

Excerpts from Raw Foods Bible

Vitamins

Vitamins are organic substances which the body requires in small amounts to carry out thousands of building-up and breaking-down functions. Many scientific studies have shown that a high dietary intake of vitamins is associated with health and a low dietary intake of vitamins is associated with disease.

Unfortunately, the vitamins in our foods are often rendered inactive before we get a chance to consume them. The *Taber's Cyclopedic Medical Dictionary*, Edition 17 (page 1562) has this to say about vitamin loss: "... loss of vitamin content [occurs] in food products because of vitamin instability, especially in oxidation and during heating. Methods of preserving foods add to the loss of vitamins. Pickling, salting, curing or fermenting processes usually cause complete loss of Vitamin C. Commercial canning destroys from fifty to eighty-five percent of Vitamin C contained in peas, lima beans, spinach and asparagus. Pasteurization, unless special precautions are observed, causes a loss of from thirty to sixty percent of Vitamin C. Freshly prepared applesauce retains only from twenty to thirty percent of the Vitamin C value of the apple. Vitamin B1 is lost through milling because the wheat embryo, rich in Vitamin B1, is removed from wheat flour in milling. Some vitamins are unstable, being readily destroyed by oxidation, heat, especially in an alkaline medium or strong acids, light and aging."

The Vitamin Chart in this prestigious medical dictionary states the following (edition 14, page 1725, except where otherwise indicated) (Boldface emphasis mine):

- **Vitamin A** "**destroyed by high temperatures** when oxygen is present."
- **Vitamin B1**, "**destroyed by exposure to heat**, alkali or sulphites."
- **Vitamin B2**, "unstable in light, especially in the presence of alkali."
- **Vitamin B6**, "**rapidly inactivated in the presence of heat**, sunlight, or air."
- **Vitamin B12**, "unstable in hot alkaline or acid solutions" (edition 19, page 2399).
- **Folic Acid**, "**destroyed by heat** at low pH, loss in food stored at room temperature" (edition 19, page 2399).
- **Vitamin C**, "easily destroyed by oxidation; heat hastens the process. **Lost in cooking**, particularly if water in which food is cooked is discarded. Also loss is greater if cooked in iron or copper utensils."

- **Vitamin E, “destroyed by heat”** (edition 19, page 2399).

I am of the belief that we should meet our daily vitamin needs by the consumption of living and whole foods. However, there is one vitamin that I must recommend that everyone supplement, B12. Although B12 deficiencies occur more often in vegetarians and vegans, they also occur in non-vegetarians. Vitamin B12 deficiencies are associated with elevated homocysteine (along with B6 and folic acid). Research has shown that elevated homocysteine increases the potential for deterioration of the arteries and nerves and several other unfavorable conditions. The nerve system degeneration that can occur from B12 deficiency can sometimes be irreversible. Symptoms include numbness and tingling in the hands and feet, poor memory, behavioral changes such as paranoia and nervousness, and impotence.

Gabriel Cousens M.D. explains that the minimal need for B12 is about 6 micrograms (mcg) per day and that we lose about 3 mcg per day. Furthermore, he adds that 80 percent of children, adult vegans and live-food practitioners become B12 deficient after six to ten years without B12 supplementation (Cousens pg. 285).

I use a form of B12 called methylcobalamin in a sublingual lozenge. My typical dose is 1000 mcg once per week.

What about food sources for B12? Sea vegetables do contain some human active B12. Unfortunately they also contain an analog form of B12 that can block receptor sites for human active B12. For this reason I do not suggest that anyone rely on sea vegetables for B12. Gabriel Cousens M.D., states in *Conscious Eating* that Vitamin B12 is heat-sensitive but not entirely destroyed by cooking. Research has shown that between 23.7% and 96.4% of B12 is destroyed by boiling or baking, depending on the type of food and cooking duration. Nutritional yeast (Red Star brand) seems to be a source for B12 but supplements are undoubtedly the best way to ensure adequate consumption.

Vitamin C is a very interesting vitamin. Practically all animals make it in their bodies so they don't have to eat it. The exceptions are fruit-eating bats, guinea pigs, the red-vented bulbous bird and primates including humans. Linus Pauling, a famous Vitamin C researcher, postulated that humans once made it. However, from eating a fruit-rich diet, we lost the ability to produce it. Diets high in food-derived Vitamin C have been proven to reduce the risk of heart disease and cancer which are currently the top causes of death in the United States.

Today it is widely known that if we don't get Vitamin C through our diets, we develop scurvy. In 1747, James Lind, a British physician discovered that fresh fruit was the cure for scurvy. Yet it wasn't until the early 1800's that the government recognized this and started putting citrus fruits on their ships. The death of sailors by scurvy continued for nearly 100 years while health experts failed to convince the ruling powers to include

citrus in sailor's diets. (In 1907 Vitamin C was officially recognized as the cure and prevention of scurvy.) If our society could learn from the mistakes of our predecessors and recognize the vast body of scientific evidence that points to a whole foods diet as the prevention of most modern diseases, it would save countless people from suffering and premature death.

Vitamin D is known as the "sunshine" vitamin. In other words, when our bodies are exposed to sunlight (usually twenty minutes is sufficient), we are supplied with our daily need for Vitamin D. A baby can get all the Vitamin D it needs with only its cheeks exposed to the sun for about twenty minutes daily.

The Vitamin E Fact Book by the Vitamin E Research and Information Service (1989) states that almonds are a rich source of Vitamin E in their raw state but they lose eighty percent of the vitamin in roasting.

Large numbers of illnesses can be caused by vitamin deficiencies. Just to name a few, lack of Vitamin A can cause the eyes to weaken, lack of Vitamin B3 can cause pellagra, lack of Vitamin C can cause scurvy, and lack of Vitamin D can cause rickets. The government has set dietary recommendations (RDA's) for these vitamins to prevent deficiency diseases, but most researchers believe that RDA recommendations are less than optimal. Every individual has a different need for vitamins that changes constantly according to lifestyle factors. Water-soluble vitamins, if over-ingested, will usually leave the body through the urine and not cause any problems. Fat soluble Vitamins such as A, D, E and K, are stored in the liver and fatty tissues until the body needs them. For this reason the body can survive weeks of consuming foods that lack them without any deficiency signs. However, the capacity for storage sets the stage for toxic build-up should an excess be ingested.

Storage of vitamins A, D and K can easily reach toxic levels if over consumed. For example, a man driving an Alaskan dog sled got lost, and in an attempt to save himself from death, the stranded man ate the liver of one of the dogs and then died of Vitamin A toxicity. If, however, a human ate an excess of plant foods, toxic levels of vitamin A would never be reached because plants contain carotinoids that are changed into vitamin A only as the body needs them.

Synergistic and opposing relationships exist between some vitamins. For example, Vitamins A, D and E are mutually antagonistic to each other, and it is well known that hyper-vitaminosis A can be treated by Vitamin D supplementation. In addition, an excess of Vitamin D in the body can be successfully treated with Vitamin A supplementation. An excess of the mineral calcium in the body can cause a Vitamin A deficiency, and a deficiency of the mineral zinc can prevent the body from accessing Vitamin A stored in the liver. Vitamin D can become deficient if excess magnesium is present. Thus indiscriminate supplementation or eating an

excess of fortified foods can cause imbalance. Foods in their natural state as the creator has designed them (i.e. excluding excessively hybridized and genetically modified foods), have the vitamins and minerals in highly usable ratios. Normal consumption of a good variety of foods does not cause imbalance. However, if we eat refined and processed foods that have been enriched with synthetic vitamins and laboratory-manipulated minerals and then consume synthetic supplemental vitamins in high doses, body chemistry can become imbalanced. If you use supplemental vitamins, be sure to use quality products from a health food store and never from discount stores, pharmacies or supermarkets. Sometimes these supplements contain artificial chemicals that can cause ill health.

According to research done by Dr. David L. Watts, some vitamins have been classified as having either a stimulating or sedating effect at the cellular level. For most people, the vitamins A, C, E, B1, B3, B6 and B10 are stimulators while vitamins D and B2 are sedatives. I have often wondered if the high dose of vitamin D absorbed from the sun is the reason why most people feel so sedated after a day at the beach.

Electromagnetic Radiation

We (humans) actually have electrical systems inside our bodies. "The nerve impulses that direct motion are essentially a very low voltage electric circuit. Normal nerve impulse transmission occurs at a speed of approximately 136 meters per second, which is fast enough to appear instantaneous to us." (Balch and Balch pg. 276) This electrical system that directs our motion and performs many essential tasks inside our bodies is susceptible to interference from unseen forces that I will explain in this section.

Electric and magnetic fields together are referred to as electromagnetic fields (EMFs). They both generate radiation in the form of waves that become weaker and then disappear as you move away from the source. For example, household appliances generate fields that usually drop off just a few feet away while high-tension transmission lines can generate a field that can travel several hundred feet or more. The fields pass through walls and there is no easy way to block them out. EMFs are found wherever there are electric transmission lines and around the devices plugged into them. They are invisible and silent. Humans are not biologically equipped to consciously detect EMFs; the result of this exposure can adversely affect us. Some people do notice the invisible EMF fields. For example, when exposed to EMFs I need more sleep.

An apartment that I lived in years ago had an electric water heater just 2 feet from the bed. I almost always shut the water heater off before bed and felt well rested in the morning on 7 hours sleep. On the nights that I forgot to shut the water heater off, I had trouble waking up even

after 9 hours sleep. This went on for several years and I am 100 percent convinced that the EMF field was the cause of the need for more sleep.

Why worry? Spending time in a high EMF field can have dangerous effects on our tissues and cells and has even been shown to cause cancer. Many good books are available on EMFs; Such as, *The Great Power-Line Cover-Up* by Paul Brodeur and *Electromagnetic Fields, a Consumer's Guide to the issues and How to Protect Ourselves* by B. Blake Levitt. I recommend one called *WARNING: The Electricity Around You May Be Hazardous To Your Health* by Ellen Sugarman. The following studies have been summarized from that book.

Dr. Ross Adey, director of the Brain Research Institute at UCLA, and his colleagues found that exposure to extremely low frequency (ELF) EMFs, changed the behavior of monkeys and cats and altered their brain waves. ELF EMFs also changed the level of calcium in the brains of young chickens.

Some people have become so sensitive to EMFs that they have seizures when exposed. This phenomenon is documented in a videotape that I recommend called, *The Current Switch: How to identify and reduce or eliminate electromagnetic pollution in the home*.

What astounds me is the large body of evidence that shows an increased rate of leukemia in humans exposed to EMFs. **The *New England Journal of Medicine* printed a report in 1982 that showed that utility workers had double the incidence of leukemia in comparison to men in other occupations.**

Several studies have shown a connection between leukemia, lymphoma and cancer of the nervous system in children exposed to EMFs. Dr. Robert Becker and Dr. Andrew Marino proved conclusively that EMFs cause cancer to proliferate rapidly.

In 1990, **the US Environmental Protection Agency (EPA) tried to warn the public about the cancer risks of EMFs by attempting to label them as a class B1 carcinogen** (the same as cigarettes). They were prevented from doing so by officials at the White House. I believe that they did so because the effects of such a label would be enormously expensive for the utility and other industries and cause an abundance of lawsuits.

But don't panic! You can live a healthy life coexisting with electricity if you follow the few simple guidelines that I will explain. The key to EMF safety is to stay out of high fields. Move your alarm clock further away from the head of your bed, don't use electric blankets and get a panel screen (flat and thin) monitor for your computer instead of the traditional type. These are just a few of the things you can do to reduce your exposure from very common sources.

In addition to taking these simple steps and most importantly, make a thorough inspection of your own home and workplace to discover whether and where you are being exposed to EMFs. A device called a

gaussmeter can measure EMFs. The scale used to read this type of radiation is milligauss (mG). Some experts say that a field of two and a half mG or less is safe. However, it is best to spend most of your time (for example, sleeping, working, and relaxing) in a field as close to zero mG as possible.

I would strongly advise you to buy a gaussmeter or hire an EMF inspector to examine your living and working areas for EMFs. Make sure that these areas and the areas that you spend most of your time in are below two and a half mG. The best and easiest gaussmeter to use that I am aware of is called the TriField meter which measures EMF fields emanating from every direction. Other meters are directional so they must be aimed in every possible direction, every few feet. If you don't do this, a field might be coming from a direction that you do not point the meter towards, so you may mistakenly get a reading of zero when an EMF field is actually present. The TriField meter makes checking for these fields easy and accurate. The TriField is available at www.RawFoodsBible.com.

Cellular Phones

Wireless/cellular/mobile phones emit low levels of radio frequency radiation (RF) in the microwave range and electromagnetic radiation (see preceding section for info on EMF's). Even the mobile phone industry will not claim that their phones are safe. According to Motorola, "It is well known that high levels of RF can produce biological damage through heating effects (this is how your microwave oven is able to cook food). However it is not known whether, or to what extent, or through what mechanism, lower levels of RF might cause adverse health effects as well." My Motorola digital wireless telephone *User's Guide* states that "The available science does not allow us to conclude that mobile phones are absolutely safe."

The same *User's Guide* goes on to list several studies showing that wireless phones can have negative consequences for the user's health. It says, for example, that "A few animal studies, however, have suggested that low levels of RF could accelerate the development of cancer in laboratory animals. In one study, mice genetically altered to be predisposed to developing one type of cancer **developed more than twice as many such cancers** when they were exposed to RF energy compared to controls [emphasis added]."

Besides these statements about laboratory animals, the *User's Guide* provides some studies on humans! In a paragraph on brain tumors the guide's author states: "When **tumors** did exist in certain locations, however,

they were more likely to be on the side of the head where the mobile phone was used [emphasis added].” The guide’s author goes on to say that **“...an association was found between mobile phone use and one rare type of glioma, neuroepithellomatous tumors [emphasis added].”**

Many people have explained to me that when using cellular phones they experience uncomfortable feelings on the side of their head that they are holding the phone against. In my experience, when holding a cellular phone close to my ear for more than a minute or so causes me to experience what I describe as borderline painful feelings in my head.

The Nokia 6560 User Guide states, in the section entitled Additional Safety Information, “Pacemaker manufacturers recommend that a minimum separation of 6 in. (15.3 cm) be maintained between a wireless phone and a pacemaker to avoid potential interference with the pacemaker.” They suggest that users “Not carry the phone in a breast pocket” and “hold the device to the ear opposite the pacemaker.” For the rest of us, consider this: The human heart beats because of an electrical impulse sent by the sinoatrial node, the pacemaker designed by God. MedicineNet.com gives the following description of the sinoatrial node. “The sinoatrial node (the SA node) is one of the major elements in the cardiac conduction system, the system that controls the heart rate. This stunningly designed system generates electrical impulses and conducts them throughout the muscle of the heart, stimulating the heart to contract and pump blood...The electrical signal generated by the SA node moves from cell to cell down through the heart until it reaches the atrioventricular node (AV node)... The AV node serves as a gate that slows the electrical current before the signal is permitted to pass down through to the ventricles. This delay ensures that the atria have a chance to fully contract before the ventricles are stimulated. After passing the AV node, the electrical current travels to the ventricles along special fibers embedded in the walls of the lower part of the heart.”

If cellular phones can interfere with mechanical pacemakers, it seems to me that they could also interfere with our sinoatrial node. The symptoms of this interference might appear as fatigue, because overcoming the interference of a cell phone would create the need for the body to exert more energy to insure proper heart rate. I suggest keeping all cellular and cordless home phones away from your body.

So, how can we make cell-phone use safer? Motorola gives the following recommendations on how to minimize your exposure to RF in the back of their *Users Guide*. “Those persons who spend long periods of time

on their hand-held mobile phones could consider holding lengthy conversations on conventional phones and reserving the hand-held models for shorter conversations or for situations when other types of phones are not available.” For car owners the author recommends switching to “a mobile phone in which the antenna is located outside the vehicle” (see www.WilsonElectronics.com for this type of antenna).

I prefer and recommend a high-quality hands-free speakerphone that can be placed a few feet away so that one can carry on a conversation as easily as if the person is in the same room. Another device that I use is a specially designed headset. This radiation-free headset has been designed using an air-filled wireless tube that is similar to a doctor’s stethoscope. By replacing the wire type headset with a wireless tube, the electromagnetic radiation emitted from your phone can be kept a safe distance away from you instead of directly next to your brain. The device that I am currently using is called the RF (radiation free) headset. Radiation free headsets are available at www.RawFoodsBible.com.

There have been many reports of people living in the same apartment for many years and feeling in excellent health. Then a cellular phone transmitting and receiving antenna was installed on the roof above their apartment and their health declined to the point where they were unable to work. The only option in this case is to move.

On Tuesday, July 19, 2005, CNN TV covered the death of Johnny Cochrane, the famous lawyer from the O.J. Simpson trial. Dr Keith Black, a well known neuro surgeon from Cedars Sinai medical center in Los Angeles has determined that the brain tumor which caused Johnny’s death was strongly connected to his cell phone use.

Following the above recommendations may reduce your risk of negative health effects but avoidance is the best protection.

Recipes by Dr. Craig B. Sommers

Golden Milk

Yields 3 cups

Ingredients:

2 cups pure water
½ cup pine nuts
1 Tbsp unrefined coconut oil
1/8th tsp cinnamon
1/8th tsp stevia powder or sweetener of choice
1 Tbsp turmeric powder or diced fresh root
1 Tbsp chopped fresh ginger root (optional)
1 pinch cayenne powder (optional)
2 Tbsp Goji berries (optional)
1/8th tsp unprocessed sea salt (optional)

To make:

Place all ingredients in a blender and blend until smooth. If using a weak blender and solid coconut oil, liquefy oil first by placing the jar in warm water until it melts.

-This delicious beverage is useful as an anti-inflammatory because turmeric has powerful anti-inflammatory properties.

Recipe by Craig Sommers, adapted from Yogi BhaJan's cooked golden milk recipe www.rawfoods bible.com

Omega Three Pâté

Serves 2-4

Ingredients:

1½ cups walnut halves soaked from 4–6 hours and rinsed (taste first to make sure the nuts are not rancid)
1 cup chopped asparagus tops
1 medium tomato (Roma tomato recommended)
½ cup chopped parsley (stems also)
2 cloves garlic or 1 tsp asafetida powder (garlic substitute)
4 tsp fresh-squeezed lemon juice
2 Tbsp unpasteurized mellow white miso

To make:

Place all ingredients in a food processor and process until smooth.

-This recipe is a good source of omega 3 fatty acids because walnuts are high in omega 3.

Recipe by Craig Sommers www.rawfoods bible.com

Ricotta Cheese / Cream

Ingredients:

1 cup pine nuts
1 cup water
dash of unprocessed sea salt (optional)

To make:

Process nuts and water in a blender. Pour contents of blender into a sprouting bag (a paint strainer bag works well and is available at a hardware store) and squeeze out the liquid (if nothing is left in the bag you processed the nuts too long). The liquid is pine nut cream and is excellent on breakfast cereal. The ricotta cheese is what is left in the bag. Add salt if desired.

Recipe by Craig Sommers www.rawfoodsbible.com

Flax Crackers, Pizza Flavored

Ingredients:

1 cup flax seeds (either brown, gold or a mix of both!)
1½ cups pure water
1 Tbsp Italian seasoning
1 tsp unprocessed sea salt (optional)

To make:

Soak the flax seeds in water for at least 4 hours, but not more than 8. After soaking, mix the gelatinous seeds (pour off extra water) with the spices (or spices of your choice).

Spread the mixture out on dehydrator trays lined with parchment paper or tray liner of choice. The thickness that works best is between 1/8- and 1/4-inch thick.

Dehydrate at 100 degrees Fahrenheit for about 24 hours or until crispy. I recommend flipping the crackers over when they become dry enough to do so.

Refrigerate after removing from dehydrator.

Recipe by Craig Sommers, www.rawfoodsbible.com

About Dr. Craig B. Sommers

Before starting on the path to conscious living and a mostly raw diet, I considered myself 'healthy'. True, I suffered from what I considered minor symptoms including dandruff, athlete's foot, a small beer belly, as well as more serious conditions such as slow-moving bowels, poor memory, a short temper, and a chronic stuffy nose. My doctor told me that none of these problems were related to my diet; I then saw a registered dietitian who said the same thing...

However, when I cut out processed foods and animal products, and started eating mostly raw foods, most of my symptoms vanished! I also noticed that insect bites and other wounds healed much more quickly. My life improved markedly in many ways, as did my energy and attitude! In just five years, I went from working for others - and just getting by - to owning a health food store and earning a license in nutrition.

During my years as proprietor of my health food store, I helped many people regain their health, counseling walk-ins and taking appointments. Thus I discovered my true passion and calling. I decided to sell the store and go back to school to become a naturopath also taking a teacher-training course in Kundalini yoga.

I have benefited greatly from healthy lifestyle choices, positive thinking, and a diet predominantly composed of uncooked and unprocessed whole foods. Helping people stay healthy, or teaching them how to regain their health, is my life's work, and it is in this spirit that I invite the reader to enter upon their own path to optimum health! - Craig Sommers

