

RADICAL HEALTH

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Food and Lifestyle as Medicine

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Radical

adj. Arising from or going to a root or source; basic.

adj. Departing markedly from the usual or customary; extreme or drastic.

adj. Relating to or advocating fundamental or revolutionary changes in current practices, conditions, or institutions.

Health

n. The overall condition of an organism at a given time.

n. Soundness, especially of body or mind; freedom from disease or abnormality.

n. A condition of optimal well-being.

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Disease

One would think that with sanitation, modern medicine, our advanced technology, and available resources, the developed world today would host humans who are happy and healthy. Sadly, the opposite is true. We as a species are getting sicker and sicker.

As of 2020,

- 15% of Americans suffer from some type of autoimmune disorder.
- 42% of adults in the United States are obese. The national adult obesity rate has increased by 26 percent since 2008. 1 in every 5 children (19.3%) aged 2-19 are obese.
- 8% of Americans suffer from asthma, a four-fold increase since 1980.
- From 2000 to 2020, the prevalence rate of autism in the US has nearly tripled, from 0.67% to 1.85%.
- 20% of people (1 in every 5) in the US will die of cancer, the 2nd leading cause of death in the US.
- Between 2007 and 2018, the national suicide rate for persons aged 10–24 in the US increased 57.4%.
- In 2022, the National Alliance on Mental Illness reported an unprecedented and alarming worldwide decline in mental health.

What's causing this downfall of health among humans today?

In short, industrialization, and everything that comes with it.

A few hundred years ago, humans started to heavily refine and over-process food, and we haven't stopped since. Germ and bran are routinely removed from grains like rice and wheat, while meat and vegetables are grown as cheap as possible. Other processing like canning, pasteurization, homogenization, cooking, sweetening, and "enriching" deplete the full spectrum of nutrients and life force found in the original food. Since this de-natured food is not biologically appropriate, it does not digest efficiently and creates an acidic condition in the body.

In addition, high levels of harsh chemicals deliberately added to our air, water, food, and land further add a toxic burden to our bodies. City dwellers are overworked and disconnected from nature. Electromagnetic radiation increases every year. What happens after we live like this for generations? Disease.

Dis-ease manifests differently for everyone so only you will know best how your body expresses it. Some people may have skin issues, whereas others may deposit fat more easily. Others will develop neurological disorders, allergies, and chronic illnesses like asthma, depression, or anxiety.

All diseases (short of physical damage and degenerative conditions) are signs of the body attempting to eliminate accumulated toxic burden. For example, inflammation (anything that ends in -itis) is the body bringing extra fluids to an area to dilute acids, lipids, and other backed up material to carry them out through the lymphatic system. Common skin diseases like acne, eczema, chickenpox, herpes, psoriasis, or hives are the body pushing out accumulated toxic burden through the skin.

Contrary to what the statistics indicate and what some doctors will say, most common diseases are reversible and curable with lifestyle changes, and require no medicines or "treatments," only awareness, education, planning, and willpower.

Whatever particular disease afflicts you, you probably would enjoy life more without it. If you want to change, you must be prepared to radically shift your course of direction from the norm, because the norm is what created the disease. You're not going to heal by doing the same thing you've always done, nor will you find healing in any external thing or person. Preventing disease and healing are done within. You can transform your health if you want to.

Western Medicine is also known as “Allopathic” medicine, which means symptom suppressing, or more literally, creating the opposite effect of the disease (‘Allos-’ means other and ‘-pathy’ means disease or suffering). Western medicine is touted as one of the crowning achievements of modern science, yet the US population spends the most money on “health care” and has one of the sickest populations overall.

When considering medical treatment, think about the word *treat*; does it bring to mind a cookie, ice cream, or chocolate? These are cheap gratifications that temporarily change our mood so we can forget about the pain we don’t want to deal with. And that’s exactly what drugs are, a lessening of a symptom at the expense of more disease down the road.

The chemical drug industry as we know it grew out of the oil and steel industries, ruled by the richest men in the country. The byproducts of oil and steel production are toxic chemicals, which become raw materials for new products: isolates, additives, fuels, lubricants, medicines, etc.

Oil and steel monopolists, the Rockefellers, expanded their industrial rule through the purchase of German Rx conglomerate IG Farben, and subsequently went on to fuel the chemical boom of the 20th century, maintaining control to this day. A comprehensive approach was taken to promote the sale of drugs while protecting the massively rich drug companies. Medical education is rigorously controlled and funded by big pharma. Look into the ties between the Rockefellers, the AMA, the FDA, and the role of corporate philanthropy in medical education and research. Medical students learn next to nothing about nutrition but become experts in the schedule of vaccines and drugs that are to be given.

Synthetic drugs are marketed directly to the consumer, while doctors are incentivised to sell said advertised drugs. The cartel pushes legislation and has legal teams to protect them from liability and damage charges that result from their products causing harm to people.

Methods of natural healing are systematically dismissed as pseudo-science or quackery and then suppressed.

The widely accepted **germ theory** of disease, fathered by Louis Pasteur, further solidifies the public's dependence on drugs.

Germs such as viruses are commonly thought to cause disease, when in reality they are the *result* of disease, part of the natural breakdown process of all living things. Viruses are the smallest pieces of dead cell debris, and bacteria are the eaters of such dead cell debris.

Viruses are akin to the scum on the bottom of a bag of kitchen trash, and the bacteria are like the flies that arrive on the scene to eat the scum.

How does one minimize both the flies and the smelly trash? In this analogy, Western medicine would say to kill the flies because of the false notion that the flies caused the trash. Natural healing and experience over time says to put less garbage in and take out the trash often. Natural Healing removes the cause and the symptom while allopathic medicine attacks only the symptom.

Not only is the drug-based system ineffective at curing chronic disease from the source, but drugs and invasive procedures prescribed are so harmful that medical malpractice is widely reported to be the third leading cause of death. Cancer and heart disease are the first two leading causes of death, and considering that the medical establishment creates life-long patients, by some counts the number of deaths attributed to medical malpractice outweigh all other causes of death.

Another way to say 'corrupt medical industry' is 'drug mafia.' The top stakeholders in the pharmaceutical industrial complex (the cartel) don't want you to know that most diseases are reversible and curable through lifestyle changes.

A Holistic Approach

Any one approach to health is not going to magically cure your ailments. A holistic approach is needed when considering how to improve one's general health and vitality.

What we put into our bodies is as important as what we do with our bodies, and that includes everything: quality sleep, rest, activity, exercise, posture, breath, manifesting a purpose, emotional support, emotional expression, social engagement, connecting with a community, connecting with nature, and more.

Resting the body to promote healing and recharging of energy is vitally important. The modern lifestyle usually requires 8 hours of uninterrupted sleep in a dark, quiet room, to maintain optimal nerve function. If you're not getting adequate sleep, your nervous system will be pushed to its limits and will not allow proper expulsion of waste (toxins, acids, broken down cellular debris) to take place.

Many diseases of health are triggered and exacerbated by emotional trauma. Awareness and active processing of trauma (generational, childhood, relationships) is necessary on a path of holistic healing.

A positive mental attitude is also vital. One who is grateful and at peace can participate more fully in life. Consistent negative emotions like fear and worry trap the sufferer in a state of fight or flight stress response, exhausting the nervous system and preventing healing from taking place.

Much, much more can be said about exercise, rest, and mental/emotional health in the bigger picture of a happy, balanced life, but this writing has a particular focus on the importance of what we eat (and don't eat) more than anything. After all, you have a choice in what goes into your body three meals a day, seven days a week, 52 weeks a year.

How to practice health-awareness

- Read the ingredients on *all food packages* you buy. If you don't know what a particular ingredient is, look it up.
- Prepare your own food instead of ordering out. Look up what it takes to prepare your favorite meals, buy the ingredients, and follow the recipe.
- Observe and study your emotional cravings for food when they arise.
- Listen to your body. You are operating the most incredible machinery on the planet, with built in skills like intuition, feeling, emotions, all with feedback mechanisms that inform your physiology and consciousness. What does your stomach feel like after this meal or that meal?
- Watch documentaries and read books and articles. The more we know why and how some foods have negative effects, the less likely we are to eat them. If we know the benefits of certain foods, the more likely we are to appreciate them for that reason.
- Engage in creative arts. In a world that is left-brain dominant and overly analytical, find ways to express yourself that involve spontaneity and intuition.
- Meditate. The process of closing your eyes, sitting in silence, and slowing one's breath is a great way to become aware of your own consciousness and body.
- Find out where your food comes from and buy local foods.
- Fasting and food-abstinence cultivates extreme awareness. Related to restraint, renunciation, and yoga (related to sanskrit word for yoke, something that holds in place), fasting is discussed on pages 11-18.

Healing

All you have to do to heal is nothing. Leave the body on its default setting and it will heal.

Watch skin abrasions turn into scabs and then new skin. Watch a broken bone slowly fuse back together. Watch a cold go away in a day or two after your body flushes itself. Carbon dioxide in the blood is replaced with oxygen every second. Your body is an intelligent 3-D printing supercomputer!

Rest always speeds up healing. It may take time, but no matter what, the body always moves toward healing itself, provided the body is not overloaded with toxic inputs. Toxins are pushed out of the body mostly at night during sleep, and if toxins build up faster than cleaned out, chronic disease symptoms may appear. Over time, chronically toxemic conditions may cause any particular organ to fail or start to deteriorate.

The beginnings of this mess trace back to the systemic de-naturing of our food and environment, the over-consumption of inappropriate foods, our dependence on pills and drugs, and the resulting toxic/acidic condition in our blood. If you are in a constant state of toxicosis or acidosis, and you keep consuming the same things that caused it, your body will never heal. Your rate of destroying toxins must be faster than your rate of consuming and producing them. Switching to a high fruit and low fat diet causes less burden on digestion, produces less waste, and creates an alkaline condition in the body. This is basic internal hygiene.

We must stop consuming toxic things that lead to long term illnesses. We must consume clean-burning fuel so that our body doesn't tap its energy reserves on digestion. Certain symptoms will remain until the body has detoxed itself, which can take years. The following pages will show various ways to move forward.

The more we clean our terrain (or body, mind, and environment), the more our body can heal like it was designed to. Healing is a natural biological process as much as breathing and urinating, and the less burdened the body is, the quicker it will heal.

Remove toxic things from your life

-Start transitioning away from all processed food. Anything not close to its whole form should be avoided, like white breads and pastas, factory farmed animal products, chips, snacks, or anything breaded, fried, canned, or sweetened. The most inflammatory foods are dairy, refined sugar, refined wheat, and alcohol.

-Avoid anything with preservatives, flavorings, colorings, or stabilizers. These artificial additives are toxic.

-Stop drinking sodas and sweetened beverages. Too much sugar depletes insulin levels and causes spikes and crashes in energy. Diet and carb-free sodas contain harsh isolated ingredients as well. Energy drinks are highly processed and to be avoided.

-Seek environments that offer you peace of mind and physical well being. Your physical environment may be compromised if you live near an industrial area. Many workplaces are toxic because of the way co-workers treat each other.

-Leave toxic people behind. Some old friends tend to bring you down to a level at which you do not wish to be. If anyone is abusing you or preventing you from being your best self, it's ok to move on without them.

-Stop consuming toxic media. Corporate-owned mass media is mind control. Curate your social media accounts to show things that inspire you. Unfollow people and accounts who trigger you emotionally.

Fasting is the most potent and direct way to help your body heal, without the burden of digestion. Fasting is defined as abstaining from eating food. You already fast whether you know it or not - every time you sleep you are fasting. That's why the first meal after you wake up is called break-fast.

So the question is not "do you fast?" but rather "how long do you fast?"

Fasting helps the digestive system (and other bodily systems) rest, recover, and cleanse after eating. The digestive system, which is about 30 feet long in most adult humans, is one of the biggest users of energy in the body. Constantly filling your system with excess food taxes the body's energy reserves, deposits waste that can't be cleared out in time, and eventuates in dis-ease.

A fasted digestive system not only tells your body to burn fat for energy, it increases the removal of dead cells and growth of new ones in a recycling process called Autophagy, reducing inflammation and providing renewed energy. A fasted system sends signals to the brain to be more alert, an evolutionary trait we developed as hunter gathers.

Fasting is not starvation, it is the conscious abstinence from food-based energy sources. Other physical and spiritual energies are always available, and they become our food during a fast. Tap onto your bountiful reserves. Drink in the sun. Feast on fresh air. Imbue your body with prana.

****Warning**** Do not attempt long term fasting without the proper experience and help of a highly experienced professional. Always transition slowly toward your fasting goals.

Fasting has become a central piece of public health policy in Russia, where insurance covers medically-supervised long fasts (up to 40 days).

On Lake Bikal in Goryachinsk, doctors at the Center for Fasting have successfully treated thousands of patients with supervised water fasting. There is a Fasting Treatment Unit at the Moscow Psychiatric Institute, where similar work is being done. Much of the Russian science on fasting is not known by doctors around the world because many studies have not been translated to English and other languages.

Among Americans teaching the healing art of water fasting are Dr. Alan Goldhamer (TrueNorth Health Center, San Diego, CA), and Loren Lockman (Tanglewood Wellness Center, Costa Rica).

In India there is an entire tradition of the renunciation of food. Yogi Prahlad Jani claims to have not eaten for 70 years. Medical authorities with the Indian Defense Institute (DIPAS) monitored and studied him for 10 days in 2003 and again for 15 days in 2010, shocking the scientists and doctors who concluded: the Yogi did not consume anything nor pass stool or urine for those days.

Yogi Prahlad Jani, along with many other breatharians and ascetics, show us what is possible, challenging the official narrative that blanketly states not eating has harmful effects.

Many types of fasting are practiced for their physical, emotional, mental, and spiritual health benefits.

Types of fasting

- Intermittent fast
- 24-48 hour fast
- Extended fast
- Water fast
- Dry fast
- *Solid food vacation**
- *Ayurvedic fast**

**not technically a pure fast*

Intermittent Fasting

A popular type of fasting that has entered the mainstream is Time Restricted Eating, aka Intermittent Fasting (IF). IF is the practice of eating within a specific time of the day (for example between noon and 8pm) and not eating anything outside that window. The eating window is to be determined by each individual based on their lifestyle.

12/12 split: 12 hours of eating, 12 hours of fasting per day.

You can start here if the concept of fasting is new to you or if you currently eat at all times of the day. This will be an easy challenge for many, but will start to train your mind to turn on and off the switch for ingestion.

16/8 split: 8 hours of eating, 16 hours of fasting per day. For example, eat between 9am-5pm or 1-9pm daily.

Research shows that an 8 hour and lower eating window is where significant results are seen. You can move that eating window ahead or behind if needed - say on a special occasion you want to partake in shared food after your cutoff, don't stress, enjoy the food and then push back your first meal the following day to maintain a daily 16 hour fast.

16/8 is a highly common practice. It is meant to be practiced daily. It is proven to be beneficial and sustainable.

22/2 or 23/1 split AKA One Meal a Day (OMAD) AKA the Warrior Diet: Fast for 22-23 hours and eat a big meal within a 1-2 hour time span.

This plan is for highly disciplined individuals who know how to consume the proper nutrition for their body and energy production needs. If the meal is nourishing, this practice will have great health results. Benefits include more intense detoxification and strengthened will power.

1-2 day fasts are a great way to give your digestion a break, to expedite the cleansing process of a cold or flu, to develop mental clarity and strength, and to feel and process strong emotions.

Only you will know what time frame is right for you. Drink water when hungry. Don't overeat when breaking these fasts.

24-hour water fast

Stop eating at a certain time one day, and then resume eating at the same time the next day. You can look at it like skipping 2 meals in a row. This can be done once a week or once a month.

36-48 hour water fast

Choose one day where the main activity is fasting; you will still eat the day before and after. This can be done once a month or once a season.

Stop eating one night (ex. Sunday), let the entire next day go by drinking only water (Monday), and resume eating at your normal time the day after that (Tuesday). Waiting til the evening to eat can push your fast to 48 hrs.

No juice because you want to restrict calorie intake to 0. While coffee and tea (even herbal) are non-caloric and therefore may be consumed during a fast, they are stimulating and are not recommended. Make this a relaxing day, with few mental and physical stresses.

You must ease into and ease out of this fast as it is a little more extreme. Eat fresh fruit and vegetables the day before the fast and avoid overly processed protein, carbs, or fats, and stimulants like coffee. Drink lots of pure water the day of the fast. Break your fast the day after with fresh, hydrating fruit like watermelon, grapes, or oranges, and do not over-eat to compensate for a day without food, otherwise you will go right back to overburdening your digestive system.

Extended fasting (longer than 48 hrs)

Only those experienced in fasting of a lesser degree should go longer than 1-2 days. Prolonged fasts should only be practiced under the guidance of a professional.

Only you will know how long to fast. Once you decide that, set aside a special time and make preparations. It is not advised to work, exercise, or drive during extended fasts as energy levels will be low.

The longer the fast, the more one must prepare physically, mentally, and emotionally in the days leading up to it. To avoid serious detox symptoms and withdrawal, transitional periods are done before and after fasts longer than one day. Ways to design your transitional period are endless, but a general rule is to use more days transitioning on either side than days fasting.

An example of a physical transitional period for an extended fast is for the two weeks leading up to it cut out all animal products, oils and fats, and stimulants like caffeine, alcohol, and smoke. Over the two weeks, ramp down the density of your foods from starches, to cooked veggies, to more raw fruit and tender leafy greens, to juice, before cutting off all food for the fast. After the fast, ramp back up in the opposite way as before, and give it time before re-engaging in intense activity. This will give your body the most gentle and cleansing transition. Going into or out of an extended fast abruptly can lead to more suffering.

Mental and emotional preparation is also key, as during the fast you won't be able to use the pleasure of eating to satisfy your cravings, silence heightened emotions, or redirect your thoughts. Let the people around you know your goals and ask for their support. Write down your goals for the fast in a journal. Read literature on fasting to more fully understand what will be taking place. Anticipate discomfort as you will be left to

contend with your inner self. Retreating into nature is one of the most primal places to be during a fast, and it is there where the deepest spiritual connections can happen.

During the fast, being in a calm environment with supportive people helps tremendously. Do not work or exercise during this time as you will have bouts of low energy. Open up to yourself and to your body, and let all messages from the universe come through. Record your insights in a journal so you can revisit those insights later.

2-3 day fasts

Within 2-3 days, the body takes a good amount of energy that is usually allotted for digestion, and uses it for detoxification and healing. Hormonal changes occur as the body starts adapting to this new state.

The first and second days are usually the most uncomfortable as the body is still in glycolysis (carb-burning) mode and it is not being fed. Low energy is to be expected.

3+ day fasts

By the third day of fasting, most bodies will have fully shifted over to a different energy-burning process called ketosis. This is when the body breaks down fat reserves and converts it into energy. Toxins stored within the fat and various organs are also broken down and removed from the body.

Ketosis resembles the physical effect of deep sleep, where the body is able to use its latent, unused energy to heal and detoxify the body.

It is common to feel lousy the first few days of an extended fast, as the body is being forced into ketosis and is detoxing at the same time. Practitioners report more energy and clarity after the second or third day.

10+ day fasts

The body begins to clean out deeper stores of toxins like drugs we may have taken at any point in our lives. Practitioners report feeling their denser organs like teeth and bones detoxing and repairing during longer fasts. Mental, emotional, and spiritual awareness is heightened during longer fasts.

Dry fasting is the intake of nothing into the body. Dry fasting is a highly powerful detox and healing technique used by some. Completely restricting food and water forces the body to enter a highly adapted state that offers cellular renewal at the deepest level. All non-essential material in the body is recycled to sustain the essentials, or eliminated. For most people, dry fasting is not recommended, as it may result in kidney damage.

The **solid food vacation AKA juice feast** isn't technically a fast, but is still a good way to remove significant burden from the digestive system.

Juices should be simple combinations of ripe fruits, leafy greens, and more dense vegetables, with heavy emphasis on the fruits as they have the most sugar to sustain your energy throughout the day. You can still work and be active on a juice feast, provided you drink enough to meet your caloric needs. Experienced fasters and juice enthusiasts commonly go for *many consecutive months* on a juice-based solid food vacation.

Drink two to five large, fresh cold-pressed juices per day, but drink slowly and “chew” each sip to maximize the excretion of digestive enzymes in saliva, assisting and alerting the stomach.

30+ day solid food vacations have been shown to drastically reset the body, reversing chronic diseases like type 2 diabetes, obesity, allergies, skin conditions, and asthma.

Ayurvedic fasting

The ancient Indian tradition of Ayurveda takes into consideration things holistically, so they prescribe abstaining from certain foods before abstaining from food altogether. Setting a goal to cut out any ingestible that is deleterious to health for a certain length of time is a good practice that builds discipline and focus while giving the body a break from that input.

Can you do a sugar fast? What about fasting from all refined wheat or animal products? How long can you go without alcohol?

Alongside the gradual cleaning of your body's environment, along with proper and simple food combining, fasting is to be done. This practice supports this idea that it's good to take it slow when making dietary changes. "Don't push the river," as they say. It's okay to take years to transition to a new type of eating goal.

Fasting not only alleviates the burden on your digestive system, allowing for quicker healing, but it trains you mentally to turn on and off the switch for consuming food.

From a psychological perspective, fasting has great implications for overcoming other addiction issues and strengthening willpower in general.

Fasting helps develop awareness, sharpens discipline, supports the body's innate intelligence, and allows one to take personal ownership in the prevention and reversal of disease.

Air

Air, water, and food (in that order) are the most vital things one takes into their body. The time it will take for you to die without air is expressed in seconds or minutes. Without water, that time is days or weeks. Without food, it's weeks or months. In other words, you can go one day without water or food, but you can't go five minutes without air.

As Arnold Ehret explains in his book *The Mucusless Diet Healing System*, the human body is primarily an air-gas engine. He writes, "the body's function is that of a pump-system by air pressure, and with an inside circulation of liquids, such as the blood and other saps, the lungs are the pump and the heart is the valve — and not the opposite." This idea reinforces the fact that oxygen in air is the primary fuel for our body.

Breathe in, breathe out. You don't need a reminder to breathe because it's an automatic function of the body. But are you breathing properly?

Always breathe through your nose. Your nostrils and sinus cavity filter, warm, and moisten the air you inhale, making it more bioavailable than air that comes in through the mouth.

Excessive mouth breathing can cause your facial structure to collapse inward and cause snoring, sleep apnea, and crooked teeth. If this happens, proper nose breathing will actually re-form your sinus and facial structure back to normal.

Full belly breaths - when you take a big breath, do your shoulders go up? They shouldn't. The breath should always be directed toward the deepest part of your lungs. As you take a big breath, push your belly outwards and feel your ribcage expand.

Breathing exercises can be done by anyone to cultivate very powerful results.

If you feel stressed and want to calm down quickly, inhale twice through your nose (one deep inhale then a 2nd quick inhale with no exhale in between), then breathe out long through your mouth. The calm feeling that follows is known as the “physiological sigh” by neuroscientists.

Wim “The Iceman” Hof is a great example of someone who harnesses the inner fire through breath control, which he is now teaching the world how to access.

Similar breathing techniques that offer profound health benefits include Tummo, Sudarshan Kriya, Nadi Shodhana, Buteyko Breathing, Tibetan Inner Fire Meditation, Holotropic Breathwork, and the DeRose method.

Exercise is a great pulmonary stimulant. Make sure you are moving your body adequately every day.

Regular full-body engagement in exercise pushes lymph through the body’s lymphatic system, which is the sewer system of the body.

Increased aerobic activity speeds up detoxing and provides energy and mental clarity. Physical and emotional stresses can be burned with a workout, and flow state can be achieved when engaged in a fun activity that also requires full body cardio. Find the activities that work for you that you actually enjoy doing, whether it’s biking, dancing, strength training, rock climbing, or team sports like basketball.

Regular moderate exercise and activity is essential in maintaining a healthy life.

Water

The human body contains up to 75% water. Water is the basic vehicle for blood and lymph fluids, and allows for cellular oxygenation, conductivity, delivery of nutrients, and removal of wastes. Access to quality water is important yet increasingly hard. Tap water generally contains harsh, toxic chemicals.

If you are unsure of the quality of your tap water, test it. You can buy a Total Dissolved Solids (TDS) meter online for under \$20, a tool which measures the electrical conductivity in a sample of water with two small metal prongs and shows a reading in parts per million. If the number is high, in the triple digits, that's known as hard water and it contains mineral contaminants like chlorine, fluoride, calcium, magnesium, and potentially lead. Soft water contains relatively fewer metals.

Distilled water has 0 parts per million of dissolved solids. It is pure H₂O. Contrary to popular belief, drinking distilled water will not harm you in any way; it will only lighten the burden of toxic build up which is the cause of disease. Spring water is another good choice.

The best quality water is found in fresh fruits and vegetables, as it is highly structured and easiest for cells to assimilate. Not H₂O but H₃O₂, plant-structured water is also known as the "fourth phase of water" and "living water."

After air, the first thing you should put in your body in the morning is water. Not coffee, tea, juice, energy drinks, or food. Water and more water. The average human is dehydrated. The color of your urine is a good indicator of how hydrated you are. Urine should be clear with a very slight tint. Many common ailments like headache, soreness, and irritability are symptoms of dehydration. Drink and eat your way back to health.

Food

Fresh fruit is the most optimal food for humans. It's the only edible whole food in its unprocessed form that humans are naturally attracted to, that we want to pick up and consume without processing first in any way (other than peeling or cutting). When eaten, fruit leaves behind a minimal toxic burden while providing all necessary nutrients in proper proportions.

Humans evolved to love sweet things because our bodies burn glucose, which ripe fruit provides readily. Fruit is a primary source of amino acids, the building blocks of protein. Fruit is abundant in insoluble fiber which is crucial to the process of healthy digestion. There is a common misconception that eating too much fruit will spike your blood sugar leading to unstable energy and even diabetes. The sugars in fruit are packaged in the perfect ratio to all other nutrients the body needs (water, fiber, protein, fat, etc) and do not cause sugar spikes or crashes unless combined or eaten with excess fats.

Move toward a fresh plant based diet. Eat hydrating fruit for breakfast instead of overt proteins, starches, and fats. Ideas for plant based meals are listed on pages 25-30.

Take it slow. Start by adjusting one thing at a time. Mentally prepare for future adjustments by reading more and writing down your goals. Many people dismiss plant based diets because they tried it and failed. Take time to do it right, to learn to listen to your body and nourish it with simpler, unprocessed foods, transitioning gradually.

Luckily our bodies are so adaptable that in extreme situations we could survive on nothing but less ideal foods like meat. But since most people reading this are not without access to plant based food, it's reasonable to at least reconsider how necessary and normal it is to eat animals. Pages 35-36 are dedicated to the question of eating animals.

Not all ‘Plant Based’ foods are created equal

Food is not binary; any particular food isn't objectively “good” or “bad.” It's how the product is grown, prepared, and consumed that gives food relative quality.

Look at wheat or “gluten” for example.

Wheat option A: genetically modified wheat, grown as a monoculture, no biodiversity, in soil that is dead, sprayed with synthetic fertilizer, pesticides, herbicide, fungicide, that is then harvested and stripped of its bran and the germ, the most nutritionally potent parts, bleached, refined, baked into “bread” with stabilizers and preservatives and flavorings.

Wheat option B: heirloom wheat grown in biodiverse, naturally composted soil, harvested by hand, sprouted in its full grain which breaks down the complex carbohydrates and starches into simpler versions, unlocks enzymes, and initiates the germinating life force, minimally processed into whole grain flour, mixed with salt and yeast in a small batch and baked into a crusty bread.

Which would you prefer? Option A is why people are now “allergic to gluten.” Processed wheat products are completely denatured and usually contain high amounts of the toxin glyphosate, destroying the biodiversity in your intestines. The local, artisan, nutrient-rich, small batch bread is of higher quality and is more nourishing than the other.

Look at every food and drink very critically. Where did it come from? If it was made in a factory it's best to avoid these foods.

Many vegan meat substitutes have the illusion of being plant based and therefore natural and healthy, but are highly factory-processed, therefore not bioavailable and detrimental on the road to healing.

Here are the **ingredients in a Beyond Burger**:

Pea Protein Isolate, Expeller Pressed Canola Oil, Refined Coconut Oil, Water, Yeast Extract, Maltodextrin, Natural Flavors, Gum Arabic, Sunflower Oil, Salt, Succinic Acid, Acetic Acid, Non-GMO Modified Food Starch, Cellulose from Bamboo, Methylcellulose, Potato Starch, Beet Juice Extract (for color), Ascorbic Acid (to maintain color), Annatto Extract (for color), Citrus Fruit Extract (to maintain quality), Vegetable Glycerin.

Do any one of those ingredients sound delicious to you? Can you even consider any of these ingredients “food”?

Beyond burgers, and most synthesized “meat substitutes,” are a bastardization of plant based food. Lab technicians took plants and unnaturally created isolates, extracts, oils, acids, starches, and celluloses to synthesize the experience of eating meat.

Not only do we want to undo our cultural conditioning and break the emotional attachment to the feeling of eating animal flesh, there is no nutritional benefit to consuming a product like fake meat, only detriment. Avoid all highly processed food like this, vegan or not.

The lifestyle we were taught to live is contributing to modern diseases like cancer, diabetes, asthma, allergies, heart disease, etc. Three meals a day plus snacks and drinks of refined, denatured, toxic products, on top of childhood vaccines and fluoride tap water, is not sustainable. We must feed our bodies a more species appropriate diet.

The Natural Human Diet and Fruit Mono-Meals

Start your day eating the cleanest burning food: raw, fresh, ripe fruit. Fruit itself has no healing power; your body is the healer and fruit just provides good fuel while contributing to minimal digestive burden.

Depending on one's condition, usually positive health effects can be seen by just switching from a regular heavy breakfast to one of all fruit. Many people transitioning to this lifestyle practice the "raw til dinner" framework, where the first two meals are fruit-based, and dinner is a cooked meal.

Any delicious fruit can be eaten as a mono meal, which is a meal of only 1 ingredient. Your stomach prefers simpler food combinations because it knows better what enzymes and acids to release, and doesn't have to work as hard to digest the food. Try it. Pick a delicious fruit, and eat that one kind until you are full.

Some widely accessible mono meals include hydrating fruits like watermelon, oranges, grapes, apples, or bananas. Mono fruit meals are especially good for breakfast, as they are hydrating, energy giving, and they start your day and metabolism with proper, nourishing sustenance.

Only eat fruit that is ripe. The best sign of ripeness is a nice sweet smell. Bananas should have brown spots and no green. Pineapples should be golden yellow on the outside; green means underripe and overly acidic.

Melons must be eaten alone as a mono-meal because melons digest extremely quickly; any other food they are eaten with slows their digestion, causing fermentation and discomfort.

For more information and inspiration on all things fruit, read *Radical Health vol. 2: The Fruit Companion*.

Fruit Salads (cut into bite size pieces and serve in a bowl)

Acid Fruit Salad - Combine 2-5 of the following:

orange, grapefruit, kiwi, pomegranate, pineapple, strawberry, apple, pear, peach, mango, plum, grape, cherry.

Sweet Fruit Salad - Combine 2-5 of the following:

fig, papaya, banana, apple, pear, peach, mango, plum, grape, cherry.

Smoothies (combine ingredients and blend)

The Basic: 4-8 frozen bananas, 8-10oz fresh leafy greens (like spinach, kale, sprouts, lettuce, radish/beet tops), ½ cup water.

Carrot Cake: 4 frozen bananas, 2 grated carrots, 1 glob of sunflower seed butter, cinnamon, cardamom, plant based milk.

Dark Green Smoothie: bananas, dark berries (like blueberries, blackberries, raspberries, cherries), dark greens (beet/radish tops, kale, swiss chard, spinach, collard greens, mustard greens), spirulina.

Mango Freeze: Frozen mango, blended.

Extra Pulpy Orange Juice: Oranges and lettuce, blended.

Smoothie tips:

- Invest in a good blender.
- Peel and cut bananas and mangoes before you freeze them.
- Don't chug the smoothie... drink it slowly while chewing each sip, swooshing the smoothie around your mouth while really tasting it. This will warm the food in preparation for the stomach and trigger release of saliva to aid overall digestion.
- Try adding sprouted seeds and microgreens to smoothies for extra nutrition.
- Add 1/4 - 1/2 avocado, fresh coconut meat if more fat and calories are desired.

Salads

Raw Vegetable Salad - combine 1-2 ingredients from each category:

- Raw leafy greens (lettuce, baby spinach, salad mix, young kale, finely chopped cabbage)
- In-season vegetables (tomato, cucumber, pepper, squash, radish, celery, carrot, green onion)
- Fresh fruit (grapes, berries, mango, apple, citrus)
- Fresh herbs (basil, parsley, dill, cilantro)
- Sprouts (sunflower, mung bean, alfalfa, broccoli, radish, cress)
- Fatty fruits* (avocado, olives) *sparingly

There are thousands of possible combinations of the ingredients above. Keep it simple by using a mountain of raw, tender leafy greens as a base, and picking a few other fresh ingredients to support the flavor, texture, and nutritional content of your greens.

Once a taste for raw vegetables is acquired, there is no need for salt, vinegars, and oils to “dress up” salads. If a dressing is desired, make your own, or keep it simple with a squeeze of citrus or some blended mango. Over time a taste for simpler combinations will develop (try just lettuce and grapes or just lettuce and tomato).

A tiny amount of color can make a bed of leafy greens look way more delicious - purple cabbage, shredded carrot, sliced tomato, or nasturtium flowers can make a bowl of greens look much more appetizing.

Raw, shredded or spiralized zucchini, yellow squash, and cucumber make a great noodle substitute.

Simple and minimal food combining is highly conducive to ease of digestion. An old Japanese recommendation is to eat less than 30 ingredients per day.

Home-cooked food, while not as ideal as fresh hydrating fruits and vegetables, can be used to transition away from a standard diet. The cooked food options offered here focus on the more hygienic options for the body, so there is no meat, no dairy, no oils, no sugar, no additives, and they are whole foods. Food that you prepare yourself is going to be of higher quality than anything from a package, can, or restaurant by nature of it being combined more simply, with fewer ingredients, and less processing.

Denser legumes like beans benefit from 8-12 hours of soaking before cooking. Oils and vinegars are not healthful. If needed, use unrefined and sparingly. Herbs and spices are medicinal and should be used as such.

Lighter foods to cook (steam, low saute, boil, or grill):

Leafy Greens: kale, swiss chard, bok choy

Brassicas: cauliflower, broccoli, kohlrabi

Nightshades: peppers, tomatoes, eggplant

Aliums: onion, garlic, garlic scapes, ramps

Summer squashes: zucchini, yellow summer squash

Sweet fruits: banana, peach, apple

More dense/complex foods (roast or boil):

Starchy roots: sweet potato, potato, yuca

Whole grains: quinoa, brown/wild rice, oats, freekeh

Legumes: garbanzo, mung, black beans, lentils

Winter squashes: acorn squash, butternut squash, pumpkin

Root vegetables: carrots, beets, celery root, radish

Nuts and seeds (high in fat, use sparingly): almonds, walnuts, sunflower seeds, cashews.

Lentils and sauce

Red lentils in stewed tomato sauce: simmer tomatoes, sun-dried tomatoes, red pepper, onion, and vegetable broth on low for 1-4 hours. Add red lentils and more broth and cook until lentils are done. Add lemon juice and stir. Garnish with microgreens or chopped herbs.

Green lentils in garlic herb sauce: Roast one head of garlic until soft. Simmer chopped swiss chard, spinach, and herbs in coconut milk or coconut water until soft. Add cooked green lentils, lime juice, and roasted garlic, and let simmer until desired thickness. Garnish with cilantro.

Yellow lentils in coconut ginger sauce: Boil cubed carrots, butternut squash, grated ginger, grated or powdered turmeric, and yellow lentils in coconut milk and vegetable broth. When lentils are very soft, blend some of the mixture and return it to the pot. Add chili spice as desired.

*Too much spice is enervating and counter-productive to healing, but spicy food is traditionally used to stimulate blood flow and open up clogged sinuses.

Buddha Bowl

These dishes generally contain a wider variety of denser foods like tofu, legumes, grains, cooked vegetables, and sauce. These denser foods are beneficial when used to transition to a raw food lifestyle. It may take years to cut out animal products from one's diet; it may take longer to cut out cooked foods. While you are moving toward the high-fruit, raw food lifestyle, enjoy a combination of grains, legumes, and sauce, with both raw and cooked vegetables.

Choose one from each category and arrange in a large bowl.

- Grains: brown rice, quinoa, amaranth, wheat berries,
- Legumes/protein: lentils, edamame, beans, tofu, tempeh,
- Raw veggies: greens, shredded carrot, shredded cabbage, radish
- Non-sweet fruit: tomato, cucumber, bell pepper, avocado
- Cooked veggies: sweet potato, bell pepper, onion, greens
- Sauce (ideas to follow)

Sauces and Dressings

Mango dressing: fresh ripe mango, blended.

Berry dressing: strawberries, raspberries, and a touch of water, blended

Mustard dressing: stone ground mustard, orange juice

Pad Thai sauce: lime juice, almond butter (or tahini)

Cashew sauce: soaked cashews, dates, and water, blended.

Avocado sauce: Avocado and citrus juice, blended. Add water as needed.

Sweet potato sauce: Roasted sweet potato (no skins) and tomato juice, blended.

Ketchup: tomato juice, reduced on the stove until it is thick and sweet.

Pesto: basil, parsley, spinach, lemon juice, water, roasted garlic, and tahini blended.

Culture

Food is a key element in culture and community, so central to our lives that it easily becomes intertwined with our identity. Sharing food is a way to connect, nourish, give, receive, express love, and generally feel good. Unfortunately much of the food that is connected to modern cultures and lifestyles damage the human body when eaten with regularity.

If you make a personal decision to stop eating or drinking something, you may experience dissonance in social situations. Friends and family may react negatively to your new habits if they don't yet understand, but communicate honestly and without judgement and your circle will eventually show support. Stand by your conviction and don't feel pressured to partake in anything if you truly don't want to.

You don't have to stop eating cooked food altogether, but you can always make strides toward simpler versions of your favorite dishes. For more fresh and nourishing meal ideas, both raw and cooked, read *Radical Health vol 3: Recipes for Life*.

Localize the Food System

Sourcing fresh, local, and organic is always ideal. The best ways to do that are to:

- Grow your own vegetables
- Invest in Community Supported Agriculture (CSA) through a local farm-share program
- Shop at farmer's markets
- Look for the local and organic labels at your grocery store
- Buy produce in season

Many farms sell boxes of fresh, local fruits and vegetables. Find the farms and CSA distribution options near you.

CSA was originally a model where the consumer would pay for about 10 weeks of food up front to provide support for the farm's seasonal operations, but now there are more options to pay on a weekly basis, and even modify the options for what types of vegetables you receive.

The **organic** label, while a good beacon directing us toward sustainable food choices, does not accurately reflect the nature of how the food was grown or how toxic it may or may not be. Farms must pay a hefty fee to become certified organic, and oftentimes choose not to pay for the label while still practicing superior growing techniques. On the other hand, many farms are certified organic, but they still use toxic growing and spraying practices.

Whether or not you buy conventional or organic, eat produce that is fresh and ripe, and rinse it off well before you eat it.

It's easier than you think to **grow your own food**. The easiest and fastest way that can be done inside any kitchen is to sprout mung bean, alfalfa, broccoli, or radish seeds. To do this, soak seeds for 6-8 hours, then strain and rinse the germinating seeds 2x a day in a quart mason jar with a sprouting lid, which is a rubber ring and a screen top that lets excess water drip out. Alternative methods include hanging sprouting seeds in a mesh sack or planting the seeds in soil in trays.

Sprouts represent the point of greatest vitality in the life cycle of a plant. During sprouting, vitamin and enzyme content increases dramatically, while starch is converted into simple sugars, protein is turned into amino acids and peptones, fat is broken down into free fatty acids, and the water from soaking and rinsing gets structured through the plant, making it easier to assimilate and metabolize. This explains why grains and legumes, many of which are common allergens, often do not cause allergies when sprouted.

Sprouts are to be eaten raw, with any food, but often go in smoothies, salads, sandwiches, and wraps. Larger sprouts like lentils and mung beans are often lightly steamed or sauteed.

The easiest and most common seeds to sprout in a jar are: alfalfa, mung bean, french green lentil, clover, radish, mustard, broccoli, and sunflower. Denser seeds like almonds and chickpeas can be sprouted as well but require a more controlled environment and different soaking time.

Grow a garden if you have the land. As of the writing of this document, many parts of the world are experiencing supply chain interruptions and food shortages. It is becoming more and more important to be as self-sufficient as possible. Learn how to take care of annual plants (re-seed them annually like spinach and tomatoes) and perennials like all trees (long term investment). When's the best time to plant a tree? 20 years ago. When's the second best time? Right now.

Eating Animals

Some people think that to build muscle, one must consume muscle. How do they explain the massively strong muscles that naturally equip horses and cows who eat grass, and gorillas who consume leaves, shoots, and fruit? Well, one could argue, we are not gorillas or horses, we are humans. However, we are much closer to those animals than natural carnivores like cats.

Look at the teeth and bodies of frugivores, then look at the teeth and bodies of carnivores.

Frugivores like monkeys have smaller mouths, chew their food with big, flattened incisors, flattened molars, and blunt canines, excrete alkaline saliva through large salivary glands, and pass their food through an intestinal tract that is 9 times their body length.

Carnivores like cats have large mouth openings, shear their food with sharp incisors, fangs, and blade shaped molars, excrete acidic saliva through small salivary glands, and pass food through an intestinal tract that is 1.5 - 3 times their body length.

In all anatomical respects listed above, humans align with frugivores exactly, and share none of the characteristics of the physiology of a carnivore. Humans are incapable of killing, tearing, and consuming raw prey with their natural biological equipment.

Humans don't naturally desire to trap, kill, butcher, and eat animals unless we are in a situation where that is required for survival. The fact that we don't even want to see an animal bludgeoned to death is at odds with the way we gladly pay others to do it for us.

Factory Farming

Globally, roughly 50 billion land animals are factory farmed (kept as tortured slaves and slaughtered) every year. There is no tally for fish.

“Farms” that advertise to be committed to the well-being and humane treatment of their animals are often engaged in the most brutal treatment of animals in the worst conditions imaginable. *99% of meat produced in the US is factory farmed.*

Waste from factory animal farms is completely toxic. The runoff creates dead zones in surrounding land and bodies of water. Modern animal agriculture is responsible for 15% of global greenhouse gas emissions.

Food grown for animals with intense use of fertilizers and pesticides creates massive environmental destruction, loss of biodiversity, loss of water resources, and deforestation. The feed is not biologically appropriate for the animals, causing the animals to get sick and require antibiotics and other drugs. The animal pharmaceutical market exceeds \$10B per year.

It's easy to overlook the horrors of the meat industry because 1) meat sold in the grocery store and restaurants is marketed with friendly packaging, 2) our sense of taste says it's good, and 3) maybe you've never been exposed to the reality of meat production. Watch the film *Earthlings* to see the truth of what is behind the animal industry..

Not only is there an ethical problem to eating meat, but it causes more health issues than we may realize. Excess protein and fat (not to mention the additives, preservatives, antibiotics, etc) in our diet creates overburdened, acidic, constipated conditions in the body. So what can we do about all this injustice, corruption, and disease? Simple. Withdraw your support from the industry at any time.

Conclusion

Ironically, the richest, most developed country has the sickest population. Is industrialization the cause?

The average American is overfed but under nourished, overworked and under slept. Big industry shapes public perception and policy, and sells us synthetic drugs to fix the problems they caused. Since processed food and toxic lifestyles are the norm we must radically shift away from this lifestyle if we want to change our conditions.

The first step toward this is to be aware of your conditions. Take stock of the types of food you regularly eat, and listen to your body, the intelligent healer it is.

Reduce the toxic burden on your body by fasting, and replace cooked, processed food with raw, fresh fruits and vegetables, especially for your first meal or two of the day.

Buy directly from local farms and grow your own food. Relying on the system that profits from our disease and ignorance is not advisable. Cut back on animal products then eliminate them altogether.

Breathe properly, exercise, and try some different conscious breathing techniques. Breath is the most constant and important thing in life. Drink lots of clean, pure water, but remember to get most of your water from fruit.

As always, transition slowly. This is your journey and you will walk a path unique to others. Don't take my word on any of this information either; follow up and read more.

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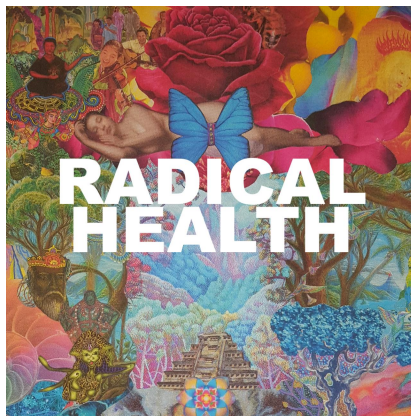
Facebook groups: *Terrain Model Refutes Germ Theory*

The Hygienic Human Diet

Low Fat Raw Vegan Fruitarians

For in-depth conversations on the subjects of Radical Health, listen to the
Radical Health Podcast
on Spotify, Apple Podcasts, Audible, Stitcher, and YouTube

- Ep. 001: Terrain Model with Lauren Whiteman
- Ep. 002: Returning to Nature with Dan de Lion
- Ep. 003: The Mucusless Diet Healing System with Brother Air
- Ep. 004: Dog Nutrition with Nora Lenz
- Ep. 005: Orgone Energy with David Lawrence
- Ep. 006: Addiction Recovery with Andy
- Ep. 007: Finding the Hygienic Human Diet with Alexandra Kenny
- Ep. 008: Spiritual Practice with David Moore
- Ep. 009: Sound Healing with Meg Ruby
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