

It's what you eat that's killing you!

Othon Molina

Wouldn't you like to have...

A healthy and vibrant body staying younger rather than growing older? Wouldn't you like to have more energy now than you ever had before? better health all around and reduce your chances of the common diseases plaguing our society today?

It's really up to you; just stop eating the way our society eats. Why in the age of our greatest medical advances do we have more health problems than ever before? We have over 60% of the population obese, we have a diabetes epidemic, we have more heart attacks, cancer, high blood pressure and more immune deficiency diseases than ever before, in the history of mankind. Here is a good one, we also kill more people in hospitals (700,000 + people) by using the wrong drugs or surgery than those who die from cancer (600,000 +), and from heart attacks (500,000 +). WOW this study was conducted by some MD's way back in 2000, just imagine, these figures will have increased by now. It's obvious something needs to change.

Think about how our ancestors ate, that is our natural diet. We have not evolved that much in a few generations and yet the food we consume has changed radically. I am talking about way back before agriculture; that is when we started a more widespread eating of milk and grains. I think during the start of heavy agriculture and animal husbandry, our bodies became more sensitive to certain foods we were not used to eating. Think about why we have so many people allergic to milk products and grains? Could it be that our systems have not grown accustomed to eating them and we can't tolerate these new foods. Just like what rice is doing with non-rice eating cultures. We simply can't digest some of these foods adequately, if at all. These (mostly refined) carbohydrates are contributing to our insulin level disruption and causing many of the new modern diseases, diabetes being the most common one.

If you continue to eat as our modern western society eats, you will keep getting bigger around the middle and less healthy, I can guarantee that. To change the direction in which we are going we need to firstly change our eating habits. You can create the body you really are meant to have and lose weight naturally if you need to, just eat healthily and simply. You can actually get to your ideal body weight with sound nutrition and equally importantly, the proper body composition by building muscle and burning of fat. You need to decide what is more important than pepperoni pizza, fries, chocolate cake and cookies...or your long term health and vitality. I have actually had people tell me they would rather eat like they are eating, than change. Well it is up to you! The body you want to create is at your fingertips.

Is good nutrition an easy and natural alternative to drugs and surgery for your health problems? Drugs most often only deal with suppressing symptoms with chemicals and

never get to the heart of the matter. Drugs do not cure; nature does, if you give her a chance. In my opinion the most powerful way I have found to cure many illnesses and ailments, is by controlled supervised fasting. Then a raw food diet with small excursions, into our ancestors' food groups, will keep you the healthiest.

This is meant as a guide through the confusion of all the health information out there, and not to replace the advice and care of your doctor, if he studied nutrition, because guess what they don't teach nutrition in most medical schools!

I know every day there is a new diet fad that comes out, eat this, don't eat that, "The eat for your blood type" diet is pretty good, the PAMM (Pan-Asian Modified Mediterranean Diet) is alright, Dr. Robert Young "The PH Miracle", is good, what the doctors in "Spa Medicine" wrote is great, they break it down well. There are lots of books out there you just have to educate yourself and then most importantly "**LISTEN TO YOUR BODY.**" But you have to clean it first or you won't understand the cravings. I had a student back in the 80's, when I said "Listen to your body" he said; "Yeah my body says Snickers!" Well I said to him "yeah, but is that really true?" We have become addicted to sugar just as we have become addicted to empty carbohydrates, and all the packaged non-food.

But what makes our system make sense? One of my favorites and the one close to how our ancestors ate is from the book, "The Paleolithic Prescription" by Dr. Boyd Eaton, which to me is the closest to NATURE, follow the laws of Nature and you can't go wrong, you don't have to go totally raw, or never enjoy some cooked food or occasionally drink a beer or glass of wine. I am talking about seriously changing the percentage of healthy versus unhealthy foods that you eat; much of this information is backed up by peer-reviewed science, as well as over forty years of study research and experimentation in different nutritional systems.

The following time-honored nutrition principles can radically improve many of your long-standing health problems or better yet the ones to come.

At Least 70 to 80% of your food should be raw that is **Uncooked, Un-steamed**, to some this is radical. I am at about 80 to 90% the rest I call party food; some may call it comfort food. If I was to break down the nutrition percentage, I would say I'm at about 65-70% carbohydrates 10 -15% Protein and 20-25% fats, the key is healthy carbohydrates, healthy protein and healthy fats. There is all this hooplah about protein can you get enough as a vegetarian etc. Well body builders need more protein and protein shakes or do they I am not into that using soy or even whey shakes give me the real deal. As well as all these protein diets, I think they are dangerous as they put a strain on the body and since protein is hard for us to digest and convert to energy, yes you loose weight but at the expense of your health. When you think about the time when the human body needs the best food and is growing the fastest it's Mothers milk we grow to double our weight in six months, that's when it's critical to have protein in growth well Mothers milk only has about 10% protein. So I think our body does better with the right amount of protein, about 10-15% max. There is a large variation of how much protein, from 60 grams a day to 200 grams a day, you just have to know if you need that much. When you are a body

builder protein repairs all the tissue damage that you inflict, so you need more. Also when you are an athlete you need a bit more, however most people eat far too much. Some information from Waikapedia'

Mothers milk in comparison to other milks

All mammal species produce milk, but the composition of milk for each species varies widely and other kinds of milk are often very different from human breast milk. As a rule, the milk of mammals that nurse frequently (including human babies) is less rich, or more watery, than the milk of mammals whose young nurse less often. Human milk is noticeably thinner and sweeter than cow's milk. Left in a cup, the cream will rise and form a thin layer.

Whole cow's milk does not contain sufficient vitamin E, iron, or essential fatty acids, which can make infants fed on cow's milk anemic. Whole cow's milk also contains excessive amounts of protein, sodium, and potassium which may put a strain on an infant's immature kidneys. In addition, the proteins and fats in whole cow's milk are more difficult for an infant to digest and absorb than the ones in breast milk.[23] Evaporated milk may be easier to digest due to the processing of the protein but is still nutritionally inadequate. A significant minority of infants are allergic to one or more of the constituents of cow's milk, most often the cow's milk protein.[24] These problems can also affect infant formulas derived from cow's milk.

So if you eat meat products or dairy products they should be only 7 to 10% of your intake, ideally only organic or free range wild meats and eggs. However if you are overweight it's really best to get out of eating them all together till you stabilize, go vegetarian for some time to get cleaned out, your body will find it's normal weight. If you are going to eat dairy be aware that the dairy industry is injecting cattle with bovine hormones to boost milk production, also pasteurized milk is pretty much dead food. That means that your body cannot use the calcium, fat or any of the nutrients as they have killed all the enzymes that help digest it. If you can't get off them or want to transition, find these products raw, they have the digestive enzymes we humans need to utilize the nutrients. If not they are not fit for human consumption, it must be noted that once weaned there are no animals that drink their milk. Obviously humans have been eating animals and their products for many generations and some are never going to give them up. Just be aware that grass fed and organic beef is better than grain fed beef full of chemicals. We all know enough about the fact that cattle production and their raising is not an effective way of using the land and not working to keep our planet green, see the book "MAD COWBOY" By Howard Lyman and Glen Merzer. I guarantee you will stop eating commercial beef and maybe all of it. It should also be noted that all the countries with osteoporosis are the developed countries that drink milk, so this bull that milk is good for your body is all just a clever marketing campaign.

There are valuable enzymes and sensitive micronutrients that are damaged when you heat foods. Cooking and processing food can destroy these micronutrients by altering their shape and chemical composition. Frozen or highly process foods are dead as well in my opinion, as even canned foods are pasteurized to the point where very little nutritional value is left, its just fluff. Eating more vegetables and fruit will easily help you reach this goal of 60 to 80% raw in your diet. I am against juicing most of the time as it concentrates the sugars far out of natures balance, plus we are not even sure what all that fiber really does on a bio-chemical level. We know it helps with digestion assimilation and action in the colon but we're not sure of the subtle nutrients in fiber.

Eat More Vegetables and Fruit, I mean **WAY MORE!!!**

I think most people are dehydrated in fact I know most are not the 75% water that we are supposed to be. I only know of one person like that, my friend Loren he has been eating raw food for twenty years, but it can show you the other alternative is worse Dehydration leads to all kinds of problems. Just think, if you look at eating anything that has no water in it, or cooked food, or the concentrated proteins like meat or cheese, or even nuts and seeds that are not soaked, it all takes water out of your system to digest. Imagine eating a whole bag of chips and they come out the way they went in! Yeah ouch. So where does the body get the water to digest and soften a whole box of cookies, it takes it out of your tissues. Let us first start out by describing further what you should stay away from:

If it's man-made don't eat it, if it's packaged with a bunch of extra fat, salt and sugar to taste good, don't eat it. If it's in a can, frozen, full of coloring or words you can't pronounce, totally full of chemicals don't eat it. If it's fast foods, deep-fried, dogs on a stick, assorted miscellaneous body parts, don't eat it, stay away from non-real food, they will slowly kill you. So we can use the drugs to help us with all the problems that this kind of diet brings, and so we end up poisoning ourselves with drugs and man-made chemicals, whilst fattening up the pharmaceutical and political fat cats' pockets day-in, day-out as they keep us in a state of malnutrition/obesity and dependent on their very own drugs.

ALL vegetables and fruit promote health, unless you are allergic to them or they cause gas or intestinal problems. Actually if you get gas, or diarrhea from fruit that might mean they are cleaning you out and that's not necessarily a bad thing. One of the first cleansings I did back in the early 70's before I knew that juicing was too intense was to go on a fresh squeezed organic apple juice diet. Yes you guess it! gave me the runs for days, but after three days, my body started to absorb the nutrients and it stopped being a problem. You may need some cleaning out. In fact I don't know too many who couldn't do with a cleaner colon.

It would be best to have most vegetables uncooked, but you may have to lightly steam some vegetables initially if your taste buds are shot, it may taste bland to you at first, try and not drench them in salad dressing, or add salt, that defeats the whole purpose of eating healthy. If you must eat a little salt with some food as you transition then for god's

sake don't eat regular table salt the best out there is the pink salt or Hawaiian raw salt, as table salt is heated to some 12000 degrees and is dead and toxic. If you need salad dressing, Olive oil is the best to put on your salad, the Mediterranean culture has very little or no cancer, there is something to it, but just a tablespoon a day in your salad can be enough with a squeeze of fresh lemon juice. Olive oil has a substance called squalene it can help neutralize toxic chemicals in your body, yet still high and fat use sparingly.

Ideally we should eat about two to four pounds of vegetables every day and at least two to four pounds of fruit, for every 100 pounds of body weight. I eat that much at one meal sometimes, to get the calories when I just eat raw. Remember if it's raw most of that is water weight, you won't gain weight eating piles of raw food, you will actually start to lose weight if your body is over-weight. Fruits and vegetables have good water that goes right into your system, by that I mean it's structured water and not hard like tap or even spring water. You will need this amount of vegetables to optimize your body's pH acid/alkaline balance and get the phytochemicals and enzymes your body needs.

Vegetables and fruit contain phytochemicals, which are powerful natural agents to promote health. They will also help to alkalinize your system, as most of us are far too acidic. Everything that is not fruits and vegetables is acid forming. Most people are overweight not just because they eat too much (Which is true if you don't burn what you eat, your body stores it in your butt and in your gut). The body holds on to the extra fat to neutralize your acidity (Dr. Young, pH Miracle). Most people benefit more from increased vegetables and fruit than from extra vitamins, which only actually absorb a fairly low percentage of the ingredients in the pills we take. I like some nutrients and have used nutraceuticals, also green drinks if properly made will give you piles of vitamins, but I prefer to get most of my vitamins from real, wholesome food. For certain illnesses or conditions using vitamin C or D, E or other special vitamin therapies is good in my opinion, consult with a holistic doctor.

Replace Nearly ALL GRAINS with Vegetables unless they are sprouted then cooked or sometimes I use quinoa, millet or spelt. Most grains should be used sparingly and not at all if you are overweight or have diabetes or any other health challenge.

This is one of the keys to staying healthy. If you are not familiar with the dangers of grains here is a little tidbit of information, most animals can't digest grain either. That's why they fatten cows up with grain. Every grain has a natural non-digestible enzyme coating in it for the preservation and propagation of the species. The ancients knew this, that's why they use to sprout the grains before making bread. I know, corn on the cob, it's so good, but you ever see what comes out of you after you eat it? Most of it does not digest in your system. My understanding is the ancient Meso-Americans figured out how to make it work, they use lime to make corn tortillas, that chemical reaction allows tortillas to be digestible. Sprouting changes the grain to a plant and thus it becomes digestible only after soaking for two to three days. All legumes and beans should be soaked for three days for maximum digestion changing the water daily, then cooked at a low temperature.

I think that rice (particularly white rice) is killing our people, at least those who eat it two or three times a day and every day. I am talking about non-rice eating cultures. There was no rice in the Americas before the white man came (or the Asians) Hawaiians, Mexicans, Latinos in general all are getting diabetes, and we don't come from a rice eating culture. It's only four generations back that we started eating rice in America or Hawaii for that matter. People think rice and beans is a Mexican staple, it was corn not rice that we had in the Americas, and forget the Hawaiians they didn't have rice three generations ago, now look at the obesity problem there too, and diabetes is an epidemic as well with all the new rice eating cultures. I am here in Panama now and they have the same problem here, diabetes is at epidemic levels, and they eat rice two or three times a day. It's cheap and easy to fill those hungry bellies, but look at their bellies, all bloated and not healthy; Rice is killing our people. Even oats, amaranth, and other grains are digestible only if you soak them, if not avoid them as they don't digest anyway, another hard to digest foods such as potatoes, and pastas or any non-sprouted bread should be avoided, or at least cut way back on them. Pasta is the enemy! I know you Italians are thinking I am crazy, but you are more accustomed to eating that pasta. We come from a culture that has grown up on certain foods, if you change your diet to a different culture than your genes are used to, you will suffer.

Many people struggle with this grain restriction; all through the late 60's and 70's we all got into whole wheat breads, and rye and all that healthy multi-grain breads. Now we know that most people are allergic to wheat, and grains, it's because we can't digest them in that form.

Some people even use the bible to support the use of grains as healthy and a way of life. What I have learned though is that grains are rarely digestible and if a person has high insulin levels, which is usually the case these days, from the epidemic of immune disorders they are much worse for you and should be avoided:

Diabetes
High Blood Pressure
Overweight
Allergies
High Cholesterol

If you have any of these problems, in my experience grains tend to worsen your health. If one is healthy or underweight soaked whole grain products are great and may actually promote health. Many of my athletes loves their grains, and for carbo-loading it's hard to do it simply with vegetables, if you are burning lots of calories it's hard to pack twenty pounds of salad in a day. They burn the carbohydrates off so it's not a problem for some of these athletes.

Not All Vegetables Are Created Equal some are hard to digest raw like; cabbage, broccoli, carrots (Carrots are high in sugar and generally should be limited) green beans, Brussels sprouts, are harder to digest.

Salads are a good start but avoid iceberg lettuce as it has very little nutrients, compared to, spinach, green leaf, romaine, red leaf, or baby greens (Which I love) and are much better options. I'm not big on alfalfa sprouts I think they are slightly toxic, other sprouts are ok but not in large quantities, my favorite are sunflower sprouts, but all these should be limited as they are highly concentrated food. Sunflower sprouts are easy to make, get a flat tray (No holes) put some earth or potting soil in it, get raw sunflowers in their shell and lay them down and cover with a paper towel. Put in a sunny window and water every day. You will see them in a few days pushing up the paper, once they are rooted pull off the paper and watch them grow. Don't let them get too tall as they will taste best young and small about 3 or 4 days after you take paper off.

Other good vegetables include: Endive, celery, cucumbers, Chinese cabbage, Bok Choy, cauliflower, asparagus, zucchini, tomatoes, and red, yellow and orange bell peppers are all good choices. Foods that should be used sparingly as they are highly concentrated like; parsley, dandelion greens, collards, and mustard greens, onions, garlic and basil, or for that matter all herbs in general.

Usually the greener the vegetable, the more good chlorophyll and nutrition are present.

If you cook the harder vegetables, you may want to steam the stems separately from the leaves because they require longer cooking time. I usually avoid eating these hard to cook foods; I'm not sure how much nutrition is left after you steam the heck out of them.

Try to only purchase organic vegetables, now a days we have so many farmers markets around that you just need to look around your neighborhood, or some novelty stores have organic foods, even some mainstream supermarkets carry some organic products now. I think back to the early 70's when I started going organic, how hard it was to find it even in Los Angeles, as many of the health food stores back then were pill shops and had very little produce. Organic varieties will decrease your exposure to dangerous pesticides and some of us nutritional experts think, they have two to five times more nutrients as compared to non-organic vegetables. Most people agree that they also taste much better, another thing you may try and grow your own small garden or join community gardening program.

Keep your vegetables fresh, don't wash them then put them away wet, as they will spoil faster, keep them dry until you need them. I even use paper bags to put them in, as they breathe, just recently I have seen some special plastic bags with small holes that breathe too, that way they don't get all mushy on you.

If you are unable to obtain organic vegetables, avoid the worse sprayed ones like apples, celery, carrots, grapes, green beans, peaches, oranges, strawberries, lettuce, potatoes, soy, rice and wheat. You can rinse non-organic vegetables in a sink full of water with 2-3 ounces of distilled vinegar for 30 minutes, or use some solutions they sell in health food stores for cleaning your veggies and fruit, but to me it's just not worth it, as I think they are still laced with the chemicals. A lot of my clients and friends after sharing this eating regime with them say, "What am I supposed to eat, that is too hard!!! I love pizza and

beer? Well so do I, but I don't eat it all the time, well pizza rarely but you know what I mean balance is the key. Way more balance like 90% healthy to 10% cooked or non-veggie foods "Party Food".

We are just so conditioned to eating the way we have, but as I said earlier "You keep eating what you're eating you will keep getting the body you are getting, "Just more of it"

Eating raw in the tropics is much easier than eating raw in Colorado in the winter, or any cold climate for that matter. But here are some recommendations for breakfast, lunch and dinner it's always better to make your own and avoid the restaurants unless it's really a healthy one.

There are many non-cook-books, there are better experts at that than me and they have some out but I will keep it fairly simple, simple eating is good, it's boring for most people but guess what! Your body will love you for it.

Breakfast ideas;

1. Well I eat a half of a papaya 14 to 16 inches long, with six or so bananas something like 4-5 pounds of fruit at a sitting. Sometimes ten mangos, when they are in season I take advantage and eat lots of them. Contrary to most people's idea fruit in its natural state does not spike your blood sugar like carbohydrates. Test it out!!! You get some protein from fruit too. See this web site it has the protein content in all foods including fruit, it is a small percentage but as I said I don't think we need piles of protein, about 10% or so of our calories should come from protein see and table below even banana and papaya have protein:

<http://www.highproteinfoods.net/>

Serving Size	Protein	Calories	Calories - Protein	Percent -Protein
Bananas,				
1 tbsp	0.24 g	21.45	0.96	4.5%
100g	3.89 g	346.00	15.56	4.5%
1 cup	3.89 g	346.00	15.56	4.5%

Serving Size	Protein	Calories	Calories Protein	Percent from Protein
Papayas, raw				
100g	0.61 g	39.00	2.44	6.3%

1 cup, cubes	0.85 g	54.60	3.42	6.3%
1 small (4-1/2" long x 2-3/4")	0.93 g	59.28	3.71	6.3%
1 cup, mashed	1.40 g	89.70	5.61	6.3%
1 medium (5-1/8" long x 3")	1.85 g	118.56	7.42	6.3%
1 large (5-3/4" long x 3-1/4")	2.32 g	148.20	9.27	6.3%

I don't think we need piles of protein anyway, think about mothers milk as we talked about earlier. I think that in general we eat too much protein as it is.

2. A whole pineapple or two if they are small and two or three avocados, or ten oranges. Or a bunch of other fruit if I am not in the tropics. Grains maybe with berries if in the north or apples, pears, eat local when you can, and organic. Fresh whole milk yogurt with home made granola and a bunch of unsalted, unsweetened nuts.

3. A couple of cantaloupes, a watermelon, or a honeydew, I usually eat till I feel full. I never mix melons with anything else as they are fast to digest and anything you mix with them sits in your stomach and ferments. Eat the whole watermelon if you want (talking small one not the Texas monsters) it's also a good breakfast or lunch. These breakfasts will leave you hungry at first, but your body will start to absorb them later, just try it!

4. If you need a lot of energy out of breakfast if you are training or work physically hard, I love soaked quinoa with figs and almond milk. Soak your quinoa with the figs in water for a couple of days, then rinse daily, take the figs out to cook it and to serve add some almond milk and cinnamon, then put the figs back in and dig in. Maybe a slice of sprouted bread with some goat cheese if you are training, or spread avocado on the bread, or a nut butter. That will get your engine going longer than just fruit.

5. Well yes, eggs, are sometimes ok, organic, but soft boiled if you're going to eat them and without the bacon please bacon and eggs is an American staple but believe me the Pork industry is getting much worse, stay away from that if you want a little protein with eggs have some fish or a piece of cheese. Maybe some veggies, or some sprouted bread or sprouted bagel. A nut butter occasionally is not bad; just remember all fats especially the saturated kind should be used minimally if you are overweight, once or twice a week. If you are burning your calories eating like this occasionally is ok but if you are overweight **stop eating fatty foods and empty Carbohydrates!!** And stay with fruit, vegetables and some legumes ...

6. Nobody ever said you couldn't have steamed veggies for breakfast or a big salad, with soaked nuts or a little goats cheese. Try it!

Some lunch ideas are:

1. Huge salad, family-size bowl, 3 or 4 pounds, greens, avocado, some soaked almonds, tomatoes, which about does it. I use no dressings maybe some olive oil, all oils are high in fat, most people don't need the extra fat (Hey what a concept if you're overweight you don't need more fat! Another good oil is raw coconut oil, in fact it's the best to cook with as it does not convert to TFA (Trans fatty acids) which damage our immune system. Most people carry a few months of extra fuel. If you cook with oil, the best is coconut oil. It cracks me up to see obese people sit at a restaurant and eat a hamburger with French fries and then order a diet

- coke. I just don't get that one. Stay away from all that fatty food, and the diet stuff too, it will kill you. Splenda and Sacarin were developed as insect poisons initially, certainly not for human consumption and aspartame is downright poison, thank Rumsfeld for passing that through the FDA. Just eat the sugar instead and better yet give that up too, especially the soda and crap that has all the extra sugar. There are ten teaspoons of sugar in a can of coke! A better alternative would be natural, organic, unprocessed honey or indeed Stevia, which is a natural organic plant whose sweetness is 200x that of normal processed sugar! The other alternative is raw cane sugar, use moderately though not in everything.
2. I may eat just a whole head of lettuce (Romaine, or two red lettuce) and wrap bananas in the leaves. Six or seven bananas will usually do the trick. (Apple bananas, less if they are large ones I may eat just five). Or a bunch of tomatoes with maybe some avocados. Keep it simple the body digests best only a few foods at a time and they must complement each other. (See charts on food combining).
 3. Maybe some steamed veggies, or lentils, if it's cold, there is nothing like a good bowl of vegetable soup, but I'm usually raw for lunches in the tropics. Cooked in the north just feels better and is ok when eating healthily. What is healthy I have lots of people tell me they eat healthy, then they eat this big pork dinner. With potatoes. Healthy means less meat in the diet, more fruits and vegetables, no packaged junk, no canned or frozen foods, no deep fried stuff, basically the more natural the better.
 4. If you need some protein after when training hard physically, eat the salad with a little tuna or salmon, but it should be 10-20% of the meal, not 80%. Other protein I eat are hard boiled eggs in a salad or soaked nuts or some goats cheese. I stay away from tofu, tempe is much better, occasionally.

Dinner

1. Salad again, always include those leafy greens (spinach, kale, romaine lettuce, broccoli, Bok choy etc) maybe some steamed veggies or soaked cooked grains (if you are training or working physically hard, a little goats cheese in the salad, or soaked nuts or fish, even some natural beef is ok).
2. Baked or sweet potato, with quinoa or some other grains, and salad.
3. Soups, multi bean is one of my favorites, with tortillas. Throw lots of greens in the soup like kale, spinach or Bok Choy. Or a nice big bowl of vegetable soup. With sprouted bread, or tortillas with guacamole (Avocado).
4. Once in a while, maybe some potatoes, or spelt pasta and greens (if you are training and are not over-weight).
5. Fish and salad, or steamed veggies. I eat fish maybe once a week or twice a month, not every day. This too if you are training or not over-weight, eat the wild kind, the farmed fish are toxic; Alaskan Salmon, Halibut and Cod are good choices or something local if you are not in a polluted part of the world. We eat lots of sea bass and red snapper in Panama and Hawaii. I have eaten Ahi or

Yellow fin Tuna for thirty years and I have no toxic metals. There is definitely something to eating balanced. Lots of salsa with cilantro takes out heavy metals.

6. A salad with some animal protein generally works well for most people transitioning to less meat, but make it a small serving of protein and large serving of greens, 80-90%- greens 10-20% protein.

If you think chicken is good, and you can't live without it, then buy organic, as chicken is the most polluted of all meats. I usually avoid it; they are kind of disgusting creatures caged, and still very high in saturated fat. If you're going to eat flesh, eat bison, or other natural game, they have the omega-3 and less of the omega 6 which is harmful in most commercial meat.

Water and other beverages. **Do not drink tap water!**

Your exclusive beverage should be water and not with your meals. If you eat 80 to 90% raw you won't need that much water. The water in fruits and vegetables is much easier for your body to absorb than the drinking water on the market. Bottled spring water (not drinking water) is good, but it is expensive and has a negative impact on the environment. Reverse osmosis or other filtered water systems will remove virtually all problems from the water including fluoride and chlorine. Carbon filtered water systems work well but do not remove fluoride and that is a big problem. So don't buy into that about using fluoride in your toothpaste.

Note that nearly all of Europe use to add fluoride to their water supply, but after they studied the issue more carefully and saw how toxic it is, they decided to remove it. USA is still trying to poison us with chlorine and fluoride. Chlorine is a toxic chemical and should not be consumed in any quantities. Normal filtered water systems cost approximately 25 or 35 cents per gallon. However, other new filters are a more effective solution that will bring the cost down to 5-10 cents per gallon.

Try not to purchase the one-gallon cloudy plastic (PVC) containers from your grocery store as they transfer far too many petro-chemicals into the water and I'm not sure it's any better than tap water without chlorine anyway. They have done studies that the water in most stores is not that great, I think it's dead too, no life force see (Victor Shalberger's work). The five-gallon containers and the clear bottles (polyethylene) are a much better plastic and will not give the water that awful plastic taste. Better yet buy your own filter system, there are many on the market that are good, look around on the internet. Also there is plenty of information on alkalizing your water but that is another story. You can obtain them locally from Home Depot or other water stores have filters, Culligan as a far better choice than Brita filters (Wal-Mart). They simply screw directly into your current faucet and only take a few minutes to install. However, please recognize nearly all carbon filters will not remove fluoride from your water supply unless they go down to .001 microns.

Most people do not drink enough water, but even those who do, are dehydrated I say again, eat more raw foods. They have always said the rule is one quart of water for every fifty pounds of body weight. It will also be important to sip the water all day long to get

that in, it's hard but you see everyone now with their little water bottle, never saw that back in the 70's or before. It's water or a Starbuck cup! Your body can only process a bit more than a glass of water every hour or so and then you got to pee everywhere. If you drink much more than that at one sitting, the extra water will not be used, but end up in the toilet.

Most people do not recognize that their shower or worse a bath is a significant source of chlorine exposure. It would be best to put a filter on your showerhead too. If you take a bath, fill it up from the shower filter. These are probably not necessary if you obtain your water from a well or spring like we have.

Avoid Coffee! Most people recognize that coffee is not the best fluid to drink, especially on an empty stomach and daily it's a killer. Also it is way too acid forming and also will dehydrate you more, just like beer and other sweet drinks, including fruit juice. I avoid all juices most of the time unless I'm traveling and can't get enough fruit and what's worse they put sugar in some of them now to boot, so watch out! Coffee is highly sprayed and full of chemicals, it has been shown to raise cholesterol levels, mess with your insulin levels, contribute to arthritis and some say stroke, damage your blood vessels (by creating plaque) that's because the body holds on to the fat to neutralize the acidity and thus increase risk of heart disease.

If you are Cuban (Like one of my friends says) struggling with the food changes, you can leave off the coffee as one of your last changes, but stopping coffee should clearly be one of your goals and if you **MUST DRINK IT...GET ORGANIC!!!** and once in a while it won't kill you. It's those people that drink five or six cups of coffee everyday and no food that will make your adrenal glands work overtime.

Healthy Fats

Essential fatty acids play critical roles in human health and brain function. Cell membranes (all cells) are composed of a double layer of fat and the brain is 50 to 60% fat, of course it also has the lecithin just like the egg to balance it out. We have all heard of Omega-3 fats, DHA and EPA and many people are also taking fish oil capsules and flax seeds or flax oil (Which I don't recommend as most of the oils I have found are rancid) these nutrients are essential to brain and nerve function.

Some nutritional anthropologists think that when the caveman started eating fish and wild game the human brain developed faster because of the high levels of DHA and essential fatty acids found in fish and wild game.

In cell membranes omega-3 fats improve your cell's response to insulin, neurotransmitters and other messengers. They also facilitate repair when cells are damaged they also show that many young women benefit from this increase in essential fatty acids and improve their moods getting many out of depression, especially if they are vegan. On the other hand, omega-6 fats and all the saturated fats that bring Trans Fatty Acids (TFA's) into the body contributes to insulin weak immune system, altering mood, and impaired learning and cell/tissue repair. All the **NEW MEAT** is not healthy.

There is tons of research that shows that it is critically important to dramatically reduce the amount of TFA's (Transfatty Acids) and omega-6 fats in the American diet and to increase the amount of omega-3 fats. To do this you will need to avoid all vegetable oils and deep-fried food and most of the meat products (ground beef, hot dogs, processed meat are all polluted) and is out of balance with the omega 3 and 6.

My personal preference for omega-3 is good quality Cod Liver Oil or wild salmon, the next few contain less but are easy to get; powdered flax seed, not oil and now you can get hemp seeds or oil. You might cringe at this recommendation of Cod Liver Oil, but that is only because most brands of cod liver oil or flax oil are sometimes rancid and spoiled fats can taste terrible.

You have to find the Cod Liver Oil that smells fresh and then it will not have a bad taste, if it tastes or smells bad it's rancid. If you buy the capsules break one open and eat it, if it tastes bad don't take it. If for whatever reason, you are unable to take cod liver oil, you will need to consider another source of omega-3 fat, fish oil capsules or lots of fish.

Vitamin D

Vitamin D is particularly important for all of us who are not getting enough sun, although that is even debatable, as sunlight is the single most important source for it. Actually you get some from green leafy vegetables too and sunflower seeds are good sources of natural vitamin D. The vitamin D content of cod liver may cause problems if you have significant sun exposure during the summer months or if you live in latitudes closer to the equator, like Panama or Hawaii, I never worried about Vitamin D there.

This is a very tricky topic as there are many complex variables involved and you may actually need to measure blood levels of vitamin D if you have problems. But there is a lot of new research showing how good vitamin D is for Cancer and other autoimmune diseases.

Probably the least expensive and highest quality fish oil capsules are obtained at Costco. Their Kirkland store brand has 300 capsules for under \$10. As far as I can discern, the Kirkland fish oil is not normally rancid, this may be due to their large turnover.

Another way you can receive the necessary omega-3 fats is eating meat that is allowed to "free-range." Most wild game is great for the omegas but not always available in most cities. We were lucky in Hawaii there was buffalo and other wild game. We also had several ranches that had grass fed beef, which is the only beef to eat really, if you're gong to eat it and organic of course.

The whole cattle industry is really a mess and with the event of hoof and mouth disease and the recent mad cow disease epidemic in England, this is close to happening in the United States as they still feed ground up dead animals to cattle, yes they feed dead animals to the cattle. Read Mad Cowboy!!

I apologize as some of the sources I used I was not able to find out your name, I got lots of this article from the internet some years ago and lost the name of the author, if you find I have used your information please contact me so that I can give you the right credit, other sources are (Dr. Young, Lockman, Dr. Simpson, Dr. Sinatra and Dr. Suarez Mendez from (Spa Medicine)).