

There's a lot of information here, so PRINT it out and read it little by little!

HEALTH INFORMATION

A Healthy Way of Life

From Kara and Justin Bua

Our TRUE path naturally honors the connection between ourselves and the rest of the world. It's just that at times we lose sight of this in our modern day. We are bombarded with propaganda and false advertising created by the machine of an instant-gratification, quick fix, Capitalistic society that promises happiness through having "things" and monetary success. This loud, misleading, unrelenting noise is screeching through the veins of our society via radio waves, television satellites, mainstream media, and billboards making it difficult to drain it out from the sound of our own true heartbeat. The TRUTH gets lost in a need to succeed, to keep up, and to have more and more. Moral responsibility to respect our world and each other is lost in this sort of competition and businesses have continual pressure to grow fast or fail. We become more and more isolated and disconnected from each other and our environment. We CAN retune ourselves to our earth and give this complex machine a rest.

The TRUTH is actually really simple. Reconnecting with others in our community and with mother earth begins with a LIVE personal relationship with ourselves. A LIVE Way of Life, including Live Foods and Cleansing, are some of the most tangible, hands-on tools we each can use to begin this journey. This is one way we PERSONALLY can support our HEALTH and our WORLD by just making everyday CHOICES in what we eat. The CLEANER we are the more CLEAR we become to our TRUTH and our INTUITION becomes much stronger. We become more able to make confident and right DECISIONS in each moment which are TRUE to our PATH. We can HEAR our own heartbeat in unison with the rhythm of the universe.

This is a compilation of REAL liberating health information which has inspired us and helped us to be more alive, clear, mindful, conscious, creative, happy, balanced, compassionate, and energetic, unveiling the wonder of life that we ALL already are. It is an ongoing journey moving diligently towards a sustainable, environment- and people-friendly way of living which acknowledges the connection between all things and honors the time that is needed for change. Through self reflection and discipline we may reveal our selflessness.

An organic, vegan, raw, live food cleanse (or adding more of these foods to the daily menu) and emotional and internal cleansing with herbs, psyllium powder, and hydrated bentonite is essential. Especially when leading a less than clean lifestyle conducive to an alkaline balance in the body (eating plenty of foods which are full of nutrients and life energy including fresh, organic dark leafy greens like celery, kale, chard, spinach, arugula).

Things that lead our bodies off balance are an excess of: drugs-recreational and prescribed; alcohol; smoking; coffee, soda pop, black teas (tannic acid); meat(chicken,pig,cow,lamb,etc), dairy(cheese, milk,yogurt,etc), fish, and eggs (artificial hormones, bioaccumulated toxic chemicals and pesticides, infested with E.coli and Salmonella poison, radiation from irradiation, antibiotics, feces-,puss-,tumor-,and urine-contaminated, injected sugar to keep redness, mucous forming, acid forming, not to mention the animal cruelty and enslavement); packaged, canned, and fast food (chemically preserved with sulfites, etc., fillers, processed, pasteurized, artificially sweetened, colored, and flavored); foods that are over-cooked and deep-fried (oxidized and coagulated); sugar, white rice, pasta, and wheat flour (stripped of nutrients, refined, bleached, mucous and acid forming); inorganic foods (1/4 the nutrients of organic foods, pesticide ridden, untasty, artificially waxed, genetically modified); stress (causes everything in the body to become acidic); city life (chemical pollution in our air and water, magnetic fields, stress, traveling); unresolved anger and frustration; lack of sunlight; not trusting others; not being helpful to others; self-absorbtion.

Our body, spirit, and mind need a break from a toxic lifestyle and frame of mind.

We highly recommend to go to a retreat like the Tree of Life in Arizona where raw foods are being prepared for every meal so you can learn more about the affects of live, raw foods by just experiencing it. Or just get together with some friends and plan an organic live food retreat at home! After eating 100% raw, vibrant foods for a week or two straight and living clean, you'll see and feel the difference! You'll be inspired to try it and bring your newfound wisdom into your daily life and learn more about it. Remember, listen to your body...And add new healthy habits slowly and your body will adjust beautifully. Many ailments can be cured with internal cleansing and a raw, live food diet. All the raw, live food eaters who live a balanced lifestyle that we know never ever get sick.

Recommended Info and Products to start with are in green/bold.

Inspiring and informative starter reads:

-Eating for Beauty by David Wolfe:

Nature's First Law (888)rawfood/ www.rawfood.com

-Conscious Eating by Gabriel Cousens (888)rawfood/ www.rawfood.com

-Cleanse and Purify Thyself Book One and Two by Richard Anderson, N.D., N.M.D.

Chris Hutnik (805)797-4990/ www.chrishutnik@yahoo.com

-The Sunfood Diet Success System by David Wolfe

Nature's First Law (888)rawfood/ www.rawfood.com

-The Food Revolution by John Robbins
www.amazon.com

-Natural Healing by Jack Soltanoff, D.C.
Elaine Love (831) 338-1104/ www.purejoylivingfoods.com

-The LifeFood Recipe Book by Annie Jubb and David Jubb, Ph.D.
Jubbs Longevity (212)353-5000/ www.lifefood.com

"WHAT IS A DETOX? " According to www.21DayDetox.com

A detox is a cleansing technique that is designed to encourage the body to remove toxins. Toxins are natural and/or synthetic substances that accumulate in tissues and organ systems of the body. It is well known that eating a diet high in cholesterol and saturated fats will lead to blockages in the arteries. Similarly, mucous, other organic materials, and inorganic chemicals accumulate in various organs and tissues of the body, causing system malfunction and eventually leading to serious illness.

"WHY DETOX?" According to www.21DayDetox.com

The exposure to toxic chemicals is a large source of irritation for the body. Pharmaceuticals, herbicides, pesticides, hormones, antibiotics, heavy metals, pollution, preservatives, dyes, fillers, cleaners, disinfectants, and processed foods represent only a percentage of the host of substances that we are exposed to on an hourly basis. After years of exposure to these agents the body can no longer keep up with their elimination, so they get recirculated back into the bloodstream, damage the liver and other organs only to be stored in fat and many other parts of the body.

As toxins build up throughout the body, disease silently moves in. The GI tract develops micro-ulcerations, acid imbalances, bacteria and fungal overgrowth, lesions, hyper-secretion of mucous, and many other problems. The liver develops fatty acid saturation and as these vital cells die, bile flow becomes inhibited making the digestion of fats more difficult (so, no matter what you eat you gain weight!). The kidneys develop sluggish filtration causing the blood stream to stay acidic effecting overall body chemistry, immunity, and mood. The skin becomes pale, wrinkled, and gray and loses its overall glow as the cells accumulate toxins in the fatty tissues. And so, disease progresses damaging all organ systems of the body.

(It's important to be aware that when we start to eat cleansing raw plant foods, our body starts to purge disease-causing toxic build-up in our bodies.-see below)

A HEALTHY BODY IS A CLEAN BODY

All of this info is just a direction to go. Just something to try to see if it works for you. Try it just to cleanse for a while. What can you lose? Be aware that you may experience some cleansing reactions but just know that this is a signal that your body is doing its job. It means your body is cleansing, and now you just need to know how to purge out the toxins to release them from your body via your skin, lymph, and bloodstream. It is possible to cleanse without experiencing the cleanse reactions! READ CLEANSE AND PURIFY THYSELF- BOOK 1&2 BY RICHARD ANDERSON! He also has a pamphlet called Dramatic Signs of Healing: Cleansing Reactions and the "Healing Crisis" which is really important to have if you want to do any cleansing. These books are a must. Call Chris Hutnik to order and learn more: (805) 797-4990 chrishutnik@yahoo.com

Being healthy is all about SLOWLY adding healthy habits to your life and balancing and replacing less than healthy ones...it's NOT about taking something away. The minute you take something away it creates an obsession. So, focus on adding to a healthy lifestyle and little by little you become healthier, clearer, and more intuitive about what feels good or less than good in (or on) your body. Your tastes change. Foods you used to love that are refined, chemically processed, commercially produced (pesticide and chemical fertilizer-infused), artificially colored and flavored, cooked, etc.(The Standard American Diet, SAD) start becoming tasteless or taste like chemicals. Metabolisms transform. Ailments disappear. You change as your habits change, so little by little you start craving the healthy things in life. When our body is acidic, we crave acid forming foods and when our bodies are alkaline we crave alkaline forming foods.

Everyone is at a different level of body, spirit, and mind system health and efficiency and has different issues, goals and concerns. So, like in yoga, go at your own pace, listen to your own body, respect it, and be kind to yourself. If you are really toxic take it slowly. Keep in mind that we have emotional and physical attachment to foods and our lifestyle. Becoming cleaner means dealing with and being responsible for "raw" emotions that surface as we become clearer. When we start to clean house, we have more clarity about what we are holding inside. It's very helpful to have tools to help with the emotional stuff (emotional cleansing reactions) as it comes up as well as the physical. Some tools: yoga, therapy, emo technique, breathing techniques, chanting, singing, meditation, music, energy work, osteopathy, writing, communicating, building a stronger relationship with yourself and others, setting boundaries, letting down boundaries, being more forgiving of yourself and others, realizing we all are fallible, ask yourself, what can I do for others to help them today?, be thankful for what you have, etc. These tools help "Negative Karma" to release and recycle out of our body.

Living foods and a clean lifestyle may be a way of life for one person and to another, just a way to give the body, spirit, and mind a break periodically. If

you've been getting sick, have ailments, feel dull, tired, headachy, lightheaded, depressed, clogged, bloated, or are less than in perfect health in any way, etc. you'll greatly benefit from taking a break from regular habits. And a cleanse may be long overdue!

Reducing the amount of toxins in your body by eating clean, organic, well-combined raw living foods will allow the toxins (future disease) that have been hiding in your tissues to release into your bloodstream to be cleansed out of your system. So the trick is to flush out the toxins faster than they are dumped into your bloodstream. When you get sick, it's usually a good sign that you have a toxic overload.

Colds are actually our body's natural HEALTHY response to cleanse out the toxins. Do not repress a cold with antibiotics. **Most sicknesses will finish their cycle in a fraction of the time when we support our body's natural healing process** vs. hammering ourselves with harsh "fix-it" drugs. Let your body purge. A natural week long cold is healthy. We naturally lose our appetites so our body can take a break from digesting foods and can purge toxins and excess mucous in the body. One easy way to purge toxins regularly is to eat a lot of living foods every day and to do cleanses...there are all forms of cleanses. You can start off with a one day juice fast on weekends then work up to two days when you're ready, then three, etc. On the third day, toxins begin to purge. Stay ahead of the game by flushing. We highly recommend an intestinal cleanse as soon as possible, followed by a liver cleanse, gallbladder, eye and brain cleanse, etc.! Focusing and Disciplining yourself for just a month with healthy habits on a Cleanse will rocket launch you into vibrant health!

YOU CAN PURGE TOXINS OUT OF YOUR BODY COMFORTABLY AND SAFELY

As we change our lifestyle and the way we eat, there are times when we feel toxic even when we start eating totally clean and living healthily. This is called a cleansing reaction. When we stop adding more toxins to our body, our body sees it as a chance to dump out the accumulated toxins from over the years that are hiding in our fatty tissues among other places in the body into the bloodstream to get purged out of the body. Accumulated toxins cause future disease, so this is a good thing. The trick is to stay ahead of the game and purge the toxins faster than they are being dumped. This is very important. If you are cleansing the tissues too fast without flushing the toxic overload you will experience lightheadedness, cold sweats, shivers, pimples, headache, fatigue, bloating, dizziness, foggy thinking, eye blurriness, confusion, faintness, nausea, vomiting, cramping, etc. Basically you'll feel horrible and you will know you're having cleansing reactions and you need to take heed to how to seriously deal with it. There

are many ways to stop a major cleansing reaction while it's happening and to prevent one by watching out for the more mellow cleansing reactions.

Most of us don't realize how toxic we are. If you live in the city, most likely you do have a toxic overload and not only from the food you eat! Did you know that when you get lightheaded because you haven't eaten for a while, it's not necessarily that your body needs food but is actually because your body is starting to cleanse. When you're not stuffing food into your system, the body doesn't have to put its energy into digesting so it can focus on cleaning house. It has a chance to kick in the natural cleansing process by releasing stored toxins into the blood stream. The excess toxins, which are mostly made up of undigested proteins, make the blood thick which slows the circulation of fluids and oxygen to the brain, causing lightheadedness and dizziness. If you get lightheaded and cranky when hungry, this is a good sign that you have an overload of toxins that need help being flushed out.

Cells that have a lack of nutrients and oxygen flow cause disease and aging. Oxygen and nutrients get to your cells through fluid through the blood. If the cells are dehydrated, there is no oxygen or nutrients and then the cells start to die and mutate causing more toxicity, providing even more fertile ground for dis-ease. When we are dehydrated, our body sucks the water out of our feces in the bowel (causing hard stools) and toxins are likewise being sucked back into the body. This furthers the toxicity in our cells, and continues a vicious cycle. Toxicity affects our whole body system and starts affecting our weakest areas first.

So we need to continuously stay hydrated with water the body can absorb: charged water, all veggie and fruit fluids, esp. cucumbers, apples, watermelon, celery, and coconut water are amazingly hydrating-sometimes better than water itself! Areas where we have stiffness, tightness, poor circulation, soreness, congestion anywhere including the digestive tract, injury, etc. are all places to focus on to try to bring more bloodflow to, thus fluid, oxygen, and nutrients. We can keep our lymph nodes, bones, joints, skin and organs soft, breathable, and fluid not leathery and hard, with exercise, yoga, tai chi, chi kung, breathing techniques, organic raw living foods, energy work, massage, castor oil pack treatments, by taking Msm (read about at www.rawfood.com), etc.

The digestive system is around 40 feet long and has a layer of mucoid plaque inside it that has built up over the years (since we were five years of age). Mucous is secreted to protect your intestines from toxins. Toxins are created mostly from foods that are fermenting in you from not digesting properly. And from foods that are toxic themselves. Through an incessantly acidic lifestyle and eating habits, the mucous continues to be excreted over the years and mixes with undigested proteins, among other

substances, forming mucoid plaque which becomes hard and rubberlike, preventing food from being digested properly. Yeast and parasites proliferate and live in the plaque, feeding off it, and in some cases, the parasites can grow roots which can puncture the intestinal wall, causing this toxic environment in the colon to spread throughout the body causing what's called toxemia (which people do die from).

Besides "protecting" the stomach lining from fermented food toxicity, mucoid plaque also causes most of us to absorb less than 1% of the nutrients we ingest...therefore causing us to overeat and get cravings because we're not actually absorbing the proper nutrition. On top of that the foods themselves that are cooked, hybridized, refined foods, etc. are void of the nutrients we need and also cause us to overeat and have cravings because our bodies are telling us to eat more food because it needs more nutrients. Furthermore, when our body's ph balance is too acidic, we aren't able to absorb nutrients anyway. Therefore, eating a diet of plenty of raw, organic and wildcrafted whole living foods full of the vital nutrients and life force is essential (Nature's First Food powder, Perfect Food capsules, or Vitamineral Green powder can help balance out the amount of proteins, electrolytes, friendly bacteria, enzymes and nutrients we are getting.)

Like I said, with all that mucoid plaque, we can barely absorb vital nutrients even from good foods. That is why doing a series of digestive intestinal and organ cleanses over time is healthy. You can clean the digestive tract by eating lots of raw foods and raw plant fats, but you may never soften and scrape out the leathery mucoid plaque. We know people who were eating 100% raw, vegan, pure food diets for years who didn't see major the dramatic changes in their health until doing internal cleansing. We need powerful herbs to help to disintegrate and loosen the mucoid plaque. Many people get stomach and colon cancer from the congested mutating cells caused by mucoid plaque. 1 out of 3 meat eaters gets some kind of colon disease- probably because our digestive tract needs to liquify the food to pass it through the liver and we can see with the rubbery consistency of meat that it is extremely hard on our bodies to do that. Therefore, meats sit in our intestines, putrefying for a long time before being actually pushed out the other end by other foods, if ever.

We suggest taking a week raw living food retreat (at home or away) to get into raw foods. Our body needs to be alkaline before doing a cleanse, and almost all raw vegetables and fruit are alkaline forming. Then, an intestinal cleanse that gently becomes more effective over a month, like the Ejuva or Arise and Shine cleanse along with a Gallbladder flush will be transformative. You will want to do more cleanses as you get healthier. We can't clean everything out in one cleanse but you can be and feel much healthier. It takes years to accumulate toxins. Did you know? For every

year that we've been unhealthy, it takes a month of raw, live healthiness to repair and cleanse from it. We can expedite health dramatically by intestinal cleansing and other internal cleanses. Each time we cleanse we automatically become healthier and healthier in our habits. Cleansing creates a new slate, a conducive environment for being healthy without effort. In an alkaline body, we naturally crave more alkaline things and likewise, in an acid state, we crave acidic foods, habits, and states of mind. Typical cleanses which cleanse the internal environment for whole body health includes: full intestinal cleanse, liver and gallbladder cleanse, parasite cleanse, candida (yeast) cleanse, and the brain, eyes, and kidney cleanse. Call CHRIS HUTNIK- he offers FREE COUNSELING when you purchase a cleansing kit through him...he's awesome (see above).

TIPS TO HELP YOU PURGE CONSISTENTLY

-Burn off mucous with exercise. Exercise is essential to circulate and sweat out toxins out of the body and to keep your digestion healthy. Exercising every day will increase your life span. Move your body for at least 1/2 hr. Every day or at least every other day: do breathing exercises, do qi gong, do yoga, get a massage, sit in an infrared sauna, bounce every day on a small trampoline, run, walk briskly moving arms back and forth, or any other exercise to move toxins through lymph —this is the way toxins are circulated out of your lymphatic system and out of your body. And happy, stress-releasing chemicals (serotonin) in the brain are unleashed when we exercise!

-Try drinking 24-32 fl oz. of charged water every morning and whenever you feel bad to facilitate and induce a bowel movement and hydration. We need hydration to eliminate. Add Msm (www.rawfood.com) to your water for added benefit. Drink plenty of water that your body can absorb. Order steam distilled, reverse osmosis water from a reliable source to be delivered to your house or have a system installed. Purging toxins first thing is what everyone should be doing every morning before anything else. Charge your water with a few drops of lemon juice, msm, or sliced cucumber to restructure it. Or a scoop of Nature's First Food or Vitamineral Green has all the organic electrolytes needed to make your water absorbable. Alkazon and Crystal Energy (drops to add to water) will restructure your water, too. Distilled water lacks oxygen and energy and needs to be restructured and charged. Organic minerals are what hold the electric charge to create electrolytes. Spring water is oxygenated, but most contain harmful toxins. Put a large (so as not to swallow it) quartz crystal in your distiller. Water needs to be in groups of seven molecules or less to be able to be absorbed and used in our bodies to hydrate, etc. All fresh unpasteurized organic juices and fruit, coconuts, and veggies have perfectly

structured water with plenty of electrolytes. Organic melons, cucumber, coconut water, etc. are great additions to a hydrating diet.

We find that when we are eating enough raw foods we don't need to drink as much water. When you have a live raw food lifestyle, you need to drink 1/4 of the amount of Lbs. you weigh in Oz. So if you are 100 Lbs. Divided by 4 is 25. So 25 Oz. of water extra per day. If you are not mostly "Raw", we should be drinking as much water in Oz. as we weigh in Lbs. So, if you weigh 100 Lbs., drink 100 Oz. each day. Trinity water is excellent bottled water, which uses the least-leaching plastic and is very energized with important minerals. They also spend the extra money to refrigerate their water in transport during the hotter times of the year to protect the water from reaching over 80 degrees in the bottle, saving the water from being infused with plastic toxicity which is as bad as pesticide toxicity. On hot days, drink as many ounces of charged water as pounds in body weight you are to half that amount on cold days. 100 oz. of water is about 2 of the large 1.5 liter bottles.

4 quarts=1 gallon

4 cups=1 quart

8 oz.=1 cup

1 quart=32 oz.

To remove toxins efficiently, have at least 1/2 your body weight in ounces OR 6 Oz. every hour you're awake. Herbal teas which are not caffeinated are included as water. Have Red Clover tea to cleanse the blood, liver, and kidneys. Also try mint and chamomile.

-Try to drink as much freshly made organic vegetable juice as possible. Juices are a great way to get plenty of nutrients and at the same time, give your body a break from digesting food. Juices really help to flush out toxins. Canned and bottled juices all become acidic because they are pasteurized (cooked) and are sitting around too long.

Blended, freshly made, organic fruit smoothies may be better than fruit juices because the entire fiber in the produce is intact, slowing down the release of sugar. Unless you add plant fat with your fruit juices to create a slow release energy capsule (eat or add to blender with juice: 1-t. coconut butter, ground flaxseeds, flaxseed oil, avocado or raw soaked nuts-see below).

If you like orange juice in the morning, drink only fresh squeezed and try to dilute it with at least 1/3-1/2 water and eat and/or add some plant fats. Veggie juice has the most alkaline minerals we need to flush toxins but to get used to the bitterness, add fruit... at least 1/2 greens and 1/2 fruit like apple or pear to cut the bitterness until your taste changes and then choose accordingly.

Adding lemon and ginger can give juices a punch they may need. Juices and blends are free nutrients (no major digestion needed, just absorption) for your body. Adding beepollen and/or a green powder is a great way to add even more enzymes, nutrients, and protein.

Have only 8 oz. at a time on an empty stomach, waiting one hour before eating and 2-3 hours after. Drink slowly but right after juicing, swishing the juice in your mouth before swallowing. Essential nutrients are lost within the first 10-30 mins. if not drunk.

Beet juice alone is too much for the system.

Recommended juice: 4 stalks celery

1/2 apple

handful of spinach, kale, parsley, or beet tops

optional: slice of fresh ginger or 1 garlic clove

*****If you have balanced blood sugar (pancreas) and no yeast/candida you can add 2 carrots and 1/2 beet instead of 1-2 of the celery stalks.**

-Eat as many organic juicy fruits and dark green leafy vegetables as possible.

-There are many herbs that help to support the organs, help to purge toxins, and help to balance your energy during a cleanse (see Cleansing- Chris Hutnik above). The cleansing systems actually have you taking a special blend of herbs/psyllium husk powder/hydrated bentonite every day. You can start out slowly by altering your lifestyle by adding more and more organic fresh raw fruits and veggies. But most likely you will need the herbs to really loosen the mucoid plaque, which everyone has, and some kind of organic psyllium husk powder fiber and hydrated bentonite clay formulated specifically for cleansing is needed to absorb, bind, and push through toxins to protect your organs. Especially if you have excess toxicity from smoke, drugs (prescription or narcotic), stress, coffee, junk food, pollution, etc.

-Take hot mineral sea salt baths (add 1-2 cups) or visit hot springs and sweat for 20-40 mins...Make sure to have a big glass (24-32 Oz.) of charged water before, during, and after. You can sweat in the bath or stay in until you feel uncomfortable, count 60 seconds then dry off and immediately jump into your pre-towel layered bed and pull the covers up around you and the towels. This is an excellent way to flush out toxins when you are having a cleansing reaction (cleansing too fast) or if you have a head ache, jet lag, stress, nausea, sickness, fatigue, depression, hangover, bloated, clogged, foggy, or in any way feeling less than perfect. Add your favorite essential oil (available at any natural health food store) I love peppermint (1 drop) and eucalyptus (2 drops) to cure all of the above. Grapefruit is also refreshing. Detox Synergy by La Ligne Alchemique (Available only at the Co-opportunity market in Santa Monica) is amazing when you're bloated or tired. If you want something before bedtime, try lavender or chamomile.

Make sure you drink a huge glass of absorbable water before, during and after. I did this one night when I was having severe cold sweats and diarrhea and I felt like I was going to die. As soon as I took a Bath, drank water, and sweat for 40 mins., I was completely relieved. The skin is the largest eliminative organ in the body.

-One of the other most effective tricks to get out toxins from your body quickly is to do an enema (read about in the books -above- Cleanse and Purify Thyself and The Lifefood Recipe book) or a colonic. During a cleanse if you feel really toxic, do up to 1-3 enemas or colonics a week and during a juice fast up to one or two a day is recommended. They can really help the cleansing process and will immediately save you from extreme toxic overload (cleansing reaction), which can happen when you go raw or even when you are just starting to change your habits to become healthier. Start with as little luke warm water as comfortable. Then add more little by little. Massage your stomach to help loosen debris and purge it away. You can keep on going until it comes out clear. After a series of enemas remember to rehabilitate and replenish the colon with a mini enema of beneficial bacteria. Get the right kind of probiotics like Kyodophilus and mix with a small amount of charged water and leave in overnight (see instructions in The Life Food Recipe Book-above). Also, follow with taking a more alkaline probiotic like Arise and Shine Flora (4-5 capsules) every evening 1/2 hr. before bedtime and 2 caps 10 mins. after meals. When not on a cleanse, use enemas and colonics sparingly...only for emergencies. Such as after a pig out, when you're having cleansing reactions, or if you have a cold, or other lowered immunity issue.

-Deep Breathing: Breathe in through the nose and out through the mouth from the groin, to the belly, through the ribs, and into the chest, for one minute 2-3 times a day. 75% of the body's toxic waste is eliminated out of the lungs when we breathe.

TIPS FOR HEALTHY HABITS

-Before noon, and after 8pm eat only fruit (very cleansing) including avocados (has lipase, which dissolves fatty deposits and avos have loads of anti-oxidants) and other plant fats like raw olives, organic olive oil, flaxseed oil (all contain loads of anti-oxidants). At those times our bodies are in elimination mode and if we eat hard to digest foods, our body will work on them instead of eliminating.

-Eat lots of fresh organic fruits and veggies especially ones in season...for snacks. Try not to mix fruits with other foods or each other because mixing enzymes can cause foods to ferment depending on the person. For better digestion, eat fruit at least 15 mins. before eating other foods and wait a half to a full hour after. Except for Apples, Pineapples, and Papayas...which can be

eaten pretty much with anything because of their digestive qualities. Vinegars, except unfiltered apple cider vinegar, all make your food ferment in your stomach.

We've noticed that as we have been eating more raw foods, we can eat more foods that used to bloat us or give us a stomach ache. And we can mix more...just experiment with your own body...sometimes it has to do with acid/alkaline balance. When we are in an acid state our homeostasis is thrown off and our body has to put all its energy into balancing it again and because most of us have depleted alkaline mineral reserves, our stomach stops creating hydrochloric acid, therefore we stop digesting our food. Tip: fresh vine and tree ripened fruits are more alkaline than acid (versus fruit and veggies picked unripe then ripened off the vine or tree). Our bodies need to be more alkaline for natural cleansing to kick in. It's interesting that when the body is more alkaline, it craves more alkaline foods and when it's ph is acidic, it craves acid forming foods.

Our needs are changing constantly. You'll notice that you'll naturally want to change what you eat in cycles: during the cold and warm seasons, when your body has replenished minerals and vitamins previously depleted, when your acid/alkaline balance changes, when there is some change in your hormones, in your atmosphere, stress levels, etc. Also, things taste different when your body is in different states of health (ie. acid vs. alkaline, nourished vs. malnourished, etc.) Sometimes certain foods taste delicious and at other times they will be completely unappealing. It's highly recommended to rotate foods anyway to ensure a well-rounded source of nutrients.

-Choose fruits that contain their seeds. In other words steer away from "seedless" varieties. "Seedless" is synonymous with nutritionally deficient, hybridized, and lacking life energy. These are plants that cannot produce offspring or survive outside a farm, thus genetically weak. They are bred for convenience, excess sugar content, and looks, not nutrition. Citrus fruit seeds are actually good for you and should be eaten. Apple seeds have traces of cyanide in them, so don't eat them. Huge commercial growers create the seedless produce and are trying to patent them so no one can grow their produce. In other words they are trying to destroy all reproducing produce so we are dependent on them to buy theirs and not grow our own.

- Eat live organic food with every meal or snack. If you over-eat cooked or refined food then balance it by taking an enzyme and flora (probiotics) and eating an organic green salad or some other raw veggies or fruit. Cooked foods, chemical fertilizers, pesticides, refined foods, processed foods, stress, anger, alcohol, smoke, pollution, chemical agents in household cleansers, and synthetic ingredients in all our so called beauty products, etc. create free-radicals in the body, overloading the anti-oxidants. Eating a variety of organic, raw foods (especially the deep green and other brightly colored ones such as berries) is one of the easy ways to load up on anti-oxidants, without adding more of the free

radical producing oxidants. When we free up our digestion of a heavy load of toxins, our body has plenty amounts of arsenal (anti-oxidants) to fight off sickness. When too many toxins overload our system we get sick, feel dull, tired, headachy, lightheaded, depressed, clogged, bloated, etc. There is a healthy balance between the amount of free radicals and anti-oxidants in our body that we need, making sure there are always more anti-oxidants.

-Think you need more PROTEIN? All organic raw produce has protein in it. People who feel they need more could have more Beepollen, Tibetan Goji berries, Vitamineral Green, spirulina, chlorella or Nature's First Food Green Superfood Powder (see above). Organic dark leafy greens are packed with easily digestible proteins (compared to animal flesh).

A protein craving may be an indication that you need more plant fats and a protein deficiency is an indication that internal cleansing is needed!!! Also, tannic acid in all black teas and coffee is said to prevent protein and nutrients from being absorbed. Did you know that meat eaters eat more protein but absorb less than raw veggie and fruit eaters because number one, cooking destroys much of the digestible protein and secondly, the acidic environment caused by meats prevents the body from absorbing it.

Raw foods have fiber that act like a broom, cleaning out intestines. Eat raw salads including dark leafy greens with every meal: spinach, celery, kale, mixed organic mesclun greens, arugula. The dark leafy greens contain the most vital alkaline minerals, which are the foundation of all health. These minerals are what conduct our electrical system, carry out toxins, carry vitamins through our system, and create a healthy alkaline environment. Add a plant oil and 1/2 an avocado (mucous dissolving) with your salad to create a muscle producing meal. Make your own dressing for the week and store it in a bottle in the fridge. Use lemon or Bragg's apple cider vinegar instead of regular vinegars (ferment in stomach). And fine ground Celtic mineral sea salt (body friendly) instead of regular tablesalt -sodium chloride (poison that our body works hard to get out). Try Garlic Chili Flax Oil (use on salads and remember to not heat this oil), flaxseed oil with borage (no heat), or raw, 1st cold-pressed, unfiltered, organic olive oil (all mucous dissolving). If you must cook veggies...steam instead of sautee-ing and add oil after: cauliflower, broccoli, artichoke, and asparagus are some of the only ones that don't become starchy when cooked.

-It is important to balance about 1/3 chlorophyll (leafy greens), 1/3 sweet fruits, and 1/3 vegetable fat(essential fatty acids) in you diet to be balanced. Read Eating for Beauty and Sunfood Diet Success System both by David Wolfe for details. Usually when we crave heavy foods, it's because we need essential fatty acids.

Eat plenty of essential fatty acids. They help to break down and disintegrate the mucoid plaque and undigested fats in our intestines as well as fat and cellulite on

our bodies in general. Also, they contain a lot of protective anti-oxidants. Raw coconut butter (rawfood.com), avocados, raw cold-pressed olive oil, raw olives made with Celtic sea salt, flaxseed oil, raw ground flaxseeds (you can get the grinder at www.rawfood.com and you can grind them on everything-salads, fruit, smoothies, juices). (Deep-water fish have the omegas but cooking coagulates the delicate EFAs. Also, all fish in studies testing fish from the most pristine waters around the world, have been found to contain dangerous amounts of the most toxic chemical, dioxin.)

Veggie and fruit fats give us that sense of fullness we need. Also when you eat them with any fast burning/moving sugar (sweet fruits, raw organic honey, grade b organic maple syrup, simple carbs, etc.) it slows the absorption into your body, preventing an insulin rush and thus the crash afterward (low blood sugar). And fruit sugar actually moves slower than starch/simple carbo sugars like pasta, potatoes, rice, popcorn, and bread. If you eat these starchy/carbo foods, add plenty of raw plant fats with them so they glide through, protecting your stomach lining from being damaged and the plant oils slow the fast moving sugar /insulin raising effect.

-Add organic fermented foods: sauerkraut, miso, seed cheese (learn how to make this in the Lifefood Recipe Book-above), etc. A raw miso like Organic Mellow White Miso by Miso Master is yummy as a dip for raw veggies or in lettuce or cabbage wraps as a tasty spread with raw sprouted hummus or avocado, etc. These foods are alive because of the enzymes created by fermentation and contain beneficial bacteria that we desperately need to balance all sorts of functions in our body including digestion, the production of vitamin B-12, and elimination.

-Easy snacks for the road: We like to bring a few fruits, beepollen that we put in a little recycled spice jar so it's easy to pour, some raw nuts and sulfur free dehydrated or sundried fruit- We love prunes, figs, raisins (get the Manuka ones with small seeds you can eat-they're way more nutritious-rawfood.com has the most excellent source for live, dried fruit done the right way for maximum nutritiousness and health with out the chemical dyes, sugars, preservatives), avocado (bring a butter knife), celery sticks, cucumbers- I just eat them whole like a fruit, etc. We go to the farmer's market once a week and load up on all different kind of produce.

-Worst: refined and processed foods and anything that has artificial sweeteners, flavorings, colors, fragrances, scents, pesticides (in everything that's not organic including meat and produce), chemical bath, skin, and household products, etc.- these toxic chemicals mimic natural hormones and confuse the body and brain causing diseases and disorders that have been proven by scientist but that we are just beginning to hear about or that we here about and just pass off as "everything causes cancer." this is why it is crucial that we are wise about what we put in and on our bodies! These toxins affect growth, metabolism,

reproduction, and brain function thus affect behavior, thought, and intelligence. Stop eating and using molecular level toxic garbage!

-Worst: deep-fried foods, heated oils, etc. Oils change their molecular structure when they oxidize, become rancid, or are heated. They become clogging, hard to digest, and mucous forming. Not only that, but they create toxins which cause free radicals to be released. If you must have these foods then you must use these oils: the most stable oils at high heat are ghee (organic-in the fridge section but is dairy-mucous forming) and real organic coconut oil (888-rawfood). At medium heat, extra virgin organic first cold-pressed olive oil and organic sesame oil. Flaxseed and borage oil should only be eaten raw...raw, they are amazing for you. All roasted nuts are considered heated oils and shouldn't be eaten. Oils coagulate when heated and become indigestible, sticking to the walls of your intestines, colon, and blood vessels, including oils in cooked meat, fish and dairy.

-Worst: commercial meat, poultry and dairy. If you have to have dairy, eat only organic, unpasteurized raw goats milk and yogurt or organic ghee (healthier butter). Only eat organic high quality unground meat. Organic hormone-free, free-range, veggie-fed eggs. Wild-caught, not fish-farmed, and not over-fished fish. Make sure you're not eating the chemicals, pesticides, and hormones used to raise these poor animals and fish. But here's a question: Are Organic meat and dairy animals given Organic feed? Toxins and pesticides also from feed bioaccumulate in meat. And have you heard that fish are the filters of the ocean? How clean are our oceans these days? For more information read books like *Fastfood Nation* and *The Food Revolution*. Also visit www.peta-online.org and www.factoryfarming.com.

-Worst: hybridized and processed foods: white sugar (bleached), table salt (sodium chloride), white rice (bleached), potatoes (hybridized), corn (hybridized), pastas (refined, bleached wheat), bread (bleached wheat flour), fruit with no seeds, everything with unnatural preservatives, canned products. All of these foods lack nutrients or have their nutrients stripped in processing and from hybridization and contain excess fast moving sugars that raise your insulin levels, causing many complex health problems including releasing free radicals (damages healthy cells) in your body which lowers immunity if you do not have enough anti-oxidants to neutralize them. Raw plant fats are loaded with anti-oxidants and should be eaten with these foods if you must have them. But try to eat whole grain and/or organic versions of these foods. Breads in the fridge section are generally better for you like 100% whole grain, yeast and salt free sourdough rye, millet, quinoa, or spelt bread (all contain no wheat products-wheat gluten is the worst). The bread is hard in the fridge but is sliced thinly and gets soft and crispy in the toaster. Fruit with the more seeds are the better. Also, try drenching with organic olive oil (the cold-pressed kind sold in a dark bottle-to preserve freshness like Bariani- see above) and fine ground grey Celtic sea salt (the kind that sticks together) and organic garlic powder on bread, potatoes, veggies, popcorn, etc. instead of butter. Do not to heat olive oil above medium

heat if at all. Try Organic Quinoa, Millet, Spelt, Brown rice, Rye, Wild Rice sprouted and steamed for a less acidic, less toxic alternative.

MORE ESSENTIAL TIPS FOR HEALTHY LIVING

-Get 1 hour of sun every day. Essential sunlight comes in through our eyes. We absorb vital nutrients from the sun. It doesn't have to be direct sunlight, just outdoors (not through glass or sunglasses). And if you have candida, getting direct sun on as much of your naked body as possible each day for a little while (maybe around 10 mins. or so- whatever you feel is okay for you) will help eradicate it (it proliferates in dark moist places). Many people with candida (which lives on sugar) are extra sensitive to the sun. If you're worried about sun damage, it is caused by or a reaction of refined sugar in your skin with the sun. Raw foods increase the amount of anti-oxidants in your body to fight the free radicals released and you can never get sunburned! Sunburn is a good indication that you need to add antioxidants to your daily food and whole food supplements. Of course too much sun during the strongest sun times of day is not recommended. We get essential vitamins from the sun that we can't easily get from anything else. Also sunshine helps you to wake up, to get over jet lag, and to cure depression.

-Yoga, a positive attitude, compassion for all living things, good therapy, osteopathy with cranial-sacral balancing, energy work, meditation, breathing exercises, Chi Kung, Tai Chi, chanting, using essential oils...these are all ways to raise your vibrations, your hertz level, cleanse and raise your spirit, your body and mind...these practices are helpful during cleansing and essential for life. Also, just make time for yourself and your favorite hobbies.

-Feel like you can't DIGEST raw foods? This is a good indication that internal cleansing, especially an intestinal cleanse is past due. If you start eating more raw foods and you get stomach pains, bloating, gas, or any other discomfort, you may be eating something hard to digest, like nuts (dense protein). Try soaking, rinsing, and/or sprouting overnight to get rid of the enzyme inhibitors in the skin of your nuts, seeds, and grains, activating their nutrients and enzymes, thus their digestibility. Also, too many good raw foods like fruits, leafy greens or superfood at the beginning could cause gas among other cleansing reactions (causing your body to purge too many toxins, too much, too soon). Build up the amount slowly. Also try adding more olive oil or other plant fats with your produce (marinating greens with olive oil for a few hours helps break it down). As we eat more raw food and cleanse our colon, gallbladder, and intestines, gradually we build up alkaline mineral reserves and hydrochloric acid kicks in again, and our digestion becomes stronger and stronger like it was in our youth.

We must listen to and respect our body. If there is discomfort, there are many ways to support our body. Our body wants to do its job. Internal cleansing is

needed so that the digestive juices can get to our food. Eating more spicy foods (ginger, cayenne, etc. warms up the digestive tract, stimulating peristalsis- the muscle rolling action that stimulates digestion and elimination), exercising helps digestion, massaging your abdomen every day helps, and doing anything that releases stress and anger from the gut. The food combos are tricky when we first change our eating habits. Our body needs to get accustomed to new foods. Food combining is very important because just like meat or pasta can sit in our stomach and putrefy so can foods that are the wrong combo. Your stomach gets confused and doesn't digest. Citrus fruit and melons should be eaten alone and not mixed with one another. Fruit in general should not be mixed with other foods unless it's just a little of one or the other. Fruits want and need to move fast through the digestive tract vs. nuts, veggies, and anything else practically, so if these foods are mixed, the fruit could be fermenting as the other slow moving foods are trying to get digested. Try to eat fruits about 15 minutes before your meal or at least 1/2 hour after. For more info, read Food Combining and Digestion by Steve Meyerowitz or Sunfood Diet Success System by David Wolfe.

-Did you know? Toxicity from commercial chicken, beef, pork, and other meats is as much as 10 times worse than pesticides, chemical fertilizers, and other toxic chemical substances from commercial produce because the toxins in the foods eaten by the animals bio-accumulate in their stored fat. For this eat foods low on the food chain: i.e. from plant sources.

-Did you know? Cleansing and active ingredients in pure, natural, healthy products and foods react with people who have artificial ingredients in the products on their skin or toxicity in their bodies. In other words, if we have a lotion that's has artificial ingredients in it and we put on a natural essential oil, we could get a rash. Or if we are toxic from years of abuse from eating hard to digest foods, refined foods, foods laden with pesticides, etc. and we eat a bunch of really cleansing foods all of a sudden, our bodies will have a cleansing reaction from all the toxins that were stored in our fatty tissues dumping out into the bloodstream. The trick is adding healthy things to your daily habits little by little is recommended, because cleansing too fast could release too much toxicity in your body too fast. Read about cleansing before ever doing a major cleanse: Cleanse and Purify Thyself by Dr. Richard Anderson- Call Chris Hutnik (above).

-Did you know? You can heat foods up to the point where you can still stick your finger in them for 4 seconds (below 104 degrees...some say 108, some 118), and it's still considered raw, leaving most of the enzymes intact.

What's it to us? Achieving the goal of a mostly Live, Raw Food Lifestyle has endless benefits:

1. Need less sleep because our bodies aren't working so hard digesting and dealing with toxins and free radicals.
2. Good even energy level and no more mood swings.

3. Have more clarity, more groundedness.
4. Feels like a layer of mucous has dissolved from all your cells and your cells are communicating. Feels like the fog has lifted. You can feel your body...working out is much easier.
5. Raw foods have no packages that add to environmental pollution.
6. Save energy and our natural environment from not cooking, not polluting, and not creating tons of unbiodegradable trash from packaged foods.
7. Not supporting unethical treatment of animals. Don't support the horrible enslavement and slaughter of animals. Why eat meat if we don't have to? What we really need to do is cleanse our intestines with strong herbal cleanses so that we can absorb the huge amounts of protein we get from spirulina, chlorella, raw dark leafy greens, and every other fruit and veggie!
8. Efficiency and strength of all spirit, body, and mind functions.
9. Not supporting the beef industry which one of the most damaging to our earth and the most inefficient big businesses in the world. Cows must consume mass amounts of water and feed. Millions of acres of precious rain forests are cleared to raise cattle. Read Helen Caldicott, Eric Schlosser or John Robbins books to find out more.
10. Increased good karma (Or things just seem to go more smoothly...our perspective changes). When we stop eating foods that affect our hormones (artificial color, flavor, white sugar (bleached), high fructose corn syrup, table salt (sodium chloride), wheat flour (bleached and refined), white rice (bleached), anything in a package pretty much, commercial produce (anything not organic), we become balanced in mind and body.
11. Not supporting growth and profit driven businesses that don't care about the earth, animals or our health, only how public opinion is affecting their sales. Public pressure from activists in America made McDonalds use better quality beef in the US, but overseas they still are the same. Not only are fast food businesses evil but avoid all commercial veggie and fruit farming and agriculture as well as milk, egg, cheese, pig, cow, chicken, and fish farms. We want to support businesses that are responsible and have integrity.
12. We are 10x more active and get 10x as much done in a day.
13. Cures many ailments.
14. Never get sick.
15. Have more even, shorter periods and less PMS.
16. More confidence and motivation.
17. Clearer, brighter skin- the pores disappear and your skin becomes more taut, soft and smooth.
18. No more low blood sugar.
19. More peace of mind.
20. Whiter teeth.
21. No more body odor.
22. Softer, more shiny hair.
23. More alkaline food oriented vs. acid food oriented.
24. Low sensitivity to the sun.

Please note that although we're very excited to share this info with you, we don't think there is only one way to be healthy. Everybody is at a different place physically and emotionally, everyone's body works differently, and each person has different health issues. This just is another way to explore good health. This is not a diet just to lose weight or look good, it's a way of life that will help you to feel the best you've ever felt since you were a child! You have to see it for yourself! The trick is to take it slow. Start by adding one or two of the tips to your life and see how you feel. When those healthy things you added become like the back of your hand and become a healthy habit, add some more. Slowly but surely the healthy habits start replacing the unhealthy ones. As we become healthier and cleaner, we become more intuitive about what's good for us, little by little. Changing your lifestyle becomes effortless. Your metabolism transforms, you start gaining a taste for healthy things, losing taste for unhealthy things, etc. Be patient and easy with yourself, because the minute you tell yourself you can't have something, it becomes an obsession. The best thing to do is start adding healthy habits to your life and educate yourself about how our body actually works (not what the doctors tell us-the medical industry is profit driven and only tells us what to do after the fact). Soon, being healthy will just make sense.

Personally, we believe that in order to alter habits you have to erase the brain channels dug in by all the bad habits over the years. You can do that by using discipline for short periods of time. So if you do something different like eating raw foods for a month, you erase habits of eating some kind of meat or chicken every day, grabbing that soda pop or eating ice cream every night, or feeling like you have to have rice, bread, fish or pasta, etc. It's as simple as letting something go for just forty days of your entire life. Just forty days. If you tell yourself that you're going to just give it a chance to see how you feel, and you will decide at the end of that time what you want to do, you don't have to take something away forever. It's just forty days. It takes forty days to break a habit. After we've cleansed our bodies from old habits, we can start fresh and our body will be able to more accurately tell us what it needs. You can replace bad habits with good habits and become a slave to healthy habits. So over time, each month adding a good habit and repeating it every day, it becomes easy and you become more and more healthy.

We hope this is helpful to you and we wish you the best of health and happiness! Please feel free to e-mail anytime.

Kara and Justin Bua

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justin@justinbua.com

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Eating for Beauty by David Wolfe (book)-easy to read, amazing nutritional info about what to eat and why.

The Sunfood Diet Success System by David Wolfe (book)- to educate yourself how to transition to a live food way of life...this book is packed with eye opening info and gives you good reasons and to change unhealthy habits.

Cleanse and Purify Thyself Book 1 and 2 by Dr. Richard Anderson- to make cleansing safe and easy because you will learn how to cleanse and how your body works. It will just make sense to cleanse.

Sunfood Cuisine by Frederick Patenaude(book)- lists everything necessary for a raw food cuisine. It's the companion book to the Sunfood Diet Success System. It has great info in a condensed version. Great recipes. Lists when produce is in season and the nutritional benefits of each fruit or vegetable and how to pick them.

Ejuva intestinal cleanse (4 weeks)-this is the first one we did...it was very gentle and smooth and gave us a kickstart into eating a healthy 80% raw, live food diet (remember raw includes anything heated to under 118 degrees...as long as you can leave your finger in it for 4 seconds).

Coconut butter/oil-another good fat...amazing to blend with smoothies or just mix in with snacks like raw almond butter on apple...it's the most stable oil before olive oil to heat if you're going to cook, but steaming foods is way better than the dry heat of frying...add oils after slightly steaming or pouring hot water over veggies to add flavor while retaining the structure of the oils (almost all oils coagulate and become clogging and mucous forming at high temperatures)

Raw pumpkinseed butter-tastes like peanut butter and is amazing on bananas with beepollen on top

Raw almond butter- yummy to use on toast instead of butter or peanut butter...on apples too. Try to use instead of mucous forming dairy products.

Nature's First Food Superfood Powder for mixing into smoothies, fresh juices or just water if you can take it. It's surprisingly mild for a green

drink- 100% organic and wildcrafted dehydrated foods that contain live enzymes, minerals, and vitamins that are hard to get enough of in commercial produce...this will ensure you're getting a well rounded dose of nutrients every day...it also contains the best quality array of probiotics (good bacteria) available...I can feel the vitality it gives me when I drink it (also, see Vitamineral Green below).

Msm-add to lemon water, juice, or smoothie...for elasticity of bones, skin, organs, lymph nodes, etc-read about all these products more extensively in the (888-rawfood) catalog and The Sunfood Diet Success System. Nature's First Law researches their products by investigating the actual places they're made or makes them themselves. We drink a glass of charged water with lemon, Msm, and Vitamineral Green or Nature's First Food (above) every morning first thing.

Sundried sulfur-free organic raisins and prunes-great snack with raw nuts: almonds, macadamias, cashews, pecans, walnuts, etc. If you have trouble digesting raw nuts soak overnight in a jar with purified water, then pour out the water and rinse the next morning and the enzyme inhibitors will be washed away, leaving alive, energized, digestible nuts-keeps in fridge for a few days. Dried fruit can be soaked also. Eat only a small handful each day of each and drink plenty of water with dehydrated foods.

Dried Tibetan Goji Berries/or Goli Berry bars. Tastes a bit like capt'n crunch berries. Tastes great with raw almonds and sulfur-free raisins. Packed with the 8 essential amino acids, 21 trace minerals, 500x the amount of vit. C than oranges, iron, and is an incredible immune booster, creates T-cell transformation, longevity, strength building, and sexual potency.

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dissolve the mucous, cleaning your nose! (we use an empty, old, glass spice jar to put our seasalt in.

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Jubbs enzymes or Hi-zymes-the highest quality digestive enzymes for when you eat less than healthy foods, i.e.: refined flour(pasta, bread), refined sugar, refined anything, dairy, meat, chemically bleached foods (white rice, refined sugar, table salt) fish, potatoes, candy, icecream, less than excellent food combinations, overate anything, anything that could constipate you, make you tired after eating or be hard on your body. (Also, available through Chris Hutnik, see "Retreats and Cleanses", Arise and Shine Arisenzymes is –excellent for those decadent meals- a mixture of high quality enzymes and probiotics (flora,good bacteria)

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(800) 835-0850

www.rainforestbio.com

To order, call and give them Distributor# 75613. I recommend Chocamaca, the most delicious chocolate I've ever had that is actually healthy, in moderation, and makes you feel good, too. It's semi-sweet, organic, dark chocolate which has Amazon herbs and blue-green algae in it. Also, check out the "Health Pack" and the Illumination herbs for everyday energy boosting and nutritional support. I like the Illumination tincture as an energy booster. Hold it under your tongue as long as possible for immediate absorption into the bloodstream. Also their Mate Tea (yerba mate) is an awesome alternative to coffee as an energy boost! If it's too bitter add Rice Dream Organic vanilla rice milk and Organic Grade B Maple Syrup.

FARMERS MARKETS-BEST PLACE FOR FRESH ORGANIC LOCAL PRODUCE ALL YEAR ROUND IN (ALWAYS ASK THE VENDORS IF THEY ARE CERTIFIED ORGANIC...ANYONE CAN BE REGISTERED ORGANIC)

-At Arizona and 3rd in downtown Santa Monica on wed (9am-1pm) and sat (8:30am-2pm)

-At Ivar and Selma between Hollywood/Sunset and Cahuenga/Vine on Sun (8:30am-1pm)

For other farmer's markets in the LA area go to www.cityofla.org/EAD/ggfinal/frmrmtkt.htm

Co-opportunity Market (Our favorite market)

1525 Broadway

Santa Monica 90404

(310) 451-8902 (8am-10pm daily)

Organic juice bar, bulk foods, fresh organic produce (you can ask to taste the fruit before buying it), Namashoyu (raw soysauce), Rejuvenative Foods raw nutbutters (refrigerator section), Goldmine organic live sauerkraut (fridge), **sea vegetables (dulse, nori and/ or kelp) granules**, seaweeds, **Healthforce Nutritional Vitamineral Green (superfood green powder)**, garlic/chili flax oil by Omega (fridge), Mellow white Organic Miso, **grey Celtic mineral sea salt**, etc. Also, La Ligne Alchemique is an amazing line of therapeutic essential oil products only available at the Co-op in Santa Monica. **I love their Essential mouthwash (to replace toothpaste)**, use with a natural bristle toothbrush-ask for sprayer top for mouthwash bottle), their face oils, rose water, essential oil fragrances, etc. **Make sure you ask for the sprayer or dropper for whatever size product you choose and the available literature on the company.**

Rainbow Grocery (co-op) is an amazing healthfood store
on Folsom at Division in San Francisco
(415)388-5814

Santa Cruz, California: Farmers Market-amazing!
Lincoln & Center St. on Wednesdays, 2:30 to 6 pm

Check local listings for numbers and locations for natural food stores(most
grocery stores have an organic section these days):

- Whole Foods (The one on Fairfax in Hollywood and on Glendale blvd. in
Glendale just off the 134)
- Wild Oats (The one in Santa Monica)
- Erewhone in Hollywood on Beverly blvd. just east of Fairfax on the south side
- Nature Mart in Los Feliz at Ambrose and Hillhurst Ave
- Healthy Pleasures in NY

RETREATS AND CLEANSING

Cleansing is an amazing way to kick start a healthy way of life. Cleansing is a
way of pressing the restart button and starting from a clean slate. You can
change your eating habits and eliminate cravings among many other benefits.

If you can take the time off, we highly recommend a rawfood or cleansing retreat
to educate yourself and actually experience eating rawfoods with support around
you...This experience will catapult your understanding of and ability to eat more if
not all life foods in your daily life. Actually eating raw foods only for the first time
for five days in a row changed our lives because of the way we felt at the end of
it...it would have been hard to try it ourselves in our normal life...but at the end of
that week, we had learned so much from lectures and mostly from experiencing
the effects of eating a vegan rawfood diet, we were supercharged and inspired to
try it at home! (But if you can't do it away from home, try it with some friends at a
retreat at home.)

Try to see David Wolfe speak because he is incredibly knowledgeable and
inspiring- you will want to go to one of his retreats and learn more...find out when
he'll be in your city for a one or two day event where he's speaking and they have
a gourmet raw food dinner at www.rawfood.com

Chris Hutnik-Nutritional Counselor/Health Educator
(805) 797-4990

chrishutnik@yahoo.com

**Chris is extremely knowledgeable about anything you want to know about
internal cleansing and nutrition. He's done all the cleanses himself. He's
supportive, helpful, and easy to talk to. You receive complimentary**

guidance throughout the cleanse and detox program if you order through him.

ORDER the Cleanse and Purify Thyself Books 1 &2 from him as well as the Arise and Shine cleanse package, Organic Cayenne, Electrolife, Dehydrated Minerals and Liquid Minerals, PapayaZyme, Flora, Yeast End, Arisenymes, etc.-check out the Arise and Shine website below for product info.

www.ariseandshine.com , www.cleansenet.net -Dr. Richard Anderson's cleanses, author of Cleanse and Purify Thyself. Chris Hutnik will be available to guide you the right cleanse for you and answer questions throughout-see above.

Arise and Shine Products are available through Chris, above, Their own website, above, and Local Distributors listed on their website.

Thunderbolt Spiritual Books carries most of their products

Open Everyday 10am-10pm

512 Santa Monica Blvd. (5th/6th St.)

Santa Monica, Ca 90401

Elaine Love

P.O. Box 1095

Capitola, Ca 95010

(831) 338-1104

www.purejoylivingfoods.com

(retreats and products)

The Tree of Life Rejuvenation Center: an amazing retreat center in Patagonia, Arizona for gourmet raw foods-a different culture's food every day for 14 days!, learning, hot springs, yoga, etc. Founded by Dr. Gabriel Cousins, author of Conscious Eating.

www.optimumhealth.org

(619) 464-3346

American University of Complimentary Medicine

11543 Olympic Boulevard

West Los Angeles, CA

(310) 289-5697 for schedule, directions, and more info

www.21daydetox.com

Dr. Richard DeAndrea MD, ND and John Wood take you through a 21 day simple cleanse to help you boost your energy level, cleanse major organs, balance your weight, change your eating habits and support and prepare your body to be nourished by raw foods. This is a great way to do a retreat at home (if you live in LA). DeAndrea reversed his condition of ulcerative colitis through a regular detoxification program and has been free of digestive symptoms for over 15 yrs.

Esalen

www.esalen.org

General info: (831) 667-3005

Reservations: (831) 667-3005

Catalog Requests: (831) 667-3000 ext. 7100

www.zyqigong.org

or www.qigong.ru

Maya Yoga

Eddie and Nicki Modestini

120 Hana Hwy. #9

Paia, Hawaii 96779

(808) 572-6951

yoga@maui.net

Gary and Mirka Kraftsow (premiere vini yoga teachers)

www.viniyoga.com

P.O. Box 88

Makawao, Hawaii 96768

(808) 572-1414

info@viniyoga.com

OTHER SOURCES

joshuatz@aol.com-request to get on list for the free e-mail newsletter with all the updated local LA raw and living food restaurants, dinners, events, lectures, retreats, etc.

www.doctorgraham.cc

www.rawfoods.com

www.rawfoodchef.com

www.living-foods.com

www.madcowboy.com

www.drday.com

www.bodyecologydiet.com (800) 511-2660

www.lovingfoods.com

www.rawgourmet.com

www.happycow.net

www.rawjuliano.com

www.norwalkjuicers.com

www.discountjuicers.com

RESTAURANTS AND VEGAN and/ or RAW, LIVE FOOD DINNERS AND SERVICES

Real Food Daily
414 N. La Cienega (Beverly/Melrose) (11:30-11:30)
(310)289-9910

Real Food Daily
Also in Santa Monica and one coming in Beverly Hills

The Flowering Tree
(323) 654-4332
In West Hollywood
8253 Santa Monica Blvd. at Harper
(M-F 10-10) (Sat-Sun 10-9)
Call for their menu of delicious vegan soups, vegan desserts, and fresh organic juices.

The Buddha Garden ~ Tel # 323-931-4551 ~ 7373 Beverly Blvd. West of
La Brea between Fuller and Martel.
Hours: 10 a.m. to 5 p.m. Monday ~ Saturday
Hosted by Chef Janice Innella

Seed Live Cuisine, LA- vegan organic raw meals delivered nightly
(310) 454-0547

I.o.v.e. weekly delivery service,LA- raw food meals
(310) 721-4222

Euphoric Organics- Renee Loux Underkoffler does catering, personal chef, has
an amazing recipe book, etc...she is amazing, lives in Hawaii, and travels a lot
reneeoflife@earthlink.net
(808) 283-1833

Caravan of Dreams
405 East 6th Street (1st/Ave. A)
Manhattan, NY
M(5pm-11pm) T,W,Th(11am-11pm) Fri,Sat(11am-midnight) Sun(11am-11pm)
(212) 254-1615

Quintessence Restaurant
263 East 10th St. (@ Ave. A)
Manhattan, NY 10029
(646) 654-1823
also upper west-side
566 Amsterdam Ave. (between 87th/88th)
10024

(212) 501-9700

Roxanne's

in Larkspur just north of S.F. off the 101 Fwy- amazing gourmet raw cuisine

(415)924-5004

320 Magnolia Ave.

Larkspur, CA 94939

mjudge@roxraw.com

(415) 924-5004 ask for Michael Judge the general manager to get you a reservation. I think it helps if you tell them you're a raw foodist!