

# **Conversations with Dr. Flora**

By Dr. Flora Van Orden  
[drflora3rd@yahoo.com](mailto:drflora3rd@yahoo.com)

Edited by Michael Snyder  
[mike@therawdiet.com](mailto:mike@therawdiet.com)

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Contact the publisher at

URL: <http://www.TheRawDiet.com>

Email: [mike@therawdiet.com](mailto:mike@therawdiet.com)

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Michael Snyder

Dr. Flora, what is Energy Soup?

Energy Soup is the wonderful stuff that is instrumental in keeping me going for all hours of the day and night! Dr. Ann Wigmore fed it and taught it to me to keep me typing and assist me in trying (unsuccessfully) to keep up with her! It's made from a few simple ingredients that are easy to keep around in your cabinet and in your refrigerator.

In just five minutes, these wonderful foods, prepped and in order of use, will be blended together a form that is the most easy-to-digest nourishment available. Eaten slowly (30 chews each mouthful, in a prayerful, grateful, joyful attitude), the Energy Soup will provide you with blessed and sustained energy for the entire day (and sometimes half the night, especially if I'm working on a grant proposal!).

1. peeled watermelon or apples in season (organic), about half a blender full, sometimes mangos and sometimes papaya, blended with a cup of Rejuvelac (recipe below),
2. two small rinsed palmfuls of dulse (caution: the unusually high content of iodine),
3. half a blender of organic baby greens (wildcrafted (handpicked in the wild) dandelion, purslane and lambsquarter were her favorites, but sunflower and buckwheat baby greens are easy to grow in just 7 days), or any wonderful leafy baby dark green vegetable, i.e. parsley, kale, collards, arugula, etc. (except no spinach - it causes gall stones to be formed and also prevents proper utilization of calcium in one's system),
4. 3 tablespoons of flax seeds (any color), placed in water for 15 minutes (or until like jelled,
5. fenugreek sprouts (if you have sinus/lymph//lung challenges,
6. 10 figs (hydrated [put into water overnight] or raw) - for the first 10 days, back off one fig each day until you are not using any. This is only to get your body into an alkaline condition as soon as possible,

7. 6 prunes (hydrated) - back off one prune each day for 6 days until you aren't using any. This is to get your GI track cleaned out as quickly as possible,

8.a. If you are not O+, 1/4th of a diced avocado sprinkled on top of the bowl.,

8.b. If you are O+, then 12 almonds which you have been soaking for 1 1/2 days, blend in the blender with some Rejuvelac to make almond cream. Use 2 oz. for each Energy Soup in the afternoon and evening..

Fast! This easiest-to-digest totally nourishing meal was perfect for Dr. Ann's totally astounding schedule and for people who need to regenerate their cells. Dr. Wigmore seemed to thrive on it and it put her in a space where she didn't need sleep anymore. I've watched people for nearly half a century now do amazing things with it. I'll use it every day for the rest of my life.

Dr. Lerman, who was Chief of Medical Nutrition at Boston University Medical Center, took both my blood and Dr. Ann's, and told me that my blood was perfect. Dr. Ann told me that something must have been wrong with the tests, because they indicated that there was something lacking in her results. One doesn't have to worry about not having what you need when you eat this blessed stuff.

What was Dr. Ann Wigmore's diet?

Dr. Ann was a 100% living-food vegan. Please share this or forward this to anyone who can benefit. Perhaps I read you wrong, but I am assuming that you wanted her own personal diet, not the one she taught her students who were very fragile. Her recommendations for her AIDS and cancer students' soups were purposely missing sprouted grains and more than 2 ounces of almond cream with each meal. Had she been alive when "Grain Damage" was published, she would have appreciated Dr. Doug's Graham's message advocating no grains.

Some people, mostly men, have found it useful, but I have found sprouted buckwheat to be a total waste of the energy of the little seed. The starch has not been turned into the kind of sugar that is used for fast energy, and there is no usable protein until the chlorophyll turns the leaves green after being planted in dirt and exposed to the

sun. The pink/magenta stems are wonderfully full of lecithin, which dissolves cholesterol, (as bromelain from the stalks of really ripe pineapple does also). All that is useful, besides fiber, that we get from fermented or sprouted grains are the b-complex vitamins, but the sauerkraut takes care of that thoroughly, and is a more grounding and spiritually enlightening food than grain.

It seems that it's ok for followers; but leaders need to be grain free. "Healing Foods" by Annmarie Corbin (and others I that could recommend) touches on that subject, and people will find this out for themselves when they give up grain completely. My friends in India's eyesights improved also. Dr. Ann ate Energy Soup with 1/4th avocado in the a.m., and almond cream in the p.m., with homemade sauerkraut and rejuvelac in it

Sometimes, if we were at a conference together, she would buy a variety of seed and nut cheeses, take a taste (literally, not a bite and wash her mouth out with rejuvelac and give me the rest. I would eat it all and promptly fall asleep. Too much protein, and some of the seeds and nuts had not been soaked the proper time to get the inhibitors out and the starch and protein predigested into simple sugars and amino acids, so my body had to shut down in order to make some sense of it. I had to learn the hard way.

She would smile indulgently and say, as she woke me up to work some more, "You eat differently from me and that's why you have to sleep, Flora".

She put different amounts of the basic ingredients in each am and pm and I have no idea if what she made for me was always what she made for herself, but the few times I was in her kitchen, which floor was covered with newspaper to catch the peelings she scattered all over as she quickly and efficiently prepared soups on and off all day for guests, and then rolled the paper up at night and threw it away and her floor was clear and clean for the evening, I saw she was sharing!

She taught me that if I just followed my inner guide, I would take the right amount of what I needed. Other naturopaths have suggested the same; one in Hurricane,

Utah, said when he is walking and sees a brown eyed susan and focuses on it for a longer period of time, the minerals/vitamins in it will usually be just what he needs, and if it's something inedible, he makes sure he gets enough that day of what his eyes had led him to, only in a different plant or fruit.

She made dehydrated protein nuggets for our guests, but did not recommend them for people who were trying to regenerate their cells with heavy health challenges. In fact, she felt that more than a couple of ounces of almond cream a day was too much fat for one's liver when it was compromised. She mandated that in order not to have cleansing reactions, it was necessary to take enemas in the a.m. (before 2 hours of rising) and to enjoy the trampoline and dry natural bristle brushing toward the heart and wet skin stimulation with a loofa.

Implants with wheatgrass juice were necessary parts of her regeneration program. She had transcended the need to sleep and she watched the Oprah program a little to keep up on the topics that people were interested in, but spent most of her time writing, answering letters, making audiocassettes for people. She was the most spiritual person I've ever met and because she lived in present tense and had incredible love inside her, she was never worried about anything, even when people were trying to undermine some of her students' confidence in her in order to 'take' the reins from her hands.

I would love to answer specific questions, and have over 2 decades of experience with her and could really give you some stories, if I was not reined in! She was always experimenting and some people who came into the Institute for a couple of weeks might have gone away thinking that what they saw there was what they might eat. She finally had to take the lovely jars of beans, peas and lentils down that lined the top shelf in the kitchen because so many people got the wrong impression, not understanding that they were just for decoration and that we didn't use them ourselves. After oriental doctors asked her to test things like mung beans and aduki beans, etc. she found that they were not things that were helpful (in fact some were very harmful sprouted) and she didn't want them used anymore.

She wanted to use red vegetables (like sliced red bell peppers) for color in some of the recipes for the weekend banquets, but did not use them herself and did not recommend tomatoes. She was allergic to both, as I am, and nightshades in general. If you read a book called "Healing Foods" it explains well what nightshades do to you.

She wanted us only to teach what to do and why, and to stay away from saying what was wrong or why not to do certain things. She didn't want citrus to be used and asked people not to put them in their compost piles because of the fruit flies that they hatched, and they destroyed the friendly bacteria/buggies that the compost made to grow the sprouts well. The major ingredient in natural insecticide is citrus oil. If I eat anything 'out' that has citrus oil or acid in it, I have a bad time because of the pains inside.

When I was traveling with her, a bowl of Energy Soup, which I gratefully received, would appear in front of my door and she chastised me to eat it immediately, chewing silently at least 30 times before I swallowed each mouthful, thinking about peaceful things as I did. She taught to chew each mouthful of wheat grass JUICE as if it were a solid, for a couple of minutes and not just chug-a-lug it as some do now.

She kept a wheatgrass 'bundle' tied up in a rubber band in a shallow glass of water next to her wash basin and her kitchen sink. Every time she needed to wash her hands, she would put the grass in water in the basin for about 10 minutes to neutralize the chlorine, and also in her bath. She used a lot of wheatgrass juice in her implants and the trays would disappear every time she came back from a trip because she knew she had to detox from the cigarette smoke in the airports and the exhausts from the autos and busses. Her Energy Soup was what she ate when she was hungry.

Once someone gave her a loaf of Essene Bread, which is frozen, and she threw it away so that people would not think that she supported frozen stuff. She asked me to walk along the banks of the river in Boston to collect lambsquarter and purslane, which was difficult for me because the air up there in the 80's was so acid that if I wore sandals,

my feet would burn in the air. When we went to the radio station to give a program, we would collect the incredibly long tender leaves of the dandelion leaves that had been supersized by the radio waves!

She used buckwheat lettuce (the female energy - I smile when I think of her walking along in the 'nursery' and stroking the buckwheat, calling them her little ladies at a tea party, as she taught me that they would help me when I needed to go inside and build my intuition, my sense of discrimination, deep sense of loyalty and service) and sunflower lettuce (the male energy, for giving speeches, giving people directions and telling them what to do, and being organized and consistent and just having physical strength).

She was not a user of sprouts, personally and felt that plants needed soil to grow in and leaf out before they were proper to use. Since then, Dr. Hulda Clark has found that sprouts have aflatoxins in them that are very dangerous. Many people in her kitchens, and even some of her staff, were not 'on her program' and even though she wanted them to be very loving and centered when they fixed the food for the students, because she knew that the energy of their minds would go into the food, many put things in there (both physically and emotionally) that were not part of Dr. Ann's personal program.

The books (and over 99% of the recipes inside) that are on the shelves in the average bookstore today are not written by Dr. Ann, even though her name appears on them. She did not want to mix all manner of things together, because she was a stickler to follow the "Essene Gospel of Peace" and thought that 3 things were enough to be mixed together, as blended foods were easier to assimilate by the little villi, or in the mucus membranes in the mouth, than solid.

If I have an apple, I will blend it instead of munch it, because I don't want to waste its energy or mine. She felt that every little plant that peeped up in her cafeteria trays was a baby, and she wanted to use every one necessary and not let it have a wasted life. People were always trying to talk to her during the program weeks, but she understood that the first week's questions would disappear once their enemas washed the waste down the



toilet and so she only 'appeared' once a day from 9 to 9:30 during a questions and answer time.

There was such a difference in the questions during the second week, if there were any at all. With inner clarity, there was less need to talk. People who are not in pain don't need to talk much at all. Watermelon or apples in season and dulse mixed with rejuvelac\* and 7 day old buckwheat and sunflower greens, almond cream and avocado and sprouted grain dehydrated crackers were staples for guests, but the latter was not for the students who were having serious regeneration challenges. I am trying to finish a spiritual booklet that Dr. Ann started, but am so busy just trying to take care of people around me now, that I have not much time even though my sleeping needs are not much.

I will try to write a concise, clear organized living food daily regime for you after I get some rest from all of this male energy of writing the grant! I am at home with stream of conscious female writing (as you can tell), and it is stress to be 'organized' to some externally prescribed form! But, my dear friends are trying to get a computer clubhouse going for some children, and whatever I can do to help them, I'm available.

I love the people in Puerto Rico, and I wish I knew more about how they handled their compost problem. I wrote to someone else that Dr. Ann asked them to put up a fence so that the pigs and chickens wouldn't get in to eat the sprouting leftover seeds, and when she returned from a trip, the animals were all over, defecating in the compost. When one is not in a frost zone, it's impossible, some feel, to 'kill' the little things that might be in the feces of the chickens and pigs. Some chickens eat their own waste. I haven't been able to go back there until I find out what they have done to de-contaminate their compost.

Another so-called wannabe copier of Dr. Ann's living food program has horse manure in their compost. I couldn't eat the greens from there after the first day, they were so bitter. It's a real problem and if someone knows how to solve the problem of contamination of compost by animal feces, please let them know down there.

I've wanted to visit down there, because I love the staff members and have such great remembrances, but I can't just live on mangos, avocados, coconut water and papayas (unless it's 110! - I do become a fruitarian, like Dr. Wigmore did, for 5-6 months out of the year, depending on the heat) and sick people definitely can't; they need their greens.

Yes, there are about a dozen other institutes in the world, and if you have the recipe for the REAL energy soup of Dr. Wigmore's, you could go there and use their wheatgrass, rejuvelac and sauerkraut (if they are made right like they do down in Puerto Rico) and make your own energy soup after you grow your own in soil that is not from the compost there.

When I was there, I learned that our govt. had sprayed the west end of PR with agent orange and when I tried to walk on the beach with bare feet, my feet burned from some acid in the sand and even the water burned me. I guess I am one of those 'canaries', but I haven't been back since Dr. Ann died in Boston. After she went to Boston the last time, 3 weeks later I flew to DC to be with my mother who needed me and received calls not only about her death but the death of the director. I saw that coming, but everyone has to monitor their own behavior.

He was invited off the property to a 'transition' restaurant in a lovely home, and he was offered a huge bowl of hummus. Even my 'adopted son', (sort of like a 'kissin' cousin', adopted because I admire him for his strength, support his stands, and feel we are kindred souls) Dr. Tim Trader, says openly that in the past, before he went all raw, he had angry feelings the next day when he ate hummus so he quit, and the director was recovering from cancer and all of that oil and nonsprouted cooked ground up garbanzo beans with a certain liquid amino acid in it.

(I tried a taste but it was too acid for me and too much salt and lemon so I rinsed my mouth out, but I could hardly walk the next day I had so much pain in my lower back

from the latter ingredient..dumb move).

I was horrified when I saw him come in and eat half the bowl. That was the last I saw of him and found out later, when I called down there about something that he had died too.

I dislike saying anything about the place down there that might frighten people off, but someone who knows about parasites from pigs and chickens needs to test the compost soil. I got campylobacter jujuni (from chicken blood) in CA when a lady in Buttonwillow I was saying with defrosted her chicken on the shelf above my purple sauerkraut and I didn't realize the pink was blood, but I felt something weird (I know my body so well, and most of the time I am not even aware of it, so the tiniest things hits me in the face!), sent to the doc to get a sample taken and sure enough, I was not able to work until I tested negative. We have to be careful.

Just cutting out dairy and rice will amaze you when your asthma disappears! If, you aren't living in an area with really polluted air, like I was when the diesel exhaust gave me a major challenge.

Which Ann Wigmore books are "good" and which ones are "bad"?

I don't think there are any good or bad books, but they misrepresent what she was actually focusing on. She didn't use all of those recipes, or combinations, and originally was only there to help people who were dying get well Be Your Own Doctor/Why Suffer tells her story, but still doesn't get into the refined Energy Soup that she used herself and fed her patients that were so-called terminal. She ran a right ship and later on decided to teach only the young people who wanted to teach others but those who were healthy. Her little 25 cent brochures were what she was all about, not a book that sells for \$9. Maybe \$1.95 at the most. That's what she was all about.

She would not have charged anyone anything if she had not had to pay \$100/day

in Boston for heat to keep the temps at 85. She felt very strongly that people couldn't get well if they weren't on the verge of sweating most of the time, at least twice a day minimum. That's why she moved to Puerto Rico, to lower the cost and also to keep herself warm. A real stress on people is to have to go out into the cold from a hot house, or to go into a/c from a hot outdoors - according to her, that destroyed your b-vites...your anti-stress vitamins. She gave the students a monosoup, which to a lot of people was very boring at first until they started to feel the power and energy!

One of the things that most people don't know about Dr. Ann was that she never learned how to think in English and so when she tried to communicate verbally, she wasn't able to express herself very well. She really didn't care about 'proving' her stuff to the world. If the students did what she asked, they got well. It was a physical science - couldn't help themselves.

I am grateful that people have published books so that the public could understand what happened in people who ate the living foods and went through the whole program, from the lessons, to the enemas, to the skin brushing, to positive thinking, etc. But the real thing has to be experienced and one cannot write about that well. If one were to listen to some of the tapes I have of her trying to express herself in English, or read some of her notes for us to type when she was getting a booklet ready, one would not be able to make heads or tails of what she was trying to say because she was thinking in Lithuanian.

I had to listen to her for so many years; I knew what she meant because I had been side by side with her when she was trying to explain things over, over and over to students every two weeks. I cannot at this point separate what she taught me from what I think now, about how important it is to eat blended food peacefully.

One of the things that stuck in my mind was that she said, "Don't ask so many questions. Once you get clear, you'll know that when you need an answer for something, it will be there. Einstein said never to memorize anything. He said to clear your mind and

attach it to the positive ring of energy/intelligence around the world and you will be empowered. This is why there are so many examples of independent and similar ideas being born all over the world at the same time! He also said that if people knew the power of one negative thought, they would never even think anything but loving things."

She also advised me to try to stay in present tense. I am in present tense a majority of the time now and that is an advantage of eating living food. Nothing to worry about in the future, and nothing to think about in the past. All the statistics and anecdotes in the world can't explain the almost spiritual experience it was to be a staff member and be witness to these people, every two weeks, practically crawling in and then running up and down the five flights of stairs at the end of the program. We just kept out of their way until the physical and spiritual thing happened; sort of helped them as facilitators through their 'trip'. And Dr. Ann clucked over them like a mother hen.

All I can do is ask you to try the energy soup recipe and go for it until you have that spiritual enlightenment that she told them to expect and then start adding foods on, once at a time, and feel each one and see how peaceful it is for you before you add another, and no matter what happens in the future, you'll know how to go back and find that inner peace again. Her whole program was able to be put on one page. Others wanted to pad the basic information, prove her right, justify or 'make' her, all innocently done, but she never used all of those complicated and multiple ingredient recipes for herself.

The most complicated was a sprouted sunflower-sesame seed cheese vegetable loaf. And she only had that made for people who liked variety, and said it wasn't really necessary if one ate the energy soup with rejuvelac and sauerkraut. Making rejuvelac is an art in itself and takes a peaceful person and peaceful kitchen. As I've mentioned before, the lady in Puerto Rico is a genius in this.

When you mix a starch (banana, chickpeas) with fruit, you are going to blow up like a balloon if you're a woman! We have such a great lot of space in our middle (enough to handle multiple babies; not tight pelvises like men) and when the bacteria's

gas starts to blow up in us, we can think that we are a still!

This will be interesting to you, too. When you eat celery with a protein/starch combination and the protein is high in iron, like chick peas/garbanzo beans, you neutralize the iron and you could become anemic. People used to think that it was just dairy that you shouldn't eat the dried beans/dried peas with, but it's also celery!

If it's store bought hummus, it's cooked and un-sprouted, and the protein inhibitors are still in it and you aren't going to get any protein, according to some. Best soak it for 2-3 days (the foam that comes up is telling you that it's giving off its gasses outside of your body, not inside!) and then rinse and cook it yourself, and it'll go down better, if your body can assimilate it at all. It tastes good, from the store, but it's so full of salt and remember that salt dissolves your cartilage and is a vasoconstrictor (constricts your capillaries and then your blood can't flow through as fast or as well, especially if the hummus is full of a saturated fat - added oil.

Question: I can't stop overeating!

You may be feeding more than just your appetite. Consider my story: in 1979 I went on an exhausting trip to Europe doing research on fructose and then I continued around the world. Took me 79 days. By the time I got to Japan, I was not centered at all and did what I never would do normally. I ate some raw sushi at a sushi bar - 8 or 9 different kinds. Never before, never after. I was a living food person, avowed, had taken vows never to eat anything that had karma involved with it, nonviolence in thought, word and deed and there I ate precious creatures. I know that when I do something stupid like that, it's to teach me something ultimately, and it sure did.

After that I went back to my normal living food lifestyle and yet was always hungry, ate and ate and never gained an ounce. In fact, a good friend of mine said I embarrassed him at salad bars because I would go back 3 and 4 times.

One day I went on a train to 'rescue' a young child who was abandoned by her parents and was going to be placed in a government home, and when I was going by taxi to Grand Central from Penn Station (or vice versa), the taxi I got out of knocked me down and ran over my right foot and squished it flat. I had a cast put on it a day later (after I had picked up the child) by a doc in Dumfries, VA. He put the cast on too tight and I got gangrene and blood poisoning. He told me he was going to cut my foot off.

I thanked him and hobbled out of the office, went home and reread all of my books on feet: bones, muscles, nerves, etc. and soaked my foot in wheatgrass juice 15 minutes, hot water 7 seconds and ice water 3 seconds. A nurse boiled some comfrey for me and I added that to the routine, and a friend called and said he had 15 pounds of wheatgrass that someone had ordered and he brought it to me (unfortunately for me, for a second, while he was in the kitchen, he juiced all 15 pounds and brought it to me in a huge pitcher).

Lordy, what am I going to do with all of this, I said, because it's going to die in 15 minutes. I decided to take an implant (normally we only use a few ounces up to a cup for this and I had a whole pitcher. Anyway, I put some in the rubber dish pan and dropped my foot into it and lay on the bed and put the rest up my butt.

In 5 minutes, I felt that thousands of butterflies were fighting in my tummy. I felt a need to void and knew I would never get on my crutches in time so I grabbed my trash can and put a white plastic bag in it and scooted it over by my bed and scooted my butt over it. I felt like I was having a baby and it took a long time to void. Well, when I looked, I screamed and my mom and son came in and they screamed and went out. There were hundreds of long spaghetti like worms with dark green through the length of their bodies all wrapped up lengthwise. The wheatgrass had killed every one of them.

A doc said they were ascaris (from possibly cat or dog but not from the raw fish - I didn't believe him), and I was so grossed out to think I had carried them so long, 10 years, from 79 to 89. My little tummy that I never got rid of was gone, and I wasn't

ravenously hungry any more after that! Two men who wanted to 'balance energy' with me after I had taught them the energy soup recipe read my eyes and told me years before, 2 years between them, that I needed to be aware of parasites and so I thought I could just eat some raw rice and increase my garlic, etc. and they would disappear! Wow.

Anyway, the 3 herbs that Dr. Clark recommends in her book, The Cure for All Diseases, black walnut, wormwood and cloves from the Self Health Resource Center in CA, keep me free, and I avoid pets, having been told by a couple of ophthalmologists that my optic nerve and retina had been attacked by parasites from a cat or dog. I had been bitten by a deer tic in VA and had my first ever antibiotics to help get rid of the pink bulls-eye that rose on my left breast - Lyme disease reaction.

Either those 2 aggressive antibiotics killed what was in my eye, or the black walnut, wormwood and cloves and I'll never know which did, but I continue to take a maintenance dose of them, weekly and have never been sick since with anything. 65 years old.

PS. Ate energy soup the whole time my foot was regenerating and there's absolutely no holdover from the accident (no such thing as an accident) with the taxi - I went back to the doctor and he wasn't interested in how I got my foot from looking like a purple basketball with grey toes to a normal foot again. He apologized and said he was taking medicine to help him stop smoking and he was on a diet with medication and he had lost the feeling in his fingers and that's why he squished my cast too tight.

Anyway, try to blend your food and see if chewing 23 times before you swallow each mouthful helps. Supposedly, whatever you eat, you will be satisfied in 20 minutes or so if you just chew slowly and think about what you are eating. Let us know if it works for you. Just letting people know what is going on with you is important.

A Weight question:



Good proteins predigested into amino acids, and exercise build muscle. Consider belly dancing, great for gentle arm, leg and elsewhere muscles and fun too. I love a mini-trampoline (15 minutes a day with your knees bent and 5 minutes flat footed with your knees bent). You need at least 2 ounces of oil like avocado (1/4th of a small one), and consider trying some nuts like almonds that have been soaked a couple of days and some flax seeds, soaked for a few hours in non-chlorinated water.

Women don't need much to be perfectly healthy, yet satisfied, but if you're in a cold climate, you will 'turn into a bear', think it's winter and want to store fat! Good fats oil your joints! I heard yesterday from a lady who wanted to gain weight because, even though she was slender and healthy, her friends thought she had AIDS because she was so slim! Go figure! All of her friends were heavy!

Cucumber, without the seeds, plumps skin up like RetinA; fresh aloe does too. So does purslane. I love to see my veins, though, and my pink skin looks sort of green because of the greens I eat!

Less tolerance of raw food:

Sue, Dr. Ann Wigmore said that it was dangerous for a person to go on an 'elimination' program without taking daily morning enemas to get rid of the stuff that would be thrown out of the liver that would affect one emotionally. Just plain water to get the old junk out before 2 hours are up and then, with peace and being in present tense, instead of being made fearful by old stuff, a person can see and feel better what to do.

Nuts and seeds that are not soaked and blended will not be peaceful after awhile and you naturally want to move into alkaline foods like greens. The darker baby greens like sunflower and buckwheat are helpful to balance things out. I live on blender drinks of watermelon, apples or papaya and greens and baby greens and cucumbers (seeded), and figs and coconut water, avocados, almonds, flax seeds and blueberries and other fresh fruits (no citrus) and I have no troubles

and my blood is perfect.

You have to find the living foods, as opposed to raw foods, that are easy for you to assimilate that are available and affordable and you also have to be warm enough and you will be happy to be slender and lithe. Your body is leading you to high water foods because you need more liquids like watermelon and just plain water!

Trust your body and remember that for some women, 80% of the 'raw' foods don't go down right and make you bloat, or feel tired (even sprouted grain breads used to make me sluggish until I gave them up and now I feel great again! Dr. Ann got me off of them!). Keep up the good work and keep trusting your intuition and asking for help and validation.

I'm teaching hospital nutritionists in S. Dade the New Four Food Groups: Fruits, Vegetables, Legumes and Grains (even though I don't use the last 2) of the Physicians Committee for Responsible Medicine, a great group of 5,000 medical doctors and 100,000 lay people, including Drs. Spock (when he was alive), Barnard, Heimlich, MacDougall, Ornish, Chopra, etc. I am having a great time down here being warm since I retired in Florida!

Re: hummus. . .raw?

Quote from Sprouting, by Dr. Ann Wigmore, p 3:

"In India, during 1938, severe crop failures and food shortages were responsible for thousands of deaths due to scurvy and famine....over 200,000 people in the program was (sic) given an ounce of dried ...sprouted chickpeas twice a week. After 4 months of sprout rationing, there were no reported cases of scurvy.

By the end of September 1940 - during the 5 months that followed the program - there were over a thousand more deaths due to scurvy than there had been the year before. In

January 1941 the sprouting program was reintroduced, this time to 140,000 people. Once again, the scurvy cases dropped to nil after four months."

Notice they were using dried. Many sprouting books will mention that the starch in sprouted chick pea hummus isn't able to be assimilated without cooking. Every time I've tried a bite, I spit it out because I know I'll not be able to digest or assimilate it and I don't want gas or bloating that goes along with unfermented starch. I'm also mindful even though chickpeas are not really peas, that some of the legumes are really not healthy for people unless they are sprouted and THEN cooked. I don't need any extra protein that comes from legumes and don't want to gain weight with un-hydrolyzed (unfermented) starch.

I have no interest in hummus anymore since Tim Trader told me it causes anger the day after in him, because I trust his judgment. Why eat something that tastes good if it's going to mess around with loving feelings. And I feel the most important thing in life is to be able to feel 100% love.

Re: Soak water

We learned at the Wigmore Institute and the Hippocrates Institute in Boston that the soaking water had the inhibitors and natural insecticide and pesticide and we put it on the plants. I also put my dulse soaking water around the edges of my property so the snails won't cross the line into my space.

An interesting story: I came back from an 79 day trip around the world in 1979 and spoke to a lady, Sonia Johnson, in DC who was running for president on an independent ticket. She told me someone had told her to soak her seeds and nuts over night that she used in her blender drink, and she was trying to follow the advice from her doctor, but she had gotten symptoms of arthritis.

I went over the recipe with her and told her to throw away the soaking water and

rinse them well (they 'sweat' while they are coming to life) before adding them last to the other ingredients. Her symptoms and those of others who were using the same recipe disappeared. Have many more such stories about people whose symptoms disappeared when they stopped using salt, Braggs, tomatoes, peanut butter and dairy.

Re: Anne Wigmore and food combining.

She felt that as long as watermelon, papaya or apples were juiced or blended, there was no problem in combining them with greens and other things. Her only "no no" was no almond cream, pine nut, or seed cheese, etc. with avocado. I've been doing it for 32 years now with no problems and no deficiency or bloating or energy loss. And, she was a stickler for ensalavating wheatgrass for a full two minutes before swallowing, chewing vigorously all the while! Every chew provided digestive juices to get it into the bloodstream as quickly as possible. She didn't want anyone to dilute it with anything or mix it with anything and not to use it and eat within an hour.

In Boston, I remember a weakened man who had cancer and was being called by his doctor who frantically requested a blood transfusion. We thanked him and kept on giving him wheatgrass juice. Second day call. Third day call, and by then his veins and arteries were showing good color, he had strength and was on the mend. The doctor stopped calling when his patient reported the incredible turnaround. Amazing, what!

I don't try to combine the first three with grains (since I don't use them) or root vegetables (since I don't use them). If I did, I'd have problems. What she taught me, works for me. Try it and let me know if it works for you too. Remember, what we were doing initially was for so-called terminally ill people. It worked for them, and it works for me and I'm healthy. I'm also just plain selfish with my body; I have so much to do, I don't want to lose energy or lose time by having to sleep too much after eating unblended food.

Re: Tired after eating?

Try blending the fruit like watermelon or apples with dulce and figs and 2 cups of packed greens like a package of organic herb greens or sunflower greens or buckwheat greens and a 1/4<sup>th</sup> avocado diced on top and later on without the avocado and substitute a dozen almonds soaked for 2 days. You may not be absorbing/assimilating your food because your small intestine is clogged up with mucus. It takes about 3 days on this blender smoothie/energy soup to clear out the clog and begin to feel the sustained energy from it.

I eat 16-32 ounces of it a day and feel good and have a lot of energy. But, then, be patient with yourself, I've been doing this for 44 years! Your body is on the right track by desiring the fruit. Read Dr. Doug Graham's book Grain Damage and what he says about fruit. I would add that fruit only lasts about an hour and then you have to eat some more because it makes your blood sugar drop and then we get hungry. When you add the greens, nuts and seaweed, you get a complete food, according to Dr. Wigmore and then you are satisfied.

Re: I don't have a blender!

Hope a local Goodwill or Salvation Army will present you with a wonderful old blender or juicer for under \$10. New blenders at Wal Mart were \$13 a few weeks ago. I take a blender with me in the trunk of my car and usually have a car juicer too, but have loaned it out.

The little villi in your small intestines cannot assimilate anything that is not liquid and when you chew the blended or juiced food (except for pineapple juice, which needs to be chugged), then the ptyalin in your saliva initiates the digestion the starches in the raw foods and you won't have such a problem. The cruciferous veggies are gassy and need to be broken down into a great kraut by a juicer.

Remember the things you know that people give to pigs to fatten them up are not something that you need unless you want to gain weight! Too much starch!

I talked to some people living within miles of many (5?) oil refineries and they had much to say about their children's and their illnesses. Interestingly enough, the garbage is let loose, according to some of the neighbors, in the middle of the night, and it goes over the mountains and dumps on the south San Joaquin (sp?) Valley.

I was in Lost Hills, living in a KOA campground and didn't realize that trucks from the nearby truck stop parked all night. Diesel exhaust came in my open windows and started to dissolve my lungs from the first day. The doctors didn't know what to do with me...I started compensating by eating more oily, greasy, creamy foods to stop the pains in my lungs, and the Ca got sucked out of my bones (too much protein, not too little Ca).

I've since learned from friends (read "Healing Foods" written by a lady who is also a rep of the Physicians Committee for Responsible Medicine) that citrus will dissolve our bones and I've stopped using that and what a difference! The minute I drove over the mountains into Eastern California, I stopped hurting. The salt had been dissolving my cartilage. I'm totally healed now and am amazed at what I found out about my body! How it tries its best to make the best out of a toxic situation!

I watched in horror each weekend as I drove (to my daughter's home to spell her joyfully with my grandson so she could run away with her hubby and I could play with Justin) up the highway to see the sheep they pastured in the same places they later grew the strawberries and tomatoes, etc. because they didn't cure the animals' feces, they just turned it over in the ground, and it contaminated our food.

Raw human manure is being trucked nightly from L.A. and spread under almond and pistachio trees all along the road west of Lost Hills and elsewhere. There's no way I would eat a non-organic almond now. For awhile, a friend of mine, Ruth Otte, who used to be CEO of the Discovery Channel, let me pick up her mail at her home in Pasadena, and while I was there, I would read voraciously of the wealth of books in her library.

Many had pages and pages of charts of the really toxic places in the U.S. and were divided into which toxins and what diseases. The area where I was living was blackened on most of the pages. I didn't get it.

When Dr. Clark, in her book, "The Cure for All Diseases" talked about the sheep carrying a fluke that was instrumental in many diseases, and which is carried sometimes in the water snail's slime, I wondered if that's where my daughter, who was cured of cancer (a small mole on the back of her calf) and has been free for 4 years now, had gotten it. The snails are all over her back yard. She has her shot of wheat grass from the local juice bar down the road daily!

Re: I am going insane!!!

Make sure you bring really satisfying protein snacks to work. If you treat yourself to almond cream over blueberries, or watermelon with cantaloupe and ginger sauce, or avocado, dulse and sauerkraut (my favorite 'bite'), sprouted dehydrated crackers and seed cheese, even a banana rolled in soaked and dried and then crushed pine nut pieces, you're savoring will not only satisfy you, but will possibly pique the interest of a closet vegetarian. I've gone from being defensive "Why are you making a face at my avocado. I don't put bad energy on your food!", to eating what they eat because I wanted to be one of the crowd, to letting them know by my vigorous activities (belly dancing, snorkeling, etc.) that this is power food and all they do is complain about their ills and diseases safely around me.

Ask yourself, "What kind of external stress am I going through right now? Consider the possibility that your eating might be a reflection of something in your life that is causing you to react and seek comfort in crunchy food or a mother's milk substitute, not just because your protein intake might be deficient! Cravings for donuts = protein deficiency, Seeking comfort foods that will give you an alcoholic high = the donuts, and the pizza: starch plus fruit = alcohol and the resulting blood sugar drop. The popcorn, chips also supply nurturing fat like the above, but with an added bonus because

it gives you an opportunity to chew to relieve stress.

Short term 'fixes' are many, but the comfort of some good protein, like creamy almonds and pine nut cheese and greens, and sesame/sunflower candy, rolled in raw or soaked and drained dried figs, can fix many a boo boo. My favorites are plain old watermelon, in season, or apples rolled in juice and nut bits. Dr. Tim Trader's favorite is a blueberry raw pie, which his love in Hawaii is probably making for him weekly. There is a man who has been eating raw food for almost 10 years...An inspiration to us all.

If you're like me, you can't bring anything home that is bad for you, because you'll eat it. Don't know if you're married or want to produce, but if you do and do, then don't do it for yourself, do it for the little baby cells that will grow strong enough to support a perfectly healthy child or more for you one day in the future. Cooked food, according to the Dead Sea Scroll, Essene Gospel of Peace, causes people to feel malice against one another, and raw food fills us full of love for our brothers (and sisters). Choose love over separation. But, if you don't on and off, love yourself anyway. We are so happy you know you can come to us and ask for help and we will try to help with what we know.

We all have binged, like a drunk falling off the wagon, and it's super to know some things to bring us back to equilibrium without messing us up for life. Cold makes ME want to binge. Did you recently get REALLY really cold? Destroys your B vitamins and boom, your blood sugar drops, then you get tired and forget that fruit will get that blood sugar up again and just want to nurture yourself with the closest thing handy.

Did someone kiss you off or vice versa? Did you get a new job that you hate? A death in a family? A move? Did someone you're sexually involved with just have a major crisis? Are you around smokers? The stress of that secondary smoke will make you want to eat oily salty foods.

Your behavior will wax and wane like the moon, because when it is full, your liver vibrates faster and a lot of emotional stuff comes out into your consciousness and



you nurture yourself. One thing to also consider is that when you are bingeing, it may not have anything to do with you, but with old chemicals that are coming up into your chemical consciousness from old meat or chicken you've been eating that was fed chemicals to make them eat constantly and 'binge' so that they will eat, eat and get fat and get killed quicker so that the farmer can get a quick turnover on his investment.

Constant hunger may come from those appetite stimulants, or artificial hormones. Who knows. It's all so interesting to study human behavior. We're a bunch of chemicals who react with other chemicals, and the only thing that saves us is the grace of God! and good friends like on this board who will share their strength with someone who's hanging on to give you a hand up out of the temporary hole!

5 things to remember to keep yourself level on a physical level: If you binge on:

1. Salty things, eat watermelon the next eating experience.
2. Protein foods, eat papaya (papain dissolves it)
3. Starch, eat prunes soaked overnight in water
4. fatty, greasy, cheesy, oily, chugalug on an empty stomach, fresh pineapple juice from a pineapple you ripened yourself in the sun in a bowl of water with holes in the bottom for inspiration.

And as for your new friend, Cindy - Good for you for bringing something for the potluck that reflects what you want to be eating. At the senior citizens here, I bring my glass of green/brown stuff and people know I'm there because I love them and am a social creature, and that I prefer to eat 'my' stuff because it keeps me healthy, inside a building that is 60F and where smokers have just put one out outside and come in and breathe on everyone, for two hours causing us grief. Sometimes a lady will bring something that reminds me of something my grand mom would have made, and it's very hard to say no, but I project the word 'poison' in my imagination in front of my mind, and most of the time it helps and when it doesn't, I don't beat myself up over it.

Whatever you do, don't sweat it. If you're going to eat something, really get into it and don't ruin the experience by being guilty. Everyone has our own opinions, but from a professional side, dates will just keep your poor body's insulin yo-yoing. Consider carrying soaked almonds or sunflower seeds, or grapes (50% fructose to keep your blood sugar stable), and stay away from dried fruit, except for soaked figs, and don't drink the soaking water.

Re: Consider Dr. Kirvran's work

The book Biological Transmutation was given to me by a reporter years ago, written by a famous French doctor who had certainly done his homework. Consider that if you take a chicken away from her mica pecking, she will lay an egg approximately 3 days later without a shell. Put her back, and a day later the shell will be on it. Dr. Kirvran proved that in the human body, calcium is never known to approach the human bone. When I spoke at the International Calcium Conference at NIH, not many doctors knew that potassium, magnesium and silica would pick up hydrogen, oxygen and silica from the body and turn into bone calcium. He explains that calcium lines the myelin sheath and makes us feel peaceful.

We, as women, have been led down the wrong path about strong bones. We need to pursue foods that are rich in K, Mg and Si. And, I do so now and have exceptionally strong bones, finally. There is a chapter about Biological Transmutation in Bird's book "The Secret Life of Plants" that is easy to get and is a fairly easy read, that will change everyone's life who takes the challenge to move beyond what we were earlier taught and not be like a pied piper and carry on a tradition of thought that is not valid about calcium being good for our bones. We don't have to eat calcium to make calcium, that's what is so satisfying.

Re: Braggs???

Hey, David Klein, I love you for providing that info. I wrote to Patricia

twice and never got an answer and didn't need one anyhow, when after using it so much I was sort of addicted to the taste and I ended up looking like I had cancer at Murrieta Hot Springs in California in a wheel chair from the Braggs. I knew it had too much sodium in it for me, but the other dangerous ingredients were not clear because it felt like my lower back and kidneys were being dissolved and the pain was so bad it made me cry. That was in 1980. Then, after throwing it away, I didn't have any more salt until I went to a health institute in Texas, as I wrote earlier about 3 years ago, and they had put Braggs into their seed cheeses and other recipes and a lady just coming up from The Ann Wigmore Institute and I cried all night in pain. We both went to them and explained the problem and they took it out. I hope it's still out.

I hope David, you get that information to RFC Eddie, because he needs it desperately to save his own neck. He desperately wants a substitute to make his food taste like it does without using Braggs.

Re: ?'s re celery, kale, and digestion

If something smells and is yellow, don't use it, second opinion! Celery has more sodium in it than any other vegetable and it will make your ankles swell! I've stopped eating celery because of the blood/iron problem and don't really need it as long as I eat the rinsed dulse, which provides so many more minerals and trace minerals.

Re: Dust Mite Allergy

Dr. Hulda Clark (the poor person's female Einstein) has written many books, one of her most famous being "The Cure for All Diseases", which has the most amazing article on dust mites. Apparently, if someone is dusting, and you get a snoot full, it takes about 3 days and the mites die, and out of the dead body of the mite crawls the adenovirus (the cold virus) and you start to snuffle. "Yes, Virginia, there is a cure."

Dr. Nordenstrom, on the Chairman of the Committee at the Karolinska Institute

(that's the way they spell it in Stockholm, Sweden), where they give the Nobel Prize for Medicine, has been using electricity for nearly 50 years to cure cancer, just like Dr. Clark. (see Ursus web site, or read Discover, April '86 issue, cover article "The Michelangelo of the Medical Field Discovers a Cure for Cancer" - please don't get mad at me because you never read it before and one of your family member's died since then, and if only you had known. Those of us that know the process are so deep in our work that if I hadn't retired this year and come down to warm up and have been given a computer by a cherishing son, I wouldn't have time to share this. It's all karma, anyway.

Anyhow, he sticks a silver needle in the middle of the cancer and 10 inches away, he sticks another, attaches electrical connections to a machine, like advanced acupuncture, and turns the juice on. All of Europe was amazed. No one doubted his work, because he is so careful and was the Head of the Committee for nearly half a century. His book, worth \$135, written in Swedish, was sent a number of years ago to every major learning institution in the world, and NIH got it for the US, only it was not translated, but buried beneath hundreds of other major works, because we don't have enough money to staff the Alternative Medicine Department. I don't see why that is under that dept.?

Dr. Nordenstrom also invented the balloon catheter, and the little camera that runs around in our arteries. He was in NY to give a speech on his earth shattering discovery as you will find out in Ursus.

Dr. Clark, from Canada, on the other hand, uses herbs to kill the parasites that are in the deep muscle tissue, like the brain or liver or prostate. (We living foodies can use wheatgrass juice, either internally or as poultices externally, and the whole idea is the same: wheatgrass juice, or any fresh live juice, has an electrical current, just like the rest of the food we eat, if we bother to wake it up with soaking or autolyzing (slightly fermenting it).

And for the surface ones, look in her book, go buy a 9 volt battery and 2 leads with alligator clips on each end at the radio shack and a hardware store will provide you

with 2 copper tubes, 5/8" in diameter, 4" long, which you will wrap with wet paper towels or cotton 'sleeves' and connecting them together to the battery, you will zap the buggies! You make a connection of the round terminal with the lead that leads to the left hand, and the angled one, to the right. Make a fist of your left hand and tap with the heel of your hand on the wet copper tube which is on a non-metal (plastic) table or tablecloth. You won't feel the electricity at all but every bacteria, virus and parasite in your body will. You destroy their broad band wave lengths' frequencies and they die. You do this for 10 minutes, wait for 30 and do it for 10 minutes again, soaking the towel or sleeve again to make a good electrical contact. Wait for 30 more minutes and do it the third time for 10 minutes.

The reason you do this 3 times: You kill them all the first time; but then bacteria and viruses crawl out of the dead bodies of the parasites, like the adenovirus crawled out of the dust mite. Takes over 20 minutes. They 'look around' and try to find another host. Then you zap them again, wait, and the 3rd time the viruses crawl out of the bacteria. You can do this while you watch TV. They have expensive 'kits (over \$100), with timers and lights that tell you when the battery is dead, but the simple one works. I work around a lot of children, runny noses, coughing, and so I do it once or a couple of times a week and I never get sick. Once you start the project, you have to finish or you might get a very bad viral infection.

#### Re: Growing of Wheatgrass & Sprouts

I worked for the original sprout lady, Dr. Ann Wigmore, for over 2 decades and have continued on since her death to teach, so here goes. The Sprouting or Wheatgrass books will fill up your cup to overflowing. Start gathering cafeteria trays and in just an inch of dirt you will grow wonderful stuff to keep your body healthy. Put dulse flakes in the soil and scratch it in with a garden fork and then make a trough around the outside edge and sprinkle the wheat, buckwheat or sunflower seeds, that have been soaked for 8 hours and drained for 8-10 hours, over the top.

The dark red winter wheat seeds like space, shoulder to shoulder; the buckwheat and sunflower seeds can be piled on top of one another two deep. It's amazing to see the sunflower seeds stand on end and stick this long root down through the others during the process! Fill the trough with non-chlorinated water and then put another tray on top. Make sure the water doesn't get depleted for the next 3 days, while the sprouts are finding strength in the darkness to push the upper tray off.

Seven days later, after you have taken the tray off (around the 4th or 5th day), you will harvest the greens by lifting the edge of the tray and drawing/cutting with a sharp knife. The weight of the dirt will aid the slicing and get as close as you can to the bottom of the stems. The buckwheat, if placed in semi-sun, will be pink on their stems (lecithin which dissolves cholesterol). They need 72F and wilt in hot weather or direct sun. Can't handle hot so this is perfect weather here to start them. Inside is great with grow lights, but don't put them in a place where you live, for them will cause depression and tears as they voraciously suck all of the negative ions out of the air and leave you deficient.

On the 7th day, they start giving out negative ions, which is what makes you feel good after a rain, or a shower. We don't recommend many sprouts any more, but just the mature plants with green leaves on them, around 7 days old, or baby herb greens, baby kale, etc. Too many aflatoxins and mold in sprouts nowadays. Dangerous stuff. And, unnatural amounts of vitamins. We only need what's in the green leaves. If you want to experiment, the sprouting charts are in the two books listed above. Good growing!

Re: rheumatoid arthritis

Healing Foods, by Annmarie Corbin, has a wonderful breakdown of foods that affect calcium and it's an eye opener for most people. Arthritis is not a disease of calcium deficiency, but of too much protein. There's so much calcium around in all greens and other whole foods that have fiber in them. The foods that have no fiber in them (animal proteins, including dairy) cause calcium depletion. Salt (which dissolves cartilage and suddenly your bones are grinding

against themselves, irritating the surrounding tissues and causing swelling and pain as the salt crystal sticks in the nerves and muscles), nightshades (tobacco, tomatoes and other citrus, eggplant, potatoes), coffee, meat proteins, and more.

The Physicians Committee for Responsible Medicine, [PCRM@PCRM.ORG](mailto:PCRM@PCRM.ORG), will send you lots of free worldwide results of research showing animal protein being a causative factor in your wife's problem. They are showing without a doubt that when women take a foreign milk protein in their bodies, our bodies immune system senses that foreign protein and develops antibodies that make us miserable: swollen joints, which destruction of tissue gives lots of opportunistic creatures hiding places.

From a pamphlet of PCRM entitled Foods and Arthritis, "Millions of people suffer from painful and swollen joints associated with arthritis. In the past, many doctors told arthritis patients that dietary changes would not help them. However this conclusion was based on older research with diets that included dairy products, oil, poultry or meat. New research shows that foods may be a more frequent contributor to arthritis than is commonly recognized. It is clear that, at least for some people, a healthier menu is the answer. Rheumatoid arthritis is one of medicine's mysteries. There were no medical reports of the disease until the early 1800s. Some have suspected that a virus or bacterium may play a role, perhaps by setting off an autoimmune reaction.

### The Role of Diet

For years people have suspected that foods are an important factor in the development of rheumatoid arthritis. Many notice an improvement in their condition when they avoid dairy products, citrus fruits, tomatoes, eggplant and certain other foods. Initially, the evidence was anecdotal. A woman from the Midwest once suffered from painful arthritis. Today she is a picture of health, thin and athletic, and her arthritis is totally gone. It seemed that dairy products were to blame for her arthritis, for when she eliminated them from her diet, the arthritis disappeared completely. Another woman, from Wisconsin, also found that her arthritis was clearly linked to dairy products.

Although she had been raised on a dairy farm, she learned that staying away from dairy products was the key to relieving her symptoms.

A 1989 survey of over one thousand arthritis patients revealed that the foods most commonly believed to worsen the condition were red meat, sugar, fats, salt, caffeine, and nightshade plants (e.g. tomatoes, eggplant).

Once the offending food is eliminated completely, improvement usually comes within a few weeks. Dairy foods are probably the principle offender and the problem is the dairy protein, rather than the fat, so skim products are as much a problem as whole milk.

An increasing volume of research shows that certain dietary changes do in fact help. ...omega 3 supplements have a mild beneficial effect, and researchers have found that vegan diets are beneficial. Several studies have also shown that supervised fasting can be helpful. Vegan diets dramatically reduce the overall amount of fat in the diet..."

Bill Montgomery, by now you are probably aware that all 5,000 medical doctors who belong to the PCRM are vegans, and so are the supportive 100,000 lay people who, like you, are excited to follow their lead and get well. Our leaders are Drs. Heimlich, Dean Ornish, John MacDougall, Neal Barnard (our President) to name a few, and good old Dr. Benjamin Spock, who held a press conference in New York City in 1998, holding up a black covered milk carton which said Asthma and other dairy products were similarly labeled with cancer, arthritis, osteoporosis, colic, ear infections, colds, etc. He said "I can't recall all of my books on Baby and Child Care that have been published more than any other but the bible, and translated in every language, but I tell you now, don't give your children dairy products. They are not going to do them any good, and they will do them a world of harm."

PCRM will send you a copy of that article, or I will, if you send them or me a SASE to 5100 Wisconsin Aven., Suite 404, Washington, DC 20016, or call 202/686-



2210, or fax 202/686-2216. Their website, again, is [PCRM@PCRM.ORG](mailto:PCRM@PCRM.ORG)

If you want a further antidote for your wife, tell her I was a cripple in a wheelchair, using the best virgin olive oil and organic glass jarred almond and peanut butter possible, but even reacted to that, because I couldn't get the protein out of it because the manufacturers had not soaked the nuts and seeds first before they dried them and blended them and the 'cold pressed oil' was still a saturated fat which makes us stiff. Even the best avocado will make us stiff if we eat more than 2 ounces, because our livers store it as fat.

It took me getting off grains and citrus totally, and only using 2 ounces of concentrated protein a day (I use almond cream), and lots of dark green baby organic greens, and home ripened freshly juiced pineapple juice chugalugged first thing in the am on an empty stomach to clean out the old oils from my system. I eat lots of fruits and dark green leafies and have found that even arugula and swiss chard have too much calcium in them for me.

People who work out too much crave vitamin C and calcium, which seem to be lost in the urine and sweat. Too much calcium will build plaques on the outside of one's joints. When the doctors made a research of nurses in Mass., and they are still following them, the nurses got stiff and had arthritic nodules on their fingers joints from the supplements, salt and saturated fat.

I had a friend 'cure' me and then I went to a salad bar 5 minutes later and ate mushrooms marinated in heavy oil and lemon juice, and fried tofu in barbeque sauce (another nightshade), both having lots of salt in them, and back in the chair I went, in terrible pain a few minutes later. It doesn't take long for the body to react to these unnatural foods. I learned not to depend on outside helpers to 'cure' me, but to do the work I needed to do and eliminate the things that hurt me, even if male members of my family have no problems with those same foods. One member has had hip replacement operations and still eats meat and dairy. Go figure!

I have traveled to 39 countries gathering little tidbits from doctors and street people to help people heal themselves. And, I am currently taking belly dancing lessons at the age of 65! No pain because of no salt and no meat, no nightshades and no dairy, no tobacco and no coffee, no citrus and no stiffness.

To resume the article: "And alter the composition of fats. This in turn can affect the immune processes that influence arthritis. The omega fatty acids in land and sea (dulse) vegetables may be a key factor, along with the absence of saturated fat. The fact that patients lose weight also on a vegan diet contributes to the improvement.

In addition, vegetables are rich in antioxidants, which can neutralize free radicals. Oxygen free radicals attack many parts of the body and contribute to heart disease and cancer, and intensify the aging processes generally, including the joints.

Iron acts as a catalyst, encouraging the production of these dangerous molecules. Vitamins C and E, which are plentiful in a diet made of vegetables and grains, help neutralize free radicals. Meats supply an overload of iron, no vitamin C, and very little E, whereas vegetables contain more controlled amounts of iron and generous quantities of antioxidant vitamins. As well as being helpful in preventing arthritis forms, antioxidants may also have a role in reducing its symptoms.

Some 'treatments' work in part by neutralizing free radicals. For the most part, however, vitamins and other antioxidants will be of more use in preventing damage before it occurs, rather than in treating an inflamed joint. A diet drawn from fruits, vegetables, grains and beans therefore appears to be helpful in preventing and, in some cases, ameliorating arthritis.

#### A case study

A team of Scandinavian researchers hit upon a regimen that produced significant

improvements in rheumatoid arthritis. The number of tender or swollen joints diminished, morning stiffness decreased, and grip strength improved, as did blood tests used in the assessment of arthritis. The program was carefully tested in comparison with standard medical treatment. The Lancet, a prominent British medical journal, published the report as its lead article on Oct. 12, 91. The research team used the following treatment program:

The patients first began a modified fast for 7 to 10 days during which they consumed herbal teas, garlic, vegetable broths, and juice extracts from carrots, beets, and celery. No fruit juices were allowed.

After the fast, the patients reintroduced a "new" food item to their diet every other day. If they had any worsening of symptoms during the following two days, this item was eliminated for at least 7 days. If the item was introduced again and caused worsening of symptoms, it was omitted permanently.

For the first 3-5 months, they eliminated meat, fish, eggs, dairy products, gluten (a wheat product), refined sugar and citrus fruits. In addition, salt, strong spices, preservatives, alcoholic beverages, tea and coffee were to be avoided, but would be re-eliminated if they produced symptoms.

### Other Approaches

For some arthritis patients, supplements of certain essential fatty acids have been helpful. They should be thought of as a medicine, rather than a food. A typical regimen would include a tablespoon of flaxseed oil with 500 mg. of black current oil (or 3 capsules of evening primrose oil) twice each day. If it is helpful, it should be reduced to the lowest effective dose. Some people also benefit from an herb called feverfew, taken two to three times per day. Caution: do not take feverfew if you are pregnant."

Re: breastfeeding, fasting & detoxing

Yes, you can breastfeed while eating living foods blended, and it's the best food that you can possibly give your baby. Juice, if it's fresh and made moments before and organic, whether it's non-citrus fruit juice or vegetable juices, is in a form that is a complete food and the most easy to digest form for babies and mom!

I breast-fed all four of my babies, who are now 40, 41, 42 and 43. I was in a position to understand that what cows eat to make milk is grass, and what I was eating, high chlorophyll juices, and watermelon (vegetable) juices, and fruit (non citrus-because citrus dissolves bones, large and small) juices, like papaya and mangos and ripe pineapple and grape and blended apples and pears and so on.

I used almond cream and avocado to make sure I had EFA's and used soaked flax seeds to blend with the greens and fruit juices. I was never constipated because I used no denatured grains like pasta or rice, and the apples were fresh, not in sauce, because that is 'stopping up', like bananas.

Remember the BRAT diet teachers are taught if kids have the runs?

Bananas, Rice, Applesauce, and Toast.

None of them are good for consistent elimination. Go for it, you will not go wrong if you blend your food, or juice it, and keep dulse a daily input, because it has all of the minerals and trace minerals that little bones need, along with potassium, magnesium, and silica, which turn into bone calcium (biological transmutation).

Re: Salt substitutes?

Soaked dulse flakes or leaves, sprinkled on your food, gives you not just sodium chloride, but all of the mineral chlorides you need. Good for you for giving up the dangerous salt which dissolves cartilage, irritates our nerves, and depletes our cells of water, to name just three out of dozens of bad things.

Re: not so controversial foods questionnaire

Make sure you home ripen the pineapples:

Put them in a saucer in the sun for a couple of days after you wash them thoroughly and then punch holes in the stem end so that the leaves can drink in the sun. Water you can pour over them on and off and they become yellow and smell delicious! and they won't burn your lips and other parts.

The nut butters should be made by you with organic nuts (and seeds), soaked the proper times (see sprouting books for details), and dehydrated before grinding in order to get the amino acids you desire, otherwise they are just fattening and you don't get the protein at all and the oils are not assailable either. The starch is broken down into simple sugar when you soak them timely.

Also, you need to make sure that every little moldy seed or nut is discarded. One bad 'apple' seed will ruin the whole bunch, as the saying goes.

Re: a beginner with a question

Detox doesn't have to occur as long as you keep your bowels clean. Read Herbert Shelton or Normal Walker, and get yourself a little disposable enema bucket, bag or 8 ounce baby syringe. Fill it with hot water saved in a container from the hot water tank while you are in the nice hot water in the bath tub in the morning, before you're up two hours. Insert it in about an inch or two, and gently massage until old stuff is broken down and you are ready to expel in the toilet.

If you would like a detailed explanation on the easiest way to do it, e-mail me at [drflora3rd@yahoo.com](mailto:drflora3rd@yahoo.com)

You'll feel so light, both mentally, emotionally and physically and make sure

you're not getting depressed. Your body is working harder than it's worked in years, so sleep a lot and don't talk very much. Save your energy for when the big rush comes!.

Re: 100% Raw-Don't Feel So Good

Lisa, first you need to get the wonderful raw food in a form that is easy to digest, and not just munch like a rabbit, because unless the food is liquid, it's not going to go down well, if you're a woman. Too much starch to blow up and make you bloat and feel uncomfortable. Men, with their tight pelvises, don't have the room we have to expand, and their food goes through quickly. We ladies, who digest foods and need foods differently than men, need to have a lot of our raw food blended or juiced, and others, like cabbage, carrots, broccoli, cauliflower, juiced and made into sauerkraut before we can peacefully enjoy them.

You feel like you're constipated because the unsoaked (probably) nuts are stuck in the mass of greens that are stuck also in the transverse colon, weighing on your bladder and uterus. Some men have that with their prostate being displaced by the amounts of old garbage in that hammock of an large intestine, but most don't. So you need to soak your nuts and seeds to get your amino acids and some of your fats. Break down the starches by juicing and krauting (sauerkraut) the heavy starches, and get more amino acids from the greens.

Carbohydrates need to be in a small enough form so they don't ferment or rot in your small intestine. Unless they are chewed until they are liquid, they are going to make you miserable. That's why the blender and juicer is a Godsend. Carbohydrates don't get digested in the small intestine; the digestion starts in the mouth, with the ptyalin mixing with the juiced or blended food and then it moves to the stomach for more digestion, and then the equally important job, that of assimilation, goes on in the small intestine.

The little villi (billions of hairs that absorb the EFA, Aminos and Simple Sugars) can do their jobs if what they get is liquid, but not if it's solid or semi-solid. Big chunks of

food don't bump into any more teeth after they are swallowed, someone once explained to me. You've gotta do it in your mouth, or you're going to gain weight and be uncomfortable.

This food needs attention when it's in our mouths. It needs peace and harmony when you eat it. It needs nice music and nice words. It needs you not to drink a glass of water just before you eat it, and for you to leave your food alone and not drink water or tea or anything right after you eat (not for an hour or more).

Think (for women) living food, instead of raw, and then your life will be more comfortable.

PS Get all of that old stuff out with a baby syringe and some hot water and take an old fashioned enema. You'll be glad you did.

Re: homogenized

Homogenized milk: strongly suggest you read about the XO (xanthine oxidase) factor, which is what causes the problem. Anything fractionated will cause problems, but this particular XO thing is really dangerous. The Physicians Committee for Responsible Medicine has some very good reports on how dangerous homogenized milk is for people.

The American Academy of Pediatrics now recommends that infants under a year of age not receive whole cow's milk. The Academy's main concern was not diabetes, but iron deficiency anemia, which is much more likely on a dairy-rich diet.

First, cow's milk products are very low in iron, containing only about one tenth of a milligram per eight ounce serving. To get the USRDA for iron, which is 15 mg./day for infants less than a year of age, an infant would have to drink more than 31 quarts of milk a day.

The iron-deficiency caused by milk is not simply due to milk's lack of iron and its tendency to push iron-rich foods out of the child's diet. Milk actually causes the loss of blood from the intestinal tract, which over time, can reduce the body's iron stores...researchers speculate that the culprit may be bovine albumin, eliciting an immune reaction which leads to blood loss. Pasteurization does not eliminate the problem.

U. of Iowa: Journal of Pediatrics:

"In a large proportion of infants the feeding of cow milk causes a substantial increase of hemoglobin (blood) loss. Some infants are exquisitely sensitive to cow milk and can lose large quantities of blood. Milk does contain calcium. But it is not unique in that respect. Kale, broccoli, and other green leafy vegetables contain calcium that is readily absorbed by the body. American Journal of Clinical Nutrition found that Ca absorbability was actually higher for kale than from milk, and concluded, "greens such as kale can be considered to be at least as good as milk in terms of their Ca absorbability."

Broccoli actually contains more calcium per calorie than does milk. There is no nutritional need for cow's milk in human children. The new report adds further confirmation that U.S. govt. advice that all children should drink cow's milk should now be reversed: There is no reason to recommend cow's milk."

Katherine Alaimo, a nutritionist living in metropolitan Washington, DC., writing for Good Medicine, PCRM's monthly magazine:

"Contrary to popular belief, the calcium contained in leafy greens (except spinach) ... is at least as easily absorbed as the calcium in milk." This article was framed by black milk cartons with signs on them of heart disease, osteoporosis, 51% of calories from fat, anemia, diabetes, contaminants. In the Issue of 1998, Spring/Summer, Good ol' Dr. Spock wrote for us, "At 88 years of age, I began a non-dairy, low fat-diet. Within 2 weeks, my chronic bronchitis went away after years of unsuccessful antibiotic treatments....Cow's milk has become a point of controversy among doctors and



nutritionists.

There was a time when it was considered very desirable, but research has forced us to rethink this recommendation. Green leafy vegetables have iron, vitamins, complex carbohydrate and fiber, which are generally lacking in milk Dairy products contribute to a surprising number of health problems. Cow's milk proteins are a common cause of colic and now the American Academy of Pediatrics has concluded that there is evidence that cow's milk may well contribute to childhood-onset diabetes. Some children have sensitivities to milk proteins that show up as respiratory problems, chronic ear problems or skin conditions" unquote.

Dr. Benjamin Spock, who published more baby books than any other book, 50 million copies, except the bible." Send me an email if you wish a copy of that and other anti-milk publications by medical doctors who care enough to speak the truth about what is causing disease.

Re: the Light side of Nightshades

Jesse, it's mostly women (80%?), cattle and other creatures who react to those foods. Messes up ones bone formation and other stuff. You may be a lucky person who doesn't have problems; we are all different. Some people love raw sweet potato and yam. If you have no trouble with gas and weight gain, go for it! If you feel irritated inside and suspect your joints are swelling up and you have pain, swelling and tenderness in the morning, or when you get cold, get rid of them.

Re: Fat, Fruit, and Acidity

Dr. Wigmore and I and a lot of other women became (become) fruitarians for half a year or so until it got (gets) cold, and then we added greens, seeds, nuts, and seaweed. Our experience is very different. We never craved meat, nor did our blood reflect a lack of minerals. Perhaps bathing in the ocean supplied the minerals, along with eating dulse,

drinking and implanting wheatgrass juice, and assimilating everything the rich dark green leaves had to give us because it was in the easiest to digest form (blended). When chewed, sometimes, doesn't break the food down enough for it to be digested properly, nor assimilated.

We did not eat the anemic leaves of lighter lettuces. We had (and have) so much to do every day that every mouthful had(has) to count.

By the way, for those of you who have asked, yes, we got the grant, for a children's computer clubhouse weekly, and on Saturdays, thanks to Intel, and I'm grateful that due to the way I eat, I was able to work alongside of my genius bosses, and keep them awake with watermelon and focused mentally with blueberries (and these men are carnivorous!)

But when we are on final for our grant proposals, they know that the fried food will put them to sleep and that grainy starches (I call them sleepy-time foods) will too and they have learned to trust me to give them food that will keep us focused until the thing is put to bed/in the mail. We are just small potatoes, but we've gotten over half a million for children and seniors and people who need to learn English, get their GEDs, and learn a skill. Ah, enzymes!

I'm the only one on the staff who eats living food as a way of life, and I can get done what 4 other people can do, running from 1 of 3 jobs and doing volunteer work on top of that. All on 32 ounces of food a day, but every bite counts (I eat it in the sun just before noon, with the sun shining on my solar plexus for 10-15 minutes, so I get my vitamin D naturally, not in a supplement.) How many of you ladies would like to have this energy when you get to be 65?

Re: rejuvelac

Here's the way Dr. Ann Wigmore taught us to make Rejuvelac:

Spring, white, soft, pastry wheat berries are looked through for moldy ones to discard. Soak them in non-chlorinated water for 8 hours, put an elastic band around the mouth of the jar over some 100% cotton cheesecloth, and pour the water out. Invert the jar, diagonally, so that they can breathe and will not lie in their own water, or they will smother. Let them sprout, rinsing carefully a couple of times a day...

Then, after 2 days, you fill the jar with fresh water (twice as much water as berries) and let it sit in a non-drafty place for 2 more days. You will be able to see the little berries floating up and down as they 'make' and the water gets cloudy.

You pour the Rejuvelac water off (Batch 1) into a clean glass pitcher, and refrigerate it to drink within 24 hours. Immediately refill the jar with water to the same level and let it sit for 24 hours. Pour this Batch 2 into the now empty clean jar to use that day; immediately refill and let sit for the last 24 hours. Pour the Batch 3 off and throw the spent berries out to the birds. This is the way she made it.

Some of the wheat berries I have bought lately have been moldy. I've pre-soaked them in either a bundle of wheat grass (a bunch about 3/4-1" thick with a rubber band around them) for 10 minutes, or 1/4<sup>th</sup> tsp. vitamin c crystals). The former was her method, the latter, Dr. Hulda Clark's method. Then rinse them well and put the soaking water in to try to carry through with the 8-hour soak.

This has to be done when you are calm and peaceful. Others around you in the kitchen will affect the rancidity or success of the 'product'. This was stressed over and over by Dr. Wigmore. When we made the sauerkraut, it was the same thing. Be focused, think only on peaceful thoughts. Worldwide, women making vinegar or yogurt are told the same. If you have your period, you are not allowed to make a fermented food. I've tried to let others in my kitchen when I make it, and it spoils, so I've learned the hard way to listen to her advice, postmortem!

It should taste like sour lemonade. If it smells or tastes nasty, throw that batch

away, rinse the berries carefully and try another fill and wait 24 hours and pour that off and taste. Don't give up, but be extremely discriminatory about when you make it and who you allow in around it when it's making! Just passing it on to the world! This will preserve things that it is blended with for around 4 hours, will help make a cheese out of blended soaked almonds or sprouted sesame/sprouted sunflower blends, or just drunk alone, is a refreshing drink, full of b complex vitamins.

Re: Dr. Flora, details please...

Hi, the Energy Soup recipe that was the final one of Dr. Wigmore, and she changed it almost constantly as she found things that were more close to nature to use:

Half a blender of organic seed included watermelon in season

Peeled or organic apples, peeled and cored

Blended with 2 handfuls of soaked and rinsed dulse

Papayas and mango may be used, if handy, but the watermelon is a specific as not only a diuretic, but also because it dissolves salt, and builds up many things in a normal body that it is deficient in)

A small section of aloe leaf scooped out

Dethorned cactus

2 packed cups of lambsquarter and purslane, or dandelion leaves (tender). Next in line are buckwheat and sunflower baby greens (at least 7 days old) - not sprouts but greens from the ground.

Blend and pour into bowl

Dice 1/4th (approximately 2 ounces) of avocado into the soup in the morning.

Dollop 2 - 3 tablespoons (approximately 2 ounces) of almond cream in the evening and fold into the soup. You may make filbert cream or sunflower/sesame or pine nut. Don't mix the two: almonds or almond cream with avocado

Ground yourself on ceramic tile or wood floor or dirt that animals have not defecated near. Chew every mouthful at least 30 times and give acknowledgement to this precious food for making new cells that are perfect and peaceful.

Don't eat if you are upset or listening to negative stuff. You are feeding your holy temple (your body). This recipe was used and is being used to help people regenerate their bodies. Once the body gets stronger, the symptoms and diagnoses will disappear.

"The body heals itself when it is given enzyme-rich nourishment in the proper form"

Dr. Ann Wigmore, 1980.

Re: Sinus Infection

Welcome to elimination land. So many people are eliminating in their heads now who have been working on themselves for a long time. This is a special time. For the sinuses, wheat grass juice is wonderful! Strain it after it's juiced, and put a little in one palm, close the other nostril with one forefinger, put your head over your palm, and sniff one mighty snort! Immediately throw your head back and sniff, sniff, sniff. Keep your head back and you will do the other nostril after a minute.

You will blow some wild amounts of mucus out of your head after that. You may use the rest to put in your ears one at a time, pull your little ear lobe out to let it go all the way in and wait about 4 minutes while massaging, for each lobe. You can put it in your eyes with an eyecup. Roll your eyes around (it will sting like crazy for a minute) and watch your eyesight get better! These are little secrets of Dr. Ann's.

Freshly made Pineapple juice chugalugged first thing in the morning (ayunas) and Fenugreek greens will assist.

Orange juice is too acid for you right now. I perceive your bodily awareness has moved up a few notches and you should gently move into more alkaline foods.

Re: Colonics Irrigating. Anyone have an opinion?

Once you go raw/living, your energy increases so fast that when you go back to eating something like chocolate with non-organic dairy in it, you get contaminated by the cow's feelings of anger, frustration, etc. because of the stuff that happens to the cows. If you want to know what stuff, PETA will be happy to fill you in, or you can write to me at [drflora3rd@yahoo.com](mailto:drflora3rd@yahoo.com) and I will tell you.

I don't want those feelings in my body because I've worked hard to get to the point where I can't 'compute' fear and anger or go into reaction. Peace comes when we don't have someone else's energy inside us, because we are all love when we are eating the highest vibration foods, which gives us the same vibration as love. Then, we attract what we radiate. Don't give up on asking for help. That's what this group, <http://www.rawfoodsupport.com>, is all about, helping each other up the steps of the pyramid to the top!

Ann Wigmore recommended colonics and enemas. Any institute associated with her living food program will know where a colon therapist is nearby. If I was storing quite a bit of junk (more than 40 pounds overweight), I would go to one, but otherwise, enemas will take care of it if you massage and break up all the old stuff and do the enemas right.

I'm instructing people by e-mails now how to do them as Dr. Wigmore taught us. I am not doing them myself because I've already cleaned myself out using the energy soup, dry skin brushing and wet loofa massaging to clean out my pores. Your skin is the largest eliminative organ on your body and once it's clean, and you don't gunk it up with oils and lotions anymore, you sweat out what you need to get rid of, as long as your small

intestines is not bombarded with pieces of stuff the villi can't absorb.

Re: First Time Growing WheatGrass

I will tell you how we learned to grow from Dr. Ann Wigmore, who learned how from God, and she found later that Jesus was instructing people how to do it in the Essene Gospel of Peace, from the Dead Sea scrolls:

Soak the seeds for 8 hours (dark red winter wheat, for those of us in the U.S., research has found that the seeds from the N.W. - Oregon, Washington -are the best) (not in a plastic container, but a glass container)

Let them drain for 8 hours in a diagonal angle, with cotton over the mouth of the jar, held by an elastic, so that air can come in the mouth of the jar and the seeds won't mold or die from lack of air

Sprinkle them over the 1" of dirt in the cafeteria tray, shoulder to shoulder, and make sure that you keep the little things out of the trough that you've made around the outside edge of the tray, to hold enough water for them to drink. Dr. Ann felt (and I feel) that when we sprout things, they are our children and we have to be responsible for them to grow them up and use each one, not drown them or carelessly use them. You don't need to have holes in the bottom of the cafeteria trays. They hold a perfect amount of water for the 1" of dirt.

Some people sprinkle a little powdered seaweed on the dirt and it was forked through it before making the trough and sprinkling the seeds over it. Sometimes certain kinds of seaweeds are contaminated with other things, so the only one I've found that is not contaminated is leaf dulse, and you have to use the soaking water to sprinkle in the trough. This takes care of a lot of other things as well. Perhaps you may find seaweed in your protected shore-ways that you can use that is not contaminated with oil from ships or waste matter from humans or animals.

Other people soak their seeds in vitamin C powder for 10 minutes to get rid of

mold and other things, before they start the 8-hour soaking.

They like temperatures around 68-72 but will stand higher temperatures better than the tender buckwheat baby greens that she used, along with the hardier sunflower baby plants.

Cover after watering the trough with another tray and just wait for the time when the trays are being pushed off by the strength of the baby plants. Keep water in the trough.

On the 7th day, the electrical energy from the babies switches from positive ionization to negative ionization, and then you may cut them. The best way to do this is to lift the corner of the grass by the grass ends cleanly off the tray with the little roots dangling down. We call what is left over a mat, and it's great for compost. Slice with a sharp knife in one smooth slice. Try to get as close to the dirt as possible, because most of the nutrients are there.

When I've visited in various institutes who use wheatgrass in the past, the instructors always tell people that, but I was able to get quarts of wheatgrass juice by just recycling their leftovers and my healing factors were of a much higher quality than the guests. Every time Dr. Ann would come home from her traveling, the wheatgrass would disappear, as she did her implants to bring herself back to peace from the dirty air and other negative sickness energy of the world. You can imagine what she had to go through, talking to thousands of sick people, breathing the same air as they were. That was her sacrifice and she did it gladly because it was her mission to tell people how easy it was to let their bodies heal themselves.

If you only let them sprout 8 hours, the little tails will find the dirt a lot easier, otherwise they get lost and get all tangled up, and can't find their direction. If you are not successful on your first batch, feed them to the birds. They will love you for it, or put them outside in a special garden for the animals to lie on! Be sure you en-salivate the wheatgrass juice on the order of 2 minutes before you swallow it. Bolting and chugalugging is only for pineapple juice. Wheatgrass needs to be absorbed into your mouth roof and under your tongue. Your gums will be tighter and teeth stronger.



I salute you for starting on this wonderful path of liquid blood. It doesn't take long for the chlorophyll to turn into blood. Be proud of yourself for trying this, we are proud of you.

Re: Onions? Garlic?

There is a group of people, Bill, who follow the "I AM" teaching of a man who, on Mt. Shasta, received messages. Some of which were about onions and garlic, and the followers of this understanding of energy/light, whatever, say that their energies are pulled down by these two, and that higher understanding/enlightenment will not approach them as long as they continue to put them in their bodies.

I am not saying that they are right or wrong, I am just being a reporter now, because you asked the question. Some of this is reported in books entitled "Unveiled Mysteries" and "The Magic Presence" by Ballard.

Personally, I don't use them, but I don't make a federal case out of it if someone fixes me a salad and they put some in. I've found out from Dr. Clark that purple onions are contaminated with malonic acid (tapeworm stage) and so I am extra careful not to use them.

Thought: If it's dangerous (sometimes deadly) for dogs to have onions, why should we be using them? I used to love the taste, but now I don't need it. I know it helps people who use a lot of fat and who are trying to control parasites.

Re: When we were hunter/gatherer's

We don't have to eat animals to get B-12. All we have to do is lick our fingers once in awhile. No, really! B-12 is supplied in any fermented food like sauerkraut, (homemade, of course), fermented nut and seed cheeses and grain waters, like rejuvelac. The book "Pregnancy, Children and the Vegan Diet", by Michael Klapper, lists lots of

non-animal sources of B-12. My blood is perfect and I eat no animal stuff.

Re: Thant's FANTASTIC, Jessee!

What a wonderful way to introduce the idea of no dairy to people. Keep up the good work. Dr. Wigmore used to have a party at the end of the two-week studies when people were graduating, and we used to make ice cream out of frozen bananas, but Dr. Ann wasn't too keen on carob. It isn't actually a live food, even when you use the powder. It's roasted and ground up, like coffee. But, it sure 'hooked' some people away from chocolate sauce. Little by little...

Re: Diabetes

Dr. Wigmore's living food diet with liberal use of wheat grass use internally and as a poultice on the lower back, has cured the person of diabetes. She didn't like to use the word 'cure'. Dr. Clark does, in her book "The Cure for All Diseases", she talks a lot about solvents, and she states that diabetics use of wood alcohol attracts things to their adrenals and the destruction goes on from there. I think he will find her book highly stimulating because it shows a natural way to clean out and kill the things that are causing the problem.

Re: How to Curb Craving

Your body is telling you lots of things about how there is not enough liquid in the cooked foods to keep your cycle going (circadian cycle of needing just fruits until noon: see Fit For Life II, Living Health for a good understanding). The Diamonds and others encourage fruits. You know that fruits after a cooked starch is not a good combination.

I'm not a fan of 'fasts'. I believe if you eat blended food (whole food) instead of liquid juice that the fiber will clean out, like a broom sweeping, all of the gunk in a system, if prunes and greens are included in a blended form. Dr. Wigmore made a science

of it and people only took 2 weeks to clean out. Some took less time.

Re: Another Salt/Sodium question for you all...

Lots of books out about blending stuff and making milks. I would recommend one by Dr. Wigmore called "The Blending Book", published posthumously in collaboration with a lady who worked with her. She knew the direction Ann was going to take at that time, even though she sort of turned a 90 degree angle again a few months before her untimely death. 3 weeks before, she announced "This is the beginning of my real life; I'm just beginning to live" at 84.

I may have already shared with you the almond milk recipe. If not, soak the organic almonds 2 days or so and blend them, peeled first, with some water. In Puerto Rico and Boston, people used to drink the milky liquid that dropped from the bags of seed cheese as they were hanging drying out to make the cheese. This is the curds and whey of making cheese. 50/50 sesame sunflower cheese (soak in separate containers 5 hours and drain 5 hours before blending - must try to get off the skins of the sunflower seeds - makes them bitter). Try some filbert or pumpkin seed cheese (soak them 8 hours and drain 8 hours), pine nut cheese (soak 5 hours and drain), and so on.

Your taste buds will allow you to taste the delicate flavors of each once salt is completely out of your system. No one has touched on that yet. Salt temporarily destroys your ability to taste things' true taste, because salt is addictive and damages the taste buds in your mouth. If it will dissolve snails, what do you think it does to the protein surface of your insides (besides your cartilage)?

A little sun dried dulse to flavor the cheese, or some fruits to flavor them is delightful. Dollop the almond cream over fruits.

Re: B17

Apricots have been reported to have malonic acid in them. This lowers one's immune system and prevents assimilation of digestive enzymes. Please read Clark's "The Cure for All Diseases" on malonate.

Re: Naturally carbonated mineral water

One thing that hasn't been touched on here is the contamination of water by the bottling process which shoots a detergent containing rubbing alcohol into the upside down bottles to sterilize them when they are on the assembly lines. Then they drip dry (there's no law that says one has to rinse them out). So, the alcohol contaminates the water, and we drink it and the alcohol destroys our liver and this destroyed tissue, according to Dr. Clark, attracts a fluke and this is the beginning of cancer markers flooding our bloodstream.

I have a type of water that I want to get tested by Clark's people, Our friend David Wolfe told me that Trinity was tested pure of rubbing (isopropyl alcohol). This is good news because I've not drunk a glass of bottled water up to this point since working with Clark because I trust her laboratory work. So, as soon as I get an extra \$10, or find someone who wants to know worse than I do, who can shell out the dough to have them do it.

The Olympic athletes used fructose in Finland and Russia for 50 years to trigger energy in long and quick times. No one was able to beat them. The Committee won't do anything about it because fructose only a food. I feel sorry for people who are using colas because of what they do to people. Read "Sugar Blues" by Patrick Duffy, commissioned by Gloria Swanson.

Re: Alkaline-Emotions

The perfect balance is supposed to be 80% alkaline and 20% acid. If you just ate almonds or sunflower seeds without soaking them and making cheese out of them, you

would get too much acid. Soaking and draining and blending to make cheese causes them to ferment slightly and make them more easy to digest and less fattening, but you have to keep within a certain guideline, like 2 ounces of fat/cheese, or 1/4<sup>th</sup> avocado. Leaves of dulse seaweed soaked and drained will add a taste of salt without the salt and supply minerals and trace minerals. Baby greens like kale, arugula, parsley, dill, cilantro, add a spice to things. Blueberries are great.

Any thing you are attracted to in the market organic produce section, try it and see if you like it for 3 days. Then if there's no change in your feelings, take the Coco pulse test. You can read about this in the book "How I Conquered Cancer Naturally" by Edy Mae Hunsberger. Try some of the recipes in it!

Re: Dr. Flora and All

Pineapple juiced should be drunk chugalug and not blended with other things because when it gets caught in your system it gets old and acid within half an hour. Rub some pineapple juice on your skin and let it sit there for 15 minutes and you'll see what I'm talking about.

I pre-ripen mine by punching holes in the stem end of the pineapples, rinsing it off well and leaving it in a saucer of water outside until it's yellow all over and smells wonderful. Then, I juice it and drink it all at once in the sun and wait an hour before I eat anything else. I wouldn't normally eat anything that I wouldn't rub on my skin. But, it will turn acid and burn that's why you don't mix it with anything else. Maybe someone who eats all cooked food could and never feel anything, but they are so clogged up, they could eat jalapenos and not feel it! Your body was trying to protect you from the combination that would keep the old acid pineapple juice in your system where it could burn you.

On an empty stomach, when you chugalug it, it leaves your stomach within 20 minutes and is in your gall bladder, making small work of any old nuts or seeds or stuff you have eaten cooked or rancid. Pineapple juice is a gift from the gods for us when we

have strayed. Later on, when you are more careful about what you eat, you won't need it because there will not be anything in your body (too much cholesterol, rancid fats or oils, etc.) that will need dissolving.

I don't drink it every day or even every month, only when I've been eating at someone else's and I am too timid to tell them I'm a living food person. Everyone knows I'm a vegan, but sometimes people don't know and I hate to disappoint them when they've spent a long time preparing something for me and at this point, as long as my body doesn't talk to me (symptoms, pain, etc.) I will go ahead and eat the thing and then burn it out with enzymes within the next meal or 4 hours, whichever comes first.

I will never eat creatures, but when I go to Earth Save for their vegetarian potlucks or some Vegan potluck, I may stray a little. I always secretly regret it a tiny bit later, because cooked food makes me tired, and the past few months, I've been totally liquid and it feels so good, spiritually and physically, that I wonder why I don't love myself enough to not compromise on this spiritual high. There's no spirit in cooked food.

There may be love which is put in it from people who prepare it, and that's great, but spirit is more important, the living electricity that keeps me going. One day I will be like Dr. Wigmore and go all raw. She was 50 when she decided. I'm 65 and I know what happens to me when I eat cooked: I degenerate really fast; overnight my skin looks 5 years older, because I have no natural enzymes in my body like younger people have. I was married to a smoker and was raised by smokers so my face skin is pocked like smokers (especially women smokers) face skin is, yet I've never smoked. Too much dairy will do that to you too.

So, because of my earlier 'sins', my facial skin will always look old when I eat the energy soup unless I make sure I eat aloe, buckwheat greens and cucumbers. But, I'm not interested in how my body looks outside anymore, only how it is inside. My space suit has nothing to do anymore with what is happening on the inside, where I am like a little child, all bubbly and full of energy because of the energy and vitality coursing through

my veins.

Anyway, I would've puked too, or felt like it mixing that stuff. I don't eat tomatoes and neither did Dr. Ann. We used them for garnish, like some people use parsley. I eat the parsley everywhere I go, and collect it at the end of banquets I am invited to, when no one wants it, and take it home and use it in my blender. Waste not, want not, said grandma Flora.

Perhaps your system is asking for greens and apples blended. Lettuce is not one of the greens that provide you with what you really need, though. Dr. Ann said for me never to start anyone out on my recipe, because it would be too green. Perhaps you are someone who would like it, so because you asked, I'll tell you.

Everyday, usually, I take half a blender of watermelon or gala apples (for you, why don't you try a tarter apple instead, organic of course), and mix it 50/50 with greens. I use 2 small handfuls of leaf dulse rinse and squeezed dry (I put it in a glass of water and wiggle my fingers in it to make sure the little sea shells and sand drop down) and blend well. I try to put 10 soaked figs in there (don't use the soaking water because it is too much sugar. It will drop your blood sugar level and you'll get tired).

I was born acid and have to keep my blood alkaline, and so sometimes I only use half (or 6 figs) and it's enough, or less, even, if I've been at one of the social functions. Figs are the food that moves you from acid to alkaline the fastest, I've been taught, and it works for me). Once I've got that dinner out of my system, I back off from the figs.

The prunes that were mentioned in the energy soup recipe are just for the first week to get old cooked starch out of one's system, and then you don't have to use them anymore. Too sweet for me, anyhow. So, if I don't have any purslane, I use half a cucumber, some buckwheat greens, some aloe and some cactus.

Purslane, as you can see, does the job of a lot of other foods. If I don't have any

lamb's quarter, I use sunflower greens, or lacking that, some organic baby herb greens.

Blend with 12 almonds soaked for 2 days and peeled, a little of sauerkraut in the blender too, and there you have it for the night meal. In the morning, if it's going to be a long day, and I know I need to get something in because I'm going to be out of town, and on the road, I'll use 1/4th of an avocado instead of the almonds, and just take almond cream along with me to use as milk later on in a glass of water.

What a simple life. One meal a day, basically and I can go and go.

You can make the yummiest cheeses out of almonds, sunflower seeds, pine nuts, filberts, and most other nuts and seeds. This is a fun time for you to experiment with baby dark greens (not the big old ragged leaves that are pockmarked and tough) and make sure you get a balance of melons, apples, pears, blueberries, mangos, papayas, coconut milk, and all of the other non-citrus fruits you can find, etc.

Try little bits of interesting things you see in the produce department (dill, basil, arugula, etc.) in with the basic mix, because each will add a different flavor. I can't even think about eating a sweet dried fruit now because it's too much sugar, which I don't need. Sugar cravings indicate a protein deficiency. If you're getting enough greens, you're getting enough protein, with your seed and nut cheeses (a couple of tablespoons a day). It will take awhile to find your own 'mix'.

What Dr. Ann used was something to help clean out her students as quickly as possible; it was not what she ate herself. She gave me something cooked (ginger tea with honey in it, when it was cold outside up in Boston and I was chilled, but now, I'd put the diced ginger in my energy soup when it gets below 65 here instead) I've learned how to dress to keep warm.

Some of the women who've been following the gist of what I've written have gone whole hog on this, and they are delighted that someone gave them permission to stay



warm. One precious lady said she couldn't believe how different she felt! Living in a house with someone who turns the a/c on when you are not even comfortably warm can be very difficult. Men usually run hotter than women.

Just keep trying until you find your own. My green stuff, without fruit, would make most people gag, but I eat like a primate, generally. Even birds eat their protein and starch at different times, so I want my heavy almond milk at night. By the way, bananas constipate most people a little and some a lot unless they are terribly ripe and with rejuvelac or dehydration, that doesn't happen. Sweet stuff (dried and dehydrated fruits) stick to my teeth and are dentist's friends because of the destruction of our teeth, but when they are soaked, drained and blended with other things, it's not as bad.

Of course, we all would prefer raw figs (drool), and I am mindful that raisins make one gain weight, which I don't want to do. That's about it for me and my intake. I go to a place called Roberts Fruit Stand and try out exotic tropical fruits, but am mostly satisfied with the ordinary mangos, papayas and kiwis (even the latter one is not critical for me to eat, I just like them). The longer (in months) you blend, the more you will find out what is necessary for you as long as you chew as if the food were a solid.

This is all a matter of trial and error, within a certain safe circle of given foods to make sure you get every nutrient you need. I've found that because I don't store my food and eat some now and some later, I don't need the rejuvelac, which predigests the food and keeps it alive for about 4 hours, but this is important for people just starting out who have bad or faulty digestive systems from years of misuse of heavy fatty fried salty foods.

I'm extremely busy, and don't have time to waste, but when I eat, everything stops, because it's the most important thing I can do for my cells, and for everyone who has to be around me every day. If I make peaceful cells, then I'm peaceful. If I'm hurried and distracted when I eat, everyone suffers. As below, so above, and vice-versa.

We need to help each other. My friend who owns a local restaurant is going to

blend my salad for me when I come in with a bunch of senior citizens. The maitre-d's on board the Carnival Paradise (nonsmoking cruise line) blended my salads for me and served them in china bowls. Hey, all we have to do is ask! As you did.

I just have 40 years of experience with living food and all I can say is keep it up. I've seen miracles happen with it, as long as you chew and stay away from citrus (which includes tomato). Dr. Ann asked for red as a color many times for her photographs of her foods, but she really preferred sliced and diced colored bell peppers, not tomatoes. (Especially at the end).

Quoting Dr. Wigmore at 84

"I feel like I am at the beginning of my life. I've never felt so good before and had so much energy! There's so much I want to do and I have so many plans!"

And then she died of smoke inhalation. So, what does that tell us, that our breaths are numbered and we should live every day like it was our last and not put off so much until the future. That's what I'm doing now, and I'm so grateful to her and God for showing me what it takes to feel really great, even though I look like an eskimo all bundled up sometimes, just to keep warm! I can hardly wait for it to get to 95 here this summer, when I can run around in a muumuu, spend hours in the water communing with the fish here and not have to wear many clothes. That's why she loved Puerto Rico.

Re: Energy Soup ingredients/for Flora

<<<Could you please tell me what kind of cactus that Dr. Wigmore used in her soup.>>>

Nopal. When I moved to Mexico, once in Guadalajara and another time to Playas de Tijuana, when I had the opportunity to be with Dr. Clark's patients and help her at her request by picking up her patients at the San Diego airport, for a little over a year total, I

used a lot of that and learned how to make the most amazing things with it. Of course, making potato salad without potatoes was interesting enough, but using it in the blender made my skin firm again, as if I was a youth. There's no way you can market this in a little bitty bottle at \$40 or \$400 to sell to ladies to make their skin look like they are teenagers, so forget it!

The cactus and aloe have to be alive and nothing in a bottle or jar has enzymes, no matter what someone wants you to believe, especially with the incredible marketing materials nowadays! The part on the papers about enzymes is convincing and true, but once you fractionate the product in any way and oxygen gets to it, it's a dead product; that's not the most important factor though.

When you look at a fractionated thing under the microscope, the chromosome ladder has been shredded and our bodies don't know what to do with it. That, in a nutshell, is what has happened to soy and to dairy. The result is something that turns skin white and pooks it out, because the poor little capillaries don't know what to do with an altered fat, and the artery tears away from the capillary, this plasma protein slips out under the skin, and you swell up.

I have a wonderful unexpected souvenir from Mexico from the M.K. facial products company. The fats in there, when I got a free facial, split my skin around one eye underneath the surface and filled up an area that made 1/3rd of my eyebrow white overnight, which I still have to this day. That same white stuff the demonstrator smoothed on me made little lumps on my neck come out the next morning (as big as round wheat seeds under the surface) and the company refused to tell me what I could do about getting my normal color back.

"They use different chemicals down there" the USA rep replied to my help request, "We're not responsible for what they do down there"....So, I'm branded for the rest of my life? Well, hopefully it will disappear after years of going on the living food program uninterrupted. Dr. Wigmore's hair turned brown again, and so may my eyebrow

and underneath my eye. The balls on my neck disappeared because I rubbed papaya on them, so apparently they were made of some sort of protein that was in the cream (papain dissolves protein).

Actually, I rubbed a lot of different fruits on my face, trying to get rid of the strange discoloration, because I used to be a Powers model when I was younger and was 'into' my appearance, even at 60. Now, at 65, I try to be neat, but really could care less about anyone even noticing my space suit. I want to blend into the wallpaper. And just be of service.

Re: Support for married couples

This is scary for your wife. She wants only to give you things that she has been taught will nurture you 'properly'. Is there any raw food book you could give her for some celebration in your family? "Pregnancy, Children and the Vegan Diet", or any of the wonderful books like "Sun Foods". Just go to the store and pick one up.

Read it yourself and then hide the book under your pillow before you go off to work. Bets? Of course, she'll read it when you are not trying to stuff it down her throat! And, slowly but surely, when you find great places and friends through this page who you can take her to enjoy your thing, sooner or later, it may be her thing too, and then it will be your (plural) things.

You can catch a bee with honey, not vinegar. Many important people are married to people who aren't raw/living, and one must learn to be strong and not compromise. I'm a terrible one to say that, because I haven't reached the point yet when I could say to my friends 100% of the time, "I'm sorry I can't eat that vegan present you brought because it's cooked" because sometimes, especially if I've had to be around someone who smokes, my resolve is weakened (along with my brain cells and that's where my resolve lives!)

I need to go and live in a community where everyone eats raw/living. Where is that community out there? Is there one in Florida or some other hot place where I could

go and no one would ever give me a cooked vegan food to eat after I've spent hours or days working to build up one of their family members energy so their bodies can heal themselves! Is there such a place?

Re: 100% idealistic= eating disorder

Thank you, Randall for a carefully thought out piece. There is one other reason why a person would go off who knows better, and that is financial.

The whole time I worked for Dr. Ann, with the exception of one night when I was invited to a 'transition' home and watched a staff member, who had advanced cancer, eat cooked humus and not much later die (everything's karma, huh?), and I realized he ate it after he probably saw me eat it. (I was filled with guilt because I was supposed to be an example, even though he was the director working for Dr. Ann down there, and that was shortly after I had been touched on the head and neck by a male massage therapist who was not 100% while I was hunched over trying to translate one of Dr. Ann's tapes.

You may have read in an earlier message I wrote that he felt I was 'tense' but I had already asked him not to touch me or get around me, I was 100% and the only time I went off the diet was then. But, after he touched me and another staff member had also, an substantially overweight lady who had just come back from partying at an island, I was so weakened I couldn't even raise my hand to stop her from hugging me, and then I thought I was going to die. I ran to the ocean to find some comfort.

But, it took me literally years to get back what I had had before, especially since I compromised and ate that hummus a couple of nights right after he had touched me. That's why I have counseled women to be careful who they allow touch them. Once we have reached a level of understanding about energy, women need to keep their touching only with their own husbands or partners, not with other men. And men need to do the same.

Women need to learn how to give their husbands massages and vice versa instead of going to strangers (no matter how skilled or nice) to have this energy exchange. The minute that man touched me, I turned around in my chair and blurted out, "Drugs, alcohol, sexual excess" and he stammered, "Yes, yes, all of that".

When a person is clear, the energy bounces down and back up into the conscious awareness instantly. When I first saw him, I 'read' him as someone who would be not peaceful for me and so that's why I asked him to please not touch me. This is the problem with being a canary. It's not just exhausts and gases we pick up on; it's people's energy as well. So, all we can do is ask politely and hope that people will respect us.

In some countries, it is against the law to touch a child's head for the same reason. We need to keep our energies to ourselves, unless we are love. The only reason I've gone temporarily back to eating cooked food is because I didn't have the money to buy any food, raw or not, and it was the wrong time of the year for me to find something on the trees, or find someone I could barter with (education for food).

My social security was \$433/month until a \$10 raise last month. You try to eat raw on that all of the time. Fortunately, I have a great car so I can go out into the fields and find the purslane and lambs quarter that Dr. Wigmore pushed as most important at the end of her life, cut too short by her own wishes, but sometimes I don't always have gas and the town here is too polluted, yet I find some dandelion and sometimes some 'poor' bananas that someone has cut.

What they give people at the Senior Citizen's Center here and in another small town just south of here are nightshades or citrus, and rarely cucumbers, or government food that is worse than what you would buy in the store. I give it to some of my poor students (and some of them won't take it, because they know it's bad for them). So, I'm not weak nor frustrated, I'm just broke and hungry, when I compromise and eat something cooked that people bring me who want to 'pay me back' for helping them, and I don't want to hurt their feelings.

One neighbor brought me a pineapple slice, and I juiced it and took it back to him, along with a glass of juice that I had pre-ripened myself, and we enjoyed the drink together, and he never knew that I was drinking something different than he was.

I've learned not to eat an un-ripened pineapple, even though he said it was sweet - all I had to do was smell it and I knew it wasn't. Besides that, it was full of insecticide, which the rinsing a couple of times and sitting in the saucer of water for a couple of days, sort of washes out. Don't be so hard, guys, on people who know what to do but can't live up to it for one reason or another. I know well the people you spoke of in the first of the thread, and I can tell you that each of them knows that living is the best way, and each of us has karma to live out, and each of our lives is perfect, yours too.

If I had not gone through each and every thing I've gone through, I'd not know what I know now personally. It was one thing to work safely around Dr. Ann; another to be out in this world and try to survive, because when you get to be all raw/living, money is not that important anymore, service is. Spiritual progress, and afterwards, maintaining that inner peace, is more important. And, lucky for us, that is always waiting inside, for us to get back to, so it's like wanting to be like a perfect master: we never will reach it in our lives and still be on this earth, so we try. There will always be someone ahead of us, and others behind us.

We have to reach back and help someone up, and reach up and ask for help from the ones who are our ideals. And, we have to laugh at the blender noise along the way and find any chance to giggle until the tears come! Or, marvel until awe takes over when we see a fish swim up to us unafraid. That's the joy of being overtaken by the energy of living foods: that people and creatures are not afraid of you because you don't smell like death.

Re: 100% idealistic= eating disorder

The smell of tomato sauce starts our acid digestive juices going. We all respond to the smell of certain cooked foods like the Pavlovian dogs research. The digestive juices pour into our stomachs and after we start that salivating, we need to put something in there to dilute the juices.

A suggestion for consideration would be to drink a glass of almond milk with some re-hydrated figs in there to neutralize those stomach acids or eat a little avocado. It helps. It has to be something that will neutralize the stomach acids though, not just something that will add to it. Pasta is so bad for us. It clogs up our brains, makes us tired and makes our eyes weak, as well as interferes with our memory and we lose energy, as well as putting on extra pounds. It's nothing but intestinal glue.

The other thing is that wives/husbands get so 'hurt' when their mates won't eat the presents they give. Food is more important present than sex for many partners who want to nurture. Mothers whose children have grown up, can only give them food to nurture them, so when one turns down the food, you are denying them the only way they have left to nurture. If, on the other hand, you teach them a simple recipe that is raw that you just love, like a basic salad, or smoothie, or date balls rolled in freshly grated coconut or soaked sunflower seed pieces. Then the wives/mothers aren't so frustrated.

I gave my daughter half of a perfectly ripe papaya for breakfast and she said it was the most delicious thing she had ever eaten. I'm grateful that she was receptive to my nurturing. She is not all raw but I've found things that she enjoys with me, and we can make the most of it.

My 3 sons know they will come to a fridge full of greens, apples, watermelon, soaked seeds, nuts and re-hydrating fruits, and anything else they want, they have to go out for! I no longer make protein nuggets for others because I'm too busy with my volunteer work. Sometimes I make a raw pie but that's too much sweet for me; I just do it for others.



Re: Yes, High...

I feel a connection with you (Emily) on a very high level. When we consciously chose this body we are incarnated in at this moment, we were choosing to live through the karma of our parents and grandparents and so on because this is the time to understand that we can make up for their mistakes.

We are truly the ones to balance out the 'sins' of our fore-parents. We are strong enough to do it in this life. So many people feel as you do, that this whole planet's vibrations have increased and with each conscious 'earth day' prayer, when people worldwide hold up peace as the banner, things get closer to perfection. The closer to Rome, the greater the corruption, is a saying. That can translate to meaning that the closer we come to being perfect here on earth, with higher consciousness' and peaceful intentions, the stronger the lowest vibration forces will fight back, because they know they are dying and losing strength.

What happens on the tiniest level is happening on the largest. The strangest correlation comes to mind. Cloves, our friends that stop parasite eggs inside of us hatching out, is part of a total cleansing herb formula. When someone is given black walnut and wormwood, the parasites, bacteria and viruses begin to die. When something begins to die, it spews eggs out. When a species is becoming weaker, it procreates; for humans, we need female babies to have more opportunities for procreation down the road.

As Arnold Ehret wrote, when men have been 'saving' themselves and come home to marry, they have male babies, and the ones who have been loose with their sexuality will have females. So, if what he wrote is true, coming full circle, when our energies are getting stronger, the efforts of the negative forces will rise up to make one last effort, but "good will out", like Shakespeare wrote. I agree with everything you wrote and am grateful you are sharing with everyone. God bless you for your work that has brought you to this understanding and to us.

Re: CT, Drie, and Siz

I agree with you (Randall) about everything except the last sentence. Do you know anyone who is 100% raw and 'pissed' at anything? I don't.

If a person is truly 100% living food, and has done his/her work to clean out everything that would keep him/her down like no smoking anything or drinking anything alcohol, they can't even comprehend being pissed at anything because they are in a state of love/bliss/grace.

Of course, there are people who are new raw foodists, and some old, who don't know how long energy from stuff we've inhaled or drunk can last until we do our emotional work also. I remember at Murrieta Hot Springs, and I've mentioned this before, where a man who had been on the wagon for over a decade was on the table in front of everyone, and the therapist was demonstrating a diaphragm press. His face clouded as he bent over the man, and he called to someone in the room (a man who said he had been on the wagon for 15 years) to come down and smell the man's breath as he bent over him.

Both had been vegans for some time, but when the man did as he was told and the therapist pushed on the reclined man's diaphragm, the volunteer straightened up and said "Oh, that's Jack Daniel's! Used to be one of my favorites!" We found out that the man on the table had been clean for 17 years.

So, we have to get to a point of going beyond forgiveness to a point where we understand that there is nothing to forgive, nothing to judge, that we are all perfect, and that everything that happens is perfect because it has brought us to this point today, this second.

I remember again my friends in Egypt explaining to me about their belief that this is all a predetermined conversation, and we are playing out our parts in this play, which

will culminate in eternal bliss for all. We have two choices in these parts: to bitch and complain or to say, when we're confronted with something, "What am I supposed to be learning about this?"

The book and tapes "Why Some People Never Get Well" show how incredible the transformation is when people get to that point of understanding that there is nothing to blame on someone else, there is nothing that we can do about anything except to give thanks for our blessings. Life becomes a lot easier after that. And, opportunities spring up out of nowhere once we let go of attachments and preconceived notions of things.

The living/raw vibration leads us quickly into that space and is worth all of the effort to get there. I salute all of you young people who are making that stand for your own strength and energy. You have the support now that some of us didn't have because we didn't know there was a choice! Truly is this a time of higher consciousness and this is such an exciting time to live!

2 days later: safe now to answer?

Isn't it exciting that so much is going on in the board that you look back twice in one day! What a vegetable soup this is (raw of course!) And what a great bunch of people to put in their 2 cents, 4 cents, 6 cents and \$1 worth of ideas and feelings. And, everyone respecting the right of others to be individuals and agreeing to disagree with statements of respect. This is a safe place to let it all hang out and you can be sure that Jerry Springer would be bored to death with us because there is no name calling and violence towards one another.

This is the mark of the true high people, having vigorous conversations without interruption, with patience, with out interrupting. This a great way to communicate, isn't it? I can go away for a weekend, and when I come back, I know you all are here, having more and higher conversations about the meaning of all of this. The energy just keeps spiraling and going up and up, and we are not taking life serious, most of us but are

enlightening one another. Thank you for being candid and trusting us with your most inner thoughts, all of you who are 100%. I only knew 3 so far, personally, one woman and 2 men.

I admire you for being leaders and mentors for the rest of us, even though you are just doing it to be your best selves. I wish this could be translated into every language in the world, some of what has been shared tonight, so that everyone would know the power of the higher consciousness that being a vegetarian living/raw food person brings. Thank you to the Webmaster who brought us together.

Re: sleep?

Hi, Justin. No theory, just fact. When your body's vibrations/electrical energy increase, you don't have to shut down as you do when you eat cooked food. I worked for someone who hadn't eaten any cooked food for 36 years (wouldn't even allow a present of frozen sprouted grain bread in the house) and I never saw Dr. Ann sleep.

You will notice that as you increase clearing out your body and don't put in even any olive oil or any other thing that is processed, you will need less and less time to shut down and try to make some sense/process the death you put in your body. It's exciting because it gives you so many more hours to be of service to hupersonity! (a word coined by a friend in order to encompass females too!) Keep up the good work. You have nothing to gain but soul energy.

Re: Who are you?

Hi, I am Flora, and I was searching for the peace of God. I was tired of feeling things that were not helpful, because I knew that whatever I thought about, or said about, another person was just a projection of something that was going wrong inside of me that was not resolved. Cooked/processed/dead food causes these feelings of I and You instead of WE. We are all just reflections of one another and we radiate what we attract and

attract what we radiate, so you can see how important it is to attract life over death.

One doesn't have to die to go to heaven when you are on living foods. My 65 years feels like I am just being reborn every day. When I savor the life force in an apple, or a bit of watermelon, and know that this is truly soul food, bite a blossom, love a leaf, it's all like praying. A joyful thanksgiving every time we eat to know that our new baby cells, born of this lovely experience, have been given the best start, to help us continue our journey in this body, of love and sharing.

To quote a friend of mine, Kwatamani, "Divine actions speak louder than words". And the most divine action we can do is eat the most revitalizing foods there are, those from Mother Earth, prepared with loving kindness and eaten in a spirit of gratefulness. As another friend, Dr. Gerald Jampolsky has said, "If having the peace of God is the most important thing in life to you, I will work with you."

For those who wanted to wait until they have more money to buy the right kind of food (God always supplies in the fields outdoors if one is in the proper place and are doing the proper things to grow their own foods), or those who think they have to attain some position, get somewhere, etc., he had no time for.

This is the time, right now, to honor who you really are inside and help what you are supposed to be become manifest. When you sincerely go all living, you give up nothing and gain everything. It's all inside waiting for you to make the commitment, not to anyone outside yourself, but to yourself and to what is inside waiting for you to get serious about your spiritual/soul development. When your soul merges with your body (whew! Finally, she's/he's giving us the highest vibration foods, eaten in the proper spirit, and now we can do our job!), there will not be a moment's hesitation and you will find this peace that those of us who 'cared enough to send the very best' (down our throats) have found!

Couldn't resist the pun! It's easy to have a sense of humor when one is eating

joyful food! A secondary reason is that your body awareness sort of disappears, and as an ex-model, in catalogs, on TV and ramp, I was so grateful for that. Ego, lust, angers disappear and love moves swiftly through and fills up all of the empty spaces like liquid sunshine, which is what the food is. I'm so happy you are on our trip.

Last night I went to an Earth Save meeting, and brought some blueberries. I ate the only raw food that was brought, which were some apples and coconut. I cut up the 3 apples, peeled and cored them and cherished them as I ate them with the coconut. The owner of a vegetarian restaurant in Miami came to me and asked me if I would work with him to help him regain his health. I gave him my telephone number. He said it was obvious that I was the only one who could help him.

I was sitting alone at the side of the hall, watching happily as people chatted and enjoyed the wonderful foods, prepared with love, happy in the knowledge that that meeting was just the first step toward them moving toward an all living food diet. Ultimately, everyone down the road will get there, we have to be kind to the ones who don't understand the importance of it yet. After I ate, I joined them and wonderful things are going on. Organic farms are alive and well in Southern Florida!

Re: Pin Worms

Read the section about parasites in Dr. Clark's book "The Cure for All Diseases" and you will find the fast and non-toxic way to get rid of them. As raw food people, we think we can be 'above' all that stuff. Grapefruit extract has been known to get the rascals, but has been taken off the market (because it worked?), and there are as many remedies as there are types of parasites, but the best I've found is a triad of 3, black walnut, wormwood and cloves, from

The Self Health Resource Center  
Chula Vista, California, 1055 Bay Blvd., #A  
1800-873-1663.

I don't get any 'kickback' for telling you about them. They are the purest lab I know which won't allow anything contaminated out. Write or call for a catalog, or visit [www.shrc.net](http://www.shrc.net) or e-mail [info@shrc.net](mailto:info@shrc.net) and enjoy their pure intent and products.

I tried raw rice, blended papaya seeds with papaya and bolted it down for my grandson and for myself (which got hundreds of visible ones out of him, at 5 months), and yet, every full moon, which is the time when all of our fellow internal travelers are most active, I too felt them. After one 20-day session with the herbal trio, mine are gone and my tummy is quiet! Most of all, my stool samples are free of any creatures eggs.

One of the fascinating things about laboratory work is that they are unable to tell if you have parasites or not unless you can grab them at night with some scotch tape. In the middle of the night, have a flashlight handy and the tape, when you are warm and toasty under your covers, hurriedly throw off the covers, grab the tape and put some right on the anal opening. Take it off and put it in a glass jar and take it to the lab. They will be able to tell you right away if you have them or if not, you can look for something else, like ascaris from dogs or cats, which will grow as large as a spaghetti noodle. Unfortunately, they can only tell if there are eggs present. The cloves kill the egg stages.

It's so freeing to know you are not carrying little friends, but you can re-infect yourself immediately afterward if you put your fingers in your mouth and have long fingernails where the eggs can be if you are not careful about hygiene and washing and sterilizing your hands with non isopropyl alcohol, like the largest container sold of Everclear. Small sizes are contaminated. Please go read the section about how easy it is for you to get rid of them in Clark's book. No charge for this consultation!

Re: Quitting Smoking

Hi, Del. Good for you. I admire all of you who know how dangerous it is to be addicted. Tobacco is a nightshade and because of this, intake of this will cause you to

crave fatty foods like dairy. It's really important to get rid of both because the use of either feeds the addiction. Since you've joined the raw/living group, we can move to the next step.

There are a number of doctors who have smoked until they keeled over in their 80's and 90's and only survived because they took in enough minerals. You will have to get an amazing amount of zinc foods (like soaked for 8 hours, drained for 8 hours pumpkin foods, for instance - 2 ounces a day - also good for your prostate) to begin to bring back a balance.

Another help is jerusalem artichokes, which contains more fructose than any other food, to my understanding. (check on that because my research papers are up near D.C. and I'm not able to access them at this moment, being in FL as I am, and I try not to carry info around in my head, but to just keep it 'open' to get what I need to get' as Einstein wrote, "Don't try to memorize anything. Write it all down on catalog cards and empty your mind. Whatever you need will be supplied at the proper time."

Ok, with the wonderful www searching machines, we do have anything we need at the touch of a button now. In the past, I went to Finland and waded through about 50 years of research about fructose. This is not fruit sugar. Vegetables have more in them than fruits. An apple, if I remember, is 19% fructose and the rest glucose. That's why diabetics have to monitor fruits, not because of the fructose, but of the glucose amounts, which is what makes your insulin go up and down like a yoyo.

Anyway, the book "Diet Away Your Stress, Tension and Anxiety, the fructose diet book" explains how when you have pure crystalline fructose in your bloodstream, your metabolism is stabilized and your adrenals get to rest. Nervousness disappears, cravings too, even addictions. When we crave something, our blood sugar has plummeted to the basement. When we eat chocolate (past tense, of course! and figuratively speaking!), our blood sugar goes up and down, lower than it was before we ate the chocolate. We only remember the high, the adrenalin rush, not the low, so we continue



taking in the stuff that gives us the rush, and forget the 'morning after' low.

I have 2 bags of it in my fridge and they will go to one of my sons, who still chooses to eat cooked because he's not planting his indoor garden all winter long, like Dr. Wigmore taught us. I have sent him the seeds, he has to plant them and he will, at his own pace and we are all on our perfect paths.

We can live in the most awful cold temperatures quite well as long as we can afford to pay exorbitant heating bills and have our indoor cafeteria tray gardens. Dr. Ann had a list of wheat, sunflower, buckwheat, sesame seeds, dulse and a few other things that one could live (a family of four) on those for a year perfectly healthy. She taught that, for instance, cabbages could be kept all winter buried in the ground if the stem ends were up, for instance, and then one could get them out when it was time for making sauerkraut. We need to go back to the root cellars (fridges have too many humidity problems). Anyone out there have root cellars that they want to tell anyone about?

Fructose, granulated, is not living/raw, just like olive oil isn't, but it is a temporary aid to get us through incomplete understanding. You are up against a tremendous deficiency caused by smoking. For your consideration, do what the Olympic athletes have done from Russia and Finland for nearly half a century: they have taken fructose before the races. This is not a drug, it's a food. When the long distance marathon racers could not be beaten in the summer games, this is the reason.

Our flesh-eating athletes in the US may best others in competition but at a terrible toll to their bodies' peace. Arnolds Ticmanis, who ate grapes before a track and field meet, a grand master Olympic champion, was 87. We need more people like him to be promoted.

The Physicians Committee for Responsible Medicine has lists of winning athletes who are vegetarian, and Dr. Doug Graham's list is even better, because the athletes are grain-free. It all depends on where you are what can help. If you want to just

hang on and get your blended living foods' nourishment each day, which is the easiest to digest form, great and your cravings will stop soon. If you want to think about it for awhile, and use some fructose to keep your blood sugar stable so you won't feel the cravings, fine (grapes will do the same! you just have to have a lot around to keep feeding yourself), and make sure you have lots of blended greens with your diced avocado quarter.

I admire your reaching out. Personally, I would encourage you to go for it and just do juices, blends, and read "Sun Foods". You can do it and you have lots of friends who are behind you, in experience and in well wishes. Good for you!

Re: raw and stress-help!

Because I've lived the life you are living now, T, and know in my heart what you're going through, we can give you hope that is so sure, support that is so eternal, that you may be so stressed and so desperate that you are ready to gain that 'perceived stress'-free you are looking for. We are surrounded by people who are stressed out every day because they are eating stressed out foods, which block out and further stress them out. One little bite of cooked food will knock you off from your elimination of bad stored foods for at least 3 days.

You will be supplied with everything you need if you just make the commitment. Someone will always be there to provide you with the living foods if you just give us the word that you are ready and what you need. If we have, we will share with you.

You are not alone (never were, but the cooked foods, in your bowels, are the lowest vibration - death, and that causes depressed feelings, feelings of anxiety and give-it-up feelings.) As you move up the scale, a lot of scary feelings will come up also, and if you don't have clean bowels, they will recycle back into your head and frighten you or force you to eat the cooked foods once again.

When you replace those fearful (1<sup>st</sup> chakra) foods with the highest soul foods (living, easy to digest) of love energy, you will not be able to 'compute' fear, even if a bomb goes off in back of you. You will know that it is part of life and that you are not touched by it, accept to be able to help others know that everything is perfect for us to learn what we need to learn to go forward and help others.

I am sitting here with a watermelon rind, and I am craving watermelon. I could go to the store and buy some more, but I have lambs quarter, cactus, aloe and purslane outside my door waiting for me in the sunshine, I have cabbage waiting for me to make sauerkraut, and I have some also wonderful sunflower greens, and no money. Guess what, my boss just drove up and asked me to type for him. I know I can get some watermelon from him. God supplies. Goodbye for now and keep it up. You have everything to gain. The peace of God, especially. I walk in total faith and knowledge that my needs will be supplied, if I just persist.  
Love.

Re: Questions on healing crisis

Hi, Larkin, last year I was told I had a little tiny thing in my left breast. I knew what it was, I thought, because a mammogram earlier that quarter was clear and the only thing different was that I had been around fiberglass from a cast I had worn that I slept with next to my face at night. Since an acquaintance, Dr. Clark had published that 1/4th of all tumors have fiberglass inside, I figured I'd just let it work and dissolve, because I knew from working with Dr. Wigmore that the body will heal itself if we just give it proper easy-to-digest food peacefully.

A year later, it's not 'impressive' (they couldn't see it) anymore and I've been eating Dr. Ann's energy soup and staying away from anything that might have caffeine in it (I don't normally eat or drink them anyhow). Your symptoms indicated that you are healing. Itching, according to the Alive Polarity teachers, means you have increased circulation in the area and need stimulation to move it out. It sounded like, as you really

got into the rawsome life, that you may have enjoyed too much citrus, which might burn your mouth, or pineapple pieces with the eyes in them if it was not really pre-ripened.

Doing a wheatgrass poultice on your breast would be something that Dr. Wigmore would have recommended. Be sure and chew your green juice as if it was a solid food so you can get all of the good stuff in your lymphatic system from the neck down. Peace.

Re: What's wrong with sprouts?

Sprouts sometimes have aflatoxins on them. Many people have been sickened by that infecting alfalfa sprouts so that Safeway, for instance, in some states, is not sold anymore. If the seeds are contaminated by things, even wheatgrass can have aflatoxins and malonic acid in it. One way to stop this is to soak the seeds in 1/4<sup>th</sup> of a tsp of vitamin C water for 10 minutes, according to Dr. Clark in her book "The Cure for All Diseases".

That 'bath' makes a difference in my sprouting, but I don't leave them in it any longer than 10 minutes because the vitamin C burns the little shoots. Other people have problems with bean sprouts and pea sprouts because they are not really meant to eat unless their leaves are green and they have been 'grounded' in the ground. If you read some books about sprouting, you will find out more about that. Some even state that sprouted beans and peas are carcinogenic. I personally thought that pulse sprouts tasted too starchy and stay away from them, and, additionally, as Dr. Doug Graham suggests, I haven't eaten any grains for a long time.

My blood doesn't show any lack of protein or anything else. Many people will find out that sprouts need to be in the ground 7 days for the negative ions to be developed for us to use them, and that's why buckwheat and sunflower baby greens are such a blessing!

Re: Antibiotics--new claims

Concerning your hand, when I lived out west, I stepped on a rusty nail. Got the most awful swelling and a friend of mine, who was the vice-president of pharmacy for Skaggs/Albertson/Alpha Beta, Frank Morris said I was one of the only two people he had ever heard about who was able to overcome the reaction and I did it with living foods blended and hot tub soaks.

I didn't eat anything that would slow my energy down! Have no 'residue' from the experience now. Also, a doctor in VA told me he had to cut my right foot off because I had gangrene and blood poisoning in it because of a taxi running over my foot in NY and his putting the cast on too tight. I hobbled home and ate my blended greens and watermelon and dulse and soaked my foot in hot water 7 seconds, cold water for 3, and then wheat grass for 15 minutes. No problem with that now, either and needless to say, I still have my foot!

Soaking parts in water (hydrotherapy) is part of the training of many complimentary physicians, and it sure works. Just don't feed your body anything that will stop your healing, like starchy and oily processed stuff. You might consider that fruits and non-starchy vegetable leaves and soaked seeds and nuts your best friends now. As long as I stick with my energy soup, germs can't really grow in me so that I become sick, even though I'm around a lot of wonderful snotty-nosed kids daily!

Re: How do rawfooders absorb nutrients better...??

I'll drink to Tanya for her response and the others too. [Arnold Ehret](#) wrote a book about the mucusless diet and how someone killed himself about breaking a fast with starch. Anyway, our poor insides have to manufacture mucus to protect the walls from all of the acid food we eat, and what we inhale when we're around smokers. Even some fruits, picked green, too young, colored are too acid when they are supposed to be alkaline.

We also know that when we chew our food at least 30 times (fletcherize) that the vitamins are absorbed in the roof of our mouths and the minerals, under our tongues. So, one doesn't have to wait to get energy to your brain. What does get to the villi is used too, but most people in the U.S. haven't gotten into the habit yet of feeding their brains by chewing enough. This will happen when people's priorities are quick energy.

Be sure you soak your nuts and don't get sucked into the pasteurized almond/soy/rice milks because they are just as mucus producing as protein powders and they are dead. You could go to the hospital and get your blood checked and after awhile, you just feel that everything is ok. I go to the hospital to make my kids feel good, like the laughing doctor who laughs before her blood pressure check to shoot them up to acceptable levels so that the nurse will not be 'concerned'. I laugh too, and it always comes out good and then I learn to trust that I don't need much to eat, just 16-32 ounces, to feel really good. Happy you're on board the living food express, the fastest way to great health and super energy.

Re: Lookin' for Flora....

When our pores of our skin are clean, we eliminate an amazing amount of stuff. Our skin is the largest eliminative and inspirative organ of our body. Once the skin is clean, when we eat something that is not good for us, our marvelous pores clean house and throw the residue out, not just through our armpits, but all over. When you go to the bathroom when you eat, that's one way to know, according to others, that you are clean.

I think I absorb most every thing I eat with little or no residue. If you have a yearly colonoscopy, that will tell you a lot, but for those of us who really aren't into invasive things, you can just look at your body and tell. Your skin glows and feels really soft and smooth, and there's no lotion and cream that can do it the way having clean pores does. Hospitals do have the most invasive little cameras that go up one's bottom and show you exactly what is on the walls! When you continue to be a living food eater, you

will become very sensitive to your body, and then you will sense almost immediately if something is not peaceful for you (too much starch) and you won't eat it.

If I had a wish to wish for everybody, I wish they would go living food and not so much raw and see how much better they feel. But, it's also a spiritual progression too, so you gain everything, and don't really feel deprived after awhile. Also, you can see some amazing tests in hospitals, which show incompletely digested foods in people's systems. My flat tummy tells me that I'm not holding, and my feces and urine color and consistency tell me lots too. The Japanese, too, with their ritual baths, understand the value of sweating. Please e me to [drflora3rd@yahoo.com](mailto:drflora3rd@yahoo.com) if you want to try an elimination program.

Re: First Time growing Wheatgrass (Thanks Flora)

Marcelo, I am so busy. Thank you for your patience. Too much heat will absorb the water too quickly and the little babies will dry out. In Puerto Rico, we had to build an entirely different nursery next to the ocean for the sea breezes to keep the seeds from overheating: buckwheat (68-72F max and min). You don't need draining if you use cafeteria trays.

Using plastic does the same to the seed sprouts as plastic clothes (rayon, nylon, polyester, etc.) does to your skin - it burns it and turns the sweat into poisonous waxes that clog up our pores. Anything that breathes, sweats and you need to bathe daily to keep your pores open and the sweat washed off. That's why the sprouts are rinsed a couple of times a day, to wash off their sweat!

Vinegar also has a mold that is dangerous. In Puerto Rico we didn't have to use vinegar or vitamin C. We soaked the seeds simply in water, washing them at first and draining them, then put them into the new water for soaking the particular time (8 hours for wheat, buckwheat and sunflower), drained them and sprinkled a little powdered kelp into the soil. The seeds were sprinkled on top of the soil, covered with another tray after

watering the trough and left on the shelves, with only a peek to see if it needed more water, until they pushed the top off.

Re: di-secting butterflies

I worked with a man LB in Virginia, who had been HIV pos with Active AIDS for 7 years, with Agent Orange involvement. He had been tracked by NIH for that length of time. He got better on the Wigmore cell regeneration program using energy soup, told me he sero-converted using that and wheatgrass juice, and then started selling the buckwheat, sunflower and wheatgrass that he grew.

He had some interesting things to say about how the docs had 'taken' him apart with all of the tests and when he started focusing on his whole body, and leaving all that dissection alone, he got well. I've read that living food will not touch the deep muscle and organ parasites, and that's why people like Clark ("The Cure for All Cancers" and "The Cure for HIV/AIDS") I have these specific herbs (black walnut, wormwood and cloves) that do the job.

I know that wheat grass juice was what got the parasites out of my body one time, but I also know that killing the parasites just allows the tiny viruses that live inside the bacteria that live inside the parasites to get freed up, unless you zap them or take the herbs, and it's nice to know that one can be free just by using 3 little herbs and not carry them around like I did for 10 years, even though I had a great raw diet, after Dr. Ann died. The good bacteria will be replaced very quickly in my experience, so one doesn't have to worry, if one is eating things out of the ground or off trees. Or, unfortunately, or fortunately, picked up off the ground and sold to us.

I don't want anything that has been on a ground where animals have been. Sorry to those people who love animal manure, but it carries parasites, bacteria and viruses and we have a hard enough time getting rid of the buggers as it is. Why court trouble by



eating contaminated plants or fruits. I'd rather confront clinging parasite eggs than I would insecticide and pesticide any day, though. I can kill the eggs with cloves! My lab tests show that I have no creature eggs, and I'm not tired.

Re: Balance re: Anger

One of the neatest things about being down the road a bit with the raw/living food thing is that one can't 'compute' fear' or 'anger' then you've really done your work and gotten all the dead stuff out. There is no need to stress yourself out by carrying it around with you once you recognize the feeling.

Running is great for a man, not so great for a woman because we have too much room in our 'bucket' to mess up our inner organs which aren't packed compactly like men's. A few good massaged enemas will get all of that mess of negativity out of you and give you a jump start on getting to that point of no anger, where you are in present tense and not hanging onto old emotional stuff because of the chemical memories from the past which are in your body fat which is dissolving with the living food intake and the full moon accelerates this process.

Re: Raw Foods and Cancer

Hi, Jim, you don't need any of those latter things. Cancer cells grow in cooked and overly processed dead foods. I worked for Dr. Ann for 22 years and can tell you from experience that you are on the right track. You don't need to take colonics so much any more. Read Dr. Hulda Clark's book about "The Cure for All Cancers", call her and talk to her about your particular type, but remember, you don't have to eat cooked food, like she recommends, to get rid of your condition. This reading is just for you to understand what causes the cancer markers to get into your blood and what you can do to kill the creatures that cause the markers to appear.

Wheatgrass juice is lovely! And there are some herbs of Clark's that can do it too.

It's good to know both. I'm at drflora3rd@yahoo.com, if you want to visit. I personally just eat energy soup, and it does me fine. I had a fiberglass tumor, but it disappeared. My daughter had melanoma, and it disappeared. She takes her shot of wheatgrass juice and does the herbs.

Re: Hands get cold

Lots of thoughts come up, Chris. If you've only been raw for 2-3 weeks, you still have a lot of old oils in your body, and why are you running for 1 hour? When that happens, your body is too stressed. Your liver heats up and then the fatty oil rushes to your flanges (fingers) and goes up your lymphatic system to your face.

You are seeing the result of white stuff eaten earlier and stored as mucus in your blood stream and small and large intestine, as well as your lymphatic system: soy milks, cheese, milk, white bread, peanut butter, saturated fats, partially and totally hydrogenated oils, etc. Don't stress your body out so much, son (I'll be your mom for a second), and get on the trampoline for 20 minutes and in the bathtub and warm up and it will be more peaceful for you to eliminate that gunk through your pores.

Re: fruits, what's good and bad?

Banana isn't good with pineapple. Pineapple needs to be juiced and drunk quickly so that it gets to your liver and gall bladder and has time to work on the cholesterol there for about 20-30 minutes before anything else comes down. Some people try to chew pineapple pulp get sores on their mouths inside and out and when it comes out it's not pleasant either. I learned that in South America.

The middle of the pineapple and stem has the enzyme bromelaine, which dissolves cholesterol. When it is ripened in the sun, in a little saucer of water so that holes in the stem end can suck the soaking water from dulse up into the body of the fruit and ripen so it's golden yellow and smells delicious, it is such a gift to your body, juiced and

chugalugged.

Watermelon is a diuretic, and will not constipate you unless you eat it after a starch. I have been mixing watermelon in a blender with all sorts of non-citrus stuff for around 30 years now, with no problem, but I don't eat grains, not even sprouted ones anymore, unless I go to one of Chef Eddies banquets and eat his sprouted grain breads. Watermelon dissolves stored salt and makes you pee.

All fruits and vegetables that are not starchy that are combined properly will help your digestion. Some cruciferous veggies, like cabbage and the rest of it's family, need to be krauted.

[Dennis Nelson](#) had some rules: Avocados are best combined with low starch vegetables. They make a 'fair' combination with starches or acid fruits. Eat fruits separately as a fruit meal. (I've been disregarding that one forever! and mixing my non-citrus fruits with vegetables, sea weed, nuts or avocados, and greens. They may be combined with lettuces and/or celery (Sweet fruits are best eaten separately from acid fruits) amen.

Eat only one protein food at a meal. (That's hard to do because everything has protein in it). Remember, there's protein in fat in everything, and yes, nuts and seeds are good sources, but they need to be soaked first. A sprouting book will tell you how long. Nuts, seeds, beans, peas, lentils, and other legumes, grain too, have a protein digestive inhibitor that needs to be soaked out first before you go on with your preparation. Throw the soaking water away. They also have two factors, natural insecticide and pesticide, to my understanding, that irritate your joints and make them swell up, that come out in the soaking water also.

Re: ASAP-question about wheatgrass

The first harvest is the only one that Dr. Wigmore ever used. She requested

people to cut as close to the dirt as possible, and then to compost the resulting 'mat', and a few weeks afterward, you'd have more wonderful soil, thanks to the compost worms. She had research people who advised her on whether or not the second growth was useful, and they decided no. Perhaps someone newer has found something different. Hope they will post.

Re: ASAP-question about wheatgrass

Another thought is about the switching of the ionization on the 7<sup>th</sup> day. That is the day when it is supposed to be the most full of everything we need. Before then, we aren't supposed to hang out with the plants because they suck the negative ions out of us; afterwards, they give us negative ions, which makes us feel wonderful.

Wheatgrass juice will be sweet if it is grown properly, if it is chewed for 2 minutes before you swallow each mouthful, if the person who uses it is not toxic in the mouth area from smoking/chewing/doing stuff with his/her mouth that makes it insensitive or full of junk in the tongue.

Re: randall, bio, transmut. flora we need you now

Hi, Flora here. I first read the book Biological Transmutation after being given it by a man working for the Desert News in Salt Lake City, who told me also that it was the most important book he had ever read. I agreed with him that it was very exciting. Little did I know I would put it to work in my own life twice when it was a matter of limb survival. I was particularly fascinated by the K, Mg and Si turning into bone calcium with the interaction of free floating H, O and Carbon (with the formula included) and the story about the chicken's eggs that were laid without shells after being withdrawn from mica (silica) for 3 days and then, after 24 hours of pecking outside again, the shell re-appeared.

My own personal stories:

1. This can be corroborated by two very embarrassed doctors in Homestead: I snapped both my forearm bones off about 1" above my wrist bones while attempting to learn a Haitian dance, and went immediately to the hospital. The bones showed one was a clean break, the larger was jagged and in a position of overlapping. The attending refused to call the one who could 'reduce' it, and one of the nurses said the reducer had a very bad temper and since it was after midnight on Saturday, he would be displeased, giving the reason of holding me off was that my tissues would swell.

I told them they would not because I was not eating salt or processed fat, and they refused and sent me off to come to the referred doc on Mon. I told them it would be too late a number of times with no satisfaction. I finally had to stand in front of the x-rays and try to reduce my arm myself. I did feel it pull out and get into a more comfortable position. I immediately started to eat the Energy Soup and take 28 drops of liquid horsetail (not with alcohol) every half hour. For good measure, just because I also had them around, I took 4 silica cell salts every half an hour or whatever the bottle said to do. I had absolutely no pain, and didn't expect any.

I showed up on Monday and they said there was no room until Wednesday. I said it would be too late and they apparently hadn't worked with raw foodies before, and didn't pay any attention to my pleas. I came on Wed. and was put off for 3 hours. An x-ray was taken and 2 men pulled and tugged at me for 3 hours, one exclaiming that he couldn't understand why I was not climbing the walls, screaming, like most people. I told them coldly that it didn't hurt because the bones were already knit. The next x-ray a few minutes later verified my story. The doctor started to talk about operation. I said that was not an operation.

I didn't bother to tell him that I work with energy and didn't want to ruin my chi and left. I reversed my healing and went snorkeling and sawed through my cast and allowed my hand to be pulled into the right position. Two doctors told me that I would never have full range of motion or ever be able to type my 113 words/minute again. I

took some belly dancing classes on Miami Beach and regained full range of motion and here I am typing. I didn't pay the hospital bill, nor the 2 doctors' bills. (Citibank and an indignant letter helped me with the latter.)

2. I had a taxi in NY run over my right foot, squishing my heel, ankle and snapping a great number of bones in my foot and some in my foreleg (I have such karma with my right side (putting out the wrong kind of energy! i.e. this time I was 'rescuing' an abandoned child instead of letting the parents be responsible after learning she was going to put in a foster home). The doc put the cast on too tight and I got gangrene and blood poisoning. My foot looked like a purple basketball and my toes were gray and a blood clot moved from my right ankle to the left side and I again hacked my cast off to stop the pain. The doc was out of town and he later apologized, saying he was on pills to stop smoking and to lose weight, and he had lost the feeling in his fingers from the smoking. He told me he was going to cut my foot off.

I told him "Is that all you can do?" and he said when other patients had been like that with diabetes, he had cut them off. I hobbled home with my crutches and continued on with my protocol: 7 seconds of hot water, 3 seconds of ice water, 15 minutes of wheatgrass juice or boiled comfrey water. I ate nothing but energy soup again. There is no leftover, no arthritis in my right foot or leg, 10 years later.

When the cells regenerate properly with living food that is easy to digest, they do real well, don't they? All I could think about while this was happening was Dr. Wigmore's experience when the docs wanted to cut off both her feet below the knees in her book "Why Suffer, Be Your Own Doctor". Because she did it, I could do it, I kept thinking. I didn't focus on my foot, but on my whole body, which I think is important. If this helps to save anybody's foot, I am happy to share. If you or anyone you know has a possible amputation, bathe (soak) the part in wheatgrass juice that is freshly made, and replace in 20 minutes.

As long as the person doesn't eat anything cooked, everything will grow back just

as it is supposed to. Know that Jerry Jampolsky, an acquaintance of mine, whom I met in Santa Fe at the Dispensable Church of Hugh Prather's, has helped a young man whose head was run over twice by a tractor driven by his father. Dr. Jampolsky was called to give last rites and to prepare the young man for a peaceful death, and the young man got well after a time. "Love is Letting Go of Fear" will tell you more about this course of miracles miracle. Peace.

Re: Calcium Question

Don't worry about the calcium. That doesn't make bones. No calcium from foods has ever been known to approach a human bone. I spoke at the International Calcium Conference at NIH a number of years ago, and most of the doctors didn't even know what I was talking about. When they were out to lunch, I put Dr. Kirvran's work about biological transmutation on every one of the speakers and attendees chairs and said my little speech. I speak more concisely than I write. There were people who wanted to put what I said in some vegetarian magazine and other doctors asked me about it later. I know what Doctor Nordenstrom meant when he said that most of the doctors he speaks with are like people out from a jungle who don't know literate things (Sorry if that insults jungle peoples). Calcium lines the myelin sheath of the nerves and doesn't do a thing for your bones. Please read Dr. Kirvran's book, "Biological Transmutation" and that will ease your mind. It's very plain that we get all of the bone building material we need from potassium, magnesium and silica containing foods. Dulse has 547 mg in 1/3rd of a cup, for instance. You can find the particulars in many books on the ingredients of living foods, but I don't have to worry anymore about searching for stuff because everything I need is in Dr. Wigmore's energy soup.

Melinda, you're going to be so excited about the Physician's Committee for Responsible Medicine's pamphlets and brochures they can send you on what bad things dairy has been doing to your son!. Dr. Oski has written a book just for you, and I can quote lots of stuff, but just know that you have given your son a wonderful gift by getting him off the xo factor, galactose, and you no longer are playing Russian roulette with his

health: 20% of dairy products have leukemia viruses, fecal bacteria, salmonella, shigella in it. Why do you want to feed him or yourself pus, to quote a wonderful speaker! Give yourself a hug for me. Almond milk to the rescue! Soak them 2 days, peel and blend with water. I just had a wonderful glass myself!

Re: Why not

What spirited interchange. Why not ask the doubters if they have ever read Dr. Kirvran's book? To try to converse with people who have never bothered to read Biological Transmutation is like 'casting pearls before..etc.' and all you will get is sarcasm and put downs because they are reacting in fear and uninformed ignorance. I remember a professor in Business Administration at the U. of Utah who challenged everyone to read a book (I was the only one who read it and so I was able to intelligently retort).

I feel you are wasting your time pursuing answering people who haven't read it yet, or read "The Secret Life of Plants" that perhaps presents it more simply so that they can begin to grasp it and then they will go on to 'graduate reading' by Dr. Kirvran. We must be patient, but we must also have our own 'advanced section' where people who've been in this for awhile, can safely share without being attacked by people who are still in fear, which comes out as sarcasm and ridicule, name calling and defamatory words.

Re: feeling like a failure! Waahhh

Ask yourself, what happened before you ate the cookie that made you not love yourself? Did someone say something unkind and you needed to nurture yourself? Did you get cold? When one chooses life over death because you know that one cookie will block your elimination of toxins for at least 3 days, it makes it less appealing. Sugar will ruin your stability and the combo of sugar and flour makes alcohol, which kills your brain cells. Everything we do is moving us toward life or death. Choose life.



Re: can one O.D. on avocados

Women can get fat eating avocados. If it's true that more than 2 ounces of fat per day causes your liver to start storing it as fat instead of using it as energy, than that should answer your question. If being cold is causing you to crave all of that fat, or if your insides are burned from eating citrus, you might consider wearing warmer clothes, moving south and not doing citrus for 2 weeks and feel the difference.

Re: Thyroid problems?

Consider at least 2 small handfuls of soaked dulse in your daily intake and watch what happens!

Re: Can raw foods be dangerous?

Cecelia, I don't have time to read the other posts to see what other help you got, but I think I posted that my boss Dr. Ann discontinued using sprouts for her own use and even Safeway has had real problems with their alfalfa sprouts making people sick and some elderly dying, so they throw away 4 day old alfalfa sprouts. You might check and see if their laws have changed on that since I first heard it. It is not inherent in the sprouts, but by fecal contamination of the seed by the handlers or from manure. Dr. Clark really breaks down the types of molds that grow on things, if it's mold; if not, it's probably shigella.

I avoid all sprouts now except fenugreek and all citrus. Everyone is different, but coconut water, aloe, atun and avocado will help you get back. You may have read a post about the use of sheep in the San Juaquin Valley in CA where the workers are being exposed to this uncured manure as they work in the fields and they are getting sick and this stuff is contaminating the veggies and there are well documented research reports on trucks that carried animals carrying melons up from south of the border, and the melons' surfaces had fecal bacteria which made people really sick and some died. Please consider

not buying food from there, only get organic and grow your own in the future! We must get together and have coop gardens to protect our families. Plant a fruit and nut tree or more each year. Make sure your produce was not gathered from the ground.

If you're using raw lemon or lime juice, this will dissolve the lining of your delicate inner tissues and so your body makes mucus to protect itself. They will dissolve the enamel on your teeth. Tomato, grapefruit, orange juice also dissolves and the more clean you get inside, the more you will realize how negative those foods are and how quickly they will affect you. This is what I have learned and I am always open to learning different ways if people know of other reasons. Mostly, I've learned to trust my body and if I listen to it, it will tell me what is peaceful and what isn't.

I think the reason why some so-called raw foodists use dead olive oil is because that soothes their poor mucus membranes in their intestines and stomach after the acids from the citrus go to work. It only takes about 5 minutes for some citrus to begin to burn. Do an experiment and afterward don't put anything in your body that you wouldn't put on your body. Rub various citrus on the skin of your cheek and time how long it takes before it starts to burn. Read "Healing Foods" about how bad citrus is unless it's used with dairy, and she doesn't recommend using either - this is just a combo that the body has come up with to protect itself. Damage still occurs when they are used though. When one lives in a large city, with all of the pollution from autos and busses, mucus is a way of life in one's lungs and intestines. All the more reason to go to electric cars.

Re: clean out your kidneys

Ah, the power of having a clean transverse colon! Sofie, so many people are carrying around 50 pounds of old crap in their transverse, and the weight of this, as you are on your back sleeping (the best position), will put terrible pressure on your kidneys and important tubes and pipes leading down into your legs. Also, too much phosphate (grain) in your diet. I am glad that I was found to be allergic to a mold in grain and after using it, I no longer have any pains, when salt is completely restricted. This weight will

also cause very bad bladder infections, as the bladder is squished and not allowed to empty fully (can't quite pee out all the way). Another kudo for keeping your bowels clean with peaceful high fiber foods (many raw foods are not peaceful unless they are made into sauerkraut) or blended, and others just are not peaceful at all. Thanks for sharing.

(PS. For the men, even a wallet in the back pocket pressing against the body, will cause real problems. Learn that well, or an unscrupulous chiropractor (not all are) will take lots of money from it, trying to 'cure' you!

Re: randall, bio, transmut. flora we need you now

Alan, I am only 'on' from 9 pm until 9 am unless I'm doing a grant. I do have a life outside of spending all night on the computer! Have classes from 1 to 8:30 p.m. and am very busy this week doing other things. This is just to let you know that most times I am unavailable from noon until 9 p.m. Peace. That's why I eat in a focused manner, 32 ounces of energy soup that Dr. Wigmore called too green. Perhaps that's why Dr. Lerman, Chief of Medical Nutrition, found that my blood was perfect and hers wasn't when he took samples at the Boston University Medical Center for some grant he was working on.

The only thing he had left to do was some lipid research on it, and I lost track of him. I have perceived that the reason why Dr. Ann's was temporarily not perfect was that she was cooking chicken for Precious, because someone had given her dog chicken in her absence and she didn't want to have to put Precious through withdrawal symptoms, so she stood over the pot and boiled the finest organic chicken, bagged it and took it to Puerto Rico for use. When women stand over a pot, they inhale the vapors, which contain tiny fat globules, and as sensitive as she was, it interfered with her total well being. A lot of women all over the world are doing it right now, and they wonder why their bones are being weakened.

Re: blended greens

No, it's not bad, it's absolutely wonderful for you because you have gotten the food into the only condition that it's able to be absorbed by the little villi, those tiny hair-like things in the small intestine that absorb our warming efa's, our predigested amino acids, our energy simple sugars from our luscious fruits, and many other as-yet unknown factors. We are doubly blessed when we chew our blended greens because many factors absorb in the roof of our mouth (vitamins), under our tongues (sublingual minerals) and even absorb in the inner area on the sides of our mouths to dissolve too much protein/starch in our inner ears, especially effective with papaya - the latter of which saved my eardrums a number of times when I was descending in a plane and couldn't clear my ears.

We are so very fortunate that Dr. Ann Wigmore was alive to get this information to the world, which was successful for the so-called 'terminal' patients, to regenerate their cells in a few weeks so that they could leave the institutes of learning and have their health in their own hands. The body heals itself if it has food in a proper assailable form (she called Easy-to-Digest Nourishment). Nothing that can be patented has the enzymes to kill pathogens like the liquid sunshine of wheatgrass juice and the blended foods, as long as citrus is not involved. Welcome to health!

Re: expensive wilted lettuce; crop shortage in America (article)

Aren't we glad we know about lambsquarter and purslane that is free for the picking around the perimeter of the bean and other crops, especially at the intersection of roads where trucks and other diesel autos have to stop.

Aren't we glad we know about 7 day crops of the buckwheat and sunflower greens, grown in cafeteria trays in one inch of dirt! (Providing us with all of the amino acids, folic acid, etc. we need to strong bones and healthy muscles and hair). Thank goodness Dr. Wigmore taught us how to survive. I don't eat lettuce. I eat baby plants and get the chlorophyll and amino acids plus much, much more that I need from the dark

green leafy parts, and the enzymes (like bromelaine from juiced pineapple, for instance) from the stems. If we just eat like monkeys, we wouldn't need to think that anemic lettuces were important to us. Go for a walk and see what mother nature provides! And, if you don't see anything, move down south and enjoy her bountiful supply!  
Peace.

Re: Legumes??

Michael, legumes are things in pods, like peas, beans, lentils, etc. and all over the world (I have traveled to 39 countries watching people eat! and asking questions) people have found ways to survive using them. I don't use them but for your information, Orientals buy them raw (fresh) but don't eat them raw (they know better) – they steam them over their stir fries, or cook them in other ways. They know that they are carcinogenic. You may check this out by studying articles on this.

Others will wait until the really dark green leaves appear and then will eat the leaves. It concerns me greatly that pea baby greens are appearing on salad bars now. Sunflower and buckwheat greens are wonderful, but the latter is so perishable if water is sprayed on them, that it is better to grow them at home in a cafeteria tray and water them by putting water in the trough around them without touching the leaves.

Things with chlorophyll that have been grown in dirt are the only things to eat to supply your blood with the near immediate iron it needs, by biological transmutation from another element, which is also predominant in rice, but which in rice is messed up by the wrong Ca-Ph ratio.

Re: Can Flaxseed Oil be added to vegetable juices?

Flaxseed oil is wonderful to oil your wood floors and furniture! Just buy some golden flax seeds and soak them in the sun for 1/2 hour or 4 hours inside and add 1

tablespoon to your diet each day. Much easier and less expensive in so many ways (because you are clogging your liver up with the processed saturated fats called olive and flax oils/ There is no such thing as raw olive oil or flax oil, but from the olives and the flax seeds, and olives are dead when edible, but dead is dead!).

Re: Looking for a "raw foods" doctor

I'm at your service. Took a vow to God to not charge for my services in 1980. Have had 4 children and they are in their early 40's now, and 12 grandchildren. Represent the Physicians Committee for Responsible Medicine in Deep South Dade (5,000 medical doctors and 100,000 lay people) and the leaders include Drs. Neal Barnard, John McDougall, Heimlich, Dean Ornish, and the deceased Benjamin Spock, the famous baby doctor, who published more books than any other except the bible, and who was death on dairy for infants and children, and I teach hospital nutritionists here about the Gold Plan and the New Four Food Groups.

We just finished successfully suing the FDA when it was disclosed that 8 out of 11 of their leaders had financial business ties to the dairy and beef council and who have been allowing false information to be advertised which has caused millions to become infected with many diseases brought to them by unboiled dairy. We are looking forward to ads with pineapple juice mustache ads. If you are looking for a female, I've got you covered.

I do not prescribe medicine, just plain old living food and a few herbs, when necessary, and follow the true program of cell regeneration as lived, prepared and eaten by Dr. Ann Wigmore (not in the books which are published under her name). I am able to go where you are, but only if you have no animals in your home or outside. If you read Dr. Clark's book, "The Cure for All Diseases", your home will be cleaned up of toxins before I come, and I cannot be around smokers, drinkers or drug users. I only work with vegans, due to my sensitivities and allergies, but will communicate with all over the e-mails.

My personal health is perfect, according to this week's hospital complete checks, and I have perfect circulation, even though I get cold when it is below 80F. Most women have been told they have bad circulation if their hands and feet are cold, but that's when they are full of olive oil, peanut butter, and other hydrogenated, partially hydrogenated or saturated fats.

If you want me in person, you have to pay my transportation and for my food and have a juicer and a blender at your home. I will stay a maximum of 3 days (Friday pm to Sun pm) and will need you to focus solely on what I am teaching you. If you are not sincere, please do not communicate. There are so many people who are needing clear direction right now, I can hardly make time to get to this site! Peace be with you.

Re: Re Not necessary to detox like that!

At the Hippocrates Institute in Boston, in the big old 5 story mansion on Commonwealth Avenue, we had a sign on the wall of the student floor that informed the students that when they had a spiritual (read "spiritual" not "religious" experience, that they were asked to please not proselytize others, but to keep the experience to themselves, because they would lose the power if they talked about it. Other great leaders of religions and spas and holistic programs have said the same. I work with so many religious groups, from Jains to non-religious people, that I would offend someone if I came out with anything but what Mother Theresa said, that she would not want to offend anyone, so that is why she never signed petitions even for things she would want to have passed.

I have clinically been pronounced dead twice, and from knowledge, I know, not take on faith, that we are all born into the 'religion' we return to later, and that viewpoint is expanded tremendously, as we have experienced what it is actually like to visit the other side. There are books written about this that one can read to satisfy ones' self. This site is for all to come. There are better ways of establishing safe boundaries than name

calling or being sarcastic and ridiculing. No matter what we personally believe, if we just ask the person to go read the pre-bulletin board acceptance area again, instead of being mean and nasty about it, we will go a long way to building up our group without fear.

If raw and living foodies can't even respect one another to share feelings without being xxx(all the negative names that mean not-loving), and reassert boundaries without putting people down instead of simply asking the offender to re-read the earlier agreement on this site, then we and our future children will suffer the same lack of good communication techniques we have shown. This needs to be safe. Someone kindly asked me to take my enema talk to a different area and I did. Others were not so kind, but I understand why they react the way they do: un-eliminated leftover drugs and emotions color the way we react to people and it's critical we get rid of it all so we can love and set peaceful limits.

I shook hands with a new friend who has active AIDS this week, for instance, because I have a lot of patients/friends in the past who have been successful in their regeneration because of following the Wigmore Program combined with other stuff, and I set my limit as washing my hands with Everclear (largest bottle) afterwards because of what I learned in California, that the virus lasts up to 17 days in certain conditions and is shared with saliva droplets or bodily fluids on towels or toilet seats. I was able to look at him and give him hope, because he needed it and it was not wishful thinking. Being a living food student helps with everything, as long as you know how to cleanse, regenerate and kill the hummers inside all at once.

Re: Interstitial Cystitis-More Info

When Dr. Wigmore was alive, people came to see us at the Hippocrates Institute and The Ann Wigmore Institute in Boston, and later the Instituto de Ann Wigmore in P.R., they all got the same food and treatment, generally speaking for the 3 weeks or so they were there, which was the most easy-to-digest food in the world, nonallergenic, and were cleansed internally and externally, were taught how to use



wheatgrass juice internally and externally, which killed any bacteria, virus or parasite in there, with poultices, gargles, inplants, etc.

There were no citrus fruits involved, and concentrated proteins like seed and nut cheeses were restricted to 2-4 ounces a day. I had to type so much of what she wanted to tell people singly, individually, in family, answering tapes, letters, etc. that I've memorized and written down everything. All this stuff cleared up. She moved away from stuff that was a difficult mix of protein and starch and which would ferment, compact, get heavy and drop the now heavy transverse colon onto the bladder and uterus or onto the spinal column when the person was on their back trying to sleep. Nowadays citrus is a woman's worst enemy as she gets older, so that's the first thing to drop. A Wheatgrass Poultic with fresh juice every 15 minutes over her bladder will help a lot, but more will be eating the energy soup with weeds (lambsquarter and purslane), or sunflower and buckwheat greens grown at home, and aloe (fresh) and figs (to get the body alkaline in a hurry) and avocado and almond cream and other peaceful foods.

The Energy Soup recipe in the Recipe section of this web site is not the one that Dr. Wigmore used at the end of her long life, because she quit using sprouted beans and peas and lentils even though she had really tried to see if they were peaceful for sick people because some oriental doctors were anxiously awaiting the results of her research. They are carcinogenic. Edy Mae was led to start eating cooked foods again because of getting off the basic recipe and got a terrible infection which caused her to lose her life when she fell off a bike, or something like that.

I had my foot run over by a taxi in NY and still have it because I stuck with the program, even though the VA doc wanted to cut my foot off. Three weeks of your friends life will be spent eating the best, easiest to digest healing food in the world. If Dr. Ann was speaking to you now, giggling like she used to, she'd tell you that the body heals itself, but your friend has a terribly acid condition in there and she needs neutral foods like freshly cut aloe and reconstituted figs, and papaya (especially, now), and gentle greens, and sea water to float in that's warm. Have her come down here to Homestead,

and I'll feed her for 3 weeks (she'll pay for the food and I'll teach her how to do the program).

I've heard horror stories, but Dr. Wigmore asked that we get people off of repeating the medical malpractice stuff and stick with present tense stuff. Diagnosis didn't count. Past operations didn't count. If the person was strong enough to go to class and learn how to do it themselves, and do their work, that counted. If they had a friend to help, that counted. We were not into diagnosing or prescribing, but using food and water to detox the body so that it could heal itself. It was important that the student be warm enough, and would cooperate by not dumping on others, but keeping a journal of the transformation.

Re: Interstitial Cystitis-More Info

Along with my earlier post, I was looking in the book for Advanced Cancers for a friend, and she writes, "Stopping use of malonic acid foods and removing every vestige of metal contaminated - plastic (or metal) out of your mouth can start your creatinine level (indicative of kidney health) dropping to more normal levels in a few days. Polycystic kidneys are greatly benefited. But eating the tiniest bit of an ordinary malonate containing dairy product (not allowed in her program) can ruin your progress in days!

You must have no methyl malonate. Methyl malonate is detoxified with powdered vitamin C. No amount of the detoxifiers, vitamin B12, C and folic acid could stop effluates from occurring or creatinine levels from rising when malonates were still arriving in the body from any source. We were forced to conclude that detoxifying malonic acid after consuming it did not prevent the damage done by it. It should not be consumed at all. P. 113. More later.

Re: Ongoing support

All of the negativity that comes up when a person is eliminating has to do with

toxins stored in the colon that are recycling up the lymphatic system and can easily be washed or irrigated out. Nobody at the Wigmore Institutes ever had to have negative side effects from the cell regeneration program because they all took enemas. Someone suggested that this was not an appropriate place to talk about this and so I suggested, because I want to be sensitive to other's feelings, that we go to the end of the list to the "Other" subject, and then we can get into it in detail.

There is no need to go through all of this emotional roller coaster ride if all of the feelings and chemicals that are causing it are flushed down the toilet. Any responsible person helping someone through an elimination program would include body brushing, loofaing and internal cleansing and massage to get all of the old stuff out until the person is clear. The fat stores the toxins and feelings, and once they start moving, they go up the lymphatic system right to the head.

Your head is the last place you clear out and you just have to keep going until your eyes and ears get clear again, because they do 'clog' up with the stuff coming from the liver and fat cells when the energy is moving and people are getting well. I hope I haven't offended anyone by explaining your question of clarification. We can move to 'other subjects' that some people feel are not appropriate to be included in the raw and living food discussions, at the end of the list of topics if you wish and I can answer any question without fear of offending anyone with bodily cleansing.

The skin is the largest elimination organ we have, and some people can't even sweat until they start their skin brushing and quit oiling their bodies, inside and out. More at the end, if you want to continue there. This subject does not include food that we eat but is an integral part of the total elimination and regeneration program. It is irresponsible for me to talk about raw food, as a professional, and not let people know the total program, because living food is just one small important part.

Re: Pierre - nuts?

Hi, Flora here. Nuts will give you a better ratio of your essential fatty acids (EFA's) (avocado is short on one of the Omega 3-6-9's and when people eat more than 2 ounces a day, it will unbalance you because it stores in your liver as fat instead of just burning out as energy). You know about the books that will give you the timing on the nuts and seeds, but for other readers, almonds and brazil nuts need to be soaked for 2 days and then peeled; pine nuts and flax, 4 hours (or less in the sun); sunflower and sesame, 5 hours soaked, 5 hours drained; filberts and pumpkin (so good for your prostate), 8 and 8;and coconut milk. If anyone has different timing, please let me know. I've had bad luck lately with buying large amounts of organic sunflower seeds because of them being contaminated with aflatoxins. I think it's the supplier because many people make delicious cheese from sunflower/sesame seeds.

Re: Physicians Committee for Responsible Medicine

We number 5,000 medical doctors (Drs. Spock (deceased), Heimlich, Ornish, McDougall, and our powerful leader, Neal Barnard – who apparently trusts and respects me, irregardless of my form of veganism because of my work and incredible health and energy - among others) and over 100,000 lay people, who are all vegans.

[PCRM@PCRM.org](mailto:PCRM@PCRM.org) is our site and we are one big vegetable soup, all vegans who are interested in soul and spiritual development as well as instigating and innovating great researches to support the best peaceful way to live. When one animal is in pain because of a human caretaker not caring, and we allow it, we are all in pain. One person can make a difference, if we just speak out. This is heavy karma, to be part of anything that causes pain.

We just got through successfully suing the FDA for discriminatory practices by allowing untrue information to be put out over the media about dairy (in particular the milk ads that use Latin, Asian and black people to promote an industry in which as high as 73% of some groups are allergic to their products.) 8 out of 11 board members of the FDA had financial ties (owned companies or stock) to the dairy or beef council. This

organization needs to have board members who are neutral and this is going to change soon.

We will see pineapple juice mustaches in the ads! Dairy is going to be changed to an optional ingredient in the Standard American Diet (SAD) now, instead of a mandatory one, for good health (according to the govt.). It's a great step, because years ago, Dr. Spock had a press conference in NY, held up a black milk carton with asthma on it and stated that he could not recall all of his books (more in number published than any other except the bible) but he didn't want any woman to give her child dairy, because it wouldn't do them any good and would do them a world of harm.

We have studied how milk products go through mothers' breast milks or are in the dairy-based formulas and cause the babies to have congestion, flu, colds, ear infections, die in their own vomit as their bodies reject the foreign proteins, and more. We have been instrumental in stopping the unnecessary torture of animals in labs and right now have boycotted the March of Dimes because they are one of the few remaining organizations that still allow or fund this. Most research hospitals and labs use other methods that don't include awful things that PETA reports on.

We are heavy in research on cancer, and all other forms of diseases that are derived from fecal bacteria, virus and parasite contamination of foods. I, and others, teach hospital nutritionists about the New Four Food Groups (fruits, vegetables, legumes and grains - which four include seeds and nuts also) as a complete source of all necessary nutrients. I personally don't use grains or legumes, just fruits, land and sea vegetables, seeds and nuts, and as long as my blood remains perfect so that I can be a donor for the needy, I will continue to eat this way.

I weigh the same by 1 pound as I did in high school, but I am more wiry (even though I don't lift any weights than I was then. PCRM has not gotten into the malonic acid research as I have with Dr. Clark's studies, but having been with her for 5 months, I trust her implicitly and try to avoid all 30 things on her list, because as vegans, we don't

have the acids necessary to dissolve a lot of these eggs that would enter our system, and malonic acid inhibits our immune system defenses and the utilization of digestive enzymes, inhibits respiration, makes you tired and have a low body temperature, it seeps from dental plastic that contains acrylate and the acrylic acid that we eat with heated oils gets changed into malonic acid by our metabolism (just another reason not to eat fried foods!).

It is present in processed food, medicines, antiseptics and body products, according to Clark's research. PCRM will send you free information on just about any subject you wish. Please get in touch with them. They are across the street from Channel 7 in the DC/VA/MD area and near NIH. They are a very powerful lobbying group, thanks to the donations of people like you, who care about the health of ourselves and our future generations. Please drop in and request anything you wish and Billy will fire it back to you by return mail.

We are proud of what people are doing all over the world. Remember, 60% of the people in the world are vegetarians, and this time the majority is right! For spiritual and health reasons, many of us go on to the living vegan or fruitarian state, because our body is electric, and nothing will work right if we don't keep the circuits open by turning on our electrical flow and maintaining it with the living 'juice'. If you wish to learn more about the electrical system of the body, look in to Dr. Nordenstrom's work at the Karolinska Institute and you will see for yourself how incredible it is. If you doubt for one second that we are not electric, and can't visualize this, just remember, when we die before our time, what do people use to bring us back? Two paddles just full of electricity!

We plug into our life source, with the living word, every day when we put juices and blended drinks that are all raw, into our holy temples (our bodies). If we eat when we are angry, that energy turns to poison. When we eat candy, we turn into drug addicts, seeking the insulin rush. When we eat fried foods, we clog up our systems and bloat up like baby whales.

When we eat any form of salt, even Celtic sea salt, we dissolve our cartilage and become crippled. It's so easy when we just eat foods that still have their electrical current charged and juices and living blended and fermented foods do. Good for you for wanting to pursue this way of life. Your ancestors are cheering you on, and your yet to be born progeny are depending on you! Peace and love.

Re: Relax and grow your own in cafeteria trays!

According to Dr. Clark, organic is also contaminated with the solvents that are used to oil the machinery and rollers that move the produce from one spot to the next. Drives one crazy thinking that the things we are doing to prevent fecal contamination by dirty hands and humans and animals' poop might be worse! The thing is that the only thing we really have to be careful of is the produce that has oil in it, like almonds and other oil bearing seeds, nuts and grains.

I follow her advice, and my own intuition, and never buy almonds that are not organic, after living in the San Joaquin Valley in California, and seeing the sheep being pastured where our food is growing, and knowing that every night trucks of human waste (poop) are being spread under the almond and pistachio trees. Dr. Clark just recommends giving the produce two one minute hot baths. Fast Green FCF is a legal food color/dye and lanthanides are very tightly stuck to our food. Whenever the latter enters our bodies, our immune system is compromised. Watermelon, cantaloupe, honeydew and the thick-skinned squashes or pumpkins are ok.

According to Dr. Clark, the lanthanides polluting this dye, which is put on eggplants, bananas, avocados, pineapples, and most other fruits and vegetables, could be the way children initiate cancers even when they do not have tooth fillings. Avoid all dyes, especially DAB. Children consume more dyed dairy products, Jello, candy and cool-aid than older persons. Is that why leukemia is commonly seen in children?

This is in milk and 75% of all leukemia is in children. It's also in black hair dye. It

is recommended that people avoid all dairy products and wash natural foods twice in hot water, patting dry and the second wash is in fresh hot water, not the old. Don't allow the water to get cold and leave them in more than the minute, or the dye/wax will just glom back onto the surface again. One can detoxify the dye by adding B2 according to Dr. Clark.

She also recommends using unheated coconut and putting 5% diluted HCl made by a pharmacist to disinfect and sterilize raw foods. Dr. Wigmore used bundles of wheatgrass in the soaking water for 10 minutes. She considered that the chlorophyll would neutralize any pathogens in the leaves/skin and this was borne out by research. I have wheatgrass growing all around my front door in flower pots and just cut a bunch, put a rubber band on it and plop it in the water with the fruits and veggies. For me this is economically safe and simple. I also put it in my bath and hand/face washing water.

Re: Protein deficiency?

The minute a person stops putting something bad inside, the body starts to clean house and all of the poisons (fat, animal cholesterol, chemicals and hormones) rises to the top of the body like a salad dressing bottle at rest as the fat rises to the top, and circulation is temporarily blocked and you get dizzy on and off, especially during the wane of the full moon.

This is a perfect time to help your body by realizing that the dizziness is also oxygen from the better live food you are eating and you are not accustomed to O<sub>2</sub> running around in your brain!. Home ripened pineapple juice will dissolve the fat quickly, as will purslane, and blended and juiced greens will rebuild your blood into something you will benefit by, instead of the blood that is full of animal fat and cholesterol. 1/4th of an avocado and 2 day soaked organic almonds, soaked flax seeds all help, and figs to get you alkaline. Of course, watermelon is the greatest diuretic there is.



Re: Your intuition is right on! Re: Chocolate

Chocolate is one of those darn malonic acid containing foods, which will destroy your immune system and prevent two very important digestive enzymes from being utilized in your body. Do some figs and prunes today with your greens and tomorrow morning bolt some raw pineapple juice down, and don't eat anything for about an hour to let the bromelain do it's work on the fat which contains the malonate. Read up on it in Dr. Clark's book, in particular "The Cure for All Diseases", and don't beat yourself up about what happened. Family members who are carnivorous or on drugs will drive raw foodies and living food people to be very unbalanced for awhile. Just hang in there with lots of watermelon to get rid of the salt and the msg.

Re: update

Maggie, the more pure we get, it's like walking on a fence. If I eat something that unbalances my system, I become potassium deficient overnight and so always have the dulce every day because it has all of the minerals and trace minerals that we need. We applaud you for asking for help soon. If I know what the symptoms are and what someone has eaten in the last 24 hours, who is a died in the wool raw foodie, I can usually tell them what to do to balance it out. The goal is for everyone to go living long enough so that they know their body so well and the balancing enzymes: i.e. papaya, watermelon, pineapple, etc. that they can eat something and get back 'on line' in about an hour. We are all at your service, anytime we are available! All of us here care about you.

Re: Extreme pain down my leg

Consider adding some dulce to your fruit. The dulce will give you all of the minerals and trace minerals you are lacking. Be careful of citrus. It decalcifies. Read Foods that Heal by Annemarie Corbin. Some people who are not raw get those pains from eating bread because of the phosphate imbalance.

peace and love

Re: Could someone please explain what's meant by 'blended'?

For instance, if you blend the pink of the watermelon first, you will find you won't need to add water. Always wait until last to add thickening fruits and veggies, like prunes, because you don't want to stress the motor.

I add the white of the melon next, along with dulse, then baby or older greens and sprouts like clover or fenugreek, then seed or nut cheeses, and then prunes or figs. Everything goes in peacefully and is easiest to digest that way. The villi can only absorb liquid so if you don't chew it at least 30 times so it can absorb in your mouth roof or under your tongue, it has to be able to be absorbed by the villi in your small intestine, otherwise, you just wasted your eating experience.

If you're watching tv or talking about stuff that distracts you from giving thanks for your food, you've definitely wasted your food. Blended or juiced is the way to go, if you're not going to chew your food until it's liquid, if you was to maximize your nutrition.

Re: my naturopath discouraged veganism.

I am a naturopath and I was taught that veganism is wonderful and complete. Many of the naturopathic schools that are in the U.S. now do not have the focus on veganism that the International University had. There are around 35 sister Universities in Europe.

We are getting all of the amino acids, and B12, that we need when we include dulse, wheat grass juice and fermented foods like seed and nut milks and cheeses, and

sauerkraut and fermented drinks like rejuvelac. Many are innocent because, just like M.D.s, they believe what they have learned in their schooling, and do not go on to see the broader more comprehensive picture of people not needing to eat complementary proteins at the same meal, etc.

Re: ---DR FLORA--- WHO IS SHE?

I am continuing my foremothers' and forefathers' dedication to helping everyone be safe. I am a person grateful to have worked and played with my mentor Dr. Ann, for over 22 years, to have slept in front of her doorway in order to protect her from harm, to have flown all over with her and watched the miracles that happened to the people who just listened to her lectures and demonstrations. If you want to know more particulars, just ask and I'll answer.

I've traveled to 41 different countries and have counseled many of our presidents' wives and prime movers. I teach hospital nutritionists the Gold Plan (the new four food groups: fruits, vegetables, legumes and grains) of the Physicians' Committee for Responsible Medicine in DC (5,000 medical doctors and 100,000 lay people ([PCRM@PCRM.org](mailto:PCRM@PCRM.org) or com), and have taken a vow of poverty, chastity and non-violence in thought, word and deed in 1980, never to charge money for any advice I'd give as a physician. I teach those interested the Ann Wigmore Living Food Program. I also teach yoga, breathing and wellness at Miami-Dade College; civics, math, ESOL and family literature when I'm not writing grants for the poor. God gives me many hours during the day and night, because of the way I've been taught to eat by Dr. Ann, to be of service. Mostly, I am so grateful, and I am filled with a lot of love.

I should tell you also that I'm one of those people who have died and come back. Because of this, I know there is nothing to fear and that there is a glorious life after death and that it is wonderful, and every day for me now is like an added joy, another chance to be of service. I carry the incredible bliss that I felt when I saw that marvelous light and the other things that happened after I inadvertently touched a dangling electric wire and

got electrocuted, thrown some feet back, lay on the ground with my eyes open trying to let the people who gathered around know that I was still 'in there' and couldn't even wiggle a finger or bat an eye. No one could find my pulse or a breath. There is nothing to fear, only to love.

I'm from a family who dedicated their lives to protecting the safety and freedoms of this country. George Mason wrote that all people should have safety and George Washington took that off of his writing and just left on "life, liberty and the pursuit of happiness" and Mason (along with 4 others) refused to sign the document. I've chained myself to the White House gates with 18 other grandmothers to help raise people's consciousness that women need to get equal pay for equal work but now I'm leaving that kind of important stuff to the younger women! Everything is going perfectly according to God's plan. Slow and steady!

Re: ---Are there any picture's of you?

No pictures but a DVD that shows me floating around in a caftan showing Dr. Wigmore's last focus on foods. It is being offered for \$100 and all monies go to a fund to help get proper legal and medical testimony for some friends in FL whose 4 children have been kept from them for over a year for no good reason. This is tacked on to the end of a video of Dr. Wigmore doing her thing in Boston. If you're interested, I'll post the address for further information. I just volunteered my time to help them out and am getting nothing for it. They are being railroaded and their children are in the custody of a meat-eating person who has made them sick with pneumonia, colds, ear infections, etc. I'm a traditionally trained naturopath, not an allopath.

Re: what are your thoughts on fasting?

River, I've read everything I can find on water fasting and I don't recommend it

for women at this time. We are watery. We need more. 2,000 years ago, we had different bodies, and now, we need nourishment as we are cleansing. The two are compatible. We don't want to stress out our bodies by asking for our protein reserves to be broken down in a water fast.

The 22 plus years I worked with Dr. Wigmore showed me that people don't have to deny themselves complete meal nourishment to get well.. If they just go liquid, and that is the easiest to digest form of nourishment, they can eliminate the toxins and, at the same time, rebuild healthy cells without any cleansing side effects (if they do the enemas). When I say liquid, I mean blended or juiced, unless you want to chew your food until it's water. I don't take the time. I let the machines chew for me!

I eat my apple and watermelon plus greens plus blended energy soups, drink my freshly made pineapple or grape juices and know that as long as they are liquid, and eaten with joy as soon as I make them in an attitude of reverence that my energy will continue as long as I want it to. I am not even thinking about food anymore or sleep, as I will rest when I need it, and eat when I'm hungry but when I'm really into something, I 'feed' on the energy of the task.

I am aware that we are able to get much from the air and sea water, and when I'm in FL, I eat less often and I and my friends who are also not eating much continue to have lots of energy and good health. Breathetarians have learned to get all of their nourishment from the air and water. I'm not 'there' but I know that my food has to have the liquid in it from blending or juicing or there's no electricity. We run on electricity! Dead food = tired.

I am so happy in my female energy because it's true that when we need information, what we need will be available. If we want to quote others, then that's not true, but the universal intelligence is available at all times to us, so we are empowered to use our stream of consciousness, because it's not ours at all, but belongs to the universe. Women have to be tangential, because at times it takes at least 20 minutes to get to the

point! to the bottom line! Men who really understand women know that and understand. And we love ourselves for it, because everything is perfect!

There is a book called Fasting, the Super Diet, by Shirley Ross with a forward by Dr. Howard that you might be interested in reading. Also, please check Nora's website <http://www.rawschool.com>

She would be able to advise you on fasting. It's worked for her. I only am a student of Dr. Wigmore's techniques and have taken a vow to continue her techniques undiluted as she changed from a focus on the clinical to personal to international in the last years of her life. In the Essene Gospel of Peace, Jesus said to fast one day for every year of your life.

Re: dr.flora... fasting...

...Thank you, grateful to be of service. It was something, and still is. I feel like Dr. Ann's energy is still around. Every time I eat an energy soup, enjoy some of the almond cream, or veggikraut, remember when she stood on her head, at 84, and twirled around like a 'break dancer' at one of our graduation celebrations down in Puerto Rico, and sang and danced with us, and remember when she caused people to feel love just from listening to her, where before they were critical and judgmental...I am so grateful to her that she showed me how to merge a body's and a soul's vibrations and to know what it truly means to live a heaven or earth. Makes tears come to my eyes I am so full of joy and gratitude for what she taught me and what the living food continues to allow me to learn.

More books? May I quote the Essene Gospel of Peace? And Jesus answered: "Seek not the law in your (writing), for the law is life, whereas words are dead. In everything that is life is the law written. You find it in grass, in trees, rivers, mountains, birds of heaven, fishes of the sea; seek it chiefly in yourselves. All living things are nearer to God than writing which is without life.

When you persist in the living food way, you will get all of the answers you need from the inside. When you are asleep at night, angels will tell you what you need to know. When you are awake, you eat the living food and work and the earthly mother's foods will answer the questions you have.

You will be led to the right foods at the right times and you will be so excited to get this inner direction! The more you eat the living foods, the less you will need to get outer direction. Just keep on keeping on and you will be guided internally.

Re: pineapple chugging club

in a recent post 'dr flora' mentioned the following in reference to a comment about chugging her pineapple juice each morning:

'So, we should start a pineapple chugging club. Every am, know that there are many people all around the world who are holding their pineapple juice to the sun and blessing it, and calling for peace and love everywhere as that goes down and starts to dissolve the excess cholesterol that is manufactured in our bodies when we go out from a heated place into the cold or when we put ourselves in other forms of stress'

could someone (dr. flora\_bliss or someone who drinks pineapple juice) please talk a bit more about ripening a pineapple and preparing the ideal juice.

Pick out the most yellow pineapple you can find, wash it well and poke holes in the stem end of the fruit with a plastic fork, and put it in a glass or ceramic saucer with fresh non-chlorinated water in it in the direct sun. A sunny windowsill is great, and even a full spectrum light. If it has a lot of green, it may take a few days, but finally, it will smell glorious and be yellow all over. I put dulse soaking water in it sometimes to increase the minerals.

Cut the greens off and the bottom, peel it (there are great methods to do that, cutting it diagonally in shallow "V's after it's peeled to get all of the eyes out - learned that at Roberts Fruit Stand in Florida City, FL - west of town. Juice it and first thing in the am, chugalug it after you've magnified the magnificence of the vitamins and enzymes by holding it in the sun for a minute while saying a little prayer of thanks. Don't drink or eat another thing for at least an hour. Exercise, do yoga, etc.

You're not through with it yet. Take the pulp out of the machine and go into the bathroom. Strip naked and rub the pulp over the parts of your body that need to have the fat dissolved. Only leave it on and massage for 10 minutes. The pulp turns acid very quickly, so you must time yourself.

I've saved people's feet from being amputated by massaging pineapple pulp into them and pushing up on the inside of their legs. The bromelaine dissolves the trapped plasma protein and they eliminate it in their urine. The circulation in their feet returns. This is particularly effective with pitting edema. Rinse after 10 min.

P.S. This has nothing to do with pineapple, but might be of help to someone. My own right foot was going to be amputated after a taxi ran over it in NY, because of the resulting gangrene and blood poisoning that came when a doctor put the cast on too tight, but I used wheatgrass juice, comfrey and hot and cold water to save it. Don't even have a twinge now when it's going to rain!

The pineapple pulp is indigestible and will actually harm you by punching little holes in your intestine. The reason it hurt your tongue, Beth, is because it's not ripe. Go to the salvation army or good will and buy a juicer for \$5 and ripen it out in the sun in water and juice it. Remember, if it hurts your tongue, you can imagine how it's burning the insides of your delicate inner mucus membranes. Just like hot peppers, if it burns outside, you understand that's the reason so many people have cancer of the colon in Texas from eating all of the hot peppers. Lemon juice from the plastic lemons will do the same. Bromelain enzyme from pineapple has been used by gynecologists to dissolve the white



foam from a woman's vagina so they can see the walls when a woman has an infection. It has also been used to prevent scarring in some fascinating studies by the same doctor who started out with Noni cactus.

To reinforce the importance of only drinking the fresh pineapple juice first thing in the am, the pulp contains little fibers that are not friendly to your inner mucus membranes and are similar to bran in that they will poke holes into your inner lining. Enjoy the juice, but keep the pulp outside for 10 minutes only. It will clear a complexion of the little fat bumps that occur, especially on the skin of people of color or those involved with Agent Orange.

I had a Mary Kay facial in Guadalajara once, and the next am I had little white balls of fat all over my neck. I don't use makeup and only had the facial to show a lady that there were options for her making a living because she was cleaning rooms to make money. I put the pineapple pulp on, rubbed it in, and it dissolved the little fat balls. I was never able to dissolve the fat that went into my left eyebrow and it has remained, bleaching white the inside 1/3rd of my eyebrow. Mary Kay USA denied responsibility when I asked them how to dissolve it, and said they are not responsible for the Mexican formulas.

Once a lady of 19 in Hurricane, Utah had terribly swollen ankles and the pineapple pulp took care of that in 3 days. It, along with the Energy Soup, and some quiet time to contemplate, helped her reverse a prenatal condition of scoliosis, which the whole town observed on the 4th day. Miracles happen when one is eating the highest vibrations of electrical foods!

Trust yourself to decide how much pineapple juice you want. Sometimes I use the whole pineapple and other times only half. Drink until you are satisfied. I don't use stainless or silver forks. Even stainless contain 2 toxic metals that react with food.(read "Cure for All Diseases" by Hulda Clark. I use hard plastic or better, wood. Enjoy! and think about using a glass to drink your juice.....

Re: Juice fasting and blending?

It's not the same thing. They complement each other. There's room for both. When I drink pineapple or grape juice in the morning, they are 'therapy'. The former will dissolve the fat in me, and the latter will balance my metabolism (grapes are 50% fructose, which keeps blood sugar stable). I just love the way they taste and feel. In my research, people shouldn't eat pineapple fiber, though, because it is not peaceful for our inner plumbing. The grape skins, on the other hand, have more good stuff in them than the grape seed, according to the newest research, so I save them and put them in the blender later. In the afternoon, I eat my blended stuff. I feel the same way you do. Don't like to waste the pulp with all of it's wonderful ingredients and fiber.

My understanding is that our present bodies need nourishment along with cleansing, and the fiber helps move stuff along. Some of the wonderful vita-mix models have a tendency to heat foods up too hot (I actually burned my hand one time) and that kills the enzymes. I don't like to use the word 'fasting' when talking about an elimination program, because for some that indicates doing without nourishment.

I teach what Dr. Wigmore taught and that is that we must nourish as well as eliminate. Use Google.com and read about the research results of why our nerves need daily nourishment, as well as our organs. There are lots of good books too on why it's important to have fiber. Dr. Wigmore used to serve watermelon juice for breakfast, in all colors (light green for hypoglycemic students, pink and dark pink), but in later years after research, just ended up giving people the energy soup as often as they wished, with the watermelon or apple blended with the greens.

She placed more emphasis on the greens the more she learned. When she went to Puerto Rico, she began to eat weeds after the compost was contaminated and felt such a great burst of energy that she focused on going back to her grandmother's eating habits (weeds and more weeds) and the wonderful fruits down there, and coconut water. She

achieved miracles giving babies coconut water who couldn't assimilate their mothers' breasts milks because of their moms having used antibiotics in their foods/drinks (milk) or by prescription.

Again, the benefits are so quick, that she felt one needed to always take enemas to get rid of the toxins so as not to have any side effects (healing crisis).

Re: Dr Flora - what do you eat?

It all depends on what the temperature is. Dr. Ann Wigmore and I ate Energy Soup with homemade simple (cabbage/carrots/beet) sauerkraut (called Veggikraut) and 1/4th avocado diced over it in the am and almond cream the rest of the meals in the pm. The more I've learned about the Bonobos, the more I realize that it's true about us being basically berryarians, fruitarians, with a few leaves and nuts thrown in!

I'm not saying that what I do is for everyone. At my age, 69 now, my bottom line is energy and stamina. When I go to FL next week, I look forward to 24 hour experiences with my boss and his staff when we are on grant deadlines, and I feed him blueberries and watermelon (this man is a meat eater, but he's learned what keeps him clearheaded and focused).

Our lives are dedicated to helping the poor children of the farm and service workers (working in the laundries in the fancy hotels on the Keys and Miami) and educating the families so they can read together and also help some with their math and to get their citizenship papers. We try to send food and clothes to Haiti for the starving children and people there. If people only knew what is happening there, they would be outraged. No wood for cooking. Only 1,000 of the poor people allowed to be working like slaves in the Dominican Republic and the other 3,000 are dying of starvation and disease.

I found a thrift store that was going out of business and took their whole stock and

hung it on a clothesline and put out a sign: FREE. Two Haitian ladies came and took everything and told me they were going to pick the clothes apart and make children's clothes out of them. They can only use cotton clothes - it's so hot there. I went to the cane fields to see them in the D.R., and saw no shoes or pencils, no paper. We emptied our pockets of our pens and pencils. They didn't ask. Such proud, beautiful children. I had tears in my eyes and my heart was full. They have so little and are trying so much. I don't need much food. I make grape juice and blend the skins into my blender drink with a banana and some baby greens and some clover sprouts.

If I find some figs, I blend them with some soaked almonds to make a pate. Yum. You will find out that this is spiritual food and it will be sufficient. You should feel my fingernails and see the strength of my hair! If anyone thinks that a fruitarian lacks anything, this is a sure sign that I'm getting enough protein! I use horsetail, as well as the figs, sprouted sesame seeds and greens, to make sure my bones are strong (strongest in silica, which turns into bone calcium).

A naturopathic doctor friend of mine in Hurricane, Utah taught me his way: go into a market and whatever you see that is alive, feast on it with your eyes. When you are walking by the flowers, feast on them with your eyes. If you are attracted to any particular color, you might want to consider finding something to eat of that color. We need so little when we are love inside. And that comes when one is on the living food for a while. Each person is different but when you are clean inside and out and not putting toxic soap or shampoo on you or chlorinated water, you will get into a space where it's so wonderful and loving that you just move and eat but your body is not in charge, your soul is.

Dr. Wigmore saw it with every batch of students, on about the 10th day. The soul merges with the body and one gets very quiet and overflows with love. I wish that to everyone and it will happen, if you just persist. Eat simple foods, just the way Mother Nature put them on the table, but not ones with insecticide and pesticide. You are preparing your bodies for parenthood, many of you, and you need to make happy, loving

healthy cells. With every breath, you are making cells and preparing to love others.

Make sure when you eat you are thinking loving thoughts. It's not what I eat, it's that I pray constantly while I eat. My dear friend, Dr. Harvey Lisle, FDA scientist and researcher and friend of Dr. Wigmore, sent me the most delicious slice (huge) of Essene Bread that he had made and I feasted on it for days. There was so much love in it that I felt I was floating!..When you prepare or even touch the food that you prepare for your loved ones, how exciting is it that you can give them that much love to send them on their way to battle the wars of the world in the office, or school.

What if everyone sent some Essene Bread to their loved ones all over the world. Might that love not solve a lot of problems and diminish the hate and fear? Only our God knows how powerful the love in our food is and we enhance it when we pray over it when we prepare it or eat it or digest it.

Re: enema question

Very graphic description follows. The way we teach it is to go to a hospital supply store and get a \$2 disposable enema bucket or bag with a long see-through plastic tube. Rinse it out well. The easiest way to do this is to fill up the bathtub with wonderfully warm water (I like mine hot - 100) and fill the bag/bucket with water - non-chlorinated and warmed on the stove until it's the same temp.

Again - water outside of your body at the same temp as the water that will go inside. No stress. After awhile, when one has learned some sphincter control, some people then do this on a slant board, or on their bed with a plastic sheet underneath them. I prefer to do it in the tub.

On your left side, in a fetal position or any way you can get one hand to the anus and the other hand opening your cheeks, Insert the end of the tube not more than 2" and let the shut off control go on and allow the warm water to go in so that the bag is 1/3rd

empty, and move, without shutting off the flow, to your back, and then when another 1/3rd goes in, to your right side for that last third and then pull it gently out.

Quickly move to your back and begin a movement with your hands counter clockwise around your colon. From the lower left to upper left across to the right and down just inside your right hip and across to the left and continue around and around. Sort of an oval that corkscrews into the center of your body, your navel.

This will decrease the urge of your body wanting to expel the water. Some oriental doctors taught Dr. Wigmore to stiffen out the fingers and tap with alternate hands, the 4 corners of the trunk, rapidly (frantically) and the urge to expel will leave.

If you feel no urge, stiffen your fingers and make little circles against your stomach, pressing as hard as you would if you were kneading dough and continue counter clockwise around. You are breaking up old compacted feces and old food. When you've covered all of the area in your trunk and ended up at your navel, in that counter clockwise ever decreasing circle, then get out of the tub as quickly as possible, sit on the toilet and expel it. It will take approximately 3 'spurts'. It is faster if you squat on the toilet, or put something under your feet to elevate them so that you can lean on your thighs, or put pressure on them (they are the reflex for your eliminative urges). Have a heater in the bathroom so you don't have to sit on a cold toilet seat and walk on a cold floor.

If you have a 'virgin' butt, this will feel strange, but remember, Dr. Wigmore did it every day of her adult life and it kept her full of energy 22 hours plus a day. Actually, I never saw her sleep. After you do that 3 times, you are ready for an implant of rejuvelac or wheat grass juice. You may put the rejuvelac in the bag and let go in for a retention implant and hold it for 20 minutes while you are on your left side.

For the wheat grass implant, there is a hypodermic needle like thing that you can get that holds about 4 ounces (it's really huge, not like a little needle) and you suck the freshly made (within 15 minutes) grass juice up in it by pulling back the plunger, and

then you insert a little catheter 2" into the anus that you've fastened to the bottom of the needle. Plunge the plunger and the wheatgrass juice goes in. You don't want it to go more than a few inches above the anal opening because you want it to be absorbed into the sigmoid (on the lower left side of the trunk, where the liquidly mucus is reabsorbed back into the lymphatic system to be carried throughout your body.

This is why you take the enemas within 2 hours of getting up in the morning. You don't want old stuff to be sucked up there and recycled in your body. You want to get it out. You stay on your left side and on the slant board, if you have one, for 20 minutes. Most of the time when you get up, your body will have absorbed all of the wheat grass juice, which is great. You never want to try that with a dirty colon because your body will be amazed at how fast the wheat grass juice comes out, filled with toxins. Sometimes it carries tumors with it!

The juice will shrink tumors, fibroids, heal ulcers above and below, etc. You know that one example is worth a million words. If you have a problem and can't get out of the tub before it comes out, don't feel bad. Just pick up the pieces with a paper towel, put them in the toilet, clean and sterilize the tub, refill and try again.

Again, don't feel bad. It happens to most everyone at first. If the water is too cold, it will definitely happen that it will come out prematurely. The warm water mmakes your body relax and it's comfortable. You will love how you feel when the old stuff is out. Lighter, happier, more circulation and the weight and toxins will really come pouring off/out of your pores and anus and nose and ears after about 3 days.. It takes about that long for your body to get into the elimination mode after you quit feeding it cooked food.

Re: what are you thoughts on colonics?

Lots of research indicates that the equipment used is never sterilized adequately. I know many loving people who are trying their best to make a living giving colonics. I also know that miracles of cleansing have happened for people with chronic and acute

diseases after old stuff was cleared through colonics. One must consider the person's training and know that they will not use too much pressure because that will distend or damage or even perforate the colon.

Professionals will not let that happen. Dr. Ann had her favorites, and she did her own enemas daily, which she felt for her were enough. She then implanted a great amount of wheat grass juice, especially if she had been travelling, to neutralize the toxins from the airports and highways.

peace and love, Dr. Flora 3rd

Re: how often is TOO often to use enemas for a 29 year old living foodist vegan woman?

You're at the point where you will get internal direction. Dr. Ann took her enemas every morning. She did her wheatgrass implants every morning. This helped her transcend a need to sleep. When I was working with her, I found that it helped me also.

The technical assistance is that if you open your 3 sphincter muscles by tapping with straight fingers over the inner soft area by your left hip, just under your left ribs (care of the floating ribs), move to the right just under your right ribs, in that order, you will open first the muscle that will allow water into your descending colon, then your 2nd tapping will open the muscle that allows the flow into your transverse colon, and then the last, into your ascending colon.

If one does that each time, there is no chance to distend any part of your colon. The bag shouldn't be any higher than if you were on your back in the tub and raise your arms, that you would touch the bottom of the bag (not the tube) with your fingertips. Any higher than that would place too much pressure in you. This is a gentle procedure, and can be done kneeling, as in the directions in the Essene Gospel of Peace from the Dead Sea Scrolls.



When a person is starting out, it's recommended that they fill the bag, introduce the water to the body, massage counterclockwise, expel it, refill the bag, massage, expel, and a 3rd time. Then, implant rejuvelac, and 20 minutes later, expel. Then, freshly made wheatgrass juice, strained, implanted with a thing that looks like a super hypodermic syringe, and retained for 20 minutes on one's left side. If one has internal tumors, problems after surgery, etc. than there is a catheter that allows the juice to be placed around the corner into the ascending colon. It's soft and flexible and is put onto the end of the syringe.

You don't have to worry about disturbing the intestinal flora. The full of B complex vitamin (including B-12) foods that you eat (fermented seed and nut cheeses, rejuvelac and veggikraut) replace the bacteria that you need in a very little bit. As soon as I get back to the warm in FL, I will go on 'the Wigmore Living Food Elimination Program' starting the 12th of December, and if you wish, I will keep you informed as to what goes on. I will be doing enemas and implants of rejuvelac daily and wheatgrass juice when available. Dr. Wigmore didn't take her wheatgrass orally.

By Christmas, I will be in a different space, physically, emotionally, mentally and spiritually. I am living in a 'toilet bowl' here (Washington, DC is 28 miles away and Quantico is 3 - I feel and hear the bombs being tested on and off and the electrical dissonance from DC is felt in Richmond, 70 miles farther south) and am grateful for the opportunity each second to do what I am doing now, and will be so grateful also to get back to a space where I am able to be warm again, eat what I need to eat to be clear, and get back to the work of helping the children and their parents down there. Our work wafts out to Haiti and other islands off the peninsula, and the focus is feeding (in many different ways) the starving. Easy to do when living seeds and nuts are sprouted and used with fruits and land and sea vegetables.

Re: kale.....

So many people struggling with the precious kale, trying to get it down. The greens are supposed to be eaten when they are 7 or 8 days old and really small (about 4-7" high). According to the Chief of Medical Nutrition at Boston College Medical Center, when I spoke to him decades ago, trying to find the proportions for daily intake of nourishment, he said 2 cups of some dark green leafy vegetable.

Since then, since having a broken jaw and losing most of my teeth as a result, I went to the blended and juiced as a matter of survival since I couldn't chew anything like a leaf only having 5 teeth in my mouth (I take my false teeth out because the energy/electricity of the food doesn't pass through plastic). The more research I did, the more I realized that the baby greens were possessing the most energy and so the smaller ones were the most prized when I went wildcrafting outdoors or in the markets. Blended, I can get the 2 cups I need easily.

My friend Brenda Cobb, [fountainofyouthnow.org](http://fountainofyouthnow.org), uses kale in her energy soup. She cured 2 types of cancers herself and a lot more problems like arthritis and overweight, after she read a book by Dr. Wigmore. She blends the kale (3 spears of mature kale) with apples or watermelon, sprouts and avo.

The important thing to remember is that the little villi in our small intestine can only absorb liquid. It can't absorb chunks and our stomachs do not have teeth! The way you swallow your food determines just how much of the nutritive value you will get. So, blend or juice your food, unless you want to spend hours chewing it until it's liquid. Can't get anything out of it if it's coated in oil.

Re: do i really NEED to take supplements?

I'm so happy for you. You have a wonderful adventure ahead, a spiritual adventure. When you quit eating cooked foods and animal proteins, you will find your body will 'clean house' and you may have symptoms of a 'cold', which is just all of the

junk coming out. Keep the liquids going in and clean out your colon with a few enemas to eliminate the effects of stored toxins leaving.

You don't need to take any supplements. The wonderful food does have everything you need in them, if you include, for the B complex vitamins, fermented foods: fermented seed and nut cheeses, sauerkraut, fermented drinks, and seaweeds like kelp or dulse (B-12). Flax (or chia) seeds that are soaked and blended with fruits round out the lovely fruits. That's one of the greatest reasons for eating whole foods is that they contain everything and are completely nutritious, as long as you know what you're doing. If you read a book called "The Hippocrates Diet" by Dr. Ann Wigmore, you will read about a complete meal salad and a completely nutritious blender drink that was tested in hospital labs by many doctors and found to be everything that a person needed to regenerate cells. I go to her because I worked for her over 22 years. Just go to a health food store or supermarket and marvel at the dozens of raw food books on the shelves with great recipes in them. I'm excited for you. Get in the sun and expose your solar plexus, hands and face for 20 minutes 3 times a week.

There are people who just start chomping everything and find what they like best. There are others who study the amino acids/lipids (fats)/enzymes/sugars in various foods to find balanced combinations. One does not have to eat sprouted beans and sprouted rice at the same meal, for instance, and get a complete amino acid count. I don't eat sprouted beans and rice at all, and have lots of available amino acids, thank you, by just eating greens, soaked and/or sprouted nuts and seeds and fruits and have a perfect blood count, hard nails and lovely thick hair.

Re: What do you think of this? <http://www.gillesarbour.com/buckwheatArticle.php>  
People are claiming buckwheat grass is toxic.

The fenugreek is very important, but the staff at Hippocrates will find out (soon, I hope) that the reason that Dr. Wigmore did not use pea or bean sprouts unless they were in the green leaf stage was that they are carcinogenic. As long as they have dark green

leaves on them, they are ok. Don't forget clover sprouts, which are wonderful. They will quit using Braggs Aminos, too, when they find out how poisonous they are. Remember, these are young 'chefs' and they are full of love and some are short on research data and experience.

I can't eat much of the greens and veggies they put out there in their wonderful display because a lot of vegetables are not easily digested shredded raw (like beets, cabbage, carrots, etc.) and one ends up with a lot of gas. Their variety satisfies a lot of people who feel like they need to have variety, but the longer one is on the living foods, the more one hones in on a few favorites. Sort of like the slippers and comfy clothes you wear weekly when you're relaxing in your own home/apt. We don't need a large variety as long as our blood tests show that we are ok in everything. We just need to find out a few things about ourselves, like what lectins are holding us back because of our blood types.

This whole thing about the buckwheat will be understood because of the B vitamin that makes us tingle, niacin, remember? A little bit will go a long way. A variety of baby greens in a mixture are wonderful.

There is nothing wrong with the sunflower green either, if the seeds are not contaminated. Because of asbestos and fiberglass contamination of all seeds and nuts by the processing of them, we must be very careful to wash them well. You can see some of the little white tufts on close examination. Some of the conveyor belts that are being used are not from the U.S., and are using the asbestos and fiberglass (even in our dryers) and we must be careful.

Pretty soon, there will be nothing left of Dr. Wigmore's program, as people take stuff off. One needs to consider why this is being done. One friend in GA doesn't use a crock anymore when she teaches veggikraut because the govt. wants her to use stainless steel. Dr. Wigmore would turn over in her grave! The kraut tastes so metallic to me! Hippocrates doesn't make Rejuvelac anymore and yet, the lady who made it in Puerto

Rico never had any problem because she was 'on the program'. If one is thinking negative thoughts when one makes the food, or is a meat eater and has been hired because of their sweet disposition, the energy of the thoughts and fear and anger of the meat goes into the food, and it spoils. Sorry, but it's true.

Re: I noticed in several of your posts that you commented on 'not' ingesting citrus, lemon or orange as it acts as a decalcifier. Could you talk a bit more about this?

In Florida, the citrus is 'color enhanced' and picked while it is still really green in order to get multiple crops or to get theirs in first to the packer/market, so to speak. For some, it all depends on your blood type. Please check his book on that. I have friends who get herpes flare ups every time they inadvertently eat something with citrus in it.

The book I mentioned, Foods that Heal, or Healing Foods, (my library is in FL and I'm away, sorry) has quite a section on what happens when people eat citrus. If a person eats dairy, the citrus will balance it out, but the author recommended not using either. Recipes that combine both have come down to us through generations, and that's the reason for the combo. The author mentioned that her own fingernails started growing when she gave up citrus.

The article from the Physicians Committee for Responsible Medicine on Foods and Arthritis indicates that "many notice an improvement in their condition when they avoid dairy products, citrus fruits, tomatoes..."

According to Dr. Hulda Clark, citrus has been found to be one of the malonic acid containing foods. It causes joint and membrane swelling that mimics 'arthritis' pains. For many, that is what their 'arthritis' is; for others, it's a reaction to salt and dairy (salted cheese), or nightshades. A tomato is a citrus fruit and so tomatoes are not for the nightshade sensitive, either. A wonderful red, yellow, orange or purple bell pepper has double plus the vitamin C of citrus, anyhow.

Re: cold OR detox?

Colds are adenovirus, which live inside dust mites. Usually, one can count back 3 days after getting symptoms and realize that they were in a room where someone was dusting, vacuuming, or sweeping. The little dust mites take about 3 days to die in our bodies, and then the adenovirus crawls out of the little dust mite body and begins to breed in our mucus!

Please don't use lemon. All it does is decalcify you and burn your insides. It will cause bone abnormalities in your fetus if you are pg. Read "Foods that Heal" by Ann Marie Corbin or something like that. I live in FL and most of my friends don't use any type of citrus at all.

The best thing to do when you are eliminating from the nose is do what the others suggested: drink plenty of water that is not chlorinated. Take enemas. Drink freshly made juices (not citrus) like watermelon, apple, grape (organic). Make sure that they are not soft or moldy. Your body is overflowing with mucus from your lymphatic system and liver. Just let it clean out. Remember, one bite of denatured starch or processed oil (olive) and you block the elimination for 3 days or more, depending on the time of the moon wane, and the gunk will remain in your system until the next month goes by and 28 days later, your body will try to eliminate the mucus again. The symptoms go away when you eat those 2 things, but that's not what you're after, is it? You want to clean out your body, not just get rid of the 'cold'. Sweat and take hot baths. Stay out of drafts.

Enjoy your fever! It's saving your life! It's dissolving the mucus. Opening your pores. Don't wash with oily soap. Clogs your pores. Don't put cold creams and body lotions on. Clogs your pores. You want to sweat down to your toes and up to your eyebrows. Wrap up and drink plenty of liquids after you take your enema.

My grandmother had 13 children and when one had a fever, the first thing she

would do is give the little one an enema. Wow, what a drop in temp once the mucus is out. Just before the anal opening is a little sponge-like area that absorbs the mucus and shoots it up the lymph back to your head, sort of. You may soak in a tub, with only your nose sticking out of the warm water! Go to Berkeley Hot Springs to their Roman baths and spend 20 minutes steaming your pores open. Don't drink lemon water

"I read that mixing tumeric with pineapple is good for the liver."

Sure is. East Indians take it every day to ward off cancer. I use it too.

Because I worked decades with Dr. Ann's patients/students who were so-called terminally ill, and watched them regenerate in a few weeks to positively glowing with health, I thought to myself, why waste the eating experience by shutting down my electrical circuits with food that is not easily assimilated...if we want maximum energy/peace/soul development then we want to feed ourselves the ultimate food, full of electricity in its most easy to digest form, which is liquid, which is the only way the little villi in our small intestines can absorb it readily.

So, juiced or blended maximizes and facilitates the ease, unless we really want to spend hours chewing our food until it is water! Fact of life, I got mugged earlier in the last decade, my jaw was broken, and now only have 5 teeth that are mine in my head. Some VERY expensive false teeth keep me socially presentable for demonstrations/talks/lectures, etc. but unfortunately, plastic does not conduct electricity, so I take my teeth out when I eat so that the food's vitamins are able to be absorbed in the roof of my mouth, and the minerals, under my tongue.

Other factors are absorbed in the inner ear area, and so, by trial and error, I've found that for myself, as well as the earlier students of Dr. Wigmore, my body's energy needs are best met with blended foods. The only juice I make is pineapple juice. Everything else is blended.

Others who try this have reported an increase in energy also. One must be mindful of chewing each mouthful as if it were a solid, though, and think only peaceful thoughts as you are eating. Dr. Ann taught me that the whole digestion/assimilation process starts long before one 'eats': it starts when you first see the food, buy or pick it, touch it with your hands, prepare it, smell it, taste it, give thanks to it for sharing its energy, and peacefully feel it becoming part of your energy flow.

Eating is a spiritual thing to me because it feeds my soul. If the soul can use liquid food more easily than other forms, why not love ourselves the ultimate way and give it the electrical waters it needs to connect us to our highest and best source? We need to ask ourselves each time we eat/drink: "Will this bring me closer to joy and love?" and electrical food does.

> "Do you like cayenne pepper? What should I add to energy soup instead of rejuvelac?"

I love cayenne! I've counseled EMT friends to keep a little container in the goodie bag in their ambulance. It's the greatest thing to stop a heart attack. Put a little on the end of a plastic spoon and flick it into the back of someone's mouth, if they are conscious, and give them a little water to wash it down. Also, if there is a shotgun wound and much bleeding, just sprinkle it on the wound and it will stop - coagulates wonderfully! I'm not too excited about lemon juice. It's been found to decalcify a person unless dairy is used with it. Annmarie suggests in her book Healing Foods that people just quit using both.

There is no substitute for rejuvelac and veggikraut. Even if people stop doing the other parts of Dr. Wigmore's program for one reason or another, the super b-complex anti-stress factors in both of them are unequalled. Miso, as it is sold nowadays (not in the nipple container) is dear and not worthy of even being sold. Keep up with the energy soup. Clover sprouts are a timely ingredient. This am I gathered some purslane here in VA. and there is lambs quarter all over the next block!

"What are you a doctor of?"



Hi, I'm a Naturopathic Physician (N.D.), for which I've earned the title Doctor, and also have my doctorate in nutrition, which was not as important as working with Dr. Ann Wigmore and going to Costa Rica with my Essene friends and learning from Dr. Szekeley about the 3 types of foods: bioactive, biocidal and biogenetic (and I work with the first and mostly the last). Many of my friends (I don't like to use the word 'patient') are M.D.s, and I've been told if their hospitals found out that they had recommended any of their patients to me, that they would not be able to work there any longer and would no longer get referrals.

The Physicians Committee for Responsible Medicine doesn't feel that way and so I am a welcome person there, even though they number 5,000 medical (allopathic) doctors and 100,000 lay people like me who are naturopaths, and other therapists, nutritionists, nurses, etc. and I have taught many hospital nutritionists PCRM's Gold Plan (the New Four Food Groups: fruits, veggies, legumes and grains) recipes in Virginia and Florida.

Ah, we could spend a LOT of time on your questions. I'd love for you to read what my friend Dr. Hulda Clark has to say about candida in her book "The Cure for All Diseases". Dental problems have to do with putting our fingers in our mouths when our hands are not sterile. Also, putting food in our mouths that is not sterile. You will learn more than most MDs when you invest \$20 for that book. Many dentists now are admitting that proteins do more harm than sugars in many ways. Get back to me after you read Dr. Clark's book and we can pursue other avenues.

Dr. Wigmore never had problems with students with candida as long as they rinsed their rejuvelac berries twice a day at least while they were spouting. Processed sugar of any kind is poison.

The energy soup was taught to me in the 70s by Dr. Ann Wigmore, who got her

ideas from the Dead Sea Scrolls' Essene Gospel of Peace, Book 1.

## Pineapple Juice

5 things to remember to keep yourself level on a physical level: If you binge on:

1. salty things, eat watermelon the next eating experience.
2. protein foods, eat papaya (papain dissolves it)
3. starch, eat soaked overnight in water prunes
4. fatty, greasy, cheesy, oily, chugalug on an empty stomach, fresh pineapple juice from a pineapple you ripened yourself in the sun in a bowl of water with holes in the bottom for inspiration

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Testimonial:

Dear Dr. Flora,

I wanted to thank you AGAIN for your invaluable advice, most notably all of your comments about pineapple juice. I can honestly say that after drinking it several times a week for a few months, all of my gallbladder problems are gone.

I couldn't eat avocados or nuts before, because I would get uncomfortable aches and twinges, and once had a full-blown attack. I was getting to the point where I couldn't even have Energy Soup or a nice molested kale salad - the avos would trigger some kind of attack. And I've done a whole slew of liver flushes too, and they didn't help as much as just drinking fresh, ripe pineapple juice did.

I love it so much - what a treat - now that's some delicious medicine! I'm going to continue to drink it a few times a week forever and ever. I can't thank you enough for

sharing your generous wisdom.

Headaches?

If it's a migraine, read about strongaloides (a parasite) in Dr. Clark's book "The Cure for All Diseases" after you have some wheatgrass juice. Have you been eating: Chocolate, drinking Wine or other fermented juices? Many times it's constricted capillaries from too much salt and watermelon will dissolve the salt. Too much computer?

Cancer?

Please read "the Cure for All Advanced Cancers" and "The Cure for All Cancers" (there are 100 testimonials in there, and one of them sounds like what you were writing about) by Dr. Clark, and then read the "Hippocrates Diet" by Dr. Wigmore.

Re: Stinky Pits – Detox?

Oh, that's so exciting. You ARE down to the level of stinky pits! You are eliminating. Eat some fenugreek sprouts and your armpits will smell delicious! Your liver is going overtime now that you are more serious. Persist, sister, you have only your soul development to look forward to with this effort.

Re: Hair Falling out?

Your wonderful liver is giving off full time and pushing the fats from your liver up to your forehead! The fats clog up your hair follicles and your hair falls out. If you put pineapple pulp (only AFTER you home ripen your pina for a couple of days in water like you've been reading) on your forehead and over your ears for 10 minutes maximum, massaging in well and then wash your hair with a good shampoo (I recommend Dr. Clark's recommendation from the Self Health Resource Center: Pure and Natural Herbal

Shampoo, 8 oz. PO Box 600862, San Diego, CA 92160 and rinse well so it won't burn you because all juices turn very acid after about 10 minutes to my knowledge.

Valery Mamanov, who is in China now, the foremost expert on centenarians, tried the pineapple pulp on his forehead when he was going through the Wigmore Program with me in Deerfield Beach this summer. I have a picture of him with his little yellow cap on. The bromelaine will dissolve the fat that is clogging up your pores and the baby hairs will come back. It will take some time, as long as it takes to clean out your liver of all oils, including olive oil, which is a dead saturated fat.

Re: Do they really use human manure as fertilizer in China?

They sure do! And, in Japan. And, in many of the oriental countries. I've been to 41 now, and you'd be surprised. Most surprising of all is how you will feel when I tell you that the non-organic almonds and pistachio nuts you've been eating were composted below the tree tops in California with human manure from Los Angeles!! Ah, when you see the super large ones...

I lived and taught in the Lost Hills district near Hwy. 5/46 and there is a little truck that parks by the roadside and the man has lots of tales to tell. Late at night, the trucks roll by from L.A. to spread 'it' out under the almond and pistachio trees. If anybody wonders why I only eat organic almonds, that's why. That stuff hasn't even been cured by a winter frost, yet!

Re: Confused?

Spinach has oxalic acid in it which binds the calcium to it and will build up as gallstones. Cooked is especially bad.

If you're an O+, you should know that corn (wheat also) has a lectin in it that will cause you to never be able to lose weight! Read the books about blood type and you'll be amazed.

The main thing to remember is that dead foods (cooked and frozen) has no electrical energy or enzymes in them. That means that they will promote the growth of disease and none of your cells can regenerate in their mess. The more you move into the living/raw foods, the more weight you will lose. Weight loss is a side effect though. The main benefit is soul development (feeling peaceful, non-reactive, and close to your Maker!). This is a constant feeling, not just a temporary thing. If one eats dead animals, which flesh is full of anger, fear, distrust, how can one feel love? Lust, perhaps, but love? When you get into studying about the feeling of our captive food animals/fowl, you will cry. And, maybe, reach for an almond for protein, or some greens!

Re: Distilled water tastes bad!

If you put 1 tablespoon of dulse powder for every gallon of water, it will rebalance the homeostasis and the taste will improve (plus, you will have every mineral and trace mineral in it for your use.)

Re: What has a raw diet cured you of?

Has saved my right foot from being cut off after I had gangrene and blood poisoning after being run over by a taxi in NY, saved my relationships because I didn't react to them when they were fearful or angry - I just loved them and they were able to 'eliminate' in safety and return to peace. I think the latter 'save' is even more important than the former.

Cured me of depression, of being overweight, of having zits, of being anxious, of being too attractive to the opposite sex that it got in the way of being friends. When one doesn't radiate sexuality, just agape love, one can be a helpful doctor: the women don't feel afraid when you have to work with their husbands, and the men don't 'come on' to you.

Cured me of wondering if there is a God, and helped me understand so much and I am so grateful, so grateful, so grateful.

Re: Need help with my son!!

How many mothers came to Dr. Wigmore, frantic because of some of their children's symptoms, and the same old 'prescription' was given: first, young coconut water. Then papaya mixed with baby greens. Then wheat grass juice. Then energy soup. All of the dear people who have answered are not aware, perhaps of Dr. Linus Pauling's fiasco on vitamin C. He was successfully sued by the Director of the Linus Pauling Institute, to disclose the fact that the only thing that stopped cancer was dark green live vegetable juices, and that the vitamin c was actually destroying the stomachs and intestines of the people, especially women, who took the supplement.

Dr. Pauling had falsified the information about vitamin C and further investigation actually caused one of this Nobel Prizes to be under a cloud. NO vitamin C in pill, power or crystal form should be given these precious children. Their tummies are about the size of their fists. 1,500 is too much for adults. No fish oil. Flax seeds (a teaspoon in 1/4th glass of water for 10 minutes) mixed with organic apple and soaked walnuts (2 tablespoons), mixed with baby greens will be a peaceful starter after the things mentioned above.

I know you are frantic. I had 4 children myself, who are in their late 40's now, and I still wonder about their health and give unsolicited advice which they tactfully listen to and then do whatever they decide on, but I never 'follow up' and ask what!

If you will take a moment and visualize the little tummies and small intestines, they are inflamed because of the acid food and supplements. Figs (fresh or rehydrated) will help them feel better when they are blended with almond milk (soak organic almonds for 1 day, peel them and blend 24 with enough water to make 2 cups and then divide it among the little ones.

If you have already gotten to the point of just using electric heat, 20 Mule Team Borax on their clothes, 100% cotton with no chlorox, use banana skin oil to rub on their skin along with avocado (1/8th of a little Haas or less for each child) and make sure they

have the almond milk every day and alternate it at times with walnut or filbert milk, they will begin to thrive. Many children and adults are allergic to 80% of the raw foods available.

Veggikraut and Rejuvelac will reintroduce the intestinal flora for your little ones, after they have the coconut water.

You don't need any animal products. There are wonderful and amazing research results of children who were given lots of butter and animal oils to get rid of skin problems. Please look up those yourself and don't rely on 2nd opinions. One can do just as well with flax seeds, avocado, nuts and other seeds and oily plants like buckwheat and purslane. Children do not need a lot of variety.

Please look at the list of malonic-acid [tapeworm] containing foods (carrots, tomatoes, citrus, broccoli, dark green zucchini, yellow Mexican mangos and papayas, chocolate, to name a few) in Dr. Clark's books (i.e. The Cure for All Diseases) because of the fact that they reduce the immune system of the eaters and prevent them from using the amylase and protease to digest proteins and starches. Many children have been ruined in the U.S. by feeding them grains before they were a year old (Read "Pregnancy, Children and the Vegan Diet" by Dr. Michael Klapper).

Children don't have their ptyalin developed in their mouths until after then and that's what dissolves the starch into simple sugar and allows assimilation instead of bloating. Many grains have mold now, and many potatoes (except for red) and pastas have molds that are very dangerous.

There's another important part in Dr. Clark's book that lists the causes of allergies, and you must question yourself about pet involvement in ascaris infection, etc. She lists how to do black walnut, wormwood and cloves, from the Self Health Resource Center in southern California in children's doses, or you could call her directly. Peace and love to those two babies and to you.

Re: Cravings?

Your cells are cleaning out like someone peeling layers of skin off onions. The deeper one cleans out, the more the old trapped stuff rises to the top of your body (like salad dressing oil, the memory {actual chemicals trapped in the fat cells in our bodies] rises to the brain from the liver and other body fat and we 'remember' when we ate that.

Aren't you glad to be away from old tinned meats? There is valid information that indicates that pork was infected with the AIDS virus when pigs were imported from Africa during a time when pork bellies was a hot item and we had a natural short in the pork production. This pork leftovers was mixed with our residue from our own national pigs and fed to the pigs and a whole generation of pigs was infected and Spam and Hormel sausages was like a time bomb waiting to go off! We can be forever grateful we don't eat pork anymore because you never know where, in a mom and pop store some where, the little cans are still there.

Many pigs were destroyed after that and it destroyed Haiti's pig population because the govt. didn't know that it was not from Haiti, but from Africa. You can do research on this and come up with lots of stuff, but it's best to focus on what is good for us, not what is bad! Your cravings are historical chemicals coming up in your brain to be laughed at and released as you eat a good bit of avocado, flax or almond cream and replace bad fat with good!

Consider looking through the book "Foods That Heal" concerning the use of citrus which causes cravings for fat foods because the citrus decalcifies one and the brain needs the calcium which lines the myelin sheath of the brain and other organ's nerves. She states that her own fingernails started growing naturally once she gave up citrus. Red, orange, purple or yellow bell peppers have so much more vitamin C in them than citrus.

Re: Grains?

Grain is not a very 'normal' food to eat. The sprouted grain bread that has no flour



in it is still dead because it's frozen. You don't need grain at all, but the grain's grass juice that comes from the early leaves, like wheat grass, dandelion, purslane and lambs quarter, parsley, and other baby greens.

Please read Dr. Doug Graham's little book on ["Grain Damage"](#). Bread is just some habit we have picked up from parents who were innocently giving us something they thought was 'good' for us. With all of the research now, we know that grains have ingredients that cause our joints to swell and ache (arthritis), inhibit our ability to digest the proteins in the plants because of the immaturity of the form of the food (a seed not a plant), and contain other chemicals that are harmful to us. This is the reason why people who choose to eat cooked beans soak them overnight and throw away the soaking water. Many things are not meant to be eaten raw or sprouted (like beans or peas) unless the leaf from the sprout is dark green. The more you read, the more you'll understand the wisdom of the bonobos primates, who eat only fruits and seeds/nuts and very little greens.

Re: Women- have you noticed a change in your monthly cycle? Mine has trickled down to barely anything.

Yes, this is normal and ok. You don't have so many old poisons left in your body as before, and if you completely quit your menses, what a blessing. It happened to me. This will not bother you if you wish to have a baby. The natural hormones will be there at the perfect time.

Not having your body messed up with foreign hormones, like what are in dairy and meats solves a lot of problems because you will not be generally radiating sex and the men you come in contact with daily will feel you as a person, not as a possible sexual conquest. It makes for a much more peaceful life. Also, if you are in love and married, your husband will not have any jealous feelings. Ah, the benefits of being all raw/living!

Re: I'm eating seven raw meals a day!

Good for you. When we listen to our bodies, we learn more than anything that anyone can tell us. If you remember the electrical energy in the raw foods will last approximately 2 hours in our bodies, it is not a surprise to find out we need to eat at least once every hour or two to keep our energy up. Just as important as what we eat is what we are thinking about or listening to as we eat.

If we are eating peacefully, we will 'get' all we need to get, but if we are upset or overhearing violent news or something that is not peaceful, we will 'lose' that meal, and the food will turn to poison and gas. Keep up your sharing. Many thousands will be able to relate to what you are sharing.

Re: Loose skin after weight loss?

Jaime's right on. If anyone is planning on losing a lot of weight, it's very important to restrict processed oil/fat (even the best olive oil) intake because it will make your skin sag instead of pull back in like a rubber band. Remember, vegetable oils are very sticky and don't allow oxygen transport. More than 1/4th of an avocado (2-4 oz.) every day will store fat, so keep your pores clear by not using so much fat so that you don't have to sweat out so much fat.

Yes, for the skin brushing on dry skin, and loofa on wet, and don't put lotions or oils on your skin, because it won't be able to breathe, will clog up the pores and the problem will continue. Keep your diet alkaline and don't use salt, but if you can, bathe in the ocean and use a 100% cotton towel briskly.

Re: How to make tahini?

Soak the hulled organic sesame seeds for 5 hours, let them sprout for 5 hours while draining, and then blend them with a little water. Only make what you need for 24 hours. The little 8 ounce jars that Oster provides that fit over the blades and also make the cutest personal size Essene loaf of sprouted wheat or rye ready to be flattened for the

dehydrator or sun, will make 8 ounces of sesame paste (tahini) and if you add twice as much soaked and sprouted hulled sunflower seeds, it makes a great cheese/mix for a loaf/yogurt/base for salad dressing. I like to just put a dollop in the middle of a leaf, a little dulce on top and roll up and eat! Go outside and pick some flax greens, a little basil, spring herb, whatever, put them on top and Yum!

Re: Traveling raw?

"Travelling Healthfully" is a great little pamphlet that Dr. Wigmore wrote years ago that one can get from Puerto Rico's Instituto de Ann Wigmore.

After learning from 41 different countries, I'm now happy to stay within our continent. Because I travel by train and bus, instead of plane, I carry watermelon because, depending on the length of the trip, it will satisfy me for a day. I remember once going from Miami to DC with just a watermelon, which I ate on and off on the trip, in the half empty handicapped section of the train, where I took off a number of the seat cushions and made a bed for myself in back of the last line of seats and slept like a log for 4-5 hours and was then up and teaching the handicapped some more about cell regeneration through enzyme therapy! I was more of an opportunist then than I am now. Made some good friends and even the conductor shared his book with me about how he cures migraines!

Re: Food ideas after tooth extraction?

You and your surgeon will be so delighted how quickly your surgery sites heal when you use wheat grass juice. When you use baby lettuces and herbs, the oldest blender will work fine if you blend watermelon, ripe soft papayas, pears or apples with them. Do the pink of the melon first, and then use the white until it's smooth. When you add some soaked flax seeds or walnuts or whatever else you want to use for your essential fats along with the watermelon, and a little rinsed dulce and blend them until

they are like a smoothie, by the time you get through blending, if you use enough water, you won't be able to see any individual green fibers - it will be just creamy.

You will want for nothing nutritional. Blend everything until smooth and creamy. Even the greens can be that way if blended with watermelon and coconut water. Olive oil will prevent/slow down healing on freshly cut tissues. Oxygen nor electricity (which are 2 of the most powerful healers) cannot move through olive oil. The flax seed/walnut/almond cream will make everything creamy.

Re: Are there any naturopathic doctors here?

Because I am a naturopath, I will share my training and some thoughts with you on the subject. There is a game in the book "The Games People Play" about a patient who is so awed by the dr. she goes to that she hangs his prescription on the wall, and when the dr. speaks with her again, she has bragged to all of her friends about the time the dr. spent with her, but she still has the same problems because she never got the prescription filled.

In order not to have situations like that, most doctors have designated the fee as evidence of the 'contract'. If the patient breaks the contract and doesn't follow the advice/take the prescription, it is not the fault of the dr. When Patch Adams and I make a contract, it doesn't involve a fee, and I can't speak for him, only myself when I say that no effort toward enlightening a human being about the importance of soul development through living foods is ever lost. The love that is shared is what matters, because we don't know what karma the recipient has or when they are going to die or what they have to go through because of their present incarnation.

All we can do is share love and information to the best of our abilities, and then let go. There will be no frustration involved when you realize that if you are asked for your advice and the person takes it, great; not, great, also. It is the sharing that is important. What the other person does or does not do is not your responsibility. You just love them, but you are not attached to their behavior or the results.

God/Mohammad/Budda/The Source (whatever you want to call the Supreme Power) is in charge, not you.

I remember Sarah, a lady in Washington, DC, who was the 'conscience of the Presidents'. I temporarily joined NWP (National Women's Party) and approached Sarah, many years my senior, at a tea, and asked her if I could share something with her. She said yes (the contract/consent) and I said, "If you don't stop eating salt and fried/partially or hydrogenated fat, you are going to die" - her ankles were so swollen that her ankle bones were hidden. There was a moment of pregnant silence before she invited me to sit down, patting the seat beside her, saying "My family and my doctor have been telling me that for years. If you, a total stranger, love me enough to dare expose yourself to my wrath, we need to talk." And so we did.

Lust, anger, ego, attachment, fear are the 5 negative emotions that many people struggle to get rid of when they are on spiritual paths. Attachment may have a lot to do with any the other 4 at times. These are in the lower chakras, and they disappear when one is on the highest electrical living foods, chosen, eaten and assimilated in peace. When you put love in your body, there is no attachment because love recognizes that God (or Spirit, etc.) is inside each and each has a unique path to fulfill, no matter what we personally may wish or hope for.

Dr. Wigmore taught that even one bite of bread or one spoonful of oil will cause the flow (constant elimination process) to stop, as the body moves to store and build, instead of assimilate and sweat out and eliminate in other ways the excess or 'leftover mass'. Anything that is in the lower descending colon has no more use to us and is toxic so when we eat and 'poop', then eat again and poop again, we are not being 'attached' to anything inside, and as below, so above: we will have no attachments in our emotions.

There is a radiation that one has when one is truly high living/raw that makes everyone be attracted to you, but it is an attraction based on a spiritual light, not on an attachment. We move toward the light like moths, toward truly happy people, and feel

good just to be around, hear or read words from them. It is a blessing we can all look forward to as we persist on this holy path of enlightenment. It is a quiet joyful love that is stronger than any negative emotion, and it is like the ebb and flow of the sea, or of a warm summer wind, because it is alive.

I've often felt like an observer, who facilitates the learning of steps and then just gets out of the way of the people healing themselves, at a distance if they need me but trusting in the process. There is a story I've mentioned before of a person who sat quietly with no expression and watched and sewed on a black garment as his son got married, and then a couple of weeks later, sat quietly with no expression as his son was buried in that same garment. When one understands, nay - is IN the flow, there is no attachment, just love and understanding.

This is what is meant by passing all understanding. It is not a mental/intellectual process at all but an 'affair of the heart and soul', which merges after awhile when people not only follow the high raw/living, but allow this process to fill their bodies with love. There is no such thing as 80% love (raw food) and 20% fear (cooked food). One must be 100% to feel what we are speaking of and there is no time limit to reach this.

For some, it takes days, for others, weeks, when the high raw/living is part of a comprehensive internal and external cleansing and rejuvenation. To assist this, we use loofas and natural bristle body brushes, hydrotherapy and the freedom of natural fibers for clothing and to encase our feet, if we are in places where we can't go barefooted. Persist. Ah, the female energy takes 20 minutes to get to the point or bottom line, if there is one!