

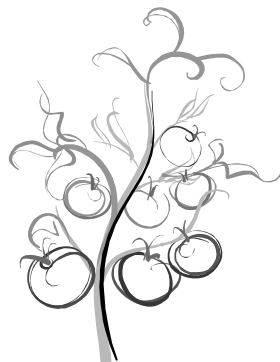
*“A cell that has not been starved of oxygen and has pH balance cannot become infected with cancer!”  
Professor Otto Warburg*

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# **Cancer**

## **The Deadly Deception**

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*All truth passes through three stages:  
First, it is ridiculed.  
Second, it is violently opposed.  
Third, it is accepted as self-evident.*

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*Our inquiring mind has been grappling with truths, half-truths, fantasy, missing links, bluff, hogwash, disdain and suppressed conclusions. This book will unlock our chains and set us free.*

*Awareness Protects, Ignorance Endangers!*

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# ***Introduction***

Every year, approximately 38% of Americans will get cancer (at the turn of the century it was 3%). By the end of the next century, it will be 100%! Diabetes has risen 400% in 20 years. Alzheimer’s now strikes 50% of people over the age of 70. Sixty years ago it did not exist. We are losing the war against disease; it’s time for a change! Cancer cannot live in an oxygen rich pH balanced cell.

***Fight back! There is something you can do to prevent degenerative disease.***

Think about it, Americans eat the same six or so foods everyday, day in and day out. Wheat, yeast, eggs, sugar, in some form soy, dairy, and beef. When you think of nature’s abundance, how can this be variety?

“Overindulgence in protein, fat and sugar leads to most long term diseases including cancer, heart disease, diabetes, circulatory and liver problems.”

Robert O. Young, Ph.D., D.Sc.

***“I see a world without sickness... a world in complete harmony and in perfect physical, mental and spiritual balance by following nature’s laws of cause and effect.”***

Ann Wigmore

What cancer cannot do: It cannot cripple love, or hope, or corrode faith, or destroy peace, or kill friendship, or suppress memories, or silence courage, or invade the soul, or steal our kindness, or conquer our Spirit.

***For more nutritional information order the FREE book “Diet by Design”.***

# ***Professor Otto Warburg***

Professor Otto Warburg won the Nobel Prize in 1931 for proving that cancer cannot live in a cell rich in oxygen and with a balanced pH.

He writes, “Nobody today can say that one does not know what cancer and its prime cause is. On the contrary, there is no disease whose prime cause is better known, so that today ignorance is no longer an excuse that one cannot do more about prevention.”

Otto Warburg won his first Nobel Prize in 1931 for the oxygen transferring enzyme of cell respiration and his second Nobel Prize in 1944 for his discovery of the hydrogen transferring enzyme. His discoveries are quoted as follows:

***“But, even for cancer there is only one primary cause. Summarized in a few words, the cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar.” Because no cancer cell exists, the respiration of which is intact, it cannot be disputed that cancer could be prevented if the respiration of the body cells would be kept intact.”***

[www.prostate90.com/sci\\_papers/warburg.html](http://www.prostate90.com/sci_papers/warburg.html)

Special Note: W.F.Koch, Neoplastic and Viral Parasitism, Their Basic Chemistry And Its Clinical Reversal

Otto Warburg, The Prime Cause and Prevention of Cancer, 1969, pg.16 (Translation by Dean Burk, National Cancer Institute.)

F.M. Eugene Blass, Oxygen Therapy: Its Foundation, Aim and Results, 1927, pg. 1

# ***A Simple Explanation of Cancer***

***“Our body cells are surrounded by fluids which should be slightly alkaline in order to sustain life.”***

If the condition of our extracellular fluids, especially the blood, becomes acidic, our physical condition will first manifest tiredness, proneness to catching colds, etc.

When these fluids become more acidic, our condition then manifests pains and suffering such as headache, chest pain, stomachache, etc.

If the blood develops a more acidic condition, then our body inevitably deposits these excess acidic substances in some area of the body such so that the blood will be able to maintain an alkaline condition. As this tendency continues, such areas increase in acidity and some cells die; then these dead cells themselves turn into acids. However, some other cells may adapt in that environment.

In other words, instead of dying – as normal cells do in an acid environment – some cells survive by becoming abnormal cells. These abnormal cells are called malignant cells.

Malignant cells do not correspond with brain function nor with our own DNA memory code. Therefore, malignant cells grow indefinitely and without order.”

***This is cancer.***

Dr. Keiichi Morishita. Hidden Truth of Cancer

# ***Natural Cures Newsletter***

Written by  
Kevin Trudeau. May 2006

The fraudulent “war on cancer” has been a dismal failure. It has been reported that you have a higher chance of getting cancer today than you did in 1950. With the billions of dollars put into research and development of cancer treatments, the fact remains that if you are diagnosed with cancer today you have about the same chance of dying of that cancer that you did in 1950!

***You are being lied to and misled about the true effectiveness of the standard treatments used on cancer patients. Chemotherapy, drugs, surgery, and radiation are the most profitable health industry services and products on planet earth. More money is made in the form of profits in the treatment of cancer than any other disease. The business of cancer is enormous and beyond most people’s comprehension.***

Remember, if every person stopped developing cancer and cancer was eradicated, trillions of dollars would be lost! If we prevented cancer so that no one came down with cancer anymore, trillions of dollars would be lost!

The causes of cancer are known at the highest levels of the health industry, and this information is being suppressed and hidden from the American public. This is exactly the same situation that occurred with big tobacco and with Ford and General Motors. Big tobacco knew as early as 1950 that their product caused cancer and disease. They lied about this to the American public, and even in congressional hearings. They hid the truth.

If people became aware of the true causes of cancer, then cancers could be virtually eradicated in over 90 percent of the cases.

***This is something that the medical cartels do not want to happen. Trillions of dollars in profits would be lost!***

Kevin Trudeau  
C/O Natural Cures Newsletter  
P.O. Box 342  
Elk Grove Village, IL 60009

[www.naturalcures.com/www.thewhistleblower.com](http://www.naturalcures.com/www.thewhistleblower.com)

## ***Our pH Level***

***Human blood pH should be slightly alkaline, ranging from 7.35 to 7.45.***

To maintain that constant 7.35 to 7.45 the body will pull calcium from the bones and magnesium from muscles. In fact, sodium, potassium, calcium and magnesium are the minerals of choice, because they are best suited for neutralizing the excess acids.

***It is normal for our body to create these acids. The problem of acidity only occurs when there is too much acid for our system to handle and get ride of through normal means (our lymphatic/immune system).***

If the blood cannot balance it’s pH level from an acid overload, it will neutralize what it can and dump the rest. This is what makes our urine and saliva acid. If we are not drinking enough alkaline fluids and not exercising to remove acidic toxins from our body, the resulting acidity is recirculated back into the system. By doing so, we have created an even greater overload for the next day.

*After enough years of toxic build-up, the breakdown of tissues and the onset of disease appears. Everyone's genetic biological clock is different. We all have a predisposition for certain ailments.*

Keep in mind, if we have stressed our body by having smoked cigarettes for 40+ years, or have a daily six cups of coffee or soft drink habit, eat "junk foods" and sugars and carbs and never exercise... don't expect your pH reading to turn around with a salad. Food and drink are not the only factors. Equally important are stress levels, exercise, toxic thoughts and environments, both internal and external. Many factors influence our health and eventually, if ignored, take their toll.

*The ratio of alkalizing foods needed to balance out healthy acid forming foods is around 4 to 1, but when you eat and drink toxic foods, the ratio becomes even greater: The average human body contains roughly ten gallons of water at a pH of 7.365. One eight ounce glass of a highly acid-forming beverage, such as coffee or cola, added to these ten gallons of water, can bring the overall pH of the body fluids down to 4.6.*

Healthy acid-forming foods should be decreased to 20% of the total diet. Alkalizing foods such as leafy greens vegetables and avocados should be increased to 80% of your total diet. Avoid artificial sweeteners, white sugar, coffee, soft drinks, corn sweetener and junk food. It isn't just foods that make us acid. Most prescription medications and over-the-counter drugs may be highly acid as well. Recreational drugs and alcohol are also acid-forming.

*Just as Toxic Thoughts are Acid so are Overwork, Anger, Fear, Jealousy and Stress. To become more Alkaline instead try Positive Thought, Prayer, Peace, Kindness and Love. Always drink plenty of water from a pure source. However, try not to drink with a meal or within 20 minutes before or after. (Water with a meal diluting digestive enzymes.)*

Cola beverages have a pH of 2.8. It takes 32-8 oz. glasses of water at 7.0 to neutralize the acid from one 8 oz. cola! When you drink cola, the body will use its own buffers to correct the imbalance.

## ***The Effects of Acidity***

The human body must maintain the bloodstream in the 7.35 to 7.45 range. In the face of excess acid, ***your body will leach the calcium right out of its bones to buffer the acid.*** Why? In order to keep the bloodstream within its narrow and crucial margins, not only for health, but also for life itself. Your body will also deplete its potassium reserves to neutralize excess acid. You lose these precious minerals.

Nutrients from your foods cannot be absorbed, nor can the supplements you take be utilized in an acid environment. Eventually, the cells of your body become saturated with acid, or if you are running alkaline, parasites and bacteria are allowed to flourish. Soon the stage is set for disease.

Tired. Depleted. Nervous. People complain of muscle aches and pains. Indigestion and acid stomach are common complaints. Constipation and bloating are frequent. Urine may be burning. More cavities may develop. People even complain of their gold jewelry turning green against their skin.

***What people can't feel are their bones getting brittle from calcium and mineral depletion.*** They can't feel their cells starving for oxygen in an acid medium, nor the stress it puts on the liver and pancreas that needs an alkaline medium in order to function best. ...In other words dis-ease will create disease.

Minerals determine the alkalinity of the blood not water: Water (or any fluid for that matter) must contain alkalizing minerals in order to correct an acid overload occurring in the body fluids. Mineral rich fluids take a great deal of stress off of tissues working to balance a toxic overload.

When choosing a beverage, make sure it will be alkalizing and hydrating. Unnecessary sugars, artificial ingredients and preservatives will only worsen an acid condition.

*The sugars in dairy will create lactic acid. All carbonated beverages will create carbonic acid, and Vinegar will create acetic acid as will any grain allowed to ferment in the intestinal tract.*

## ***How to Cure Cancer***

*Written by Rudolf Breuss*

Book title: *“Advice for the prevention and natural treatment of numerous diseases, cancer, leukemia, other seemingly incurable diseases”*

Available: Walter Margreiter, Im Hag 23, A-6714 Nuziders, Austria

### ***Total Cancer Treatment***

(page 44-48)

Throughout this treatment you are not allowed to eat anything for 42 days, other than vegetable juices and the teas recommended only in the amounts stated. The juices can be drunk as much as required or until you are no longer hungry, though not more than ½ liter per day. (The less you drink the better). It is possible, and sometimes better, to make this juice yourself. Make sure to find organically grown vegetables.

***Juice Mixture:*** You take 3/5 beetroot, 1/5 carrots, 1/5 celery and add a little radish and an egg sized potato. For example, you take 300g beetroot, 100g carrots, and 100g celery and approximately 30g radish. It is not important to have the potato. Instead of the potato, you can also drink a cup of potato peel tea per day. Take a handful of potato peelings in 2 cupfuls of water and cook for 2 to 4 minutes. If the tea doesn't taste good then your stomach will not need it therefore you

must not drink it. Press these various vegetables after that put the juice through a sea sieve or a linen towel, add a teaspoon of salt for every ¼ liter juice.

*The cancer lives only from solid foods eaten by the humans. So if for 42 days you only drink vegetable juices and tea, the cancerous swelling dies and at the same time the person still lives.*

You may, during this time, loose 5 to 15 kg, but you will feel well during this period. I myself have tried this treatment even though I didn't work during the course. It is better, if, a few days before starting this treatment, you drink approximately ¼ liter per day so that you get used to the juice.

*To be alive you only need to drink 1/8 to ¼ liter per day, you may go up to ½ liter, but do not have to. Drink it slowly with a spoon, do not swallow it straight away. Every now and again you may have a mouthful of Sauerkraut Juice should any patients fancy it.*

### ***How to Follow the Treatment Properly:***

Those who follow my “Cancer Treatment” (vegetable juice with tea) correctly will not lose much weight. The proper way: Early morning, firstly drink half a cup of kidney tea, slowly and cold. 30 to 60 minutes later 1-2 cups of warm sage with red current (St. John's Wort) peppermint and balm tea. Once again, after 30-60 minutes take a small mouthful of juice and do not swallow it straight away, therefore salivate it.

*After approximately 15 to 30 minutes later, take another small amount of vegetable juice, or accordingly to your hunger. At dinner time, you need to take the juice approximately 10-15 times. Therefore, only drink small amounts of the juice when you feel like some.* In between sage tea, which can be drunk cold and as much as you want, but

during this treatment do not put any sugar into the tea. In the afternoon, drink another 1/6 liter (1/2 a cup) of kidney tea and also in the evening before going to bed.

Only drink the kidney tea for the first three weeks! In the afternoons, you will therefore often need a mouthful of the juice. You are allowed up to ½ liter per day, but you do not have to drink that amount!

***When following my “Total Cancer Treatment” and the “Half Treatment,” I must warn you that the vegetable juice, made as I describe, must be taken as specified with the teas, only take it by the mouthful and mix your saliva., not just the vegetable juice alone.***

Alternative Cancer Healing Centers.  
[www.anoasisofhealing.com](http://www.anoasisofhealing.com)

The Gerson’s Institute, 1572 Second Ave., San Diego, Calif.  
92101, (619) 685-5353/1-888-4Gerson  
[www.Gerson.org](http://www.Gerson.org)

## ***A must-do Enemas***

Written by Max Gerson, M.D.,

Cancer Therapy (page 190-193)

Available: [www.gerson.org](http://www.gerson.org) or 1-888-4Gerson

Inasmuch as the detoxication of the body is of the greatest importance, especially in the beginning, it is absolutely necessary to administer frequent enemas, day and night (on the average, we give coffee enemas every four hours, day and night, and even more frequently against severe pain, nausea, general nervous tension and depression).

***Enemas also help against spasms, precordial pain and difficulties resulting from the sudden withdrawal of all intoxicating sedation. On the average, every other day, we give two tablespoons of castor oil by mouth, followed by a cup of black coffee, and, five hours later, a castor oil enema, in addition to the coffee enemas, without interrupting their frequency.***

Difficult as this may be to believe, experience has proved that frequent enemas completely eliminate the need for sedation. Some patients take enemas every two hours, or even more frequently, during the first days of the treatment.

More advanced cases are severely intoxicated and the absorption of the tumor masses, glands, etc., intoxicates them even more; many years ago, I lost several patients by coma hepaticum, since I did not know, and therefore neglected, the vital importance of frequent and regularly continued elimination of poisonous substances, with the help of juices, enemas, etc.

To make enemas most effective, the patient should lie on his right side, with both legs drawn close to the abdomen, and breathe deeply, in order to suck the greatest amount of fluid into all parts of the colon. The fluid should be retained 10 to 15 minutes.

***Our experiments have shown that after 10 to 12 minutes almost all caffeine is absorbed from the fluid. It goes through the hemorrhoidal veins directly into the portal veins and into the liver. Patients have to know that the coffee enemas are not given for the function of the intestines, but for the stimulation of the liver.***

According to the experiments of Professor O.E. Meyer and Professor Heubner of the University of Goettingen, Germany, it is not certain whether the caffeine stimulates the liver cells directly or indirectly through the visceral nervous system. In

any case, the effect is an increased production of bile, an opening of the bile ducts and greater flow of bile.

At the start of the treatment and during “flare-ups,” the bile contains poisons, produces spasms in the duodenum and small intestines, and causes some overflow into the stomach, with resultant feeling of nausea or even vomiting of bile. In these cases, great amounts of peppermint tea are necessary to wash out bile from the stomach. Therefore, patients feel much easier and more comfortable.

***The practice of the therapy consists mainly of the following components:***

1. Fast and far-reaching detoxication of the whole body is the basis of the treatment.
2. Help the restoration of the various metabolic functions inside and outside of the digestive tract (enteral and parenteral digestion).
3. Enable the digestion of cancer masses and cells through the purified blood stream—their absorption and elimination.
4. Restoration of the cancer destructions and recovery of the essential organs, especially the liver
5. If the liver and digestive tract are not entirely restorable, continuation of the diet is necessary partly or completely to prevent recurrences as far as possible.

*The Most Affective Cancer Healing Juice...*

## ***Wheatgrass Juice***

***Wheatgrass juice is a highly nutritious food. It is high in vitamins A and E, as well as the B vitamins. It contains many minerals and trace elements needed by the body. It contains Calcium, Phosphorus, Sodium, Potassium, Magnesium, Iron and Zinc. It also contains twelve amino acids, including the seven essential amino acids.***

It is important to note that enzymes such as Amylase, Protease and Lipase were not detected in this laboratory analysis. Wheatgrass juice is considered a predigested food. It does not require enzymes for breakdown of proteins. Both amino acids and glucose are present in the juice and are, therefore, readily assimilated by the body.

Wheatgrass juice is rich in Chlorophyll. The molecular structure of the Chlorophyll in Wheatgrass juice is very similar to that of Hemoglobin in blood. The difference between Hemoglobin and Chlorophyll is that the central atom in Hemoglobin contains Iron, whereas, the central atom of Chlorophyll contains Magnesium.

***It is the Iron in wheatgrass juice which helps the blood carries healing Oxygen to all the cells. Wheatgrass juice also aids in detoxification by breaking up impacted matter in the colon. It is a valuable tool in the bodies' natural self-healing process because it helps fight infection.***

Sunflower and buckwheat greens, collectively referred to as “the greens”, are valuable sources of enzymes and amino acids. They are high in vitamin D, as well as Chlorophyll and Lecithin. They are low in fat and contain no starch, so the body does not have to spend much energy to digest them. They are also, therefore, an efficient energy source.

## ***Benefits of Wheatgrass***

***Chlorophyll is the first product of light and, therefore, contains more light energy than any other element.***

Wheatgrass juice is a crude chlorophyll and can be taken orally & as colon implant without toxic side effects.

Chlorophyll is the basic of all plant life. Wheatgrass is high in oxygen like all green plants that contain chlorophyll. The brain and all body tissues function at an optimal level in a highly-

oxygenated environment. Chlorophyll is antibacterial and can be used inside and outside the body as a healer.

Dr. B. Jensen says that it only takes minutes to digest wheatgrass juice and uses up very little body energy.

***Chlorophyll can be extracted from many plants, but wheatgrass is superior because it has been found to have over 100 elements needed by man.***

Dr. Ann Wigmore had helped people to get well from chronic disorders for 30 years using wheatgrass juice.

Liquid chlorophyll gets into the tissue, refines them, and makes them over. Wheatgrass juice is a superior detoxification agent compared to carrot juice and other fruits and vegetables. Dr. Earl-Thomas, who was working with Ann Wigmore, says that 15 pounds of wheatgrass is the equivalent of 350 pounds of carrots, lettuce, celery, and so forth.

Liquid chlorophyll (wheatgrass-juice) washes drug deposits from the body.

Chlorophyll neutralizes toxins in the body.  
Chlorophyll helps purify the liver.  
Chlorophyll improves blood sugar problems.

Wheatgrass juice cures acne and even removes scars after it has been ingested for seven to eight months.

In "The American Journal of Surgery" (1940) Benjamin Cruskin, M.D., recommends chlorophyll for its antiseptic benefits. The article suggests the following clinical uses for chlorophyll. It neutralizes strep infections, heals wounds, hastens skin grafting, cures chronic sinusitis, overcomes ear inflammation and infections, reduces varicose veins and heals leg ulcers, eliminates impetigo and other scabby eruptions, heals rectal sores, successfully treats inflammation of the

uterine cervix, gets rid of parasitic vaginal infections, reduces typhoid fever, and cures advanced pyorrhea in many cases.

Wheatgrass juice acts as a detergent in the body. A small amount of the wheatgrass juice in the human diet prevents tooth decay. Wheatgrass juice held in the mouth for 5 minutes will eliminate toothaches. It pulls poisons from the gums.

Gargle with a wheatgrass juice for a sore throat. Pyorrhea of the mouth: lay pulp of wheatgrass soaked in juice on diseased area or chew wheatgrass, spitting out pulp.

***Drink wheatgrass juice, one feel a difference in strength, endurance, health, and spirituality, and experience a sense of well-being.***

Wheatgrass juice improves the digestion. Wheatgrass juice is great for blood disorders of all kinds. Wheatgrass juice is high in enzymes.

Wheatgrass juice is an excellent skin cleanser and can be absorbed through the skin for nutrition. Pour green juice over your body in a tub of warm water and soak for 15 to 20 mins. Rinse off with cold water.

Wheatgrass implants (enemas) are great for healing and detoxifying the colon walls. The implants also heal cleanse the internal organs.

Wheatgrass juice is great for constipation and keeping the bowels open. It is high in magnesium.

***Dr. Birscher, a research scientist, called chlorophyll "concentrated sun power." He said, "Chlorophyll increases the function of the heart, affects the vascular system, the intestines, the uterus, and the lungs.*** According to Dr. Birscher, nature uses chlorophyll (wheatgrass) as a body cleanser, rebuilder, and neutralizer of toxins.

Wheatgrass juice can dissolve the scars that are formed in the lungs from breathing acid gasses. The effect of carbon monoxide is minimized since chlorophyll increase hemoglobin production.

***Wheatgrass juice reduces high blood pressure and enhances the capillaries.***

Wheatgrass juice can remove heavy metals from the body. Chlorophyll (wheatgrass) for anti-aging. Wheatgrass juice can do everything from freshen your breath to ward off cancer.

***The fresh juice is a storehouse of natural vitamins, minerals, chlorophyll, enzymes, and life energy. It is perhaps the safest and most effective way to healthfully supplement your diet.***

- Builds a high blood count
- Helps prevent cancer
- Provides iron to organs
- Makes body more alkaline
- Counteracts toxins eaten
- Improves anemic conditions
- Cleans and deodorizes bowel tissues
- Helps purify the liver
- Aids hepatitis improvement
- Regulates menstruation
- Aids hemophilia condition
- Improves milk production
- Helps sores heal faster
- Eliminates body odors
- Resists bacteria in wounds
- Cleans tooth and gum structure in pyorrhea
- Eliminates bad breath
- Relieves sore throat
- Makes an excellent oral surgery gargle
- Benefits inflamed tonsils
- Soothes ulcer tissues

- Soothes painful hemorrhoids and piles
- Aids catarrhal discharges
- Revitalizes vascular system in the legs
- Improves varicose veins
- Reduces pain caused by inflammation
- Improves vision

“Wheatgrass juice is the nectar of rejuvenation, the plasma of youth, the blood of all life.

The elements that are missing in your body’s cells-especially enzymes, vitamins, hormones, and nucleic acids can be obtained through this daily green sunlight transfusion.”

Survival in the 21<sup>st</sup> Century, Viktoras Kulvinskas

***“Take a good care of your body. It’s the only place you have to live.”***

## ***How to Grow Wheatgrass***

Choose a container: Any type of container is suitable for sprouting wheatgrass. Pots that have drainage holes are the easiest to use for beginner sprouters but once you get a handle on how much water wheat sprouts require, you can sprout them in any container that is at least 3-4” deep.

Select a growing medium: Once you’ve decided on a container, fill it to about 1 inch below the top of the rim with pre-moistened soil, compost or potting mix. Make that sure whatever growing medium you use, it doesn’t contain any artificial fertilizers or chemicals.

***Soak the wheat in water overnight. Wheat seeds are sometimes sold as wheat “kernels” or as “Hard Red Wheat.”***

Sprinkle the top of your container with soaked wheat seed. Leave a little bit of space between the seeds, so that they’re not touching and competing for food. Press the seed into the soil

and then cover lightly with more potting mix or soil and water lightly. The soil needs to be kept moist, so cover your containers with a clear plastic bag or clear plastic film.

In about 3-4 days, you will begin to see sprouts emerge. It's now time to move the container to a sunny location. Sunshine not only allows the young sprouts to manufacture more chlorophyll, but it helps to keep them stocky and short. Wheatgrass grown in the dark or in poorly lit areas tends to be quite pale and lanky and in no time at all, the sprouts begin to fall over.

By about 7-10, the sprouts are the perfect height to use as a centerpiece or to begin harvesting for juice. Wheatgrass grown using this method can be cut more than once for an extended harvest so if you are using it for juice, start a few containers on different days so that you have a continuous supply of the nutritious leaves.

### ***Wheatgrass Institute in the United States***

Optimum Health Institute – San Diego  
6970 Central Avenue, Lemon Grove, CA 91945-2198. 619-464-3346  
Fax: 619-5890-4098, Reservations 800-993-4325.  
<http://Optimumhealth.org>

Opti-Fresh Wheat Grass Juicers  
619-464-3346, Fax 589-4098, 6970 Central Av, Lemon Grove,  
CA 91945

Sundance Wheateena Wheatgrass Juicers  
914-565-6065, Fax 914-562-5699. PO Box 1446, Newburgh,  
NY 12551

## ***The Result of Cooking***

Leucocytosis (an increase in white blood cell count and associated with a pathological condition) increases upon ingestion of cooked food.

Poor mastication results in decreased saliva and enzyme flow; food is, therefore, poorly prepared for digestion. Decreased dental health is noted.

Nutrients essential for dental health are lacking. Preferred cooked foods are highly acidic and leach calcium reserves from the teeth.

Cooked foods trapped in the mouth ferment, readily forming plaque. Raw fiber, "Nature's Best Toothbrush," is lacking. Gums are not given proper stimulation.

Decreased dental exercise results in dental abnormalities, especially development of crooked teeth. Cooked food is most often fragmented/refined/deficient. Cooked food is most often highly chemicalized. Cooked food is invariably prepared in utensils that give off toxic metal/plastic/paint particles.

Cooked food is most often addicting and promotes overeating. Cooked food is toxic and energy expensive to digest. Digestion of cooked food leads to enervation and Toxemia.

A steady diet of cooked foods result: Toxemia could set in... leads to chronic, degenerative disease.

# ***Meat Consumption***

“The Animal Connection”  
By Agatha Thrash, M.D. and Calvin Thrash, M.D.

Sickness in Farm and Food Animals, (page 3)

Foods used by humans come from either plants or animals. It is more likely that animal viruses are active in causing human disease than plant viruses, since plants are so biologically different from animals and humans.

While plants have diseases, some of which are bacterial, some fungal, and some viral, the possibility appears quite remote that plant viruses are involved in human diseases.

*We do not yet know the cause of many human diseases such as arthritis, collagen disease, the wasting muscle diseases, many of the chronic and disabling intestinal diseases (Crohn’s disease, ulcerative colitis, celiac disease, and fibrocystic disease of the pancreas), many of the crippling neurological diseases, and on and on. It is not a far-fetched idea that many of these diseases of unknown cause are related to animal diseases transmitted to man either by direct contact with the animal or by ingestion of the flesh, milk, or eggs of the infected animal.*

Cooking does not insure that bacteria are killed. Viruses are far more resistant to destruction by heat than are bacteria. Frozen meats and fowl are often not cooked sufficiently to destroy all bacteria.

While some diseases of animals are not shared by man, and some diseases of man cannot be contracted by animals, the transmission to man of viruses and bacteria is easily accompanied by consumption of the flesh, milk, or eggs of an infected animal.

# ***“Diseases of Food Animals”***

By Dr. Owen S. Parrett

Dept. of Agriculture statistical report documentation page 6:

“Number of Carcasses Retained for Various Diseases and Conditions, but Passed for Food After Removal of Affected Parts.”

Please note that all these were diseased animals whose carcasses were *passed for food* after the removal of the diseased parts. A partial list follows:

*Epitheliomas* (eye cancer) cattle numbered 92, 578. The eye and adjacent parts were removed; the remainder of the carcass was passed for food.

*Abscesses or pyemia*, meaning pus cells in the blood, in cattle numbered 439,837. The same disease in hogs, as one might expect, ran much higher—2,518,133. Of sheep and lambs there were 24,187; of calves, 10,314. *Liver abscesses in cattle* ran 3,596,302, while the total of diseased cattle livers condemned was 6,057,920.

*Pneumonia* of cattle amounted to 144,210 cases; sheep and lambs, 62,072; calves, 28,242; hogs, 161,544—all this in one year.

*Altogether there are listed more than fifty different diseases found in animals that were sent, for the most part, to the butcher’s block.*

Had these diseases been found in humans—and most of them are at times—the patients would be immediately sent to a

hospital and a physician would be called to attend them. But animals suffering these diseases are consigned to a meat market, to be devoured as a choice steak or in some other form.

## ***The Miracle Food Avocado***

***Eat lots of green, drink plenty of water and STOP all of the processed diet foods and beverages. Since fat is a buffer for acid consider eating ripe avocados in place of processed foods. This will sooth acid tissues and your body won't need to create unwanted fat to neutralize the acid. An avocado is a power house of good nutrition.***

A single avocado is rich in nutrients, with vitamins A, B-complex, C, E, H, K and folic acid. Avocados contain the buffering minerals so critical in neutralizing excess acidity, magnesium, copper, iron, calcium, potassium, and many other trace elements. An avocado provides all 18 of the essential amino acids plus 7 fatty acids, including Omega 3 and 6 and contain more protein than cow's milk (about 2% per edible portion).

The water content of an avocado ranges from 65-80 percent. This high water content makes an avocado a type of hydrating and energizing fuel for the body to burn, instead of sugar-based fuel that leaves acidic ash waste in our blood. It's the most easily digested rich source of fats and proteins in a whole food.

Approximately 63 percent of the fat contained in an avocado is monounsaturated, and only 17 percent is saturated. Both types of fat serve as good energy sources in the body once we convert to fat as the source for our fuel (rather than sugars and high proteins). The rest of the fat found in an avocado, about 20% is polyunsaturated and serves in cell construction.

Avocado neutralizes acid. A squeeze of fresh lemon juice in pure source water not only tastes good, but will also start to heal tissue scarred by diet pop and processed fat free foods.

## ***How to Lose Weight***

Too much protein makes one feel tired, sluggish and is a cause of increased blood pressure. Urine that foams a lot may be an indicator of too much protein. Urine that is a dark yellow may be an indicator of too much sugar in the diet. Moderation in protein, fat and sugar intake is the answer.

Every time you eat, you should not mix protein with starches. They should always be eaten at separate meals. Protein neutralizes the starches and the digestion result in fermentation. Examples of protein foods are nuts, dairy foods, and flesh foods including fish. Examples of starch foods are potatoes, cereals, dried beans peas, and all kinds of pastries, pastas, and bread.

Eat protein and starch foods at separate meals. The acids of starch foods inhibit the secretion of the digestive acids required for protein digestion. Undigested protein putrefies in bacterial decomposition and produces some potent poisons. Protein foods can be eaten with salads and vegetables. Starch foods can be eaten with salads and vegetables.

***Never mix protein with starch foods.  
Never mix sugar, fat, oil and nuts!***

The result will be that you will lose weight automatically. You will not have to use any chemicals, advertisement gimmicks and pay money to lose weight.

Guaranteed you will lose weight and just keep the principles.

# ***Refined Sugar the Deadly Poison***

“Refined sugar is lethal when ingested by humans because it provides only that which nutritionists describe as empty or naked calories. In addition, sugar is worse than nothing because it drains and leeches the body of precious vitamins and minerals through the demand its digestion, detoxification, and elimination make upon one’s entire system.

So essential is balance to our bodies that we have many ways to provide against the sudden shock of a heavy intake of sugar. Minerals such as sodium (from salt), potassium and magnesium (from vegetables), and calcium (from the bones) are mobilized and used in chemical transmutation; neutral acids are produced which attempt to return the acid-alkaline balance factor of the blood to a more normal state.

Sugar taken every day produces a continuously over-acid condition, and more and more minerals are required from deep in the body in the attempt to rectify the imbalance. Finally, in order to protect the blood, so much calcium is taken from the bones and teeth that decay and general weakening begin.

Excess sugar eventually affects every organ in the body. Initially, it is stored in the liver in the form of a glucose (glycogen). Since the liver’s capacity is limited, a daily intake of refined sugar (above the required amount of natural sugar) soon makes the liver expand like a balloon.

When the liver is filled to its maximum capacity, the excess glycogen is returned to the blood in the form of fatty acids. These are taken to every part of the body and stored in the most inactive areas: the belly, the buttocks, the breasts, and the thighs.

When these comparatively harmless places are completely filled, fatty acids are then distributed among active organs, such as the heart and kidneys. These begin to slow down; finally their tissues degenerate and turn to fat.

The whole body is affected by their reduced ability and abnormal blood pressure is created. Refined sugar lacks natural minerals (which are, however, in the sugar lacks natural minerals (which are, however, in the sugar beet or cane).

Our parasympathetic nervous system is affected; and organs governed by it, such as the small brain, become inactive or paralyzed. (Normal brain function is rarely thought of as being as biologic as digestion).

The circulatory and lymphatic systems are invaded, and the quality of the red corpuscles starts to change. An overabundance of white cells occurs, and the creation of tissue becomes slower. Our body’s tolerance and immunizing power becomes more limited, so we cannot respond properly to extreme attacks, whether they be cold, heat, mosquitoes, or microbes.

Excessive sugar has a strong mal-effect on the functioning of the brain; the key to orderly brain function is glutamic acid, a vital compound found in many vegetables.

The B vitamins play a major role in dividing glutamic acid into antagonistic-complementary compounds which produce a “proceed” or “control” response in the brain. B vitamins are also manufactured by symbiotic bacteria which live in our intestines.

When refined sugar is taken daily, these bacteria wither and die, and our stock of B vitamins gets very low. Too much sugar makes one sleepy; our ability to calculate and remember is lost...

*Sugar Blues by William Dufty pg. 137*

# ***The Soy Conspiracy***

*Soy Related Effects:*

Cancer and DNA Damage / Brain and Learning Disabilities  
Thyroid Problems / Vitamins and Mineral Absorption Etc.

## ***Blocks Vitamin & Mineral Absorption***

Studies indicate that soy causes increased requirements for vitamins E, K, D and B12. Phytic Acid from SPI blocks the absorption of essential minerals and creates deficiency symptoms of calcium, magnesium, copper, molybdenum, iron, manganese and especially zinc – in the intestinal tract.

This may be contributing to early onset of osteoporosis in Japan, starting there as early as age 20 versus age 34 in the USA. Also, test animals fed SPI developed enlarged organs, particularly the thyroid gland and pancreas, and caused increased deposition of fatty acids in the liver.

## ***Processing of Soy Adds More Toxins***

Much soy is acid washed in aluminum tanks, leaching high levels of aluminum into the final product. Nitrites, potent carcinogens, are formed during spray-drying, and toxic lysinoalanine is formed during alkaline processing. Artificial flavorings, particularly MSG, are added to SPI and textured vegetable protein (TVP) products to mask their strong “beany” taste and to impart the flavor of meat.

## ***Cancer and DNA Damage***

Thousands of women are now consuming soy in the belief that it protects them from cancer. Yet, in 1996, researchers found that women consuming soy protein isolate (SPI) had an increased incidence of epithelial hyperplasia, a condition that precedes malignancies. Additionally, genistein was found to

stimulate breast cells to enter the cell cancer cycle. Since 1993, Soy has been known to cause DNA damage, chromosome fragmentation and errors in chromosome orientation. Soy products may increase breast cancer in pregnant women.

## ***Brain- Aging and Learning Disabilities***

Japanese Americans living in Hawaii show a significant statistical relationship between two or more servings of tofu a week and accelerated brain aging (atrophy). Participants in another study who ate tofu in mid-life, had lower cognitive function in later life, experienced greater incidence of Alzheimer’s disease and dementia, and looked older. There is strong evidence linking brain damage to infants using soy formulas.

## ***Soy Infant Formulas***

Daily exposure of infants to isoflavones in soy infant formula is 6 to 11 times higher on a body-weight basis than the dose that has negative hormonal side effects in adults consuming soy foods. Toxicologist, Dr. Mike Fitzpatrick, estimated that infants exclusively fed soy formula receive the estrogenic equivalent (based on body weight) of at least 5 birth control pills per day. Early maturation in girls is frequently an indicator of problems with their reproductive system later in life, including failure to menstruate, infertility, breast cancer, and possibly uterine cancer. Problems in both sexes associated with soy-based infant formula later in life also include extreme emotional behavior, immune system problems, pituitary insufficiency, irritable bowel syndrome, asthma, thyroid disorders, including thyroid problems in babies, & infantile leukemia.

## ***Thyroid Problems***

Asians throughout the world have high rates of thyroid cancer. Japanese researchers reported in 1991 that consumption of as

little as 30 grams or 2 tablespoons of soybeans per day for only one month resulted in a significant increase in thyroid-stimulating hormone.

Diffuse goiter and hypothyroidism appeared in some of the subjects and many complained of fatigue, lethargy, and constipation, even though their intake of iodine was adequate.

### ***Soy Protein Used in “Natural” Foods Bathed in Toxic Solvent Hexane***

By Mike Adams [www.NaturalNews.com](http://www.NaturalNews.com)

Virtually all “protein bars” on the market today are made with soy protein. Many infant formula products are also made with soy protein, and thousands of vegetarian products (veggie burgers, veggie cheese, “natural” food bars, etc.) are made with soy protein. That soy protein is almost always described as safe and “natural” by the companies using it. But there’s a dirty little secret the soy product industry doesn’t want you to know: Much of the “natural” soy protein used in foods today is bathed in a toxic, explosive chemical solvent known as hexane.

#### ***For more research...***

Weston A. Price Foundation, [www.WestonAPrice.org](http://www.WestonAPrice.org) 2000

<http://www.mercola.com/article/soy/avoidsoy.htm>

<http://www.westonaprice.org/soy/tragedy.html>

Cancer healing institute closest to the Unites States

Soy Online Service, S.O.S. New Zealand

[www.soyonlineservice.co.nz](http://www.soyonlineservice.co.nz)

<http://www.eurekalert.org/pubreleases/2001-11/uoja-efi110101.php>

The Doctor Within, The Magic Bean? Soy-Taintly Not!

<http://www.thedoctorwithin.com/articles/magicbean.html>

Soybean-Bad-----<http://www.rogerkyoung.com/soybean.html>

Health Action Network Society/[www.hans.org](http://www.hans.org)

[www.cornucopia.org](http://www.cornucopia.org)

# ***The Salt Conspiracy***

Victoria BidWell

“Today, millions of Americans are suffering from the effects of salt in their diets. This national epidemic includes people from all walks of life: old people, young people, children, and even infants. Of the countless who are suffering because of salt, only a few will be able to help themselves. Why? Because only a small percentage of those who suffer from salt abuse realize what a crucial- and deadly- role salt plays in their life... How could it be that something so ‘common’ as salt could be for so many a deadly poison?”

And if what we are learning about salt is true – that it is a chemical whose devastating effects are literally frightening to realize – how is it that salt is so commonly used and available? In other words, WHY WEREN’T WE TOLD? Ms. Whittlesy continues: “The great institutions upon which we have learned to rely – government, industry, and even medical science – have done very little to alert and protect us.”

### ***Salt Related Symptoms***

Lupis vulgaris, insomnia, headaches, migraines, premature aging of the skin, indigestion, arthritis, fatigue, deafness, sinusitis, hives, epilepsy, rheumatic swelling, and nervous tension.

Space does not allow a pathology-by-pathology explanation of how all of the other aforementioned diseases are precipitated and/ or aggravated by salt. Generally speaking, it is the poisonous nature of salt in the body as previously described that so adversely affects each and every one of us.

And it is the unique biochemical individuality, inherited predisposition, and existing state of toxicity, and nerve energy vitality that will determine which set of symptoms will be

manifested in our own bodies when we don't learn to leave the salt alone... once and for all!

## ***Sodium vs. Sodium Chloride***

Sodium as it is found in fresh fruit, vegetables, nuts, and seeds.

It is essential and organic mineral. It is found naturally occurring in fresh fruit, vegetables, nuts, and seeds which have not been tampered with through any form of processing or preserving whatsoever.

It is necessary to the body for optimum health, and it is responsible for maintaining fluid balance, regulating the circulatory system, and normalizing nerve propagation impulses.

The human body needs an estimated 200 to 280 mg of it daily to carry on these essential functions.

It occurs in adequate, sufficient amounts on The Ideal Diet. Sodium chloride is a toxic, inorganic compound formed by the union of the sodium and chlorine.

It is found as common "table salt," or the salt crystals are laced-into ("hidden") processed foods. It is totally unusable by the body; and in this unassimilable form, it acts as a Protoplasmic Poison. It is toxic to the body and is responsible for upsetting the fluid balance, debilitating the circulatory system, and precipitating and/or aggravating a number of Salt Pathologies.

The human body on The Salty, SAD (Standard America Diet). Diet takes in an estimated 4,000 to 10,000 mg daily. It occurs in highly addicting and disease-promoting amounts.

"The Salt Conspiracy"

4390 BidWell Drive Freemont, California 94538

# ***www. Notmilk.com***

Charlene Gullotta-Holland [www.agentlecleanse.com](http://www.agentlecleanse.com)

***Every time I see one of those white mustache ads adorned by a famous celebrity, I cannot help but think back to the ads that promoted smoking by famous stars such as Charlton Heston and James Dean. Didn't advertising lie to us then?***

How can we believe such things now when we have so much more information and research available to us? Are we just gullible or maybe just lazy? Let's take a look at what fifteen minutes on the internet did for my current knowledge bases. I'm not referring to commercial sites with an agenda. I mean legitimate sites that provide research that is being performed by real scientists and universities.

According to the Academy of Allergy Asthma and Immunology, cow's milk is the number one cause of food allergies. Former Director of Pediatrics at Johns Hopkins University, Dr. Frank Oski, has written that consuming dairy from cows leads to persistent health problems. He says, "The fact is: The drinking of cow's milk has been linked to iron deficiency anemia in infants and children, and it has been named the cause of cramps, and diarrhea in much of the world population, and the cause of multiple forms of allergies as well."

Dr. Frank Oski believes that the persistent problems from cow's milk consumption include: Coughs, sinus infections, asthma, ear infections, constipation, runny noses, upper respiratory infections, gas, eczema, and gastrointestinal (stomach) problems. Dr. Sam Bahna and Douglas Heiner reports in the book, "Allergies to Milk," that milk may cause difficulty breathing, especially during sleep. Noisy breathing is due to excess mucus in the throat. These researchers found that rather than taking unnecessary medications, such as decongestants, antibiotics, or cough syrup, relief can be found by the elimination of cow's

milk dairy from the diet. Dr. Williams Ellis, who has studied the effects of dairy for more than 40 year, says that dairy is, "...simply no good for humans." He finds that the excess mucus caused by dairy can harden and form a coating on the inner wall of the intestines, thus hindering absorption of nutrients.

***Dr. Benjamin Spock spoke out against the feeding of cow's milk to children, saying that it can cause anemia, allergies, and insulin-dependent diabetes, which sets up for a life of obesity and heart disease.*** Harvard's ground breaking study, Nurses Health Study, of 78,000 nurses, suggests that dairy can actually cause osteoporosis and was linked to more bone fractures than in non-dairy participants. The Lunar Osteoporosis Update explains, "Increased hip fracture was associated with dairy calcium uptake.

If this were any other agent other than milk, which has been so aggressively marketed by dairy interests, it undoubtedly would be considered a major risk factor." The study concludes that animal protein actually leaches calcium from bones. After 36 published studies, Yale University found that milk does not appear to prevent osteoporosis and, in fact, may cause more bone fractures than non-dairy consumers. So, what's the deal with lactose? This is the inability to digest milk sugar lactose. 75% of the world's human population loses the ability to digest lactose shortly after weaning from their mother's milk. Humans are not genetically set up for the digestion of cow's milk. Milk, and dairy products in general, contain no fiber or complex carbohydrates, and they are laden with saturated fat and cholesterol.

***It is also contaminated with cow's blood and pus, and is frequently contaminated with pesticides, hormones and antibiotics, which you absorb into your body. Dairy consumption is known to be linked with: Allergies, constipation, obesity, heart disease, and other problems.*** Dairy consumption builds dairy producers profits, not your bones, and it may even harm them. Get educated, get informed, and get healthier.

# Coffee & Cocoa

Dr. Jay Milton Hoffman, Ph.D.

*"The Missing Link"*

Millions of people today are drinking what they think are harmless beverages, but in reality they are shortening their lives by the use of these poisonous drinks. ***Caffeine and theobromine are responsible for many degenerative diseases. Caffeine is found in coffee, tea, colas and many soft drinks.***

Theobromine is found in cocoa (raw and processed) and chocolate. One has to really read the label to know whether or not the beverage contains caffeine. Caffeine, theobromine and nicotine are often referred to as being related. Chemically speaking, notice how closely related they are. The chemical formula of caffeine is C<sub>8</sub>H<sub>10</sub>N<sub>4</sub>O<sub>2</sub>, theobromine, C<sub>7</sub>H<sub>8</sub>N<sub>4</sub>O<sub>2</sub> and nicotine C<sub>10</sub>H<sub>14</sub>N<sub>2</sub>; there is very little difference and why they are called relatives.

## CAFFEINE FOUND IN THE FOLLOWING ITEMS:

Plant Source	% Caffeine
Coffee beans	.8 – 1.8
Tea leaves	2.7 – 4.1
Cocoa beans	.07 – 1.70
Kola nuts	1.0 – 2.2
Beverage	Caffeine Content (mg/150ml)
Brewed coffee	85
Instant coffee	60
Brewed black tea	50
Brewed green tea	30
Instant tea	30
Decaff. coffee	3
Cocoa	20-142
Cola drinks	32-65 mg (/12 oz)

Caffeine comes from beverages (coffee, tea, cocoa, colas, mountain dew, energy drinks – red bull etc.) Caffeinated beverages contain many other substances in addition to caffeine. For instance, coffee also provides *non volatile acids, (caffeic, quinic), volatile acids, (acetic, propionic, butyric and valeric), ketones, acetoin and furfural. Trigonelline, chlorogenic acid and tannin are also present.* (1)

Caffeine and theobromine is the ‘bracer,’ the stimulant, the ‘get a lift,’ toxic alkaloid in coffee, tea, cola and cocoa and cocoa beverages and chocolate. While less poisonous, caffeine is a close cousin to nicotine, and while kicking the cigarette habit, doctors insist that strugglers lay off the coffee habit, because one cup of coffee or tea will trigger the demand for a cigarette, and the day is lost. (1)

***What are some of the detrimental effects of the narcotic drug caffeine upon the brain, the nervous system, the heart, the stomach, and other organs of that body?***

The chief problem...is the possible chronic effect on the central nervous system (brain and spinal nerves)...increased irritability, loss of sleep, palpitation of the heart, and even muscular tremors. Such effects are due to chronic, mild intoxication with caffeine – certain widely used soft drinks – also contain as much caffeine as ordinary coffee. (2)

Decaffeinated coffee is just as bad as regular coffee. The solvent commonly used to extract caffeine from the coffee beans is methylene chloride, a chemical suspected of causing cancer. Despite its name, decaffeinated coffee does contain caffeine, between 2 and 15 milligrams or more per cup. In the extracting process of removing the caffeine from coffee, the caffeine is made more concentrated.

Caffeol is the oil which gives the aroma and flavor to coffee. Caffeol irritates the mucous membranes of the stomach; it

irritates the liver, the kidneys, the bladder; and in some cases, causes cancer of the bladder.

Caffeine and theobromine – consequently, while it stimulates, it leaves the brain more fatigued after its action is over, and – it can do nothing but cause general nerve and brain fatigue, unless adequate sleep is obtained. (3)

***The very fact that these beverages are such nervous stimulants should prohibit their use by children. The coffee, tea or other caffeine habits may be acquired by anyone, and may do as much harm in some cases as alcohol or tobacco.*** (3)

Caffeine and theobromine is an alkaloid, a real vegetable poison, and its action is not less dangerous because it works slowly, and undermines the health unnoticed. (4)

***Caffeine and theobromine is like alcohol and nicotine which – frequently undermines the nervous system and predisposes to premature arteriosclerosis (hardening of the arteries) and gout.***

***Caffeine and theobromine beverages gradually impair the energy of body and mind. They stimulate, excite and quicken the motion of the living machinery, forcing it to unnatural action. These beverages force you to feel strong and active, but these feelings are false and the end result can be disastrous.***

“The cup of coffee that gets you started in the morning may be ending your life – and sooner than you realize,” states the American Heart Association. (6) Tea has about as much caffeine as coffee and so has the same stimulating effect on the brain and kidneys. The chemical purine, which is found in all dead flesh, is almost identical to that of the purine which is found in coffee, tea, chocolate and cocoa.

Here is a chart to show how much purine there is in the items listed below.

## PURINE BODIES IN BEVERAGES

Tea	1.2 grains per pint
Chocolate	.7 grains per pint
Coffee	1.7 grains per pint
Cocoa	1.0 grains per pint

*All dead flesh contains uric acid and purine bodies. Now let us notice how closely related this is to caffeine and theobromine.*

Uric acid ( $C_3H_4N_4O_3$ ) and the purine bodies as xanthin and hypoxanthin etc., are very closely related both chemically and physiologically to each other and to the caffeine ( $C_8H_{10}N_4O_2$ ) of tea and coffee and the theobromine ( $C_7H_8N_4O_2$ ) of cocoa.

*Anyone wishing to eliminate purine bodies from his diet should eliminate all meats, tea, coffee, cocoa, chocolate, colas and any soft drinks containing caffeine.*

A change in the diet has been shown to help reduce breast lumps, according to Dr. Solomon:

That solution is complete abstinence from coffee, tea, cola and chocolate. This new approach was recommended by Dr. John Peter Minton, an Ohio cancer surgeon and professor of surgery at the Ohio State University College of Medicine.

*He suggested that xanthines, hypoxanthin, and purine chemicals found in these beverages and in chocolate, were responsible for the lumps and the resulting discomfort.* And many women who have followed his advice and eliminated these items from their diets attest to the validity of Dr. Minton's approach. (7) Caffeine is a potent central nervous system (CNS) stimulant.

Increased alertness, decreased drowsiness and fatigue can result from ingestion of 50-200 mg. caffeine (1/2 to 2 cups of coffee),

but 200-500 mg. may lead to headache, tremors, nervousness and irritability. (8)

Cardiac muscle is strongly stimulated by caffeine. Increased force of contraction, heart rate and cardiac output occur. But, caffeine also stimulates the medullary vagal nuclei, so the overall results may be tachycardia and, brachycardia (slow heart action) or no change. (9)

Caffeine relaxes smooth muscle. Thus, caffeine ingestion causes dilation of the coronary, pulmonary and general systemic blood vessels. As with cardiac muscle, the net effect may be no change, since caffeine may at the same time constrict the blood vessels through stimulation of the medullary vasomotor center. (10)

Caffeine effects on the brain include constriction of blood vessels and decreased cerebral flow. Because of caffeine's apparent effect on gastric acid secretion, it is often contraindicated for peptic ulcer patients. Regular and decaffeinated coffee were shown to be equally potent in stimulating secretion of gastric acid. The volatile oil caffeol, which gives to coffee its characteristic flavor and aroma is a decided irritant to the delicate lining of the stomach and impairs digestion.

The caffeotannic acid of both coffee and tea is the chemical used in tanning leather. It is an irritating astringent to the cells lining the stomach and the intestines. It destroys the pepsin of the gastric (stomach) juice and interferes with both the digestion of food and with the absorption of food from the intestines. *Concerning birth defects, caffeine and theobromine crosses the placental barrier, and the fetus is subjected to the same levels of caffeine present in the body water of other tissues. So pregnant women or women of child-bearing age would be well advised to avoid caffeine and theobromine.* (11)

Medical science has shown that caffeine and theobromine is a central nervous system stimulant which, after the stimulating phase, causes a compensatory depression. During the excitement

phase mental activity may be very rapid, but it is often very inaccurate. The depressed phase results in exhaustion, nervousness, irritability, fatigue and often headache...(12)

Coffee and theobromine can also aggravate the eye disease, glaucoma. When an ophthalmologist wants to test a border line case, he may ask the patient to drink a couple of cups of coffee and return for another eye pressure test shortly thereafter. In glaucoma cases, the pressure will be raised by the coffee.

***Coffee, tea, chocolate and alcohol should be forbidden to glaucoma patients and if those beverages are bad for them, we say that they are bad for the well people too.*** (12)

Many persons take so many cups of coffee in the course of the day that they are continually under its influence. The heart is never free from the exciting influence of caffeine. (13)

The coffee whip is adding annually a host of victims to the mortality list. The official records show that they died of ***high blood pressure, myocarditis, angina pectoris, heart failure, Bright's disease*** and other formidable maladies, but fail to mention the fact that these distressing ailments were brewed in the tea caddy or the coffee pot...(13)

The coffee drinker nerve batteries never get properly charged even when he rests, for the reason that caffeine interferes with the recharging process. The evidence of this is the inability to sleep well after coffee which most people experience. Sound sleep is necessary for proper recharging of the nerve batteries. The lack of it is shown in the 'coffee headache' which confirmed coffee users experience on rising in the morning, whenever the usual cup of coffee is omitted. (13)

***The headache is very tangible evidence of the injury which the coffee has done. It is simply an expression of the state of exhaustion of the nerve centers due to long overwork without opportunity for natural rest.*** (13)

***Caffeine and theobromine excites and irritates the entire nervous system, the organic or sympathetic nerves as well as the voluntary nerves.*** (13)

## ***Cocoa and Chocolate***

Many individuals who would not think of touching coffee use chocolate and cocoa freely, little realizing that cocoa is not an altogether harmless beverage. Depending upon the brand, the caffeine ranges between 0.09 to 0.45 grains per cup and in all cases the tanning content is quite high, sometimes exceeding that of tea. Cocoa and chocolate also contain theobromine. This is a potent drug. (14)

***All cocoa contains theobromine, a nerve poison... Chocolate and cocoa are altogether unwholesome and if freely indulged in may easily induce conditions which may be attributed to some nerve disorder.***

***The cacao bean (cocoa) contains theobromine, which is a poison, - closely resembling the caffeine of tea and coffee. Its effects in the body are essentially the same...cocoa beverages are undoubtedly objectionably on the same grounds as tea and coffee.*** (16)

Cocoa and chocolate are prepared from the residue left after extraction of the highly valued cocoa butter which is used for covering chocolates...Farmers were induced to feed the residue to chickens. The fowls pined and egg production fell off. It was fed to cows. The milk production diminished. This is the story told in a bulletin sent out by the U.S. Department of Agriculture. ***Cocoa residue is so poisonous to cattle, chickens, even the soil, the farmers are warned by the government against its use!*** (16)

Cows, chickens, even the soil must be protected. But how about human beings? There are millions of men and women drinking cocoa and chocolate and eating quantities of

chocolates, and giving them to their children, supposing them to be harmless. Dr. Harvey W. Wiley, for years chief of the Bureau of Food and Chemistry of the U.S. Government, wrote: This country is full of tea and coffee drunkards. The most common drug in this country is caffeine. Your children, ignorant of its deleterious effects, consume it freely.

They do this to their great physical and mental detriment. Coffee drunkenness is a commoner failing than the whiskey habit. (16) Should anyone object to these rugged terms, 'Caffeine addiction,' and 'Coffee drunkenness,' permit me to suggest: Just omit your morning cups of coffee and observe your symptoms.

You will get a headache, feel weak and perhaps dizzy. You think these symptoms indicate your need for coffee. Instead, they are drug withdrawal symptoms such as you would experience in giving up a morphine. (17) So let me urge for your great personal benefit, break that 'coffee break' drug habit, before it breaks you. For heavy coffee drinkers who want to get away from the withdrawal symptoms of quitting abruptly, here is a suggestion that will be of great help in breaking the coffee habit.

### ***How to Break the Coffee Habit***

- 1<sup>st</sup> Week...3/4 coffee and 1/4 coffee substitute
- 2<sup>nd</sup> Week...1/2 coffee and 1/2 coffee substitute
- 3<sup>rd</sup> Week...1/4 coffee and 3/4 coffee substitute

This same program can be used for breaking the cocoa, chocolate, and tea habit. We should all do well to clear our cupboards of the harmful items and put them in the garbage pail for that is where they belong and not with the food that enters our bodies.

***In order to have good health and long life we must eliminate from our foods all things that are harmful to our bodies.***

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16. Ibid., pp. 456-457.

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# ***Is Braggs Aminos Is Poison?***

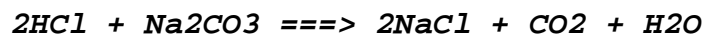
Braggs Amino Acid is used in many recipes. Many raw foodists and others believe that Braggs Amino Acid, a non-fermented soy sauce available in health food stores all over the world, is a neurotoxin and unhealthy to ingest.

***Griselda Blazey has a B.S. in biology, a M.S. in biochemistry, and a Ph.D. (actually a post-doctorate) in endocrinology.*** She also has a degree from the now defunct College of Dietary Therapy in England. She authored a book, "Food Matters", and a workbook called, "Nutritional Transformation", and used to teach a course by that name.

She has been teaching cell physiology, metabolic disorders, and nutrition at Life Chiropractic College West, in San Leandro, California for the past four years. Her theory on the saltiness of Braggs's Liquid Aminos was during a lecture she gave at a San Francisco Living Foods Support Group meeting a few years ago. Here is the text from her recent letter:

**"The other topic you asked about in your letter was about how Braggs's Aminos are made.**

Here's an armchair biologist's answer, meaning that I don't know this for sure, but it's the only thing that makes scientific sense. If I were given some vegetable protein and were asked to make it into amino acids without spending a lot of money on it, I would boil it up with some hydrochloric acid. This would break it down to amino acids, but of course it would be too acidic to be palatable. So I would then neutralize the acid with *baking soda, causing the reaction mixture to look like this:*



Someone followed up on this and contacted the Braggs's company to ask if this was how they did it, and they denied it.

However, they didn't disclose how they do actually do it, so in the absence of correct information, and with an extremely salty taste in their product, I still consider the above process to play at least some part in their procedure."

Hope you find her theory interesting and worthy of second-thinking the inclusion of the Braggs's product in recipes. - Dave Klein

***Subject: RE: Bragg liquid aminos IS POISON?***

Author: Dave Klein, board moderator (209-239-210-172.oak.jps.net). Date: 08-06-1999

It looks like we finally got some proof from the Braggs company that the liquid aminos product is heat processed and made with hydrochloric acid. Salt apparently forms in its processing, plus glutamic acid which is the same poison which is in MSG.

***Many many raw fooders have apparently been lied to and duped by the Braggs who have until recently stated that the product is all raw and not processed with heat or chemicals.***

And many many folks like myself will become ill very soon after ingesting it.

Sea salt is less deadly than Braggs's Liquid Aminos, but then I prefer tomatoes to get minerals salts in my diet when I want to enjoy salty flavors. Try adding sun dried tomatoes to salads too.

***<http://www.essentialoilcookbook.com/html/f>***

***[ascinating-braggs.htm](#)***

*Gabriel Cousens M.D.*

Author of Conscious Eating and Rainbow Green Live-Food Cuisine

# ***Lifetime Anticancer Nutrition***

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*This is just one chapter of the book*

***“Spiritual Nutrition”***

*The complete version of this 348 pages book  
can be ordered from:*

***www.treeoflife.nu***

Live foods are raw and uncooked foods, naturally fermented foods such as sauerkraut and miso, and dehydrated foods, in which the food temperature does not exceed 104°F. They are foods that have their natural enzymes intact and have not been processed by irradiation, pesticide use, microwave, artificial additives, GMOs (genetically modified organics), or cooking (heated above 104°F through boiling, baking, frying, broiling, toasting, etc.).

## ***Wholeness of Live Foods***

The wholeness of live foods is not only health-producing, but non-reproducible by science, which tends to fragment nutrition. Live foods mean wholeness. It is the holographic wholeness of the food, the complete energy pattern of the food that brings another quality and power to it. Cooking, and other forms of processing such as microwaving, irradiation, and genetic engineering, destroy the quality and components of the food (and we still don't know the full extent of this destruction). Cooking is

not only risky business, but it significantly diminishes the amount of nutrients, vitamins, minerals, proteins, fats, organic acids, and other lesser-known phytonutrients such as bioflavonoids, which are key components for activating positive gene expression. Because the phytonutrients are active in live foods, they play a significant role in gene regulation. A high percentage of phytonutrients are destroyed when foods are cooked.

## ***Effects of Cooking Foods***

We need to examine the effect of cooking foods on ourselves and on the food. During normal cooking, enzymes are destroyed, the active forms of vitamins and minerals are partially destroyed, pesticides and fungicides break down to form toxic compounds, and there is an increase in free radicals. Cooking foods also coagulates 50 percent of the protein, according to the MaxPlank Institute. Also, eating foods that are too hot can actually disrupt the digestive enzymes in the mucosal lining of the stomach. Eating cooked foods also causes an immediate increase in our white blood cell count.

## ***Importance of Biologically Active Enzymes in Our Diets***

On the physical level, all our life processes depend on the functioning of enzymes. They are the physical agents of life, important for digestion, for detoxification from internal pollution and external ecological pollution, for repairing DNA, for maintaining our immune systems, and for all our metabolic and regenerative processes. Dr. Ann Wigmore calls enzyme preservation the secret of life.

Dr. Howell, the pioneer of food enzyme work in this country, says the quantity of enzymes we have in our systems is the equivalent to what we call life energy or vitality, and thinks of our enzyme level as indicative of our health status. There is some

interesting evidence associating enzyme reserve with longevity and vitality. For example, the amylase in human saliva is thirty times more abundant in the average 25-year-old than in the average 81-year-old. The total enzyme level in young beetles is twice that in old beetles. Fruit flies, grasshoppers, and rats all have more enzymes when they are young. After chronic disease in humans, the enzyme content is depleted.

Raw, natural foods come loaded with the active enzymes needed for much of their digestion. They are released the moment we begin to chew and break down cell walls in the food. This is similar to the finding that unprocessed carbohydrates such as grain and raw sugar cane have the right amount of chromium to act as a cofactor in their assimilation.

When these are commercially processed into such products as white flour and white sugar, they lose much of their chromium, so in order to assimilate them, we must draw from our own body's chromium stores. Over time, this results in a tissue chromium depletion, just as eating cooked foods results in an enzyme depletion.

## ***Enzymes***

Enzymes contain the power of life itself. Eating a live-food diet helps maintain the quality and quantity of our enzyme pool, and thus helps promote longevity. Enzymes are living proteins that direct the life force into our basic biochemical and metabolic processes. Enzymes even help repair our DNA and RNA. Enzymes transform and store energy in the body, they make active hormones, and they participate in their own productive cycle. They dissolve fiber and prevent clotting, they have anti-inflammatory effects and even analgesic effects, and they prevent edema.

Enzymes can help build and enhance the immune system, help to heal cancer, multiple sclerosis, and rheumatoid arthritis, and minimize the effect of athletic injuries by decreasing recovery time. Enzymes, of course, are needed for digestion. Live-food

enzymes have been proven to have an anti-aging effect, life-extension effect, anti-degenerative disease effect, and a high vitality in the food. Enzymes work with the cellular structure in the cell nucleus in the cell mitochondria, which are the energy factories in the system.

Some enzymes move freely in the body as they are needed for digestion, or in the serum of our blood, and are carried to different parts of the body. Many of these mobile enzyme systems, particularly the proteases, are bound to transfer proteins in the serum "alpha-globulins." These alpha-globulins transfer enzymes and other molecules through various parts of the body to regulate all of the body processes.

When we process foods by heating them above 104°F (or boil them for three minutes), there is 100 percent enzyme destruction. The enzymes destroyed by cooking are those that predigest the food in the "food enzyme" or cardiac stomach (the upper part of the stomach) for the first thirty to sixty minutes of the digestive cycle. Eating primarily live foods enhances this predigestion. This means that fewer of our own (endogenous) digestive enzymes from the stomach, pancreas, liver, and small intestine are required to complete the digestive work.

An article in the Journal of Medical Hypothesis estimates that each cell has 90 million methyl groups at birth. All aging and mental and physical degeneration, including cancer, are marked by a loss of methyl groups. Expression of oncogenes (cancer-causing genes) and anti-cancer genes are associated with the loss of methyl groups at the cell level.

The average loss is 1,800 DNA methyl groups per cell per day, limiting life-span to 65-70 years. If the loss could be cut to 1,200 methyl groups per cell per day, lifespan could increase to 95 years because DNA would function better. When we cook our food we destroy our proteases (proteolytic enzymes) and this creates a need for more hydrochloric acid (HCL) to be used for digestion. The organic betaine hydrochloric acid

(trimethylglycine) is a primary donor of methyl groups. Therefore, cooking foods indirectly results in an accelerated loss of methyl groups because less HCL is available to donate methyl groups because it is being used in the digestive process. Therefore the degeneration (aging) process is speeded up. With age, stress, and chronic illness, the store of enzymes in our body decreases.

This is because enzymes, so critical for our health, are used up in stress and acute and chronic disease situations. As our enzyme pool diminishes with age, our ability to perform the tasks to keep the body healthy also diminishes. When enzymes decrease in concentrations in the body, the aging process accelerates. Remember, enzymes are protein complexes that are made by our DNA. Therefore, when youthening genes are activated (as we will see in Chapter 21), they also activate enzymes that maintain our health and well-being. One clear way to preserve the body's store of enzymes is to eat live foods, because foods in the natural state are loaded with enzymes, and these enzymes are then taken through the body to build up our enzyme reserves.

By eating foods in which the enzymes have not been destroyed, we maintain a continuous exogenous enzyme input into the system and therefore decrease the endogenous depletion of enzyme energy. There is strong evidence that the excess enzymes released from live foods or even from enzyme supplements, can be absorbed into the system to increase our enzyme content and energy. In this way, a live-food diet can actually add enzyme energy and material to the system. There are three main methods, on the physical plane, for maintaining or increasing enzyme energy in the system: eating a live-food diet, adding enzymes as supplement, and fasting. The result of conservation and an increase of enzyme energy in the digestive area is that more enzyme energy is available for our vitality, body detoxification, metabolic function, dissolution of scar tissue and crystallized deposits in the tissues, digestion of excess fatty tissue, and regeneration.

This increased vitality and healthy make more energy available to be present in our spiritual lives and more available to be transmuted into spiritual energy. This is one way live foods enhance spiritual life. Although certain illnesses can be turned into an important spiritual growth time, it has been the author's general observation that people with low physical vitality have less energy available for their spiritual focus.

One of the most dramatic illustrations of the importance of live foods for health and vitality is the famous study by Francis Pottenger, M.D. – a ten year, four-generation study of 900 cats. Half the population was fed a diet of raw meat and milk; the other half was fed cooked meat and pasteurized milk. The cats that received the cooked food developed degenerative diseases similar to those found in our society. With each generation, there was an increase in congenital bone and other abnormalities and a decrease in immune and endocrine function. By the third generation the cats fed only cooked food were sterile and quite congenitally deformed.

The conclusion was that some heat-sensitive qualities were missing from the cooked meat or pasteurized milk, and the only factors we know that are completely destroyed by pasteurization are biologically active enzymes. The study suggests that the absence of enzymes in cooked food made the difference.

## ***The Energy of Live Foods***

*A tremendous amount of extra energy is available in live foods.*

*Food has subtle nutrients, general nutrients, electrical energies, phytonutrients, enzymes, vitamins, and minerals. The electrical potential for our tissues and cells is a direct result of the liveliness of our cells. Live foods enhance the electrical potential in our cells, between the cells, at the interface of the cell membranes, and at the interface of the cells with the microcapillary electrical charges.*

When cells have the proper microelectrical potential, they have the power to rid themselves of toxins and maintain their selective capacity to bring appropriate nutrients, oxygen, and hydrogen into the nucleus of the cell, as well as to feed the mitochondria. This helps maintain, repair, and activate the DNA. Professor Hans Epinger, who was the chief medical director of the first medical clinic at the University of Vienna, found that a live-food diet specifically raised the microelectrical potential throughout the body.

He discovered that a live-food diet increases selective capacity of the cells by increasing their electrical potential between the tissue cells and the capillary cells. He saw that live food significantly improves the intra- and extracellular excretion of toxins, as well as absorption of nutrients.

He and his co-workers concluded that live foods were the only type of food that could restore microelectrical potential to the tissues. In essence, then, we can say that by restoring electrical potential to cells, live food rejuvenates the life force and healthy of the organism.

### ***The Effect of Cooking***

Research results vary, but most researchers indicate at least a 50-percent loss of vitamin B in cooked foods. Some losses, such as thiamine loss, can be as high as 96 percent if food is boiled for a prolonged time. Biotin losses can be up to 72 percent, folic acid up to 97 percent, inositol up to 95 percent, and vitamin C up to 70-80 percent.

Max Planck Institute for Nutrition Physiology in Germany has found cooked proteins have only 50 percent bio-availability, compared to uncooked proteins. In general, it can be said that cooking foods coagulates the bioactive protein chelated mineral forms (changes their molecular structure so they cannot function properly) disrupts RNA and DNA structure, and produces free radicals in fats and protein.

Cooking also coagulates the bioactive mineral and protein complexes and therefore disrupts mineral absorption. Cooking oils destroy most of the nutritive fats that we need, such as the omega-3 fats; this often creates carcinogenic and mutagenic by-products.

Add to this the possible mutagenic effects of food irradiation and genetically engineered foods. There are other, mostly unknown, changes that occur when we cook food. One of them was pointed out by research done at Stockholm University in cooperation with Sweden's Natural Food Association. ***This showed that the heating of carbohydrate-rich foods (potatoes, rice, cereals) creates a by-product called acrylamide, which is a probable human carcinogen.***

The research found that a bag of potato chips can contain up to 500 times more acrylamide than is allowed in drinking water by the World Health Organization. French fries sold at McDonald's and Burger King in Sweden showed 100 times the level permitted by the World Health Organization in drinking water.

***Acrylamide, which has been found to cause benign and malignant stomach tumors, also causes damage to the central and peripheral nervous system. Typical foods that contain high amounts of acrylamide include baked potatoes, French fries, biscuits and bread, and other high-carbohydrate foods.***

Cooking food in these modern times has an added danger. Dr. William Newsome of Canada's Department of Health and Welfare Food Research Division, Bureau of Chemical Safety, found that cooked fungicided tomatoes had ten to ninety times more ETU, a mutagen- and cancer-causing compound, than raw tomatoes from the same garden. He found that EBDC fungicides break down under heat to form ETU. He reports that the amount of ETU in chemically treated vegetables is fifty times greater than in the same vegetables served raw. The implications of this, with the enormous amounts of chemically treated foods we cook and consume, are worth considering.

## ***Abnormal White Blood Cell***

Paul Kouchakoff, M.D., presented that if a food was commercially processed and then cooked, not only did the white blood cell number increase, but there was a change in the ratio of the different white blood cell types to each other.

According to Kouchakoff, the critical temperature for initiation leukocytosis when heating food is approximately 191°F, for thirty minutes. The highest temperature he found before the leukocytosis occurred was with figs at 206°F. Interestingly, the leukocytosis needed as little as 50 milligrams of cooked food to be initiated.

An additional finding that should be of interest and relief to some was that if people ate live food with cooked food of the same type, in a 50/50 ratio, the leukocytosis did not happen. He also found that this was true for a mixture of cooked foods and live foods that were not the same, as long as the critical temperature change point of the live food was higher than that of the cooked foods.

## ***Food Temperatures and Body Function***

If the food we eat is too hot, it can actually disrupt the enzyme systems in our own gastric mucus, as well as injure the gastric mucus directly. A study reported in Lancet, the well-known British medical journal, showed that 15 percent of the people tested who drank tea at 122.5°F and 77 percent of those who drank tea at temperatures greater than 137.5°F had gastric enzymatic abnormalities. Dr. McCluskey, in another Lancet study report, found that constant irritation of the throat and tongue by hot foods, hot beverages, and alcohol was associated with increased cancer of the throat and tongue. He suggests that we dip our little finger in the hot drink for ten seconds. If it is not scalded, then we can go ahead and drink. The other extreme is

that iced drinks and cold foods can slow down enzyme function and peristaltic action. We have the choice to be harmoniously moderate, eating and drinking foods at room temperature, or at temperatures no hotter. Why does the live-food diet give us the best effect in terms of decreasing our caloric intake and maximizing the quality of our food intake?

The point from basic nutrient mathematics is that by eating live foods, we are able to get complete nutrition by eating 50 to 80 percent less food. What this means is that, when people are eating junk food, they are not getting sufficient nutrition and have to overeat, by as much as twice as much, to get the same amount of nutrition as people eating live foods. Research over the past seventy years, with all forms of mammal and other life forms, shows that the

## ***The Less you Eat the Longer you Live***

In the process of developing health-regenerating diet, Dr. Szekely developed a way of classifying foods that, in terms of the new nutritional paradigm, reflected his understanding of food as having energetic qualities. He saw that using only the materialistic paradigm of food as calories, proteins, fats, and carbohydrates was very limiting. He felt there were four categories of cell-renewing and life-generating foods.

## ***Biogenic Foods***

The first category he called biogenic. These are the most life-generating, high-energy foods. They are alkaline producing and energy charged. They are high in enzymes, predigested complete proteins, chelated minerals, nucleic acids, vitamins, RNA, DNA, and B<sub>12</sub>. These foods, he found, regenerate and revitalize the human organism. In this category, we have all sprouts – soaked and germinated nuts and seeds, sprouted grains, and legumes, as well as the sprouted young wheat grass and other grasses eaten whole or juiced. Sprouting is not a new development. Not only did the Essenes use this technique, but the history of sprouting

goes as far back as 3000 B.C. in China with the recorded use of bean sprouts. The process of soaking is used because it activates the proteases, which neutralize the enzyme inhibitors that keep the seeds, legumes, and grains from germinating at the wrong time. Germinating and sprouting increase the enzyme content by six to twenty times.

Plant hormones are also activated and phytates are split off, and there is a tremendous increase in metabolic activity. Starches are broken down into simple sugars, proteins are predigested into easily assimilated free amino acids, and fats are broken down into soluble fatty acids. Vitamin and mineral content increases with sprouting; this was one of the original clues of the phenomenon of biological transmutation.

Vitamin B<sub>6</sub> is increased by 500 percent, B<sub>5</sub> by 200 percent, B<sub>2</sub> by 1300 percent, biotin by 50 percent, and folic acid by 600 percent. These biogenic foods have the capacity to generate a totally new organism. It is the life force of these foods that is transferred to people and aids their healing and regeneration.

### ***Bio Active, Static and Acid Foods***

Dr. Szekely's second category of foods is bioactive foods. These are foods that are capable of sustaining and slightly enhancing an already healthy life force. Bioactive foods include fresh, unprocessed, raw fruits and vegetables.

The third category is biostatic foods. These are foods that are neither life-sustaining nor life-generating; they diminish the quality of body functioning. They are life-slowng foods that slowly increase the process of aging. These are our cooked foods and foods that, although raw, are no longer fresh. The fourth category he called bioacidic, or life-destroying foods. These are foods that have gone through many processes and refinements and are full of additives and preservatives. They rapidly break down life function.

## ***Raw Versus Cooked***

Paavo Airola has stated that a 100 percent live-food diet would be ideal, but in the recognition that such a diet is difficult for most people to follow, recommends a ratio of 80 percent live to 20 percent cooked as adequate for supporting general health with a little less live foods in a colder climate.

Viktoras Kulvinskas feels a 100-percent live-food diet, consisting of 50 percent biogenic and 50 percent bioactive foods, will provide maximum quality health, but concedes for city dwellers and others in transition, that 80-90 percent live food and 10-20 percent cooked root vegetables will provide maintenance health.

### ***Conclusion***

There is an obvious message here. As we go deeper into the biophysics of live foods, we begin to understand that live food has the highest quality of nutrient concentrates, the highest amount of phytonutrients, vitamins, minerals, bioelectrical energy, biologically active water, pi-electrons, bio-photons, and even the most structured SOEFs.

In other words, from the physical to electrical, to SUBTLE ORGANIZING ENERGY FIELDS, live foods are superior for our health and well-being than any other type of food preparation. Not only do they allow us to eat less food, but activate our natural inheritance, which is the most optimal activation of youthing gene expression.

When we nourish ourselves with live food, we have the most potent diet for maintaining health and well-being and activating spirit that is available on the planet.

Live foods, from this perspective, not only turn us into super energy Beings on the physical level, but superconductors of both

electrical energy and cosmic energy, or Kundalini energy. In this way, they help us enhance our sensitivity to the Divine.

## ***Summary***

1. In cooked foods, 100 percent of the enzymes are destroyed, 70-85 percent of the vitamins are destroyed, pesticides and fungicides break down to form toxic compounds, protein is 50 percent less assimilable because of coagulation, and there is an increase in free radical production.
2. All our life processes depend on enzyme function. When enzymes are depleted, so is our vital force and health.
3. Eating cooked foods causes a pathogenic leukocytosis.
4. If food is too hot, it can disrupt our digestive enzymes.
5. Foods can be classified into four categories according to their cell renewal and regenerating capabilities: biogenic (raw sprouted nuts, seeds, grasses, and grains); which is cell regenerative; bioactive (raw fruits and vegetables), which maintains cell energy at a high level; biostatic (cooked, but organic), which creates a slow depletion of cell energy; and bioacidic (processed and adulterated), which is cell degenerative.
6. The general recommendation for a maintenance diet for health and spiritual life is 80 percent live and 20 percent cooked foods, with 25-30 percent of the diet biogenic foods.
7. The recommendation for a healing and most spiritualizing diet is a 100-percent live-food approach.

A vegan, live-food diet and lifestyle could be the most potent diet and lifestyle for physical, emotional, and spiritual health on the planet

## ***The Miracle of Sunlight***

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

- 1) prevent cancer ( lowers your risk of colon, prostate, breast, ovarian and even skin cancer );*
- 2) reduce your risk of getting sick (de-creased sun exposure is closely related to your risk of acquiring the flu, a common occurrence during the winter);*
- 3) increase healthy levels of vitamin D, essential not only for healthy bones, but for reducing the risk as diabetes, cancer, heart disease, obesity, and autoimmune disease;*
- 4) lower your blood pressure (in fact, the farther from the equator you live, the higher your blood pressure); and*
- 5) even help babies sleep better at night.*

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

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*Order the FREE E-Book "Sunlight the Miracle of the Ages"*

# ***Green for Life***

Written by Victoria Boutenko

www.rawfamily.com

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<p><b><i>BANANA/MANGO SMOOTHIE</i></b> Blend well: 2 Cups lambsquarters (plantain, chickweed or other weed) 1 banana 2 cups water</p>	<p><b><i>BLUEBERRY SMOOTHIE</i></b> Blend well: 1 stalk of celery 2 cups fresh blueberries 1 banana 2 cups water</p>
<p><b><i>WATERMELON SMOOTHIE</i></b> Blend well: 8 leaves of Romaine lettuce 5 cups watermelon 1 cup water</p>	<p><b><i>ORANGE/GRAPE SMOOTHIE</i></b> Blend well: 6 to 8 leaves of Romaine lettuce 1 cup of red grapes 1 medium orange 1 banana 2 cups water</p>
<p><b><i>APRICOT/BANANA SMOOTHIE</i></b> Blend well: 6 to 8 leaves of green leaf 4 apricots 1 banana ¼ cup blueberries 2 cups water</p>	<p><b><i>HONEYDEW SMOOTHIE</i></b> Blend well: 6 to 8 leaves of Romaine lettuce ½ medium honeydew 2 cups water</p>

<p><b><i>ALOE BANANA/MANGO SMOOTHIE</i></b> Blend well: 1 cup apple juice 1 banana 1 mango 1 small piece of aloe 5 leaves of kale 2 cups water</p>	<p><b><i>MANGO-PARSLEY SMOOTHIE</i></b> Blend well: 2 large mangos (peeled) 1 bunch parsley 2 cups water</p>
<p><b><i>PEACH SMOOTHIE</i></b> Blend well: 6 peaches (without seed) 2 handfuls of spinach leaves 2 cups water</p>	<p><b><i>WEED-MANGO SMOOTHIE</i></b> Blend well: 4 mangos (peeled) 1 handful of lambsquarters (or other weed, like stinging nettles, purslane, etc.) 2 cups water</p>
<p><b><i>STRAWBERRY SMOOTHIE</i></b> Blend well: 1 cup strawberries 2 bananas ½ bunch romaine 2 cups water</p>	<p><b><i>KIWI SMOOTHIE</i></b> Blend well: 4 very ripe kiwis (green or golden) 1 ripe banana 3 stalks of celery 2 cups water</p>
<p><b><i>RASPBERRY SMOOTHIE</i></b> Blend well: 2 bosc pears 1 handful of raspberries 4-5 leaves of kale 2 cups water</p>	<p><b><i>BANANA/APPLE SMOOTHIE</i></b> Blend well: ½ bunch spinach 4 applies (peeled) ½ whole lime with peel 1 banana 2 cups water</p>

<p><b>PEAR/MINT SMOOTHIE</b> Blend Well: 4 ripe pears 4-5 leaves of kale ½ bunch of mint/2 cups water</p>	<p><b>FINGER-BANANA SMOOTHIE</b> Blend well: 10 finger-bananas 2 handfuls of spinach leaves 2 cups water</p>
<p><b>TOMATO/CILANTRO SMOOTHIE</b> Blend well: 2 ½ cups spinach ½ bunch cilantro 1 clove garlic ½ red bell pepper ½ lime (juiced) 1 tsp stevia (1 green leaf) 3 roma tomatoes 2 cups water</p>	<p><b>CELERY-BASIL SMOOTHIE</b> Blend well: 6 leaves of red leaf lettuce ¼ bunch of fresh basil ½ lime (juiced) ½ red onion 2 celery sticks ¼ avocado 2 cups water</p>
<p><b>TOMATO/GARLIC SMOOTHIE</b> Blend Well: 5 kale leaves (green) ½ bunch of fresh dill ½ lime (juiced) 3 cloves garlic ¼ cup sun dried tomatoes 2 cups water</p>	<p><b>LEMON-JALEPENO SMOOTHIE</b> Blend well: ½ lemon (juice) 4 Roma tomatoes 2/3 bunch kale ½-inch jalapeno pepper 1 small clove garlic/2 cups water</p>
<p><b>KALE/AVOCADO SMOOTHIE</b> Blend well: 5 leaves of kale (purple) ¼ avocado/3 cloves garlic juice of ½ lime / 2 cups H2O 2 Roman tomatoes</p>	<p><b>RASPBERRY SMOOTHIE</b> Blend well: 2 bosc pears 1 handful of raspberries 4-5 leaves of kale 2 cups water</p>

## ***How our Body Process Sugar***

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

*Stage1:* Sugars start out in the digestive tract.

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

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

*When we eat a high-fat diet,* the sugar gets trapped in *stage 2*, and the body works overtime, sometimes to the point of exhaustion and disease, in an effort to move the sugar out of the bloodstream. Meanwhile, the sugar backs up in the blood, creating sustained, elevated blood sugar that wreaks havoc on the body in the form of Candida, fatigue, diabetes, etc. What happens in the presence of fat that causes sugar to pile up in our bloodstream? It has to do with the pancreas. Under the direction of the brain, the pancreas is responsible for producing a hormone known as insulin. One of the insulin’s roles is to attach itself to sugar molecules in the blood and then find an insulin receptor in the blood-vessel wall. The insulin can then transport the sugar molecule through the blood-vessel membrane to the interstitial fluid (the fluid between the cells) and continue to escort sugar across another barrier – the cell membrane – and into the cell itself.

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

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

***Prevent diabetes etc! Please do not eat sugar with fat, oil or nuts!***

***For more Info Order the FREE E-Book “Diet by Design”.***