



Retailers of Organic Produce. Specialising in Raw Organic Foods & Health Appliances.

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Raw Food—The Ultimate Diet:

When we look at nature, we find that wildlife consumes raw food and as a result, seems to have abundant strength and energy. The athletic feats wild animals perform are way beyond human capabilities. Other factors are involved but obviously they thrive on raw foods. Our domesticated animals by comparison eventually suffer the same degenerative diseases that we do once they are fed cooked food.

Years ago a German doctor by the name of Max Gerson found that he could overcome his migraine headaches by consuming only raw food. Raw foods that contain enzymes take a load off an over-burdened Pancreas which is then able to recover. Enzymes in raw food make digestion so much easier and the body then has more energy for other functions such as detoxification.

Gerson decided that if he could successfully treat migraine with a completely raw food diet, he may be able to treat other diseases. He then applied the diet to cancer patients and had great success. On a raw food diet cancer tumors were found to reduce in size but when cooked food was consumed the tumors would again begin to grow. Gerson eventually published a book in 1958 called "A Cancer Therapy" "Results of Fifty Cases" in which he documented many successful cases.

If raw food can heal, then it can obviously prevent serious diseases also and prevention is much better than cure. If we wait until we are seriously ill before we adopt good diet habits we can never be sure that we will have sufficient time or will power to reverse the disease. Prevention is always the wisest policy. Living a life full of energy is much more enjoyable than being in a depleted state in any case. As Bernard Jensen said, you never see a person bent over and almost crippled with arthritis walking down the street singing "Happy days are here again!"

Why raw food?

When food is cooked, enzymes are destroyed and without enzymes food is more difficult to digest. The "life force" is also destroyed. This has been proved by Kirlian Photography which shows the energy field around living things. Amazingly, if we bless our food this energy field increases. There is something to be said obviously, for saying grace at every meal, blessing our food and thanking our creator for the abundance that has been provided.

Cooked food, devoid of the vital life force, often lies heavy in our stomach and saps our energy. Ever feel like a nap after a heavy lunch? Our lowest energy level is around 2 pm, an ideal time for siesta. Nature probably intended us to have a hearty lunch and then rest to allow the digestive process to perform unhindered at this time. A nap of 5—15 min is usually sufficient and we will wake up revitalised. On cooked food however this nap may turn into a long slumber and we may remain weary.

Cooking destroys nutrients such as vitamins and converts organic minerals into a less assimilable form. Fluorine for example is totally destroyed by heat. Fluorine is necessary for good dental health. Fluoride by the way is a poison and should be avoided. Cooking fats and oils causes them to change and become a harmful substance which clogs our arteries and causes mucus.

Raw fats and oils are highly beneficial in moderation and necessary for good health. Omega 3 oils are vital for maintaining healthy brain function and are said to help elevate our moods and prevent depression. In Japan a survey of elderly people showed a depression rate of around 4%. This compares to a depression rate of around 40% in America.

Japanese have plenty of seafood which is high in omega 3 oils. Conversely, most Americans consume grain-fed meats containing saturated fats. Free-range, grass-fed meats contain around double the omega 3 of grain-fed meats. Most green vegetables contain some omega 3 as do Walnuts and Linseed.

Variety is the Spice of Life:

Mono diets, even if raw, are not necessarily healthy. We need raw oils and fats in the diet to help the body produce hormones and maintain a healthy nervous system etc. We need greens to give us chlorophyll, magnesium etc. We need a variety of foods to ensure we obtain all the essential vitamins and minerals, but also we need variety to ensure we don't overdose on one particular food.

One person's food is often another's poison. If we continue to consume one food, we will find that the body eventually suffers to some degree because of it. This may be because we get too much of one substance or nutrient. We can have too much nutrition or too little and this is where we need to learn to trust our instincts.

Animals follow their instincts and choose the foods they need when in the wild and have available to them a wide selection. We can also tune into our body if we just listen—be calm, be quiet and ask ourselves, what do we really feel like? Pregnant women usually develop strong desires for certain foods and this heightened awareness helps the mother to provide the nutrients necessary for a healthy child.

We can all develop such awareness to at least some degree. One way to start tuning in to what our body needs is to smell our food before we eat it. If it smells appetising and appealing then we probably need it. If it smells offensive or slightly "off" then we probably don't need it.

Bernard Jensen was one of the best known proponents of a varied diet and he lived to be 93 years old despite having a serious health problem in his early 20's. He studied the lifestyles on many of the longest lived people on earth and has written many books on health and nutrition. Other shining examples of a healthy, long life through diet are Paul Bragg (95 years) and Norman Walker (103 years).

Follow the Seasons:

With modern transport, we are able to buy many seasonal foods all year round. This is not what nature intended. We need to follow the seasons. At the start of the stone fruit season, we enjoy the new flavours and textures available and often crave for the fruit in season, however as later season fruits become available we tire of the early fruits and desire the latest offerings. This is a natural tendency. Our body tells us when we have had sufficient of one fruit and are ready for a change. So it is with all foods. Through habit however, we tend to have some foods all year round and this is not wise.

Every food has a season. Every 3 months the season changes. In winter, we need the warming sulphur based foods such as cabbage, broccoli and cauliflower. If we try growing such foods out of season, we find the bugs can be almost impossible to control without harmful chemicals. Grown in season and the bugs seem to be only a minor problem or no problem at all. This is nature's way of ensuring that we only have foods in season. This in turn ensures we don't overdose on one food. If we follow the seasons in our selection of foods, we will ensure we have variety for optimal health.

(Continued on page 2)

(Continued from page 1)

Traditionally cooked foods that can be eaten raw:

Beetroot, pumpkin and even sweet potatoes can be shredded and eaten raw if mixed with a suitable dressing such as lemon juice, vinegar, herbs and a little olive oil. Another way is to "pickle" them by placing them in unpasteurised Apple Cider Vinegar and leaving for 2—3 weeks. Consume within 3—6 months. Various herbs such as chillies, garlic, rosemary, bay leaves etc. can be added for different flavours.

Learn how to make genuine pickles. They are very beneficial as they help to restore our friendly gut bacteria. Basically it involves dissolving 15 grams of celtic sea salt in 1 litre of purified water. Then place sliced veggies of choice such as cauliflower, carrots, beetroot, asparagus & capsicum in a large jar. Fill to the top with the brine solution

Artichokes, asparagus, cauliflower, broccoli, tender young beans and peas can also be eaten raw. Sprouted peas, beans, chickpeas, lentils, sunflower seeds etc are also delicious with a dressing as described. Egg yolks can be consumed raw by adding to salad dressings, or blending them with raw milk - add honey and vanilla according to taste (this is an Egg Nog). Egg whites are not recommended as they contain albumin which is hard on the kidneys.

Milk, cheese and butter would be much better foods if available in their raw state as the fats that they contain would be more assimilate-able. In Europe many of the best cheeses are raw cheeses. It is unfortunate that our authorities have largely banned raw dairy products and many other raw foods, resulting in a deterioration of the nation's health. Recently, some imported raw cheeses have become available, having proved to be as safe as pasteurised cheeses. They are: Gruyere, Sbrinze and Emmental.

Dairy products are, however considered unnatural by many in the health industry as milk is a food designed by nature for the formation of young bodies. It is not considered a food necessary for adults however Bernard Jensen claims that the more highly evolved nature of animal foods is sometimes necessary to heal the body. Raw yogurt (not widely available commercially), because it has friendly bacteria would perhaps be beneficial to health as many long lived people consumed sour milk or yogurt in their diet.

It is said that the land of milk and honey referred to goats milk. Fresh, raw goats milk, consumed within 20 minutes from milking is said to have amazing restorative powers for those who are seriously ill. The goat is a sodium animal, and sodium is the youth mineral which helps keep calcium in solution, preventing arthritis. Goats Whey contains most of the minerals and may be highly beneficial in moderation. With Dairy however, we need to be careful that we don't end up with too much calcium in our system.

It is very important to have calcium in balance in the body. Calcium needs to be balanced with sufficient magnesium, silicon, potassium and organic sodium. A hair analysis is highly recommended to ensure that these minerals are in balance. Calcium "out of solution" in the blood can result in arthritis and calcification of the arteries, resulting in circulation problems. Also, toxic minerals can block the utilisation of some minerals.

Most Western Australians get plenty of calcium in their diet because the coastal plain soils have a lot of limestone in them. This means that we are likely to need higher doses of the minerals that balance calcium in our bodies such as Magnesium, Potassium and Organic Sodium. WA soils also lack trace elements such as Selenium and Boron. A broad array of minerals and trace elements are contained in Goats Mineral Whey. It is wise to have a hair analysis done to see what minerals are out of balance and what minerals are lacking. This enables us to change our diet to correct the problem. Generally, all of us are out of balance or lacking in some area.

Cooked foods to avoid:

- Olives are high in oil content and most olives appear to be pasteurized (cooked). Unless they are clearly marked Raw, assume they are cooked.
- Cashews and Brazil nuts are cooked to remove them

from the shell. Note: "raw" cashews are usually boiled—don't be fooled.

- Soya products are mostly all cooked and because soya beans contain oils they are mucous forming. Sprouted beans may be a healthy alternative.
- Nut butters are made from cooked nuts and are effectively a fried food. This includes tahini or sesame seed paste.
- Breads, cakes and biscuits contain cooked fats and oils.
- The surest way to obtain raw nuts is to purchase them in the shell. We can never be sure at what temperature they were dried so it may be best to test their viability by trying to sprout them.
- Sprout all seeds to test viability. Sprouting also deactivates the enzyme inhibitors that all nuts and seeds contain. This greatly assists digestion. Be sure to chew well or have them ground.
- Some nuts are easily sprouted if they still retain their "life force". Try sprouting any suspect nuts and discard those that fail this simple test. An exception is Macadamia nuts which take many weeks to sprout in the shell. Shelled nuts may not sprout even if fresh.

Rancid foods:

Most nuts can go rancid 4 months after shelling unless refrigerated. The nuts found in our supermarkets are usually rancid and not fit for our consumption. The exceptions may be those that are raw and in the shell or those packed in barrier bags with an oxygen absorber or are nitrogen filled. Nature provided the perfect package for nuts—the shell! The shell keeps out light and prevents chipping which exposes the oils in the nut to oxidation.

Cold pressed oils must be kept away from light and should come in dark bottles or even better perhaps—cans or glass in cardboard cartons. Raisins often come with an oil coating to make them easier to handle (less sticky). Unless they are refrigerated, these oils can become rancid and therefore mucous forming. Rancid oils also rob our body of vitamin E and may form trans fatty acids which are highly detrimental to our circulatory system.

Dehydrating Foods:

The common methods of drying are sun drying or heated air drying. Less common is freeze drying. The first two methods have varying results depending on the temperatures the product is exposed to. Freeze drying involves very low heat and subsequently most freeze dried produce looks and tastes excellent. Its nutritional value is also much higher and because the product has no moisture, it keeps in a sealed package for at least 9 months at room temperature. Freeze drying is the ultimate drying method but it is expensive.

Conventional drying of fruits often involves high temperatures (above 50 °C) which destroy enzymes and nutritional value. The appearance of the fruit is also affected. The fruit loses its natural color and turns a dark brown or, in some instances, black (especially tomatoes). Some fruits such as prunes are dried at around 70 °C. Prunes are said to have many health benefits but these are compromised by their processing. The quality of the water used in re-hydrating them is also an issue.

Advantages of Low Temperature Drying:

Fruits dried at or below 40 °C retain their color, taste and nutritional value much better than "cooked" produce. As long as the product is stored at around 2 - 3 degrees, it will keep for a year or more in most cases without any noticeable degradation. If it is packed in barrier bags with an oxygen absorber, its color, taste and nutritional value will be well preserved even at room temperature.

If sold in bulk in a retail outlet, dried fruit should be refrigerated to preserve it correctly. Few retailers do this. The same applies to nuts and seeds which may go rancid within 3 - 4 months. Nuts and seeds also need to be dried at low temperature to preserve their nutritional value. They also need to be stored under refrigeration, preferably in nitrogen filled bags or similar.

Low temperature dried fruit may attract a premium price in the market due to the extra time involved in drying and also the extra care taken in its storage under the right con-

ditions. Because the taste of the product is superior, consumers are more likely to choose raw produce in preference to cooked produce.

Storage:

The ultimate method of storage of nuts, dried fruit and also dried herbs is to keep them frozen. Dried fruit retains its colour, taste and nutrition and nuts retain the benefits of their fresh oils and other nutrients. Walnuts especially need to be stored below 5°C if still in their shell or frozen if extracted from their shell. Walnuts contain omega 3 oil which is easily turned rancid by exposure to light and the air at room temperatures. All walnut kernels sold in packets are generally rancid. All imported walnuts, even those in their shell, are usually rancid. Buy only when in season and buy only locally grown walnuts.

Never cook walnuts. Cooking omega 3 foods turns their oil into harmful trans-fatty acids. The same applies to oily fish which contain omega 3. Always cook fish on very low heat. Canola oil and linseed oils contain omega 3 and must never be heated or exposed to air and light for even moderate periods.

Educational material:

This is only a brief introduction to raw food. There are many books and periodicals that will help you further understand this healthy way of living and help motivate you towards a healthier lifestyle. Some of the good material we have come across includes: **Raw Power** by Stephen Arlin; **The Sunfood Diet Success System** by David Wolf; **Fruit the Food & Medicine for Man** by Morris Krok.

Recipes:

The following recipes contain LSA which is 3 parts Linseeds, 2 parts Sunflower seeds and 1 part Almonds, ground to a "meal" consistency. LSA binds the ingredients together very well and provides essential oils. LPA, which is similar but contains pepitas instead of sunflower kernels can also be used as can LSSA, which contains sesame seeds instead of sunflower kernels.

Healthy Spread/Dip:

- 1 cup of blended Tomatoes.
- 2 Tablespoons of washed sea vegetables.
- ¼ - ½ Teaspoon of Oregano, Thyme & sage.
- 1 - 2 Teaspoons Spirulina powder
- 1 - 2 Teaspoons Barley Green powder.
- 1 Tablespoon of Nutritional Yeast.
- ½ Tablespoon Maca powder.
- 5 Tablespoons of ground LSA and/or sesame seeds.
- 1 Teaspoon Mineral Whey.
- ½ Lemon - juiced.
- 2 tablespoons Apple Cider Vinegar.

Nuts and seeds are best soaked overnight to de-activate the enzyme inhibitors that they contain (to aid digestion), then blend in a blender with a little water or juice. Alternatively, use a juicer/homogeniser such as the "Samson" or "Oscar" machines. Turmeric and cumin may be added as well as garlic powder or other herbs to give a variety of flavours.

This spread may be used on raw carrots, celery, cauliflower, broccoli etc. to give a satisfying savoury flavour as well as being highly nutritious. Can also be used as a dressing - just add water to obtain required consistency.

Sweet Bikkies:

- 2 cups sultanas or raisins.
- 2 cups ground LSA.
- 2 tbsp cinnamon.
- 4 tbsp honey.
- 1 tbsp Mineral Whey (optional).
- 1/2 cup lemon juice.
- 1 tbsp dried, powdered paw paw fruit if available.
- 2 cups of desiccated coconut.
- 2 - 3 cups of purified water.

Mix all dry ingredients together including sultanas. Dissolve honey in 1 cup of warm water and add this to the mixture along with the lemon juice. Stir mixture, adding 2nd cup of water or more if necessary to form a consistent, firm mixture. Form into patties and place on "Glad Bake" non-stick paper. The paper needs to be trimmed to fit onto a dehydrating tray. Place patties in dehydrator and dry for 3—4 days. Patties may

be formed by putting the mixture in a round biscuit or pastry former.

To make a fruitier mix, add fresh fruit juice or pureed fruit instead of water. Re-constituted fruit such as apricots, mangoes, figs, pineapple, apples etc may be pureed and then added. Pineapple contains enzymes which aid the digestion of proteins.

For a complete protein mix, ground raw peanuts (a legume) or sprouted chickpeas may be added to this mixture. Add 1 cup. Peanuts may be ground in a food processor. Sprouted chickpeas can be blended with other ingredients.

Savoury Bikkies:

- 1½ kg of Tomatoes and/or Zucchini.
- ½ - 1 fresh Pineapple.
- 1 Lemon.
- 3 tablespoons of Apple Cider Vinegar.
- 3 tablespoons of Lemon Juice.
- 5 cups of LSA.
- ½ tbsp dried, powdered paw paw fruit or ½ - 1 paw paw if available.
- ½ cup ground Sesame Seeds.
- 2 tablespoons of Goats Mineral Whey (optional).
- 25 grams of Kombu or other sea vegetable.

Wash sea vegetables and rinse 2 - 3 times to remove sea salt then cut into pieces. Blend savoury fruits, then add sea vegetables and other ingredients. Pour into a large bowl and mix with LSA. Form into patties and dehydrate as described above. Add water if needed to obtain the right dough-like consistency to form into biscuits, they dry in 2-4 days depending on thickness.

Breakfast Suggestions:

A light breakfast is suggested for sedentary workers however a heavy manual worker will require more sustenance. A light breakfast could start with fruit in season either by itself or a fruit salad. In the cooler months when fruit isn't as plentiful we can use re-hydrated fruit such as dried apricots with raisins to add a sweet taste. On occasions, perhaps a raw yogurt can be added to give it a little more substance and add variety.

An alternative to yogurt is to have an avocado after eating fruit or a handful of nuts and seeds such as pepitas or sunflower kernels. A legume such as sprouted chickpeas or peanuts would give a complete protein mix. Another alternative is to soak nuts, seeds and legumes overnight and then place them in a blender with juicy fruit such as apples, stone fruit or pineapple. Pineapple and paw paws are especially good as they supply enzymes which assist digestion of the proteins which nuts and seeds contain.

We need some type of oil or fat in our breakfast to satisfy our appetite unless we have the discipline to last until lunch time. An alternative to fats and oils with breakfast is to have 1—2 tablespoons of bee pollen after our fruit. Bee pollen also controls our appetite and gives us an abundance of enzymes as well as all the essential amino acids and lecithin.

A stressful job or heavy manual work will require sufficient protein to ensure efficient metabolism. A vegetarian protein mix of nuts, seeds & legumes and/or some animal products such as low fat dairy or raw egg yolks will provide complete protein.

Lunch Suggestions:

Lunch is the best time to have a substantial meal. This is when our metabolism is working well (breakfast starts it off). We need energy and nutrients for the rest of the day, especially if we had an early breakfast. Lunch is a good time to have vegetables which supply an abundance of minerals and vitamins. They also supply carbohydrate which gives us slow release energy.

A vegetable salad may consist of grated carrot, beet-root, parsnip, celery, raw corn off the cob, lettuce, cabbage, broccoli, silver beet, spinach, cauliflower, ginger, herbs of choice, onion (spring onions are very good) and sprouts. You can probably think of other ingredients that you like such as garlic, ginger and chillies. A vegetable salad by itself may be un-appetising so you may wish to add a dressing.

A dressing can be made from: 2 tablespoons of Apple Cider Vinegar and 2 tblsns of lemon. To add more flavour, nutrients and protein, add 1 - 2 tblspns of ground seeds

and nuts such as LSA (linseed, sunflower kernels and almonds). Also add some legumes such as sprouted lentils, chickpeas & fenugreek seeds.

Some super foods such as nutritional yeast, spirulina, chlorella, maca (nice taste), dehydrated barley grass, spelt grass, alfalfa (for abundant minerals) and rose hip granules can be added. Use just a little of the ingredients you least enjoy and more of the ones with a pleasant taste. The proportions should be varied to each individual's taste.

The simplest way to determine whether we need a particular food is to smell it. This is what animals do. We must trust our instincts. An inviting smell means we really need it. An "off" smell means we don't. Another way is muscle testing or Kinesiology.

To add more substance to a veggie salad, we can add sprouted chickpeas, lentils and other sprouts. If still peckish, we can have just a few nuts. The important thing is to have some fats or oils to satisfy our appetite. It is important to include omega 3 oils in our diet and the best sources are chia, flaxseeds, green leafy vegetables (lots) and walnuts. Oily fish such as herring, sardines, mullet and salmon also contain omega 3. Small fish are preferred as they contain less mercury. Fish should be cooked on low heat - below 75 °C.

If we are able to procure pasture fed meats, they will also contain omega 3 as will eggs. Eggs should be soft boiled only and it is best to eat only the yolk as the albumin in the white is hard on the kidneys. Omega 3 oils are another option but omega 3 oils go rancid very quickly and need to be consumed a short time after opening unless frozen. If we eat animal proteins, it is best to have them for lunch as they all contain waste products from the animal's metabolism. Depending on the method of slaughter, they may also contain high levels of adrenaline which may keep us awake at night. A little wine with animal protein may offset the adrenaline effect to some degree but exercise may be better.

Dinner Suggestions:

A light meal is recommended at this time as we won't need much sustenance if we relax after the day's activities. An early dinner, around 6pm - 7pm seems ideal. This gives us time to digest our meal before retiring. Fruit is probably best at this time, followed by perhaps some raw veggies. Raw carrot is satisfying. Definitely little no animal protein or fats and oils. Food should ideally be consumed about 3 hours before retiring for the night. We will usually sleep better if we have a very small meal at dinner time.

Night time is resting time and that includes a rest for our digestive system. We should ideally be in a fasting state at night to allow the body to concentrate on elimination. Remember Breakfast means that is when we **break-our-fast**.

Greens:

Greens are an essential part of a healthy diet and most of us consume far too little. Our closest relative in the animal kingdom is the Chimpanzee and their diet is composed of about 45% leafy greens. They have approx. 50% fruit and 5% other which includes some insects. They rarely eat root vegetables.

Leafy greens give us Omega 3 oils and also chlorophyll which is close in composition to human blood. The main difference is, chlorophyll is high in magnesium whereas blood is high in iron.

Leafy greens contain all the essential amino acids so large quantities of greens in our diet reduces our need for animal protein or other proteins such as more difficult to digest seeds, legumes and nuts (easier to digest if soaked overnight).

Greens are also the most alkaline foods we can put in our body and most of us need to become much more alkaline due to an over acid system. Cancer cells are believed to be unable to survive in an alkaline system. Greens can be blended with bananas and other fruits to make a "Smoothie". It may seem strange to mix fruit with leafy greens however they combine well and the taste is more like a fruit than a vegetable. Fruits generally are a slightly acid food so we need to balance this acidity by having greens. Fruits are also high in potassium and this needs to be balanced with organic sodium. Celery is high in organic sodium which is easily assimilated. Our cells require the correct balance between potassium and sodium for efficient nutrient absorption.

Most vegetables are alkaline so we need good portions of this food group to ensure we have the correct PH in our body. The PH of our saliva and urine is easily tested by a PH test tape. The ideal PH range is 7 - 7.5 which is slightly alkaline. Test kits are available via the internet or from Alive Organics.

Variety is Essential:

When consuming large quantities of leafy greens, it is essential to have variety. All greens contain alkaloids which can build up to toxic levels if one plant is consumed for longer than 3 months. By varying our intake of greens, we ensure that we are never over exposed to one type of alkaloid. We may need to choose greens that we have never considered before such as Purslane, Kale, Rocket, Watercress, Coriander, Basil, Stinging Nettle, Mustard Greens, Lamb's Quarters (Fat Hen), Mizuna, Corn Salad and Edible Chrysanthemum-shungiku. Be adventurous!

Environmental Pollution/Heavy Metals:

How do we protect ourselves in an increasingly polluted world? Many natural foods can help e.g Kelp is good for negating the effects of radiation caused by X-Rays and background radiation caused by the numerous nuclear tests and nuclear accidents over the years. Wheat grass juice helps eliminate drugs from the body as well as other toxins. **There are other pollutants, notably ionic heavy metals that the body finds difficult if not impossible to eliminate** without the addition of something other than foods.

Raw Fooders on a very clean diet are more susceptible to environmental toxins due to their improved assimilation. Along with better digestion, we also take in more nutrients and pollutants through breathing and through our skin. Shower filters take out chlorine but we still have the problem of exposure to the other additives our water contains such as fluoride etc. W.A. water also contains high levels of copper. Consequently, West Australians generally have elevated levels of ionic copper which blocks the absorption of zinc. Zinc is involved in a multitude of enzyme activities in the body, making it vital for good health.

The simple way to eliminate environmental toxins is to take a product called ZeoActive8 This is a Zeolite material which has a unique crystalline structure of cavities and cages that trap and bind various toxins, heavy metals, viral particles and other impurities and remove them safely from the body.

This is a practitioner line, so it is generally only available from qualified professionals such as naturopaths. Please ask staff at Alive Organics for details.

Vitamin B12 - An Essential Supplement?:

Vegetarians and Raw Fooders who are largely vegetarian will probably be low in Vitamin B12. It has been estimated that 92% of vegetarians are B12 deficient. Deficiency symptoms include: Confusion, depression, insomnia, memory impairment, mood changes, nervousness, numbness in hands and feet, impaired sense of touch and vertigo.

The minimum RDA in the US is 2.4mcg. The optimal daily requirement is 500 - 2,000mcg. For those diagnosed as being deficient in B12, the dose needed to restore levels to normal is 1,000 - 2,000mcg. Gabriel Cousens recommends 1,000 mcg per day as a general guide. After about a month, this can be reduced to 500mcg/day.

Those with cardiovascular diseases may need 400 - 2,000 mcg to lower dangerously high Homocysteine levels. Excess Homocysteine correlates with the occurrence of Cardiovascular Diseases more closely than cholesterol.

Best palatable food sources of B12 include sardines, mackerel. The highest less appealing food sources include the livers of lamb, beef and chicken. For vegetarians, a liquid, bacteria derived supplement is available.

Methionine may be essential for the utilisation of B12. Methionine is contained in bananas, sesame seeds, pepitas and brazil nuts. Highest animal sources include beef, lamb, chicken, turkey, sardines, salmon & tuna.

A simple test to determine if we have sufficient B12 in our system is to look at our thumb nails. The moons should form about 1/4 to 1/3 of the way up the nail. B12 tests can be done by qualified professionals. A hair analysis test which reveals low potassium levels may indicate a B12 deficiency as B12 is needed for the body to properly utilise potassium.