

Ten Reasons to Stop Cooking

This is chapter one from

The Live Food Factor,

***The Comprehensive Guide to the Ultimate Diet for
Body, Mind, Spirit, & Planet,***

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Ten Reasons to Stop Cooking

If cooking becomes an art form rather than a means of providing a reasonable diet, then something is clearly wrong.
—Tom Jaine, British editor of *The Good Food Guide*

Imagine you have discovered the most exciting secret formula that has completely transformed you. You are now at your ideal weight. Your hair is thick, your skin soft and smooth. You have recovered the vitality and energy levels of your youth, and you don't recall feeling such mental clarity and bliss *since pre-adolescence*. Your body heals itself of all disease, even minor ailments such as athlete's foot, acne, premenstrual syndrome (PMS), constipation and allergies. *You feel alive, in the zone, in the flow*. You have discovered the exhilarating formula, the fountain of youth.

Well, such a formula does exist. Only it is not a pill, potion, drug or lotion. It is simply a return to man's original diet: raw, natural, basic food — the lost art of noncooking, just eating food in its natural state.

Many who have tried the raw food diet feel such a mental, physical, emotional and spiritual shift, indeed, such a *radical transformation*, that they find it easy to believe that the “fall from grace” referred to in the mythology of numerous cultures arose from the cooking of food.

There was a time, eons ago, which most ancient storytellers spoke of, when people lived in harmony with nature and in tune with many of our untapped mental abilities, living in peace with all other creatures. Could the end of these times have resulted from the invention of widespread food cooking, thus damaging the fuel we depend on for our optimal health and well-being?

In some traditions, heavenly images include a garden of paradise, abundant with luscious fruit; in contrast, the image of hell is one of fire and brimstone.

Perhaps we don't have to wait until the afterlife to experience these states. Could it be that those archetypes were generated from earthly observations? Eat a diet of fruit and other botanical abundance from the garden, and you'll have “heaven on earth.” Eat foods prepared over fire, and you'll manifest hell on earth!

When God threw Adam and Eve out of the Garden of Eden, he said to Eve, “I will greatly multiply your pain and your conception; in pain you shall bring forth children” (Genesis 3:16).

Interestingly, women on raw food diets do not experience nearly as much pain in childbirth, and often their menstrual bleeding is scanty to nonexistent and painless. Could it be that Adam's and Eve's legendary fall from the Garden of Eden was not from *eating* the apple, but rather from *cooking* it?

We are told that *Homo erectus*, who may have been the first to tend fires on a regular basis, first appeared on Earth about 1,800,000 years ago. For those of you who think we should have adapted to cooked foods by now, author Severen L. Schaeffer presents an excellent analogy: “If we were to imagine the course of evolution as a road 25 miles long, men would be coming into existence only 70 yards from the end, the discovery of cooking 25 feet from the end and the development of agriculture about five inches before our time. Coca-Cola would appear roughly $\frac{1}{200}$ th of an inch into the past” (*Instinctive Nutrition*, Severen Schaeffer, p. 9).

Truly, the vast majority of our evolution as humans has been spent eating food in its pure, natural, whole state — unheated, unprocessed, unsprayed with chemicals. You still may think, “Well, couldn’t we have adapted by now?”

If we have only been cooking for ten to twenty thousand years, it would be impossible to have genetically adapted so quickly to these chemical changes in the food, which will be discussed in more detail in Section Two. Widespread genetic changes of significance need a million or several million years to occur.

The use of fire for cooking may have begun roughly 400,000 years ago. Agriculture and cattle ranching, with the consequent consumption of grains and dairy, began only about 10,000-20,000 years ago. The widespread use of cooking began about the same time, although it has only been within the past century that such a large percentage of cooked food has been consumed — for some, 95-100% of the diet.

The belief that early paleolithic man routinely cooked his food is incorrect. Anthropologist Dr. Vaughn Bryant studied the fossilized excrement of early paleolithic people and concluded that they were primarily raw food eaters and, from studying the skeletons, that they were in excellent health. Thus, it appears that cooking became customary only after the Stone Ages.

Why did man start to cook? There are many theories. Some anthropologists suggest that as man migrated to colder climates, the only way he could eat the frozen food he found was to thaw it out with fire. Since then, cooking has become an art form and is now thought to be a near necessity.

Culinary arts have been a part of virtually every historical culture, dating back thousands of years. Every country’s inhabitants have generated recipes that swell their pride, just as they are proud of creativity in the literary or musical arts.

Now I am going to suggest something *very radical*. Maybe cooking is not only unnecessary, but also deadly. Could this be one case in which creativity is not progress and in fact is sending people to premature deaths? You may think, “Well, my grandfather ate cooked food and lived to be 100.” What if our natural lifespan is much greater than 100? And what if we have the potential to be very, very healthy even as we get closer to the ends of our lives?

A diet of raw, living food is not just another weight-loss diet. This is about energy transferred from the sun to the food to your body. This is about the life force and the enzymes in the food nourishing your body — hence the terms “living food” and “live food,” often used to describe uncooked food in its pure, original state. If merely giving up the heating of food could transform your health and well-being, extend your life and youth, and raise you to a level of health you never even envisioned, wouldn’t you gladly throw out the pots and pans?

Let us now take a closer look at some of the main benefits that a live food diet can bring you. In fact, let’s look at *ten reasons to stop cooking*.

1. Super Health

The Greek doctor Hippocrates, considered to be the founder of modern medicine, uttered the famous words, “Let food be thy medicine.”

How far we have fallen from his wisdom! First, let it be made clear that nothing, no outside object, “cures” or “heals” the body. *The body always heals itself*, and it alone has the wisdom and capability to do so. As French philosopher Voltaire (1694-1778) once observed, “The art of medicine consists in amusing the patient while nature cures the disease.”

But in order for nature to do the healing, it must be aided by the right nutrients, or building blocks. Thousands of modern-day people have enabled their bodies to heal themselves from all kinds of degenerative diseases using raw food diets in combination with other healthful living practices.

As we shall see in Chapter 12, many have written books (or have been written about) describing their journeys to health and full recovery from cancer, diabetes, heart disease and other ailments.

A number of doctors have recognized the therapeutic value of raw diets in treating a host of conditions, including the following: diabetes, ulcer, cancer, jaundice, Grave’s disease, arthritis,

fibromyalgia, asthma, ulcerative colitis, menstrual difficulties (including PMS), hormone disturbances, diverticulosis, anemia, circulatory diseases, weak immune system, hypertension, neuralgic conditions, gastrointestinal disorders, renal diseases, gout, obesity, myasthenia gravis and various skin diseases. Many of these ailments are not normally associated with nutrition. Section Two will present the science behind these seemingly outrageous claims.

It is very common to heal from supposedly “incurable” ailments and no longer need medications on a 90-100% raw diet, especially when the diet is combined with a generally healthful lifestyle.

I personally have met several people who had to take the drug Valtrex every day for many years for herpes. After going raw, they threw the drugs out and never had a breakout again. I have met people who no longer need medications for diabetes. I have also read of, and heard reports of, people with full-blown AIDS who became disease-free, sometimes the virus even disappearing from their blood and not showing up on blood tests. A number of the authors of raw food books cited in this book were healed of cancer or other serious diseases using raw diet alone.

The immune system is vastly enhanced on a living food diet. A clinic in Germany (*Klinik in der Stanggass*, Berchtesgaden) documented the influence of a raw diet on the immune system. Their researchers found raw diet effects that yielded antibiotic, antiallergenic, tumor-inhibiting, immunomodulatory and anti-inflammatory results. They recommend uncooked food as an adjunct to drugs in the treatment of allergic, rheumatic and infectious diseases.

Eskimos traditionally ate nothing cooked until very recently. They are the only Native American culture that has no history of a “medicine man” because they were extremely healthy until introduced to cooking.

Most people think of health as the absence of disease. Dr. Herbert M. Shelton was a renowned leader of the Natural Hygiene movement, a health reform movement that became prominent in the 1800s. He was quick to query, “Why must we accept as ‘normal’ what we find in a race of sick and weakened beings?”

At his death, Shelton was writing a book to be called *Normal Man*, his vision of what *true* normal really is for our species. Perhaps we have yet to realize the full scope of our health potential.

Some people are motivated to get on the raw food bandwagon even though they were relatively healthy already. Some do it to prevent degenerative diseases. Much to their surprise, they soon encounter what can only be termed “ultra health” or “super health.”

Gone is the need to sleep eight hours a day, and some even jump out of bed fully awake after three to six hours of sleep, with no desire for coffee or other stimulants. Excess fat melts off without any feeling of deprivation. The desire to overeat is diminished, as natural appetite control reestablishes itself.

Women find complete freedom from PMS, and for most, even their periods, which are simply a form of detoxification, dwindle down to one day. Birthing labor is sometimes painless and very brief. Women who have been eating raw diets for several years prior to the onset of menopause report having neither signs nor symptoms that indicate they are passing through menopause. The only way they discover that they have gone through the passage is via blood tests for hormone levels.

Temperature extremes are suddenly tolerated more easily. Body odors vanish or greatly diminish after a year or two of eating 100% raw. Skin becomes soft and smooth. Hair grows thick and wild. Bad breath becomes a thing of the past. Air travel does not entail jet lag.

Various other complaints, like athlete’s foot, acne, allergies, colds, flus, dandruff, herpes or cold sores simply vanish.

The physical senses sharpen. The person’s psychic ability and feeling of being “in sync,” or “in the flow of synchronicity,” flourish. The person finds himself more dynamic, radiant, charismatic and confident.

There is a feeling of lightness that everyone new to the raw diet comments on because far less energy is required for digestion. Digestive time is also reduced: while 48-100 hours are needed for cooked food, only 24-36 (or even less) may be needed for raw food. This is a huge energy savings!

Athletes eating raw food diets have found their athletic performance enhanced. Dr. Elmer in Germany and Dr. Douglas Graham in the USA both experimented with athletes they train by having them go on purely raw food diets. The athletes improved remarkably in strength, energy and stamina.

Victoria Boutenko, raw food teacher and author, tells how her husband was able to do 1,000 pushups after going raw. She feels certain that once Olympic athletes discover the raw diet, many world records might be impressively broken.

Jan Dries tells of a cancer patient on his raw diet regimen who was actually skiing better than before she fell ill (*The Dries Cancer Diet*, p. 67). Comedian Dick Gregory became a remarkable athlete on a diet of raw foods and juices and occasional fasting. He ran 900 miles on fruit juice alone in 1974.

Since the vast majority of your body's cells die and get replaced within two years, a whole new "you" will exist after two years on a raw food diet. Only this will be the first time your body will be composed primarily of the best possible construction materials: nutrient-rich, living food.

A common thing people say when confronting dietary reform is, "Well, I have to die of something!" This feeling of resignation relieves them of all responsibility to watch their diets. Dr. Robert Young, a nationally known microbiologist and nutritionist, responded to this "common cultural myth. . . . I disagree with this because I feel that it's NATURAL TO DIE HEALTHY!" (*Sick and Tired*, p. 83).

If you have no interest in achieving abundant health, consider that most illnesses do not show symptoms until the eleventh hour. For example, most people don't know they have cancer until it is in very advanced stages, and the doctor gives them about a year and a half to live, despite the tumor's having been there for up to a decade or so already. For about 40% of the people who have heart disease, the first symptom they experience is death by heart attack! (Sorry, the living food diet cannot bring you back from the grave.)

Although living foods can help your body heal itself even in advanced stages of disease, it is not wise to wait until you are ill. In the Chinese medical classic, the *Nei Jing*, it is said, "To administer medicine after an illness begins is . . . like digging a well after becoming thirsty or casting weapons after a battle has been engaged." Therefore, even if you are currently content with your state of health, consider this diet as a powerful way to *prevent future disease*.

2. Mental Ability and Mental Health

The concept "you are what you eat" applies not only to physical health, but also to mental health. Diet affects ideas, perceptions and even dreams.

Eating a raw food diet definitely provides the nutrients the brain needs to get rid of brain fog, make the mind sharper and give one a "competitive edge" at work. One's short-term memory sharpens. Concentration and mental stamina improve. A raw fooder is also more alert, as excessive energy expenditure needed for digestion of cooked food is spared. The raw fooder doesn't fall asleep after eating dinner.

Raw food activist Viktoras Kulvinskis warns us, "When one eats a heavy meal, his energy goes from his head to his stomach." Digestion of cooked foods or unnatural foods consumes a great deal of energy.

The clean body of a raw fooder thus contributes to a pure mind.

Dr. Edward Howell, who studied the role played by food enzymes for over 50 years, found a connection between enzyme deficiency in diet, typical of cooked food diets, and a decrease in brain size and weight. He also found that the brain becomes smaller under the influence of obesity. Obesity generally vanishes with a raw food diet.

As you increase the fresh, raw food in your diet, you will notice an increase in positive thinking. This is partly because your body is being nourished properly, and the energy previously expended in digesting cooked food is now being used to cleanse your body of toxins. Especially if you do not overdo the phosphorus-containing, acidic foods (meat, nuts, seeds, grains, beans) and eat plenty of fresh, green, leafy vegetables, your body will alkalize, automatically creating the conditions for more powerful, positive thinking.

Visualization exercises, imagination and meditation will all happen much more easily. In time, your inherent psychic abilities may even blossom. Your natural intuition and instincts will sharpen. Decisions can be made with more clarity. Synchronicity will bring things into your life with ease and flow.

In his classic book *Mucusless Diet Healing System*, Professor Arnold Ehret wrote, “If your blood stock is formed from eating the foods I teach, your brain will function in a manner that will surprise you. Your former life will take on the appearance of a dream, and for the first time in your existence, your consciousness awakens to a real self-consciousness. . . . Your mind, your thinking, your ideals, your aspirations and your philosophy change fundamentally.”

David Wolfe, prominent raw food author and publicist, says, “Raw food nutrition returns to you lost powers and abilities. I like to say that it bestows superhuman abilities — especially in physical endurance, clarity of thought and sixth sense perception.” He sometimes works with corporate leaders to teach employees about this. He knew a man who was a raw food enthusiast for 37 years and became the number one insurance salesman for his company out of a field of 13,000 people. Nobody could compete with him.

Successful entrepreneur Steve Jobs is also a raw fooder, which is why he named his computer “Apple.” The Macintosh computer is named after his favorite apple variety.

Creativity may also increase. Raw food author Joe Alexander paints this intriguing, poetic picture of life on raw foods, “As an artist, when I ate cooked foods, I painted bleak, grotesque surrealist-type pictures with drab and dull, muddy colors . . . but when I became a raw food eater, all of a sudden I began to paint instead vibrantly alive pictures with lush abundance of healthy shapes and brilliantly beautiful colors” (*Blatant Raw Foodist Propaganda!* p. 75). Joe created the painting depicted on the front cover of this book.

Valya Boutenko was in third grade and unable to concentrate on reading for longer than fifteen minutes at a time when her parents made her switch to a raw diet. Once her body became fully nourished with live food, she could read five hours at a time. “The biggest change I noticed from going on raw food is that I gained much mental clarity. I was amazed to discover that I can understand every subject. I’m sixteen and in college now. It’s easy for me to write essays now for my writing class” (*Eating without Heating*, Sergei and Valya Boutenko, p. 13).

Leslie Kenton, health and beauty editor of the British periodical *Harpers & Queen*, and her daughter Susannah found that on a high-raw diet, they could write and research efficiently for seven or eight hours rather than just three or four as before (*Raw Energy*, p. 81).

Being a raw fooder somehow also makes people more open-minded. This is undoubtedly because the brain is clearer; however, I think it is also because taking such a radical leap makes a person begin to wonder if there are not other mental leaps to be taken and adventures to experience.

Joe Alexander declares that raw food eaters live in a more real world. “Their attitudes and opinions become transformed, energized by the reality of the Life-Force, whereas in most cooked food eaters, their attitudes and desires and opinions are programmed into their minds by parents, school, friends, clubs, organizations et al. and thus come from a very limited and superficial reality indeed, not from the deeper wisdom and reality of Nature at all” (*Blatant Raw Foodist Propaganda!* p. 59).

Mental health is tremendously enhanced. Many raw fooders find that they become freed from former addictions. For many, the desire to smoke cigarettes, drink alcohol or do drugs (prescription as well as recreational) falls away as the body becomes healthier: one experiences a natural high. Furthermore, those who work with juvenile delinquents and former prisoners have found that abnormal nutrition alone can contribute tremendously to the creation of a criminal mind. Children behave much better in school when on raw diets. Hyperactivity ceases, and brains fed with raw foods rich in omega-3 fatty acids (such as flaxseed) are able to focus better.

Part of the reason a raw food diet helps a person so much mentally is not only because live foods feed the brain, but also because unnatural foods are *eliminated* from the diet. (See Appendix A.) Working for several decades at the Hippocrates Health Institute, Brian Clement has seen mental problems like paranoia, depression, manic depression and schizophrenia disappear on raw foods combined with psychological therapy. Over the years, he found out that mental illness is exacerbated by hormonal imbalances from eating meat pumped with hormones, pesticide poisoning from commercial produce and a

high level of body acidity from eating animal and processed foods. Eating a raw, organic diet is directly linked to the amelioration or elimination of these problems.

3. Optimal Weight and Beauty

Raw diet promotes beauty. To begin with, one reaches his or her ideal weight more readily and maintains it with much less effort than on a cooked diet. Many people lose 15 pounds in a month or two with no feeling of deprivation whatsoever. Obese people lose much more than that while eating raw fats, including raw “ice cream,” avocados, nuts and olives. Raw fats (from avocados, olives, nuts, seeds, coconut butter et al.) are actually needed by the body to maintain youthful skin, hair and glands. They are rich in the essential fatty acids linolenic acid and linoleic acid, both of which are denatured by heat.

Raw food pioneer Dr. Ann Wigmore pointed out, “The effectiveness of live foods and fresh juices, especially wheatgrass juice, has bankrupted many complex theories about why we become fat and how to reduce quickly. . . . Among our guests at the [Hippocrates Health] Institute, the average weight loss per week is between four and fifteen pounds” (*The Wheatgrass Book*, p. 59).

Studies have shown that raw food is less fattening than the same food cooked. According to Dr. Edward Howell, raw fats are not fattening and seem to belong in “a special pigeonhole in nutritional speculations” (*Enzyme Nutrition*, p.109). While cooked fats accumulate in the body and become very detrimental to our health, raw fats contain lipase (deficient in many obese people), the enzyme involved in metabolizing fat properly.

The word “Eskimo” means “raw eater,” as the Eskimos traditionally ate nothing cooked but subsisted chiefly on raw meat and blubber. Dr. V. E. Levine examined 3,000 primitive Eskimos during three trips to the Arctic and found only one person who was overweight.

Cooked starches are also very fattening. Farmers have even learned that it is necessary to feed their animals cooked food to fatten them up for maximal profit. Hogs do not get fat on raw potatoes, but cooked potatoes make them gain weight.

In addition to reaching your body’s ideal weight, many other beauty factors blossom on a raw diet. Cellulite, which is thought to result from eating heated fats, gradually disappears with the consumption of freshly squeezed grapefruit juice. On a raw diet, improved elimination of cellular waste and increased lymphatic drainage helps remove cellulite.

As the body’s old cells are replaced with new, healthier cells through superior nutrition that only a raw diet provides, your hair grows in thicker and at times wilder. It may even regain color after having been gray, as did Ann Wigmore’s. Your skin may become as soft and smooth as it was in your youth. Your nails will be strong, clear and shiny. Facial lines may fade or disappear; the face’s pasty, white complexion becomes ruddy or rosy. People may remark on how much younger you look. Your eyes will sparkle. You will smile more because you feel so good.

The Hippocrates Health Institute, one of the places where people have gone to learn about the raw food diet, was once described by *Cosmopolitan* magazine as the “well-kept secret” of beauty and rejuvenation of various famous Hollywood movie stars and celebrities. Now the news media are letting the secret out.

When Demi Moore appeared in a bikini in the Charlie’s Angels movie *Full Throttle* and looked every bit as great as the women younger than her, the word went out that the secret was her raw food diet. Other celebrities who have caught the wave include Alicia Silverstone and Woody Harrelson.

Model Carol Alt shares in her book *Eating in the Raw* that the raw diet helps her stay beautiful, slim and young-looking. She attributes her current youthfulness and stamina to having eaten primarily raw food for eight years. She explains that in her thirties she had to starve herself and exercise a lot to stay trim. But as a raw fooder she is able to eat anything she wants, as long as it’s raw, and she now maintains her weight effortlessly, without ever feeling excess hunger. In addition, she claims she has better abdominal definition without exercising than she did as a cooked fooder who exercised regularly. She also has fewer wrinkles.

Health and beauty are intertwined. Dr. Herbert Shelton wrote, “The woman who maintains her health and youthfulness will retain her attractiveness. If she permits her health to slip away from her, if she values indulgences and frivolities more than she does health and impairs her health in the pursuit of false pleasure, she will lose her BEAUTY; and no art of the cosmetician and dressmaker will be able to preserve it for her.”

Researcher Arnold De Vries writes, “In the final analysis, we must regard beauty, health and youth as intimately related. To the extent that you preserve one in your physical being, you also preserve the others. The uncooked fruit and vegetable diet, pure water, sleep and rest, sunshine, strong relationships, exercise, fresh air, fasting if necessary and abstinence from drugs, vaccines, serums and other toxins are the prime requirements in your attempt to preserve your youth, health and beauty as long as you can” (*The Fountain of Youth*).

The face becomes more beautiful with a raw diet. “Skin loses its slackness and puffiness and clings to the bones better,” write Susannah and Leslie Kenton (*Raw Energy*, p. 90). “The true shape of the face emerges where once it was obscured by excess water retention and poor circulation. Lines become softer. Eyes take on the clarity and brightness one usually associates with children or with super-fit athletes.”

Nutritionist Natalia Rose, author of *The Raw Food Detox Diet*, profoundly praises the raw food diet as being the key to permanent weight loss. It’s a lifestyle in which a woman can even attain her perfect shape without formal exercise or counting calories or grams of fat or carbohydrates and regardless of having had several children. The skin tone improves as cells become healthier and tighter. One dares to go out without make-up.

Tonya Zavasta describes her lifelong obsession with attaining beauty, which she finally discovered in her 40s through a 100% raw food diet. In her book *Your Right to Be Beautiful*, she explains how each of us can fulfill our full beauty potential, which is robbed by the energy drain placed upon the body by toxic waste accumulations from eating cooked foods, dairy, wheat, salt and drugs. “Beauty lies latent under cushions of retained fluids, deposits of fat and sick tissues. Your beauty is buried alive” (p. 134).

She goes on to explain that on a diet of uncooked foods, “The landscape of the body will change. Fat that has accumulated in pockets under the eyes and at the jaw will melt away. The lumpy potato look of one’s face will give way to sleek and smooth contours. The surface of the skin will become soft and smooth but still firm and supple. Visible pores will diminish. A sallow skin with a yellow pallor will turn into a porcelain-like complexion” (p. 137).

Tonya furthermore describes the radiance and glow produced internally when there is “an abundance of clear, pink, almost transparent cells that light up the face,” which is produced by superior blood circulation. Even the most beautiful supermodel would be enhanced by a raw food diet. She notes that the modern-day version of beauty is more in harmony with health than perhaps ever before; hence, “the quest for beauty, instead of a narcissistic preoccupation, becomes a noble pursuit.”

Tonya came across many women who would not eat a raw diet for their health, preferring just to take medications. However, they would go raw for beauty, as there is no pill for beauty. In her book *Beautiful on Raw*, ten women contributed their own experiences of how raw diets added to their beauty.

Various observations were that hair grew out with color instead of gray, sometimes with natural waves or curls, and fingernails grew strong, long and shapely. Cellulite vanished effortlessly. Puffiness in the body and face disappeared, and the skin cleared up. These women often get complimented on the “glow” of their faces. They feel confident without make-up. Their inner beauty and confidence also radiate. They look younger than ever and have no fear whatsoever of getting old. One of the women is 64 and still gets checked out by “the young whippersnappers” when she is at the gym!

Interestingly, many of these women, before eating raw, had never been called “beautiful” by anyone, even when they were much younger. One of the women wrote about suddenly becoming aware of the benefits of being attractive, benefits which one who had always been beautiful would take for granted. People were nicer to her, cops didn’t give her tickets, and salespeople waited on her first.

The authors of *Raw Food/Real World* explain, “People who eat only raw, plant-based foods have an unmistakable shine, like a pregnant woman in her second trimester or someone newly in love. They have a radiant positive energy.”

In his book *Raw Spirit*, Matthew Monarch relates that after he went raw, a woman passing him on the street offered him a modeling job! He writes, “Your appearance takes on a divine essence while on a Raw Diet. Your facial features become more defined; your skin glows; and your spiritual energy vibrates at an almost tangible rate. You become gorgeous” (p. 17).

4. Emotional Balance and Happiness

The word “war” spelled backwards is “raw.” On a raw diet, one loses the impulse to be at war with the world, feeling peace inside and out. The burden of digesting “dead” food, as well as all of the modern-day chemicals in food, can create mild to extreme stress on the brain as well as on the body. Dead, denatured food, with all of its toxins, pollutes the consciousness.

With the emotional balance that results from a natural diet of uncooked food, the frequency and intensity of mood swings dampen. Mind chatter calms down. You now have the capacity to deal with stress, frustration and emotional pain like never before. You will feel less overwhelmed, as well as more grounded and capable. You no longer need antidepressant or anti-anxiety medications.

Emotionally, the raw food diet puts you at your peak. Your mind stops racing. You become more optimistic, even blissful, euphoric. You find joy where there used to be drudgery. You are at peace.

The Kentons explain how the raw diet affected their emotions (*Raw Energy*, pp. 119-121). “Instead of getting caught up in the emotional hassles when differences arise with other people, we can stand back and see what is happening. We no longer identify so much with what we think — we feel less threatened by someone who doesn’t agree.” They go on to say that life on the high-raw diet is “not the endless seesaw of minor ups and downs we once thought it.”

They wonder, as I often have, if many of the negative feelings we get are not so much psychological in origin as physiological, “a sign that body chemistry is out of balance and toxins are building up.” They read that Dr. Max Bircher-Benner discovered raw foods could not only help his patients recover from illness, but also help them fulfill their potentials in every area of their lives.

Nutritionist Natalia Rose explains that eating raw — and therefore cleansing, since your body has more energy to detox — makes you more emotionally centered, with a clearer mentality. She has observed in her clients that internal cleansing gives them the desire to clear and cleanse their living spaces and also create clear, honest communication with others. A sense of confidence develops, as well as respect for others.

She relates that her clients start to experience a “state of inner ecstasy” when they eat according to raw food energy principles. They experience “unprecedented rushes of energy and bliss” (*Raw Food Life Force Energy*, p. 2). According to Rose, “When your cells oscillate true vitality, you’ll feel like the wealthiest person alive!” (p. 35). She claims that even when inactive she feels more euphoric, light and energized than she used to after an intense workout.

5. Spiritual Growth

People with low physical vitality have little energy available for spiritual focus. Therefore, a high-energy diet, i.e., an uncooked diet, can naturally enhance one’s ability to commune with God, pray, meditate and perform whatever other spiritual practices one might do on one’s path.

Entire books have been written about the spiritual benefits of a raw food diet. These include *Man’s Higher Consciousness* by Hilton Hotema, *Why Christians Get Sick* by Baptist minister George Malkmus and *Raw Gorilla: The Principles of Regenerative Raw Diet Applied in True Spiritual Practice* by Da Free John.

Dr. Gabriel Cousens, MD, has written two books on the spiritual power of a raw diet: *Spiritual Nutrition and the Rainbow Diet* and another one published years later, *Spiritual Nutrition: Six Foundations for Spiritual Life and the Awakening of Kundalini*.

Victoria Boutenko, a famous raw food teacher, has also written a yet-to-be-published book about the spiritual power of raw food. In a lecture entitled “The Spiritual Power of Raw Foods,” Victoria explained that when we rely on indulgences, we burn ourselves out. As we eat more raw foods, we rely less and less on these indulgences because we become happier without artificial stimulation.

When we rely on stimulation and momentary pleasure, we drain our vitality. It physically exhausts our hormones and neurotransmitters. Stephen Cherniske explains it like this: “Have you ever felt a ‘letdown’ after an exciting event — even something really good? The intense stimulation subsides and is then replaced by a creeping sense of depression or languor. This happens because your dopamine receptors, the brain cells associated with excitement, have all been fired. What follows is a metabolic rebound that you must experience until your stores of dopamine are replenished” (*Caffeine Blues*, p. 111).

Perhaps, as Victoria pointed out, that is why rich people who have funds for all kinds of gambling and other recreational highs do not derive lasting happiness from those events. With living food, we actually learn to find happiness from within.

The spiritual power of raw food is a concept that is even central to one religion. The Essenes are a religious group, dating back to the Hebrews, who are raw fooders and believe Jesus was an Essene and therefore a raw fooder.

Yogis of the Hindu tradition from India found that they could meditate better by eating only raw food. When less energy is needed for digestion, energy flows up to the body’s higher chakras (energy centers) and enables one to experience higher states of consciousness. There is an ensuing “spiritual high” that makes one feel closer to the “Source,” whatever version of that one may believe in.

Renowned spiritual teacher Da Free John claims, “Anyone who engages the raw diet properly will more and more naturally discover this sattvic disposition” (*Raw Gorilla*, p. 17). A sattvic disposition is one that is spiritual and peaceful.

The Mormons were probably the first group in the USA to discover the spiritual power of the raw food diet. Joseph Smith and his core group ate a primarily live food diet after discovering that it enhanced their spiritual sensitivity.

Victoria BidWell points out that biblical scripture teaches this same principle of spiritual growth as being a product of internal bodily purity and increased energy enhanced by a raw food diet. In the book of Genesis, God created the Edenic foods before creating Adam and Eve. Jesus’ teachings instructed men and women to avoid defiling (poisoning) their bodies and to avoid gluttony.

Gabriel Cousens was looking for a diet to enable him to meditate better and to enhance his communion with the Divine when he found the raw food diet. He wrote *Spiritual Nutrition and the Rainbow Diet*, in which he outlines an ideal type of raw food diet to promote spiritual growth. According to him, “Enzymes represent special high-energy vortex focal points for bringing Subtle Organizing Energy Fields into the physical plane for all general functions” (p. 101).

Cousens recently claimed that, in his experience working with thousands of people turning toward live foods, the vast majority responded by becoming more open and moving toward a more spiritual life, whatever their particular religious tradition. Raw food, he says, opens one up to a lot of prana, the vital force that makes you feel high naturally.

“The light is switched on with raw food. You start seeing the Divine in everything,” he stated at a lecture. He claims that a live food diet turns us into superconductors of both electrical energy and cosmic energy, enhancing our sensitivity to the Divine (*Spiritual Nutrition*, p. 305).

Christians have also discovered the power of a living foods diet in a big way. Reverend George Malkmus freed himself of cancer using a 100% raw diet and later got his Baptist congregation onto a vegetarian, primarily raw diet, citing Genesis 1:29 as biblical proof that this is the divine plan for our optimal health and spiritual well-being: “Behold, I have given you every herb yielding seed which is upon the face of all the earth, and every tree which bears fruit yielding seed; to you it shall be for food.”

In his book *God’s Way to Ultimate Health*, Malkmus quotes Tom Suiter, a Baptist pastor: “If we practice the laws of health, then we shall start a revolution in this nation that could shake us to our spiritual foundations.”

Joe Alexander, author of *Blatant Raw Foodist Propaganda!* boldly makes this comparison, “The raw fooder would enjoy a higher standard of living in a little hut than a junk food eater could in a palace. And raw foodism aids greatly in developing the spiritual maturity necessary for truly worthwhile achievements in life.”

I once heard raw food activist David Wolfe say that he grew up as an atheist, but after being on raw food for some time, he *just knew* there was a spiritual realm! He experienced synchronicity and laughter for no reason. He has written in his book *The Sunfood Diet Success System* that a raw food diet also decalcifies the pineal gland, thought to be the source of the “third eye,” or psychic center of the body.

Indeed, children who are raised on a 100% raw food diet have been known to be more psychic, as are animals in the wild. Wolfe has also made the comment, “The Bible says the body is the temple of the soul. Unfortunately, I used to treat mine like an amusement park.” Many of us could say the same.

Raw food has also been called “sunfood” because it contains sun energy, which is absorbed into our cells. It can be thought of as “densified sunlight.” Light affects our consciousness.

Dr. Rudolf Steiner, PhD, founder of the Waldorf schools and anthroposophical medicine, taught that outer light released into our bodies stimulates the release of inner light within us. The more light we absorb and assimilate, the more conscious we become. He felt that plant nutrition connects us to unrevealed cosmic forces, enabling us to go beyond the limitations of the mundane personality.

Many people report feeling an energy current flowing through their bodies after having eaten raw for some time. Professor Ehret wrote about this: “Your soul will shout for joy and triumph over all misery of life, leaving it all behind you. For the first time you will feel a vibration of vitality through your body (like a slight electric current) that shakes you delightfully” (*Rational Fasting*, p. 89).

Matthew Monarch was catapulted into spirituality by the raw food diet. He describes what happened after six months of being 100% raw and doing a seven-day deep tissue cleanse: “Since then, I’ve had an orgasmic-like vibration in the center of my forehead. When it first happened, I felt like a wild tiger in the high mountains looking over a cliff into the distance; I felt clear, awake, alive” (*Raw Spirit*, p. 52). His research indicated that the pineal gland had awakened, and the vibration has only gotten stronger over the years.

Comedian-turned-raw-fooder Dick Gregory reported in *Dick Gregory’s Natural Diet for Folks Who Eat*, “As my body was cleansed of years of accumulated impurities, my mind and spiritual awareness were lifted to a new level. I felt closer to Mother Nature and all her children. I felt more in tune with the universal order of existence.” He also described, as a result of the cleansing his body went through, losing the “six basic fears”: poverty, death, sickness, aging, being criticized and losing love.

Victoria Boutenko points out that Dr. Edward Howell’s enzyme research indicates that a person typically has only 30% of his limited enzyme-generating capacity left by age 40. (See Section Two for more information on enzymes.) She says that while we can still walk, talk and think at this point, we have only 30% of our enzyme potential left, and these enzymes have to give about 75% of their catalytic capacity to detoxify the body. “We become less sensitive to other people and to ourselves. We may survive physically but not spiritually” (*12 Steps to Raw Foods*, p. 5).

Many spiritual leaders teach that mankind is on the brink of a major shift in consciousness. Those who radically change the way they eat, switching to 100% raw food diets, may experience such a shift. If enough people discover the best-kept secret of the raw food diet, there could be revolutionary changes in mass consciousness and the patterns of mankind’s thought-habits.

6. Economy

On a raw food diet, you will save money on food. You will save by eliminating processed foods because, by the time you buy a processed food, it has gone through numerous steps and been passed through many hands between the farmer and you, and cost is added at every step. You will save on eating in restaurants unless you are fortunate enough to have several raw food restaurants where you live. You will save on junk food, eating simple fruit for snacks instead. You will also spend less on your grocery

bill after eating raw for a year or so because, after your body rebuilds with raw materials, you will need less food. Consider that you will receive at least three times the nutrients from a raw fruit or vegetable than from a cooked one. In addition, you will save money on food immediately if you cut out meat.

Moreover, if you have been on a raw diet for a few years and have completely detoxified, you will no longer need to spend money on many personal-care products, such as perfume, mouthwash and deodorant. You will use less soap and laundry detergent because, since you will have far less toxic sweat, your clothes stay fresh longer.

Money spent on energy will also be saved. Since you may tolerate heat better, you might use the air conditioner less. You might even take up biking or walking to a lot of places you would have previously driven, thus saving on gasoline. You will save on the electric or gas bill because you will not use a stove or oven. Nonsmokers get a fire insurance discount; since another major source of house fires is stove or oven use, raw fooders should also get a noncooking discount!

You will save money on health care. You will also save money on doctors' bills and nutritional supplements. You may even decide, like some people have, to save money by eliminating or scaling down health insurance. You will feel in total control of your health, no longer afraid of being a helpless victim of disease. And even if you come down with an illness, your immune system will be strong enough to shake it off with a bit of fasting, followed by a tightening up of healthful living practices. After thoroughly educating yourself and becoming your own doctor, under no circumstances would you submit to toxic drug treatment; so why have costly health insurance? You might wish to purchase catastrophic insurance only, which is considerably cheaper and could be used in case of accidents.

Joe Alexander claims you will also save money on recreational drugs because the 100% raw food diet offers a better high than LSD, cocaine, speed and marijuana. Sarma Malngailis (*Raw Food/Real World*) concurs, "Eating only raw plant foods . . . can give you so much energy; it's like a natural version of Ecstasy, and you never crash."

In addition, many raw fooders lose interest in mass entertainment and take up new, less expensive activities, such as organic gardening, hiking and camping.

They also spend less on cars, being happy with a simpler, older model.

7. Pleasure

It may be hard to imagine now, but after you have been eating raw for several months, food will begin to taste much better. You will derive more and more pleasure from the simplest foods, eaten in their whole, natural states. On occasion, eating will approach ecstasy.

Cooked food loses so much of its taste that it has to be heavily spiced up with unhealthful additives such as monosodium glutamate (MSG) — a poisonous taste enhancer hidden in almost all canned and processed foods, disguised with many different misleading names. (See Appendix A.) In addition, cooked food is often "enhanced" with deadly table salt, as well as dressings and condiments. Once these are detoxified from your body, you will no longer crave them. Your tastebuds will open up to the ecstasy of whole, raw, natural foods.

When it comes to the sheer pleasure of eating raw food, perhaps no one puts it better than Juliano, the raw food chef genius, owner of a raw food restaurant in Los Angeles and author of *Raw: The Uncook Book*: "Why raw? Not because it guarantees me optimal health like the other 80 million species who eat only raw. Not because it's the last word in nutrition. Not for saving time or money. Not for the endless energy it provides me. Not because it helps the planet because, instead of discarding packaging which creates trash, I discard seeds which give life. No, not any of these reasons. So, why raw? Taste and pleasure and only taste and pleasure."

In an interview with *Newsweek* (April 12, 2005), outspoken raw fooder David Wolfe was quoted as calling his "eating plan 'sensual nutrition' rather than restrictive. 'There's such an erotic and beauty side to these foods,' he says. 'They're alive, and the colors are bright and vibrant.' "

Natalia Rose explains that on a 95% raw diet she actually eats more calories than when she weighed 30 pounds more because what she eats exits the body quickly and is not stored as waste or fat (*The Raw Food Detox Diet*, p. 88).

Pleasure from eating on a raw diet increases, but the addictive aspect is gone. While one experiences more eating pleasure, it is balanced, and there is less attachment to it than with cooked food.

Sexual pleasure seems to work in the same fashion: while it may also become much more intense on a raw food diet, it is paradoxically less addictive and more balanced. The addiction, or strong compulsion, will diminish, but the enjoyment will be much greater because one is in far superior physical shape.

8. Ecology

On a raw food diet, there is vastly less trash produced. There is a minimal amount of packaging to throw away. In fact, some raw fooders who grow their own food and compost their vegetative waste into their garden find that they have stopped producing trash altogether!

Furthermore, much forestation has been depleted in order to produce wood for cooking in areas where people are too poor to own a stove. For those who cannot afford wood to cook with, cattle dung is often used. I remember traveling in India and having to breathe in the polluted air as people burned water buffalo dung in order to cook.

When on a raw diet, you also don't destroy any of the nutrients; so you don't need as much food. People who have been on a 100% raw food diet for years need to eat even less food than the "newly raw," as veterans absorb so much more of the nutrients since digestion has become much more efficient.

Eating raw food saves the Earth. The conventional diet based on grains demands the plowing up of soil every year, which causes erosion, leading eventually to sterile deserts. The raising of cattle also creates serious erosion, with the legacy of destroyed land turning into desert. A raw food diet, on the other hand, encourages the growth of trees. Trees reach down deep into the ground and mineralize the earth's surface soil by pulling the minerals up to the stems, leaves and branches, which eventually fall to the topsoil.

The diet most Americans eat is rapidly destroying the planet for generations to come. Of prime concern is the fresh water used for cattle ranching. As Howard Lyman points out in his book *Mad Cowboy: Plain Truth from the Cattle Rancher Who Won't Eat Meat*, the water required to produce just ten pounds of steak equals the water consumption of the average household for an entire year! It took millions of years for the Ogallala Aquifer, the largest underground lake in the world, to form, and this vast water supply is in America. However, the meat industry is draining it dry very rapidly, and it will be nearly exhausted in half a century, as Lyman explains in his book.

John Robbins, vegan activist son of one of the founders of the Baskin-Robbins ice-cream franchise chain, estimates the date of depletion much sooner, at about the year 2020, in his video *Diet for a New America*. He cites a study from the University of California that explains that it takes 49 gallons of water to make a pound of apples, 24 gallons of water to create a pound of potatoes, but 5,000 gallons of water to make a pound of beef! Most people who eat meat are unaware of the true costs. When we eat meat, we are robbing from our children's most precious natural resource.

Water is also spared because people on raw diets don't need to drink as much since the food they eat doesn't have the water cooked out of it. On a diet of cooked food, the body also needs more water to produce massive amounts of gastric juices to digest the cooked food and to suspend the pathogens and eliminate them from the body.

Using our resources to produce fruits, vegetables, nuts and seeds, we could undoubtedly feed many more people. It is often reported by vegetarians that using the same land area to grow food for people instead of cattle, a vegetarian diet feeds many more people than a diet that includes meat. Yet a raw food diet feeds even more people, using the same land space, than a vegetarian one does. Of course, a raw food diet feeds many, many more people than the Standard American Diet (SAD) of meat and potatoes. According to Dr. Douglas Graham, "The Standard American Diet requires one hundred times the land of

a raw food diet to produce the same amount of food. A vegan diet requires two and a half times as much land as does a raw food diet.”

“We could feed forty people a pound of grain each, or one person a pound of beef,” Graham asserts, “but nutritionists figured out long ago that we can feed 2½ times as many people from an acre of fruit than we can from an acre of grains” (*Grain Damage*, p. 35).

When asked about the issue of famine in the third world, raw fooder Guy-Claude Burger of the instinctive eating movement (see Appendix C) responded, “When you love the fruit, you love the tree as well. One plants and looks after one’s orchard. Under the rule of cooked, starchy foods, fruit was demoted to the rank of snacks.”

Raw food pioneer Dr. Ann Wigmore went to India and taught some beggars to sprout their grains and beans. The nutrient content of their diets increased so much from eating the food uncooked and sprouted that they were able to stop begging since they needed less food.

In addition to helping the ecology simply by being on raw diets, raw fooders report feeling closer to the Earth and all of its creation and more consciously make efforts to avoid polluting it. They frequently take up gardening, which reduces the need to consume scarce fossil fuels in transporting foods long distances.

9. Free Time

No longer will you have to scrub the pots and pans of all that sticky, cooked food! You will no longer scrub endlessly at the greasy stains on the stove, oven and sink. Washing dishes and utensils used in raw food meals is simply a matter of rinsing. Sink drains will not clog up with grease.

During the six to twelve month transition stage, you may wish to experiment with many raw gourmet dishes that will take some preparation. But after a year or even less, you will become content to eat food in its most natural state. You will free up hours previously spent on food preparation and dishwashing. Eventually, you may also reduce your sleep time by a few hours a night. In a culture where time is more precious than money, this is perhaps one of the greatest gifts a raw diet has to offer.

10. Longevity

Of the millions of animal species on earth, only humans habitually eat cooked food. There are the notable exceptions of farm and zoo animals, domesticated pets and wild animals foraging in our trashcans, and these also develop the degenerative diseases that humans get from eating cooked food diets.

Only humans deliberately heat what they eat, and only humans tend to die at or below half their potential lifespans due to lifestyle-related illness. Typically, an animal in an unpolluted environment will live seven times past its age of maturation. Humans, who reach physical maturity in their late teens or early twenties, should be living to at least 140 years, full of health and vigor up to the last few years.

The great historian Herodotus claimed that the Pelasgians, who ate a diet of raw fruits, vegetables, nuts and seeds, lived an average of 200 years. This would make them the longest-lived people in recorded history.

On a raw food diet, you will not only have more time freed up from sleeping less, less food preparation and less time spent in dishwashing, but you will also likely add many years to your life. You may be one of the modern-day pioneers in pushing the boundaries of our lifespan. You could extend your “middle years,” living in full vigor and health many years past 100.

Gabriel Cousens, MD, stated in a lecture that there are two types of genes: the genotype, which you are born with and never changes, and the phenotype, which is affected by environment, such as diet and lifestyle. Eighty percent of longevity is dependent on environmental factors, especially what we eat. Only 20% comes from the genotype. What you eat feeds your genes. When you eat the phytochemicals from raw foods, you can turn on the anti-stress, anti-aging and anti-inflammatory genes. Resveratrol, a

phytochemical found in red fruits and vegetables, is especially effective in turning on the anti-aging genes.

An important factor in the role raw foods play in prolonging our years is their enzymes. (See Chapter 10.) One is known as the “anti-aging enzyme,” superoxide dismutase (SOD), because it discourages the formation of chemicals known as free radicals that do serious damage to the body.

The media tell us that we are living longer than ever before. This is misinformation because the statistics showing that the average current life expectancy is longer than the average life expectancy was, for example, 100 years ago, included the many babies that died. If you factor in all of the infant mortality of those years, the average life is bound to be shorter. Currently, due to better hygiene (see Glossary), fewer babies die, which adds many years when calculating average life expectancy.

Go visit a cemetery from the 1800s and early 1900s. You will marvel at all the gravestones for babies! So a big part of why the statistics tell us that we can expect to live longer is simply that fewer infants die nowadays.

According to the United States Department of Health and Human Services, the USA ranks 21st in life expectancy among all industrialized nations. People in modern America are not only *not living longer*, they are generally *getting sick much younger*. With the increased consumption of cooked foods (sometimes a food is heated three times before it is eaten!) as well as of processed and refined foods, we as a people are actually living shorter lives than our great-grandparents did, at least the ones who made it past 50.

Cancer, for example, hit only 1 in 8,000 people in 1900, according to Dr. William Donald Kelley, an expert on treating cancer. Now 1 in 2½, about 40% of us, can expect to get it. If such diseases as cancer were primarily caused by genetics, one would expect the rate of disease to remain somewhat stable, or even diminish (since many with the cancer gene would die before being able to reproduce). Instead, most diseases are on the rise because they are *environmentally caused*, having our unhealthful lifestyles and polluted civilization at their roots.

Also consider that much of the talk of our alleged increased length of life is due to medications and life support devices that prolong the agony of a sick body for a few years more while vastly draining one's financial resources. Yes, we are living longer in hospitals and nursing homes. But what quality of life is this? Would it not instead be better to prolong the *healthy years*, maintaining an agile, active body until the very end?

Eating a raw food diet will extend your youth and middle years, barring an early death from an unnatural cause like an accident. But even if someone eating raw gets killed in an accident before living out his maximal lifespan, the raw food diet still will not have been in vain. As David Wolfe says, “It’s not about adding *years* to your *life*, but adding *life* to your *years*.”

Now that we have explored ten reasons to eat raw, let's look at the amazing results obtained by some real-life converts to this transformational diet.