

EATING AWAKE

IMPLEMENTING THE DIET OF THE DREAMTIME

MO LOHAUS

Eating Awake: Implementing the Diet of the Dreamtime

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by Mo Lohaus

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EATING AWAKE

NOTICE 1

PART 1: SET THE TABLE

[1] FOREWORD: BACKWARD! 3

[2] PERSONAL INTRODUCTION 8

[3] A BRIEF BODY HISTORY 16

[4] WHAT WE HAVE LOST IS WHAT WE ARE LOOKING FOR 29

[5] EMOTIONAL TRANSITIONS 38

[6] DIETARY DISINFORMATION, MD'S AND HEALTH EXPERTS 46

[7] THE PESTICIDE PARADIGM 72

[8] NONFOODS 83

[9] WE ARE WHAT WE EAT EATS 92

PART 2: STEP UP TO THE PLATE

[10] FLUID PERSPECTIVES 101

[11] SELF-SERVE 107

[12] FOOD ISOLATING 110

[13] GRADES	115
[14] GETTING STARTED	118
[15] ORGANIC RECIPES AND RESOURCES INTRODUCTION	124
[16] ORGANIC RECIPES AND RESOURCES	129

PART 3: APPENDIX

[17] MEANINGFUL TRANSITIONS	242
JUNK FOOD VEGAN TO WHOLE FOOD VEGAN	242
JUNK FOOD OMNIVORE TO WHOLE FOOD OMNIVORE	246
WHOLE FOOD VEGAN TO BIOACTIVE VEGAN	252
WHOLE FOOD OMNIVORE TO BIOACTIVE OMNIVORE	254
BIOACTIVE VEGAN TO BIOACTIVE OMNIVORE	258
[18] GADGETS AND TOOLS	262
CONTAINERS	262
COOKWARE AND TOOLS	262
UTENSILS	264
APPLIANCES	265
CONCLUSION	267

[19] DRUGS AND FOOD	268
[20] VEGAN READ ME	274
[21] THREE DIET GURUS AND DIETS	280
PAUL PITCHFORD: HEALING WITH WHOLE FOODS	280
SALLY FALLON: NOURISHING TRADITIONS	282
AAJONUS VONDERPLANITZ: WE WANT TO LIVE	285
[22] THE JOLLY RANCHERS:	288
BILL NIMAN	288
TOM GAMBLE	290
MIKE GALE	292
[23] ENDNOTES	297

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NOTICE

THIS BOOK DOES NOT
OFFER MEDICAL ADVICE.

GET THAT FROM A TRAINED
PROFESSIONAL WHO CAREFULLY
EXAMINES AND LISTENS TO YOU.

USE THIS BOOK ONLY IF
YOU TAKE FULL RESPONSIBILITY
FOR WHAT YOU PUT IN YOUR HEAD
AND WHAT YOU PUT IN YOUR MOUTH.

PART 1:
SET THE
TABLE

[1] FOREWORD: BACKWARD!

THIS BOOK INVITES A RETURN TO THE DIET OF THE DAWN OF HUMANITY, TO WHOLE, RAW AND PROBIOTIC FOODS AND THE HEALTH AND CONSCIOUSNESS BENEFITS THEY ENABLE. IT PROVIDES LANDMARKS AND DIRECTIONS FOR ANY OF US INTERESTED IN TRANSITIONING TO WHOLE, RAW AND PROBIOTIC FOODS IN EITHER THE ANIMAL OR VEGETABLE KINGDOMS AND PROVIDES MAPS OF THE AREAS THRU WHICH WE MAY PASS.

THE INTERNET IS ABUZZ WITH TESTIMONIALS OF FOLKS WHO SWITCHED TO A RAW DIET AND CURED DISEASE, SWITCHED TO A RAW DIET AND RELIEVED LONG-TERM COMPLAINTS, OR SWITCHED TO A RAW DIET AND LEFT THE ADDICTION CYCLE OF PRESCRIPTION MEDICATION. POPULAR CULTURE IS CATCHING UP, PRACTICALLY, WITH INFORMATION AVAILABLE FROM THE ANTHROPOLOGICAL AND MEDICAL LITERATURE FOR NEARLY A CENTURY: THAT HUMANS ON EXCLUSIVELY RAW FOOD DIETS EXHIBIT CLOSE TO ZERO DEGENERATIVE DISEASE.

THIS BOOK REFERENCES THIS LITERATURE IN SYNOPSISIZING HOW THE SEA OF CONTEMPORARY PHYSIOLOGICAL COMPLAINTS AND DISEASES FIT AN ARTICULATE PATTERN OF MALNUTRITION. MORE ELABORATELY, THIS BOOK PROVIDES DIRECTIONS FOR MAKING A TRANSITION TO WHOLE, RAW AND PROBIOTIC FOOD FROM ANY NUMBER OF STARTING POINTS WITHIN THE RANGE OF COMMON CONTEMPORARY DIETS. BECAUSE TRANSITION IS OFTEN MORE EMOTIONAL THAN MECHANICAL, THIS BOOK IS A GUIDEBOOK TO AN EMOTIONAL LANDSCAPE, ILLUMINATED WITH THE INSIGHTS OF METAPHYSICAL TRADITIONS WHICH HAVE USED FOOD STRATEGICALLY FOR MILLENNIA AS A MEANS FOR TOTAL PERCEPTUAL RENOVATION.

THIS GUIDEBOOK ATTEMPTS TO FAMILIARIZE THE USER WITH THE PROCESS WITH WHICH WE ARE MOVING THRU THE LANDSCAPE OF OUR OWN PERCEPTION; THE EMOTIONAL PROCESS WHICH PROMPTS THE PRODUCT OF OUR LIVES. RATHER THAN A «DIET» BOOK THIS IS A «TRY IT» BOOK FOR THOSE OF US WILLING TO EXPLORE PHYSIOLOGICAL RENEWAL AND PERCEPTUAL ENHANCEMENT. THE STRUCTURE PROVIDED HERE ECHOES THE WISDOM OF CULTURES WORLDWIDE: IT ASSERTS THAT THE QUALITY OF THE LIFE FORCE WE INGEST SHAPES THE QUALITY OF THE LIFE FORCE WE EXPERIENCE. ALTHO THERE IS NO SINGLE PROGRAM OR PLAN HERE, THERE ARE GUIDED TRANSITIONS FOR THOSE OF US WHO DESIRE THEM, AND EVERY FOOD MENTIONED IS EVALUATED ON THE BASIS OF ITS FOUL, DYSBIOTIC, BIOSTATIC, BIOACTIVE OR ACTIVELY PROBIOTIC EFFECT ON OUR ORGANISM: RECIPES ARE GRAD-ED F TO A; AND EACH INCLUDES MEDICINAL PROPERTIES OR APPLICATIONS.

WHILE THIS CLINICAL, PRACTICAL SCALE DRIVES THE CON-TOUR MAPPING OF THE CONTENTS OF THIS BOOK, THE HIGH-LIGHTING AND SHADING SEEM NECESSARILY EMOTIONAL AND METAPHYSICAL: AS WE LEAVE THE DIET OF CIVILIZATION WE MOVE INTO TERRAIN DESCRIBED MORE OFTEN IN RELIGIOUS AND MYSTICAL TEXTS, A RANGE OF EVENTS AND RANGE OF PERCEPTION UNRESTRICTED BY THE STORY OF THE FIVE SENS-ES OR THE BOUNDARIES OF «REALITY» LANGUAGE TENDS TO ENFORCE. OUR EMOTIONAL CONTENT BECOMES AN INCREAS-INGLY PROMINENT FEATURE WITHIN THE COMPOSITION OF OUR PERCEPTION — A DATA STREAM PROVIDING MEANING-FUL INFORMATION ABOUT OUR COURSE OF ACTION AND THE INNER PATTERNS WHICH DRIVE OUR ACTIVITY. METAPHYSICAL EXPLANATIONS ALLOW US TO INTEGRATE AND CONTEXTUAL-IZE OUR BROADENING EXPERIENCE PRODUCTIVELY.

SINCE CIVILIZATION BEGAN, HUMANIMALS HAVE LOOKED FOR A WAY BACK OUT OF IT, AND INTO THE LIFE WE HAD BEFORE. SEEKERS, MYSTICS AND RELIGIOUS PRACTITIONERS HAVE SEARCHED FOR WHAT WE HAVE COLLECTIVELY LOST, IN THE HOPES THAT THAT SOMETHING CAN BE FOUND. BY EMULATING RELIGIOUS AND TRADITIONAL PEOPLE, WE TOO CAN DISCOVER THAT THERE WAS SOMETHING THERE WORTH FINDING, AND THAT THAT SOMETHING CAN BE FOUND. AND WE TOO CAN DISCOVER THAT SOMETHING IS AN EMOTIONAL SETTING, A CENTER FROM WHICH OUR PERCEPTION PROCEEDS.

THIS BOOK INVITES AN AWARENESS THAT PRIMITIVE HUMANS EMBODIED. IT INVITES REALIZATIONS ABOUT UNITY WHICH SCIENCE IS JUST BEGINNING TO DESCRIBE COHERENTLY, BUT WHICH RELIGIOUS VISIONARIES HAVE DESCRIBED FOR MILLENNIA. IT INVITES A RESOLUTION OF RELIGIOUS AND SCIENTIFIC WORLDVIEWS THRU A PRACTICAL ACTIVITY WHICH DEVELOPS THE UNDERSTANDING THAT ALL PERCEPTION INVOLVES THE PERCEPTION OF ENERGY, AND THAT QUALITATIVE VARIATIONS IN THAT PERCEPTION PRODUCE QUANTITATIVE DIFFERENCES IN THE EVENTS WE OBSERVE.

EMOTION IS ENERGY IN MOTION. WE SENSE IT, RADIATE IT, MOTIVATE AND NAVIGATE WITH IT. EMOTION TELLS US WHAT TO DO AND HOW TO BE. EMOTION DRIVES OUR RATIONALITY — THE RATIOS OF MEANING AND IMPORTANCE WE APPLY IN ORGANIZING OUR PERCEPTION. IT ASSIGNS CONCEPTIONS, ARRANGES OUR BELIEFS AND ASSEMBLES OUR REALITY.

CHANGING OUR DIET CHANGES THE EMOTIONAL CENTER FROM WHICH OUR PERCEPTION PROCEEDS: PLANS WHICH WERE VAGUE BECOME CLEAR; OTHERS ASSUMED OBVIOUS ARE DROPPED. FAMILIAR MAPS AND SCHEDULES NO LONGER APPLY; NEW DIRECTIONS AND PURPOSES APPEAR. WE BLINK AND THE WORLD SEEMS DIFFERENT; WE BLINK AND WE ARE

DIFFERENT.

SOME OF US INVITE THIS CHANGE, AND SOME OF US FIND OURSELVES IN THE MIDST OF IT, WITHOUT KNOWING HOW WE GOT THERE OR WHERE WE ARE GOING. SOME OF US STAND OUTSIDE OF IT AND WATCH ONE-IN-OTHER, OR OURSELVES, BECOME DIFFERENT PEOPLE. WHEREVER WE ARE, INSIDE OR OUTSIDE THIS PROCESS, WE HAVE THE CHOICE OF SEEING A LARGER PATTERN THRU WHICH WE ARE MOVING; A PATTERN THRU WHICH OTHERS HAVE MOVED, AND FROM WHICH WE TOO SHALL PASS; A PATH BACK TO THE ORIGINAL, THE ESSENTIAL, THE BASIC, THE PURE. RELIGIO — THE WORD FROM WHICH «RELIGION» DESCENDS — MEANS TO MAKE STRAIGHT, TO ALIGN.

RELIGION WAS ONCE, AND CAN STILL BE, A MEANS OF ALIGNING WITH THE PATTERNS FROM WHICH WE HAVE DIVERGED; A MEANS OF LIVING IN HARMONY WITH THE WHOLE; A MEANS OF FINDING AN EMOTIONAL CENTER, A GUIDING FEELING, FROM WHICH OUR ACTIONS MAY AUTHENTICALLY UNFOLD. AS SOMETHING WE PRACTICE EVERY DAY, EATING CAN BE A FORM OF RELIGION, A WAY OF STRAIGHTENING OUT OUR LIVES. MELTING THE ICE OF OUR OWN PERCEPTION MAY REQUIRE MORE THAN AGITATION — IT MAY REQUIRE UNDERSTANDING, HUMOR, INNOVATION AND PERSISTENCE. IT MAY REQUIRE THE WILLINGNESS TO KEEP MOVING, KEEP CHANGING AND KEEP EATING, WHILE NOTICING AND ACCEPTING OURSELVES IN AN EXPANDING CONTEXT.

A FRIEND USED TO COME HOME FROM SCHOOL AND EAT A WHOLE COFFEE CAKE; TODAY HE EATS NO SUGAR OR GRAIN PRODUCTS. A FRIEND USED TO EAT ONLY FRUIT AND VEGETABLES; TODAY THEY ARE LESS THAN 5% OF HER DIET. A FRIEND USED TO EAT MEAT EVERY DAY; AND, THEN FOR TEN YEARS, HE ATE NONE AT ALL. NOW HE EATS IT AGAIN: RAW.

STRIP THE LABELS OFF OF WHAT WE'RE DOING, AND WE ARE SIMPLY DOING. STRIP THE LABELS OFF OF HOW WE'RE BEING, AND WE ARE SIMPLY BEING. STRIP THE NOUNS AND ADJECTIVES OUT OF LANGUAGE AND WE ARE LEFT WITH VERBS: ACTIONS. CHOICES. WE EACH CHOOSE OUR DEGREE OF SATISFACTION WITH LIVING. WE EACH CHOOSE WHAT FEELS GOOD, OR WHAT FEELS BETTER, AND DISCOVER HOW AND WHEN WHAT FEELS GOOD TO US IS GOOD FOR US.

CHOOSING WHAT WE EAT AND CHOOSING WHAT WE BELIEVE SEEM SIMILAR: BOTH ARE INVESTMENTS AND BOTH EARN INTEREST. EATING GARBAGE FOOD LEAVES US DAZED AND PASSIVE. QUALITY EATING LEAVES US ACTIVE AND AWAKE. GARBAGE BELIEFS LEAVE US LOST IN AN ENDLESS CYCLE OF JUSTIFICATIONS. USEFUL BELIEFS EMPOWER US TO ACT.

CIVILIZED FOOD PROMPTS CIVILIZED PERCEPTION. WHAT IF CIVILIZATION IS 90% RATIONALIZATION? WHAT IF HISTORY IS A MYTH, AND MYTHOLOGY IS OUR HISTORY? WHAT IF DISEASE AND SENILITY ARE A PRODUCT OF A DENATURED DIET, AND ETERNAL YOUTH IS AS CLOSE AS CHANGING IT? WHAT IF MEDICAL EXPERTISE ON DIET IS MOSTLY WRONG AND INSTINCTUAL UNDERSTANDING MOSTLY RIGHT? WHAT IF WE ARE EACH COMPLETELY EMPOWERED TO NAVIGATE BACK TO HEALTH, BACK TO HARMONY, BACK TO THE GARDEN?

AS IT WAS IN THE BEGINNING SO SHALL IT BE IN THE END. TO FIND OUT IF THESE BELIEFS EARN INTEREST, STEP UP TO THE PLATE.

MO LOHAUS

[2] PERSONAL INTRODUCTION

I HAVE WRITTEN THIS BOOK IN ORDER TO DISTILL A SERIES OF EXPERIENCES, TO PLOT A MAP USEFUL TO ANY OF US CROSSING SIMILAR TERRAIN, AND TO FACILITATE THE ALLEVIATION OF UNNECESSARY SUFFERING. THIS BOOK ATTEMPTS TO RECONCILE AND FUSE UNDERSTANDINGS OF THE PHYSICAL AND METAPHYSICAL THRU DIRECT EXPERIENCE: YOURS, AS THE READER AND PARTICIPANT.

BY USING THE MAP HERE YOU MAY LEARN, AS I HAVE, THAT THE TEACHINGS OF MYSTICS AND THE RELIGIOUSLY DEVOUT ARE IN FACT PRACTICAL MEANS TO REAL WORLD ENDS — WHOSE CONSEQUENCES INCLUDE THE COMPLETE RENEWAL OF OUR BODIES, AND THE OPENING OF DOORS TO BROADER EXPERIENCES. BY DEDICATING OUR EFFORTS TO OUR OWN HEALTH AND GROWTH WE INSTIGATE OUR OWN TRANSFORMATION AND A TRANSFORMATION OF THE WORLD THRU WHICH WE PASS, INTO ONE OF HEALTH, HAPPINESS, MEANING, AND MIRACLES.

THIS BOOK PROCEEDS FROM MY PERSONAL EXPERIENCE: GROWING UP SICKLY AND LIMITED WITH THE «BEST MEDICAL CARE» CIVILIZATION CAN OFFER, AND NARROWLY ESCAPING BLEEDING TO DEATH ON PRESCRIPTION MEDICATION IN MY LATE TEENS, IN 1988. MY EXPERIENCE SEEMS EXCEPTIONAL: NOT ONLY WAS I FULLY INSURED, BOTH OF MY PARENTS WERE HIGHLY RESPECTED MEDICAL PRACTITIONERS: MY FATHER TAUGHT PART-TIME AT WHAT IS OFTEN CONSIDERED THE BEST MEDICAL SCHOOL ON EARTH: JOHNS HOPKINS UNIVERSITY; MY STEP-MOTHER, BEGINNING AS HER OWN RECEPTIONIST, BUILT THE LARGEST PHYSICAL THERAPY PRACTICE IN THE STATE.

ON FAMILY VACATIONS I REMEMBER MEETING, SYNCHRONIS-
TICALLY, THEIR CLIENTS; CLIENT AFTER CLIENT WAS COM-
PLETELY GRATEFUL FOR THE CARE THAT THEY HAD RECEIVED.

MY PARENTS LOVINGLY AND CONSISTENTLY CARED FOR
ME, AND WERE CONSCIENTIOUS ABOUT MY CARE. I HAD AC-
CESS, THRU PROFESSIONAL COURTESY AND THEIR PROFES-
SIONAL CONTACTS, TO SPECIALISTS, AND NEVER LACKED FOR
MEDICAL ATTENTION. BECAUSE MY PARENTS WERE IMPEC-
CABLE WITH ME, AND, PROFESSIONALLY, IN THEIR PURSUIT
OF ON-GOING LEARNING, I HAVE BEEN COMPELLED TO LOOK
AT THE SHORTFALLS OF THE SYSTEM IN WHICH THEY WERE
TRAINED, THE BELIEF SYSTEMS AND OPERATIVE STORIES OF
«MODERN MEDICINE» AS A WHOLE, AND THE PEER-REVIEWED
FEEDBACK LOOP CURRENTLY FOCUSING MEDICAL THOUGHT
AND PRACTICE.

IN 1994, MY UNCLE SENT ME A BOOK: HEALING WITH
WHOLE FOODS: ORIENTAL TRADITIONS AND MODERN NUTRI-
TION, BY PAUL PITCHFORD. THIS ENCYCLOPEDIA VOLUME SYN-
OPSISIZES AND RENDERS ACCESSIBLE THE LESSONS OF THREE
THOUSAND YEARS OF TAOIST MEDICINE AND CONTEXTUALIZES
THEM WITHIN CONTEMPORARY MEDICAL UNDERSTANDINGS
OF DIET, DISEASE AND NUTRITION. THIS BOOK OPENED THE
DEPTH OF FIELD OF MY MEDICAL THINKING, WHILE KEEPING
ALL OBJECTS, WESTERN AND MATERIAL OR EASTERN AND
SPIRITUAL, IN FOCUS.

TRADITIONAL CHINESE MEDICINE, THE CORE OF THIS TAO-
IST LEGACY, UNTIL RECENTLY FOLLOWED A MEANINGFUL
THERAPEUTIC PROGRESSION: HEAL WITH FOOD. HEAL WITH
ACTIVITY. HEAL WITH MANIPULATION. HEAL WITH HERBS.
HEAL WITH ACUPUNCTURE. ALL INJURIES, DISEASES AND DE-
FICIENCIES WERE ORIGINALLY TREATED WITH FOOD. ONLY IF
THEY ADVANCED OR PROVED INTRACTABLE

WERE OTHER, MORE EXTREME MODALITIES ADDED TO THE DIETARY APPROACH.

IMPORTANTLY, TAOIST MEDICINE ALSO PROCEEDS FROM METAPHYSICAL AND PHILOSOPHICAL UNDERSTANDINGS OF NATURAL BALANCES. HEALTH CAN BE UNDERSTOOD AS A BALANCE OF ELEMENTAL FORCES WHICH MAY BE HARMONIZED WITHIN OUR BODIES AS THEY ARE WITHIN THE NATURAL WORLD AROUND US. UNLIKE CONVENTIONAL WESTERN MEDICINE, THE EMPHASIS IS NEITHER ON SPECIFIC DISEASE SYMPTOMS, NOR ON SPECIFIC

MICROBIOLOGICAL AGENTS BELIEVED TO BE RESPONSIBLE FOR DISEASE; THE UNDERSTANDING OF THE INTERNAL HUMAN ECOSYSTEM, THE HEALTH OF THE INTERNAL HUMAN ECOSYSTEM,

AND THE BALANCING OF THE INTERNAL HUMAN ECOSYSTEM ARE THE FOCUS OF ACTIVITY.

IN 1994 I WAS ALREADY HEAVILY INVOLVED IN BALANCING MY INTERNAL ECOSYSTEM. I WAS VEGAN. I HAD BEEN BEEN VEGETARIAN FOR SIX YEARS AND HAD HAD A SERIOUS YOGA PRACTICE FOR THAT TIME. I HAD BEEN COMPLETELY IMMERSSED IN TOLTEC TEACHINGS, THE INDIGENOUS METAPHYSICS OF CENTRAL AMERICA, FOR FOUR, AND HAD BEEN DOING ZEN, BUDDHIST AND TAOIST MEDITATION PRACTICES DAILY FOR TWO. HEALING WITH WHOLE FOODS OFFERED ME ANOTHER INSTRUMENT SET FOR ADJUSTING MY OWN INTERNAL ECOSYSTEM; A PRECISE AND ELABORATE BODY OF INFORMATION FOR FURTHER FINE-TUNING MY OWN HEALTH AND CONSCIOUSNESS.

TO PREFACE THIS, BY 1990 I HAD BOTTOMED OUT. IN 1988 I HAD NEARLY BLED TO DEATH AND WAS SEVERELY WEAKENED. IN 1990 I MADE LOVE FOR THE FIRST TIME, AND MY HEALTH AND WORLDVIEW BEGAN TO COLLAPSE: THE MERGING OF MY

EMOTIONAL, ENERGETIC, SENSORY BODY WITH ANOTHER HAD OPENED ME TO A HUGE FIELD OF PERCEPTION WHICH I HAD PREVIOUSLY SUPRESSED. I WAS NO LONGER A CONTAINED FIELD OF CONSCIOUSNESS AND INTENTION; PERCEPTUALLY AND MOTIVATIONALLY I WAS SIGNIFICANTLY SUSCEPTIBLE TO THE THOUGHTS AND FEELINGS OF THOSE AROUND ME.

FOR ME ADOPTING «SPIRITUAL PRACTICES» HAD BEEN A MATTER OF SURVIVAL — A MEANS OF ORIENTING MY CONSCIOUSNESS, ASSERTING PERCEPTUAL SOVEREIGNTY AND MOBILIZING MY BODY TO KEEP FUNCTIONING. I HAD BEEN SUFFICIENTLY FRAIL AS A CHILD THAT CAFFEINE, TOBACCO, ALCOHOL AND OTHER DRUGS WERE NEVER AN OPTION — I USED ALCOHOL AND COFFEE A HANDFUL OF TIMES, TOBACCO AND OTHER DRUGS NEVER. BY 1990 I WAS FEELING MY FRAILITY WITH A NEW INTENSITY, LOSING WHATEVER PHYSIOLOGICAL BUFFER I HAD HAD BEFORE BECOMING VEGETARIAN. I LOST 18 POUNDS IN THE FIRST MONTHS OF BEING VEGETARIAN, IN 1988, AND HAD BEEN UNCOMFORTABLY THIN BEFORE THAT.

SO IN 1994 I INTEGRATED THE TAOIST DIETARY KNOWLEDGE INTO A MANIFOLD DAILY ROUTINE OF CONSCIOUS SELF-CARE; I BEGAN PRACTICING EXACTING TAOIST FOOD COMBINING, REFINING MY DIGESTION. AT THIS POINT ANY MODIFICATIONS OF LIFESTYLE WHICH ALLOWED ME TO FEEL BETTER WERE WELCOME. I FOLLOWED THE TAOIST ADVICE, LIKE THE TOLTEC, TO THE LETTER.

IN 1995 I ENROLLED IN HEARTWOOD INSTITUTE, LARGELY IN ORDER TO HAVE DAILY CONTACT WITH PAUL PITCHFORD, AND TO STUDY WITH HIM. THERE I STUDIED AND WAS CERTIFIED IN NEO-REICHIAN MASSAGE — BASED ON THE WORKS OF WILHELM REICH, A GROUND-BREAKING METAPHYSICIAN, PHYSICIAN AND PHYSICIST, POLARITY THERAPY — THE

CATALYTIC FUSION OF ESOTERIC MEDICINES DEVELOPED BY NATUROPATH, OSTEOPATH AND CHIROPRACTOR RANDOLPH STONE, AND SHIATSU — THE HANDS-ON APPLICATION OF TAOIST MEDICINE ARTICULATED IN JAPAN IN THE PAST CENTURY. I FURTHER DEVELOPED MY YOGA PRACTICE AND LEARNED TAI CHI AS WELL.

LEAVING HEARTWOOD IN LATE SUMMER 1996, I MOVED TO THE BAY AREA AND OPENED A HEALING PRACTICE IN BERKELEY. I WAS, IN MY ACTIVITY AND WORLDVIEW, LIVING LIKE A MEDICINE MAN. BY 1998 I WAS STILL VEGAN, STILL TAOIST, NOW EATING ONLY RAW, SPROUTED AND CULTURED FOOD. I HAD HEARD FROM THE TAOISTS: FOR YOUR HEALING TO BE COMPLETE YOU WILL ADOPT THE DIET OF YOUR ANCESTORS, WHO ATE THEIR FOOD RAW AND WHOSE BODIES PRODUCED GREAT HEAT.

BY 1998 MY INNER VOICE TOLD ME THAT IT WAS TIME TO RETURN TO THE ANIMAL KINGDOM. I WAS CHEWING EVERY MORSEL OF FOOD TO TEXTURELESS LIQUID; USING EVERY MOLECULE EFFICIENTLY. MY INNER VOICE TOLD ME THAT I COULD NOW ACCEPT THE GIFT OF THE ANIMAL KINGDOM WITHOUT WASTE. MY BODY NEEDED IT: I WAS DOING THREE TO FIVE HOURS OF YOGA A DAY, 350 DAYS A YEAR, JUST KEEP MY BODY MOBILE ENOUGH TO WORK. MY BODILY SUBSTANCE [YIN] WAS SEVERELY DEPLETED.

A FRIEND TOOK ME OUT TO SUSHI AND THE CHI TINGLED THRU ME AND AROUND ME INCREDIBLY. ANOTHER FRIEND TOLD ME THE STORY OF SOMEONE LIKE ME WHO HAD BEEN VEGAN FOR YEARS, ALSO DETERIORATING PHYSICALLY, A SEEKER FOR YEARS, WHO HAD

GONE OUT TO THE DESERT TO FAST TO DEATH: THE WOLVES CAME TO HIM, KILLED A RABBIT, LAID IT IN HIS LAP AND URGED HIM TO EAT

IT. HE DID, AND ENTERED A NEW LIFE, HEALING OTHERS WITH THIS MEDICINE. I ALSO FOUND A COPY OF NOURISHING TRADITIONS, AT THIS TIME: A COMPREHENSIVE GUIDE TO TRADITIONAL AND ABORIGINAL DIETS WHICH OBIVIATE DISEASE. EVERY ONE OF THEM CONTAINS RAW ANIMAL FOODS.

IN 1998, AFTER FIVE YEARS OF BEING VEGAN, TEN VEGETARIAN, I MADE THE CROSSING TO RAW MEAT; INSTINCTUALLY GOING FOR THE RICHEST NOURISHMENT AVAILABLE: RAW CULTURED LIVER. EMOTIONALLY IT RESET THE PARAMETERS OF POSSIBILITY FOR ME. THE FEELING OF RICHNESS, WARMTH AND SUPPORT WHICH FLOODED MY BODY HAD ME IN TEARS. THE EARTH, THE MOTHER, WAS RICH — RICH BEYOND MY FURTHEST IMAGININGS. THE SENSE OF SCARCITY, OF «NEVER ENOUGH» WHICH HAD INSTALLED ITSELF OVER THE PREVIOUS DECADE, AS I STARVED IN THE VEGETABLE KINGDOM, WAS SUDDENLY, MERCIFULLY RELIEVED. I KNEW, IN SOME DIRECT WAY WHICH HAD NEVER BEFORE BEEN EVIDENT, THAT THE WORLDVIEW OF INDIGENOUS PEOPLE — WHICH RECOGNIZES EARTH AS A LIVING ENTITY, A FEMALE ONE, TO WHOM WE ARE ALL CHILDREN — WAS ACCESSIBLE, AND THE TOO-MUCH-TO-BE-HOPED FOR EXPERIENCE OF UNCONDITIONAL, LOVE AND INEXHAUSTIBLE NURTURANCE WAS AT HAND.

THERE WERE YEARS IN WHICH I CRIED EVERY TIME I WENT OUTSIDE; THE AMBIENT SUFFERING OF THE HUMANIMALS AROUND ME WAS THAT COMPELLING. AS I CROSSED INTO NURTURANCE IT BECAME APPARENT TO ME THAT MY FEELINGS FOR OTHERS HAD BEEN THE CLOSEST I COULD GET TO MY COMPASSION FOR MYSELF, FOR MY POOR, COURAGEOUS LITTLE BODY THAT WAS TRYING TO GROW AND BE COMFORTABLE. I HAD LONG KNOWN THAT I WAS LIVING IN AN ABSTRACTION — PULLING-AWAY FROM THE ACTION OF LIFE, AND DISTILLING IT INTO SOMETHING IMPERSONAL. THE RETURN TO THE

ANIMAL KINGDOM, AND THE RAW FLESH, THE RAW FEELINGS OF THE ANIMALS WHO GAVE THEIR BODIES TO ME RENDERED EMOTIONAL DISCONNEXION AND RETREAT INTO ABSTRACTION IMPOSSIBLE. EATING THE RAW FEELINGS OF BEINGS WITH CONCENTRATED CONSCIOUSNESS MADE ME RECOGNIZE THOSE FEELINGS WITHIN MYCELLS.

THRU THIS I CAME TO RECOGNIZE A PATTERN OF EXISTENTIAL ABSTINENCE IN WHICH I HAD PARTICIPATED, HALLUCINATING THAT IF I DID NO HARM, THAT I WAS GOOD. IT BECAME APPARENT TO ME AT THIS TIME THAT DOING LITTLE HARM IS MERELY THE BEGINNING, AND TO ZEALOUSLY, FIERCELY, PASSIONATELY CONTRIBUTE TO CREATION IN WHATEVER FORM PRESENTS ITSELF IS OUR LOT AS BEINGS. THAT WHICH WAS BROKEN IN ME WAS EMOTIONAL AS WELL AS PHYSICAL — OBVIOUSLY, MY PHYSICALITY AND EMOTIONALITY WERE CO-DETERMINING — AND THE UNSEEN TOPOGRAPHICAL FEATURES OF MY EMOTIONAL LANDSCAPE WERE SHAPING MY PERCEPTION OF REALITY AND OF MY LIVED POSSIBILITIES INDELIBLY. IT BECAME APPARENT TO ME THAT THE EMOTIONAL BLEAKNESS I HAD ENDURED FOR YEARS WERE A FUNCTION OF MALNUTRITION, AND THE EMOTIONAL BORDERS ON THE CANVAS OF POSSIBILITY WERE DRAWN FROM A SENSE OF LACK.

THRU THE PAST SEVEN YEARS I HAVE WATCHED EVERY ONE OF MY CHILDHOOD COMPLAINTS AND MY MEDICAL DAMAGE HEAL. I HAVE WITNESSED SIMILAR, REMARKABLE HEALING IN MANY OF US WHO ADOPT «SPIRITUAL» LIFESTYLES AND HIGH-VALUE DIETS. GRATEFULLY I HAVE ALSO WITNESSED THE HEALING OF THE EMOTIONAL PARAMETERS I HAD ADOPTED AS FIXED — AND DILATED INTO A MUCH RICHER LIFE OF SHARING AND CREATIVITY. I AM ABLE NOW, PHYSICALLY AND EMOTIONALLY, TO SIGH.

THIS BOOK NOW ALLOWS ANY OF US TO COMPLETE THE

**PROCESS OURSELVES. ITS RECIPES STRETCH THE GAMUT
FROM VEGAN TO CARNIVORE, SPEAKING TO ANY OF US READY
TO LEAVE JUNK FOOD AND JUNK LIFE FOR SOMETHING MORE.**

[3] A BRIEF BODY HISTORY

I INCLUDE A BRIEF BODY HISTORY TO DRAW MORE DISTINCTLY SOME OF THE PATTERN OF MEANING FROM WHICH I WORK: I WAS THE FIRST BORN CHILD OF MY PARENTS. MY MOTHER WAS THE FIRST CHILD OF HER PARENTS, AND HER MOTHER WAS FROM A RURAL, WHOLE FOODS BACKGROUND. MY FATHER WAS THE SECOND CHILD OF HIS PARENTS, AND HAD THE NUTRITIONAL ASSET OF WORKING ON A TRADITIONAL DAIRY FARM DURING SUMMERS THRU HIS TEENS WERE HE HAD ACCESS TO RAW DAIRY. BASED ON MY VERY HARDY PARENTS, AND LONG-LIVED ANCESTORS, I ASSUME I HAVE STRONG GENETIC INHERITANCE, STRONG «ANCESTRAL CHI». THE NUTRITIONAL ASSETS OF PARENTS STRONGLY INFLUENCE HEALTHY CHILDHOOD DEVELOPMENT; FIRST-BORN CHILDREN TEND TO GET THE MOST ABUNDANT BUILDING MATERIALS FROM THEIR PARENTS.

MY EARLY TRAUMAS INCLUDED CIRCUMCISION AND VACCINATION. VACCINES HAVE BEEN LINKED TO COMPROMISED IMMUNITY SINCE THE 1920S. THEY INTRODUCE PATHOGENS TO OUR BODIES BY UNNATURAL PATHWAYS, IN CONCENTRATIONS AND COMBINATIONS UNNATURAL AND OVERWHELMING TO OUR IMMUNE PROCESSES. EVEN THE GREAT «SUCCESSFUL» VACCINES OF THE PAST CENTURY ARE NOW IN QUESTION AS THE COMMONALITIES BETWEEN EPIDEMIC «CHRONIC FATIGUE SYNDROME» — TECHNICALLY A FORM OF MYELITIS — AND POLIO MYELITIS ARE BEING REALIZED. THE VAST RANGE OF VACCINES AND BOOSTER SHOTS ARE NOW BEING SHOWN TO BE MORE DISEASE PRODUCTIVE THAN DISEASE PREVENTIVE. I CONSIDER VACCINATION THE FIRST STRIKE AGAINST ME. I

REMEMBER AS A CHILD LOOKING AT MY ARM AFTER A DPT (DIP-
THERIA, POLIO, TYPHUS) SHOT AND FEELING THAT THIS WAS
VERY, VERY WRONG.

MY PRIMARY CHILDHOOD ILLNESS WAS CHICKEN POX,
WHICH I GOT VERY SEVERELY. I RAN A 105 FEVER FOR DAYS.
I HAD VISIONS OF ANOTHER REALITY, ANOTHER GROUP OF
PEOPLE WHO WERE MY FRIENDS. I HAVE SINCE MET THESE
PEOPLE, ONE AT A TIME, IN MY LIFE. AFTERWARDS I WAS
CHANGED. THE FEVER HAD BAKED ME, AND I RETURNED ONLY
PARTIALLY TO DENSE REALITY. MY TEETH HAD BEEN BAKED
TO THE BONE OF MY JAW. TEN BABY TEETH, NEARLY ALL MO-
LARS, HAD TO BE SURGICALLY REMOVED; OFTEN DRILLED AND
CRACKED INTO PIECES IN ORDER TO BE PULLED, IN MULTIPLE-
HOUR SESSIONS.

TAOISTS RECOGNIZE THAT HIGH FEVER CAN DAMAGE THE
KIDNEYS. THE KIDNEYS ARE CONSIDERED THE ROOTS OF THE
BODY — THE CAPITAL, THE FOUNDATION OF THE YIN, THE
BODILY SUBSTANCE. THEY PROVIDE COOLING FLUIDS WHICH
SOOTHE THE LIVER AND OTHER ORGANS; WHEN DAMAGED OR
DISABLED, AS IN HIGH FEVER, THE OTHER ORGANS SUFFER
TOO. KIDNEY DAMAGE CAN BE SEEN IN THE MALFORMATION OF
BONES AND TEETH. LIVER DAMAGE OR TOXICITY CAN BE SEEN
IN THE DISCOLORATION OF THE TEETH. IN MY CASE, WHEN MY
ADULT TEETH DID GROW IN THEY WERE YELLOW AND PITTED.

AFTER CHICKEN POX, THRU HIGH SCHOOL, I HAD FRE-
QUENT RESPIRATORY INFECTIONS, INCLUDING DOUBLE PNEU-
MONIA. I REMEMBER FIVE CASES OF BRONCHITIS IN A SINGLE
YEAR. I HAD ALLERGIES AND NEAR ASTHMATIC SHORTNESS
OF BREATH. IN TAOIST THINKING, THE KIDNEYS PROVIDE THE
FLUIDS THAT MOISTEN THE LUNGS AND GENERATE THE CIRCU-
LATING ENERGY (WEI CHI) WHICH PROTECTS THE BODY FROM
AIRBORNE INFECTION.

I WAS ALSO FREQUENTLY CONSTIPATED. I REMEMBER PRESSING MYSELF TO THE TOILET, HOLDING THE BOTTOM OF THE BOWL FOR LEVERAGE. THE KIDNEY FLUIDS LUBRICATE THE INTESTINES AND FACILITATE EASY AND SUCCINCT BOWEL MOVEMENTS.

I ALSO HAD CARDIAC ARHYTHMIA, DIAGNOSED AS MITRAL VALVE PROLAPSE. THE KIDNEYS PROVIDE FLUIDS WHICH COOL THE HEART. IN CASES OF KIDNEY WEAKNESS A «GREEDY LIVER STEALS FLUIDS FROM HER SON, THE HEART».

I ALSO HAD DRY SKIN, AND WAS CONSTANTLY USING LOTIONS AND CREAMS. THE KIDNEYS MOISTEN THE BODY.

I BECAME MYOPIC AND WAS PRONE TO MUSCLE STRAINS. THE LIVER RULES THE EYES AND SINEWS.

I WAS ALSO PRONE TO BEING PHYSICALLY COLD, AND GENERALLY HAD A BODY TEMPERATURE ONE DEGREE BELOW NORMAL; THE KIDNEYS ARE REFERRED TO AS THE «THE TEMPLE OF FIRE AND WATER» AND ARE RESPONSIBLE NOT ONLY FOR REGULATING BODILY FLUIDS, BUT ALSO WARMING THE BODY.

THO I ATE AND EXERCISED MUCH, I WAS UNABLE TO DEVELOP MUCH MUSCLE MASS : THE KIDNEY CHI SUPPORTS THE SPLEEN-PANCREAS CHI WHICH ALLOWS US TO BUILD BODY MASS FROM FOOD.

SEXUALLY, I WAS INACTIVE TILL MY TWENTIES. I DID NOT MASTURBATE. MY FEW CLOSE CALLS WITH SEXUALITY, IN WHICH MY BODY PREPARED FOR UNION, LEFT ME DOUBLED OVER AND MOTIONLESS WITH PAIN. THE KIDNEYS RULE THE SEXUAL ORGANS AND REPRODUCTION. IN MY CASES OF ALMOST-SEXUALITY I ASSUMED I WAS EXPERIENCING SOMETHING NORMAL; I ASSUMED I HAD «BLUE BALLS». ALTHO I DID NOT MASTURBATE, I WAS PRONE TO NOCTURNAL EMISSION, AND LATER, TO PREMATURE EMISSION; BOTH SIGNS OF WEAK KIDNEYS.

THE KIDNEYS ARE UNDERSTOOD TO GOVERN OUR

ENDURANCE. ATTENDING HIGH SCHOOL I TRAINED WITH WEIGHTS AND RUNNING ALL FALL AND WINTER TO PREPARE FOR LACROSSE SEASON. I HAD

PLAYED LACROSSE FOR FOUR YEARS, LOVED IT, AND HAD EXCELLENT SKILLS. THO I HAD PLENTY OF HEART, RECOGNIZED BY THE VARSITY CAPTAIN, I DIDN'T HAVE THE ENDURANCE TO MAKE EVEN THE JUNIOR VARSITY TEAM. MY LUNG CAPACITY WAS RESTRICTED. SWIMMING WAS PARTICULARLY DIFFICULT FOR ME. SEVERAL TIMES AFTER SWIMMING INTENSELY I «STRAINED MY LUNGS». THIS WAS DIAGNOSED AS IRRITATION OF THE COSTROCHONDRITAL JUNCTIONS — THE SOFT TISSUE AREAS BETWEEN THE RIBS. I WAS USUALLY GIVEN BEDREST FOR A DAY OR TWO.

IF I HAD BEEN IN THE CARE OF A TAOIST PHYSICIAN MY SYMPTOM BASE MAY HAVE BEEN WRITING ON THE WALL — EASILY RECOGNIZED AND PRODUCTIVELY TREATED WITH DIET, HERBS AND ACUPUNCTURE. TO «MODERN MEDICINE» IT WAS A DISJOINTED SERIES OF COMPLAINTS TREATED MOSTLY WITH SYMPTOM SUPPRESSION: MY PITTED TEETH WERE COATED WITH PLASTIC VENEERS. MY RESPIRATORY INFECTIONS WERE SUPPRESSED WITH ANTIBIOTICS. MY HEART CONDITION GOT ME PROPHYLACTIC ANTIBIOTICS DURING DENTAL WORK. MY DRY SKIN GOT ME STEROID CREAMS. MY ALLERGIES GOT ME AN AIR FILTER AND DUST COVERS FOR MY BED AND PILLOW. MY CONSTIPATION WAS NEVER RECOGNIZED. NOR MY ENDURANCE, REPRODUCTION OR BREATHING ISSUES.

IN SHORT, MY EXPERIENCE WITH «MODERN MEDICINE» WAS THAT IT WAS ACONTEXTUAL: IT REFERRED TO A PHYSICAL ORGANISM WHICH WAS THE CONTEXT OF ITS ACTIVITY, YET DID NOT SEEM TO HAVE AN OVERVIEW OF ORGAN FUNCTION INTERRELATION OR ETIOLOGY OF DYSFUNCTION BASED ON THEIR INTERPLAY. IDEATION AROUND DYSFUNCTION TENDED

TO FOCUS ON THE PRESENCE OF SPECIFIC MICROBES, HORMONAL INSTIGATION OF TISSUE ACTIVITY, OR THE MECHANICS OF TISSUE FUNCTION.

AS I GREW UP, I HAD NO IDEATION AROUND A SYSTEMIC CAUSE OF MY SERIES OF ILLS. THOUGH THIN, AND UNABLE TO BUILD MUCH MUSCLE MASS — AND PHYSICALLY SLOW — OUT OF FOCUS TEMPORALLY — I APPEARED NORMAL, AND WAS LARGELY UNRESTRICTED IN DOING WHAT NORMAL KIDS DO. ACADEMICALLY I WAS SUCCESSFUL, AND SOCIALLY WELL-LIKED, AND WELL CARED FOR BY FRIENDS.

DURING HIGH SCHOOL, AND IN COLLEGE I WAS EXTREMELY DISCIPLINED IN RUNNING, WORKING OUT AND STRETCHING. I DID EVERYTHING I COULD TO BE HEALTHY AND STRONG. SUMMERS I SPENT HIKING, BIKING AND CANOEING AT OUTDOOR LEADERSHIP CAMP, WHERE I LATER WORKED. IN COLLEGE I RAN, SWAM, CROSS-COUNTRY SKIED OR BIKED SEVERAL DAYS A WEEK, AT MY OWN EASY PACE. I LIKED PHYSICALITY, AND DID EVERYTHING I COULD TO BE PHYSICALLY STRONG.

PLAYING ULTIMATE FRISBEE IN COLLEGE I INJURED A KNEE STEPPING IN A HOLE. FOR THIS I SAW A DOCTOR AND WAS PRESCRIBED TWELVE ASPIRIN, THREE TIMES A DAY. «IF YOUR HEAD STARTS RINGING, DROP DOWN TO EIGHT,» HE SAID. THEN, ALMOST AS AN AFTERTHOUGHT: «WHEN YOU REFILL THE PRESCRIPTION, GET BUFFERED, SO YOU DON'T UPSET YOUR STOMACH.»

I HAD ROCK-STEADY DIGESTION. I HADN'T VOMITED IN NEARLY TEN YEARS AND SEEMED IMPERVIOUS TO DIGESTIVE UPSET. IF HE HAD SAID «GET BUFFERED, SO YOU DON'T BURN A HOLE THRU YOUR STOMACH WITHOUT FEELING IT, THEN BLEED TO DEATH» I WOULD HAVE BETTER UNDERSTOOD.

I DID DROP DOWN TO EIGHT WHEN MY HEAD STARTED RINGING, BUT IT WAS DURING FINAL EXAMS AND THE COLLEGE

BOOKSTORE HAD ONLY REGULAR ASPIRIN. I DIDN'T FEEL I HAD THE TIME TO WALK TO TOWN AND GET BUFFERED. I DIDN'T NOTICE ANY UPSET IN MY STOMACH AT ALL, THO MY FECES TURNED BLACK AND TAR-LIKE.

THAT'S WHAT BLOOD LOOKS LIKE AFTER WE PARTIALLY DIGEST IT: THE ASPIRIN BURNT A HOLE THRU MY DUODENUM THRU WHICH I LOST ABOUT HALF MY BLOOD.

MY FRIENDS HEARD MY HEAD HIT THE BATHROOM FLOOR AND NOTICED I WAS WHITE. THEY DROVE ME TO THE DOCTOR WHO, AFTER ONE LOOK AT ME, PUT ME IN THE BACK OF HIS PICK-UP TRUCK AND DROVE ME TO THE HOSPITAL. AFTER GETTING LOTS OF SALINE AND TWO UNITS OF BLOOD — I WAS ESTIMATED TO HAVE LOST MORE THAN FOUR OUT OF TEN — I FELT BETTER. MY FATHER FLEW OUT WITHIN HOURS.

THE DOCTOR WHO HAD PRESCRIBED ME THE ASPIRIN WAS THE PARTNER OF THE DOCTOR WHO TOOK ME TO THE HOSPITAL. HE POPPED HIS HEAD IN TO MY HOSPITAL ROOM WHEN I WAS THERE, APPARENTLY NOT KNOWING WHY I WAS THERE. «HOW'S YOUR KNEE?» HE ASKED, SMILING.

THIS INCIDENT SUMS UP MODERN MEDICINE FOR ME IN MANY WAYS. THE GUY WAS GOOD-NATURED, WELL-MEANING, AND TOTALLY CLUELESS. WHEN I MENTIONED THE INCIDENT TO MY FATHER, AND USED THE WORD «QUACK», HE GOT REALLY ANGRY AND DEFENSIVE. THIS EXPERIENCE TOO, STAYED WITH ME INDELIBLY — IT SAID TO ME THAT THERE WAS SOME UNRESOLVED EMOTIONAL CONTENT OR VULNERABILITY AROUND THE PRACTICE OF MEDICINE AND MODEL OF CARE.

TECHNICALLY, I HAD HAD A BLEEDING ULCER. I WAS GIVEN ULCER MEDICINE, WHICH DID NOT WORK. BOTH AMERICAN AND EUROPEAN MEDICINE DIDN'T WORK. THE «SUCCESS RATE» FOR THE AMERICAN MEDICINE WAS LISTED AS 75%, BUT THE «RECURRENT RATE» WAS ADMITTED TO BE MORE THAN 50%; THE

ADJUSTED SUCCESS RATE WAS LESS THAN 37.5%. I RAN INTO THIS SORT OF SLEIGHT OF HAND REPEATEDLY WITH MEDICAL LITERATURE.

INSTINCTUALLY I BECAME VEGETARIAN AND THE PAIN IN MY GUT SUBSIDED. I BECAME VEGETARIAN JUST AS I BEGAN COOKING FOR MYSELF, AND I HAD NO IDEA OF THE IMPORTANCE OF PROTEIN OR FAT. I WAS SWIMMING AND PLAYING ULTIMATE FRISBEE A LOT. I LOST EIGHTEEN POUNDS IN THE FIRST FEW MONTHS AND DEVELOPED A SEVERE SINUS AND RESPIRATORY INFECTION WHICH LAID ME UP FOR WEEKS. I WAS SEVERELY DEHYDRATED AND RESPIRED POORLY. INSTINCTUALLY I BEGAN EATING VOLUMES OF CHEESE, WHICH ALLOWED ME TO BREATHE BETTER. I WAS IN EUROPE AND MUCH OF IT WAS RAW.

THE FOLLOWING YEAR, I FELL IN LOVE AND BEGAN MAKING LOVE, AND MY ENTIRE METABOLISM CHANGED. IT WAS LIKE I WAS IN A CHARMED AND MAGICAL DREAM. I BARELY SLEPT. I JUST STAYED AWAKE, CARESSING HER AS SHE SLEPT. MY LYMPH GLANDS SWELLED UP. I WAS TESTED FOR MONONUCLEOSIS / EPSTEIN BARR: NEGATIVE. THE LOVEMAKING LASTED ONLY A MONTH OR TWO, THEN I GRADUATED FROM COLLEGE AND IN EARLY SUMMER IT WAS OVER. I STILL COULDN'T SLEEP AND EVENTUALLY BEGAN MASTURBATING COMPULSIVELY IN ORDER TO SLEEP. I WAS EXERCISING A LOT. MY CARDIAC ARRHYTHMIA BECAME SO PRONOUNCED I WENT TO A HOSPITAL FOR TESTS, AND QUIT MASTURBATING.

MY SLEEP CYCLES REMAINED DISTURBED. I FREQUENTLY WOULD WRITE UNTIL THREE OR FOUR IN THE MORNING. THE OPERATIVE STORIES OF REALITY, IN WHICH WE PRETEND THAT WHAT WE SAY IS REAL, IS REAL, HAD LOST THEIR CURRENCY. I BECAME AWARE OF ONE-IN-OTHER'S EMOTIONAL UNDERTONES IN A NEW WAY. I BEGAN TO NOTICE SADNESS, FRUSTRATION,

AND DESPAIR, BROADLY DISTRIBUTED. SUDDENLY THE WORLD HAD EMOTIONAL DEPTH. «I'M OKAY» AND «I'M BASICALLY A HAPPY PERSON» WERE NO LONGER PERSUASIVE STORIES TO ME IF THE EMOTIONAL RESONANCE ONE-IN- OTHER WERE PROJECTING SEEMED A MORE SIGNIFICANT REALITY.

THIS STARTED SHOWING UP IN MY WRITING. I BEGAN TAKING APART THE STORIES OF WHAT PEOPLE «SAY» IS REAL, AND MEASURING THE DISTANCE BETWEEN THOSE STORIES AND WHAT SEEMED TO BE THE UNDERLYING EMOTIONAL «REALITY». THE CONTRAST WAS STARK.

RADICAL AND RELIGIOUS WORLDVIEWS SUDDENLY MADE SENSE TO ME EMOTIONALLY, AS WELL AS CONSERVATIVE AND ATHEISTIC ONES: EACH SEEMED TO PROCEED FROM AN EMOTIONAL SETTING OF THE PERCEIVER, A SETTING WHICH ARRANGED A WORKABLE «REALITY» OF SELF-CONFIRMING BELIEFS AND PERCEPTIONS. WE EACH RATIONALIZE OUR «REALITY» AROUND THE PERCEPTUAL RANGE AND ACTIVITY BASE IN WHICH WE FEEL COMFORTABLE; A «REALITY» WHICH EMOTIONALLY CONFIRMS US.

I HAD STOPPED STRETCHING AND DOING YOGA IN MY TIME OF LOVE, AND GOT BACK INTO THEM OF NECESSITY. MY HEALTH BEGAN TO STABILIZE, THO RESPIRATORY INFECTIONS RETURNED; I HAD MOSTLY BEEN FREE OF THEM IN COLLEGE. THE WRITING WAS ALLOWING ME TO DISTILL MY EXPERIENCE IN A USEFUL WAY. AFTER WORKING AWHILE I APPLIED TO GRADUATE SCHOOL AND GOT IN WITH A TEACHING FELLOWSHIP. I INSTINCTUALLY MOVED FAR AWAY FROM EVERYONE I KNEW AND WHO KNEW ME WELL. IN THE SUMMER A BOOK SEEMED TO FALL OFF A SHELF AS I BROWSED IN A USED BOOK STORE: JOURNEY TO IXTLAN, BY CARLOS CASTANEDA. THE PAGE I OPENED TO SAID «LEAVE EVERYONE WHO KNOWS YOU WELL» — LEAVE THE STORY OF YOURSELF BEHIND. I SEEMED TO BE

ALREADY LIVING THE ADVICE OF THE BOOK, SO I BOUGHT IT, TO SEE WHAT WAS NEXT.

EVERYTHING I HAD BEEN WRITING ABOUT AND RECOGNIZING ABOUT THE SCHISM OF HUMAN PERCEPTION BETWEEN THE RATIONAL AND THE EMOTIONAL, THE SEMANTIC AND EXPERIENTIAL, WAS SUCCINCTLY CONFIRMED BY THE ANTHROPOLOGICAL SUBJECT OF THE BOOK, A TRADITIONAL MEDICINE MAN, JUAN MATUS. PERCEPTION, HE SAID, WAS A FUNCTION OF OUR AWARENESS OF ENERGY. THE «REALITY» MOST OF US ENTERTAIN AS COMPLETE IS A FLIMSY AFFAIR WHICH BEGINS TO BLUR AND SLIP UNDER STRESS, FATIGUE, HUNGER OR ILLNESS. DRUGS WILL CHANGE IT, AS WILL SLEEP DEPRIVATION. IT IS IN FACT AN ARBITRARY SETTING, A FIXED CHANNEL WHICH WE LEARN TO TUNE INTO FROM THE ANIMALS WHO RAISE US; ONE, VERY NARROW CHANNEL ON A LARGE DIAL OF POSSIBILITIES.

I WAS GRATIFIED TO LEARN THAT THERE WERE SYSTEMATIC WAYS OF EXPANDING THE RANGE OF OUR PERCEPTION, WITHOUT DRUGS, AND THAT PEOPLE HAD BEEN USING THEM FOR THOUSANDS OF YEARS. I FELT ENCOURAGED TO ATTACK LIFE WITH THIS NEW INFORMATION, AND REARRANGE MY PERCEPTIONS AND ACTIVITIES EFFICIENTLY, TO EXPERIENCE THE MOST OF WHAT LIFE HAD TO OFFER, AND HEAL MYSELF. I TOOK TO HEART THE ADVICE THAT «THERE IS NO DISEASE, ONLY INDULGING» — HOPING THAT BY ACTING ON WHAT I CARED ABOUT I COULD ALIGN THE ENERGY PATTERNS FROM WHICH MY PHYSICALITY PRECIPITATED IN A WAY WHICH OBIATED PAIN AND DISEASE.

I BEGAN RESTRUCTURING MY ACTIVITY AS A WAR FOR FREEDOM — FREEDOM FROM MY OWN SUFFERING, AND FREEDOM TO BECOME SOMETHING MORE. I KEPT A SECOND-BY-SECOND WATCH ON THE MINUTES OF MY LIFE AS OPPORTUNITIES TO

TAKE ACTION TO CREATE WHAT I CARED ABOUT.

HIKING IN CATTLE COUNTRY IN 1992 I CONTRACTED GIARDIA. GIARDIA IS A WATERBORNE PARASITE BROUGHT BACK FROM VIETNAM. IT CAUSES EXTREME ABDOMINAL PAIN, EXPLOSIVE DIARRHEA, DEHYDRATION, EXTREME WEAKNESS, AND SOMETIMES DEATH. I MANAGED IT FAIRLY WELL WITH GARLIC, BUT EVENTUALLY GAVE IN AND WENT TO PRESCRIPTION BIOCIDES. THAT WAS THE LAST TIME. THE INDUSTRIAL STRENGTH ANTIBIOTICS RUINED MY DIGESTION. IT TOOK ME YEARS TO FIGURE OUT THIS MYSTERY AND ADDRESS IT. I BECAME MORE REFINED IN CHOOSING FOODS WHICH DIGESTED WELL.

I LEFT GRADUATE SCHOOL AND GAVE MYSELF TO WRITING AND LEARNING. I DID THIS FOR SEVERAL YEARS. I WAS DOING YOGA AND YOGIC EYE EXERCISES. I FELT NOTICEABLY DEPRESSED FOR AT LEAST TWO YEARS, AND WAS FIGHTING IT EVERY DAY. I CALLED IT SIMPLY «THE HOLE», AND I DEFIED THE HOLE BY WRITING A NOVEL OF MY LIFE, RELEASING MY LIFE. I KEPT WRITING UNTIL I HIT THE BOTTOM OF THE HOLE, WITH A CURIOUS BOUT OF SICKNESS — MOSTLY RESPIRATORY WITH FEVER ELEMENTS. ALTHO I WAS HOT AND SPITTING OUT YELLOW-GREEN PHLEGM AND ACHY AND LIGHTHEADED, I WAS ABLE TO WALK. I WAS CONSTIPATED. I KNEW IF I WALKED TO THE STORE, ABOUT A MILE AND A HALF AWAY, I COULD GET PICKLES. PICKLES WOULD RESTORE ME.

IT WAS A NINETY PLUS DEGREE DAY AND THE SUN WAS BLINDING. THE HOUSE WAS COOL AND DARK. I COULD COMFORTABLY LAY DOWN IN MY SELF-PITY AND SLEEP MYSELF TO DEATH OR I COULD WALK AND GET PICKLES. I LOOKED LIKE AN ESCAPEE FROM A GERIATRIC FACILITY, DAZEDLY HOBBLING TO THE STORE. I GOT THE PICKLES. AFTER EATING THEM I DEFECCATED AN OILY GOLDEN BROWN GOO THAT SMELLED LIKE FISH OIL. THIS WAS THE FIRST OF MANY «HEALING REACTIONS» IN

WHICH I RAN A HIGH FEVER, AND RELEASED LIVER TOXICITY.

I LATER LEARNED THAT WITH THE INCREASED PRESENCE AND PRESCIENCE OF PREGNANCY, WOMEN FREQUENTLY KNOW OF UNUSUAL THINGS TO EAT IN ORDER TO HEAL. WOMEN EAT RED DIRT FOR IRON. WOMEN EAT LINOLEUM FOR ZINC. AND, OF COURSE, WOMEN EAT PICKLES.

ABOUT THIS TIME I NOTICED THAT I COULDN'T RUN ANY MORE — WHEN I DID I HAD INTENSE ABDOMINAL PAIN AND THE COMPULSION TO DEFECATE IMMEDIATELY. I COULD NO LONGER PLAY FRISBEE. I COULD BIKE, OR RUN GENTLY ON AN EMPTY STOMACH OR SWIM. I COULD NOT LIFT HEAVY WEIGHTS EITHER — I WAS HERNIATED. APPARENTLY MY DUODENAL ULCERATION PROMPTED A DUODENAL HERNIA. FOR MORE THAN TEN YEARS I COULD NOT BEAR DOWN AND DEFECATE. BECAUSE OF THIS I HAD TO EAT REALLY DIGESTIBLE FOOD, THAT WOULD EXIT ON ITS OWN. I HAD TO STAY REALLY WELL-HYDRATED, BECAUSE THERE WAS NO PUSHING AT THE END OF THE LINE. I HAD TO REALLY CHEW FOOD TO A LIQUID TO CONVINCING IT TO GO THE DISTANCE. I ADDED PROBIOTIC FOODS, AND PROBIOTICS — BACTERIA NATIVE TO OUR INTESTINAL TRACTS WHICH ENCOURAGE HEALTHY DIGESTION — IN ORDER TO PROCESS FOOD BETTER. THEY WORKED.

BECAUSE OF THIS HERNIATION, I HAD TO DEVELOP A WHOLE NEW SYSTEM OF YOGA, SUITABLE FOR HERNIATED PEOPLE OR THOSE OF US WITH POOR RANGE OF MOTION, WHICH I PRACTICED. AND STILL PRACTICE.

THRU THE YEARS, THE OILY GOO EPISODE REPEATED ITSELF MANY TIMES. EACH TIME I HAD LESS AND LESS PAIN — UNTIL, THO I WAS VERY FEVERISH AND WEAK, THERE WAS REALLY NO PAIN. YEARS LATER, WHEN I WAS EATING ENOUGH RAW ANIMAL FAT, THE SMELL OF THE OILY GOO BECAME A DAILY FEATURE, AND THERE WAS NO MORE FEVER. GIVEN THAT

MANY OF US HAVE LIVERS THAT ARE SWOLLEN TO DOUBLE OR MORE THE NORMAL SIZE, AND THAT SUGAR, INFECTION, PARASITES, ANEMIA, TOXIC STATES (THE STORAGE OF INDIGESTIBLE FATS AND TOXINS), AND METABOLIC DISTURBANCES MAY ALL CAUSE AN ENLARGED LIVER, THIS SEEMS UNDERSTANDABLE: THERE WAS A LOT TO LET GO OF. AS MY LIVER BECAME LESS SWOLLEN, I GAINED A WHOLE NEW LOBE OF LUNG SPACE AND AN INCREASED DEPTH OF BREATHING.

WITHIN TWO YEARS OF THE FIRST OILY GOO EPISODE MY UNCLE SENT ME HEALING WITH WHOLE FOODS, AND I BECAME MUCH MORE SYSTEMATIC IN MAPPING AND MODULATING MY HEALTH THRU DIET. THAT WAS 1994, TEN YEARS AGO.

BEFORE GETTING INTO METHODS, AND TO CONCLUDE THIS BRIEF BODY HISTORY: EVERY COMPLAINT LISTED HAS IMPROVED MARKEDLY OR HEALED COMPLETELY. THE MEANS OF DEALING WITH EACH IS LISTED IN THE «ORGANIC RECIPES AND RESOURCES» SECTION. THE REST OF THIS BOOK DEALS WITH THE HOWS AND WHYS OF THE METHODS I'VE USED IN HEALING MY CELLS AND ONE-IN-OTHER.

BEFORE CLOSING, IT SEEMS IMPORTANT TO REFLECT ON THE PART OF THIS STORY ABOUT WAGING A WAR FOR FREEDOM: OUR PERCEPTION SEEMS HIGHLY SUSCEPTIBLE TO THE INFLUENCE OF OUR FELLOW ANIMALS, WHO CAN, WITH THE FAINTEST GESTURE, DIRECT US EMOTIONALLY, AND THUS SELECT THE BANDWIDTH AND SETTING OF OUR PERCEPTION. PURSUING OUR OWN HEALING WITH WHOLE FOODS OFTEN RESULTS IN INCREASED SENSITIVITY AND EMOTIONAL VULNERABILITY. BREAKING WITH THE ENTIRE GUIDED VISUALIZATION OF «REALITY» AND «DISEASE» ECHOED BY OUR SPECIESMATES MAY REQUIRE MORE THAN JUST A FIERCE PURPOSE, IT MAY REQUIRE US TO BE CUNNING, RUTHLESS, PATIENT AND SWEET IN PROTECTING OUR OWN PERCEPTION.

MANY OF US SEEM TO HAVE DISEASES OR COMPLAINTS WHICH ARE NOT RECOGNIZED OR PERCEIVED AS PART OF A MEANINGFUL PATTERN. THIS BOOK ATTEMPTS TO PROVIDE TOOLS FOR UNDERSTANDING OUR OWN CONSTITUTIONS AND METHODICALLY ADDRESSING OUR OWN ISSUES. TOXICITY CAN BE REMOVED AND DEFICIENCY ADDRESSED CONCLUSIVELY; WITHOUT THEM, DISEASE DISAPPEARS AND FUNCTION RETURNS. HEALTHY, ACTIVE, EXCITED ENGAGEMENT IN LIFE CAN BE CLAIMED BY ANY OF US.

[4] WHAT WE HAVE LOST IS WHAT WE ARE LOOKING FOR

APPARENTLY, CIVILIZATION HIT NORTH AMERICA IN WAVES. THE FIRST WAVE OF AMERICANS APPARENTLY CAME ACROSS THE FROZEN BERING STRAIT, FOLLOWING GAME. A LATER WAVE CROSSED THE ATLANTIC IN BOATS, AND SET UP FISHING CAMPS. 500 YEARS LATER, WAVE AFTER WAVE OF STARVING COLONISTS APPEARED: HUNGER HAS BEEN DRIVING CIVILIZATION FOR MILLENNIA.

THE COMMON GLOBAL PATTERN OF GRAIN-FARMING AND DESERTIFICATION WAS ABSENT HERE UNTIL RECENTLY. EARLY AMERICANS LIVED FOR INESTIMABLE AGES PRIMARILY BY HUNTING AND FISHING. THE ONSLAUGHT OF CIVILIZATION WAS FOR MANY AMERICAN NATIONS SUCCINCT AND CONCLUSIVE, AND INVOLVED THE INTENTIONAL KILLING OF THE FOOD SUPPLY BY CIVILIZED SOLDIERS AND SETTLERS; MILLIONS OF BUFFALO WERE SHOT AND LEFT TO ROT. THE TRAIL OF TEARS, THE FALL FROM GRACE AND EXIT FROM THE GARDEN BEGAN WHEN THE FOODSOURCE WHICH PROVIDED FOR COMFORTABLE EMOTIONAL UNION WITH THE FAMILY OF LIFE WAS REMOVED. THE ADVENT OF THIS REVOLUTION IS RECORDED IN THE ORAL HISTORY OF THIS LAND AND WARRANTS NOTICE:

everything in the world changed abruptly. it is said that a man came to a dakota village, the first white man anyone ever saw, and everyone was curious. they weren't sure what he was, if he was a man or what. the medicine men came and looked at him, then the chiefs.

a medicine man shook his head and said, «maybe this man, if he is a man, and not some spirit, ate too

much chalk.»

the white man tried to tell everyone that his stomach was about to touch his backbone — he was hungry. but since no one understood his language and he didn't know how to sign, it was too bad for him.

the chiefs said, «if he is a man, he must have some strange sickness, and maybe it will spread. i don't want to turn color and look like him. he is going to die — we should kill him. and if he is not a two- legged, and has taken this form for some reason or another, it won't hurt to kill him.»

either way, killing him was thought to be the merciful act.

by this time, some women who had come up to look at the white man asked, «can't you see? he's just a man like anyone else. he will starve to death unless he gets something to eat. give him a knife and let him cut some meat away from those deer carcasses.»

in those days, i have to tell you, fat was precious. fat was the most valued and important part of any animal. if a human didn't get enough of it, he would die quickly, and there weren't many places to get it. fat was precious.

that woman gave the white man a knife and pointed to the deer that were hanging nearby. the man rushed up and cut the fat away from every deer and ate it. that was the first white man we ever saw, and those dakota called him «wasichu», which means «takes the fat».

the medicine people looked at that white man with the deer oil running down his face, then looked at one another. they knew it was all over, and they were right. the long knives came and took much more than deer

fat. it all ended after that. [1]

CONSIDER SEVERAL ELEMENTS OF THIS STORY: 1) THE STRANGER WAS FED. 2) A WHITE EUROPEAN WAS ABLE TO EAT POUNDS AND POUNDS OF RAW FAT. AND 3) THE MEDICINE PEOPLE KNEW IMMEDIATELY WHAT THE ENCOUNTER MEANT.

THE TREATMENT OF THE STRANGER WAS SIMILAR TO THAT OF OTHER EUROPEANS, FROM THE BAHAMAS TO CANADA: HE WAS RECOGNIZED AS ANOTHER ANIMAL LIKE US, AND WELCOMED INTO THE GROUP.

WHEN THE FIRST ENGLISH SETTLERS, AT ROANOKE, WERE STARVING, THEY APPARENTLY JOINED THE NATIVE AMERICANS AT CROATAN AND BECAME PART OF THE TRIBE. THE PLYMOUTH, MASSACHUSETTES, THANKSGIVING STORY IS WELL-DOCUMENTED, AND SO IS COLUMBUS' LANDFALL [2] — ALL ARE CONSISTENT IN THE GENEROUS WELCOME OF THE EUROPEANS BY THE NATIVES.

SIMILAR STORIES POP-UP GLOBALLY AROUND FIRST-CONTACT WITH INDIGENOUS GROUPS. WHEN WE READ THE FIRST ACCOUNTS, AND EDIT OUT THE CIVILIZED BIAS FROM SUBSEQUENT ENTRIES — AFTER COLONISTS HAVE BEGUN TO SYSTEMATICALLY DRIVE THE LOCALS OFF THEIR LAND, POISON THEM WITH GERMS OR DRUGS, OR OTHERWISE HELP THEM TO DIE IN DITCHES — THE PICTURE SEEMS CLEAR: HEALTHY SOCIAL MAMMALS LOOK OUT FOR OUR OWN. HEALTHY HUMANS PERCEIVE A HUMAN FAMILY, AND A FAMILY OF LIFE.

APPARENTLY THE DIFFERENCES BETWEEN EUROPEAN AND AMERICAN CIVILIZATION WERE READILY APPARENT IN THE COLONIES HERE. DURING THE EARLY WARS WITH THE «INDIANS», AT PRISONER EXCHANGES, NATIVES RAN BACK TO THEIR FAMILIES WITH OPEN ARMS, AND COLONISTS HAD TO BE DRAGGED BACK TO THEIR SETTLEMENTS IN CHAINS,

NOT WANTING TO LEAVE THE NATIVES. BENJAMIN FRANKLIN, AWARE OF THE VIRTUES OF THE INDIGENOUS WAYS OF LIVING WROTE DIRECTLY THAT «NO ONE WHO HAS TASTED SAVAGE LIFE WOULD CHOOSE TO RETURN TO OURS.»[3]

NOT ONLY HAVE WE LOST THE PARTICIPATION IN A MUTUALLY SUPPORTIVE HUMAN FAMILY, WE HAVE ALSO LOST OUR HEALTH AND MUCH OF OUR PERCEPTUAL RANGE. MUCH HAS BEEN MADE ABOUT THE HEALTH, AND PERCEPTUAL AND PHYSICAL ABILITIES OF NOMADIC HUNTERS, WHO, WHEN STILL ON WELL-STOCKED RANGES, ENJOY A DISEASE FREE EXISTENCE FAR BEYOND THE SCOPE OF OUR OWN. [4]

MARLO MORGAN'S ACCOUNT OF A WALKABOUT WITH AUSTRALIAN NATIVES GIVES A POIGNANT TASTE OF THE PERCEPTION WE HAVE LOST: AMONG THE ABORIGINES COMMUNICATION WAS FAR MORE REFINED THAN IN CIVILIZATION. NOT ONLY COULD HER TRIBE WORDLESSLY COORDINATE ACTIVITIES OVER DISTANCES AND PERCEPTUALLY PARTICIPATE IN SCENES ONE-IN-OTHER WERE WITNESSING, EVERY MEMBER OF THE TRIBE WAS ABLE TO HEAR HER THOUGHTS AND ANSWER THEM, ALOUD IF NECESSARY. EVEN THO THEY DID NOT SPEAK ENGLISH, THE MEANING OF HER FEELINGS AND THOUGHTFORMS WAS TRANSPARENTLY EVIDENT.

APPARENTLY, AS SOCIAL MAMMALS, HUMANS LIVE AND HUNT AS ONE CONSCIOUSNESS. IN OUR ORIGINAL TRIBAL STATE WE ARE ALL CELLS IN ONE BODY AND ONE MIND: ALL ARE FED, ALL ARE CARED FOR, AND ALL KNOW WHAT ONE-IN-OTHER ARE THINKING AND DOING, DIRECTLY. AS CIVILIZATION DEVOLVES FROM THIS UNITY ONLY THOSE WHO HAVE DECONDITIONED OUR PERCEPTION — MYSTICS AND MASTERS — RETAIN THESE ABILITIES IN A USEFUL FORM. [5]

THE PERCEPTUAL TENDENCY TO UNIFY WITH OUR PACK SEEMS TO REMAIN WITH US. IN GROUPS OF OUR KIND EMOTION

MOVES THRU US IMMEDIATELY, AND ATTENTION MOVES LIKEWISE. WORDLESSLY WE ASSESS THE EMOTIONAL SETTING OF THE PACK AND FOLLOW SUIT. WORDLESSLY WE NOTICE THE APPROPRIATE USE OF ATTENTION, AND SYNCHRONIZE.

THE LEGACY OF THIS INSTINCT SEEMS TO BE EXPRESSED DICHOTOMOUSLY: MANY OF US EITHER HOLD FIRMLY TO THE WAYS OF OUR COMMUNITIES OR REJECT THEM ENTIRELY. «NORMAL» IS EITHER A MORAL IDEAL OR AN OBJECT OF SCORN. WE EITHER FEEL EMPOWERED BY THE MOMENTUM OF THE HERD AROUND US AND STAY INSIDE IT, OR ARE TERRIFIED BY IT, AND MOVE OUTSIDE FOR A BROADER PERSPECTIVE. ACTIVITIES WHICH ALTER OUR EMOTIONAL STATE SEEM TO BE PROCESSED THRU THIS DYNAMIC, BECAUSE EMOTION IS THE GATEKEEPER OF PERCEPTION.

EMOTION IS ENERGY IN MOTION. WE SENSE IT, RADIATE IT, MOTIVATE AND NAVIGATE WITH IT. EMOTION TELLS US WHAT TO DO AND HOW TO BE. WAVES OF ENERGY, INCLUDING LIGHT, SOUND AND HEAT, MOVE US AS THEY MOVE THRU US. THEY INFORM US OF EVENTS AROUND US, IN WHICH WE ARE PARTICIPATING, AND LAUNCH US INTO ACTIVITY; TRIGGERING OUR POTENTIAL ENERGY WITH THEIR KINETIC ENERGY.

THE INFORMATION OF THESE WAVE FORMATIONS SHAPES OUR PERCEPTION, OUR CATCHING OF WHAT IS AROUND US, BY SETTING OUR EMOTIONAL STATE AND ITS CONCOMITANT PRIORITIES. EMOTION IS THE GATEWAY TO PERCEPTION BECAUSE EVERY EMOTIONAL STATE HAS PRIORITIES: THE HUNGRY STATE HAS US ALERT TO FOOD. THE ANGRY STATE HAS US ALERT TO VIOLENCE. CERTAIN EVENTS ARE PRIORITIZED AS IMPORTANT, AND OTHERS ARE IGNORED AS IRRELEVANT. GROUP COHESION AND PACK SURVIVAL ONCE DEPENDED ON IMMEDIATE RESPONSIVENESS TO SHIFTS IN ONE-IN- OTHER'S EMOTIONAL AND PERCEPTUAL STATES; THIS ACUTE SENSITIVITY SEEMS

TO STILL BE WITH US. WITNESS THIS AT SPORTING EVENTS WHERE WE SEEM TO BE EMOTIONALLY INFECTIOUS. WITNESS THIS STANDING OR WALKING ON A SIDEWALK

FEELING IF SOMEONE IS LOOKING AT US, FEELING WHAT THEY ARE FEELING, AND RESPONDING INSTINCTUALLY WITH A SMILE OR DEFENSIVENESS. WITNESS THIS WHEN WE REFLEXIVELY EAT WHEN AND WHAT THOSE AROUND US ARE EATING.

EATING AFFECTS OUR EMOTIONAL STATE DIRECTLY AND POTENTLY. EACH OF US LEARNS TO MODULATE OUR EMOTIONAL STATE THRU EATING, AND EACH OF US LEARNS TO RESPOND TO THE EMOTIONAL CUES OF OUR CARETAKERS. BY THE TIME WE REACH ADULthood FEW OF US SEEM ALERT TO THE FACT THAT WE CONTINUE TO PROGRAM OUR CELLS TO OUR CARETAKERS' TOLERATED EMOTIONAL RANGE WITH WHAT WE EAT. FEW OF US SEEM TO NOTICE THE COMPULSION TO EAT (AND DRINK) WHAT THOSE AROUND US ARE EATING (AND DRINKING) UNTIL WE BEGIN TO SYSTEMATICALLY EAT SOMETHING ELSE.

ATTEMPTING TO REGAIN THE ABORIGINAL STATE, AND THE FULL RANGE OF OUR PERCEPTION, SEEMS TO BE AN EMOTIONAL QUEST OF SORTING OUT OUR OWN TRUE PERCEPTION FROM THAT OF THOSE AROUND US, AND FROM THE REINFORCED «NORMAL» WE HAVE LEARNED TO PRODUCE: A QUEST OF TRYING OUT GREATER INTENSITIES OF FEELING DESPITE OUR FEAR OF WHAT MAY HAPPEN TO US.

EMOTIONAL AND PERCEPTUAL DILATION ARE SIMULTANEOUS: MORE EMOTIONAL RANGE BRINGS MORE PERCEPTUAL RANGE. WE EACH SEEM AWARE OF THE UNWRITTEN SOCIAL RULES ABOUT EMOTION: THAT TOO MUCH EMOTION, TOO MUCH PERCEPTIVENESS AND TOO MUCH ARTICULATION OF THIS PERCEPTIVENESS ARE RECEIVED AS THREATENING, AND OFTEN PUNISHED. FREEDOM FROM SOCIAL INHIBITION IS EQUATED WITH REBELLION. ONE-IN-OTHER SEEM TO RECEIVE

OUR EMOTIONAL STATE AS A COMMAND TO PERCEIVE AND ACT SIMILARLY.

IF OUR STATE IS MORE OPEN AND EMOTIONAL THAN ONE-IN-OTHER FIND COMFORTABLE, VIOLENCE CAN HAPPEN: THOSE OF US WHO HAVE FELT OUR VULNERABILITY AND OPENNESS ABUSED SEE OURSELVES IN OTHERS WHO ARE VULNERABLE AND OPEN, FIND COMFORT IN THE LESS-SENSITIVE NORMALCY OF THE HERD, AND ASSERT OUR EMOTIONAL AUTONOMY FROM THE «DEVIANT» THRU VIOLENCE; SAYING WITH OUR DEEDS «I AM NOT YOU», «YOUR FEELINGS ARE NOT MINE AND DO NOT MATTER». WE ENFORCE INTERNAL LIMITS EXTERNALLY. SOCIALLY, PERSONAL AND INTERNAL LIMITATIONS HAVE BECOME IMPERSONAL AND INSTITUTIONAL: SYSTEMATIZED THRU PSYCHIATRIC DRUGGING, PSYCHIATRIC

INCARCERATION AND EVACUATIVE SURGERIES AND «THERAPIES». [6] RATHER THAN RECEIVE EXTERNAL ADJUSTMENT, MANY OF US SEEM TO ENFORCE «NORMAL» ON OURCELLS. IN ADDITION TO DEFERRING TO THE INVISIBLE COMMANDS OF ONE-IN-OTHERS' EMOTIONAL CUES, THE VERBALLY DESCRIBED WORLDVIEW ENFORCED BY THE CONTEMPORARY USE OF LANGUAGE ALSO IMPEDES US. THE REALITY-BY-DEFINITION WE HAVE LEARNED IN LANGUAGE ADMITS ONLY INFORMATION GAINED THRU THE FIVE SENSES; OTHER «KNOWING» IS REJECTED. REFINING OUR BROADER INTUITION MAY BE INVOLVED. [7]

DIETARY DEVIANCE FROM THE SAFE RANGE OF NORMAL CARRIES US INTO AN ADVENTURE WITH OUR UNRESOLVED PERCEPTION. TRANSITION TOWARDS ABORIGINAL DIET — AND THE HEALTH AND CONSCIOUSNESS BENEFITS WHICH ACCRUE — CAN BE LIKE A SEA VOYAGE OF CENTURIES PAST. WE TRAVEL AND WE TRUST. WE LEAVE A PLACE WE'VE KNOWN AND ARRIVE SOMEWHERE ELSE.

PERCEPTUAL AND PHYSICAL RECONDITIONING GO HAND-IN-HAND. BY THE EARLY 20TH CENTURY SOMETHING WAS OBVIOUSLY WRONG WITH PUBLIC HEALTH IN THE UNITED STATES. CLEVELAND DENTIST WESTON PRICE WANTED TO KNOW WHY. HE AND MRS.PRICE SET OFF EACH SUMMER FOR REMOTE PARTS OF THE WORLD IN WHICH DENTAL HEALTH WAS PERFECT. HE LATER PUBLISHED NUTRITION AND PHYSICAL DEGENERATION, THE SEMINAL BOOK ON THE TOPIC. THE PRICES VISITED ABORIGINAL AND TRADITIONAL PEOPLE ON ALL OF THE INHABITED CONTINENTS: HUNTERS, HERDERS, FARMERS AND FISHERFOLK. THEY REVISITED MANY COMMUNITIES AS CIVILIZED FOODS BEGAN TO INFILTRATE AND NOTED THE GRAVE RESULTS. THE REPORT THEY GAVE WAS CLEAR: WHOLE RAW ANIMAL FOODS ARE ESSENTIAL TO HEALTH. PROCESSED FOODS DESTROY IT.

CONSIDER THAT THE PRICES WERE VEGETARIAN; THEY SET OFF ON THEIR JOURNEYS SEEKING THE PERFECT VEGETARIAN SOCIETY THEY NEVER FOUND. THEY ASSUMED THAT WHAT HAD GIVEN THEM PERCEPTUAL CLARITY WOULD GIVE THEM PHYSICAL RENEWAL. THEY DISCOVERED WHAT MANY OF US ARE DISCOVERING SEVENTY YEARS LATER: THAT THE CLARITY IS OURS TO KEEP, BUT THE PHYSICAL RENEWAL COMES BY OTHER MEANS.

THO THE PRICES' WORK DID INDEED BECOME THE PRIMARY TEXTBOOK ON NUTRITION IN MANY SCHOOL SYSTEMS IT HAS YET TO BE INTEGRATED IN MEDICAL AND NUTRITIONAL CURRICULA; IT'S OPPORTUNITY COSTS SEEM TOO HIGH, CALLING INTO QUESTION THE WHOLE MODEL OF DISEASE AND CLINICAL PRACTICE CURRENTLY

LUCRATIVE. REGARDLESS, THE PRICES' WORK HAS APPARENTLY SATURATED OUR COLLECTIVE CONSCIOUSNESS: MANY OF US INSTINCTUALLY TURN TO WHOLE FOODS IN SEARCH OF

CLARITY AND HEALING. LIKE THE PRICES, MANY OF US COME TO THE PROCESS FROM A VEGETARIAN PERSPECTIVE.

ONE SUCH VEGETARIAN WAS WASTING TO DEATH IN THE LATE 1960'S. HE DECIDED TO GO OUT INTO THE DESERT AND FAST TO DEATH. THE COYOTES FOUND HIM, KILLED A RABBIT, LAID IT IN HIS

LAP, AND URGED HIM TO EAT IT. HE DID. HE LIVED, AND RETURNED TO VIBRANT HEALTH EATING MOSTLY RAW FOODS. HE HAS BEEN HEALING ONE-IN-OTHER OF «INCURABLE» DISEASES EVER SINCE, WITH THE SIMPLE MEDICINE OF RAW NUTRITION. [8]

MANY OF US ARE NOW FOLLOWING A SIMILAR TRAJECTORY, AND DISCOVERING THAT OUR «DISEASES» ARE REALLY JUST DEFICIENCIES. OUR CELLS ARE PERFECTLY ABLE TO HEAL AND DEVELOP IF GIVEN THE RIGHT BUILDING MATERIALS. HAPPILY, UNLIKE MANY MODERN «MEDICAL TREATMENTS», THE ONLY SIDE EFFECTS OF THIS COURSE OF ACTION ARE FEELING BETTER AND BEING MORE PRODUCTIVE.

THE DISTANCE WE CROSS IN SHIFTING FROM A DIET OF COOKED VEGGIE BURGERS TO RAW HAMBURGERS SEEMS AN EMOTIONAL ONE: WE TRADE IN THE STORY OF OUR «SELF» FOR THE EXPERIENCE OF OUR CELLS. THE NOISE IN OUR HEAD RECITING WHO WE ARE AND WHAT WE ARE DOING FADES AWAY.

[5] EMOTIONAL TRANSITIONS

A SEA OF EVIDENCE CORROBORATES THE HEALTH BENEFITS OF RAW AND PROBIOTIC WHOLE FOODS AND THEIR LONG AND UNIVERSAL HISTORY OF USE. [9] EVIDENCE AND RATIONALITY, HOWEVER, SEEM TO INFLUENCE OUR BEHAVIOR ONLY AT THE PLEASURE OF EMOTION: THE RATIOS OF OUR RATIONALITY SEEM TO BE APPLIED AS A FUNCTION OF OUR EMOTIONAL SETTING, AND OUR EMOTIONAL SETTING IS «WARY». WE SEARCH FOR A «REASON» WHY RAW FOOD IS BAD FOR US, EVEN IF THERE IS NONE, BECAUSE RAW FOOD TENDS TO PUSH US BEYOND THE BOUNDS OF THE EMOTIONALLY FAMILIAR INTO A REALM OF INTENSE FEELING. WE SEEM TO INTUIT, EMOTIONALLY, THAT RAW FOOD WILL CHANGE US. THE PARTS OF US CONSOLED BY FEELING «NORMAL», AND FEELING ACCEPTED FOR BEING «NORMAL», FEAR CHANGE.

DISEASE IS NORMAL TODAY. IN CIVILIZED AMERICA TODAY A QUARTER OF US DIE OF CANCER; A HUNDRED YEARS AGO IT WAS LESS THAN 4%. A THIRD OF US NOW DIE OF HEART DISEASE; A HUNDRED YEARS AGO IT WAS LESS THAN 4%. [10] MORE THAN A THIRD OF US NOW DIE FROM MEDICAL TREATMENT, MALPRACTICE OR NEGLIGENCE [11]; A HUNDRED YEARS AGO IT WAS NOT STATISTICALLY QUANTIFIED. MOST OF US EITHER DIE OF DISEASES WHICH RESPOND WELL TO DIETARY CHANGE, OR FROM THE TREATMENT OF THOSE EMPLOYED TO HEAL US.

WE EACH HAVE THE CHOICE OF BEING LOYAL TO NORMALCY OR BEING LOYAL TO OUR OWN HEALTH; LOYAL TO THE HABITS OF THE HERD, OR LOYAL TO OUR OWN SURVIVAL. TRANSITION TOWARDS A RAW AND PROBIOTIC WHOLE FOODS DIET FACILITATES AN EMOTIONAL AND PHYSICAL CHANGE; A CHANGE IN

THE DEPTH AND QUALITY OF PERCEPTION. WE TEND TO FEEL MORE AND WE TEND TO FEEL BETTER. WE FEEL BETTER AND GET ENERGY MORE EFFICIENTLY FROM OUR FUEL, ALLOWING US TO DO MORE, ENJOY MORE, AND WANT MORE LIFE. WE MAKE THE CASE FOR RAW FOODS TO OUR CELLS, AND OUR CELLS DEMAND MORE.

TO MANY OF US ACCUSTOMED TO DENATURED, SYNTHETIC FOODS AND GREASY COOKED FOODS, A DIET OF RAW VEGETABLES MAY BE UNIMAGINABLE. YET MANY OF US WHO ARE NOW RAW FOOD VEGETARIANS WERE LONG-TERM PARTICIPANTS IN THE SAD STANDARD AMERICAN DIET. WE ATE OUR CAPTAIN CRUNCH®, OUR PEANUT BUTTER AND JELLY AND WONDER BREAD®, OUR HAMBURGERS AND FRIES, OUR HORMONE-LACED MILKSHAKES AND PETROLEUM-FLAVORED ICE CREAM. AFTER TRYING SOMETHING ELSE WE FELT BETTER. WE FELT SMARTER. WE FELT KINDER AND CLEARER AND MORE HUMAN.

TO VEGANS AND VEGETARIANS, EATING RAW HAMBURGER OR LIVER MAY BE UNIMAGINABLE. AND YET MANY OF US WHO NOW EAT THEM WERE LONG-TERM VEGANS. AFTER METICULOUSLY PREPARING OUR FOOD FOR YEARS, LEARNING TO CHEW EVERY BITE TO LIQUID, USING THE RICHEST VEGETAL FOODS AVAILABLE, OUR CELLS BECAME CONVINCED THAT NO VOLUME OF SPIRULINA, SEAWEED, FLAX OIL, HEMP OIL, TAHINI, NUT BUTTER, AVOCADOS, COCOA BUTTER, TOFU, TEMPEH, WHEAT GLUTEN, NUTRITIONAL YEAST, MISO OR SPROUTED NUTS AND SEEDS COULD SUPPORT US PHYSICALLY, OR FACILITATE OUR RENEWAL. WE WERE STARVING, DEGENERATING, AND WE FELT IT PROFOUNDLY. AFTER TRYING SOMETHING ELSE WE FELT BETTER. WE FELT SMARTER. WE FELT KINDER AND CLEARER AND MORE HUMAN.

THOSE OF US WHO SUBMIT TO A DISCIPLINED DIET OF WHOLE, RAW, UNSWEETENED AND CULTURED VEGAN FOODS

ACQUIRE A DEGREE OF PERCEPTUAL SENSITIVITY ARTICULATE AS RATIONAL AWARENESS: WE RECOGNIZE THAT WE ARE STARVING, THAT VEGETAL FOODS CANNOT REVERSE IT, THAT RAW ANIMAL FOODS ARE THE WAY BACK TO LIFE, AND THAT WE CAN HANDLE THE KARMA. THOSE OF US WHO NEVER ADOPT A REFINED VEGAN DIET MAY ALSO HAVE INSIGHTS ABOUT OUR ILL HEALTH OR ILL ATTITUDE, AND MAY ALSO TURN TO DIET TO CORRECT THEM.

MANY OF US UNDERSTAND TRANSITION TO VEGETARIANISM AS A MORAL OR KARMIC CHOICE: A CHOICE TO AVOID THE UNNECESSARY SUFFERING OF ANIMALS. GIVEN THE DEGRADING, ALIENATING, TOXIFYING, DISEASE-PRODUCING CONDITIONS OF INDUSTRIAL ANIMAL HUSBANDRY, THIS SEEMS UNDERSTANDABLE. GIVEN THAT MANY OF US FEEL OURSELVES TO BE OUT OF KARMIC BALANCE WITH THE EARTH — THAT WE HAVE TAKEN OR RECEIVED MUCH, BUT GIVEN LITTLE — BECOMING VEGETARIAN ALSO SEEMS UNDERSTANDABLE: TAKING THE LIVES OF OTHER BEINGS IN ORDER TO NOURISH AN OUT-OF-BALANCE EXISTENCE SEEMS EMOTIONALLY UNTENABLE. VEGETARIANISM CAN ALLOW US TO RECOGNIZE OUR OWN SUFFERING AND THE SUFFERING OF THE WORLD AND ALLOW US TO PRIORITIZE THEM WITH OUR ACTIONS, RETURNING US TO A BALANCE OF GIVING AND TAKING.

MANY OF US SEEM TO SURVIVE OUR CHILDHOOD ENVIRONMENTS THRU SELF-SUPPRESSION AND SELECTIVE EDITING. EXPRESSING OURSELVES CREATIVELY AND AFFIRMATIVELY OR TAKING ACTION BASED ON OUR PERSONAL INNER VISION MAY NOT BE EMOTIONAL OPTIONS WE HAVE EVER EXPERIENCED OR EXERCISED. FOR THOSE OF US WHO HAVE GROWN UP HUMORING THE OTHER HUMANIMALS AROUND US — BEING AGREEABLE AND UNEXPRESSED, OFTEN HAVING NO FEELING OF A RIGHT TO AN OPINION OR PREFERENCE — VEGETARIANISM

MAY BE AN ATTRACTIVE AVENUE FOR A PRIVATE REVELATION OF METAPHYSICAL RELATIONSHIPS. COMING INTO KARMIC BALANCE BY GIVING MORE MAY INITIALLY BE IMPRACTICAL, BECAUSE WE DO NOT KNOW WHAT OF WORTH WE HAVE TO GIVE, OR DO NOT FEEL EMPOWERED TO SHARE. WE CHOOSE THE AVAILABLE OPTION: TO TAKE LESS; AND BY TAKING LESS AND NOTICING MORE, WE FIND WHAT WE HAVE TO GIVE, AND LEARN TO SHARE IT.

WHAT IS ASSUMED HERE AS KARMIC BALANCE IS THE CREATIVE PARTICIPATION IN THE ENRICHMENT AND REUNION OF CONSCIOUSNESS; MUTUALLY ENHANCING RELATIONSHIPS WITH ALL CONSCIOUSNESS, WITH ONE-IN-OTHER AND WITH THE EARTH. A METAPHYSICAL BALANCE OF THE CREATION AND CONSUMPTION OF ENERGY, THE CREATION AND CONSUMPTION OF CONSCIOUSNESS, IS UNDERSTOOD ACROSS CULTURES AS CONSTITUTING A RELATIONSHIP FROM WHICH PHYSICAL EVENTS PRECIPITATE. KARMA IS UNDERSTOOD NOT AS MORALITY, BUT AS SOMETHING CLOSER TO PHYSICS: FOR EVERY ACTION AN EQUAL AND RECIPROCAL REACTION. A COLLECTIVE INTUITIVE UNDERSTANDING OF KARMIC BALANCE SEEMS TO HAVE GIVEN WAY, AMONG THE CIVILIZED, TO A SHIFTING «RATIONALITY» WHOSE RATIOS FLUCTUATE WITH EMOTIONAL WINDS DRIVEN BY HUNGER AND SOCIAL UNEASINESS SELDOM ACKNOWLEDGED OR NAMED.

ECOLOGICAL DESTRUCTION AND EMOTIONAL INDIFFERENCE TO OUR BEAUTIFUL NATURAL HOME CAN BE UNDERSTOOD AS A FUNCTION OF EMOTIONAL SETTING: DRIVEN BY SURVIVAL FEAR, PANICKED HARVESTING OF EARTH'S AGGREGATED BIOMASS SEEMS THE «RATIONAL» THING TO DO, AS IT BRINGS US MONEY, WHICH BUYS US FOOD, WHICH ALLOWS US TO EAT TODAY. FROM A DEEPER EMOTIONAL SETTING, WHICH KNOWS WE HAVE BEEN HUNGRY BEFORE — IN FACT, FOR

MANY OF US, MOST OF OUR LIVES — A DIFFERENT RATIONALITY EMERGES: THE ABSOLUTE CERTAINTY THAT PROTECTING AND ENCOURAGING THE CYCLES OF LIFE THAT ALLOW US TO EAT, DRINK AND BREATHE HEALTHFULLY SHOULD BE PRIORITY ONE FOR CIVILIZATION. TO MANY OF US WHO HAVE SUBMITTED TO RAW AND/OR VEGAN DIETS THESE ECOLOGICAL TRUTHS SEEM SELF-EVIDENT.

CIVILIZATION SEEMS TO BE «JUST GETTING BY» BECAUSE OF THE CONSCIOUSNESS OF ITS PARTICIPANTS, WHOSE CONFUSED, INCONSISTENT, FRENZIED, MUTUALLY PREDATORY ACTIVITY PARALLELS OUR «JUST GETTING BY» NUTRITIONALLY. AS WE PHYSICALLY DEGENERATE, THE COHERENCE AND FOCUS OF OUR INTENTION, ATTENTION AND ACTION SEEM TO DISINTEGRATE. OUR COMMUNITARIAN INSTINCTS SEEM TO FADE AS WE RETREAT INTO A VIRTUAL REALITY MORE CONCEPTION THAN PERCEPTION. THE PROGRESSIVE CIVILIZATION WE COULD BE REALIZING: INCREASINGLY SATISFYING, EMPOWERING AND LIBERATING, IS AS CLOSE AS OUR ABILITY TO RELAX, COOPERATE AND BE EMOTIONALLY OPEN WITH ONE-IN-OTHER; A STATE ENABLED BY BEING NOURISHED.

AS IT STANDS, WE SEEM PREOCCUPIED WITH HOARDING AND SURVIVAL, HALLUCINATING A «THEM», «PEOPLE» OR «SOME PEOPLE» RESPONSIBLE FOR THE WORLD'S WOES. WHY ARE WE DEFENSIVE AND PREOCCUPIED WITH SURVIVAL? WE ARE STARVING. WHY ARE WE DISCONNECTED EMOTIONALLY FROM THE FAMILY OF LIFE? WE HAVE REPLACED A WARM TENDER BREAST FULL OF FATTY, STRENGTHENING GOODNESS WITH TOO-SWEET, BIO-INERT SOY PRODUCT FROM A COLD PLASTIC BOTTLE WITH A LATEX TIP. MOST OF OUR FOOD IS CHEMICAL, ENGINEERED TO TASTE LIKE NATURE, BUT LACKING THE BASIC SOUL FORCE AND RAW MATERIALS THAT CONNECT US WITH LIFE AND BUILD OUR VEHICLES.

CONVERSELY, MERELY BY INTENSIFYING OUR CONNECTION WITH THE NATURAL WORLD, INCORPORATING LIFE FORCE INTO OUR OWN BODIES AND ALLOWING THE EMOTIONAL RANGE WHICH THAT BRINGS, WE INVITE AN OPPORTUNITY TO RELAX AND COMMUNICATE TRANSPARENTLY. WE INVITE EMOTIONAL SHARING AND A TRANSMISSION OF THE STATE OF EASE WE ARE MODELING. ONE-IN- OTHER ARE NATURALLY CURIOUS ABOUT WHY WE ARE SO CALM, KIND AND HAPPY, AND OUR EXTENDED COMMUNITY BECOMES MORE COOPERATIVE.

RESIDUAL BELIEFS ABOUT MEAT-EATING BEING INCONSISTENT WITH SPIRITUALITY, OPEN-HEARTEDNESS OR EARTH-CONSCIOUSNESS CAN BE CURED BY SHARING EXPERIENCE WITH NATIVE AMERICANS OR TIBETANS, WHO EAT MEAT HEAVILY. NOTICE THE BEAUTIFUL, WIDE, CALM, KIND FACES OF OUR FAMILY FROM TIBET, FED FOR MILLENNIA ON RICH RAW YAK PRODUCTS. NOTICE HOW IT FEELS TO BE WITH THOSE OF US WHO PERCEIVE THE FAMILY OF LIFE AS A CONSTANT, OBVIOUS AND UNAVOIDABLE FACT.

FROM THE PERSPECTIVE OF NATIVE AMERICAN SEERS, WE EACH EXIST TO BE USED BY THE MODALITY OF THE TIMES — TO ENRICH THE CONSCIOUSNESS OF THE WHOLE — UNDERSTOOD TO BE THE PURPOSE OF LIFE, THE FUEL OF THE PROCESS OF CREATION. [12] IN THIS SPHERE OF EXPERIENCE, EARTH, CONSCIOUSNESS IS ENRICHED BY PLEASURE: EMOTIONALLY AND PERCEPTUALLY WE DILATE IN THE EXPERIENCE OF PLEASURE. WE FEEL MORE, AND WE NOTICE MORE. WE EXPERIENCE EXISTENCE AS BEAUTIFUL AND BECOME MORE AND MORE OPEN TO SHARING. EXPERIENCES UNTHINKABLE IN EMOTIONALLY CLOSED STATES HAPPEN NATURALLY AND FLUIDLY WHEN WE ARE MANIPULATED WITH PLEASURE. PROVIDING OURCELLS AND ONE-IN-OTHER WITH PLEASURABLE, INVIGORATING EXPERIENCES OF EATING CAN ENABLE SOCIETALCHANGE ON A

GRAND SCALE.

FOR THOSE OF US EATING PROCESSED FOOD, EATING SIMPLE TASTY WHOLE FOOD CAN BE A REVOLUTION. FOR THOSE OF US EATING COOKED FOOD, TASTY RAW FOOD CAN BE A REVOLUTION. FOR THOSE OF US EATING RAW VEGETAL FOOD, RAW ANIMAL FOOD CAN BE A REVOLUTION. SHARING THE WONDERS THAT WE ARE DISCOVERING CAN BE A REVOLUTIONARY ACT.

REALIZING THAT THE DERANGEMENT OF OUR SPECIES-MATES, THE VIOLENCE AND DYSFUNCTION, RAGE AND DESPAIR, CAN ALL BE LINKED TO STARVATION AND MALNUTRITION, INVITES US TO ADOPT A WHOLE NEW PERSPECTIVE ON CIVILIZATION, IN WHICH FEEDING THE WORLD IS MORE THAN A NICE IDEA; IT IS A POLICY TOOL FOR TRANSFORMING THE SOCIAL LANDSCAPE AND INVITING THE REUNION OF THE HUMAN FAMILY.

OUR PERCEPTUAL AND SOCIAL SENSITIVITY SEEM TO INCREASE AS OUR DIETS REFINE. INSTRUCTIVELY, WHEN MOVING TO A WHOLE FOODS DIET OUR USE OF CONDIMENTS AND SPICES SEEMS TO FALL AWAY AS OUR SENSE OF TASTE INCREASES: THE SIMPLE GOODNESS OF WHAT WE ARE EATING AND THE JOY THAT FOOD UNLOCKS BECOME THE PRIMARY ATTRACTANTS. BAKED SQUASH WITH MAPLE SYRUP GIVES WAY TO BAKED SQUASH — UNTHINKABLY SWEET TO THE AWAKENED PALATE. RAW TUNA IN SHOYU (HEALTHY TRADITIONAL SOY SAUCE) GIVES WAY TO RAW TUNA — UNTHINKABLY

SALTY AND RICH ALONE. WE FIND THAT WHEN MIXING FOODS WE CAN EAT LESS, SO WE EAT FOODS ALONE. SIMILARLY, OUR RELATIONSHIPS WITH ONE-ANOTHER SEEM TO CLARIFY: WE BECOME SATISFIED WITH WHOLESOME EVERYDAY EXCHANGES. THE QUEST FOR THE EXOTIC DIMS. «VACATION» SEEMS LESS DESIRABLE AS PRESENCE SOLIDIFIES. JUST AS WITH OUR REFINING DIET, AS WE ACT ON WHAT OUR

CELLS WANT — AND AS OUR CELLS GET MORE AND MORE OF WHAT THEY WANT — WE BECOME MORE ABLE TO ARTICULATE EXACTLY WHAT WILL MOST SATISFY US FOR THE MOMENT, FOR THE DAY, AND FOR OUR LIVES — AND CHOOSE THAT. WE BECOME ALERT TO OUR ACTIONS IN ALL OF OUR RELATIONSHIPS, WITH THE EARTH AND ONE-IN-OTHER, AND BY DISCOVERING WHAT SATISFIES US, LEARN TO ACT AS NATURAL ANIMALS.

[6] DIETARY DISINFORMATION, MD'S AND HEALTH EXPERTS

BEFORE WE SWALLOW ANYTHING, INCLUDING ADVICE, IT SEEMS IMPORTANT SO SEPARATE THE PACKAGING FROM THE PRODUCT, THE STORY FROM THE SUBSTANCE. IN ORDER TO ACHIEVE HEALTH THRU CONSCIOUSNESS, IT MAY BE NECESSARY TO MAKE ROOM FOR CONSCIOUSNESS BY DISABUSING OURSELVES OF CERTAIN OPERATIVE FICTIONS HONORED PUBLICLY AS «FACTS». IT IS UP TO US, AS CONSUMERS, TO ASSESS «MODERN MEDICINE» AND DECIDE FOR OURSELVES WHETHER OR NOT MD'S ARE IN FACT HEALTH EXPERTS. THE AVERAGE MD DIES SEVEN TO SIXTEEN YEARS BEFORE THE REST OF US.

MANY OF US FEEL EXTREMELY INSECURE ABOUT OUR HEALTH AND ARE WILLING TO DEFER TO «EXPERT» ADVICE MERELY BECAUSE WE HAVE NO OTHER CONCEIVABLE AVENUE FOR HEALTH OR CARE. ONCE WE ARE IN PAIN, OR PARTIALLY DYSFUNCTIONAL, WE DEVELOP EXTREME ANXIETY ABOUT GETTING WORSE, AND ARE WILLING TO DEFER TO ANYONE WHO CAN GET RESULTS QUICKLY AND PUT OUR FEAR TO REST. WE SEEM TO ADOPT THE ASSUMPTIONS OF OUR CULTURE AND COMMUNITY IN ACCEPTING THE «REALITY BY DEFINITION» THAT DOCTORS ARE PROFESSIONAL HEALERS. ANOTHER OPTION IS TO MANAGE OUR FEAR, MANAGE OUR CONSCIOUSNESS, AND TAKE FULL RESPONSIBILITY FOR HEALING OURCELLS.

I REMEMBER WHEN I COULD NO LONGER AFFORD HEALTH INSURANCE, AND I REMEMBER THE EMOTIONAL TURMOIL I EXPERIENCED — EVEN AFTER NEAR-DEATH-BY-MEDICINE. I AM CONSCIOUS OF THE DECADE IT HAS TAKEN ME TO BE ABLE TO WRITE WHAT I AM WRITING NOW, TO PREPARE EMOTIONALLY

TO STAND UP TO THE MOMENTUM OF A CORNERSTONE BELIEF OF OUR SOCIETY — THE BELIEF THAT DOCTORS ARE HEALTH EXPERTS — AND TO GIVE UP MY PROGRAMMED DEFERRAL TO THE «EXPERTISE» OF MY FATHER AND THE CLASS OF «PROFESSIONALS» WHICH HE REPRESENTS.

I HAVE BEEN WORKING ON THIS TRANSITION SINCE MY MID-TEENS, WHEN A CLOSE FRIEND OF MY FATHER, AND A FATHER OF A FRIEND, BOTH MD'S, DROPPED DEAD OF HEART ATTACKS AROUND AGE 50. I REMEMBER UNDERSTANDING THEN THAT THE UNHEALTHY LIFESTYLE PATTERNS OF DOCTORS — PARTICULARLY WORKAHOLISM, HEAVY RECREATIONAL DRUG USE [INCLUDING PRESCRIPTION PILLS, ALCOHOL AND TOBACCO], POOR EMOTIONAL MANAGEMENT AND POOR SELF-NURTURANCE SKILLS DO HAVE THEIR COSTS; AND MUCH AS «CANCER CURES SMOKING», HEART ATTACKS CURE THOSE OF US UNWILLING TO ACKNOWLEDGE OUR EMOTIONS OR THE SIGNALS OF OUR BODIES.

I UNDERSTAND THAT SOME WRESTLING MAY BE NECESSARY IN ORDER TO FULLY REALIZE THAT WE ARE EACH ON OUR OWN IN BEING RESPONSIBLE FOR OUR HEALTH, EDUCATING OURSELVES AND MAKING PRODUCTIVE DECISIONS. WE EACH MUST DECIDE WHOM AND WHAT TO TRUST, AND THAT CHOICE MAY SEEM DIFFICULT. YET AS SOON AS WE START READING THE STATISTICS ON DOCTOR-CAUSED ILLNESS AND DISEASE (IATROGENIC CASUALTIES) AND REALIZE THAT WE ARE 20 TIMES AS LIKELY TO BE KILLED BY A DOCTOR THAN BY AN AUTO ACCIDENT, AND MORE LIKELY TO BE KILLED THRU MEDICAL «CARE» THAN BY EITHER HEART DISEASE OR CANCER, THE WATER COLOR PICTURE OF MODERN MEDICINE BEGINS TO BLEED.

40,000 OF US HAD A HEALTHY APPENDIX REMOVED LAST YEAR [13]. ACCORDING TO STATISTICS GATHERED IN THE

JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION BASED ON UNIVERSITY RESEARCH, 137,000 OF US WERE KILLED BY MEDICATION WHILE HOSPITALIZED — 106,000 OF US WERE KILLED BY ADVERSE DRUG REACTIONS WITHOUT PHYSICIAN ERROR. TWO MILLION OF US WERE SERIOUSLY INJURED BY MEDICATION WHILE HOSPITALIZED. FIVE MILLION OF US WERE KILLED OR SERIOUSLY INJURED BY MEDICATION AS OUTPATIENTS. AND TWO MILLION OF US BECAME DISEASED LAST YEAR AS A RESULT OF MEDICAL «THERAPIES». THE MOST STRINGENT, CONSERVATIVE MODELING PRODUCES A FIGURE BETWEEN 750,000 AND ONE MILLION OF US DEAD EACH YEAR AS A RESULT OF MEDICAL TREATMENT, MISTREATMENT OR NEGLIGENCE [14].

IN ADDITION TO THIS MONSTROUS TOLL, MD'S HAVE PROVIDED US WITH SOME CRUCIAL ADDITIONAL INFORMATION — INDICATING THAT IT IS NOT MERELY THEIR NEGLIGENCE OR SLIPSHOD PERFORMANCE THAT RESULTS IN CASUALTIES, BUT SERIOUS FLAWS IN THE ENTIRE THEORETICAL MODEL FROM WHICH MODERN «HEALTHCARE» PROCEEDS: BY ACHIEVING THE HIGHEST RATE OF PREMATURE DEATH BY DISEASE OF ANY PROFESSION AT THEIR LEVEL OF EDUCATION, MD'S HAVE PROVEN THEIR QUALIFICATION, NOT AS HEALTH EXPERTS, BUT AS DISEASE SPECIALISTS. BY DYING SEVEN TO SIXTEEN YEARS EARLIER THAN THE REST OF THE U.S. POPULATION, MD'S HAVE DEMONSTRATED THAT THE PREOCCUPATION WITH DISEASE SYMPTOMS, THE FOCUS ON MICROBES AND ADMINISTRATION OF BIOCIDES, THE ABSENCE OF A MODEL OF HEALTH BEYOND STATISTICAL NORMS, AND THE DISREGARD OF BASIC PHYSICS, CHEMISTRY AND BIOLOGY IN UNDERSTANDING AND MODULATING PHYSIOLOGICAL FUNCTION SACRIFICES SCIENCE FOR A STANDARDIZED, FAMILIAR, ROUTINE CLINICAL APPROACH WHOSE CONTEXTUALIZATIONS, BELIEF SYSTEMS,

DATA SETS, SKILL SETS AND PRACTICES ARE NOT HEALTH PRODUCTIVE. [15]

MANY OF THE DISEASES FROM WHICH WE NOW DIE PREMATURELY WERE RELATIVELY SCARCE 100 YEARS AGO. MANY OF THEM HAVE BEEN METICULOUSLY, ELABORATELY AND SCIENTIFICALLY DOCUMENTED AS RESULTING FROM THE MALNUTRITION CAUSED BY DENATURED FOODS. UNFORTUNATELY FOR ALL OF US, THE AVERAGE MD, IN A DECADE OF FORMAL AND CLINICAL POST-SECONDARY EDUCATION, RECEIVES ZERO TO ONE COURSES ON NUTRITION. AND MUCH OF THAT TRAINING, AND SUBSEQUENT EDUCATION VIA PEER REVIEWED JOURNALS, SEEMS WORTHLESS.

CONSIDER THE CASE OF DR.FREDERICK STARE, ONE-TIME HEAD OF THE NUTRITION DEPARTMENT AT HARVARD UNIVERSITY. PRIOR TO HIS APPOINTMENT DR.STARE HAD PUBLISHED ARTICLES ABOUT NUTRITIONAL DEFICIENCIES CAUSED BY WHITE FLOUR AND CORRELATING THE HIGH INTAKE OF VEGETABLE OILS, BUT NOT ANIMAL FATS, WITH HEART DISEASE. ONCE ON BOARD AT HARVARD, AND RECEIVING GRANT MONEY FROM THE FOOD PROCESSING INDUSTRY, STARE BECAME AN APOLOGIST FOR WHITE BREAD AND ADVOCATED A CUP OF CORN OIL PER DAY FOR HEART DISEASE SUFFERERS, MISINFORMING THOUSANDS OF HEALTH-INTERESTED READERS, INCLUDING A GENERATION OF MEDICAL STUDENTS, THRU HIS ARTICLES AND NEWSPAPER COLUMNS. [16]

DID STARE SELL OUT OR BUY IN — TO A BELIEF SYSTEM AND CONTEXTUALIZATION SCHEME OF HIS PROFESSIONAL PEERS? MANY OF US SEEM TO ADVANCE ACADEMICALLY AND PROFESSIONALLY BY MIMICKING THOSE AROUND US AND ACTING WITHIN THE EMOTIONAL TOLERANCES OF GROUP PERCEPTION. WE DO WHAT IS SOCIALLY EASY. WE DO WHAT WE'RE TOLD. WE BELIEVE WHAT IS SOCIALLY EASY. WE BELIEVE WHAT WE'RE

TOLD. WE EXPRESS OURCELLS WITHIN THE RANGE OF WHAT IS SOCIALLY EASY: WE ARE «NICE», «NORMAL» AND «PROFESSIONAL» AS MEASURED BY THE GRADE-O- METER, INSTRUCTOR AFFECTION, THE FUNDING CYCLE, AND PEER APPROVAL. MEDICAL STANDARDS ARE OFTEN LITTLE MORE THAN SOCIAL STANDARDS, WHICH BOIL DOWN TO WHAT IS EMOTIONALLY COMFORTABLE FOR THE «PROFESSIONALS» AROUND US — AND TO THE CORPORATIONS THAT PAY FOR ENDOWED PROFESSORSHIPS AND RESEARCH GRANTS.

THE GUIDED CONTEXTUALIZATION OF CORN OIL AND SOY PROTEIN AS «HEALTH FOODS» AND THE PSEUDOSCIENCE RESEARCH SUMMARIES WHICH SUPPORT THEM ARE PROVIDED BY THE VERY INDUSTRIES WHICH PRODUCE THEM. SKIM MILK — MILK FROM WHICH THE FAT HAS BEEN REMOVED — WAS DISCARDED AS A WASTE PRODUCT BY DAIRY FARMERS OF EARLIER GENERATIONS AND IS NOW PROMOTED — BY THE AMERICAN DAIRY COUNCIL OF INDUSTRIALIZED LACTOBUSINESS — AS MORE NUTRITIOUS THAN WHOLE MILK — A «HEALTH FOOD». MD'S IGNORANT OF SIXTY YEARS OF CONCLUSIVE RESEARCH [17] RECOMMEND IT DAILY. INDISCRIMINATE ACCEPTANCE OF INDUSTRY PROPAGANDA BY THE GATEKEEPERS OF PUBLIC HEALTH, AND DEFAULT ENTRAINMENT WITH PEER PERCEPTION ABSENT DUE DILIGENCE COSTS US ALL.

MD IGNORANCE OF BASIC NUTRITIONAL AND TRADITIONAL MEDICAL INFORMATION SEEMS UNDERSTANDABLE — IT WAS NOT PART OF THE CURRICULUM, AND THE CURRICULUM IS ASSUMED TO HAVE DISTILLED THE WORTHWHILE LESSONS OF THE MEDICINE OF THE PAST. THAT HIPPOCRATES CURED WITH RAW MILK SEEMS INCONCEIVABLE, AS DOES THE MOUNTAIN OF EVIDENCE THAT PASTEURIZED MILK PRODUCTS ARE DAMAGING: CONVENTION IS ASSUMED TO HAVE BEEN TESTED. «THE WAY THINGS ARE» AND «THE WAY WE DO THINGS» ARE

PART 2:
STEP UP
TO THE
PLATE

[10] FLUID PERSPECTIVES

IN ADDRESSING LONG-TERM MALNUTRITION THRU DIET, FOCUS ON FLUIDS; VIEW OUR CELLS AS SWIMMING IN A SEA OF FLUIDS WHOSE RICHNESS GUIDES OUR HEALTH. REMEMBER THAT MOST OF OUR METABOLIC PROCESSES, INCLUDING DIGESTION, INVOLVE THE MOVEMENT OF FLUID FROM ONE SIDE OF A MEMBRANE TO ANOTHER. TO DIGEST FOOD WELL, CHEW IT TO A LIQUID.

FLUID QUALITY HAS LONG BEEN LINKED TO HEALTH AND LONGEVITY. IN THE EARLY 20TH CENTURY NOBEL LAUREATE ALEX CARREL DID THE MOST FAMOUS PUBLIC EXPERIMENT ON THE TOPIC. CARREL BELIEVED THAT INDIVIDUAL CELLS, WHICH CONTAIN THE LIVING PROTOPLASM OF OUR ANCESTORS, AND WHICH MAY DIVIDE AND REPRODUCE THOUSANDS OF TIMES IN OUR LIFETIMES, ARE CAPABLE OF ETERNAL LIFE. HE ARGUED THAT IT IS ONLY THE DETERIORATION OF OUR FLUID CULTURE WHICH EVENTUALLY REDUCES CELLULAR FUNCTION, AND KILLS US.

CARREL AND HIS ASSISTANTS TOOK CHICKEN EMBRYO CELLS AND KEPT THEM ALIVE FOR 34 YEARS. THE AVERAGE CHICKEN DIES BY AGE 7, AND THE OLDEST KNOWN CHICKEN DIED AT 12. CARREL'S CHICKEN CELLS ONLY DIED, AFTER CARREL HIMSELF, WHEN AN ASSISTANT FORGOT TO REFRESH THEIR FLUID. WE THE CIVILIZED SEEM TO FAIL AT CARING FOR OUR CELLS AS WELL. NOT ONLY ARE WE EVACUATING OUR BONES INTO OUR SERUM, THEN INTO OUR TOILETS DUE TO HIGH CARBOHYDRATE DIETS, WE ARE DEHYDRATING AT AN ACCELERATED RATE, DROPPING IN WATER CONTENT FROM 75% TO 60% OVER FORESHORTENED LIFE SPANS. [46]

GIVEN THAT MOST OF OUR CELLULAR, INTRACELLULAR AND EXTRACELLULAR REACTIONS DEPEND ON THE AVAILABILITY AND BALANCE OF ASSORTED MOLECULES IN SOLUTION, THIS SEEMS DIRE NEWS INDEED. CELLULAR TRANSPORT AND ACTIVITY ARE A FUNCTION OF THE SPECIFIC CONCENTRATIONS OF OUR FLUIDS. ELECTROLYTES (IONIC, CHARGED MINERALS) PROVIDE THE CATALYST FOR COUNTLESS METABOLIC REACTIONS. DECREASES IN A SINGLE ELECTROLYTE, E.G. MAGNESIUM, OR CHANGES IN ELECTROLYTE BALANCE, E.G. BETWEEN THOSE OF MAGNESIUM AND SODIUM, CAN HAVE SYSTEMIC CONSEQUENCES.

OUR CELLS EFFICIENTLY PROCESS OUR EXTERNAL NATURAL ENVIRONMENTS INTO HEALTHY INTERNAL ENVIRONMENTS. WHEN WE PROVIDE UNNATURAL BUILDING MATERIALS FROM NON-NATURAL SOURCES, CHAOS ENSUES WITHIN. FATS ARE NOT COOKED AT 400° IN NATURE. SUGAR IS NOT MELTED INTO NEW FORMS. CORN OIL DOES NOT SEEK OUT NICKEL HYDRIDE AND SPIN ITSELF INTO MARGARINE. FLUORIDE, CHLORINE AND LEAD DO NOT POUR OUT OF A SINGLE SPRING, AS THEY DO FROM OUR FAUCETS. ATTEMPTING TO BUILD HEALTHY STRUCTURE OUT OF UNHEALTHY BUILDING MATERIAL FAILS.

THE CELLULAR FLUIDS OF ANIMALS AND PLANTS CONTAIN ENZYMES USEFUL TO THE DECONSTRUCTION AND RECYCLING OF THEIR CONTENTS. SOFT DRINKS, BOTTLED JUICE [47] AND PASTEURIZED MILK DO NOT. THE SALTY FLUIDS OF ANIMALS AND VEGETABLES ARE BALANCED AND USEFUL; THE SALT IN OUR SHAKERS IS NOT. OUR CELLS DON'T KNOW WHAT TO DO WITH NOT-FOODS; THEY DO THEIR BEST THEY CAN.

APPRECIATING THAT WE ARE OFTEN PROFOUNDLY DEHYDRATED ALLOWS US TO APPROACH EATING MORE STRATEGICALLY; OFTEN ONLY WHEN WE ARE WELL-HYDRATED DO WE FEEL HUNGRY OR EAT TO DEPTH. LEAVING ALL SWEET DRINKS

ALLOWS US TO APPROACH EATING WITH A FULL PANCREATIC ARSENAL OF ENZYMES, ABLE TO EFFICIENTLY DIGEST WHAT WE PUT INTO US. HYDRATING OUR CELLS EFFICIENTLY MAY REQUIRE CONSISTENT, INTENTIONAL ACTION. EVEN IF WE FIND OR CREATE A WATER ABSENT OF CHLORINE AND FLUORIDE, THE HIGH SURFACE TENSION OF POORLY MINERALIZED WATER MAY RESULT IN ITS POOR CELLULAR ABSORPTION.

THE COMMUNITIES WORLDWIDE IN WHICH CENTENARIANS ARE STILL COMMON, AND IN WHICH 80 YEAR-OLDS ARE STILL VIGOROUSLY ACTIVE AND REPRODUCTIVE, TEND TO LIVE IN CLOSE PROXIMITY TO GLACIERS. GLACIERS GRIND MINERALS, PARTICULARLY SILICA, INTO A FINE DUST WHICH IS SUSPENDED IN THE DRINKING WATER AS COLLOIDS. THESE COLLOIDAL MINERALS PROFOUNDLY LOWER THE SURFACE TENSION (RH: REDUKTION HYDROGEN) OF THE WATER, LEADING TO EXCELLENT HYDRATION, AND DELIVERING HIGHLY BIOAVAILABLE MINERALS TO THE CELLS. THE AGRICULTURE AND LIVESTOCK IN THESE REGIONS ARE ALSO KNOWN TO BE EXCELLENT.

FLUIDS WITH HIGH SURFACE TENSION TEND TO CROSS OUR CELL WALLS INEFFICIENTLY AND REMAIN IN THE FLUIDS BETWEEN OUR CELLS. FLUIDS WITH LOW SURFACE TENSION TEND TO CROSS THE CELL WALL RAPIDLY AND HYDRATE THE CELLS WELL. THE DIFFERENCE IN URINE VOLUME AFTER DRINKING THE TWO TYPES OF FLUIDS MAY BE REMARKABLE: AFTER DRINKING ELECTROLYTE RICH, LOW-RH FLUIDS WE MAY NOT NEED TO URINATE AT ALL.

AVAILABLE SOURCES OF THESE FLUIDS ARE RAW MILK, BLOOD, JUICED FRUITS AND VEGETABLES, CERTAIN CULTURED DRINKS, CERTAIN MINERAL WATERS, AND LIQUIDS MODIFIED WITH SILICA, ELECTROLYTES OR OTHER WATER STRUCTURING ADDITIVES. THE SOLE COOKED LIQUIDS KNOWN (TO THIS AUTHOR) TO ACT SIMILARLY ARE ANIMAL BROTH — RICH IN

FAT-SOLUBLE COLLOIDS — AND OAT WATER, A PREPARATION RICH IN SILICA. CHICKEN SOUP PROVIDES HYDRATION AS WELL AS ESSENTIAL FATS TO THOSE IN NEED.

SEPARATING FLUID AND FOOD CONSUMPTION USUALLY SEEMS ADVISABLE: MAKING DRINKS AND FOODS SEPARATE MEALS ALLOWS US TO DEAL WITH BOTH OUR DEHYDRATION AND HUNGER COMPLETELY. EFFICIENT DIGESTION IS OFTEN A FUNCTION OF THE CONCENTRATION OF DIGESTIVE JUICES MIXED WITH FOODS; THESE JUICES ARE DILUTED WHEN DRINKS ARE TAKEN WITH MEALS. ADDITIONALLY, THE SPECIFIC ENZYME PROFILE RELEASED BY THE PANCREAS IN RESPONSE TO ANY SPECIFIC FOOD OR DRINK IS DIFFERENT; MIXING AND MATCHING MAKES MESSAGES. BREAK DOWN BEER AND BEEF SEPARATELY FOR EFFICIENCY. [48]

MANY DIETARY TRADITIONS RECOMMEND DRINKING A HALF HOUR OR MORE BEFORE OR AFTER EATING. THE EXCEPTION TO THIS ADVICE IS SOUP OR BROTH, WHOSE CONTENTS HAVE BLENDED INTO A SINGLE CONTENT PROFILE, AND WHOSE FLUIDS HAVE OPTIMALLY BEEN ENRICHED WITH HEALTHY FATS. NOTE THAT THOUGH HIGHLY ABSORBABLE, THESE SOUPS ARE DEVOID OF ENZYMES, INCLUDING LIPASE, DESTROYED BY COOKING. SOME OF THEIR FATS ARE LIKELY DAMAGED AND THEIR HEAT SENSITIVE VITAMINS DESTROYED.

BODILY FAT STORAGE AND WATER STORAGE ARE LINKED. INCREASING WATER STORAGE POTENTIAL SEEMS TO BE A FUNCTION OF DIGESTIBLE DIETARY FATS: IN ORDER TO HOLD MORE WATER, OUR CELLS BUILD IT INTO FATTY TISSUES. ABANDON VISIONS OF SURFACE BLUBBER: FATTY TISSUES INCLUDE THE SKIN, ORGANS AND JOINTS. WELL-HYDRATED TISSUES ARE SMOOTH AND FLEXIBLE.

RECOGNIZE TOO: RAW FOODS ARE RELATIVELY NON-STIMULATING TO GLANDS AND TEND TO STABILIZE WEIGHT.

COOKED FOODS STIMULATE GLANDS AND TEND TO FATTEN. FARMERS DESIRING TO FATTEN HOGS FOUND THAT RAW POTATOES WOULD NOT DO THE JOB, BUT COOKED ONES WOULD. [49] THE TISSUE OF ANIMALS FED RAW FOOD IS DIFFERENT FROM THOSE FED COOKED FOOD; THOSE «FATTENED» UP ON COOKED FOODS, BECAUSE THEIR FATS ARE PRODUCED IN AN ACCELERATED PROCESS, THE VITAMIN AND MINERAL CONTENT OF THESE FATS IS RELATIVELY POOR, AS IS THEIR COLLAGEN CONTENT — A FUNCTION OF SILICA CONSUMPTION.

ANIMALS GIVEN RAW AND PROBIOTIC FEED HAVE HEALTHIER, MORE NUTRITIOUS TISSUES. SIMILARLY, THE TISSUE OF ANIMALS FED GRAIN IS DIFFERENT FROM THOSE FED GRASS: THE FATS ARE QUALITATIVELY DIFFERENT, AND EATING THEM PRODUCES DIFFERENT RESULTS. EATING THE FATS FROM GRASS-FED BEEF WE RECEIVE CONJUGATED LINOLEIC ACIDS SHOWN TO REDUCE CANCER AND INFLAMMATION; IN GRAIN-FED BEEF IT IS ABSENT. THE PROPORTION OF OMEGA-6 AND OMEGA-3 FATS ARE ALSO SKEWED IN GRAIN-FED BEEF. GRASSES ARE ENZYMATICALLY RICH AND RICH IN BIOAVAILABLE VITAMINS AND MINERALS. GRAINS ARE ENZYMATICALLY INERT AND COMPARATIVELY POOR IN BIOAVAILABLE VITAMINS AND MINERALS. TO RECEIVE GOOD NOURISHMENT, EAT WELL-NOURISHED ANIMALS.

MANY CONVENTIONAL FOODS MIX FAT AND CARBOHYDRATES; INTERESTINGLY IT IS THE COOKING AND THE CARBOHYDRATES WHICH FATTEN US. HUMANS APPARENTLY ONLY EAT CARBOHYDRATES WHEN WE ARE STARVING; GIVEN THE CHOICE BETWEEN SEAFOOD, FOWL, OR GAME AND CARBOHYDRATES, NATURAL HUMANS CHOOSE UNERRINGLY. EATING CARBOHYDRATES IS A CLEAR SIGNAL TO OUR CELLS THAT WE ARE DESPERATE AND MUST STORE FAT; OUR ENTIRE METABOLISM CHANGES, AND WITH IT OUR PERCEPTION.

TWENTY-FIVE MILLION AMERICANS ARE ESTIMATED TO BE USING THE ATKINS DIET™, A LOW-CARBOHYDRATE, HIGH-FAT AND HIGH-PROTEIN DIET. THESE FOLKS DISCOVER QUICKLY THAT WITHOUT CARBOHYDRATES, EXCESS SURFACE BLUBBER GOES AWAY AND WE FEEL MUCH MORE ACTIVE AND ENERGETIC. FAT IS EXCELLENT FUEL, USED TWO TO FIVE TIMES MORE EFFICIENTLY THAN CARBOHYDRATES, AND ESSENTIAL TO BUILDING HEALTHY TISSUES. BY EATING IT, WE FEEL EMPOWERED.

THE UNWRITTEN CAVEAT TO THE ATKINS DIET™, HOWEVER, IS THAT LONG TERM ATKINS DIETERS TEND TO HAVE OUR GALL BLADDER REMOVED; OUR SYSTEMS CANNOT HANDLE THE COOKED FAT, WHICH COATS AND CLOGS US INTERNALLY. A SIMILAR DIET, THE PRIMAL DIET™, DIFFERS PRIMARILY IN THAT IT IS ALL RAW; ITS USERS HAVE ESSENTIALLY NO GALL BLADDER REMOVAL WITH SIMILAR BENEFITS, AND OTHERS. COOKED BEEF PROTEIN IS UNDERSTOOD TO BE 60% ASSIMILABLE, WHILE RAW BEEF IS UNDERSTOOD TO BE 100% ASSIMILABLE. [50] COOKED AND RAW FAT METABOLISM SEEMS TO BE PARALLEL. NOTE WELL: IN COOKED FOOD VITAMINS (SUCH AS C AND D) ARE DESTROYED, AND THE MINERALS WHOSE ABSORPTION DEPEND UPON THEIR PRESENCE ARE NOT ABSORBED. THE CHRONIC DEFICIENCIES PREVALENT IN CIVILIZED HUMANIMALS ARE, IN PART, CREATED BY COOKING.

CONCEIVING EATING AND DRINKING AS EXERCISES IN ENRICHING OUR BODILY FLUIDS WITH MINERALS, PROTEINS AND FATS CAN ALLOW A PRODUCTIVE TRAJECTORY: AFTER EATING, WE FEEL NOURISHED AND ENERGETIC. TRANSITIONING FROM EATING PRIMARILY FOR EMOTION INTO EATING PRIMARILY FOR NUTRITION SEEMS EASY: AS OUR NUTRITIONAL EFFICIENCY INCREASES, THE EMOTIONAL REWARDS, IN FEELING ACTIVE AND POSITIVE, DO AS WELL: WE EAT FOR PLEASURE, COMFORT AND HEALTH ALL AT ONCE.

[11] SELF-SERVE

MOVING CONSCIOUSLY TO PROVIDE OUR CELLS WITH QUALITY FOOD MAY INVOLVE MOVING OUT OF FAMILIAR HUNTING AND GATHERING ROUTINES. THE SUPERMARKET, ONCE A WAREHOUSE OF WONDERS, BECOMES A TOMB OF HORRORS AS WE REALIZE THAT NEARLY EVERY ITEM AVAILABLE IS EITHER DENATURED OR CONTAMINATED: ALL THE MEAT AND DAIRY HAS HORMONES, THE DAIRY HAS BEEN PASTEURIZED, THE FRUIT AND VEGETABLES HAVE BEEN SPRAYED, THE FISH COME FROM FARMS WHERE THEY SWIM IN THEIR OWN FECES, THE CHICKEN COMES FROM FACTORIES, THE CONDIMENTS ARE PACKED WITH SALT OR SUGAR, AND THE NUTS, SEEDS AND SPICES HAVE BEEN IRRADIATED.

SIMILAR REALIZATIONS MAY OCCUR ABOUT RESTAURANTS OR SOCIAL GATHERINGS — DEPENDING ON THE GUIDELINES OF OUR DIETARY TARGET, WE MAY REALIZE THAT THERE IS NOTHING ON THE MENU IN OUR RANGE: NOTHING VEGAN, NOTHING ORGANIC, NOTHING WHOLE, NOTHING RAW, NOTHING UNYEASTED, NOTHING UNSWEETENED, NOTHING UNSALTED, NOTHING CULTURED, NO WHOLE FATS. WE BECOME GHOSTS WITHIN THE MOVIE OF NORMAL, ABLE TO SEE EVERYTHING, BUT TOUCH NOTHING.

EACH OF US BRINGS DIFFERENT ASSETS TO THIS CHALLENGE: SOME OF US ARE EXPERIENCED IN FOOD PREPARATION; SOME OF US HAVE OUR OWN FARMS OR GARDENS; SOME OF US HAVE HUNTING OR FISHING SKILLS; SOME OF US HAVE ACCESS TO NATURAL FOOD STORES; SOME OF US HAVE ACCESS TO TRADITIONAL FARMS; SOME OF US HAVE ACCESS TO THE INTERNET; SOME OF US HAVE SIGNIFICANT DISPOSABLE CASH;

SOME OF US NETWORK AND ORGANIZE WELL. WHATEVER OUR SITUATION, A FOUR-FOLD APPROACH SEEMS TO WORK: SELF-PROVIDE; NARROW THE RANGE; NOTICE RESULTS; PROGRAM CHANGE.

SELF PROVIDE BY GROWING AND/OR PREPARING AS MUCH OF THE FOOD AS POSSIBLE. DEVELOP TECHNIQUES FOR PREPARING IT IN BULK AND CARRYING IT AROUND FOR DAILY USE. BUY SOME QUART AND HALF-GALLON FOOD COOLERS. INVEST IN RAW MATERIALS, TOOLS, AND A PROCESS OF PRODUCTION.

NARROW THE RANGE BY SYSTEMATICALLY RESTRUCTURING AT LEAST ONE ELEMENT OF DIET. THE «MEANINGFUL TRANSITIONS» APPENDIX GIVES EXAMPLES OF THIS. FIND ALTERNATIVES TO THE ITEMS BEING REMOVED AND PREPARE THEM INSTEAD.

NOTICE RESULTS BY KEEPING A FOOD AND MOOD DIARY. WRITE DOWN WHAT IS EATEN, AND THE FEELINGS BEFORE, DURING AND AFTER EATING. RECORD RECIPES AND NOTES ON INTERESTING FOODS OR FOOD SOURCES HERE TOO. READING OUR OWN WORDS CAN BE A POWERFUL CATALYST FOR RECOGNIZING THE FOODS WHICH TRIGGER POOR MOODS, CHRONIC CONDITIONS AND LISTLESSNESS, AND THOSE WHICH LEAVE US EXCEPTIONALLY WELL. NOTICING THE CYCLES OF WHEN WE FEEL HUNGRY AND THIRSTY — AND FOR WHAT — IS VALUABLE INFORMATION TOO. WE CAN ONLY READ «I FELT DAZED AND STUPID» OR «THE GAS AND BLOATING WERE INTENSE» SO MANY TIMES BEFORE FINDING AND REMOVING A DIETARY CULPRIT.

PROGRAM CHANGE BY HAVING DEFINITE GOALS AND BY SEEING DIET AS CYCLICAL. DEFINITE GOALS MAY BE AS SIMPLE AS «I AM THRU WITH REFINED SUGAR» OR AS SPECIFIC AS «I AM DRINKING CELERY JUICE EVERY MORNING FOR THREE WEEKS.» FIXED VARIABLES AND TEST PERIODS ALLOW US TO

NOTICE RESULTS. SEEING DIET AS CYCLICAL, AND NOTICING CHANGES WE HAVE ALREADY MADE, ALLOWS US TO MAKE THE NEXT CHANGE DECISIVELY, AND WITH SELF-ACCEPTANCE.

LEAVE THE CHECK-OUT LINE AT THE SUPERMARKET. LEAVE THE HABIT OF CHECKING OUT OF OUR OWN PERCEPTION OF VALUE, DEFERRING TO THE INDISCRIMINACY OF THE HERD, AND HONORING THE «EXPERTISE» OF MARKETING. RECOGNIZE THAT THE LOWEST COST, LOWEST QUALITY, FASTEST-TO-PRODUCE PRODUCT IS NOT BEST FOR US, AND THAT GET-ALONG, GO-ALONG, PROFIT-KNOWS-BEST SLOGANS ARE EMPTY. RECOGNIZE THAT THE HIGHEST COST, MOST PREPARED, FASTEST-TO-CONSUME PRODUCT IS NOT NECESSARILY GOOD FOR US EITHER, AND THAT THE TEMPO OF EATING MODELED BY MOST OF US IS ITSELF DYSBIOTIC. REFUSING TO SWALLOW WHAT IS SERVED TO US CAN BE A FIRST STEP IN SERVING OURCELLS AND SERVING THE EARTH. OWNING OUR OWN FEELINGS, DECIDING WHAT IS GOOD FOR US, AND CHOOSING THAT, CAN OPEN A NEW WORLD OF PERCEPTION AND EMPOWERMENT. FREQUENTLY, TO GET A MEAL OR EXPERIENCE THAT SATISFIES US, WE MUST PROVIDE IT OURSELVES.

[12] FOOD ISOLATING

THERE IS A FUNCTIONAL LIMIT TO WHAT WE CAN PROCESS IN A SINGLE MOMENT. SOME OF US ARE ABLE TO DRIVE, EAT, TALK ON THE PHONE AND LISTEN TO THE RADIO NEWS SIMULTANEOUSLY — BUT WITH WHAT LEVEL OF ABSORPTION? MANY OF US DO FAR BETTER ISOLATING ONE OF THESE ACTIVITIES AT A TIME AND GIVING IT OUR FULL ATTENTION. IF WE TAKE FOUR OR FIVE OF OUR FAVORITE SONGS AND PLAY THEM SIMULTANEOUSLY, HOW READILY CAN WE ENJOY AND DIGEST THEIR CONTENT?

FOOD ISOLATING HAS BEEN PRACTICED FOR MILLENNIA. NATURAL ANIMALS DO IT INSTINCTUALLY: WE ONLY WANT TO INGEST FOOD WHICH WILL FEEL GOOD TO US. OUR CELLS REJECT FOOD WHICH WILL FEEL BAD IF MIXED WITH WHAT WE HAVE ALREADY PUT IN US.

UNFORTUNATELY, MOST OF US HAVE ONLY EATEN FOODS IN POORLY DIGESTIBLE COMBINATIONS. EVEN OUR EXPERIENCES OF FEELING «GOOD» WHEN EATING ARE AT THE LOW END OF THE SCALE; WE HAVE YET TO LEARN HOW MUCH BETTER WE WILL FEEL IF EATING FOODS INDIVIDUALLY, AND GIVING OUR CELLS TIME AND SPACE TO DIGEST THEM WELL. BECAUSE WE ARE CHRONICALLY MALNOURISHED WE DESPERATELY RUSH THRU EATING EVERYTHING WE CAN WITHOUT EVEN NOTICING WE ARE RUSHING; WITHOUT EVEN NOTICING THAT THE NORMAL WAY OF EATING IS RUSHING. CHANGING THIS PATTERN CAN BE AS EASY AS PUTTING A SINGLE DISH ON OUR TABLE, AND EATING FROM IT ALONE.

EVERY RECIPE THAT FOLLOWS IS INTENDED TO BE EATEN ALONE.

EVERY RECIPE THAT FOLLOWS IS PROVIDED WITH THE ASSUMPTION THAT ADEQUATE TIME WILL BE GIVEN TO IT SO THAT IT MAY BE DIGESTED WELL. MIXING FOODS WITH VARYING CONTENTS RADICALLY REDUCES OUR DIGESTIVE EFFICACY BECAUSE THE SUBTLE RESPONSIVENESS OF OUR PANCREASES TO INDIVIDUAL FOODS IS COMPROMISED: ALTHO WE CAN SECRETE AN ENZYME PROFILE APPROPRIATE FOR DISSEMBLING MANY SPECIFIC FOODS, WHEN DIFFERENT FOODS REACH THE DISASSEMBLY LINE CLOSE

TOGETHER, THERE ARE TOO MANY HANDS WITH TOO MANY TOOLS IN TOO TIGHT A SPACE, AND TOO LITTLE POWER TO DRIVE ALL THE TOOLS AT ONCE.

ELABORATE MAPS OF BENEFICIAL FOOD COMBINATIONS HAVE EXISTED FOR MILLENNIA. RATHER THAN EXPLAIN THEM ELABORATELY, THIS BOOK INTEGRATES THEM CONCISELY, AND MENTIONS THEM TOPICALLY BY INGREDIENT; I.E. ONIONS COMBINE WELL WITH MEAT AND FACILITATE ITS DIGESTION.

A BRIEF OVERVIEW MAY BE USEFUL: PRIMARY CATEGORIES OF ENZYMES INCLUDE PROTEASES (FOR THE DIGESTION OF PROTEINS), LIPASES (FOR THE DIGESTION OF FATS) AND AMYLASES (FOR THE DIGESTION OF CARBOHYDRATES). DIGESTING AN ALMOND INVOLVES SECRETION OF ALL THREE. DIGESTING BEEF INVOLVES A SECRETION OF ALL THREE AS WELL, BUT IN DIFFERENT PROPORTIONS.

BACK IN OUR DISASSEMBLY LINE ANALOGY, IMAGINE THAT BEEF IS AN INTERSTATE BUS AND ALMONDS ARE MOTORCYCLES. THE DISASSEMBLY LINE IS MOVING CONSTANTLY AND WORKERS STAND BESIDE IT AND PERFORM SPECIFIC FUNCTIONS. THERE ARE 362 STEPS FOR DISASSEMBLING A BUS AND 217 STEPS FOR DISASSEMBLING A MOTORCYCLE — WHICH MUST PROCEED IN CERTAIN ORDERS, AND ONLY SOME OF WHICH ARE THE SAME. IN A STRAIGHT BEEF DISASSEMBLY,

362 WORKERS LINE UP SIDE BY SIDE IN A COMPLETELY FAMILIAR PROCESS; THE WORKERS ARE BLIND, BUT THE PARTS ARRIVE IN A PREDICTABLE ORDER, AND EACH WORKER KNOWS EXACTLY WHAT TO DO WITH IT.

IN A MIXED DISASSEMBLY, 579 BLIND WORKERS LINE UP AS BEST THEY CAN, AND ATTEMPT TO ACT ON UNFAMILIAR PARTS AS IF THEY WERE FAMILIAR. THE SHEET METAL DOES GET REMOVED, BUT THE SPARK PLUGS MAY OR MAY NOT GET PULLED. THE VALUE SALVAGED IS NOTICEABLY LOWER. THE ENERGY WASTED IN SORTING OUT THE PARTS, PROCESSES AND PARTICIPANTS IS FELT AS A STUPOR, A FEELING OF «FULL». THE DECREASE IN EFFICIENCY IS FELT AS LOST WAGES AND ENVIRONMENTAL WASTE.

CERTAIN FOODS ARE UNDERSTOOD TO COMBINE WELL WITH EVERYTHING: GREEN AND NON-STARCHY VEGETABLES. NON-STARCHY AND GREEN VEGETABLES (CELERY, CUCUMBER, ONION, LETTUCE, TOMATO, BROCCOLI, SPINACH, ETC.) DIGEST WELL WITH FRUITS, GRAINS, MEATS, OR STARCHY VEGETABLES, AND MAY ACTUALLY ENHANCE OR ACCELERATE THEIR PASSAGE THRU US. [NOTICEABLY SWEET VEGETABLES (CARROT, BEET, POTATO, SQUASH, ETC.) ARE STARCHY.]

DUE TO VARIANCE IN PH, CERTAIN FOODS FACILITATE THE BREAKDOWN OF OTHER FOODS: SOUR FOODS TEND TO FACILITATE THE BREAK DOWN OF FATS. EATING SAUERKRAUT OR LEMON JUICE WITH CHEESE CAN MAKE THE CHEESE MORE DIGESTIBLE. OIL IS OFTEN PROVIDED WITH VINEGAR. THE CULTURING PROCESS — AS OF KEFIR, CHEESE, SAUSAGE, SAUERKRAUT, SOURDOUGH — MAKES THE FOOD SOUR, BREAKS DOWN ITS STRUCTURE AND MAKES IT MORE DIGESTIBLE.

SALT TOO CAN FACILITATE THE DISASSEMBLY OF OTHER FOODS: SALT CAUSES THE CELL WALLS OF MANY FOODS TO BREAK, RELEASING THEIR CONTENTS FOR EASY FILING.

UNFORTUNATELY, AFTERWARDS, THE SALT TOO MUST BE PUT AWAY; IT AFFECTS THE LIVING CELLS OF OUR BODIES AS WELL.

THERE HAS BEEN GREAT EMPHASIS, WHEN CONSIDERING FOOD COMBINATIONS, ON ADDRESSING THE INCOMPLETE NATURE OF VEGETAL FOODS. EVEN WHEN WHOLE, VEGETAL FOODS DO NOT CONTAIN ALL OF THE AMINO ACIDS NECESSARY FOR BUILDING HUMAN TISSUE; 90% OF OUR CELLULAR ACTIVITY IS ESTIMATED TO BE DEVOTED TO THE MAINTENANCE AND CONSTRUCTION OF TISSUE. THE SOLE EXCEPTION IN THE VEGETABLE KINGDOM IS SOY, WHICH IS EXTREMELY DIFFICULT TO DIGEST; LABORIOUS PROCESSES ARE REQUIRED TO MAKE SOY MORE DIGESTIBLE AND USEFUL (AS TOFU, TEMPEH OR MISO). THE FALLOUT OF THIS SITUATION IS THAT VEGETARIANS MUST EAT VEGETAL FOODS IN COMBINATIONS IN

ORDER TO GET THE AMINO ACIDS (PROTEIN BUILDING BLOCKS) WE NEED IN ORDER TO KEEP OUR CELLS ALIVE. BEANS AND GRAINS ARE A TYPICAL COMPLEMENTARY AMINO-ACIDS COMBINATION.

ALTHO THIS TYPE OF COMBINING BRINGS HOME THE PROTEIN, IT HAS OTHER COSTS, INCLUDING THE TELL-TALE GAS WHICH MARKS INEFFICIENT PROCESSING. BEANS AND GRAINS ARE MILD FARTOGENS COMPARED TO SOY MILK AND MUESLI; THROW IN SOME FRUIT AND OTHER SWEETENERS AND THE REACTION REALLY HEATS UP — COMPLETE WITH BLOATING AND CRAMPING. THE ISSUE SEEMS PARTICULARLY BAD FOR THOSE OF US OF EUROPEAN OR AFRICAN DESCENT WHOSE PANCREASES ARE RELATIVELY SMALL COMPARED TO THOSE OF ASIANS, WHOSE ANCESTORS HAD FAR MORE EXPERIENCE DIGESTING GRAIN AS A STAPLE CROP.

ONE WAY AROUND THIS IS SPROUTING: SPROUTING TAKES ANY NUT, SEED OR GRAIN AND CONVERTS IT INTO A GREEN, LESS-STARCHY STATE AS IT BEGINS TO GROW. SPROUTS OF

VARIOUS FAMILIES SEEM TO DIGEST WELL TOGETHER — FAR MORE SO THAN THEIR PARENTS DO. SPROUTING IS ALLEGED TO STIMULATE A PROCESS WHEREBY PROTEINS ARE REDUCED TO AMINO ACIDS, AND LIPIDS TO KETONES, IN VIVO, SO THAT BUILDING MATERIALS ARE AVAILABLE TO THE RAPIDLY GROWING CELLS. THESE MORE BASIC FORMS OF LIFE ARE EASY TO DIGEST, JUST AS RAW EGGS AND BONE MARROW ARE: PROTOPLASM AND UNDIFFERENTIATED CELLS ARE FAR EASIER TO DECONSTRUCT AND REPURPOSE THAN MATERIAL ALREADY BUILT INTO SOMETHING.

AS MENTIONED, THE RECIPES PROVIDED HERE ALREADY OFFER EFFICIENT COMBINATIONS; MANY INCLUDE PROBIOTIC OPTIONS FOR MAXIMIZING DIGESTION. BEYOND ANY SYSTEM OR ABSTRACT CONSIDERATION, MERELY BY EATING WHOLE FOOD WE BECOME MORE SENSITIVE TO THE EFFECTS OF THAT FOOD ON OUR CONSCIOUSNESS AND BODIES. AS WE PROCEED ALONG THE SPECTRUM TO RAW AND PROBIOTIC FOODS, THAT SENSITIVITY REFINES ACUTELY. EVERY ONE OF US IS ABLE TO NOTICE WHAT FEELS GOOD TO US, AND WHAT FEELS BETTER. EVERYONE OF US IS ABLE TO WITNESS WHEN WHAT FEELS GOOD TO US IS GOOD FOR US. FOOD ISOLATING FACILITATES THIS PROCESS.

[13] GRADES

WE EACH APPROACH LIFE UNIQUELY AND HAVE A DIET UNIQUELY OUR OWN. HOW WE CHOOSE TO MODIFY THIS DIET IN SERVING AND REFINING OUR OWN HEALTH AND CONSCIOUSNESS SEEMS A MYSTERY ONLY WE CAN UNRAVEL. THE HIGHLY EMOTIONAL

RELATIONSHIP BETWEEN EATING AND PERCEPTUAL SETTING RESISTS AND DEFIES ALL EXTERNAL «SHOULD».

RATHER THAN SAYING WHAT TO EAT, THIS BOOK SUGGESTS HOW: FROM FOUL TO DYSBIOTIC, DYSBIOTIC TO BIOSTATIC, BIOSTATIC TO BIOACTIVE, BIOACTIVE TO ACTIVELY PROBIOTIC: «F» TO «A+». CATEGORICAL TRANSITIONS, SUCH AS «JUNK FOOD VEGAN TO WHOLE FOODS VEGAN» ARE LISTED IN THE «SPECIFIC TRANSITIONS» APPENDIX; TOPICAL TRANSITIONS (PEANUT BUTTER TO ALMOND BUTTER OR TAHINI; BURRITOS TO INJERA) AND DIETARY

APPROACHES TO PARTICULAR DISCOMFORTS AND DYSFUNCTIONS («LUNG CONDITIONS, ASTHMA, MUCUS, ETC.») ARE LISTED AMONG THE RECIPES AND RESOURCES.

FOR EASE OF USE EVERY RECIPE IN THIS BOOK IS MARKED «V» IF VEGAN, «O» IF OMNIVOROUS, AND «R» IF RAW. FOR EASE OF UNDERSTANDING EVERY RECIPE AND VARIATION IS GRADED, «F» TO «A+», JUST LIKE IN SCHOOL, ON THE BASIS OF NUTRITION, ASSIMILABILITY AND BIOACTIVITY. THE «ORGANIC RECIPE AND RESOURCE» SECTION CHALLENGES EACH OF US TO «BRING UP OUR GRADES», OUR CONSCIOUSNESS AND OUR HEALTH, BY EATING INCREASINGLY NUTRITIOUS, ASSIMILABLE, BIOACTIVE FOOD.

THE REASON FOR EVERY GRADE IS BASED ON ITS BIOUTILITY

AND UNIQUE PROPERTIES. ANY WHOLE FOOD FROM THE ANIMAL OR VEGETABLE KINGDOM MAY MAKE IT TO THE B OR A RANGE IN SOME FORM. THE WISDOM OF THE SYSTEM BECOMES APPARENT THRU USE, AS ANY OF US WILL NOTICE THE DIFFERENCE BETWEEN EATING C- FOODS AND EATING ALL A'S. THE CHOICE OF BEEF HEART OR BROCCOLI IS OUR OWN.

CONSIDER THE GRADES:

«F» FOUL. TOXIC. NOT FOOD. SICK AND WRONG. A POLLUTANT DISGUISED AS A FOODSTUFF, OR A SYNTHETIC SUBSTANCE WITH NO PLACE IN OUR FOOD CHAIN: MARGARINE. YEAST. SOFT DRINKS.

«D» DYSBIOTIC. DENATURED. DAMAGING. DISEASE CAUSING. WAS USED FOR FOOD ONCE, PUT IS PERHAPS NOW MADE FROM POOR MATERIALS, OR IS CONTAMINATED OR PROCESSED IN A WAY SO THAT IT IS DAMAGING TO OUR CELLS: DEEP FRIED FOODS. REFINED SUGAR. ULTRA PASTEURIZED DAIRY. WHITE FLOUR. CONVENTIONALLY GROWN PEANUT BUTTER. FOODS WITH MULTIPLE OFFENSES GET THE DIRTY D -.

«C» BIOSTATIC. FOODS WHICH MAY HAVE BEEN WHOLE OR OF GOOD QUALITY INITIALLY, BUT HAVE BEEN COOKED TO DEATH: COOKED ANIMALS OR VEGETABLES. DEPENDING ON THE PROPERTIES, DEGREE OF NUTRITIONAL CONTENT, OR ADDITION OF ACTIVECULTURE, THESE FOODS MAY GET A + (BEAN DIP) OR A - (SOY MILK).

«B» BIOACTIVE. WHOLE AND RAW. ENZYMATICALLY ACTIVE AND CATALYTIC. HEALTHY AND HEALING. DUE TO THE SPECIFIC QUALITIES, A PLUS OR MINUS, MAY BE ASSIGNED: ALTHOUGH FRESH FRUIT IS BIOACTIVE, THE SUGAR CONTENT TENDS TO HAVE A LONG TERM DEMINERALIZING EFFECT ON US AND LEAD TO MOOD SWINGS AND BLOOD IMBALANCES (B-/C+); CELERY ON THE OTHER HAND IS BOTH FRESH AND PACKED WITH MINERALS WHICH AID IN ADDRESSING A WIDE RANGE OF

COMPLAINTS (B+/A-).

«A» ACTIVELY PROBIOTIC. BIOACTIVE, FORTIFYING, PURIFYING AND MASSIVELY HEALTH-BUILDING, USUALLY WITH SIGNIFICANT PROBIOTIC CULTURE: SUNFLOWER CHEESE, KEFIR, RAW UNSALTED FETA OR GRUYERE, HIGH BEEF, CHICKEN OR FISH.

REVIEW THAT THIS SYSTEM DOES NOT STATE WHAT TO EAT — ANIMAL OR VEGETABLE — IT SIMPLY PROVIDES A VERIFIABLE SYSTEM OF BIOLOGICAL ACTIVITY: PRANA. CHI. BIOVIBE. THE SENSE OF SPECIFIC TRANSITIONS BECOMES SELF-EVIDENT. WHEREVER WE ARE IN OUR NUTRITIONAL JOURNEY, THE WISDOM OF OUR CELLS IS CONFIRMED AND REWARDED.

[14] GETTING STARTED

WE SEEM TO EAT WHAT WE ARE FAMILIAR WITH. FOR MANY OF US, A FIRST STEP IN DIETARY TRANSITION IS REPLACING DEAD, DENATURED AND DYSBIOTIC FOODS WITH SIMILAR, MORE BIOACTIVE ALTERNATIVES. THIS BOOK MAKES IT EASY: LOOK IN THE RECIPE SECTION UNDER THE CONVENTIONAL FOOD: PEANUT BUTTER, SUGAR, JELLY, MAYONNAISE, ETC. AND FIND LINKS TO MORE VITAL VERSIONS OR ALTERNATIVES.

CATEGORICALLY CHANGING THE WAY WE EAT OFTEN BEGINS BY CHANGING OUR FLUID METABOLISM, AND THUS APETITE CYCLE. MAKING EVERY OTHER MEAL A LIQUID MEAL SEEMS VERY, VERY HELPFUL.

ALSO SEARCH THE «ORGANIC RECIPES AND RESOURCES» SECTION TOPICALLY, BY PHYSICAL COMPLAINT — DIABETES, LUNGS, CONSTIPATION — TO FIND BEVERAGES AND FOODS WHICH MAY BE IDEALLY SUPPORTIVE. EAT WITH A FOCUS, AND WATCH CHRONIC COMPLAINTS CLEAR UP.

SEARCHING THE «FOOD AND DRUGS» APPENDIX MAY BE USEFUL AS WELL; IT LISTS FOODS WHICH SEEM TO HAVE METABOLIC, HORMONAL AND/OR EMOTIONAL ACTIVITY SIMILAR TO VARIOUS INTOXICANTS, AND GIVES RECOMMENDATIONS FOR NUTRITIONALLY PROVIDING WHAT DRUGS ATTEMPT TO.

HAVING THE MEANS OF PREPARING OUR OWN FOOD — AND BRINGING IT WITH US — SEEMS ESSENTIAL TO MAKING A MEANINGFUL TRANSITION. SEE THE «GADGETS AND TOOLS» SECTION FOR PRODUCTS THAT MAKE PRODUCTION AND TRANSPORTATION EASY.

SIMILARLY, FINDING QUALITY FOOD RESOURCES AND BULK SUPPLIES CAN ALLOW US TO DEVOTE OUR ATTENTION AND

ACTION TO ACTUAL FOOD PREPARATION RATHER THAN SHOPPING; BROWSE THE INTERNET FOR DIRECT MAIL PURVEYORS OF WHOLE FOODS; MANY SHIP REASONABLY, OR FLAT-RATE.

LOCALLY, FINDING A NATURAL FOODS STORE CAN BE EASY USING THE TOFU TOLLBOOTH [51], A NATIONWIDE GUIDE TO NATURAL FOOD STORES AND CO-OPS. IN ADDITION TO NATURAL FOOD STORES, THERE ARE MANY SOURCING OPTIONS: 7TH DAY ADVENTISTS ALSO OFTEN HAVE CO-OPS AS DO UNIVERSITY STUDENT GROUPS.

FARMER'S MARKETS AND AMISH MARKETS ARE ALSO EXCELLENT. KOSHER (JEWISH) AND HALAL (ISLAMIC) BUTCHERS OFTEN HAVE VERY HIGH QUALITY FOODS AS WELL. TRADER JOE'S™ AND COSTCO™, NATIONWIDE DISCOUNT FOOD CHAINS, OFTEN HAVE SOME GEMS. ASIAN MARKETS OFTEN HAVE EXCELLENT SPICES AND COOKWARE, THO THE FOOD PRODUCTS ARE OFTEN POLLUTED.

MAKE A DEFINITIVE TRANSITION BY CLEANING OUT THE CUPBOARDS AND FRIDGE AND LOOKING AT THE GOODS. MUCH FOOD THAT COMES IN A BAG OR BOX IS JUNK, AND MUCH OF WHAT COMES IN JARS AND CANS IS JUNK TOO. AT SOME POINT IN THE HISTORY OF THESE FOODS, A DECISION WAS MADE TO USE LOW QUALITY INGREDIENTS OR «MODERN» PROCESSING METHODS — HIGH TEMPERATURE, FRACTIONATION — AND / OR ADDITIVES WHICH ALLOW THEM TO RETAIN COLOR, FLAVOR OR CONSISTENCY FOR MONTHS OR YEARS, AT THE EXPENSE OF NUTRITIONAL CONTENT.

SAVE WHAT SEEMS HEALTHY, AND GIVE THE REST TO SOMEONE WHO WILL USE IT. MAKE A POINT OF REMOVING THINGS WHICH CONTAIN SUGAR, CORN SYRUP, SALT, YEAST OR FLOUR, INCLUDING PASTA AND MIXES. REMOVE MARGARINE, MAYONNAISE, PEANUT BUTTER AND ANYTHING ELSE WITH HYDROGENATED OR PARTIALLY HYDROGENATED OILS, INCLUDING MOST

COOKING OILS. CONVENTIONAL DAIRY GOES, CONVENTIONAL MEAT PRODUCTS TOO. CONDIMENTS AND DESSERTS WITH SUGAR, HONEY OR HIGH FRUCTOSE CORN SYRUP GO WITH THEM.

IN AMASSING REPLACEMENT FOODS, THE FOLLOWING LIST MAY BE USEFUL:

IF TRANSITIONING FROM A DIET HEAVY IN BAKED GOODS, LOOK AT THE OAT RECIPES, OR FIND WHOLE GRAIN SOURDOUGH BREAD (SEE MANNA MUFFINS). MANY SOURDOUGHS NOW CONTAIN YEAST AS WELL AS SOURDOUGH CULTURE; AVOID THESE. ETHIOPIAN INJERA, A SOURDOUGH CREPE THAT HOLDS FOOD WELL, IS EASY TO MAKE. IF PORTABILITY IS AN ISSUE, TRY UNYEASTED RY-VITA® CRACKERS, LUNDBERG™ RICE CAKES, OR GARDEN OF EATIN'™ BLUE CORN CHIPS. THESE FOODS MAKE GOOEY DIPS AND SPREADS EASIER TO SWALLOW.

IF HABITUATED TO PEANUT BUTTER BUY AN ORGANIC RAW HEMP BUTTER, RAW ALMOND BUTTER OR RAW UNHULLED SESAME BUTTER (TAHINI) TO USE INSTEAD. LOOK AT THE BEAN DIP RECIPES OR GET SOME PRE-MADE FROM WILDWOOD™.

IF ACCUSTOMED TO SUGAR OR HONEY, BUT INTERESTED IN BREAKING THE ADDICTION, OBTAIN APPLE BUTTER, COCOA BUTTER, BARLEY MALT, BROWN RICE SYRUP, RAW UNHEATED HONEY OR DRIED FRUIT (UNSWEETENED AND UNSULFURED). BETTER STILL, REPEAT THE MANTRA: «WHEN I CRAVE SUGAR, I NEED PROTEIN» — AND FEED THE CRAVING WITH A HIGH PROTEIN SNACK LIKE NUTS, SEEDS, BEAN DIP, MARINATED TOFU, CHEESE OR MEAT. BLOOD SUGAR, WATER AND PROTEIN LEVELS CO-REGULATE. THE CRAVING FOR SUGAR WILL SUBSIDE.

IN PLACE OF SALT BUY WHOLE, UNREFINED, TRADITIONALLY HARVESTED SEA SALT; EDEN™ MAKES A COST EFFECTIVE ONE; CELTIC SEA SALT® IS ALSO GOOD, BUT MORE SPENDY. WHOLE UNREFINED SEA SALT IS A KEY INGREDIENT IN MANY OF THE PROBIOTIC PICKLES AND SAUCES, WHICH REIN IN OUR

SALT HUNGER. SHOYU, A TRADITIONAL JAPANESE SOY SAUCE WITH BENEFICIAL FERMENTATION SUBSTITUTES WELL FOR SALT; SAN-J™ MAKES A GOOD ONE, AND OHSAWA MAKES THE BEST OF ALL: NAMA SHOYU, WHICH IS LOW-SALT AND PROBIOTIC (UNPASTEURIZED). DULSE POWDER, OR KELP POWDER WORK IN SOME RECIPES AND COME IN CONVENIENT SHAKERS FROM MAINE SEA VEGETABLES™. BRAGG'S AMINO'S™ AND BRONNER'S MINERAL SALTS™ CAN WORK IN PLACE OF SHOYU, AND MAY HAVE LESS SODIUM. THOSE OF US WITH A DEHYDRATOR AND BLENDER CAN MAKE EXCEPTIONAL «SALT» BY DRYING AND PULVERIZING CELERY AND ONIONS.

GET SOME GOOD OILS. COLD-PRESSED UNREFINED EXTRA VIRGIN OLIVE OR SESAME OIL WORK WELL FOR COOKING, AS CAN CANOLA, A VARIETY OF THE TRADITIONAL RAPE SEED OIL [CANOLA: CANADIAN OIL A, IS A SPECIFIC STRAIN OF RAPE SEED, WHICH APPARENTLY SOUNDS MORE MARKETABLE THAN «RAPE OIL»]. COLD-PRESSED UNREFINED FLAX (BARLEANS™ OR SPECTRUM™) OR HEMP OIL (RAWGANIQUE.COM) WORK LUXURIOUSLY FOR ADDING AFTER COOKING TO THICKEN SAUCES, OR IN SPREADS.

THOSE OF US HOOKED ON PASTEURIZED CHEESE AND BUTTER CAN SHIFT TO RAW AND UNSALTED. CULTURED RAW UNPASTEURIZED BUTTER TASTES LIKE ICE CREAM. CREAMY UNSALTED RAW CHEESE MAKES A MEAL.

THOSE OF US INTO MILKSHAKES, PROTEIN DRINKS OR SPORTS DRINKS CAN FIND ALTERNATIVES IN THE POWER SHAKE, VEGGIE POWER SHAKE, KOMBUCHA, EGG NOG, RAW OMELETTE, OR RAW CHICKEN SOUP.

THOSE OF US INTO DINE-AND-DASH ANIMAL FOODS — BURGERS, FRIED CHICKEN, PORK OR FISH — CAN FIND SLOW-COOK RECIPES BY ANIMAL: THE COOKED ONES MOSTLY ARE LOW TEMPERATURE OVERNIGHT JOBS, PROVIDING THE

FATTIEST, TASTIEST SOUPS IMAGINABLE, TO BE EATEN FROM AN INSULATED CONTAINER AS DESIRED. THOSE FAMILIAR WITH SUSHI CAN LEARN TO PACK A BENTO BOX.

FOR THOSE OF US ALREADY OUT OF JUNK FOOD AND/OR READY TO MAKE A CATEGORICAL TRANSITION TO ALL WHOLE, ALL RAW, ALL VEGAN, OR ALL RAW VEGAN FOOD, CONSULT THE APPENDIX «SPECIFIC TRANSITIONS» FOR USEFUL APPROACHES.

MAKE A COMMITMENT TO SNACKS AND SLACK: MANY OF US MAKE EATING OUR LAST PRIORITY, SQUEEZED WITHIN TIGHT BREAK PERIODS OR SOCIALLY PROMPTED PATTERNS. ADOPT THE ATTITUDE THAT EATING IS AN ESSENTIAL LUXURY. ASSUME THAT WE CAN DO IT ANYWHERE, ANYTIME. EATING KEEPS US ALIVE; IT IS NATURAL AND NORMAL TO EAT WHEN WE'RE HUNGRY.

TO SUPPORT A MAJOR CHANGE, MAP OUT ANY TEMPORAL RESTRICTIONS ON EATING: IF AT WORK OR SCHOOL, WHAT FOODS WILL BE SATISFACTORY TO THESE ENVIRONMENTS AND CAN BE EATEN DISCREETLY? FREQUENTLY DRINKS, EVEN SOUPS IN DRINKABLE CONTAINERS ARE ALLOWED. TELLING TEACHERS OR OFFICE MANAGERS THAT WE ARE HYPOGLYCEMIC — THAT WE LOSE FOCUS AND BECOME CRANKY IF OUR BLOOD SUGAR DROPS — CAN BE EFFECTIVE IN GETTING LENIENCY. REPORT THE SYMPTOMS TO SOMEONE WHO CAN DIAGNOSE IT AND GET OFFICIAL CLEARANCE IF NECESSARY.

FOR MANY OF US, OUR COMMUTING TIME IS IDEAL FOR EATING. IF EATING ON PUBLIC TRANSIT, PLEASE EAT NEATLY. CONTAIN ALL FOOD PARTICLES AND PACKAGING AND REMOVE THEM. IF QUESTIONED BY TRANSIT OFFICIALS, USE THE HYPOGLYCEMIA STORY, OR TELL THEM TO REVIEW THE GENEVA CONVENTION ON HUMAN RIGHTS (INCLUDING THE RIGHT TO FOOD, WATER AND BATHROOMS IN TRANSIT); THE UNITED STATES

IS A SIGNATORY, AND BOUND TO THE TERMS; MANY TRANSIT DISTRICTS ARE APPARENTLY IN VIOLATION.

EATING WELL ALLOWS US TO TASTE OUR FOOD MORE, AND ENJOY IT MORE. MANY OF US ONLY EAT POORLY BECAUSE WE DO NOT KNOW HOW TO COOK, AND FEEL FORCED TO EAT OUT. THE RECIPES IN THIS BOOK TEND TO BE SIMPLE, AND SPELL OUT HOW TO PREPARE FOOD EFFICIENTLY. EVEN FOLKS WITH NO COOKING FACILITIES WILL FIND RECIPES HERE. FOLKS WITH ONLY A CROCK POT AND TOASTER OVEN WILL THRIVE. FOR THOSE OF US NEW TO COOKING, GOING TO THE «GADGETS AND TOOLS» APPENDIX MAY BE A WORTHY NEXT STEP AFTER FINDING INTERESTING RECIPES.

CHOOSING TO NARROW THE RANGE OF DIET CATEGORICALLY CAN HAVE MAJOR POSITIVE CONSEQUENCES. AS MENTIONED, THE «MEANINGFUL TRANSITIONS» APPENDIX CONTAINS «SPECIFIC TRANSITIONS» SECTIONS DESCRIBING TRANSITIONS FROM JUNK FOOD TO WHOLE FOOD AND WHOLE FOOD TO PROBIOTIC FOOD FROM WITHIN VEGAN OR OMNIVOROUS PERSPECTIVES. LOOK THERE FOR PROCEDURAL TIPS AND TRICKS THAT MAKE TRANSITION EASY.

EATING IS SOMETHING MOST OF US WILL DO EVERY DAY FOR THE REST OF OUR LIVES. PREPARING FOOD CAN BE A STATEMENT OF RELATIONSHIP: THE CARE AND LOVE WE SHOW OURSELVES BY GIVING OUR BODY WHAT WE NEED AFFECTS EVERY ACTION OF OUR LIFE, THE VERY SETTING FROM WHICH OUR ATTENTION AND EMOTION PROCEED. LEARNING TO CARE FOR OURSELVES LIKE A LITTLE PLANT, WITH THAT MUCH TENDERNESS AND CONSISTENCY, WORKS WONDERS. PACKING FOOD AND DRINKS FOR THE WHOLE DAY, EACH DAY, ALLOWS US TO BE BUOYED IN OUR OWN SUPPORT AND FEELING OF COMFORT. SELF-PROVIDE, NARROW THE RANGE, NOTICE RESULTS, PROGRAM CHANGE ... AND ENJOY.

[15] ORGANIC RECIPES AND RESOURCES INTRODUCTION

FOR EASE OF USE: RECOMMENDED INGREDIENTS ARE ALL ORGANIC, RECOMMENDED WATER IS SPRING WATER, RECOMMENDED SALT IS WHOLE UNREFINED SEA SALT. RECIPE AND RESOURCES ARE BOLDED. RECIPES WITHIN TOPICS AND REFERENCES TO OTHER RECIPES AND RESOURCES ARE UNDERLINED JUST LIKE LINKS ON THE INTERNET. REFERENCES TO SECTIONS OF EITHER THE INTRODUCTION OR THE APPENDIX ARE ENCLOSED IN «CHEVRONS» — SEE «THE JOLLY RANCHERS» APPENDIX, ETC.

THIS SECTION INCLUDES BOTH RECIPES AND RESOURCES. RESOURCES ARE SHORT SUMMARIES OR LINKS TO INFORMATION. RECIPES ARE DIRECTIONS FOR PREPARING FOOD. RECIPES ARE IDENTIFIED AS VEGAN [V] OR OMNIVOROUS [O] AND RAW [R] AS APPLICABLE. ALL FRUITS AND VEGETABLES ARE BY DEFINITION VEGAN. ALL RECIPES ALSO INCLUDE A GRADE, F TO A: FOUL, DYSBIOTIC, BIOSTATIC, BIOACTIVE, ACTIVELY PROBIOTIC. TO SUMMARIZE: FOUL FOOD IS ACTIVELY DAMAGING. DYSBIOTIC FOOD IS DISRUPTIVE IN SOME WAY. BIOSTATIC FOOD IS WHOLE, BUT IS INERT, OR DEAD DUE TO COOKING. BIOACTIVE FOOD HAS LIFE FORCE DUE TO BEING FRESH OR SPROUTED. ACTIVELY PROBIOTIC FOOD EITHER HAS AN ACTIVE MICROBIAL CULTURE OR INCLUDES STRONG LIFE-BUILDING MATERIALS.

MOST RECIPES HERE ARE GRADED C TO A. ASSUME THAT ALL COOKED FOOD WILL RECEIVE A C, UNLESS CULTURING RAISES IT TO A C+ OR B-. ASSUME THAT RAW FRUITS, VEGETABLES AND SPROUTS WILL GET A B, UNLESS EXTREMELY

BENEFICIAL — RAISING THEM TO A B+, OR EXTREMELY SWEET — LOWERING THEM TO A B-. ASSUME THAT RAW AND CULTURED ANIMAL PRODUCTS WILL GET AN A DUE TO THEIR STRONG LIFE-BUILDING MATERIALS, UNLESS POOR COMBINING OR HIGH CARBOHYDRATE CONTENT LOWERS THEM TO AN A- OR B+, OR CULTURING OR EXCEPTIONAL VIRTUE RAISES THEM TO AN A+. THE RICHEST VEGETAL FOODS (NUTS, SEEDS AND SEaweEDS) WILL, WITH SPROUTING AND CULTURING SCORE IN THE A RANGE. ALL COOKED ANIMAL AND VEGETABLE PRODUCTS GET A C, BECAUSE THEY HAVE BEEN COOKED INTO BIOSTASIS.

FOR EXAMPLE: ALMONDS: ALMONDS [C] ARE USEFUL AS A HIGH- PROTEIN SNACK FOR VEGANS. SPROUTED ALMONDS [B] ARE SOAKED IN WATER OVERNIGHT, AND RINSED SEVERAL TIMES TO REMOVE THE BITTERNESS FROM THE COPPER OUTER SKIN; YIELDING A SWEETER, MORE ASSIMILABLE SNACK WHICH CAN BE EATEN IN VOLUME. SPROUTED ALMONDS (C.F.: SPROUTS) CAN BE BLENDED WITH REJUVELAC AND PLACED IN A CANNING JAR 2/3 FULL, THEN COVERED WITH A CLOTH AND RUBBER BAND; LEFT IN A WARM PLACE FOR 8 - 12 HOURS, THEY RISE INTO A CREAMY ALMOND YOGURT [A] WHICH TASTES LIKE MARZIPAN.

UNSPROUTED NUTS ARE INERT AND BIOSTATIC [C]. SPROUTED AND RINSED OF THEIR PHYTIC ACID, THEY BECOME BIOACTIVE [B]. SPROUTED AND CULTURED THEY BECOME ACTIVELY PROBIOTIC [A].

ANOTHER EXAMPLE: CHICKEN: [O : R : A, C] : CHICKEN CONTAINS ABUNDANT FAT AND EASILY ASSIMILABLE PROTEIN. AN EASY INTRODUCTION TO RAW CHICKEN IS RAW CHICKEN SOUP [A], WHICH IS PARTICULARLY USEFUL FOR RESPIRATORY INFECTIONS: CUT THE MEAT AND SKIN OFF A CHICKEN LEG BY SEVERING THE ENDS OF THE TENDONS WITH A SHARP KNIFE,

AND SLIDING THE BLADE ALONG THE BONES. CUT THE MEAT AND SKIN INTO 3/4" CUBES. ADD ONE PINT OF WARM WATER TO A BLENDER AND ONE SILICA CAPSULE — SEE ORGANIC RECIPES AND RESOURCES INTRODUCTION WATER. CHOP UP EITHER 1/16 ONION, 1 GREEN ONION OR 1/2 CLOVE OF GARLIC AND ADD TO WATER. CHOP UP ONE STALK OF CELERY AND ADD TO WATER. ADD CHICKEN TO WATER, CLOSE TOP, AND BLEND ON HIGH, ON LIQUEFY, UNTIL THE BLENDER STOPS MAKING CHOPPING SOUNDS. DRINK LIKE A MILKSHAKE. MAKES ONE SMALL SERVING; DOUBLE OR TRIPLE THIS RECIPE AS NECESSARY. EXTRA CREDIT:

CHOP BOTH ENDS OFF THE CHICKEN BONES WITH A BUTCHER KNIFE AND SUCK THE MARROW [A+]. ADVANCED OPTION: MAKE THE SOUP WITHOUT THE VEGGIES, AS A CHICKEN SHAKE.. ONCE COMFORTABLE WITH THE RAW CHICKEN AND MARROW, BUY A WHOLE CHICKEN AND EAT IT RAW, INCLUDING THE ORGANS AND BONES. // FOR THOSE OF US PREFERRING A QUICK COOKED CHICKEN SOUP [C], USE THE SAME INGREDIENTS. BRING THE WATER TO A SIMMER AND ADD 1/2 TEASPOON WHOLE UNREFINED SEA SALT. CRACK THE BONES WITH A Mallet OR BUTCHER KNIFE. ADD THE VEGETABLES AND ALLOW TO SIMMER 1 MINUTE. TURN OFF THE HEAT AND ADD THE CHICKEN AND BONES. COVER THE POT AND ALLOW TO STAND FOR 10 MINUTES.

THE HOT WATER WILL COOK THE CHICKEN ABOVE 160°, KILLING ALL BACTERIA; THE FLESH WILL REMAIN JUICY. THE BONES ARE TO BE SUCKED AND SPIT OUT. EXTRA CREDIT: ADD ONE HEAPING TEASPOON OF MISO TO THE SOUP WHEN ADDING THE CHICKEN; STIR THE SOUP WELL BEFORE SERVING [C+]. MAKES ONE SMALL RECIPE: DOUBLE OR TRIPLE THIS RECIPE AS NECESSARY.

RAW CHICKEN IS ACTIVELY PROBIOTIC [A]. IT COMBINES

WELL WITH THE VEGETABLES LISTED, WHICH ARE BIOACTIVE AND CONTAIN ENZYMES AND MINERALS (SULFUR) USEFUL FOR PROTEIN SYNTHESIS. THE MARROW IS ONE OF THE RICHEST, MOST NOURISHING FOODS IN THE HUMAN DIET AND HAS HIGHER LEVELS OF BENEFICIAL BACTERIA THAN REGULAR CHICKEN MEAT OR SKIN [A+]. WHEN COOKED, CHICKEN BECOMES BIOSTATIC [C]. ADDING MISO, A PROBIOTIC CULTURE, MAKES THE SOUP SLIGHTLY MORE BIOACTIVE [C+].

A FINAL EXAMPLE: THIRSTY: FOR THIRST, SEVERAL OF THE FRUIT AND VEGETABLE JUICES SEEM TO WORK WELL. AN EASY OPTION IS TO EAT WHOLE, RIPE TOMATOES [B+] WHICH NATURALLY HYDRATE OUR CELLS AND DETOXYFIFY US. CELL SALTS IN TOMATOES SEEM TO BE USEFUL IN ADDRESSING DEHYDRATION, HEADACHES AND SHOCK, AS DO THOSE IN CELERY [B+]. FOR MASSIVE THIRST, JUICE SEVERAL BUNCHES OF CELERY OR HEADS OF ROMAINE LETTUCE [B]; IF DESIRED ADD A WHOLE CUCUMBER [B], PARSLEY [B+], KALE [B], SPINACH [B], ASPARAGUS [B] OR TOMATOES. ASPARAGUS IS PARTICULARLY USEFUL FOR WATER REGULATION AND TONIFYING THE KIDNEYS. KALE AND PARSLEY MODERATE THE BITTERNESS OF CELERY. SPINACH AIDS WITH CONSTIPATION AND BUILDS THE BLOOD. CUCUMBER IS USEFUL FOR SKIN IRRITATIONS, DIGESTIVE PROBLEMS AND FOR CALMING NERVOUSNESS. AND TOMATOES GIVE THE TASTE OF A NATURAL V8™. FOR MORE PROTEIN ADD SPIRULINA [A-], AND/OR NUTRITIONAL YEAST [B-]. VEGETABLE JUICES ARE SUITABLE FOR EVERYDAY USE.

FOR THOSE OF TRANSITIONING OFF OF SWEETENED AND PASTEURIZED DRINKS, RAW FRUIT JUICES MAY BE A USEFUL TRANSITION. A NATURAL GATORADE™ CAN BE MADE BY JUICING MELONS OR GREEN APPLES [B-] WITH CELERY OR LETTUCE, AND PARSLEY. AGAIN, FOR MORE PROTEIN ADD SPIRULINA [A-], AND/OR NUTRITIONAL YEAST [B-]. THESE NATURAL

PROTEIN POWDERS ALSO WORK EXCEPTIONALLY WELL WITH FRESH-JUICED ORANGES [B-] OR GRAPEFRUIT [B-]. FOR ADDING ZING, ZEST AND THICKNESS TO THE CITRUS DRINKS, BANANA [B-], CRANBERRIES [B-], MANGO [B-], PAPAYA [B-], PINEAPPLE [B-], PEACH [B-], PEAR [B-], CHERIMOYA [B-], KIWI [B-] OR APRICOTS [B-] ARE VERY FINE. FOR SEVERE DEHYDRATION, HEADACHES OR SHOCK, GRAPES [B-] OR FRESH RAW GRAPE JUICE CAN BE USEFUL, WITH OR WITHOUT APPLES, CELERY, LETTUCE OR PARSLEY.

RAW FRUITS AND VEGETABLES ARE ALL BIOACTIVE [B] BUT THE PROPERTIES OF THE SPECIFIC VARIETY MAKE THEM MORE BENEFICIAL [+] — AS WITH THE VITAMINS AND MINERALS IN CELERY OR PARSLEY, OR DETRIMENTAL [-] — AS WITH THE SUGARS IN FRUITS. NOTICE THAT ONCE A FOOD HAS BEEN RATED IN AN ENTRY, SUBSEQUENT MENTIONS ARE USUALLY WITHOUT RATING.

[16] ORGANIC RECIPES AND RESOURCES

A:

ALMONDS: [V : R : A, B, C]: ALMONDS [C] ARE USEFUL AS A HIGH- PROTEIN SNACK FOR VEGANS. SPROUTED ALMONDS [B] ARE SOAKED IN WATER OVERNIGHT, AND RINSED SEVERAL TIMES TO REMOVE THE BITTERNESS FROM THE GOLDEN OUTER SKIN; YIELDING A SWEETER, MORE ASSIMILABLE SNACK WHICH CAN BE EATEN IN VOLUME. SPROUTED ALMONDS (SPROUTS) CAN BE BLENDED WITH WATER TO MAKE ALMOND MILK. BLENDED WITH REJUVELAC AND PLACED IN A CANNING JAR 2/3 FULL, THEN COVERED WITH A CLOTH AND RUBBER BAND, AND LEFT IN A WARM PLACE FOR 8 - 12 HOURS, THEY RISE INTO A CREAMY ALMOND YOGURT [A] WHICH TASTES LIKE MARZIPAN. SOAKED ALMONDS HAVE DEMONSTRATED ANTICANCER PROPERTIES DUE TO THE PRESENCE OF LAETRILE (AMYGDALIN) — VITAMIN B17 — AND CAN BE SAFELY EATEN IN VOLUME, AS CAN APRICOT KERNELS, A SIMILAR FOOD. THE HUNZAS ARE REPORTED TO EAT 30 - 50 OR MORE A DAY, AND ARE NOTORIOUSLY LOW IN CANCER.

AMARANTH: [V : C+]: A HIGH-PROTEIN AMERICAN GRAIN. CAN BE USED TO MAKE INJERA, POPPED LIKE POPCORN, OR COOKED INTO A SWEET, GOOEY CEREAL.

ANGER: FREQUENTLY RESULTS FROM LIVER DISHARMONY.

ANXIETY: SEEMS OFTEN A FUNCTION OF NEUROTRANSMITTERS AND ELECTROLYTES.

APPENDIX: THE COLON BEGINS WITH A BLIND POUCH CALLED THE CECUM. IN HUMANS, THIS TERMINATES IN THE APPENDIX, A FINGER-LIKE EXTENSION WHICH MAY FUNCTION IN THE IMMUNE SYSTEM. THE CECUM IN HIGHER MAMMALS CONTAINS BACTERIA WHICH EXCRETE ENZYMES HYPOTHESIZED AS USED FOR THE DIGESTION OF RAW MEAT. POISED AT THE BEGINNING OF THE LARGE INTESTINE

JUST AS THE PANCREAS IS POISED AT THE BEGINNING OF THE SMALL INTESTINE, THE APPENDIX MAY NOT BE VESTIGIAL AT ALL — BUT A CRUCIAL PLAYER IN THE COMPLETE METABOLISM OF RAW ANIMAL PRODUCTS. KEEP IT.

APPLE: [V : R : B] : USEFUL FOR BUILDING FLUIDS, RELIEVING HEAT AND ADDRESSING LIVER AND GALL BLADDER ISSUES, INCLUDING STONES. GREEN APPLES ARE A KEY INGREDIENT IN GROVERADE. MANY APPLES ARE WAXED — SEE CUCUMBERS FOR AN IDEA OF WHAT THAT WAX MIGHT BE. APPLE ORCHARDS AND OTHER FRUIT ORCHARDS USED LEAD ARSENIC PESTICIDES OVER THE PAST CENTURY, WHICH COLLECTED IN TOPSOILS OF NOW-ORGANIC ORCHARDS. APPLES ARE THE NUMBER ONE FRUIT EATEN BY CHILDREN. MANY APPLES COME FROM WASHINGTON. ACCORDING TO THE SEATTLE POST-INTELLIGENCER, 80% OF WASHINGTON’S APPLES ARE TREATED WITH ORGANOPHOSPHATE (OP) PESTICIDES. OP HAS BEEN LINKED TO MAD COW DISEASE AND CREUTZFELD-JAKOB DISEASE IN HUMANS — NERVOUS SYSTEM DETERIORATION AND BRAIN HOLES. SERIOUSLY CONSIDER IF NON-ORGANIC APPLES ARE WORTH THAT RISK.

APRICOTS: [V : R : B] : ARE USEFUL IN BUILDING FLUIDS AND RELIEVING COPPER DEFICIENCIES — CORRELATED WITH PSYCHIATRIC DYSFUNCTIONS INCLUDING SCHIZOPHRENIA; SEE CHEMICAL IMBALANCE. APRICOT JUICE IS A KEY INGREDIENT IN THE POWER SHAKE.

ASPARAGUS: [V : R : B] : A SPECIFIC REMEDY FOR THE KIDNEYS AND FOR ISSUES OF WATER RETENTION. CAN BE EATEN RAW [B] OR IN A JUICE BALANCED WITH CELERY OR ROMAINE LETTUCE, KALE OR CHARD, AND PARSLEY [B+] TO FACILITATE GREATER INTAKE. THE SALTS AND CHLOROPHYLL IN THESE OTHER FOODS SEEM TO YIELD A HARMONIOUS MELANGE. OTHER MORE BRACING COMBINATIONS INCLUDE: ASPARAGUS, ROMAINE LETTUCE AND LEMON FOR THIRST; ASPARAGUS, ONION AND TOMATO FOR A MORE ALKALIZING AND SEDATIVE EFFECT.

AVOCADO: [V : R : B+] : THE FAT OF CHOICE FOR MANY VEGANS — HIGHLY

DIGESTIBLE AND ASSIMILABLE. RIPE AVOCADOS REGISTER FINGER-PRINTS WHEN LIGHTLY SQUEEZED. IT IS POSSIBLE TO EAT AVOCADOS TOP DOWN WITHIN THE SKIN USING A SPOON. OTHERWISE SPLIT LONGITUDINALLY WITH A KNIFE; AFTER CUTTING HALF OFF, PLACE THE REMAINING HALF ON A CUTTING BOARD AND LIGHTLY WHACK THE PIT WITH A SHARP KNIFE; ROTATE KNIFE AND PULL TO REMOVE PIT. IF ONLY PARTIALLY EATEN, LEAVE THE PIT WITH THE REMAINDER TO PREVENT BROWNING. AVOCADOS CAN BE BLENDED WITH GREEN VEGETABLE JUICE OR THIN FRUIT JUICE AS A THICKENER [B]. THEY ARE ALSO A KEY INGREDIENT IN GUACAMOLE.

B:

BARLEY: [V : C, B] : A COMMON TRADITIONAL GRAIN, BARLEY SPROUTS, LIKE RICE SPROUTS, ARE USEFUL IN STIMULATING DIGESTIVE RENEWAL. SPROUTED BARLEY IS ALSO COOKED IN A SOUP WITH KALE OR OTHER DARK GREENS TO STIMULATE BONE RENEWAL. BARLEY CAN BE SUBSTITUTED FOR OATS IN MAKING A HEALING CEREAL WATER (SEE OAT WATER). SPROUTED BARLEY IS ALSO MALTED TO CREATE A NATURAL SWEETENER, BARLEY MALT, WHOSE SUGARS ARE PRIMARILY MALTOSE, RATHER THAN SUCROSE OR FRUCTOSE — APPARENTLY EASIER TO DIGEST AND LESS MINERAL EVACUATIVE.

BATHS: WARM OR HOT BATHS CAN ELEVATE OUR CORE TEMPERATURE AND FACILITATE THE SWEATING OUT OF INFECTIONS. CONDITION BATH WATER WITH OATS (SOOTHES THE SKIN), SEAWEED (CALMS ANXIETY) OR EPSOM SALTS (MAGNESIUM SULFATE — RELAXES THE MUSCLES). LAYING BENEATH THE WATER WITH THE NOSE EXPOSED FOR BREATHING AND THE FOREHEAD AND EYES COVERED WITH A HOT WASHCLOTH CAN BE HEALING; A COLD FOREHEAD RELATIVE TO THE REST OF THE BODY IS A PRIMARY SIGNAL OF THE AUTONOMIC NERVOUS SYSTEM (THE FOREHEAD BREACHING THE VAGINA, IN BIRTH) WHICH CAN IMPEDE COMPLETE RELAXATION.

BEANS: [V : C, B-] : BEANS REQUIRE SIGNIFICANT PROCESSING IN ORDER TO BE MADE EDIBLE; EXCEPTIONS TO THIS ARE THOSE WHICH

SPROUT WELL (SEE SPROUTS). MANY OF US WHO ARE VEGAN REQUIRE A PROTEIN SOURCE, AND THOSE OF US AWARE OF THE SERIOUS HAZARDS OF SOY (THE ESTROGEN MIMETIC QUALITIES WHICH SEEM TO EXACERBATE AUTOIMMUNE PROBLEMS AND INVITE CANCER) OFTEN TURN TO BEANS AS A DAILY STAPLE. THIS IS A BASIC RECIPE FROM A CAREER BEAN EATER. // BEGIN BY SOAKING ONE TO THREE POUNDS OF DRY BLACK, PINTO OR KIDNEY BEANS IN A WARM PLACE (PERHAPS IN AN UNHEATED GAS OVEN WITH THE PILOT LIGHT ON) FOR AT LEAST 12 HOURS IN A LARGE POT WITH PLENTY OF WATER. POUR THE BEANS THRU A LARGE STRAINER IN A SINK, REMOVING THE COLORFUL LIQUID SURROUNDING THEM; REFILL WITH FRESH WATER AND REPEAT, SOAKING FOR ANOTHER 3 -12 HOURS, AND RINSING AGAIN; OPTIMALLY THE WATER WILL BE CLEAR.THE COLORED STUFF CONTAINS PHYTIC ACID, WHICH BLOCKS MINERAL METABOLISM. AFTER THE SECOND RINSE SERIES, ADD FILTERED OR SPRING WATER FOR COOKING, COVERING THE BEANS, AND BRINGING TO A SLOW SIMMER. HERE TWO PATHS DIVERGE: IF THE BEANS WILL BE REFRIED OR MADE INTO BEAN DIP, ADD A FEW PINCHES OF WHOLE UNREFINED SEA SALT BEFORE HEATING. IF THE BEANS WILL BE EATEN SOUP STYLE, PERHAPS WITH VINEGAR, ADD A FEW PIECES OF SEA VEGETABLES PER POUND: KOMBU WORKS WELL, BUT SO DO OTHERS, LIKE SEA PALM FRONDS, DULSE AND HIJIKI. // AFTER AN HOUR AND A HALF OR TWO HOURS OF SIMMERING, REMOVE THE BEANS FROM HEAT AND MASH WITH A POTATO MASHER SO THAT THEIR INNARDS ARE RELEASED INTO THE LIQUID. ADD MORE WATER TO COVER. FOR A THICK SOUP OR IN PREPARATIONS FOR BEAN DIP OR REFRYING, REALLY MASH THEM WELL INTO THE LIQUID. CHOP AN ONION OR TWO PER POUND AND ADD TO THE MIX; IF PREFERRED, SUBSTITUTE GARLIC TO TASTE. TASTE THE BROTH AND ADD MORE SALT IF NECESSARY, OR BRAGG'S AMINOS™. THIS CAN BE A TIME TO ADD SPICES AS WELL, SUCH AS CUMIN POWDER. RETURN TO HEAT FOR ANOTHER HOUR. // AGAIN, PATHS DIVERGE. THOSE WHO

DESIRE IT CAN ADD A CAN OR TWO OF WHOLE, PEELED TOMATOES OR TOMATO PASTE. IF INTENDING TO ADD CULTURE LATER, OMITTING THE OPTIONAL TOMATOES MAY ALLOW FOR MORE EFFICIENT CULTURING. IF INTENDING TO THICKEN WITH FLAX OIL, BUT NOT CULTURE, ADDING TOMATOES WORKS WELL. IF THICKENING WITH OLIVE OIL, ADD A TABLESPOON OR MORE PER POUND OF DRY BEANS NOW. THE BEAN FLUID SHOULD BE THIN ENOUGH TO COOK DOWN OVER ANOTHER HALF HOUR TO AN HOUR AT WHICH POINT IT SHOULD BE THE DESIRED THICKNESS: MORE WATERY FOR SOUP, QUITE THICK FOR REFRYING. // IF THICKENING WITH FLAX OIL, WAIT UNTIL BEANS HAVE COOKED DOWN; REMOVE FROM HEAT, ALLOW TO COOL TO BODY TEMPERATURE, SERVE, THEN STIR IN OIL TO TASTE IN INDIVIDUAL BOWLS. IF FLAX OIL HAS BEEN ADDED, DO NOT REFRY. IN CONTRAST OLIVE OIL THICKENED PASTE CAN BE REFRIED IN A CAST IRON OR OTHER SKILLET; ADD A TEASPOON OR SO TO LUBRICATE THE SURFACE, THEN SPOON IN BEANS; FLIP THEM WITH A SPATULA WHEN THEIR EDGES BECOME FLAKY AND CRUSTY. COOK ON MEDIUM-LOW, OR ON LOW FLAME, MOVING THE SKILLET FREQUENTLY AND ADDING MORE OIL AS NECESSARY; BE CERTAIN TO AVOID BURNING OIL. IF OIL SMOKES, REMOVE FROM HEAT IMMEDIATELY AND TURN DOWN HEAT. OPTIMALLY, LET THE PAN COOL, WIPE IT OUT WITH A RAG, AND START AGAIN. FEEL FREE TO ADD VEGETABLES (LIKE ONIONS OR TOMATOES), SHOYU OR BRAGG'S® TO THE BEANS AS THEY COOK. SERVE WITH SALSA OR WRAPPED WITH SALSA, NUTRITIONAL YEAST AND FRESH, CHOPPED VEGGIES IN INJERA AS A BURRITO. // OPTION: FOR THOSE OF US DESIRING A MORE PROBIOTIC VERSION, DO NOT REFRY: ALLOW THE THICK FLUID TO COOL UNTIL ROOM TEMPERATURE. TRANSFER TO A NONMETALLIC BOWL, PREFERABLY GLASS, CERAMIC OR PLASTIC. ADD FLAX OIL OR OLIVE OIL IF DESIRED. STIR IN EITHER RAW SAUERKRAUT, RAW KIMCHEE, CULTURED SALSA OR UNPASTEURIZED MISO (RED OR BROWN), MIXING WELL. IN THE ABSENCE OF THESE PROBIOTICS, USE RAW VINEGAR OR NAMA SHOYU®

BENEATH A LAYER OF FLAX OR OLIVE OIL, AND WHIP WELL. COVER THE BOWL WITH A CLOTH AND ALLOW IT TO SIT, LIGHTLY COVERED OVERNIGHT, AT ROOM TEMPERATURE, IN A WARM PLACE IF POSSIBLE. THE CULTURE SHOULD LIVEN UP THE BEANS AND MAKE THEM ZINGY AND EASIER TO DIGEST. THE OIL SHOULD MAKE THEM RICH AND FATTY, AND THE CULTURE, PARTICULARLY IF ONE OF THE VEGETABLE CULTURES, SHOULD ADD CRISPNESS, SWEETNESS AND TANG. CULTURING WILL CONTINUE TO PROGRESS DURING REFRIGERATED STORAGE, BRINGING THE BEANS TO LIFE [B].

BEEF: [O : R : A] : PERHAPS THE MOST SUITABLE SINGLE FOOD FOR HUMAN NUTRITION, AND THE ONLY ONE FOUND TO BE UNIVERSALLY EDIBLE WITHOUT ALLERGY (IF EATEN RAW); RAW BEEF IS RICH IN IRON, PROTEIN, VITAMIN C, AND THE WHOLE RANGE OF VITAMINS, MINERALS AND FATS ON WHICH OUR HEALTHY BODIES DEPEND. RAW BEEF MAKES US CLEAR, GROUNDED AND STRONG, EMOTIONALLY OPEN WHILE ACTIVE AND VOLITIONAL. UNLIKE COOKED BEEF, WHICH MAKES US SLOW AND SLUGGISH, RAW BEEF MAKES US CLEAR AND QUICK. // AUNT BIANCA'S COW SUSHI: FOR THOSE OF US ACCUSTOMED TO ROAST BEEF OR STEAK, BUY LONDON BROIL AND SLICE IT THIN, SCATTER A TABLESPOON OF WHOLE UNREFINED SEA SALT (OR SHOYU) ON ONE SIDE OF A PLATE AND DIP SLICES OF BEEF IN THIS BEFORE EATING — IT TASTES LIKE STEAK. FOR THOSE OF US INTO MORE COMPLEX FLAVORS A RAW CHEESEBURGER CAN BE MADE BY ACQUIRING RAW UNSALTED CHEDDAR CHEESE OR FARMER'S CHEESE AND CHOPPING INTO 1/2 INCH CUBES (SEE DAIRY); CHOP 1/4 TO 1/2 ONION FINE AS WELL, AND 4 - 8 OUNCES OF RAW BEEF: ANY STEAK, GROUND BEEF OR FAVORITE CUT. MIX BEEF, CHEESE AND ONION IN A LARGE SPOON ON THE WAY TO THE MOUTH. // FOR BEEF EATERS, FAT QUICKLY BECOMES AN ISSUE — WE NOTICE THAT WE EAT THE FATTIEST PIECES FIRST, AND THAT WE CRAVE FAT; THIS CAN BE ADDRESSED SOMEWHAT BY BUYING FATTY CUTS: CROSS RIB ROAST, SHOULDER CLOD, T-BONE STEAK, PORTERHOUSE STEAK OR BRISKET.

SOME OF THESE CUTS MAY BE A BIT CHEWY FOR THE NOVICE BEEF EATER, WHO MAY FIND GROUND BEEF EASIER TO WORK WITH: ASK THE BUTCHER TO GRIND IN SOME OF HIS OR HER FAT SCRAPS FOR A LESS LEAN MIX. 20, 30 OR 40% FAT CAN BE EXQUISITE — AND THE FAT TRIM IS OFTEN THROWN AWAY. THERE IS ONE CONSIDERATION FOR THOSE OF US WHO BUY LARGE CUTS OF BEEF TO PORTION ON OUR OWN: WHEN CUTTING UP FAT, REMOVE THE LYMPH GLANDS — PEARLY OR LIGHT BROWN ROUND BEAN LIKE ORGANELLES ABOUT THE SIZE OF A DIME, THO THICKER. THESE CAN CAUSE UNHAPPY REACTIONS IN THOSE OF US WITH HEAVY TOXIC OR INFECTIOUS LOADS — SELDOM SERIOUS, JUST UNPLEASANT. BETTER TO CUT THEM OUT. // DO NOTICE THAT GRASS-FED BEEF IS NATURAL BEEF. BUY ONLY GRASS-FED IF INTERESTED IN SIGNIFICANT HEALING AND CLEANSING: THE FATS IN CONVENTIONAL BEEF ARE NOT VOLATILE ENOUGH TO CATALYZE COMPLETE RELEASE OF FAT-SOLUBLE TOXINS FROM THE LIVER; ONLY GRASS-FED DOES. FOR THOSE OF US WHO REALLY WANT FAT, ORDER PLATE MEAT ALONG WITH A MEATIER CUT, OR ORDER BRISKET, A VERY FATTY CUT SUPER RICH IN COLLAGEN. // CHEWING THE FAT CAN BE AN ISSUE FOR SOME OF US — IT'S NOT ACTUALLY THE FAT BUT THE CONNECTIVE TISSUE THAT IS THE ISSUE. EVER NOTICE HOW MUCH NATIVE AMERICANS USE RAWHIDE AS CONNECTORS? RAWHIDE IS, IN MANY CASES, STRINGS OF PARTIALLY CHEWED MAMMAL, AS WELL AS SINEWS. AFTER CHEWING BEEF A WHILE WE FIND, IN OUR MOUTHS, A WHITISH GUM THAT CAN BE CHEWED COMPLETELY UNTIL DIGESTED, BUT TAKES A LONG TIME. WHEN DRIED THIS GUM BECOMES CLEAR, GOLDEN-BROWN RAWHIDE: SHAPABLE WHILE MOIST INTO A MYRIAD OF FORMS, AND HARD AND RESILIENT WHEN DRY. EJECTING THIS GUM AS SOON AS THE FATS AND BLOOD ARE OUT OF IT MAY BE USEFUL. YET FOR THOSE OF US WITH SERIOUS DIGESTIVE TROUBLES IT SEEMS ESSENTIAL TO CHEW THIS GUM, AT LEAST THE GUM OF THE LAST PIECE OF BEEF, AND OPTIMALLY ON ALL BEEF EATEN UNTIL COMPLETELY GONE. WE OFTEN

FEEL A TINGLING OF THE GUMS WHEN THIS HAPPENS — APPARENTLY SIGNALING THE BALANCING OF THE FEEDBACK LOOP BETWEEN SALIVARY GLANDS AND PANCREAS. EATEN IN THIS FASHION, BEEF YIELDS VERY LITTLE, IF ANY FECES: IT IS SIMPLY 100% DIGESTED. // FOR REFERENCE, DURING THE YEAR WHEN MYCELLS ATE ONLY BEEF, EATING THREE POUNDS A DAY WAS STANDARD, FEEDING A 150 - 160 POUND HUMANIMAL. JACK LONDON WRITES IN WHITE FANG THAT A GOOD-SIZED WOLF, AFTER A PERIOD OF EXTREME HUNGER, CAN EAT 30 OR 40 POUNDS OF MEAT AT A SITTING. ON OCCASIONS WHERE MYCELLS HAVE EATEN FIVE TO EIGHT POUNDS A DAY OF BEEF, THE EFFECT HAS BEEN VERY POSITIVE. GO DEEP. // SEE ALSO: HIGH MEAT.

BEET KVASS: [V : R : A-] : A TRADITIONAL RUSSIAN DRINK UNDERSTOOD TO HAVE HEALING PROPERTIES. THRU CULTURING, THE RICH MINERALS OF BEETS ARE EXTRACTED INTO A REFRESHING SOUR, SALTY DRINK. A FEW TABLESPOONS OF DAIKON RADISH, OR A FEW CLOVES OF GARLIC ARE GRATED IN AS CULTURE, AT THE BOTTOM OF A CANNING JAR; BEETS ARE CHOPPED IN HALF INCH SLICES, AND ADDED UNTIL THE JAR IS 2/3 - 4/5 FULL. WATER IS ADDED TO COVER THE BEETS, AND A TEASPOON OR TWO OF WHOLE UNREFINED SEA SALT (CELTIC™ OR EDEN™) PER QUART. COVER TIGHTLY. SHAKE WELL. PLACE IN A CUPBOARD FOR TWO OR THREE DAYS, UNTIL THE CANNING LID POPS. LET IT PROGRESS ANOTHER DAY OR TWO: THE KVASS IS NOW READY TO DRINK. // MMMM. LEAVE A LITTLE LIQUID IN THE BOTTOM, MAYBE 1/8 OF THE JAR, AND REFILL THE JAR WITH WATER, ABOVE THE LEVEL OF THE BEETS; MOVE THE JAR TO REFRIGERATION; THE CULTURE WILL CONTINUE, YIELDING ANOTHER BATCH IN A FEW DAYS, AND PERHAPS SEVERAL OTHERS. ADDING FRESH BEET CHUNKS, AND MORE SALT, MAY KEEP IT GOING INDEFINITELY. WHEN THE BEETS ARE PALE, THEIR GOODNESS HAS BEEN EXTRACTED AND THEY CAN BE TOO. PERIODICALLY REMOVING THE FADED PIECES ALLOWS ROOM FOR FRESH FUEL. SOME OF US DRINK KVASS BY THE QUART AND USE HALF-GALLON JARS OR CERAMIC

CROCKS TO PRODUCE IT IN VOLUME. LIKE FRESH VEGETABLE JUICE OR KOMBUCHA IT CAN BE A TREASURE TO SHARE WITH GUESTS. // IN ANY SEALED FERMENT IT IS POSSIBLE TO GROW SOMETHING DANGEROUS, LIKE BOTULISM. IF THE KVASS TASTES METALLIC, THROW IT OUT. CLEAN THE JARS AND LIDS THOROUGHLY (BOILING WORKS WELL), AND REPLACE THE LIDS AS OFTEN AS NECESSARY. GENERALLY, KEEPING SUGAR CONTENT LOW AND SALT CONTENT MODERATE TO HIGH ASSURES DESIRABLE CULTURING. DO NOT GRATE THE BEETS. GRATING RELEASES TOO MUCH SWEET JUICE, CREATING AN ALCOHOLIC FERMENTATION. 1/4 TO 1/2 INCH SLICES SEEM TO WORK WELL. IF THE KVASS STILL TASTES ALCOHOLIC, TRY USING 3/4 INCH CUBES AND MORE SEA SALT.

BLACK PEPPER: [V : R : B] : PEPPER GROWS ON TREES, IN THE WIND; ITS PUNGENCY BENEFITS LUNG AND COLON CONDITIONS AND HELPS CLEAR DAMPNESS AND MUCUS. RED AND WHITE PEPPER ARE ALSO USEFUL. UNFORTUNATELY SOME PEPPER IS IRRADIATED. FRONTIER® — A COMMON BRAND IN NATURAL FOOD STORES, IS ORGANIC, SUN-DRIED AND NON-IRRADIATED. INVEST IN A SMALL HAND-HELD PEPPER MILL (PEPPER GRINDER): HAND GRINDING ASSURES THAT THE PEPPER IS POTENT. THE PEPPER MILL CAN BE USED TO GRIND OTHER SPICES AS WELL. IN NEED, PEPPER CAN BE GROUND IN A SURIBACHI — SEE THE «GADGETS AND TOOLS» APPENDIX.

BLADDER: THE ORGAN PARTNER OF THE KIDNEYS. SEE KIDNEYS. BLOOD AND BLEEDING: THE LIVER RULES THE CONDITION OF THE BLOOD AND THE STOMACH AND PANCREAS SUPPORT ITS QUALITY. SPINACH AND MUGWORT (SEE RICE: MOCHI) BUILD THE BLOOD AS DO OTHER IRON RICH FOODS: EGGS AND BEEF. THE QUALITY OF THE BLOOD, AND ITS TOXICITY, CAN BE SEEN IN THE SKIN. // FOR INTERNAL OR EXTERNAL BLEEDING THERE ARE MANY HEMOSTATS — SUBSTANCES WHICH CONTROL OR HALT IT. APPLE CIDER VINEGAR IN WATER IS A SIMPLE, COMMON HEMOSTAT, POWDERED CAYENNE PEPPER IS VERY EFFECTIVE AS WELL; EITHER DRUNK IN WATER OR

APPLIED TOPICALLY. // THE QUALITY OF THE BLOOD IS LARGELY A FUNCTION OF ITS HEMOGLOBIN CONTENT — WHICH ALLOWS FOR THE TRANSPORTATION OF OXYGEN IN THE BLOOD. HEMOGLOBIN IS CHEMICALLY IDENTICAL TO CHLOROPHYLL — WITH THE EXCEPTION THAT ITS CENTRAL ATOM IS IRON, NOT MAGNESIUM. GREEN VEGETABLES RICH IN CHLOROPHYLL AND IRON ARE THUS IDEAL BLOOD BUILDERS: SEE SPINACH AND CHARD. CHRONIC TENSION, INCLUDING TENSION-INDUCED CONSTIPATION CAN BE TRACED BACK TO THE QUALITY OF THE BLOOD, WHICH IN TAOIST SCIENCE IS REGULATED BY THE LIVER, WHICH ALSO GOVERNS THE SINEWS (MUSCLES): ENRICHING THE BLOOD ALLOWS IT TO NOURISH THE MUSCULAR TISSUES AND ALLOW THEM TO RELAX; THUS CHARD AND SPINACH RELEASE CONSTIPATION.

BODY ODOR: THE SKIN IS ONE OF THE PRIMARY PATHWAYS OF ELIMINATION AND PURIFICATION. CLEANING OUR INNARDS CHANGES OUR SMELL. ALONG THE WAY, LOCALIZED BODY ODOR CAN BE CONTROLLED BY CHANGING THE PH OF THE MICRO-CLIMATE FROM WHICH IT EMANATES: WASH THE ARMPITS WITH BAKING SODA IN WATER, OR RUB THEM WITH LEMON. LEMON PRODUCES A WARM, ALLURING SCENT WHICH BLENDS WITH OUR OWN.

BONE MARROW: [O : R : A+] : IN MANY INDIGENOUS TRADITIONS THE BONES ARE SAID TO CONTAIN THE LIFE FORCE OF THE ANIMAL OR THE POWER OF A SHAMAN. THE BONES OF SAINTS ARE OFTEN REPORTED TO CATALYZE MIRACLES. MUCH AS THE LUNGS EXIST AT ONE PHASIC GATEWAY — BETWEEN AIR AND LIQUID — THE BONES AND BONE MARROW EXIST AT ANOTHER — BETWEEN LIQUIDS AND SOLIDS. AS SUCH THEY ARE METAPHYSICALLY AND PHYSIOLOGICALLY HIGHLY SIGNIFICANT. // THE CONJUGATION OF FATS WITHIN THE BONE MARROW IS UNIQUE AND INDESCRIBABLY NURTURING. THE PRESENCE OF UNDIFFERENTIATED CELLS — STEM CELLS, MUCH LIKE THE PROTOPLASM IN FERTILE EGGS — SEEMS TO ENCOURAGE PHYSIOLOGICAL RENEWAL LIKE NOTHING ELSE. I DO NOT RECOMMEND COOKED

BONE MARROW AT ALL, BUT THE RAW MARROW OF BEEF, SHEEP, GOAT, DEER AND OTHER UNGULATES CAN BE EATEN LIKE CREAM CHEESE WITH A SPOON. IF THE CONCENTRATED FAT IS TOO INTENSE, MITIGATE IT WITH THE RAW MEAT OF THAT ANIMAL. SHANKS AND FEMURS, CUT IN SECTIONS (OPTIMALLY 3 INCHES OR LESS) CAN BE CLEANED OUT WITH A SMALL FORK, SPOON OR KNIFE. ALLOWING THE MARROW TO REACH ROOM TEMPERATURE SEEMS VALUABLE, AND OVERNIGHT CULTURING CAN BE VALUABLE. WHILE MOST MEAT LOSES ITS LIFE FORCE IN FREEZING, MARROW, IF FROZEN ONLY BRIEFLY, SEEMS TO DO FAIRLY WELL. IF AT ALL POSSIBLE GET IT FRESH, AND ENJOY. // NOTE: MUCH OF THE ACCESSIBLE MARROW IN MAMMALS IS THE WHITE MARROW OR YELLOW MARROW; THE RED MARROW CAN BE SUCKED FROM POROUS SECTIONS OF THE BONES, BUT DOES NOT YIELD SIGNIFICANT VOLUME. IN CHICKEN AND OTHER FOWL, THE CASE IS REVERSED: RED MARROW IS PROMINENT AND CAN BE SUCKED FROM THE BONES ONCE THEIR ENDS ARE BROKEN OFF; FOR BEST SUCCESS BREAK BOTH ENDS OF LONG BONES BEFORE SUCKING. CHEW AND SWALLOW THE ENDS AS WELL.

BONES: SEE JOINTS.

BRAGG'S LIQUID AMINOS™: A COMMON CONDIMENT USED THRUOUT HEALTH FOOD CULTURE, BRAGG'S TASTES SWEETER, LIGHTER AND LESS SALTY THAN SHOYU, TAMARI OR OTHER SOY SAUCES — AND DERIVES ITS SALT FROM THE SOYBEANS THEMSELVES. RUMOR HAS IT THAT BRAGG'S CONTAINS MSG AS A NATURAL BYPRODUCT OF ITS PRODUCTION, AND THUS WORKS AS A FLAVOR INTENSIFIER. BRAGG'S CLAIMS THAT «THE AMOUNT OF MSG PRESENT IN OUR LIQUID AMINOS IS SO MINUSCULE THAT IT IS VIRTUALLY UNDETECTABLE AND INSIGNIFICANT. WE HAVE NEVER HEARD OF ANYONE HAVING AN ADVERSE MSG REACTION TO BRAGG'S LIQUID AMINOS.»

BRAIN: REFERRED TO AS THE SEA OF MARROW, OR SEA OF CONSCIOUSNESS IN TAOIST LITERATURE, THE BRAIN IS ALLEGED TO BE 60% CHOLESTEROL; THE RICHEST SOURCES OF RAW CHOLESTEROL FOR

REBUILDING BRAIN TISSUES ARE BONE MARROW, EGGS OR ANIMAL BRAINS. BECAUSE THE TISSUES OF THE BRAIN REQUIRE MANY COMPLEX VITAMINS AND MINERALS, A WHOLE BODY APPROACH TO BRAIN REGENERATION SEEMS NECESSARY: ONE RICH IN AMINO ACIDS, VITAMIN B12 AND TRACE MINERALS. A RAW BEEF DIET SUPPLEMENTED WITH RICH FATS FROM EITHER RAW BONE MARROW OR RAW EGGS, AND BIOAVAILABLE VITAMINS AND MINERALS FROM RAW LIVER OR RAW GREEN JUICES (ESPECIALLY PARSLEY) SEEMS TO PROVIDE THIS. BY THE WISDOM OF TRADITIONAL PEOPLE AND ANIMALS OF MANY STRIPES AND FORMS, THE LIVER IS THE MOST NUTRIENT DENSE ORGAN OF ANY ANIMAL, AND FACILITATES OUR OWN REGENERATION MOST COMPLETELY.

BROCCOLI: [V : R : B+] : A MEMBER OF THE CABBAGE FAMILY, BROCCOLI HAS A HIGH CONTENT OF VITAMIN C AND IS USEFUL IN HEALING SKIN CONDITIONS. BROCCOLI CAN BE JUICED PRODUCTIVELY, AND PROVIDES BOTH CHLOROPHYLL AND VITAMINS IN QUANTITY. SOME OF THE BEST SUBSTANCE IN BROCCOLI IS IN ITS STEM — ONCE THE WOODY OUTER LAYER IS REMOVED FROM THE STALK, THE CORE IS SOFT, SWEET AND TASTY, MUCH LIKE KOHLRABI. BROCCOLI IS KNOWN TO CONTAIN PHYTOCHEMICALS (NON-NUTRIENT PLANT-BASED BIOACTIVE COMPOUNDS) USEFUL IN FIGHTING CANCER, INCLUDING SULFUROPHANE — WHICH IS KNOWN TO SUPPRESS THE PATHOGENIC BACTERIUM H PYLORI — A COMMON STOMACH IRRITANT WHICH IS LINKED TO STOMACH CANCER. TAKE BROCCOLI JUICE BY THE CUP THREE TIMES PER DAY ON AN EMPTY STOMACH. DIABETICS MAY NOTICE A DECREASE IN INSULIN NEED IF FOLLOWING THIS PRACTICE, AND A REGULARIZATION OF BLOOD SUGAR LEVELS.

BRUSSELS SPROUTS: [V : R : C+, B+] : A VERY SULFUROUS MEMBER OF THE CABBAGE FAMILY WITH TREMENDOUS HEALING POWERS. RICH IN VITAMINS OR MINERALS, BRUSSELS SPROUTS CAN BE EATEN RAW LIKE TURNIPS, JUICED OR STEAMED. IF STEAMED, ADD DRIED SEA VEGETABLES DURING THE LAST FEW MINUTES OF STEAMING, OR TRY

BRUSSELS SPROUTS WITH RAW VINEGAR OR BUTTER AS A MEAL OF THEIR OWN.

BUILDING AND CLEANSING: MANY OF US ARE SIMULTANEOUSLY UNDERNOURISHED AND PACKED WITH TOXINS: WE THUS SEEM TO FACE A TWO-HEADED CHALLENGE: BUILDING AND CLEANSING. THE PROCESSES ARE IN SOME WAYS OPPOSITE — ADDING AND SUBTRACTING — AND THE BALANCING OF THOSE PROCESSES IS INDIVIDUALLY UNIQUE: EACH OF US IS CAPABLE OF EMOTIONALLY PRIORITIZING AND ACTIVELY NAVIGATING THE MAZE OF SELF-REPAIR. // ALTHOUGH MANY OF US IMAGINE THAT A VEGETARIAN DIET WILL PURIFY US, MY EXPERIENCE DIFFERS. MY SENSE IS THAT VEGETARIANISM, MORE ACCURATELY, VEGANISM, ALLOWS US TO REIN IN CERTAIN OUT-OF-CONTROL METABOLIC CYCLES. THERE IS MOUNTING TESTIMONY THAT A PURELY VEGETARIAN (VEGAN) DIET WILL HALT AND REVERSE CANCER. CANCER IS UNCONTROLLED GROWTH. CANCER IS THE LOSS OF RECOGNITION OF THE CONTEXT OF OUR ACTIVITY. VEGANISM ENDS THAT. IT PLACES US HUMBLy IN THE WEB OF LIFE AS EMOTIONAL PARTICIPANTS, DEPENDENT ON THE BLESSINGS OF OUR FELLOW SPECIES. AS PART OF A VEGAN PROGRAM I RECOMMEND DIGESTIVE RENEWAL, AND THE USE OF KOMBUCHA, AN IMMUNE STABILIZER AND METABOLIC AID, AND FLORESSENCE (AKA ESSIAC) A GENTLE NATIVE AMERICAN HERBAL FORMULA SHOWN REPEATEDLY TO HEAL CANCER. FOR ME, EACH OF THESE WAS NECESSARY, METABOLICALLY, TO TURN SPIRALS INTO CIRCLES; EACH ALLOWED ME HORMONALLY TO SELF-REFERENCE, SELF-REGULATE AND PRODUCTIVELY SELF-ORIENT. // THE EMPHASIS HERE, IN THE FINAL RAW OMNIVOROUS DIET, IS ON JUICED GREEN VEGETABLES AND WHOLE ANIMAL FOODS. THE FORMER PROVIDE CLEANSING, THE LATTER BUILDING. THE BALANCE FOR EACH OF US IS UNIQUE AND CHANGING: EACH OF US CAN MODULATE OUR OWN BUILDING AND CLEANSING WITH VARYING DEGREES OF SENSITIVITY — A SENSITIVITY WHICH INCREASINGLY REFINES AS WE COMPLETE VARIOUS STAGES OF OUR PURIFICATION AND

RENEWAL. // MYCELLS WERE SUFFICIENTLY STARVED AS A VEGAN AS TO MAKE CLEANSING GREEN FOODS SEEM UNATTRACTIVE; WITH THE EXCEPTION OF SPIRULINA, WHICH IS ALSO RICH IN PROTEIN AND FAT, AND CERTAIN OTHER SEA VEGETABLES; THE PURGATIVE QUALITIES OF RAW GREENS WERE UNATTRACTIVE TO A CELLULAR COLLECTIVE DESPERATELY IN NEED OF REBUILDING. THE EVENTUAL COMPROMISE, AND LAST CHAPTER IN THE VEGAN BOOK FOR ME, WAS THE INTEGRATION OF A DIET WITH MAXIMUM BUILDING AND CLEANSING PROPERTIES [SEE SPROUT SALADS]. NONETHELESS, MY REAL CLEANSING ONLY BEGAN AFTER YEARS, AND I DO MEAN YEARS, OF EATING SUBSTANTIAL VOLUMES OF RAW ANIMAL FAT. // THE OMNIVOROUS PATTERN WHICH HAS ASSERTED ITSELF COMBINES OSCILLATING POLARITIES, USED ALTERNATIVELY: ALKALIZING GREEN VEGETABLE JUICES AND ACIDIFYING KOMBUCHA. EXTREMELY CLEANSING RAW EGGS AND BUILDING RAW BEEF. BOTH SETS OF DRINKS ARE VITAMIN RICH AND HIGHLY ASSIMILABLE. BOTH SETS OF FOOD ARE PROTEIN AND FAT RICH, AND VITAMIN AND MINERAL DENSE. BUT THE EGGS AND THE GREEN JUICES HAVE A DEFINITE CLEANSING EFFECT. KOMBUCHA TENDS TO BE APPETITE STIMULATING AND THE BEEF MEETS THAT HUNGER. EACH OF US CAN LEARN TO MODULATE OUR OWN BUILDING AND CLEANSING MERELY BY LISTENING TO THE VOICE OF OURCELLS, EATING BIOACTIVE AND PROBIOTIC FOODS, AND ALLOWING OURCELLS TO CYCLE THRU PROFOUND EMOTIONAL STATES. // SOMETIMES DIETARY CYCLES AND OSCILLATIONS OCCUR WITHIN A SINGLE DAY; JUICE IN THE MORNING, KOMBUCHA AT NOON, JUICE AT NIGHT. EGGS IN THE MORNING, THEN BEEF, THEN EGGS. SOMETIMES DAY-TO-DAY, WEEK-TO-WEEK, MONTH-TO-MONTH, OR YEAR-TO-YEAR. MYCELLS FOUND ONE YEAR ON BEEF AND WATER EXTREMELY STABLE AND PRODUCTIVE. JUST BEEF AND WATER FOR 50 WEEKS OF THE YEAR (TWO WEEKS ON SALMON AND WATER, WHEN BEEF WAS UNAVAILABLE. A FEW DROPS OF LEMON JUICE IN WATER TO MAKE IT MORE ASSIMILABLE. DURING ANOTHER YEAR,

VARIATION WAS COMMON: RAW CHICKEN, RAW FISH AND RAW BEEF PLAYED LEADING ROLES DURING DIFFERENT SEASONS. THIS YEAR BEEF AND EGG MEALS ALTERNATE, WITH EITHER GREEN VEGETABLE JUICE, SILICATED WATER OR KOMBUCHA AS LIQUID MEALS. AS VARIOUS SYMPTOMS AND BODY PARTS HEAL — SKIN, THROAT, LUNGS, LIVER — VARIOUS DIFFERENT VEGETABLES PRESENT THEMSELVES AS THE ONES TO JUICE. AS THE VARIOUS SEASONS OF THE YEAR INVITE US TO DIFFERENT INTENSITIES AND TYPES OF ACTIVITIES, OUR CELLS ENTRAIN INSTINCTIVELY. HEALING WITH WHOLE FOODS (PAUL PITCHFORD; NORTH ATLANTIC BOOKS, BERKELEY) SEEMS A WONDERFUL RESOURCE FOR CONFIRMING THE WISDOM OF BODY CHOICES WITHIN A SEASONAL TAOIST MODEL OF ACTIVITY. // SEE ALSO: DIGESTIVE RENEWAL AND MIDDLE PATH.

BURPING, FARTING AND SPITTING: BURPING, FARTING AND SPITTING ARE NORMAL, SICK AND WRONG. ALL OF THEM POINT TO DISTRESSED DIGESTION OR RESPIRATION. SEE DIGESTIVE RENEWAL.

C:

CABBAGE: [V : R : B+] : EXTREMELY USEFUL FOR REJUVENATING THE COLON AND THE SKIN; DRINK AS JUICE (THINNED WITH CELERY) OR MAKE INTO SAUERKRAUT. USEFUL AS A POULTICE ON WOUNDS AND SKIN ERUPTIONS — HELPS KEEP WOUNDS STERILE AND ALLOWS THEM TO HEAL WELL. VERY RICH IN SULFUR, VITAMIN C AND VITAMIN U, AND IN LACTOBACILLUS.

CANOLA: [V : R : B] : A STRAIN OF RAPE SEED. RAPE SEED OIL HAS BEEN USED FOR MILLENNIA AS A COOKING OIL IN INDIA. THO SOME QUESTION ITS NUTRITIONAL WORTH — AS THOSE WHO USE IT TEND TO HAVE SPECIFIC MINERAL DEFICIENCIES — OTHERS ARE USING IT MEDICINALLY: A TWO PART EXTRACT FROM RAPE AND OLIVE OILS COMPRISE LORENZO'S OIL, SHOWN TO PREVENT SOME FORMS OF NEUROLOGICAL BREAKDOWN.

CAROB: [V : R : B] : WHEN THE BIBLICAL PRODIGAL SON WAS DOWN AND OUT, HE ATE THE «HUSKS THAT THE SWINE DID EAT» — THE GOOEY,

PROTEINACEOUS PODS OF THE CAROB TREE. CAROB CAN BE A NATURAL, SELF-SWEETENED CHOCOLATE REPLACER, SUPPLEMENTALLY SWEETENED WELL WITH BARLEY MALT. CAROB HAS A FAVORABLE POTASSIUM / SODIUM BALANCE, IS RICH IN B VITAMINS, CONTAINS NO CAFFEINE OR THEOBROMINE (AS DOES COCOA) AND REQUIRES NO ALKALI PROCESSING (WHICH COCOA OFTEN DOES). CAROB IS ALSO KNOWN AS «LOCUST BEAN» AND IS THE SOURCE OF LOCUST BEAN GUM, A NATURAL BINDING AGENT. SEE TREEHUGGER TRAIL MIX.

CARROT: [V : C, B] : RICH IN BETA-CAROTENE (PRO-VITAMIN A) AND KNOWN TO WORK AS A VERMIFUGE AND HORMONAL BALANCER, AND TO BENEFIT VISION, CARROTS ARE A COMMON, WELL-LOVED FOOD. BECAUSE THEY TEND TO SOAK UP TOXINS, USE ORGANIC ONES. CARROTS TEND TO LOSE THEIR SWEETNESS IN STORAGE AND TO BECOME WOODY AND FLAVORLESS; SCRATCH A CARROT NEAR ITS BASE WITH A FINGERNAIL AND SNIFF TO DETERMINE IF IT'S STILL SWEET. CARROTS ARE A FAVORITE AMONG JUICE FOLKS, YET, LIKE FRUIT, TENDS TO BE TOO SWEET FOR LONG TERM USE. IF USING IN JUICE, USE ABUNDANT CELERY AND PARSLEY OR BROCCOLI FOR BALANCE. FOR THOSE OF US LEAVING SWEETENERS AND GRAINS, CARROTS, SIMMERED WITH PARSNIPS IN 1/4 INCH OF WATER, COVERED, YIELD A DELICIOUS SWEET SYRUP; A FINE BREAKFAST FOOD.

CELERY: [V : R : B+] : AMONG THE MOST USEFUL OF VEGETABLES, CELERY HAS BOTH BUILDING AND CLEANSING QUALITIES AND BENEFITS MANY IMBALANCES. IT IS RICH IN SILICA, ENCOURAGES ELECTROLYTE BALANCE AND HYDRATION, AND REVERSES MANY PATHOGENIC CONDITIONS. USE CELERY FOR THIRST, HEAT, DAMPNESS AND AS THE BASE FOR GREEN VEGETABLE JUICE.

CHARD: [V : R : B] : SIMILAR TO SPINACH IN ITS RICHNESS OF CHLOROPHYLL AND IRON, CHARD SEEMS SLIGHTLY LOWER IN OXALIC ACID AND THUS MORE USEFUL TO THOSE OF US WHO ARE SIGNIFICANTLY MALNOURISHED AND THUS SENSITIVE TO DISRUPTIONS IN CALCIUM METABOLISM. TO LESSEN THE OXALIC ACID CONTENT, EAT THE

LEAVES BUT NOT THE STALKS. SWISS CHARD, WITH THE WHITE STALK, SEEMS Milder AND MORE APPROPRIATE FOR THE MALNOURISHED THAN CHARD WITH A RED STALK. CHARD CAN BE LIGHTLY STEAMED [C+] AND VINEGARED — BE SURE TO DRINK THE JUICE. RAW CHARD CAN BE JUICED [B+], AND USED AS A BLOOD BUILDER AND LAXATIVE.

CHEESE: SEE DAIRY. SEE ALSO FARMER'S CHEESE.

CHEMICAL IMBALANCES: MINERAL IMBALANCES HAVE BEEN CORRELATED WITH SEVERAL PSYCHIATRIC DYSFUNCTIONS INCLUDING PARANOID SCHIZOPHRENIA, MULTIPLE PERSONALITY DISORDER, ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) AND BIPOLAR DISORDER. CHEMICAL IMBALANCES, AT THE LEVEL OF NEUROTRANSMITTERS OR HORMONES, ARE OFTEN CONSIDERED GENETIC OR STRUCTURAL; PHYSICIANS IGNORANT OF THE NUTRITIONAL BASES OF NEUROTRANSMITTER AND HORMONE FORMATION OFTEN MISS A MUCH MORE ADDRESSABLE CONTEXT: THAT ZINC AND MANGANESE DEFICIENCIES OR SKEWED BLOOD COPPER LEVELS MAY BE TO BLAME, ARISING FROM DRINKING WATER FROM COPPER PIPES, COMPROMISED DIGESTION, BIRTH CONTROL PILLS, OR THE ABSENCE OF ZINC, MANGANESE AND ESSENTIAL FATTY ACIDS IN THE DIET. CONSULT THE PFEIFFER CLINIC: WWW.HRIPTC.ORG, VISIT WWW.ALTERNATIVEMENTALHEALTH.COM OR CONSIDER THE NUTRI-SPEC™ METABOLIC BALANCING PROGRAM OFFERED BY SOME CHIROPRACTORS AND MD'S INTERESTED IN NUTRITION-BASED HEALING: [HTTP://WWW.ROYALRIFE.COM/HBAL.HTML](http://WWW.ROYALRIFE.COM/HBAL.HTML) — MANY SO-CALLED MENTAL ILLNESSES, BEHAVIORAL DISORDERS AND CHEMICAL IMBALANCES ARE COMPLETELY NUTRITIONAL, AND TEMPORARY — IF ADDRESSED.

CHICKEN: [O : R : C, A] : CHICKEN CONTAINS ABUNDANT FAT AND EASILY ASSIMILABLE PROTEIN. AN EASY INTRODUCTION TO RAW CHICKEN IS RAW CHICKEN SOUP [A], WHICH IS PARTICULARLY USEFUL FOR RESPIRATORY INFECTIONS: CUT THE MEAT AND SKIN OFF A CHICKEN LEG BY SEVERING THE ENDS OF THE TENDONS WITH A SHARP KNIFE, AND SLIDING THE BLADE ALONG THE BONES. CUT THE

MEAT AND SKIN INTO 3/4" CUBES. ADD ONE PINT OF WARM WATER TO A BLENDER AND ONE SILICA CAPSULE. CHOP UP EITHER 1/16 ONION, 1 GREEN ONION OR 1/2 CLOVE OF GARLIC AND ADD TO WATER. CHOP UP ONE STALK OF CELERY AND ADD TO WATER. ADD CHICKEN TO WATER, CLOSE TOP, AND BLEND ON HIGH, ON LIQUEFY, UNTIL THE BLENDER STOPS MAKING CHOPPING SOUNDS. DRINK LIKE A MILKSHAKE. MAKES ONE SMALL SERVING; DOUBLE OR TRIPLE THIS RECIPE AS NECESSARY. EXTRA CREDIT: CHOP BOTH ENDS OFF THE LEFTOVER CHICKEN BONES WITH A BUTCHER KNIFE AND SUCK THE MARROW [A+]. ADVANCED OPTION: MAKE THE SOUP WITHOUT THE VEGGIES, AS A CHICKEN SHAKE. ONCE COMFORTABLE WITH THE RAW CHICKEN AND MARROW, BUY A WHOLE CHICKEN AND EAT IT RAW, INCLUDING THE ORGANS AND BONES. START WITH THE LIVER JUST LIKE A WILD ANIMAL. // FOR THOSE OF US PREFERRING A QUICK COOKED CHICKEN SOUP [C], USE THE SAME INGREDIENTS. BRING THE WATER TO A SIMMER AND ADD 1/2 TEASPOON WHOLE UNREFINED SEA SALT. CRACK THE BONES WITH A MALLET OR BUTCHER KNIFE. ADD THE VEGETABLES AND ALLOW TO SIMMER 1 MINUTE. TURN OFF THE HEAT AND ADD THE CHICKEN AND BONES. COVER THE POT AND ALLOW TO STAND FOR 10 MINUTES. THE HOT WATER WILL COOK THE CHICKEN ABOVE 160°, KILLING ALL BACTERIA; THE FLESH WILL REMAIN JUICY. THE BONES ARE TO BE SUCKED AND SPIT OUT. EXTRA CREDIT: ADD ONE HEAPING TEASPOON OF MISO TO THE SOUP WHEN ADDING THE CHICKEN; STIR THE SOUP WELL BEFORE SERVING [C+]. MAKES ONE SMALL SERVING: DOUBLE OR TRIPLE THIS RECIPE AS NECESSARY. // BAKED CHICKEN [C] CAN BE USEFUL AS WELL. BUY CHICKEN WINGS, WHICH ARE DELIGHTFULLY FATTY. SALT VERY LIGHTLY WITH WHOLE UNREFINED SEA SALT AND PLACE ON A BED OF CHOPPED ONIONS AND CELERY IN A GLASS BAKING DISH. IF DESIRED, LIGHTLY POWDER THE WINGS WITH CUMIN, CORIANDER OR FRESH GROUND PEPPER. RAISE AN OVEN TO 250 AND ALLOW THE CHICKEN TO BAKE FOR 15 MINUTES, CRISPING THE SKIN; LOWER THE TEMPERATURE TO 200

AND ALLOW TO BAKE FOR AN HOUR TO AN HOUR AND A HALF. THE CHICKEN WILL HAVE RELEASED SIGNIFICANT FAT INTO THE ONIONS AND CELERY WHICH CAN BE EXTRACTED, ONCE THE DISH IS COOLED DOWN, BY ADDING WATER AND SWIRLING AROUND. BAKED CHICKEN CAN ALSO BE PREPARED WITHOUT THE INITIAL CRISPING, WITH THE DISH COVERED WITH A LID, BAKED FOR TWO HOURS. // BAKED CHICKEN WINGS CAN BE EATEN IN VOLUME AND SEEM TO BE FAIRLY WELL METABOLIZED — UNLIKE COOKED BEEF. SIMPLY BAKED CHICKEN IS PARTICULARLY USEFUL IN WINTER, AND FOR THOSE OF US WHO ARE EXTREMELY THIN OR DEFICIENT AFTER YEARS OF VEGANISM. COOKED CHICKEN ALLOWS US A FAIRLY GOOD DEGREE OF CLARITY, AND SUFFICIENT GROUNDEDNESS TO PARTICIPATE IN THE SCHEDULED ECONOMY. // SEE ALSO: HIGH MEAT.

CHLOROPHYLL: A MAGNESIUM-CENTERED MOLECULE IN PLANTS WHICH FACILITATES THE TRANSLATION OF SUNLIGHT INTO USABLE ENERGY; ITS ADJUNCT IN ANIMALS IS HEMOGLOBIN (THE SAME MOLECULE WITH IRON AS ITS HUB) WHICH FACILITATES THE TRANSLATION OF OXYGEN INTO USABLE ENERGY. SEE BLOOD OR SPINACH.

CLEANSING: SEE BUILDING AND CLEANSING.

COCONUT OIL / COCOA BUTTER: [V : R : B+] : THE OIL OF THE COCONUT IS EXTREMELY DIGESTIBLE AND WAS ONLY PROMOTED AS DANGEROUS BECAUSE IT COMPETES WITH CORN AND SOYBEAN OIL, TO WHICH IT IS FAR SUPERIOR. BOTH COOKED AND RAW, COCONUT OIL IS USEFUL. IT CAN BE OBTAINED MINIMALLY PROCESSED (WITH FIBERS STRAINED OUT) FROM SPECTRUM™, AT LOW COST. BECAUSE IT CONGEALS AT ROOM TEMPERATURE, MANY RAW FOODISTS USE IT AS A SPREAD, WHICH IS BOTH FATTY AND SWEET. COCONUT OIL IS ALSO AN EXCELLENT SKIN-CARE PRODUCT AND MASSAGE OIL.

COLD: FOR THOSE OF US WHO ARE CHRONICALLY COLD, EATING ALL OF OUR FOOD, PARTICULARLY LIQUIDS, WARMED TO BODY TEMPERATURE MAY BE IMPORTANT, PARTICULARLY IF DRUNK IN VOLUME. FATS PROVIDE WARMTH TO THE BODY, WHETHER ANIMAL OR VEGETABLE,

COOKED OR RAW. CHRONIC COLDNESS CAN ALSO BE A FUNCTION OF KIDNEY HEALTH; SEE KIDNEYS.

COLDS / FLUS: KEEPING WARM, PARTICULARLY THE EARS, FEET AND NECK, SEEMS IMPORTANT. TO EXPEL COLDS AND FLUS, EUROPEANS FIND SWEATING EFFECTIVE, THRU THE USE OF VOLUMINOUS HOT HERBAL TEA AND HOT BATHS (FOLLOWED BY REST). MYCELLS HAVE ALSO FOUND THE FOLLOWING RECIPES USEFUL: RAW CHICKEN SOUP, COOKED CHICKEN SOUP, GUACAMOLE ONION WRAP, NORI CALIFORNIA HAND ROLL WITH ONION, GARLIC OR HORSERADISH, MISO SOUP, SALSA, CULTURED SALSA, JUICED PARSNIPS AND ONIONS, AND CELERY JUICE WITH ONION. FOR A MORE IN DEPTH LOOK AT RESPIRATORY HEALTH, SEE LUNGS.

COLON: (LARGE INTESTINE) FUNCTIONS TO RESORB WATER FROM THE DIGESTIVE FLUIDS, RESORB THE SALTS SECRETED INTO THE SMALL INTESTINE, AND TO ABSORB NUTRIENTS. THE BACTERIAL FLORA OF THE LARGE INTESTINE INCLUDES E. COLI, ACIDOPHILUS, AND OTHERS. AS THESE BACTERIA DIGEST AND FERMENT LEFTOVER FOOD, THEY SECRETE BENEFICIAL CHEMICALS SUCH AS VITAMIN K, BIOTIN (A B VITAMIN), AND SOME AMINO ACIDS, AND ARE OUR MAIN SOURCE OF SOME OF THESE NUTRIENTS. THERE ARE OTHER BACTERIA, YEASTS AND FUNGI IN THE COLON WHICH CAN BECOME OVERGROWN AND BLOCK OUR METABOLISM OF NUTRIENTS, OR EXCRETE TOXIC METABOLIC BYPRODUCTS WHICH APPEAR IN US AS SYSTEMIC DISEASE SYMPTOMS. SEE DAMPNESS AND DIGESTIVE RENEWAL.

COLOSTRUM: [O : R : A] : A HIGHLY PROBIOTIC, MINERAL AND ENZYME RICH FLUID EXPRESSED FROM BREASTS OF LACTATING MAMMALS — BEFORE GIVING MILK. COLOSTRUM IS UNDERSTOOD TO BE THE MATERIAL TRANSFERENCE OF IMMUNITY FROM MOTHER TO CHILD. IT HAS BEEN HIGHLY EFFECTIVE AGAINST A SPECTRUM OF DISEASES AS AN IMMUNORESUSCITANT. IT IS NOW AVAILABLE BY THE QUART OR PINT FROM ORGANIC, GRASS-FED DAIRIES LIKE ORGANIC PASTURES™. MYCELLS FOUND IT INCREDIBLY USEFUL, AND MADE IT INTO A NATURAL

COLOSTRUM YOGURT — AN AIR-CULTURED OR SELF- CULTURED KE-FIR: PLACE COLOSTRUM IN A CLEAN GLASS JAR AND COVER WITH A CLOTH, ALLOW TO STAND AT ROOM TEMPERATURE FOR ONE DAY. DRINK THE THICK SOUR YOGURT, AND FEEL BETTER.

CONGEE: (SEE RICE > RICE WATER)

CONSTIPATION: SEE BLOOD.

CORN: [V : R : B,C] : DESPITE THE HYPE, THE NATIVE AMERICANS OF THE SOUTHWEST WHO WENT TO A CORN-BASED DIET AFTER THE ANIMALS THINNED OUT, DIED (THE ANTHROPOLOGICAL RECORD AT THE CLIFF DWELLINGS SHOWS). DRIED CORN MAY BE LESS DAMAGING THEN WHEAT IF, AND ONLY IF, IT IS PREPARED TRADITIONALLY, WITH LIME (THE STONE, NOT THE FRUIT); A SPECIFIC AMINO ACID RELATIONSHIP MAKES THIS NECESSARY. RAW CORN ON THE COB SEEMS FAR MORE EDIBLE THAN THE DRIED GRAIN PRODUCTS. // CORN HAS BEEN A PRIMARY SOURCE OF ANIMAL FEED FOR CENTURIES; AFTER WORLD WAR TWO, WHEN THERE WERE HUGE SURPLUSES, IT WAS REPACKAGED AS A HUMAN FOOD VIA CORN FLOUR (MASA HARINA) AND CORN OIL MARGARINE — A DISASTER. CORN SEEMS TO BE LESS ALLERGENIC THAN WHEAT AT LEAST, AND TO BE A GOOD SOURCE OF FIBER, THO AN INCOMPLETE PROTEIN. // BLUE CORN HAS A MUCH HIGHER PROTEIN CONTENT THAN YELLOW OR WHITE AND IS AVAILABLE IN A FAIRLY WHOLE FORM: GARDEN OF EATIN'™ BLUE CORN CHIPS, A FRIEND TO THE VEGAN TRAVELER, AND DIP STICK FOR THE HUNGRY. // POPCORN IS A FAVORITE OF YOUNG AND OLD, SO HERE IS A RECIPE: OPTIMALLY, AIR POP A LARGE BATCH OF POPCORN AND USE THE BUTTER CUP FOR WARMING OLIVE OR FLAX OIL TO BODY TEMPERATURE. PUT THE POPCORN IN A DOUBLED, LARGE, CLEAN PAPER GROCERY BAG AND SLIGHTLY ROLL DOWN THE EDGES. MIX IN OIL, SHOYU OR BRAGG'S, FRESH CHOPPED GARLIC, AND NUTRITIONAL YEAST POWDER (RED STAR MAXI-FLAKE), AND SHAKE VIGOROUSLY, WHILE HOLDING THE TOP CLOSED, UNTIL THE POPCORN IS COATED. OIL FIRST. THEN SHOYU OR BRAGG'S™. THEN GARLIC. THEN

POWDER. (IF AIR POPPING IS NOT AN OPTION, USE A LARGE PAN, POT OR WOK WITH A COVER; THE TRICK IS TO ADD ENOUGH OIL TO COMPLETELY COVER A TABLESPOON OF KERNELS WITH OIL AND ALLOW THE COMMUNICATION OF HEAT FROM PAN TO CORN QUICKLY AND CONCLUSIVELY. TOO MUCH HEAT AND THE OIL BURNS. TOO LITTLE HEAT AND THE KERNELS HARDEN WITHOUT POPPING. JUST RIGHT HEAT AND OIL AND THE KERNELS ALL POP AT ABOUT THE SAME TIME AND CAN BE DUMPED OUT BEFORE BURNING. USE OLIVE OIL OR CANOLA OIL FOR PAN POPPING AND SHAKE THE PAN CONSTANTLY. FINISH AS ABOVE.) TIME THE PREPARATION PROCESS SO THAT THE INSTANT YOU ARE FINISHED YOU CAN MAKE IT TO A MOVIE THEATER, AND ENJOY THE WARM POPCORN WITH A FRIEND. (LARGE LOVE TO JAME, AND THE BIJOU ART CINEMA.)

CRAMPS: CRAMPING IS OFTEN A FUNCTION OF ELECTROLYTE BALANCE AND THE CONDITION OF THE LIVER. SEE PAIN AS WELL.

CROHN'S DISEASE: IS SUCCESSFULLY TREATED IN ISRAEL USING RAW CAMEL'S MILK. THE MOST SIMILAR AMERICAN ANIMALS ARE LLAMAS AND ALPACAS, WHICH ARE INCREASINGLY COMMON AS FARM ANIMALS, BOTH FOR THEIR FUR, AND AS GUARD ANIMALS FOR SHEEP.

CUCUMBER: [V : R : B]: THE COOLING, DETOXIFYING CUCUMBER IS USEFUL FOR SKIN IRRITATIONS, SUMMER HEAT, AND EXPELLING WORMS. IT CAN BE EATEN IN VOLUME AND APPLIED TO SKIN DIRECTLY. FOR SKIN CONDITIONS, THE JUICE AND CHOPPED FLESH WORK WELL (DRUNK OR APPLIED AS A PACK); ALONE OR IN COMBINATION WITH CABBAGE. SADLY, MANY CUCUMBERS ARE WAXED WITH INEDIBLE SUBSTANCES, ACCORDING TO THE UNIVERSITY OF FLORIDA: ABOUT A DOZEN COMPOUNDS ARE USED FOR WAXING (INCLUDING BEES WAX, COTTON SEED OIL, MINERAL OIL, PARAFFIN, PETROLEUM WAX, AND RICE BRAN WAX). IF YOU CHOOSE NOT TO BUY VEGETABLES BECAUSE THEY ARE WAXED, PLEASE TELL THE PRODUCE MANAGER HOW HE OR SHE IS LOSING YOUR BUSINESS, AND MAKE UNWAXED FRUITS AND VEGETABLES MORE COMMON.