Follow Up
 Nov 12, 2000 Re: Baby Skin Rash and Formula Ingredients
 Nov 30, 2011 Re: Baby with Cold, Diarrhea & Vomiting – follow up
 Mar 3, 2012 Re: Baby's Diet
 Mar 15, 2012 Re: Urgent – Baby throwing up
 May 18, 2012 Re: Baby's Diet)

Hi Aajonus,

My son is having health issues. He is a month old today.

Sequence of events this past month:

- I breast-fed him the first two weeks.
- Started him slowly on warm raw milk after three weeks (1-2 5oz bottles/day, every couple of days) with 1-2 tbs of raw cream and continued to mix in breast milk.
- He progressively started to get fussy over the course of the next few days.
- By the 4th day he broke into a spell of uncontrollable crying for the next day and a half without much sleep.
- We took him to the doctor who diagnosed him with GERD - gastroesophageal reflux disease or gassy baby syndrome.
- He recommended a more "natural" alternative to Maalox and Prevacid:
 1. Keep him elevated at 30 degrees plus (do not let him lie flat on back).
 2. Maximize burping.
 3. Dissolve the bubbles: Use gripe water to dissolve air bubbles (before feedings) and in between and also to improve burping. Gripe water ingredients are:
 - sodium bicarbonate - active ingredient
 - organic chamomile, ginger and fennel
 4. Neutralize stomach acid: Use gripe water 1-3 teaspoons, 5-15 minutes after feeds or after curdled up milk spit up.
 5. Add organic rice cereal to his feedings.
- We have done all the above and increased the amount of raw milk to three 5 oz bottles/day. I only breast-feed 2-3 times, for 10-20 min each time.
- I started him on your colic recipe and added 1/2 teaspoon of honey with 2 tbs of raw unsalted butter.
- I also added the rice cereal to his bottle.
- His symptoms remain the same, sometimes stable, sometimes just as bad or worse.

His symptoms are:

1. Cries a lot.
2. Stomach appears to be bloated on one side.
3. Cries when I put him down, is relieved when I hold him up.
4. Cries and is relieved when put over the shoulder in burp position.
5. Spits up and has been vomiting the last few days.
6. Severely gags when he drinks the bottle or breast-feeds.
7. Wheezing when he sleeps.
8. Grunts a lot, even while sleeping, and appears to be struggling to push out.
9. Breaking out with small little zits on his face as of the last few days.
10. He struggles to push out and poop, as if in pain.
11. His poop when we first put him on milk was bright green florescent. It is now a soft green-yellow.

Questions and comments:

1. Please help! What do we do?
2. Could he be allergic to dairy? Should we try goats milk?
3. Should I stop breast-feeding or stop the raw milk?
4. Is the gripe water OK to relieve the gas and make him burp?
5. If not, how do we dissolve the air bubbles?
6. How do we neutralize the acid in his stomach?
7. Why is he gagging and having difficulty breathing?
8. Should we keep or stop the rice cereal?
9. Is there a blog or phone number of other raw food moms who have gone through this or put their babies on the raw milk this young that I could contact?

Aajonus, I will be honest, it is a bit scary doing the raw milk when everyone around is telling/warning me otherwise. I completely trust you but it is very different to go from trying things on myself versus on my one and only tiny little baby who is suffering in pain. Please help.

Thank you.

As I stated, I suggest that all women raised on SAD (standard American diet) foods do NOT breast-feed their babies. Toxins will always be traveling into the mammary glands and contaminating the milk. Also, the mammary glands are defective because of their development on SAD foods.

Any baby with such symptoms has a low intestinal bacterial count. The body is relying upon digestive acids instead of bacteria to digest food. Digestive juices produce a lot of gas.

Additionally, any milk will be used by the body to attract and dump poisons into the stomach. So, it may seem that babies, children and adults have allergies to milk, but it is the toxins dumping into the stomach, into the milk, that causes the problem. The problem is not milk but toxins stored and stirred up from storage in the body.

I suggest that you make the liver baby formula in my recipe book under "Baby Food". Be sure to cut large holes in the nipple or he will struggle to get formula from the bottle.

Sodium bicarbonate will destroy more of his intestinal bacteria and ensure that his digestion deteriorates. It will not remedy his situation, but continue it.

Yes, when in the prone position, food has a tendency to not move through the intestines, and gas will build where food is halted. Babies can easily sleep sitting. Gravity will help move food on its way through the intestines when his torso is upright.

Neutralizing stomach acid, which is his main source of digesting food at this time, is stupid and very harmful. Gripe water will continue the problem without resolution.

Rather than the rice cereal, which is heavily processed and full of processing chemicals, masticate 1/4 tsp. no-salt raw cheese for him and feed it to him once or twice daily.

I suggest that you also continue to give him the butter and honey, but it is best to put them in the liver formula.

Regurgitation and vomiting are methods to rid the stomach of very toxic substances that have dumped into the stomach.

Apply a small hot water bottle to his stomach to increase peristalsis and digestion.

Until his digestive bacteria increase and are predominant, he will have those symptoms.

90% of toxins are supposed to leave through the skin, so expect zits and rashes; you transferred a lot of toxins into his body during gestation and are now when breast-feeding.

I do not know of any blog or website because government agencies watch and could take children away from parents.

Your friends are not advising you for you or your son's best interests. They know nothing and simply parrot the panic that is instilled in every doctor during internship in emergency wards. People survive such symptoms all over the world where medical intervention is unavailable to them.

When I was autistic and suffered 300 heart attacks from age 15 to 22, I did not die. However, the medical profession tells everyone that 95% of all heart attacks are fatal. That is not true when you know what to do during a heart attack.

I refused to associate with anyone when I went through my cancer ordeals for the reason that my cancer-unknowledgeable friends tried to force me to panic along with their panic. The same is true for your baby-unknowledgeable friends. Please read this to each of them.

Healthfully and appreciatively,
Aajonus

Thank you for your prompt response.

I need clarification:

1. Which baby formula do I use? The infant glandular, immune or nervous system booster?
2. How much should he be eating of that liver formula in one day?
3. How often per day? And for how long?
4. Approximately how much should a 1 month old baby be drinking total per day?
5. Are there any symptoms we should expect as a reaction to the formula, such as changes in his poop, more vomiting, etc?

Thank you again!

Liver, milk and honey, but add a little butter – the glandular formula.

He can eat as much as he wants. There is a YouTube video of an 18 month old who drinks 12 oz bottles of it daily.

As much as he will eat at once and as often as he cries for food. I have one child who, at age 7, still makes that his main food.

How much depends on the baby.

I would not presume to know your baby, so cannot predict the changes through which his body will want to maneuver. However, I suggest that you never panic and never treat him with medical stupidity.

Healthfully and appreciatively,
Aajonus

Agreed.

Chicken or beef liver?

Do I give him this as his only source of feeding, meaning no more plain raw milk bottles?

I saw the video and loved it.

I do not trust chicken producers. It's better to get beef liver.

Let's see how he takes to it. He may or may not need one or two simple milk feedings, but may not want them.

**Healthfully and appreciatively,
Aajonus**

Sorry. One last question. Do I heat the whole formula to lukewarm, or just the milk and butter, or not at all? And, is it OK to give him a bottle that's been sitting out for 6 hours, or should I always use refrigerated milk?

Always feed him lukewarm food, no matter what it is. If you feed him cold food, some will pass through his stomach wall and cause blood allergy. Food left out for 6 hours is okay.

**Healthfully and appreciatively,
Aajonus**

20111028-1853

Oct 28, 2011

Re: Urgent - Baby Liver Formula Follow Up - Still Throwing Up

(See also: Oct 24, 2011 Re: Urgent - Sick Baby, Please Help
 Nov 12, 2000 Re: Baby Skin Rash and Formula Ingredients
 Nov 30, 2011 Re: Baby with Cold, Diarrhea & Vomiting – follow up
 Mar 3, 2012 Re: Baby's Diet
 Mar 15, 2012 Re: Urgent – Baby throwing up
 May 18, 2012 Re: Baby's Diet)

Hi Aajonus,

I fed him the liver formula this morning. He drank about 4 ounces, 2 in the am and another 2 ounces around 12pm. Then he puked after that feeding. In his vomit there was a big chunk of clustered-up milk, almost like what you would find in an old bottle of milk, all clumped into one piece. He did not cry after puking. He has been sleeping since. Do I continue feeding him the liver formula?

If you had that cluster analyzed, you would have found some toxins such as chlorine or fluoride. He did not cry, because he was able to totally discharge the toxins. They did not remain in his stomach to cause gaseous swelling. I suggest that you continue with the liver formula as much as possible.

**Healthfully and appreciatively,
Aajonus**

Hi Aajonus,

My son has been drinking the formula since Tuesday morning. He threw up that afternoon (as we discussed). He was fine Wednesday. Today he has thrown up throughout the day - 2 major times. He will have a full feeding of 4oz, but hours later, will vomit. The first vomit today had a few large dairy clumps again. The second major throw up was all liver formula. What do I do?

He is fine. He is vomiting some very toxic substances that could seriously harm him. He is not vomiting all of the food, only enough to carry the toxins from his stomach out of his body. That will happen frequently if his body wants to get rid of the toxins that could damage his growth and development.

**Healthfully and appreciatively,
Aajonus**

Hi Aajonus,

I understand what you are saying. He is continuing to vomit an average of 2 times a day and has some very loose black stool. I am continuing with the formula.

Some questions:

1. Could his digestive system also be having a difficult time digesting the raw liver since he is still so young?
2. Is there anything lighter or additional that he could also eat?
3. After he vomits he seems dehydrated or thirsty. Can I give him mineral water (Perrier)?
4. My mom suggested giving him "Yerba buena" (fresh mint) tea from time to time to soothe his belly which is commonly given to babies in Mexico. Would that be OK?
5. I am having difficulty finding the raw cheese in unsalted. Would lightly salted be OK?

If his stools are black, you transferred a lot of heavy metals into his body during gestation. Vomiting twice daily is no problem.

After vomiting, let him sip on a little Perrier water, without the carbonation, mixed with some raw milk, about 1:3 respectively.

He will not need any additional food and the drink is fine for his system. It is only 1/3 of the formula; 2/3 is milk.

**Healthfully and appreciatively,
Aajonus**

20111031-1911

Oct 31, 2011

Re Article: The Spice That Fights Food Poisoning

Hi Aajonus,

This might be a newsletter item re herbs.

I am not concerned with food poisoning on the Primal Diet, but preserving meat and aphrodisiac piqued my interest. A concern I have, however, is if the oil can kill some bacteria I would have to assume it can kill all bacteria. I want all my bacteria for my health, especially E.coli.

Love that cilantro!

The problem with most people is not that they have bad bacteria, which rarely if ever cause food poisoning, but the industrial chemicals which store in the stomach and intestines. When certain bacterial janitors clean the stomach and/or intestinal walls, they will have detoxification symptoms. When they take any concentrated oil, the janitorial as well as the digestive bacteria are destroyed. For some people that is a big relief, however they grow weaker and more toward advanced disease resultantly.

However, juicing some turmeric and consuming it can be very beneficial to tissues, but in very small amounts – no more than 1 T. daily.

**Healthfully and appreciatively,
Aajonus**

20111112-1102

Nov 12, 2011

Re: Baby Skin Rash and Formula Ingredients

(See also: Oct 24, 2011 Re: Urgent - Sick Baby, Please Help
 Oct 28, 2011 Re: Urgent – Baby Liver Formula Follow Up
 Nov 30, 2011 Re: Baby with Cold, Diarrhea & Vomiting – follow up
 Mar 3, 2012 Re: Baby's Diet
 Mar 15, 2012 Re: Urgent – Baby throwing up
 May 18, 2012 Re: Baby's Diet)

Hi Aajonus,

Questions about my son:

Rash on face, neck, ears, chest:

His rash has gotten worse in the last few days and is beginning to spread to his ears, neck and chest. I have attached two photos. One from a week ago and one from today. I kept him on the liver formula but since he was throwing up so much I experimented with doing more of the raw milk without the liver with a little butter, a dab of honey, raw cream and whey raw kefir (since that was one of the ingredients in a baby formula in the Organic Pastures website).

Could the whey have caused the rash?

I have been putting on him your vinegar and mineral water mix. He has continued to throw up but has gone down to once a day 4 times this past week. I am going to add the liver again today.

Blister on his penis:

He also just got a blister on the side of his penis. I have been putting on the honey and mineral water after his poop diaper changes. Any thoughts on that?

Additional Formula Ingredients:

The Weston Price infant formula recommends to add the following. Do you agree or recommend any of these?

- Oils: coconut oil, olive oil, fish oil.
- Gelatin to make it more digestible for the infant. Will this help?
- Bifidobacterium
- Lactose
- Acerola powder

The rash on your son's face is bile based. It is an adult-based bile so he must have gotten it from you while gestating. It will take some time for his skin to discard it. 90% of toxins are supposed to be passed through the skin.

I suggest that you apply no-salt raw butter and/or bone marrow to his skin to help strengthen his cells from bile burn. Before applying the butter/bone marrow, I suggest rubbing fresh-cut aloe vera or rub fresh-cut cucumber on his skin and allow it to absorb.

More is not necessarily beneficial. All he probably needs is the liver formula, not butter and honey. Kefir may cause him to detox very fast because it has a lot of alcohol in it. Kefir may also cause him to bloat.

Oils are extremely solvent-reacting and may cause more skin rash and burn.

Gelatin prevents absorption of foods and causes brittle bones or too-dense bones.

Other forms of bacteria that are not of human origin will compete with his digestive bacteria and may interfere with his overall growth.

Milk is full of utilizable lactose when raw.

Acerola is an acrid substance that could cause him more rashes and burns.

I suggest that you trust his body to do what it needs to do without panic and with patience. The liver formula is incredibly rich in everything he could possibly need to clear bile and anything else, while it grows and develops his body and brain wonderfully.

Healthfully and appreciatively,
Aajonus

20111113-1026

Nov 13, 2011

Re: Fed Ex and X-rays

Hi Aajonus,

According to a friend, all foods shipped through Fed Ex are subjected to an X-ray scan. Is this true? If so, is it harmful to eat such foods?

Any shipment from any company is subject to X-ray inspection. Yes, it would alter the food and if I knew it was irradiated, I would not eat it.

However, a notation on the box that states, "For Medical Reasons, Do NOT X-ray. Hand inspect if necessary" would eliminate any danger of X-ray.

**Healthfully and appreciatively,
Aajonus**

20111115-1744

Nov 15, 2011

Re: Ozone Therapy

Hi Aajonus,

2 members of my food club are urging ozone therapy as a remedy for a client of mine who has retentive fluids in her legs and feet. They are very swollen. What is your take on ozone therapy? Would it help the client?

When I studied ozone therapy about 14 years ago, I found that it oxidized fats in the body causing more free radicals and toxins, and forced severe detoxification after several months of treatment. I decided that it was not a protocol that could create more benefit than side effects. I refused to use it.

**Healthfully and appreciatively,
Aajonus**

Thank you. I presume that you don't recommend it for a person with retentive fluids or congestive lymph in the legs?

As I stated it is not a therapy I would use, period.

**Healthfully and appreciatively,
Aajonus**

20111115-2111

Nov 15, 2011

Re: Water Filters for Hot Tubbing

Hi Aajonus,

I did some research on water filtration systems for my hot tubbing and found some info I wanted to check with you.

Aquasana is rated by Consumer Reports as the best water filtration system for household and drinking purposes, evidently.

Basically, it's the 5 micron paper filter, then KDF 55 mineral to get out chlorine before it goes to an acid washed activated coconut carbon. There are 3 separate stages. No sand, but perhaps you don't need it with these other filtration systems - the sand being about 14 to 20 microns for particles.

On my other system, I found that when I put the clay in the hot tub, it clogged the paper filter badly making a need for a paper filter change very much sooner, which is expensive (like \$60.00 every 3 months to change the filter, when the filter should have a life span of about 1 to 2 years). I put in a bypass of the paper filter for this reason, using the paper filter only when I put fresh water into the hot tub once a month or so, and then using the sand filter with carbon the rest of the month.

I suppose skipping the clay in the water and just having the water recirculate through such a system should be enough.

What do you think?

Any additional comments or suggestions?

Since producers of filters have a medical view on microbes, I do not trust them to produce water as I would like it. The Aquasana whole house system certainly looks good, but I would still add a sand filter to that. Sand introduces soil probiotics that are not allowed in the Aquasana system.

Healthfully and appreciatively,
Aajonus

Hi Aajonus,

Thanks! That's great and makes sense.

One other question, what about the pH balance of the water? I just learned today that the KDF 55 filter has 8 lbs of KDF 55 and 1 lb of some mineral that is supposed to help the pH balance – I think from becoming too high acid (too low pH).

Also, I found that with the reverse osmosis drinking water machines, they can get too low pH where things rust much easier, etc.

Do you think adding a reverse osmosis water cleaner on top of this other stuff would be good? Or is that just not needed and overkill?

Also, the UV light is probably not good as they use it to kill bacteria or algae.

I also learned that PVC schedule 80 (the grey stuff) is better than schedule 40 (the common white stuff). The grey PVC has a much higher temp rating and Culligan, who custom design whole house filtration systems, says that's the best to use to ensure plastic does not get into the water after filtration. Schedule 40 may get a small amount in, I guess, but insignificant I would think – just a guess. I've used that since 2008. But to use copper piping after the filtration, that gets toxic metal and copper back into the water. So they re-pipe your whole house with schedule 80 PVC when they install a system.

But for our use in hot tubbing, with this new data, I will just use the schedule 80 when I get new stuff. It's more expensive which is why I did not get it before.

Almost all municipal water is alkaline with the chemicals they put in it to preserve pipes rather than peoples health. Our skin is 5.5 and dries more with a forced high pH. Adding sea salt and other ingredients I recommend resolves pH issues no matter what the pH. If the KDF 55 adds minerals to soften water, that is not good. That is the same as adding potassium chloride or chlorine. The sand filter resolves any other issue.

Osmosis destroys microbes, as you stated; that's not beneficial for bathing.

I use stainless steel plumbing.

**Healthfully and appreciatively,
Aajonus**

Hi Aajonus,

No, I don't think KDF 55 or 85 soften water. It never said anything like that. Just filtering out chemicals.

Since I already have a sand filter with activated carbon, I decided on not going the Aquasana route. I am just getting another sand filter. So I have 2 sand filters: one with rock, sand and activated carbon; another with rock, zeolite (like a salt that goes down to 5 microns) and then the KDF 55 and KDF 85 and more sand. But I will have to cope with schedule 40 PVC for now.

Stainless steel plumbing? Whoa !! Nice!!! But what?? 10 bucks a linear foot? Nice idea for my future planning though.

Then it is like sand. KDF85 may not be necessary if using sand, however; sand does not kill bacteria. I do not know what in KDF85 kills bacteria. Do you? If you were to use it, I would put a sand filter last to help replace bacteria.

**Healthfully and appreciatively,
Aajonus**

20111120-2050

Nov 20, 2011

Re: Tooth Symptom

Hi Aajonus,

No aches to write about. For the last couple of days, however, I notice that when I stomp or thump my foot, I feel a throb (reverberation) from that vibration around my upper right molars. Is that anything to be concerned about or to have checked?

You must have some swelling in your upper right molars, detoxification and/or healing. Probably healing because you do not have pain.

**Healthfully and appreciatively,
Aajonus**

Re: Baby with Cold, Diarrhea & Vomiting – follow up

(See also: Oct 24, 2011 Re: Urgent - Sick Baby, Please Help
 Oct 28, 2011 Re: Urgent – Baby Liver Formula Follow Up
 Nov 12, 2000 Re: Baby Skin Rash and Formula Ingredients
 Mar 3, 2012 Re: Baby's Diet
 Mar 15, 2012 Re: Urgent – Baby throwing up
 May 18, 2012 Re: Baby's Diet)

Hi Aajonus,

I apologize for not explaining in more detail but I had already tried eliminating all of the things we talked about, one by one including the liver, and the symptoms had continued. While I was adding the liver, he was severely throwing up. Once I took out the liver, the throwing up lessened from violent vomits 2-3 times a day to once every 4-5 days. I did this over the course of the past two weeks. I was down to only giving him warm cow's milk with cream half the day and the other half only cow's milk. I was in the process of putting the liver back in because I felt concerned that the milk was not enough nutrition, especially since his growth percentile is high at about 93% and his weight is low at about 40%. That is why I wondered if I could try the liver formula with the goat's milk.

Since my last email, I transitioned him to the goat's milk. The first day I gave it to him he took it well and seemed to really like it. He slept longer than he had, for 4 hours, but then he woke up and had some of the same symptoms, although not as severe. Over the course of the next day he seemed to handle it better. He was not straining as much. Since I felt he was doing well with the goat's milk, I added in the liver the next day. However, he threw up that night and got diarrhea. The diarrhea persisted through the next day so once again I took the liver out and just gave him goat's milk. Once I removed the liver that night the diarrhea dissipated. I gave him a day's break and just gave him the goat milk. He did fine. A day later I added 1oz of the first cow colostrum up to 3 pm. He did fine. Then only the goat's milk after that. The following day I added 1 1/2 tsp of cow's milk butter with the colostrum and some honey up to 3 pm. No major changes.

I wanted to give him a break from the liver just in case it did trigger the diarrhea, and put it back in in a few days; but as of this morning, he woke up with all the symptoms of a cold, which I have had since a week ago. He is constantly coughing, has a very phlegmy cough, is having a real tough time breathing, is wheezing, sneezing, and has a low appetite.

What do you recommend?

What can I give him to break up the coughing mucus?

Is lactose OK if you have a cold?

Should I put the liver back in and when?

Should I continue adding the cow's butter, cream and colostrum, or should I use goat's?

How can I boost his immune system?

Can I add the 1 tsp of pineapple to just the goat's milk?

Should I use the goat's no-salt cheese or stick to cow's?

Anything else?

If he vomits persistently from consuming liver, his liver or pancreas is very toxic. His body dumps the toxins into the stomach for immediate discharge so toxins do not interfere with digestion. If they do pass through the intestines, diarrhea results.

Try just 1 T. liver with 6 ozs. of raw milk.

It is the season for many people to dump the fats and re-lipidate for winter. Colds are normal now. Flu season is usually January - March.

What do you recommend?

When anyone experiences a cold cleansing, it is best to not lie flat. I suggest that you do not place him in a prone position. When the body detoxifies the lungs, or through the lungs, the lung muscles are weakened. Gravity pushes the lungs closed in the prone position. I suggest that he sleep in a near-sitting position such as he would be if he were in a baby's car seat. He will breathe easier and cough less. Coughing keeps the lungs open and working. The lungs will not have to push open (cough) so much when he is in a sitting position.

What can I give him to break up the coughing mucus?

Normally, I suggest my Throat Lozenge formula with ginger, honey, butter and lemon. However, for an infant, I would not give him more than 1 drop on his tongue every 2-4 hours.

Is lactose OK if you have a cold?

The minerals that accompany lactose are most important during colds.

Should I put the liver back in, and when?

Try just 1 T. of liver with 6 ozs. of raw milk once daily. He may continue to detoxify his liver or pancreas for a while, but 1 T. of liver per day should lower his ability to detoxify his liver and/or pancreas.

Should I continue adding the cow's butter, cream and colostrum or should I use goat's?

Cow's cream, butter and colostrum will help him bind with more toxins and allow him to gain more weight. However, as long as his body tends to focus on detoxification, he will be underweight.

How can I boost his immune system?

There is no such thing as an immune system. The body does not need to defend itself in natural environments. The medical/pharma industries created the term immune system to brainwash people into thinking that their body has to always defend itself from nature and itself. There is only the lymphatic system that the body uses to cleanse itself when unnatural and toxic substances interfere with functions. It seems as if his body is already doing an intensely wonderful job of cleansing itself.

Can I add the 1 tsp of pineapple to just the goat's milk?

I suggest that if you add pineapple to goat's milk, you add 1 tsp of raw cream to the goat's milk.

Should I use the goat's no-salt cheese or stick to cow's?

Because raw no-salt cheese does not digest, unless unheated honey is eaten with it, it does not matter whether it is cow's or goat's.

Anything else?

Do not panic and do not worry. Most of his symptoms will disappear after 6 months. That is usually the length of time an infant's body will focus on detoxifying when it receives the nutrients it needs.

**Healthfully and appreciatively,
Aajonus**

Got it. Do I use regular colostrum or 1st colostrum? By T. you mean tablespoon. Correct?

First colostrum has more butter fat. Regular colostrum has more cream fat. It is more difficult to digest cream than butter so a newborn is given about 5 days of various stages of colostrum until it can digest cream. Cream is very important for the brain and nervous system. If he consumes butter, cream and milk, and his digestion is good, he does not need expensive colostrum. If his feces are well formed and does not stink horribly, he is probably digesting well.

Yes, T. means tablespoon; tsp. means teaspoon.

**Healthfully and appreciatively,
Aajonus**

20111211-2245

Dec 11, 2011

Re: Help - Headache will not go away

Hi Aajonus,

I have been really struggling the last couple of weeks. It started with pain and stiffness in my body all over, especially in my joints. Then, it moved into my neck. It's so stiff I literally cannot move it, and it's very painful. Then, a few days ago, I got a headache that will not go away. It is completely debilitating. I cannot do anything and cannot sleep. I still have the body stiffness and some pain, especially in my joints, but the pain in my neck and head is excruciating. Over the last couple of weeks my brain has been really foggy too. I cannot remember anything or focus on things. I have been saying to myself, "Something is going on in my brain," to the point that it is scaring me. FYI: I went to Mexico over Thanksgiving week and stayed at a friend's home. The food there was so disgusting, so I asked the help to get me raw milk and eggs from a local farm. I had that, but for meat I just ate the chicken and beef that the others at the house ate, but I ate it raw and they all ate it cooked. I have no idea where the meats came from. The house staff bought all the food at a local store. Someone has suggested that maybe there was a parasite in the chicken or meat that has migrated to my brain and is causing too fast of a detox.

Any thoughts? You know I only ask for help when I am desperate as I can usually get through a detox after a while but this head fogginess and lack of concentration and memory, and especially the headaches, are too much and is now starting to scare me.

Thank you.

Your detoxification indicates vaccine toxicity and/or canned food toxicity being removed from bone marrow and brain. The body uses a great deal of calcium, phosphorus, magnesium and potassium to neutralize those toxins as they move from bone and bone marrow into the lymphatic system to be neutralized more before being dumped into connective tissue and perspired from the body. Stiffness results from mineral buildup combined with toxins, more frequently heavy metals. Moving those toxins quicker will reduce symptoms.

Symptoms indicate an intense flu, not brain parasites. If you had parasites, you would not have symptoms because they are so efficient. They do not cause the intense swelling that flu causes that results in intense pain.

You are between a rock and a hard place when the brain detoxifies at the same time because it takes hot baths to help the body remove toxins from bones to lymph to connective tissue and through the skin. Hot baths usually cause headaches to worsen. An alternative to baths is to place 5-7 hot water bottles under the covers with you, heating the body without causing the brain to expand that would increase pressure on cerebral meninges, resulting in an increased headache. Since your headache is already intense, it is unlikely that your headache would increase with baths, but if it does, then hot water bottles would be easier.

I suggest that besides the baths and/or hot water bottles, you consume custard with a tiny bit of ginger grated into each one, daily. Also: consuming smoothies containing 2-3 eggs, 3 oz raw cream, 2 oz raw milk, 1 medium orange, 1 T unheated honey and 1/4 tsp raw turmeric 2-3 times daily.

Healthfully and appreciatively,
Aajonus

Great. Thank you again. Will try anything and everything. It feels like a toxic detox of something serious for sure! Messing with my brain, memory and thinking. Not fun when your brain is not working. And, the pain.

Are you overseas already? Thank you again so much!

You are welcome. If the toxins dump into your stomach and you develop nausea, I suggest that you eat small amounts of cheese every 30-40 minutes.

I am in Asia and traveling until March. Just left Australia from a 3-cities tour, and that was very good.

Healthfully,
Aajonus

20111216-1810

Dec 16, 2011

Re: Sinusitis

Hey Aajonus,

Since I moved north, the clogged sinus issue has started up again. It's not gone away. It's persisted pretty intensely these last 5 months.

Do you think you can advise me to fine tune some things so I can breathe through my nose better?

I finally got the hot tub up and working and it's been about a week that I have been going in almost daily. The sinus situation lightened up, but has not handled yet. And last night, it was back to being pretty bad where both nostrils were clogged and breathing could only be done via my mouth.

I was wondering if the cold weather or even the humidity level had anything to do with it, as it's colder than I have been used to. It's 26 degrees F out now. Last night in the hot tub, it was less - about 18 degrees!

I have also been needing a lot of sleep to feel rested -- 8 to 11 hours! I sleep for about 5 hours and eat and go back to bed after a while.

I would really like to be able to breathe through both nostrils so I can sleep better at night. And I would really like more energy, generally, for work and a productive day, not needing so much sleep.

Any suggestions?

Sorry for the delay in response. The government is out of control, suing my farmers.

When you live in a cold climate, your sinuses need 10 times more fats than normal. However, it takes many live cells in the sinuses to absorb and utilize that much fat and produce enough mucus to protect the sinuses. Your mucous membranes are severely scarred. You do not have enough cells alive to protect your sinuses in cold climates. It does not matter how much fat you eat.

Healthfully and appreciatively,
Aajonus

20111223-1345

Dec 23, 2011

Re: Pregnancy and FSH Levels

Hi Aajonus,

We would like to become pregnant naturally with our 3rd child, but it is not happening. I did get pregnant a year ago in November, but it ended in a miscarriage.

Do you know of any foods that will stimulate the brain to make a normal FSH (follicle stimulating hormone) under 10?

FSH is the brain hormone in a female that tells the ovaries to make an egg. For my body to produce a normal healthy egg I need an FSH under 10.

Please let me know your thoughts.

Thank you so much.

Your body was engaged in a very toxic cleansing last year so I am not surprised. However, it is likely that it will be another 18 months before your body will be clean enough from residues so that the fetus is unharmed; it takes about 2.5+ years.

I suggest you be patient for that time and you will not have a problem. Then, consuming 2 milkshakes daily 10 days before ovulation usually will produce healthy ova.

**Healthfully and appreciatively,
Aajonus**

Hi Aajonus,

I have been patient since we have wanted to get pregnant with our 3rd child for the last 5 years now. For some reason we cannot. The funny thing is, is that women around me are getting pregnant in their 40s, but they do not eat healthy. I have a clean diet and am still not achieving pregnancy. I know there are fewer eggs when a woman gets older. I am assuming it has to do with my age. I am 46. If I wait another 18 months as you suggested I will be 48. Sooner, rather than later, would be better. I know I am at the end of my child bearing years.

Will try the milkshakes daily for 10 days.

Thanks.

Women on this diet have gotten pregnant all the way through 59 years old who had not been able to get pregnant for years and some never.

How long has it been since your last child was born?

Healthfully and appreciatively,
Aajonus

Last child was born Nov. 2005.

We have used no contraception ever, nothing.

According to ALL tribes, it takes 7 years for the mother to completely recover from her previous child so that a new baby does not suffer any deficiencies except by the mothers diet. Therefore, if your body is following nature, you are due to get pregnant after November 2012.

Healthfully and appreciatively,
Aajonus

20120123-1135

Jan 23, 2012

Re: Strong Uncomfortable Urge to Urinate

Hi Aajonus,

Out of the blue this evening, I had a very strong uncomfortable urge to urinate, even though I had already gone to the bathroom. It feels like it did 20 years ago when I had a bladder infection. Keep in mind I have not had a bladder infection in 20 years.

A friend of mine reminded me that I had an emergency D&C (dilation and curettage) last January as a result of a miscarriage that had gone very wrong. Could the strong uncomfortable urge to urinate be a result of the D&C? My friend said they might have used iodine to clean out the uterus and now I am detoxifying the iodine.

What can I do to relieve this strong uncomfortable urge to urinate? It has been going on now for about 3 hours.

Is it a bladder infection or something else?

Please advise.
Thank you.

It takes 40 years on a perfect diet to cleanse the body completely. Remember that an infection is a cleansing. As I stated in my books, any part of the body where there had been a problem has not been properly cleansed and healed and will cleanse and heal periodically with old symptoms returning.

Additional harm to the area may have been caused by iodine used with the D&C. I would suspect that it was because, often, there is a cleansing of tissue following injury or surgery on the anniversary of the injury or surgery. To help eliminate toxins, I suggest consuming a small amount of no-salt raw cheese frequently with a tiny bit of no-salt raw butter, about 2 ounces of fresh pineapple daily and sip raw milk throughout days, along with your normal Primal Diet.

Apply heat to the area at any time with a hot water bottle, especially throughout the night.

**Healthfully and appreciatively,
Aajonus**

20120131-1153

Jan 31, 2012

Re: Dental Issue

Hi Aajonus,

In early January, the back half of one of my lower molars started breaking off. About 1/3 of it is gone now. It was sensitive to pressure and cold, but no longer. At first, I put lime juice on it for 2 days, and now I have been putting coconut cream on it. It is no longer sensitive to cold, but it shocks me if I forget and chew on it.

I had the exact tooth on the other side removed some years ago and never had a bridge to replace it. Now the tooth next to this hole is tender. So, now I have 2 big holes and a tender tooth, leaving me unable to chew on either side.

If I go to the dentist, they will surely want to fill or remove the 2 damaged teeth and put a bridge in the hole. I need to do something, but I know you will have some do's and dont's for me.

Can you advise me on how to proceed?

Thank you!

Sorry for the delay. I am in the jungles of Thailand and reception is frequently unavailable and my concentration is on legal battles for farmers.

Whenever you have a tooth problem, I suggest lots of cheese without honey; and thrice daily, 2 T. cheese with 1 tsp. honey.

Putting lime juice on a tooth more than once every 2 days could cause more deterioration to the tooth. If you apply it to a tooth, let it sit for only 10 minutes, then rinse it with milk.

**Healthfully and appreciatively,
Aajonus**

20120203-2336

Feb 3, 2012

Re: Candida albicans

Hi Aajonus,

My 8 year old daughter has candida again. She had it last summer and was free of it for the months of September thru December. The candida has come back.

Her symptoms are: stomach hurts, back hurts, head hurts and legs hurt.

A local chiropractor suggested warm baths in Epsom salt to detoxify and to relax the muscles.

Is Epsom salt okay to use? If Epsom is not okay, what should I put in her bath?

What should she be eating?

Any other thoughts from you about candida?

Thank You.

Candida is the big scapegoat for the last 1+ decade. Candida is a symptom and the cure for certain problems. The object is to allow candida to work while mitigating the symptoms, which is usually intense itching. The other symptoms of stomach, back, head and leg aches are not a symptom of candida but toxins stored in those tissues. It is a symptom of poor bacteria and enzyme activity. My Sport Formula, sipped 4 oz at a time 5 times daily, will help this flu-like condition. Also, a 2 inch cube of semi-ripe pineapple helps digestion and removal of lactic acid buildups that cause soreness. Raw milk helps soothe the entire body but also makes for sleepiness that promotes healing.

**Healthfully and appreciatively,
Aajonus**

Hi,

How often should the pineapple be eaten, 1 time a day or more? Any fat with the pineapple and what kind of fat?

Also, what should we put in the bath water? We are currently on city water. We want to help my daughter's lymphatic system get out the toxins so a bath is probably a good thing.

What are your thoughts about Epsom salt for baths?

Thanks.

I suggest that she consume pineapple only once daily with a combination of 2 T. coconut cream, and 1 T. dairy cream or 2 T. butter; alternating them would be best.

As I instruct in WWTL, at least 3/4 cup raw milk, 3 T. raw apple cider vinegar, 2 T. sun-dried sea or Epsom salt and 2 T. coconut cream. Epsom salt is a high concentration of magnesium and sulfur rather than sodium and natural chlorine. It does not matter which you use because, when in a hot bath, the salts are not absorbed into the skin.

Healthfully and appreciatively,
Aajonus

Hi Aajonus,

Please explain to me what you mean by poor bacteria and enzyme activity causing the flu-like symptoms. You say that these are not symptoms of candida, but my daughter feels this way when the candida is present. When the candida is gone she does not hurt.

How can she have poor bacteria and enzyme activity when we eat so clean? We eat lots of good bacteria-type foods.

Thanks so much.

When enough bacteria and enzymes are present, detoxification occurs without notice, or at least with minimal notice. Did you have a laboratory test that showed unusual amounts of candida? As I stated in Newsletter #11, candida is a detoxification process, part of the cure for toxins that have been stored and that are problematic. It is not the cause of disease. As I stated in my email to you, the optimal-to-health approach is to provide the right foods and heat.

Our environment is riddled with bacteria and enzyme-damaging technologies - anything from smart meters to WiFi to EMFs and air pollution. I have one client who is so allergic to agricultural chemicals that every time her neighbor applies chemicals to his lawn, she has to stay in a toxic hotel for 3-5 days. The toxic hotel is less toxic than her home at that time.

When your daughter was gestating, you may have passed innumerable toxins into her that are now necessary to remove; and her body is capable of removing them using candida. Candida is not her enemy; the industrial toxins in any shape and form are her problem.

Healthfully and appreciatively,
Aajonus

How about clay for the bath? You mentioned raw milk, apple cider vinegar, sea salt or Epsom salt and coconut cream. Any clay for the bath? We have city water full of chloramines, fluoride, etc. Will the milk, vinegar, sea salt and coconut cream take out the toxins in the city water? I know clay is good for binding with toxins. If clay is good for a bath, how much clay?

Clay is a good option, but the other ingredients will suffice to neutralize municipal water toxins, unless your municipal water is more contaminated than most. If it is, I suggest you use 2 T. It is up to you.

**Healthfully and appreciatively,
Aajonus**

20120204-0145

Feb 4, 2012

Re: Toothache – Intense detox

Hi Aajonus,

I am not sleeping tonight as I am in extreme pain from a toothache. It's the bottom row, on the right side all the way in the back, the back tooth.

My neck was out earlier tonight and I got a neck massage and did ice packs on it and, finally, it loosened up with some cracks when twisting it. There is still pain there, however. I've not been to the chiro since coming north and perhaps it's time to go now.

I've been massaging the area of the tooth and the skin was "mushy" in the back of the tooth. No other signs of abscess or infection. The tooth is a bit loose and when you push down on it, as when eating, the pain increases a lot.

The whole head and neck have been in pain in various areas, coming and going. I've had left ear problems with what I thought was wax buildup about a week ago. I put in olive oil twice and it went away in a couple of days. Now I have pain in my right ear. It does not seem like wax, just pain.

The sinuses got better when I only drank kefir and went off cow's milk. That plus more hot tubbing. The nose is still clogged up, but at least one side works well enough to get about 5 hours of sleep at a time. I am on small amounts of goat milk now, sour cream, kefir, butter and coconut cream. And since I made this change, the sinuses have been better, which means not totally clogged. Another change was when I came north, I started in on a lot of ice cream. I stopped eating this too. Perhaps the cold cream was an issue. I have also been on more juice generally. Over the last 2 to 3 weeks, I have been eating non-organic, no-added-salt crackers (but salt in the cooking mix, from Trader Joe's) with butter and honey frequently. Not sure if this has anything to do with anything but it is a change.

I can't take a defeatist attitude and just consider it is the cold weather regarding my sinus problems and that there is nothing I can do about it. Yes, the cold weather is a change, but so were these other factors as above. But on the other hand, the detoxes from one to another with the sinuses persisting is a new phenomena. The weather does seem to have some effect as the body is not used to it.

I will see about getting clove oil to help the tooth pain and get some sleep.

But I figured I should go to the dentist Monday and I will have to get one X-ray shot and see what they say. The tooth may have been a root canal tooth with a cap, but I am not sure. If the root is dead and the pain persists, I should probably get it pulled. I have been going to Bio Dental in Tijuana and they don't think root canals are good as, eventually, they rot out and create infection when they do. The last tooth I had pulled about 10 months ago was like this - it was causing an infection and it broke. It was not painful, but I did have it pulled as it broke and had to be removed. The X-ray showed the infection. It was a root canal that did not last.

Please advise.

You are certainly exploring things I wouldn't recommend. I would never use ice packs longer than 2 minutes on anything, because it restricts and sometimes completely blocks nutrient flow to the area. I always advise to use heat.

Your symptoms indicate that you are experiencing an overall head detoxification.

Crackers of any sort are likely to be GMO based and contain many additives, even though not labeled. I suggest cooking organic rice instead.

I do not accept the neo-dentists' views on root canals. I have had several root canals, some naturally made by my body and some dental. When an area around the tooth is detoxifying (infected), usually it is not the tooth, but the nerve going to the tooth, and the surrounding gums that are toxic. The nerve may be poisoned from the base of the tooth all the way to the brain, but will usually detoxify out the gums however, sometimes out the face or eyes. Having a tooth pulled only seals off the exit point of detoxification. If the tooth naturally, completely releases from the nerve and bone, then extraction is appropriate.

Cold is a major factor in many conditions and sinuses is one. It is not fatalistic to accept that and move to a climate that promotes better health.

Healthfully and appreciatively,
Aajonus

Hi Aajonus,

Thanks very much! Yes, my eyes have also been sore too.

After 24 hours, and sleeping all day except for eating breaks, with a full meat meal about every 5 to 7 hours, the severe tooth pain majorly went away. I had about 3/4 of a pound of chicken 4 times that day, which is a lot more meat than I had been eating, plus other stuff too: eggs, kefir, butter and veggie juice. It was very interesting to observe the food being absorbed so fast and to be that hungry again so fast. It must have been a "classic" heavy detox! :)

24 hours after this, the pain was almost gone. I went to the dentist 24 hours after that and had 1 X-ray. He said the nerve is dead and recommended a root canal. There is also a cavity at the side of the cap. He recommended one handling of opening up the cap, doing the root canal and then waiting to ensure the root canal will hold and then filling the cap and cavity.

He also suggested implants if I wanted those and wanted to remove the tooth instead. I was going to get a bridge as I have an empty tooth between that tooth and the other one, but I am not sure about doing a bridge on a root canal tooth. The dentist said the root canal can last 10 to 15 years when done right, perhaps a bit more.

It is still sore, but I can live with it for a while; it is not excruciating like it was, but is still sore and somewhat painful. I can't chew with it at all.

How does a body naturally make a root canal?

What do you suggest about dealing with the tooth?

Update Feb 1st:

The tooth is back to normal. No pain at all and the infection is gone and the tooth sunk down to it's original spot. But the cavity in the side of the cap is still there. So at this point, I should at least get the cavity filled and, if I want, I suppose I get can get a root canal and bridge.

What do you suggest?

As I stated in my first email about your tooth: I do not accept the neo-dentists' views on root canals. I have had several root canals, some naturally made by my body and some dental. When an area around the tooth is detoxifying (infected), usually it is not the tooth, but the nerve going to the tooth, and the surrounding gums that are toxic. The nerve may be poisoned from the base of the tooth all the way to the brain, but will usually detoxify out the gums however, sometimes out the face or eyes. Having a tooth pulled only seals off the exit point of detoxification. If the tooth naturally, completely releases from the nerve and bone, then extraction is appropriate. Or pull it out yourself when it is that loose.

If the tooth is dead as he claims, no root canal is necessary. The root is already dead and drying or already dried. If there is a cavity in the dead tooth and it can be reached without removing the crown, then have it filled. If it is under that cap, no digestive acids are going to get to it anyway so it will not get worse. I suggest you leave the tooth alone and let it eventually fall out on its own.

**Healthfully and appreciatively,
Aajonus**

20120303-2340

Mar 3, 2012

Re: Baby's Diet

(See also: Oct 24, 2011 Re: Urgent - Sick Baby, Please Help
Oct 28, 2011 Re: Urgent – Baby Liver Formula Follow Up
Nov 12, 2000 Re: Baby Skin Rash and Formula Ingredients
Nov 30, 2011 Re: Baby with Cold, Diarrhea & Vomiting – follow up
Mar 15, 2012 Re: Urgent – Baby throwing up
May 18, 2012 Re: Baby's Diet)

Hi Aajonus,

Thank you for all of your help with my pregnancy and my son's health. He just turned 5 months. After we last spoke he got better, started sleeping through the night 10 - 11 hours, and has been doing great. He is primarily on goat's milk - 1 cup, 3/4 tsp butter, 1/2 tsp honey and 1 oz of cow's cream. The liver was too harsh on him.

I am getting ready to start him on liver again and slowly introduce it as you mentioned. He is growing a couple of bottom teeth. I am wondering if it's an indication of adding to his diet. Is there anything else I can start giving him? Or would it be better if you saw him during your next visit here to recommend a diet plan for him?

Thank you. I am delighted that he is better. Yes, cutting teeth indicates that he could use a bit more protein such as the liver. He does not need anything else other than what you are giving him now, with a bit of liver added.

If I were to see him, I could tell you what to expect in detoxification for the future.

**Healthfully and appreciatively,
Aajonus**

At what age should I expect to start adding solids or when should I check back in about his diet?

Solids can be added about 2 months after all of his teeth are in and settled. However, he will always get more nutrients with less food if meats are pureed for him. He will not need much fruit or other foods.

**Healthfully and appreciatively,
Aajonus**

20120315-1959

Mar 15, 2012

Re: Urgent – Baby throwing up

(See also: Oct 24, 2011 Re: Urgent - Sick Baby, Please Help
 Oct 28, 2011 Re: Urgent – Baby Liver Formula Follow Up
 Nov 12, 2000 Re: Baby Skin Rash and Formula Ingredients
 Nov 30, 2011 Re: Baby with Cold, Diarrhea & Vomiting – follow up
 Mar 3, 2012 Re: Baby's Diet
 May 18, 2012 Re: Baby's Diet)

Aajonus,

I reintroduced liver today to my son. I put about 2-3 tablespoons of liver into his goat's milk with the usual butter, honey and cream. It's been about 3 hours and he threw up and has some diarrhea. I realize that is what happened last time and that it would be some form of detox but he has continued to convulse and can't stop throwing up. He chokes and can't breathe when he is throwing up. He has nothing left to throw up but he is continuing to try to. What do I do? What can I give him? I am hesitant to give him the goat's milk even without liver as I am concerned he is just going to throw it up. He will not eat raw cheese. Do I let his stomach settle without any food or does he need it to get out toxins?

Once his stomach settles, give him some raw cottage cheese, about 1 BB-sized amount at a time. His vomit will not last long.

**Healthfully and appreciatively,
Aajonus**

20120321-1129

Mar 21, 2012

Re: Daughter in pain and eyes have a bluish tint?

Hi Aajonus,

We spoke on the phone a few days ago about my 8 year old daughter who is going through body aches and pains. The worst pains are usually her middle to lower back and her stomach. She describes her pain in terms of low, medium, and high. Just a few minutes ago she got out of a bath and told me I don't hurt anywhere, except my head is medium. Or, at other times, she will say I am medium hurting all over. Yesterday there were about 6 hours in the day where she did not hurt anywhere. She seems to be going in and out of the pain with low pain areas or medium pain areas and occasionally she will hurt high / bad all over. When she hurts bad all over she cannot walk or do anything. It seems to be more normal for her to have some pain than to have no pain. So when she tells me she does not hurt this is always surprising and good news. You told me it is toxins in muscles and/or ligaments.

I looked in her eyes tonight and noticed that the whites of her eyes are bluish. My son (6 years old), daughter and I stood in the mirror comparing the whites of our eyes. Mine are the whitest with some red veins and my son's are the next whitest with a touch of bluish, but my daughter's whites of her eyes are noticeably bluish tinted. Is this part of her pain / toxins she is experiencing or what is it?

What is causing the whites of my daughter's eyes to have a bluish tint?

You asked me to give her cheese, honey and butter mashed together twice a day, and I am. Also, you told me to give her the sport drink 4 ounces 5 times a day, and to eat fresh pineapple.

Is there anything else I need to be doing and how long should I continue with all of this?

Keep in mind that she runs and plays and danced for 2 ¼ hours tonight having fun. When she plays, runs and dances she looks healthy with red rosy cheeks. She looks healthier than a lot of kids even though she is having pain and has had it for months now.

Please let me know about the bluish whites of the eyes that she is experiencing.

Thank you.

Blueish sclera indicates that aluminum is in the bone marrow. Aluminum interferes with nerve transmissions and in combination with salt can cause much cellular damage. The only way to get concentrated aluminum is from vaccines, chemtrails, baking soda and some commercial foods. She obviously is not handling aluminum well.

When pain is transient, the body is handling detoxification well. When pain is constant, it means the body is not doing it as efficiently as it is supposed to with proper nutrients.

Once daily, you could give her the combination of 3 dates, 2 T. no-salt raw butter and 2 T. no-salt raw cheese for pain. Raspberries with fat, such as coconut cream, helps the body remove aluminum. I suggest maintaining the diet as suggested.

**Healthfully and appreciatively,
Aajonus**

Beneficial **HOME BATHS**

Therapeutic Baths To Release Toxins Naturally

based on the works of

Arjonius Vonderplanitz



Compiled by Jim Ellingson

Beneficial Home Baths

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Foreword

I knew Aajonus well enough that he could be sharp with me when needed but that always passed quickly. He was a very honest and forthright person. In 10 years of working together, we amassed over 1000 pages and hundreds of hours of nutritional wisdom. Aajonus was my friend and mentor. His advice has vastly improved my life. His sudden death from a fall last summer left a void - and I wish to honor his memory with this book.

Aajonus was a believer in the PR strategy of 'any attention to get people to see his work was good attention'. I would never have done or recommended some of the ways he allowed himself to be presented - for instance the "Ripley's Believe It or Not" footage, where one would get the impression his dietary recommendations all revolved around eating rotten meat. In truth that is only a remedy for certain conditions, as covered in his books. He was a brilliant nutritionist, and a controversial man. My aim is to make available healing strategies he shared generously with his patients, and friends.

He had two major strengths, from my point of view. One was his amazing precision and accuracy when doing nutritional consultations. A mini-consult was done in front of a group, usually while observing a person's hands and body. A full consult was done using iridology, from which Aajonus could see amazingly clearly what was going on in the person's body. Combined with his raw foods protocol, spectacular results were achieved from patients who often had nowhere else to turn.

His other main strength was his courage and perseverance to present this vital information in layman's terms. He would choose to work very hard, very long hours, and to take on toweringly giant institutions and businesses when he knew their products and actions were just plain harmful. That was his choice. His work did not die with him. Several of us are carrying it forward. One project is well underway to provide subscribers on the www.WeWant2Live.com site with written transcripts of intimate 'Question and Answer' sessions which were recorded over a ten year period in Los Angeles and in San Diego. There has been a fair amount of labor involved. We thank several volunteers for their participation.

Regarding baths, Aajonus considered for years that since he put that in his book "We Want To Live: the Primal Diet", that readers would see the value and just take lymphatic baths from that point forward. He later realized that human nature was not that way and that people could say they were 'doing the diet' but omit the baths. That was true for me. I have known of these for 13 years but have only been taking them twice a week for less than two years. When I realized their importance, I was too embarrassed to tell Aajonus that I hadn't been taking them. The results from taking them since then have been life changing. I know I am not alone in that regard. I have personally seen others release toxins which were overwhelming their systems.

So I am presenting here what Aajonus said about baths, not only in his books, but layer by layer, detail by detail right up through June of 2013, giving a more complete view in the Question and Answer periods of more recent years.

-Jim Ellingson
June 24, 2014

Introduction

Baths for health have been around for millennia. European spas (and some in the US) still flourish, with many reversals of disease and many testimonials to their credit.

This is great for those who have a disease requiring urgent handling, and for those who can just take off for some months.

Aajonus originally covered the subject of lymphatic baths well in his book "We Want To Live: the Primal Diet". Then, as many of us did not immediately feel the necessity to start taking baths nor even fully understand them, Aajonus gave updates and more info in informal Question and Answer sessions. He developed this so someone can truly take these baths at home without poisoning themselves further from water-quality or food practices. He speaks of the results that can be achieved within the pages of this book.

Disclaimer

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Summary

Our lymph system is part of our circulatory system. We have been poisoned to the point where it does not work properly without cleaning and maintenance. Aajonus has researched long warm baths as the safest and easiest way to eliminate the poisons so the lymphatic system functions properly. He has specified the frequencies, temperatures, recipes for before, during and after, etc. He gives various case specifics and associated remedies in response to live questions during various Q&A sessions.

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Note: any questions, comments etc. other than by Aajonus appear in italics.

Chapter One – Aw teacher, do we really have to?

Aajonus broke some accepted raw foods 'practices' in his development of a very specific raw foods diet which he trademarked as the Primal Diet™. What he termed 'Lymphatic Baths' covers a procedure which – along with specific dietary recommendations – has the potential of fully restoring damaged lymphatic functioning. This chapter contains the really important part, showing how we have been inadvertently set up for cancer and other diseases. He wrote this in his expanded version of "We Want To Live: the Primal Diet", in 2005 however he continued to make it known and to refine the details over more recent years.

What lymphatic congestion is and why we should bother handling it:

When and where did this subject of lymphatic baths first appear in print? Give it to us in a nutshell, please.

We Want To Live: the Primal Diet
page 286 – 287 Lymphatic bath

LYMPHATIC CONGESTION is caused by toxicity accumulated in the lymphatic system, especially glands and nodes. The lymph system feeds every cell in the body except red and white blood cells. Additionally, the lymphatic system is responsible for neutralizing toxins, reducing toxins to smaller substances and eliminating them through tear ducts, ears (wax), mucous membranes, bowels, vagina, urinary tract and especially skin. Reversing lymphatic congestion takes time.

Symptoms: muscle and/or bone soreness, skin problems including psoriasis and eczema, chronic fatigue and chemical sensitivity.

From laboratory analysis, I observed that much lymphatic congestion results from chemicals such as medications, preservatives, pesticides and herbicides, in combination with hydrogenated oils such as margarine, soy, flavoring additives, safflower oils, and peanut butter.

Those oils and combinations harden over time (5 – 20 years) and are not fluid at body temperature. Eating a balanced Primal Diet is important for slowly reversing lymphatic congestion (see the book *The Recipe For Living Without Disease*, Chapter 12). To help our bodies melt and dissolve hardened lymphatic congestion, I suggest taking 1 – 1 ½ hours hot baths every 3 – 4 days. *Continued in chapter 3.*

Why do we, in the 21st century, need lymphatic baths when our ancestors did not?

Aajonus with important info – Q&A of September 11, 2011- Part 1

The lymphatic system is responsible for dissolving most of our bodies' dead cells and placing the waste under the skin to be perspired, eliminating the waste.

The natural cure for cancer is to get the lymphatic system fed properly and working. Cancer always occurs because the lymphatic system is not fed the fats it needs to make the biological solvents necessary to dissolve dead cells, and the lymphatic system and/or skin is blocked and malnourished.

Most blockages that cause cancer are from hydrogenated-vegetable oils, and any hydrogenated oils. The hydrogenation process turns oils into liquid PLASTIC called trans-fatty acids.

The words "trans-fatty acids" should be stricken from vocabulary and the understandable term to all should be utilized: PLASTIC OIL. 99% of all oils are hydrogenated, turning them into plastic so that shelf-life is almost eternal as long as it remains in the container.

Do you have more warnings about the oils in processed foods?

Q&A September 11, 2011

There is a falsehood about oils in everything. Labels claim food does not contain trans-fatty acids but if it was fried, it is a lie. The food manufacturers that use the oils do not hydrogenate the oils but use oils that were already hydrogenated. Nearly every donut, chip, French fry as well as every fried food in every market, even the health-food stores, are fried in plastic oils. They are replete with plastic oils, plastic fat. To use truly natural cold-pressed oils would reduce profits to minimal.

Plastic oil is nearly impossible to remove from most bodies without exceptional "natural" therapies. I use quotes for natural therapies because disease is not natural. Therefore, the therapies are not technically natural.

In my laboratory work, the only way to rid the body of plastic fats that have solidified in the body was to have people soak for 90 minutes daily in a hot bath that is 105-110 degrees F. *[note: he later says 105 degrees F is the hottest he recommends]* every day prior to bedtime for at least 20 years.

Additionally, consuming truly raw cold-pressed oils that have not exceeded temperatures of 96 degrees F. provides the body with fats to make solvents to dissolve dead cells.

In my experiments with over 3,000 people, the most effective fat for this was coconut cream. Coconut cream is the juice from the hard pulp of mature coconut meat. That is, you grind and juice fresh mature coconut meat, separating the pulp from the cream.

Can I handle lymphatic congestion through exercise alone?

Primal Diet Newsletter #29 July 7, 2012

Q: Trampoline/rebounding and lymphatic flow

A: You could jump all day and it's not going to help if the lymphatic system is jammed, clogged and hardened; great idea if already fluid and working properly. You have to melt it in the bath and then do your exercises if you want.

Chapter Two – Specific problems such as back trouble, hot flashes, previous chemical exposures. An example of a detox by way of lymphatic bath is given.

Aajonus interfaces with health seekers presenting some ways the lymphatic baths pertain to specific problems such as back problems, menopause with hot flashes, anyone with concern about body temperature and how it works for someone who does not eat raw meat. The pH factor applies in very specific ways and with very specific foods for a person on the Primal (raw) Diet.

Is there something I should know in order to use lymphatic baths as part of a regimen to restore my back?

To relieve tension and pain in the spine and back, I suggest the following yoga postures. They should be attempted 2-5 times daily AFTER applying hot water bottles to painful areas of the back for 30 minutes, or after 30 minutes in hot bath: Plow, and Spinal Twists.

Q&A February 22, 2009

Papaya helps clean the back, helps clean it. Pineapple helps rebuild vertebrae and cartilage, and any bone. So if you want to clean the back, just remember anytime you have pain you have toxins stored somewhere. You really want to clean a little bit first and then rebuild. So you can do a couple of days of custard and a couple of days of coconut cream and pineapple, with a little bit of dairy cream, and just keep doing that every week, you know four days with that routine for the back.

As long as you heat... did you have damaged vertebrae? You wanna make sure your back is relaxed and all the muscles are stretched first, so they're warm and relaxed. That mean either getting to a bathtub for twenty or thirty minutes before you do stretching, or getting a hot water bottle back there and let it heat for about ten or fifteen minutes. Then you do your stretching.

When I had the back trouble after I did the radiation therapy, I was in such severe pain that I couldn't move the lower part of the my body, and crawled on the floor with my elbows and dragged the lower part of my body. Then when I learned I could sleep, I was only able to sleep about ten minutes at a time, so I'd wake with excruciating pain after every ten minutes. I lived like that for a year, suicidal as hell 'cause I couldn't sleep, and it was very painful. So I took baths, I learned that if I got into a bath, and I couldn't get out of the bath, and I had to just keep warming it, and I realized I was becoming buoyant in the water, so it took all that pressure off my back.

It alleviated almost 80% of the back pain, and then when I got out I did yoga stretches. I'd do the spinal twist on both sides and do the plow. Does everyone know what the plow is? When you lie on your back, you raise your legs and your buttocks and your back in the air, and then you either put your knees to your ears or your toes out on the floor behind your head. So

you're like, you know this is your head, and this is your shoulders. You've got your back going up like this and your arms over, and your feet down here, and it's over your head like that.

Do lymphatic baths work differently on women?

Q&A September 11, 2011

Q: What is your take on hot flashes?

A: Menopause is changeover in hormones that you produce. Instead of reproductive hormones for reproduction, you produce growth hormones. This is another reason women live longer than men. The sweating is a form of detox; you're getting rid of a lot of those old hormones. Let's say endometriosis is when your body uses a cell that belongs in one location somewhere else because your body is not reproducing a cell in that area. So your body will borrow cells from one area and heal another area when you're not producing cells fast enough and that area needs a lot of help. So if you have a lot of endometriosis with ovarian cells used throughout the body, your body will go into periods in other areas of your body elsewhere like a woman having a pain in her ovaries and her shoulder, heart, lungs back because of ovarian cells that go into period along with the ovarian cells that are normally located. When your body needs to get rid of those you'll have massive heat spells – hot flashes – and immense amounts of perspiration. Remember, the lymph system is responsible for breaking those down into a liquid that is perspired through the skin. Hot (105 degrees) baths reduce the burden on the lymphatic system.

Sport drink: 2 cups watermelon (pink and red from the seeds down to rind), 1 cup of milk, 1 tablespoon APV vinegar, 1 ½ tsp moist Terramin clay, 1 tbsp each lime juice, lemon juice, 2 tbsp coconut cream, 2-3 eggs, 20 blueberries (to pull out metals) ... blend and sip.

Watermelon = perspiration & body heat (can add ½ cup tomato 1 cup cucumber, whey).
Whatever you like.

** See Appendix for other versions of the Sports Formula as stated by Aajonus at different times for different individuals*

What if I don't want to eat meat? Can I still detoxify?

Later in the same Q&A Q&A September 11, 2011

At hot springs, I'll spend 10-12 hours there. The minerals help pull toxicity out of the body. Those molecules of minerals are too big – rock size – and only plants can break them down and absorb them. We can't absorb them into the skin. When I do hot baths in the Philippines I use ice on my head as brain hates to be hot.

Perspiration and heat melt the toxicity out of the body. You can never get over 100.1 degrees no matter how intense the exercise – Bikram yoga or any other kind you will never get over 100.1 unless you're in a fever – with heavy detoxification. You need to eat the meat – you have to replace cells.

Q: *I feel awful eating meat. I'm not going to go through the rest of my life feeling awful so -*

A: I know 8 women over the age of 16 who live just on raw milk and they're fine.

What do I do about dry skin? What about the swelling of my feet and legs, called edema?

Q&A February 2, 2013 in San Diego

Q: *I do have a huge craving for mineral water after I do the bath.*

A: And that's why your skin is still dry.

Q: *Me too.*

A: You don't see my skin dry.

Q: *So the edema, how do they get rid of that? That's from toxins pulling?*

A: It was diluting toxins under your skin, you need those hot baths.

Q: *The bath that draw the water yeah like....*

A: Melt it out of your system

A: Yeah, you need a 90 minute bath a day.

Q: *And that pulls out the existence of edema the best? Is there anything else?*

A: No. There's nothing - well, grapefruit helps you eliminate excess water.

Q: *You got the lymph baths with pineapple mixture?*

A: Oh that pineapple that doesn't help with edema. That helps you break down the toxicity and the congestion in the lymphatic system.

Q: *So could that replace the hot baths with the pineapple?*

A: No, you've got the plastic fats in the body, plastic oils in the body that are jamming it; they don't move unless it's 105 degrees. And even if you're exercising you never go above 100.8, 101, if you can ever get that hot. Athletes, marathon runners, still never get above 101 degrees. Just can't get there. You need to get to 105 degrees. And stay there for 90 minutes. 110 is wonderful if you can take it. Beyond a 110 you damage your skin.

How would the lymphatic bath reduce excessive body heat?

Q: *The question is the meditation. All that heat... in the body...[unclear ...] very uncomfortable. I am not going to give up that aspect...So when I diminish the meat aspect, it seems to subside significantly.*

A: But I don't think that's a good thing

Q: *... but there has to be another solution. I'm not going to walk around with that kind of heat.*

A: Well, then stop meditating. Because when you excite the kundalini, you raise the blood, the body's temperature. There's no way around it. At least I never met a yogi who taught otherwise. It always increases heat. But to me, that's a good thing because it causes more discharge. You'll do more cleansing of protein levels, cellular levels if your body heats more. And vegetarians will raise their temperatures even more in meditation because their bodies

are trying to adapt to an herbivorous diet – herbivores have a body temperature of 101-105. If the lymphatic system is jammed, it will cause a lowering of body temperature.

[Q: unclear]

A. Well, you'll reduce the heat if you'll take the baths. You'll be doing most of the perspiring and breaking down of toxicity in your system – clogged fats in the bath – in the bath so you won't have to be as hot while you're meditating with rising kundalini. With kundalini you have a kriya kundalini which is a cleansing.

Q: Yes, well, again with the watermelon. Would that help? I never perspire in my life.

A: You should drink some watermelon and take baths regularly. Watermelon will help you start perspiring more. If you were a vegetarian, it means you have a lot of vegetable oils – safflower oil, sunflower oil... So, if you do the baths you should be able to reduce the heat when you're not in the baths.

September 11, 2011 Part 2

A: The way you need to clean the body for the proper cleansing is to get into a hot bath and be consuming enough milk and other things that will stabilize you while you clean. The pineapple is your best friend, not alkaline water; pineapple is still acidic so it's in harmony with the body. You have to remember that we are carnivores, not herbivores, so we want a 5.5 pH blood, urine and saliva. We don't want any alkaline event going on. If you're eating cooked foods – that's a different matter. You will need a lot of alkalization because you're over-acidic. And, when you're eating everything or most things cooked, the calcium, phosphorus, magnesium and potassium which help clean the body of neutralized poisons and take the charge out of toxic ions of mercury, cadmium and things like that, are heavily damaged.

At just 141 degrees you damage 50% of the calcium; you cauterize it. It's hardened and can no longer absorb. Just like clay. It's malleable, it will absorb. You fire it at even cone 2 [[see pottery/ceramic chart](#)] it's going to be a hard substance that will no longer absorb or have very little absorption and when you get up to cone 9, you're into porcelain. How much can you absorb with porcelain? Nothing.

How did Aajonus use a pool to exercise his leg without much pain, while recovering from a serious motorcycle accident?

March 18, 2008, Primal Diet newsletter

I convinced the hotel owner that she could reduce the chlorine in the pool without causing algae problems to pool surfaces. She agreed and I walked at the deepest end of the pool where my body was so buoyant that my leg received very little pressure from my bodyweight.

What do I do about aches and/or stiffness?

It is a fact that our bodies ALWAYS act beneficially toward our better health whether we feed our bodies the proper nutrients or not. When we give our bodies the proper nutrients and take long hot baths daily to remove waste and toxins, our bodies act most efficiently toward better health.

Aches and stiffness are caused by accumulations of waste stored in the tissues, usually muscles and tendons. Waste collected in muscles and tendons results from congested lymphatic system and blockages in pores. Long hot baths gradually help relieve those symptoms. Mixing about 1-2 tsp. raw apple cider vinegar with 2 ounces raw milk and 2 ounces of whey 2-3 times daily can help remove accumulations from the muscles, and very gradually from tendons.

Chapter Three – Details of what to do, exactly

Aajonus spells out what to eat and drink before, during and after the bath. He tells ways to minimize the damage from chemicals in the bath water, the correct temperature, and answers other questions. This shows Aajonus' way of finding something important like this, then getting feedback while continuing to refine it to its best, optimum method. A report of results is given by a husband and wife team. They started taking the lymphatic baths at the same time they started the Primal Diet. Several completed detoxifications are given in this example. Also, he warns very thin people to put on weight before starting the lymphatic baths.

We Want To Live: the Primal Diet page 286 – 287 Lymphatic bath

Drinking the following blended mixture immediately upon entering [*later amended to consume as fruit meal during day but not immediately upon entering*] a hot [102° F (39° C) to 110° F (43° C) [*later amended to 102 – 105 F*] bath helps prevent the melted lymphatic congestion from hardening as much when the body temperature later normalizes: ¼ – 1 cup of unripe pineapple, 3 – 6 tablespoons coconut cream, 1 – 3 tablespoons unsalted raw butter, and 1 – 2 tablespoons raw dairy cream.

Measured ingredients should be equal for suggested amounts, that is, for a person who is 4' – 4' 6" tall, the smallest amounts of each ingredient to be blended are ¼ cup pineapple, 3 tablespoons coconut cream, 1 tablespoon butter, and 1 tablespoon cream. A person who is 4'6" – 5'2" tall should blend ½ cup pineapple, 3 tablespoons coconut cream, 1 tablespoon butter, and 1 tablespoon cream. A person who is 5'3" – 5'9" tall should blend 2/3 cup pineapple, 4 tablespoons coconut cream, 1½ tablespoons butter, and 1½ tablespoons cream. A person who is 5'10" – 6'2" tall should blend about ¾ cup pineapple, 6 tablespoons coconut cream, 2 tablespoons butter, and 2 tablespoons cream. A person who is 6'3" – 6'10" tall should blend 1 cup pineapple, 6 tablespoons coconut cream, 3 tablespoons butter, and 2 tablespoons cream.

After the bath, the bather will be weak. The bather should leave the bath slowly, and sit to dry. Then bundle in very warm natural clothing and take a 30 – 45minute easy walk. Standard lymphatic massages that are offered by alternative practitioners are brutal, causing internal lacerations, and dried and hardened lymphatic networks to break and leak into connective tissue. The best lymphatic massage is to touch the skin so lightly that it almost tickles, causing great neurostimulation between the brain and whole body that stimulates and relaxes all circulatory systems.

The Pineapple Formula for Hot Baths – an Update

The following is an answer to a Primal Diet subscriber question:

“I stated [*in a recent Primal Diet potluck party*] that I found it better to have the pineapple at afternoon fruit meal or in the Sport Formula sipped throughout the day.” Aajonus

How do I minimize the toxicity of my city water supply, without installing filters, and still get the full benefit of the bath?

From We Want To Live: the Primal Diet

BATHS/SAUNA/STEAM promote circulation and health. However, chlorinated water vapor is toxic because it kills cells and bacterium necessary for good health. Chlorine vapors are toxic to sinuses, bronchi, lungs, blood, brain and nervous system. Baths, including Jacuzzi, are preferable because the toxins that are perspired drift into the water, away from the skin.

I suggest adding 2–3 cups raw milk, 3 tablespoons raw unpasteurized apple cider vinegar, and 2 tablespoons sundried sea salt to the water. Or add ½ cup sundried clay, 2 ounces raw unpasteurized apple cider vinegar and 3 tablespoons raw coconut cream. The coconut cream is optional but it is beneficial because it keeps the skin from drying as a result of the clay. Those ingredients in both bath formulas will help pull toxins from the skin and hold them in the water so they are not reabsorbed into the skin during the bath.

Also, they will bind with toxins in municipal water and prevent them from entering the skin and body. Municipal waters contain many harmful chemicals. One example is the water in Los Angeles that contained 192 toxins when I had it analyzed in 2003. When fluoride was added to the water, the chemical toxins rose from 157 to 192. As you can surmise, there are many compounds that are part of fluoride. Fluoride is a toxic byproduct of industrial processes including the manufacturing of aluminum.

Can you put goat milk in the bathtub?

Absolutely. She asked if you could put any kind of milk in the bath. Yes you can. Raw.

I have a dry mouth and dehydration after lymphatic bath

A: You drink a cup of milk or sport drink* (see appendix) before you get in, two cups while

you're in the 90 minute bath, and a cup when you get out – a quart. You would have lost three cups of fluid during the bath and you're going to perspire another cup during the night and you need to replace those. It doesn't matter what time you take the bath. If you're doing the baths only 2x a week, the pineapple-coconut cream mixture against lymphatic congestion (in book) needs to be taken then. When you're taking them every day, pineapple every other day is fine.

Q: Yes. My question is about the lymphatic bath program. What is the difference between the long ones and the short ones done intermittently? What is the purpose of the short ones? What do they accomplish compared to the long ones?

A: Okay. The lymphatic baths in the We Want To Live second edition – the revised edition of 2005 – talks about lymphatic congestion and lymphatic baths. Lymphatic baths are when you take a bath for sixty to ninety minutes. That's one to one and a half hours. You have to keep the water at least a hundred and two degrees - no hotter than a hundred and five - and you have to keep it steady within that range for that entire sixty to ninety minutes.

Now the reason for that is you've got congested – everybody has – congested lymphatics. The lymph system cleans out the body. When your lymph system is healthy and flowing properly, the lymph system feeds every cell in the body except for the mature red and white blood cells that travel in the blood stream, until the blood – red and white blood cells – are mature in the bone marrow. The lymphatic system is still responsible for feeding them.

The lymph system, when it has to clean the body out, gets jammed. It starts collecting all of the hardened fat. Especially all of those hydrogenated vegetable oils. Vegetable oils in general. Vegetable oils in the human body crystallize. That's what causes hardening of the heart and arteries. Not animal fat. That's a myth. A fiction. An herbivore that eats vegetables and vegetable oil in their vegetables has a body temperature of a hundred and one to a hundred and five degrees. Ours is ninety eight point six and lower.

So when we eat vegetable oils, if it's made a part of a cell, it'll store in the body and crystallize over about a year to five year period. Once it is crystallized, you cannot get it dissolved unless you can get the body temperature high enough and that's a hundred and two to a hundred and five degrees.

So you have to stay in it that long before it gets deep enough to get into those lymph glands and lymph nodes. It takes an hour to get there. Well it takes about fifty minutes to get there. So in an hour you've spent ten minutes starting to dissolve some of it, melt some of it. You stay in a full hour and a half you've melted at least a thousandth of an inch. It's not much but you figure each time you take a layer and dissolve it you're going to melt it and get it out of your body and start releasing it from the body, otherwise you are not. Your lymphatic system will stay congested for your entire life, I don't care what diet you're on.

Even if you're on this diet. I don't care if you do trampoline for the lymphatic system. It will not

move if it's hardened. It has to be softened. It has to be softened. So what you do is, before you get in the bath like it says in the book, you have a combination of pineapple, coconut cream, a tiny bit of dairy cream, a tiny bit of butter, a little bit of honey and you blend that all together and you drink it right before you get into the bath or as soon as you get into the bath. Then, when you get out of the bath in an hour to an hour and a half, you get out of the bath, you are going to feel like a wet noodle. A limp noodle and you're not going to want to move too fast and you want to keep that door closed. You want that bathroom to stay hot and you want to towel off gradually. Then you want to dress with winter clothes – I don't care how hot it is – and then you take a forty-five minute walk. By the time you're taking that walk, that pineapple coconut mixture's going to be in your lymphatic system moving in there. While that little bit of lymph space is still fluid. So when it moves in there, it can't harden when you're body reached ninety eight point six and lower again. It will not harden. It'll keep that little space, that little fine little area fluid. You do that, and you don't do any more than two a week.

If you're very thin you shouldn't do any until you've put on weight. You have to be at least ten to fifteen pounds overweight before you do those because when that stuff dumps into the system you better have enough fat to protect you if you are dumping something like mercury or thallium or lead into that tissue. If you don't have the fats in the tissue, you are going to be damaged. What happens if you damage your connective tissue? You're either going to develop lupus or MS [multiple sclerosis] ...not a pretty picture. So you've got to have at least ten to fifteen pounds overweight before you do those hot baths.

Once you start doing them you can do two a week. Never closer than three days apart. So if you went on the same day of the weeks... So if you do it on Monday, then you do it on Thursday. It should be done between one thirty and four thirty in the afternoon so you do one on a weekend or even only do it in the afternoon on the weekends you just do it one day a week, on the weekend. Then each day you can do a thirty five to forty minute bath and you don't have to have the pineapple and coconut cream mixture. You don't need that. That thirty five to forty minute bath is to release the toxins that have dumped from the lymphatic system and the connective tissue to perspire it out of the body and pull it out of the skin so it doesn't collect in there. So that's the answer, okay.

Q: Does a steam bath work? Or does it have to be...

A: No, a steam bath will damage your lungs and your mucus membranes and it will cause your mucus to get thinner and thinner every time it burns your lungs and your sinuses.

Q: Because it's chlorine or just any steam?

A: Just the temperature, the steam. Steam has to go to two hundred and twelve degrees or higher. That steam, by the time you are inhaling, is a hundred and sixty degrees. A sauna's the same way; it's too hot. It'll damage the vitamins and enzymes in your lungs and sinuses. It's too hot. A hundred and two to a hundred and five is ideal, immersed in water.

Q: How do you keep that water hot?

A: Well, what I do to keep the water hot: I have a hot tub now back there so I don't have to

worry about that so it's a consistent temperature but when I used to use a bathtub I would fill the bathtub with scalding hot water half way. Let it sit for about seven to ten minutes and it would heat the entire tub. Then I would put lukewarm water in to fill the rest of the tub and then my water would be warm and my whole tub would be warm. The water wouldn't cool quickly. Then I put my milk, my vinegar, my sea salt and coconut cream in that water to get rid of any toxins if you are using municipal water. If your using well water like I have, just a little milk or coconut cream and that's all you need just to keep the skin from getting dry. In the book *We Want to Live under lymphatic baths* it tells you how much of those ingredients to put in the bathtub to neutralize poisons. So then when you have the bath, when you get into it you go to sleep. Just set a little alarm because every twenty minutes, twenty to twenty three minutes, you're going to have to let about two inches out of the water and then you put scalding water in and just keep it rotating. You don't have to put any more ingredients in but you just reheat the water about every twenty minutes and you do that consistently for as long as you're in there and you will keep the temperature regulated.

Q: So what's the top temperature?

A: A hundred and five.

Q: *A hundred and five?*

A: Yeah. There's a misprint in the first book. In fact all the way up until this last print there's a misprint. It says a hundred and ten. It says a hundred and ten; it should be top a hundred and five.

Q: *How do you know if it's gonna be a hundred and five?*

A: You can have a thermometer.

Q/A: *[Laughing]*

Q: *Not very accurate...*

A: Well, get one that's for cooking. I use a temperature one where you take the temperature on your tongue. Those are usually pretty accurate.

Q: *The swimming pool ones are not accurate. They are often two degrees lower than what they should be...*

A: Yeah.

Q: *You can't go by them.*

A: No, you can't go by that.

Q: *Are cooking thermometers reliable?*

A: ... unless you use them for cooking. They will be reliable unless you use them for cooking.

Once they've gone through a high temperature change, they go off about two or three degrees.

Q: *Okay.*

A: Even up to six or seven degrees.

Can I cool off somehow during this?

Q&A of February 3rd, 2013 in San Diego

A: Yeah, well what I suggest is taking a cold bowl of water with ice sitting on top so you have ice water. And you take a cold rag - somewhat moist. You put it on top of your head, and put your wrists in, not with your fist closed tightly, so the water gets inside. You leave your wrists in for two minutes and the whole body starts tingling to the brain.

Q: *You put ice in your hands?...is that what you are saying?*

A: No you're putting your hand in the bowl

Q: *Oh, in the bowl ...*

A: And of course the ice cubes are going to hit you here. So you've got your hands here and you're going to hold them for a whole two minutes. Not easy to hold in, its harder to stay in that cold water than it is to be in the hot water. And it chills the body to the brain and then your bones and that's your....you don't care about the bones. Its the lymphatic system, the skin and the blood you want hot.

Q: *And then on top of them you could put the-*

A: The cold yes.

Q: *But its actually good to be hot if I can stand it to it.*

A: Yep. Absolutely, if you can stand it.

Q: *It doesn't shock you to the cold, it doesn't shock your brain?*

A: *Oh and then it makes you want stay in that water all day.*

Could you give an example of someone completing a major detoxification with one lymphatic bath?

Success with the Hot Water Baths (Lymphatic Baths)

Written on January 21st, 2012.

After hearing Aajonus speak on interviews about the hot baths, we were convinced that we needed to do this therapy. We have a big, deep bathtub. It's 25 years old, and we've never used it. So, we got a candy thermometer to check the water temperature. We keep the water temp between 106 and 108 degrees. It takes 2 loads of hot water to fill up the tub. We drain one hot-water-heater load into the tub, cover the tub (with a make-shift cover) to hold in the heat while the water heater heats up another load — then we drain that load into the tub.

It registers around 108 degrees when we get into the tub.

We just slide the cover back and get into the tub, with our heads sticking out. (Only one of us

can get into the tub at a time.) You stay very warm that way. We also heat up the bathroom with our electric space heater, so it's warm in the room to begin with. I have only worked up to 10 to 15 minutes, and Keith up to 20. But, we go a second step. Right after we get out of the tub and dry off, we immediately get into a bed in a warm room, and wrap ourselves (including our heads) in towels and blankets for half an hour (or more if we fall asleep). We look like mummies with a small breathing hole over our face. Boy do we sweat! We have a regular infrared sauna that we used to use, and we never sweated like we do in the hot bath and bed. We switched over to the hot bath after we heard Aajonus say that he felt the sauna was too high a temperature.

Keith has had some amazing detoxes through this. During his third hot-bath-bed session, he was smelling the organic solvent toluene coming out of his breath. He started smelling this while he was in the hot bath, and it continued on during the bed-sweating session. Over 35 years ago, my husband worked for several years in a plastic manufacturing plant as a chemical engineer. Without mask or fan, he breathed in toluene and other bad chemicals 8 hours per day. This stuff was detoxing out of his body.

It was amazing to us, after all these years, — to the point where he could smell it. It's funny — he hasn't smelled it since, during any of the subsequent hot-bath-bed sessions. Another amazing detox episode was this past week, during his weekly hot-bath-bed-sweating session. He started feeling bad when he was soaking in the water — just feeling yucky. Shortly after he got wrapped up in his "mummy" outfit in bed, he started violently chilling and shaking. I turned up the heater in the room, and put a lot more blankets on him. His forehead was not hot to the touch, so I knew he wasn't running a high temperature. He started having an "acid" stomach, which is not normal for him. He said he felt like he was getting a Dengue Fever flashback. (He contracted Dengue Fever — a mosquito born infection like malaria — while he was in high school in India. At that time, he had violent chills and shakes for 2 days. That was 47 years ago.) He has never had chills and shakes in all these years until this episode. This lasted for about 5 hours. We figure he was detoxing the Dengue Fever, because it was the same symptoms.

Between the Primal Diet and Hot Baths, we are seeing quick results.

We remember that Aajonus said that sometimes the body will dump it's toxins into the stomach to be neutralized by the stomach acids. During the 5 hours of chills and shakes, his stomach stayed very acid — almost feeling like throwing up. He stayed in bed much of the next day, feeling wiped out and not hungry. But, the chills and shakes and reactions were over. So, we feel he had gone through another major detox.

The reason we get into bed to sweat after the hot baths is because of an incident I had when I was in High School. One time I had flu symptoms real bad. I took a real hot bath, because I was aching so bad. And then got into my bed...and I started sweating in the hot bed. After this I felt so much better. So, when Aajonus talked about the hot baths, I thought about my experience in high school, and thought we should add the bed-sweating session to the hot-bath session.

Happy, healthy New Year!
Linda and Keith B.

Here is another example given by Aajonus in the Q&A session of June 16, 2013:

Q: The temperature you're recommending on the baths is 105?

A: 105, sometimes 110 if you can handle it. I've seen people go in at like 63 years old when he started doing the hot tubs. And he took it up to 110. Every day for 90 minutes. You know he was still like a couch potato and he called me and said "I still have absolutely no energy, I've been on the diet a year and 9 months and last three months I've done the baths every day you know; I've done them for 90 minutes a day, sometimes a little longer."

And I said at what temperature and he said "110" and I said "Oh my God, a 110?!" I said "Well stop doing it for three weeks and see how you do." At the end of that three weeks he was a different man. He had melted out everything and just needed to cool his body and let it recover. So he started an international stem cell company, he works 14, 16 hours a day. And now he's 76...77.

Chapter Four – Foods/recipes before, during and after the bath

The pineapple drink is well covered in Chapter 3, quoted from We Want To Live. The most recent Sports Formula is given here, with several earlier ones in the appendix given to specific people over the span of a few years.

“My athletes go through a quart in 5 hours and they don’t get weak or tired.” Aajonus

The Sports Formula (no longer called the Sports Drink) has evolved some over the years. The most recent Aajonus’ Sport Formula (not Sport Drink) is next. One earlier and more specialized versions for a specific person is below. Other versions are in the appendix.

Sport Formula, May 2012

3 cups of at least 2 of the follow foods:

cucumber

tomato

watermelon

raw milk and/or fresh raw liquid whey.

Cucumber, watermelon and tomato are to be pureed not juiced; the whey is liquid byproduct of making cheese, milk is whole raw milk. You may have any combination of those to equal 3 cups.

Remainder of the ingredients are:

1 T. raw apple cider vinegar

2 T. lime juice

2 tsp. lemon juice

2 T. coconut cream

2 T. dairy cream

2-3 eggs

1-2 T. Unheated honey (optional).

That makes about 1 quart when all ingredients are blended together. Sip throughout day for hydration.

Here is a sports formula given to a woman during a Q&A ...

Sport drink: 2 cups watermelon (pink and red from the seeds down to rind), 1 cup of milk, 1 T. APV vinegar, 1 ½ tsp moist Terramin clay, 1 T. each lime juice, lemon juice, 2 T. coconut cream, 2-3 eggs, 20 blueberries (to pull out metals) ... blend and sip. Watermelon = perspiration & body heat (can add ½ cup tomato, 1 cup cucumber, whey). Whatever you like.

(Ref: pages 202 & 253 We Want to Live) Aajonus has tailored it for specific individuals. See page 253 of We Want To Live: the Primal Diet.

See the appendix for five versions with the date at which it was given in the question and answer part of a Primal Diet potluck party.

Use of pineapple smoothie before a bath:

We Want To Live: the Primal Diet
page 286 – 287 Lymphatic bath

Drinking the following blended mixture immediately upon entering [*later amended to consume as fruit meal during day but not immediately upon entering*] a hot [102° F (39° C) to 110° F (43° C) [*later amended to 102 – 105 F*] bath helps prevent the melted lymphatic congestion from hardening as much when the body temperature later normalizes: ¼ – 1 cup of unripe pineapple, 3 – 6 tablespoons coconut cream, 1 – 3 tablespoons unsalted raw butter, and 1 – 2 tablespoons raw dairy cream. Measured ingredients should be equal for suggested amounts, that is, for a person who is 4' – 4' 6" tall, the smallest amounts of each ingredient to be blended are ¼ cup pineapple, 3 tablespoons coconut cream, 1 tablespoon butter, and 1 tablespoon cream. A person who is 4'6" – 5'2" tall should blend ½ cup pineapple, 3 tablespoons coconut cream, 1 tablespoon butter, and 1 tablespoon cream. A person who is 5'3" – 5'9" tall should blend 2/3 cup pineapple, 4 tablespoons coconut cream, 1½ tablespoons butter, and 1½ tablespoons cream. A person who is 5'10" – 6'2" tall should blend about ¾ cup pineapple, 6 tablespoons coconut cream, 2 tablespoons butter, and 2 tablespoons cream. A person who is 6'3" – 6'10" tall should blend 1 cup pineapple, 6 tablespoons coconut cream, 3 tablespoons butter, and 2 tablespoons cream.

Chapter Five - Bath tub vs. Jacuzzi vs. hot tub – the pros and cons and the 'how-to's.

Attendees of Q&A's have a lot of questions for Aajonus in order to arrange their baths without any of the dangers or pitfalls they might inadvertently run into.

These questions are about hot tubs (construction and operation of), community jacuzzi maintenance, special spa/hot springs advice, use of hot water bottles when a bath is not feasible, avoidance of EMFs, and other vital information

Can I get a hot tub at a reasonable cost?

A: You can get an *ofuro*, a very nice looking Japanese wooden hot tub, which takes up about 5-6 square feet of the corner of a room. It can be inside rather than a hot tub outside which are more costly .It used to cost me \$250/month to use my hot tub. If I kept it on 24/7, it was \$375/month. In Canada, I have a lot of patients who have them. The ofuro has a pump, sand filter and heater in pocket hidden from view. If you go to cedartubs.com, that hot tub that used to cost \$6000 is now \$1850. Don't buy your heater and filter or anything else from the same company, those are sky-high. You can get a good, small water heater that will heat that very nicely for about \$300. Then you get a Hayward sand filter for a small pool or outdoor hot tub and that's \$120. Then you get a small pump about ¼ HP. That's all it takes – have a plumber come and put it together. Remember your filter goes before the heater so you don't plaque it up with dead cells. If you're on city water, you've got the sand filter and you can add vinegar and sea salt. The vinegar will keep the sea salt from corroding the heating element so use together.

[Note: Aajonus was consulted many times by one person regarding full details of how to build a hot tub. That person has written this all down. This info is available in book form as a PDF, for \$40. For more info, email facilitator@wewant2live.com.]

What is better than chlorination in a community pool and/or hot tub?

Q: Is there anything you would recommend like I could...like my association, I went to them and said can you not put the chlorine in and they said sure give us a better solution...

A: Yes.

Q: I don't know what is a better solution.

A: You get salt chlorinators.

Q: Salt chlorinators?

September 9, 2007

A: Salt chlorinators. Their called electrical chlorinators when you put in salt, you know, like rock salt. Good you know...just sea salt. Rock salt is sea salt it's not cleaned, it's not sterilized like your table salt is and had chlorine added to it. So you just put that rock salt in the pool and it sends an electrical charge through it and it converts some of that salt into chlorine that is non-chloroform vapor producing.

Q: That's okay for the skin as well? What about natural hot springs...like Beverly hot springs?

A: Wonderful.

Q: Would that count as a lymphatic?

A: Well you'd have to check the temperature. It fluctuates because it is not...its from the underground thermal pool and that even adjusts. So you just check the temperature.

Q: Would that count as a lymphatic bath?

A: If you stay in for an hour to an hour and a half.

Q: Let you put all your coconut cream in there.

A/Q: [Laughing]

A: No, at Glen Ivy, they have several hot tubs there that have no toxic minerals. Your skin's just going to get dry so take the coconut cream with you and put it on your skin several times throughout the day to oil the skin.

Q: But then you have to...can just dress up and walk. You're not gonna be walking for that.

A: Well you can. You can leave. You've got your pass you can go take a walk around the area and come back in.

Q: Dressed up that warm?

A: Yeah, you can do that.

Q: I'm going to tell anyone who's going there first of all to ask...when I go there and it's too

cool - which has happened twice recently - you just ask the attendant to come and check the temperature of the pool. I said it was a hundred and one and they said no its not it's a hundred and three so I said no its not...So you can put it up, so they will do it. I was really nice, I was really sweet to them I said you know I've come all the way from San Diego and it's only a hundred and one and I have to have it for my healing. He said okay and then they went and put it up and all the other people complained because it was too hot.

A/Q: [Laughing]

Q: They didn't like it at a hundred and three but they will do it because they are advertising it at a hundred and three to a hundred and four. So you just have to be nice to them and then they'll come and do it, at the beginning of the day...

A: Yeah there's a way to control the heat. They have a thermal that comes out of the ground but then they filter the water and then control the heat.

Q: They have two heat sources, one cooler and hot. They both come from mineral.

Q: Both hot and cold are good for the body?

A: Yeah. Just don't stay in the cold too long. Stay in the cold maybe three minutes at a time.

A: It's great. My landlord Fred Segal just built a pool down here and that's where I go swim now.

Q: ... you were talking about they have an ozone generator in the unit and you're saying that's no good? So how am I going to clean the water to go in it every night instead of using my bathtub because I want to get well but I need to have that temperature hot so I don't have to do the bath all the time? Is what you told me so I can do it six...seven days a week? I mean ...I'm trying to make this easy for myself.

A: It's not going to be easy.

Q: Well I'm trying to at least have it there and available, I mean you told me to get the hot tub so I'm trying to...

A: I said get the hot tub. I said you can get a hot tub but you're going to have to rearrange it depending upon the hot tub.

Q: Alright so tell me how to do that.

A: I just told you.

Q: *Okay you put the motor aside but you didn't tell me how do I clean the water?*

A: *Well ozone doesn't clean the water; it just keeps the algae from growing.*

Q: *Tell me what we put in it so we can keep the water in there for four to six months and not have the pipes have some kind of film on it or whatever we have to worry about. I don't know anything about this so...*

A: *You'd have to have an electrical chlorinator.*

Q: *So you're saying that's the only thing that would work?*

A: *That's if you want it small and compact; that's going to be the only way it's going to work.*

Q: *The chlorinator, does it create EMF's?*

A: *Well, the electrical chlorinator isn't right there. It goes through a system so the water goes through that system where the charge is and send the water back in.*

Q: *So that has to be separate also?*

A: *Yeah.*

Q: *I mean with the whole...the motor and...*

A: *Anything that generates - anything that has a motor - you're going to have to...*

Q: *And how far away should it be?*

A: *Should be about three feet.*

Q: *At least three feet.*

A: *Yeah*

Q: *Okay...*

A: *If the...the only way you'll know for sure is if you get an EMF field meter and you test it and see how far it goes to where its zero.*

Q: ... and that electric chlorinator is going to be sufficient not to use any other...I don't know I've talked to pool guys and its either... They say the ozone or its eighty percent and then you have to shock the system with either hydrogen peroxide or some kind of natural two enzyme or non-Chlorinated...

A: This is getting way to complex.

Q: Okay.

A: and this is too complex of an issue to take up here so you'll have to call me for the rest of it, okay?

Q: Okay.

Q: Can I just ask you about a Jacuzzi Tub when it comes to that? Like you're not supposed to use a Jacuzzi tub.

A: Jacuzzi tub's fine.

Q: Where is the motor on a Jacuzzi tub?

A: Ah...usually it's about a foot and a half, two feet away.

Q: ...and that's okay?

A: Yeah.

Q: Okay

A: Well, what you could do is turn it on while you...you know have a low amount of water in it and see where your EMF field is. If it's at one corner you just keep your feet away from that edge.

Q: Why not turn it off? What would you put in the water?

A: That's for...some people who like the jets, the air jets, but that would be the thing to do is turn it off.

Q: Well I usually do...

A: But then you have to heat it every few minutes to keep that temperature regular for how long you're going to be in it. When you get out of it, your body's going to cool down and it won't work.

Also about the use of a jacuzzi, from the Q&A June 16, 2013:

Q: Okay, what about a jacuzzi?

A: A Jacuzzi has no heating system. And it's very toxic because when I register the EMF field reader for Jacuzzis, EMF field is up to 112 to 130 miligauss - constantly as long as the motor is on. And we can handle maybe two and a half minutes of that before it starts altering the human cells. I have people who put - like a fellow who left his farm in Stockton that's on the diet - the whole family, when he was building his house. Thank God I got there. He was building his house a year ago, and I put the meter on I said you can't have the motor with your Jacuzzi. You know, and I showed him when he turned the meter on, and the field was up to 8 feet away. So he put it in the basement. Through the Jacuzzi. So he can be in the Jacuzzi and run the motor and have all the air currents in there because the motor is in the basement away from him, away from the others in the bathtub. But it had to be 8 feet away.

Is there a substitute for baths if baths are not feasible, for instance while traveling?

Remember that the body must have swelling when there is detoxification. Swelling is increased circulation of blood and lymph to the troubled area, increasing nutrients to the area for detoxification and healing.

Because I was traveling so much, lecturing at the time, I did not take many hot-tub baths to help perspire the toxins from my tissues. I remind you that 90% of toxins are supposed to leave the body through skin as evaporation and perspiration.

Usually but not healthfully, skin is blocked with lymphatic waste and congestion that must be melted and moved with heat. Instead of hot baths to help move the plastic-congested/blocked lymphatic system with all of the poisons remaining from the forced injections, I applied 7 hot water bottles while I slept. I did not use electrical heat because electrical heating devices emit enormous harmful electromagnetic fields.

I filled each water bottle with hot water and placed each one inside a separate flannel pillow case and wrapped the excess pillowcase material around the bottle. I took them to bed.

With the covers drawn, I spread three beach towels over the sheets on the area where I would sleep. The towels caught my profuse perspiration while

I slept with the hot water bottles against my body. I laid myself on my back or face, and placed one hot water bottle at each of the following locations: between my calves, between thighs, at each hip, in each armpit and one at left-side of the neck and head. Then I placed another beach towel over me and the bottles to tent the heat into my body and catch rising evaporation from getting into the down quilt cover and making it wet. Then, I drew the down quilt over me, the towels and hot water bottles. With the bottles inside the pillow cases and

under the covers, the bottles remained hot for 6-7 hours.

Sometimes, I did not consume my usual 1 cup of fruit with fat daily because I did not want to increase detoxification. However, when I began smelling acrid chemicals emitting from my skin, especially my hands, armpits and under fingernails, I began making and consuming one quart of smoothie with vinegar daily.

The smoothie helped chelate with the metals from the forced injections. The amino acids in raw apple cider vinegar are excellent for bonding with toxic metals, that is, with the help of berries and a combination of other foods.

Here was my daily metal/industrial chemical chelation formula: 3/4 cup each of raw raspberries and blueberries, 1/2 cup raw cream, 2 ounces coconut cream, 1-3 tablespoons (T.) raw apple cider vinegar, 4 T. fresh raw lime juice, 1 T. fresh raw lemon juice, 2 ounces pineapple (whole not juice) and 3-4 raw eggs to fill the jar to one quart, and blended all together.

I sipped it throughout the afternoon and evening, sometimes into the night. Sometimes, to insure I harnessed as many toxins as possible, I consumed at least 1/2 inch cube of cheese while I sipped the smoothie.

To help eliminate any of the toxins that may have made it to stomach and intestines, I ate 1 or 2, 1/2 inch cubes of no-salt raw cheese every 20-30 minutes through most every day.

What if I have access to a sauna but it is not as convenient for me to take baths?

When using saunas to perspire toxins from the body, it is healthier to shower and rinse toxic perspiration every 3 - 4 minutes so that perspired toxins are not reabsorbed into the skin, eventually reentering the body. Steam baths are the least desirable form to evoke perspiration of toxins from the body. Steam burns mucous membranes, including those in the lungs, bronchi and sinuses. If using steam baths, use good mineral water to produce the steam. Do not use municipal water.

Shower and rinse often. When showering with municipal city water that is chlorinated, it is best to have nonchemical filters installed that will eliminate chlorine and some other chemicals. Chlorine vapors (chloroform) gradually weaken and damage lungs, blood, thyroid and brain, predisposing people to pneumonia, other respiratory conditions, and meningitis of spine and brain.

The spleen mainly regulates the body's adaptability to cold and hot temperatures. It removes red blood cells from the blood stream to thin the blood and cool the body. It adds red blood cells to the blood to thicken the blood and heat the body. People who do not have spleens should ease into hot baths and drink more fluids immediately prior to entering a hot bath.

Chapter Six – Other types of baths – what for and how to...

Aajonus gives specialized information about using baths as a way of easing child delivery. He gives data about handling itchy skin and specifically about handling hives. Baths can be a way of stopping and controlling a severe detoxification without inviting the detox back another day. Anyone who may be experiencing aches and stiffness or who needs assistance in relaxing muscles should see his use of hot baths to alleviate those problems.

Aajonus also tells who should not take the baths that he otherwise recommends (thin people or anyone about to do sunbathing), and why.

Q: In the sense of relaxing those muscles in the nervous system, is there anything other than cream, milk... frozen raspberries, that helps that?

Hot baths. Any kind of warmth will relax the nervous system. Any kind of warmth. Hot water bottles in your bed, and... or wearing a robe. Just keeping warm all the time will relax your body, your nervous system.

Q: The daily baths – do they have to be a hundred and two to a hundred and five too or can they be less?

A: No it can be less but it has to be at least a hundred and one.

Q: *Oh, okay.*

A: You know a hundred and one is still pretty lukewarm you know, it's not very warm.

Q: *Do you walk after those baths?*

A: You don't have to.

Q: *Just sweating on a daily basis. If you sweat a lot in the summer, that won't do it...*

A: It helps.

Q: *It does?*

A: It helps.

Q: *Yeah.*

A: But most people don't perspire everywhere. In the baths you perspire everywhere.

Q: *Is it okay to take them at night those thirty minute baths?*

A: The thirty – thirty-five you can take anytime of the day.

Q: *Now if you are thin and you want to perspire all the toxins out do you just do the short baths?*

A: You can do the short baths together. That'll just dump the toxins out of the connective tissue that you throw there on a daily basis.

Q: *...and that's safe?*

A: That's safe, yeah.

Q: *If you did like a hundred and ten would that be okay? Is that a good idea?*

A: It's not a good idea. A hundred and ten is pretty hot. You're going to start cooking the enzymes and vitamins in your skin.

Are there other types of baths, besides the lymphatic bath, that I might find beneficial?

Baths for common cold: page 250 We Want To Live: The Primal Diet

As soon as fever begins, taking warm baths relaxes us and stimulates perspiration and circulation to cleanse and nourish us.

For delivery of a baby (birthing) page 239 We Want To Live: the Primal Diet

Kneeling or squatting works with gravity, causing milder contractions and less stress. Birthing in a warm bath with 2 cups milk, 3 tablespoons coconut cream (optional but keeps the skin from drying) and 3 tablespoons raw unpasteurized apple cider vinegar helps prevent muscle cramps, keeps muscles as relaxed as possible, and eases bruising. Remaining in the bloody warm bath, lying back and holding child for at least 45 minutes soothes and relaxes the mother and eases baby's entrance into the dry world. [See Pregnancy, page 336.]

For Itchy skin pg 281 We Want To Live: the Primal Diet

Eating plenty of raw fat gradually lubricates the skin. Topically, blend ¼ cup of good mineral water, 1 small tomato, or ¼ cup of melon with 1 tablespoon unsalted raw butter, unheated above 96° Fahrenheit, fermented coconut oil or 1 tablespoon stonepressed olive oil. So that the oils are properly homogenized, blend until ingredients are warm to the touch. Pouring this mixture into a hot bath no hotter

than the body is comfortable in and soaking for 15–30 minutes usually bring immediate relief. If suffering with hives, pour into a not too hot bath the mixture of tomato or melon blended with butter, coconut or olive oil (*recipe given above*), then add ½ cup sundried clay or corn starch, and soak in the bath for 20 minutes. That will draw the toxicity from the skin as well as soothe it. The warmth of the bath increases circulation and hydrates the skin which is usually dehydrated from excess adrenaline or drugs, pesticides and preservatives. [*See Baths/Sauna/Steam, page 326*].

Some people would be relieved of itchy skin simply by pouring 1/3 cup raw unpasteurized apple cider vinegar into a hot bath and soaking for 15–30 minutes. To lubricate the skin, add 34 tablespoons of raw coconut cream to the bath water.

Baths for Pain Management from Q&A session of February 22nd, 2009

When I had the back trouble after I did the radiation therapy, I was in such severe pain that I couldn't move the lower part of the my body, and crawled on the floor with my elbows and dragged the lower part of my body. Then when I learned I could sleep, I was only able to sleep about ten minutes at a time, so I'd wake with excruciating pain after every ten minutes. I lived like that for a year, suicidal as hell because I couldn't sleep. It was very painful. So I took baths, I learned that if I got into a bath, and I couldn't get out of the bath, and I had to just keep warming it, and I realized I was becoming buoyant in the water, so it took all that pressure off my back. It alleviated almost 80% of the back pain, and then when I got out I did yoga stretches.

Detoxification, Stopping it. pg. 255 We Want To Live: the Primal Diet

A person who needs temporary relief from a continually heavy painful detoxification may discourage that detoxification by taking 102° – 107° Fahrenheit, 1½ hours baths 3 days apart. Immediately before each bath, the bather should drink a blended mixture of:

- ¼ –1 cup unripe lime juice,
- 3 – 7 tablespoons coconut cream,
- 1 – 6 teaspoons raw dairy cream or
- 2 – 6 tablespoons avocado.

Measured ingredients should be equal for suggested amounts, that is, for a person who is 4'4" – 6" the smallest amounts of each ingredient to be blended is 1/3 cup lime juice, 3 tablespoons coconut cream, 1 teaspoon dairy cream or 2 tablespoons avocado. A person who is 4'6" – 5'2" should blend ½ cup lime juice, 4 tablespoons coconut cream, 2 teaspoons dairy cream or 3 tablespoons avocado. A person who is 5'3" – 5' – 9" should blend 2/3 cup lime juice, 5 tablespoons coconut cream, 3 teaspoons dairy cream or 4 tablespoons avocado. A person who is 5'10" – 6'2" should blend about ¾ cup lime juice, 6 tablespoons coconut cream, 5 teaspoons dairy cream or 6 tablespoons avocado. A person who is 6'3" – 6'10" should blend about 1 cup lime juice, 7 tablespoons coconut cream, 2 tablespoons dairy cream or 7 tablespoons avocado.

After the bath, the bather will be weak. The bather should move slowly from the bath, and sit to dry. Bundle in very warm natural clothing and take a 30 – 45 minute easy walk.

The hot bath routine above works by instigating the healing cycle that relaxes bacteria, putting them in hibernation, and discouraging cells from producing virus. Those are the same effects produced by fever.

Fever is an important and beneficial feat of the body. Fever ends microbe and viral proliferation and initiates intense healing (cellular division/reproduction). Usually, fever is accompanied by necessary lethargy that transforms into tiredness. Rest, relaxation and sleep are important because most healing occurs during those states.

When not to take a bath – [sunbathing pg. 334]

It is imperative that we do not shower or bathe the morning of a day of sunbathing. Washing removes the body's natural oils that are a natural sunblock. Rubbing a little unrefined cold-pressed, below 96° Fahrenheit coconut or peanut oil into the skin the night before sunbathing promotes tanning and reduces the likelihood of burn.

From June 2013 *Primal Diet newsletter #30*

Advice to one person:

Q: Hot baths, how often should you take them?

A: In your condition, do them every day for 90 minutes, if you have a hot tub or a way to heat your bath tub. I was going to build a system that people could put in their bathtub, but I could not get a license for it because it has to be set up in a way that it would be too intrusive in your bathroom. Now I can lead you, I can tell you which ones to buy but you have to hook it up yourself, if you know a plumber. So that could work.

If you just take a hose it just goes in, dumps the water at the feet and one that takes the water from the bath right around your chest. Somewhere it pulls it out and circulates it through a filter, then a pump, and then a heater. You know a stand-alone instant heater. And those are very good for just a small bath tub. So a medium bathtub or a large bathtub and you can circulate that. But all those appliances, especially the pump, have to be three feet away from the bathtub.

So you've got to have a thermostat on it to control it - to shut off and turn on - so your bath doesn't get too hot. Just like a hot tub does. And if you want to have a remote control, you could probably jerry rig up one on a remote control to it. But if you have a thermostat, it's hard to put a thermostat reading into a bathtub when you're... unless you're completely still all the time. You know if you're still sleeping that's good. You could do your first 90 minutes of your sleep period in the bathtub or your hot tub. If you do what I used to do, I'd go sleep for 4 to 6 hours in my hot tub and that's where I did all my sleeping. And the people who do that kind of thing get well faster. It's like the cheese thing, you know. Speeds everything up nicely.

Q: What about an infrared sauna?

A: Infrared sauna is too hot. It damages the eyes and mucous membranes and the lungs the bronchials – everything - throat, ears and if you're naked, the vagina and the penis, and the urethra, because it will heat up inside.

Q: In the hot tub, obviously you wanna stay away from chlorine and fluoride. How do you keep... because you've got to fill it with some sort of water...

A: Like I said in the book under 'health modalities/baths'. You put milk, vinegar, some sea salt, or epsom salt in it, and if you've got a filter going through it, like I said you have a sand filter, little canister of sand in it, and it goes through there. And then to your pump and then to your heater, you're going to be filtering it all the time. But you put those ingredients in the water to neutralize those poisons. And if you're not putting new water in all the time, and you're circulating it, with this pump, you're not going to have any more contamination get into the tub.

Q: Okay. I thought clay does the cleaning.

A: Clay does too. But if you have clay with a heater, its going to cake on to the heater and its

not going to work anymore.

Q: *And the milk doesn't grease it up or something?*

A: No it doesn't.

Afterword

This compilation of what Aajonus said in detail about baths has been greatly assisted by various team members that are taking actions right now to preserve his written and spoken words for as long as there is civilization on this planet. There are several dedicated people to be thanked, making these Q&A transcripts available and using modern audio preservation technology to preserve the recordings of Aajonus' voice. We also thank you for your purchase of this e-book; you are helping to make this all possible.

It has been pointed out to me by many individuals who have experienced the truth of Aajonus' discoveries and research that his work is very important and needs to be gotten out into the mainstream of society. This book will be followed by other downloadable books answering the question "What does Aajonus say about ____?"

It is our full intention that this information be useful to you. As you find it so, please feel free to recommend Aajonus' works to those who may learn and in turn benefit. These works include [We Want To Live: the Primal Diet hard copy](#), [We Want To Live: the Primal Diet download](#), [The Recipe for Living Without Disease hard copy](#), [The Recipe for Living Without Disease download](#), his [Fast, Nutritious & Delicious Raw Food Recipes DVD \(informally called his 'Recipe DVD'\)](#), his [Primal Diet Workshop DVD set](#) (while supplies last) and of course the Beneficial Home Baths compilation.

Appendix

Sports formula

March 18, 2012

3 cups of any combination of cucumber, tomatoes, water melon

3 T coconut cream

3 T dairy cream

2 T lime juice

1 T lemon juice

1 T ACV

2-3 T honey

4 eggs

Makes 1 qt.; if not quite a qt., may add a little water to make it 1 qt.

Sports drink, given to a woman in a Q&A session September 11, 2011

Sport drink: 2 cups watermelon (pink and red from the seeds down to rind), 1 cup of milk, 1 T. APV vinegar, 1 ½ tsp moist Terramin clay, 1 T. each lime juice, lemon juice, 2 T. coconut cream, 2-3 eggs, 20 blueberries (to pull out metals) ... blend and sip. Watermelon = perspiration & body heat (can add ½ cup tomato 1 cup cucumber, whey). Whatever you like.

SPORT DRINK (10 July 2011)

1 cup whey

1 cup watermelon puree

1 cup tomato puree

OR cucumber and watermelon puree instead of tomato and watermelon OR tomato and cucumber – these 3 are interchangeable: cucumber, tomato and watermelon. OR all three can be combined too.

2 tablespoons lemon juice

2 tablespoons lime juice

1 tablespoon raw apple cider vinegar

1 – 2 tablespoons honey

1 – 2 tablespoons coconut cream

1 – 2 tablespoons dairy cream (if intense athlete, 2 – 4 tablespoons cream)

½ cup sparkling mineral water

Blend it altogether and you sip on that. It makes about a quart and lasts for 5 hours of sports. Water will slow you down because it leaches nutrients out of the body.

SPORT DRINK (9 Jan 2011)

My athletes drink:

1 cup tomato puree

1 cup cucumber puree

1 cup whey

1 tablespoon raw apple cider vinegar

1 tablespoon lemon juice

2 – 2 ½ tablespoons honey

2 tablespoons dairy cream

usually 2 – 3 eggs

Blend that together and sip on that. It makes a quart. My athletes go through a quart in 5 hours and they don't get weak or tired.

SPORT DRINK (22 Feb 09)

2 cups cucumber puree (some of my tennis players use 3 cups)

1 cup tomato puree

1 tablespoon vinegar

1 tablespoon lemon juice

1 – 4 tablespoons honey

2 – 4 tablespoons coconut cream

2 – 4 tablespoons dairy cream

2 ½ oz sparkling mineral water

Blend that altogether.

Those who are actually performing, doing like 5 hours of sports in a tournament, I have them put an egg in every cup of that: whip an egg into it and sip that. But they add the egg into that right before they drink it.

SPORT FORUMULA (14 Dec 2008)

Q. What is a sports drink?

A. Oh, the sport formula, I've given it many times. Yeah, it's two cups of... In the We Want To Live book, I had the hydration formula. When you're doing a heavy sport you perspire, you need more cucumber than tomato. So I altered that recipe to have two to two and a half cups of cucumber puree, and one cup of tomato puree so what you've done is just flop it around. Instead of having a lot of tomato, have more cucumber puree. And then they like a tablespoon of vinegar, a tablespoon of lemon juice, two to four tablespoons of coconut cream, two to four tablespoons of dairy cream, two or two and a half to four ounces of sparkling

mineral water. Blend all that together and you sip it throughout the day.

Q: *So it doesn't matter where it's eaten? 50 minutes after juice or anything like that or you are not going to wait an hour between anything else to eat?*

A: Well, any time after juice probably about 15, 20 minutes. After meat it would have to be probably after an hour.

Q. *In a straight whey by itself, and then an hour nothing, nothing in that whey?*

A: Before meat, an hour. If it's juice your're going to have after the whey, then it could be 20 minutes.

Q: *Right.*

A: Yep, and what you could use is whey, instead of the water in the sports drink. Two and a half to - well you are a big guy – four ounces of whey instead of four ounces of water.

As a recipe:

2 – 2 ½ cups cucumber puree

1 cup tomato puree

1 tablespoon vinegar

1 tablespoon lemon juice

2 – 4 tablespoons coconut cream

2 – 4 tablespoons dairy cream

about 2 ½ – 4 oz. sparkling mineral water or whey.

Whey can be added to the Sport Formula instead of vinegar or along with the vinegar. You blend that altogether and you sip it throughout the day.

SPORT FORMULA (24 Aug 2008)

If you're doing sports you want nutrients.

1 – 1 ½ cups tomato puree – leave skins on

1 ½ – 2 cups cucumber puree – peel the cucumber

3 – 4 tablespoons coconut cream

3 – 4 tablespoons dairy cream

1 tablespoon raw apple cider vinegar (2 tablespoons maximum if you're an athlete;

1 tablespoon maximum, if not; if sedentary worker, maybe ½ tablespoon)

1 tablespoon lemon juice

3 – 4 tablespoons honey (some athletes have problems with that much honey, so you can cut it down to just 2 tablespoons)

1 cup water – If you're doing a high sport you add a cup of water because you will

need a little bit of water in there.

1 egg – If you're a sports person you put an egg in it. If you're not a sports person you don't have to put an egg in it.

Blend it all together.

That'll take you through 5 hours of hard activity.

I have tennis players that are playing 5 hours on that one quart of fluid and their competitors are drinking a whole gallon of water in that 5 hours.