

## **Appendix 6: Reflections on “The Sunfood Diet Success System”**

### **As on the Inside, so on the Outside**

The outer situation is always a reflection of the collective inner situation.—Peace Pilgrim.<sup>{1}</sup>

It’s taken me a long time to realize just how true this is. Our entire reality is a reflection of our thoughts, our beliefs, and our body’s informational senses. Our thoughts create our bias for how we see the world and the food that we eat becomes the physical form that makes up the body with its brain and the thoughts that therein emanate from that brain. Our food choices have a tremendous impact on our thoughts and therefore on our perception of the world. Our reality is, very much, created by our own thoughts and perceptions of the surrounding world.

### **We Are Healthy When We Choose to Be Healthy**

Health is not something we get; rather, it is something we attract by the person we become. If we chase after health, it will elude us like a butterfly. However, if we calmly attract health by becoming the type of person who can be radiantly healthy, it will land upon us with a most radiant flutter.<sup>{2}</sup>

If nothing else David Wolfe is poetic. On this point he’s quite right. People go to doctors trying to become healthy from diseases virtually totally self-created because of poor dietary choices. In my own case more and more I realize that health is not something you acquire. It’s something you inherently already have. It can be lost—no doubt about that—but it can also be readily experienced not by actions from the outside that force change on the body, but rather by simply letting the body do what it is inherently designed to do. Cooked food in particular is very hard for the body to deal with. Much of the food on the Standard American Diet has to be cooked even for it to be edible. A healthy body is an inherent right, just as air is free to breath. It’s our own wrong choices that get us into so much trouble. More and more I’m coming to realize that radiant health is a consequence, a function of as it were, of doing nothing more than to reduce our food choices to essential simplicity and that means eating foods created by nature as nature created them. No more, no less.

### **The Foundational Law**

David Wolfe’s book does not start with food per se. It starts with philosophy. At the core of everything is what he calls “the foundational law”. It’s an incredibly important concept. At its simplest, it says that all the ten-thousand things, talked about in the Tao Te Ching, reproduce after their kind. The ramifications of this concept are enormous.

It’s essentially what I talk about in my book as reaping what you sow—in so many ways. It’s more profound than this, however. It’s also about self replication and even more so, about consistency ...

There is a law that was decreed during the foundation of the world. It is the law upon which all things are based. It is immortal and true, even for the few. The law is that things produce after their own kind. It is the primal law of cause and effect: The Law of Production. "As ye sow, so shall ye reap" (Galatians 6:7). Those seeds planted must return to us their kind—in abundance. The law knows no exception. The Law of Production does not bend for anyone.

The profound truth is: One thing does lead to another.

Excellent food choices lead to more excellent food choices. Excellent habits create a fertile ground for more excellent habits. Excellent decisions lead to more excellent decisions.<sup>{3}</sup>

The hardest thing that I've discovered about sticking with a vegan diet is to be consistent at it. Knowing what I should be eating and then doing so sometimes doesn't work smoothly. Even though I know there are negative consequences to consuming certain foods, especially cooked foods, I still do so. Too, even though I know alcohol is inherently toxic, I still partake from time to time. There are invariably consequences. I think that there are two reasons that we engage in such. One is habit, which is hard to change, and the other is that it's difficult to grasp the time that it takes for an action to come to fruition with its invariable consequences, whether those consequences are good or bad. Nevertheless, whatever choice I make, it reproduces after its kind. There are no exceptions.

The Law of Production is immutable and consequences invariably happen. To achieve a really long term positive result requires a broader perspective than most of us are willing to engage in. Yet, if we want radiant health, we must allow Nature the time to allow Nature's own inherent sunfood to do its magic. To be sure, one of the most frustrating things about gardening is waiting for the results from when seeds are planted, yet results there are, in Nature's own good time. Our challenge is to stop disrupting the process while Mother Nature is endeavoring to do what Mother Nature was designed to do. She wants us to be healthy, and we will be if we follow her rules. If we don't, she can be equally as vindictive. Still, it's not a matter of vindictiveness. It's simply a matter that you reap what you so. Period.

As David Wolfe rightly observes:

Seeds are karmic substances; they have a potential, a destiny. "The seed is the world of God" (Luke 8:11). If you wish to reap a different destiny in any area of your life in the future, you need to plant new, different seeds today. Seeds grow into plants, and plants grow into fruits, and the fruits spread more seeds.<sup>{4}</sup>

As Albert Einstein so adeptly noticed, "Insanity: Doing the same thing over and over again and expecting different results."<sup>{5}</sup> We choose to remain 'insane' by perpetually repeating the same mistakes over and over again.

As the saying goes, "patience is a virtue". We are, of course, all patient: As long as we can have it NOW! Unfortunately, the universe doesn't really give a care about our lack of patience. Go to the doctor and he'll give you a quick fix to obscure the symptoms in the form of a drug, but that doesn't address the underlying problem. As I noted in chapter 17 of my book, "Patience is a Virtue, or at Least an Annoying Necessity". Indeed it is.

### Thoughts Are Living Entities

Chapter (lesson) 3 of David Wolfe's book is titled "Thoughts are Things". It's a biblical concept and was very much part of the teachings of Christ. It has everything to do with belief and faith, the next two lessons. As I learned many years ago in a philosophy course, to the ancient Greek's way of thinking, and then later carried to the Romans, thoughts were very much considered a type of living being. Thoughts can be very powerful things. In fact, everything we are is a direct result of our own thoughts. The late Earl Nightingale put it very simply: "We become what we think about."<sup>{6}</sup> David Wolfe puts it this way: "You

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are not what you think you are, rather, what you think, you are.”<sup>{7}</sup> It was the apostle Paul who stated to the church in Rome:

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. (Romans 12:2)<sup>{8}</sup>

Nothing ever changes until our thoughts change. Achieving perfection, that’s the mother of all change in thought. As human beings it’s hard to grasp what perfection is except to say that, most of the time, we aren’t experiencing it. According to the original Genesis mythology, man was created perfect and has been going down hill ever since. The fundamental purpose of the gospel was to teach mankind that redemption, moral and otherwise, was possible. Easy, no. Possible, yes.

Perfection in our food choices is one of the toughest concepts to grasp that there is. First and foremost, all change in our external is predicated on the assumption that one’s thoughts have to change first. Living on a vegan diet is the ultimate in simplicity. Being able to accept it as the total lifestyle ideal, that requires a major shift in thinking. One will never be able to live the ideals of “The Sunfood Diet Success System” until there is a fundamental shift in one’s thinking which means a fundamental shift in one’s belief system with the faith to go along with that—so as to exercise a change in methodology long enough to see it come to fruition. Fundamentally:

Being healthy is a function of thinking healthy thoughts. Sound physical health begins with a “health consciousness” produced by a mind that thinks in terms of prosperity and dismisses all thoughts of illness and negativity. Empowering thoughts lead to wholesome patterns of behavior. Physical illnesses are essentially psychological in origin in the respect that if the mind is thinking unhealthy thoughts this leads to unhealthy actions which leads to an unhealthy diet and lifestyle.<sup>{9}</sup>

## The World is What We Believe it To Be

In lesson 4 David Wolfe gets down the core of all mental activity: Beliefs. As Anthony Robbins adeptly observed “Beliefs are prearranged, organized filters to our perception of the world.”<sup>{10}</sup> For some people, the concepts of this book will fall on deaf ears. The fundamental reason for this is because they can’t believe that what has been written could possibly be true. They would maintain that health couldn’t possibly be dependent on what we eat. (As some allopathic doctor’s would boldly say: What you eat has nothing to do with your state of health. Disease conditions are obviously caused by something else, presumably something outside yourself. And if you choose to believe this, that’s fine. It’s very wrong, but perfectly okay to believe this way.)

Emmale’s aunt, sadly to our way of thinking, believes her doctor to be infallible and if he says it’s so, it must true. She’s on medications that are killing her—even other doctors have now said this—yet **her** doctor says she must consume these poisons to be ‘healthy’. It’s the same aunt that thinks that pets are vermin. Still, it proves just how powerful beliefs are. Ironically, she insists on living on a pseudo-vegetarian diet as the healthiest diet possible. Beliefs determine ... everything. Another word for belief is “expectation”.

Your expectations in any area of life are dependent upon your beliefs. Whatever you believe to be true in terms of health, wealth or spiritual growth will be reflected in your expectations about those areas. The world conforms to your expectations. You receive what you expect to receive.<sup>{11}</sup>

David Wolfe talks about the RAS system, the reticular activation system. Essentially it says that our reality will conform to our belief system about the world. I’m reminded of a former employer that was convinced that everyone was out to rip him off—and he was right. I’m also reminded that Emmale believes that people are fundamentally good, and she is right too. Put succinctly:

We do not experience things as they are! We experience things only through a filter and that filter determines what information will enter our awareness and what will be rejected. If we change the filter (our belief system), then we automatically experience a world in a completely different way.<sup>{12}</sup>

So much of our belief system is created by the culture in which we live. From early childhood we are conditioned to accept that a Standard American Diet is perfectly healthy—and much of that belief is propagated by the meat, dairy and egg industry. That disease could be a direct consequence of our food choices is preposterous. Nevertheless, there is an ever increasing body of evidence that says that our food choices cause our diseases. This is, more and more, becoming an obvious reality. Still, unless we change our own belief system to accept that such evidence is true, then it's doubtful that much of any kind of meaningful dietary change will ever happen. A case in point, until one fully believes that alcohol is poisonous—truly POISONOUS—then there is no motivation to avoid this substance. At the same time, continuing to drink alcohol in spite of evidence of its toxic effects means that one really doesn't believe that this is the case.

### The Essence of The Sunfood Diet

In lesson 7 David Wolfe begins to get into the heart of the matter describing what he calls "The Sunfood Diet". At its core, it reinforces what is said in the first chapter of the book of Genesis:

And God said: Behold I have given you every herb bearing seed which is upon the face of the earth, and every tree, in which is the fruit of the tree yielding seed, to be your food. Genesis 1:29<sup>{13}</sup>

I've often thought if God would have left off the part about "but you must not eat of the tree of the knowledge of good and evil" that mankind would have been better off. Still, I suppose God needed to 'know' if his creation would be obedient on their own in spite of temptations to the contrary. Obviously, man 'failed' the test, and the world has been mostly going down hill ever since. Not that I think that any of the Genesis narrative literally ever really happened, it still remains illustrative. Nevertheless, David Wolfe makes some 'obvious' observations—and these are worth considering in depth for they speak to the essence of everything related to radiant health.

- Cooked food was not here when we first appeared on the Earth.
- Raw plant food is truly the most perfect food [there is] for human consumption.
- The structure and function of humanity's teeth, jaw, digestive canal, sense organs, instincts of the young, psychological aversion to killing, emotional feelings towards animals, as well as the cause and cure of disease and unhappiness all demonstrate that humans are biologically and primarily raw-plant eaters—primarily consumers of sweet, non-sweet, and fatty fruits, as well as green-leafed vegetables.<sup>{14}</sup>

David Wolfe gets into the reasons he states these three obvious truths in much more detail as the book progresses.

Cooked food is addictive (there really is no softer way to phrase it). An addiction is a desire for a substance that has no connection with the true needs of the body. Certain cooked food behaviors have all the marks of a physio-chemical addiction. This is a strong statement, but I think, as you experiment with eating more and more raw plant foods, you will find an interesting truth in it.<sup>{15}</sup>

David Wolfe is absolutely right. Two of my worst food addictions are to macaroni and cheese and to Keystone Light. (Ultimately, beer is a cooked food). The satisfaction gained from consuming these is not nutritional; it's emotional. They both have a debilitating effect on one's energy level. If you don't believe that cooked foods are addictive, try going an entire week without them, that is, via eating, or drinking in juice form, only fresh fruits and vegetables. It won't take long before the addictive nature of cooked food will become self evident.

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The cooking of food is by far the biggest waste of resources on the planet earth. Viktoras Kulvinskas, in his classic book "Survival Into The 21<sup>st</sup> Century", reports that cooking destroys 85% of the value of the food. When I first realized this, I was staggered. But I did not understand the full implication of this fact. You see, if 85% of the food value is destroyed in cooking, then, also destroyed is 85% of the time, labor and resources and energy that went into creating the foods. So this idea of eating raw plant food impacts all agriculture, all business, all economies of the world, all politics.<sup>{16}</sup>

What David Wolfe says is quite true. We really do waste so much potential when cooking food. Granted, foods like macaroni and cheese and Keystone Light wouldn't be possible without cooking but, one has to ask, at what cost? Emmale and I have noticed, too, that when on a raw food protocol the dishes that have to be washed are reduced to a minimum, and at that it takes very little in terms of resources to clean what dishes are made dirty. Too, cooked food, especially meat, chicken and dairy products, waste much of what nutritional value there may be. Outside of a wholly raw food vegan diet, most of what is eaten ends up becoming part of the sewer system. Of fruit and vegetable scraps—I don't even give adding these to my garden a second thought. When one starts logically and analytically thinking about cooking food and the resources required, it really does become a self-evident truth that such a methodology is extremely unproductive.

### The Two True Causes of Disease: Toxemia and Demineralization

Dr. Bragg talked about vital life force energy and how important it was to keeping one healthy. When enervation, a loss of energy, occurs, the body becomes weakened and prone to disease and degradation. David Wolfe has a slightly different perspective on the cause of disease, though it certainly does not contradict what Dr. Bragg maintains:

Chronic disease has two true causes: Toxemia and demineralization. Toxemia is an accumulation of spiritual, emotional, mental and physical-waste-mucus residues in the organism. Demineralization is a lack of major minerals (i.e. [organic] calcium, sulfur, potassium, iron, iodine, etc.) and trace minerals (zinc, selenium, manganese, copper, etc.)<sup>{17}</sup>

Essentially this concept means nutrifying the body with fruits, vegetables, nuts, seeds and sprouts and avoiding poisoning it with food-like substances that do far more harm than good. Dr. Bragg adds the qualification that minerals must be organic, bound to carbon, and this only happens when minerals come from plant sources. Inorganic minerals are essentially toxic to the body. Essentially, for true health to occur "it is not the disease that must be stopped, but the poisoning of the body by an unhealthy lifestyle."<sup>{18}</sup> Granted, once a disease takes hold, especially one triggered by a bacterial infection, antibiotics and other drugs may be necessary to keep the infection from becoming fatal. Still, the treatment weakens the body even more and, if the root cause isn't addressed, there's every reason to expect that symptoms will return. Unless the underlying cause of disease is dealt with, disease symptoms are simply an automatic given.

### Food and the Karma it Produces

In my book I frequently say, you can choose to eat whatever you want, but you can't choose, or ignore, the consequences of those choices. For some foods, especially fruits and vegetables, the consequences are generally positive. For most of the food on the Standard American Diet, and especially so for cooked food, the consequences are generally not so positive, and even extremely negative.

In lesson 8 David Wolfe talks about food and karma. At the start he states: "Things don't just happen, things happen which are just. The universe is governed by karmic law."<sup>{19}</sup> The food choices we make have an effect, sometimes a terrible effect. Speaking specifically about animals ...

If one exploits the animals and the Earth—the subtler truths of life will remain hidden—that is the fact, simple as that. The enslavement, torture and death of animals for food, leather, wool, cosmetics, toiletries, down, medicine, etc. is leading humanity's fate to an ever-more perilous position. The mass destruction and exploitation of animal life is causing chaos in the spiritual world. Every animal exploited leaves a karmic ripple in the fabric of time that must eventually return back.<sup>{20}</sup>

In chapter 57 of my book I talked about the “Health Issues Related to Animal Products”. There are many. In a very real sense the diseases brought on by consuming animal flesh and animal products is poetic justice indeed: Diseases related to the intake of excess protein, heart disease, osteoporosis, kidney stones, atherosclerosis, high cholesterol and the big “C”, cancer, can all be traced back to consuming animal products. The wheel of karma turns relentlessly.

Interestingly, the common argument for eating animal products is because the body needs quality fat—and this is true. “Good wholesome fat in our foods, not just protein, is essential to good health and longevity.”<sup>{21}</sup> The central question is not one of fat but the source of that fat. Too, make no mistake about it that fat is critical. So many so called low fat foods are full of processed sugar, which is essentially a drug. This creates a horrendous imbalance in the body. As discussed in appendixes 2 and 4, the out of control consumption of processed sugar is leading to skyrocketing rates of diabetes and obesity. Fat is the natural balancing factor to sugar but it needs to be very specific kinds of fat. The ideal forms are from olives, coconuts, avocados and nuts. Too, complete sugars as are found in fruits and vegetables, when eaten whole, do not cause the damage that processed sugar does because the respective enzymes and other critical factors are there to buffer the sugar metabolism process.

The essence of the karmic force of food lies in its source. The most positive karmic foods are mother's breast milk, fatty fruits, sweet fruits, non-sweet fruits, raw plant foods and plant leaves. The most negative karmic foods are blood, organ fat, animal muscle, milk taken from enslaved animals, eggs, insects and fish and, interestingly enough hybrid roots (carrots, beets and peeled potatoes).<sup>{22}</sup>

What's not so obvious is that the karma in food has a marked effect on the events of your life. Positive karma in food attracts positive events. It comes as no surprise that the turnover rate in slaughter houses is astronomically high, as this type of employment has horrible karmic and psychological effects on the workers who do the butchering.

Speaking from personal experience Emmale and I have discovered that virtually eliminating animal products from our diet has led to a profound sense of peace. At the same time, going back to eating animal products invariably leads to a high level of anxiety. Coincidence? I don't think so. As Dr. Bragg would point out, the terror that the animal feels when being executed is energetically transferred to the person eating that flesh.

### The Process of Detoxification

David Wolfe has an entire chapter dedicated to detoxification. The following sums up the problem:

Long-continued violation of the Laws of Being is the cause of disease; long-continued perseverance in obedience is the only means by which health can be recovered.—Dr. Herbert Shelton, Hygienic Review<sup>{23}</sup>

Put succinctly, you reap what you sow. Still, why exactly is detoxification necessary? More to the point, what is the cause of the need to detoxify in the first place. David Wolfe provides the following insight that puts this better than anyone I've ever heard or read:

Over a lifetime of eating cooked foods, the body gets “silted up.” This silt consists of the residues of an improper breakdown of cooked foods, the elements of which are spread throughout the body. These obstructions act as blockages in the electro-

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magnetic circuitry of the body.<sup>{24}</sup>

At the very least this results in a tremendous loss of vital energy. It can lead to more serious conditions such as disease and even cancer. David Wolfe continues ...

The whole process of detoxification consists of removing these obstructions from the lymph fluid (intercellular fluid [which is mostly water]) and washing them out of the body. As your body is lightened of these obstructions, your health will rise accordingly.<sup>{25}</sup>

On a Standard American Diet the body is constantly being overloaded with this silt, which is more like sludge. It would be like pouring dirt into your vehicle's gas tank. It wouldn't take long for serious problems to develop. The body is far more accommodating even though a constant assault of heavy cooked foods, especially animal products, creates an enormous strain on the body.

In comparison to cooked food sludge, fresh fruits and vegetables are like rocket fuel to the body. According to David Wolfe, "over a period of years (at least three) on The Sunfood Diet, as the body is purified, it will change from a solid, rigid, weakened condition to a comparatively elastic, fluid and energetic state."<sup>{26}</sup>

This seems like a long time but one has to consider the amount of "silt" that has to be overcome. The good news is that a clogged system can be unclogged as long as you don't keep dumping more garbage into the digestive system. A meal such as chicken fried in hydrogenated oil or biscuits and gravy can undo weeks of work. To be sure, the last time I had biscuits and gravy I ended moving like a snail for a couple of days—so taxed was my body's circulatory system on fat and other contaminants.

In the process of the body cleaning itself, toxins are placed in the blood stream for removal. A lot of nasty side effects, as covered in chapter 13, The Invariable "Healing Crisis", can happen, depending on the scope of the antecedent damage.

The process of detoxification works according to "Hering's Law of Cure". The following pattern is how the body detoxifies as part of an ever continuing cycle:

1. Healing begins deep within and works its way out.
2. Healing occurs from the head down.
3. Symptoms occur in the reverse order from the way they developed.
4. [To the above I would add that] the process of detoxification is non-linear. It travels in circles and waves and heals you in cycles according to Hering's law.<sup>{27}</sup>

It needs to be noted here that in a full blown detoxification process you may, and probably will, feel worse before you feel better, but you will feel better if you stick with it. Too, detoxification can be a nebulous process. Symptoms can occur that have no apparent source as various toxins and blockages are cleared. Even ghosts of old pharmaceutical substances and disease symptoms can be experienced. To be sure, the body follows its own set or priorities when detoxifying, even if that happens to be inconvenient at the time.

### The Secret Revealed: Nutritional Perfection

Now to the grand finale of David Wolfe's book, sort of. He titles lesson 11 as "The Secret Revealed".

Now that we know we should be eating a diet rich in raw plant foods: What do we do? How do we do it? How do we make the transition? How do we stay balanced? These questions and others will be answered in this and the following lessons.<sup>{28}</sup>

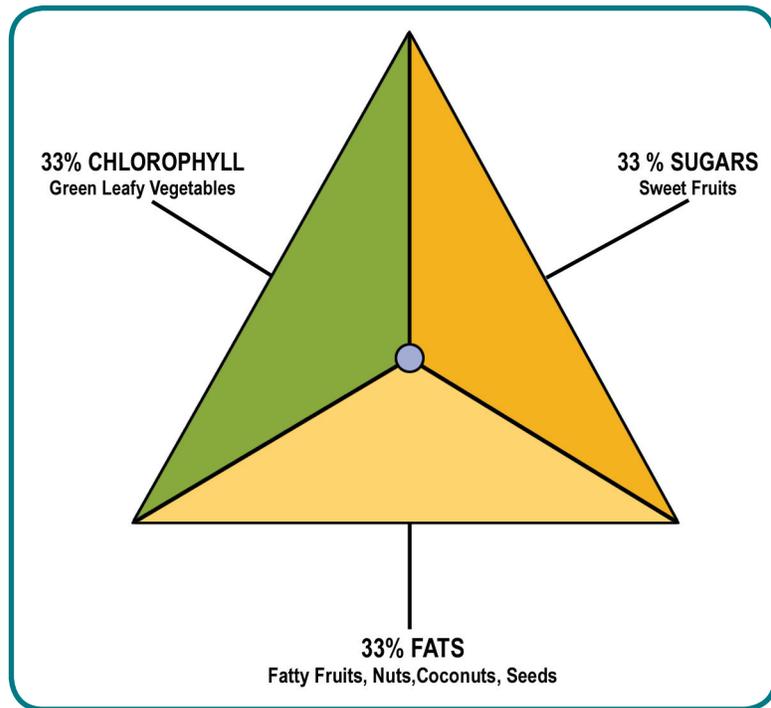
It almost sounds like the promo for the next Batman episode, though in this case we are talking about your life. I spent the better part of my book answering the above questions. The specifics can be intimidating.

These days I essentially consume a very large smoothie in the morning and then perhaps

a couple of incidental vegan foods along the way. Today I had a small packet of pistachio nuts. According to David Wolfe, as illustrated on the right, the ideal dietary balance is 33% chlorophyll from leafy green vegetables, 33% sugars from sweet fruits (whole sugars), and 33% fats from fatty fruits, nuts, coconuts and seeds. Beyond this all else is fluff.

It's important to note that there is no specific protein requirement. The fact is that leafy greens and, to a lesser extent, fruits, have all the amino acids you need. Dietary protein is actually a misnomer. We need amino acids, not protein per se, and the most readily available

form comes from raw vegetables and fruits and, in combination with various vegan sources, there will be more than enough amino acids in vegetables and fruits to meet all your dietary needs.



[In the body] the construction of proteins actually occurs from the free amino acids available to the body. The body has to break down a protein (if it can) into its constituent parts, the amino acids, before the material can be utilized. Protein is collection of amino acids. The protein structure consists of amino acids strung together like grapes on a vine.

Protein is important, yet not as important as is being overstated by official ivory-tower-sanctioned sources. Protein, of course, should be of the best plant type. And one should not confuse fat [and] oil with protein.

Very dense protein-dominant foods (animal muscle), whether raw or cooked, create obstructive residues inside the human body. Plant protein is of a higher and lighter vibration that metabolizes more cleanly.<sup>{30}</sup>

Reinforcing what John Robbins' book, "Diet For a New America" states, David Wolfe notes the following extremely important consideration when it comes to protein consumption.

Interestingly, protein can be adequately supplied by raw plant foods. **Animal protein is not necessary to meet protein needs.** [Emphasis added.] the consumption of cooked animal protein has been statistically correlated with all the major diseases of civilization. As the cooked animal protein increases in the diet, the rate of disease increases in a one-on-one correlation. Most of the diseases of civilization are actually caused by animal protein poisoning because protein-dominant animal foods are acid-forming and not natural foods for humans to consume in such large quantities.<sup>{31}</sup>

Over time my smoothies have evolved. I don't usually follow a recipe. My smoothies consist of leafy greens, from the garden, whatever vegetables are handy, a few apples, and an orange or other type of citrus fruit. These are all juiced in the electric juicer. In the blender are frozen bananas, frozen cherries or berries, a ripe organic avocado (minus the pit and peeling) and 2-3 tablespoons of Bragg's apple cider vinegar. In general I end up with well over a quart, once, sometimes twice, a day. In practical terms it's the equivalent

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of about 20-25 servings of fruits and vegetables. Of the shredded fiber and other waste, these end up composted for the garden. Interestingly enough I've reached essentially the very ideal balance that David Wolfe talks about: 33% greens, 33% fruit and 33% fat. It's essentially a perfectly balanced meal, and it tastes delicious, too. One could quite literally live on these smoothies probably for weeks and achieve incredible health in the process. To be sure:

Anyone who makes 80% or more of their diet consist of green-leafy vegetables, sweet fruits [and] foods and fatty foods (from raw plant sources) will begin to feel a startling level of magic and transformation.<sup>{32}</sup>

David Wolfe speaks the absolute truth here.

### Vegetable Fat Versus Processed Fat

Back in the 1980's it was thought that fat in foods made people fat. Suddenly the fad was to eat low fat foods. This trend erroneously continues. While it is true that cooked fat, and in particularly hydrogenated and trans fat oils are extremely destructive to the body, naturally occurring fat in fruits is tremendously beneficial. In fact, because of the enzyme content of avocados, for example, such fatty fruits actually help reverse the negative effects caused by cooked fats.

Raw plant fats have exactly the opposite effect of cooked fats. Raw plant fats are incredible: They are antioxidants, they insulate the nerves, they protect us from pollution, they moisturize the skin, and they ease digestion by lubricating the delicate mucus lining.<sup>{33}</sup>

Plant fats have many other benefits including buffering sugar to prevent it from being metabolized too quickly. Most importantly, raw plant fats provide critical building material for cell walls that is beneficial to cells. Cooked oils, on the other hand, create major structural problems for cells. When structurally incorporated, they create conditions that facilitate the development of disease. Raw plant fats cause no such problem.

### Living 100% Raw Vegan

In lesson 18 of David Wolfe's book, which is titled "100% Raw", David Wolfe introduces what I would consider to be perfection itself: Eating a diet that is absolutely 100% raw vegan. This is no easy goal and I certainly am not even close to achieving this lifestyle. Nevertheless, it's well worth mentioning here as perfection itself. The following are snippets from this chapter. I lay no claim to experiencing any of what is stated personally, though it does make perfectly logical sense.

The greatest value of The Raw-Food Diet is its transformative value. To a great extent, when you take up The Raw-Food Diet, you become a new and different and better person. You don't just stay the same old person only a little healthier. You become, to a great extent, a new being with new interest, a new philosophy and outlook on life, new goals and new desires. You become more of your essence, your true natural self. You become a person who is more a part of the one great life of Nature and less of the confused human world. You become less 'of the World' and more 'of the Earth.'—Joe Alexander, Blatant Raw-Foodist Propaganda.<sup>{34}</sup>

Living on a totally raw vegan diet seems impossible, and it's certainly not easy. Nevertheless, as Mr. Spock would say, "It's eminently logical".

Is 100% raw extreme? Not to wild animals in nature. It is the way food has always been done on Earth. Remember: Life is extreme. It's life or death. If you want extreme transformations in your life, you need to start taking extreme actions. This is no dress rehearsal; this is the real thing. People are dying. The major diseases in America are related to the way people eat. People are looking for the answers. People are sick and tired of being lied to (figuratively and literally). The Earth is be-

ing trashed with pollution, and it can be reversed by simple fundamental changes. Permit this challenge: Get out on a limb, [and] you will discover that is where all the fruit is.<sup>{35}</sup>

Of David Wolfe's next claim, I find it a little hard to grasp. Still, as in a long term fasting state, really miraculous insights can be had. I simply quote here what David Wolfe claims.

My experience has been that by eating 95% raw food [the ideal I've proposed in my book], I received 95% of the amazing results. [Of this point I would wholeheartedly agree.] After being comfortably eating 100% raw food for several years, it seems that I was receiving 1,000% of the results.<sup>{36}</sup>

He doesn't explain exactly what the "1,000%" means, but I suspect his observation is not an exaggeration. Rather, I just can't claim experience to this extent. It certainly is possible to live on a 100% raw vegan diet. It's just not easy and, from a social perspective, doing so creates a whole new world of thinking and adjustments. Rather like doing a long fast (beyond 10 days), living on a 100% raw vegan diet is, in the parlance of the world of Star Trek, to boldly go where no—or at least few—man has gone before. At this juncture the best I can suggest is to live on as close to a 100% raw vegan diet as possible for as long of a period between disruptions as you can.



David Wolfe covers so much more in his book but my notes here touch on most of what I consider to be the important concepts. To be sure, you could read his book a dozen times and, with every reading, depending on how ready you are for the truth presented, you would learn something new and revolutionary. Some people think in the box; some outside the box. People like David Wolfe left the box along the side of the road a long time ago.