



## INTRODUCTION

### Raw Foods Vegetarianism

- Eating a diet of raw and living food automatically improves health, slows aging, adds to mental clarity, strengthens bones, and boosts immune power
- Other recommended lifestyle improvements are careful food combining, fasting, colon cleansing, exercising, and dry skin brushing, as well as improving mental outlook and the use of aromatherapy, saunas, steam baths, whirlpools, massage, electrical frequency, and oxygen therapy
- Monolithic Eating is eating one food at a time; this encourages full digestion

### Food Combining

- One goal of a raw food vegetarian is to nourish the body, allowing quick absorption of nutrients and rapid elimination of waste
- Even if the diet is purely living foods, the combination of foods eaten at one sitting can either help or hinder this process



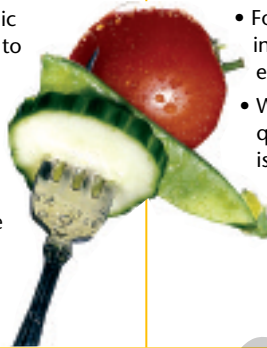
## ENZYMES

- Enzymes are proteins that assist in chemical reactions; without enzymes, life is not possible
- Digestive enzymes help to break down molecular bonds in food and help with digestion
- Raw, living foods contain their own digestive enzymes, so the body does not have to use its own supply
- When raw food is chewed or crushed, these enzymes are released and they break down the plant material with which they come in contact; this promotes healthy digestion
- When starches and protein foods are eaten at the same meal, the digestion of both is slowed down and indigestion occurs

## TWO PRINCIPLES OF FOOD COMBINING

### 1 Do Not Neutralize Your Digestive Fluids

- Protein foods require the acidic juices formed in the stomach to break them down
- When the acidic juices mix with the alkaline juices they tend to neutralize each other
- Thus, when starches and protein foods are eaten at the same meal, the digestion of both is slowed down and indigestion occurs



### 2 Do Not Slow Down Food That Digests Quickly

- Foods digest at a different rate in different acid/alkaline environments
- When a food that breaks down quickly in the digestive system is behind a food that breaks down slowly, the digestive process is impaired
- This causes indigestion, bloating, and poor assimilation

## THE FOUR GOLDEN RULES

### 1 Never Eat Proteins and Carbohydrates Together

- Proteins go well with vegetables and carbohydrates go well with vegetables, but never mix the two

### 2 When Eating Fruit, Eat It Ripe and Never When Unwell

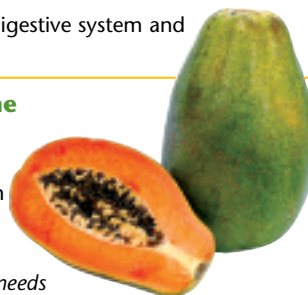
- Fruit is often picked unripe to extend its shelf life, but if eaten, unripe fruit takes what it needs to ripen from the body
- Fruit contains sugar, and all sugar feeds disease
- Sugar is hard on the pancreas, and if the pancreas does not work well, the sugar goes into the bloodstream and feeds disease
- Once you have achieved optimum health, 15% of your diet may be fruit
- When drinking fruit juice, add 75-90% water

### 3 Never Eat Fruits and Vegetables Together

- Fruits and vegetables digest at different rates
- If consumed together, they can cause a backup in the digestive system and produce gas and bloating

### 4 Melons: Eat Them Alone or Leave Them Alone

- Melons are high in sugar, so they should be avoided
- However, if they are eaten, they digest very quickly, so they will collide with other foods in the digestive system
- Once sitting in the system, they will ferment and cause uncomfortable gas



*Note: When ill, eat 100% raw foods as the immune system needs full employment— not the diversion cooked foods cause*

## IDEAL DIET

### 80% Alkaline & 20% Acid

- A diet high in alkaline foods neutralizes the blood and decalcifies the body

#### Alkaline-Forming Foods

- Sprouts
- Leafy and green vegetables
- Vine-ripened vegetables
- Herbs
- Cayenne pepper
- Garlic and onions
- Tree-ripened fruits
- Small grains
- Sea vegetables
- Fresh beans and corn
- Sesame seeds
- Some nuts such as almonds and pine nuts

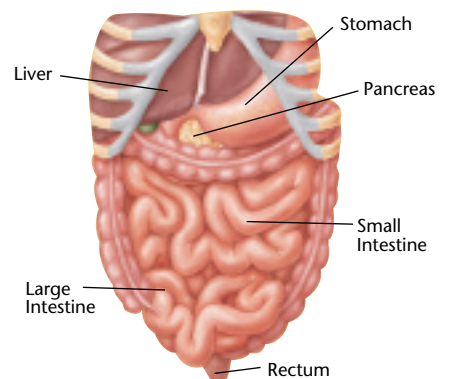


#### Acid-Forming Foods

- Some fruits such as blueberries, cranberries, plums, and prunes
- Some large grains such as buckwheat and rye
- Dry unsprouted beans
- Most unsprouted nuts
- Most unsprouted seeds



## DIGESTIVE SYSTEM



## FASTING

- Fasting has a powerful healing influence on the body, mind, emotions, and spirit
- There has never been a major culture or religion that did not include fasting among its tenets and practices
- Arnold Ehret, a 19<sup>th</sup> century pioneer who used fasting as an adjunct to self-healing, said, "Fasting is nature's surgical table"
- Although many people fast with only water, fasting with liquid nourishment is recommended
- Fasting with liquid nourishment is the drinking of raw juices such as green drinks, watermelon juice, and whole fruit juices during a fast



- While fasting, green drinks should be the primary drink; these drinks can be supplemented by water, herbal teas, watermelon or cucumber drinks, and small amounts of diluted fruit drinks (but never consume fruit if ill)
- Consume at least two quarts of water (eight 8-ounce glasses) during the day and have the last drink at least 3 hrs before retiring for the night; this will minimize bathroom visits during sleep
- One-day fasts can be safely done once a week to cleanse the body, mind, and spirit
- At the beginning, fast on days that are not busy; eventually, you will become more effective during your fasts
- Fasting one day per week improves your functioning during the other six
- Research shows that you can add 20 yrs to your life if you fast one day per week



### During Fast

- Stored toxins will be released from cells and eliminated from the body
- This may result in a tired, achy, and irritable feeling for most of the day
- Increasing the intake of liquids, especially green drinks, minimizes discomfort

### After Fast

- The first meal should be very light; tree-ripened fruit or a few sprouts and living vegetables
- Allow the digestive system to awaken gently
- This meal can be consumed as soon as 30 min after the morning drink
- For lunch and dinner, resume regular eating program
- The day after a fast is ideal for improving eating habits

### One-Day Fast

**Breakfast:** Watermelon or cucumber juice (diluted but seeds and rind included) or diluted juice of apples, grapes, pears, berries and/or all other fruits • Use only tree-ripened, organic fruit • Dilute

all fruit juices except for watermelon juice (1 part juice with 2 or more parts water)

**Between Breakfast and Lunch:** Purified water and lemon-water or herbal tea as often as needed

**Lunch:** Green drink or vegetable juices

**Between Lunch and Dinner:** Purified water and lemon-water or herbal tea as often as needed

**Dinner:** Green drink or vegetable juices (try not to drink after this "meal")

### Green Drink

- 50% juice from sprouts, baby greens, or edible weeds (dandelion, purslane, sorrel, arugula, etc.)
- 50% juice from green vegetables (kale, collard, cucumber, spinach, celery, dark green lettuce, cabbages, etc.)

*Note: You may add herbs such as fresh parsley, cilantro, basil, dill, or mint or add natural medicine such as garlic or ginger*

*Avoid: Juices of carrots, beets, and other sweet vegetables; the average body can no longer tolerate sugar when mixed with juiced forms of these vegetables*

## SHOPPING LIST

At least 60% of your food intake should come from this list

- pea greens
- radishes
- sprouted bean mix
- sunflower greens
- wheatgrass

### Roots & Tubers\*

- beets
- burdock root
- carrots
- daikon radishes
- garlic
- ginger
- leeks
- onions
- parsnips
- red radishes
- rutabagas
- sweet potatoes
- turnips
- yams

### Vegetables\*

- asparagus
- bell peppers (not green)
- broccoli
- cabbage
- cauliflower
- celery
- corn
- cucumbers
- green beans
- mushrooms
- peas

- summer squashes
- winter squashes
- zucchini

### Fresh Herbs

- basil
- chives
- cilantro
- dill
- mint
- oregano
- parsley
- sage
- savory
- sorrel
- tarragon
- thyme

### Dried Sea Vegetables\*

- alaria
- arame
- dulce
- hijike
- kelp
- nori
- wakame

*\*Some of the items from these sections may be enjoyed lightly steamed occasionally once you have achieved optimum health*

### Ripe Fruit

Less than 15% of your food intake should come from this list

- Best:** apples • grapes • kiwi • lemons • papaya • pears • red cherries • watermelon (with rind)

### Occasionally:

- avocado • berries
- brown coconut
- canistel • cantaloupe
- cherimoya
- grapefruit
- honeydew melon
- peaches
- persimmons
- pineapple • plums
- sapote • starfruit
- tangerine

- Avoid:** banana • dates • dried fruit • mangos • oranges • pomegranates

*Note: Tofu and other soybean products are difficult to digest; avoid them or use them sparingly*



## RECREATIONAL FOOD

### Shopping List

- Recreational foods are foods that one eats to support memories and emotions
- The following items are not ideal, but they are improvements on items normally consumed by the average American
- They should not make up more than 10% of your daily diet
- The starred items\* below are the best choices in each category

### Frozen & Refrigerated Food

Organic sorbet\* • fruit bars • fruit sticks • rice "ice cream" • tempeh • soydogs • tofu burgers • bean patties • rice crust pizza (with soy cheese) • frozen organic vegetables • mochi, plain (cheese substitute) • low-fat rice soy cheese • spelt, rye or quinoa bagels

### Dry Goods

Essene rye bread • corn tortilla • 100% sour dough spelt, rye, and kamut • cream of rye cereal • buckwheat cereal • teff cereal • raw almond butter • raw sunflower butter • raw tahini • baked sweet potato chips • baked tortilla chips • air-popped popcorn\* • baked apple chips • baked carrot chips • Amazake (rice drink) • rice milk beverage • white almond beverage • brown rice snaps • rice cakes, plain • maple syrup (65% sugar) • stevia\* • quick hummus • Bragg's Aminos • quinoa flour • corn flour • rye flour • spelt flour • teff flour\* • amaranth flour • canola oil • flaxseed oil • olive oil • sesame oil

## FOOD COMBINATIONS

- The best way to combine food is to choose foods from the same group at each meal
- If you do mix, remember these guidelines

### 1 Fruits and vegetables do not mix

- The sugars and acids in fruits slow down the digestion of the carbohydrates in vegetables and can cause fermentation, bloating, and gas
- Eat fruits and vegetables at different meals (occasionally, a fruit dessert can be eaten 2 hrs after a vegetable meal)

### 2 Do not mix acid fruits with sweet fruits

- When well and on occasion, sub-acid fruits can be eaten with either acid fruits or sweet fruits
- Limit fruit to under 15% of the diet; if you are sick or have a health challenge, avoid all fruits

### 3 All greens mix well together, but do not make meals too complicated

- Keep to five or fewer different foods in combination

### 4 Avoid drinking with your meals

- It is better to drink 15–30 min before a meal and/or 2–3 hrs afterward than during
- Drinking during meals dilutes the digestive juices
- Living foods contain a lot of water, so it is unlikely that you will be thirsty during a meal

### 5 Eat raw food before any cooked food

- Cooked food digests slower and will delay digestion of the raw food, which will begin to ferment and create gas in your system

### 6 Do not eat breads, sprouted grains, or grain crisps with fruits

## FRUITS

- If eating fruit, try to eat ones grown in your own climate
- Organic fruit is picked ripe
- Ripe fruit is easy to digest
- Non-organically grown fruit is treated with pesticides and then picked before it is ripe
- Tropical fruit is usually highly treated and picked unripe
- If eating dried fruit, remember to soak it in water for 4 hrs; this helps in digestion



## BAD COMBINATIONS & GOOD COMBINATIONS

### Bad Combinations

- ✗ Fruit and starch
- ✗ Fruit and vegetable
- ✗ Fruit and protein
- ✗ Starch and protein
- ✗ Starch and avocado



### Good Combinations

- ✓ Avocado and greens
- ✓ Avocado and sub-acid fruit
- ✓ Protein and sprouts and leafy greens
- ✓ Starch, sprouts, and vegetables



## KITCHEN SUPPLIES

- Juicer, non-centrifugal type for vegetables and fruits or pressure- or auger-press juicer for leafy greens and sprouts
- Dehydrator
- Blender or food processor



- Sharp knives
- Good cutting board

## MONOLITHIC EATING

- Monolithic Eating is eating one food at a time
- This encourages full digestion (quick absorption of nutrients and proper elimination)

### Mono-Diet Foods

- Two excellent mono-diet foods (foods eaten alone) are
  1. vine-ripened tomatoes; they cleanse the liver of deposited fats
  2. vine-ripened strawberries; they cleanse muscle and fat cells of waste material

### Best Time to Eat

- The best time to eat protein is at lunch as it takes 4 hrs to digest
- The best time to eat carbohydrates is at dinner because they take only 2–3 hrs to digest

## DIGESTION TIMES

### Proteins

(4 hrs to digest)

- Seeds (pumpkin, sesame, sunflower, etc.)
- Nuts (almonds, pecans, walnuts, etc.)



### Sweet Fruits

(3–4 hrs, if ripe)

- Bananas
- Dried Fruits (figs, dates, raisins, etc.)
- Persimmons



### Carbohydrates

(2–3 hrs)

- Sprouted grains (wheat, rye, etc.)
- Sprouted beans (chickpeas, etc.)
- Sprouted peas
- Winter squash potato (avoid white potato)

### Vegetables

(2–3 hrs)

- Sprouted greens (alfalfa, sunflower, pea greens, lentils, mung, etc.)
- Leafy greens
- Fresh corn
- Cucumber
- Fresh peas
- Carrots (mildly starchy)
- Summer squash
- Asparagus
  - Beets
  - Celery



### Acid Fruits

(1–1½ hrs)

- Grapefruit
- Pineapple
- Strawberries
- Pomegranates
- Lemons
- Oranges



### Wheatgrass

(15–30 min)

- Use only on empty stomach or before meals
- Extract juice by chewing or juicing
- Use alone or with other green vegetable juices



### Nourishing Liquids

(15–30 min)

- All drinks should be consumed at room temperature
- Allow time to digest before eating anything else



### Melons

(15–30 min)

- Melons are always eaten alone
- Cantaloupe, crenshaw, honeydew, watermelon
  - When juicing, use entire fruit, including rind



### Sub-Acid Fruits

(1½–2 hrs)

- Apples
- Grapes
- Peaches
- Sweet cherries
- Apricots
- Most berries
- Tomatos
- Mangos
- Pears
- Kiwi



### Avocado

(15 min–2 hrs)

- Combines well with acid fruit, sub-acid fruit, and leafy greens



DAY 1

**Breakfast**

**Purest Green Drink**

- 7 ½ oz sunflower green sprout juice
- 3 ½ oz pea green sprout juice
- 4 oz clover sprout juice

Combine.  
Makes 1 serving

**Sprouted Grain Bread**

- 8–10 cups of any sprouted grain
- Grind and form into loaf.  
Dehydrate 24 hrs.  
Makes 1 loaf

**Lunch**

**Leafy Avocado Salad**

- 2 ripe, firm avocados
- ½ bunch spinach
- ½ bunch watercress
- 1 head Bibb lettuce
- 1 bunch green onions, green part only, minced
- 2 sprigs fresh mint, minced
- 4 red radishes, minced
- juice of 1 lemon
- Braggs Aminos to taste

Cut avocados in half, remove pits, and scoop into balls with melon baller. Clean and chop the greens. Combine all ingredients and toss with lemon juice and Braggs Aminos. Makes 3–4 servings

**Italian Whole Bread**

- 2 cups sprouted oats
- 2 cups sprouted kamut
- 1 cup sprouted spelt
- ⅛ cup pure water
- 2 tbsp extra virgin olive oil
- 1 tsp oregano

Blend all ingredients for 2 min on med speed. Pour mixture into solid dehydrator tray to desired thickness.  
Dehydrate for 24 hrs.  
Makes 3–4 servings

**Dinner**

**Asparagus with Shitaki Mushrooms**

- 1 lb asparagus
- 2 tbsp grapeseed oil
- ½ cup finely chopped onions
- 2 cups sliced shitaki mushrooms

**Sauce**

- 1 tbsp lime juice
- ¼ cup pure water
- 1 tbsp Braggs Aminos
- 1 ½ tsp arrowroot

Combine asparagus, grapeseed oil, onions, and mushrooms in a bowl. Blend sauce ingredients separately for 1 min; then pour over asparagus mixture. Makes 4 servings

**Butternut Smooth Soup**

- 1 butternut squash, peeled, seeded, sliced
- 1 yellow bell pepper
- 4 stalks celery
- 1 red onion
- 1 tsp curry
- ½ cup raw nut butter

- (see recipe below)
- ½ teaspoon nutmeg
- Braggs Aminos to taste
- ¼ cup pure water

Blend all ingredients and add enough pure water to create desired consistency. For decoration, float edible flowers on top.  
Makes 2–4 servings

**Nut Butter**

- 2 cups shelled raw almonds/hulled raw sunflower seeds

Finely grind nuts without separating oil. Store unused portion in glass jar in refrigerator for up to 3 days. (Do not eat with bread; spread on dehydrated vegetables.)  
Makes 4–5 servings

**Fresh Organic Fruit Pie**

- 3 cups sliced fruit (any kind)
- 1 Basic Pie Crust
- 1 cup apple juice
- 3 tbsp agar flakes
- ½ tsp cinnamon
- 1 tsp nonalcoholic vanilla
- 1 tbsp agar powder dissolved in ¼ cup pure water

Place fruit into pie crust. Heat apple juice w/ agar flakes at 110F for 15 min; stir in vanilla and cinnamon. Pour apple juice mixture over fruit and chill till firm. Makes 1 pie

**Basic Pie Crust**

- 1 cup raw almonds
- ½ cup mixture of dates, figs, raisins
- 1 tsp cinnamon
- 1 tbsp pure water

Chop almonds until coarse. Add remaining ingredients; blend. Press mixture into 10" pie pan.  
Makes 1 pie crust

DAY 2

**Breakfast**

**Live Cert Juice**

- 1 oz spearmint or peppermint juice
- 3 oz anise juice
- 4 oz celery juice
- 4 oz parsnip juice

Combine all ingredients and stir well

**Lunch**

**Essene Rye Crisp**

- 4 cups sprouted rye
- ½ cup pure water
- 1 tsp caraway seeds (optional)

Blend all ingredients for 3 min on high speed. Pour mixture into a solid dehydrator tray. Dehydrate for 8–10 hrs

**Almost Tuna Salad**

- 1 red bell pepper, chopped
- ½ cup celery, chopped
- 2–3 tbsp seed sauce
- 2–3 tbsp raw almond butter or nut butter
- 1 tbsp kelp (or more to taste)
- ¼ cup mung bean sprouts
- ¼ cup lentil sprouts
- ¼ cup chopped onion
- ¼ cup chopped parsley
- 1 cup alfalfa sprouts

Blend the celery, seed sauce, almond butter, and kelp on medium speed until smooth. Add the mung bean sprouts, lentil sprouts, onion, and half of the parsley. Pulse blender mixture into the alfalfa sprouts. Serve in the red pepper cups and garnish with the remaining parsley.  
Makes 2–4 servings

**Dinner**

**Basic Seed Soup**

- ½ cup seeds (sunflower, almond, sesame, pumpkin, or sprouted chickpeas)
- 1–2 cups pure water
- 1 cup sprouts (any variety)
- 1 cup squash, grated (summer, zucchini, or Hubbard)
- 1 tbsp onion, minced
- 1 tbsp garlic, minced
- ¼ tsp powdered raw cayenne pepper

Grind the seeds to a fine powder and soak in 1 cup pure water for 8 hrs. Put in blender, add sprouts and some water to achieve desired texture. Before serving, stir in the squash, onion, garlic, and cayenne

pepper. Makes 2–4 servings

**Pine Nut Patty**

- 3 cups pine nuts
- ½ cup red onion, chopped
- ½ cup celery, chopped
- 1 package (4 oz) agar flakes
- 1 ½ cup red bell pepper, chopped
- Braggs Aminos to taste
- 2 tbsp pure water

Combine all ingredients. Form into patties. Makes 4 servings

**Yam Pie**

- 1 tsp Stevia
- 2 cups walnuts
- 1 Basic Pie Crust
- 6 medium yams
- ½ cup sunflower seeds
- 2 tbsp pure water
- ½ tsp five-spice powder
- 2 tbsp psyllium powder
- 1 tsp coriander leaf
- pine nuts for garnish

Blend half the dates with the walnuts and a couple teaspoons of water in a blender. Press date mixture into the pie crust and set aside. Purée yams in a juicer alternating with the nuts and dates. Add remaining ingredients and mix well. Press into pie crust. Garnish with pine nuts and chill.  
Makes 1 pie



\*For optimum benefits, use organic ingredients

