

The Living Foods Lifestyle

From Sickness to a Marathon



What is Chef John's New Lifestyle?

Chef John

Cobblestone Press

The Living Foods Lifestyle

Total Health Series©

From Sickness to a Marathon

Disclaimer

The menus and information in this e-book is intended as general information purposes only. If you have any questions about the suggested menu or information herein consult with your health care provider before following any suggestions or menus in this e-book or any class taught using the menus or text material.

Any application of the material set forth in this e-book is at the reader's discretion and is her or his sole responsibility.

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**Cover photo
Chef John in Colorado**

The Living Foods Lifestyle



This e-book is dedicated to Ryan, who developed Type 1 diabetes at the age of two. Ryan has his blood tested before every meal and during the night. He can test himself and let teachers know when he feels low.

While Type 1 Diabetes (Juvenile onset diabetes) is generally considered irreversible the Tree of Life program by Gabriel Cousens, M.D. benefits persons with Type 2 Diabetes (Adult onset diabetes).

With additional research and the Tree of Life program it is hoped that diabetes prevention and treatment by nutrition and lifestyle will become accepted as a standard practice.

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About the Author

Chef John, Author and Consultant

Chef John is a raw food chef, certified by the Creative Health Institute (CHI) where he learned to prepare gourmet and everyday raw foods.

He first heard Ann Wigmore at a living food program in Ann Arbor at the Friends Meeting House and then at the Creative Health Institute.

In addition to his training as taught by Ann Wigmore he learned plant food nutrition alternatives to the Standard American Diet (SAD) from Victoria Boutenko, Victoras Kulvinskis and David Wolfe.

John is especially thankful to Victoria Boutenko for returning to CHI to teach the nutritional benefits of green smoothies in living foods classes and benefits of amino acids in plant foods.

He completed ServSafe® food safety training from Nancy J. Laber, R.S. and is ServSafe® certified through the National Restaurant Association.

A graduate of University of Michigan School of Business Administration, he is a consultant/appraiser of restaurants, banquet and food facilities.

As a market consultant he assists with start-up of farmers' markets and works with food co-operatives to create sustainable operation.

John's interest in living foods led him to write e-books on raw and living foods as well as travel guide books. He is currently creating a raw food website with a webmaster and marketing consultant.

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Preface

The author recalls Ann Wigmore telling how replacing her stove with a blender and adding plant based foods to her diet helped her body to heal.

After a crippling accident in which she came close to losing her legs to amputation and later on from a dreaded disease she switched to a plant based, living food diet, which helped heal her body and her life. Today her teachings help persons through out the world who follow her program.

Ann Wigmore came to Ann Arbor in the 1980's to speak at the Friends meeting house where she demonstrated how to make energy soup. In a few minutes time she turned an apple, an avocado and sunflower sprouts into energy soup, which she served downstairs in the kitchen community room.

Fortunately I heard Ann Wigmore, because it changed my life. After having surgery I found a booklet at the local food co-operative. When I read the booklet by Victoras Kulvinskis I learned the standard American diet (SAD) contributed to my poor health, which led to my parathyroid surgery.

In the booklet I saw a reference to the Creative Health Institute near Union City, Michigan. After my surgery I visited CHI and learned about healing foods.

While I can find wheat grass at juice bars from New York to Seattle my favorite place for sunflower sprouts is at farmers' markets. My experiences along the journey of life led me to write this book on the raw food and living food.

I believe it is possible to reduce complications from serious diseases and in some cases reduce the need for insulin in Type II diabetes.

I acknowledge this is not a medical book. I cannot assure that the stories, references and menu's herein will appeal to diabetics or parents.

What I can say is that it seems to me that healing begins with live food enzymes that are missing from 93% of the Standard American Diet (SAD).

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Chapter 1: My Story

After being diagnosed with anemia, calcium (parathyroid) problems and experiencing low energy I traveled to Japan, Thailand and Indonesia. Here I learned to like papaya, mango smoothies and passion fruit.

I avoided fast food and processed foods. Fruit for breakfast provided hydration and energy. Miso soup, rice and vegetables made my lunch. Dinners were greens, rice and fish with fruit for dessert.

When I returned home my body was in balance. I shed weight and experienced less stress. I enjoyed higher energy levels. My friends say this changed me from a Type A personality to Type B. I really felt good.

Stress

Returning to work as a real estate appraiser and consultant I experienced stress, which led to digestive problems and skipped meals. I began to binge on carbohydrates like bread, bagels and muffins. My body began to reject dairy products, which was sending me a message.

Recovery

I traveled to China to visit schools, hike the mountains and to heal. Here I visited monasteries and ate bread and rice porridge with monks who live on a vegetarian diet and visited Modaoqi, the village where the dawn redwood tree was discovered. When hikers were lost, I was calm and brought two lost hikers down Ermi Shan in the dark. I felt good.

Volunteer

I volunteered with Rotary International in the Amazon region of Brasil. Oranges, bananas and avocados became my fuel for energy. Volunteers help build a soccer court, classrooms and paint a mural on a community center wall. Volunteer work gives me friends and smiles.

Chef John currently volunteers on a Jamaican fishers & farmers project. He plans to teach living food classes in Jamaica in the winter months.

Chef John's website www.happyrawfood.com

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Chapter 2: Living Foods Lifestyle

What is the Living Foods Lifestyle?

The living foods lifestyle is more than just a diet; it is a way of taking total responsibility for your nutritional needs.

Living foods are the most nutritious foods that exist, and they are all offered in an easy-to-digest form.

Living foods include super-nutritious young organic greens: power-packed sprouted nuts, seeds, and grains; and fabulous fermented preparations.

Source: Ann Wigmore and Lee Pattinson,
The Blending Book, Maximizing Nature's Nutrients.

The Standard American Diet (SAD) contains as much as 93% processed and cooked food with as little as 7% fresh raw food.

The processed and cooked foods in the Standard American Diet creates an imbalance in our bodies due to the complete lack of food enzymes found in raw and living foods.

Have you ever had a loss of energy or feel sleepy after eating? Cooked food drains our body's natural energy to digest our food. When we eat a meal of cooked food, blood rushes from our head, arms and legs to our digestive system and we feel sleepy.

I see people fall asleep at banquets during luncheon programs. Even Bill Gates or Mitch Alban can't keep people awake at lunch. I order a fruit plate or nibble on fresh fruit and skip processed food.

I have a friend who died in his prime on the Queen of ocean ships. My father had a stroke on a cruise ship. Do you think there was not enough food on the cruise ship? Or was there too much food?

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What can we do to have more energy and be filled with days of joy?

- TV, magazines and advertising try to sell products to make us feel good by eating this or that vitamin supplement or other product.
- Fitness classes are available for yoga to spinning to meditation.
- Diets are available almost everywhere, but few diets really work.
- Books, lectures, food classes and healing retreats offer programs.

If we take responsibility for our own health it is possible to sort through the multiple choices of health and healing programs to find a program for life long learning that works for you.

The programs outlined in this e-book cover individuals in the raw food/ living food movement, publications, retreat centers and websites that provide information for individual scrutiny and personal decision making.

The people who have influenced my belief in raw foods and living foods for personal growth, increased energy and healing are:

Ann Wigmore	Co-founder of the Hippocrates Institute (now located in West Palm Beach, Florida)
Viktoras Kulvinskis	Co-founder of the Hippocrates Institute (now located in West Palm Beach, Florida)
Donald Haughy	Founder, the Creative Health Institute Union City, Michigan
Gabriel Cousins, MD	Founder, Tree of Life, Patagonia, N. M. Author, <i>There is a Cure for Diabetes</i>
Victoria Boutenko	Author, <i>Green for Life</i> and other publications
David Wolfe	Author and inspirational raw fooder

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Chapter 3: Standard American Diet (SAD)

We are at the crossroads of better health and self destruction. Which road will we take? The road to more energy and health? Or will we travel down the road to dis-ease and premature death?

What is the cost of our daily diet of fast food and processed foods? Is price we are paying for processed foods worth losing our health? Let's look at two different life styles and eating habits.

Type of Diet	Cooked Food	Fresh Foods
Standard American Diet	93%processed	7% fresh
Living Foods Lifestyle	10% processed	90% fresh

It is no surprise that the Standard American Diet with up to 93% processed foods, convenience foods and cooked foods can lead to dis-ease including osteoporosis and cancer.

Bonobos eating wild plants do not suffer from low energy, osteopina, HIV AIDS or cancer. Humans following a living foods life style are more likely to be free of common human diseases.

Unlike Bonobos and Chimpanzees humans are likely to be sensitive to food allergens, which can result in allergies.

Symptoms: "itching, tightening in the throat, shortness of breath, hives, swelling of the face, eyes, hands, or feet, abdominal camps, vomiting, or diarrhea, loss of consciousness and death."
(Source: Allergy Symptoms, ServSafe® Essentials, Fifth Edition, Section 3.6. National Restaurant Association®)

Why do we have allergies? Allergies can be uncomfortable like itching or breaking out in hives, but if severe, allergies like peanut allergy can be life threatening.

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OVERALL PERSPECTIVE

Before looking at habits and life style in depth, we will

(1) First look at common food allergens and food safety in our every day human environment.

(2) Next we will look in depth at the Living Food Life Style, origins of Vegetarianism in Greece in the 6th Century BC and health benefits and concerns of Raw Food Veganism.

(3) Third we will review alternative life styles, which are believed to increase energy for every day living. This will include vegetarian, vegan, raw and living food menus.

For persons with compromised immune systems it is always advisable to consult with an Integrated Medicine Practitioner before considering the suggestions or menus outlined in the publication.

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Chapter 4: Food Safety

Salmonella outbreaks have been traced to peanut butte, frozen pot pies & puffed vegetable snacks.

Food products associated with E. coli outbreaks include raw ground beef, raw seed sprouts or spinach, raw milk, unpasteurized juice, and foods contaminated by infected food workers via fecal-oral route.

There have been reports of fears of foot-and-mouth disease in sheep, PCBs in farmed salmon, mercury in fish, dioxin concentrations in animal products, artificial growth hormones, antibiotics, lead and mercury, pesticide contamination of vegetables and fruits, banned chemical being used to ripen fruits.

Source: Wikipedia.org

What can we do to insure the food we eat will not make us sick?

- **Antibiotics fed to confined cows may show up in milk.**
- **Mothers can pass antibiotics to babies in human milk.**
- **Sick children may find antibiotics are no longer effective.**

What are the risks in foods which could make us sick?

- **E. coli can make us sick with diarrhea which is never fun.**
- **Some triple-washed, pre-package lettuce has had E. coli**
- **Washing food and even cooking does not kill all toxins**

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What is the impact of food on members of a family?

Children

Children are given processed foods that could kill a baby calf.

Diabetes has been linked to casein protein that can leak through the intestinal wall into the blood stream. When a child's immune system attacks the foreign protein the result could be diabetes.

See pamphlet by Physicians Committee for Responsible Medicine

Women

Women's health is critical as women who nurture their parents, families and children, but forget to take care of themselves.

My mother bought tomatoes by the bushel, canned tomatoes and loved to feed her children traditional foods. She didn't get much exercise outside the kitchen. Heart disease led to her passing at 66 years. Her active mother lived into her 80's.

Men

How many bags of chips and deep fried foods can we put into our fuel tank before we realize we don't have enough energy to do the things we want to do or need to do?

- **Over time our bodies become junk fuel garbage dumps.**
- **Some men take better care of cars than of their bodies.**
- **You can buy another car, but you only get one body.**

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Chapter 5: Disease

**How can we be disease free? Are we responsible for our health?
There is more to health than vitamins. Our health is our life style.**

- Vitamin water does not provide benefits of fresh juices.
- Vitamin pills cannot replace natural vitamins in foods.
- Vitamins are lost in cooked foods and processed foods.
- A healthy lifestyle is taking responsibility for our health

Victoras's Victory

Victoras Kulvinskas lived in Lithuania and in displaced persons camps until he was 10. He came to the US and was held back in school. He responded to stress with eating, coffee and colas.

When his personal health began to fail he researched alternative health, met Ann Wigmore and co-founded the Hippocrates Health Institute (now in West Palm Beach) with Ann Wigmore.

Victoras's health recovery is a victory for all of his followers. He wrote the best selling book, *Survival into the 21st Century*, and booklets on living foods, spouting and alternative health.

My story

After surgery I found a nutrition pamphlet at a local food co-op. I bought his booklet and learned my health problem was nutritional. My eating habits resulted in overworked and enlarged glands. Removal of my glands was not the only option. Ever since I continue to read and write about alternative health

I met Victoras and learned how he accidentally sprouted sunflower seeds. He ordered sunflower seeds. Instead of hulled seeds, he received unhulled seeds (like wild bird seed). After emptying the bag of sunflower seeds on a compost pile he tasted the sunny sprouts growing in the compost. They tasted sweet.

Sunflower sprout greens are now one of my favorite greens for salads, energy soup and smoothies. Thank you, Victoras!

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Disease Free Animals

Why are wild animals free of human diseases?

Wild animals like bonobos, chimpanzees and orangutans eat fruit, greens, seeds and yes, a few insects. They do not get human diseases.

Victoria Boutenko, M.A. in *Green for Life* compared the Standard American Diet with the diet of wild chimpanzees.

“These animals possess an extremely strong natural immunity to AIDS, Hepatitis C and cancer, and other fatal human illnesses.”

While Chimpanzees share as much as 99.4% of their gene sequence with humans, their diet is plant based rather than eating other animals.

My favorite is the bonobo, which likes fruit and greens. Unlike chimps bonobos prefer to have sex rather than fight with other chimps.

While we may not like to search for wild fruit and greens to eat, it's hard not to like the bonobo's life style with fruits, greens and sex... and no car payments or mortgage payments.

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Chapter 6: Stress

When we are stressed by work or lack of meaningful work, or unemployment we are more likely to eat in response to stress.

My story:

When I didn't like my work environment, I began getting digestive problems. I took over the counter anti-acids like *Maalox and Tums*.

My digestive problems went away when I became self-employed. Getting rid of the stress rid myself of sickness. I was on the path to ulcers, overeating, eating bar food and drinking coffee I didn't like.

I gave up my secure job, life insurance and yes, health insurance and my stress decreased. Unfortunately I was addicted to coffee breaks, which led to going to the donut shop in mid morning and afternoons.

I could eat half a loaf of fresh baked bread...before I even got home. Breaking off a piece of chewy fresh baked bread I couldn't stop. I would have to buy two loaves... just to take one loaf home.

After transitioning from a stress filled 40 hour week to a 50 or 60 hour week as a self-employed professional with healthy stress I recovered my sense of self and my health.

It took me years to overcome my habit of coffee breaks with coffee or hot chocolate and fried donuts.

I bought and read paperback books from our local food co-operative, attended talks on macrobiotic foods, vegetarian and vegan life styles.

Thus I began my life long journey to love, health and prosperity.

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Chapter 7: Definitions

Vegetarianism

Vegetarianism is the practice of following a plant-based diet including fruits, vegetables, cereal grains, nuts and seeds with or without dairy products and eggs.

Lacto-vegetarian diet includes dairy products, but excludes eggs.

Lacto-ovo vegetarian diet includes both eggs and dairy products.

Vegan diet excludes all animal products, such as dairy product, eggs, and usually honey.

Origins: Ancient Greece, 6th century BC and earlier.

Source: Wikipedia.org

Raw Foodism

Raw Foodism is a lifestyle promoting the consumption of uncooked, unprocessed, and often organic foods as a large percentage of the diet.

Raw Foodists typically believe that the greater the percentage of raw food in the diet, the greater the health benefits.

Source: Wikipedia.org

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Raw Veganism

Raw Vegan diet consists of unprocessed, raw plant foods that have not been heated above 46°C (115°F). “Raw foodists” believe that foods cooked above this temperature have lost much of their nutritional value and are less healthy or even harmful to the body. Typical foods include fruit, vegetables, nuts, seeds and sprouted grains and legumes.

Source: Wikipedia.org

Living Foods Lifestyle

Living foods are not the same as raw foods.

The living foods lifestyle is more than just a diet: it is a way of taking total responsibility for your nutritional needs.

Source: Ann Wigmore and Lee Pattinson,
The Blending Book, Maximizing Nature's Nutrients.

The living foods lifestyle uses no meat, dairy foods, or other animal products.

What you eat – and how well it is digested and absorbed – can either strengthen or weaken your immune system.

Source: Ann Wigmore and Lee Pattinson,
The Blending Book, Maximizing Nature's Nutrients

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Chapter 8: Where to Shop?

The Living Food Lifestyle favors shopping at farmers' markets, CSA's and backyard gardens instead of a traditional grocery store.

Farmers' Markets

Farmers markets are popular places round the world. I have visited farmers' markets in Alaska and Norway in the north, Jamaica in the Caribbean, the Amazon region of Brazil and New Zealand. Africa, Europe, the USA, Southeast Asia and China offer public markets.

Community Supported Agriculture (CSA)

CSA program customers contract with farm growers to provide a weekly box or a share of produce harvested during the growing season. The box is picked up at a farmers' market or at the farm with opportunities to participate in planting, picking or picnics.

Backyard Gardens

Backyard gardens, window boxes or rooftop planters offer city dwellers places to grow tomatoes, herbs and flowers.

Natural Food Stores

When fruit or greens are out of season I shop at natural food stores and food co-operatives for fresh fruit, greens, nuts and seeds.

While organic fruit, greens, seeds and nuts may cost more I spend less money on food overall.

- **I avoid pre-packaged, processed foods and food in a box with ingredients I can't pronounce.**
- **I learned to pass up free cheese samples and free sausage or seafood samples. After 30 days I don't miss the cheese.**
- **I look for hummus, tahini, cultured foods, herbs, mushrooms and other foods in the refrigerated sections of food stores.**

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What do I miss?

I like corn chips, salsa and guacamole. I am not going hungry since I learned it is possible to make corn chips. Yes, six ears of sweet corn and a cup of ground flax seeds blended with herbs and sea salt can be dehydrated in a dehydrator for real corn, corn chips.

I can enjoy veggie lasagna with home made cheeze sauce and tomato sauce, sun dried tomatoes, dried mushrooms and olives. Bill, a country club chef, taught me how to make gluten free veggie pasta and ricotta style cheeze made from cashews and lemon juice.

I learned to prepare three tasty nut based meals a food processor. Neat loaf is made of three kinds of nuts and spicy barbeque sauce
Spaghetti meat balls use the same types of nuts as the neat loaf.
Burgers can be made at the same time and frozen for later heating.

What about Comfort Foods?

It is possible to enjoy everyday comfort foods and gourmet treats like strawberry cheezecake with the Living Food Lifestyle.

My transition began by (1) shopping at farmers' markets (2) acquiring a high speed blender and (3) learning new recipes.

After experimenting and trying the living foods life style I don't miss fast food, processed foods or microwaved food or fried food.

I did go back to eating fresh baked bread which was hard to ignore. Shopping at farmers' market I liked to taste samples fresh baked bread. A taste is never enough, so I do indulge now and then.

I can pass up the donut shop and other baked goods, but not pizza. I could order organic, whole wheat pizza with veggies, no cheese. When I time permits I "bake" three pizza rounds in a dehydrator.

I cover one pizza with homemade cheeze from nuts and nutritional yeast, fresh veggies, mushrooms and olives and eat it right away. The remaining two pizza crusts go into the freezer in a freezer bag.

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Chapter 9: Why Blend Foods?

Blending fresh fruit, a banana, greens and an avocado creates a green smoothie, which is popularized by Victoria Boutenko. She believes it is too much to expect to eat bowls of greens, so she blends greens in smoothies to get nutrition locked up in greens.

Why Buy Local?

I like local sources of fresh greens instead of pre-washed, pre-packaged greens shipped 1500 miles in a refrigerated truck. Farmers' markets, CSA's and back yard gardens are possible sources of greens for chlorophyll and fiber rich greens including lettuce, dinosaur kale, chard, collard greens and other greens.

Buying local fresh fruit and greens supports local growers, which benefits local businesses that provide equipment and supplies to growers. This in turn not only provides fresher food choices for shoppers, but more nutrition as vitamins are less likely to be lost.

Why Sprout Seeds?

Food enzymes found only in living foods can be sprouted in a kitchen with a sunny window to green up sprouts before serving.

Three tablespoons of seeds provide a week's supply of sprouts. Save money, have fresh sprouts all year round for better energy.

Why Soak Nuts?

Tree nuts including almonds, pecans and walnuts have enzyme inhibitors that are intended to preserve nuts until soaked in water. Squirrels bury nuts and let saliva help begin the digestive process.

If we eat raw nuts without soaking nut, we can get a stomach ache. By soaking nuts inhibitors are released and almonds start to grow. Protein peaks when nuts start to grow and shows it is a living food.

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Chapter 10: Digestion

Foods such as hard root vegetables, tough fibrous vegetables, and unsprouted nuts, seeds, and grains are indigestible.

The living food lifestyle incorporates these foods through special preparation techniques such as sprouting, fermentation and blending with Rejuvelac (a drink made from sprouted wheatberries) for easy digestion.

Source: Ann Wigmore and Lee Pattinson, *The Blending Book, Maximizing Nature's Nutrients*

Many foods in raw food diets are simple to prepare, such as fruits, salads, meats, and dairy.

Other foods can require considerable advance planning to prepare for eating. Rice and some other grains, for example, require sprouting or overnight soaking to become digestible.

Many raw foodists believe it is best to soak nuts and seeds before eating them, to activate their enzymes, and deactivated enzyme inhibitors. The amount of soak time varies for all nuts and seeds.

Source: Ann Wigmore and Lee Pattinson, *The Blending Book, Maximizing Nature's Nutrients*

Preparation of gourmet raw food recipes usually calls for a blender, food processor, juicer, and dehydrator.

Freezing food is acceptable, even though freezing lowers enzyme activity.

Source: Wikipedia.org

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Cooked Foods

Cooked, fried, roasted, boiled, broiled and baked foods heated over 115° lack food enzymes. Without food enzymes from fresh raw and living foods the human body works overtime to digest cooked food.

We are believed to have a limited supply of food enzymes, which we can replenish with natural enzymes in fresh raw foods, sprouted foods and cultured foods like yogurt, sauerkraut and Kim Chi.

Microwaved Foods

Microwaving at high temperatures has been shown to significantly reduce the anti-infective factors in human milk. Microwaving has also been shown to cause the greatest decrease in all studied antioxidants in broccoli, compared to other cooking methods. Microwaving has been shown to reduce vitamin B₁₂ levels in beef, pork and milk by 30-40%.

Source: Wikipedia.org

Boiled Foods

Boiling vegetables kills all the enzymes naturally occurring in foods.

Boiling food can reduce nutritional benefits of vitamins. What is left? Starch, minerals and soft food, which is lacking in necessary fiber needed to clean and maintain our digestive systems.

Broiled Foods

Charred foods and blackened foods are considered to be carcinogenic. Does grilling food until it is charred or blackened improve the taste? If a restaurant menu offers broiled or blacked meats or fish it is possible to ask for the fish to be poached or baked, but not blackened.

Pulled meats are likely to be smoked at lower temperatures for 12 to 24 hours and are less likely to contribute to cancer than blackened meats.

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Chapter 11: Foods for Energy

Fresh Fruit Diets

Fresh fruit is a source of energy from simple sugars. Douglass Graham suggests a raw food diet of 80% fruit, 10% protein and 10% healthy fats.

I do not recommend eating a living food diet of only fresh organic fruit. Greens, sprouted seeds, soaked nuts, veggies, sea vegetables and cultured foods need to be part of a balanced diet.

Consult with an integrative health practitioner if you have questions.

High Protein Diets

David Wolfe in his book, *the Raw Secrets*, suggests a high protein diet poisons the body because excess protein lays the foundation for cancer.

T. Colin Campbell, PhD, co-author of *The China Study*, reports that increasing the amount of casein (milk protein) in the diet of laboratory animals could turn on cancer growth, while decreasing casein in the laboratory feed could turn off the cancer introduced in animal test.

The China Study is a 20 year survey of diet and death rates from cancer in China with implications for diet and long-term health. When I heard Dr. Campbell speak I recall him saying better health boils down to three things. What are we eating for “ breakfast, lunch and supper”

High Carbohydrate Diets

Eating large amounts of pasta, breads, crackers and cereal grains can lead to an acidic condition of the body. As a runner I formerly ate spaghetti and pasta, however, now I eat more zucchini than wheat pasta. It is helpful to test pH of saliva with test strips from health food stores.

Alkalizing foods including lemons and cooked root vegetables may help alkalize the body when it is found to be acidic, but lemons can erode tooth enamel and root vegetables like carrots contain sugar.

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High Fat Diets

The Standard American Diet (SAD) has a high fat content up to 30% fat.

While avocados and cold pressed coconut oil have “good” fat, the SAD diet contains saturated fat and cholesterol which contribute to clogged arteries and heart disease issues.

Fats are difficult to digest. I had lipomas from undigested fat appear as lumps under my skin on my neck and shoulder. When my shirt collar didn't fit I had the lipomas removed by surgery.

Trans fats were recently banned in New York City. Restaurants and food processing manufactured foods label foods for saturated, unsaturated and trans fat. If we ignore the labels we are at risk for a stroke or worse.

Diets of Greens

The Standard American Diet consists of only 7% fresh food.

Iceberg lettuce on a burger or taco is likely to be the only green consumed. Unfortunately, iceberg lettuce is mostly water. The pale green and white color of iceberg lettuce indicates it has little chlorophyll.

Dark green leafy greens like collards, dinosaur kale, curly kale and chard contain nutrients locked up in the cells of the plant. Some plants require cooking, rubbing with healthy oil or blending to break up the tough plant tissues to release nutrients in the human digestive system.

Blending, steaming, chopping and masticating greens helps digestion. Of the above choices, blending 2 or 3 stalks of kale with 2 bananas and an orange, apple or other fruit is my favorite source of green chlorophyll.

Are you willing to consume enough greens to have healthy blood? If not, wheatgrass juice is a concentrated source of chlorophyll and other nutrients. Wheatgrass juice is available in health food cafes and juice bars. As it is quite strong it can be mixed or blended with other juices.

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Chapter 12: Transition

I first tried living foods after surgery for low calcium problems. Traveling to Thailand helped me heal. Returning home I went back to my old habits of fast food, processed food and overcooked food.

After four years of trying to eat healthy I regressed to cooked foods. Eating cooked foods again I began to gain weight and lost my energy.

When I traveled to China to hike scared mountains I ate with monks. I learned to eat a simple diet of rice or millet with soy and vegetables. As the monks are vegetarians I again learned to eat healthy foods. This helped me to learn to meditate and to heal with fresh local foods.

Later after hearing T. Colin Campbell, PhD, the nutrition scientist and co-author of *The China Study*, I was convinced to avoid risky foods.

Wellness

I was diagnosed with osteopina due to poor calcium absorption. Instead of pills, a raw food living food lifestyle help me recover. My calcium, magnesium and PTH levels have returned to normal.

After walking or running I experienced painful leg cramps at night. My leg and foot cramps now get relief with a natural sea vegetable.

When I was young I regularly had bronchitis and took antibiotics. Now I no longer have bronchitis and don't need to take antibiotics.

Energy

Plant based nutrition and living foods boost my energy everyday.

- I wake up early and feel energized to write, teach and travel.
- I completed the Alaska marathon 26.2 miles and I felt good,
- I climbed Mt. Elbert, the highest peak in Colorado, 14,400 ft.
- I continue to participate in the Crystal Lake Team Marathon.

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Chapter 13: Lesson Learned

<p>Mile</p> <p>6</p> <p>Tampa Bay Marathon</p>	<p>My Story:</p> <p>A first time runner in the Tampa Bay Marathon inspired me. My best running distance was a 5 K or 10K.</p> <p>I was ready to stop at Mile 6 until I met a runner training for the Special Olympics. I couldn't quit.</p>
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I learned the first time runner was recovering from a prior accident. She did not stop running when she came to an empty water table.

I looked around and found an open roadside café by Tampa Bay. I ordered two large orange juices to go. I had to run to catch up. "Do you want to stop... or run across the Tampa Bay bridge?"

The last runner in the Tampa Bay marathon said, "I'm going on" It was hot. We ran the bay bridge. We had juice for hydration. I couldn't stop. I ran until the first time marathon runner stopped.

We both ran (and walked) to the Mile 16 mark in the marathon. Without the inspiration of a fellow runner I would have stopped running at the mile 6 mark and walked back to the starting point.

Walking back to Ybor City I picked up an 8" x 10" piece of cardboard. Written in pen it says "Mile 6 Tampa Bay Marathon."

This sign is now on my wall as a reminder... not to quit too soon.

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Chapter 14: Finishing a Marathon

The Mayor's Midnight Sun Marathon in Anchorage is an ideal marathon with cool mornings and sunny, but cool mid-day sun.

After I heard a first time marathoner, who spoke at a Rotary Club meeting, I decided to enter the Alaska Midnight Sun Marathon.

The Leukemia Society of America provides coaches for walkers and runners as a fund raising effort for the Leukemia Society.

Training

The "Team In Training" program offers weekly training sessions led by experienced running and walking coaches.

We trained at Kensington Metro Park beginning in March¹ when there was still some snow on the eight mile loop around the lake.

We first went 2 miles and stretched. Eventually we added more miles until by June we ran two, eight mile laps plus four miles.

Our team flew to Alaska with about 150 entries from Michigan. Our team stayed in rustic lodging on a lake used by sea planes.

On Marathon day morning temperatures hovered in the low 60's. I started slow. Some flew by me. At the finish I passed a runner.

It felt good to finish the Alaska Marathon. No injuries. No pain. I was 59 at the time, but I felt like 39! I took my time. I finished.

¹ The Leukemia Society of America sponsors a combined training program and fundraiser for marathon runners and walkers too.

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After the Midnight Sun Marathon

After the Midnight Sun Marathon, my teammate and I rented a car and drove south to the coast to the Kenai Peninsula, where we saw mountain goats, puffins and glaciers.

We boarded a tour boat to see glaciers spill and calf into the sea. The boat captain told how the glaciers are now receding. Some glaciers are melting on land and are now much further from the sea.

An island “bee hive” buzzed with birds, puffins and creatures.

Deep blue color glaciers broke apart and fell into the sea followed by a roaring sound as the calving ice rolled into the water. The sound of glaciers calving with a few second delay told distances it was away.

We stayed in a rustic fishermen’s lodge near the Russian River. Fishermen stood lining the banks of the Russian River in June. Nearby campervans and motor homes dotted the landscape.

I particularly enjoyed Homer, Alaska, a spit of sand lined with rustic boardwalks, halibut fishing charters, canneries and two coffee shops. Three bald eagles landed on a log by the shore.

We drove north to Denali where I saw bears beyond end of the road which ends at 11 miles into Denali National Park. With the Alaskan range in the foreground Mount Denali remained hidden in the clouds. Here I met the woman bush pilot who founded Camp Denali.

With guides at our sides we could explore ice caves in glaciers or climb ridges looking out for bears, fox or moose. We did see a fox pounce on a ground squirrel and signs of recent bear digs.

A pleasant place in the summer. In winter the frost is 10 feet deep!

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Suggested Readings

Howell, Edward, *Enzyme Nutrition*, Avery Publishing Group, 1985

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Cohen, Robert, *Milk the Deadly Poison*, Argus Publishing, 1997

Boutenko, Victoria, *Green for Life*, Raw Family Publishing, 2005

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Wigmore, Ann and Pattinson, Lee, *The Blending Book*, Avery Publishing Group, 1997

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Chef John's Neat Burger on a portobello bun

Testimonial

I have known John Rasmussen as a patient and colleague for 25 years. He is one of the most enthusiastic people I know and is totally committed to a healthy life style and personal growth.

His passion for nutritional excellence and challenging forms of exercise is always evident. He is a prolific writer and his books and pamphlets reflect these wonderful interests.

Dennis Chernin, M. D., M. P. H.