



THE CAMPAIGN FOR
AGING RESEARCH

Lifestyle Master eBook 1.0
By Ellen Livingston

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Ellen Livingston, MA, RYT, shares her passion for health creation through Living Yoga. A natural raw food diet and yoga are the primary tools of Ellen's unique teachings and coaching. She healed herself of several serious conditions, and has benefitted from an all-raw vegan diet since 2002. Ellen has studied extensively, in person, with many of the world's foremost natural raw health leaders, and is a certified yoga teacher. She has inspired and assisted hundreds of people to make lasting, life-changing health improvements.

Success Stories....

My restless leg is all gone, my lyme disease is no more. My bipolar condition has virtually disappeared. WOW. Thanks for all you have done for me--it is the best thing that ever happened to me. I am most grateful. -Don, age 68

Since going all raw again, my skin is softer, eyes improving, much less hair sheds in washing, my internal pipes work wonderfully, my mind is clearer, I feel such happy energy, and desire to use my muscles. I feel I'm getting younger at age 63! -Armena, age 63

After about 2 months of eating a raw diet for two meals a day, I've lowered my cholesterol from 203 to 167. My LDL went from an over-the-top 157 to a healthy 117. The diet is the only lifestyle change I've made. Additionally I've happily lost 20 lbs. My energy level is more consistent and I'm finally getting my sugar urges under control. -Daniel, age 35

For so many years I have been almost afraid of eating fruit because I am diabetic. After adopting a low-fat raw vegan diet, however, I was shocked at how well controlled my blood sugars have been! I came to realize that it is the fat and protein that really cause my blood sugar to go out of whack. I have also seen great improvement in many areas including weight management, energy level, mood and ability to think clearly, and my list could go on and on! -Amy, age 45, type 2 diabetic

When I follow this diet, I feel better than ever and I can take much less medicine. It is obvious to me that there is a cure for diabetes, and this is it! -Joni, age 55, type 2 diabetic

Since starting this diet, I've experienced monumental changes to my health and appearance. My insulin sensitivity has gone way up, And I've been able to reduce my insulin intake my half. I've lost 10lbs, my skin has cleared, and my senses have become stronger. My energy level is almost off the charts. -Jeremy, age 30, type 1 diabetic

My doctor is amazed at my great lab results, lowered HbA1c, and insulin sensitivity and low pump basal rates that he has never seen before. He can't believe how many carbs I eat from fruit and giggles as he asks if I am still a "fruitarian", but he can't dispute the results! I have much better energy and feel totally satisfied, unlike when I tried a low-fruit, high-fat raw vegan diet. -Tasha, age 45, type 1 diabetic

1. INTRO – What IS Our Natural Human Diet?

We've all heard that fruits and vegetables are "health foods," but what would you think if someone said that they were just about the *only* health foods - for humans, that is? In the following pages I am going to ask you to use your common sense, along with some scientifically based deductive reasoning, to reach a conclusion about what is our truly natural diet. I hope you will be delighted to discover that it is fresh, delicious, satisfying, easy to prepare, and easy to digest. It is designed to keep your whole body working optimally and to keep you feeling great.

I will also show you why it is so important that we adhere to our natural diet, if we want to experience vibrant health. I will discuss the natural consequences we subject ourselves to when we don't live according to nature's laws. Humans are unique among all the species on the planet in that we process our foods, and create new foods that nature did not design for us. Have you ever seen an animal in the wild mix up a recipe, cook its food, or process it to be stored in bottles, boxes, and cans? Interestingly, we also don't see animals in their natural environment with degenerative diseases. Do you think we humans are designed so differently that we could be immune to the natural laws that govern life on this planet? Wishful thinking perhaps, but empirical evidence suggests otherwise.

Doesn't it make sense that our natural diet would be the one we would eat in our natural environment? If you are wondering about whether a particular food should be a part of a healthful diet, put it through this simple inquiry: Does it occur in this form in nature? Would I be attracted to eat it plain and raw as it occurs in nature? Would it taste great "as is?" Notice that if the food in question

requires processing such as cooking or spicing in order to be enjoyed, it is not one of your natural foods.

The further we stray from natural living, the more our health as a species declines. Today, degenerative conditions such as diabetes, heart disease, autoimmune disorders, digestive disease, cancers, and many more are on the rise. The very *good* news is that if you educate yourself and take some basic responsibility for your health, you can prevent and in many cases completely reverse these diseases. The answer is really very simple: learn to live in accordance with nature's laws.

In this e-book I will offer a powerful prescription for health – it is up to you to decide what to do with it. I realize that making lifestyle changes is often challenging and takes time and persistence to accomplish. You will have the best odds of success if you have the knowledge, the tools, *and* the support you need. I will outline for you a clear and do-able program for health, along with the follow-up support you'll need to help you reach your goals. I believe you can start to regain your natural vitality today. Are you ready to imagine yourself free of disease and full of energy? !

Let's begin with the thesis that nature provides for our basic needs. In each species' natural habitat, isn't this true? If we agree that our *natural* human habitat is the tropical one in which humans originated, we can see how this environment provides for us. It is comfortably warm, there is enough sunlight for us to make sufficient vitamin D year-round, and there is abundant food that provides the vitamins and minerals we need and tastes delicious to us with no processing required (tropical fruits). Today we attempt to recreate this tropical

environment by wearing warm clothing, heating our homes to a tropical temperature, and shipping fruits around the globe.

Unfortunately, we also do a lot of other things in our non-natural habitat that are more destructive. Over many generations we have strayed further and further from what is a natural lifestyle for humans. This has taken a serious toll on our health. The truth is that if we live the way we are designed to live, in accordance with the natural laws, health is the inevitable result. Does it make sense for it to be any other way? Would we really be the only species on the planet designed to degenerate and fall apart? Another truism is that to the extent that we disobey the natural laws, our health may decline.

It is noteworthy to compare our anatomy with that of other species that eat other foods such as meat and grains. We see that we are designed quite differently than a carnivore, for example. A true *carnivore* has the biological equipment to catch a live animal, and to kill, devour, and digest the animal in its raw, uncooked state, and the desire to do so. It has long sharp claws, large pointed teeth for tearing flesh, very strong stomach acids for killing bacteria and digesting proteins, and a short digestive tract which allows the meat to pass through the body with relative speed so it does not putrefy and toxify the body. A true *herbivore* has multiple stomachs for processing grasses. True granivores (a grain-eater), birds possess a gizzard in the throat which breaks down the tough raw grain. An *omnivore* in the wild will always eat its preferred natural diet when it is available, and will only resort to less ideal foods when necessary for its survival. We are closest cousins with a smaller primate who is a *frugivore*, deriving its ideal principle nourishment from fresh fruits.

Fruit satiates us in all the critical ways: it satisfies our naturally strong sweet-tooth with healthy sugars that can directly feed our cells the glucose they live on; the abundant sugars in fruit can easily meet our caloric needs; fruit appeals to our sense of taste, smell, and aesthetics; it is relatively easy to obtain in the wild (we are designed to climb trees, and fruit also falls to the ground as it ripens), and it fits comfortably in our hands; fruit needs no cooking or other processing to be edible, digestible, and delicious; fresh juicy fruit supplies abundant water to hydrate us, and oxygen to nourish our cells. In short, quality fruit from healthy soils fulfills our nutrient and sensory requirements better than any other food on planet earth. Additional leafy greens will supply any possible shortfall of minerals. Small amounts of nuts and/or seeds can provide additional quality nutrients and calories. We have no need for any animal products, grains, grasses, or tubers.

2. How Our Natural Diet Can Benefit You

The natural human diet is naturally designed to keep all of your body's systems functioning optimally for the whole of your lifespan. This diet is perfectly designed by the wisdom of nature to keep you at your ideal body weight, feeling great all the time. This high-fruit, low fat diet is easy to digest with minimal energy expenditure (freeing up energy for needed healing, and all the things you want to do with your life!), and does not unnecessarily tax your body, interfere with its optimal functions, burden your immune system or liver, or leave toxic and indigestible residue which can harm your body.

What does all of this mean for you? It means that when you ingest the fuel your human body-machine is designed to run on, your body will naturally hum along efficiently and smoothly. Of course you must also pay attention to providing

yourself the other things you need, such as enough sunshine, fresh air, exercise, rest and sleep, love and inspiration.

When your body is working efficiently and well, with minimal interference from inappropriate food-stuffs and toxins, you feel great and have more energy. The sluggishness and fatigue, chronic malaise, mental fog, negativity and moodiness so commonly experienced on less healthful diets can be replaced by a sense of physical well-being, mental clarity and inspiration, natural happiness and emotional equilibrium. This is truly liberating!

Your body is a self-healing, self-maintaining, super-intelligent organism. All that is required is that you remove the causes of disease, and provide the conditions for health. When you eat only the food you are designed to eat, and live according to the laws of nature, health is the inevitable, naturally beautiful result. It is an ingeniously designed, synergistic, holistic system.

Doesn't it make sense that we are designed - as is every species on the planet - to *thrive*? Your natural diet will help you to do just this. You can have clear eyes, healthy skin, hair, nails, teeth and bones, easily maintain your natural, ideal body weight, digest your meals with no discomfort, sleep restfully, think clearly, and have a happy, positive outlook and a purposeful life. You can have easy, regular and inoffensive elimination, sweet-smelling breath and no foul body odors. You can lose unwanted weight, reduce and eliminate cellulite, reduce and eliminate colds, flues, and unpleasant symptoms of all types. Eating the right food is the first step and will bring immediate benefits.

A diet based on fresh, ripe, raw, whole juicy fruits will naturally hydrate, oxygenate, and alkalize your whole body, and provide your body with the vitamins and minerals it needs to thrive. This is the clean, healthy, functional inner terrain you want if you are trying to avoid cancer and other diseases that thrive in an acidic, dehydrated, oxygen-deprived toxic environment. When you get clean and properly nourished on the inside by eating only your natural fuel, you will gradually become clean and fresh on the outside, too. You can begin to look and feel your natural best.

3. How to Make the Transition to a Healthy Natural Diet

While there is one optimal diet for human beings, as a species (just like all other species on the planet have one optimal diet for their species), there are many roads to realizing this diet now that we have strayed from it. Each person who is reading this book is arriving at this information under uniquely personal circumstances – lifestyle, age, level of health, social and cultural situation, etc. These factors must be taken into account when developing a new health program and diet for any individual, if it is to be a successful venture. *(A word of caution: if you are on medications or coping with serious illness, qualified supervision and/or coaching is advised before undertaking any of the programs described here.)*

It need not be an all-or-nothing approach. Steadily increasing the percentage of fresh, ripe, raw, whole, organic fruits and vegetables into one's diet will always bring rapid health improvements. In some situations where health is compromised, these fresh foods may need to be blended or juiced at first, to make it as easy as possible for a weakened body to assimilate the nutrients they provide. In other situations, fresh foods may need to be added gradually to allow the detoxification process to proceed slowly and thus more comfortably. Many

other people can simply switch to an all raw fruit-based diet overnight, and rocket themselves to vibrant health in a matter of months.

Here are three important factors to examine regarding a dietary transition:

1. What level of health do you truly want to achieve?
2. What are you willing to trade for this?
3. What speed of transition and what end goal will best support your overall health?

It is very helpful to study and build your knowledge base before making major changes in your diet. As your knowledge grows, so too will your confidence in what you are undertaking. This is especially important when you are doing something that goes “against the grain” of societal norms. You will need to be able to remain steady on your new path even as others (quite possibly including your medical doctor) may criticize and even ridicule your decision to eat so differently from the majority. You might doubt yourself at this point, if you do not have sufficient confidence in the nutritional soundness of your new eating plan.

To help inspire you toward a fresher, more natural diet, let’s take a look at some of the downsides to many of the foods most commonly eaten today. Then we can take a look at the very different characteristics of our natural diet. Grains, even when eaten raw (soaked and sprouted), are difficult for us to digest, acid-forming, irritating to the digestive tract due to their large amounts of harsh insoluble fiber, contain harmful properties such as phytates and lectins (these interfere with nutrient absorption), and contain naturally occurring addictive opioid chemicals which encourage over-eating. Grains are also deficient or devoid of many critical nutrients, another factor which causes overeating in a futile attempt to fulfill this

nutrient needs. For these reasons the daily consumption of grains can lead to obesity.

Legumes, such as chick peas and lentils, are also tough to digest, due primarily to their high content of protein and starch (which are digestively incompatible), and acid-forming even when eaten raw (soaked and sprouted). Consider this: can you enjoy grains and legumes the way nature presents them to us? Actually, they are completely inedible for us without some form of processing – a strong indication that they are not a part of our natural dietary.

Raw dairy foods from non-human animals are more nutritious than pasteurized but are still largely indigestible. They are acid-forming, and contain amounts of natural hormones, fats, and proteins not suited for humans, as well as caseomorphine, which have an addictive opioid effect. These dairy foods, raw or pasteurized, are also mucous-forming in our system. The only milk we should ever drink is human mother's milk, when we are babies and young children. After this time we no longer have the enzyme to digest the lactose in milk, and it is time for us to get our sugar-fuel in the form of glucose and fructose from fresh fruits.

All meats are acid-forming and indigestible (humans are not natural carnivores, and we do not have strong enough stomach acid, nor the right type of digestive tract or saliva to digest meat and it putrefies in our system). Like milk and cheese, meats contain inappropriate natural hormones and chemicals. Meat from naturally fed animals is higher in quality, but is still not appropriate food for the human body.

Oils are a processed, concentrated fat (not a whole food), and therefore not a healthy choice (it's best to eat the oil in the whole-food package, such as nuts or an avocado). Other items to avoid include irritants such as salt, pepper, spices, vinegar, chocolate (or cacao), seaweeds, processed sweeteners of any kind, dehydrated foods, fermented foods, powdered "super foods", and even onion, garlic (these contain toxic allicin and mustard oil), and other very strong or bitter foods or herbs. Tea, including herbal teas, can be irritating, and stimulants such as caffeine and chocolate are also to be avoided. Stimulants and irritants over-excite the taste buds and adrenal glands, and devitalize the body.

Any food product that comes in a sealed bottle, box, or can has been highly processed and is not a part of a healthy, natural whole-foods diet (or a healthy detox program).

And what about cooked food? Foods that are part of our healthy, natural diet can be fully enjoyed as found in nature, without any processing or combining. Cooking is perhaps the most common form of food processing. It causes tremendous damage to the food, and to our bodies when the cooked food enters them. Naturally occurring enzymes potentially helpful for digestion are destroyed at approximately 124 degrees, and vitamins, minerals, fats and proteins are damaged at slightly higher temperatures. This is bad news for our health. Not only does cooking our food insure that we will not receive sufficient nutrition; these damaged nutrients also wreak havoc. Our body cannot recognize and make use of them in their altered forms which are now toxic to our body, and so to protect us it attacks them! Over time this over-works and wears down our immune system, and leads to autoimmune and other disease conditions.

Dietary fat is another very important factor to consider. Science and empirical evidence (how you feel) demonstrates that a healthy human diet contains only small amounts of fats. Fat is good for us and necessary, and there are “good” fats such as those found in fruits and vegetables, but too much fat of any type is still too much fat. Once dietary fat rises about 10% of total calories, we start to see health declines. You may be surprised how quickly small portions of fatty foods will get you to that healthy 10% fat maximum – a small avocado or a handful of nuts or seeds is the allowance for one day for most folks, and it is a good idea to have some days every week with no overtly fatty foods (you will feel your energy increase!). It’s important to understand that fat (even the healthiest raw plant fat) is difficult and time consuming to digest, and the process requires lots of the body’s precious energy.

Dietary fat much above 10% of total calories has been shown to contribute too many diseases. Excess fat in the diet leads to excess fat in the bloodstream, and this interferes with the body’s ability to easily remove sugars from the bloodstream, leading to many increasingly common health problems such as diabetes, hypoglycemia, and candidiasis (see chapter 5). Science shows that too much fat in the bloodstream also impairs cardiovascular health. A high fat diet slows down and prematurely wears out many of the body’s vital processes, and thus impairs health. You can do your own experiment: eat a diet high in fat one week and a healthy low fat diet another week and notice how much better and more energetic you feel on the low fat diet!

Our optimal, natural diet is 100% raw (uncooked), plantstrong, fruit-based and low in fat (ideally, less than 10% of total calories coming from fats). This food is the easiest for us to digest, contains minimal toxins, is naturally hydrating, oxygenating, and alkalizing, and is nutrient-dense.

What might this diet actually look like in today's modern world? What works best for most people is fresh, ripe sweet fruits (bananas, grapes, oranges, pineapple, dates, persimmon, mango, papaya, peaches, berries, melons, etc.) eaten throughout the day as your mainstay (this is where you will get the majority of your daily calories!) and a large fruit and vegetable salad or soup meal, with small amounts of added fats on some days, such as nuts or avocado, for the evening meal. Focusing on sweet fruits throughout the daytime hours insures sufficient caloric and carbohydrate intake, and is easiest on your digestive system which, importantly, frees up energy for all of your other daytime activities. The digestive process is extremely energy-intensive, so the simpler your meals, the less vital energy will be required to digest them, and the more energy you will have left for other things.

The simplest meal of all is a "mono-meal": just one kind of sweet fruit for the whole meal. Eat only when you are truly hungry, and then eat as much of the one fruit as you need to feel satiated. You can still take in a sufficient variety of foods over the course of the day/week/month/year. It is most efficient to keep each individual meal as simple as possible. Mixing 2-3 fruits at a meal will still give you a relatively simple meal.

It's important to understand that all of your cells are fueled primarily by glucose, which is most readily and efficiently available to you through ripe sweet fruits. As long as your meals are appropriately low in fat, the fruit sugars will come in and out of your bloodstream the way they are supposed to and will serve your body perfectly, bringing your cells all the sugar, water, oxygen and other nutrients they need. Fruit is unrivaled for meeting our nutritional needs - there simply is no better food for our basic fuel.

Transition is a uniquely personal process. Some people find it easiest to “just do it”. The sooner your diet is all raw and low fat, the sooner unhealthy cravings and symptoms will become a thing of the past, and the huge rewards you’ll experience will give you the motivation to keep going. On the other hand, for some people a transition as rapid as this is emotionally or even physically overwhelming and these folks may have more long-term success taking a slower route. It’s the direction you head in that ultimately matters most. The speed of transition and detoxification can be customized for success.

Some raw food educators and health coaches today will encourage you to learn a repertoire of gourmet raw recipes that mimic common cooked dishes, with the aim of a "painless" transition to a diet of only the healthiest food. This approach has pitfalls. First, these recipes are often complex. Second, they are often high in fat. This makes them difficult or even impossible to digest, and thus harmful to your health! They may give stomachaches and gas pains, even many hours later, and they can leave you feeling sluggish. Third, you may tire of all the work involved to prepare the fancy dishes. And fourth, this diet generally fails to provide the correct ratio of carbohydrates, fat, and protein. This means the need for calories from healthy simple carbohydrates (i.e. fruit) may not be satiated, provoking food cravings. On all of these levels such a diet is probably unsustainable. The majority of people trying to transition to a raw food diet in this manner end up returning to a significant proportion of cooked foods in their diet, and thus never do achieve their full health potential.

For health, it is important to eat simply and to limit fat intake. A low fat, raw plant based diet is the healthy, sustainable way to go. In this approach, at least 80% of your calories are obtained from simple carbohydrates, mostly the simple sugars found in whole, fresh, ripe, raw fruits. The rest of this high water-content diet is comprised of leafy greens, non-sweet fruits (tomatoes, cucumbers, peppers,

zucchini, etc.), a few other vegetables, and small amounts of fatty fruits (such as avocado), nuts and seeds. 10% or fewer of your total calories will come from fats, and the same for proteins.

This high-fruit, low fat whole fresh produce diet is sustainable because our basic fuel needs are being fully met in their most efficient and digestible form (the simple sugars—glucose and fructose—needed by all your cells and obtained by eating ripe fruits). This lower fat approach keeps the whole body running at optimum efficiency. Learn this diet, and you won't need another diet again! This raw, plantstrong diet of mostly fruit is the biologically dictated, natural diet for humans. If eaten correctly, it is efficiently digested and assimilated, completely satiating on every level (simple carbohydrate fuel, plentiful high-quality nutrients, sweet taste, delicious smell, high volume and water content, soluble fiber, beautiful colors, connection to nature, fits in our hands) and provides the conditions for maximum energy and ultimate health.

There are several viable approaches to adopting this way of eating. One is to simply start increasing the percentage of fresh, ripe, raw, organic, juicy whole plant foods at each meal. Begin each meal with some raw juicy fruits, waiting a little while for them to digest and then continue with your meal, or perhaps begin a meal with some greens or other vegetables. Better yet, eat only fruit for your first meal. Make your second meal all raw, too. Begin your last meal of the day with raw fruits and greens, and eventually you can drop the cooked food portion of this late-day meal altogether. The more fresh produce you eat, the less room and appetite you will have for less natural, cooked and processed foods.

These methods can work. They take time and perseverance, however, and for some it becomes a circuitous, winding, indirect route to the end destination and

can actually make the process take longer than it could have taken. Struggles with food cravings, addictions, and emotional eating are common. Many tempting foods like dairy products, grains, and chocolate naturally contain addictive chemicals. Still, for some, a slow transition is the way to go. It can eventually take you to your goal, if you just keep yourself heading in the direction you want to go.

A method that works well for some is to adopt one full day of an all raw diet the first week, two full days of this diet the next week, three days of it the third week, and so on until by the end of seven weeks you are eating an all raw diet all seven days of the week. This approach is also gradual and may be accompanied by some of the detours and struggles of the previously described methods. But it has the advantage of giving you some immediate experience of longer periods of all raw eating. And on this plan you may notice more clearly the negative effects cooked foods have on you.

If you've done your research and you know you really, REALLY want the highest health on the optimum raw diet, then what I'm about to share may be the best method for you. It is the quickest and least painful route to all-raw eating for those who are physically and emotionally ready, and who have the knowledge and the faith required to fuel motivation. It's called, "Just do it!"

You simply eliminate all cooked foods and other toxins and stimulants from your diet all at once (it helps to taper off of some of the more toxic foods for a week before going cold turkey). You will rid your body of toxins and food cravings more quickly and effectively. The boundaries are clear. Your immediate results motivate you. You will reach your goal more directly; the goal of creating full health on your natural low fat plant based diet of whole, fresh, ripe, high water content, mostly fruit, raw foods. Once you have stayed on the diet for a few weeks, you will notice

how bad other foods make you feel if you try them again, and you will not want to go back to that. Then you are free to get on with living your dreams!

An especially effective way to make this leap is to choose one fruit that you really like, currently in season and readily available, and purchase a case or more of it. Be sure it is ripe, then eat only that fruit, in its whole, fresh, ripe, raw juicy state (and water as desired) for a week. Eat as much of this one fruit as you desire at each meal. Eat when you are hungry, until you are satiated. Make distinct meals (rather than grazing) and wait for hunger before eating. You will quickly get in touch with what true hunger feels like. You will soon experience uncomplicated, complete digestion. You will greatly facilitate cleansing and detoxification. You will free up energy. You will overcome food cravings. And, you will gain valuable insights about your relationship with food and the many roles food plays in your life.

The next week add other fruits and some greens, but keep each meal very simple, with one kind of fruit at a time. After these two weeks, you will be well on your way to a successful, sustainable low fat plantstrong diet of mostly fruit. You will have disrupted old destructive patterns and created healthy new eating habits.

By this point in your new and improved dietary habits you may have learned a lot about what good digestion feels like, what true hunger is, and how you relate to your food. You will have helped your body to do some major housecleaning. As you expand your diet to include more raw plant foods, always plan for simplicity at each meal and variety throughout the month and year. This is a truly healthy, life-long detoxification program.

It is highly recommend that you receive qualified coaching as you make the transition. Each person's transition experience is unique, and it is important before beginning a new health program to assess your personal health history, goals, and needs.

4. What You Need to Know About Cleansing and Detoxification

Much attention has been given to this topic in recent years. It seems that we have pushed our planet and our bodies to an unsustainable level of toxicity, and we are suffering grave consequences in the form of debilitating and life-threatening diseases. We know intuitively that it is time to detoxify. But with the same lack of mindfulness that got us into this situation, people are rushing into the popular "detox" programs being promoted, which unfortunately are designed with critical flaws. They are unsustainable in the long-run, and thus fail to address the cause of our suffering. They can provide only a temporary band-aid at best, and, at worst, can actually cause further harm. Most aim to induce an unnaturally accelerated "flushing out" of toxins.

A major cause of all disease is over-toxicity of the body, or toxicosis, including autointoxication (such as when toxins build up in the bowel and are not eliminated). The body is brilliantly designed with many eliminative systems to help it naturally detoxify, or rid itself of excess toxins (including those produced by the body as natural waste products) on a daily basis. These eliminative organs and systems include the blood, kidneys and liver, urine and stool, lymph fluid, mucous, lungs, and skin.

However, these systems were not designed to manage the chronically high levels of toxins in our unnatural diet, unnatural environment, and high-stress lifestyles of today. Because of this situation, it is now imperative that we take extra measures to reduce toxic input and to support and facilitate our body's natural detoxification processes. We can do this by removing as many toxins as possible from our diet, environment and lifestyle, and by providing the proper conditions to support vibrant health and efficient function of all our eliminatory systems. For lifelong health we require an appropriate diet, plenty of fresh air, adequate sunshine, pure water, uncoated skin, hair, and teeth (watch out for most "body-care" products), loving relationships, healthy emotional expression, right livelihood, a sense of connection and purpose, the proper type and amount of exercise, and sufficient rest and deep sleep.

Most marketed cleansing and detox programs actually *add* to your body's toxic load! In addition, they tend to stress the body and cause unnecessary risk. The typical liver and gallbladder flush will have you consume large quantities of Epsom salts and olive oil, as well as strong herbs purported to kill parasites, all of which is unnecessarily stressful for your body. The liver is literally pushed into over-action. And, though some small hard stones may possibly pass out of the body through this process and sink to the bottom of the toilet, the large quantity of soft, floating "stones" usually purged from the body with this flush may actually be saponified olive oil, a result of the olive oil mixing with the alkaline bile salts and creating a soap (similar to mixing lye and fat).

Other cleanses involve natural clay such as bentonite (claimed to absorb and remove heavy metals from the body) and extracted fibers such as psyllium husk fiber. These substances may be natural, but they are not naturally meant to enter our bodies, and there are risks and side effects from ingesting them. Psyllium husk (or bran) is abrasive and irritating to the delicate lining of our digestive tract, and

can cause damage by literally scratching the sensitive intestinal lining (and just because you don't notice blood in your stool doesn't mean there isn't any).

Enemas and colonics are commonly prescribed for cleansing and detox. Again, usually these are unnecessarily harsh and unnatural interventions, which have inherent health risks. In almost every case, a truly natural dietary program, along with other natural lifestyle practices, will enable the body to cleanse the entire digestive tract safely, by itself and when it needs to. Nature's processes are not always as quick as we would like, and we must practice patience, respect, and some healthy discipline to get the best, safest, and most lasting results.

The popular "Master Cleanse" advises a temporary diet of maple syrup, lemon juice, and cayenne pepper mixed in water. Maple syrup has been damaged by cooking, and is an unnaturally concentrated sweetener which causes the body stress. Cayenne pepper is a highly concentrated, strong, irritating spice. Its toxicity causes the body to react by producing extra mucous in an effort to rid itself of the cayenne pepper. Some other toxins may be drawn out in the process, but there is a better, gentler and thus healthier way to do this. This cleansing program also includes drinking laxative tea and salt water daily (inorganic salt in any form poisons our body) and following the program with a round of probiotics, to replace the good bacteria that has been unnaturally flushed out of the body due to the intensity of the cleanse protocol.

Juice diets are also touted as the perfect cleanse. While safer than most of the other approaches described here, juicing is also not a completely natural process, and juice is not a whole food. Better to just eat or blend the fruits and vegetables, retaining their valuable soluble fiber with its absorbing, gentle cleansing ability,

and other helpful properties, that Mother Nature provides in her perfectly designed food packaging.

Why is it so hard for us to trust nature? We would do well to learn to appreciate the awesome complexity of our body's systems, and its seemingly infinite intelligence in carrying out all the functions necessary for healthy survival, including healing from toxicity and disease. And we could appreciate as well the wisdom of Mother Nature in providing for *all* of our nutritional needs.

The above mentioned non-natural cleansing and detox programs are intended as short-term approaches to (hopefully) alleviate ongoing toxicosis. But any detoxifying effects are only temporary, thus none of these programs is sustainable in the long-term, and none of them addresses the obvious issue that should you return to your previous diet and lifestyle habits the toxins will quickly build up in the body once again, necessitating another round of the program. Wouldn't you agree that a holistic approach that gives you a basic diet, lifestyle, and cleansing program you can safely put into place for all of your life would be much more helpful and effective? Then you'll never need to do another "detox."

Simply adhering to the diet nature has planned for us will allow your body to safely and effectively self-cleanse the colon. This approach provides the best home colonic, the best parasite cleansing, the best program for bringing the gut bacteria into healthy balance, and the safest and most natural liver cleanse. Any unpleasant initial side effects will be the temporary result of your body's productive, gradual elimination of unwanted toxins.

Many of the foods commonly eaten today either contain no fiber (animal products) or contain lots of harsh insoluble fiber (complex carbohydrates like grains and legumes) which irritates the delicate lining of the digestive tract. Whereas uncooked fruits and vegetables have plenty of predominantly soft, soluble fiber which gently sweeps the colon clean. And the abundant water in these foods aids this natural cleansing and flushing process. On a natural fruit and vegetable diet you will have minimal toxic buildup, good digestion and thorough bowel elimination, all important in creating and maintaining a clean, detoxified body.

Digestion is one of the most energy-intensive tasks the body must do every day. By eating natural raw foods that are relatively easy for the body to digest you can free up massive amounts of the body's precious nerve energy to be used for other important tasks, such as cleansing, detoxifying, and healing. This water-rich, low fat whole raw fruit and vegetable diet will oxygenate your cells and your body, and can raise energy, clarify thinking, improve circulation, enhance the function of all bodily systems, and make you feel more alive. In time, overworked and depleted adrenal glands and pancreas can heal, joint mobility is optimized, aches and pains disappear, and an ideal natural weight can be reached and easily maintained.

The *ultimate* cleansing process happens on a true fast, while resting and taking in only water, with no food at all. Obviously this is sustainable only for a limited time, and is not necessary for a fully healthy body. As long as you stay well-hydrated, you can safely skip a meal, or even a few meals, whenever you are just not hungry. The energy not being taken for digestion will be used by your body to initiate cleansing and healing. When a fast is extended to longer periods of time, deeper levels of healing can occur. For fasts lasting longer than a couple of days, taking in only water, qualified professional supervision is strongly advised.

5. Understanding Diabetes and Other Blood-Sugar Disorders

The body's ability to regulate blood sugar levels is directly affected by what you eat. Dietary sugar often takes the blame in conditions of blood sugar imbalance. Though refined sugar (such as high fructose corn syrup) is problematic for many reasons, the sugars found naturally in fresh ripe fruits do not stress our bodies. The actual problem usually stems from an excess of dietary fat. Even healthful raw plant fats, when consumed in excess of the body's actual needs, will impair basic body functions.

Diabetics, especially, need to take a very close look at the percentage of fat (of all types) in their diet, and work to bring it down below 10% of total calories. This is true as well for anyone with symptoms of hypoglycemia or candidiasis, and actually for everyone who wants to avoid developing any of these imbalances.

Dietary fat is challenging for the body to digest and assimilate, and the process requires a great deal of the body's vital nerve energy. It also takes a long time for fat to be digested, much longer than the simple carbohydrates in fresh fruits and vegetables. Fat is sticky, and it adheres to the walls of blood vessels, essentially coating them and thus interfering with the body's mechanism for transporting sugar molecules out of the blood.

When blood vessels are chronically coated with sticky dietary fats, the insulin sent by the pancreas to transport sugar out of the blood is ineffective. The receptor sites meant to be ports where the insulin can "pick up" the sugar molecules are blocked by sticky fats, and the mission is unsuccessful. The pancreas pumps out more and more insulin in an effort to overcome this challenge, even calling on the

adrenal glands as backup support, and this leads to eventual exhaustion of the pancreas and adrenal glands. As you can see, the body's sugar-regulatory system has been disrupted, and the break-down we call disease will be the inevitable result.

This degenerative result is totally preventable! When dietary fat is kept below about 10% of total calories taken in, our brilliantly designed sugar regulatory mechanism is able to work efficiently and effectively to keep blood sugar at healthy levels, all the time. In a body free of excess dietary fats, healthy sugars from fresh ripe fruits will cause blood sugar to gently rise and then gently fall, as it should. The sugar will enter and exit the bloodstream fairly quickly, but causing no spikes or sudden drops. Does it make any sense that fruit sugar, in the form nature so beautifully and deliciously provides, would be "bad" for us? Of course not! Even in a body already diseased with diabetes or other blood sugar disorders, the solution lies in decreasing dietary fat to an appropriate level, not eliminating healthy sugars.

The transition to a high fruit diet for individuals with existing diabetes and other blood sugar disorders may need to be more gradual and more disciplined. Overtly fatty foods of all types - avocado, nuts, seeds, nut and seed butters, refined sweets, oils, dairy foods, meats (these last four not recommended anyway) will ideally be eliminated completely for a period of time, to best support the healing process. This will insure the best inner terrain for the body's blood sugar regulatory system to get back on track as quickly as possible to functioning the way it is supposed to. Another helpful modification during transition is to eat greens or celery with all sweet fruit meals. This will add extra dietary fiber to the meal, which will effectively slow down the uptake of the fruit sugars into the blood stream. It may also be necessary at first to have smaller sweet fruit meals (more frequently) to avoid overloading a compromised blood sugar regulatory system.

Type 2 diabetes is completely reversible with a natural, low fat (less than 10% of total calories) diet of whole fresh foods and attention to the other requisites of health such as adequate exercise, sunshine, stress management and sleep. Type 1 diabetics can greatly reduce their artificial insulin intake on this health program. You can say goodbye to hypoglycemia and candidiasis. Hypoglycemia will heal as the blood sugar regulatory system regains its effectiveness. The candida organisms that are there to save our life in situations of too-high blood sugar will die off to appropriate, healthy levels when their excess food supply diminishes as the sugars are able to be appropriately transported out of the blood stream by the insulin, once dietary fat is greatly reduced.

The brilliant intelligence of the body is always at work to vector you toward perfect health. Why would it be any other way? Our job is simply to support this process by living in accordance with nature's basic laws. We must avoid the substances, activities and stressors that are known to cause disease, and provide the substances, conditions and activities that create health. It really is that simple. Health comes from healthful living.

6. How to Rebuild a Healthy, Whole New You

Although a change for the better, this *is* a major lifestyle change, and one which is largely unsupported by our society (though a raw food diet is getting more media attention). You may be challenged, questioned, criticized, and even ridiculed on your way to uncommon health. This opposition could derail some people. While on this path you are likely to have your own questions, concerns, emotional experiences, and insights that you would wish to share and discuss with someone who has successfully walked the path before you. The Lifestyle Masters Program

will provide you the ongoing, qualified professional support you need.

Whatever form or pace your dietary transition takes, it's important to remember to also give attention to other equally important requisites of health. To help you create a "snapshot" of where your health stands, and where you could most effectively focus your attention, we've included a worksheet titled "The Wheel of Health". A wheel with spokes makes an appropriate metaphor: if any spoke does not come right to the rim of the wheel, it will impair the smooth function of the entire wheel. You can see the importance of "bringing all your lifestyle spokes to the rim," or bringing to fruition all the factors that together make up holistic health.

To complete the Wheel of Health worksheet, notice how the spokes are labeled with various requisites of health, and feel free to label any of the blank spokes with other things that you feel are most important in a healthy lifestyle. With a colored marker draw a short, medium, or long line right over each spoke, representing the level of development of that area of your life. Some colored lines will come just to the rim, indicating an area that now requires maintenance only. Other lines will come only part-way to the rim (or maybe will barely leave the center axis), indicating areas which are most in need of your attention. A spoke or two may even extend beyond the outer rim of the wheel, showing an aspect that is actually over-developed (for example, some people exercise *too* much, or focus on diet to the exclusion of other things).

By identifying your "weakest links" and focusing your primary attention in those places, your efforts will be most effective. Most people have a weak link in the area of diet and will benefit initially by putting effort there. But no matter how good your dietary habits, if you are not getting enough sleep, or enough sunshine on your skin, or you are not managing stress, your health will continue to be

compromised. Creating vibrant health is a lifelong journey. The key is to be aware of where your efforts can best be focused to bring about the most beneficial results. You can keep a vision in your mind of gradually bringing all the spokes of your wheel into alignment with the rim, or nurturing your weak links until you can bring all the requisites of health into balance.

Here are seven of the most common pitfalls:

1. Not enough fruit

Fruit is the *staple* of a healthy diet. It is the major source of our healthy calories. Vegetables are important and provide us with lots of nutrients, but they do not contain enough calories to sustain us and many of them are tough to chew and digest. Fatty foods like avocado and nuts are calorically dense, but a healthy diet gets less than ten percent of its calories from fat. That leaves whole juicy fresh fruit as our primary food for health. Most people don't realize just how much fruit we need to eat to meet our caloric needs, especially when we become naturally active.

Because of its high water content, we must eat a much larger volume of fruit than of more concentrated cooked (or dehydrated) foods, to get the same number of calories. This takes some practice! Our stomach loses its natural elasticity on a typical lower volume diet, and we must help it to regain this ability to stretch and flex so that it can comfortably accommodate a normal quantity of water-rich fresh foods. In the beginning, if you eat a juicy fruit meal until you feel full, you may have not eaten enough because your stomach wasn't elastic enough to expand as you ate. Initially it is helpful at each meal to eat until satiated, then to

eat a few more bites. In this way, your stomach will regain elasticity and be able to accommodate a more natural volume of fresh food.

Not eating enough fruit will set you up to crave unhealthy complex carbohydrates like grains and starches, or concentrated foods like fats in an effort to get enough calories (and nutrition).

2. Too much fat

Eating too much fat (more than ten percent of total calories) is inevitable if you don't eat enough fruit on a raw diet. This is one of the most dangerous (and common) pitfalls, because too much fat in the diet contributes too many serious diseases. It coats the arteries and interferes with the body's ability to deliver oxygen and glucose to its cells. Nuts, seeds, and avocados are primarily fatty foods. Too many calories from fatty foods will leave you feeling sluggish, and wondering why you aren't experiencing the abundant energy and vitality promised by raw food diet advocates.

3. Irritants and stimulants

Some commonly used irritants and stimulants are: salt, pepper, spices, garlic, onion, vinegar, coffee, tea, alcohol and chocolate (including raw cacao). Many or even most gourmet raw recipes contain salt and garlic. Our body does require sodium, which is sufficiently available in its organic form in fresh fruits and vegetables. Inorganic salt of any kind, including Celtic and Himalayan sea salt, is poison to our bodies and must be diluted with water from our tissues. This dehydrates us, and leads to unhealthful water retention, and also makes us less able to taste the natural saltiness in our natural foods.

Garlic and all the other substances listed irritate the delicate lining of our digestive tract, interfere greatly with the digestive process, and contain chemicals or other factors that are bothersome to and unusable by the human body. Consuming any unusable or toxic substances burdens the body, taxes its resources, and contributes to degenerative disease. Though some of these substances are touted for certain beneficial properties, we can better receive these benefits from non-irritating foods.

Including irritants and stimulants in an otherwise healthy raw diet generally leads to cravings and overeating, and interferes with natural taste bud recovery and with overall vitality.

4. Poor food combining and complex recipes

You will want to *eat simply* for best digestion and maximum energy. Complex food combinations lead to energy-intensive and often incomplete digestion, and to discomfort of various kinds. Gourmet raw food recipes invariably contain abominable combinations (“combo-abombos”). These incompatible combinations and complexity of ingredients tax the body and drain energy and vitality. See Chapter 8 for a detailed guide to food separating and combining, and some deliciously simple, well-combined recipes.

5. Not being naturally active

Activity and a simple raw diet complement each other beautifully. You cannot be truly healthy if you are not fit. We are designed to be quite active. When we are

physically active, our appetite increases, and we can comfortably eat more food and thus take in more nutrition. When we are appropriately active, our metabolism increases (to normal) which results in more effective weight management. Digestion, absorption, assimilation, and energy levels all improve as fitness improves. Being “naturally” active means engaging in vigorous physical activity of the kinds that our bodies are designed for. We are best designed to walk, sprint, lift, and climb. When we engage in less natural activities we need to be especially mindful of the possibility of strains and overuse injuries (such as joint strain from gymnastics, or “tennis elbow”). It is also possible, and not uncommon, for people to *over-exercise*, and not allow sufficient recovery time. As you can imagine, this also impairs health.

6. Not getting enough rest and sleep

During periods of deep rest and sleep, nerve energy becomes available as it is temporarily freed from tasks performed while a person is awake and active. This energy can now be put to work performing the critical tasks of healing, repair, building, and restoration. The body’s “batteries” have an opportunity to recharge. Without sufficient rest and deep sleep, the body’s innate ability to heal and restore itself is compromised, leading to stress, over-acidity, and disease. This is why it’s so important to pay attention to *all* the requisites of health. Also, insufficient sleep can set you up for mood swings, ineffective weight loss, food cravings, lack of discipline, and falling off the wagon with all your healthy habits. It is very important to avoid late-night eating, as the digestive task will then interfere with your sleep. As mentioned earlier, allow three to four hours between your last meal of the day and going to sleep. This will facilitate the depth of rest and restoration necessary for optimal health.

7. Worrying about what other people think

Despite the fact that most people know how important it is to eat a healthy diet and practice healthy lifestyle habits, most people fall short of doing this, and are often acutely aware of their shortcoming. This is one reason why some people may “give you a hard time” about your new healthy diet and other healthy practices (if they can’t do it, you shouldn’t be able to do it). Another reason is that some people have been led to believe that a raw plant based diet is nutritionally inferior, or socially and emotionally unrealistic, and because they honestly care about you, they’ll try to convince you not to follow this path, for your own good. You can thank them for their concerns and either assure them you know what you’re doing, or simply share with them that you plan to continue your experiment because it seems to be making you feel a whole lot better.

It’s important to avail yourself of the *best* information and support, so that you will become able to remain strong and steadfast on your journey to uncommonly vibrant health, despite other peoples’ fears, concerns, and lack of knowledge. Your steadfast example will inspire others, and those who are ready to do what’s necessary to live a fuller, richer, healthier life will eventually join you.

8. Social and Emotional Troubleshooting

Most of us have been taught since early childhood that it’s important to “fit in”. It’s often perceived as socially unacceptable to behave much outside the boundaries of the established norms. While eating healthy foods is somewhat “in” these days, an all-raw vegan diet—the healthiest of diets—is still viewed by most people as being way outside normal boundaries. People usually react to what is totally unfamiliar with discomfort, and often with resistance. If it’s apparent that our behavior is making *other* people uncomfortable, that tends to make us uncomfortable, too. To some people it often seems on the surface that it would be easier to revert to the behaviors that allowed them to fit in more

comfortably, even if this step back is accompanied by physical disease. Also, until you have securely developed new habits and built up a support system for your new healthy lifestyle, it can be easy to be tempted by the stimulation and addictive nature of many mainstream foods.

Another factor that can influence your ability to stick with a healthy natural diet is the experience of becoming vulnerable to the full range and depth of your emotions. Eating meals that require vast amounts of nerve energy for their digestion (such as cooked or otherwise processed foods, or fatty foods, or very large meals) effectively numbs our emotional experience and dulls our thinking. When we free up much of this energy on a simple, easy to digest fresh raw fruit-predominated diet, we may *feel* more fully and *think* more clearly than ever before, and this can be quite uncomfortable at first for some people. We may open up to feelings of sadness, anger, or dissatisfaction with our lives. We must have some sort of support or faith for dealing with this experience, or we will likely seek the relative and familiar comfort of emotionally numbing cooked foods and unhealthful eating habits again. We may also start to open up to a joyful exuberance that's been buried deep inside of us. Not knowing how to give this inner joy outer expression, or finding out that our expression of it seems to threaten others, is a profound experience for which we may also need support.

As we have strayed away from our natural diet, we have come to experience food as entertainment. Many people look forward to a smorgasbord of stimulating, exciting concoctions several times every day. Each meal becomes an anticipated *event*. Not long after finishing one meal our mind is already planning the next – and this is not because we're hungry! On a simple raw diet, this kind of nearly constant stimulation is gone. Some people struggle to cope with a resulting heightened awareness of an underlying sense of boredom with themselves and their lives. Many of us live in fear of actually making contact with our true selves.

The unknown can be unnerving. We keep ourselves very busy, constantly on-the-go, and stimulate ourselves unnaturally with outside substances. Our truest selves remain safely hidden. We identify instead with all sorts of socially acceptable, familiar and relatively comfortable roles.

Successful transitioning to the healthiest of diets—a simple low fat raw vegan diet of mostly fruits—demands of us that we grow to embrace our full human emotional experience. We must develop the courage to go where others don't want to go, and the discipline to stay with the experience and create for ourselves a new comfort zone. A yoga practice can help immensely, as it can provide a “container” for the exploration of this experience, spiritual discovery and guidance, and a proven method for making safe contact with our body and with our true inner self.

Eating our natural diet allows our body to detoxify and heal, and opens us up to a whole new exciting experience of feeling much more alive and open. We begin to feel more connected to our self, to our fellow humans and animals, to our planet, and to the higher power or universal energy that connects it all, and we can now recognize, appreciate, and enjoy things that were “hidden” from us before. We can begin to face our fears, sit with our emotions, embrace our true self, dare to live differently, and start to revel in the excitement of becoming fully alive!

As you detoxify your diet and you begin to feel much better, lighter and cleaner, you will naturally want the rest of your life to be in harmony with your new healthier self. Raw food literally becomes you, and as your body gradually remakes itself from new building blocks, you will begin to look different, have different thoughts, develop new beliefs, and take different actions. You will have more energy for exercise, more hope and resolve for creating a disease-free life of purpose, more environmental and emotional sensitivity, and greater desire and ability to participate only in loving relationships and positive, creative self-

expression and right livelihood. You can experience a detoxification on all levels of yourself and your life.

When you eat your natural undamaged diet, you give yourself a strong message of self-love and self-care. This gives you the desire and the awareness to start caring for yourself on other levels as well, such as getting enough rest and sleep, plenty of sunshine, fresh air, and a comfortable, beautiful, naturally peaceful environment. And you will develop new friendships, as you will start to want to be around people who have what you want, or are going where you're headed. Finding a spiritually based yoga class can put you in touch with health-oriented people, and help you to reconcile all the inner and outer shifts you may experience.

9. Recipes and Menu Planning for Success

What works best in most cases is to focus on eating mostly sweet fruits during the daytime, because this will help you to get enough simple carbohydrate calories, and because fruits are the easiest foods for us to digest and thus will not rob you of the energy you want to have available for other daytime activities. The evening meal can include more fruits, and/or a vegetable salad meal, with avocado, nuts or seeds, if desired. Recipes are ideally kept very simple for ease of digestion. A good rule of thumb is to strive for variety in the overall diet, but simplicity in each individual meal.

Drinks & Smoothies

Coconut



Enjoy the water of a young Thai coconut plain.

6 Coconut Drink Variations:

Blend the water and/or the soft fatty part of a young Thai coconut with 1 cup chopped of any one (or two) of the following fruits: banana, date, mango, berries, orange, pineapple

Melons

Chop and blend any ONE type of melon until smooth - cantaloupe, honeydew, watermelon.

Orange Juice

Make fresh squeezed orange juice and add the pulp back into the juice.

8 Orange Juice Variations:

Blend 2 cups of fresh orange juice with 1 cup chopped of any one of the following fruits:

mango, berries, cherries, pineapple, papaya, peaches, nectarines, tomatoes



Orange-Pomegranate

Using a citrus juicer, juice oranges and pomegranates together for a festive colored drink with an extra special taste.

Banana Smoothie:

Blend a 3-4 ripe bananas with enough water to reach desired consistency.

10 Banana Smoothie Variations:

add 1 cup chopped of any one of the following fruits and blend until smooth:

dates, dried figs, mangoes, peaches or nectarines, blueberries, cherries, papaya,

apples, pears

Citrus Smoothie

Blend 4 medium oranges (peeled & deseeded). No water is needed.

10 Citrus Smoothie Variations:

Blend 3 whole oranges (peeled & deseeded) with 1 cup chopped of any one of the following fruits:

grapefruit, pineapple, tomato, kiwi, berries, cherries, peaches, nectarines, mango, papaya

Green Smoothie**Endless Variations:**

Blend 3-4 ripe bananas with 1 cup chopped of any one of the following fruits (fresh or frozen):

mangoes, peaches, nectarines, apples, pears, papaya

Then blend in 2 cups chopped of any one (or two) of the following greens:

spinach, romaine, kale, celery, baby arugula

Puddings

Applesauce

Blend 3 sweet organic apples (cored) with 2 bananas. Garnish with a pinch of cinnamon, if desired.

8 Apple Sauce Variations:

Replace bananas with 1 cup of one of the following, chopped:
dates, dried apricots, dried figs, raisins, pears

Garnish with one of the following:

shredded apples, finely diced celery, finely chopped dried fruit (see above)

Banana Puddings

Blend 3-4 ripe bananas with **no** water, to keep it thick.

6 Banana Pudding Variations:

Add 1 cup, chopped, of any one of the following:

dates, figs (fresh or dried), raisins, or any of the following (fresh or frozen):
blueberries, mango, peach, or nectarine



Mango Puddings

Blend 2 large ripe mangoes with **no** water, to keep it thick.

4 Mango Pudding Variations:

Add 1/4 cup soaked dried mango or pineapple, or 1/2 cup fresh or frozen raspberries or strawberries.

Figgy Pudding

Wash and de-stem a quart of soft ripe fresh figs, and blend until smooth, adding just enough water to make the blender turn (you can also use soaked, dried figs of

any type for a sweeter pudding when you can't get fresh). Spoon into bowls and top with finely diced celery, or eat with a celery stalk "spoon". *You can make another wonderfully sweet & creamy pudding by blending persimmons until smooth, and topping with finely diced celery.*

Fruit Parfait

Mango, frozen mango, fresh raspberries and/or blackberries, a few strawberries, and a few small mint leaves

Blend mangoes with some frozen mango to reach thick pudding consistency (peaches or nectarines, with some frozen, can be substituted for the mangoes).

Use a fork to crush raspberries and/or blackberries (keep the two kinds separate) in a bowl.

Assemble in fancy parfait glasses by spooning in as many layers as desired, making the mango layers thick and the crushed berry layers thin, and ending with a mango layer.

Top with a circle of strawberry slices placed tip down around the edge of the glass. In the center make a "flower" of small fresh mint leaves, and place a whole raspberry or blackberry in the middle.



Mango Banana



Soups

Sweet Fruit Soups

Minty Melon

1 ripe cantaloupe

handful of fresh mint leaves

Cut a ripe cantaloupe in half, scoop out the seeds, and scoop the flesh into a blender. Blend well, then blend in a large handful of fresh mint leaves. Using the reserved ½ melon rinds as bowls, pour the soup into them, and top each with a whole mint leaf. Serve with a spoon and enjoy!



Berry Delight

32 oz. fresh squeezed pink grapefruit juice

1 lb. berry (variety of your choice, or a mix of berries)

Pour berries into a bowl and pour grapefruit juice over them.

Mango - 6 Variations (fresh peaches can be used in place of mango!)

Tomato Mango

Blend equal amounts of mango and tomato and serve with diced tomato and/or mango stirred in. Experiment with the flavor by varying the proportions of blended mango and tomato – you simply can't go wrong, it's all delicious!

Mango Cucumber

Blend 8 oz. mango with 8 oz. cucumber.

Thinly slice more cucumber and stir into the soup. Optional: add a bit of lime juice and fresh cilantro for zest!

Mango Fennel

Blend 1 lb. mangoes with the bottom ¾ of a large sprig of fennel. Pour into a bowl. Dice a little more mango and stir into the soup.



Garnish with the top of the fennel sprig. Delicious!

Strawberry - 3 Variations

1. Blend 1 lb. of strawberries with 1 large cucumber. Pour into soup bowls and garnish with strawberry and cucumber slices.
2. Blend 1/2 lb. of strawberries with 1/2 lb. of cut pineapple.
3. Cashew Cream: blend 1 cup of raw cashews with just enough water to result in a thick cream consistency. Drizzle this cream into either soup, and marbelize it with a knife for a stunning effect.

Papaya Lime

1 large papaya

1 lime

sprig of fresh fennel

Peel and deseed a whole large papaya, and cut into chunks. Blend all but 2 cups of the papaya, adding lime juice to taste. Pour into bowls, stir in the remaining papaya cubes, and garnish with a wedge of lime and a sprig of fresh fennel.



Papaya Gazpacho

1 lb. papayas

8 oz. tomatoes

2 oz. fresh basil

Directions: Deseed the papaya and cut it into small chunks. You can also blend it if you prefer. Dice the tomato and finely chop the basil. Add them both to the papaya mixture. Enjoy!

Pineapple-Red Pepper

1 lb. pineapple

½ lb. red bell peppers

¼ lb. tomato

Directions: Peel and core the pineapple. Core the red pepper. Blend the pineapple and red pepper. Dice the tomato and stir into the soup, or leave it on top as a garnish.

Autumn Apple

4 sweet apples, cored

2 ripe pears, cored

1 cup raisins

Blend all except 1 apple, adding water as needed to reach thick soup consistency.

Grate the remaining apple and stir into soup. Garnish with raisins and a pinch of cinnamon, if desired.

Savory Veggie Soups**Classic Tomato-Celery**

1 ¼ lb. tomatoes

12 oz. celery stalks

Juice of 1 lemon

Directions: Use the “S” blade of a food processor to liquefy tomatoes (a blender will also work). Cut the celery into 2-inch lengths and add them to the tomatoes. Process briefly until the celery mixes in, but leave it slightly coarse. Serve with lemon on the side.

Variations: 1. add 6 oz. avocado for a creamy version. 2. Blend in a few soaked sun-dried tomato halves, and fresh basil leaves to taste.

Creamy Corn

8 oz. field-fresh corn

6 oz. cucumbers

4 oz. water

6 oz. avocado

4 oz. green cabbage

4 oz. sprouts of your choice

Sprig of parsley

Directions: Cut corn off the ear and blend with cucumbers, avocado, and water.

Pour over finely chopped cabbage and chopped sprouts. Garnish with parsley sprig or a few sprouts.

Avocado-Spinach

1 orange

1 cucumber

1 avocado

a few handfuls of spinach

Directions: Blend a whole orange (peeled and de-seeded), and a medium cucumber. To this liquid base, add 1 avocado, and plenty of fresh spinach. Blend all until smooth, and pour over chopped cucumbers. Garnish with thinly sliced cucumbers and/or a section of orange.

Blended Salad

1 orange

1 tomato (and another for chopping)

1/2 cucumber (chop other half)

4 stalks celery

a few big handfuls of favorite salad greens (romaine, spinach, arugula, kale, etc)

1/2 cup shredded carrot

sprouts, optional

Blend orange, tomato, cucumber, celery and greens until smooth, then pour into bowls over chopped tomato and cucumber. Garnish with chopped celery or sprouts, and shredded carrots. Be creative with other salad ingredients!

Cream of Carrot-Celery

8 oz. fresh carrot juice

8 oz. fresh celery juice

1 lemon

small bunch of fresh parsley

1 cup shredded carrots

1/2 cup raw almonds

Blend the carrot and celery juice, adding lemon juice to taste. Blend in the almonds until smooth. Pulse in the parsley, and pour over shredded carrots. Garnish with chopped almonds and a sprig of parsley.

Beet-Celery

3/4 lb. raw beets

1 lb. celery

1 young Thai coconut (water and meat)

Dice and blend beets and celery until smooth. Pour into bowls. Blend coconut water and meat into a "cream," and serve on the side with the soup.

Wraps, Rolls, & Other Stuffed Delights**Butter Lettuce Wraps**

Fill butter lettuce leaves with your favorite finely diced fruit(s). Mango or papaya and berries works nicely. Fold together and eat with your hands.

Monkey Sandwiches

Peel some bananas and lay each inside of a large romaine lettuce leaf.

Variation: Slit the banana lengthwise and press a chopped date inside.

Salsa Wraps

Salsa (see recipe in "Dips & Pate"), lettuce, cashews, lime, cilantro

Process 1 cup cashews, juice of one lime, ¼ cup packed cilantro leaves (or another herb), ¼ cup water. Spread mixture inside a lettuce leaf and top with salsa (hold the avocado).





Collard Wraps

Collard leaves, guacamole or nut pate, pineapple, red bell pepper, sprouts or cilantro

Slice off the stem beyond the leaf, and spread guacamole or nut pate in the center area of the collard leaf. Lay in a few julienned strips of pineapple and red pepper lengthwise along the stem, and top with sprouts or cilantro.

Roll the leaf tightly around the fillings (with the stem lengthwise still), fold the tip of the leaf under and place the wrap on a plate with the seams down. Slice about an inch off the open end to expose the filling, and serve with slices of pineapple.

Spring Rolls

With a mandoline, make thin lengthwise zucchini flats. For each roll, lay 3 flats overlapping slightly, spread lightly with a pate from the following recipes, and lay in your choice of sprouts and veggies. Roll, and serve decoratively.

avocado pate: mash ripe avocado with lime juice to taste

nut or seed pate: in a food processor, blend your choice of one type of nut or seed with just enough water to make a thick spread. Add lemon or lime juice to taste, and your choice of finely chopped fresh herb.



Nori Rolls

Raw, untoasted Nori sheets, avocado (or cashew spread), carrot, red bell pepper, sunflower greens (or purslane), lettuce, cucumber

Starting 1 inch above bottom edge of nori sheet, spread a band of mashed avocado or cashew mixture, leaving a couple more inches free at the top of the sheet. Onto the avocado or cashew, lay some julienned carrots and bell pepper, and a thin cucumber spear. Allow the veggies to stick out past the side edge of the nori for fun. Add some sunflower greens or purslane and a small leaf of lettuce.

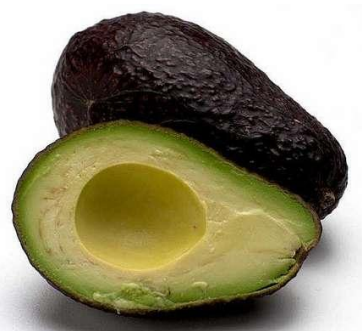
Beginning at the bottom edge, roll the nori sheet. Moisten the top edge and press the roll together till it sticks well. A bamboo mat will help to make a firmer, neater roll.

Cut into 1" slices with a serrated knife dipped in water. Arrange on a plate with a few decorative edible flowers.

Stuffed Avocado

Avocado, salsa (see recipe in "Dips & Pate")

Cut avocado in half neatly and remove the pit. Fill each well with a scoop of salsa, and serve.



Stuffed Pepper

mango, cucumber, soaked sun-dried tomatoes, fresh herb of your choice

Dice all above ingredients, and toss together well. Cut the stem end off of a red bell pepper, remove the seeds, and fill with the salad mixture. Replace the "lid" of the pepper, but leave at an angle to display the delicious stuffing.

Stuffed Tomato

chayote rice, kale, mango, butter lettuce

Cut the stem end off of a medium – large sized tomato, and remove the pulp (save). Make a sauce by blending the tomato pulp with some mango. Pour this mixture into a bowl and stir well with very finely chopped tender kale, making a "creamed kale".

Fill the hollowed tomato with chayote rice, dress with the kale sauce, and top with diced mango. Serve on a bed of finely chopped butter lettuce.

Papaya Boats

Slice a papaya in half lengthwise, and remove seeds. Fill the cavity with chopped mango or blueberries.

Vatiation: Replace Papaya with a Cantaloupe



Dips & Pate

Sweet Fondue

Soak dried apricots and dried figs in separate bowls for a few hours or overnight, in pure water to just barely cover the fruit. Soak medjool dates for 30 minutes or so. Make three thick fondue sauces by blending each fruit with its soak water, adding more water only if needed.

Arrange sliced apples, pears, and celery sticks on a platter, with the three dipping sauces in the center.

Savory Fondue

3 savory sauce ideas to make in a blender:

Cashew-Lime-dill

Pecan-soaked sundried tomato-orange-basil

Sunflower Seed-lemon-parsley

Arrange a selection of celery, jicama, carrot, and/or cucumber sticks, and red bell pepper slices on a platter, with the sauces in the center.

Salsa

tomato, cucumber, corn, red bell pepper, lime, cilantro, *optional avocado*

Finely dice tomato, cucumber, and red bell pepper. Cut corn kernels off the cob, and toss in a bowl with the other fruits. Squeeze a lime over all, add diced cilantro, and toss well. (*Optional: add some diced avocado.*)

Guacamole

Mash or blend a ripe avocado with lime juice to taste.

Variations: add a few finely chopped, soaked sundried tomatoes; add finely chopped fresh tomato and red bell pepper; add fresh corn kernels and finely chopped parsley or spinach

Nut or seed pate

In a food processor, blend your choice of one type of nut or

seed with just enough water to make a thick spread. Add lemon or lime juice to taste, and your choice of finely chopped fresh herb.

Pastas, Lasagna & Sauces

Cucumber Pasta with Orange Sauce

Make cucumber pasta with the ribbon blade of the Vegetable Spiralizer. Toss lightly with a sauce made by blending whole orange with walnuts, and fresh dill to taste. Garnish with pomegranate seeds and clementines chopped small, and a large sprig of the fresh dill.

Coconut Noodles with Light Thai Sauce

Using a “noodler” tool, scoop noodles from young Thai coconut fat. In a bowl, mix a simple sauce of lime juice and finely chopped fresh mint leaves. Pour this over the noodles and toss gently. Serve as a special side dish, on a small leaf of butter lettuce.

Pesto

2 oz. pine nuts, 1-2 tbsp lemon juice, ¼ cup basil, ¼ cup cilantro. 1.5-2 cups chopped tomato

Blend nuts and lemon, then pulse in the herbs. Pulse in the tomato, leaving it a little chunky. Toss with zucchini noodles.



Marinara

2 tomatoes, 1/2 cup chopped mango, 1/4 cup soaked sundried tomatoes.

Blend all and toss with cucumber pasta.

Mango-Raspberry

2 large ripe mangoes, 1 cup raspberries (fresh



or frozen), 1/2 cup fresh cilantro

Blend the mangoes and berries until smooth. Pulse in the cilantro. Serve on cucumber noodles.

Variation: substitute fresh red currants for the raspberries.

Chayote Rice with Mango-Tomato Sauce

Chayotes, mangoes, tomatoes, sun-dried tomatoes, red pepper, cilantro

The “rice”: peel the chayote under cold water, cut in half and deseed. Chop into chunks and place into a food processor with the “S” blade. Pulse until you have the consistency of rice.

The sauce: make a thick and chunky sauce by blending tomatoes, soaked sun-dried tomatoes, red bell pepper, a little mango to sweeten, and some cilantro pulsed in last.

With an ice-cream scoop, serve the rice on a butter lettuce leaf, and top with plenty of tomato sauce, chopped mangoes and a sprig of cilantro.



Lasagna

Cucumber or zucchini, tomato, tomato sauce from above recipe (omit the cilantro if you want to put basil in the lasagna), avocado, basil, spinach, soaked sun-dried tomatoes.

Peel the cucumber or zucchini, and cut the ends off. Using a mandoline, slice the fruit into long wide “noodles”.

The sauce: make a thick and chunky sauce by blending tomatoes, soaked sun-dried tomatoes, red bell pepper, a little mango to sweeten, and some cilantro pulsed in last.

Create the lasagna by arranging layers of noodles, slices of avocado, thinly sliced fresh tomatoes, another noodle layer, soaked sun-dried tomatoes, spinach leaves, hearty marinara sauce, more noodles & sauce, and minced fresh basil on top. Be creative!

Pizza

Jicama Mini-Pizzas

With a sharp knife make large round $\frac{1}{4}$ " slices of jicama. Top each with fancy guacamole, pea sprouts (or other green leafy sprouts or baby spinach leaves), and a thin tomato slice.

Variation: Use the lasagna sauce (above) instead of guacamole, and top with sprouts and avocado slices.

Portabella Mushroom Pizza

Squeeze lemon juice onto the underside of a large portabella mushroom and let it soak in. Top with guacamole, or tomato sauce, or your choice of nut or seed butter. Layer with sprouts or shredded carrots, and tomato slices.

Salads & Dressings

Fruit Salads

Tangy Mango-Papaya

Toss chopped ripe mango and papaya together in a bowl, and squeeze lime juice over all.

Pineapple Pizzaz Toss chopped fresh pineapple and any type of orange together in a bowl, and squeeze plenty of orange juice over all.



Spring Into Summer Berry Salad

On a bed of your favorite greens, toss a variety of berries, and thinly sliced or spiralized cucumbers. A nice dressing for this one is the *Simplest Citrus*, or the *Tahini-Lime-Mint*.

Fruit & Greens

Top any salad greens with one or two types of chopped fruit: Pineapple, Mango, Papaya, Berries, Apples, Pears, Peaches, Oranges, Kiwi, etc. Add chopped dried fruits for even more variety.



Savory Veggie Salads

Coordinate your salads with your dressings – the idea is to keep the digestive task simple for your body by keeping the total number of ingredients to a minimum. A great way to do this is to repeat ingredients in the salad and the dressing.



Leave out the sweet fruits, and focus on savory tomatoes, celery, herbs, peas, broccoli, etc.

Red & Green Savory Salad

On a bed of spinach, romaine, and perhaps parsley, add chopped tomatoes and red pepper. (Optional: add some fresh or thawed frozen sweet peas, and/or diced, pre-soaked sun-dried tomatoes.) Try this with the *Cashew-Cucumber* dressing.

Holiday Salad

Make a large bowl of fresh chopped spinach and romaine leaves, and toss well with a dressing of blended orange and walnuts, with a fresh herb of your choice.

Add chopped sweet grapefruit (the dark pink ones from Texas are great!), chopped clementines, and fresh raspberries, and toss lightly.

Dressings

There is no need for oil or vinegar! Make delicious dressings with sweet fruits, or mix an acid fruit with nuts, seeds, or avocado. Celery and tomato add a salty flavor. You can add mild fresh herbs for another taste treat (parsley, cilantro, dill, fennel, basil, mint).

Simplest dressing of all:

Squeeze an orange, grapefruit, lime, or lemon over your salad greens.

Orange-celery

Blend a whole (peeled & de-seeded) orange with a couple of celery stalks. Add a small handful of fresh herb, if desired.

Variation: add ½ an avocado for a creamier version.

Pineapple Rouge

Blend equal amounts of pineapple and red bell pepper.

Sweet Celery

Blend 2 oz. celery with 8 oz. mango, peaches, or apricots.

Mango -raspberry

Blend these two compatible tangy fruits for a real taste sensation! Add a little fresh cilantro if desired.

Variations: substitute the mango with peach, orange, or pineapple

Cucumber-avocado-celery

Blend a peeled small cucumber with ½-1 avocado (enough to make it creamy), and a couple of celery stalks. Squeeze in lemon or lime juice to taste. This one's

nice with fresh dill.

Optional: substitute cashews for the avocado.

Orange-papaya

Blend 4 oz. fresh-squeezed orange juice with 6 oz. peeled, de-seeded, chopped papaya.

Marinara Sauce

Blend one medium tomato with ½ a red bell pepper, and ½ cup of mango (fresh or frozen). Add a few soaked, sun-dried tomatoes and blend until thick and creamy.

Higher Fat Treats

Optional: pulse –blend a small handful of fresh herb into any of these dressings, leaving decorative flecks of color and flavor. Some mild herbs to use are: parsley, cilantro, fennel, dill, purslane, and some basils. Celery will add saltiness.

Creamy Herb

Blend equal amounts (by weight) of tomatoes (or oranges) and avocado. Add 1 oz. fresh herb of choice.

Sweet Tomato Nut

Blend 4 oz. tomatoes with 1.5 oz. raw walnuts and 2 oz. fresh-squeezed orange juice.

Variations: replace walnuts with pecans, pumpkin seeds, sunflower seeds, or sesame seeds

Sweet Russian Dressing

Blend 4 oz. tomatoes, 2 oz. red bell peppers, 6 oz. avocado, 2 oz. finely diced celery, and the juice of 1 lime.

Cashew-cucumber

Blend 4 oz. peeled cucumbers with 1 oz. raw cashews (if possible, soak in pure water for a few hours). Optional: use macadamia, pine nuts or pistachios in place of cashews.

This one is nice with a touch of lime and/or fresh dill.

Sunflower-vegetable

Blend 1.5 oz. sunflower seeds with 2-4 oz. water (to desired consistency) and 4 oz. of a mix of: broccoli, cauliflower, carrots, celery, and/or bell peppers.

Tahini with lemon or orange

Blend or stir 2 TB raw sesame tahini with Juice of 1 lemon or 1 orange (to desired consistency)

Variation: Mix fresh squeezed lime juice and fresh mint leaves, to taste, with the tahini.

Pineapple-macadamia

Blend 6 oz. pineapple with 1.5 oz. raw macadamia nuts.

Coconut Treat

Blend 1.5 oz. young coconut meat with 3 oz. young coconut milk and 3 oz. pineapple.

Tangy Orange

Blend or mix avocado with orange juice, to desired consistency.

Variation: Blend orange juice with one type of nut or seed, to desired consistency.

Slaws**Mango-Pineapple**

Mango, pineapple, green cabbage, large tomato, cilantro

Finely shred or process green cabbage and place in a bowl.

Make a sauce by blending mango and pineapple (add cilantro if desired). Toss well with the cabbage. With an ice-cream scoop serve the slaw on tomato flats, and garnish with cilantro.



Confetti-Vegetable

1 head celery, 1 cup purple cabbage, 1 cup red bell pepper, 1 cup carrots, 1 large tomato

Finely process celery, purple cabbage, carrots, and red bell peppers with the “S” blade. Put into a bowl and add finely diced tomato.

Squeeze orange or lemon juice over all, and toss well. Serve with an ice cream scoop on a leaf of butter lettuce.

Variation: line the lettuce leaf with avocado slices and place the scoop of cabbage on top of the avocados.

Orange-Fennel

Process green cabbage in a food processor with the “S” blade, into a slaw texture. Place in a bowl, and toss in finely chopped fresh fennel, to taste. Squeeze in the juice of an orange, and some diced oranges or tangerine sections.

Variation: add pomegranate seeds for a splash of holiday color

Variation: toss with 1 cup chopped walnuts

Cashew Cabbage

1 lb. green cabbage, 1/3 lb. purple cabbage, 1/2 lb. celery, 2 red bell peppers, 1/2 cup cashews

Grate all veggies in a food processor. Blend cashews with enough water to reach consistency of thick cream. Toss well with the slaw.

Variation: replace cashews with macadamia or pine nuts

Carrot-Beet-Celery

1/2 lb. each of carrots, beets, and celery, 1 lemon, 1/2 cup raisins

Grate all the veggies, and toss together raisins, and lemon juice to taste.

Cauliflower Casserole

1 head cauliflower, 3 tomatoes, 1 orange, 1 cup pecans or walnuts, small head broccoli

Process 1 head of cauliflower in a food processor with the “S” blade, to the consistency of fine rice.

Make a sauce by blending fresh tomatoes and a little orange, with pecans or walnuts (to a thick pourable consistency). Press the cauliflower rice into a square baking pan, and top with the tomato sauce. Add chopped tomatoes, pecans, and little broccoli florets.

Pies & Tarts, Ice Creams

Peach (or Mango)-Raspberry Pie

Soaked pecans *or* almonds, frozen peaches, frozen raspberries

Process the soaked nuts to a paste, adding water as needed, and press into a glass pie plate. Process the frozen raspberries and spread evenly on the nut crust. Process the frozen peaches or mangoes and gently spread onto the raspberry layer.

Decorate the pie with fresh raspberries, nuts (whichever was used in the crust), and fresh mint leaves.

Banana-Mango Pie

8-10 peeled frozen bananas, 16 oz. bag frozen diced mango, 1 cup dates, 1 cup almonds

Process the dates in a food processor with the "S" blade. Add chopped dates slowly, and a little water as needed to reach a doughy consistency. Press this crust into a glass pie pan.

Process the frozen chopped bananas in a Vitamix or food processor until smooth, and spread on the crust. Place in freezer. Process the mango and spread on top of the frozen banana layer. Return to freezer. When solid, decorate pie with banana slices, almonds, mint leaves.

Variations: replace mangoes with frozen peaches or nectarines, frozen cherries, or frozen raspberries or strawberries, or a layer of carob-banana ice cream (see ice cream sundae below).

Blueberry Pie

4 cups fresh blueberries, 6 bananas
Cover the bottom of a glass pie pan with 1/4" slices of banana.

Blend the blueberries with remaining bananas (save a little of each out for decorating). Pour this mixture onto the banana "crust" and decorate with slices of banana and a few blueberries. Chill until firmly set. Slice and enjoy.

**Mango Tart**

Several ripe mangoes (Kent or Ataulfo), soaked dried mango, almonds, berries, fresh mint leaves

You can make this pie-size, or individual tart-size. Blend the fruit of an appropriate quantity of mangoes with enough soaked dried mango to thicken the pudding. Set this mixture aside, and in a food processor with the "S" blade process almonds to a coarse texture. Add a small amount of finely chopped soaked dried mango and process again, adding more dried mango as necessary to reach a doughy consistency. Spread this "crust" into your pie or tart pan, and pour the pudding on top. Garnish with fresh berries, mint leaves, and a few whole almonds.

Ice Cream Sundae

Peeled frozen bananas, dates, raw carob powder, raw vanilla bean or powder, celery stalks

You can make a batch of carob ice cream and a batch of vanilla ice cream, and serve a scoop of each for a fancy sundae. Process a few frozen bananas in a Vitamix or food processor, with about 1 tablespoon of carob powder per

3-4 bananas. You can use a little less of the vanilla bean or powder in your next batch. Store the ice cream in containers in the freezer (it can store well for up to 24 hours – eventually it becomes a little crystalline) while you make the date sauce, or serve immediately. To make the sauce, simply pit the dates and place in

the Vitamix with enough water to cover. Blend until very smooth, adding more water as necessary to obtain a thick but pourable consistency. Serve over scoops of ice cream, with celery stalks.

Variations: Use other frozen fruits instead of bananas, such as mango, peach or nectarine, berries. This will be more like a sorbet.

Appetizers

Rich Cherry-Tomato Bites

Make “cups” out of cherry tomatoes by slicing off the very top and scooping out the pulp. Fill some cups with a chunk of pineapple and others with a scoop of thick nut pate (process pecans with a peeled, deseeded orange and some fresh dill).

Peas in a Pepper

Thaw some organic frozen peas (packed without salt). Toss the peas in a bowl with chopped avocado and a light dressing of lemon or orange juice squeezed over all. Slice the stem end off a red bell pepper and remove the seeds. Fill the pepper with the pea salad, and replace the top before serving.

Persimmon Spiral

Cut several fairly firm Fuyu persimmons widthwise into discs, and overlap the discs in a spiral formation on a platter. Garnish the platter with a fresh green herb like cilantro.

Star fruit & Kiwi

Slice star fruit and peeled kiwi widthwise, and display the stars and circles together playfully.

**Orange-Pineapple Sunrise**

Cut the peel off of several navel and other variety oranges (and even pink grapefruit!), and slice widthwise into discs. Cut pineapple into “spears”, and decorate a platter with the fruits, creating a “sun” if you like, with oranges in the center and pineapple “rays”. Sprinkle with pomegranate seeds for an extra festive touch.

Papaya-Lime

Peel and de-seed a ripe papaya, and cut into “spears”. Arrange decoratively on a platter with wedges of lime, and sprigs of fresh cilantro.

Fruit Stacks

A variety of fruits, cut into 1" slices (mango, kiwi, strawberry, cucumber, orange, papaya, melon) Make decorative stacks of 2 to 3 fruits and hold together with a toothpick. Display on a tray.



Sweet Cucumbers

Dates, cucumber slices

Slice cucumbers in 1/4" rounds, and top each with 1/2 a pitted medjool date.

Cucumber Boats

Slice cucumbers in 1" thick rounds. With a spoon, scoop out 1/2" depth of seeds, and fill the cavity with raw tahini or raw nut butter of any type.