

Achieving Great Health-

How to Improve Your Health with Ionized Water, Superfoods, and Raw Food Nutrition

- Interview with Bob McCauley by Mike Snyder

Mike: Hello everyone and welcome to TheRawDiet.com Teleseminar Show. This is your host Mike Snyder. I would like to thank Dave from RecordedMoments.com for recording this show tonight.

My special guest tonight is the owner of the Watershed Wellness Center. He was the host of the Achieving Great Health radio program from 2002 through 2004, which was one of the first radio programs in North America to promote the raw foods diet and natural health.

Bob is a third degree black belt and certified instructor of Tae Kwon Do. If you would like to know the formula for achieving great health then I encourage you to listen closely to this powerful interview.

I am interviewing Bob McCauley the author of “*Achieving Great Health: The Six Components of Natural Health*”, “*Miraculous Properties of Ionized Water*”, and “*Confessions of a Body Builder*”. He created the *Natural Cures Encyclopedia*, rare interviews with Peter Ragnar. He has an incredible message that relates to everyone.

Bob McCauley, thank you so much and welcome!

Bob: Thanks for having me. I appreciate it Mike.

Mike: You’re welcome. I really appreciate your time and I’m glad that you could join us. We are going to start out with getting to know you a little bit better. Would you like to share with us a little bit about your story and how you discovered your passion for health and living foods nutrition?

Bob: As you said, I am the owner of the Watershed Wellness Center. We are in Lansing, Michigan. I guess I’ve been doing this for about eight years now and honestly I guess I just stumbled into all of this stuff. I can’t say that there was one thing that led me to this lifestyle.

I have been in the bottled water business for about 12 years. I guess I had been in the business for about four years and somebody walked into

my store one day with a water ionizer. I had never heard about a water ionizer or what it was and it really changed my life completely.

I will start with ionized water because that is how I got into all of this stuff and it led me eventually to raw foods and everything else I do. A water ionizer is something that you hook up to your tap. You run normal tap water through it and the water runs over positive and negative electrodes. It creates positive and negative ions in the water and then those ions are separated.

You end up with two types of water. One is very alkaline and one very acid. We are going to be talking a lot tonight about raw foods and I guess the amazing thing about ionized food is that it mimics the same qualities as raw foods and vegetables and living on the Raw Food diet.

Ionized water is a very strong antioxidant. It's very alkaline. It's very hydrating and very detoxifying. That was the first thing that got me started along the way. Then I have been a vegetarian now for about 25 years almost 26.

I had been a vegetarian for about 18 years and somebody introduced me to spirulina which is a blue green algae and same thing. The guy walked into my store and kind of mentioned it to me and got me into it. I started taking it and I couldn't believe that I had never heard of it before. I didn't know anything about it.

I got into the spirulina and then I discovered chlorella which is a green algae even more powerful than spirulina. Then somebody introduced me to sprouting. I got into eating sprouts and stuff and then I guess I asked myself a basic question. Why would I want to eat sprouts?

The first answer I came up with was for the enzymes. Then I discovered the difference between raw foods and cooked foods and why they are so important and how they are incredibly different. That's how it all got started. From there one thing led to another.

I wrote my first book *Confessions of a Body Builder, Rejuvenating Your Body with Spirulina, Chlorella, Raw Foods and Ionized Water*. Then I got my first radio show, Achieving Great Health and did that for several months. Probably another year or two went by.

I got my second radio program achieving Great Health and that's where I did the interviews with Peter Ragnar. I had kind of heard of him along the way but Peter is an incredible guy. You can find him at RollingLanePublishing.com. He is really living the lifestyle and doing mostly the sort of things that I do everyday.

I wrote my second book Achieving Great Health and Peter Ragnar wrote a forward to that and Dr. Gabriel Cousing wrote the introduction. He is probably one of the most famous raw foods advocate in the country or in

the world. That is how it all came to getting started and how I developed this whole protocol for great health and the six components of great health and all that stuff.

Mike: Fascinating. Thank you for sharing with us.

Bob: Sure.

Mike: What is your current diet and how long have you been eating this way?

Bob: My current diet is now about 99% raw fruits, vegetables, nuts and seeds. I'm a vegan. I've been vegetarian for 25 years, but during 18 of those years I was a lacto-vegetarian meaning I used dairy products primarily as my protein source which is a huge mistake.

If you really want to be healthy, you definitely do not want to do that. Unfortunately, and I say unfortunately because I would say that dairy foods are probably my favorite foods in the whole world. I always tell people that the most poisonous foods that we can eat are the dairy products that we actually consider to be healthy foods. They are not healthy at all for a number of reasons and we can go into that in detail.

I started on a raw food diet. I started eating salads. I started with sprouting as I said and about 80% of my diet was raw. 20% was mostly starchy carbohydrates, primarily rice. Then eventually again I got out of that. I got away completely from the rice. It took me a couple of tries to do it, but anyway at this point I am 99% raw.

Mike: I thought it was the hardest to give up the grains, the rices and the bread.

Bob: A lot of people like that. They love bread. I talked to one guy, one of the Botenko kids, Sergei I think was his name and he said, "Yeah, the hardest thing for me was giving up bread." A lot of people eat a lot of bread. They eat a lot of rice and or a lot of potatoes.

Actually if you look at it you understand what these things do to your body and what they are, what substances they are. You understand what they do when you put them in your body. If you eat a lot of potatoes and a lot of rice or a lot of bread you are really a kind of a low grade alcoholic.

The reason I say that is because all of those substances, starchy carbohydrates create a lot of alcohol in your blood stream. That is one of the reasons it's really hard for people to get off of grains of any kind, the bread or the potatoes and that kind of stuff. They are really a lot more addicted to it than they realize. People love that stuff.

I ate every kind of rice that you could imagine for four years. I was actually under the belief that you really needed that, but once I gave up the rice and that's what I ate a lot of. That's what I ate but it could have

been any of the starchy carbohydrates it doesn't matter, rice, potatoes, squash, yams, sweet potatoes. Those are all starchy.

Once I gave that up really that was when the last step I took towards what I call great health. All of the mucus cleared up in my body and ever since then inching every closer and closer to that 100% raw which is what we are looking for. Some days I'm 100% raw and some days I'm 94% raw of whatever.

It's gotten to the point with me that I never cook myself any foods anymore. Something has got to be put in front of me that I don't want and I will eat it. At least I've gotten to that point because pizza is probably my favorite food. A lot of raw foodists, I hear them talking and they act like, "Oh I don't like those foods anymore. I used to love them."

You know I don't like cooked foods near as much as I used to but there are still a lot of temptations, and I think you begin to realize what an incredible addiction cooked foods are. They are nothing other than an addiction. If you don't think they are an addiction then try going one day without eating cooked foods and see how incredibly addicted you really are.

Mike: Dr. Doug Graham wrote a good book called *Grain Damage* which opened my eyes to the addictive nature of grains and breads.

Bob: Yeah, highly addictive. I think in particular, grains tend to be extremely addictive. One of the reasons is that there is a bit of a physical addiction there. Peter Ragnar really put this into perspective for me. If you really look at what grains do to your body and they create a lot of alcohol in your bloodstream.

It is really a relatively small amount, but the way people put it I really appreciate the way he said it. He said you become a low grade alcoholic. You become very, very addicted to those particular foods and they are extremely difficult to give up.

Mike: I think a lot of people are allergic to the gluten in the grains too in different degrees.

Bob: Well some people are addicted to for instance the wheat, wheat bread and wheat by-products, all that kind of stuff. Usually that has to do with two things. Obviously it's because it is cooked, but it is the gluten in it that causes more problems than anything else. Gluten is in almost all of your processed foods.

Processed foods, I'm going to tell you they are getting worse and worse. They are not moving in the right direction. In other words there are ways they could prepackage foods healthier than they do, but they are actually not doing that.

When I say they, I mean the big manufacturers, the Nabisco's, the General Foods' and the really huge food processors. They continue to put trans-fats in foods. They put them in more foods all the time.

You will find them in for example Pepperidge Farm cookies didn't used to have them but now they do. Pepperidge Farm has always been considered to be a very, very high quality product and a high quality product.

If you are going to eat junk then you might buy Chips Ahoy, but if you want something high quality pick Pepperidge Farm. Well, Pepperidge Farm is like all of these other foods that are prepackaged. They have become nothing more than laden with the worse garbage including trans-fats. They continue to appear in more and more foods out there.

Mike: You live in Lansing, Michigan in the heart of the Midwestern US. Do you find it hard to eat raw vegan in this area? Do you find that you are tempted to move out to California?

Bob: I was out in California and did a series of speaking engagements about a month ago. They definitely are more in tune with living organic and eating raw foods. There were five raw food restaurants out in Southern L.A. where I was. Then there are some more in the San Diego area. Then there are a few more in the San Francisco area but if you are determined to eat organic you can do it.

Number one is organic foods and there are ways to do it. You can have a big organic garden in the summer. During the winter I do a lot of sprouting. I sprout all sorts of seeds, beans or nuts. I probably have about 30 different seeds and beans that I sprout during the winter and of course they are all organic. Everything I sprout is obviously organic.

The harder part around here is getting raw food diet however people here in Lansing are pretty fortunate because we have built up a really big raw food community in the Lansing area. It's really due to a couple of women. One of them is Cricket Lott. She has done tremendous work in getting people together each and every month. She is also one of the ring leaders up here.

Then there is Hiawatha Crolmer. She is the one who introduced me to sprouting. Each and every month everyone gets together here at a church in Lansing at the First Christian Church. We all bring dishes and we all get together and enjoy a speaker.

I happened to speak last month at the Raw Food Banquet there and I call it a banquet. They call it a pot luck. To me that sounds too casual because most people bring salads, but I find that there are three or four people there that bring some incredible dishes!

It's like anything else. If you are determined to be healthy and I've reached a level of health in my life that I never, ever thought I would reach. I never knew it existed. People don't know what it's like. You have to experience the kind of health that I have to really know what it's like.

I could talk all day and all night here about what it's like to be a raw foodist, but until you have experienced it you don't know how incredibly great it is. That to me is worth it. I strive for it. It is not always easy. Like I said, it is hard to avoid cooked foods.

Like anything else if you don't want to be a sinner then don't hang out with sinners. Don't associate with the wrong people. If you don't want to be a cooked foodist it is the only way to be truly healthy. You can talk about supplements or anything else you want, but if you want to be healthy then it's raw fruits and vegetables nuts and seeds.

You have to associate with the right kind of people that aren't going to be hauling out the meat or the McDonald's or taking you down to the pizza place and all that kind of stuff. Like any other kind of addiction, cooked foods are an incredible addiction. People that eat cooked foods exclusively are cooked foodaholics. Like any other addiction you can't put that addiction underneath your nose.

If you are an alcoholic then you can't keep a six pack underneath the nuts because it's only a matter of time before you start drinking again. If you are addicted to cooked foods, and we all are addicted to it but if you really want to give that up then you have to get with a crowd of people who are willing to do it with you and it makes it a lot easier.

Mike: Do you feel that sea vegetables and sprouts play an important role in a raw food diet?

Bob: What was the first thing you said?

Mike: Sea vegetables like maybe kelp?

Bob: I have sea vegetables every day. I sell them in the store. We have nori and kelp and even laver is another one I have from time to time.

Honestly, I don't really care for the flavor of those or for the taste of them but when you mix them up in a salad, and I put in avocado and extra virgin olive oil and a lot of spices that I use and everything then they just kind of disappear. As you continue to eat them everyday you develop a little bit of a taste for them so they are not just horrible, but sea vegetables are an incredibly powerful food.

If you get my book *Achieving Great Health* or if you look on-line at my Web site I've got something called the Raw Foods Pyramid. It describes basically the food pyramid as it should be.

At the bottom of this food pyramid you are going to want to drink water. If you look at the food pyramid they don't even talk about water. That's the most important thing and the thing you should have the greatest abundance of.

As you get higher and higher up there you will find that sea vegetables are at the very top. The very top is algae, saline and chlorella. Those are at the very top, the most powerful foods and what we should use as a protein rather than animal protein, meat, fish, eggs and dairy.

Right below that would be sea vegetables and right below that is juicing grasses, such as wheat grass, barley grass and rye grass, then herbs. They are all in the same category. Herbs are incredibly powerful foods and I put those in my diet in my salads and any way you eat them is a good way to eat raw foods.

The whole thing for me about raw foods is variety, trying to get as many different kinds of food in your diet as possible and making sure that they are all raw.

Mike: That is a very important part.

Bob: Yeah, a lot of people will tell you Mike that, "Yeah, you shouldn't eat certain foods or you should only eat one food at a time." There are a lot of people out there that call themselves the hygienists. They are opposed to a whole bunch of different foods. They are into fruits and that's about it. There are a lot of vegetables that they won't eat.

They won't eat algae like spirulina and chlorella and things like that. They will tell you to stay away from broccoli and all of the vegetables, like broccoli and cabbage and kale and this sort of thing because it is too difficult to digest.

I don't subscribe to that at all. I don't know of a single raw food that I would say really say, "Avoid that because it's not good for you." I eat them all.

Mike: It took me a while to get used to the sea vegetable taste but now no meal is complete without it. I love it.

Bob: The thing about it is that there are ways to hide that in your salads or in your foods depending on if you make raw food dishes and that kind of stuff. There are ways to hide it or cover up the taste or put it in something else so you don't notice it much. You can put it with other foods in a combination that will make it really much more palatable.

That is the thing that I found the more I do this, and I've been doing it for about 8 years now. I keep finding foods that I had never heard of before.

For instance I heard about aruvala a few years ago. I had never heard of it before and that is probably my favorite green or maybe my favorite food. People call me Mr. Aruvala. I'm always eating aruvala. I just love it!

You develop a taste for things as you get deeper and deeper into it. This is a perfect example of something that I didn't like at all and now it is much more palatable.

The other one I give is an example of a food I hated and despised and that is cilantro. I really find it kind of interesting that people who like cilantro don't like aruvala. People who like aruvala don't seem to like cilantro. I don't know what that is but even cilantro has gotten to the point that I don't hate it.

Before, if it was in any kind of dish I would not eat it. I could not stand the taste of it. The first time I ever had cilantro was in India. I never tasted it before and I didn't know what it was. It kept appearing in all of these foods and I couldn't touch those foods that it was in but now I picked up some cilantro at the organic farm.

I belong to this student organic farm at Michigan State University. I am very fortunate to belong out there because they really do have some great organic foods. They grow some amazing stuff. It's kind of hard to get into because they have a waiting list to get into it.

It has just really gotten to the point that there is not a raw food that I won't eat. I love almost every one of them. I do eat between 150 to 200 different foods every single year rotating them in and out of diet. Sometimes it's very small amounts but the whole thing is about variety.

Mike: Do you like the weeds and stuff like dandelion, chickweed, or lambs quarter?

Bob: Yeah, I tried lambs quarter this summer. Finally someone identified it for me and I had heard about it a lot. Peter Ragnar told me about it, but I didn't know where to get any. I was out at the organic farm and I had someone say to me, "There it is."

I picked all of this stuff and it is really wonderful. Then I came back here around my house and I saw lambs quarter all over the place! I see it growing out near the road next to the street.

It's funny how we have determined in this country that we want a green lawn. It should be perfectly green. To me it's kind of sterile but it should be perfectly green and if you see a yellow dandelion out there you need to go spray it. We spend like a billion dollars a year trying to eradicate things like dandelion and lambs quarter.

Here I am waiting all year for the dandelion to be here! It comes on in May around here and I'm out here picking dandelions in my yard and throwing them in my salads and greens and the same with the lambs quarter.

Many people believe that dandelion greens are the most powerful of all the greens. I don't know if I necessarily agree with that assessment but it is definitely one of them. It's an incredible powerful green.

Mike: The neighbors are all trying to kill the weeds, but we know better.

Bob: If you have a house with some property on it, even if it was a quarter of an acre you could live off that exclusively if you had to. We always talk about juicing wheat grass. Well you can juice any kind of grass. All grasses are healthy.

You could go out and start instead of cutting the lawn and raking it up, you could cut the lawn out there and I wouldn't cut it with a gas mower. You could snip it and juice the grass. You would be getting an incredibly healthy food there! It doesn't have to be wheat grass. All grass is healthy.

At any rate there are so many foods out there that we don't realize the kind of grass that we want. People just don't realize, even in a city like New York, just as an example, that there is an incredible amount of food all over that city. It's not just in Central Park where you have got this really lush beautiful park with all of these wild foods growing all over the place. Just in the weeds that are coming up in the cracks of the sidewalks.

Maybe it's not the cleanest environment, but people don't realize that all of those things are food. We get ourselves into this very, very narrow group of foods that we know about. People will say, "Pepper, I know that. Radish, okay I know that food." Maybe strawberry, broccoli you know those foods. If you start talking about lambs quarter people go, "Huh?"

It sounds like I eat a lot of different foods every year - 250 different foods. There are tens of thousands of foods on the planet some that we may have never seen in the jungle areas, but tens of thousands of different foods. We are really just scraping the surface when we try to eat this broad array of herbs and stuff like I do.

The average person has such a narrow myopic view of what food is. They cook everything and that's why they end up sick. Cooked food leads to all disease. All disease comes from our diet.

Mike: Nutrition plays such an important role in keeping healthy. It's only one part of it. I would like to discuss a little bit about your book. I really enjoyed it. You did a fantastic job writing it. *Achieving Great Health*,

the Six Components of Natural Health. Could you give us a brief summary of what those six components are?

Bob: Sure. I talked about the first one briefly. The most important thing to your body is water. That's it! I don't even find anything that would come close to that. We don't drink enough water. We don't drink the right kind of water.

I am very much an opponent of drinking purified water. That is a big mistake to go into that direction and I can explain why later, maybe in the interview here, but I promote ionized water. We are the largest importer of water ionizers in the United States. Both of my books have been written about ionized water.

There about the only two books you will find out there that really talk about it exclusively. There is *Reverse Aging* by Sang Whang and there are a few other books that mention it in the book itself, but ionized water is one of the great kept secrets of all time.

I find that what a water ionizer does to normal water is one of the most incredible things that I have ever seen my life because it does take normal tap water and transform it into a very powerful antioxidant. It is very alkaline, very detoxifying, very hydrating.

That is the same quality that you will find in raw fruits and vegetables and yet there are only so many raw fruits and vegetables you can eat in a day. But water, I drink between a gallon and a half to two gallons of ionized water a day.

That is the first component, not only water but the right kind of water. If you don't find ionized water you have got your choice between either spring water or mineral water and it is probably the bottled water you will find. Of the bottled water, spring water is the most commonly found out there, or a really well filtered tap water.

Some people think tap water is just garbage and it usually isn't. It is better than drinking nothing. We can get into details of tap water and what the dangers are. The main thing is that if you filter it through a really good carbon filter you are going to find yourself, in most areas of the country, I say ninety-five percent of the tap water in the United States is perfectly fine to drink. Those are acceptable alternatives but, if you can, ionized water is the best thing you could possibly put into your body. That is the first component.

The next one is spirulina and chlorella, these two types of algae, the strongest foods in the world. What we should use for our protein rather than meat, fish, eggs or dairy. They have the broadest array of nutrients. They are the most nutritionally dense food in the world.

Spirulina is a blue-green algae, a very high energy food, very good for arthritis, a very good blood cleanser and blood builder. Chlorella is a green algae, a little more powerful than spirulina. It is the best food in the world known for removing heavy metals from the body. The fiber in it actually finds the heavy metals and pulls them out.

Also the most powerful anti-cancer food in the world is chlorella. It just has some amazing properties. It is probably the most powerful immune system building food in the world.

That again is what we should use for our protein. They are both sixty percent protein and they have eighteen different amino acids that are in the right relationship with one another unlike animal protein for a number of reasons. Because animal protein is cooked it causes a huge amount of disease in our society and should be avoided.

This is one of the things I find that vegetarians quite often, they just remove meat from their diet until they become anemic. They are not getting enough protein, they are not getting enough B vitamins and it is a very dangerous thing. If you are going to become a vegetarian you need to know what you are doing.

When I became a vegetarian, and by the way, just so you know, becoming a vegetarian is one step toward health, but becoming a raw foodist is like ten giant leaps and there is no comparison between the two.

If you can remove animals from your diet, animal protein, meat, fish, eggs and dairy, and move more toward limit those if not eliminate them, moving toward a vegan diet, that is definitely the thing to do if you want to be healthy. At any rate begin with spirulina and chlorella for your protein. That is the second component.

The next component of great health is probiotics. Making sure you have the friendly bacteria in your body. This is very, very important. You can't break down your food and absorb nutrients and keep your digestive tract clean without it. It is critical that it is there. I have some with every single meal that I eat. That is acidophilus and bifida, the two types of bacteria that we need.

The fourth component is moving toward a raw food diet, the most difficult thing to do. The first three that I have mentioned, drinking water, drinking ionized water, that is easy to incorporate.

Taking spirulina and chlorella, they come in tablet form so you can pop those down. They are not very difficult to incorporate. Probiotics, you can either take the capsule or sprinkle it on your food, it is easy to incorporate. Moving to a raw food diet is very, very difficult.

The thing to do is of course go out and find the fruits and vegetable that you love and sort of let them take over your diet and take over your life and they will. You will find, like I was saying earlier, I find all these fruits and vegetables that I am eating that I had never heard of before and I love them. The flavors are just phenomenal.

Last year, this is another example, I found this nasturtium, in the watercress family and that kind of stuff, that kind of flavor. It has a really unique flavor to it, something I never tasted. I just love this stuff. Again, I had never heard of it before. You develop these tastes and it becomes easier and easier for you to do that. That's the fourth component.

The fifth component is exercise and that is aerobic exercise. You need at least fifteen to thirty minutes a day with cardio-respiratory where you are breathing heavily and your heart is beating heavily, strong and you are really moving the blood through your body.

It is a very cleansing experience. It takes out a lot of toxins and it builds the immune system in ways that fruits and vegetables and water and anything else can't. It's very important that we exercise vigorously everyday.

The last component, number six, is maintaining a positive mental attitude. In many ways that is the most important thing because if you do everything else I just described, the five components, you know, a 100% raw food diet.

You are taking the spirulina and chlorella, the algae, you are drinking water. If your mind is against you, if your spirit is against you, if you don't have that positive force in your life, you are doomed. You are going to lose.

On the other hand, when you do all these other things that I described, you are living a raw food diet, you are taking spirulina and chlorella, you drink water every day, you get the probiotics and the exercise, this all snowballs into making a positive mental attitude much more easier than normally it would be.

That is a brief outline of my book *The Six Components of Great Health*. This kind of gives you a general overview of my health protocol.

Mike: That was fantastic. Thank you for sharing.

Bob: Sure.

Mike: Many people feel that health is simply an absence of disease, but it is much more than that. I love your quote from your book, "Perfect health is the point where the body is totally regenerating itself every moment and biological aging has stopped completely and each organ of the body

is functioning to its capacity.” Can you discuss this and tell us about your definition of great health?

Bob: Right. Well, you know it is that point where the body is totally rejuvenating itself and Peter Ragnar will tell you about that and Dean Coocoo will tell you about that. Some of these other guys that are out there doing raw food will tell you the same thing but the question is, how do we do that?

How do we rejuvenate the body? Because first of all people say, “Well, how do you know raw foods are healthy?” The thing I always come back with is, “Well, show me any evidence of chronic disease in the wild.” It does not exist.

Here in Michigan we are in deer season. Nobody is going to shoot a deer, bring it home, and find it full of cancer or arthritis or fibromyalgia or diabetes or high blood pressure or any of these problems. Again, we are talking chronic disease, not bacterial or viral. Somebody always comes back with, “Well, animals get rabies and they get tuberculosis.”

Okay, those are viral and bacterial and there are reasons why animals get those diseases but chronic disease like that MS type of myalgia, diabetes, cancer, we are the only species on earth that gets sick other than the animals that we domesticate and put on a cooked food puppy chow, cat chow, Purina chow diet. They end up with all of the diseases that we have.

If you actually take your pet and you put your pet on the same diet that you are on and feed him the same; you have spaghetti and Fifi has spaghetti; you have steak and Fifi has steak and you have burritos and Fifi has burritos then you are going to end up with cancer or fibromyalgia or arthritis and so is Fifi over here. Fifi didn't live on a raw food diet just like you didn't.

The only way we can really rejuvenate our body at a cellular level is by eating raw fruits and vegetables. When we eat cooked foods for a number of reasons we go back to a very key point here. A key term that I use when I do a talk or when somebody interviews me I like to talk about this term called oxidation reduction potential, ORP. It's the ability of a substance to reduce the oxidation of the body. What does that mean exactly?

I will give you two examples of oxidation. Rust is slow oxidation. Fire is fast oxidation. You are burning yourself up. That's what we are doing when we are aging. We are oxidizing.

What we want to do is reduce that oxidation. We want to retard the oxidation of the body and we want to reverse the aging process as much as we can. I have done that, but obviously I have done that biologically, not chronologically.

I didn't become younger. I didn't turn back into a teenager or anything but I have the body that I had when I was in my teens or when I was in my twenties. As a matter of fact, I know that it's a lot better now than it was then for a number of reasons. I believe I was able to do that because only raw fruits and vegetables have that potential to provide the body with the proper nutrients that the body can rejuvenate itself with.

That's what we call a nutraceutical. A nutraceutical is any type of a food which all fruits and vegetables are nutraceuticals to some degree. We talked about spirulina and chlorella. These are incredibly powerful nutraceuticals. They are incredibly powerful foods.

Algae is the most incredible food when we get into juicing grasses and herbs these are also very powerful foods. When you get down to fruit, fruit does not have that really powerful nutraceutical quality to it. Still they are nutraceuticals but they are just not as strong.

We get back to that whole question about variety. What you are trying to do by being healthy is number one to reduce the oxygenation of the body. Stopping the burning yourself up.

Every time you cook a food, you take a food that has a negative ORP, a negative charge. That is what we are trying to put into our bodies. Our bodies have a positive charge, a positive milivoltage, so we are trying to reduce that oxidation.

There are only two substances I know of in the whole world that can do that. One of them is roughage and vegetables. They all have a negative charge. If you look at the MV or milivoltage of squeezed orange juice you are going to see that it's 115 negative to 250 negative.

When you cook a food, you have taken it from a negative and you've turned it to a positive. What you have done essentially is oxidized that food and now you are going to take it and put it into your body. That is going to encourage and result in the further oxidation of your body. You are accelerating the aging process.

This key point is only two substances have it, and one is raw fruits and vegetables. The other one is ionized water which is why I always say that this is one of the most incredible things that I've ever seen in my life. It's just something that is a nice little thing to add onto a health regimen. This is a key component.

If you really want to be healthy you want to reduce the oxygenation of the body and of course alkalize the body and detoxify the body. You really want to put these kinds of substances into your body, the things that have a negative charge. This includes only raw fruits and vegetables.

All cooked foods have that positive charge and you want to stay away from that. Raw fruits and vegetables and then ionized water that has that negative charge. If we want to be healthy and I don't care how sick you are. If you have cancer, you have arthritis, you are a diabetic, you have MS, or I don't care what it is.

You only need to do three things to be healthy. You need to alkalize your body and keep your PH up. You need to hydrate your body, give you body the proper amounts of water and you need to detoxify the body, alkalization, hydration, detoxification.

That's all it takes but we always come back to the point or the question of, "How do we get there?" That is what my Six Components of Health is. That's what I talk about.

Mike: The negative charge is the key reason ionized water helps with the detoxification and provides antioxidants?

Bob: Water mimics many of the same properties of raw fruits and vegetables. Ionized water has a negative charge. Raw fruits and vegetables have that negative charge, that negative ORP. If you want to know one thing about health, if there is one thing that you want to understand about it it's to understand that term ORP, oxidation reduction potential.

The people who interested me in ionized water were multi-level marketers. They didn't understand what they had in their hand. They just knew how to regurgitate some of the points that were given to them but when I finally realized one day and said, "Why is this an antioxidant?"

Ionized water is an antioxidant because of one thing, it has a negative charge like raw fruits and vegetables and it has an abundance of electrons like raw fruits and vegetables. The human body is starved for electrons, but when you lose your electrons you develop in your body what is called free radicals.

Most people have heard about free radicals and this is a kind of a molecule or an atom that is missing an electron. When you put something in your body that has an abundance of electrons they are free radical scavengers. Once again that is why we need raw fruits and vegetables and ionized water. They have that abundance of electrons. There are no other substances out there that do.

When you have something that has an abundance of electrons then that is going to be very alkaline. That is why when you have a high presence of electrons in something it becomes very alkaline. When you have a deficit of electrons through free radicals then that becomes very acidic.

You want to talk about ions because once again we always come down to these very basic questions like ORP and then ions. Everything that we want to do is put out our body into a negative ion environment. Raw

fruits and vegetables have negative ions. Ionized water has negative ions.

I saw high density negative ion generators. It's very important that you put the air that you breathe have a lot of negative ions. I use magnets extensively. They create a lot of negative ions when you put them next to your body and that kind of stuff.

When I eat I have a plate magnet that I put my food on and the reason is that changes everything on that plate to the negative side. Polarizing all of the minerals that are in it and you are changing the position of the ion to the negative.

Once again, I think we always make health way too complicated. On paper we do confuse ourselves with all of these studies. People are always confused about what is going on. A lot of people will say, "We don't have all the answers. There is not really one answer out there."

That is not true. There is one answer to being healthy and it's raw fruits and vegetables. If you try to be healthy with supplements you are not going to be healthy. When I say supplements I mean extracts and concentrates, the typical vitamin and mineral supplement that you find out there.

The medical community is always doing studies. What they do is they answer some question and invariably they raise some more questions. That is because they are always coming from the perspective of the cooked world. They are coming from the perspective of the cooked food diet.

It is just such a mystery why we get sick when the answers are right in front of our face. Once again, let me just look at the common denominators. Who gets sick?

Human beings get sick and the animals that we domesticate, not the animals in the wild. Occasionally Mike, somebody will argue with me and say, "Those animals they get cancer too but they don't live long enough for it to develop."

Okay I always tell that person, "Could you please send me some information, some kind of study, a book, or anything scientific to show me where chronic disease existed in the wild. Animals naturally get arthritis. They naturally get diabetes. They naturally get cancer. Just show me some study."

You know what? Nobody has ever shown that to me. I've been promised that those e-mails would be coming to me. I'll be a very old man waiting for those e-mails because I know they are never going to come. Once again, there is no evidence of chronic disease in the wild.

We make health so complicated when it is very, very simple. It's not easy. It's not always easy to move to a raw food diet. There are some easy things that you can that you could incorporate into your diet to make yourself a lot healthier.

If you want to be healthy we should always strive for 100% raw but if you only make it to 50% that is better than 100% or 80% cooked. If you make it 60% raw that is even better but whatever you can do. We have all kind of strived as much as we can if we really want to be healthy but I want to say it one more time. Health is very simple.

We confuse ourselves by listening to the medical community and to the pharmaceuticals and all of these guys. All pharmaceuticals ever do is try to overcome the natural mechanisms of the human body. That's why they never work. That's why they always have side effects. That's why they can't give you a pill and make your diabetes go away.

If you become a diabetic they give you a pill or some kind of medication or something and then you are on that stuff for the rest of your life. That's the way it always is when you are dealing with the premise that cooked foods are healthy when of course they are not.

(Side note: Water Ionizers are available from Mike Snyder at <http://store.TheRawDiet.com> or from Bob McCauley at <http://www.WaterShed.net>

Mike: There is a PH scale which runs from zero to fourteen where zero is acidic and fourteen is alkaline and seven is neutral. You wrote that you drink the water that is around 9.5 to 9.9? How does a high alkalinity affect our health?

Bob: We are bombarded by acidic activity. What I mean is our cooked foods are acidic. Stress is very acidic. Even exercise is very acidic. Pollution is very acidic. That's why when you get into a stressful situation you get sick.

The classic example is when you say, "I'm going to go out on a big date. I got up on Friday and I got a pimple. Well, why did you get a pimple? You say it is coincidence. Well maybe it's coincidence but every time?"

The idea of a big date is psychologically very, very stressful. You are worried about whether things are going to go right. "What am I going to do when I pick up the girl?"

It becomes a very stressful situation and your body PH drops and it opens you up to getting a cold, flu or a pimple. All disease lives in an acid environment. It will not live or thrive in an alkaline environment.

I'm drinking a gallon to a gallon and a half of ionized water at a PH of 9.5 to 9.9 every day. I'm on 99% raw food diet. I do all of these other things that are really healthy. I also do some exercises that I call

exercise. Some people call it Chi Gong. Peter Ragner and I are into Chi Gong.

It is basically a martial art if you want to call it that. It is kind of like what they call one of the soft martial arts. It's basically chi is energy and gong is work. It's basically manipulation, you are working with energy. These are all very alkalizing.

Meditation is very alkalizing for the body. Even with all of the things that I do I still remain neutral right around 7. That's where we want to be at neutral. We don't want to be too alkaline. The condition of being too alkaline is known as alkalosis is extremely rare. It is always brought on by some kind of disease.

The condition of acidosis is extremely common and is brought on exclusively by life style. All disease comes from diet. We don't inherit any of our diseases. When you go into the doctor's office they are going to say, "What kind of diseases run in your family?"

That is a ridiculous question. Disease does not run in our family genetically. It runs in our family's dietary habits. You have the same diseases that your mother and father had and that Uncle Frank had and Aunt Sally had and all of your brother's and sister's because you live under essentially the same diet.

There may be slight variations within that diet and there are other components. There are other things in there that can make you sick or that keep you from being sick. There is exercise. If you exercise a lot you are going to be a much healthier person.

That's why Sally got sick is that she is a couch potato and doesn't do anything and Mary didn't get sick because she is an athlete and went out for varsity sports and worked out every single day. There are other components out there but it is almost impossible to over alkalize your body if you are on a natural diet.

Just so I get this out there, everything I get out there is natural. I don't sell any supplements. People will say that spirulina and chlorella are supplements. They are not. They are whole foods.

Spirulina and chlorella, consuming those is like eating a banana or broccoli or any other whole raw food. They are not a bunch of things that have been put together in something special. They are not anything anybody invented. They are just whole foods that come from the wild actually grown in a cultivated environment. I don't really recommend that people eat algae that comes from the wild.

The point I want to make is that when you do the things that nature demands of us. When you go against nature like cooking your food, that

is not natural. I always tell people, “God grew an apple but he didn’t grow a frying pan. That was our invention.”

When you cook your food that is unnatural. You consume it you are going to get sick. When you flow with nature and do the things that nature demands of us which you can see very clearly in *The Six Components of Health* you will be very healthy.

Just as an example, all medicine is very unnatural. Pharmaceuticals are very unnatural. People will say, “Boy, you must argue with doctors and clash with them!” Not at all because the medical establishment and medicine is in one direction and health is in an entirely different direction.

I don’t even think about medications other than telling people, “Here is an alternative.” You don’t have to go to the doctor when you get sick. I think doctors are great when you get injured. That’s what they are there for. They help you out with all sorts of injuries or any kind of trauma situation or if you get injured in any way. That’s what they are there for.

When it comes to chronic disease of any kind, or even viral disease, they are pretty much worthless. They always say, “Well, we have never cured a virus.” They have never cured a single disease, of any kind. Medical science has cured nothing. They have got some vaccinations that have prevented people from getting certain viruses such as smallpox and that kind of stuff.

That is terrific, but you know you would not have to worry about smallpox or any other viral disease including AIDS if we lived on a raw food diet and we did the things that I have suggested. Since we don’t we weaken our immune systems and weaken our bodies with this cooked food diet, this pale diet that is know as the cooked food diet.

You know, we require vaccinations and these kinds of things when we get these terrible epidemics such as smallpox, which is a good example. But cure a disease? The medical establishment never has cured a disease nor will they ever cure any disease and everybody is waiting for a cure for cancer.

I watched television, I watched some very smart guys on some of these political shows and they were very smart people, you know, PhDs. Then they write national columns and they are on television all the time. Here they are telling you the cure for cancer is right around the corner. What are they talking about? They have no clue.

I mean, the cure for cancer is never going to be found in the medical world. The cure for cancer is found in the raw world. If you have cancer, like any other disease, and I say this all the time to people, if you are sick it is because you allow yourself to remain sick.

If you want to be healthy, your body can cure itself of any disease if you stop putting the wrong things in it and start putting the right things into it. That is all it really takes.

Mike: Nutrition is such a powerful healer. There is the Gerson Institute, they have a video on their website.

Bob: Uh huh.

Mike: It talks about how they found the cure for cancer fifty years ago and it was through juices and healthy living.

Bob: Yeah, and the whole thing is, like as I just said, your body can cure itself of any disease. I have a little thing in my store. When you walk in there is a mirror that says, "Let us introduce to you the greatest physician in the world." It is in the mirror. It is you! You want to see the greatest physician in the world, so look in the mirror.

It is really no food, like chlorella, the strongest anticancer food in the world, but that will never cure your body of any disease. Nor will any other juice or anything you ever do. It is what your body does with those nutrients that your body will cure itself. So that is why we call all raw foods nutraceuticals.

Using spirulina and chlorella as examples, they happen to be the two most powerful nutraceuticals in the world. Again, they are just very nutritionally dense. They have these really incredible components to them, natural components that you will not find in any other food.

The whole thing revolves around, listen carefully, your body will cure itself and it is what it will do with those nutrients. Fifty years ago, and I think people even knew it before then.

I have got a book that goes back to like 1909. I quote this guy in my book. I think his last name is Drew. I think it is called Unfired Food. I think that is the name of it. They knew back then that if you stopped eating this kind of cooked food and started eating raw foods your body will cure itself of any disease.

Mike: Yes, your body will heal itself when the proper nutrients are provided. There is another way to turn on your self-healing power and that is the power of fasting. Do you recommend fasting?

Bob: Absolutely, and actually the healthiest thing we can do for ourselves at any time is fast. There is only one true fast and that is the water fast. You know, you can fast with juices and that is okay. You can fast with spirulina and chlorella and I have got my little fingers out there for my air quotation marks.

I fasted on spirulina and chlorella for ten days. That is all I ate for ten days. I ate about fifty grams a day, twenty-five grams a week. I never felt so good in my life. I never had so much energy. I just felt fantastic.

There are reasons why I think we should eat all these other foods inclusive of that, but fasting, if you are sick with any disease, if you have cancer, if you have fibromyalgia, it doesn't matter what it is, the best thing you could do for yourself at any given time is fast. Again, the only true fast is the water fast.

What fasting does is it allows your body to rest and repair and cleanse itself. Even eating raw food, when I get off the phone here I am probably going to have myself a little salad. Even eating raw foods is stressful on the body and when you are trying to heal yourself of something the quickest way to do that, and I do not care what disease you have because it does not matter, even a common cold. The quickest thing you can do, the quickest way to get better is to fast.

There is a great book out and it is called *Dining from an Empty Bowl*. Jeremy Saffron wrote that. It is a small little book and I like it because it is very simple. He talks about a lot of different types of fasting, but as I said if you really want to talk about a fast it is water and really the best water to do that with is, I always go back, ionized water. Nothing really comes close. It is a very strong antioxidant, very alkaline, very hydrating, and very detoxifying.

Mike: Distilled water is often called the greatest solvent; it will attach itself to anything. Maybe it is safe to pass on distilled water?

Bob: My opinion about purified water is that it should be avoided at all times. I have some very specific reasons why you should avoid purified water. When we are talking about purified water, we talk about distilled water and reverse osmosis.

These are waters that have had all the minerals taken out of them so that it is pure water, pure H₂O, pure chemical stuff, hydrogen and oxygen. You will not find anything like that in nature. I write about this all the time.

You know, there are so many people who think that rain water is like distilled water, and it is not. First of all, rain water will crystallize and turn into snowflakes and have a crystalline structure to it, whereas if you look at distilled water, it has no crystalline structure to it because there is nothing for those crystals to form around. It is just pure water.

Now, the problem with that, you could talk about fasting with that water and how it would pull things out of your body. Some people even go so far as to say that it will pull the bad stuff out of your body, the bad things, the toxins but can leave the good things, which is just ridiculous.

As if water has a mind of its own, “Oh, I am going to leave these good minerals but I will take this bad stuff with me.”

If you want to see something that is far more hydrating, and actually purified water, such as in reverse osmosis or distilled, is exactly the opposite of ionized water. Purified water is very acid. If you look at the PH you will see that it is very low. Ionized water is very alkaline.

You know, purified water goes into you pure but it does not come out pure. Since it is acidic it is going to grab onto alkaline material in your body, primarily minerals, and leech them from the body. Like anything in nature as soon as it is in a very pure state, or a very high state, it wants to balance stuff.

Nature is always looking for its equilibrium. For instance, if it is very hot, it is looking for something that is very cold. That is how we end up with tornados. That is how we end up with hurricanes. It is sort of the earth's way of displacing a lot of heat up to the Northern part of the United States, to the Earth.

Nature is always looking for this balance so when you put a very pure substance into your body that is very acid, the first thing it is going to want to do is balance itself. So, it grabs onto the alkaline material in your body.

The chemistry of that, the pure science of looking at that, a very pure substance that is acidic, of course it is going to grab onto alkaline material in your body or anything that is not like itself and leech it out.

Then it equalizes itself so then it leaves the body. It goes in to you pure but does not come out pure. It is very acidic, and again, ionized water is very alkaline. If you look at the way the water molecules are clustered together in purified water, they are five-sided, pentagonal and they have a very large water molecule structure.

Bob: I have had many calls over the years and one in particular. A few years ago a guy called about me up and said, “I’ve been drinking a gallon of distilled water everyday for the last ten years. I have my own distiller. I just got back from the doctor and he told me that I’m extremely dehydrated. What’s going on?”

I said, “Well, what happens with purified water because it has large molecule clusters is that it does not penetrate your tissue and it does not penetrate your cells very well at all. It actually leaves you dehydrated because you are drinking all of this water and you think you are getting hydrated. You think you are drinking enough water when in fact it’s not doing the job that it’s supposed to do.”

A water molecule is a five sided pentagonal shape and by the way that’s where we get the name Penta Water. A lot of people get that. That’s the

name of a bottled water out there. The pentagonal shape is five sided. There is a very large water molecule and it has something to do with the bond angle of the way molecules hang onto one another.

Then if you look at ionized water, once again completely the opposite, it has six water molecule clusters but it has a very, very low bond angle so that water molecule cluster is very, very small. That's why ionized water is so incredibly detoxifying. If you ever look at a water ionizer it will have different levels of intensity. You can work yourself into it especially if you are toxic.

Elderly people who have a lifetime of toxins accumulated in their bodies and they have never been water drinkers at all, if they start drinking ionized water they have the classic detoxification symptoms. It really hurts and is really very, very hard on them. Of course detoxification symptoms are headaches, nausea, rash, fatigue and sometimes body aches. Those are your classic detox symptoms.

You will get some of those or maybe all of those when you start drinking ionized water. They could not be more opposite than one another. One is alkaline; the purified water is very acidic. Ionized water can actually provide your body with minerals because once you have ionized or donated an ion to a mineral your body will readily accept that and use it.

Purified water leeches minerals from the body. Purified water doesn't hydrate the body as well at all and ionized water does. It hydrates the body extremely well and of course we go back to one last thing. Ionized water has a negative charge, a negative ORP, oxidation reduction potential so you are reducing the oxidation of the body.

If you look at purified water it has a high charge and it is oxidizing the body. Once again it is the opposite of what it should be doing. It's more like when you distill water you cook it. It's the same as when you are cooking food in that you are putting something that has a very high ORP into the body and it raises the oxidation of your body and it accelerates the aging process.

I will tell you this, that I am one of the very few people that you will find in natural health and in the raw food movement that doesn't promote purified water. Really I speak against it. I speak very loudly against it. It started with Paul Bragg the founder of the health food store in the United States. He has done some terrific things but in my opinion he is wrong about purified water.

You will look at you name it, Dr. Norman Walker, and everybody. I'm just one of the few people. This guy, the PH Miracle, Dr. Robert Young is another one. They all revolve around purified water. It started back in the 70's and it just sounded so great.

Water is pure, but when I think about pure water I just think about water that's had the contaminants removed from it, not the minerals. You need those minerals as a buffer in the way that water is restructured. If you were to purify water and then add those minerals back into it you wouldn't have a problem but people don't do that. Going back to raw foods for a second, this is where I differentiate myself.

Raw fooders, there are those guys out there. You could name the names and you would know every single one of them. They don't talk about water as if it's not important. I tell people that if you don't listen to anything that I say, drink water. It's the most important thing for your body.

They don't talk about water. They don't talk about protein. If you become a vegan where are you going to get sufficient amounts of protein to really be very, very healthy? That's found in algae, spirulina and chlorella. They don't mention it.

They don't talk about probiotics the friendly bacteria in your body. I have not heard one famous raw foodist and he had bad breath and I was just astonished. If you have bad breath it's because the food you eat is putrefying in your body. You need to jumpstart that.

If you meet anybody with bad breath and I don't mean onion breath, I mean like it just smells stale and old and rotten, if you would just give them a little probiotics or acidophilus that will grow up in about 15 or 20 minutes. That bad breath which we call halitosis is the technical name for it. Here I am talking to a famous raw foodist and the guy has got bad breath.

I am thinking to myself, "You've got to be kidding me!" That tells me number one that he doesn't drink water. That's another symptom of dehydration is bad breath. He obviously doesn't take probiotics.

This is another thing, they don't talk about exercise. They get out and they talk about raw food and they write books and books and books and books. That is all they talk about but that is only one of my six components of great health. If you really want to be healthy then pay attention to proper hydration, the algae, the spirulina, and the probiotics.

It is the raw foods but it's also the exercise and then maintaining the positive mental attitude. Most raw foodists talk about raw fruit and some of them will mention a positive mental attitude or our spiritual side which is very important but that is as far as they go.

I listened to one raw foodist. I couldn't believe that the audience said, "What do you think of exercise?" She says, "I don't exercise. It's not important. I don't like to exercise." There is somebody knows about raw foods but they don't know about health. They are lacking incredibly.

It was astounding to me to hear somebody say that exercise is not important. That is a critical component. I happen to be fortunate in that I like to exercise. I know a lot of people don't like it, but if you want to be healthy it's one of the key ingredients. One of the key components is exercise.

Mike: I think you have to find the exercise that you like and enjoy doing.

Bob: Yeah, exactly. Find something that you like. It doesn't matter but like I say, it doesn't matter. Get yourself to the point where you are breathing hard, where you are panting. Your cardiorespiratory, your heart is beating and it doesn't have to be moving at 180 beats per minute. The way mine is, I go out and run and I still run six minute miles or faster.

It just is the fact that you are breathing heavily and your heart is pounding strongly. If that for you is walking because maybe you've been chair ridden or you've just gotten out of a wheel chair or whatever, if that's walking that is the level you are at and that's great. If it's the jogging fine!

Whatever it takes to bring yourself to that point and then remain there panting and sweating and hopefully your heart beating strongly stay with it for 15 to 30 minutes and now you've got that great cardiovascular, cardiorespiratory workout. That builds the immune system in ways that water and nutrients can't build it. It's one of the things that exercise does so many things that are so important. It's interesting to me.

You look at a guy like Jack Lalane who I had on my show a couple of times. He is a really funny guy. He is terrific man. Here is a guy who has taken exercise to an extreme and that's fantastic. I love what he's done.

He is the founder of Fitness at Home. Back in the 50's he had the black and white shows. You can still see these things on television. ESPN Classics has them on all the time. You can see that they were very easy. He was looking at the housewife, all women, 90% of all women stayed at home back in the 50's. There they were with their chairs and doing exercises and they were lying on the floor and doing leg lifts and all of that.

Here is Jack and he is only on a 70% raw food diet. That last 30% has really taken him down and he can't do the same things that he used to do when he was in his 30's, 40's, 50's and even 60's. He's fading away on us because he still has that last 30% because he refuses to move to that 100% raw food diet.

He is just one example of that. He is 90. I think he is 91 or 92 now. I had him on my show and he was beginning to slip a little bit.

Let's take another individual Peter Ragnar. Here is a guy and I don't know how old he is. I don't know if he knows how old he is. He is in his 80's.

This is a guy who does not have a calendar. He doesn't want to know what time it is. He feels like I'm timeless. Why should I worry about what time it is. I get up at this time. I go to bed at night. Whatever!

He's not haphazard about it. I don't want you to get that idea. He is in a routine. He knows himself. I interviewed him 20 times on my show. He is not slipping. This guy has got muscles coming out.

I wish that I had a physique like him! It's amazing. He is as sharp as could be but look at what he does. He does all of these things that I'm talking about here. He does the raw foods, alkalization, hydration, and the detoxification. Those are the keys.

Mike: I found the interviews with Ragnar amazing! The guy is such an inspiration. It's fantastic! Two of the topics that you guys covered I was hoping we could talk about tonight. We are running a little bit late on time.

Bob: Sure!

Mike: The two topics about magnets and how they affect your health and then the infrared saunas. You had an infrared sauna in the Watershed.

Bob: Yes, we have an infrared sauna at the Watershed. You can come and use it. You can rent it out. We sell them. I was in the sauna right before I came on tonight.

I just finished it. I finished up about eight o'clock. I was in there around 40 or 45 minutes. I showered off. You are sweating profusely when you get in there.

Let me talk about that briefly. Infrared rays are what heat the earth. When you step out into the sunlight on a cold day and it feels warm that is from infrared. That's what warms a lizard. That's a cold blooded animal.

When you get into an infrared sauna you basically start with rays. 80% of all of the rays that come into the planet are infrared. You are heating yourself from within. You become a furnace. You sweat and it takes you about 10 to 15 minutes but you start to sweat profusely with 20 minutes you are just a puddle.

It's very, very deep detoxification. You are sweating out heavy metals, herbicides, pesticides. You are sweating out radiation, trans fats, fat itself because fat becomes water soluble at 90%. That's why you are able to go out and burn energy.

That's why you should never eat trans fats because those have a melting point of about 111 degrees so you will be dead before you ever burn one of those. The only way to get rid of a trans fat is to detoxify it. Of course trans fats like so many other poisons end up in our brain because our brains are like a sponge.

When you get into a sauna you are sweating these things out. This is almost unheard of. Normal sweat is almost 3% toxins and 97% water. Infra red sauna sweat is about 20% toxins and 80% water. We've got a very much higher percentage of toxins.

Incredible health benefits are very, very deep detoxification of heavy metals. If you are a drug addict this is an example or even a smoker. If you sit on a white tile and you are a smoker it will turn yellow on you. That's what you are sweating out.

Deep detoxification weight 300 to 500 calories a day per session because you are burning off the fat. This is a very strong immune system builder because you are creating an artificial temperature system in your body, very strong. As you sweat your heart rate picks up. The thing about it is that when you get done you are totally energized.

When you get into a regular sauna or a hot tub or a sweat lodge you come out of there and you are wiped out. You want to take a nap. You get out of there and you are totally energized. It's totally the opposite. I won't even get into an infra red sauna late in the evening because they keep you up all night.

The other one you mentioned is magnets. I knew a lot about magnets before I met Peter Ragnar. I learned a lot more after meeting people. You always want to put the North Pole which is the negative side or the green side of a magnet towards your body.

What it does is that any kind of injury that you have will heal very, very quickly in about one third the amount of time. What you are doing is you are creating a negative ion environment for the body to heal itself. It is also incredibly alkalizing

I sleep on a magnetic mattress pad. I point the head of my bed north. That makes a difference as well with the magnetic pull of the earth. Magnets are incredible. I mentioned that I put a magnet underneath my meal when I eat. I stand on plate magnets when I do Qi Gong. Peter is a master, an inventor of that. Qi Gong is fantastic.

If you get into it as a Muggle and those are people who eat cooked foods. I call them Muggles. That comes from the Harry Potter term. In Harry Potter all the Muggles are people who don't have any power. I call people who eat cooked foods Muggles because you don't have any power.

You are robbing yourself. In Harry Potter you were either born as a Muggle or not. In this world you are a Muggle by choice. If you eat cooked foods you know you rob yourself of that magic, of that energy that cooked foods can give you.

If you do Chi Gong as a cooked foodist it will be an intense experience after you've done it for a long, long time. If you stand on plate magnets and you are a raw foodist and you're very pure and you drink ionized water, you are very hydrated. It's like you can skip ten years, a decade ahead in work that it takes a normal person to get to.

I use magnets constantly. I have one on right now an inch below my belly button. That's called the lower don kien. That's a Chinese term for our energy center.

This is where all Chi Gong starts in that lower part of your body and then you move it up into the higher parts of your body. I use a magnet there constantly because that is sort of our internal body and I am constantly recharging everything by doing that.

Mike: Fascinating. Thank you so much for sharing.

Bob: Sure.

Mike: We are nearing the end of our time. You could stay for questions or if you have to go?

Bob: I could answer a few questions if people have some.

Mike: If anyone wants to ask a question you can go ahead and say your name and ask your questions. Go for it.

Yvet: Hi, this is Yvet. I wanted to know if the ionizer removes chlorine and fluoride. The water in Seattle is the most chlorinated and fluoridated and those are very detrimental to your health.

Bob: Right. Yeah you know as I said you can drink most tap water if it's filtered. All water ionizers have a built in filter so you are filtering the water with a carbon filter. That will remove the chlorine and if you are kind of worried about making sure if it doesn't get all of the chlorine out you would want to prefilter it with an extra filter.

The filter that is in a water ionizer will remove 99% of the chlorine including a lot of other contaminants. It will filter everything down to one micron meaning all of the particles in the water down to one micron. You are getting pretty clean water doing that.

If you are showering in chlorinated water if you think it is bad to drink it, it is even worse to shower in it because your pores will absorb 12 times more of any

substance. A hot shower they are wide open. You are breathing more chlorine gas in a hot shower than you would in drinking a whole glass of chlorinated water. It's important to get a shower filter and put it on there.

Bob: So it's very important that you get a shower filter and put it on there, because that is a terrible _____ in there and that a really terrible poison. It's in our water. It's in the drinking water for a good reason - to kill bacteria.

You need that to carry through the system in case you need to filter that out. Some municipals use _____ it's not much better. You should filter that out or a carbon filter will do that as well.

Caller: Have you heard of o-zonation?

Bob: Yeah, I'm in the bottled water business and we ozoneate our bottled water before we bottle it or before people fill up with it. What o-zone nation does is kill all the bacteria in the water. It has no harmful side affects. O-zone is O_3 meaning it's got three oxygen molecules. Your oxygen is O_2 . So, o-zone is a very, very powerful oxidizer and it will kill viruses and bacteria in the water instantly. It is fantastic to use.

I use an o-zone generator in my house for my air. I don't really have it on while I'm sitting in the same room with it unless it very, very low. You don't want to breathe in too much o-zone. The reason is because o-zone is oxidant. So, you don't want to drink the o-zoneated water. You want to wait for the o-zone to dissipate.

Which theoretically would be gone in ninety minutes because o-zone has a half life of around ninety minutes. But otherwise you could do it with a carbon filter that would remove the o-zone. O-zone is effective but not practical for home use. There have been a few attempts of people trying to create an o-zone that you would use in your house.

Unfortunately the o-zone needs a little contact time. Five to ten minutes for it to really do its job. I actually sell a unit that is meant to o-zoneate water. It comes with a stone ball and you put in a gallon of water or five gallons or whatever. It will o-zoneate and create a huge amount of o-zone in there.

If you wait a while, it will dissipate. But you don't want to drink o-zoneated water with the o-zone in it. There are some people that say, yes you should because of the oxygen and that it will kill cancer cells. Some of that may be true but it is also a very powerful oxidant so your oxidizing your body and your killing all the friendly bacteria in your body by doing that.

The question of fluoride is a little trickier. Number one, fluoride is an acidic mineral. When you iodize water, since fluoride is and an acidic mineral you will affectively remove about half of the fluoride from the

water. Meaning that it becomes concentrated over to the acid side of the water.

We are producing two different waters at the same time. One alkaline and one acid. The acid water has incredible benefits to the body. It's a great skin conditioner, it kills bacteria on contact, and any kind of cut, scrap, or rash heals very quickly.

You can brush your teeth with it. You can feed it to plants. It makes them grow like crazy, it's unbelievable. You could gargle with it. You just don't want to drink it. It actually pulls out wrinkles from your face if you use in on a regular basis. Once again you don't want to consume that water.

But it will concentrate that fluoride, removing half of it from the water over to the acid side that we don't consume. There are fluoride filters, pre-filter that you can put before water iodizes to remove over ninety percent of the fluoride so you don't have to worry about it. But I always say something about fluoride anytime I mention it.

That is that it's unfortunate that we put fluoride in our water. It comes from the EPA. Maybe there's a conspiracy about it. I don't know if it is a conspiracy. It's hard to tell exactly what's going on. Fluoride is a poison. I have to say that I don't support it at all. I wish they didn't put in municipal water.

They do that because the EPA suggests that they do it. I've always been suspicious. I think and it's probably true that if municipals don't do it their not going to get some kind of EPA funding for something else. So the EPA will punish them or some kind governmental agencies will punish them because they don't put fluoride in the water.

The thing to keep in perspective is there is a very small amount of fluoride in municipal water. It's usually between point six and point nine parts per million. Usually not any higher than one part per million. It's a very small amount. To keep that in to perspective you will be exposed to a thousand times more poisons. And a thousand times more pollutants while riding in your car behind a bus for thirty seconds then you will be my drinking gallons and gallons chlorinated water.

When you breathe in fumes from a diesel bus or from a truck with all that black smoke coming out, when you breathe that in, when you smell that, you're breathing in the Oc's. Which are a valid organic chemical which is for heliomethane, benzine and even _____. That is just the tip of the iceberg.

We could name a thousand chemicals that you're breathing in right now. Especially when it's a real dirty smoke that you get from a bus or you get from a truck. So, the whole thing is that people ask me, what do you think about detoxification?

Obviously as I have been saying this is one of the three keys points of being healthy. Alkalization, hydration, and detoxification. People say that you go through DE toxin. Everything I do is about detoxification. I go through detoxification, not only everyday but I'm trying to do it every minute of everyday.

Iodized water detoxifying. Fruits and vegetables are detoxifying. The _____ is detoxifying. Exercise is detoxifying. Just to simplify it. Just to make it understandable. What is a toxin? Well, a toxin is something that doesn't belong in the body. There are mild toxins and very serious toxins.

But you have your metals, herbicides, pesticides, and some benzene just as an example. We are constantly trying to get these things out of our body. The air we breathe. We can't control when we're out in the environment. But when you get into your house you can control the air that you breathe. I have an o-zone generator. I have a negative ion generator and I have an air filter.

So, that I'm constantly cleansing the air. If I lived in a big city like in San Diego where the environment is polluted. I would take special care of my house to make sure I had all the air purification devices. I mentioned all three of them: o-zone, negative ion, and filters. In Michigan we have pretty clean air and I live in a relatively small town. I kind of live out in the country compared to a big city such as LA, Chicago or New York.

I live out in New York four ten years and the pollution is just terrible. I was in LA a couple of weeks ago and it's much worse out there. You don't have to throw up your hands and say, "Gosh, I live in this polluted environment so I guess I'm just going to die." There are things we can do constantly on an ongoing basis. The things I just mentioned to constantly pull those toxins out of the body.

Caller: Yes, thank you! Clean air, clean water, and continue the detoxification, because it's toxemia that causes disease.

Bob: Right! If you sick with any disease: arthritis, cancer, _____. It doesn't matter what it is. You know two things right away. Number one that you're sick and all disease lives active in an environment. You know someone that has cancer. If you have ever been to a cancer ward in a hospital where you've got the people dying of cancer up there. It's a very bad smell. What that smell is your body has become so acidic, that it has begun to produce ammonia, which is very alkaline is a natural chemical reaction to that incredible acidic state.

So, your body is just eating itself up from within. That's what that smell is. If you have any kind of disease or even a common cold you know that you're acidic and you know that you're toxic. All disease lives on

toxins and you know that you have things in your body that don't belong there.

If you have Alzheimer's, schizophrenia, all these psychiatric diseases come from toxicity of the brain. That's what most diseases live on. If you have arthritis, diabetes, high blood pressure, _____ which is gross. The risk goes on.

If your sick with anything, it is because your body is toxic. You need to get those things out of your body, the toxins. Detoxification and alkalization of course bring your body Ph up. The main thing of course is hydration. Keeping the body properly hydrated is the most important thing we could do for ourselves.

Bill: Hey, Bob. This is Bill from Boston. I would like to ask you a question about the size of your meal, the frequency of your meals, and the timing of you meals. How critical you think that is. Also in the last teleseminar that Mike sponsored, thank you Mike by the way. For that one and this one it was tremendous, fantastic, _____ by the way. Thank you very much.

I ask about about it because I had been recommended by certain doctors, and nutritionist that I should eat according to my blood type. Some of the other guest and the speaker didn't think that was necessary. So, I would like to know your opinion on that as well. I happen to be an O positive and supposedly I shouldn't eat any sugar or much fruit. Which I love fruit by the way. So, could you speak to some to those questions?

Bob: Sure. As far the sugar, I think it not only your blood type, but any blood type to avoid the sugar. Too much fruit is a bad idea for anybody, doesn't matter who it is. I think that blood typing and looking at your blood type and what food you should consume and which ones you shouldn't and which one you should stay away from. I think it's very affective in the cook world.

But in the raw world it become unnecessary. So, as you move closer and closer to a raw food diet, the type of food you are going need to avoid and all that kind of stuff. There are a lot of people; certain blood types shouldn't eat certain carbohydrates. They stay away from potatoes and rice and that kind of stuff.

Once again as you move to a raw food diet it will mean less and less what you eat. So, blood typing again is very effective and has a lot of boliviano. The cook world and the raw world and become new point because if you become a one hundred percent raw you can eat anything you want. Especially once your body is completely detoxified and healed from the damage of cook food.

As far and frequency and eating, I will tell you what I do. I fast once a week by eating at about six o'clock at night. Then I won't eat again until

about six o'clock the following day. I find that very, very easy. In the old days when I was a _____ and I cooked food, if went to twelve or one o'clock in the afternoon without something to eat I was getting desperate.

I would get very hungry and I would get a headache. Now I can go all day and I'm not hungry. I just have an empty stomach. I eat about one third the volume of food I use to have. Because cooked food just doesn't provide your body with any nutrition. You lose ninety percent of the nutritional potential when you cook a food.

You have changed an alkalizing substance into an acidic substance. That doesn't provide the body with any real nutrition and raises the ORP of the body. It oxidizes it and therefore it accelerates aging process and accentually leads to all disease. One of my favorite things is when people come in and say I have cancer.

Well, yeah know what causes that? No what? Eating cooked food. I have arthritis, I have a cold. You know what causes that? No what? Eating cooked food. Because cooked food causes all disease. It all comes from our diet. What I tend to do on a daily basis, is the first thing I do is drink a lot of water. I drink a big tall glass of iodized water and then I drink another one.

That takes me about fifteen to twenty minutes to drink the next glass. I drink a lot of water and then I tend work out in the morning. I go running and that kind of stuff. I might take a little _____ before I work out with a very high energy food. That is kind of a good thing to have before I work out sometimes.

But sometimes I take it, often times I don't. What I tend to do after I have worked and get rehydrated and I drink a lot of water. I will have a small salad or medium to a large salad. When I first got into raw foods I did a lot of fruit. If you do fruit of any kind, one of the keys to that to making sure that it doesn't become harmful and that it doesn't bother you is that you have protein with it. Not only protein, but also green food, meaning something with a lot of chlorophyll and chlorophyll is the most important nutrition in my opinion.

Algae, the perfect food to take with any kind of fruit because it's very high in protein and chlorophyll. Wheat grass is the close second to that because it doesn't have as much protein but it does have a lot of chlorophyll. But what that does is the protein and the chlorophyll regulates that intake of sugar into the blood stream.

So you don't have that high sugar spike in your blood that your body ends up producing. Insulin is a hormone that regulates sugar. Because if you going to eat a lot of fruit, anything with a lot of sugar, I will tell you there is a tall glass of orange juice, I rarely drink anything like that.

I generally will put a lemon in it or a grape fruit or something. I will take a fair amount of _____ with it as well. If I'm going to eat something like that so that way it's not so much sugar added to my blood stream so quickly. The main thing is if you going to eat a lot of sugar make sure you going to do some kind of activity that is going to burn that sugar.

Sugar is basically fuel of the body. If you just sit there and eat a candy bar it would be very bad for you. If drink a tall glass of orange juice it is very bad for you because it is pretty much sugar in your body. I've gotten away from the fruit a lot. I still have fruit all the time. It was probably about thirty or forty percent of my diet at one point and now it's not anymore than ten. Several things opened my eyes to that.

One of them a great detractor of sugar. He found a tree of life down in Padagona, Arizona. He wrote the introduction to my book. He is a medical doctor. He is really into this low sugar diet. You can get his book *Rainbow Green Life Cuisine*. That book is all sort of recipes that have no sugar in it.

What I do for the most part, you never want to drink water hour or half and hour before meal time or half and hour afterwards. Never drink that because you just going to dilute whole digestive process. You will wash out your hydrochloric acids and your enzymes. It is a very big mistake. I never drink water with meals or even around meal time.

What I tend to do is have one meal in the morning, late morning about eleven o'clock or something like that. My salads have between fifteen to twenty different foods in them. My whole philosophy about health is about variety. Get as many different foods as possible into your body. Every food is unique it has a different set of set of enzymes and organic substances in it.

If it hasn't been destroyed by cooking, your body will absorb all that nutrients in a natural way as many different foods as possible. Look at my raw foods pyramid either in my book or online. We actually sell the poster over at the Watershed if you want to get one. But I talk about which food we need the most of and which group, meaning vegetables and fruits. Which are kind of foundational foods.

Water, we need the most of out of anything we put into our bodies. Then you get up into medicinal and healing foods. That where you have very powerful foods: nuts and seeds. Algae is at the very top. Herbs and juicing grasses are next. Algae is on the very top as your most powerful food.

That is what I do with my having salads, having most of it in greens at the bottom. Then vegetables but you need more greens than anything. Most of my salads are green. Any kind of greens I can get my hands on. Then I build up from there. I tend to have these two meals a day. Both of

them salads but that's just me. You can juice if you want. I think there is something to be said about chewing your food that is very important.

Juicing is a great way to go about it as well. I think you can take it to an extreme. I think you need a lot of fiber but you should chew you food as well. It happens in out digestive system that activates a lot of things when you chew. But to give you an example of another guy that has organic farms.

He gets incredible avocados and nuts to eat. You can look him up online at grass or organics out of Florida. That guy is a raw foodist down there. his name is _____. He doesn't talk much, but I had him on my radio program and he said some really interesting things.

One of them was the less I eat, the better I feel. I feel the same way. The less I eat the better I feel. Sometimes I have one meal and it's fantastic. I usually do that on the weekends. Doctor Gabriel Cousin who I have mentioned a few times, he eats everything in a four hours period of the day. So he eats within the four hours and then spends the rest of the time not eating. In that twenty hour period he is detoxifying, rehydrating, and drinking water all that time.

That is sort of my approach, couple of these size salads a day. When you get things like _____ in your diet and your eating raw foods all your nutritional needs are met. I don't get these incredible hunger pains. I'm not dying of hunger or anything like that.

Now it's just like my stomach is empty and I'm ready to eat. I'm not starving like the old days. When you're a cooked foodist, no matter how much you eat your body nutritional needs are never met. So, you're always hungry. That's the way people eat so much. We way over eat. But it really comes down to what we're putting into our body. We are putting the wrong substances into our body to begin with.

Bill: On the spirulina and chlorella and the other substances. Don't they come in a powder but there still alive?

Bob: Yeah, that's true. They are alive. Nothing beats a fresh food. If you get into raw foods you will see a lot of people you dehydrators. That is taking the food down a notch. It doesn't destroy food the way cooking does, so it is okay.

Nothing beats a fresh fruit. Fresh picked and you eat it right there. But the next best time are dry foods and dehydrated foods. That is essentially what spirulina and chlorella are although you won't pick up the enzymes. They are viable if you have ever taken those foods and put them in water.

Algae would begin to grow in that glass and that shows you that they are alive and viable. You could buy them in powder or tablets. They are actually quite affordable. The Watershed is a large importer of chlorella in the United States. We get a _____ manufacturing company, the world's largest producer. I have been doing this for eight years now.

My goal is to really make it economical and affordable. So, the average person can pick it up and get into their diet.

Jenny: Hi, I'm Jenny from Ohio. What is your opinion of zerion and the young coca nuts? I eat that a lot. I feel like it's the fact that I need it to fill me up. I feel hungry all the time if I don't have the fat from this small food.

Bob: Yeah, fat helps a lot. To try to fill yourself up when you eat, so young coca nut is a fantastic food. You don't get too many of them here in Michigan. I was out in California last month and there are young coca nuts everywhere you go. Everybody has them, all the raw food restaurants. I think it's a fantastic food.

It's high in fat like extra virgin coconut oil, a good thing to use on your salad or in your raw food preparations. If you cook, any oil you totally destroy it. So, don't waste your time by buying a high priced oil and then cooking it. It will just destroy it and it's no better than Crisco or any corn oil you see.

You mentioned syrian. I'm not a huge fan of syrian. There are a lot of people out there that worship that fruit. They think that is the most powerful fruit in the world. I think it's another great fruit. Just as an example, I think pineapple is just as nutritious as coconut. It has as much nutrition as syrian. I'd love to have syrian in my diet on a regular basis because I'm always looking for as many foods as possible to put into my diet.

There are some incredibly powerful foods like nonne. None fruit is very bitter and bad tasting fruit. It does have some extraordinary health benefits. I don't have anything bad to say about raw foods. I like them all. It's all great stuff. It's all fantastic.

The only food that we regularly consume that people think is healthy, that I'm very much opposed to is soy. Soy is a really bad food for a whole bunch of different reasons. Soy has not been a natural part of our diet for very long. It is kind of new within the last one hundred years or so.

People have really begun to eat a lot of soy. It has been around for a lot longer than that. Soy is kind of an invention for marketers. Not only was it an invention because they claim it to be such a healthy food. But it really is not.

Nuts, seeds, extra virgin olive oil, avocado, and syrian is very high in fat. Coca nut and extra virgin coca nut oil have a lot of fat but they help satisfy your hunger a lot. It is kind of difficult to make that jump. From being a cooked foodist to a raw foodist because you're used to eating all this food as a muggle.

When you stop eating all this food that you're used to it feels like something is missing. You feel like you should be eating more volume. The other thing is that your bodies nutritional needs have never been meet when you're a cook foodist. When you're a raw foodist your nutritional need are met.

That's why your brain is not constantly saying feed me, feed me. It doesn't need the nutrition. You're fine, especially when you're eating these powerful foods like spirulina and chlorella. Plus keeping yourself properly hydrated. That right there will do so much more for you than you will ever recognize.

Jenny: Do you sell the blue-green algia?

Bob: Yes, we sell both spirulina and chlorella. Our web-site is www.watershed.net. We are the largest importer and reseller of chlorella in the United States. One of the largest sellers of spirulina.

There are very specific reasons why I only sell just those too algae's and I don't sell other types of algae. There are other types out there. They are certainly not bad. There is one that comes from Clamid Lake. I'm not too fond of that one, for a few reasons. I don't really call it a bad food. There are some specific reasons why I don't promote that.

Other than that we do sell the water iodizer, spirulina, chlorella, and the _____. Essentially everything that I have talked about tonight we sell. I sell it because that's what I believe in. I know from my experience that it really leads to great health.

Caller: If you're new at this raw food and there is so much with so many people going so many different directions. I'm kind of lost with all of this. You talk about this chlorella. I've been turned onto wheat grass. Is it as good as they say it is? Or should I go to chlorella to get even more? I find myself always hungry. I haven't quite figured out what to eat and how to eat.

Bob: Once again I will say that fat will help you a lot, avocado, cocanut, extra virgin coca nut oil, and extra virgin olive oil. I mentioned that syrian is hard to get a hold of, but nuts and seeds of all kinds. I even grind up flax, sesame seeds, and sunflower seeds. That will give you the perfect arrangement or compliment of a mega three sixties that your body requires.

I do hemp seeds also a great source for a mega three. That will help curb the appetite. Wheat grass is a terrific food. I don't do it all the time but I wish I could. I wish I could have some everyday. Wheat grass isn't anywhere near as powerful a food as spirulina or chlorella. Yes, I recommend everyone put that in your diet.

One of the main reasons is so that you get a sufficient amount of protein, especially as you move through the _____ diet. Away from animal food choices which is all very harmful to us, especially cooked animal protein. We always cook our animal protein meat. Fish I can vary.

Unfortunately I wouldn't recommend anybody eat any fish of any kind, raw or cooked either way. Raw fish like sushi can become can become highly contaminated with mercury and a lot of other contaminants. You can always remember the higher you eat on the food chain the more toxic the food.

When you start eating fish and meat, those animals have concentrated a lot of toxins in their flesh and now you're eating that flesh. That is point five times the amount of toxins you will find in those foods. I think the algae is one of the easy ways to get in the raw food diet or to become healthier because you can either get them in powder or tablets.

It's even easier in tablets. You just take to tablets and pop them down. You want to pour some out into your hand and pop it down just like that. If you want to count some out and see how many grams you taking. But the thing to remember about spirulina and chlorella they don't taste very good so there in pill form. They are the most powerful foods in the world. I still get hungry even as a cook foodist. When you take these powerful foods such a spirulina and chlorella and integrate them into your diet, your body gets so much nutrition. Now your nutritional needs are being met at a fundamental level.

So, without getting too technical, they're very high in amino acids. That's your protein. Then nucleic acids, RNA and DNA, this is the building block of every cell, amino acids and nucleic acids. These foods are extremely high in them.

As you begin to rejuvenate your body, at a cellular level, when you begin to get the cells that you had in your body, in your teens and twenties and all that and really living to your potential physically, and even emotionally and spiritually. Because again, it all snowballs on itself and it all becomes easier. Then you begin to do that and the hunger goes away.

It certainly isn't as intense as it used to be. It all becomes a lot easier. But I think you might find some help there eating these fatty foods. You don't have to eat too many of them or anything, but they certainly do help. Especially in the beginning.

What I did was I transitioned from cooked food to raw food to rice. I had a lot of rice in my diet about. About 20% of my diet was rice for about four years. Eventually, I removed that. But it kind of helped bridge that for me.

At the time, I really thought that we needed starch carbohydrates in our diet. I realize now that we don't. They create a lot of mucous and they are a food that you want to avoid. It is a process and again, as you continue to eat raw food and your body your body gets this broader range of food, again, I'm doing 150-200-250 different foods every year.

It's not hard to do. It's not about volume, it's about variety. Every one of those herbs that I use, every one of the sprouts that I use, every vegetable, every fruit, they all are completely different from each other. They have a different set of enzymes, a different set of organic chemical substances.

The thing to remember is that everything that we do is enzymic reaction. Life is enzymes, period. It stops right there. Everything that is living is enzymes. You blink, you think, you talk, you walk, you smile. It is a complicated sequence of enzymic reaction - enzymes reacting with one another.

And yet, what do we do? We constantly deplete our bodies of enzymes by living on cooked foods and of course that's where all disease comes from is from our diet.

Any other questions?

Caller: One other question about the spirulina and chlorella? Have you ever heard of seaweed or seamoss? Is that equal to either of these?

Bob: No, it's not equal to it. They're, I would say a step below it. They're some very powerful foods. Seamoss, I really haven't heard of. It might be a name brand. I eat seaweed every day. I eat _____. I eat kelp. I eat noi. I sprinkle them on my diet. We sell them at the Watershed.

They're very powerful foods. They all have all of the minerals out of the sea because they are grown in the sea, so they absorb the nutrients. I also use Celtic sea salt, another item we sell. That is absorbed, you know, you are getting all the minerals out of the sea.

If you are careful and you buy a brand like I recommend. The Grain & Salt Society, sea salt. They're one. There are other good ones out there. That salt hasn't been processed. The key is that if you have a salt that is white, even if it says "Sea Salt" on it, it is a processed salt and should be avoided. Because it is really quite dangerous, you don't want to use any kind of salt that you can pour readily like that.

If it's white and pourable, you'll find that if you get the salt that I get from natural sea salt, it's clumpy. It doesn't pour very well, especially after the package is opened a little bit. A little moisture gets in and it gets clumpy.

But that's natural salt and that's what you want in your diet. You can use that very liberally on your food and never have to worry about high blood pressure, having too much sodium in your diet that leads to problems

Because sodium is the most important electrolyte that the body needs, we need sodium for everything in our body. We have a very close relationship, a very important relationship. It's very important that we eat the right kind of salt. Obviously you just want to make sure that it hasn't been processed or heated at all. That's the key. If you ever want to find out if it's a good salt, call up the manufacturer and ask if it's ever been heated and processed - avoid it. It's poison.

If you drink a lot of water, in particular if you drink a lot of ionized water, you will never have to worry about taking in too much salt and having those problems.

Caller: What kind of sprouts do you eat and do you grow your own?

Bob: I grow my own sprouts. I go to a few places on line that I could recommend that you go and get seed. One is www.SproutPeople.com. I go to Sprout People. There's www.SproutHouse.com, www.SproutMan.com, that's Steve Marowitz.

Caller: The first one was Sprout People?

Bob: Sprout People. I go to www.SproutPeople.com. But anyway, sprouts are an incredibly powerful food. I think that it's ironic that they have this wimpy connotation to them. Like people go, "Oh, you use sprouts." When really they're incredibly, highly concentrated food.

To give you an example, the broccoli sprout has a chemical substance in it. An enzyme that's called zafloaphane, that's what makes it such a powerful anti-cancer food. People will say, "Oh, broccoli is anti-cancer." Well, it's a very powerful anti-cancer food unless you cook it.

If you cook broccoli, there's no anti-cancer properties at all because zafloaphane is an enzyme and when you cook it, you have destroyed the enzyme. But you will find that a broccoli sprout, three to five days old has anywhere from 30-50 times the amount of zafloaphane then in an entire head of broccoli.

When you just eat the sprout, you're getting a high concentration of this zafloaphane and of course that's a very powerful anti-cancer, what we call a chemo-protective substance.

So I buy about 30-40 different types of sprouts. I do radish sprouts, alfalfa, red clover. I do _____ greek, it happens to be my favorite. It has a wonderful flavor. You can't find that anywhere else. I do mung beans. I do lentils of all kinds. I do a little bit of peas. They're a little bit on the starchy side, starchy carbohydrates, but I do a little pea.

I do mung beans. I do azookie beans. I do a little of those. I do chick peas. I do mustard seed, broccoli seeds. The list goes on and on. Anything sprouted is, once again, a very, very powerful food. If you look at my food pyramid, you will see that they're in the area that I call medicinal foods or medicinal properties or healing properties.

They are a power food. A foundational food such a greens, such as vegetables and fruit and then there are our power foods, our medicinal foods, our healing foods, our growing foods that are very high in proteins and other high concentrations of organic substances and enzymes.

Sprouts, nuts and seeds, then herbs and grasses of all kinds, any kind of juicing grass. All kinds of grasses can be juiced - Barley, Wheat, Kamut, anything you got. Rye, it doesn't matter. Then on the very top of the pyramid, there are algae. These are our most powerful foods. We need the least amount of them, but you definitely want to have them in there.

Those are our most healing foods, our most medicinal foods are the algae's.

Caller: How do you grow your sprouts?

Bob: Very, very simple. I have a little sprouter, but all you need to do is you soak the beans. Both of my books talk about sprouting extensively. *Achieving Good Health* and *Confessions of a Body Builder*. It is not about weight lifting. It is about building your body with water and nutrients.

Both of those are available at www.WaterShed.net. You can call our 800 number. I haven't given out the 800 number, but I'll do that. It's 1-888-826-4448 or www.WaterShed.net. But you can get the book there or you can get them on www.Amazon.com.

I talk about the sprouting. It's very, very simple, you take the seed and you soak them. You can soak them anywhere from eight hours or overnight. You drain off the water and then I put them in a little sprouter, which is basically is a little container with holes in the bottom.

You could almost use a colander. Usually you would want something with a finer mesh than that, but the whole key to it is to make sure you rinse them off. If you don't you are going to get a lot of mold in there.

People will complain about that. If you get mold in sprouts, it's because you didn't wash them enough. So you need to wash them. It just takes a few seconds. You just spray them off with water. It just takes a few seconds. You can use sprayer you have there on your sink. Spray them off three or four times a day. Usually you'll have a sprayer.

Caller: Do you use the ionized acid water?

Bob: Yes. I do. That's what I use. It helps them grow very quickly and just like all plants. Acid water is incredible for plant growth. It doesn't help a little bit, it's night and day - what acid ionized water does is just phenomenal.

That's basically what alkaline ionized water is doing for the human body. It's the same kind of thing. You can see the results in a plant, but yeah, I use the acid ionized water to do my sprouts and they grow quicker.

They grow fatter, because they are so well hydrated. Overall, I think you might see a slightly more nutritious sprout using ionized water.

Caller: What kind of medium do you grow the broccoli sprouts in, because the seeds are so incredibly tiny?

Bob: Well, even smaller is alfalfa and red clover. Those are really tiny. They look like grains of sand. But what I did was, I bought a little sprouter. To be honest with you, I think they are a little on the expensive side. I've got three little sprouters. Each one comes with a little lid. They're kind of a hard white plastic and they've got holes in the bottom and I spent about \$20-25 for that.

Quite honestly, it's a \$2 or \$3 item. But that's just what you pay for sprouters. They have these automatic sprouters too. I've never used one, but they constantly run water over the sprouts and that's okay, I think that's a good way to do it. But, even with the small, little, tiny seeds with the alfalfa and red clover, which I happen to do those together. I usually do those together. A few of them might escape through them holes in the bottom. But for the most part, it holds it in there just fine.

Once these seeds sprout and they start then they won't fit through the hole at all and you can spray them and spray them and you won't lose them all. The other way to do it is just get a jar. Soak the seeds of course and then put them in a jar and then you want them to be able to breathe a little bit. You don't want to close them up totally.

You'll want a lid with some holes in it or something like that. The idea is to most of the moisture in, but make sure it breathes. Then turn the jar at a 45 degree angle, so you don't have any water on the bottom. If any water sits on the bottom, then whatever seeds are on the bottom won't sprout, because they are soaking in the water.

They need to be moist and well hydrated, but not sitting in water. Nothing will sprout like that. You could use a Mason jar or whatever you want. I did that in the beginning and eventually, I got my sprouter. I bought it at www.SproutPeople.com.

That's a good way to get started. The thing about sprouts is, it is so economical. I mean it is just ridiculous. You could spend \$50 or \$75 a year on foods and beans and lentils and you would have more sprouts than you know what to do with.

They are so nutritious and everything is organic and you are doing it yourself. You can put them out in the sun and then they'll get chlorophyll and they'll get green sprouts. You know, green chlorophyll.

I tend to sprout my sprouts from seeds to where they're pretty small and then I put them in the refrigerator because I like the fact that the sprout is small. The smaller it is, the more highly concentrated the chemical substances in the enzymes are in the sprouts. I don't let my sprouts get too big.

Any other questions tonight?

(laughter)

Mike: Sounds like someone is using a juicer in the background.

Bob: Or a vacuum cleaner. I don't know which.

Paul: Yeah, Mike and Bob, this is Paul. I'm just checking in. I was in the area and I am really interested in your conversation. There should be a 1,000 people on the line here. This has been great.

Mike: Glad you made it. Good to hear from you again.

Paul: The only thing that I was going to ask Bob is, I know the last time that we talked, he was making some inroads with the insurance community and I don't know if Bob has followed that up at all.

Bob: Which community?

Paul: Some people might be interested in hearing about that.

Bob: What was that? I didn't quite catch that. What community?

Paul: Insurance. Health insurance.

Bob: Oh, Health insurance. Well, here's my feeling about it. I can't say that I've gotten into it. I've been trying. I don't have health insurance. The reason that I don't have health insurance is because; I'm not ever going

to get sick. Why would I want to spend money on something that I'm never going to use?

You know, if you were ever going to buy any kind of insurance, you would want to figure if you buy life insurance it's because you betting you are going to die. So you want the people and the beneficiaries of your insurance to benefit from it. So you get yourself a million dollars of life insurance. That way if something happens, your family gets some money from it.

But, I'm not going to bet that I'm going to get sick, because I'm never going to get sick. Now what I do have is accident insurance. That's in case I get in an accident. I don't even have catastrophic insurance. You know, they used to have in the old days, back before we started letting companies paying for our health insurance.

That's what driven up the cost of medicines so much to where it's gotten so crazy is that everybody's got health insurance. When you work for somebody, but now you've got all these people that work for employers that don't offer health insurance.

I happen to be one of them. I don't offer health insurance because I'm stingy, it's because I tell my people, "What are you worried about? If you get sick, just come to me and I'll tell you what to do. We'll get that problem cleared right up if you're willing to be healthy. I can't make you do it, but I'm not going to pay for your health insurance."

But I do pay for their accident insurance. I think one of the solutions to our health care crisis, and it is a crisis in the sense that the average doctor makes \$300,000 a year. The average physician. The average run-of-the-mill physician, \$300,000 a year and you go and stay in the hospital and it's \$1,500 per day. You can imagine if you were staying in a hotel for that amount of money, what you would be getting.

But it's \$1,500 per day for the national average and I think the solution to it is that the people not come up with all of these schemes about how can we jostle the numbers. How can we do these things? The way to solve the health care questions in this country and the situation that we've put ourselves into is to become healthy.

You say, "Well, I'm not going to become 100% raw foods like you and cancel my health insurance." I don't recommend that anybody do that, but what you could do is go to these high deductible premiums. There are a couple of vehicles here that you could use.

Number one, when I say 'high deductible' you pay for the first \$2,000 or \$5,000 worth of medical assistance. Okay, so you go to the doctor and it costs you \$180 for a visit. That's the average for a visit to a doctor these days - \$180 bucks. You pay that out of your pocket.

First of all, I keep telling people, even companies, you've got to get rid of these low co-pays. You walk into the doctor. You pay \$5 or \$3 sometimes \$10. That's beginning to change a little and it should, because it just makes it sound like, "Well, I just went to the doctor and it only cost me \$5." Really it didn't. It cost your insurance company \$180. Somebody has got to pay for that.

That's not going to come out of nowhere. But if you went to a high-deductible, meaning that if you're paying \$12,000 a year for your family of four. You're self-employed; you could reduce that down to \$8,000 a year if you went to a high deductible and you could take that \$4,000 and buy a water ionizer, a dehydrator, a juicer, spirulina and chlorella or even a far infra-red sauna. A far infra-red sauna starts around \$3,000.

You are going to be so much more healthy. Now that's just the savings in the first year, because you are going to save that \$4,000 every single year from here on out.

So, that's one way to approach it. We've got to do that, I feel. I mean if you look at, you know, we're about ready to lose this country's biggest corporation. That's General Motors. The reason that we are going to lose it and it's really going to be bad for this country, whether you like General Motors or not - it's irrelevant.

That's our nation's largest corporation and if that goes under, this country is going to suffer economically in tremendous ways. But what's killing them. They made the wrong cars. You can say that, but there are two other things, there are pensions, but the biggest thing is health care. They pay so much money for health care.

Now if you could go into any corporation's board, a perfect example is General Motors, and show those people, "Hey, you know what? If you just took your people and made them healthier. Got them on ionized water, got them on spirulina and chlorella and spent some money on those things, you would save yourself a fortune, in people not having to go to the doctor, not having the diseases that they have now. You could go to high deductibles and make them pay so when they get sick - it's like I tell people all the time, if you get sick it's because you allow yourself to get remain sick.

You allowed yourself to get sick and you're sick and you continue to be sick because you allow yourself to remain there. It's your choice. People say, "Well you know Gee, cancer runs in my family."

Dietary habits run in your family. Diseases are not genetically inherited. It is a state of complete as if we had nothing to do with it. I got cancer. Diabetes runs in the family. High cholesterol runs in the family. It does not run in the family. Cholesterol comes from what you eat. It does not come from your genes.

So if we went to these high-deductible premiums, the vast majority, because the average person is not going to become 100% raw foodist. The average person isn't even going to become 50% raw, but if the average person could become even 20 or 30% raw, begin to drink ionized water, take spirulina and chlorella, get away from some of the animal protein which is the centerpiece of our diet which is such a big mistake and causes more disease and dehydration of the body.

You know, we could just solve so many problems in this country economically. Of course, this health care crisis is looming. It is getting bigger and bigger and bigger and you know, something is going to break somewhere, because you can just not continue to live this way and expect to continue on and pay these astronomical medical bills.

We're all paying for it. Medicare continues to get bigger and bigger and bigger and now we are going to start paying for people's drugs. I shouldn't have to pay for someone's drugs. It sounds like a good thing to do. "Well, we should pay for people's prescriptions and all this."

I certainly don't want to pay for somebody's Viagra. That's their choice. But I don't want to pay for any of those drugs. They made themselves sick. We're all going to be paying for these things. It's bad enough for our generation, but I look at my children and of course my grandchildren one day. I just wonder what's going to be left for them.

They're going to live in a society full of sick people and we'll all be sharing this incredible burden and what's the pay-off if you want to be healthy?

That's what my whole point is. Frankly, it's very hard to stay healthy. I mean it would be easy if I could order a pizza and have a pizza every night and not have to worry about. Not to prepare my salads. I enjoy being healthy. It's really a great joy, but I'm not going to make myself sick with the wrong diet.

But I will go back one more time. I shouldn't have to pay for somebody else's lifestyle because they decided to put the wrong thing in their body makes themselves sick.

So the first point of business is to educate people and let them know that all disease comes from our diet and we'd better get right with it. The next step is to go to these high deductibles where people are forced to pay for the diseases that they bring on themselves. That's sort of my scenario.

How I'm going to get in there and get people to do it? I've approached insurance companies about it and none of them have listened to me so far. I think they could save themselves a fortune by doing what I'm suggesting, but they're not doing it.

Paul: Thank you.

Mike: Well listen. It's about eleven o'clock on my end.

Bob: I have really enjoyed doing this. In case you jumped in the middle and caught only part of this, my name is Bob McCauly. I own the Watershed Wellness Center. I'm at www.WaterShed.net is our web site. Our toll free number is 1-888-826-4448 and I'll tell you this, I am one of the few people in this business that I am in that you can call and get me on the phone. I'm willing to talk to you for any length of time and I'm willing to talk to you any questions concerning health.

If you look at the big names that are out there, the well-known people that write books. I could rattle the names off to you and you would know them, you won't get through to them and if you do, it's going to cost you a fortune.

I don't charge anything. It gives me a great deal of pleasure to help people with their health. It really gives me an enormous satisfaction when somebody calls me up and says, "Hey, you know, I used to be really sick and I followed some of the things you suggested and I'm feeling a lot better."

That gives me a lot of enormous satisfaction. So anybody who is listening, you can even tell your friends and family, you're welcome to give me a call anytime over at the Watershed.

Mike: Thank you, Bob, I really appreciate you joining us.

Bob: Okay, thanks for the opportunity and everybody have a great evening and God bless you.

More info can be found on Mike Snyders website at <http://www.TheRawDiet.com>