

# **"My Raw Food Diet Cure and Secrets!"**

**by Helen Hecker R.N.**

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## My Experience Prior to Raw Foods

First of all I want to share with you my experience in 1999. For years I had been eating the standard American diet just like everyone else I knew. I tried to eat healthy, or what I thought was healthy but was really ignorant about what was really healthy.

At that time, the emphasis on a healthy diet was nothing like it is today. Today there is much more emphasis on a healthy diet, but then, you didn't read about it like you do now. I would go into grocery store produce sections and buy very little produce. I remember wondering even what organic really meant and if it made any difference but didn't really check it out.

People around me thought I was a healthy eater and often commented on this. However when I look back I knew that wasn't the case. I would occasionally eat a very small soup bowl of iceberg lettuce and a little bit of tomato and during the day would eat a banana. My healthy eating! I would make a soup full of veggies and pasta and boil all the nutrients out of it. In between I would munch on Good and Plenty candies I kept in my desk drawer in my office and other snacks including Hostess cupcakes - mmmm- mmm!

I would drive up the street to the Dairy Queen and get a hamburger at lunch time to go or to the deli and get pork fried rice. Neither of which was healthy of course. I had given up coffee in the early nineties and had an occasional Coke. The rest of my diet was refined, processed and cooked food. Being a former nurse people often asked me for dietary advice thinking I was healthy I guess.

You can see that I was eating like everyone else. Oh I drank lots of highly processed, boxed, (cooked) soy milk too- which was considered healthy by many people I knew at the time and sure to help you prevent breast cancer. (Soy is one of the worst things you can eat if you want to breast cancer or anything else. Soybeans fresh from the

fields in China are raw, not cooked, and may be healthy in their natural state. But soy milk is highly processed changing the chemical structure and actually contains carcinogenic properties.)

During these years up to 1999 I suffered from numerous health problems. I had fibromyalgia so bad that I could hardly move sometimes and I would just stand in my kitchen and groan. If I tried to go for a 20-minute walk my legs would ache unbearingly when I came back. I would get other deep muscle pains in my upper arm and upper leg that were excruciating. I would wake up for two hours in the middle of the night, every night, which is a classic fibromyalgia symptom.

I also had chronic sinus infections, acid reflux and heartburn, been diagnosed with IBS (irritable bowel syndrome) probably because they didn't know what else to call the myriad of symptoms I had that were digestion-related. I had canker sores most of the time. I had a very painful gum infection on one side of my mouth that I tried to clear up for weeks and it would just hang on in spite of all the remedies my dentist had me try.

I had osteoarthritis in my fingers and left knee. I could ride my bike for about five minutes and my knee would start hurting so bad I'd have to quit. My fingers ached in the morning. I was in terrible pain. I was hospitalized with pneumonia for five days and weak for three weeks after. I couldn't drive for the first ten days after I got out of the hospital.

I had strep throat and developed severe reactions to the antibiotics Erythromycin and Bioxin that burned my esophagus so bad I couldn't eat anything but bland foods for six months. I developed allergies to all the usual antibiotics because I had been through so many with my sinus infections. I had fibrocystic disease in both breasts. I had colds and the flu often.

I contracted shingles with blisters up and down my arm and suffered from debilitating nerve pain in my arm that was the worst pain I'd ever experienced. Once I had carpal tunnel syndrome. It was diagnosed after a trip to the emergency room in the middle of the night when I suffered from severe pain in my forearm and didn't know what was causing it. (Carpal tunnel syndrome can be related to nutritional deficiencies, which was more than likely my cause, as well as an overuse injury.)

I made numerous trips to the emergency room for allergic reactions after eating in restaurants. My IGA (allergy indicator) blood tests were always elevated. I contracted food poisoning three times. I had bad dreams and nightmares at night. I was fatigued all the time.

All this and more while I was trying to run my business of many years plus I had many family responsibilities.

I changed my eyeglasses prescription every year because my vision was getting worse. I had severe headaches. One time I had to go into Kaiser's urgency clinic, had to lie on the floor it was so bad and beg for a painkiller injection, which I had never had before or since.

About a year or so after starting on raw foods I found out that my parents had each passed on a gene to me for celiac disease (gluten-intolerance). One can have the gene for it but it still has to be triggered by something, which is unknown, to contract celiac disease. I don't know if I had/have CD and a test would be wasted because I've been on gluten-free raw foods a long time - so I would have no antibodies to gluten which the test would be testing for.

One has to be consuming gluten in order for the celiac blood tests to work. The panel of four tests is not reliable and can give false readings but it's the only blood test we have right now. I assume with getting a two of the genes and having had many health problems that I probably had/have celiac disease, which may have contributed to some or all of my pre-raw ailments but there's no way to know. More on celiac disease later.

I also had Raynaud's Disease at one time and Sjogren's Syndrome.

I may be leaving something out but I just want to give you an idea of what my health was like before I discovered raw foods. You may have some of these medical problems, conditions and ailments yourself now. You can get an idea from this if a raw food diet will help you. I know what the answer is in most cases. If you eat raw foods like I do you'll be able to experience a life full of energy and clear thinking, with quality waking hours - a healthy, naturally pain-free, drug-free life.

### Why I Went Raw - What Changed Everything

Now in late December of 1999 I rolled over in bed and my hand bumped my chest. I thought I felt a lump. I hadn't been checking for lumps in my breasts as we're supposed to. On closer feel I realized I

had a lump about the size of a marble. Terrified I panicked and called Kaiser and got an appointment to be seen that day. Well after a mammogram and ultrasound to make this short, I was diagnosed with breast cancer. Infiltrating, intraductal CA. I was totally petrified! I can't express the fear I was feeling but it was the worst I'd ever felt. I cover this in another book. I won't go into it fully here.

So I turned down all chemotherapy, radiation, surgery - a lymphadectomy (removal of 30% of my lymph glands) and the drug Tamoxifen they wanted me to take for five years and everything else they wanted me to do. I knew I wasn't going to cut, burn and poison my body. I knew then and there that I was going to seek out natural solutions and that's what I did. My self-developed breast cancer program is covered in another book I'm working on but many diet elements are discussed in this book.

I discovered there were some raw food classes being given in my area, in Portland, Oregon, by a fairly new expert in raw foods. I signed up and started going in early January 2000.

I made the change to raw foods over a 3-4 week period. I completely stopped eating ALL junk food, desserts, and the standard American diet and focused almost totally on raw foods. In the first week I ate a ton of fruits, veggies, freshly extracted juices and huge salads at night. I was busy learning how to work the juicer extractor and food processor I bought, etc. I was a little worried that I wasn't getting enough to eat and was still learning about raw foods so I had a baked sweet potato with flax oil after my evening salad for a few days, but soon stopped even that.

I must have been motivated because I never looked back. From that day in early January 2000 I completely stopped eating, meat, dairy, cheese, grains, pop, junk food, candy, cakes, cookies, pies and other desserts and anything else that was not raw. I completely focused on my raw food diet.

I had signed up for a series of eight raw food classes or so and then I signed up again and repeated them all over again. The classes were to help people learn about raw foods and show you how to prepare entrées, desserts, appetizers, crackers and other dishes from raw foods. But when I was sitting in those first raw food classes I would look at the pates and other strange-looking food (strange to me) and think - am I going to be able to eat this. But I faithfully tried everything and was surprised that the food actually tasted so good. I

was motivated to say the least and somehow through logic knew that I was eating the best possible food for my body and immune system.

I wanted all the natural vitamins, minerals, trace minerals, antioxidants and dozens of phytonutrients that living food provides. I knew it just had to be good for me.

During this first month, I had significant and life-changing health events. First of all I woke up after the first week of starting on raw foods and I could breathe through my nose! I couldn't believe I was no longer stuffed up or congested. I started to do some research and discovered there might be one or two reasons I could breathe right again.

First of all I had given up dairy so that was one possible reason since dairy has been known to cause congestion and sinus problems and secondly that a deficiency in vitamin A can cause sinus issues and I was getting plenty of beta carotene that converts to vitamin A in foods, including carrot juice. I was ecstatic. The next thing I noticed is that I no longer felt tired all the time. I had tremendous energy all of a sudden.

Then other ailments, aches and pains just started to disappear. My arthritic knee and fingers no longer ached. My fibromyalgia symptoms stopped - no more muscle pain and no more waking up for two hours in the middle of the night.

I felt so good. My mood was up even with the terrible breast cancer diagnosis I had. The surgeon had even tried to talk me into chemo, radiation, lymphadectomy, etc., by telling me that I would have tumors in the other breast within six months and would wake up with breaking ribs and be in the worst pain of my lifetime and would be sorry I didn't go through with their treatment program. He was trying to scare me into it. But a doctor should never talk to a patient like that. And he was wrong!

As I mentioned I developed my own program, which I did along with an intensive juicing and raw food regime.

In that month, no new health problems cropped up and the rest of my medical problems just slowly slipped away.

### More Benefits From Raw Foods

When I started on raw foods I quickly lost 10 pounds almost overnight, which scared me a bit but I just increased my meals to five a day to take in more calories. I still only weigh between 103-106 pounds (I'm 5'6".) I had this natural weight loss without any dieting or work whatsoever in maintaining it.

Another great benefit is I started sleeping only five hours a night. I thought this was crazy because we've been told for years that we must sleep eight hours a night or we'll be sleep-deprived and that will cause all sorts of medical problems. But no matter what time I went to bed I would awake refreshed and ready to go with a healthy dose of energy five hours later. I even tried going to bed at 10:30 P.M. But I woke up at 3:30 A. M. ready to go. So I knew going to bed that early wouldn't work for me.

So I usually go to bed late about 1:30 or 2:30 A.M. and get up early - five hours later! I always know its five hours without looking at the clock.

Besides sleeping shorter hours giving me three extra hours a day - that's 1095 extra hours a year or 45 more days a year or a month and half of extra waking hours, I had many other benefits.

When my triglycerides (measurement of fat in the blood) were checked the doctor said they were the lowest she had ever seen at 33 and that was the in the first year of going raw. My blood pressure always runs on the low end of the scale about 102 over 60.

I have no eye diseases, no glaucoma, cataracts or macular degeneration and I'm in the age group where it is common. Great night vision too and haven't changed my eyeglasses prescription (astigmatism since birth) since the year I started on raw foods (prior to that it was every year as I mentioned.)

I have no osteoporosis. No diabetes. No digestive problems, perfect digestion as a matter of fact. No constipation or diarrhea ever. Thick hair and clear soft, unblemished skin. My mood is generally up. I have no heartburn ever or acid reflux. And no breast cancer!

My energy levels are up all the time and I get a lot of work done because I have so many energized waking hours to fill. I take no supplements and only rarely take a B-12 sub-lingual (under the tongue) but the research has been mixed on whether vegans need it

or not. Recent studies show we do not need to take it. B-12 won't work orally because of the intrinsic factor. It has to be taken by injection into the muscle or sub-lingual. Supplements containing B-12 taken orally are a waste of money.

I never crave any cooked food, chips, chocolate, pizza, hamburgers, cookies, desserts, etc. and truly love my raw food.

I move like a twenty-year-old and play lots of tennis, hike on weekends, power walk daily and work out at a health club and I'm still ready to go no matter how much physical activity I have each day. I haven't had a need to see a doctor. Being a nurse I can handle most things myself - but I haven't had much of anything to handle except an occasional sports injury. I get an annual physical and they laugh and ask me if I want them to order any lab tests for any reason!

After a few months on raw foods I had my cholesterol levels checked and my HDL and LDL were excellent. I don't eat any animal food.

I haven't even had a Tums tablet or aspirin or any drugs, pills, medicines or medications of any kind since 1999 except Novocain for some dental work. I tried to go without it but the dentist got nervous! Also they said my blood was nicely thin not thick as they are used to with other patients, but clotted fast and they could tell there was a difference. I never have bleeding gums anymore or gum disease either.

I haven't had a cold or the flu since before 1999, even though I've spent plenty of time around little kids, sick kids, and sick adults. I know my immune system is in optimum shape from my raw food diet. I never worry about getting anything. I play lots of tennis and there can be close contact with other players. Often they come with colds and apologize but can easily spread their germs. I never get anything though.

For years I've heard, and still do, that colds or the flu are going around, but I don't see how I could miss them with all the social contact I have. So I know my immune system is operating on optimum levels or I would be suffering from colds, the flu or the ailments, conditions and illnesses I used to have.

I have enjoyed almost perfect health since that very first month. It's hard to believe that one's diet can make such a difference.



But it can for you too. I'm sorry to have belabored going into all my old ailments, but you may have one or some of these now. If so, know that you can get rid of them with raw food! Living foods! Foods that are alive not dead!

### Raw Food Facts

There are some raw food facts that have been established and everyone agrees on. And then there are some in which raw food experts have differing opinions and then there are some things that are difficult to prove. Some things may have been passed on over and over and are now taken as gospel, but have no basis in fact.

It's pretty much established that foods that are heated to more than 108 degrees are considered dead foods. This temperature varies depending on who you talk to. Some say no more than 118 degrees and others say anything in between. I say 108 degrees mainly because we would be dead if our bodies were heated to 108 degrees. It's obvious that food cooked on the stove or in the oven is going to be heated to a temperature of more than 108 degrees. But even steamed food can reach temperatures that will damage nutrients in the food. Microwaving is death to food. Tests with broccoli have shown that when broccoli is microwaved, there are no nutrients left.

Pasteurized food that you buy in the grocery store is heated and that destroys many vital nutrients. Even most yogurts, which contain lactobacillus acidophilus, are pasteurized. What could be left?

It's pretty much irrefutable that raw foods contain enzymes. These enzymes are important because the food they're in depends on the enzymes in it to digest it. If they're not present then the body has to tap its lifetime supply of enzymes stored in the pancreas and small intestine, to digest the food. When this happens it taxes the immune system to various degrees. It may cause a little or lot of fatigue as energy is drained hence that is the reason people feel so tired after eating big meals when their bodies are working overtime to digest the food.

These enzymes are not the same as pancreatic enzymes that come from a pig's pancreas. The enzymes in raw food can never be exactly duplicated even though you see plant enzymes in the form of supplements; they'll never be as good as the enzymes in the plant food or work the same. However certain enzymes will help with digestion if you take them if and when you eat any cooked food.

So when food is cooked the enzymes are not killed but they are damaged. It used to be thought, and we were often told a few years ago, that the enzymes were killed, but that's not the case. In any event they will not be able to do the job they're meant to do.

Besides enzymes, all the vitamins, minerals, trace minerals, anti-oxidants, and phytonutrients are affected by cooking. In many cases they're severely damaged, changed in structure or are completely incapacitated. No one really knows what nutrients are left in cooked food. But you can see by the color and texture that there is a change from the original state.

Kids love this- One raw food/cooked "show and tell" test I've used is to place a small chunk of raw carrot in a cup of water overnight and a chunk of cooked carrot in another cup of water. In the morning the cooked carrot will be rotting and the live carrot will be growing sprouts almost – well maybe not that fast but the carrot will be thriving, you get the idea.

A raw food diet is an anti-inflammatory diet. Most plant foods are alkaline, not acidic. Inflammatory acidic foods cause the health problems that we see so much of today. And that you may be suffering from right now. Cooked foods are acidic foods. It's well established that many diseases are the result of an inflammatory process. It seems so simple. Raw good, cooked bad. But most of us were raised on the standard American diet and that is what we know. Social events are centered on food and it's likely that the majority of foods at these gatherings are foods that have been cooked.

Diseases don't like raw food because they just can't thrive. Diseases like acidic food – cooked food - so they can go about their destructive patterns. Inflammatory food!

If you're suffering from any disease now you're going to benefit in many ways by eating raw foods. The more you can eat the better.

The term 'raw food' refers to foods that are raw, in their original state, not cooked. This can include raw meat or raw milk according to some folks. But generally it means plant foods. Living foods are foods that are alive and are pretty much the same as raw foods and the term is used interchangeably. Some prefer to use this term instead of the term raw foods.

A person who eats raw foods can be called a raw foodie, raw fooder, raw foodist or raw food vegan.

That differs from vegans. Vegans eat both cooked and raw food. Like vegetarians they don't eat meat and most do not eat eggs or dairy. Vegetarians who do eat eggs or dairy are called lacto-vegetarians (eat dairy) and ovo-vegetarians (eat eggs) or who eat both are called lacto-ovo-vegetarians.

Pescetarians are vegetarians who eat fish and/or seafood. Poultry-vegetarians are vegetarians who eat chicken. Vegans can have differing views, for example, some eat honey and some do not because it's a product of honeybees (they call it an animal food). Some raw fooders don't eat honey for this reason also. But I eat honey.

The standard American diet or SAD as we call it is the diet most people eat today and have grown up on regardless of their age.

Many raw fooders are young people who learned early about the benefits of raw food. Eating raw food may be a fad for some or their peers are doing it. It's common among eco or environmentally-conscious people. Most of the younger raw fooders don't have diseases yet because of their age and diet. It's the folks in their thirties, forties, fifties, sixties and seventies and beyond who become raw fooders who really experience incredibly good health fast.

One question that often comes up is "where do you get your protein?" I'm getting plenty of it. I'm in such perfect health, have great muscles from tennis, hiking and walking daily and working out, so I'm certainly getting enough. I know the signs of protein deficiency and I have none of the signs. There is plenty of protein in raw foods. Every living thing, including plants, contains protein.

Another factor from recent anti-aging research proves that we don't need as much protein as was originally thought. And that too much protein can actually speed up the aging process. There is too much protein consumed in the standard American diet. For example milk contains about 20% protein whereas mother's breast milk contains about 3%.

We were not meant to eat dairy products. Cheese is eight times worse than milk because it takes about eight times milk to make cheese. All dairy is bad for the body. Besides all the pesticides, antibiotics and

hormones it contains, it contains insulin-like growth factor (IGF-1) that is identical to ours and we don't want more of it. Among other things it has been connected to breast and prostate cancer. See [www.notmilk.com](http://www.notmilk.com) for more.

So there is plenty of protein in raw foods.

When I started on raw foods, proper food combining was thought to be important. I followed it for the first couple of years or so then just started mixing things up a little now and then but with no digestive problems at all. Proper food combining for example is to not eat certain types of food together - protein-dominant foods with carbohydrates, not to eat fruits and vegetables together, etc., claiming that it slows the digestive process, etc. This may or may not be true but I think it just makes eating raw foods more difficult to adapt to if you have to pay attention to what foods to combine or not combine. I don't follow it. I want to keep it simple. See the full explanation in the glossary.

### The Benefits of Eating a Raw Food Diet!

I've mentioned some of these that have worked for me already.

You can lose weight naturally and keep it off forever if you continue to eat a predominately raw food diet. Among other things, excess weight and obesity causes heart disease, strokes, type 2 diabetes and cancers of all kinds including breast cancer. Losing weight from the very beginning when you start a raw food diet is highly motivating and will make you want to continue, that is if you need to lose any weight.

Your heart. Raw foods will stop heart disease that's not genetic-or defect-based. Existing plaque will slough off and float away and new plaque won't form. Blood pressure will normalize no matter how high it is now. You'll breathe better because the heart is pumping without resistance and you'll be getting more oxygen to your brain and throughout your body. You'll move better because you won't feel sluggish due to your heart pumping so hard and fast.

Heart conditions will normalize. It has happened to hundreds of people already who are eating raw foods. Your cholesterol levels will normalize and triglycerides will go down because you're not eating meat and dairy or any animal foods and there'll be no need to ever even think about taking harmful cholesterol-lowering drugs.

Your brain. You'll think better, think more clearly, have a better memory, be in a better mood most of the time and all because your brain is getting help! It's getting nourished along with your heart and other vital organs and can do the job it's meant to do. Learning will come easier. And mental tasks a breeze. Your memory will get better. You'll get less depressed. You won't even feel like getting depressed or will be able to handle it better.

Detox. You won't need to go on any detox diets, or do cleanses or anything like that. Cleanses can be expensive and can actually irritate the colon. Cascara sagrada (a bark used in many cleanses) can be very irritating to the colon. Plus you're exposing yourself to a wide variety of herbs and compounds and we don't know what damage or long term effects can result from exposure to any of them.

Many herbs have been taken off the market over the years. A lot of them came from China and those that come from China today are avoided by many companies who make supplements. Just because it is an herb does not make it safe. Colon cleanses are not needed on a raw food diet because a raw food diet is a natural colon cleanser, liver cleanser and an all-around body cleanser. Raw foods get rid of toxins through your bladder, colon, sweat glands, lungs and skin.

The kidney and liver have to evaluate everything that comes into the body whether through your mouth, skin or lungs. It's a lot of work for these organs to get rid of all the cooked food toxins that come their way.

Cleansing reaction - Herxheimer effect or reaction. That's what it's called medically and was named after Dr. Herxheimer, who proposed the theory. This is when people say they had a cleansing reaction – meaning when the body gets rid of toxins that are released by eating raw food. But this theory is not acknowledged by everyone.

I never experienced a reaction myself but some people say they had a headache or other minor uncomfortable feeling or reaction after they started eat more raw foods. I wonder if the symptoms are a coincidence. I only saw myself improve from the first day. I hope this notion doesn't discourage people from eating raw foods.

The colon will clean up fast when you start to eat a lot of fruits and veggies. It may take a couple of days or more to clean out the rotting meat and other unwelcome inhabitants of the lower intestine that you don't want or need. You'll enjoy great digestion. Constipation will no

longer be a problem. You'll get fiber from fruits and veggies and they have a high water content in general so you'll bulk up properly and move it on out!

By the way, a lot of people think they only have to have a bowel movement once a day or every other day. But actually 4 - 5 times a day is considered normal gastroenterologists say. If feces remain in the colon too long the toxins will be reabsorbed. Are you constipated?

Skin problems will clear up such as eczema, blemishes, rashes, itchy skin and pimples. Acne, blackheads, rough skin, dry skin etc., will all diminish or disappear. A lot of acne is caused by toxins being released by the liver.

Hair will grow in thicker. Some older raw fooders start to get their natural color back even after it has turned gray. No promises on that however because I've read gray hair can also be genetic or a deficiency of one of the B vitamins.

The body will be nourished, and flooded with nutrients and vital phytonutrients. Your immune system will be operating at full speed with lots of help from these and other nutrients. It will no longer be suppressed or open to all sorts of ailments, diseases and conditions.

You'll sleep like a baby. You'll go to sleep and stay asleep and wake up refreshed. No waking up in the middle of the night. You will not toss and turn throughout the night. And you'll be rid of the aches and pains that may keep you awake now.

You'll stop craving sweets and junk food. It won't sound good to you. You'll begin to crave the new raw living food you've been exposed to and is the natural way we were meant to eat.

Increase in energy levels - you'll have the energy to exercise and powerwalk daily that you may not have now. Many people don't exercise because they're too tired. I look forward to my daily walk, lots of tennis and hiking and even working out at my health club. It's exhilarating and I'm never too tired to go.

You'll also have plenty of energy to do anything else you want to do and if you're like me with five hours of sleep a night you'll be freed up to do a lot of things you never used to have time to do or even felt like doing.

The nutritional deficiencies that are causing your health problems will correct. You'll be adequately nourished and find yourself craving certain raw foods. Over a few weeks I have gone through several large sacks of grapefruit - the huge kind of grapefruit with about 12 grapefruit per sack eating about two a day. From time to time I do this where I just have to have more and more of some particular raw food. Awhile back after strawberry season was over I craved strawberries and had to make a special trip several times to find some.

Strawberries in the summer - I buy flats of strawberries and eat as many as I can tolerate. Of course none of this by excluding anything else I need. I'll cover my diet later but it's always well-rounded. You may crave a fruit, veggie nut or seed and not know why. Just follow it. Our body knows best. Especially if it has been exposed to it. A wide variety of raw food is best so you can crave more of what your body needs. If it hasn't been exposed to it it probably won't know it's the solution to what it needs.

Dehydration. Many aches and pains exist solely because the body is dehydrated. People often tell me they know they don't drink enough water. For years I drank a quart or so every morning and then finally decided to let my body decide what was the right amount based on thirst. I drink spring water throughout the day but my fruits and veggies with their high water content take care of a lot of my hydrating needs. The brain is made up of a high percentage of water and needs plenty of it as do the kidney, bladder and other organs.

#### Organic - No-Sprays - Non-organic

Needless to say is that organic fruits, veggies, nuts and seeds are always best. When I first started on raw foods I tried to eat everything organic in spite of its cost. In some cases I would drive miles just to get some organic nuts. Sometimes I would order organic nuts by mail to get them cheaper. But these would always be in significant amounts and I would worry about them going rancid.

So after months and years actually of doing this I decided that - that may be one reason why some people don't stick to raw foods. It can be very costly to eat this way; of course it is probably cheaper than eating a diet with a lot of expensive meat and eating out. But the choice is up to you of course.

I came to the conclusion that there were some good ways to avoid this and to quit worrying about it. See the list of high pesticide containing

foods. So focus on safer choices if you can't eat organic. I got to know some of my local farmers. I visited the farmer's markets and talked to many of the vendors there. Many used no pesticides or chemicals on their farms but could not afford to get organic-certified. As a consequence they could not charge what the organic farmers were charging.

There are many farms out there like this. Get to know the farms in your area. Many of the farms that are run by Asian farmers and Mexican farmers DO NOT use any chemicals. But you need to talk to them and find out how they grow their food. You can save a lot of money on fruits, greens and other veggies this way. I routinely, even this last summer, would get HUGE bunches of romaine for a dollar each. You can use these in salads of course, fruit smoothies, juice with apples or add them to carrot and other green juice too. See my green juice recipes.

Another farm that I visit almost year-round grows lots of apples and other fruits, tomatoes and veggies. Throughout the winter I buy huge boxes of apples for less than \$10. There are lots of ways to use apples including applesauce, live apple pie and juicing. I serve freshly extracted apple juice to my family and friends when they come to visit, even the coffee drinkers (I'm a former coffee drinker myself but none since 1990.) They think it's a big treat but only takes me minutes to make. And apples keep well in a cold garage or other outside storage area for several weeks. A second refrigerator in the garage can hold some also.

Raw foods that are non-organic and not from a known natural source are more than likely sprayed or treated with preservatives or fungicides if shipped from outside the country. This may be hard to avoid especially if you buy fruits in the winter months when less is available. Foods that are sprayed with herbicides or pesticides should be avoided as much as possible. Pesticides and herbicides are known cancer-causing agents and estrogen mimickers.

A high incidence of breast cancer was found among women professional golfers and finally connected with the herbicides used on golf courses. Many golf courses stopped using herbicides for this reason. Many even place little signs on the course saying they no longer use herbicides. And it may be a concern that it might be contributing to prostate cancer too.



If your budget is a concern there are a lot of shortcuts you can take. Some of the fruits and veggies that are fairly safe that you find at your market are: avocados where very little if any residue is ever found and citrus, including, oranges, lemons, grapefruit and tangerines, etc. I wash avocados and citrus fruit before I cut into them. As for washing any of my other veggies and lettuces - I do wash them but don't use any special vegetable soaps which is a waste of time and money.

Pineapples grow like weeds in Hawaii and are probably herbicide-free I have been told by former residents. However there is no way to know how much, if any, pesticides and herbicides and other chemicals are taken up into the roots of fruit trees or vegetables. The only way to get rid of this problem is to grow your own, or know exactly what's in your soil. But to avoid eating fruits veggies, nuts and seeds because of these kinds of concerns would be a shame.

But I would never eat non-organic strawberries and other soft fruits like peaches and apricots unless I knew they were grown organically or without using pesticides/herbicides on local farms. Many of the farms spray the plants while they're dormant and claim there won't be any pesticide detected in the strawberries. It may be hard to find any that are not sprayed this way. I would eat those if I can't find organic.

Get to know your produce personnel and managers at all the whole foods and other markets you shop at. Many of them have a good deal of knowledge about organic and non-organic fruits and pesticides and herbicides. They usually know what's safe but not always. Some know more than others. Talk to many and you can find good sources of information. Some of the managers knew about my raw food diet and actually told some of their customers who called me for advice!

You can get your nuts in bulk organic at food co-ops or pay less and get them non-organic in bulk amounts at Costco or other sources. If nuts are not organic you really don't know if they have been exposed to any chemicals or not. But better to eat them than no nuts at all. Some almonds are pasteurized now - especially those from California where the laws were changed requiring almond farmers to have their almonds pasteurized if sold anywhere other than their farms. This law may be changed since there has been a big uproar from raw fooders and many others.

## What I Eat and General Daily Menu

My daily raw foods differ throughout the seasons. During the summer I have more access to fresh strawberries, blackberries, raspberries and blueberries. Also peaches, nectarines and plums for example. During early fall and through November I can get persimmons and lots of apples and pears of all varieties. I especially like to get gala apples, which are a sweet variety I use for applesauce and live apple pies—so no natural sweetener needs to be added.

I can get many fruits and vegetables throughout the year. Some are shipped in from other countries. Of course it's always best to eat fruit fresh from the tree- pick it and eat it or pull from the ground and eat it. But not many of us can do that. I don't have an orchard or vegetable gardens.

I've still maintained excellent health without eating 100% organic and fresh off the tree. And if too much emphasis is placed on only eating organic and in season and locally, then a lot of people would give up on eating raw foods I think. Eat what you can and that will do it. Do what you can and you will still enjoy superior health.

Frozen foods have lost some of their enzymes but still can be used for smoothies, etc. I like to use frozen mango chunks and frozen blueberries. I pick blueberries in the summer and if you can, find a local blueberry farm and go pick blueberries. You can pick a ton of blueberries in a short period of time. I usually pick about two huge gallon pails in an hour and they're so much cheaper too. I freeze them in airtight bags except what I can use in a week. They'll keep for several days in the refrigerator. I eat these throughout the winter. When I run out I buy frozen organic blueberries at Trader Joe's.

Occasionally I buy some organic frozen peas and toss some into my evening salad. I buy frozen blackberries at Trader Joe's (or whole foods markets) in the winter to make an occasional live blackberry pie. The frozen organic raspberries are good with cut up bananas and almond milk for a snack or as part of breakfast.

I buy raw nori sheets, fresh young Thai coconuts and persimmons at Asian markets when in season. Raw nori sheets are much more expensive in food co-ops and whole foods stores. You may have to go to a few Asian markets to find raw nori. They all have roasted nori but just a few have raw nori too. Ask someone there to read the labels. They usually know the symbols for raw. They come in packs of 100 sheets. You can double them up and use two of them together as a roll-up with sunny pate (made with sunflower seeds) and other fillings.

I eat a lot of young Thai coconuts and use them in various recipes including desserts and smoothies. Coconuts are one of the healthiest foods on the planet if not the healthiest. The coconut water inside was used as a replacement for plasma by the Japanese troops medics during World War 2. You can put the coconut meat and coconut water in desserts and smoothies and drink the coconut water for a burst of energy. All out best electrolyte drink! The sweetness will vary from coconut to coconut. If the coconut is pink at all it is no longer any good – throw it out. It should be white.

When buying coconuts don't buy any with mold on them or if they had a soft spot on the bottom or look damp under the cellophane. They are cheapest in Asian markets, about \$1. They run about \$3 in whole food stores or food co-ops – none of us buy them there. I buy them by the case cheaper from the Asian markets also. They are never organic.

There is a knack to cutting coconuts and it took a lot of tries to come up with the right system. I even bought a special knife-proof glove at a cook's warehouse to protect my hand after two friends on two different occasions sliced their fingers and had to go to the emergency room.

The best way to open coconuts: Buy a half cleaver at your Asian market for about \$6, or you may have one already. It's called a santori knife. Place the coconut on a heavy wooden cutting board with the pointy top facing the ceiling. Take the knife and slit open the cellophane on top a little. Take the bottom part of the knife at an angle and come down hard so the bottom point in back digs into the coconut on top about three inches from the center.

DO NOT put your hand on the coconut while doing this. I no longer have to use a glove but it may take a few tries for you to get the feel for it assuming you haven't done it before. Make four deep cuts and pop off the top. The top will be about 3 inches wide or so. Then put a wide mouth glass on the top and turn it all over, strain the water and drink or save in the refrigerator.

Scoop out the meat and put in a smoothie or save it in the refrigerator for a raw food recipe or dessert recipe. There are lots of things you can use it in. You can make coconut crème by putting it in a heavy blender with a couple of cut up dates or so—to taste and a little coconut water and whip it up.

For persimmons I cut off the ends, peel it and slice it up. They can be hard or soft and still be good. I like the firmer fuyus best.

I don't eat raw green beans, green bell pepper which is not supposed to be ripe we're told, Bragg Liquid aminos, rejuvelac, nama shoyu, misos, kamut crackers or kamut anything and anything that might contain gluten. And usually no raw chocolate from raw cacao nibs which have entered the raw food market in the past few years - too stimulating.

For greens I eat lots of spinach, red leaf lettuce, green leaf lettuce, romaine and lacinato kale.

For other veggies I eat cauliflower, celery, Italian parsley, cilantro, yellow onions, red onions green onions, garlic, cabbage, carrots, beets, sweet potatoes, zucchini, cucumbers, jicama, corn on the cob raw and in raw corn chowder, and more.

A word about broccoli: Broccoli doesn't agree with many people and can cause gas. The reason for this is the stem is composed of cellulose. Our body does not produce the required enzyme - cellulase - to break it down. If you eat broccoli and have any problems with it, try just eating the florets, introduce small amount first.

For fruits - I eat all fruits. Melons, cantaloupes, watermelon, honeydew, strawberries, raspberries, blueberries, blackberries, apples, pears, persimmons, champagne mangos, mangos- several varieties— some are smooth and some have a more woody texture, papaya, grapefruit, oranges, tangerines, cherries, figs and dates. Avocados and tomatoes too. I'm probably leaving something out but there isn't a fruit I don't love. I even love the Asian custardy durian in spite of its stench. Fruits should always be eaten ripe when they are alkaline. Fruits that are not ripe are acidic. Never eat unripe bananas.

For seeds, I eat sunflower seeds in pates, entrees and crackers. I eat raw tahini (sesame seeds) in entrees and on crackers with or without honey and in desserts. Raw tahini is usually available in food co-ops. I use sesame seeds in crackers. I eat flax seeds in applesauce and crackers. Flax seeds should always be freshly ground, so they don't go rancid. In crackers they are used soaked or ground or both. Buy in bulk and grind as needed, brown or golden. Brown flax seeds are usually cheaper. Don't buy flax meal, it could be or go rancid.

I never eat roasted nuts, always raw. For raw nuts I eat almonds in crusts, desserts and make almond milk every three days. I also buy raw almond butter. For walnuts, I use them in desserts, crusts and entrees. For pecans I use them in desserts and crusts and some entrees. I eat Brazil nuts, pine nuts, macadamias and pistachios in desserts, pates, and entrees. You can eat some raw nuts for snacks such as cashews and dehydrated pecans or make candied pecans.

But almonds, walnuts and pecans should be soaked overnight to release the enzyme inhibitors. These inhibitors can make digestion a little bit difficult. Many raw recipes will call for soaked or soaked and sprouted nuts.

In fact all nuts can be used in a variety of recipes. Peanuts are legumes, not nuts, and are not eaten on a raw food diet. They can be contaminated with aflatoxin. Aflatoxin has been found in peanut butter.

Spices - I use spices -like cinnamon, nutmeg, etc., even though they may not be raw. They are in insignificant amounts. I buy them in bulk from food co-ops where I can get them as pure and fresh as possible. I also use a lot of ginger from organic gingerroot.

Avocados - I love avocados. I've had one every day since January 2000. Some days I have more than one and use them in salads, raw soups and guacamole too. I love to mash one up and eat it for a snack. It's very filling if you need a filling snack.

Celtic salt and sun-dried sea salt I buy in bulk at food co-ops. Or RealSalt brand of sea salt at whole food stores. Many seas salt are processed, look for sun-dried.

Olive oil – Bariani olive oil is the best, it's stone-crushed, but none of the stores in our area carry it. A good quality olive oil is the best kind to get but that's not always possible. I don't use a lot of oil and get just one specific kind at Trader Joe's after trying many brands. I've listed it in the shopping section for TJ.

Raw honey from local farms - The raw honey in stores in jars is not raw, even though it may claim to be raw on the label. I use raw honey in salad dressings and on crackers along with tahini or almond butter. You can use honey to sweeten just about anything. If you ever get acid reflux or heartburn, try eating a little bit of raw honey, just a ¼

tsp or so and it will quickly neutralize and soothe your esophagus and stomach. I buy it in half-gallon sizes at my local farms.

It's anti-inflammatory too. I have my friends carry it in their cars for emergencies for heartburn and bee stings. I tried it on my wasp stings last year and it was miraculous! Within two hours there was no sign of any inflammation! I hadn't read that it would work for bee stings, just wondered if it would work! Raw honey keeps forever they say and does not need to be refrigerated.

I've mentioned a little about coconuts already. Coconuts have no enzymes so can withstand higher temperatures. Coconut oil can tolerate high heat better than olive oil and doesn't change its structure, but very high heat isn't good for it.

Virgin coconut oil – I buy the kind that is virgin not bleached, refined and dehydrated. Smell it and you can tell if it is or not. If you smell a strong coconut flavor it is likely virgin. It should say virgin on the label. I buy gallons of it wholesale online. I don't use a lot on a daily basis just a little in smoothies. I use it in some raw desserts I make also.

Virgin coconut oil got some bad publicity a few years ago when the soybean industry wanted to take over the movie theater popcorn business. A heavy media campaign convinced theater owners to drop coconut oil and replace it with soybean oil.

I use it on my skin and body all the time and on my face every day. It's great for feet and chapped hands and lips. Since using it on my face every day I never get chapped lips. It clears up just about any skin condition. It's great for eczema and other dermatitis issues. It is very healing and is actually absorbed into the body.

There are many people today who think it raises cholesterol. Only animal food can raise cholesterol levels unless there is a genetic component. There are many doctors and health experts who think it is safe also. If you have any concerns about it don't eat it. Stick with fresh coconuts.

Virgin coconut oil has high concentrations of good lauric acid - about 56%. Breast milk is high in lauric acid also. It has many other good properties. There are several excellent books about coconut oil on the market.

Dates - Lots of raw fooders think that dates are dried fruit. But most dates and especially organic dates are not dried. You can also buy dried dates but I've never seen them. Avoid buying any non-organic dates. Most of them are steamed and sprayed. I called Costco's buyer one time and found out the dates they carry are sprayed. They never know if they are steamed because this is done at the plant but if they are shiny then they are. I wasn't going to buy them at Costco but just curious.

Figs- In the Portland area there are lots of fig trees. People organize small groups and go through neighborhoods looking for fig trees. They get permission from the owners to pick. Often the owners don't like figs and are glad to put them to good use.

Seaweed - sea vegetables, such as nori and dulse. A natural source of iodine too. I buy raw dulse flakes and raw nori sheets, never roasted.

Agave nectar – Agave comes from cactus and you can find it raw or not raw. Raw is best. Years ago I wondered why the diabetic community hadn't found it and promoted it because it's a natural sweetener, low glycemic too. But recently they have started to recommend it. I buy it wholesale. A gallon lasts a long time and wholesale is about \$25. You can get it raw at food co-ops. In stores it is bottled and probably not raw. Use as a sweetener in just about anything including salad dressings, almond milk and desserts.

Mushrooms - I usually eat crimini or Portobello mushrooms, always organic though. They are soft and pesticides or herbicides cannot be washed off. There are lots of other varieties that are good if you like mushrooms.

Dehydrated foods - some raw food recipes require a food dehydrator. With a dehydrator you can make crackers out of seeds and numerous other raw food recipes. A few diehard raw fooders will never use a dehydrator but most raw fooders do. The dehydrators dry with low heat so the enzymes and nutrients are preserved. I highly recommend it for the newbie. Gives you more versatility.

Fermented foods - such as sauerkraut and misos. I don't eat misos because I don't want exposure to possible gluten or soy in a changed structure. I rarely eat sauerkraut but never make it. Most of the raw fooders who make it scrape off the mold. If they're existent in/on any food they're existent throughout it. Even though you can't see the spores—they are there.

Sprouts and sprouting - you don't have to grow sprouts to be a raw fooder. Some do, some don't. It takes a little time and patience to learn how to grow them. It's good to do it if you can. Broccoli sprouts are one of the healthiest sprouts. There are mixed views on whether garbanzo beans and lentils should be sprouted and I wouldn't sprout these. I don't sprout right now but will be doing more of it. You can buy sprouting seeds at food co-ops or online. You can buy broccoli sprouts ready to eat too, available at Trader Joe's and whole food stores.

Water - I drink lots of pure, spring water throughout the day. You can buy spring water in gallons or in plastic bottles. However the chemical bisphenol-A has been found having leached into the water in some plastic water bottles. Buying spring water in plastic gallon containers may not eliminate this problem either but may be the best choice.

Check your plastic bottles and make sure they have a triangle on the bottom with a 1 in it if possible. The gallon containers may have a 2 in the triangle. I would avoid numbers higher than that - anymore than 1 or 2 in the triangle would not be good and an indicator of higher leeching potential. Zero would be best but there are no zeroes.

If you want a leech-free water bottle, try the colorful Sigg brand with dozens of colors and designs. They cost from \$15-\$25 and come in two sizes and available in whole foods stores and outdoor stores. It promises to be leech-free. The large ones are heavy when they're filled with water though. It may be heavier than you want when hiking short distances. Other brands of water bottles may leech out metals and chemicals. I would never use tap water with chlorine and other chemicals and the fluoride that's added in some regions.

### My Daily Menu

My daily menu varies. Especially with the seasons. It has changed from time to time and is much different now than it was a few years ago.

I start out the day with an 8 oz. glass of freshly extracted carrot juice. Sometimes I add some celery stalks or 4-5 leaves of lacinato kale to it. Lacinato kale is easier to juice in a Green Power juicer than in a Champion. I have both. I usually have my juice early in the morning and before I get ready for the day. That gives the juice time to work



on its own without interference from other foods, but if you have to mix it up with something else you'll still reap the benefits.

### Breakfast

I usually have my breakfast in 2-3 sittings spread out. Usually I'm working on the computer all morning but if I have to leave I may combine the first two sessions, so to speak. And then have the third when I come back. This may be hard for you to do if you leave home but there are ways to get around it. Experiment and find what works best for you. I start out with, a grapefruit or 2-3 persimmons or a huge bowl of fresh strawberries, a mango or other fruit or two depending on the season - and let it settle a bit.

Next I'll put two large or three medium apples in the food processor and process partially. I'll put two tablespoons of flax seed in a coffee grinder and grind. Then add to the partially mixed apples and process to medium, not fine, applesauce. I make applesauce because it would take me a lot longer to eat two apples, plus I get flax seeds too. The seeds may interfere with the digestion of apples but if it does I never feel anything. You can add ¼ tsp or less of cinnamon and/or nutmeg to it to.

If I'm interrupted or have to leave home I finish the third course when I get back. Besides I've already had carrot juice and my first and second courses of fruit. Most fruit digests within fifteen minutes. Melons are meant to be eaten alone and digest very fast. It's said that they don't digest well with other fruits. I've eaten plenty of melons at home and when eating out without holding up my other food and felt no ill effects.

So if you have time to eat your melon and wait a bit, do so. If not don't worry about it.

Then I wait awhile and have my third breakfast course so I don't overload my immune system with too much of an insulin response. I fix a huge smoothie.

My usual smoothie is: I place in a blender, 2 raw bananas, 2 leaves of kale or 3-4 leaves of romaine or 2-3 handfuls of spinach, then about 1 cup each of frozen mango chunks and frozen blueberries (brain berries), then about a 1/2 tablespoon of virgin coconut oil and a big dollop of almond milk or coconut water. I'll use half an orange juiced if I don't have almond milk or coconut water handy. I blend this for a

few minutes and eat this slowly with a spoon. You can do this and leave out the greens until you get comfortable with the process and want to get even more nutrients in.

I like getting extra greens in my smoothies. With romaine I can hardly taste any difference even with four leaves. With the other greens there is a flavor change. You can start out with one leaf or one handful and build up to more. In any case you're getting a nutrient-packed smoothie. If something happens and you don't get a green salad by the end of the day then you know you've had some greens anyway.

I can't emphasize enough the importance of greens. Eat them any way you can. You can vary this smoothie in many ways using different frozen fruits or frozen pineapple. Or you can freeze bananas without the peels and use 2 frozen bananas along with 1-3 cups of fresh fruit. You can eliminate the coconut oil. I don't always use it. It gives it a custard-like texture.

### Lunch

Lunch is usually mid afternoon. I usually have a glass of carrot juice or carrot juice mixed with kale or spinach or celery or by itself. I drink it along with my lunch which is usually sunflower seed pate rolled up in two nori sheets. Sometimes I add alfalfa sprouts. I love sunny pate and love to eat it every day. Then I may or may not have some cabbage salad. I have several recipes for cabbage salad that I've developed or you can use shredded cabbage and cilantro with some extra-virgin olive oil.

There are many raw entrées you can fix. Sometimes I have raw sunburgers, raw angel hair pasta—made from zucchini with marinara sauce, celery with macadamia pate, raw soups of all kinds - some made with an avocado base, etc. There are many to choose from.

### Late afternoon

I may or may not have a snack of a whole grapefruit or other fruit. I'm usually not hungry.

### Evening meal

For my evening meal I fix a HUGE salad. I get a huge bowl about a 10 inches wide or so and 5 inches deep, just to give you an example. I fill it with chopped red leaf lettuce, spinach, green lettuce or romaine.

Then I add chopped mushrooms, chopped tomatoes and a chopped avocado. Sometimes I add other veggies, depending on what I have on hand, but otherwise this is my basic salad. I toss it with homemade raw dressing that I make every few days – a simple dressing and shake it in a jar - takes minutes. This is usually I all need for my evening meal. After my salad I may have a grapefruit, bananas with strawberries cut up in almond milk or another kind of fruit. There is always a date or two available, which I rarely eat, with almond milk or a raw dessert like date-pecan squares.

### Raw Desserts

I don't eat very many desserts but when I do I have live apple pie or blueberry or blackberry pie or lemon torte or pecan date balls or squares or other simple raw desserts. I just don't crave them. Raw desserts can be eaten for breakfast or anytime. If you want a breakfast that seems more filling to you, you can add a piece of live apple pie. Crusts can be made quickly - pecan-walnut-date, almond-date, or pecan-date crusts. When people are new to raw foods they eat a lot of raw desserts. You can do so without any guilt because they're so low in calories and high in nutrition. Every bite is good for you.

### Controversial Raw Foods

Foods that are controversial include onions and garlic because they can be irritating, they say, mushrooms because they are fungi, Bragg Liquid Aminos, which many claim contain toxic substances. Green peppers are not considered ripe, whereas red, orange and yellow peppers are ripe and loaded with nutrition. Jalapeno peppers are added to raw food dishes by some raw food chefs because they think they need to spice up the food or maybe that people new to raw foods will think the food is too bland without it. I have never had any raw food that I thought was bland. I avoid jalapenos, red cayenne pepper flakes and paprika. Too irritating.

When I was working as a nurse years ago, people used to come into the emergency room with burned esophagi and/or stomachs from jalapeno and other hot peppers. Hot peppers can do some serious damage to the intestinal tract. Why take a chance.

Some raw fooders won't eat any salt or sea salt; some won't eat olive oil and/or other oils due too health considerations. Some think all salt is toxic or they have reactions to it whether refined salt or sea salt.

But I eat sea salt and oils in small amounts. I don't salt all my food. I use a little in some of my recipes. If you drink a lot of water you may need some additional salt.

### Alcohol

I don't drink alcohol including raw wine. I wish doctors and other so-called health experts would stop recommending wine because it supposedly contains resveratrol. If it contains any it would not outweigh the risks, that's for sure. It's an established FACT that alcohol is a neurotoxin. It damages the nerves, eyes, liver, heart, brain and other vital organs. And there are other serious health consequences.

I think the alcohol manufacturers have rooms full of press people churning out press releases all day long focusing on any tidbit they can to convince the general public that alcohol is a healthy addition to our diet. Don't drink alcohol. It will defeat your purpose. The well-known psychiatrist and nationally recognized brain expert Dr. Daniel Amen confirms that alcohol is a neurotoxin and can damage nerves throughout our bodies even in small doses. Why do it? Alcohol is also an estrogen mimicker meaning the body thinks that alcohol is estrogen and with some breast cancers, some prostate cancers and other hormone-related diseases, you don't want to expose yourself to more estrogen, male or female.

### Smoking

I don't need to mention not to smoke. It will totally defeat any purpose you have in getting healthy if you continue to do so. Thousands of people have quit and although it's addictive it can be overcome.

### Water Fasts

I don't advise water fasts ever. There are raw spas in the U.S that promote these but I have heard first-hand reports from attendees on trips made to the hospital by other attendees and have even heard of deaths being reported over the years. The body doesn't need fasting, it needs NUTRIENTS. Why put yourself into malnutrition mode where the body has to fight to survive.

### Colonics

Colonics - I don't ever advocate colonics either. I had one once reluctantly right after I started eating raw foods. I was sorry I submitted myself to that and bled right after which they told me was normal! I firmly believe that colonics can damage the colon. The colon wasn't meant to have gallons of water flushed BACKWARDS through it. It is not a natural event.

### Enemas

Enemas. There are some people who insist on doing daily enemas. The anal sphincter can't handle this stretching for long periods of time and can even loosen up causing bowel movement accidents for the rest of one's life. Only surgery can correct it. I also knew a raw fooder who had to have surgery for a colon problem that developed from high enemas she was doing with a Colema board at home.

### Where I Shop and What I Buy

I think I've touched on this a little bit. I shop farms, farmers markets, food co-ops, whole foods markets like "Whole Foods Market's" and New Seasons markets in the Portland area, Trader Joe's, Costco, Asian markets, regional wholesale distributors and online wholesale, etc.

People have told me it helps them to know what I buy in these stores/markets. So I thought I'd list these items here.

Trader Joe's - avocados, organic strawberries, alfalfa sprouts, raw almond butter, extra virgin olive oil - Trader Joe's President's Reserve for best flavor - Santini brand not good, frozen mango chunks, frozen blueberries- organic and non-organic, frozen organic raspberries, raw cashews, raw sunflower seeds and raw brazil nuts.

Costco - organic spinach - the cheapest anywhere and in huge containers, mangos, avocados, huge dark pink grapefruit (like Rio Star), huge bag of large lemons, oranges, organic raisins, raw almonds, raw walnuts, raw pecans.

Asian markets - mangoes, persimmons, young coconuts.

Food co-ops, whole foods markets and local groceries with organic sections - organic Italian parsley, organic cilantro, organic tomatoes, organic strawberries, organic bananas, organic gingerroot, organic melons - watermelon, cantaloupes, honeydew, organic red, yellow and

green onions, organic red peppers and organic flax seeds and raw tahini. I buy 50 pounds of carrots at a time and store them in a second refrigerator. I get the huge sleeve that holds ten packages of five pounds each. They keep for about a month. I ask for the case price, which usually runs about \$28-\$30. The kind of carrots that are loose in the big sack are usually seconds and not easy to store. This way the carrots are easier to store and I get the best carrots.

Farmer's markets from April to October - romaine, green leaf lettuce, red leaf lettuce, Italian parsley, cilantro, cabbage and flats of strawberries, etc.

Local farms - peaches, plums, apples, pears, raspberries, flats of strawberries, tomatoes, onions, blueberries, etc. Boxes of apples for applesauce, pies and juicing.

Wholesale - by phone with account set up - organic raw agave nectar in gallons, virgin coconut oil in gallons.

Wholesale through regional distributor - fresh not dried organic dates 11-15 pounds at a time.

Bananas - many of the markets will have bananas that get overripe or near ripe and you can usually talk to the produce guy and buy up sacks of them cheap. Take them home, peel and freeze them in a ziplock bag. Use within a month or so.

Make sure to have plenty of food on hand, especially in the winter months when one can get snowed in if you live in that type of climate. So plan ahead. Have frozen fruits, oranges, grapefruit, lemons and other citrus, avocados, cabbage, onions, raw tahini, raw almond butter, lots of nuts and seeds and frozen bananas on hand. I always buy ahead on lettuces, fresh produce and keep stocked up on non-perishables so I have plenty of food for a few days in case there are weather problems.

### What You Can Do

A raw food diet is not a set diet of specific menus. It's different for everyone who professes to eat a raw food diet. No two diets are the same. It's individual and unique to each and everyone. It's great to have the freedom to choose every day what is good for YOUR body and soul from among dozens of choices and all the time knowing it's healthy.

If you want to start enjoying a healthier life and eat foods that are alive, then may I suggest that you start out slowly. Start adding some of the fruits you like the most. Make it an adventure and when you go to the local grocery pick up a fruit that you haven't had before. I've found persimmons, passion fruit and others that were new to me.

Of course you can go all raw too, but you might want to hang on to some of your comfort foods for awhile while you adapt to a new way of eating and living. If you start adding a few fruits in the morning or juice some veggies or carrots or do anything that will start you in the right direction, you'll soon see how good you're starting to feel and your body will tell you it wants more.

A big salad in the evening is easy to fix. If you don't want to make a salad dressing yet, then use a bottled dressing. Pick a healthier one without chemicals and gluten-free use your favorite dressing until you can make the switch. Try to give up or start reducing your intake of coffee, soda pop, Gatorade and all beverages that are bottled except water.

In the beginning for breakfast, I found that if I still felt hungry after eating, that I hadn't had enough fruit to eat and when I ate more I no longer felt hungry. So eat plenty of fruit.

One secret to avoid cravings! One point I want to make that's important. Raw fooders will tell you to eat only when you get hungry. I found that not to be good advice. I think in order to avoid cravings and your usual cooked food and desserts, it helps to eat 4-5 scheduled meals a day before you have a chance to get hungry. This worked for me. I've never experienced any hunger or cravings.

If you find you're craving some of your usual cooked food, immediately have some fruit or a salad or something raw and the craving will usually magically disappear.

Keep a quart of homemade almond milk in the refrigerator to replace cow's milk and to use on sliced bananas, strawberries, raspberries, blueberries or combinations of those or other fruit or drink alone.

If you don't have a juicer, get one. Green or carrot juice will always give you instant energy. So will coconut water. You can feel the juices or coconut water go to work. They'll give you a big boost of energy every time you drink them. Of course it's always better to use

the whole greens in a smoothie or eat whole but to get in significant amounts I juice too.

If you have to leave your home in the morning for school or work, etc., try to fix some juice and drink it slowly while you're getting ready. You can make applesauce and take it with you. You can omit the flax seed or add cinnamon and/or nutmeg if you like. You can also take a lot of fruit with you, like oranges, apples and bananas. If you have time to fix a quick all-fruit smoothie and drink it or take it, do it. You can pack a lot of nutrients into it and especially if you can slip in some greens like a handful of spinach or two. Costco's huge container of spinach can be on standby in the refrigerator for quick green smoothies. Throw in a big handful or two.

For lunch away from home, you can take a salad and fruit with you. A spinach or red leaf salad or using any other greens is quick to fix. You can take a tomato and avocado along and add them at work or school. Keep dressing handy in a small bottle to add at lunchtime. You can take raw crackers along once you learn how to make them.

Raw crackers can also be purchased at most whole foods store or co-ops. Local raw fooders who've gone into business making crackers will get them placed there.

You'll feel so much better after lunch and won't feel bogged down the rest of the afternoon. Take fruit for snacks and maybe some dates. For emergency foods in the car to squelch a hunger attack, keep water, dates or bananas nearby. These will satisfy most cravings or a hunger urge.

Try to start giving up all junk food, and any food you're indifferent about. Give up mindless eating and snacking. Try to cut back on or completely cut out grains, dairy, milk, cheese, yogurt, butter and meat. This may be difficult for you to do all at once. Do it gradually and see how you feel. If you have diabetes or any serious disease, start slowly so you can monitor your blood sugar and work with your doctor.

Try to avoid as much cooked, canned, processed, packaged and refined food as possible.

Aim for an 80% raw to 20% cooked food - diet. When you reach that level you can decide whether you want to go 100%. It doesn't have to be perfect whether its 50% to 100%. Even if you're able to do 50%



you'll be doing your body good. Do the best you can and keep adding more and more living foods. Continue to give up cooked/non-living foods. If you're in good health now you can proceed at any rate you want, but hopefully make significant changes before a new health concern presents itself.

The 20% could be some cooked food with your evening meal for example. Try not to make this 20% desserts or junk food.

If there's a special food you can't live without then continue to eat it along with your new healthy foods. Eventually you may be able to give it up. But don't seriously deprive yourself of something you desperately have to have. Your commitment to eating healthier is the most important thing.

Weight will drop off faster the more you eat of raw foods. But you'll lose weight on less if your total calorie intake is within reason to do so. Obviously if you're getting thousands of calories of fattening cooked food and eating a few calories of fruits and veggies, you won't lose weight. It's still about calories. Fruits and veggies will fill you up and satisfy your body on a lot less calories.

In any case I must say to always check with your doctor before undertaking any dietary changes and especially if you're under a doctor's care for any reason including type 1 or 2 diabetes, liver or kidney disease or obesity. Take it slowly and think moderation.

Your body will become accustomed to this new nutrient-dense food and will want more to take care of nutritional deficiencies and boost your immune system to full capacity.

### Travel or Away From Home

When I go to an all-day seminar or event, I usually take along a small container of sunny pate, an avocado, some carrot juice, dates, a banana or two, sometimes my flax crackers or other kind of crackers I have on hand that I've made or anything else that happens to appeal to me that is quick to fix.

### Eating in Restaurants

If you go out to eat in a restaurant that isn't focused on raw foods, you can take along a small bottle of dressing and an avocado. I've found that many restaurants don't have avocados and you can make a

huge salad with a variety of veggies but adding the avocado really makes a difference. Some chefs will even add it for you. Be careful about salad bars. One time after a salad bar lunch I got into my car and felt some itching around my mouth. There was a red rash around my lips. I realized it was likely pesticides on the salad greens. Most salad bars are not organic. Whole food markets often have organic or partly organic salad bars and label the organic foods. Now I rarely eat at any salad bars.

So eat at salad bars that have organic greens if possible. I also order half cantaloupes, chopped melon or fruit plates. Even if not on the menu, a lot of restaurants will have strawberries. Ask if they do. I've found they're usually willing to bring me a bowl and than my lunch or dinner companions see it and want some too! They never charge much for this either. Dressings may contain gluten so if possible bring your own or stick to olive oil and lemon. Balsamic vinegar is not raw, use it if you have no other option.

Sometimes when eating out you may have to adjust a little. Of course it won't hurt to have a baked potato or other cooked veggies if you can't find any raw food and are not concerned about eating 100% raw. And if you're not 100% raw you can certainly eat what you want. It all depends on how often you eat out too. I seldom do, just because I prefer my food at home.

If you're lucky enough to have a raw food restaurant or two in your area make sure to patronize them to encourage them to stay in business. Many raw food restaurants have had to add vegan foods in order to keep going. You can often get raw food ideas and take home food too. Make sure to talk to the raw food chefs to see what you can learn. They will often be a source of the local potlucks and raw food groups and other events coming to town.

If you don't have any raw food restaurants in your area, seek out the vegetarian and vegan restaurants and encourage them to add more raw foods to their menus. Promise to bring in your raw food friends and they may consider it. They may have some raw food dishes on their menus already. Vegans and vegetarian will eat raw food too.

## Equipment

Food Processor - A food processor is important and I use one every day. If you don't have one you can get a Black and Decker or other brand, new for around \$30 or find them - any brand - in thrift shops

and garage sales for about \$4. I bought a Cuisinart in January 2000 at Costco, for about \$169. I still use it every day. I didn't know anything about food processors. I didn't know I could get them a lot cheaper. It was a splurge to be sure.

What I liked about the Cuisinart at Costco's was that it came with an extra container and the total package cost less than the department stores that had only one container. Since then I've found several Cuisinarts at garage sales. Some older. However one year I found one that was almost new and for only \$25 that was newer than mine. It also had a flat top which my other Cuisinart didn't have. I didn't know that the Cuisinarts have two different tops. One with a feeding tube and one without. I bought it for back-up use and for parts. If you find equipment you already have, and it's cheap, get it. The replacement parts can cost a lot more. The plastic tops can break off a piece and won't lock in place.

Handle the containers carefully and try not to drop them. I use both containers and both tops often especially when I'm fixing two or three recipes at a time. It's nice because I don't have to stop and wash the container before starting the next recipe. But you don't have to have a Cuisinart, any brand is just fine. I figured I'd be using it a lot and didn't really know anything about food processors since I'd rarely ever used one.

**Inexpensive Blender** - An inexpensive blender will work just fine for most things including almond milk. It may have to work too hard if you're using hard frozen fruit. You can let the fruit thaw out a little too. Try it. Blenders are cheap at garage sales and thrift shops. Try to get one with a glass container not plastic. The rubber rings can be bought in a package at most discount stores for less than a dollar, if you need any.

**Vita-Mix (optional)** - New they are expensive. You can find them used on eBay or Craigslist. I found one at a garage sale for \$85 several years ago that I'm still using today - a "Commercial Vita-Mixer Maxi-4000." If you find any that are not working you can buy them cheap for the parts. The motors rarely ever stop working. If you see a base only, buy it. I saw a base only for \$5 at a garage sale that someone else was buying.

You can buy replacement parts for missing or non-working parts and put one together cheap. One thing to check for with a Vita-Mix is to check the container on older models to make sure they don't leak.

The way to find out is fill the container with water and put it into a big bowl overnight and see if it's been leaking in the morning. If it has a small leak you should be able to still use it but don't mix too long.

You can place a "want to buy" ad for one on Craigslist and you should get some response. When you see ads in newspapers for Vita-Mixers they go quick.

Juice Extractors - I use a Green Life juice extractor that's several years old. Depending on the model they're called Green Life, Green Power or Green Star. If you can get one used they're the best juicer or juice extractor for juicing greens and carrots. They leave a much drier pulp. They're not supposed to heat the veggies as much as other juicers. It's called a masticating type of juice extractor. They're expensive and run around \$400. But you can find them used for a lot less money.

I also have a Champion juicer and a back-up Champion for parts. I bought a Champion when first starting out raw and then the Green Life. The Champion is good but the pulp is wetter so it's not getting as much of the juice out. Some people have tried running the pulp through a second time but I think that's too much work for so little difference. Save the pulp for a day or so if you can use it in a raw recipe – for example sunburgers, an entrée or raw carrot cake. With a lot of the life taken out of it I don't know how much nutrition is left in it. Some people feed it to their pets.

So carrots are easy to push down with the Champion which makes it quick which is good, however with the Green Life you have to push the carrots hard and it's a little bit more work but you get a little more juice and more muscles! I developed strong muscles in my arms and back that have helped my tennis game by having used it for so many years! A side benefit for sure! Greens are a little harder to do in a Champion than with a Green Life. But you can wrap a kale leaf around a carrot and it'll go through easier.

I found another Champion, base only at a garage sale. They lost all the parts during a move. I bought the base for \$10, and ordered parts for it for \$45. So I had a Champion with new parts for \$55. Then I came across two more working Champions at garage sales for \$55 and \$65. I bought these for parts and back up. They both work fine. A new Champion costs about \$199 - \$240 or so and come in two models household and commercial. Get the commercial if you can.

The Jack Lalanne Power Juicer at Costco costs about \$89-\$99. This may be a good juicer if you can't get a Champion or Green Power. But not as good as the Champion or Green Power if you plan on juicing for years to come. In any case get started with what you can afford. You can replace as you go along.

I don't think it makes that much difference if you have to use a cheaper juicer for now. Just get the juice into your body. If the juice looks good it must have some enzymes and phytonutrients in it. If you can afford the twin-gear Green Power/Green Life/Green Star (Green Star and Green Life are older models) or find it used, get it.

Coffee Grinder - You can use a clean coffee grinder, set aside for this purpose, to grind up flax seeds. Flax seeds should always be freshly ground, so they don't get rancid. I use a Braun that I got at a garage sale for \$2. You can find them often at garage sales for \$2-\$4. I've bought several Brauns. I've picked them up for friends at garage sales when I've seen them although I don't have time to go to garage sales anymore. The tops are interchangeable. I use a big make-up brush to whisk them out including the tops. They don't need to be washed. You can grind sesame seeds in them too. You can use other brands. I've tried several but I like the Braun the best.

Spiral Slicer - It's great for making fake angel hair pasta from zucchini. It has two settings so you can also make spiral pasta. I also do beets and sweet potatoes. You can use them for other veggies too. Usually they have to be ordered online but I found one at a garage sale new in its box for \$1 to use in case my original breaks. They can break easily. They cost about \$20 new. People also use a Spiroli but I've never been able to find one.

Food Dehydrator - If possible, get one. You'll use it and it'll give you a much broader range of raw foods to choose from. You can make hors d'oeuvres, appetizers, cookies, sunburgers, entrees, dried fruit, dried veggie chips, pizza crusts and much more. For example you can make some raw pesto sauce, stuff it into mushrooms in which you've removed the stems, put it in the dehydrator for awhile and you have some yummy snacks or eat with lunch. You can make raw flax crackers and other seed crackers both spicy, non-spicy and sweet crackers and raw onion bread, etc. You can buy an Excalibur new for about \$220 or so depending. The price varies.

Or you can buy one used from Craigslist. They come up often. Shipping may be a little more difficult because of the size but they're

very light in weight. You can try to buy one wholesale also. Try EBay too. But in any case, you'll use it often. I have an Excalibur 9-tray. The 5-tray may not be enough if you're trying to save energy by fixing several trays at a time. You can make several recipes at a time with the same amount of electricity. I rarely use more than 5 or 6 trays though.

So the 5-tray may be enough for you for starters. However some people who have bought the 5-tray later say they wish they had the 9-tray. You may be better off to get the 9-tray because they'll cost more as time goes by. The price has gone up on them consistently over the years. Also you may find the 5-tray harder to sell if you decide to sell it and upgrade.

You'll also need the teflex sheets that go with them that are placed on each mesh tray. They can cost from \$6 to \$10 each. If you buy the dehydrator used try to get the teflex sheets too so you don't have to buy them separately.

The Excalibur used to have a problem with the actual temperature. Many people claimed they were running hotter than claimed. I usually run mine around 95 degrees or so unless the food is very wet. Then I can go a little higher to about 100 degrees or so.

Some people think that you can run it at 145 degrees for 1-3 hours depending on how wet your food is without it damaging the enzymes. I do this with raw onion bread and other very wet recipes that are going to take a couple of days to dehydrate.

L'equip is also another good dehydrator. But they're hard to find. Both of these dehydrators have the fan in the back, not the side. You want a dehydrator with the fan in the back for better heat circulation. I wouldn't use one of the round dehydrators that are on the market. They don't dry evenly or at lower temperatures.

Water Distiller. I bought a WaterWise water distiller several years ago and used to use the water for rinsing seeds etc. But it finally stopped working. It's not a necessary piece of equipment and I don't plan to replace it.

Citrus Juicer. Just about any citrus juicer should be good for oranges and lemons. I use a Braun I've had for years. I got it at a garage for \$4. I've seen the same one several times at garage sales. The juice extractors I have won't juice citrus.

An old refrigerator - If you have access to an old refrigerator that you can put in a garage, utility room or basement, they are great to have. They hold so much and will give you more room in your main refrigerator especially if you're sharing a household with someone else.

People often give these away and they've been offered to me several times for free or cheap. But I have a second one already. Make sure it works properly before you bring it home. You probably know that the more a refrigerator is filled with food the less electricity it uses.

Some of this equipment can be bought wholesale. If you have any wholesale contacts or connections or are in any business, take advantage of it. It will take some detective work to find middlemen.

### Celiac Disease

I want to mention celiac disease because it's important to know about it and its relationship to your health and raw food. One in ten people have it right now and most have not been diagnosed. You may be one of them. More people have celiac disease than have type 2 diabetes. How is this important? If you go on raw foods and don't get better you may still be eating gluten grains. Wheat, oats, barley, rye, spelt, triticale and kamut are most of the gluten grains and contain the gliadin fraction of gluten except for oats.

Oats contain the prolamin fraction, which is not a problem, but oats are cross-contaminated in wheat mills where they're usually processed. One can buy oats that are milled in special gluten-free mills to avoid this and they're labeled gluten-free. If you have any CD in your family or an extended family member has already been diagnosed you should get tested right away. If you go to 100% raw foods and are not getting any gluten grains then you won't have any antibodies for it so the test would be a waste of time and money.

This test is called a "celiac panel" and consists of four tests, some newer, some older. Some doctors are not familiar with the newer tests and only test with one or two of the older tests in the panel but that's not enough. Even with the newer celiac panel the results can be negative and you can still have CD. The tests are still not reliable. Many celiacs in the celiac support groups had negative tests. Some were diagnosed by biopsy of the small intestine. Some got a gene test to find out if they had the gene for it, even if it still has to be triggered.

If you get a stool test called a steatthorea test it can show that you are not digesting your fats and that can be an indicator but not diagnostic. The problem with celiac disease is you can have no symptoms or some symptoms or a lot of symptoms. These symptoms can be different for each person.

Some celiacs may have balance problems, some may have neurological problems, some may have digestive problems, some may have diarrhea or constipation, some people may be thin and some not so thin, some may have other problems that can be directly connected like anemia, type 1 diabetes, epilepsy, autism, multiple sclerosis, fibromyalgia and thyroid issues, etc., and any disease that might have an auto-immune basis or nutritional-deficiency basis.

Or you may have mysterious symptoms and have visited doctors many times and not been accurately diagnosed or misdiagnosed or NOT diagnosed at all or suffer from a mystery disease or you may have no symptoms at all.

In MS, the lesions in the brain are identical to those in CD. Any many people with MS have been misdiagnosed with MS - my opinion. Anyone with MS should be checked for CD. One strange coincidence is they both run in families! So could MS or some MS cases actually be CD? One of my family members has been diagnosed with both. I suspect the MS doesn't exist and it is CD with neurological symptoms.

Eating gluten grains cause the villi in the small intestine to flatten and make digesting nutrients difficult or impossible. The cure for celiac disease is to completely stop all exposure to gluten grains. Wheat is the worst but the other grains are bad too. Many gastroenterologists have said that gluten grains are not good for anyone! Wheat is the most highly allergenic food too. It tops a list of eight of the most allergenic foods.

A supposedly raw food that's often used in the raw food community, although any chefs no longer use it is Ohsawa's Nama Shoyu. I totally avoid it! It contains gluten - roasted wheat - not even raw wheat. I got that documented from Goldmine Foods, a U.S. distributor who contacted the Japanese manufacturer, and presented my findings at one of the raw food festivals. I avoid misos that contain barley and many do, and all misos from Japan are exposed to barley flour and it's not listed on the label. I avoid wheat-free tamaris for the same reason and which often contain barley and hidden grains. I also avoid



dehydrated kamut crackers and rejuvelac (fermented beverage made from wheat.) Lots of supplements and green powders may contain gluten also.

Think about gluten as a possibility for any medical problems you or anyone in your family is having. You won't get better from anything you do if this is the underlying cause, except for a change in diet. It has taken time but the word is finally getting out about CD. More and more people are being diagnosed every day.

All our local chapters are swelling with new members. It's been recognized in Europe for decades. The schools in Italy used to check all incoming first graders for it. In Finland you can get gluten-free menus in McDonald's. Thousands of restaurants have gluten-free menus all over Europe, whereas the U.S. is far behind.

It was originally discovered in Scotland and was first known as the "Scottish Disease." My parents are Swedish and each had the gene for it. It's common in Scandinavian countries as it is in all northern European countries. Because of racial mixing it's now found in all races. One can carry the gene for it and it never be triggered. It has to be triggered to develop celiac disease.

So if you're eating predominately raw food diet and not getting better, get checked for celiac disease and pass the word on to family and friends about it, you could save someone's life. Cancers can develop in undiagnosed celiacs as it did me. Many celiacs become raw fooders.

### Raw Food Potlucks

There are more and more raw potlucks cropping up around the country as raw foods become more popular. It's nice to go and socialize and find others who are eating raw foods. You can compare recipes, etc. and make raw friends. However you must be careful. Because the food at these potlucks is often prepared by newbies to raw food. Many of them are not familiar with the importance of washing hands thoroughly. I know because I've been to many raw food classes where the students were allowed to prepare the food. Many do not know the consequences, are not informed or do not know how to thoroughly wash their hands.

Hand washing is more than rinsing and requires friction. As a nurse I know the importance of thorough and proper hand washing.

At one potluck I attended several people contracted giardia. At another several got sick and it was never discovered why. So if you go to one be careful. Eat the food that is prepared by the long-time raw fooders who will no doubt know more about antiseptics than newbies. Raw food is not cooked so there will always be more bacteria and other organisms present.

### Type 2 Diabetes and Raw Foods

I know diabetics who got rid of their type 2 diabetes by going on raw food diets and one was a teen with type 1 diabetes. Some recent tests with a few diabetics by a raw food doctor resulted in an overwhelmingly good response. They no longer use insulin or any of their diabetes medications. Is this proof that the standard American diet is contributing to or causing diabetes? Maybe simply eating more raw food will prevent it or cure it. If you have diabetes make sure to work along with a professional - doctor or naturopathic doctor so that you can be monitored properly.

### Food Storage Tips

I like to store most of my raw food preparations in wide mouth Mason jars. I get the white plastic lids for them at our Fred Meyer store in the canning section. The jars come in several sizes from ½ pint to quart size. I use the narrow mouth jars as well. They are perfect for storing pates, almond milk, coconut water, nuts, and seeds and just about anything you want to store - air tight and no contact with plastic.

I sometimes use small jars in the freezer too. I use gallon plastic zip-lock bags to store my picked blueberries. I store all nuts and seeds in the refrigerator. Some people store nuts and seeds in the freezer because of rancidity concerns, but I use them up too fast.

### Proper Hand Washing

Inadequate hand hygiene also contributes to food-related illnesses, such as salmonella and E. coli infection among others. According to the Centers for Disease Control and Prevention (CDC), as many as 76 million Americans get a food-borne illness each year. Of these, about

5,000 die as a result of their illness. Others experience the annoying signs and symptoms of nausea, vomiting and diarrhea.

You want to understand and protect against bacteria, viruses and infection. I learned the importance of hand washing during my nurse's training. Friction was emphasized. I've been around the raw food movement now for many years and hand washing is rarely discussed.

I've seen people rinse or not even wash their hands and dip them into big bowls of food. Many chefs encourage people to dig in. I never over-handle raw food and never dip my hands into bowls of food I'm working on. You can't help but touch some of your food and that's okay if hands are clean but there are thousands of organisms still left on the hands even after a good washing. I've seen enough bacteria movies in nurse's training and I can attest to it. Also washing hands and then touching dirty dish towels or rags, utensils and other equipment is just transferring organisms.

### Proper Hand-Washing Techniques

Good hand-washing techniques include washing your hands well with soap and water.

I do not use anti-bacterial soaps (they contain Triclosan.) Antibacterial soaps have become increasingly popular in recent years. However, these soaps are no more effective at killing germs than is regular soap. Using antibacterial soaps may lead to the development of bacteria that are resistant to the products' anti-microbial agents — making it even harder to kill these germs in the future. So in general, regular soap is fine. The combination of scrubbing your hands with soap and rinsing them with water loosens and removes most of the bacteria from your hands.

### Proper Hand Washing with Soap and Water

Follow these instructions for washing with soap and water:

Wet your hands with warm, running water and apply liquid soap or use clean bar soap. Lather well.

Rub your hands vigorously together for at least 15 to 20 seconds. Scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails with a soft nailbrush. Think friction.

Rinse well.

Dry your hands with a clean or disposable towel.  
Use a towel to turn off the faucet.

### Pesticides on Produce

There are many reasons to choose locally-grown, organic produce if possible. But organic food can be more expensive. To maximize the good you do to your body while minimizing the cost, choose to buy organic produce for the fruits and vegetables which tend to have the most pesticides in the US. This list was compiled by the Environmental Working Group from over 100,000 studies by the USDA of the 46 fruits and vegetables listed between 1992 and 2001. The top 12 are often called "The Dirty Dozen". This list may help you decide which fruits you want to eat organic only. And many fruits and vegetables are not on this list.

The scores given are a composite of numbers and amounts of pesticides found in the studies. The "worst", peaches, was given a score of 100, and the others were calibrated from that. The fruits and vegetables were washed or peeled as most people use the produce – for example, apples were washed, bananas and oranges peeled.

Peaches – 100  
Strawberries – 89  
Apples – 88  
Spinach – 85  
Nectarines – 85  
Celery - 83  
Pears – 80  
Cherries – 76  
Potatoes – 67  
Sweet Bell Peppers – 66  
Raspberries – 66  
Grapes – Imported from outside U.S. – 64  
Carrots – 57  
Green Beans – 57  
Hot Peppers – 55  
Oranges – 53  
Apricots – 51  
Cucumbers – 51  
Tomatoes – 48  
Collard Greens – 48  
Grapes – U.S. grown  
Turnip Greens – 41

Honeydew Melons – 40  
Lettuce – 40  
Kale – 39  
Mushrooms - 36  
Cantaloupe – 36  
Sweet Potatoes – 35  
Grapefruit – 34  
Winter Squash – 34  
Blueberries – 30  
Watermelon – 27  
Plums – 26  
Tangerines – 25  
Cabbage – 25  
Papaya – 23  
Kiwi – 23  
Bananas – 19  
Broccoli – 18  
Onions – 17  
Asparagus – 16  
Sweet Peas – 13  
Mango – 12  
Cauliflower – 10  
Pineapples – 6  
Avocado – 4  
Sweet Corn – 1

## Glossary

A full glossary would take many, many pages. This is only a random selection of a few raw food entries.

### ACAI JUICE

The juice and pulp from the Açai palm, a species native to Central and South America, is used in various juice blends, smoothies and other beverages. A study at the University of Florida showed that the açai antioxidants could induce more rapid death (apoptosis) of leukemia cells in vitro. This preliminary research indicates a possible anti-cancer effect of anthocyanins and other pigments, as known for North American dark berries like the blueberry and black raspberry. Acai is pronounced "uh-sigh." The Acai berry was popularized on Oprah as a weight loss solution.

### AGAVE NECTAR

Agave nectar is a low glycemic, liquid sweetener harvested from the agave plant – a cactus. The agave plant grows in the semi-dry soils of Mexico. Juices (nectar) were fermented to make agave tequila. Agave nectar (syrup) is about 90% fructose. It's sweeter than table sugar and it's all natural. Buy it raw. Darker agave is better.

#### ALMONDS

Almonds are one of the nuts which have an alkaline reaction in the body. One of the best nuts you can eat. Get almond milk to get more nutrients in.

#### BUCKWHEAT

Botanically, buckwheat is not a cereal grain because it belongs to a different family. If you buy buckwheat for dehydrated crackers or other recipes look for raw buckwheat groats or whole buckwheat groats. Buckwheat that has been roasted is known as Kasha but of course is not raw. It is used in some raw pizza crusts too.

#### CACAO NIBS

Cacao nibs are the edible part of the cocoa bean after it has been harvested, dried, fermented and hulled. Cacao is rich in magnesium and contains small amounts of caffeine and theobromine, which are stimulants. Other chemicals that naturally occur in cacao include MAI inhibitors (diminishes the appetite), PEA (similar to what the brain releases when in love) and anadamide (the "bliss" chemical which is the same chemical released when we're happy).

Its use by raw fooders is controversial because of its stimulant properties. I don't use raw cacao nibs or raw cacao powder (better form) – it's too stimulating, but have had it occasionally in raw fudge at raw food restaurants.

#### CAROB POWDER

Carob, sometimes called St. John's Bread, is the fruit of an evergreen tree that is native to the Mediterranean; it can grow to heights of almost 50 feet. Straight from the tree, the fruit looks like a big brown pod. After harvest, it is dried and powdered. Try to get it raw at food co-ops, because it is generally roasted. Carob has a flavor similar to chocolate, but without all the negative effects of chocolate. The seeds or pods are edible and similar to cocoa, but contain no theobromine. Used in many dessert recipes, raw brownies, raw fudge, etc. Kids love these raw desserts too.

#### CELTIC SEA SALT

(pronounced keltic)

This salt is harvested from the ocean in a 9,000-acre pristine area of Brittany, in northwestern France. This area has been protected by the French government as a historical site so the ancient traditions can be preserved for future generations.

To produce Celtic salt, ocean water is channeled into a series of shallow ponds. The sun and wind evaporate the water, leaving a mineral-rich brine. The salt farmers then hand rake the brine with wooden tools, and within hours, crystals form and are gathered by hand.

The method used for the whole process is a 2000-year-old tradition in Brittany. This salt is unheated and unrefined. It's light gray in color and moist to the touch. It consists of 14% trace mineral elements and 84% sodium chloride. Refined table salt by contrast contains 97.5% sodium chloride and no trace minerals. I buy Celtic salt in bulk in small amounts at food co-ops. Keep the cap on loosely so it won't dry out. Also see sea salt and Himalayan salt,

There are three kinds of Celtic salts. The Light Grey Celtic salt (also called Celtic Grey Sea Minerals) and the Flower of the Ocean are sun-dried and unheated. The Fine Ground Celtic sea salt has been heated to 200 F before grinding on natural granite stones and is generally not recommended. The Light Grey Celtic sea salt can be put into a coffee grinder to grind it. But I use RealSalt sea salt or other sun-dried sea salt instead, which is already finely ground. I use Celtic salt in some of my recipes and in those of others that call for it. A little goes a long way.

#### CHAMPION JUICER

The Champion juicer makes juice. It is a masticating juicer, which automatically expels the pulp, while continuously juicing. No intermittent cleaning is required, as with the centrifugal type juicers. It also has a blank screen (homogenizer) that you can use to make RAW pates, raw nut butters, raw ice creams, and raw sherbets, and it'll shred vegetables, such as carrots, beets and coconut, if you remove the blank plate and use the screen. Champions have been on the market for several decades. It's well-made and durable. See the Green Power juice extractor also.

#### COCONUT - Young Thai

Coconuts are the fruit of the coconut palm, consisting of a fibrous husk surrounding a large seed containing white flesh surrounding a partially

fluid-filled central cavity. Coconuts in their young stage of growth are the most healthful. It's one of the healthiest foods on the planet. It contains no enzymes and is resistant to heat. It contains NO cholesterol! It's low in calories. It contains lauric acid, which is present in human mother's milk. The young Thai coconuts from Thailand, which is commonly found in Asian markets, are more flavorful than the coconuts from Mexico. I don't buy the brown mature coconuts.

#### COCONUT WATER

Coconut water from inside the coconut is pure, clear and is one of the highest sources of electrolytes known to man. It's sterile and protected in its durable shell. It's identical to human blood plasma and has saved many lives, especially during World War 2 when it was used by the Japanese medics to replace plasma in emergencies. It's a natural isotonic beverage - the same levels we have in our blood.

#### COCONUT OIL

Coconut oil is a vegetable oil extracted from copra (the dried inner flesh of coconuts). Coconut oil is a fat consisting of about 90% saturated fat. The oil is primarily 44.6% lauric acid. Coconut oil has a long shelf life compared to other oils, lasting up to two years due to its resilience to higher temperatures. Coconut oil is best stored in its solid form - that is - temperatures lower than 76 degrees in order to extend its shelf life. However, unlike most vegetable oils, coconut oil will not be damaged by warmer temperatures, its natural environment. It should be kept from moisture to prevent mold so don't store it in damp areas. At 77 degrees and above it's in liquid form.

#### DULSE

Dulse is a red algae that grows along the northern coasts of the Atlantic and Pacific oceans, where it is a traditional food. It is a good source of vitamins. A handful will provide more than 100% of the daily amount of Vitamin B6, 66% of Vitamin B12, a day's supply of iron and fluoride, and it is low in sodium and high in potassium.

#### FLAX SEEDS

Flax seeds are the seeds of the flax plant. They contain several essential nutrients including calcium, iron, niacin, phosphorous and vitamin E. Flax seeds are a rich source of Omega-3 fatty acids. They can become rancid so get them as fresh as possible.

#### FOOD COMBINING



Food combining is the term for a nutritional approach that emphasizes the importance of properly combining certain foods, as well as that of properly timing their consumption. According to its followers, the most important rule of food combining is not to mix at the same meal carbohydrate-rich foods such as bread, cereals, carrots, beetroot and protein-rich foods such as meat, milk, eggs, beans, nuts and seeds.

Another rule is to always eat fruit alone and wait 20-30 minutes before eating another meal so that the fruit has time to pass through the stomach, since fruit does not require to be digested in the stomach with the help of gastric juices. As another example, they sometimes recommend that carbohydrates and citrus fruits should not be eaten together at the same meal, claiming that the enzyme that digests carbohydrates (amylase) can only function in an alkaline environment. Similarly, when proteins are consumed, the stomach releases pepsin, which is its enzyme for digesting protein foods. Alkaline and pepsin neutralize each other when in the stomach together, thus rendering the digestive juices less effective in breaking down foods that have been miscombined they say.

Many of the assumptions used to justify food combining are not supported by biological and medical science, and there is currently little researched evidence supporting these theories. With this said, there are thousands of testimonials by people who claim that they have experienced improvements in several digestive related health conditions including acid reflux, bloating, stomach ache, gas emissions, and fatigue experienced after eating but NOT necessarily by combining or not combining certain foods. As I mentioned I don't follow food combining and have still experienced superior results. I think it makes it too complicated for the average person who wants to achieve superior health in the simplest way possible.

#### GINGER - GINGERROOT

Ginger is an effective treatment for nausea caused by motion sickness or other illness and also contains many antioxidants. Though called a root, it is actually a rhizome, an underground, horizontal stem of a plant. It originated in southern China. Gingerroot, peeled, is used in many raw food recipes.

#### GOJI BERRIES

From Asia as one of nature's most nutrient-rich natural foods, these berries have been used in traditional Chinese medicine for more than two thousand years and are believed to enhance immune system function, improve eyesight, protect the liver, boost sperm production,

and improve circulation and more. These are found in packets in whole foods stores and are expensive.

### GREEN POWER JUICE EXTRACTOR

The Green Power juicer is the first major advancement in juicing technology in many years. This juice extractor has a number of advantages over the Champion. Like the Champion, it can juice fruits and vegetables. But unlike the Champion, it can also juice herbs, leafy greens and wheatgrass. (The Champion can juice some leafy vegetables, if they are put through the push tube along with harder vegetables such as wrapping a leaf around a carrot.)

The Green Power juice extractor has a twin-gear triturating extraction system. It operates at a low speed of 90 rpm. Because of this slow speed, there is less chance of the juicer heating up and damaging enzymes and other nutrients in the juice. With the Green Power, you can create raw pates, raw sherbets, raw ice creams and raw nut butters.

The Green Power is also the only juicer on the market with magnetic rollers which magnetize the juice (or food), which will delay oxidation. Although the company claims allows the juice can be stored for two or three days, I would never make it a day in an advance. Carrots juiced in the Green Power and Champion turn brown and the juice loses its enzymes from exposure to air and light. If you have to refrigerate it put in an airtight container—with juice to the top leaving little air space, cap tight and refrigerate. It does not keep well in spite of the company claims. It's best to drink the juice right after juicing. One nice thing about the GP is that it's quiet. See Champion also.

### HIMALAYAN SALT

Different natural salts have different mineral compositions. Each one has a unique flavor. Many experts say that unrefined sea salt is healthier than refined salts. This salt is totally natural and unrefined. Himalayan salt is hand-mined deep inside the pristine Himalayan Mountains. This salt is truly gourmet and is very expensive. Also see Celtic salt and sea salt.

### JICAMA

An edible root it is usually eaten raw and I've never found any that were organic. It's hard to know how much pesticides, if any, have been taken up into this root. It is high in carbohydrates in the form of dietary fiber. It is composed of 86-90% water; it contains only trace amounts of protein and lipids. Its sweet flavor comes from the fructo-

oligosaccharide, which the human body does not metabolize. So makes the root an ideal sweet snack for diabetics and dieters. The jícama (pronounced "hickama") is a species of Pachyrhizus, a legume native to tropical and subtropical Central America. Jicama is used in many raw food recipes including salads, sliced for snacks, and thicker chips to dip in pates.

#### MAPLE SYRUP

Maple syrup is not raw, but some raw foodists use it in dessert recipes such as candied pecans. Maple syrup is a sweetener made from the sap of maple trees. The tree must be at least 40 years old. It goes through a special process that includes boiling. If you buy it get the grade B, not grade A type for better quality. Trader Joe's is a cheaper source. I don't use it.

#### MICROGREENS

Although sprouts have just grown their first set of leaves, microgreens are older and have grown four or more leaves. Sprouts don't need sunlight but most microgreens do. Microgreens can be purchased at Trader Joe's and whole foods stores.

#### MISO

Miso is a Japanese food produced by fermenting rice, barley and/or soybeans, with salt and kōji, which is a fungus used in Chinese and Japanese cuisine which ferments soybeans to produce miso and soy sauce. The most typical miso is made with soy.

#### NAMA SHOYU

Japanese soy sauce that is not raw because of the roasted wheat it contains, but many raw fooders mistakenly think it is raw. It is produced from equal quantities of soybeans and wheat. Soy sauce is a fermented sauce made from soybeans, roasted wheat, water and salt. The soybeans are cooked before they are allowed to ferment. After the fermentation process they are not cooked again, thus the claim that it is unpasteurized.

Many people new to raw foods don't know it contains wheat and roasted, not raw, wheat at that. It's sold under the Ohsawa brand. A few years ago one raw chef was going to market his chocolate syrup using nama shoyu as his secret ingredient. I don't think he ever came to market with it though. He'd no doubt have to declare that on his label now.

#### NORI

Nori is the Japanese name for various edible seaweed species of the red alga Porphyra. The term nori is also commonly used to refer to the food products created from these so-called "sea vegetables". Finished products are made by a shredding and rack-drying process that resembles papermaking. Japan, Korea, and China currently are the major producers of nori.

#### PERSIMMONS

Hachiya and Fuyu Persimmons. These edible fruits come in two types, astringent and non-astringent. Hachiya are astringent and contain very high levels of soluble tannins and are unpalatable if eaten before ripening. The astringency of tannins is removed by ripening by exposure to light over several days, or artificially with chemicals. Non-astringent persimmons such as Fuyu are not actually free of tannins but rather are far less astringent before ripening, and lose more of their tannic quality sooner. Non-astringent persimmons may be eaten when they are still very firm to very, very soft. Hachiya are gelatinous and have a short window on when they can be eaten.

#### S.A.D.

Acronym for the Standard American Diet. It consists of predominately cooked and processed foods, meat, dairy, flour, sugar, refined oils, condiments, spices, soda pop, coffee, junk food, etc.

#### SEA SALT

Natural sea salt harvested by hand, has a unique flavor varying from region to region. Sea salt is obtained by evaporating seawater. Sun-dried sea salt is dried naturally in the sun. Also see Celtic salt and Himalayan salt.

#### TAHINI

Tahini is a paste made from ground up sesame seeds. It's a major ingredient in hummus and other dishes from the Middle East. In the raw food diet it's used in pates, entrees, on crackers, etc.

#### TEFLEX SHEETS

Teflex is a flexible sheet, made of fiberglass and coated with 6 layers of Dupont Teflon. Because of its non-stick surface, it's used in dehydrators. The Teflex sheet is placed over the mesh dehydrator tray. When dehydrating is completed, the food will easily peel off the sheet. The sheet is washable and can be reused over and over.

# Recipes

Here are a few basic raw food recipes to get you started. There are literally thousands of raw food recipes and hundreds of variations. One nice thing about raw food recipes is that you don't have to be exact in measurements and it will still come out good.

## Helen's Best Almond Milk

It's not known who discovered almond milk. There are dozens of variations in the public domain. The original versions used dates or honey before agave nectar became popular. I use agave because it mixes better. You can also use raw honey.

This is a recipe you'll want to make every week or even more. You can use it in place of cow's milk for many purposes. I use it to replace cow's milk in a gluten-free bread for a family member also. It has helped many people give up dairy products which can cause a variety of serious health problems. I haven't ingested any cow's milk or other dairy products since 1999. I know not eating dairy helped resolve many of my health problems including allergies and sinus issues. You can make non-dairy milkshakes and use it in all-fruit smoothies, as a topping for a big bowl of fresh berries and you'll find many other uses for it. Or you can just drink it as you would a glass of cow's milk.

Ingredients: raw almonds, pure water, agave nectar

Equipment needed: blender, nut milk bag, sprout bag or very fine strainer

Preparation time: 10 minutes

1 cup raw almonds, soaked overnight in pure water

3 cups pure, filtered water

1 T. agave nectar (or 2 dates or 1-2 T. raw honey to taste)

Drain almonds. No need to rinse. Soaking releases the enzyme inhibitors and makes them easier to digest. Place in blender with the 3 cups of water.

Blend in blender on low speed for 2 ½ minutes or so. It doesn't have to be exact.

Strain through a nut milk bag or sprout bag into large 2-quart Pyrex-type measuring bowl with pouring lip. You can hang the bag from a cabinet doorknob over the bowl to drain for a few minutes. Wash hands thoroughly and scrub hands and nails with a nail brush then squeeze the bag tightly several times to get all the milk out.

It's worth buying one of these bags. They are cheap at food co-ops or whole foods stores. A very-fine mesh strainer will work but you may not be able to get as much milk out of it as you would a bag.

Pour mixture into a quart-size Mason-type glass jar. (Nice white plastic lids are available

at Fred Meyer and other grocery stores in the canning section.)

Add agave nectar and shake gently. To taste it make sure to shake well first to mix in the agave, which may settle out. Or honey if you prefer – adjust amount to taste.

If you use dates add to almond milk after it's strained and blend again. Cut up the dates in very small pieces first.

For even richer milk you can use 2 cups of water and less agave nectar but I don't find it necessary.

Keeps 4-5 days in the refrigerator.

Variations: add vanilla (similar to eggnog) or carob powder for chocolate milk. Add small amount and adjust to taste.

Save leftover almond pulp in refrigerator in airtight container to use in other recipes, but use soon so it doesn't dry out.

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## **Helen's Easy 5-Minute Sunny Pate**

You can get organic shelled sunflower seeds in the bulk section, cheap, at whole foods stores like Whole Foods, New Seasons, or food co-ops, etc. Trader Joe's has non-organic sunflower seeds in packages. Sprouting, in the recipe below, means just letting the seeds sit for a couple of hours after rinsing and draining them. You'll be able to see little sprouts growing on the end of the seeds. Tahini is made from sesame seeds. You can buy raw (not roasted) tahini at whole foods stores or food co-ops. I eat my 'sunny pate' every day for lunch. I eat it alone or spread on nori sheets, raw crackers, living sun burgers or living onion bread. A great staple to have on hand at all times.

Ingredients: raw sunflower seeds, pure water, Italian parsley, garlic cloves, red onion, lemon juice, raw tahini

Equipment: food processor

Preparation time about 5 minutes with practice. Otherwise 10-15 minutes at most.

1 3/4 cup raw shelled sunflower seeds that have been soaked overnight, rinsed in pure water and sprouted for 2-4 hours. If seeds are soaked longer, the pate may be bitter.

Slightly damp Italian Parsley– big handful, washed and drained. You can use curly parsley but Italian parsley is healthier.

1 large chunk of a red onion--- about 1-1 1/2 inches wide



2 medium garlic cloves, peeled

½ cup fresh squeezed lemon juice, never less

1 heaping T. approx of organic raw tahini – better too little than too much as too much will substantially change the flavor.

Chop parsley quickly in a food processor.

Add the onion and garlic and mix well.

Then add the sprouted sunflower seeds, mix a little.

Then add lemon juice and tahini and mix it all very, very well but not so the food processor gets hot. Add a little more lemon juice if it's too dry.

Put into wide-mouth glass Mason jar with lid and store in refrigerator for up to 4 days at most. Best the first and second day but still good the next two days or so.

You can eat the pate alone with a spoon, rolled up in a raw (not roasted) nori sheet with alfalfa

sprouts, spread on raw crackers or living onion bread and has many other uses.

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## **Helen's Quick Raw Applesauce**

I'm including my quick raw applesauce recipe here because many people are surprised to find out that you can make your own applesauce in minutes! You don't have to ever eat nutrient-deficient canned or cooked applesauce. There are very few, if any, nutrients left. You can easily make your own healthy applesauce. Kids and adults love it. You can add cinnamon and/or nutmeg to it too. Many diabetics use cinnamon to help lower their blood sugar levels.

You'll want to use sweet apples like galas if possible for the sweetest applesauce. Never peel – you'll lose a lot of nutrients. I use whatever apples I have on hand. If you have an apple tree or one in the neighborhood this is a great way to use them up. You can eat the applesauce for breakfast, even feed the baby, and eat as a snack anytime during the day or evening.

We're told these days we need two apples a day not one as previously thought. I often eat more than two apples and always eat a lot of other fruit too. Apples can help prevent a variety of illnesses and boost the immune system.

Ingredients: 2 galas or other sweet apples or non-sweet apples, cinnamon optional, nutmeg optional

Equipment: food processor

Preparation time: just a few minutes

For one serving:

Place two unpeeled, cored gala apples in a food processor and mix for about 30 seconds or less. Try not to over-mix.

Mix just until consistency desired. Can puree the apples for babies.

Add ¼ tsp cinnamon and mix if you want cinnamon applesauce.

Can add a very tiny amount of nutmeg too but not needed.

Eat immediately to avoid loss of enzymes.

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## **Helen's All-Fruit Smoothie**

This is a recipe I use every day and vary a lot. Kids love it and it's so healthy. Never use yogurt in smoothies. Any healthy bacteria left in it are killed when it's pasteurized. Plus it's a dairy product. There is a non-pasteurized brand or two but it's still a dairy product. I always make the Green Smoothie variation for myself however.

Ingredients: bananas, frozen blueberries, frozen mango chunks, almond milk or fresh squeezed orange or pure water

Equipment: blender

Preparation time: a few minutes

2 bananas

1 cup frozen blueberries

1 cup frozen mango chunks

A splash of almond milk or ½ or a whole fresh-squeezed orange juice or splash of pure water if neither available. Or a splash of coconut water if you have any.

Variation: use 1 cup of frozen pineapple instead of other frozen fruit.

Variation: you can reverse and use 2 frozen bananas and 2 cups of fresh fruit.

Variation: you can use a ½ tablespoon or so of virgin coconut oil (a healthy medium-chain plant saturated fat) – this will give it a smooth texture besides giving you even more energy.

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## **Helen's All-Fruit Green Smoothie**

To the above recipe add 2 leaves of kale or 2 or more leaves of romaine or other lettuce for a **"Green Smoothie"** – a great way to get your greens. Your kids will never know. Start with one leaf. I use 2 leaves of kale or 4 or more leaves of romaine or any other lettuce that I have on hand that's extra. Kale is bitter so I don't use more than 2 leaves. But lettuce is sweeter and you can use more. Never buy iceberg lettuce – it's low on nutrients.

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## **Helen's Quick and Easy** **Everyday Dressing**

I've used this dressing many times. I came up with this recipe because I wanted a dressing that was quick and easy to fix and tasted good! Keeps 5-7 days in the 'frig'. Can double it also.

Ingredients: orange or lemon, extra-virgin olive oil, raw honey, sea salt, spices

Equipment: 16 oz. wide-mouth glass jar

Preparation time: a few minutes

1 orange or lemon

Extra-virgin olive oil

1 heaping T. raw honey

1 tsp. RealSalt or other sun-dried sea salt

Squeeze an orange or lemon into a 16 oz. glass jar

Drizzle the same amount of olive oil into the jar

Add honey, sea salt and optional spices

Shake vigorously.

Use 1-2 T. on a huge green salad

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### **Conclusion**

I've tried to include as much detail as possible in this book. I hope you find it useful and it helps you live a healthier life. Please give all the recipes a try too. Get my raw recipe book "Helen's Easy Raw Food Recipes" below for more recipes. Raw food has helped hundreds of people achieve better or optimum health!! I appreciate your testimonials too! Please email me with any questions you have! I try to answer as many as I can.

To Your Superior Health!

Helen Hecker R.N.

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Make sure to email me if you have any questions!

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