



RAW

your biggest questions answered

By 12 of the world's leading experts

Raw

your biggest questions answered

By 12 of the world's leading experts

Edited by Sarah Best

The Fresh Network

Copyright © The Fresh Network Limited, 2009
www.fresh-network.com
+44 (0)845 833 7017

All rights reserved. No part of this publication may be reproduced or circulated in any form or by any means, electronic, printed or otherwise, without the prior permission of the publisher.

Edited by Sarah Best
sarah@fresh-network.com

Cover design and typesetting by Marcus Macaulay
MarcusMacaulay.co.uk

Visit our blog at www.fresh-network.typepad.com

Find out about our magazine at
www.getfreshonline.com

This book features a variety of opinions on matters relating to health and nutrition, all of which are offered for information purposes only. They are not intended to replace appropriate advice and/or care from a qualified practitioner. Should the reader choose to act on any of the opinions or suggestions in this book, it is at his or her sole discretion and responsibility. The publisher, the editor and the panelists featured herein expressly disclaim liability for any adverse effects resulting from the application of any of the information set forth in this book.

Acknowledgements

Our deepest appreciation and gratitude to the 12 experts who made this book possible by giving their time and sharing their expertise.

We also wish to thank you, the reader, for being curious and open-minded enough to consider a variety of different viewpoints on the raw diet and lifestyle.

Contents

The Fresh Forum panel	6
Foreword	9
Introduction	15
1. Questioning the raw diet	19
2. Enzymes and life force	35
3. Questioning the vegan diet	47
4. Fruit: how much is too much?	75
5. Living foods	107
6. Cacao and sweeteners	117
7. Salt: harmful or essential?	132
8. Juicing and blending	142
9. What to eat, how much to eat	160
10. Water: how much, which kind?	172
11. Cleansing and detox	184
12. Supplements	207
13. Raising children raw	224
14. Going raw, staying raw	239
15. The holistic view	248
16. Other frequently asked questions	255
About The Fresh Network	278
Recommended reading	280

The Fresh Forum Panel

Elaine Bruce is the founder and director of The UK Centre for Living Foods in Ludlow, Shropshire, and author of the book *Living Foods for Radiant Health*. For more information visit **livingfoods.co.uk**.

Dr Brian Clement, PhD, NMD, LN, is director of the Hippocrates Health Institute in Florida. He has spent more than three decades researching and practising living foods nutrition. Visit **hippocratesinst.org** for more information.

Dao Earl has been supervising juice cleanses for many years. Thanks to his extensive nutritional knowledge his talks are an extremely popular part of his detox programmes. For more information see **suradetox.com**.

The panel

Dr Douglas Graham is the author of several books on raw food and optimal health. He is also a popular speaker on these topics, having given more than 4,000 presentations worldwide. More information at **foodnsport.com**.

Thomas Lodi, M.D. has been practising medicine for 24 years and is the founder and chief physician of An Oasis of Healing, an integrative cancer clinic in Arizona. Visit **anoasisofhealing.com** for more information.

Paul Nison is the author of several books on the raw diet and lifestyle and a sought-after speaker on this topic. He teaches the Hippocrates Health Institute's living foods programme. More information at **paulnison.com**.

Holly Paige writes and speaks on the link between consciousness and nutrition, and the importance of eating raw. Her first book, *Food For Consciousness*, is scheduled for release later this year. More information at **foodforconsciousness.com**.

Frederic Patenaude is the author of five books on the subject of raw foods and health, including *The Raw Secrets*, and he has also authored over 30 courses. For more information visit **fredericpatenaude.com**.

Natalia Rose is a certified clinical nutritionist and

Raw: your biggest questions answered

the author of the books *The Raw Food Detox Diet*, *Raw Food Life Force Energy*, *The New Energy Body* and *Detox 4 Women*. For more information see **detoxtheworld.com**.

Jasmine Scalesciani is a certified clinical nutritionist and author of the book *Sexy Raw Superhero*. Her approach focuses on restoring the body's bio-fields through living nutrition and quantum-resonant medicine. For more information visit **jasminescalesciani.com**.

Shazzie is a leading raw food promoter and the author of five books on topics including detox, raw foods, superfoods, raising children and higher consciousness. Visit **shazzie.com** for more information.

Tonya Zavasta is the author of four books on the link between raw foods, optimal health and natural beauty, and an extremely sought-after speaker on this topic. For more information see **beautifulonraw.com**.

6

Cacao and sweeteners

For many years, carob powder was the closest the dedicated raw food eater ever got to a chocolate fix, and she or he would no sooner pop to the shops to buy a chocolate bar than they would to buy a sandwich or a packet of crisps. All that changed with the invention of the *raw* chocolate bar.

Regular chocolate gets its flavour from the roasted cacao bean, commonly referred to as the cocoa bean. Around five years ago, products made from raw cacao beans became available in the raw marketplace for the first time. Two of the first were rich, dark cacao powder and creamy, melt-in-the-mouth cacao butter. It didn't take raw chefs long to discover that these two, mixed together with sweeteners, closely mimic the flavour and "mouth-feel" of cooked chocolate.

Around the same time, a number of concentrated sweeteners, marketed as raw and natural, started to appear in health stores (as well as in many brands of raw chocolate bar). Where blending dates with water used to be the closest the raw vegan chef could get to a syrup, suddenly

Raw: your biggest questions answered

it was possible to buy raw agave syrup (also called agave nectar) and raw yacon syrup.

So now there are health-conscious people on raw diets who are eating more chocolate and other sweet snacks and dessert items than they ever did before they became so health conscious. Is this a sign this truly is the diet with no downsides, or is there something wrong with this picture?

We asked our panel what they think of cacao, what they think of agave syrup and other concentrated raw sweeteners, and whether they believe there is any foundation to the rumours that neither cacao nor agave are truly raw.

Please outline your position on cacao. For example, do its benefits outweigh its negatives, or vice versa, and is it (a) something health seekers should be consuming as a superfood, (b) best left as an occasional treat, or (c) so toxic it should be avoided completely?

Elaine Bruce Its over-energizing and addictive effects outweigh any benefits. My observation is that many people who use it don't realize how much it exhausts energy reserves. It's like strong coffee; it's not until you stop using it that you find yourself tired, as well as irritable from withdrawal symptoms.

Also, comparatively few raw fooders have been on a *high-green* raw diet consistently enough and long enough to have truly detoxed to a deep level. Those whose systems are very clean react swiftly to even a small dose of cacao, and they feel unpleasantly jittery.

I am guilty of sometimes driving too far and too long

Cacao and sweeteners

without a break, and used to keep a pill box with a few coffee beans in the car. Three or four, thoroughly chewed, was enough to keep me safely awake in an emergency. A cup of coffee, which I haven't had for 30 years, would have kept me up all night. Now the pill box contains tiny cacao nibs, and taking two of those in an emergency does the same job.

Dr Brian Clement Cacao is a recreational food and a strong stimulant. Its consumption is hardly ever solo and usually involves some high-sugar-content substance or other.

Dao Earl The raw food world is as prone to salesmanship and profiteering as any other niche market. Cacao is a good example, but superfoods generally are becoming big business, and therefore open to abuse. Yes, cacao contains amazing things – as all plant foods do – but very poisonous things too. Advertising cacao on its aluminium content (highest of all natural foods) does not sell it, nor does its amine or caffeine content. Once in a while is fine, but don't look to it for your health.

Dr Douglas Graham I have trained as a doctor of chiropractic, and the oath I took included the phrase, "Above all, do no harm." I am not sure where the concept of "benefits outweigh negatives" got its start, but I never apply it to any aspect of my health and performance coaching. Why do so, when there is a perfectly acceptable programme to teach that has no downsides?

The seed of the fruit cacao has no place in the human dietary. It is richly laden with toxins, and cannot be enjoyed

Raw: your biggest questions answered

in the raw state; it must be heated in order for it to release the volatile oils that emit the chocolate flavour. I have written extensively elsewhere about the negative effects of cacao.

Thomas Lodi, M.D. Cacao is not necessary to live. It falls into the category of “appetites”. It has nutritive qualities, and it also stimulates the central nervous system. Like all stimulants, it can be detrimental if used in excess. However, for most people it is a fun way to derive nourishment.

Paul Nison Cacao is one of the biggest lies in the raw food world. It’s toxic and in my opinion anyone who says it is great is either deceiving people, or being deceived. Cacao nibs are up to 84% fat, including high levels of saturated fat. Cacao is acid forming and it contains caffeine and theobromine. I hear frequently from people who are affected by side effects from the toxicity of cacao.

Holly Paige Personally, I use cacao as a valued brain stimulant. It helps me feel good and work better – in moderation. So in my head it is classed as a psychoactive. Many fruits contain natural psychoactive substances in the form of monoamine oxidase inhibitors or actual neurotransmitters, but because of left-brain dominance and pineal underactivity, we are desensitized to their effects, so stronger psychoactives such as cacao are an important part of the picture at this juncture.

Frederic Patenaude There is no reason to consume cacao more often than you would eat regular chocolate. Cacao contains theobromine, which stimulates like caffeine. All of

Cacao and sweeteners

the proper nutrients found in cacao can be found in other fruits and vegetables, so there's nothing "super" about it. I would not go as far as to call it "toxic", but I classify it along with coffee. It's not a healthy food and it's best to avoid it. If once in a while you have some, it's probably not going to be a big issue for your health.

Natalia Rose I see cacao and dark (cooked) chocolate as fun foods, not healers. There are certain things we cling to when we cross the bridge from the paradigm of untruth to the paradigm of truth. These things are crutches; not ideal but not as bad as other things we used to do. Cacao and dark chocolate are both acidic so if you have them, have them in the larger context of a diet high in green juices and raw salad. It's not something to do alongside a lot of other acidic stuff.

I find raw chocolate products way too oily. Raw cacao powder in ice cream is one thing, but raw chocolate with all that cacao butter and often coconut butter too – it's so greasy it can make you break out. The first time I ate raw chocolate I got a headache and felt sick. But put it into beginners who are eating Twizzlers or Hershey's Kisses and they think it's healing. It isn't healing in a clean body. But I still really enjoy some high-quality 70%-plus dark chocolate regularly.

Jasmine Scalesiani I categorize cacao as a superfood because it is nutrient packed. It is the richest source of magnesium, a high source of antioxidants, and it's rich in iron, chromium, vitamin C, essential fatty acids, tryptophan and serotonin. Furthermore, it typically grows in fertile

Raw: your biggest questions answered

soils abundant in minerals, and infused with the energetic intelligence of a biodiverse, harmonious and balanced environment, which is just as important a nutritional value as any chemical compounds listed on the packaging.

Shazzie In *Naked Chocolate*, the book I wrote with David Wolfe, I outlined why I see cacao as a superfood. On top of this, I see a specific pattern with people again and again when they're introduced to raw chocolate. They can't get enough of it, their brain appears to alter in some great way and then a few months later they establish a more sustainable relationship with it. Cacao really is an ecstatic food, and it's reconnecting people with their divine selves quicker than any other food I've seen. Rudolf Steiner wrote that chocolate "tends to loosen the life body from the physical."

Tonya Zavasta Thirteen years ago, when I was transitioning to raw foods, I was a confirmed chocoholic. I would juice in the morning, have my salad at noon, then end the afternoon at the bakery, buying a chocolate cake! I battled mightily with this addiction in my early years on the raw food path.

I wonder now, would raw cacao have helped me to wean myself from the clutches of processed cakes and candies, or would it have bonded me more tightly to this addiction? I guess I will never know because I am not going to experiment with it now. It is highly addictive, and for that reason alone I think it should be consumed in strict moderation, as a rare treat if one decides to indulge.

One day I was giving a food preparation demo and used cacao beans abundantly in my recipe. The next day, I got

Cacao and sweeteners

several calls from people who said they couldn't fall asleep that night. I believe there is a very small place for raw cacao for chocoholics in transitioning to the raw food lifestyle – raw cacao is certainly not as harmful as a baked chocolate cake. But the sooner you begin using raw carob as a chocolate substitute in your raw food recipes, the better.

In a nutshell

3 out of 12 panelists consider cacao a superfood

4 out of 12 consider it a safe recreational food

5 out of 12 think it is best avoided

We addressed two additional questions to the panelists who stated that they view cacao as a medicinal food or superfood.

Doesn't the methylxanthine content of cacao, plus the fact it is almost always eaten together with concentrated sweeteners, more or less negate its benefits?

Holly Paige I don't know except cacao is a complex and powerful food to be used in moderation. Cacao does not have to be used only in chocolate – it can be blended with fruits, seeds and nuts.

Raw: your biggest questions answered

Jasmine Scalesiani The concentration of methylxanthine in cacao is disputed. Cacao is best used in moderation and viewed as one of the medicines available as part of the natural pharmacy created on this planet. Of course, it is ideal to consume cacao alone, in its unprocessed, unsweetened form. For optimal health the practice of adding sweetener and making gourmet desserts with cacao is best saved for special celebrations.

Shazzie I don't make raw chocolate with concentrated sweeteners very often, and most people love it that way. Obviously it's different for the chocolate retail market, because people are used to chocolate tasting sweet. A good tip if you don't want to use sweeteners is to use half cacao powder and half carob powder. Carob is sweeter and the calcium complements cacao's magnesium.

With reference to methylxanthine, it's got some great properties that have been helpful to me, such as relaxing the bronchi in the lungs. My breathing has always been troublesome and so I welcome nutrients that help it. The slight – and it is slight – stimulating effect of it doesn't last long in the body and is nowhere near that of a cup of coffee. I don't see what all the fuss is about, to be honest. If people don't like it, fine, if they do, fine, too. Raw chocolate has revolutionized me in every way, and it tastes great!

How do you account for the fact that many people who are not habituated to cacao experience on consuming it symptoms including vomiting, insomnia, migraines, mood-swings, brain fog and hyperactivity?

Holly Paige Obviously there are toxic elements in cacao which is why it needs to be used in moderation and not at all by some people. It's possible that heat-treating cacao traditionally broke down some of the toxins.

Jasmine Scalesciani Cacao is a medicine. We need to look at how the native shamans are using these foods. My experience with shamans from the Amazon is that they use plant medicines with great respect and reverence, and for medicinal purposes alone. What this means in part is that they are eating cacao in very small quantities – not like us in the West, where the consumption of processed chocolate, cacao, and food in general, is often extreme. My experience with natives is that they use no more than one or two beans per day. The Amazon rainforest may very well be the greatest medicine cabinet we've got. Most Amazonian herbs and plants are medicinal and should be regarded and used as such.

Shazzie I don't know them, their medical history or what else they eat so I can't comment. I had a massive allergic reaction to strawberries when I was 10; now I can eat them. Were they toxic to me or am I stronger now? I've never had a reaction to cacao at all and I've been eating it since 2003. It's known to make babies happier if the

Raw: your biggest questions answered

mothers eat chocolate. My daughter Evie was born in 2004, and she's a real ecstatic being. She's not that keen on chocolate, though!

Do you believe that concentrated, processed sugar in any form is healthy – including agave syrup, yacon syrup and other sweeteners marketed as such? Please give the reasons for your answer.

Elaine Bruce No. I hadn't tasted any of these until about two years ago when one of my students persuaded me to get some agave syrup to add to some special treats made in the dehydrator. I found it sickly sweet and even the tiny amount I used smothered the flavours of carob and almonds. The bottle is still gathering dust somewhere, and I haven't tried any others.

Apart from the dangers of eating sugar in any form, the problem with these sweeteners is that they encourage and then exaggerate our natural liking for sweet things. In a natural diet this would be satisfied by the sweet taste of well-chewed grains, a carrot or apple. Even though many modern fruits are bred to be much sweeter than the ones our ancestors ate, the sugar in whole food is balanced with the appropriate minerals. But still, the result is that even many raw food eaters have lost their natural palate.

The more you eat sweet things the more you crave them and the more unbalanced your minerals become. Sugar is very acidic, and has to be neutralized in the body by taking calcium from the bones. This weakens digestion, food is not assimilated fully and this leads to blood sugar

Cacao and sweeteners

imbalance and the downward spiral of sugar craving. Regrettably, even delicious untreated local honey comes into this category.

Dr Brian Clement High levels of sugar promote microbial and mutagenic disorders. One's objective should be to have such a happy and fulfilled life that there is no need to get our kicks from food.

Dao Earl Sugars are our number one nutrient, and we have had millions of years deriving them from fruit. Anything else will stress the sugar balancing system – as well as the immune system, when correcting the bacterial response. Nothing is absolute. Agave is better than refined sugar. Yacon syrup is better than golden syrup. But no concentrated sweetener is as good as straight fruit. If you want something sweet, eat fruit.

Dr Douglas Graham Refined sugar, no matter what the source, is still simply refined sugar. Whole foods are *always* superior to refined foods. Refined sugars probably cause more damage than they have been credited with. What can I say? What is the point of recommending that people avoid eating fruit, in order to stay off of sugar, and then recommending refined sugar instead?

Thomas Lodi, M.D. Consuming concentrated sugar is dangerous for several reasons, not the least of which is the fuelling of cancer cells.

Paul Nison No, I don't think concentrated, processed sugars are healthy.

Raw: your biggest questions answered

Holly Paige Personally I don't like agave syrup or other concentrated sweeteners and prefer to use fruit, which does the job really well – especially super sweet fruits such as lucuma, dates and figs. Besides which fruit has a complexity of nutrients and compounds that we need (as I mentioned in my first response on fruit).

Frederic Patenaude I do not see any reason to consume these products, especially since it's so easy to eat fruit for natural sugar. As the question mentioned, these products are “concentrated” and “processed”. A whole food will always be superior to a processed food. During processing, some nutrients are invariably removed. If you wouldn't eat processed white sugar, why would you eat other kinds of processed sugar?

Natalia Rose Syrups of this kind are useful for transitioning, but their only benefit is keeping the palate happy. We need to understand what is health-enhancing, what is neutral and what is health-destroying.

Alkaline, water-containing raw fruits and veggies and coconut water (and mother's milk for babies) – these are the only foods that are truly health-enhancing.

Cooked veggies are neither health-enhancing nor health-destroying. They won't put life force energy into you but they might help it flow.

Everything else is health-destroying.

These syrups are “fun food”. They are to play with and make things taste better. *Unless* they are overdone, and the way they're used by most raw fooders is overdone. I'll only use agave if I have to. In many recipes I make that require

Cacao and sweeteners

sweetness, stevia works just as well. If you are going to use concentrated sweeteners, only use them in the minutest quantities. Overeating is never a good idea, especially on sweet foods.

Jasmine Scalesciani No. The body really doesn't need the amounts of sugar commonly consumed. Sugar gives us quick energy but most of us sit at desk jobs, or have little activity at all. Too much sugar can leach minerals from the body. Minerals are linked to many enzymatic processes and you need minerals for proper structure and function.

Too much sugar can also cause an anaerobic condition, which diminishes the capacity of red blood cells to transport oxygen throughout the body. For the most part, the amount of sugar we crave is not due to our physiological needs, but rather related to our psyche and the spiritual disconnection brought on by modern-day living.

Shazzie I think the main point here is quantity. If I eat chocolate with raw agave syrup in it, which is rare, then I'm probably eating about 5-10 ml of it in that one sitting. When the rest of your diet is fresh, juicy and vibrant foods, does it really matter? To me, it's a case of enjoying the food and loving the benefits of it, not navel gazing about some small alleged side effects. If you attract that vibe, then everything you eat will cause you harm!

Tonya Zavasta Not all raw foods are created equal. Some are healthier for you than others. There are some ingredients that are essential to the transition period, but that should be gradually eliminated once the change is

Raw: your biggest questions answered

complete. Nowadays, I recommend using coconut water as a suitable sweetener without resorting to raw honey, agave or yacon syrup.

There are persistent rumours that neither agave syrup nor cacao are ever truly raw as both need to be heated above the “raw” threshold during processing in order to achieve an acceptable taste. What is your opinion on this, and why?

Elaine Bruce As you see from my earlier answers, I view these substances as unhealthy at best and health-destroying poisons at worst, so the quibble about raw or not is a marginal issue.

Dao Earl Totally agree – I see nothing raw about either of them. Even if they were, there is certainly nothing natural about them. Apes eat neither....

Dr Douglas Graham Read up on the production of high-fructose corn syrup and you will get the drift about agave, as well. I do not believe that there is any raw agave nectar commercially available. Many cacao growers insist that there is no way to get the chocolate flavour without heating the cacao beans. It's my understanding that beans sold as raw are heated and fermented in a giant compost pile. The temperature at the middle of that pile often exceeds 165 degrees Fahrenheit (74 degrees Celsius) and sometimes the pile actually spontaneously combusts and bursts into flame. The more reputable cacao salesmen all admit that it is cooked.

Cacao and sweeteners

Paul Nison I think the rumours are true, and anyone consuming them and thinking they are raw and healthy is being deceived.

Holly Paige I don't know for sure, although of course a lot of agave syrup is clearly cooked. And as per my earlier answer if cacao is cooked, it may be for the best.

Frederic Patenaude I would not be surprised, although I'm not concerned whether these foods are raw or not. The reasons stated above should be sufficient to avoid them.

Natalia Rose I don't know about cacao but from my understanding there's no way for agave to be purely raw.

Jasmine Scalesciani There may be cacao companies out there that roast their beans. Just purchase your products from reliable sources. As far as agave goes, it is a very sweet substance that can affect your blood sugar levels and needs to be used in moderation anyway. I would opt for stevia (ideally) or yacon syrup (in moderation).

Shazzie I have the procedures of how our products are made and they're both raw, yes. Absolutely. Why would anyone lie about such things?

Tonya Zavasta They are definitely not whole products. Since I don't eat anything from which water was removed these items are outside of my food choices anyway.

