



Healthy Valley Organics

Wholesalers and retailers of Organic Produce. Specialising in Organic Nuts, Dried Fruit and Viable Seeds.

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Optimal Living

Good health is our reward for living naturally.

Maintain Your Weakest Link :

Optimal health depends largely on what foods we consume, our water quality, exercise, our mental outlook and our environment. We are born with a body that has certain inherited strengths and weaknesses. Our body is only as strong as it's weakest link. We may have various organ problems - a problem with our liver, pancreas, stomach, nervous system etc.

The way we stay reasonably healthy is to maintain our weakest organs in the best possible condition. This involves supplying our body with the best possible nutrition and avoiding foods and substances that may impair it's function.

We are born with weaknesses because our parents were not on the best health path and their parents weren't either and so on, back to our ancestors. We may believe we are doing the best we know for our bodies or at least not abusing our system as others may do. Our parents may have also done the best they could with the knowledge they had so we cannot blame them for our health condition - inherited as it may be.

It takes about 4 generations to eliminate problems caused by incorrect living by our ancestors so we are limited in our ability to completely reverse inherited health problems.

Reconnect Spiritually:

It has been said that we choose our parents and for those aware of the spiritual realm, this concept is totally believable. If this is the case, then depending on our level of development, we will be given the body that is appropriate for us in this lifetime. Life is a journey through consciousness - as we become more aware of the meaning of life, so we come to accept life's challenges as opportunities to learn and advance to a higher plane of existence.

Trust in a higher, loving being such as "God" or whatever we feel comfortable with is a large part of spiritual health. If we are able to accept our circumstances in life or hand our troubles over to a benign force, we can be comforted by that thought or belief. Prayer is powerful because we constantly visualise what we want and what we constantly visualise, we often see materialise.

Think Good Thoughts:



To advance as an evolving Soul, we need to accentuate the positive and eliminate the negative as much as possible. We need to see the good in people and look for the good in the world before we even consider the negative aspects.

This world, with all it's troubles is perfect the way it is. Everything that happens in this world, happens for good reasons - to enable us to learn from the experiences we have, and thereby advance by changing our attitude.

Our outer world is but a reflection of our inner world. What we think about is what we attract. If we read the bad news in newspapers, watch negative news on T.V. and entertain ourselves watching violent movies, we will attract negative events in our lives.

If we pray often, give thanks for what we have, count our blessings and bless everyone we meet, we will attract the better things in life. Whatever our mind concentrates on most of the time, that is what we will create for ourselves. We have nothing to fear in this life except fear itself.

We all have our someone looking after us spiritually. We are never alone in this miraculous world and we will never be presented with a lesson too difficult for us to handle. Life is like a school - the more we learn, the more we advance. Unfortunately, the lessons may get harder but they

will be learnt easier if we remain positive and seek to live by the higher principles as espoused in various religions and many philosophers.

If we find employment doing what we find interesting and exciting (what we were born to do), we will enjoy our work. If we put money before our passion we will find work unfulfilling, even if the pay is good. We may end up being a round peg in a square hole, living for our holidays but dying to leave our place of work. Passionate workers are better rewarded in many ways in the long run.

This body we have is a wonderful creation guided by a loving intelligence and it thrives on love. Love creates, hate destroys! If we love ourselves and others, then we will give ourselves and others the best thoughts and the best foods. If we live our life with love, we will love the life we live.

The Best Foods:

The very best foods are fresh, unprocessed foods provided by nature. When we cook, refine, store or change our foods in any way we invariably destroy their value to some extent and possibly turn them into harmful substances. For instance, all cooked fats are harmful.

Cooked foods often taste better and are easier to eat, therefore we tend to over-indulge. Cooking potatoes, rice, pumpkins, beans, peas and some other vegetables may be necessary to aid digestion but they can mostly be cooked on very low heat to preserve nutrients. Peas, beans and rice for example, can be cooked at 70 °C - 80 °C.

Eggs:

Cooking eggs destroys their lecithin content which balances their high cholesterol content. The cholesterol then becomes a harmful substance in our body. Raw or "runny" yolk boiled eggs cause no cholesterol problem. An egg yolk is one of the highest sources of lecithin in nature and lecithin dissolves cholesterol.

Egg yolks, especially those with a deep orange color are high in iron—this is especially important for women who often lack iron—a cause of low energy due to low oxygen uptake. Vitamin C also helps iron assimilation. Egg whites are high in albumin that is difficult to digest and may put strain on our kidneys. It builds the feathers of chickens and we don't need feathers!

The egg yolk feeds the nervous system, eye structure and bony structure, making it one of the finest foods. Eggs from hens allowed to range freely, with plenty of greens in their diet, will have a high omega 3 content. Hens fed Linseed (Flaxseed) will also produce high Omega 3 eggs. Omega 3 is vital for our hormonal balance and the brain.

Milk—Goat's vs. Cow's:

Cooking or roasting nuts destroys the benefits contained in the oils found in the nuts and nut spreads such as tahini. Similarly, cooking or pasteurising milk, butter and cheese also degrades them, as cheese especially contains a high percentage of fats. Some of the best cheeses in Europe are raw cheeses and aged cheeses are believed to be a reasonably healthy food.

Cow's milk produces mucus in our bodies as it isn't made like mother's milk or goat's milk. Goat's milk has almost the same chemical balance as mother's milk. Cow milk has too much calcium. Goat milk can be taken by asthmatics and those with bronchitis without causing catarrhal problems. Goat milk has much less lactose than cow milk which is important to those with lactose intolerance.

Commercial yogurt is made from cooked (pasteurised) milk and is therefore not as healthy as it could be. We can make our own yogurt from raw goats milk (available from some outlets) by adding "Natre's" Yogurt Starter or other beneficial bacteria to room temperature raw



milk and then placing the container in an environment with a temperature of 38° - 45°. This could be in an insulated container with a warming light such as an old fridge, esky or foam box. Leave for 8 hrs for the bacteria to turn the milk into yogurt and then refrigerate. Automatic, electric yogurt makers are also available.

In some countries, raw milk and cheeses are readily available and they are therefore much more natural and beneficial for our body. The long lived, elderly people of the world had clabbered milk culture every day. This soured milk is partly digested by the friendly bacteria and is therefore more easily assimilated by the old folk. This is obviously one of the keys to a long life. Kefir milk is fermented using a bacteria which converts lactose to lactic acid. This means those who are lactose intolerant can consume it safely.

Fats That Heal - Essential Fatty Acids (EFA's):

Our body cannot make EFAs. It requires them for normal function of every cell, tissue, gland and organ. EFAs are the parents of two families of molecules, called omega 3 (n-3) and omega 6 (n-6). Each family has several members: the EFA parent, several EFA derivatives and a few dozen EFA-derived hormones called eicosanoids. The parent n-3 and n-6 EFAs, called alpha-linolenic acid and linoleic acid, respectively, are found in small amounts in green vegetables and in large quantities in Linseed (Flaxseed), Canola, Chia seeds and Walnuts.

The optimal daily intake of supplemental Alpha-Linolenic Acid (n-3) is 2,000 - 9,000 mg (2 - 9 grams). The optimal ratio of Linoleic Acid (n-6) to Alpha-Linolenic Acid (n-3) consumed in the diet is 3:1. Flaxseed is very rich in n-3, but poor in n-6 and can lead to n-6 deficiency. Sunflower and sesame seeds are rich in n-6, but contain almost no n-3. Fatty cold water fish such as salmon, sardines, herring, trout and tuna contain n-3 and n-6 EFA derivatives.

To get the right ratio of both EFAs, we must mix and match the right kind of seeds. Too much of one crowds out the other and vice versa. If we optimise intake of both EFAs, the body itself makes the derivatives and hormones that EFAs are parent to. Optimum intake is said to be about 2 to 5 tablespoons daily of an appropriate EFA-rich oil mixture with n-6 and n-3 in the right ratio (3:1). Obtaining these oils from whole foods is a better choice and we suggest much smaller quantities.

Women need to increase EFA's during pregnancy:



EFAs (Essential Fatty Acids) are required for brain development and brain function. During pregnancy, the child draws EFAs from the mother's body to build its brain, which is over 60% fat and very rich in both n-3 and n-6 EFA derivatives. The placenta contains receptors that ensure that n-3 and n-6 EFAs are transported from the mother to the baby. No such receptors are found for the non-essential monounsaturated and saturated fatty acids. During breast feeding, the child pulls 11 grams of EFAs from the mother daily through breast milk.

During pregnancy, the child depletes women of EFAs. The latest child gets less EFAs than the previous child, and each subsequent child depletes the mother further unless the mother augments her diet with essential fatty acids. Depletion of the mother's EFA stores explains why younger children have far more developmental and behavioural problems than older children, especially in large families in which the children are born close together.

Depletion of EFAs during pregnancy also provides a rationale for why women experience far more depression, fibromyalgia, and chronic fatigue, and more inflammatory, autoimmune, and collagen diseases than men. The depletion of EFAs during child bearing predisposes women to these conditions. Men are not depleted by baby brain building in the way that women are.

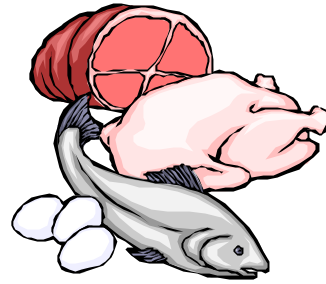
Butter vs Hydrogenated Oils:

It is now recognised that butter is better for us than margarine. Margarine is produced by heating oils and then passing hydrogen through the oil to make it a soft solid at room temperature. Margarine is a trans-fatty acid as are other hydrogenated oils. Trans-fatty acids have been linked to heart

Oxford University found that an increase of as little as 2% in the consumption of foods containing trans fatty acids can lead to a 23% increase in coronary disease. The research reinforces the belief that **there is no safe level of trans fats consumption**. The saturated fats that we have been led to believe are bad for us, have been found to be much less harmful and in the case of raw coconut oil, actually beneficial.

Raw butter is best (unprocurable in Australia) but if we must have a cooked fat, butter or olive oil is preferable. Best of all is coconut oil because it is mainly a stable saturated fat. Raw nut butters or raw olive oil are a healthier spread alternative to butter. Another option is to make our own savoury, sweet or bland biscuits using freshly ground LSA (Linseed, Sunflower kernels, Almonds) which supplies a range of vital oils including omega 3 in the diet.

Meat & Fish:



Our ancestors ate the meat from wild animals. These animals grazed on fresh grasses for at least a good part of the year and probably green shrubs in summer. The greens contain omega 3 oils which are assimilated into the animals tissues. Our ancestors consequently obtained some of their omega 3 this way.

Today however, our livestock are often fed on grains which results in a meat containing saturated fat but little if any omega 3. Farmed fish have a similar diet, being fed on pellets and so also contain much less omega 3 than free ranging wild fish. Farmed fish may also be fed antibiotics. The large fish at the end of the food chain may also contain high levels of mercury so it is best to choose small, cold water fish such as sardines, herring, mullet and whiting.

Wheat Builds Fat & Mucus:

A large part of our diet consists of wheat products. Wheat is a gluten grain and this gluten causes mucous in our system which must be eliminated via colds and flu at regular intervals or we could develop more serious illnesses such as emphysema or cancer - beware of drugs that stop such eliminations.

Vitamin C dissolves mucous and helps move it out of our system, therefore fresh fruit and vegetables need to form a large part of our diet. Other gluten grains that cause mucous, but to a lesser degree are oats, barley and rye.

Better grains to have are rice, millet (alkaline) and especially corn. Rice and millet can be spouted and cooked on low heat - about 80 °C. Sesame seeds and nuts can be finely ground and cold pressed oil added to produce a raw nut butter which can be used as a butter substitute. Alternatively, ground nuts and seeds can be mixed with a little lemon juice, apple cider vinegar and water to make a salad dressing or add to mildly warm cooked foods such as peas and beans.

Salt: Salt, including Sea Salt is an inorganic mineral which can impair our circulation by accumulating in the arteries. *Organic* sodium is essential for our stomach lining and helps keep calcium in solution in the bloodstream. Organic sodium is derived from sodium rich foods such as celery, coconut water, goats whey and Bragg Aminos (derived from soy). We have been told to take salt for cramps, however cramps are a symptom of poor circulation and may indicate a lack of magnesium or poor calcium assimilation. Calcium helps muscles relax but it is essential to balance calcium with magnesium which is also a relaxant.

Nuts and Seeds:

Seeds and nuts are fattening foods because of their high oil content but their benefits are substantial if eaten in moderation. Coconuts, although high in saturated fat, speed up the metabolism by stimulating the thyroid and so help the body to burn off excess fat. Nuts can be hard on the liver and can be a problem if we have a small liver or it has been diseased. It takes a healthy person to handle seeds and nuts whole. Nuts and seeds go through the body in about 10 hours. They should be soaked overnight in water to soften them and to start the sprouting process which adds enzymes so they can be easily assimilated. The tannin in the skins of almonds makes them the only nut that needs soaking to remove a

Sick people have cold stomachs so don't handle cold proteins like nuts and seeds very well. Sprouting or soaking nuts and seeds makes digestion easier. Most seeds will sprout but nuts may go slimy before they sprout so just soaking nuts overnight and then rinsing is recommended. Nuts and seeds can be dehydrated after soaking or sprouting and then used as desired. The best seeds are sesame, sunflower and pepitas.



Seeds give us strength, tissue power and good muscular development. They are also a gland food and long lived peoples have wonderful glandular systems due to their seed intake. Seeds have all the chemical elements for all the glands. *Moderation is the key however as fats and oils in excess make our blood 'sticky'.*

Nuts are high in protein and one of the best nuts is the almond. It is one of the few alkaline nuts. Hard shelled varieties are best as they preserve the lecithin and oils which nourish the brain and nervous system. Nuts also contain vitamin E—good for the heart and circulation and bringing oxygen to the brain. Walnuts contain high levels of Omega 3 and will lower cholesterol. Brazil nuts are considered to be “meat for vegetarians” because of their high amino acid content. They are also extremely high in selenium - only 3 - 4 are required daily to supply a sufficient dose of this mineral.

Food and the 'Life Force':

Fresh foods - just picked from our garden are an essential ingredient in our quest for optimal health. The life force present in all living things diminishes as soon as it is picked. By the time most foods get to market and then onto our table, much of this 'energy' in our foods has been lost.

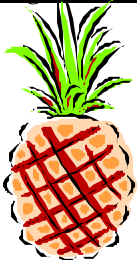
In nature, we need to observe what animals and birds do. Mostly they eat raw foods as soon as it is gathered - shouldn't we do the same as much as possible? Growing at least some of our own produce is not only good for us physically, it is also good for us mentally. Gardening is very therapeutic and “earths” us.

The longest lived people are traditional farmers and the shortest lived professionals are doctors. Who offers the best medicine, the organic farmer or the doctor? We can't live on drugs and we can't get well on drugs. Food is the best and only true medicine. This includes healing herbs.

When we are close to nature and feel it's presence, we become calm and relaxed - farming, or gardening is very therapeutic. Doctors on the other hand are often hearing our troubles and woes and they carry the burden of responsibility on their shoulders. Negative people have a negative effect on us and this is not healthy. Some people drain our energy.

The green color in plants has a calming effect on us as does the high magnesium content of green foods. Plants also emit energy which we can benefit from - try hugging a tree!

Highest Sources of Natural Vitamin C:



The Camu Camu berry is one of the richest natural sources with a vitamin C content of approx. 10%. The Acerola Cherry is the next highest. Rose Hips are next however it must be from the Dog Rose (Rosa Canina) as normal garden roses are useless. Goji berries are also high. The vitamin C content of one Guava = 3 Oranges. Oranges contain about 60mg. Kiwi fruit are also high in vitamin C. Synthetic vitamin C (ascorbic acid) is said to be detrimental as it lacks the bioflavonoids nature provides.

The Quick Fix:

Most of us want everything instantly. We want to buy a lottery ticket today and win a million dollars tomorrow. When we order a new car we want it immediately. We can't wait for this or that, if we go to a doctor we want an instant cure.

Drug companies take advantage of this quick fix mentality. It takes discipline to be patient and invest in our health's future. The quick fix approach western society uses usually involves the drug or surgery options. Either cut it out or mask the symptoms so we won't notice the problem. If we keep on taking drugs and losing vital parts in operations, we will suffer ill health and shorten our life. If we invest in good foods, take an interest in our health and treat our problems with herbs and natural foods, we will be amply rewarded.

we don't spend our money on healthy foods, we will spend it on doctors and drugs. It is much more pleasant to give our bodies fresh, natural, organic foods and enjoy the exquisite flavours than it is to pop a synthetic pill.

Growing our own Nutitious Produce:

The reason we need to consider growing our own produce is the fact that commercial growers are constrained by the costs involved in growing food that is really nutritious. Price has become the determining factor - the only way farmers can make a return is to cut input costs which includes minimising fertilisers. As long as the produce looks appealing, consumers will buy it if it is cheap enough.

There is a new trend however, towards growing produce that has excellent flavour. This involves different varieties but it also involves adding the necessary nutrients to the soil. Some organic growers have outstanding produce with exquisite flavour but of course the price is higher. Growers that concentrate on producing the very best tasting produce are usually well supported by Certified Organic shoppers who are often prepared to pay more for quality because they know they are getting better value for money.

Top Taste means Top Nutrition!



If a fruit or vegetable has a strong flavour, it has very good nutrition value. If it is tasteless, it has a very poor nutrition value. This is simple common sense. Foods with high nutrient content also keep longer in storage so there is less waste.

We know, from growing our own produce, that it has much more flavour than commercial produce. If we put the necessary nutrients such as rock dust, seaweed etc. into our soil our plants get all the essential nutrients. Obtain chemical free inputs wherever possible. *See our information sheet on "Creating an Abundant Garden".*

Expensive Foods can be Cheap!:

Often, we find in life, that conventional wisdom is not wisdom at all, it is a false belief. One belief most of us have is that organic and biodynamic produce is too expensive, but is it really?

If the produce is grown on fertile soils without harmful chemicals, we are benefiting in three ways - better nutrition, less toxic substances for our body to deal with and it is also better for the environment.

If we consume produce with low nutrient content, we are getting bulk, but we are not satisfying our nutritional requirements, therefore we tend to consume more. If we consume more, even though the produce per item is cheap, it is actually very expensive as we need more of it to satisfy us and may need to buy expensive vitamin and mineral supplements to give us the nutrition our body craves. Such produce also spoils more readily so there is more waste.

If we consume top tasting, highly nutritious produce, we will need less of it as it will satisfy our bodies needs, thus we will be less inclined to overindulge in low nutrient foods and therefore be more likely to maintain a normal weight. Quality Organic produce usually keeps very well. E.g. carrots last much longer in the crisp.

Protein for Vegetarians:

Vegetarians need to have a mixture of seeds, nuts and legumes (peas, beans, peanuts and lentils) at the same meal to ensure the intake of all essential amino acids. Gluten free grains can also be used as a substitute for any of the above. Foods high in B12 may also need to be consumed, such as Mushrooms and Spirulina but there is some doubt that sufficient can be gained from such sources. It may be wise to supplement or have animal protein occasionally. Small moons on the thumbnails (less than 1/4 the way up) may indicate B12 deficiency.

Bee Pollen contains all the essential amino acids and is almost a complete food. This would be a valuable addition to the vegetarian diet. Warning: some people are allergic to bee pollen so it is best to take only one granule the first day to test for a reaction. Then try larger doses, eventually building up to perhaps 2 - 3 dessert spoons a few times weekly. It is important to buy bee pollen that has been dried at low temperature to preserve nutrients and the many enzymes this wonderful food contains. It also needs to be frozen or at the very least, refrigerated to maintain freshness. Bee pollen contains fatty acids and lecithin which is a brain food.

protein powders are a way to obtain a high quality protein source. The whey needs to be processed without excessive heat to be of benefit. A dehydrated goats mineral whey is available. Raw goats cheeses may also be of benefit. The hard cheeses such as Cheddar and Romano are best but remember, if we have cheese we need to balance this by having whey. Cheese is constipating, whey is a laxative. See the balance in nature? Whey is also exceptionally high in minerals, one of the most important being natural, organic sodium which helps keep our joints free of calcification and strengthens the stomach lining.

Leafy greens are also excellent protein but they need to be consumed in sufficient quantities. A high speed blender is used by raw food enthusiasts to blend a good handful of leafy greens such as kale, lettuce and celery with 6-8 bananas and 2 pears or other fruit to make a delicious fruit flavoured 'Green Smoothie' which has amazing health benefits.

Nutritious Foods:



We need to realise that substandard foods create health problems. Until we are able to buy produce grown for it's nutritive value from organic and biodynamic sources (even some organic produce lacks taste and therefore nutrients) we need to grow as much of our own as possible and we need to realise that growing nutritious produce costs a lot more than growing substandard produce—but

it will pay handsome health dividends and be cheaper in the long run.

We will enjoy life to the fullest extent possible if we are healthy. **Our health is our wealth** - if we lose money, we have lost something that may be very important to us, however if we lose our health we have lost everything, for without health we cannot enjoy life. Wealth may be difficult to replace, but health can be almost impossible to regain if we leave it too long. Prevention is always better than cure!

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 foods can heal, then they 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 and less energised.

Cooking destroys nutrients such as vitamins and converts organic minerals into a less assimilate-able 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 mucous.

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 (in moderation) 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 quite 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 (99 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, kale 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.

Traditionally cooked foods that can be eaten raw:



Beetroot, pumpkin and parsnips can be shredded and eaten raw if mixed with a suitable dressing such as lemon juice, vinegar, herbs and perhaps olive oil. Dried Zucchini slices with a thin slice of tomato on top are a delicious savoury snack. Dried zucchini can be eaten as is, or placed in unpasteurised Apple Cider Vinegar for flavouring. Various herbs such as chillies, garlic, rosemary, bay leaves etc. can be added for different flavours. Dried zucchini cubes also go well in raw tomato and celery soup to make 'croutons'. 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. 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 field 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.

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. *Really Raw* Cashews and Brazil nuts are now available.
- Soya products are mostly all cooked and because soya beans contain oils they are mucous forming. Sprouted beans may be a healthy alternative.
- Most 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. Another test is to smell them - rancid nuts smell "off". Rancid walnuts cause an astringent sensation on the tongue.
- Sprout all seeds to test viability. Sprouting also deactivates the enzyme inhibitors that 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. Many nuts are also dried at over 40 ° C which destroys their viability, making them unsproutable.

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 conditions. Because the taste of the product is superior, discerning 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 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 (80 degrees or less). Canola oil and linseed oils contain omega 3 and must never be heated or exposed to air and light for even moderate periods. Omega 3 oils turn rancid quickly on exposure to light and air. They are also transformed quickly into trans fatty acids by cooking. Trans fats are a major cause of circulation problems in our society.

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:

- 3 or 4 medium sized fresh Tomatoes.
- 1/4 of 56g pkt. of washed Kombu (Kelp).
- ¼ - ½ Teaspoon of Oregano, Thyme, Basil or Sage.
- 1 Tablespoon Barley Green or other green powder.
- 1 Tablespoon of Nutritional Yeast.
- 1 Tablespoon Maca powder.
- 5 Tablespoons of ground LSA and/or sesame seeds.
- ½ Lemon - juiced.
- 2 tablespoons Apple Cider Vinegar.

Blend tomatoes with washed sea vegetables and fresh or dried herbs. 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 tsp cinnamon.
- 4 tbsp Lucuma powder or 2 tbsp honey or Agave.
- ½ cup lemon juice.
- ½ cup of water.
- 1 cup of desiccated coconut.
- 3 - 4 pieces of sweet fruit such as pears, mangoes.

Blend fresh fruit with water, lemon juice and honey or Agave and pour into a mixing bowl. Mix in all dry ingredients including sultanas or raisins. Form into patties and place on a 'Teflex' sheet or non-stick paper. Patties may be formed by putting the mixture in a round biscuit or pastry former. Place

patties in dehydrator and dry for 1 day, then flip onto a mesh tray. Dry for another 2-3 days at 40°C or less.

Re-constituted fruit such as apricots, mangoes, figs, pineapple, apples etc may be pureed instead of fresh fruit. Pineapple contains enzymes which aids 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 or equivalent dried.
- 1 Lemon.
- 2 tablespoons of Apple Cider Vinegar.
- 3 tablespoons of Lemon Juice.
- 5 cups of LSA.
- ½ cup ground Sesame Seeds.
- 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 for sweet bikkies. 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 which is best gained by loading up on carbohydrates such as bananas. 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. Some fresh fruit should always be included. On occasions, perhaps a raw yogurt can be added to give it a little more substance and add variety.

A "Green Smoothie", made by using a high speed blender to blend leafy greens such as kale, lettuce and celery with 6-8 bananas (more if a heavy manual worker), 2 pears or other sweet fruit makes a satisfying breakfast. The sodium in celery and leafy greens balance the potassium in bananas and other fruits.

2-3 tablespoons of bee pollen after several pieces of citrus fruit is another good way to start the day. Bee pollen also controls our appetite and gives us an abundance of enzymes as well as all the essential amino acids (protein) and lecithin. Allow an hour or two before having other foods to allow for digestion.

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, beetroot, 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 unappetising so you may wish to add a dressing.

A dressing can be made from: 2 tablespoons of Apple Cider Vinegar and 2 tbsns of lemon. To add more flavour, nutrients and protein, add 1 - 2 tbsps of ground seeds and nuts such as LSA (linseed, sunflower kernels and almonds). Also add a few legumes such as sprouted lentils, chickpeas & adzuki beans.

Some super foods such as nutritional yeast, chlorella, maca (nice taste), dehydrated barley grass, spelt grass, alfalfa (for abundant minerals) and rose hip granules can be added. It is most convenient to mix all of these foods together in a



container. 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. A yum 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 flaxseeds, green leafy vegetables (lots) and walnuts. Oily fish such as herring, sardines, mullet and salmon also contain omega 3 but small fish are preferred as they contain less mercury. Fish should be cooked on low heat—preferably below 70 °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. 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 some raw leafy greens or celery

to balance the fruit. A small 'Green Smoothie' is ideal. 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).

Greens are also alkaline in our body and most of us need to become much more alkaline due to an over acid 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 high in potassium so we need to balance this by having sodium from leafy greens and celery.

Leafy greens 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.

Green Smoothie Recipe:

2-3 moderate sized sweet fruit in season e.g pears, stone fruit, mango etc. **or** 1 small pineapple or paw paw.

6 - 8 medium sized ripe bananas.

1/3 Jug of assorted leafy greens e.g. Celery, Parsley,

Kale, Rocket, Watercress, Basil, Cabbage leaves, English Spinach etc.

Water of 1 young coconut or 1 cup of purified water.

Blend together until smooth. *Absolutely delicious.*

Makes 3 - 4 cups.

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 in quantity 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 Kale, Rocket, Watercress, Coriander, Basil, Endive, Stinging Nettle, Mustard Greens, Lamb's Quarters (Fat Hen), Mizuna, Corn Salad and Edible Chrysanthemum-shungiku.

What we need to know about Nuts:

Nuts ain't Nuts . . . unless they're RAW and FRESH!

If nuts are cooked they become a dead food. (not viable/not SPROUTABLE). Nuts are high in natural oils which, if cooked, are changed from being beneficial to our health to being detrimental.

Nuts do not keep forever - the oils in old nuts can become rancid and this not only detracts from their taste, but is also results in a health destroying "food". Rancid oils rob the body of vitamin E. Nuts need to be consumed fresh - preferably within 4 months of being picked unless they are kept in a cool room or refrigerator.

ALMONDS:

Don't sprout the almonds longer than 2 days else the sprouts may turn rancid. Almond skins are supposedly very high in natural cyanide; manually peel the sprouts (discarding skins) before eating or soak and rinse well to remove tannins in skin. Most almonds are not viable due to high drying temperatures.

BRAZIL NUTS:

Brazil nuts are harvested from wild trees growing in the Amazon River basin. Due to cultural difficulties, there are no successful brazil nut plantations. Shelled nuts are usually cooked/dead. Buy only in-shell, and shell manually (tedious and difficult) as needed. Raw, shelled Brazil nuts are now available.

Cashews:

The "raw" cashew may be steamed, deep-fried, and partially baked. They are thoroughly dead; don't buy, don't eat. *Really Raw* Cashews are now available.

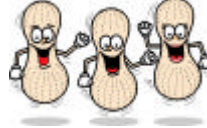
HAZELNUTS:

Buy in-shell or raw, shelled (hard to get).

MACADAMIAS:

Viability of nuts depends on drying oven temp. If less than 40 degrees C, the nuts should be viable. If you buy macadamias, suggest in-shell, cracking manually in small quantities to ensure freshness.

PEANUTS:



Most raw-fooders are aware that raw, unblanched peanuts are sproutable. The situation is analogous to almonds; sprouted nuts taste much better than dry, unsprouted. Blanched nuts are treated with heat and/or chemicals. Peanut skins are supposedly very high in natural toxins; manually peel peanut sprouts. Shells come off "easier" after the peanuts have been soaking in water for 1 - 2 hours. Note: also that peanuts can harbour toxic moulds (aflatoxin). If your peanuts mould, throw them out!

PISTACHIOS:

Drying temperatures of 50 plus degrees C probably kill the nut: viability and sproutability in doubt. Raw pistachios have a flat, bland flavour - now available in limited quantity from Healthy Valley Organics WA.

Health Benefits of Nuts:

A bowl of mixed nuts gets about 78% of its calories from fat. Nuts have a lot of oil but they also happen to have a lot of nutrients essential to a healthy diet.

Evidence suggests that nuts may banish bad cholesterol and help arteries clear. People who ate nuts often - five or more times a week - were half as likely to have a heart attack or die of heart disease as people who rarely or never ate them. *Eating nuts just one to four times a week cut the heart*

risk by a quarter. The key is moderation - just a few nuts is all that's required.

Most of the fats in nuts is mono and polyunsaturated. In almonds, 90% of the fat is unsaturated. Saturated, cooked animal fats choke arteries with plaque. Monos and Polys seems to leave them alone.

Nuts are rich in Vitamine E. Post menopausal women who get plenty of vitamin E cut the risk of heart disease by two-thirds. Nut protein is loaded with the amino acid aginine, which protects arteries from injury and stops blood clots from forming. Nuts are so dense with nutrients that they quell hunger pangs on fewer calories - so let's go nutty!

Walnuts Reduce Cholesterol:

Eating walnuts produces better effects on blood cholesterol fractions than similar amounts of fat from olive oil and also reduces the level of Lp(a) cholesterol. This potent type of cholesterol has a strong genetic component and has been hard to reduce with dietary change.

Replacing some of the fat in a high-fat diet (37% of energy) with macadamia nuts produces the same effects on serum total, LDL and HDL cholesterol as a low-fat diet (30% of energy). Pecans also reduce cholesterol.

Follow the Seasons:



Every food is a poison and every poison a food. If we eat the same food all year round, it can be like a poison to our system. If we study homeopathics we find that many poisonous substances are used therapeutically with beneficial effect. Of course the doses are very

small but sufficient to trigger a healing response in the body.

A theory of a prominent past "inspired" health professional is that we should have locally grown produce. No reason was given but at least it ensures we have foods in season. Another reason of course is that it would, presumably, be fresher. Freshly picked greens are believed to have much more "vibrational energy" or "life force" than produce a day or more old. This suggests we should grow some produce ourselves - at the very least, a few hardy herbs that are packed with nutrients such as parsley, basil, rosemary, endive, rocket, lovage etc. Spring onions, lettuce, cabbage, kale, broccoli, celery and other greens are also easy to grow in season.

If we adopt a mono diet based on the un-natural, ready availability of foods throughout the year, we risk building an imbalance in our body, so that we become allergic to them or they adversely affect our health in more subtle ways. Remember, every food can be a poison if eaten in excess. The Chinese recognise the importance of limiting the intake of Ginseng for example—they take it for 3 months and then have a break for 3 months. Ideally of course we should have a break of 9 months once the season of a food has ended.

The high sulphur vegetables such as broccoli and cabbage are warming foods. So are nuts. It is no coincidence that these foods naturally grow or mature in the cooler months. We need warming foods in winter and nuts become available to us from around April/May—just prior to the onset of really cool conditions. Conversely, summer foods such as celery, tomatoes and cucumbers are high sodium foods which help cool the body. We don't need the warming foods in summer and we don't need the cooling foods in winter. Nature is so wise! We need to embrace nature rather than try to change it to suit our perverted preferences. This is another aspect of health that we need to address.

Genetic Engineering:

Its common sense but then common sense isn't so common. The more scientific and educated we get, the more we lose touch with our instincts. We have "feelings" and intuition for a reason - to keep us safe by warning of danger. The December 2004 Asian Tsunami proved the value of instincts - the animals that weren't tethered or kept in enclosures headed for the hills hours before the Tsunami hit. Some "primitive tribes people" did likewise. Westernised societies who lacked this instinct were the victims.

Scientists, who often seem to lack common sense, instinct and intuition, have had us believe that DDT, Dieldrin, nuclear radiation, drugs and processed foods were safe. They even thought Cane Toads were OK. We now know otherwise! Science and "logic" have proved to be poor guides in so many

must be treated with the skepticism they deserve. Leopards do not change their spots and man has not suddenly become all knowing and wise. Altruism, ethics and morals don't sit well beside the profit motives of scientists funded by big business.

This physical world is ruled from above and there are no coincidences. Some things can't be explained scientifically because they have a spiritual connection. For instance, why a person or a family pet may receive a "message" that something has happened to someone close.

The more educated our society becomes, the less intuitive and enlightened we become. We need to re-connect with nature and realise that it is us that needs to change to suit the world rather than the world needing to change to suit us.

Genetic engineering is playing god with our world but we are not wise enough to foresee the inevitable problems ahead. We were not wise enough to see the dangers of chemicals in our environment, the ozone depleting effect of fluorocarbons or the threat of accidents in nuclear power stations and we are unlikely to see past the \$\$\$ signs in this debate.

Like many man made environmental disasters, once the damage is done it is irreversible. Future generations may pay a heavy price for our present disrespect and disregard for nature.

Morals and Ethics:



We are living in a decadent society where almost anything is considered to be acceptable behavior. The Roman Empire went down the same track. Depleted soils in Roman times led to poor nutrition, then they poisoned themselves by drinking from lead receptacles and transporting their water through lead pipes. There was a subsequent breakdown in general health, much as we are seeing today in our society.

"Cleanliness is next to godliness" - a clean body results in a clear mind and a clear mind enables us to enjoy the miracle of life, appreciate its many aspects and grow spiritually. If we feel fit, alive and emotionally balanced we won't need to look for artificial stimulants and mood enhancers such as alcohol, tobacco and 'recreational' drugs that distort our minds.

Life is a joy for the person blessed with good health. Good feelings and thoughts emanate from clean living, positive thinking, highly ethical individuals. We need moral principles to live by and they can be found in many religions and the teachings of philosophers down through the ages. An undisciplined, corrupt society cannot progress. We need to live by high standards if we want true prosperity and happiness.

Mind Food:

"Through the law of cause and effect, we choose our destiny through life. Moreover, we are our own prophets, for we constantly project our future state by the seeds we plant in the present." - Cheryl Canfield.

Remember the Mineral Basics:

According to research by Bernard Jensen, most of us on western diets lack these 4 minerals:

1. **Iodine:** Necessary for correct functioning of the thyroid. It also helps us fight infections. Kelp, Dulse, other sea vegetables and seafoods such as fish are good sources. Kelp will help balance an over or under-active thyroid.
2. **Sodium:** This is the natural sodium contained in foods not sea, rock or table salt. It is necessary for lining the stomach wall and is known as the "youth mineral" due to its ability to keep calcium in solution. It is found in high concentration in our joints. It prevents calcification and arthritic spurs. Highly recommended for arthritics. Best sources are goat's whey, celery juice, celery seed tablets. Other sources include cow's whey, tomatoes, Bragg Aminos.
3. **Calcium Assimilation:** There are numerous factors involved in calcium assimilation. We need: **Magnesium** via nuts, sunflower seeds, and sea vegetables; **Silicon** (mentioned below) **vitamin D** from sunlight or fish oils; **Sodium** (see above) and **Phosphorus** from sunflower seeds, pumpkin seeds, nuts and animal proteins. **Hormonal balance** is also important so we may need Evening Primrose oil, Omega 3 fish oil or flaxseed oil. Ginseng for male

hormonal balance and Dong Quai for female hormonal balance.

4. **Silicon:** Essential for the health of our hair, skin and nails. With any skin problem the first step is to supply the mineral it needs. Best sources are Asparagus, corn, horsetail or oat straw tea.

A trace element, lacking in W.A. soils is **selenium** which is said to benefit people with cancer. Best sources are Brazil nuts—just a few a day, sea vegetables and garlic grown in selenium rich soils. Note: Brazil nuts must come from Brazil to contain selenium—presumably because the soil there is high in selenium.

A commercial rock dust with selenium and other trace elements is available for home gardeners and commercial growers. It may pay to grow some of your own garlic as well as other herbs, vegetables and fruit.

Hair Analysis:

It is wise to have a hair analysis performed occasionally, to determine if we have the correct mineral balance. Often, a lack of one or more minerals will create a health problem. An excess of one or more minerals can also cause health problems. For example, high calcium levels and low magnesium and phosphorus levels can result in poor circulation due to calcium being deposited in the arteries. Calcium deposits in soft tissue and the joints are other calcium assimilation symptoms.

Heavy Metal Test:

Most of us have some heavy metals present in our bodies unless we have been bought up on organic food in a pristine environment. The copper in Perth's water supply has caused most of us to have high copper levels. High copper levels block the absorption of Zinc which is vital for enzyme activity. Heavy metals block the absorption of beneficial minerals and can cause serious health problems.

Heavy metal test kits are now available for around \$32.00. It involves testing the urine and is very simple.

Natural Cellular Defense:

This is a natural Zeolite mineral that traps heavy metals and enables the body to effectively eliminate them. It is not yet approved for sale in Australia by the TGA (Therapeutic Goods Administration) but it has been approved in the USA and is procurable for personal use direct from the US by becoming a distributor. This is sold via a direct marketing plan similar to Amway. Whether you like this marketing concept or not, this product works (we personally tested it on copper) and it is the best way we know, of eliminating heavy metals, copper and chemicals from the body. To find out more, go to: <http://my.waiora.com/home.php?634787>

Healing with Living Foods:



Today, after decades of declining health and rapid ageing, the promise of living foods is once again gaining international attention. Living foods are an effective way of helping our bodies heal themselves. What are Living Foods? A diet of living foods is not a

new idea. Many ancient cultures knew the value of eating uncooked vegetables and fruits and of germinating and sprouting grains, seeds, legumes and nuts.

Only a few generations ago, a vegetable garden in the backyard supplied families with organic produce, straight from the earth to the table. However, by the 1950s, the population had become enamored with the supermarket and its canned and processed foods, contaminated with chemical preservatives and pesticides.

These foods do not provide our body with living enzymes and nutrients. Enzymes play a decisive role in the digestion of food as they are responsible for the chemical changes which the food undergoes during digestion. These chemical changes comprise the breaking up of the large molecules of carbohydrates, fats and proteins into smaller ones or the conversion of complex substances into simple ones which can be absorbed by the intestines.

Role of Enzymes in Nutrition

The major benefits of a living food diet are that vital enzymes and nutrients remain intact and are able to be utilized by your body. Living foods are the foundation of any healthy eating program. Living Foods: Improve immunity:

Increase energy; Cleanse blood; Promote vitality; Manage weight; Nourish the organs and Detoxify and maintain cellular structure

Although lots of foods on the dinner table contain the nutrients needed for good health, our habit of cooking these foods destroys their potential. When food is heated above 40 degrees, enzymes and nutrients begin to be destroyed. Many people come to living food from a diet full of meat, dairy, poultry and fish and processed foods. If you are not in a life threatening situation, you can make a steady, unhurried transfer to a living food diet. A reasonable Diet for Daily Living is 75% Raw Food 25% Cooked Food.

Sprouting for Life:

Sprouts are a cheap way to obtain super nutrition. Sprouting increases the availability of nutrients and changes the seed into a vegetable packed with vitamins etc. There are various sprouting kits available however to prevent mould, it is best to have a well ventilated container. An ideal container can be made from a plastic cylindrical container with a screw-on lid or a small honey bucket with yellow press-fit lid. Simply drill 30 - 40, 1-2mm holes in the base and in the lid.

Soak seeds to be sprouted overnight in a jar or similar receptacle, then drain and place in sprouting container. Some seeds may need watering twice daily but generally once a day is sufficient.

Keep sprouting container in a cool place in summer - out of direct sunlight. If it is exceptionally warm, place in the fridge during the day and leave out at night. Ensure it is adequately ventilated by placing an object such as a knife handle under the base to tilt the sprouter so air can enter underneath and circulate up through the container.

Many commercial sprouting units are available. One of the best we have used is the Sproutamo "Easy Sprout" which requires only soaking overnight, rinsing and leaving without further attention for up to 3 days while sprouts grow.

Water - The Super Cleanser:



We are told by naturopaths to drink up to 2 litres of water per day. We need to ensure however that we don't drink within ½ an hour before a meal or an hour or two after a meal (depending on the meal) as this will dilute the digestive juices. This may lead to impaired digestion.

A powerful way to cleanse the body of accumulated acids and waste is to miss one or two evening meals per week and/or go one day a week without food altogether. Just drink pure water. This naturally leads to greater fluid intake to flush our cells. The rest from digestion allows the body to concentrate on elimination. If circumstances permit, a fast of 3 days every month would also be beneficial. Fasting often results in aches and pains completely disappearing, heightens our sense of taste, improves our eyesight and results in a significant improvement in general health.

A low fat diet works well in assisting the detoxification process after fasting as it helps to keep the blood platelets free from sticking together. This aids circulation and improves the assimilation of nutrients.

Pure Water Essential for Health:

Distilled water is best as it contains no inorganic minerals which may impair circulation. A common objection to distilled water is the fact that it leaches minerals out of our body. Distilled water only **removes inorganic minerals** from the body, **not organic minerals**. The body needs organic minerals, not inorganic minerals.

Our electric kettle is an example of what is going on inside our bodies. If we put tap water into our kettles, we eventually find a substantial build-up of inorganic minerals on the side of the kettle. This encrustation is also occurring in our arteries. Distilled water may remove much of this inorganic debris but an even more powerful method is to go on a 7 day watermelon diet. Eat nothing else during this period.

Distilled water can be "energised" by placing it in a blue container and exposing it to sunlight for a minimum of 2 hours. This is what happens in Nature, as oceans evaporate, the moisture rises into the atmosphere where it is energised and sterilised by the sun.

Reverse Osmosis Water is next best as a good unit will remove around 90% - 95% of inorganic minerals. RO units need to be carefully maintained, check the quality of the

water every month or so. This is easily performed by us with a TDS meter or you can buy a TDS meter to test more regularly (recommended).

Rain Water can be contaminated as it passes through the atmosphere. This makes city rainwater suspect. Rainwater collected from a pristine environment may be OK if collected in a suitable container.

Spring Water is basically better quality bore water but some of the best waters still give us a TDS (total dissolved solids) reading of around 130. The best by far that we have tested is "Gibson Soak" water with a reading of around 15 which is exceptionally good. Perth water supply in Bayswater is around 600 TDS. TDS readings vary in the metro area depending on whether the water is predominantly dam or bore water.

Shower Filters: These are essential if we are really serious about good health. We can breath in more chlorine than most people drink from tap water. Perth's water supply is heavily chlorinated, probably because much of our water supply is sourced from bores which are of doubtful quality.

Trust and Health:

"In God we trust - all others please pay cash." History continually shows we must be extremely careful who we trust in business and it is no different with our food producers. "If God made it, eat it. If man made it, avoid it." We never know exactly how processed foods are manufactured but the more we learn about them, the more disillusioned we become. Food in its natural state is best processed by us with the many food appliances that are available. That way we ensure freshness and purity.

The safest produce is that grown by ourselves as we have complete control. Next is Certified Organic produce—preferably sourced from growers with a passion for their occupation and a strong belief in organic principles. Inspectors regularly check Certified Organic farms to ensure chemical free produce however some certifying bodies are more lenient than others. We recommend Biodynamic producers as they employ the most natural methods.

Super Foods:

Some foods have therapeutic value and as Hippocrates said: "Let foods be your medicine and medicine your foods." Herbs are among the top foods but we find that government restrictions have been imposed on many. Common foods and culinary herbs may be an alternative.

Bee Pollen:

The foods made by bees in the form of honey and pollen have long sustained animals and people. These foods can provide complete nourishment to maintain life for an extended period of time, even without the ordinary forms of essential nutrients.

Bee Pollen is used for:

Allergies; Blood purification; Colitis; Endocrine disease; Low energy; Memory enhancement; Nervous system aid and Respiratory infections.

In the past decade, science has discovered that bee pollen contains a miracle concentration of nearly all the known nutrients. It is a complete food and is richer in proteins than any animal source.

Bee pollen is considered a potent healer, a source of regenerative power which can pervade the body. Scientists realise that bee pollen contains healing properties that create a

feeling of rejuvenation within the body. New scientific discoveries reveal how bee pollen has been able to extend the *life span* as well as heal ailments. Bee pollen bursts with easily assimilated protein and lecithin, which nourish the brain and nervous system.

Bee pollen is a timeless wonder food, an all-natural creation, even a source of life. Man's search for youth leads to the beehive. Bee Pollen nutritionally supports the body in many ways, including assisting with vitality and a feeling of well-being.

Weight reduction can be achieved with bee pollen by taking it before meals. It depresses the appetite while providing plenty of energy. To put on weight, take bee pollen after a meal.

Bee Pollen Contents:

Vitamins: Provitamin A, B-1 Thiamine, B-2 Riboflavin, B-3 Niacin, B-6 Pyridoxine, Panthothenic acid, Biotin, B-12 (cyanocobalamin), Folic acid, Choline, Inositol, Vitamin C, Vitamin D, Vitamin E, Vitamin K, Rutin
Minerals: Calcium, Phosphorus, Potassium, Sulfur, Sodium, Chlorine, Magnesium, Iron, Manganese, Copper, Iodine, Zinc, Silicon, Molybdenum, Boron, Titanium

Lecithin/Protein: Bee pollen contains about 15% lecithin which is good for the brain and nervous system and It is richer in protein than any animal source and is reported to contain 5 to 7 times more of the essential amino acids than meat, cheese or eggs of equal weight.

Bee Pollen has been called nature's perfect food. It is very rich in vitamins and contains almost all known minerals, trace elements, enzymes and amino acids. It contains the essence of every plant from which bees collect pollen, in combination with digestive enzymes from the bees.

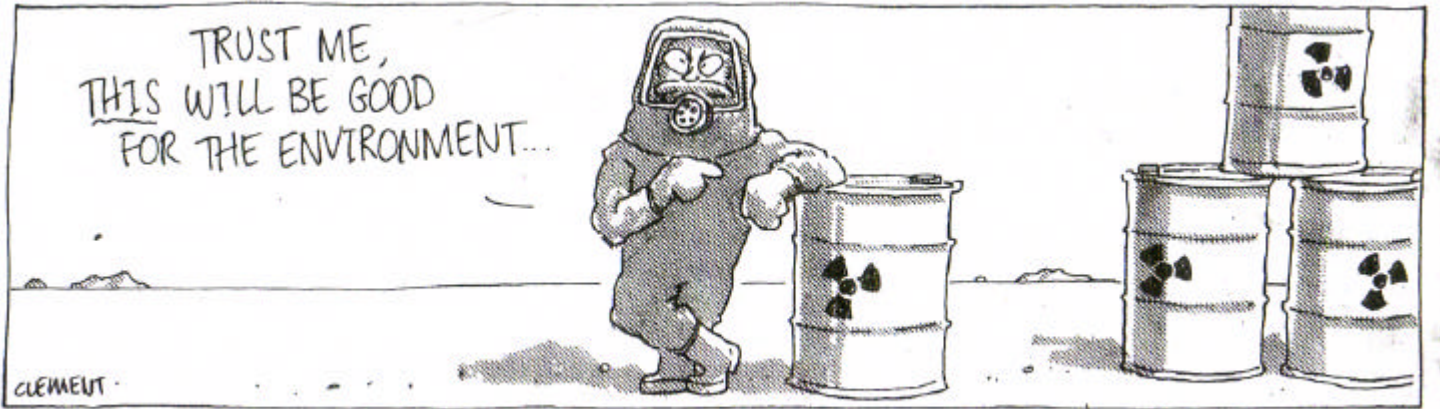
Bee pollen is a popular nutritional supplement that builds the immune system and provides energy for the entire body. It contains 35% protein, 55% carbohydrate, 2% fatty acids and 3% minerals and vitamins. It is high in B-complex and vitamins A, C, D, and E. It also contains lecithin, beta-carotene, selenium.

This combination of elements makes bee pollen an excellent source of anti-oxidants. Research studies and clinical tests have demonstrated that bee pollen has an immunizing effect, enhances vitality, and can counteract the effects of radiation and chemical toxins.

Bee pollen may also prevent premature aging of the skin, protect against dehydration and smooth away wrinkles. It also contains a hormone similar to the pituitary hormone that stimulates the glands.

Used as an immune system builder, Bee Pollen is thought to have the ability to correct body chemistry and eliminate unhealthy conditions. It is considered to have the ability to throw off poisons and toxic materials from the body. Radiation and chemical pollutants are known as the most severe stressors to our immune system. Side effects of radiation treatment decreases the body's production of blood cells and nutrients in the blood.

Bee pollen is rapidly absorbed into the blood stream and stimulates immunological responses. It has proved beneficial for nausea, sleep disorders, and urinary and rectal disorders following radiation treatment. Athletes often use this supplement to help increase their strength, endurance, energy and speed. Bee pollen aids the body in recovering from exercise, returning breathing and heart rate to normal, and improves endurance for repeat exertion. It provides energ. stamina and strength as well as improving mental and



physical reactions.

Those who do taxing mental work also can see benefits from this natural energy food. Bee pollen can relieve brain fatigue and improve alertness. This can increase our capacity for intense concentration and enable longer periods of work without becoming tired. Stress can use up vitamins quickly and bee pollen can relieve stress and anxiety by replacing essential nutrient reserves in the body.

Many people with allergies have found relief by ingesting bee pollen. It reduces the production of histamine which can cause allergic responses such as hay fever. It can strengthen the respiratory system and provide protein that can help the body build a natural defence shield against allergic responses.

Bee pollen has an effect on blood pressure and sexual function. People who suffer from low blood pressure can be subject to deficiencies in the sex glands. Pollen increases blood pressure especially when taken with kelp and may increase hormone levels and sexual strength.

Weight loss also may occur as lecithin, an ingredient in bee pollen, increases the speed calories are burned and stabilizes poor metabolism. It aids in the digestive process and the assimilation of nutrients. Bee pollen may also relieve anemia, cerebral haemorrhage, colitis and constipation.

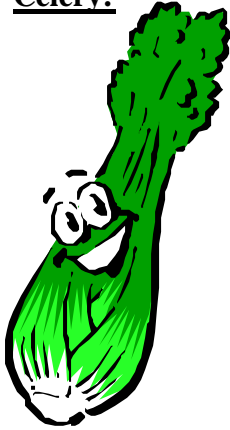
Bee Pollen must be Raw:

Bee Pollen must be dried at very low temperature - preferably below 40 degrees C and ideally around 35 degrees C - the temperature of a bee hive. The dried pollen then needs to be frozen to ensure freshness. At the very least, it needs to be stored in the refrigerator in an air tight container. Packing in barrier bags with oxygen absorber is another way of maintaining freshness until the product is opened. Keep away from direct sunlight.

Test for Allergic Reactions:

Some people are allergic to bee pollen. It is therefore necessary to try only one granule the first day as a test and then gradually raise the quantity. If no allergic reaction is evident then 1 - 3 dessert spoons may eventually be taken daily. Be sure to raise the dosage slowly to allow the body to become accustomed to such a highly concentrated food.

Celery:



Therapeutic doses may require juicing to enable sufficient consumption. Try 2 - 3 glasses of celery and carrot juice (50:50) daily for at least a few weeks. Celery aids digestion, counteracts acidosis, halts fermentation, neutralises rheumatic acids and purifies the bloodstream. Combine celery, parsley and asparagus juice for kidney disorders; Celery and papaya for asthma; celery and grapefruit with a pinch of pure cream of tartar for colds or sinus trouble; and celery and parsley for fevers, gout or arthritis.

Celery is a high sodium food. Sodium is necessary to dissolve arthritic spurs and calcium accumulation in joints. It is also needed by the stomach.

Sodium is the youth mineral - it keeps us limber. Most people lack this mineral.

Carrots:

Contain all the essential amino acids, giving us a complete protein source. Carrot juice gives us meaningful quantities of aminos. Carrot is also high in potassium - good for our muscles and essential for balancing the potassium/sodium levels in our cells. Carrots also contain calcium and are high in vitamin A.

Greens:

The Chimpanzee's are closely related to humans genetically. Their diet contains approx. 45% greens which demonstrates the importance of leafy green vegetables in our diet. Leafy greens contain omega 3 oils and also contain all essential amino acids. To balance the yang in root vegetables, we need the tops of plants to give us the yin component. Fresh, raw, leafy greens are an essential part of a healthy diet and they should always be added to meals or juices made from root vegetables.

Berries:

These are among the most potent foods, containing

Blueberries (similar to Bilberries) reduce eyestrain and improve night vision. They help in the prevention and treatment of cancer, lower cholesterol levels, improve short term memory and are beneficial in the treatment of arthritis and hardening of the arteries. Blueberries also help to prevent Tooth Decay (by inhibiting the ability of the Detrimental Bacteria that cause Tooth Decay to adhere to Tooth Enamel).

Raspberries help to prevent and treat various types of Cancer, especially skin and lung cancer. Raspberries also control and prevent stomach upsets and promote faster tissue repair and wound healing. The Loganberry is a hybrid of the Raspberry and the Blackberry. **Strawberries** contain folate—very important during pregnancy to reduce birth defects. Strawberries also help prevent cancer and lower cholesterol levels.

Goats Mineral Whey:

Whey is the liquid left when cheese is made from milk. The whey contains the bulk of the minerals found in milk and is one of the ways to obtain a variety of minerals in a natural form. The goat is a "sodium animal" and its milk is high in natural sodium. Sodium is a "soft" mineral which helps keep the "hard" mineral, calcium in solution in the bloodstream, thus alleviating arthritis in many cases. Natural sodium also helps dissolve arthritic "spurs".

Cheese is a constipating food but the whey has a laxative effect. If we consume cheese we should also consume whey to attain the balance nature intended. Cheese is also high in calcium and we need to balance this with the sodium from whey.

Colloidal Minerals:

Plant based, organic minerals are far better assimilated than metallic or inorganic minerals that are commonly used in multi vitamin and mineral supplements. Plant minerals, because they are in an organic, "energised" form are easily assimilated with over 99% absorbed, whereas only 5% - 10% of inorganic metallic minerals are estimated to be assimilated. Even plants need the assistance of soil bacteria to convert metallic minerals into a more assimilate-able form for their use.

Most mineral supplements contain only 15 - 20 minerals however there are 72 - 75 minerals in plant derived mineral supplements now available in liquid or effervescent tablet form (pleasant flavour). These plant minerals are derived from ancient compost deposits said to be about 70 million years old, at a time when more minerals were available in the young soils.

It is well known that volcanic soils produce the best food crops. Active volcanoes renew the minerals in soils in the surrounding areas. It is wise to take advantage of the minerals that volcanic rocks can supply and many farmers and home gardeners now use rock dust which comes from a diverse range of rocks. This helps to ensure the inclusion of a wide range of minerals. Australian soils lack many minerals because our continent is so old and the soils are leached of minerals. W.A. soils are known to lack selenium and boron.

Some of the more obscure minerals such as palladium, rhodium, iridium, platinum and many others are believed to have a role to play in achieving optimum health. Red grapes and Aloe Vera are said to take up some of these rare minerals if grown on mineral rich soil. A plant derived supplement may be of benefit if all else has failed or we just want to be sure we are getting all the trace minerals we may require.

12 Golden Rules For Health

Avoid Trans Fatty Acids, Rancid Foods:

Consume only raw fats and oils. The only fats suitable for cooking (if you must) are saturated fats such as lard, butter or coconut oil. Ensure all oily and fatty foods are fresh. Rancid oils in old seeds and nuts, oiled raisins (added to prevent sticking), and processed foods rob the body of vitamin E. Trans Fatty Acids cause serious circulation and heart problems.

Flaxseed (Linseed) oil and other omega 3 oils go rancid very quickly. Freeze all omega 3 oils once container is opened. Preferably, grind your own flaxseeds and use fresh or freeze immediately. Ground linseeds may be combined with ground sunflower seeds, pepitas and almonds to provide essential fatty acids. **Never cook with oils containing omega 3** and avoid all cooked, processed foods containing Canola, linseed or vegetable oils. **Keep fat consumption low** (we recommend less than 10% of *calories*) to prevent excessive sticking of the blood platelets and consequently, poor assimilation.

Avoid Dairy Products or consume only raw dairy produce in strict moderation:

Dairy is high in calcium. Most people in WA have an abundance of calcium in their system due to the high calcium content in our soils. What we need in our diet are the nutrients that balance calcium such as **magnesium**, phosphorus and **potassium** as well as the nutrients that help us assimilate calcium such as vitamin D, silicon and **organic sodium** (not salt).

Avoid Gluten Grains:

Wheat, oats, barley and rye have the highest content. All grains however tend to be at least a little mucous forming. Sprouting grains before cooking on low heat (under 80 degrees C) helps reduce the gluten content. The least mucous forming grain is **rice** so this is the best choice if you feel you must have a grain. **Spelt** is another healthier alternative.

Have Variety:

Every food is a poison to at least some degree, therefore it is necessary to follow the seasons and only **consume produce in season** as nature intended. We should not indulge continuously, in any food longer than 3 months. Variety is the spice of life, it is also vital for our chemical balance.

Exercise:

We must move to improve! Our circulation is stimulated by exercise and our lymphatic system is totally dependent on movement to function. Tonsillitis and appendicitis are symptoms of poor lymphatic drainage. If exercising vigorously, especially if sweating profusely, it is necessary to **ensure sufficient mineral intake** to replace nutrients lost via sweating. Coconut water is a natural, delicious Staminade/sports drink alternative.

Fasting:

Most of us overload our digestive and eliminative systems by **over eating**. Fasting allows our over-taxed organs time to recover, resulting in a clearer mind and a rejuvenated body. Fasting 1 day a week and missing an evening meal 1 day a week is highly beneficial. In addition, fasting for up to 3 days monthly is reasonably easy for most people on a healthy diet but fasting needs to be approached with caution by those in poor health, preferably under the guidance of a health care professional.

Parasites hang on to rubbish in our system and will not let it go until killed. It is therefore necessary to go on a parasite cleanse using vermifuge herbs to gain the full benefit of fasting. The best eating pattern is: a hearty breakfast or lunch, followed by a light evening meal. Bee pollen 1 hour before meals will **help control our appetite**.

Do it With Diet:

Inorganic mineral supplements are not natural and we need to get off them as soon as practicable. There is also some doubt over the health benefits of vitamin E derived from soya beans and artificial vitamin C. Both nutrients are best derived from food. **Vitamin E is best derived from seeds and nuts**. Vitamin C is best from fresh fruits and natural sources such as Rose Hips, Camu Camu, Acerola Cherry, etc. If minerals are recommended, the most concentrated sources are sea vegeta-

bles, alfalfa, seeds, nuts and herbs. Goat's Mineral whey is also high in organic minerals.

Consume Clean Proteins:

Animal proteins contain the metabolic waste products of the animals as well as adrenaline which is produced as the animal senses its demise. Cleaner sources of protein are combinations of legumes, nuts and seeds at the one meal. Bee pollen and carrot juice both contain all essential amino acids. For vitamin B12, occasional consumption of eggs, small fish (to avoid mercury), raw milk products and chicken appear to be the best sources. Individual needs for animal protein vary so we need to tune in to how we feel. If we really feel like a steak, perhaps we need it. Generally, for good health, meat from all sources may need to be limited to 2-3 times weekly.

Consume Plenty of Fruit and Vegetables: Fruits are **cleansing** and provide us with many vitamins. Grape diets and watermelon diets of 1 - 2 weeks are said to be very beneficial. **Vegetables provide the minerals** we need to build a strong body structure. The grasses are also extremely beneficial - try low temperature dried barley, wheat and alfalfa powders.

Consume Mostly Raw Foods:

Raw foods contain **enzymes** which most of us lack. Many nutrients are destroyed in cooking and cooked food tends to clog our system. If we must eat cooked food, we need to ensure it is cooked on low heat (under 80 deg.) Ensure raw food touches our lips before any cooked food and always consume raw food with any cooked food. Our diet needs to contain at least 60% raw foods. The higher the proportion of raw foods, the better - aim for 80%, 90% or perhaps even 100% for the ultimate in good health.

Sprout Seeds and Nuts:

All seeds contain enzyme inhibitors that make digestion difficult. It is therefore necessary to soak them overnight to deactivate these enzyme inhibitors. They can then be consumed or left longer to sprout. All nuts are best soaked & rinsed well to aid digestion by adding enzymes. After soaking, seeds and nuts can be dehydrated at 40 deg. C or less and then stored in a refrigerator for later use. Alternatively, freeze after soaking.

Sprouting or soaking overnight makes the nutrients in seeds and nuts more assimilate-able so if we are buying high quality, preferably organic produce, we may as well get the full benefit from it. Smell all seeds and nuts to ensure they are not rancid. Some nuts only sprout in their shell e.g. Macadamias, Pecans. Nuts that sprout well are Almonds and Peanuts (really a legume). Nuts are best used after soaking overnight as they can go mouldy. It is always best to buy nuts in their shell to ensure freshness - this especially applies to Pecans and Walnuts. All seeds sprout well if viable. **Avoid seeds that don't sprout.**

Drink Pure Water:

Reverse Osmosis and Distilled water are the best sources. Inorganic minerals in tap and spring water are not readily utilised by our body and may be deposited in the arteries, kidneys, joints and other tissues. Most spring waters contain high levels of inorganic minerals. It is best to get our minerals from plants grown on mineral rich soils. **Washed sea vegetables** are another source (the ocean contains all minerals) as are **Goat's Mineral Whey** and dried **Alfalfa** powder.

Distilled water leaches *inorganic minerals* from the body because it is so pure. It will not however, leach organic minerals from the body. Therefore, distilled water can improve circulation by removing inorganic mineral deposits from the arteries. **Avoid putting inorganic minerals into your body** - this includes **salt, sea salt, celtic salt**, inorganic mineral supplements, re-constituted fruit juice drinks and beer. A hair mineral analysis is highly recommended to determine what minerals we lack and what we are too high in. Heavy metals are toxic and may block the absorption of elements vital for health.

Use a shower filter to remove chlorine from the water. We may breath in more chlorine from showering than we would do from drinking tap water. Chlorine depletes our vitamin E. 50% - 80% of the Inorganic Chlorine that is present in Hot Showers vaporizes to form (toxic) Chloroform.



Alive Organics

Retailers of Organic Produce. Specialising in fresh and low temperature dried foods

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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 mucous.

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. A 100% raw food diet will help us tune in much better to what we need.

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, Kale and cauliflower. In summer, we need the cooling, high sodium, foods such as celery, coconut water & tomatoes. If we try growing such foods out of season, we find the bugs can be almost impossible to control without harmful chemicals or that they fail to develop very well. For example, lettuce doesn't grow well in winter and may be affected by frost, also, a particular type of aphid is likely to become a prolific pest. If grown in season, 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.

Traditionally cooked foods that can be eaten raw:

Beetroot, pumpkin and parsnips can be shredded and eaten raw if mixed with a suitable dressing such as lemon juice, vinegar, herbs and olive oil. Zucchini slices with a slice of tomato on top, dehydrated are a delicious savoury snack. They can

(Continued on page 14)

(Continued from page 13)

be eaten dry as is, or placed in unpasteurised Apple Cider Vinegar for extra flavouring. Lemon slices or various herbs such as chillies, garlic, rosemary, bay leaves etc. can be added for different flavours. 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 but they are hard to find.

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 if eaten occasionally, 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 beneficial 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. Colloidal, or plant based minerals are the most natural way to obtain minerals as a supplement. The ultimate way is from fresh produce grown on highly mineralised soils. Rock dust from volcanic rocks is a way farmers can improve plant nutrition at low cost.

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. *Really Raw* cashews are now available. They are even better if purchased in their skins as this helps preserve their viability. The skins are anti-fungal so may be beneficial health-wise.
- Soya products are mostly all cooked and because soya beans contain oils they are mucous forming. Sprouted beans may be a healthier alternative but there are serious health concerns about Soy products generally.
- Nut butters are made from cooked nuts and are effectively a fried food. This includes tahini or sesame seed paste. An alternative is low temperature ground Almonds and

ground, unhulled Sesame seeds and Sunflower kernels - now available.

- 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. Most nuts will go mouldy before they sprout so they are best used as "soaks" i.e. soaked overnight. Raw brazil nut kernels are now available.
- Sprout all seeds to test viability. Sprouting also deactivates the enzyme inhibitors that all seeds contain. This greatly assists digestion. Be sure to chew them well or have them ground. Almonds and pecans need to be soaked 2 - 12 hours to remove tannins in their skins.
- 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 often 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) and the oils are probably not cold pressed. 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 conditions. Because the taste of the product is superior, consumers are more likely to choose raw produce in preference to cooked produce (this has been our experience).

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. Remember, there is no safe level of trans fats consumption - even low doses are harmful. Even coconut oil contains 1.8% omega 3 so have *all* oils raw!

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: **12 Steps to Raw Foods** by Victoria Boutenko; **The Sunfood Diet Success System** by David Wolf; **Baby Greens** (A live food approach for children of all ages) by Gabriel Cousens, M.D.

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 Chlorella powder
- 1 - 2 Teaspoons Barley Green powder.
- 1 - 2 Tablespoons 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.

The washed sea vegetables, tomatoes and soaked seeds and nuts may be blended together. Alternatively, use a juicer/homogeniser such as the "Samson" or "Oscar" machines. Nuts and seeds are best soaked overnight and rinsed to de-activate the enzyme inhibitors that they contain (to aid digestion). 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, beetroot, 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 unappetising so you may wish to add a dressing.

A dressing can be made from: 2 tablespoons of Apple Cider Vinegar and 2 tbslms of lemon. To add more flavour, nutrients and protein, add 1 - 3 tbslms of ground seeds and nuts such as LSA (linseed, sunflower kernels and almonds). Also add some legumes such as sprouted lentils, chickpeas & adzuki beans.

Some super foods such as nutritional yeast, chlorella, maca (nice taste), dehydrated barley grass, spelt grass, alfalfa (for abundant minerals) and rose hip granules can be added. It is most convenient to mix all of these super foods together in a container. 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. A yum 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 vegie 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 flaxseeds, green leafy vegetables (lots) and walnuts. Oily fish such as herring, sardines, mullet and salmon also contain omega 3 but small fish are preferred as they contain less mercury. Fish should be cooked on low heat—preferably below 70 °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 as are sea vegetables with tomatoes. Dried zucchinis, soaked in apple cider vinegar to which garlic, chillie or herbs have been added and allowed to pickle are great with carrots, cauliflower etc. Definitely little or no animal protein or fats and oils should be consumed at this time. Food should ideally be consumed about 3 hours before retiring for the night. We will usually sleep better if we have a very small, light 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 alkaline in our body and most of us need to become much more alkaline due to an over acid 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 an acid food so we need to balance this acidity by having greens and other vegetables.

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.

Green Smoothie Recipe:

½ Jug fruit in season e.g Paw Paw, Pineapple, berries, stone fruit etc.

4 - 6 ripe bananas.

1/3 Jug of assorted leafy greens e.g. Celery, Parsley, Kale, Rocket, Watercress, Basil, green Cabbage leaves, English Spinach etc.

Contents of 1 young coconut (all the liquid in the coconut). Use fresh fruit juice as a substitute e.g. juice of grapefruit, oranges or use juicy fruits such as pineapple, grapes etc.

Blend together until smooth. *Absolutely delicious - tastes like fruit, not greens.*

Makes 2 - 3 cups.

Note: It is poor food combining to mix fruit with fats, therefore the meat of young coconuts is better used with greens or savoury fruits such as tomatoes.

Creamy Raw Tomato Soup: Blend 6 medium tomatoes with 2 - 4 sticks of celery, 1 fresh chilli, some washed sea vegetables, 2 -

3 cloves of garlic, ½ a small onion and the meat from a young coconut.

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 Chrysanthemumshungiku. Be adventurous!

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, nori, kombu and kelp. 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.

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 Natural Cellular Defense (NCD). 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. The product is completely safe for human consumption (US Food & Drug Association G.R.A.S. rating (Generally Regarded As Safe)

Although approved in the US, it is not presently legal to sell this product in Australia. It is only available by joining as a distributor of a Multi-Level Marketing Company. Yes, you may well have a negative response to this arrangement as we did initially, but this product is so important for our health that we strongly advise that you seriously re-consider.

For more information and to purchase direct from the US company go to: <http://my.waiora.com/home.php?634787>