

Jericho Sunfire: Hmmm....So You Wanna Quit Cooked Food Huh!?.

A beginners manual/recipe book.



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“Great spirits have always found violent opposition from mediocrities. The latter cannot understand it when a man does not thoughtlessly submit to hereditary prejudices but honestly and courageously uses his intelligence.”

Albert Einstein

Well, go figure! A Bretharian putting a recipe book together! As a Bretharian, do I approve of some of the recipes? No! But then I'm a purist and I realise that not everybody is like me or wants to do what I do. I also realise that everybody needs to start from somewhere, the important thing is that they start the journey and have the knowledge to get where they want to go. Here in this book I share a little bit about my own experience with quitting the drug we lovingly call, cooked food.

My role here with this book is not to be a guru, teacher, coach or expert on anything because I'm only an expert on myself and I don't want to distract you from learning how to use your own intuition or take away your own personal learning experience. Your journey is your own. I am not you and you are not me and using my journey as an instruction manual to learn from instead of your own makes no sense. But having said that, I can say with honesty that the very fact that you are even reading this book means that it is very likely that your journey has already begun. At the end of the day, I don't know my butt from my elbow as far as all this is concerned and I don't care to know all the inner workings of my body.

I've been through hell and back and now I'm just extremely happy with living my life and I'm happy to leave all that stuff to the real expert on these matters – my own body. I don't pretend to know all about nutrition, prana or the 'living on light' stuff the experts and intellectuals talk about. I'm just here to walk the walk and share my story. As I go on with my journey, I see myself as always being the student and a work in progress.

So yeah, I changed my lifestyle, some people would call it a drastic change but to me I was just going with the flow of things. To be honest, the flow wasn't always that smooth but, looking back, I can say with my hand on my heart that accepting the calling was the best thing I ever did. I call the various dietary transitions on my journey "initiations" because each "initiation" had its own lessons, trials and torments and always seemed to come at the peak of spiritual growth and emotionally charged events in my life with perfect timing. Anybody that has tried to

make a complete lifestyle change or just eliminate certain foods from their diet will know that it can often be a daunting task.

My journey has been filled with so many ups and downs – actually there were way more downs than ups, especially in the beginning. I truly believe that my journey was particularly hard so I could come back and tell the story. And here I am. Throughout each stage of “initiation” on my journey, there were times I messed up or slipped up; but that’s how I learnt my trade and how to follow my intuition. In no way was anything ever perfect, clear cut or trouble free. And the funny thing is that the majority of the problems were not from the dietary stages, but were from other people butting in. And, of course, from me myself. I was my own worst enemy; and with good reason too. Second came the fear, meddling and angry reactions of others. As you read this book, it may seem like I only focus on the negative things that happened to me. But, to be honest, in the beginning there weren’t many positive things to focus on. Things went from bad to worse; only after I went through the storm did things get better. But hey! Read on and find out for yourself.

My first initiation was getting off the drug we refer to as cooked food. For me, getting off cooked food was pretty much the main goal from day one, but I found myself messing up so many times and quitting more times than I care to remember. I knew it was all a matter of getting control of my mind back; I quickly realised that because of cooked food, my mind really wasn’t mine to control in the first place. It was weird seeing this, seeing my mind being altered by my addiction to the pleasure of eating cooked food. Cooked food is a drug.

Period. You get off it like a drug. Yeah, I know I sound like a jerk but I can say what I say because I’ve been there and lived it and for me it was hell. I may sound arrogant but I’ve earned the right to have a big mouth because I put the work in to get to the other side. Giving up cooked food is not meant to be easy. If it was, the food industry would be bankrupt and you’d be healthy and that’s not good for business. At the end of the day, in my opinion, the supermarket is nothing but a glorified crack house and you are the crack addicts.

Don't even bother bringing up organics because organic standards weren't that great in the first place. How can it be when we have polluted air, acid rain and crap in the water supply? Do the research. As I will go into more detail later, I had such a bad time trying to quit cooked food. And the worst thing was that the cooked food I was running back to was dead. But at least I learnt that I wasn't running back to it because I needed nutrition; that lie went out the window pretty soon, I can tell you that. It was plain and simple: I was running back to cooked food because I was addicted to it and needed to get my next fix. To me, living on lifeless, manmade cooked food is evidence that breatharianism is very possible and proof that the body can function for years in spite of cooked food and not because of it.

I'm always amazed at how completely unaware people are of the damage they are doing to their bodies by polluting themselves with cooked foods, people don't even know why they eat what they eat, all they know is that it tastes good.

I remember before I started my journey how totally blind I was myself to the junk I was eating and the damage being done, even when I got sick with colds and flu's on a regular basis I never woke up and made the connection but I was very lucky, I probably sensed the warnings earlier than most and did something about them. What seems like a clear health risk to me wouldn't even register to anybody else as a blip on the health radar, why is this?

Well I believe that I had spiritual help plus the unconsciousness stems from childhood, I feel that we are basically force fed and conditioned to eat from the time we are in the womb and especially when we get off breast milk, for most children a natural diet is not an option, the choice is already made for them and it's straight onto processed, manmade foods that only serve to desensitize and stop any chance of the body actually doing what it's supposed to be doing, this is why people are in such disbelief when it comes to Breatharianism or anything to do with not ingesting processed, manmade foods.

The fear and disbelief is there because we are effectively stopping the

body from doing its job, we are missing out on experiencing what the true purpose of the body is, we grow up thinking that the body is just a processing plant designed to process and eliminate waste from ice cream, soy, pizza, burgers, fast food, etc, etc, when in fact it's the complete opposite. Even when the body becomes out of shape and distorted it still doesn't faze people, they will see a man with a seriously bloated stomach hanging well over his belt buckle and will think nothing of it, to them it is such a normal thing and to associate that with poor eating habits just doesn't cross their minds and the worst thing for me is that I cannot tell them anything different from what they already think they know because if it came from me, it would just be ignored and I would just be seen as an extremist health nut talking jibber jabber but it's funny how when you talk about not eating food all the sick and overweight people become instant dieticians.

In my personal opinion, getting off cooked food and transitioning to Fruitarianism is the very first initiation to reaching higher levels of consciousness and is an extremely important and even sacred spiritual act that should be held in the highest regard. I'm of the opinion that it's not the raw foods that heal you; it's getting off cooked food that heals.

For me, it's great to see new raw folks because they are so enthusiastic and wrapped up in the food and being healthy, they wear t-shirts with fruits on them, people that go on the online raw food forums name themselves after fruits, they even want to know what your favourite fruits are and what fruits you've eaten that day, at the potlucks they get to talk about their favourite food and how to overcome various challenges, I love it, it's like seeing people with that new love feeling, you know the kind where you meet someone new and you can't stop talking about them and everybody else is getting sick of it but you don't care, you just carry on anyway, but with anything good you must experience the bad and the bad in my opinion isn't the detox, it's isn't the well meaning friends and family members and it's not even mainstream society, it's you, yes you.

I say this because all your success depends on how you deal with the

challenges that going getting off cooked food brings and the challenges will come thick and fast from all directions, trust me on that, you'll be like that regular person that sets off to find the holy grail and overcomes almighty obstacles and comes back a hardened warrior. Alright, enough of the dramatics, what's my point you may be asking, my point is that getting off cooked food and going Fruitarian is no joke, it's extremely hard to do properly and to get through to the other side and unfortunately ordinary efforts just won't do, you have to be exceptional because you have to be able to see past the illusions of your own addicted mind and be able to stick to the goals that you originally had in mind when you started, unfortunately most people fall victim to their own addicted thoughts as if under control of a hypnotist, they eventually forget the very reason why they started on the road to healing, lose focus, quit and go back to cooked foods.

I've found that people make too much of a fuss about going Fruitarian, it's still all about eating to them, trying to figure out what to or what not to put inside their gut is still where they feel the solution lies but to me it's getting off cooked food that should be the ultimate focus, once you've mastered that the world is your oyster but I've seen it time and time again, quitting cooked food can drive people crazy, it can have the strongest, most hardcore giving up the Fruitarian path and singing its praises and insisting eating fruits made them sick. It just goes to show how much of a mind altering drug cooked food really is, yes I said drug, nobody thinks of cooked food as a drug and I think that this is a part of the problem. It says "why struggle and be unhappy trying to be healthy, when you can come back to enjoying life with me", but the sad fact is that they were already depressed and falling apart on cooked food and that's why they went Fruitarian in the first place and trust me after three weeks eating cooked foods the novelty will wear off and the aches and pains will be setting back in and they will be coming back to raw foods with their tails between their legs.

A funny thing I've seen too is that people that once sprang up out of nowhere singing your praises, calling you "friend" and wanting your support while they were enthusiastic about going Fruitarian suddenly

vanish into thin air and don't want to know you or anything connected to the Fruitarian lifestyle once they go back to cooked food and all of a sudden going Fruitarian isn't so healthy or that's the justification they use for quitting. At the end of the day this ain't no game for chumps. The problem is that you don't know cooked food has drug like qualities till you try to get off it.

When we look at cooked foods the last thing we think is that it's a slow killer, were brought up to believe that food is what builds us up and gives us our strength and vitality. Well unfortunately even when it comes down to health, people would rather overlook the fact that eventually cooked food blocks up our digestive system and bloats us up like balloons but people don't see the effects that come with eating processed, manmade foods as harmful and don't want to be told what to do or how to eat. I just don't get it. I've known people that are dying from cancer but will not quit smoking, I've known people that are dying from liver damage but will not stop drinking alcohol or taking hard drugs.

I can understand that nobody wants some stranger telling them that the way they, their family and everybody they know have been living is all wrong, I'm sure I'd be defensive too if someone said that about me and my lifestyle, that's why the majority of people that stay raw are people that are having great success with curing themselves of illness or people that are getting active, in shape and are mentally strong enough to ignore the fears and negativity of others. It's a real shame but it usually takes a serious illness to wake some people up but such is the addicted nature of our society, we are raised to think that we can eat whatever we want and there are no consequences, as far as the average Joe/Jane knows we eat cooked food and it simply comes out the other end and we view getting sick as a totally unrelated issue, in fact many of us think that we get sick because of a change in the weather or old age.

It's hard to try to raise awareness about the dangers of cooked foods because people are so defensive and just don't want to think that after all this time by choosing to eat cook food they have in fact been committing slow suicide and that their choices could be responsible for causing damage to their own and the health of their loved ones, especially

if there's children involved, it's embarrassing for people to think that they have been fooled by the food industry into thinking that cooked food is anything but healthy and nutritious and if there's one thing I've learnt is that cooked food never gives anything, it always takes away, so while they may be thinking that they are getting away with it so far, it's going to bring them down, maybe not now or tomorrow but it will bring them down slowly but surely and way before their time. So as you can imagine, when a guy like me starts foaming at the mouth about the dangers of cooked foods, it doesn't take long before a million and one angry people rush to defend their position on why they eat cooked foods and why cooked food is the natural food for humans, even if they know that what I'm saying makes perfect sense, just the mere thought giving up their cooked foods strikes fear right down to their very core, just like it would if you told an alcoholic, smoker or drug addict to immediately quit their drug of choice.

One of the realities I face now and as a parent is that it's like I'm always on the outside looking in and I get to see how humans have strayed so far from our original state that we can eat the baked, boiled, fried body parts of dead animals heavily seasoned in salt, sugar, sauces and spices, consume vast amounts of dairy products, pizzas, burgers, fried chicken, condiments, candies, ice creams with crazy flavours, wash it all down with sodas, concentrated fruit juices, cow's milk, etc and think that this is all perfectly normal, but check this out, here comes the funny part, we even manufacture and duplicate fake versions of all the above that is supposed to be so unhealthy, so vegans don't miss out on destroying their bodies/health too and Vegans are falling for it hook, line and sinker, think about it, if meat is supposed to be so bad, why would you want to eat a fake version of it or if the above foods are so unhealthy why make them in the first place?

All you got to do is go into any super market and you'll see many, many people buying old food, wrapped up, canned or packaged in some kind of plastic container and if you were to stop anyone of those people and ask them how old the item was or when it was made, they would not have a clue but wait, it gets worst, one of the most alarming products

of all in some of these stores are the children's birthday cakes, those things are like a chemical dump, they almost look plastic and I dare you to read the ingredients list, it's as long as the book war & peace, full of words you can't even say properly and it's so obvious that it's just jam packed full of sugar and chemicals, artificial colourings but does this stop people from feeding it to their children, nope. Well I'm not here to say that everyone should suddenly stop eating cooked foods and I'm not going to act as if I don't know the pleasures of eating cooked foods either because believe me, I've had the pizzas, the hamburgers, the ice creams, fast foods, slow foods, whole foods, any foods, I always loved cooked foods.

One of the perks of eating cooked foods is that it briefly satisfied a lot of my emotional anxieties, if I was stressed, I ate cooked food, if I was upset, I ate cooked food, if I was happy, I ate cooked food and it seems that you also have certain food outlets to go to for certain emotions/celebrations too, so food was a huge comforter for me and I loved the gratification and over all numb feeling it would bring, I always felt like I was big and strong on cooked foods but that was just a false sense of security, so eating fruits was never an option, I just never wanted it and never ate it, the food industry has always done a good job making sure people like me keep coming back for more of their products, my issue is that eating cooked food has long term consequences that we need to be aware of.

I believe that escapism, taste and addiction and not nutritional need is the real reason why people eat. I believe that back in the day, once we tasted sweet foods either raw or cooked, it was all over, eating for pleasure took over. My belief is that the body is its own self sustaining universe and when you put any material, raw or cooked, even water in your body it creates an imbalance or ripple effect, it distracts the body from going about its daily business and adapting to whatever environment or needs you may have at any given moment.

I personally think that the only reason why you would even need to drink water is because you're eating solid foods raw or cooked with

taste, for instance, eating heavy fruits may cause you to overeat or it may cause you to need extra liquid that you wouldn't need otherwise, especially if you're eating the heavier or drier fruits like bananas, avocado, etc, the body would have to deal with the cause of the food and the water you drank that is now probably overloading the system. Now eating cooked foods really throws the system into chaos because it's also got chemicals, salts, sugars, fats, MSG and many other additive ingredients, on top of that cooked food uses the body's resources to store, remove it from the body and it just throws everything out of whack and that's not even mentioning constipation, etc, basically, I believe that somehow we got into the habit of eating.

I think that the process of cooking food was an early act of desperation or a complete accident, I mean think about it, who in their right mind would really go out of their way to catch an animal, skin it, prepare it, cook it, all with their bare hands, then eat it with no salt, sugar or spices, when they could easily pick a fruit off a tree, plus, I'd love to meet the first person that figured out that if they boiled rice they could eat it. Well that was then and this is now, now we have manmade condiments, which allows us to eat anything we want to regardless of freshness, smell or taste, so freshness doesn't matter now because we have condiments, now we can just coat our food with it. In fact, I know people that are so addicted to condiments, they just cut out the middle man and just eat spoonfuls of the stuff, which to me is crazy for anybody's standard.

Have you ever been Fruitarian and doing really good on your diet only to go head long into an uncontrollable cooked food binge that seemed to come out of nowhere? Or have you ever been Fruitarian for some time only to get stressed out, bored, happy or angry about something, then go head long into an uncontrollable cooked food binge that again seemed to come out of nowhere?

Well, don't worry because it's happened to the best of us. But have you ever wondered why that happens and exactly what comes over you to make you rebel in such a way that leaves you feeling sick, bloated, guilty and mad at yourself for slipping back to doing something you

knew you really didn't want to do?

Now, on top of all that self examination and questioning, you got to go through the never-ending fight to get back off cooked foods. So why is it when certain emotions come up that we automatically resort to cooked foods? For me, I learnt that I could do all the soul searching I wanted to, but knowing the reasons why still didn't stop me from slipping up. I found that the easiest way to stop eating cooked food was to actually stop eating cooked food. I know, that's way easier said than done and I already know that caving in to cravings is a given at some point during transition.

But I'd like to expose you to this, just in case you're brand spanking new to this battle. Caving in to you cravings and binging on cooked foods solves nothing. If you're binging because you're stressed, you're still going to have the same problem you're stressed about long after you've binged on cooked food. If you're binging because you believe you're addicted, then you're only keeping the cycle going by putting more of the foods you're addicted to inside your body. It's a sad cycle that can go on for years if you don't take strong action to change it. I always say to think of quitting cooked foods in the same way as quitting drugs, because that's the only way things will make sense.

I'm not going to spend this time bashing cooked foods but there are a few elements that go towards our obsession with it that will show that there's so much more to this quitting thing than simple will power and knowledge of guru secrets and guru programs, I know so many people that are highly educated when it comes to nutrition and the anatomy of the body, etc and even know a bunch on how to go raw but cannot implement what they know because they have a whole bunch of emotional attachments to cooked food and sadly most of us were born and bred on what, yes you guessed it, cooked foods, it's kind of like we were programmed from birth by our parents, then as we got older we trained ourselves and fine tuned everything to suit our own particular tastes and emotions, take me for instance, when I was sad, I stuffed myself with ice cream, fries, pizza and everything bad for you, when I was

happy I stuffed myself with ice cream, fries, pizza and everything bad for you, when I was angry I stuffed myself with ice cream, fries, pizza and everything bad for you, when I was bored, as comfort food I stuffed myself with ice cream, fries, pizza and everything bad for you, are you starting to see a pattern here yet? Funny thing was that I never once saw my eating habits as anything but normal when I was growing up. I just figured that I was one of those people that simply liked to eat, and in our society and with the group of people I called my buddies, that was a good thing. I would eat at every opportunity. But I never once associated eating as my way of escaping myself and all my stresses until I got off it. The great taste always masked the fact that eating all that food was totally and utterly pointless. All I was doing was filling up my poor stomach with garbage several times a day, day after day. I never once got any warnings from my body telling me to change my eating habits.

I never got sick apart from the odd cold or flu now and again when the weather got cold. In fact, when I got the colds and flu's it was always the weather that got the blame, never the food. I was always so stuffed I don't think I would have felt any warning signs if they got up and punched me in the gut. I never questioned anything because everything seemed so normal. Everybody did what I did. I'd go to the store and people were always buying or eating food. So it wasn't until my 20's that I started to pay the price. Just like everyone else, I must have missed the warning signs by a mile because I fell apart pretty rapidly. I was pretty much full to the brim and I just could not eat another mouthful of food.

See, for me, I used cooked food for escapism from life's stresses, but it only worked for very brief periods, like five to ten minutes, and as soon as the taste faded I had to start all over again but with sweeter, saltier, stronger tasting foods. At the time, I was so unconscious to this, I just kept stuffing myself with more food. In fact, at times when the taste faded I simply added more condiments and carried on chowing down. It was like medication to me.

But back then I never once associated my eating habits with escapism.

All I knew was that the food I was eating tasted pretty darn good and made me feel like I was somehow taking part in something special. It always seemed like a treat to buy something from the store to eat, especially if I was eating out with friends. I was always eating something. It took me a long time to come to the conclusion that even after all of this eating, my problems, low self esteem issues, bills and other assorted stresses were still there and had not moved an inch the whole time. In fact, as I looked back over the years, I realised that at no point in time did comfort eating ever give me any real comfort or take care of any of the issues or stresses I ever had. So why on earth was I doing it? Why did I always choose to eat my way into oblivion rather than deal with these issues? Well, as you can imagine, after that revelation I asked myself that question many times and each time I drew a blank.

The only thing I can think of is that I ate to forget but, at the same time, like I said before, everybody else was doing it too. You could go into any restaurant, fast food joint and see people eating to forget or eating because they have been programmed to suppress their emotions. And because you see everybody else doing it and having a great time, it becomes harder to see it for what it really is. Like they say, I couldn't see the wood for the trees. It wasn't until I went Fruitarian that I started to see things for what they are.

Well, back to making a change. I went Fruitarian because, spiritually, I was getting a wakeup call of some sort to the point where I couldn't stand to eat any more cooked food. And as time went on, I went through all the detox and issues associated with transitioning to the Fruitarian lifestyle. I even discovered that one of the key elements to transitioning to the Fruitarian lifestyle was getting active.

So, for me, the natural diet and intense activity made a happy marriage and I really thought I was the stuff for making that discovery. But for some reason I still wasn't able to stay Fruitarian consistently without going on a cooked food binge. It was a major problem for me because it was spoiling how great I was feeling when I stayed Fruitarian. Then I started to recognise the feelings I had when I slipped up and ate cooked

food and started to put two and two together. I realised that I was not only eating to fill some kind of emptiness I was feeling inside. I was also eating cooked food because I was programmed to.

Okay, so now I'd figured that out. But what was I supposed to do to get rid of this emptiness? Where the heck did this emptiness come from? And what was the feeling of emptiness and programming connected to? To say it took a lot of soul searching and close observation of myself to get to the bottom of all of this is an understatement. I started to see that every time I felt stressed I wanted to eat cooked food. Every time I was happy, I wanted to eat cooked food. And I think you guys know where this is heading, right? Yeah, you got it. I ate a whole bunch of cooked food for every reason other than nutrition. I found that it was especially bad when I got bored and was sat around doing nothing. It was like I was using food to relieve some kind of anxiety and at the same time it felt like it was something I had to do, like I was on auto-pilot or something. I don't think it was that the cooked food was addictive per se, although I'm sure that had a little bit to do with it. But I think it had more to do with it being the food that I was programmed to eat from childhood and into my adult life.

It really wasn't until my daughter was born that it all became clear to me, that we as parents were conditioning our daughter to do the same thing. I found that every time she cried I had this natural urge to feed her or make everything feel better for her and nine times out of ten it was her mother's breast milk or food that made her feel better and stop crying. It was the same as she got older. If she got upset about anything, we gave her food to eat.

This pattern went on for a while until I'd learned to make better food choices because I saw that once my daughter got the taste of cooked food in her mouth she was addicted. As the years went by, I saw that she was developing a dependency on cooked foods. Her mood was greatly affected by the food she ate. If she couldn't get the cooked foods she wanted, she would get emotional. It was as if she started to see these foods as a huge treat.

I was the only Fruitarian person in the family, so I knew I was the one that was going to have to make the better food choices. This prompted me to watch other people with their children. And they were doing the exactly same thing! Making terrible food choices like burgers, fries, shakes, burritos, ice cream, meat, dairy and cheap candy just to keep their children quiet. It was sad and incredible to watch these patterns unfold and to even see the children picking up on this by asking for certain fast foods at certain times. For instance, playing at the park on a hot day made it ice cream time and as soon as they heard that music, 'it's ice cream time'. Or when you go shopping at the big shopping centres with the children, 'it's fast food time'. As soon as they see that certain familiar logo, it's time for those burgers, fries and shakes. It's this experience that really opened my eyes to how emotional attachment to foods can develop from childhood. In fact, when I trace my steps back to my early childhood, I can always remember my mother buying fried chicken and soda from the fast food joint every Friday night.

That was a great treat for us because, one, it was one of the few times me and my mother ever spent time together; two, it meant that my mother didn't have to wash up which made her happy and three; it tasted so darn good! With all the colourful packaging and the great taste, it seemed to be like a gift or a special occasion. Eating this stuff made us so happy and, yeah, it tasted good. But most of all, my mother bought it out of love because she knew the feelings we both got from eating it. Everything seemed to briefly disappear and nothing else mattered once we huddled together to eat this stuff. All the excitement and anticipation seemed to overshadow the fact that the food we were eating was actually hazardous to our health.

I can't even remember if I was ever introduced to fruits as a child, not even as a treat or dessert. All I know is that, as a child, my thoughts as far as food was concerned was the colourful packaging that came with cooked food which made me feel so special. I personally think that we also get sucked in by the happy TV commercials – children laughing, bright colours and fancy packaging that help to form our attachments.

I honestly believe that this kind of attachment wouldn't exist on raw foods to the extent that it exists on cooked. I also strongly believe that this attachment to cooked food is the cause of many, many emotional issues such as depression and anxiety which then causes weight gain and obesity. I say this because I know for a fact that raw foods don't affect the mind in the same way as cooked food does. You can quit raw foods anytime you want to and not even think about going back to it ever again. But if you try to quit cooked foods, you have to go through much detox, withdrawal symptoms, cravings and great anxiety because you're constantly wanting your next cooked food fix, none of which makes for a good time. For many people, the very thought of going without cooked food forever is a thought that evokes feelings of incredible anxiety and terror, let me ask you this question, have you ever spoken to someone that knows all the disadvantages of eating cooked food and is positive about going Fruitarian and they are saying all the right things about changing their lifestyle for the better but as soon as you talk about staying off cooked food for good and being Fruitarian happily ever after, they start to talk about the validity of going 100% and how one meal here and there couldn't possibly do any harm.

Well, see, that's the power of emotional attachment to cooked foods in action, the bottom line is that when it hits the fan emotional attachment to cooked food is probably the number one cause for sabotaging your efforts to stay Fruitarian but of course at the time you made to believe that your craving cooked food because it's what you need nutritionally.

There's many tests that pop up such as relatives or friends coming by with a movie and some snacks or buddies asking you out for a night out on the town, it's when you have a social function to attend where others are going to be eating cooked food, is when I've seen even the strongest willed person lose all focus and reasoning, we seem to think that are we can't still enjoy ourselves and have a good time with good company or at social events without eating cooked food, but you know what, I'm not going to give anyone the benefit of the doubt or go soft on anyone because we are all aware of the choices we're making, we slip back to cooked food at any given moment simply because we want

to, the friends coming around or the big social event is just the excuse we need to justify slipping back at that weak moment in time, it's not because people are not aware of certain issues or are inexperienced with the Fruitarian lifestyle, trust me, I've been there and done it many, many times, I've made all the excuses and I've sabotaged myself at the drop of a hat knowing full well what I'm doing, only to realise that I'm just maintaining my emotional attachments to cooked food and unless I quit cold turkey I was just going to continue to do so. A lot of people say that all this stems from not getting our emotional needs met and once these needs are met you will automatically stop acting out these cycles, I'm not saying that this concept is wrong but that didn't work for me, for me it went a little deeper, like I said before, I believe that for most of us these attachments to food have been programmed into our minds from the womb and early childhood and we all need to take the time to re-educate ourselves and develop associations with new healthy foods such as fruits, veggies and leafy greens.

After all how many times do you see animals in the wild eating because they have emotional attachments to their food, when's the last time you saw an obese animal out in the wild, all the animals in the wild that I've seen are pretty lean and muscular according to their genetics and body type due to the fact that they stay active and eat when they need to and not for fun or at random like we humans do, wild animals don't have the fast food joints on every corner that we humans do, they don't have super stores filled with old cheap, heavily refined, processed, chemical filled man made junk food, sealed in metal cans or plastic bags stacked on shelves for months, years at a time, like we humans do, they are not fighting sickness and disease or obesity like we humans do. In fact, the only obese or sick animals I've ever seen are some dogs and cats kept as pets and fed by us humans.

Well your probably asking what you can do to stop all of this going back and forth stuff, well if you are broke like I was back then all you have is plain ole elbow grease, meaning, put the work in yourself, other than that, I have no idea, that's a solution that will be personal to you, all I know is that it took me years of trial and error to even recognise

what I was doing to myself and why I was rebelling and reverting back to cooked foods when I was perfectly happy and healthy being Fruitarian, I put in a lot of work recognising and stopping certain programmed behaviours that I had no explanation for because at the end of the day I just got sick and tired of selling myself short and compromising the great health I was experiencing while Fruitarian but what I think helped me the most was researching on what true hunger really felt like and funny enough it helped because none of the research on true hunger was true to me and to be honest with you getting off of cooked food came down to a whole bunch of tough love and being real with yourself because at the end of the day you are all you will have and at some point your going to have to implement what you've learnt or know to be true and as many of you already know, that's not always an easy thing to do.

In this society the idea is that we all become taste addicts so we can make big bucks for the food industry, we have ads on TV that show us how tasty cooked food is and how great it can make you feel, why does it make you feel so good, well, it's the taste. Over the years, I had many, many battles with overeating and it was all because of the manufactured taste of cooked foods, up until going Fruitarian, I had no idea that I ate so much food but we don't think anything of it because eating is glorified.

Ads on TV show that real men eat vast amounts of meat and hip and trendy people eat fast food. In fact if you tell people your Fruitarian or even Vegan you're going to get the men in white coats coming after you because the promotion of these types of cooked foods has made the idea of not eating them seem so crazy. Well I know now that the times I feel the best are the times when I do not eat solid foods, but to take action on this takes great courage because you will face great opposition.

When I follow my intuition and simply absorb the elements of nature, I feel an incredible sense of peace and calmness that is so refreshing, it's way better than any brief gratification I would get from eating cooked foods because after the initial taste has gone the body has to deal with the digestion of the cooked food which just leaves you feeling

like you have a house brick in your gut and feeling worst than you did before, which then leads to a cycle of eating food to feel good. Now as a Breatharian I realise that back in the early days, pretty much all the times I ever ate cooked and even when I ate fruits, I was eating out of habit and to ease emotional stresses and hardly ever because I was truly hungry, I was eating for short term gratification and using the manufactured taste of cooked foods to self medicate myself and ease my pain, cooked food was my pain killer, the more I ate at one sitting the faster the taste disappeared, which meant that I needed even more taste to ease the pain, until it reached the point where I was eating bigger and bigger portions so over eating on a large scale was a given for me depending on my emotional state. In fact, now, I don't even think true hunger as we know it exists because I believe it's mostly based on experiencing pleasure and as long as cooked food exists there will always be some type of desire and false hunger.

Like I always say, nobody on the planet knows your body better than you and your higher self, you simply need to put in the work to learn about yourself and your spirituality. Unfortunately there's a lot of hurt and stressed out people out there in the world and most people will seek gratification and self medicate themselves with cooked food because we are conditioned from before birth to eat cooked foods.

I'm going to sound like a real jerk now but this is a subject that people like to dismiss as crazy talk but "intuition" is sacred to me and I feel that some folks need a reality check. I strongly believe intuition is the essence of your true higher self and if you have lost touch with it, you have lost touch with yourself and your sensitivity. I hear some people say or complain that they don't understand the whole listening to the intuition thing and that it's hard to tell the difference between a craving for a burger, fries and shake and what raw food their body needs.

Some complain like it's such a great hardship or inconvenience, well, c'mon people are you really that lazy and caught up in addiction that you have given up on thinking for yourself. When people say this it makes me mad as heck because right there it shows me that they are

still fearful and resisting on some level and already missing the point and that point is to just be quiet, quit with the questions and all the complaining, be quiet, go within and put the work in. The bottom line is that it should be clear that if your craving, breaking out in cold sweats, getting angry, upset and getting all kinds of other physical reactions because your wanting that burger and can't have it is you just going through plain old addiction and emotional attachment symptoms and that this is not real intuition or your body telling you what it needs, this should be clear because raw foods don't create that type of behaviour, only unnatural foods and drugs do that, you can be 100% Fruitarian for ten years and decide to quit fruits without even blinking an eyelid and with no withdrawal symptoms. After all when is the last time you heard of fruits addiction intervention group, raw food weight watchers or Fruitarian twelve step program.

Now this is for the people that don't complain and genuinely have trouble figuring things out and I promise I'll be nice this time. I always say that the issue with the raw food movement is people living the raw lifestyle by cooked food standards and this subject is no different. When you go Fruitarian you got to throw everything you think you know out of the window and this takes great courage because there really is a lack of credible information that is consistent enough to rely on and this forces people to revert back to the comfort of what they know best, for instance, in mainstream society, if your belly growls, that's supposed to mean you're hungry right, well that's not my belief, I threw that out of the window years ago.

That belly growling is not intuition, your intuition is not a physical thing, it's your inner voice or gut instinct, pardon the pun, it's that voice that says you need orange juice, water melon or water after a hard workout in the sun, you see, it's like this, your inner voice is never going to steer you wrong and have you doing anything that is not for your greater good, now on the other hand, your addicted mind will steer you wrong each and every time, so if your craving cooked, processed foods then it's your addicted mind at work not your intuition and if your needing non cooked foods such as fruits, fruits juices that is for your greater

good then that's your intuition.

Now there's also a difference between wanting and needing, as a beginner the best time to start looking out for that inner voice is after an intense workout because that's generally when you need something and the need will be expressed in a subtle manner, the addicted mind will have sirens blaring and bells ringing as if there's a great emergency.

In my opinion you're not who you truly are on cooked food, you're a drug addict, an eating machine and that's how the food industry wants you to be and that's why they help you along with certain addictive ingredients such as refined sugar and salt, they want you unable to resist their products so you keep coming back for top ups, after all why else would people carry on eating food they know causes sickness and disease, drink alcohol that they know destroys their internal organs and smoke cigarettes that they know causes cancer.

I'm not giving people the benefit of the doubt either because I know for a fact that everybody knows exactly what the consequences are, they know exactly what is going on and they think they are willing to pay the price until it comes down to paying. It's like selling your soul to the devil, yes you can get want and experience all the pleasures for a time but you will be a lifeless shell riddled with disease when you're done or when it's done with you.

I mean who in their right mind actually thinks that bread for instance builds healthy tissue or blood for our body. People on cooked food are simply not in control and many will never be in a position to realise it, until they try to quit and go Fruitarian or something, why do you think people say that diets never work.

Don't get me wrong, I'm not saying that everybody should stop eating food but I'm trying to point out the insane death wish society has, going against everything that is good for the soul. I'm not saying it's a plot or anything either because everybody eats the same food, the politicians, food industry bosses and most of society all eat the same thing because

of their belief that food is needed in order to live and be healthy and strong and because of this belief the cycle of manufacturing food goes on and on, it's not even about manufacturing food because it's taken for granted that food is needed for survival, now the focus is just on making foods tasty and to the Joe/Jane Bloggs in the street it's simply down to choosing the tastiest product because it's taken for granted that any food eaten will be of benefit. It amazes me how blind I once was and society still is to the fact that food raw or cooked especially these days is just not healthy or even needed, for instance how healthy or natural is it to eat foods with dangerous pesticides that we all know are used on food but we turn a blind eye to that because we feel there would be nothing else to eat if we did something about it. People ask me all the time what is the diet for humans, well now I believe that some people can go Breatharian and some need raw foods but cooked foods is definitely a big no-no to me, I believe that the body does what it does in spite of food not because of it so to me whatever you put into your body is simply pollution.

I also believe that this goes for raw foods too for some people but in my experience it doesn't really matter what you eat, if you eat according to taste you will not be your true self because your being controlled and your time will be spent living to eat and not eating to live, you will be on a timer, will be constantly waiting for the next flavour fix.

When you get away from the idea of depending on food and actually stop eating you will begin to see the real you and the old fake you will eventually fade away but doing so comes with a price, you must break away from the cycle of addiction and emotional attachment that has become who you are and it's this often painful experience that stops most people from breaking free. For me, I found that I had to go against this fake me which meant going against everything in my life that I had learnt and thought to be true and every thought need and want that came into my head.

Once I was off cooked foods, fruits and not eating for taste I was less anxious about where my food was going to come from or how and

when I was going to get it, I had so much more time and energy because my time wasn't spent getting and preparing food and I was no longer living to eat. It took a while for me to accept my true self because previously all my life was spent being that addicted person looking for a fix and believing I needed nutrition from manmade food to heal and regenerate. Nothing I did was based on eating anymore which meant that again I had so much time to spend on other things, to most people this would have been a huge issue and to them life would of been boring but to me it was just a matter of filling in the gaps with something that my true self willingly wanted to do, I say willingly because I don't believe that when you're eating cooked food, anything is done willingly, yes, you may be choosing what you eat but you're eating it because you are emotionally attached or addicted to it and you believe that you have eat it to live so therefore you depend on it, plus for me the thing that confirms my belief in this is the fact that if you try to quit cooked foods and even raw foods you will get a swift kick in the butt by withdrawal and detoxification symptoms as a reminder of where your place is in society and your place in society is to be a desensitized mindless eating machine constantly giving your money back to a system that does not have your best interests at heart.

When it comes to finding your true self there is a line in the sand that generally, most people will not cross and that is the withdrawal and detoxification symptoms, when that shows up it's all over because any level of discomfort for most people is just not accepted when you can simply go back to carrying on sampling the pleasures of manufactured processed food products that have been manufactured for taste. It's my experience that people on cooked food are addicts, period and cooked food has drug like mannerisms and to me it should be treated as a drug.

I'm absolutely amazed at how these world renowned scientists with qualifications and letters after their names as long as your arm cannot seem to figure out that cooked food and what you put inside your body is the one link that constantly crops up when you look at sickness and disease, you would think that after all the time we have lived on this planet and with all the technology we have at our disposal that sickness

and disease would have been a thing of the past years ago but no, all we are doing is making up foods out of nowhere that has nothing to do with anything and creating a world full of cloned eating machines that we have the nerve to call human beings, then we wonder why we get diseases. I blame food for everything that is wrong with our society today, from the decline of our health, to the decline of our consciousness, greed, violence and decay around the world, in my opinion, the first day we started eating food is when we as a society went pear shaped and I mean that literally, don't believe me then just look outside your window at the people passing by and see how many overweight and distorted bodies you see, then take a look at the bill board ads and commercials on television that encourage people to go against their highest and greater good, you see, to me that's the first example right there, the decline of our health and lowering of our consciousness. I found that when I was eating cooked foods I really didn't realise how much my mind and my body was being altered, my body was jam packed with waste and was at a near standstill like those people you see in the street but I was still being led by some addiction, I was lethargic, easily depressed and I had no motivation to do anything except make excuses for not doing good for myself.

Now, my addiction to cooked food has gone it no longer plays such a heavy role in my life in terms of how I feel, what I do, I no longer feel numbed down, drugged up, my thoughts are more positive, my mind is more alert and sensitive to what my body needs and more importantly I want to get active and better myself. I strongly believe that cooked food has left us desensitized, emotionally numb and I don't believe we can go deep within when within is blocked up with years of waste and debris, distracted by taste, addictive substances and ingredients.

I know for a fact that once we can eliminate all traces of cooked foods, waste, old toxins and debris from our system, our mind, body and spirit can start to heal, once you can get off of cooked food everything naturally pulls into place without you having to know a single thing, I don't believe it's our role to know all the inner workings of our bodies because in our ideal state we wouldn't be eating the junk that's creates

sickness and disease that would need us to go cutting people up and removing organs that have been used and abused, our role is simply to live a clean and safe life, develop our intuition and connection with our spiritual selves. You don't need to ask perfect strangers what to eat or what not to eat, after all, nobody else on the planet knows more about your body than your higher self.

I'm always getting people wanting me to do their leg work for them and give them the answers to their questions, I'm not worthy of this questioning and unlike the high profile raw food guru's out there, I'm not going to pretend and act like I know what our ideal diet is, because truth be told, I have absolutely no idea and neither does anybody else in my opinion, all I can do is share my personal opinion and that is that fruits are fruits, if you want to call fruits food then that's your personal choice and a perfectly valid one, in my personal opinion, fruits have their own agenda meaning that the nutrition in fruits are actually for the fruits themselves, I believe they are their own self sustaining universe, just like we are and have the power to sustain themselves perfectly without our help, I believe that fruits are the wombs of the tree or plant and that is their true purpose.

In my view they have their own materials for growth already supplied within themselves, just like we do, when they fall to the ground they have their own compost via their rotting flesh, already supplied and ready to go. As for what we are supposed to eat, there are no rules in nature, we have free will and a choice to do whatever we want, we can eat fruit and get away with it for decades and appear healthy but we can also eat cooked foods and get away with it for decades and appear healthy but does that mean either one is truly meant for us? That just proves that the body is very forgiving but, if I jumped into a lake and tried to breathe under water that would be a whole different story for obvious reasons.

So should the focus be elsewhere perhaps, are we barking up the right tree when we rely on calories, protein, fats, etc, from food? I'm not trying to be an intellectual because I don't know a darn thing about our

true food or need for it and to be honest with you, anybody that really knows me knows that I don't concern myself with these things, I leave the nutrition to my body to sort out, my concern is that I just get on with living. When I first started out as a Fruitarian I came up against great opposition and was told that I would die within two months if I just ate fruits and that to survive I had to take greens, nuts, seeds and water. Well I resisted for months because I was feeling so good on just fruits, but over time, after hearing all the horror stories and verbal abuse I started to have self imposed doubts and as I was still new to Fruitarianism I decided to go against my own intuition and listen to the struggling Raw Vegans. Well after three days my intuition said no, no way, this isn't right, juicing greens to me felt like I was murdering somebody, killing the energy source of another living being and this felt heavy on my spirit, eating the nuts, seeds felt like I was chewing on house bricks and that's also how my stomach felt, like I had a bunch of house bricks lodged in my gut, I went from doing just great, to feeling sick, bloated and nervous, I stopped after about the third day and went back to fruits and felt so much better after I had cleared out. The lesson I learnt then was don't listen to people that are sick and in a worst condition than you because you'll end up getting what they get, it takes a brave soul to listen to your intuition and go against popular belief but all the answers are already within you, just waiting for you to tap into them.

At the end of the day, cooked food is hazardous to your health and the environment and before you say, you're ok because you're a vegan, think again because the same company that's making your veggie burger is more than likely the same company that's making the real burger with meat. Yeah, it's something to think about, I've never understood it, how people can feel so passionate about saving animals yet be committing slow suicide by eating cooked foods, In fact what people are eating isn't even food it's fodder.

People talk about transitioning from meat being so hard but I don't think transitioning comes into it this time, especially if your still going to eat cooked foods and I don't think emotional attachment is specific to just cooked animal products, from my experience the addicted

mind will cling on to any processed product that it can and when the processed products are gone it will cling on to any raw product it can. The addicted mind is always one step ahead of you. I would rather see campaigning Vegans have things that you don't need to transition to like rice, cooked veggies, etc, than fake bacon because I really don't see the difference in mindset because fake bacon is obviously made to taste like real bacon right. My point isn't about people giving anything up, that's a personal choice and has nothing to do with me, I'm questioning the mentality of Vegans campaigning and lecturing meat eaters about saving animals then going on to eat a fake cheese pizza or fake meat burgers. I've seen it happen many times and it's pretty amusing. I think if your vegan for humane reasons then fake versions of meats or anything fake that is supposed to resemble an animal you are trying hard to save should not appeal to you but that's just me and I'm biased, I've learnt that even for Vegans food rules the day and everybody is happy as long as they can still enjoy their cooked food but let's say.

I see the mentality but I don't understand it and all the explanations I've heard over the years to justify it still don't make sense to me. It's just one of those things I will never get and that's ok. People will say that change is slow and time and certain foods are needed in order to transition, personally I don't believe transitioning foods work that effectively, I think all that does is delays fear of doing something people have the power in them to do in the first place but people choose to hide behind fake meat for a little while longer rather than feel discomfort, that's just an opinion, I'm not stating fact, to me, if it still tastes like meat and has the consistency of meat how are people really transitioning because in my mind they are their still going through the thought process of tricking their brain into thinking it's real meat, right, their making a conscious point of eating something that tastes like meat therefore at what point will meat be given up?

People with great intentions try to do their bit and give examples of alternatives to things like fuel, etc, to go towards helping to "save the planet" like making fuel out of veggies for example but what happens when we make everything from veggies and we realise that we are

running out of veggies, then is everybody going to say “go breatharian and save the planet” I think not but the fact that anything needs to be made at all says everything to me because I strongly believe that the environment is in the state it’s in because humans are dead set on manufacturing things, we always think that we can make things better by manufacturing something, plus even all these great alternatives still need to be manufactured and to many people being self sustaining still means manufacturing what they need. In my opinion, it’s not the planet that needs saving, it’s humans that need saving, the planet will take care of itself by eliminating whatever is messing with it. Going Vegan alone will not save the planet, there are more things going on that are threatening our existence than going Vegan can fix and why is the focus always on food being the solution.

Why are humans so obsessed about food being the saviour when it is what’s killing them and helping to wreck the environment? You can be as Vegan as you want and you can still get cancer, cigarettes are Vegan, beer is Vegan, you can get Vegan burgers but they still have to be cooked in order to eat them, you can be Vegan and still eat Vegan junk foods being Vegan doesn’t make you immune to poor eating habits or bad health. Saving the planet but still killing themselves by sacrificing short term pleasure for health is what the environmental do-gooders on Vegan cooked food are doing and people do this yet think I’m crazy for going Breatharian.

Don’t get me wrong, going Vegan is a great thing and a very noble gesture but it’s not the one thing that is going to save the environment. Like I said earlier our society is obsessed with manufacturing everything including food and then acts like everything disappears into thin air when it’s no longer needed but when is the last time you saw a dog cooking a gourmet dinner on a cooker, microwave or stove, building a jet plane or designing a computer, only humans have this desire to use up resources and then trash their own environment, animals don’t leave a huge footprint like we do, they simply take what they need from what is already here and move on.

Everything we manufacture creates pollution then either ends up in the atmosphere, dumped in the sea or taking up space in landfills. Animals in the wild get on just fine without planes and computers. In fact, the main reason why they get into trouble is when they adopt the diet of humans. There are a lot of things that humans make that can be done without. In our society materialism is just like processed food and is based on short term pleasure which is all part of a “game” that plays into the very “game” that is killing society and our environment. When I bring this view point up people always get defensive and act like I’m just picking fault and they snap back at me by drawing the “super human Breatharian card” and say that not everybody can be “super human” like me and go Breatharian and everybody has to start somewhere and they take great satisfaction in explaining to me that it takes baby step, baby steps but in my opinion that statement simply digs a deeper hole for them to sink into because it’s clear that people are just not ready to really “save the planet” if it means giving up their drugs of choice because if they were really serious about “saving the planet” and if they really did their research and wanted to tackle the meat and food issue they would see very clearly that going at least 100% Fruitarian and ultimately Breatharian would be far more effective and would make much more sense than going cooked Vegan.

I’ve no patients for the baby steps crap, if you’re talking about “saving the planet” then that’s mighty big talk and an urgent issue that needs immediate action, after all, we are talking about saving the planet that we live on and we may not have the luxury of taking baby steps until everybody is ready, willing and able. It may seem like it but I’m not really trying to pick fault and I understand that people really do mean well, I’m just sick of folks wanting me to join in on the ego stroking, when me, the crazy Breatharian is probably doing more to “save the planet” than any of the Vegans out there but like I say, I really don’t believe the planet needs saving because it’s not the planet that needs to raise its level of consciousness and it’s not the planet that’s committing slow suicide by eating crap.

To me instead of lecturing people on animal cruelty some of these

people need to work on setting an example on the alternative, no matter how anybody wants to justify it that is what it all boils down to, being a strong example that mainstream society cannot argue with. I'm not saying that people should give up their fake meat or fake gourmet dishes because that's another story all together and I understand how hard that can be but it's my observation and I'd say the same if I was a meat eater. In fact, even more so because it would be great ammo to use against them. Nobodies wrong here I just have a very strong view on this and always have and it will take much more than what I've had explained to me to change my view. I think one of the issues here is the difference between Vegans that go Vegan for humane reasons and those that do it for health. I think that those that do it for humane reasons think less about health. All the ones I've seen that go Vegan for humane reasons eat all the meat substitutes, Vegan junk food and are sick often, not all but the ones I've seen. Times are changing fast and money talks. Health is not the focus, it's all about taste and drawing you in to buy more, look at soy for instants, soy is marketed to the health conscious Vegan but it has all kinds of negative effects on health but the biggest question regarding soy for me is, how can one product taste like so many other things, there's got to be some serious processing going on there, you have soy, ice cream, chicken, turkey, beef, bacon, cheese, cream, milk, condiments and the list goes on, you even have non edible soy products, now how crazy is that.

As a Breatharian I no longer feel the need to have food as the be all and end all of my life because at the end of the day, cooked food is just a lifeless block of mass with no feeling, so why do we give it so much power, we act like we just got to have it, we let it control us more than we control ourselves and it's because people are addicted. I'm not going to act like I've never eaten cooked food myself, I was raised on the stuff and I loved it big time, the problem was that in the long term it wasn't for my greater good, so I had to make a choice, either it was short term pleasure or long term health. Now, I choose to make way for other activities and I focus on them for my enjoyment.

Now positive communication, nature, loving actions, beauty, my fa-

avourite music are like food to me, the feeling I get from doing something I love is like eating the finest foods and doing things I don't want, being around negative people, listening to people cussing and swearing, watching violent movies, is like eating stale and rotten foods. For this reason I can totally understand why those spiritual guys in India go to the mountains and spend all day meditating and being hermits but as great as that sounds, I'm still a city boy so I'll just have to settle for my mp3 and the park or hiking trail.

Getting off of cooked foods and transitioning to the Fruitarian lifestyle is the very first initiation to higher levels of consciousness and with all the focus on food and eating the problems away people are totally missing the point and that is to eat what you need, when you need it and not what you want, when you want it, the problem is, you can only know what you need by following your own intuition and by participating in consistent and intense activity.

For example any sedentary person will tell you that chances are they will be eating what they want out of boredom and a need for taste which will often lead to slipping up on cooked foods, the people that stay active can tell you that they instinctively find themselves eating what they need and when they need it, people often want to get mad at me because I go against the grain and don't encourage nor practise obsessing over food but that all the stressing and obsessing is a cooked food trait that is redundant when it comes to the Fruitarian lifestyle.

So I say get active and eat what you need only when you need it and move on, don't be a slave to food like those on the cooked food lifestyle, there's so much more to life than being an addict and taken for a sucker by the food industry. For some reason in the raw food community when it comes to taste, all common sense goes out the window. In fact, sometimes I think the raw gourmet crap used to transition to a raw diet is worse than the cooked food diet, I find myself wondering if we as a society have gone so far away from nature that we've forgotten how to just eat when hungry and stop when satisfied. People are always wanting to grill me and pin me down for answers on what to eat and

how to eat it and get pretty bummed out when I tell them to go within themselves and learn to follow their own intuition, all I hear is, what do I eat for this and what do I eat for that, the fact is that, it really doesn't matter what I do or eat, the bottom line is that I'm not them and they are not me, when it all hits the fan and the severe cravings and detox kick in, knowing what I do is not going to stop you from binging on cooked foods, all that's going to happen with the questioning is that you'll end up knowing everything about me and nothing about yourself. It's plain to see that in our society too much focus is placed on eating to solve every health and emotional issue and this is being carried over to the raw food community.

As much as the raw food guru's would like to make you think that they have the solutions, there's no magic food or secret that will stop you from binging on cooked foods because at some point we all have to pay the piper and face the cravings and cleansing reactions head on and deal with it personally, if your binging on cooked foods then that's an emotional, addiction issue that you need to go within and deal with and overcome and no amount of knowledge about what food to eat or how someone else eats will help you escape from putting in that work, so instead of focusing on food, the focus needs to be on taking the time to learn about yourself, listening to your own intuition, getting active, loving what you do and enjoying life, stop letting food control every part of your life, take action and break away, yes it is easier said than done, it takes time and much dedication but it can be done if you're willing to put the work in.

For a lot of reasons other than letting go of food people are scared to follow their intuition, heck, a lot of people are scared of fitness too in exactly the same way, simply because they are scared to go within and push themselves. Many are scared to use their intuition because they feel as if they just don't know how and feel it's just so much easier to let some guru tell them what to do.

Going within and following your own personal intuition is a personal journey for each individual because we all have different emotional

issues, mindsets, we've all lived different lives, we've all had different upbringings and we all have our own ways of dealing with things. Listening to your own intuition is about following that gut feeling you have within you, for instance, go have an intense workout in the hot outdoors and then afterwards stop and feel what you need, most Fruitarians will say some kind of juice and that's what you should have because that's probably what your body needs at that time, now if you sat on the sofa and you want a burger and your gut feeling tells you that you're not really hungry and you go have it anyway, then you're just eating for the sake of it or out of boredom. This is a skill that takes much discipline and time to develop and is how you learn how to cut through all the self-sabotaging behaviour, cherish and love yourself and you come out the other end transformed like a beautiful butterfly. Learning how to follow your intuition is like working out, it's hard work and everybody can go through the motions thinking they are pushing themselves but in actual fact, chances are pretty high that they are not even close to reaching their full potential, this is why a different approach than the one that's been doing the rounds for all these years within the raw community is needed, we need to be more holistic in our approach, taking note of the mind, body and spirit, instead everybody is wanting scientific fact and we all know that yes, science is a wonderful thing and has its place but even science doesn't know or get everything right all the time, in fact science is not very emotional and there is so much that we don't know that even science cannot tell us, people get so pre-occupied with science that nobody knows how to simply follow their intuition, after all, how many times do you see animals in the wild counting calories, carbs, protein or fats before a kill, they just get out there and get the job done, they have no books or nutritional experts to measure body parts, count anything, tell them all the ins and outs, I think it's a safe bet that they don't even know what nutrients are.

My Uncle once said to me that we may not be of this world but we are still a part of it and that is so true, I still have to be around cooked food regardless of my opinions of it, I still have to deal with the attitudes and aggression of opinionated, dumbed-down and desensitized people, I still have to live in a world where addiction is the way of life. For me,

from what I see, the biggest social pitfall isn't the Fruitarian lifestyle, it's the dedication of the individual trying to live it, a dedicated person will stand up, be counted and if need be, make lemonade out of lemons when not even their 'A' game is enough to get them through the day. The truth is that getting off of cooked foods can be an absolute nightmare and if you don't bring your 'A' game your either going to quit at the first hurdle or you're going to be forever blaming the Fruitarian lifestyle for your lack of success. One of the most important lessons I learnt throughout my transition off cooked foods was that slipping up is ok, it's how you learn, it's important to me that people get that because if you don't and naysayers pick up on you beating yourself up or any lack of faith in what you're doing then that's their cue to launch an attack and that's another social pitfall all together and I could write a whole book just on naysayers alone.

As you've probably gathered by now, there's a million and one reasons to slip up and go back to the cooked food lifestyle so preparation in all areas is key and even then slipping up is a given but at least with preparation the intention is always to pick yourself back up and start over. I can understand that what I'm saying is easier said than done and that not everybody is where I'm at but that is another excuse I hear all the time too, if you want to do something bad enough you will do it regardless of what others think or how many times you mess up, for instants, if I told you I'd give you one million in cash, to do jumping jacks naked in the middle of the park for thirty seconds, you'd be taking your clothes off before I can even finish the sentence.

At the end of the day, the way I see it, we all start out as cooked food addicts, with cooked foods being our drug of choice and this is what makes this journey truly hardcore, if you look at it as anything else but a drug, nothing you will experience during your time transitioning to the Fruitarian lifestyle will make any sense. Personally I don't think that there's any social pitfalls when you quit cooked food because doing it is saving your life and if it's something you want to do then nothing should stand in your way from doing it, yes, you'll have to make slight changes here and there but apart from the battle, life should just

go running smoothly on as usual, I think things only become pitfalls if you're doing something you don't want to do, for instance, going out to eat with your cooked food eating friends only becomes a social pitfall if in actual fact you really want to binge on cooked foods or going against the grain weighs so heavy on your mind that eating fruits in front of your friends embarrasses you to the point where you feel obligated to sabotage your efforts and eat cooked with them, there's nothing wrong with doing that at all, but if you've made it a goal to do something and you don't do it then guilt will always be on in the back of your mind. To me living the Fruitarian lifestyle and going out to eat with friends that eat cooked foods isn't a pitfall at all, I hear people all the time say they can't go out to eat with my friends anymore because they are Fruitarian, I say, then eat raw foods before you leave the house or prepare something for you to take with you to smuggle on to your plate when you dine out with friends, so you can eat something, you don't need to do what they do and going out doesn't need to be a mission impossible.

One thing I hear often from some folks is that how the 100% Fruitarian thing is too extreme and they can live the Fruitarian lifestyle and still allow themselves the odd cooked meal here and there with no effects, just for social reasons of course, I've even heard people wax lyrical about how that one cooked meal didn't affect them and even try to justify that as a reason to continue with that habit, well I hate to be a spoil sport and pee on peoples parade but for me that is just a recipe for disaster in the long run and yes while that one meal may of passed off as a success this time, behind closed doors the seed has already been planted without you even knowing it, the more cooked foods you allow back into your body the more you contribute to maintaining the cycle of addiction and emotional attachment.

In my opinion there's just so much more to just the eating and digesting part, there's the mental aspect of it all too, I can't put my finger on it but there is something that happens to the brain when cooked food is eaten that sneaks up on you without you even knowing and by the time it becomes noticeable it's already too late, your back to being addicted. Eating that one meal is like planting a seed that sits there waiting for the

right moment to sprout, heck I've seen people go into wild binges for weeks or months at a time and not know where it came from, but it was that seed that sprouted. Some people feel the need to quit the whole idea of going Fruitarian all together because the manufactured and concentrated taste of cooked foods seems too good to let go of permanently, all because they underestimated the effect of that one cooked meal, I know all about this because I've fallen victim to it too many times to mention, to me, it just started off as just one meal as a bit of relief from being so strict with going Fruitarian or just a bite of an old favourite cooked snack, after all just one bite won't hurt but everything has a consequence, so yeah while your overjoyed thinking that you can still enjoy your favourite cooked treats with no ill effect be well aware that, that one meal is just like a seed, I don't think that eating any amount of cooked food can be done without paying a big price, having said all of that if your goal is not to go 100% then you can do whatever you like but if your upset because you slipped up on cooked foods, don't beat yourself up about it because nobody put a gun to your head and told you to do it, you made your choice to eat cooked and you were conscious of every mouthful, so take responsibility for that choice with a happy heart.

I've been told many times by people trying to transition to the Fruitarian lifestyle that they went back to cooked food because they had to go to a social event and they didn't want to feel isolated. As for the isolation thing I can understand that to a certain extent, as I've fallen for that lie too, there's no real reason why eating your food raw has to be isolating after all, it's still food, the only person that can truly make it isolating is you, I still live a normal life doing things with people from all walks of life, going to events where everybody eats cooked foods, smoke, etc. So why do so many people really end up quitting the Fruitarian lifestyle? Well there are many reasons but the most common reason is that at the end of the day the initial stages of going 100% Fruitarian the right way are too darn hardcore.

To many the short term pleasure is worth more to them than the long term health benefits of saving their health, plus the chances are that

besides the few Fruitarians on the internet, they are probably the only Fruitarians they know, a lot of people simply don't want to deal with all the detox symptoms and emotional purges or put the work in with cleanses and it's just too easy to give up and follow the rest of society, especially when everyone else seems to be having so much fun overeating on whatever they want without a care in the world and you're stuck having the worst time of your life going through a never ending detox. Going 100% Fruitarian just takes too much discipline and in our society being disciplined is seen as being boring and missing out on all the good stuff that life has to offer, most people don't want to wait for the long term health benefits of going Fruitarian and give in to the short term gratification of stuffing their faces with root beer, pizza and garlic bread, now, I put a lot of this down to a total lack of guidance and education when it comes to transitioning to the Fruitarian lifestyle, nobody is warned about what they are really getting themselves into and it's virtually impossible for anyone to stay focused on staying Fruitarian when you have no idea what's coming next and on top of that, every other commercial on TV is for some fast food joint, I've always said that going Fruitarian is just like being a recovering alcoholic because it's a lifelong commitment to staying clean, I look at it like this, if you were a drug addict or an alcoholic you'd go to a rehab centre where you'd get the treatment and support you need to get over your addiction but the idea that we are addicted to cooked foods in the same way is a much debated issue and one that is scoffed at by the naysayers, people that attempt to go Fruitarian generally do so in the comfort of their own home and without any supervision and with little guidance or support, anxiety and panic often wins through.

I'm always asked what I do personally when it comes to eating out in social situations and I tell them that I do what I want and they look at me like I'm completely insane and I can tell that these are probably the same people that would say something like "oh, last night I had to eat cooked food because I went out with friends," rubbish, the truth is that they ate cooked food because they wanted to, they knew they had set a goal and were supposed to be transitioning and nobody held a gun to their head saying "eat this cooked food or I'll blow your head off,"

c'mon, let's get real now, people act as if it's taboo to eat raw foods in public or something.

Don't get me wrong I know it's not the normal thing to do in this society but at the same time if people have the right to commit slow suicide and eat pizzas and hamburgers, etc in front of me then I have the same right to choose life in front of them and quit cooked food, yes now and again someone will want to say something and if they do I just tell them that I'm good thanks, not eating cooked food never stopped me from going out to eat unless I didn't want to go out in the first place. When I was a Fruitarian I simply asked the chef directly what options they had available. I've found that chefs were always only too glad to get away from the regular menu to get back in touch with their creative skills and I used to end up with a stunning dish that was the envy of the place.

I've learnt that to be 100% Fruitarian you can't be shy about getting what you want, you can't be a wall flower and try to blend into the background just so you don't raise any eyebrows with your choice of meals, when it came to eating socially I didn't care about turning down other peoples food or hurting people's feelings if I wasn't hungry, if they chose to get offended then that was their issue, I just never saw the point in compromising myself for ten fleeting minutes of gratification on cooked foods just to make others feel comfortable. Now don't get me wrong I'm not rude at all, I'll just politely say "no thank you," and move on, so just know that by going 100% Fruitarian you're going to become the main topic of conversation at public functions, get used to it, people are going to think that they are the next Eddie Murphy with their stupid comments that aren't even funny, especially if you look really skinny and totally defenceless like I did when I was transitioning, otherwise if your confident in what you're doing and look in decent shape, a lot of people don't have the guts to question you to your face about your choice of foods and by the time they do get the courage, you'll have time to think up one of your favourite well rehearsed raw one liners, the big message here is to start as you mean to go on, going 100% Fruitarian doesn't have to be so hard or isolating, in fact the only person that can make this hard is you.

Well here's my personal definition of what Fruitarianism is but first, let me just point out that I think all definitions should be personal because I believe that there must be room for growth and movement to the next level. I see too many people fail and quit because they are following a set definition that they cannot live up to that's set by some guru instead of following their own intuition and allowing themselves to make changes as time goes by and that's where many people get into trouble, they are too busy following someone else's success story. They think that because some guru has an expensive program with a fancy name, they have to follow it or that it must be good else it wouldn't cost so much money, well I can tell you this piece of advice for a fraction of the cost, here goes, you ready?

That program is only good for that guru, so stop following people that ain't you and start following your inner self, only you knows you and what's good for you, you don't need to know rocket science, you don't need to be able to look into the future or have special powers, you don't need to know anything spiritual at all, you just need to be true to yourself, people get into a big panic and make too much of a fuss when I tell them to go within, they are scared because they think they don't know how to do it and that I'm going to leave them to fend for themselves like the rest of the guru's that tell people to go within.

I know enough to know that you cannot tell someone to go within then leave them to it, you got to be really careful who you say that to because people will stress out and get themselves into all kinds of trouble and totally miss the point in the end. When I tell people to go within I'll work with them to guide them and make sure they are on the same page. Now after that rant, I guess the point I'm trying to make here is to not get too attached to labels or definitions, they can be your helper and your destroyer, I always say just pick up a fruit and eat it, it's that simple, just do what you feel is working for you at any given time and work at being as present as you can possibly be while allowing yourself space to grow.

So ok, here's my own personal definition of what a Fruitarian is. A Fruitarian is a person whose diet consists exclusively of seeded fresh fruits and maybe some nuts/seeds and vegetables if needed. I've found that you don't choose to be Fruitarian, your inner guide, guides you in that direction, in fact when someone e-mails me to tell me of their aspirations to go Fruitarian I always smile because I know that the vast majority of people that feel drawn to go Fruitarian are actually being led by a higher source, it's really interesting to see this because Raw Vegans tend to be a different kettle of fish, they are more aggressive and fearful, I've also seen Raw Vegans totally change their attitude when they get the calling to go Fruitarian. Some people also go Fruitarian when they really have no business messing with it, they didn't get a calling they just liked the Fruitarian concept and put their own agenda to it, like all this eating the fruit so you're not hurting the plant stuff, which to me is rather stupid because fruits are living beings too, so if you're going to eat fruits then you're going to be hurting the fruit even if you're not hurting the plant, so if you want to eat you can't afford to be humane in that sense otherwise you will have nothing. Even though fruits are manufactured by humans, I still strongly believe that fruits are living beings just like any other animal but obviously as a former Fruitarian I didn't always think this way and this is what I mean by not getting attached to definitions and allowing yourself elbow room. Like I said earlier, if you have to ask a total stranger or follow a pre set definition detailing what you should eat then you're going wrong somewhere because your body knows exactly what you need at any given time, your just not used to relying on yourself to tap into the answers within you, sounds cute and spiritual, I know but it's actually true. Many, many people go wrong by thinking that Fruitarianism is just about eating the sweet fruits, basically that is not true, there are so many examples and varieties of different fruits to choose from and the definition of a fruit is anything with a seed in it, so really you can afford to be choosy, as long as you follow your own intuition, you'll be ok, there's really no guidelines or right or wrong way to go unless you're really abusing yourself by over eating and you can make it as simple or as complicated as you want to but at the end of the day it all boils down to eating what you intuitively enjoy and getting active because as I always say there's so much more to

Fruitarianism than food.

Fruitarianism is a holistic lifestyle and that includes getting out in the sun and enjoying the natural environment around you, getting more active, doing what you love, loving what you do and being non-judgemental towards others, etc, it's also a total change of lifestyle and body overhaul that takes an incredible amount of dedication and patients to get through all the trials and tribulations that giving your body the job of undoing all the years of bad eating habits can bring. Fruitarianism is the original and stricter form of Raw Veganism, it's beauty is in its simplicity because all you do is pick up your favourite fruit and eat it, no flashy addictive raw gourmet recipes, no expensive equipment, no prep time, the hard part is undoing all the emotional and physical damage from years on cooked foods, like I say, it takes a special kind of person to get the calling and take this job on, a lot of people go Fruitarian for spiritual, environmental, ethical reasons as well as for improved health, having said all that I've found that it's really not worth thinking about reasons too much as you will have enough on your plate just making the transition, the most important thing to remember is that "Fruitarianism" is just a word/label, just do intense exercise and feed yourself what your body needs to get by with at that moment, I always tell people to just have fun experimenting and seeing what works.

What ever you do on this journey don't let anybody fool you by telling you they have the secrets to the Fruitarian lifestyle, there are no such secrets, going Fruitarian is just a matter of putting in the hard work it takes to get closer to your original state and getting in tune with your body, as time goes by you see that going Fruitarian will automatically solve a multitude of modern health issues without you having to know a thing, nature will just simply take its course. It's amazing the difference it makes to your body when you clear all that toxic waste out of your intestines, I found that my energy/vitality flowed much better and my strength increased considerably, my body seems to glow when I'm Fruitarian. I'm not going to wax lyrical about being Fruitarian and tell you that the Fruitarian lifestyle is absolutely amazing and my energy levels are through the roof, I'm not going to tell you that because I'm not a raw food Guru and I don't have to get you all excited so you buy

a product but one thing I will say is that just being away from cooked food makes all the difference to your health.

As Fruitarian I learnt that it's all about going back to your original state and going back to your original state means doing the things that used to come natural to us, such as exercise, back in the days we would get our exercise by hunting down our ripe fruits walking from tree to tree in search of our next ripe meal, we didn't drive, sail, fly or ride around in comfort. Movement used to be such an important part of our survival but now sitting in front of the TV/Playstation all day comes more natural to us! When you go Fruitarian your body will take away anything that is of no use or anything that is not being used, so I train on a regular basis and I've seen great results already and with very little effort considering that I only eat fruits, no nuts/seeds or greens, better results than when I was vegan or when I ate cooked food.

A lot of people when they go Fruitarian complain of losing too much weight and it's because that's what happens when you stop eating cooked food, you clean out, plus most people don't do anything to keep what they have anyway, I've found that when I was Fruitarian I actually wanted to exercise more and kept a lot of my tone. It's been a steep learning curve as far as training while in transition is concerned. As a Fruitarian I noticed that my body started to feel as though it was working, this is a feeling I had never felt before. I always felt blocked up from head to toe filled with cooked food and manmade junk.

Fruitarianism was good for me when I needed to make the transition from cooked foods to Breatharianism and that's all there is to it, one of the few issues with Fruitarianism I have is that fruits are manufactured by humans to look and taste a certain way and therefore in my opinion are no longer natural, quality is lost because fruits are manufactured and mass produced, for this reason I've come to learn not to be attached to the raw diets, you take what you need for any given moment and move on, I'm not going to bash it now and say how bad fruits are because fruits still serve a purpose and really there is nothing to bash. Many people want to prove a point and ask me what our original diet is, like

it has to be one thing and one thing only till you died with no room for evolution but at the end of the day I don't know squat and nobody else has a clue what we are talking about, not even the scientists, if there was a clear cut answer then everybody would already know the universal answer by now after all these years of debating and arguing.

So when somebody asks me what we are supposed to eat, I say that we all have the right to do whatever we want, after all we eat cooked food right and to me, people's ability to eat cooked food is perfect proof that Breatharianism is possible because if the body can survive in spite of eating man made food that has nothing to do with noting then the body can surely survive on nothing.

To me, the key is getting off cooked food, I believe fruits can be used as merely a bridge to getting off food completely and is not supposed to be our original food at all and this may upset the diehard Fruitarians but just because we can eat fruits doesn't mean it's our natural diet or that we are supposed to and it's the same with cooked food. Also, one question that as a Breatharian bugs the heck out of me is, how it is wrong to eat meat yet it is perfectly fine to eat fruits, having asked that question and got every Fruitarian mad as heck at me, I must admit that I only started to see fruits as being as alive as any other animal in the end stages of transitioning out of Fruitarianism to entering the liquidarianism stage, the concept of fruits being living beings never hit me until then and it hit even harder when as a liquidarian I started to get the calling to go Breatharian.

It all started at the back end of Fruitarianism when I used to cut fruits up with a knife or when I used to use my teeth to rip the flesh of fruits, I would simply get a funny feeling, then early when as a liquidarian when I used to cut and juice fruits, it felt like sending lambs to the slaughter, so I could drink their blood, I'd have the fruits lined up ready for execution and that's how it really felt, execution, in fact the raw food movement calls fruits living food so to me that said something right there. I ignored these feelings because after all, what else was I going to eat or drink, I had no concept of there being anything else past eating or juic-

ing fruits, in fact I was surprised I was even Liquidarian.

Like I said earlier, I have really no clue of what I'm talking about, I'm just sharing my opinion, I don't know what the exact purpose of fruits are or what we should be eating but all I can do is share my personal opinion and that is that fruits are their own self sustaining universe, all the nutrients they have is for them so they have everything they need to grow and when it falls from the tree to the ground, it then has its own materials for compost in the form of its own flesh. The longer I live as a Breatharian and the more I'm around fruits the more I believe that fruits are the babies of the trees which grow to be children and as they mature they become adults containing seeds within their wombs and that's my feeling on this. I really do not believe that plants are our true food or specifically for us humans or anybody else for that matter, I don't believe for one minute that we are so high and mighty that we actually have a specific food designed for just us.

One thing I noticed as a Breatharian was that I could no longer ignore these feelings or experiences because when I would go to the stores and I'd see stacks of fruits piled up high on the floor or in boxes, I would go in a trance like state and get the same sickening feeling I get as if I was to see stacks of African slaves piled up high on top of each other in a slave ship, it was like the fruits were communication with me and I was downloading their information, I would be stopped in my tracks, deeply drawn to the fruits and I'd feel a great sense of sadness when I touch the fruits and a strong sense that they were telling me their story and that they have been taken away from their environment and away from their purpose to be piled up in a store to be used as food and I would reflect and think how it would be if our babies and young children were to be taken away and stacked up in this way to be used as food. To this day, I often go in a trance-like state at these times, which is why I try not to go into fruit stores, markets or supermarkets. All I know is that at these times I feel a great sense of connection.

I think the issue here is that yes most fruits are sweet, tasty, in fact fruits are used as after dinner treats most times or we can just simply

eat them as they are, straight from the tree, in fact most people love to eat fruits but some peoples systems simply cannot handle them, so why is that, if fruits were so natural to us how comes many people react so badly to them and I guess the same goes for cooked foods, if it was all so healthy, why do we have so many people in hospitals, with cancer, why do we have so many people suffering from obesity, why do we have so many people suffering from depression, etc, etc, etc. To me something just doesn't make sense, when I try to make sense of it all I see is that the Raw community has it all wrong and that raw foods really doesn't make you any healthier at all and the same goes for those on the standard cooked food diet, the key to health here is that you got to stop putting cooked man made foods into your body, stop eating cooked foods.

Raw foods are simply the best thing to substitute the full feeling you would normally have in your stomach from eating vast amounts of cooked food so your gut doesn't shrink back to its natural size and give you that hungry feeling. Now I hear a lot of you readers right now thinking "Well, what do I eat now?" I'm not saying not to eat fruits anymore. I'm just sharing what I feel. You carry on doing what you feel you need to do.

Going 100% Fruitarian is a personal choice or progression, how fast or slow you make that progression is up to the individual but at some point it must be made, it's something you decide you either do or you don't, if you don't then you're going against the laws of nature and your body's natural will, it's really not our choice to decide if we go 100% or not, we are all supposed to be 100% Fruitarian, it's our bodies natural make up, a lot of these debates begin because people like the idea of going Fruitarian but don't want to let go of their cooked foods and want to come to some kind of compromise but that's not what going raw is about, you got to go cold turkey and 100%, you got to break free of all of the addictive and dumbing-down effects that cooked food brings.

I'm well aware that the detox process as a Fruitarian is extremely tough and 90% of the people that try it never get past the first two weeks but

shouldn't that be a sign as to how critical it is to get off cooked food, after all, why do we have to go through a detox/withdrawals if cooked food is so harmless. Why is it that we can quit fruits in the bat of an eyelid and never think of it ever again, yet when we try to quit cooked foods we are bombarded withdrawal symptoms and emotional purges, think about it guys there's so much to going Fruitarian than a good concept. It takes hard work and a realisation that cooked food has been manipulated to keep you addicted, so the idea of going 100% Fruitarian is not just for the elitists/perfectionist it's vital and I think that a lot of people need to really think long and hard about taking these steps. Over the years I've found that the concept of Fruitarianism has always come under fire and I got to admit, there's times when I can see why, I guess it's a very similar situation to the Raw foodist waxing lyrical to a SAD eater about the benefits of eating raw and the SAD eater feeling as though the whole thing is being pushed on them and wanting nothing to do with the thought of giving up cooked foods at all, well I've seen the same thing happen when it comes to the Fruitarian waxing lyrical to the Raw foodists.

A lot of people also have this idea that Fruitarianism is this God like Spiritual lifestyle that only the chosen ones can attain, I know this to be a load of rubbish because to this day I still cannot levitate and I don't have sudden urges to live by myself on the peak of a mountain but I know that it's also what some so called "Fruitarians" would like to have you believe because I've seen it happen so many times over the years, some people get so carried away with expressing how they feel, they use words like euphoric and magical, well I'll speak for myself and say that I'm still the same guy I was before I went Fruitarian, not much has changed, I'm still imperfect and I still make mistakes, I still get angry and I still laugh when someone trips up, the problem is that Fruitarianism attracts some colourful characters and the odd loony toon and unfortunately they are the ones that get all the attention, the long time raw foodists tend not to want to get involved with all the drama of the raw food forums so they stay away and get on with their lives and that's a real shame because these people could really help smash all these crazy myths and urban legends that surround Fruitarianism.

When it comes to problems with the teeth Fruitarianism gets a ton of blame, everybody blames the sugar in fruits for all their problems. Personally, I don't think it's the fruit in fact I know that it's not the fruit causing all the tooth decay issues that are associated with Fruitarianism, I believe the big culprit is the acidic waste coming out from every hole in your body during the detoxification period, I really don't think that people really understand exactly how much acid waste we have stored in our body or how much comes out at any given moment, in fact that's one of the reasons why we lose the appearance of weight/muscle mass when we go Fruitarian because we no longer need to retain the water to dilute the acid waste from cooked foods.

My detox was pretty hardcore and I only had brief periods of tooth aches, the tooth aches were due to my gums shrinking in size and because of this my teeth moved around a lot and that caused the pain and aching, I also had minor issues that I was already dealing with while I was on cooked foods, basically I had issues with my teeth because I was getting them bashed in every weekend from playing rugby without a gum shield which looking back was pretty dumb but at the time it was how I preferred to play and eating cooked/sweet foods, etc wasn't helping at all regardless how well I brushed my teeth because the food was rotting in between all the loose teeth, in fact the condition of my teeth was just getting worse and worse on cooked foods. So when I stopped eating cooked food that gave my whole mouth a break from the trash, but the detox brought out all the nasty acidic stuff out of every hole I had including my mouth and gums and that affected my teeth big time. I personally think that people pick on issues like this just to discredit Fruitarianism so which was why it was important for me to live and learn for myself.

As a Fruitarian what you eat or when you eat it isn't rocket science, you simply pick up a fruit of your choice and eat it, Raw Vegans are a little different, they want recipes and equipment but you'd think that with all the talk about how bad processed/cooked food is for you that Raw Vegans would know better right, nope, the Raw Vegan community hasn't

escaped the attack of the dollar signs with the food companies setting up shop looking to cash in and set the new standard where 100% raw produce is no longer a common sense option and convenient packaged and processed raw products are the order of the day. The raw vegan culture has gotten polluted with so many raw placebos, fatty raw gourmet recipes and processed raw product that we don't even need, people are making foods like raw cookies, raw ice cream, raw bread, raw chocolate and mock cooked foods which are exact raw replicas of the very same foods that they are addicted to and then we wonder why we still have addition issues and all of this is done in the name of gradually transitioning to the raw food lifestyle but really in my opinion, it's just laziness, laziness because people don't want to do what it takes to go raw properly and in the right way.

To me these raw placebos are a waste of time and are nothing but a huge distraction, they are tampered with or heated and put in jars, packets and called raw because they weren't heated past a certain point or because no other cooked ingredients was included at the time it was made, there's lots of reasons why the food industry can call a product raw without it actually being raw, in the same way that they can call bread 100% natural but when's the last time you saw it growing on a tree.

I've seen so many people fool themselves doing this, even the high profile raw guru's, then when they try to progress they realise that by eating those so called raw foods they were just suspended in animation and now have to start cleansing all over again, I've seen this happen to people that have been transitioning on these raw foods for over thirty years and in all that time all they did was de-hydrate themselves with these fake raw products and end up in a worst state than they were when they were eating cooked food. As I said before anything can be called raw but not everything is fresh, it's the freshness that is what makes something truly raw.

If you leave a raw fresh fruit outside its skin you will have an indication of when not to eat it because it will oxidize and go bad, you see this

most in fruits like apples, bananas that oxidize and go brown when you leave them out in the open air. Now, leave one of these raw energy/protein bars out of the wrapper and come back to it in fifteen minutes and it will look exactly the same as you left it, so much for being raw right, they have a much longer shelf life because it is not raw or fresh, people got to realise that these raw energy/protein bars and placebos like that do not fit into the raw lifestyle or philosophy.

Fruitarianism often gets real bad publicity so if you're waiting for any high profile guru to promote a lifestyle that they cannot sell such as Fruitarianism, well, you'll be waiting a very long time, no raw food guru will promote Fruitarianism because you cannot make money from it and there's too much work to do with cleansing, detoxing, etc and nobody wants to deal with all the weight loss and emotional issues that comes with going Fruitarian the right way, none of the guru's out there are qualified to deal with all that because they haven't progressed that far themselves.

If you think I'm making this up go ask your favourite guru his/her view on Fruitarianism. The detoxification process that comes with transitioning to the Fruitarian lifestyle is too much of a liability for guru's because when people start detoxing, losing weight and appearing to get sick they quit and blame the guru, some guru's even tell people to eat as much as possible for this very reason, can you imagine having to stuff yourself simply to avoid detox symptoms.

A few guru's back in the day used to promote Fruitarianism but they either got wise to the game and switched labels or they got beat down a long time ago. I think I've been one of very few to start promoting Fruitarianism again, you won't find any high profile raw food guru coming straight out and say that they promote Fruitarianism, I'm talking about people that are willing to blatantly promote Fruitarianism as in using the actual word "Fruitarian" to describe their diet. People that aren't ashamed to say they are "Fruitarian" or have the title on their website, etc, etc, you won't find any because the detox is too hardcore and means you got to put in work and you can't make any money out

of it. Like I say, in my eyes, everybody on a “strict” raw vegan diet is a Fruitarian but they won’t admit it or promote it.

Don’t believe me, then look at your own diet and if the vast majority of what you eat is fruits then you’re a Fruitarian plain and simple, now look at the diet of your favourite guru and see what you think. In my opinion, a fruit is anything with a seed/seeds. Fruitarianism can also include limited amounts of greens, nuts/seeds and veggies. Like I say, ask any of your favourite guru’s what they think about long term Fruitarianism or just eating fruits and see what they say.

There are so many people that are “or” can be labelled as Fruitarian. I see no difference between a strict Raw Vegan diet and a Fruitarian one. My issue is when people trash others on the Fruitarian lifestyle yet are living it themselves. It’s all senseless. You can re-package the Fruitarian lifestyle and sell it back to us under a different name to avoid being guilty by association and keep your sales intact, but at the end of the day, it’s still going to be Fruitarianism.

The reason why nobody wanted to be associated with Fruitarianism was because they saw being 100% raw as extreme and some people didn’t want to give up their cooked food, also because the transitioning was too hard for the majority of people so it got a bad rep. So the term Raw Vegan was born for folks that wanted to be labelled as raw but didn’t want to be 100% strict raw/Fruitarian. Even though to my mind “strict” raw veganism is in fact Fruitarianism, many people are actually Fruitarian and don’t even know it. Every raw guru I know from back in the day started off as a Fruitarian but then changed their label to raw vegan either to make themselves more profitable or they couldn’t handle the detox, you just cannot sell Fruitarianism because nature gives you the food and intuition for free and the detox can seriously kick your butt.

Yes, there’s a rule of thumb going around that says that if 70% of your diet is fruits then you’re a Fruitarian but if you go by the 70% rule and even if you didn’t, nearly everybody could be considered a Fruitarian, but nobody wants the label because it has a bad rep, even a lot of those

on high fruit diets don't consider themselves Fruitarians and say Fruitarianism is unhealthy, especially the guru's because when the detox starts the sales go down because people can't handle it and they blame their program for making them sick, etc. Think about it, how many of these guru's write books and talk about how they have the perfect program but when it comes to helping you get through your cleanse/detox process they leave you to fend for yourself, any long term raw foodist knows that being raw is the easy part, it's the detox/cleansing that will make or break you. I know some guru's with retreats do help people get through this but many high profile gurus don't. Many high profile guru's believe that you don't need to cleanse and that cleansing is dangerous but the reality is that many people reach the stage where they are so sick that they can't cleanse by themselves and they get into real bad problems because their guru is too busy talking about what science says and neglects the emotional and spiritual elements. You also have people with medical conditions getting on raw food forums and asking perfect strangers how to cure themselves.

It's not fruits or Fruitarianism that's at fault here, it's a lack of proper care and guidance from raw guru's and it's people not doing proper research about what they are getting into amongst other things. Tell you the truth I'm more concerned with people living in a way that works for them than living by labels, so I'm not being pro Fruitarianism, I just think that the raw community needs to look at how it's dealing with its issues and how it's helping individuals in need because after all these years absolutely nothing has changed. When I first started as a Fruitarian I was the only person I knew that was willing to admit I was a Fruitarian, that was the reason why I went by the username "The Fruitarian One" on the raw food forums for all those years, I got attacked for even using the word and folks said I was just killing myself, when in fact I just simply had to go through a good butt kicking from my detox and that's why you won't get any high fruit guru's referring to themselves as Fruitarians even though 70-80% of their diet is made up of fruits, the Fruitarian label simply has too much stigma/baggage attached to it and wrecks sales. All the other gurus aren't even 100% raw anymore and have no place teaching/guiding anybody.

Many high profile raw food gurus are bashing the high fruit or Fruitarian diet. This has been going on for years. My take on it is this...who cares? When I was a strict Fruitarian I got bashed by everybody, even fellow Fruitarians joined in because I chose to go all fruit. Now, people talk as if you have to stay on all fruit for the rest of your life and that's not true, your body will guide you to what it needs so if you're following your intuition you will be changing every so often. So if you are thriving doing what you do right now, then don't try to fix something that ain't broke. To me the main thing is to get off cooked foods, after that whatever floats your boat is fine by me. Gurus make claims of success because there's always going to be people that their program works for and there will be people that it doesn't work for.

If their program is high fruit, high fat or high greens they can all claim success but remember there is no one size fits all program that works for everybody. We all have a right to believe our own personal truths and nobody can really argue with that, as for me, I have my own personal truth based on my own personal experience. I think the most important thing here is not whose right or wrong but that although it's important to ask questions there comes a point where you have to live the lifestyle and find out for yourself and experiment, if things don't go right you simply tweak things until it does and find what works for you, there's certain questions me or anybody else just cannot answer accurately because we are not you and you are not us and just because I've thrived on just fruits doesn't mean that anybody else is wrong, it just means that I give my body what it needs to thrive at any given moment and maybe others that "failed" in the past have not.

Going 100% Fruitarian to me was like finding the holy grail, it was a major discovery and stopped the deterioration of my health, I was so happy that I wanted to tell the world, but all of this came at a cost and at some point the honeymoon would have to end and I'd have to get to work, by that I mean that I started off with the best intentions but my detox was kicking my butt so much so that I was constantly questioning my reasons for staying Fruitarian, my emotions would be up in the

air depending on the severity of my cravings, I was like a crack addict and people always picked up on my weakness and lack of faith in what I was doing, they would attack me for my choices simply because I had explained that I was doing this Fruitarian thing and I was just eating raw food, telling people you're going raw is cool and all but the problem with doing this is that you set yourself up for questioning, I wasted so much time and energy trying to explain that I was not going to die of the lack of nutrition and I didn't have an eating disorder, a few people would pretend to be interested and would humour me but others were not shy in telling me what they really thought, I soon realised that if I was going to tell the world what I was doing I was going to have to make sure this was what I really wanted to do. As a Fruitarian, when you're off cooked foods and done detoxing, etc and you get a chance to pop your weary head up, you are then hit by the fact that you now will see the world for what it really is.

The treatment of fruit these days is nothing short of disgusting but if you really want to be a Fruitarian, get used to it. Ideally to be successful on a Fruitarian diet you need to have gone through the cleansing process that naturally comes with quitting cooked foods for a number of years but every now and again somebody comes along that is completely drawn to being a Fruitarian straight off the bat, I was one of those people, all I wanted to do was eat fruits and nothing else, in my opinion at the end of the day if you have made the decision to take the Fruitarian path straight off the bat like that, you need to be aware that you're doing it without the experience of years of cleansing and that it's going to be extremely hardcore, there's going to be times where nothing makes sense.

Quitting cooked foods and eating fruits is a very liberating experience and I don't think that people really understand how much devastation cooked food really causes. Fruitarianism is part of an ancient way of living which probably goes back to the dawn of time, back then we didn't need to go through a detoxification process because we were already clean. I for one count myself lucky to have a body that is still able to function considering the amount of cooked food abuse I've put

it through over the years, a lot of people are not so lucky and when it comes to making the choice to go raw their bodies struggle to make the conversion then they quit and cave in to their addictions and blame their failure on raw foods. I think this is where a lot of our doubts about Fruitarianism stem from.

I think that if I had been seen by a doctor when I was going through my transitioning/detox process, I would of been told I had a multitude of “problems” for instance low energy, loss of focus, depression are all symptoms of detox your going to go through regardless and will be translated as sickness by most if not all doctors, I went through this and other symptoms for the longest time. I think people panic and listen to all the scare stories out there and most quit way before they have really started. People claim to get sick and I don’t doubt that but I think a lot of it is about giving your body time and space to do what it’s got to do, yes there’s going to be times when you’re going to fall below societies medical standards but you have to realise that your body is working hard to undo the years of damage caused by past eating habits. I also think that there is a big connection between the mind and health, if your minds not into it and you want to quit then you’re more likely to make false assumptions and have less of a connection with yourself. I don’t think people understand the power of cooked foods when they get involved in it.

It is shocking to the system and acts like a hard drug when you try to quit it. One sad aspect of Fruitarianism is that you are always going to be confronted with these two subjects; deficiency and protein it’s up to you how you deal with it but this is where developing your own personal truth comes in. Personally I have never experienced health problems on a Fruitarian lifestyle. Fruitarianism has always been the black sheep of the raw food family, it’s always been surrounded by fear and scepticism because so many have had bad experiences or failed to stick to it, unfortunately there’s no 2000 year old Fruitarian pioneer leader showing the right way to live, the truth is that fruitarianism should only be followed after several years of cleansing or a 100% Raw Vegan lifestyle otherwise it can be extremely hard at first but if you can weather the

storm you will discover a great sense of wellbeing and vitality, it's like the movie the Matrix, you'll realise that everything you thought you knew was a lie.

Living the Fruitarian lifestyle means you're always going to come up against opposition simply because you're challenging peoples boundaries and comfort zones, I know for a fact that Fruitarianism needs its own voice as it is generally not even accepted within the raw community. One of the most important lessons to learn about Fruitarianism is that Fruitarianism is simplicity itself and that the problem lies with people adding their own definitions to it, I personally believe that once the body cleanses totally there's only one way it wants to go and that's to go fruitarian then progress to Liquidarian, progress should always be made if your following your intuition.

Conflicting information on Fruitarianism reached a point where I got so fed up of it that I had to look at myself and ask how I felt on fruits , then make a decision and I've been ignoring information on the internet ever since because if I was to take any notice of all the info on the internet then I'd of given up years ago and would be found in some burger joint, I don't entirely agree with every raw article that I read and I don't think you can believe every article word for word either, everyone is different and you can only go with what is happening to you personally and make the adjustments you need to make in order for you to keep living your preferred lifestyle.

I learnt that at some stage I had to stop searching for information and listen to my body because the more I searched the more I began to doubt Fruitarianism and what shocked me is that I wasn't interested in finding the good info, finding the positive information didn't satisfy me one bit.... it was finding the negative information that satisfied me, the negative info just validated my negative thoughts, it was almost like I was searching for excuses to give up, I also found that I searched the most when I was going through hard detoxes/cravings, binging sessions and when I was on the verge of quitting.

I think when you start out on this journey it's so easy to over complicate things, I used to catch myself doing it all the time I personally believe that it's a result of eating cooked food and having to be more aware of what you're eating, fats, proteins, vitamins and minerals but with fruits you really don't have to worry about any of that! This is what I always tell people that dare challenge me on this subject, if we can spend all our lives eating cooked food that is void of nutrients then we can surely get by on living fruits. As Fruitarians we must learn that we no longer have to live by cooked food standards. I believe that our progress is all in the mind so if you really want to do this Fruitarian thing then you should develop a strong belief system and even though you may slip up time and time again you got to keep trying and keep believing that it's your destiny then in time you will reach the point where you just have to think about getting back on track and your body follows suit. We shouldn't waste valuable time worrying about what's right and what's wrong, it's really very simple, eat fruits, so knock yourself out, if you want to exercise, you should just do it because you enjoy doing it, we shouldn't worry about cleansing ourselves or what fruit can be eaten you should just eat fruits because you enjoy eating them and your body will do the rest.

I believe that we worry so much about the definitions of being a Fruitarian that we forget about actually enjoying where we are now and this mindset affects our progress. Let's face it we are never going to be pure because of modern day harvesting practises of our fruits and pollution in general, so why worry about being perfect in an imperfect world. It saddens me to see fellow Fruitarians going through this whole thing constantly worrying but maybe it's a process that we all have to go through in order for our journey to be complete.

In my opinion, a beginner Fruitarian is nothing but a strict Raw Vegan. Yeah! I said it! Isn't this a big shock?

After everything I've said about Raw Vegans too. But it's true. A regular Fruitarian eats pretty much the same as a very strict Raw Vegan. I can't tell you how many Fruitarians e-mailed me just cussing me out for saying this, they were acting as if Fruitarians were so special and it was

just such an insult to be associated with lowly Raw Vegan peasants and the sad thing was that I know some of these super spiritual Fruitarians that e-mailed abuse at me actually did feel that they were way more superior, me, I couldn't care less, it's only food, I wasn't going to not like somebody because they only ate fruit. I've known people that thought I was great when I was a Fruitarian but as soon as I progressed to Breatharianism they dropped me like a bad habit never to be seen again. I remember like it was yesterday when I first started my Fruitarian journey, the label of Fruitarian was a swear word, at that time everything was new to everybody and there were very few raw guru's around to tell the tale and the ones that were around were treated like gods, Fruitarian was the only real description in use at the time and you were either 100% Fruitarian or you were raw but binged a lot and they were generally seen as failures and didn't deserve the title of Fruitarian because they couldn't stick to being 100% Fruitarian, most people didn't mean to imply that those that couldn't do 100% Fruitarian were failures most understood how hard it was but that's how it seemed from some of the more outspoken elite and it was the "elite" that gave Fruitarianism a bad name, anyway, it was like there were the "haves" and the "have nots" and the "have nots" hated the "haves" to the point where the term Fruitarian which was the only term in use at that time struck hatred and fear in people that couldn't give up cooked food, there was a lot of pressure and a lot of people rebelling and since it was a new age movement too a lot of the people simply didn't want to be told what to do, I would get attacked on forums simply for having the word in the subject line, as time went on it soon became obvious to me that the reason for this wasn't actually because people hated me personally, people just resented the term Fruitarianism because it represented having to let go of everything that was not natural or of benefit to the body which meant all the little cooked treats and raw placebos had to go.

The knock on effect of going 100% Fruitarian was that the detox symptoms would be more intense and many people confused this for actual illness and viewed their reactions as signs that the 100% Fruitarian lifestyle was causing them to get sick, this caused many naysayers to revolt and say I told you so and the ones that did hold out soon buckled

under the pressure and increased detox, then they proceeded to trash the Fruitarian lifestyle and deem it as elitist and unhealthy after all, it was the whole going 100% Fruitarian thing that people focused on and an ongoing do you or don't you go 100% debate began, you had the people that supported the strict 100% Fruitarian concept on one side and you had the people that originally wanted to go 100% Fruitarian but couldn't handle it and were now trashing the idea on the other, this caused a split in the raw movement and the term Raw Vegan was born, it was a lose term that described the people that basically didn't want anything to do with Fruitarianism which had earned itself a bad rap for being too extreme, it was also blamed for making people sick and causing other health issues when in fact it was just allowing the body to cleanse and get off cooked foods. The problem was that at that time the cleansing reactions of the Fruitarian lifestyle were not fully understood and fruits got all the blame for everybody's problems.

Tips On How To Go Fruitarian

Yeah, for the majority of people going through the Fruitarian transitioning and detoxification process can be traumatic at times but it's by no means all doom and gloom and I see it as a time to value as it is the time you spend learning the most about yourself. So based on my own experiences, here's my tips to successfully transitioning to the Fruitarian lifestyle. The best and most important tip to know is that going Fruitarian is simply picking up a fruit and eating it, the tough part is giving up cooked food.

1) Avoid negative people...

Depending on your circle of friends you may need to be very careful who you share your new choice of lifestyle with as even the most understanding of friends may not share your new found joy. you may also find that Fruitarian friendly Raw food forums are hard to find and you may face your posts being deleted or you may find that your being trashed for no reason and even if you do find a Fruitarian forum, you

need to be sure they don't try to impose their definitions or ethics on you as some people go Fruitarian for other reasons other than health, besides after a while you'll realise that you can only talk about raw food for so long before it gets obsessive and boring.

As far as raw food forums go, the majority of the time people will be complaining about every little ache and pain and that's not a healthy environment for the transitioning mind, also the chances are that most of the people will be experiencing depression, anger, etc brought on by detox and as the saying goes "Misery loves company". Generally on these Raw food forums everybody is left to fend for themselves, there's no leadership, no direction and no voice to calm everyone down and let them know everything is ok, most raw food forums are only set up to sell the guru's supplements, books, doctrine, etc, you hardly ever see the guru offering free advice.

2) Be careful who you listen to...

Other people are not you and no one knows your needs better than you, the raw lifestyle works best when you follow your own intuition and not the conditioning of guru's that only see you as a dollar sign. Living the raw lifestyle for yourself is the only and the best way to learn the lifestyle, learn to take advice with a pinch of salt (pardon the pun) keep an open mind but still focus on listening to your own intuition/body.

3) Listen to your body...

I found that when I was eating cooked foods I really didn't realise how much my mind and my body was being altered, my body was jam packed with waste and was at a near standstill but was still being led by some addiction, I had no motivation to do anything, now my addiction to cooked food is gone it no longer plays such a heavy role in terms of how I feel, I no longer feel numbed down, drugged up, my thoughts are more positive, my mind is more alert and sensitive to what my body needs and more importantly I want to get active and better myself.

4) Realize the simplicity of it all...

Eating as a strict Fruitarian is as simple as picking/cutting up a fruit or vegetable and eating it but that's not what the guru's want you to know, they want you in a state of anxiety, depending on their word so you will keep giving them your support and money, think about it, you don't need a book to tell you how to pick up your favourite fruit or cut up vegetables and eat them, there is no secret way or method of eating fruits/veggies that only the enlightened ones know, nature has already given us the lesson for free.

5) Make cleansing a priority...

If you think you're pretty clean because you lived on a "clean" vegan diet for years and you've only eaten "healthy" whole foods, you know what, think again, you would not believe the amount of junk our bodies have had to store over the years from us eating several meals and snacks a day. I see so many transitioning Fruitarians suspended in animation, stuck in their detox symptoms and suffering from various health issues because they have kick started their cleansing process but are not keeping the channels of elimination clear by cleansing, so they just end up recycling their waste and end up feeling worse or causing their own health issues and this is the main reason why most people quit, they don't understand why things seem to be getting worse and panic and mistake their detox symptoms for illness, when in fact going Fruitarian simply brings out the waste that is already inside you, you just got to learn how to manage and quickly eliminate that waste. Make no bones about it. When you go strict Fruitarian you got to make cleansing and getting active your priority. Yes, cleansing will cramp your lifestyle a bit and it may mess with your vanity for a while but if you want to have a good transition you've got to help your body complete its task. Cleansing is hard initially but it gets easier as you go on, it's hard work but cleansing is something you got to do consistently if you want to see positive results.

6) Get fit/stay active...

In my opinion, one of the big mistakes people make while detoxing is to quit working out, staying active helps to keep everything moving, you can do any athletic activity you want to do while transitioning if you have the dedication to do it, yes along the way there's going to be a period where you're going to feel drained and exhausted but it's a sure sign that your body is using its energies to cleanse itself, detoxing may take some time, so be patient with yourself because there's not much you can do to escape this process.

7) Get/stay tough...

One thing I will warn you about is that it takes a tough, strong minded individual to be successful at going strict Fruitarian because for many people, getting off of cooked food is like quitting alcohol or cigarettes so be prepared for a long fight my friends.

8) Strive to eat your food raw/fresh and in season...

The art of eating as society knows it normally relies on consuming large amounts of cooked food with salt, condiments and sodas, for instance how many of you would eat a steak or tofu as is, with no salt/condiments? Unfortunately we live in a world where we are convinced that eating heavily processed dairy products, junk foods and baked, boiled, fried body parts of dead animals disguised in various flavourings, sauces and spices is healthy, in fact we even duplicate fake versions of all the above from soy beans, so vegetarians and vegans have an even "healthier" option to choose from, but have you ever thought how they can make soy taste like so many different products ranging from ice cream to chicken, well it's processed and covered in flavouring and sauces, it seems that if our food is not processed in some way we don't think it's healthy.

The average person in the street neither knows nor cares about how their body works and really has no idea what actually goes into the food they are putting into their bodies, after all, we eat what we want, we digest it and it comes out the other end, no harm, no foul right, wrong.

The obsession with processing our foods doesn't end there, the same goes for Fruitarians too, It seems as though many of us have gone from the pot into the frying pan with the consumption of these fake raw foods like raw cookies, raw breads, dehydrated this and blended that, personally, I don't think it matters what we eat, in my opinion it's the fact that it's cooked is what causes the problems later down the road but now as the raw lifestyle gets more mainstream we seem to be repeating our mistakes by not eating our Foods in their raw natural state and going for the processed option. Bear in mind that just because the label says raw doesn't mean to say it's fresh, the fact that it even has a label is an indication that it may not be as fresh as it should be. I always insist that if it's in a bag, box or glass the chances are that it's processed in some way.

As far as I'm concerned dehydrators, raw breads, raw cookies, etc have their place as great tools for those in the very early stages of transitioning to a strict Fruitarian lifestyle but if your goal is to progress to 100% Fruitarian then their use should be limited to the early stages of the strict Fruitarian journey and you should strive to eat fresh and seasonally, if your goal is to not go 100% and is simply to change your eating habits and create better options then they are another route you can take.

9) Do I have to go 100% Fruitarian?

No, not at all, unless you have certain goals. I believe it's vital that you enjoy this whole process and simply do what's best for you at any given time. It's also important to understand that there is no rush and no competition. Going 100% Fruitarian is your own personal choice, you make that choice by living the lifestyle and learning what foods work for you and by listening to your body, over time as you continue on with the Fruitarian lifestyle your body will eventually let you know of any changes you need to make. Going 100% doesn't make you a better person, it just makes you a cleaner person that is getting 100% of the benefits and allows your body to do what comes naturally.

10) Learn for yourself..

Well personally I think everyone should learn the ins and outs of living a strict Fruitarian lifestyle for themselves because what works for me may not work for others, going on forums and asking complete strangers a million questions about what you should and should not eat has never made sense to me because no one should know what your body needs better than you do. It's pointless asking anybody what you should eat because we can only give you random answers and none of us actually knows what you like or what's even available in your area...learn to go primal and hunt for the food you need, if you look for what you need you will find it/manifest it, trust me...sure we can tell you what to eat but does your body really need it, the true answer is in you. People get mad at me when I offer advice like that but trust me, have faith, do the legwork and you will manifest what you really need, it's happened to me many times, it's like nature provides something out of nothing, in this society everything is offered to us on a plate and when we go raw we are going back to nature, we forget about nature and being hunters/gatherers, keep the faith. Everyone needs to have their own experience so their knowledge/instincts are deep in their mind because it is what they know to be true based on their own experience, there's no script or secret method of eating raw foods, it's just about giving your body the right materials it needs at any given moment.

Don't listen to people that say you won't get all your nutrients eating fruits and veg, I spent 25 years happily stuffing as much ice creams, pizzas, cakes, chickens, beef, pork, Jamaican, Chinese, Indian, Mexican fast food, alcohol, etc down my throat as I could, which according to the guru's is supposed to be dead, void of nutrients, right and if my body can stand 25 years of eating dead foods then I'm confident that my body can survive on living, fresh fruits. I have never been sick or suffered any ill effects as a Fruitarian, none of my teeth have dropped out and I've experienced nothing but rejuvenation. At the end of the day it just boils down to developing your own instincts and doing what you believe in! No matter what other people say. Going Fruitarian will not give you eternal life, put you on a spiritual high (although some people say they have more E.S.P when Fruitarian but that's open for interpreta-

tion) or give you super powers but will dramatically improve the quality of your life.

11) Write down your reasons for going Fruitarian

Before you start write down your reasons for going Fruitarian and be as honest as you can because you will need something to refer back to when everything starts getting rough and your losing focus.

12) Take what raw food guru's say with a pinch of salt...

They have an income to protect and rely on you being fearful, plus they are only experts on themselves and really their opinions have nothing to do with you at all because nobody knows you more than you.

13) The difference between craving's and intuition...

If what you want to eat/drink is not for your highest or greater good then it's not your intuition, it's your addicted mind.

14) Slipping Up..

Realise that slipping up and wanting to quit on a regular basis is a given, so don't beat yourself up over it.

15) Raw Food Guru's...

The guru's don't know anything about you, so don't take what they write to heart.

16) Take yourself away...

If you find yourself angry and depressed due to detox then take yourself away from people and social situations.



lots of random Recipes...

The important thing to remember here is that getting off of cooked food is the key to health. These recipes will help bridge the gap, they are in no particular order, except that they get lighter as it goes on, because your supposed to be transitioning off of this heavy manufactured raw stuff that takes hours to make, right! See, that's what you get for getting a recipe book from a Breatharian personal trainer! Also, I can't take the credit for them, man, can you imagine me in the kitchen making and taste testing all these, no, these recipes were kindly donated by fellow truth seekers and some were courtesy of the internet.

This book is pretty much for the beginners or social types that occasionally need to entertain family and friends. It's not perfect or comprehensive but it's got enough for you not to blame me for keeping you hooked on eating poorly combined fruits and veg. After this reading this book, you will want to go Breatharian.....ha,ha just kidding!

Remember, don't get too caught up in being pure if you already know that you enjoy your food because if you focus on restricting yourself then your destined to fall alot faster. If your the hardcore sort of person that is prepared to go balls to the wall then go for it, come what may, you probably will find the lighter recipes, juices and smoothie section of this book of more use. Heck, there's even recipes for my fellow Breatharians/Inediates scattered about here and there, so don't say I never give you anything.

Much Love

A handwritten signature in black ink, appearing to read "J. L. White". The signature is written in a cursive, flowing style with a long horizontal line extending from the top of the first letter.

Apricot and Cocoa Almond Snowballs

Ingredients for Apricot Snowballs (makes 10):

- 100ml coconut milk
- 100g dried apricot
- 30g desiccated coconut
- 2 tbsp sugar
- 2 tsp orange extract
- 20g desiccated coconut, for coating

Directions:

1. Using blender, blend and mix in the apricots, sugar with desiccated coconut, add coconut milk and orange extract.
2. Roll the mixture into small balls in a dessert spoon and coat with desiccated coconut.
3. Leave them in the fridge for a couple of hours before serving.

Ingredients for Cocoa Almond snowballs (makes 10):

- 100ml coconut milk
- 30g blanched whole almond
- 30g ground almond
- 3 tbsp sugar
- 3 tbsp cocoa powder
- 1 tsp vanilla extract
- 20g desiccated coconut, for coating

Directions:

1. Using blender, blend and mix in the whole and ground almond, sugar with cocoa powder, add coconut milk and Vanilla extract.
2. Roll the mixture into small balls in a dessert spoon and coat with desiccated coconut.
3. Leave them in the fridge for a couple of hours before serving.

Chocolate spread

Ingredients:

100ml soy cream

50g hazel nut

60g hazel nut cookies (gluten and dairy free), crumbled to powder form

2 tbsp soy powder

3 tbsp cocoa powder

2 tsp orange extract

Directions:

1. Using blender, blend the hazel nut with soy cream until smooth.
2. Pour them onto a bowl, mix in thoroughly the cookies, cocoa and soy powder and orange extract.
3. Transfer the mixtures to a tray and leave them in the fridge.

Butterbean Mayonnaise

Ingredients:

1 tin butter beans

3 tbsp olive oil

3 tbsp cider vinegar

1 tsp wholegrain mustard

1 clove fresh garlic

½ tsp salt

1tsp dill seeds (optional)

Directions:

1. Combine all the ingredients and blend well.
2. You may have to add more oil or some water to achieve a smooth texture.
3. This mayonnaise will last for up to a week if kept refrigerated.

Peanut sauce for dipping

Takes 10 minutes

It can be used as a dip for snacking raw veggies or as a salad dressing.

Ingredients:

100g peanut sauce
small ginger
1 clove garlic
1 spring onion
a few fresh coriander leaves
2 tbsp sweet chilli sauce
2 tbsp sesame oil
2 tbsp water
1 tbsp soy sauce
2 tsp sesame seeds
1 tsp sugar
1 tsp lime juice

Directions:

1. Blend all the ingredients until smooth paste is formed.
2. Serve as a light snack by dipping the raw veggies in the sauce.

Simple oriental salad

Takes 15 minutes

It is a refreshing salad which is simple to make.

Ingredients:

50g vermicelli (glass noodle)
1 small carrot, cut into strips
½ cucumber, cut into strips
1 stalk celery, cut into strips
1 small chilli, deseeded (optional)
a few coriander leaves, coarsely chopped

1/2 tbsp roasted salted peanuts, crushed

Seasonings:

1 lime juice

2 tbsp sesame oil

1 tbsp sugar

Directions:

1. Soak the glass noodle in boiled water for 15 minutes, drain and rinse with cold water.
2. Mix the noodle with carrot, cucumber, coriander and celery.
3. Mix in the seasoning.
4. Transfer to a plate, sprinkle with peanut, serve in room temperature.

Nutty snack bar

Takes 10 minutes

Toasted nuts and seeds are delicious, nutritious and easily made. They are a good source of protein, essential fatty acids, minerals, vitamins and fibre. They are great as snacks in between meals.

Ingredients:

2 tbsp Sunflower seeds

2 tbsp Walnut, crushed

2 tbsp Pine nut kernels

2 tbsp Sesame seeds

2 tbsp Desiccated coconut

4 Apricot, chopped

2 tbsp Barley malt syrup

½ tbsp Maple syrup (1 tbsp if you have a sweet tooth)

Directions:

1. Place a greased proof paper on a small tray/plate.
2. On low heat, dry fry the sunflower seeds first, then walnut, pine nuts, sesame seeds until they are a shade or two darker.

3. Add in the desiccated coconuts until lightly toasted.
4. Turn off the heat, stir in the apricots, barley malt syrup and maple syrup and mix well.
5. Transfer them to the plate, flattened and let them cool in the fridge for 1 hr.
6. Once hardened, cut them into rectangular shapes and serve.

Variations:

You can use mix nuts and other seeds, e.g. pumpkin seeds for this recipe.

Mushroom patty

Takes 20 minutes, serves for 4 people

It is not only nutritious and delicious, but also rich and smooth. It can be served as appetiser or light snack.

Ingredients:

- 100g pinenut
- 125g/ ½ pack tofu
- 125g/ ½ pack chestnut mushroom
- 1 small tomato, peel the skin
- 1 medium shallot, finely chopped

Seasonings:

- 1 tsp salt
- ½ tsp vegetable seasoning
- 1 tsp black pepper
- ½ tsp sugar
- 1 tbsp chilli sauce (optional)

Directions:

1. Blend pinenuts, tomato and tofu in a blender with small amount of water until smooth. Add in the seasonings.
2. On low heat, heat the little olive oil in a pan, stir fry the mushroom and shallot, then add the blended mixtures for a few

minutes until lightly cooked.

3. Transfer to a bowl to cool and then leave it in the fridge.
4. It can be served on cracker, crisp bread or toast.

Tabbouleh - cous cous and herb salad

Ingredients:

- 1 ½ cups whole wheat cous cous
- 2 cups boiling vegetable stock
- Juice of 1 lemon
- 2 tbsp olive oil
- 2 ripe tomatoes (chopped)
- 1 red onion (finely chopped)
- ½ cucumber (cut into small cubes)
- 1 big bunch of flat or curly leaf parsley
- 1 small bunch of fresh mint
- 3 tbsp raisins or sultanas
- 2 tbsp toasted sesame seeds
- Salt and pepper to taste

Directions:

1. Toast the Cous Cous, either under the grill or in a pot until it is a shade darker and place in a bowl or pot together with the raisins.
2. Pour the boiling vegetable stock over the Cous Cous and raisins.
3. Cover with a tight fitting lid and put aside for five minutes.
4. Remove the lid, fluff up with a fork and allow to cool slightly.
5. Wash and drain the fresh herbs. If you have a salad spinner dry the herbs using that, alternatively press them dry with a clean tea towel.
6. Chop all of the herbs as finely as you can and mix together with the cous cous.
7. Add the chopped tomatoes, red onion and cucumber and mix well.

8. Pour over the lemon juice and olive oil, season to taste with salt and pepper, and garnish with toasted sesame seeds.
9. Allow the salad to rest for a few minutes before serving.

Nutty Snack Balls

(Raw – made of seeds, nuts and dried fruit)

Yield 6 balls (1½” diameter each)

Ingredients:

- 2 tbsp Sunflower seeds
- 2 tbsp Walnut, crushed
- 2 tbsp Pine nut kernels
- 2 tbsp Sesame seeds
- 2 tbsp Desiccated coconut
- 6 Apricot, chopped
- 5 Medjool Dates, pitted (Stones are removed)
- Extra 2 tbsp Desiccated coconut (for coating)

Method:

1. Add all the ingredients into a mixing bowl. Use hands to mix and knead the mixture.
2. Break and mash the dates at the same time so that they become sticky and binding the rest of the ingredients.
3. Roll a small portion of the mixture to make into a 1½” ball.
4. Roll the ball in the extra desiccated coconut to coat so that the surface becomes less sticky. Place ball in a plate.
5. Repeat step 3 and 4 until the mixture is finished. You will make about 6 balls.

Note: You can double the ingredients to make 12 balls.

Breatharian Salad

Stuffed Mushrooms

1/3 C pine nuts
3 cloves garlic, minced
1/3 C fresh cilantro, packed leaves, chopped
1/3 C fresh basil, packed leaves, chopped
1 T lemon juice
1 C tomato, chopped
2 T Braggs or to taste

Put all ingredients into a food processor, except the tomatoes, and pulse chop several times. Stop to scrape down the sides and repeat. Add the tomatoes and continue to pulse chop until just blended. Keep a texture to apesto, it should not be a puree. Remove stems from mushrooms and stuff the filling into the cap of the mushroom. Place on a dehydrator sheet and dehydrate at 105 degrees for 2-4 hours.

Zucchini Rolls

Squash or zucchini
lemon
olive oil
garlic
basil
oregano

Mix lemon, oil and spices together. Slice lengthwise, into flat thin “bacon” strips. Marinate squash in lemon oil. Dehydrate. roll with arrugula. Pin roll with toothpick.

Sunburgers

2 C sunflower seeds, soaked 6-8 hours
1/2 C carrots
1/2 C celery
3 green onions, sliced
1 red bell pepper, sliced
1/4 C fresh basil
1/4 C fresh parsley
Braggs to taste

Process all ingredients with S blade in a food processor. Make patties and dehydrate at 105 degrees for 12-24 hours until dry. Turn patties over when dehydrating on a teflex sheets after 6 hours.

Vegetable Kebabs

4 mushrooms
1 zucchini
1/2 cauliflower
1 red bell pepper
2 carrots
1 onion
2 inch piece fresh ginger, peeled
2 cloves garlic
1/2 C Braggs
2 C water
1/2 t cayenne
1 t basil
1 t oregano

Clean and cut first six vegetables into chunks. Blend remaining ingredients and pour over vegetables in bowl. Marinate overnight in refrigerator. Put onto wooden skewers and dehydrate for 24 hours at 105 degrees.

Veggie Burgers

- 1 large red onion
- 1 large bell pepper
- 3 carrots
- 1 small head cauliflower
- 1 lg. stalk broccoli
- 1 C almonds, soaked 12-24 hours
- 1 C sunflower seeds, soaked 5-6 hours
- 1/4 C sesame seeds, soaked 5-6 hours
- 5 cloves garlic
- 2 T Braggs or to taste
- 1 t cumin
- 2 T dried Cilantro or 1-2 C fresh

Blend all of the above ingredients and seasonings in a champion juicer with solid plate, or a food processor. This blended food is your patty mixture. Form and put 1/2" thick patties on a teflex sheet and place trays in dehydrator. Dehydrate at 105 degrees for 8-12 hours or until desired texture is obtained. Flip your burgers after 4 hours and remove teflex sheets, continue to dehydrate for 4-5 hours or until desired moisture is obtained.

Raw Hummus

- 1 c. chick pea sprouts (sprouted overnight)
- Juice of 1 lemon or lime (I prefer lime)
- 2 T. fresh orange juice
- 1 clove garlic
- 2 T. raw tahini
- Optional seasonings: ground cumin, spike or sea salt to taste, chives, paprika, cayenne pepper

Blend all of the ingredients. Add water to thin to desired consistency.

Lasagna

Base:

2C almonds, soaked 12-48 hours with skin removed
1 1/2C sunflower seeds, soaked and rinsed
3 stalks celery
2 carrots
1C fresh basil
1T Bragg Liquid Aminos
1-2 cloves garlic

Process all ingredients through a Champion Juicer using the solid plate or a food processor using the “s” blade. In a glass rectangular dish, spread the base and pat lightly.

Topping:

1 1/2C sun-dried tomatoes, soaked 1 hour
1 C fresh basil
1 clove garlic

Process sun-dried tomatoes in a blender with a little soak water and blend until the consistency of icing. Add basil and garlic; blend to make a spread. Spread topping onto base and garnish with fresh parsley.

Zucchini Surprise

3 shredded zucchini
2 red apples cut in small pieces
1 avocado cut in small slices
cumin to taste
Braggs to taste

1. Mix all ingredients together and serve.

Crunchy Taco

3 ripe avocados
1 lg. onion
1/4 cup fresh lemon juice
1/4 cup fresh parsley, chopped
1 1/2 tsp cumin
2 cloves garlic, chopped
1 cup sun dried tomatoes, soaked and chopped
2-3 chopped jalapenos
1 1/2 tsp sea salt
romaine or leaf lettuce

Cut the avocado into chunks, and pour lemon juice over it. Chop onion in food processor, then add the rest of the ingredients and process until smooth and creamy.

Spoon some of the mixture into a lettuce leaf and wrap around mixture.

Samosas and Chutney

1 cup soaked walnuts
1 head cauliflower
1 yam
1 onion
1 zucchini
1 lemon, juiced
1/2 cup peas
2 tbsp curry powder
2 tsp celtic sea salt or nama shoyu
2 cloves garlic
pinch of cayenne, habanero or jalapeno (if desired)

Cuisinart (food process) the nuts and garlic to a paste; Cuisinart the peeled yam and cauliflower to a puree; dice onion and zucchini; mix with rest of ingredients; form into pyramid; bread (if you have any raw bread

or cracker crumbs); dehydrate 3- 9 hours at 95 degrees.

Chutney

In a blender place 2 cups sweet fruit (bananas, persimmons, cherries, etc); 1 cup pitted dates; 1/2 tsp. curry powder; pinch of sun dried lime (optional); pinch of cayenne; 1 tsp. salt or nama shoyu; 1 clove garlic; 1 inch ginger; 1 tsp olive oil; splash of h2o. BLEND UNTIL CREAMY

Tops- Use oven on lowest setting with door open if no dehydrator; serve with sliced cucumber, salad, sliced purple onion. Samosas should be crispy on the outside, soft on the inside; serve with a generous dollop of chutney!

Strawberry/Banana Pie

Ingredients:

1-1.5 cups soaked almonds
0.5 cups dates
1 tsp. cinnamon
0.5 tsp. nutmeg
0.25 cup orange juice
3 pints strawberries
4 bananas
0.125 cup fresh shredded coconut

Instructions

1. Freeze 2 pints of the strawberries and 2 bananas
2. Blend almonds, dates, cinnamon, nutmeg and orange juice in a food processor.
3. Form the blended mixture into a pie crust in a 9 inch pie dish.
4. Process the frozen fruit to a sorbet consistency in a Champion juicer using the blank plate.
5. Slice up the remaining strawberries and bananas.

6. Layer the sorbet and fruit slices over the pie crust.
7. Decorate with coconut.

Raw Birthday Cake

1 Bunt Cake Pan

16 oz. of dried organic figs, soaked overnight in distilled water*

16 oz. of dried pitted organic dates, soaked overnight in distilled water*

12 oz. bag of organic almonds

2 big bunches fully ripe bananas (organic if possible)

* Soak fruit in separate bowls. The water level for soaking is about half full. Do not cover the dried fruits completely.

Remove stems from soaked figs, puree figs and set aside. Puree dates put in separate bowl, chop almonds in food processor or blender and set aside in its own container. Peel and puree the bananas in a blender or food processor.

To Build the Cake

Place almonds in the bottom of the mold; 2nd layer, pureed figs; 3rd layer almonds; 4th layer pureed bananas, almonds, dates, almond, figs or whatever order you desire. Almonds should be the first layer and end with dates or figs the last layer. Cover and freeze overnight.

To Serve

Remove from the freezer, place upside down on a plate and allow to sit a few minutes until thawed enough to release from the pan. Can be carefully set in warm water just long enough to release the cake, being very careful not to get water in the cake.

Rainbow Sorbet

- 4 frozen peeled kiwi
- 1 box frozen strawberries (tops cut off)
- 1 frozen pineapple (peeled, sliced)
- 6 frozen bananas
- 4-6 fresh mint leaves
- 3 fresh bananas

1. Freeze fruit 8-12 hours ahead of time.

2. In food processor with “S” blade: blend 2 frozen bananas, kiwis, mint and 1 fresh banana in food processor. This is the first layer. Put into a parafait glass, place in freezer

3. Second layer: in food processor, blend 2 frozen bananas with frozen strawberries and one fresh banana. This is the second later, put on top of first layer, return glass to freezer.

4. Third Layer: in food processor, blend 2 bananas, frozen pineapple, and one fresh banana and put on top of second layer, garnish with fresh mint and serve immediately.

8-12 hours to freeze fruit; 20 minutes to prepare; 4-6 servings

Notes:

You can just make one layer and eat that. Each layer can be eaten separately, on it’s own. Any fresh fruit can be used- keeping banana as the base.

Sorbet can be prepared with several machines. The vitamix does fine. The champion and the Green Power can do this as well, using the solid ‘blank’.

PEACH PIE

1/2 cup pecans
5 peaches
1/2 cup chopped dried pineapple
3/4 cup chopped fresh pineapple
1/2 teaspoon apple pie spice (I don't use)
1/2 teaspoon cinnamon (I don't use)
2/3 cup pitted soft dates, such as Med-Jool
1 1/2 cup fresh berries for garnish (I used blue)
1 (9") Almond-Pecan Pie Crust

In a small bowl, cover pecans with water and soak for 8 to 12 hours. Drain and rinse. Set aside.

Peel and halve peaches, reserving skin. Remove pit and thinly slice flesh. Set aside.

In a food processor or blender, blend peach skin with pecans, dried and fresh pineapple, spices and dates.

In pie shell, layer 1/2 of peach slices in a fanned spiral (I throw in). Evenly spread 1/2 of pineapple mixture over peach slices.

Repeat with remaining peach slices and pineapple mixture. (I came out with three layers ending with peaches.)

Garnish with fresh berries of your choice. Serve immediately or refrigerate and serve chilled.

Almond-Pecan Pie Crust

1 cup almonds
1/2 cup pecans
1/3 cup chopped pitted soft dates, such as Med-Jool
3 tablespoons water

in separate bowls, cover almonds and pecans with water and let soak for 8 to 12 hours. Drain and rinse.

In a food processor, grind almonds to consistency of moist meal. Place in a medium-size bowl and set aside.

In a food processor, grind pecans to consistency of moist meal and stir into almond meal. Set aside.

In a food processor, blend dates and water until smooth. Stir into nut mixture until thoroughly mixed and dough-like in consistency. Shape nut mixture into a ball and place on 12" length of waxed paper. Top with another 12" length of waxed paper. Flatten ball with palm of hand. Using rolling pin, roll out dough into a circle 11" in diameter.

Carefully remove top sheet of paper. Invert pie crust into an oiled 9" pie plate, pressing gently. Trim excess crust and press gently to even edges of dough.

Place crust in a food dehydrator set at 125 degrees for 2 hours. (Or pre-heat conventional oven to 250 degrees and immediately turn off heat. Let crust sit in oven with door closed until it is dry and set, about 30 minutes.)

Cashew Coconut Delight

Use your judgment as to the measurements--I tasted this once and was very impressed, but my friend forgot the recipe! I've tried it on my own and come up with this:

Ingredients:

Cashews
Dried Pineapple
Shredded coconut
Fresh coconut milk (optional)
Fresh wheat germ (optional)

Grind a handful of cashews in a food processor
Put ground cashew meal, dried pineapple chunks, fresh coconut milk (or water) into a blender and blend until it has a smooth, mud-like consistency. Put the mixture into a bowl and add lots of shredded coconut (and wheat germ, if you'd like) until the mixture can be rolled into small balls. Roll the mixture into small balls and cover with shredded coconut. Put in refrigerator for a few hours.

Date Mousse

6 medjool dates in water
Purified Water
2 young coconuts - Available at Asian Grocery Stores.
optional:
raw carob powder, cinnamon powder, raw nuts

Directions:

Split open coconuts (be sure to drink coconut milk first)
Soak dates in 4 oz water for 15-30 minutes
Scoop out meat of the young coconuts into blender jar
add soaked dates (no need to add the water)
Blend until a smooth consistency.

Add Cinnamon powder or raw carob powder to taste.
can sprinkle some chopped nuts on top.

Banana Ice Cream

Peel and freeze very ripe bananas in a plastic freezer bag. Very ripe banana skins have no green, they have black or brown marks all over, and the stem is brown or snaps back effortlessly.

Freeze a minimum of 8 hours. Depending upon your freezer it may take at least 12 hours.

Place in a Champion Juicer using the blank plate or Green Power/
Green Life Juicer with blank screen. 1 to 2 bananas is a normal serving.

If you using a blender or processor, use a little fruit or berry juice, or soak water from rehydrated fruit.

You may add to the blending process any of the following: carob powder, shredded coconut, any berry, dates.

After the ice cream is made you can add: raisins, walnuts (dehydrated after soaking), or carob dressing (carob, honey, and avocado, blended together).

Raw Apple-Kiwi Pie

Crust:

3 cups almonds
3/4 cup honey dates
1 tsp. vanilla

Filling:

1/3 raisins
1/3 dates (chopped)
1/3 apples (shred and run through Cuisinart)
1/4 - 1/2 tsp. cinnamon
1 tsp. vanilla

Topping:

sliced kiwi

Mix crust ingredients in food processor. Spread out in circular pie pan and form crust. Mix together filling, and place into crust.

APPLE DESSERT

4 red, sweet apples
Cinnamon
Spring water

Core the apples, and grate 2 or 3 of them. Pureé the grated apples with some spring water in a mixer. Cut the remaining apple(s) into little cubes and place in a bowl or plate. Pour the apple-pureé over the cubes, add some cinnamon and serve.

Carrot Fruit Cake

Cake:

1 cup dried figs, soaked
1 cup raisins, soaked
1/2 cup pitted dates
4 cups shredded carrots
3 cups soaked nuts (almonds, walnut, or cashews)
1/2 teaspoon each: ginger, cloves, cardamom

Topping:

1/2 cup dates
1/2 cup cashews
1/2 cup soaking water

Soak figs, raisins and dates in 3 1/2 cups of water for one hour, reserving liquid. Soak nuts in 5 cups of water for 8-12 hours.

Drain, rinse and drain nuts again. Place nut in food processor and chop finely, place in large bowl. Add figs, raisins, dates and spices to processor and process until smooth. Pour mixture into bowl with the nuts. Mix well.

Add carrots mix thoroughly. Form mixture into desired shape. Process dates, cashews and soaking water until smooth. Spread on top of the cake.

Mango Pudding

2 Mangos

1/4 Lime (Optional)

Shredded Coconut & Chopped Pecans, to taste

Use a vegetable peeler to peel mangos. Then place a knife flush to one of the flat sides of the mango pit and cut the mango away from the pit. Add 1/4 lime and blend until perfectly smooth. To complete the dessert, pour into dessert cups/dishes and add shredded coconut and chopped pecans to taste. This also tastes good with just the pureed mango.

Coconut Cake

Crust:

- 1 cup raw unsoaked walnuts
- 1/2 cup of your favorite pitted dates
- 1/4 cup young coconut water
- 4 table spoons of raw carob

1. Blend the walnuts and dates in a food processor till the mixture is smooth.
2. Mix in the 4 Tbs of carob and the coconut water.
3. Spread one layer of crust out on a plate.
4. Place sliced fruits on top of first layer.
5. Place second layer of crust on top.

Icing:

- 1 cup young coconut meat
- water, enough to blend into thick topping
- 1 tablespoon honey

1. Blend all the ingredients in a vita-mixer.
2. Spread icing on cake.
3. Decorate with fruit slices and nuts.

simple Dressing for salads

Mix together equal parts lemon juice, orange juice and lime juice.

Add fresh minced garlic

fresh dill and your favorite salad herbs

pinch of celtic salt

(can blend in avocado or olive oil if desired)

Chill to blend flavors

Serve over tossed salad

Sunflower Seed Cheese

3 cups sunflower seed meal (2 cups seed)

2 teaspoons kelp

3/4 cup fermic (I think this means rejuvalac--anyway, that's what I used)

Mix together, knead well and pack into covered dish. We like Corningware, square covered dishes. Or make into a roll and wrap in cellophane or plastic wrap. Set aside in the kitchen for 24 to 36 hours. Mold may appear on the top of dish but it is good and adds to the flavor. However, for guests, you may want to scrape it and the darkened top off. Serve from the dish at the table, or slice from roll. It will keep in the refrigerator for a week to 10 days.

Tahini Dressing

Dressing:

3/4 cup sesame seeds soaked (3 hours); blend along with soak water until fairly smooth.

Mix together with:

juice of 1 lemon

garlic to your taste

tbsp. or so ginger powder

1/2 cup olive oil

maple syrup

about 1/4 cup apple juice

Pinenut Basil Dressing

1 cup pine nuts soaked overnight

1 cup filtered water

2 cups fresh basil

1 Tablespoons Nama Soy

1. Blend soaked pine nuts in a food processor with basil, water, and soy until creamy.

Avocado Mayo

2 avocados
3T walnut or other oil
2T honey
1 cup pecans
1/3 cup rejuvelac or water
(some) cider vinegar
dashes of lemon juice, sea salt
horseradish mustard to taste (for a bit more character)

Grind nuts to a meal. Put oil in blender, adding chunks of avocado. Slowly add nut meal, blend til all is smooth. Add honey and other things, to taste.

Fresh Mango Salsa

3 large fresh mangos, peeled
1 Tbsp. crushed jalapeno peppers
4 green onions, chopped
2 Tbsp. cilantro leaf
2 Tbsp. freshly squeezed lime juice
pinch of finely chopped red chili peppers

Directions: Remove fleshy part from mango seed. Discard seed chop the mango flesh. Combine mango with remaining ingredients in medium sized bowl and stir to combine. Wrap tightly and refrigerate one day before serving or leave covered for two hours at room temperature to allow flavors to blend. May be stored in refrigerator up to 5 days. Add a dash of crushed red chili peppers over salsa for color before seving.

Pesto Sauce

1/4 lb. basil, fresh
2/3 cup lemon juice
1 cup pumpkin seeds (soaked organic)
3 cloves garlic, raw
pinch of cayenne
a little filtered water in the blending process.

Sunflower Dip

sunflower seeds
lemon juice
garlic cloves
tahini
tamari
cumin
cayenne

Soak and sprout organic sunflower seeds. Put seeds and garlic through a food processor or Champion with the blank. Mix to a paste.

Veggie Dip

2 celery stalks
2 carrots
1/2 cup tahini (raw organic)
1 Tbsp. lemon juice
handful of parsley

Put through a food processor.

Raw Salsa

Chop 6 Medium Tomatoes

1/2 Cup Chopped Onion

Chop 1 Small Banana Pepper (not Jalapeno)

4 Celery Stalks, minced

Mixed chopped vegetables together and allow to stand one hour.

Add the following Seasonings:

1/2 Cup Safflower Oil

Chopped nuts or seeds to taste, if desired.

1-2 Minced Garlic Gloves

1/2 Cup of Sweet Basil Leaves

Allow mixture to sit until flavors have blended, approximately one hour.

For added zest add the juice of one lemon and one lime.

Guacamole Dip

2 very ripe avocados

2 Tbsp. onion, chopped fine

1 clove garlic, minced

1/2 red pepper, cut fine

1/2 green pepper, cut fine

1 medium ripe tomato, peeled and chopped

2 stalks celery, chopped fine

1 Tbsp. lime or lemon juice

Halve the avocados, remove pits and scoop flesh into a glass container.

Mash with a fork and blend in remaining ingredients. Serve as quickly as possible. Serve w/ fresh veggies.

Thai Guacamole

Ingredients

1 avocado, pitted and peeled
1 cup green beans
3tbsp lime juice
2 tbsp minced ginger root
1 tbsp chopped, seeded jalapeno
2 tsp minced garlic
1 tsp curry
1/4 cup minced cilantro.

Instructions

Puree avocado, beans and lime juice until smooth. stir in all other ingredients.

Simple Salsa

Ingredients

1.5 pounds whole Organic Roma tomatoes
5 Serrano chilies
1 medium peeled onion
2 TBS dulce flakes (sea vegetable)
1 tbl. cumin
1 clove peeled garlic
optional (this recipe is a good start! feel free to add other things such as cilantro, and other herbs to make it even better!)

Equipment: blender or food processor

1.Place all ingredients in blender; blend to desired consistency.

Mushroom Gravy

1/2 C almonds, soaked 12-48 hours and blanched
1/2 C water
2 C shitake mushrooms
water for consistency
1/2 C shitake, finely chopped
1/4 t garlic granules or 1 clove garlic
2 tsp. Bragg Liquid Aminos

Blend almonds and water until smooth, set aside. Blend mushrooms add water for consistecny. Add almond milk, chopped shitake, seasonings and mix well.

2 large pears
3 small fuji apples
1 t cinnamon

Clean, core and dice pears and apples. Place in a blender and add a small amount of purified water and cinnamon, process for approx. 30 seconds. Pour mixture on teflex sheets and place trays in dehydrator. Dehydrate for 6-8 hours, remove teflex sheets and flip fruit leather over. Continue dehydrating until desired moisture is obtained.

You can make a fruit leather using any fruit and any combination and amounts.

Apple Raisin Cookies

2 C sunflower seeds, soaked 4 hours and rinsed.
2 fuji apples, grated
2 large bananas
1/2 C dates
1 C raisins
1 t cinnamon
1 T flax oil
1 C walnuts, soaked 2 hours, chopped.

Process sunflower seeds and bananas through a champion juicer with no plate (grate). Mix all ingredients together in a large bowl. Spoon dough on a dehydrator tray with a teflex sheet and form into small round cookie. Place cookies close together on the sheets. Dehydrate at 105 degrees for 4 hours, turn cookies over and remove teflex sheet. Continue dehydrating until desired moisture is obtained, approximately 3-5 hours.

Banana Barley Cookies

1 1/2 cup barley (soaked)
3 bananas
1 tbsp vanilla
1 cup dates
1/3 cup water
1 cup chopped walnuts

Add a whole peeled orange and 1 tsp. of orange peel to make barley orange cookies.

In blender:

Put all ingredients in a blender and mix thoroughly (except walnuts). Add walnuts to mixture after blender.

Place batter on a teflex sheet. Dehydrate at 100 degrees for approximately 8-10 hours. Be sure to turn cookies after 4 hours.

DRIED FIG BARS

Crust: 1 cup almonds

1/2 cup macadamia nuts or cashews

1/3 cup sunflower seeds (or a cup if you leave out macadamia)

1/2 cup oat flour (grind whole oat groats in a coffee grinder)

2 cups wheat sprouts (sprouted for 2 days)

1 cup pitted dates

1/2 vanilla bean, chopped

Filling: 15-30 small whole dried figs

Soak the nuts and seeds 3 hours, and dates 1/2 hour. Grind wheat sprouts first in food processor then everything else except figs (add little date soak water if needed). Press half this crust mixture into Teflex sheet of Excalibur Dehydrator. Puree figs in food processor and spread over crust. Top with the remaining crust. Cut into squares. Dehydrate for ten hours, or longer if you want crunchier.

Raw Brownies

1 cup date paste*

1 1/4 cup raw almond butter

1 1/4 cup raw carob powder

1/3 cup honey

Mix and press into 9 x 9x square (pyrex) pan. Refrigerate at least one hour. Cut into squares.

* 1 lb dates = 1 cup date paste. Can use green life/green power or champion juicer with blank screen to make paste. (or purchase date paste)

Fudge

2c soaked cashews
1c pitted dates
1c raisins, unsulphured
2 heaping T carob powder
1/2c fresh pineapple juice
1/2c distilled water
1c flaxseed meal
1c chopped walnuts

Drain cashews and put in blender or processor with dates, raisins, carob, juice and water. Whiz to thick paste. Stir in flaxseed meal and water. Press onto ungreased cookie sheet and freeze for 2 hours. Cut into squares and store in the freezer.

Coconut Crunch Macaroons:

Ingredients:

2 cups almonds
1 cup shredded coconut
1 T almond extract
6 - 10 pitted dates

Instructions:

- 1) Soak almonds 8 hours, dates 2 hours
- 2) In blender: blend with 1/2 cup water from dates, with almond extract, dates, and shredded coconut (keeping dough thick)
- 3) Drop 'dough' on wax paper, or teflex sheets on dehydrator trays. Dehydrate 12-24 hours at 105 degrees, turning over when dough is firm.
- 4) Serve warm at desired chewiness

Time:

10 minutes to prepare
12-24 hours to dehydrate
30-45 cookies



Liquidarianism

In my personal opinion, 100% Liquidarianism is the second initiation to go through in order to reach higher levels of consciousness and get you closer to your original state. It is an extremely important and even sacred spiritual act/event that should be held in the highest regard. Going Liquidarian which for me was drinking fruit juice only was funny because I spent years only drinking fruit juice before I even realised I was actually living as a Liquidarian, it's a stage that just creeps up on you slowly, to me I was just juicing fruits to enjoy in the hot summer, next thing you know it's a regular thing.

Being a Liquidarian was the bees knees for me, I thought I was the stuff, I thought I had arrived, yes, this was the end of my journey, this was where I was supposed to stop on my path and live on happily ever after, or so I thought, I had never pictured myself going any further than this because it was a stretch to get this far. Mentally I reached my limit because anything beyond this was just not a thought because the next so called step was the dreaded bad boy himself Breatharianism and I really wasn't looking to go that way because I had my own doubts and fears, plus I'd heard so much crap about it.

I was a liquidarian for years, I had water melon juice in the summer, grapefruit juice in the spring and orange juice the rest of the time, until it reached the point where I was just juicing oranges and I lived off of oranges exclusively for about three years. Citrus was a huge staple, I used to cut oranges up in quarters and suck the juice out of them, I never ate the flesh, with the citrus I never had any issues at all with my teeth, in fact my mouth was in the best shape when on citrus. To be real with you I'd love to be all intellectual and drop some amazing science one time for your mind about Liquidarianism but there is very little to say about something that really doesn't involve doing much at all, people always wanted to bring mainstream nutrition, science into it and make it all complicated but it all boiled down to simply drinking fruit juice.

Going Liquidarian was my first introduction to a food free lifestyle of any kind, it was how I learnt my trade as a Breatharian, without actually knowing it, it was a different ball game in ways I never even thought of when I went food free but luckily at this point all my emotional and physical purging was over, it became more of a spiritual thing, I also had to learn how to deal with the attention, good and bad which was now at a whole new level. It was a whole new ball game now and it wasn't so much about learning the ins and outs of what to drink or nutrition but it's more about completely letting go of deep rooted conditioning and every attachment, as well as dealing with the reactions of others and all the miss-information that people have had drummed into them.

Going Breatharian tends to bring out the "instant dieticians" I had chain smoking alcoholics that couldn't wait to step up and tell me how I was killing myself by not eating meat, they would spew out memorized, second hand knowledge, knowledge that comes from years of conditioning, brain washing and propaganda, in fact, I would question these people about what they were doing and none of them knew why they ate what they ate or did what they did and the worst thing is that they all knew that they had life threatening eating and lifestyle habits but none of them could tell me why they were still doing it and I was supposed to be the crazy one, this is why I don't give people the benefit of the doubt when it comes to doing the right thing because people already know that what they are doing is unhealthy, the problem is that they just can't stop doing it. Personally I think that because of fear we spend too much time stressing about what to eat, as if there is some special system or formula to eating right.

Making a positive change and taking the first steps to transitioning to going Fruitarian is a great thing but in my mind it's simply a part of the taking away and becoming lighter process because the ultimate goal is really to get off of cooked foods, that is essentially the key to it all, what raw foods you eat after that doesn't really matter. Folks passionately argue about food and try to defend their diet as if their life depended on it, I've never understood why they do this, after all it's only

food and there is so much more to life than wearing a “I love fruits” t-shirt. Some people believe that fruits are our natural foods, well in my opinion fruits are for fruits, fruits are self sustaining to a point, until it’s time to feed the seeds, we are the same, in a perfect world we are our own self sustaining universe and if our bodies are healthy, we have everything we need to sustain ourselves the problem is that we are not in a perfect world, our organs are all swollen and inflamed, nothing is it’s natural size and after generations of degeneration because of our cooked food diet.

I drank fruit juice when I was thirsty and stopped when I felt content and that was the end of that. I thought that I was happy doing the Fruitarian thing but I must admit Liquidarianism was even better and of course it was, it felt that way because I was ready for it, I felt so complete and settled and it really wasn’t that far from being a strict Fruitarian. I learnt that living successfully on the Liquidarian diet really relied on getting even closer to your original state and letting go of previous concepts of diet, loving yourself and getting more in tune with your intuition, another thing is that the closer you get to not eating solid foods the more emotionally based your life gets, love and positive communication begins to play a huge role in being successful, after all, when you love yourself and your temple, you naturally want to do the best you can do for yourself, you start to want to bring beautiful things into your life and space instead of trashing it with negative energy from negative situations and toxic waste from cooked foods.

I learnt that as with Fruitarianism I was going to get a ton of opinions from people that had no idea what they are talking about so I already knew not to go asking a million people on raw food forums or guru’s what the next step should be or what they think of Liquidarianism because I already knew that the answers were already deep within me and I knew anything I’d get back would be based on fear, I’ve seen too many people want to go Liquidarian but get put off by the opinions of the inexperienced high profile guru’s. I already knew not to listen to anybody because these people were not me and I was not them and they could only talk from where they were at, in fact there wasn’t re-

ally many people I could talk to for support because I was already a trail blazer. When I was a strict Fruitarian, I was already breaking the mould and blazing a trail and I learnt that the closer I got to going food free the angrier people got, it really messed with peoples comfort zones that I was letting go of food and the funny thing was that the people that made the most fuss were the Raw Vegans and Fruitarians, people on cooked food really couldn't care less, I think the reason for this was because half of the people didn't believe me anyway and the other half didn't care as long as they didn't have to. Personally, I get sick of questions because I don't feel that it's really our business to know the ins and outs of what works in the body and what doesn't and how people can tell you that you need this or that and tell you what is going on with you internally is beyond me, how they can tell you how much protein is in an apple and how much you are absorbing is again, beyond me.

I feel our job is simply to follow our instincts and get on with living, we think too much and do too little, after all you don't see animals in the wild calculating their protein or carb intake. Like I say there's too many people picking this lifestyle to death and not enough are living it and learning for themselves, I think a lot of this stems from people nit picking at a subject they are not even ready for, it's like stressing about something that may never even happen. I found that by this stage I really didn't care what anybody said or thought about my lifestyle, I was happy and blazing my own trail I had already proved to myself and everybody else that being fit, healthy and Fruitarian was indeed possible, I also proved to myself that the vast majority of what society knows to be true is a load of crap and as a Liquidarian I was soaring past my own self imposed limitations and conditioning.

I think the biggest mistake people make is thinking that I have all the answers or that I'm an expert, well, I am an expert but I'm an expert on what worked for me. How am I able to go food free, well, to be honest with you, I can sum it all up in two words "hard work", over several years I stopped putting addictive ingredients into my body, stopped eating vast amounts of solid foods cooked and raw, which in time allowed my stomach/organs to shrink back to their original size and once

I got to something close to my original state, my body simply ran on auto pilot, doing what it's supposed to. The problem is that most people don't want to go beyond the call of duty and put in the work like I did and then wonder why they are still struggling to get past the starting line. I have my own ideas and personal truths about what happens and doesn't happen but anybody that really knows me, knows that I don't feel the need to concern myself with all the analyzing, I leave the nutrition to my body to sort out, my concern is that I just get on with living life to the fullest. So I'd say the key to my success was that I took time to gradually learn my trade and that I spent years doing the basics very well, I only focused on two things, cleansing and staying active.

I think it's so important to remember that success doesn't come overnight, going through all the dietary stages and transforming your body is an extremely slow process and although I talk about going cold turkey the truth is that going cold turkey rarely works either but in the grand scheme of things it works out better going into the battle with the intention to take action than it is going into the battle with the intention of going easy on yourself and trying to slowly transition because transitioning slowly takes forever to master and even then you're still messing up and overeating, etc. I've great success but please don't look at me and think I'm great or that I'm inspirational because I'm not, I've quit and messed up just as much as anybody else, I just learnt by my mistakes.

If there's one thing you may have figured out already is that I do not give up easy and this was no exception. Years went by and I definitely felt intuitively guided towards Breatharianism and to my surprise and frustration the feeling was getting stronger. I had the bit between my teeth and was determined to do this come what may because for the first time ever I was starting to feel that it just might be possible. Well, back and forth I continued to go over the years. Some summers were good and some bad but looking back at the situation I was being extremely hard on myself. Those summers in Texas were absolutely amazingly hot. How I went without liquids in that intense heat and still worked out as hard as I did is beyond me. But, of course, back then I wasn't going

to be happy until I had mastered breatharianism and myself. So here I was, a Liquidarian, just living off of orange juice after three years or so which in itself would have been more than good enough for anybody else. But here I was getting these intermittent pangs for Breatharianism and in my eyes failing myself miserably.

Again, I would go back and forth giving up and then picking the ball back up and giving it another go each summer and just when I was about to give up for good and call it a day I had a little transition to water. This was strange because I always hated water fasting because I could never do it. But here I was wanting to do it and on top of that it was feeling real good. Water never tasted so good. I was a Waterian for about six months and in that time I really starting to see Breatharianism in my sights and I still hadn't come to terms with actually being okay with the idea of wanting to be a Breatharian after being so against it for so long.

When I think about it I realise that what got me transitioning to Breatharianism was an intuitive calling that I had no control over, it was like it was already planned out but back then I put it all down to my experiments with going without liquid in the hot summers of Dallas, Texas, I call them experiments but really it was a calling and I was being drawn to Breatharianism with each summer, it was funny because you would think that a Texas summer would be the last season you'd want to go Breatharian but that was how it was for some time. I'd go without juice first for some days and as the summers went by, I would feel the need to extend the amount of days without liquid each summer, there was no plan or schedule, I was simply following my intuition and it just was what it was, many times I would get over confident and try too hard to push myself to go longer than I needed to go without liquids but I simply wasn't ready and would go back to juice thinking how much of a big failure I was, by the later stages of Liquidarianism I was seeing definite signs that I was being led towards Breatharianism but still, I was having what I felt were unsuccessful summer stints and even though I was doing this in the intense Texas summer heat where the temperature was always in the hundreds, I still found reason to beat my-

self up over not totally going Breatharian. I reached the point where I was really doing well but in my head it was a complete disaster because I just couldn't manage to go completely liquid free when I wanted to, so after some fierce internal battles I called it quits and gave up on the idea or so I thought, I may have given up on Breatharianism but Breatharianism hadn't given up on me.

So because I felt unsuccessful at going Breatharian for so long and no matter what I tried I didn't think it was possible but something wasn't right, I recognised that intuitive feeling I had from my early Fruitarian days, that intuitive feeling that says "even though this may seem impossible, everything is going to be ok and with divine timing you will do it." so I took great comfort in that, yet I was still stumped as to how it was going to happen because it really did seem so impossible, especially in the heat of the Texas summers.

To be honest with you and I don't mind admitting this but I gave up on going Breatharian and just lived life as best as I could as a Liquidarian but as time went on I was getting closer to Breatharianism without actually intending to, actually going Breatharian seemed to depend totally on divine timing because mentally things were already in motion. I was changing, I was getting more in tune with my inner self and my intuition and the more I changed the less liquid I wanted, soon I was spending more time as I Breatharian, only drinking a few sips of water every couple of days or so, I was getting excited because I actually saw progress and it was progress I didn't have to work too hard for because the time was right for it to happen.

More time had passed and I continued to build on my progress, some days were good and a few were bad but even though I was going back and forth I was still making solid progress but it wasn't until a trip to Mexico that things really went into overdrive. Mexico was really the place where I found myself and realised that Breatharianism was for me, the spiritual energy there took me and made a man out of me. I had tested the waters in Texas and grew from baby to teenager there but my experiences in Mexico really took me to another level, I grew more

aware of who I really was, I also received much love for being a Breatharian which was something I had not received in the states. In Mexico, I was loving the sun and sea. I had all of nature's resources at my doorstep and it was a pleasure to make full use of it. I was so much more relaxed and confident about doing this whole Breatharian thing. I felt that at last I was ready to commit to this. In fact, I had to take time out to do some real soul searching to decide if it was what I really wanted to do because I knew that a whole new can of worms was going to be opened if I carried on my path. Then when I decided to go for it and transition to Breatharianism I stopped and took time to celebrate and reflect on what I had been through and what I had achieved over the years and for me it was a pretty emotional time, as I looked back at the things that had happened I went through every emotion, I got angry all over again, I laughed, I cried and I was amazed I came this far with my sanity.

I didn't get a chance to savour the moment for long because the minute I said I was going Breatharian I already had a line of people ready to throw my past back in my face so they could call me a fake, people refused to let me move on or accept that there was life for me after food but at the end of the day it was my mistake for continuing to be such an open book, it was just like going Fruitarian all over again but ten times worst.

I had a few supportive online buddies from when I was a Fruitarian that were cool but they still didn't really know me and at this point I was no longer interested in the whole proving a point thing, I simply wanted to share my progress with people so they could see for themselves the possibilities of progressing to a food free lifestyle but it was too far a jump for people to handle, heck, I was getting crap from people just by saying I lived off of fruits only back in my Fruitarian days, so what the hell was I thinking and when I told people I was going Breatharian for some reason they didn't hear me say "I was going Breatharian" instead they heard me say that "I have been Breatharian for ten years" as soon as people saw the word "Breatharian" they only saw what they wanted to see and only listened to what they wanted to listen to and everybody wanted to poke and prod me and rip me a new one based on their own

personal agenda, the angry demands for proof came thick and fast and I made another mistake by getting caught up in all the hype instead of keeping my mouth shut and keeping a low profile. Naysayers and doubters were as much a part of my life as my lifestyle was, I had spent so many years as a martyr I didn't know any other way of being, it was just so normal for me to be getting some kind of crap from somebody that knew nothing about me or what I was really doing, most of these people were still stuck in my past or they had totally twisted information about me to suit their argument.

All I wanted to do from day one was share my experience in a bid to open minds, from day one I'd seen the narrow mindedness of people and I wanted to make a change and sharing my life was my way of doing it but now things were getting stupid, it was like I was head butting a wall for no good reason, I had come full circle and now it was time to get off the merry go round. I soon learnt that I couldn't trust anyone, all of a sudden everybody had an agenda, I would get offers to come visit Fruitarians I knew online and I even took a couple of them up on their offers only to learn afterwards that they only wanted to examine me and observe how I lived like I was some lab rat and as soon as they got what they wanted their attitude towards me would soon change but as I said earlier I was caught up in this circle of people and didn't know any other way of being but all these experiences with people were lessons that I learnt from.

Hey! wake

up..

now

Back to

the

food!!!



Salads soups, juice 'N' stuff

Mashed Avocado Salad

2 Avocados

2 Celery Ribs

1 Tablespoon lemon juice

Pinch of Garlic Powder (homemade)

1/4 Teaspoon jambalya seasoning (optional)

Mash avocados and chop celery small. Mix the rest of the ingredients.

Eat as is or wrap into lettuce leaves. If you are not used to salt free foods, add a little sea salt to taste.

Mexico Slaw

2 cups shredded red cabbage
1 cup shredded green cabbage
1 tsp. sea salt
2 Tbsp. or more fresh squeezed lime juice
2 tsp. honey
2 green onions, chopped with tops
3 Tbsp. or more chopped cilantro
pinch of cayenne
* add more sea salt and white pepper if desired.

Combine all ingredients well. Serve immediately

Spinach Salad

organic spinach
1 cup shredded carrots
1/2 cup tahini
nama shoyu
lemon juice or cider vinegar
2 chopped garlic cloves

Immerse loose spinach in a pot of cold water, rinse well and strain.

On the side, mix together 1/2 cup shredded carrots, 2 Tbsp. nama shoyu, 3 Tbsp lemon juice or cider vinegar with chopped garlic.

Adjust the nama shoyu or lemon juice to taste. Thin to desired consistency and toss the spinach and dressing. Now add the rest of the shredded carrots and any other vegetables that you choose.

Gingered Carrot Coleslaw

5 carrots, grated
2 cups shredded red cabbage
1 cup raisins
1/3 cup sunflower seeds
1/3 cup pumpkin seeds

Toss together salad ingredients before adding dressing:

2 tsp honey or maple syrup
2 Tbsp lemon juice
1 Tbsp grated ginger
4 Tbsp cold-pressed oil of your choice
(we like flax or walnut)
dash of salt

Dissolve the honey in the lemon juice.
Add remaining ingredients. Pour over salad and toss.

Greek Salad

tomatoes, chopped
cucumbers, sliced or chopped
red onion, chopped
bell pepper, chopped (optional)
oil & vinegar

Cabbage Veggie Salad

Chop and mix together:

Cabbage

radishes

dulse

cumin

tahini

bell peppers

red onion

garlic

sesame seeds

Avocado Salad

1 cup wild rice, soaked 3 days (change water daily)

Hass avocados, organic, mashed

Add to avo:

1 small red onion, minced

1 small red bell pepper, minced

1/4 lime: the juice

1/2 tsp. cilantro, dried

3/4 tsp. kelp (sea seasoning)

sprigs of oregano

cayenne to taste

Mix all ingredients together.

Avo-carrot Soup

Carrot juice
avocados
dulse
ginger
cayenne
garlic
onions

Blend all together in blender or if you like it chunky just blend avocado, ginger, garlic, and juice together. Then add chopped onions, cayenne and broken up pieces of dulse flakes.

Carrot Soup

2 pints carrot juice
1 tahitian squash
2 cups carrot pulp
Blend together in the blender

1 tsp. curry
dash of cayenne
celery, minced
wild rice, soaked
sunflower seeds, sprouted for crunch
parsley and lemon gems (flowers) as garnish

Add mixtures.

Orange, Carrot and Seed Salad

Ingredients:

Carrots

Orange

Sunflower Seeds

Pumpkin Seeds

Sesame Seeds

Directions: Grate 2 carrots, add sliced segments of orange, then sunflower, pumpkin and sesame seeds. Mix together.

Carrot Soup

3 cups fresh carrot juice

1 large avocado

handful of alfalfa sprouts cut into thirds

small sprig of parsley or cilantro leaves

1. make carrot juice.
2. Cut avocado in half.
3. Place carrot juice and avocado in blender, and blend until smooth.
4. Put sprouts and parsley on top of the soup.
5. Note: Any combination of vegetable juice can be used to make soup.

Eggplant & Avocado Salad

1 Large Eggplant
2 or 3 Ripe-But-Firm Ripe Avocados
2 garlic cloves, chopped finely
1/2 Red Onion, chopped finely
Juice of 3 Lemons
4 Tbsp. Extra Virgin Olive Oil
Dulse Flakes and Pepper to Taste
2 Tsp. Raw Honey

1. Pare and dice eggplant. Place in a deep bowl and immediately cover with cold water acidulated with juice of 1 lemon.
2. Whisk together: oil, garlic, dulse flakes, pepper and juice of 1 lemon. Set aside.
3. Peel and dice avocados. Place in bowl and toss immediately with juice of 1 lemon.
4. Drain eggplant and combine with avocados. Add chopped onion.
5. Whisk dressing again and add to mixture. Toss gently.
6. Set aside for about 15 minutes. Chill if desired.
7. Before serving, toss gently again and sprinkle with honey.

Lava Soup

Ingredients:

2/3 quart of carrot juice
4 avocados
5 cloves garlic
2 inch ginger root
1 tsp. paprika
pinch of cayenne (or more) to taste
2 Tbsp. of tamari

Preparation:

Blend all ingredients in cuisinart or blender until smooth (add carrot juice last).

Salsa Salad

Ingredients

1 bunch of cilantro
5-6 roma tomatoes
1 small yellow or red onion
1 small chili pepper
2 ripe avocados.
handful of whole dulse leaf

Directions

Chop cilantro, dice tomatoes, dice onion, finely dice chili pepper, dice avocado. After dicing each ingredient add to large bowl. Tear whole dulse leaf into bite size pieces, add to bowl. When finished, toss.

Cucado Soup

Ingredients

2 large cucumbers
1/2 avocado
1 tsp. lemon juice
1 tsp. fresh dill
Optional: handful of cherry tomatoes

Instructions

Blend all the ingredients in a blender and serve

Optional: add the cherry tomatoes to the soup

Summer Fruit Salad

Ingredients:

Blueberries
Peaches
Plums
Pears
Bananas
Green leaf lettuce
Celery

Instructions:

Slice up the fruit and celery as desired

Arrange the lettuce leaves to line the inside of a bowl

Add the fruit and celery to the bowl, topping with the blueberries.

Shredded Sprout Salad

Ingredients:

1 Cup Shredded Carrots
1 Cup Shredded Cabbage
1 Cup Diced Celery
1 Cup Alfalfa Sprouts (can substitute other types)
2 Tablespoons lemon juice
Spices as desired

Directions:

Shred Carrots and Cabbage.

Dice Celery.

Combine all ingredients in bowl and toss

Add Spices over the top.

Carrot & Beet Juice

4 carrots

beet with greens

5 - 6 leaves of Romaine or other leaf lettuce

3 - 4 leaves of spinach

Funky Carrot Juice

1 beet with greens

stalk celery

large handful of spinach

large handful of parsley

1 green pepper (or whatever pepper is organic)

1-3 cloves garlic (to taste or what you can stand)

1 slice of ginger

enough carrots to make a quart of juice

(usually half of a 5 lb bag)

Energy Smoothie

1/2 Cup Filtered Water

1/4 of a Whole Pineapple, peeled and cut into pieces

10 Strawberries

1 Mango, peeled and cut into pieces

1 Banana

3 Ice Cubes

Carrot/Strawberry Juice

4-6 Carrots

6 Strawberries

Orange Treat

Juice from 2 valencia oranges (fresh squeezed)

10 oz frozen mango

3 oz (or more) frozen raspberries

1 young coconut water and meat

1 vanilla bean

Place above ingredients in blender and blend.

Golden Joy

Ingredients

2 kiwi fruit

1 banana

1/2 cup orange juice

1/2 cup frozen mango chunks (or other frozen fruit chunks)

Peel and slice the kiwi fruit, and blend. Add banana, orange juice and frozen fruit.

Blend until smooth

Pour over ice cubes in two long glasses.

kiwi potluck smoothie

3 kiwis

4 nectarines

2 carrots

2 bananas

Green Tonic

Handful of spinach
3 stalks of celery
2 stalks of asparagus
1 large tomato
1 cherry tomato for garnish

1. Bunch up spinach and juice with celery.
2. Juice asparagus with tomato.
3. Mix juices in a tall glass and garnish with a cherry tomato.

Orange, Papaya And Banana Shake

½ orange, peeled (leave white pithy part on)
½ papaya peeled
1 banana
Orange twist for garnish

1. Juice orange with papaya.
2. Place juice and banana in to a blender or food processor, and blend until smooth.
3. Garnish with the orange twist. Pour into a tall glass.

Raw Vanilla Almond Milk

1 cup soaked almonds

(Soak in a bowl in the refrigerator overnight and rinse before using)

3 cups water

1 vanilla bean, seeds scooped out

3-5 soft pitted dates (or soak hard dates in water for 1/2 hour) or

other sweetener to taste such as honey or stevia

To make raw almond milk blend the soaked almonds with the water until smooth. Then strain the mixture through a sprout bag, cheesecloth, or strainer into a big bowl. Save the almond pulp in a container and put in the refrigerator for later use.

Put the almond milk back into the blender carafe and blend in the vanilla seeds and dates or other sweetener until smooth. This milk will last in the refrigerator for about 3-5 days. Shake well before using.

Green Surprise

1 kale leaf

1 collard leaf

small handful of parsley

1 stalk of celery

1 carrot, greens removed

1/2 red pepper

1 tomato

1 broccoli floret

celery stalk for garnish

Juice leaves and parsley, then the celery and carrot. Follow with red pepper, tomato, and broccoli. Garnish with celery stalk.

Lettuce Wraps

INGREDIENTS:

2 very ripe avocados
3 tomatoes, diced
1/2 jalapeno pepper, diced
2 tbsp yellow onion, diced
3 cloves fresh garlic, minced
1/4 cup fresh cilantro, chopped
kernels from one ear raw organic corn
2 tsp fresh lime juice
6-8 large romaine lettuce leaves

PREPARATION:

In a medium sized bowl, mash the avocado.

Add remaining ingredients and stir until well mixed.

Spread 2-3 tablespoons of this mixture onto lettuce leaves and wrap.

Fruit Salad

chop into pieces:

Papaya
avocado
banana
kiwi
raisins
dates
jicama

then add for flavoring:

vanilla, ginger, lemon, basil

Tomato Bowls

6 medium tomatoes
1/2 small cucumber
2 sticks celery
2 spring onions
1/2 cup fresh parsley
1 tablespoon fresh mint
1 clove garlic
2 teaspoons kelp
1/2 cup sunflower seeds

1 tablespoon lemon juice
1 tablespoon olive oil (optional)
celtic salt to taste (optional)
makes 12

cut tomatoes in half scoop out centre
add tomato pulp to the other ingredients
finely chop all ingredients ,mix well and
fill tomato halves, great for a side dish
or for finger food use cherry or small tomatoes.

Indian Raita

Chop equal amounts:
tomatoes
red onions
cucumbers

Season with a little:
sea salt
cumin

Melon & berry fruit bowl

Ingredients: ½ galia melon
6/8 blueberries (a small handful)
6/8 raspberries (a small handful)

Directions:

1. Cut the melon in half
2. Scoop the flesh out of the melon with a small spoon into a even size
3. Put the small pieces of melon back into the melon shell.
4. Serve the melon fruit bowl with blueberries and raspberries on top.

Melon, mandarin & kiwi fruit bowl

Ingredients: ¼ galia melon
1 small mandarin orange
1 small kiwifruit

Directions:

1. Cut the melon in half
2. Scoop the flesh out of the melon with a small spoon into a even size
3. Put half of the small pieces of melon back into the melon shell.
4. Top the melon with mandarin and kiwi in a melon bowl and then serve.

Fruit sticks

Ingredients: 8/10 raspberries
8/10 blueberries
8/10 red & green grapes
2 big strawberries
2 cherries
2 walnuts

Directions:

1. Skewering the different fruits onto the pointed chopsticks as you want, then serve.

Mixed fruit & nut salad

Ingredients: ½ banana
Small handful raspberries
Small handful blueberries
Small handful red & green grapes
1/2 strawberries
2 dates
A few walnuts & cashewnuts

Directions:

1. Slice the banana into thin pieces
2. Cut the dates into small pieces
3. Mix all the fruits & dates into a bowl
4. Top the fruits with walnuts and cashewnut, then serve.

Carrot Lemonade

4-5 medium carrots
1/2 medium lemon
1 mildly tart apple (fujis or galas are nice)
1 small 1.5 - 2 “ wedge red cabbage
1 round of ginger, about the size of a quarter

Fruit & Green smoothie

Takes 10 minutes

The benefit of making your own smoothies is that you know exactly what has gone into them. They are simple and easy to make. The fruits and vegetables have plenty of vitamins, minerals and anti-oxidants and are extremely beneficial to our health and well-being.

Fruit smoothie ingredients:

2 small ripe banana

10 strawberries/200g

300ml soy milk

Green smoothie Ingredients:

10/12 dates

2 handful spinach

½ /120g cucumber

300ml drinking water

Directions:

1. Place all of the Ingredients in blender and blend until smooth.
2. For green smoothie, blend the dates until smooth, then cucumber and lastly spinach.

Variations:

You can add or mix different fruits and vegetables for the smoothie recipes.

Melon & cherries juice

Ingredients: ½ galia melon
6/8 cherries (a small handful)

Directions:

1. Cut the melon in half
2. Scoop the flesh out of the melon
3. Remove the stones & stems from the cherries
4. Mix and blend the fruits in a blender until smooth
5. Pour out the juice into a glass, then decorate with a cherry and serve.

Banana, pear & strawberry smoothie

Ingredients: 1 medium banana
1 medium pear
3 strawberries

Directions:

1. Remove the skin of the banana and the pear.
2. Mix the strawberries, banana & pear and blend them in a blender until smooth
3. Pour out the mixture into a glass and serve.

Banana & berry smoothie

Ingredients: 1 medium banana
3/4 tablespoon blueberries
2 tablespoon raspberries
2 strawberries

Directions:

1. Mix and blend the strawberries, banana, blueberries & raspberries in a blender until smooth

2. Pour out the mixture into a glass and serve.

Orange & grape juice

Ingredients: 1 orange
8 red grapes
8 green grapes

Directions:

1. Peel and segment the orange
2. Mix and blend the orange, red & green grapes in a blender until smooth
3. Pour out the juice into a glass and serve.

Mandarin, kiwi & melon juice

Ingredients: $\frac{1}{4}$ galia melon
1 small mandarin orange
1 small kiwifruit

Directions:

1. Cut the melon into a quarter size
2. Scoop out the flesh of the melon
3. Peel & cut small pieces of the kiwi and mandarin.
4. Mix and blend the kiwi, mandarin & melon in a blender until smooth
5. Pour out the juice into a glass and serve.

Blueberry, raspberry, pear & melon juice

Ingredients: $\frac{1}{4}$ galia melon
8/10 raspberries

8/10 blueberries
1 small pear, ripe

Directions:

1. Cut the melon into a quarter size
2. Scoop out the flesh of the melon
3. Peel the skin of the pear
4. Mix the pear with melon, raspberries & blueberries and blend the fruits in a blender until smooth
5. Pour out the juice into a glass and serve.

Grape-Celery juice

Ingredients:

1 bunch of grapes
2 celery stalks

Instructions:

Make juice in your juicer and, if desired, top with fresh mint leaves.

Carrots, Cabbage and Celery

4-5 medium size carrots
3 stalks of celery, with leaves if you like
1/4 head of a small cabbage, cut into sections that fit your juicer
1/4 lemon (peel if not organic) (optional)

1. Cut the green tops of the carrots and scrub well (you don't need to peel)
2. Wash the celery and cabbage
3. Juice the carrots, celery and cabbage; add lemon as desired
4. Stir the combined juice, pour into a glass and serve chilled or at room temperature as desired.

**well...that's
all folks. I
can't stand
no more of
that food
nonesense!
see ya!!!!**



**Photograph's Taken By:
Kyla Brown Photography**

Disclaimer

This program discusses the possibility of breatharianism, or living without eating food, and is not a full instruction. For your safety, please do not attempt to cease eating without proper expert guidance.

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