

Notes from the Tanglewood Fasting Center

Q&A with Loren Lockman

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Learn more at tanglewoodwellnesscenter.com
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This is not medical advice.

FASTING BASICS

Water

Hydration needs and capacity will increase over the course of a long term fast. Most people start out at around 4 liters/day and increase up to 6 or so liters/day by the end of a 21 day fast.

Keep track of your water intake. Drink 1 pint/hour but sip slowly. The goal is to hit 4-6 liters per day (8-12 pints) but sip slowly: No more than 1 pint/hour. So roughly every minute, take a small sip (¼ oz).

Drink enough water! The body is incapable of detoxing without sufficient hydration. The people with the toughest times rehydrating are those who have dry fasted in their past.

The Standard American Diet (SAD) always builds old hard waste. This old internal waste is directly related to all diseases, and it must be rehydrated and eliminated. Drinking 4-6 L of water a day will rehydrate and help release plaque from the small intestines. Most all who follow this guidance about resting and water intake release pounds and pounds of mucoid plaque after a long term fast. It is common for some people to have 6-16 bowel movements per day following a long term fast, often releasing old, black, hard material that had built up over decades of inappropriate eating.

Water is the key. Some people don't release mucoid plaque after a fast but they are the ones who don't hydrate properly.

Continue to eat optimally and hydrate after the official process is over, and you may very likely release lots of old waste for months after. Everyone's situation is different and everyone has made different choices to affect their constitution.

Rest

If your goal is to be as healthy as possible, during a long-term fast you must rest as much as possible. All the energy saved by resting will be redirected to the internal healing process. Any time you choose to distract yourself with conversation, or by watching, listening to, or reading anything, you are not going to achieve the best results. To maximize benefit during fasting, rest with your eyes closed as much as possible.

Don't bathe any more than you need to, as it is energy intensive. Don't use toothpaste when brushing. Toothpaste is toxic, as written on the box: Do Not Swallow. Brush with water. Most floss is toxic too; use unflavored and untreated natural floss.

Fasting length

Most people see huge benefits for most conditions after 21 days. In general, the longer the better. Beyond 30 days there is a cost of recovery where significant muscle is lost and tough to rebuild. Beyond 30 days there are diminishing returns for very lean people and cancer patients.

Multiple Sclerosis, colitis, and Crohn's disease benefit most after 26 days.

A 32 day water fast has been shown to reverse paralysis.

For a rock guitar player, his 70% hearing loss was regained fully after a 42 day fast.

An obese man fasted for 4.5 months (!!!) which cleared up his stage 4 testicular cancer. This was the longest fast Loren ever supervised.

One lady had been eating raw vegan for the past 22 years, and still released decades of old waste after a long term fast. Old hard waste is not built with a raw vegan diet, so this example goes to show that eating optimally will not clean out old waste; for that fasting is necessary.

Short-term fasting

People who benefit most from 16/8 intermittent fasting are those who eat poorly. That 16 hour window allows one to detoxify and repair.

It doesn't make sense to fast 24 hours once a week because after ~18 hours the body begins to consume muscle. Many short fasts will cause you to lose muscle and not give you enough time to rebuild.

One Meal A Day (OMAD) is a practice where someone fasts for 22 hours and then eats one large meal within about two hours. OMAD doesn't make sense either because people tend to overeat during that one large meal which overstresses the digestive system. You have to eat more than what is comfortable in one sitting. There are food combining concerns as well; usually during that one meal people eat all sorts of foods that don't combine well together.

A more beneficial and balanced approach would be to bring down caloric intake but maintain a regular feeding schedule (2-3 meals a day).

A 2-10 day fast is infinitely more beneficial than lots of short term or intermittent fasts. Just eat less and eat optimally. What if we just eat when we're hungry?

"Instead of medicine, fast for a day." -Plutarch

Short term fasts may eliminate symptoms but long term fasts remove cause.

Contraindications

Fasting should not be undertaken while pregnant or breastfeeding, because detox will be heavier than usual and we don't want to pass on extra toxins to the baby.

Fasting should not be undertaken when using drugs of any kind - prescription or recreational. Exceptions to this would be insulin (a hormone) for Type 1 diabetics, or thyroid medication for those with low thyroid. Consult your doctor before ceasing or tapering off any medications. Those who are on prescription medications who want to fast must find out which medicines can be discontinued and which ones need extra time to wean oneself from.

Elimination

Squatting helps elimination. Sitting on the toilet creates curvature in the rectum, which makes evacuation more difficult. In the squatting position the rectum is straight and will allow for ease of elimination, especially if and when old hard stuff is trying to come out.

Why is it hard for the average person to squat? Lack of mobility in ankles and hips.

Enemas

Enemas are not recommended as they interrupt the body's processes in three ways. Artificially filling one's lower intestine with water and cleaning it out, especially regularly over time will 1) flush out beneficial bacteria, 2) alter the pH, and 3) weaken the muscles of the colon.

What kind of breathwork is appropriate during a fast?

Breathwork is important to the extent that someone needs it. It is important to not over-stimulate the nervous system during a fast, therefore intense breathing exercises (like the Wim Hof method to increase CO2 tolerance, for example) are not recommended. What we may want to practice is conscious breathing, or focusing on the breath. Make sure you are breathing through your nose, and taking belly breaths to utilize the deepest part of the lungs. Shallow breathing will reduce blood saturation and increase fight or flight response.

Why is fasting called fasting?

The word fast comes from an old English word meaning to hold in place (i.e. fasten).

FOOD

The average American gets 60% of their calories from ultra-processed food.

Is there any wonder why there's so much disease in humanity, especially among industrialized cultures?

Protein

At birth, humans are ~7 lbs, and at one year, approx. ~20 lbs. This first year of life is where the most growth is seen, the only time a human will triple in size within one year. What is the primary (and in some cases, the only) fuel needed to feed and sustain and promote growth of the baby? Breast milk. Breast milk is 2% protein! Why is modern man obsessed with getting more than 2% of their calories from protein? Excess protein is not needed during the stage at which we grow the fastest, and it's not needed as an adult.

"The science is clear: the more protein you consume, the quicker you age and die."

Species-appropriate food

All animals instinctively know what food is right for them. When a cow wakes up in a field of grass, she is surrounded by food that tastes delicious to her. Cows are not confused about what to eat. Cats are not confused or conflicted about eating smaller animals like birds, rodents, and lizards. Humans are conflicted and will argue to no end about what they believe is the right food to eat, whereas some will maintain that every human is different and we all require different foods based on our constitution.

In reality, all human digestive systems are the same. We may have different energy requirements but for all humans, the primary nutrients and substances needed are: water, fiber, minerals (electrolytes), and sugar. A variety of fresh, ripe fruits contains all of these substances in the perfect proportions and serving sizes needed by humans.

Sweet fruits are the easiest foods to harvest from the earth, and are delicious without processing them in any way. All other foods need to be processed, cooked, seasoned, or combined to taste good.

Animal foods like meat, dairy, and eggs, cause problems because they are too high in protein and fat, and are cooked and salted. They are mucus- and acid-forming foods, and digest very slowly. Animal products in the diet are directly linked to higher incidences of heart disease, cancer, diabetes, and early death.

Ethically speaking, eating animals is not sustainable. It would be one thing if we had to eat animals to survive, or if we were programmed like cats to hunt and kill other animals, but how is killing an animal justified when 1) we don't need to and 2) eating them is actually harmful to us?

If you want to live in a world of peace, we have to stop creating violence.

Raw, tender leaves like lettuces are also part of the ideal human diet as they are rich in water, fiber, and minerals, and they are not toxic. Lettuce is relatively high in protein compared to fruits.

Is a fruit-based diet too high in sugar?

No. Sugars in fruits are the perfect fuel for the human body.

Glycemic Index vs. Glycemic Load

Glycemic index (GI) of a particular food is the rate at which a food makes its carbohydrates available to the body, and is represented by a number from 0-100. Think of it as the speed of digestibility of the carbs within a food. Anything over 70 is considered "high." White sugar and white bread both have a GI of 100. The GI of watermelon is ~80.

Fruits do rank high on the Glycemic Index scale, but the index is not as important as the Glycemic Load (GL). The GL is the GI multiplied by the percentage of that food's sugar content (S). In equation form, $GL = GI \times S$

Since watermelon is 93% water by weight, then it has to be less than 7% sugars, because 93% is already accounted for by water. According to mainstream sources, watermelon = ~6.2% sugar (S=.062) by weight.

Plug the variables for watermelon into the equation $GI \times S = GL$

$80 \times .062 = 4.96$ // The Glycemic Load of watermelon is roughly 5.

Anything between 1-10 on the GL load scale is considered Low, meaning watermelon has a low Glycemic Load. Watermelon will not spike your blood sugar or insulin unless you have lots of undigested fats or waste in your system. Many type 1 and 2 diabetics thrive eating melons for breakfast. Improper combining may result in discomfort from fermentation, gas, and bloating. Given the low GL of watermelon, the number becomes even less significant when considering how long it takes to consume a large serving of fruit. Eating a whole meal of watermelon sometimes takes 45 minutes, naturally delaying the absorption of sugar into the bloodstream.

Glycemic Load is predictive of how much blood sugar will go up. Driving up blood sugar with high-GL foods spikes insulin, which creates problems in the body. Removing the fiber of fruits and vegetables by juicing, removing water by dehydrating, and consuming juices or smoothies too quickly, all increase the GL of given foods. Eat foods in their whole, unprocessed form as much as possible.

Low-GL fruits: apples, oranges, melons (high water content) Eat liberally

Medium-low GL: pineapple, mango

Moderate GL: Banana, durian, sapote (sweet fruits with low water content). Eat moderately.

Medium-high GL: Bread

High GL: Dates, all dried fruits (extra low water content). Eat sparingly.

Food combining

The best combo is no combo. Animals in nature eat one thing at a time. Monomeals are always best, as they guarantee the best digestion.

Food combining categories:

Melons: watermelon, honey dew, cantaloupe, etc.

Acid Fruits: all citrus, pineapple, strawberries, tomatoes, etc (higher acid content)

Sub-Acid Fruits: papaya, mango, apples, peaches, etc (moderate and low acid content)

Sweet fruits: durian, banana, jackfruit, breadfruit, eggfruit, etc. (little to no acid content)

Greens: lettuce, cucumber, pepper, microgreens, etc. (low acids and low sugars)

Melons digest the quickest of any food, therefore they must be eaten alone, on an empty stomach, as they will ferment when ingested with other foods.

Theoretically, acid fruits combine well with other acid fruits, just like all sub-acid combine with other sub-acid, and all sweet fruits combine with other sweet fruits, but in reality it depends on the composition of each fruit. Families of fruits combine best with each other, for example all citrus combine best with other citrus, just like all stone fruits with other stone fruits.

As a banana ripens, its own enzymes pre-digest its starches into sugars, proteins into amino acids, and fats into fatty acids. When a fruit is ripe, we get access to its full nutritional profile.

Lettuce combines well with every fruit except melons, which again, are always to be eaten alone. Michael Gregor of nutritionfacts.org says 2-3 heads of lettuce is too much protein for one person in one day. One head of lettuce per day is enough.

Lettuce is 50% protein. Lettuce adds minerals for building.

All electrolytes are minerals, but not all minerals are electrolytes.

Be careful how you interpret studies - don't let others with an agenda interpret for you.

Listen to your body - it may tell you when to eat certain foods. Don't exceed the body's needs.

It's the things you do consistently that determine your results.

Most plants and plant parts are toxic, but plants make fruit to distribute its seeds, which is why they are sweet. Not all fruits are sweet, however. Olives are disgusting off the tree, even when ripe. Some birds eat olives and other fruits that are toxic to humans.

Are vegetables the powerhouses of nutrition?

No. While veggies have abundant nutrients, the nutrients are not bioavailable. Cooking vegetables may "unlock" nutrients, but it also creates toxins and destroys nutrients. Raw vegetables (like cauliflower, cabbage, carrots, and beets) are hard to digest and often too starchy.

Vitamin A is created from carotenes. Yes it is true that many vegetables are abundant in vitamins like carotenes, but do the vitamins in non-fruit vegetables assimilate properly? No; the vitamins in fresh fruits are roughly 4x more assimilable than cooked or raw vegetables.

Most squashes are too starchy and do not digest well.

Fresh peas and corn are high in water and sugar, but get drier and starchier over time after they are harvested. Most commercially sold peas and corn are past the stage where they can be enjoyed fresh. If you want to eat fresh peas and corn, purchase them toward the beginning of the season from local growers.

Cooked food

Cooking food 1) destroys nutrients and 2) creates toxic compounds. The higher the heat used in cooking, the more nutrients lost and the more toxins created.

All animals get sick eating cooked food.

Leukocytosis is a response by the body that occurs when the body is injured, resulting in a deployment of white blood cells to assist the injured area. As demonstrated in a landmark study by Paul Kouchakoff, digestive leukocytosis is the white blood cell response which only happens after eating cooked food, and which does not happen when consuming raw food. What does that imply? You're injuring yourself every time you eat cooked food.

Which cooked foods digest best? Steamed vegetables and cooked root vegetables.

Potatoes, onions, garlic, carrots, etc. are roots. Most vegetables must be uprooted and the whole plant destroyed to be harvested, whereas fruits are regenerative. In other words, fruit trees are perennials and stay alive producing year after year. The fruit tree is not damaged or killed when fruit is harvested from it. In fact, fruit trees thrive and survive from their symbiotic relationship with humans. More on Symbiosis in the PERMACULTURE section.

Salt, cheese, and protein

Salt is dehydrating, it raises blood pressure, and causes edema (dilution of an area of the body to flush out excess salt and acids).

Cheese is the most addictive substance known to man. Why? Milk contains certain chemicals (lactomorphines) that make baby mammals feel good and happy, which is for the benefit of the species. Those chemicals are then ultra-concentrated when milk is curdled and strained into cheese. Cheese is high in both fat and salt, making it far from an ideal food for humans. Furthermore, cheese is usually made from pasteurized (cooked) milk, destroying its living enzymes that help break down fatty acids like lactose.

Consuming excess concentrated protein creates highly acidic conditions in the body, dehydrating and hardening vessels and organs of the body. There is enough science demonstrating the more protein you eat, the sooner you die.

The continuum of food choices:

^ Most compatible with the human body

Optimal Raw Vegan Diet (ORVD)

High Raw Vegan

Whole food Vegan

Whole food Vegetarian

Macrobiotic

Paleo

Keto/Carnivore

Standard American Diet

Eating highly processed food 3+ meals a day

v Least compatible with humans.

The more processed the food (the lower on the continuum) eaten over time, the more waste builds up in one's body. Old internal waste is directly related to all diseases.

What is your goal? If your goal is to be as healthy as possible, then 100% ORVD is your standard.

The macrobiotic diet philosophy is focused on whole foods, all cooked grains, veggies, and beans, excluding meat and dairy, and eating in moderation.

Transitioning from eating the Standard American Diet to the Macrobiotic diet is objectively an improvement, because processed food and acid-forming meat and dairy have been removed.

This is why people see improvement switching to carnivore diet from SAD, because they stopped eating over-processed food and started eating more simple, whole foods. It is objectively an improvement (moving up the continuum).

Should we eat only organic fruits?

Yes, eating and buying organic is always best. Not only are non-organic fruits likely carrying a higher load of toxic pesticides and fertilizers, but every purchase of non-organic fruit is a vote for the destruction of the soil and the environment. While it's not always transparent how clean and healthy fruits labeled organic are, there's a much higher chance they are of superior quality.

If you can't buy everything organic, try to avoid non-organic peaches, grapes, apples, and berries, as they are heavily sprayed. (See the dirty dozen list of produce).

What about frozen and blended fruit?

Fruits lose their nutritional content when frozen because water expands when it freezes, breaking the cell membranes and oxidizing the fruits, decimating the vitamin content. Blending does the same thing: rips apart the cell walls, exposing a large surface area to oxygen. A study on crushed tomatoes shows that a majority of the vitamin C content of the fresh tomatoes was destroyed within minutes of being exposed to air.

Freezing and blending lowers the nutritional content of the fruit, but it is still a better option than cooked food.

Nuts and seeds

Most nuts sold commercially are pasteurized (cooked), which forms toxic compounds and destroys the living enzymes, significantly decreasing the quality of the nut. Therefore, commercial cashews, almonds, peanuts, and other nuts marketed as “raw” are not in fact raw, and not suitable for the Optimal Raw Vegan Diet.

If possible, buy nuts and seeds in bulk from an organic farm that doesn't use pasteurization. Sourcing nuts in their shells and shelling them personally will guarantee higher quality and may force you to eat slower, which means less over more time.

Most nuts/seeds are at least 50% fat so eat sparingly.

Fats can make you insulin resistant, so eating fats with sweet fruits can cause issues. Acid fruits make the best salad dressings (especially when salad contains fats). Sub acid fruits are next best.

Soak nuts and seeds to remove enzyme inhibitors.

What makes nuts different from fatty fruits (like avocado or coconut) is that when fatty fruits ripen, enzymes convert their starches into sugars and fats into fatty acids, whereas in nuts, there is no such ripening process. The starches and fats remain, with fewer sugars and amino acids in relation.

How do we get quality coconuts if we don't live in the tropics?

Young Thai coconuts and peeled coconuts (small brown ones) must be kept refrigerated. If sold in stores, they may have been sitting at room temperature for weeks, causing them to go rancid. Only buy fresh coconuts if they have been kept refrigerated. If necessary, speak to the produce manager at the market and ask about how and from where they ship their coconuts.

REFEEDING

Foods that belong in our bodies are full of fiber and water. Any food that does not have these qualities is problematic. Fresh, watery tropical fruits, uncombined, are the best foods for humans after a fast and always.

Listen to your body

Listen to your body in the moment to decide what to have first when breaking the fast. In fact, do this every meal. Don't over-intellectualize your food choices. Don't plan out a menu for the day, listen to what your body wants, within bounds, and choose that.

Refeeding basics

After our 21 day fast, we were offered coconut water, watermelon, and papaya for the first two or three days (and every day) of refeeding. A few days into refeeding, the menu expanded to include pineapple, oranges, soursop, rambutan, and mango. Every meal was a mono meal until day five when we could add a bowl of lettuce to the side of a fruit meal.

On day 7 we introduced salad as an option for the last meal of the day. If you wanted everything it included: lettuce, cucumber, tomato, pepper, avocado, and a blended sauce of either mango, pineapple, papaya, or tomato.

Serving sizes began at 2 oz per meal and 5 meals/day the first day, followed by 4 oz per meal the second day with 5 meals that day, then each successive day increasing servings by 4 oz, and beginning a new pattern of four meals a day. In other words, portions started out very small, and grew to be substantial by the end of the 7 day refeeding.

Water

The need for water doesn't change once refeeding, however there will be less time to get it in. Hydration is the most important metric. Keep sipping water all day, except around meals.

Don't dilute your digestive juices by drinking while you eat. Stop drinking 15 minutes before a meal and wait 30 minutes until after you are done eating to sip water again.

Once the old waste is out of the body, the need for water goes way down, provided you stick to eating primarily hydrating fruits.

Going slow when refeeding is crucial. There are stories of people dying after making harmful refeeding choices; breaking one's fast with dehydrating foods such as dates or bread can lead to serious injury. Fats are harder to digest, so break your fast and continue refeeding with low-fat, high water content fruits. Avoid fats until digestion has regained its normalcy.

Hass avocado is up to 85% fat (by calories) and 80% water (by weight).

Lipase is a fat digesting enzyme. -ase usually means enzyme.

Nuts don't digest as well as fatty fruits because they don't predigest or break down like fruits do.

HEALTH BASICS

Creating health

Loren's 7 keys to optimal health:

1. Environment
2. Sunlight
3. Rest and Sleep
4. Optimal Diet
5. Exercise and Activity
6. Emotional Poise
7. Fasting

Creating disease

Loren's three main causes of disease (an evolution of JH Tilden's ideas presented in the book *Toxemia Explained*):

1. Toxemia (toxins in the bloodstream)
2. Enervation (spending too much nerve energy)
3. Dehydration (not enough water to flush out toxins and support basic organ function)

Hydration

You'll never get truly hydrated if you don't fast out the old hard waste.

Clean water is important! Non-polluted spring water from a natural spring or spring water sold in a glass bottle is ideal. Reverse Osmosis water is okay. Avoid plastic bottles. Pure distilled water is processed and not "natural," but is a safer alternative to municipal tap water.

We should get a significant amount of water and minerals from fruits and leaves. Organic minerals come from plants. Inorganic minerals do not come from plants and are not usable by the body.

Energy

Humans don't run on food, we run on micro-electric current which is recharged at night. Food is like gasoline for a car. If you put gas in the car, will it run? Not necessarily - it's the electric action of the spark-plug that ignites the gasoline in the engine. The car runs off electricity, just like our bodies. Our bodies act upon the food ingested, through an intrinsic and electric life force.

Why does eating make us feel energized?

- 1) Because eating food turns on our digestive system, which in turn stops the detox process.
- 2) Because sugar enters the bloodstream.
- 3) Because food can stimulate us emotionally.

It's the presence of toxins in your bloodstream that makes you feel tired, weak, and irritable when fasting.

Metabolism

A lot of people want a higher metabolism so they can eat more and not gain weight. However, having a higher metabolism is actually much less efficient, and will result in health problems sooner down the road.

Do you drive a car? Consider how many miles per gallon your car gets. Maybe it's an SUV and it gets 20 miles to the gallon. If that same vehicle only got 10 miles to the gallon, you would have to put greater amounts of gas in it for the same output (higher metabolism), and it would be way less efficient as a machine. Wouldn't you rather go further with less fuel?

You don't need a higher metabolism! What we want is calorie restriction. We want efficiency.

Animals with slow metabolisms live longer, and animals with the fastest metabolisms burn out and die sooner.

Hummingbirds flap their wings 70 times per second, and they eat their weight in food per day. Relative to their size, they eat a lot of food and produce a lot of energy. In other words, they have a very high metabolism. Hummingbirds also have the shortest lifespan of any bird, at 3-5 years.

If our goal is longevity, then we want a slow metabolism and to eat less. That way our limited daily energy can be better used.

Oral Hygiene

Teeth will remineralize eating the species appropriate diet.

Chemical fluoride toothpaste is toxic. Most floss is toxic.

Acid fruits clean plaque off teeth better than brushing. Why? Because acids wear off a miniscule layer of enamel which carries the plaque. It takes ~3 hrs for enamel to regrow, so don't eat acid fruits again within three hours. Don't graze all day because you're not giving your teeth a chance to regrow its enamel.

Diet

There are no magic bullets to achieve health. We must support the body with optimal conditions. Make excellent choices.

Diet is just a tool. Don't be committed to a tool, commit to optimal health. Be open to upgrading your tools when new ones come to light. Before you change, make sure you at least have a better tool than what you were using before.

DETOX EVENTS

Detox symptoms

All symptoms are evidence your body is cleansing or healing. Most people are focused on clearing symptoms, whereas true healing is found in the removal of cause.

How to tell if you need to fast to heal any latent dis-ease? Fast for 3-5 days and if symptoms arise, you're still detoxing. People whose systems are pristine should show no symptoms of discomfort 4 days into a fast.

Fasting only feels bad when you're detoxing. Colds and flus are detox symptoms which actually cleanse the body of toxins and waste. The body is infinitely intelligent and will do what it needs to do. It will never detox too fast though it might feel that way sometimes.

Never getting sick isn't necessarily a good thing because it may likely indicate that your body doesn't have enough energy (vitality) to cleanse itself. Vitality lowers when toxicity increases.

Detox lies at the intersection of vitality and toxicity.

Rashes are a fairly common symptom when detoxing. The "keto rash" shows up on people's torso and back and usually takes a couple weeks to clear up.

The body is incapable of detoxing without sufficient hydration. Dry fasting is dehydrating and very dangerous.

People get intrigued by dry fasting because with it, people are able to make their symptoms go away. But inflammation is a healing process. Remission of symptoms does not equal healing.

Cancer is caused by the concurrence of heavy toxic load and poor immune function.

EMOTIONS

Boredom is your ego screaming at you to distract yourself so that you can suppress your emotions. We usually make poor choices to suppress our emotions.

You must be able to sit with your emotions and process them. Feel your emotion so you can let them go. We must heal the emotional disease.

Addictions are toxic cravings.

Don't say "my" ailments. Do not be attached to a label or a set of symptoms. Visualize health and success and the life you want to live.

Fear prevents us from living the life we want. You can create anything you choose to if you stop letting fear drive and control you. Live the life you want to live.

Bravery isn't the absence of fear, it's action in the face of fear.

Serenity prayer:

"Grant to us the serenity of mind to accept that which cannot be changed; courage to change that which can be changed, and wisdom to know the one from the other."

Don't worry about other people and what they think of you because 1) there's a high chance you're actually wrong in your assessment or interpretation, and 2) what other people think of you is none of your business.

Mark Twain said, "most of the worst things in my life never happened."

Do you have impostor syndrome? Are you doing something you're not fully confident or necessarily qualified in, in a field where others are excelling and performing at a high level? Don't feel bad about it. Remember, "in the land of the blind, the one eyed man is king." You don't have to know everything to be successful at something. Learn as you go and always focus on getting better with the tools you have. Upgrade your tools when better ones present themselves.

Question everything, especially your own thoughts. What evidence do you have for this or that belief?

Exercise to shift your focus: Every morning right after you wake up, write down three things you're grateful for. Read the gratitude journal from the beginning before each new writing, and come up with new things to be grateful for each time.

If you're stuck in victim mentality, good luck achieving what you want.

Dealing with loss

Most of the time we are not very good at judging events in our life as they occur. What happens a lot is we think we are in a bad situation but later it turns out to have amazing unforeseen benefits. We need to stop pretending that things which we initially react negatively to are bad. A loss could be the best thing to ever happen to you. Perceived losses often turn out to be blessings in disguise.

People tend to freak out with change. In the case of a break in relationships it is often that we are still relying on external validation to make us feel happy. Validation must come from within.

You don't grow in your comfort zone; it's okay to be uncomfortable! If you feel sad or angry, it's because you have a need that is not getting met or because you have a belief that is untrue.

Books on human psychology, sociology, emotion, and spirituality:

The Landmark Forum (landmarkworldwide.com)

Man's Search for Meaning (1946) by Viktor Frankl

Radical Honesty (1994) by Brad Blanton

Nonviolent Communication (1999) by Marshall Rosenberg

Power vs. Force (1994) by David Hawkins

Conversations with God vol. 1 (1995) by Neale Walsch

Ishmael (1992) and My Ishmael (1997) by Daniel Quinn

The Bhagavad Gita (~100 CE) by Krishna Dvaipayana

Love Without Conditions (1994) by Paul Ferrini

The Four Agreements (1997) by Don Miguel Ruiz

COMMUNICATION

Difficult situations with community revolving around eating habits:

- Eating out at restaurants
- Celebrations (weddings, birthdays, etc)
- Eating something different than everyone else at home
- Judgement from friends and family
- Neighbors watching your kids
- Being offered and then turning down traditional/cultural food

When we get anxious about people judging our decisions, it's because we are seeking validation. Be yourself and don't seek external validation.

Your job is not to make people feel good, your job is to be yourself.

"What people think of me is none of my business."

Confidence in your food choices is important. When do dogs attack? When they smell fear and when you are not dominant. If you are confident and unmovable in your food/health choices, there will be less judgement.

Masks by Shel Silverstein

"She had blue skin / And so did he.
He kept it hid / And so did she.
They searched for blue / Their whole life through.
Then passed right by— And never knew."

Be confident in your well-informed choices. Fly your flag. Get to the place where you don't care what people think of you. You will end up attracting the things and people you want in your life.

Don't try to force people to understand anything. The best way to influence is to lead by example. "Be the change you want to see in the world."

If you sense a person has no time, energy, or interest in a debate, DON'T ARGUE, and send no judgement back. Use simple phrases like "thanks for your opinion" and leave it alone. If people are interested and ask questions, this is when it's appropriate to expound on your ideas and experiences. Offer the information as a gift, and only when the receiving party is interested.

Friends who are sick

It may be tempting to offer suggestions to a friend who opens up about their health struggles, but that friend may not be open to your suggestions. Ways you can help them include showing compassion and asking questions. "I'm sorry to hear that. What are you going to do?"

If you think you can help someone, consider asking, “Are you open to other options?” or “Do you want my advice?” and they will tell you if it’s okay to share your opinion.

When offered some food you don’t want

Be as kind and loving as possible. “Thank you for that beautiful gesture.” or “Thank you, that is so kind of you.” Then simply tell them you don’t eat that.

You must get clear about what your boundaries are. What will you not eat?

Teaching your kids

Be the example, educate them, let them make their own decisions, let them make mistakes. Most importantly, lead by example; children learn through observing and mimicking.

Going out

If you’re going to a celebration like a wedding or a party, where you’re not sure if there will be food you want to eat, don’t go hungry. Bring a bag of fruit with you for when you do get hungry, something easy like oranges or apples.

If you’re tempted to eat food you don’t want at a gathering, don’t hang out by the food table. Move to another area of the party so the temptation is not as strong.

Dinner invitation

When invited to dinner, start by responding, “I’d love to spend the evening with you.” Then explain, “I don’t mean to be difficult, but I only eat fruit and simple salads. Can I bring a salad for everyone?” or “can I bring some fruit for myself? Is that okay?”

Be honest. Be tactful but not dishonest.

Addressing people making bogus claims about health

You must find out if the person is actually open to new information. Gauge how open someone is first. If they do not seem open, don’t waste your time engaging with them.

It may well be the people closest to you who want to listen the least to what you have to say. If you want to spread a message you must take it to new people who want to hear your information.

“Sometimes you have to leave your village to become a prophet.” -Jesus

Nonviolent communication

NVC offers a framework to communicate honestly and effectively, which includes in large part these four steps:

- 1) Observation of a situation.
- 2) Sharing of one’s feelings (true feelings, NOT thoughts).
- 3) Statement of one’s needs.
- 4) A request to the other party (must be time bound and observable).

Make sure to distinguish feelings from thoughts! What we think someone else is doing is not a feeling or emotion; it is a thought. Properly distinguishing feelings from thoughts will help us avoid miscommunication.

Unmet needs and false beliefs are what trigger “bad” emotions. All needs are universal. “Needing” a particular person is actually a strategy to meet a need, and is not the need itself. We must get good at making requests to fulfill the strategy in a particular way. The request must be time limited and observable. Express the feeling, the need, and make a request. The other party can say no.

Violent communication is when you make someone else responsible for how you feel. Responsibility = ability to respond (NOT react). No matter what, we always choose how to respond. While all feelings are valid, remember that you alone are responsible for how you feel.

“Demands are life alienating.” -Marshall Rosenberg

Be a cause rather than an effect.

BLOOD

At the fasting center, blood pressure and other vitals are taken early in the day, right after you wake up, while you are at your weakest and most dehydrated. This is done on purpose to track the low range of vital readings, where warning signs would present themselves should they arise. For an accurate resting Blood Pressure reading, you are to sit down and rest for 30 minutes after weighing in and immediately before BP is taken. Rest means not engaging in conversations, games, books, audio, internet, etc.

Blood pressure (BP) is measured with two numbers, the systolic over the diastolic.

Systolic (S) = pressure in the blood when it's beating

Diastolic (D) = pressure of the blood between beats.

The Spread = $S - D$.

Blood pressure is reflective of blood volume. Blood volume is reflective of hydration. Blood is 92% water.

The mainstream "normal" blood pressure average is 120/80.

Loren purports a healthy systolic pressure should really be between 90 and 110.

At $S=120$, a 50 point spread is more ideal. 120/70 is the baseline of Loren's model of BP spread. For every three points above or below 120 in the systolic, the "ideal spread" should increase or decrease by 1 point respectively.

Ideal spread = $50 - [(120-S) / 3]$

If your systolic pressure is 108, what would your ideal spread be? Since 108 is a 12 point difference from 120, therefore there would be a 4 point difference in spread from 50. 46 would be the new ideal spread.

Your actual spread compared to your ideal spread is the Spread Differential. We are looking at the spread differential daily to see if it is getting smaller. It should go down as we rehydrate the body.

SUPPLEMENTS AND VITAMIN B12

Supplements are harmful because they are processed, denatured, and not bioavailable.

In a large scale, randomized, double blind, placebo controlled study in Finland with thousands of male smokers, the effect of beta-carotene and Vitamin E supplementation on lung cancer incidence was studied. From the abstract, “Epidemiologic evidence indicates that diets high in carotenoid-rich fruits and vegetables, as well as high serum levels of vitamin E (alpha-tocopherol) and beta carotene, are associated with a reduced risk of lung cancer... We found no reduction in the incidence of lung cancer among male smokers after five to eight years of dietary supplementation with alpha-tocopherol or beta carotene. In fact, this trial raises the possibility that these supplements may actually have harmful as well as beneficial effects.”

Supplements are adding to our toxic burden and harming us in the long term.

The central atom in chlorophyll is magnesium. People think they need magnesium supplementation. Get magnesium from avocado, banana, kiwi, papaya, and berries.

Vitamin B12

If you wanted to measure the number of children who attended a specific school on a given day, would it be accurate to count the number of children that got onto the school buses, and use that number to tell you how many children attended school that day?

No, because kids from the bus can choose to skip school after they get off the bus, and kids can show up to school from other means besides the bus. Just like in the analogy, blood serum B12 tests are inaccurate. Presence of B12 in a sample of blood (pre-assimilated B-12), does not reflect presence in the large intestine where actual B12 production and absorption takes place.

Almost everyone is deficient in B12, not just vegans. Why can't people absorb B12? Most likely it's a malabsorption issue. The gut biome has trillions of bacteria, weighing about three pounds total. We can only absorb the B12 they produce if our intestines are clean of old hard waste.

B12 is attached to protein, and must be cleaved by stomach acid. B12 comes from the food we eat and will reach healthy levels when optimum nutrition is maintained.

People take algae and seaweeds like chlorella and spirulina because of their touted “analogous B12 compound” but is that a good way to increase true B12 absorption? No. The B12 analogues are similar to true B12 but are not the same, so the analogues will occupy the B12 receptor sites, blocking proper absorption of actual B12.

PERMACULTURE

Books and resources:

Permaculture: A Designer's Manual (1988) by Bill Mollison (permaculture pioneer)

The One-Straw Revolution (1975) by Masanobu Fukuoka

Mad Cowboy (1998) by Howard Lyman

The Humanure Handbook (1994) by Joseph Jenkins

Permanent culture = permaculture

Permaculture vs commercial agriculture

Defenders of carnism will argue that vegetable agriculture kills animals, which is partially true in the case of large scale monoculture vegetable production. However, this death count is far less compared to the actual direct production of animals. Permaculture is completely different and has a much more sustainable, protective effect on the ecosystem. The goal of permaculture is to harmonize with the ecosystem.

Commercial, chemical agriculture creates dead zones and kills off the surrounding land, animals, and plants. Monocultures (acres of one crop) destroy land because they take mostly one nutrient and don't give a diversity back, and are sprayed heavily with synthetic fertilizers and pesticides necessary because of the imbalance of natural biodiversity.

In permaculture, a variety of plants that mutually support each other are planted together.

Fruit trees require lots of nitrogen, so planting leguminous plants among the trees is beneficial, as legumes return nitrogen to the soil (nitrogen-fixing). Manee vines (peanut grass) are planted for their nitrogen-fixing behavior, as are bush peas, ice cream bean tree, and blackwood trees. They take nitrogen from the air and bring it into the soil.

Ground cover keeps soil moist longer, establishes biodiversity, and contributes to a diversity of nutrients in the soil.

Other companion plants: Basil and tomato, marigold and tomato.

“Chop and drop” is the practice of cutting the ground cover and dropping the dead leaves right on the ground above the roots of a tree, acting as a compost fertilizer when the leaves break down and offer their mineral nutrients to the soil.

Trees maintain a balance in size between the root system and the canopy system. If you trim the branches of a tree, the root system will actually fall back, killing off the ends of the roots, feeding the soil with a form of root compost. .

There are lots of frogs at Tanglewood. Lots of frogs in your area is a good thing because frogs are more sensitive to the environment, and will die off quickly when the environment is unfavorable.

Swales are ditches that maintain contour with the elevation, which helps keep water locally in the ground. As the soil improves, water infiltrates quicker into the ground after the rain.

Because of the system of swales, Tanglewood holds 40-50,000 gallons of water on the property, almost every day of the rainy season. Once the system of swales is established, you don't have to worry about fruit trees during the dry season. Swales are used in the deserts of California.

Plant fruit trees along swales on the downhill side. Swales vary from 3-15 meters apart. In Israel, they plant fruit trees directly in the swale because it's desert. Ground cover is still planted in swales as well.

Banana circles are specialized swales. A conical hole is dug in the ground, about 2 meters wide, around which roughly five banana trees are planted. Inside the hole, food scrap compost is thrown. The banana circles collect water and fertilize the roots of the banana tree directly.

Costa Rica

Greenhouses are used to grow lettuce in Costa Rica for protection against the elements.

Many Costa Rican fruits are native to Asia. Strict permaculture says to plant as native as possible. Central America and Southeast Asia have similar climates, so many crops do well in both locations.

Costa Rica produces a lot of coffee, oranges, and cattle. Mamey Sapote is native to Central America.

Oranges are subtropical fruits, so in a tropical region like Costa Rica, oranges prefer higher elevation where it's cooler. Mangoes are happier at sea level where it's warmer, because they are tropical fruits.

September and October are the rainiest months in Costa Rica. December is the most beautiful time of year in Costa Rica, because it's the first dry month after the fall rainy season, so all the cloudless sun feeds the plants which already have plenty of ground water, resulting in beautiful green growth, and it's not too hot yet.

Symbiosis

A symbiotic relationship is two species mutually benefiting each other in two different ways. For example, pollinators (like bees, moths, and some birds) want nectar from flowers, and flowers want to disperse their pollen. When pollinators go to eat the nectar from a flower, they unintentionally get covered with pollen, and end up bringing it to other flowers, pollinating them. (Pollinators are disappearing and that's a bad thing.)

Fruit trees have a symbiotic relationship with many animals, especially humans. To ensure the survival of their species, fruit trees want their seeds dispersed by animals. Humans and animals take the fruits which contain seeds and disperse them far from the tree.

Trees have seed-delivery devices to propagate seeds elsewhere. New trees can't grow directly under older ones, so seeds must be dispersed far away. For example, maple trees have seeds encased in propellers that float away from the tree when they fall off. Cottonwood trees have light floating puffs that can travel long distances in the wind. Fruit is probably one of the most successful seed delivery devices. If animals eat the fruit, go somewhere else and poop out the seeds, the tree has a high chance of propagating.

Nut trees use a different strategy. Nut trees employ squirrels and chipmunks to plant trees. Squirrels take nuts, bury them, and then dig most of them up over time to eat them. The ones that don't get dug up become trees. Do squirrels bury the nuts to sprout them?

Leave the highest mangoes for the birds and the monkeys.
Animals add fertilizer around trees.

Nature is perfect.