

HOW I BECAME MY OWN DOCTOR

*One of the few freedoms that we still have left is what we put in our mouths.
Let us use it wisely for as long as we still can!*

Introduction

First let me state that what I am going to write here is from my own personal experience over the last 12 years. I am not a medical professional and have no formal medical or nutritional education. I am just a professional engineer with an enquiring mind and a healthy scepticism of anything "official". Please do not take anything I say too literally. If this subject inspires you do your own research and make up your own mind.

Remember that we all have different bodies and what works for one person may not work for another. What I have learnt from my own research of many sources including trial and error on my own long suffering body has to me been truly remarkable and has totally transformed my health.

Secondly, while I am anti pharmaceuticals, I am not anti the medical profession. The most caring, and decent people I have ever met have been people in the medical profession, particularly the nurses. My eldest son is one of those. The medical profession is particularly good at putting Humpty Dumpty back together again if he falls off a wall, as I have done more than once. But unfortunately when it comes to disease and health and particularly nutrition the profession has been sadly led far astray from what works. See the *Flexner Report* *21. (* refers to numbered paragraphs)

My own doctor is a lovely, caring guy with a great diagnostic ability but he is locked into a system that stops him from using any natural cures. Probably, if he tried, he would risk losing his medical licence and therefore his livelihood. I firmly believe that never in recent times, perhaps the last 50 years, and particularly since the current crisis, has it been more important to take control of your own health. Allopathic/pharmaceutical medicine has failed us miserably and will ultimately go the way of the Dodo.

Additionally, if the present geopolitical crisis continues to get worse, I foresee a time when those of us who have not had the job may even be denied medical attention and access to a hospital.

My own Experience

I was lucky enough to be raised on a farm in East Africa. By current standards we had a wonderful healthy lifestyle. We ate a lot of meat which was usually game, wild and unpolluted. Our vegetables and fruit came from a native market and was what would now be called "organic" but at that time the word did not exist except in a chemistry lab! Our dairy came from a neighbours herd of Jersey cows and was raw, straight from the cooler. We used it to make our own butter and cheese.

However, we ate a lot of sugar and wheat flour, probably far too much. Like most mothers at the time my mother made fabulous chocolate cake! All of us were sometimes sick with flu, colds etc. My mother died when she was not much more than 70 from conventional cancer treatment when I was still in my early 30's and my dad not long after. So what went wrong? The answer, I believe, stems from our sad ignorance of what the human body really needs.

What I did

Back in 2009, already living in Connemara, I was very unwell with high blood pressure and associated problems. My doctor prescribed the usual statin drugs.

Me:- "No thanks doc!"

(I had for years been sceptical of "pills" - they didn't help my parents!)

Doc:- "What are you going to do?"

Me:- "I don't know, I will let you know!"

So following the truism

"if you do what you have always done you will get what you have always got" I started studying, with the intention of doing something different. My breakthrough came when I happened quite by chance to see an interview with Regina Meredith and a guy by the name of David Wolfe on what was then PSTV, a channel on Sky TV, long since canned. This interview can still be found on Gaia.com. They were discussing what is called the *raw food diet* *22. This immediately resonated with me and being an "all or nothing" sort of guy I went for it 100%. I immediately gave up eating the following:-

Bread

Cakes

Biscuits

Any baked goods

Processed Sugar

Any highly processed foods, e.g. commercial breakfast cereal

Anything fried in commercial cooking oil

Meat

Dairy

Coffee

Potato crisps and salty cooked snacks

Roasted salted nuts

Eggs

Fish

Most cooked veg.

Alcohol

And basically anything in a pretty wrapper!

So by now you will be thinking "this guy is nuts, what did he eat?"

The answer is lots and lots of salads made from any raw vegetables, fruit, nuts, seeds, sprouts, mushrooms, various super foods, green vegetables juiced with fruit, and lots of water. The result was fast and dramatic. Very soon I was feeling tremendous and had more energy that I had experienced in years. My state of mind had also improved significantly. After about six months I returned to the doctor for a check up and blood tests and he was agog. A total cure! He had never seen the likes of it and wanted to know exactly what I had done. I didn't stop there and continued to research the internet for more, which led me from site to site and to many books.

So what had happened?

I have since learned that I was in fact toxic and deficient, not to mention mentally and emotionally stressed due to a failing business venture. My body was battling to get rid of the bad stuff while at the same time in desperate need of real nutrition, not just more food! Hunger is an interesting feeling. It appears that the body is unable to tell us exactly what it needs. When we experience hunger there is no means of knowing what is needed. We tend to assume it's just "more food" (i.e. calories) when it might be something entirely different. Perhaps we can solve this problem with spiritual development?

What the raw diet had actually done, although I didn't understand it at the time, was to exclude almost all the foods that contain an element of toxicity while at the same time adding in a lot of nutrition that was previously lacking. This enabled the body to detoxify and build up its immune system. I have friends who tell me they would like to be as healthy as me when they are my age. I take that as a great compliment and thank the creator for leading me up the correct path. I have been so lucky!

Where I am Now

That was all twelve years ago. Since then I have never stopped researching and have modified my diet accordingly as time has passed. I've no doubt that my health is "a work in progress" despite advancing years. Some experts now say that every cell in your body is replaced every 7 years. This means that, at least theoretically, every 7 years you can generate a new body! Most of this amazing new research is coming from the alternative medicine and nutritional community and is not Government funded, a lot of it from the USA. The USA has the most advanced medical system in the World but has statistically one of the least healthy populations. From what I now know this has been by design going back many years. In my opinion "Big Pharma" and "Big Farma" have an evil agenda to dumb us all down and keep us sick by design. There is plenty of evidence for this, hidden in plain sight as usual! The pharmaceutical industry is on record as saying that they want every person on pharmaceuticals from conception to death. What a great business model! There is no money in health except for honest business. So where am I now? After a few years, especially considering the winter in a northern climate, I came to understand that a 100% raw food diet is not ideal, unless perhaps you live in Southern California or a Pacific Island!

So here is a summary of my current situation:-

1. Forget that coffee *28 when you wake up! You will be dehydrated during sleep. Take a pint glass, add a squeeze of lemon and a spoonful of apple cider vinegar and drink it slowly over the next hour. This is a mildly acidic drink but when it hits your digestive system it creates alkalinity and rapid rehydration. It also promotes bowel movement. I don't eat before 10am if possible, although this may not be possible for working people.
2. For breakfast a green leaf/berry/super food smoothie in the blender, any fruit I fancy and a helping of nuts. I also recently added two boiled organic eggs. Eggs are high in vitamin A, protein and good fat. As an alternative to the smoothie I make a muesli from nuts, seeds, dried fruit and some superfoods with almond milk. It's pretty much up to you what you eat but avoid the bad things I have already mentioned. Sorry, but toast, marmalade and coffee is a out and commercial cereal is really bad.

Recently my son, who is a medical professional, told me that he had read a report in which commercial breakfast cereal was tested with two groups of rats. One group was fed the packaging and the other fed the cereal. No prizes for guessing which group survived longer!

3. A snack of herbal tea, a raw energy bar or fruit and/or nuts if I feel the need during the day and sometimes a drink of vegetable/fruit juice.

4. In the evening, before 7 pm if possible, a *large salad* *23, and any minimally cooked vegetables I fancy, for example a vegetable curry. I sometimes eat fish such as sardines or mackerel, but I limit it to small surface type fish as the bigger stuff is heavily polluted with mercury and other harmful substances. You can eat meat if you wish and it suits you but not every day and keep it organic if possible. Negative karma is accrued by eating factory farmed meat. I don't eat meat for spiritual/philosophical reasons and because it is not compatible with what is becoming known as a *High Vibration Diet**22, see books by Magenta Pixie.

5. Do not cook with commercial vegetable/cooking oil, fact get it out of your kitchen!. Use raw organic coconut oil or *clarified butter**24 for cooking and raw organic olive oil for salads.

6. I have excluded all grains, including oats, from my diet and feel better for it. That of course means no bread, cakes, cookies, etc. I am convinced, as are many researchers, that *grains in general**17, and, especially wheat, cause many health problems that most people do realise are associated with them. Do not despair if you love a biscuit with your tea. www.therawchef.com has dozens of delicious recipes for home made raw vegan "cookies" that do not use sugar, wheat or bad fats.

7. I still drink a small amount of red wine occasionally. Red wine contains a substance called resveratrol which is said to be beneficial to health. Moderation is the key word here! In general I eat as much as I like of the following:-

Fruit, vegetables, nuts, seeds, sprouts, seaweed, mushrooms, *superfoods* *25, and good fats already mentioned. *Fermented foods* *29 are also very valuable. If all this sounds rather limiting and beyond the average persons abilities to "get your head around" don't despair because there are amazing resources out there for anyone who cares to look. I will list some of these at the end. If you find it impossible to give up the bad things mentioned then just "*add in*" the good ones and increase them gradually until you see a benefit, for example, start with one *large salad* *29 of raw vegetables every day. This is what many books on the subject by well respected researches will tell you. (see *Eating For Beauty* by David Wolfe). If at all possible nuts and seeds should be soaked before consumption. Soaking activates the growth hormones and the digestive enzymes which are inhibited in dried produces. Sprouting adds even more value to seeds because it greatly increases the food value.

It is also important to understand that most of us have been or still are addicted to some foods. This is a contentious word that some people tend to take exception to!

Nevertheless it is a fact which we need to face up to. These addictions can be extremely difficult to break because they have become so ingrained into our psyche and social structure that we may not even realise that they are addictions, such as for example, commercial white bread. Commercial chocolate, sweets, roasted salted nuts and similar snacks in pretty packets are deadly in that respect. It is a fact that fast food companies such as Burger King, Macdonald's and others actually employ food scientists to develop the addictive aspect of their "foods". In reality not foods at all! As you add in the good things the unhealthy food cravings will dwindle.

More Points to Note on General Health

1. Acidity/Alkalinity:

This is a critical aspect of health. Get some litmus paper and check where you are on the scale. It is possible to get a reading from saliva but urine is more reliable. Your reading should be between 7 and 8, ideally around 7.8. If it is lower than 7 your body is too acid. This condition is a precursor for inflammation, leading to *all* ill health including the dreaded C word. Have a close look at what you are eating and you will find the acid causing culprits. David Wolfe's book "Eating for Beauty" has a list of acid/alkaline causing foods. Sugar and cereals are the common ones. Meat and dairy are also a problem as a cause of acidity. Why is acidity a problem? To function optimally the body needs to be slightly alkaline, if it becomes too acid many processes don't function properly. In its attempts to correct the situation the body leaches calcium from the bones. It appears that this may lead to osteoporosis, especially in the elderly who tend to lose bone density with age. This problem is worse for women, who naturally tend to have a lighter bone structure.

2. Water:-

Do not drink municipal water if you can possibly avoid it. All water in the Republic of Ireland, USA and parts of UK is fluoridated (fluorosilicic acid, or sodium fluorosilicate), and has been for many years. This is extremely toxic and is associated with many health issues, including, shockingly, reduced IQ in children. There is a wealth of research on this subject for those who care to look for it. If you are lucky enough to have your own well, or better still a spring, you are in a great place. If not you may have to resort to bottled water. I drink filtered rainwater but even that is, I think, compromised due to chemtrails. Although if rainwater is compromised by chemtrails then so is most municipal water. If you live in a city or anywhere with industrial air pollution drinking rainwater may not be a good idea. High quality filters that can remove dissolved chemicals are expensive but it has been said that if you don't get a filter you will become a filter! Drink a lot of water. If you get thirsty it is a sign of dehydration so it is already too late.

3. Time Restricted Eating:-

The latest research says we should limit our eating to an eight hour period in every 24 hours. In effect we eat for 8 hours and fast for 16. This gives the digestive system plenty of time to get the job of digestion done. And during a lot of that time you will be sleeping so energy can be directed to the digestive tract instead of muscles and brain. Digestion requires a lot of energy. Ever wondered why you feel so lethargic after that Christmas or Thanksgiving dinner? If you are able to eat the first meal of the day after 10am and the last before 6pm that would be an ideal situation. In this case you would actually be fasting for 15 to 16 hours in every 24. I only eat twice a day unless I have to leave home early. As a bonus that saves a lot of time.

4. Grounding:-

Our bodies are created out of Mother Earth and function best when in electrical contact with her. Our modern lifestyle does not facilitate this connection. Rubber soled shoes, high rise buildings, aeroplanes and so on are all working against us in that respect. So we need to compensate where possible. Take off your shoes and walk on grass or bare ground whenever possible, you will feel better for it. It's amazing how pain can be reduced by walking on bare ground. Alternatively garden with bare hands. Getting your bare hands into the soil works just as well as walking with bare feet. This is a very big subject which is covered in many books and websites. There are also many devices available such as grounded bed sheets, mats for your feet when you are sitting at a computer desk etc. Lack of grounding is also a issue when you fly for long periods. Being far away from the Earth you are even more positively charged than normal. Take off your shoes as soon as you can. I have seen electron micrographs showing the dispersion of red blood cells immediately before and after grounding. The cells are tending to clump together before grounding. After grounding they are much more dispersed and therefore more mobile. The change is almost instantaneous.

5. Sleep:-

This one is obvious. Leave your mobile phone and pc in another room or better turn it off and turn off the Wi-Fi and all the lights. 6 to 8 hours appears to be a good average, depending on age. Less for older people.

6. Exercise:-

First thing in the morning get on the rebounder and bounce for 20 minutes. The lymphatic system does not have a pump to move the lymph around as does the cardio vascular system. Rebounding moves the lymph around the body and assists detoxification. Take a walk every day if you possibly can. If you own a dog he will appreciate that very much. If you live in a city and can join a gym that's great. This is another huge subject that requires more study. It seems that excessive exercise is not necessarily good for you in terms of health and longevity. Health and fitness are not the same thing! Take up yoga, it is particularly valuable for the elderly as it promotes correct breathing, stretching, balance, concentration and flexibility. Ideally join a class but that is not essential. Internet channels such as Gaia.com have great resources.

7. EMF:-

Electromagnetic fields and electromagnetic radiation is definitely a problem for some people. It can affect some people very severely and then others not at all. I have tried turning off my Wi-Fi at night for a periods of several months at a time but have not been able to determine any definitive change in my sleeping pattern. I suspect that EMF has more pronounced effect on those who already have compromised health.

8. Fasting:-

It has been said that if you eat less you will live longer. If you live longer you will get to eat more in the long run. I love my food so that suits me fine! I fast for one day a week on and off for months at a time. That means no solid food from an evening meal to breakfast the second day after. During this time you may get some bad symptoms such as a headache. This is a sign of the body detoxifying. If this happens I drink as much water as possible. That helps the kidneys to flush out the bad stuff.

What is happening here? When you stop eating the digestive system is idle. The body sees this as an opportunity to detoxify. It takes the unwanted toxic substances which were previously stored away in body fat (that pear shaped look again!) and puts it back into solution in the blood so that the kidneys can flush it out. The toxicity in the blood irritates the brain which protests with a headache. Drinking lots of water helps by diluting the toxicity and stimulating the kidneys to flush the toxicity out. We never would have guessed that the human body has a great intelligence all of its own!

9. Bowel Movements:-

A very important subject that no one wants to talk about! Your digestive system is the key to your health and your immune system. If it is not running smoothly everything else is adversely affected. We now know that there are more signals going from the stomach to the brain than the other way round. We also know that there are more bacteria in our bodies than our own cells. Our bodies are in fact a symbiosis of bacteria and our own cells, without which we simple could not function. My own rule is "once per meal plus one per day" on average. If you are one of those "once or twice a week people" you have a problem and need to consider see a colonic specialist or using an enema. This problem is usually the result of a less than ideal diet. What we are talking about here is the speed of your digestion system. You need to aim for as rapid a digestion system as possible. More raw natural foods and digestive enzyme supplementation will make a huge difference.

10. Supplements:-

These are in my opinion essential. It has been estimated that since the 1950's the nutritional value of our food in Europe has declined by 50% due to intensive agriculture, pollution and other factors. It is also now well understood that most people in the northern hemisphere are vitamin D3 deficient, especially if you are dark skinned. Vitamin D is formed by the action of sunlight on your skin. Unless we live in a tropical climate we just don't get enough. Vitamin D is in fact a hormone, not a vitamin, so probably the most important of all. I learnt many years ago the extraordinary power of vitamin C to reduce the effect of colds and 'flu. You can take enormous doses without any ill effects. I take two 1800mg tablets of C per day, 10 000 iu of vitamin D3 and 3 capsules of fish or krill oil. Niacin (vitamin B3) can also be used to great effect if you suffer from depression. If you are vegan you may well be B12 deficient. If you are transitioning from a conventional diet it is probably a good idea to take all the B vitamins as a complex. When I first began this journey I also took vitamins A and E but no longer do so as I feel my diet is sufficient. Be careful where you buy your vitamins. Amazon was once caught red handed selling fake vitamins! I use www.ancientpurity.com whom I trust because I know the man who started the business. See videos by Andrew Saul, he has vast experience on the subject of vitamins. Digestive enzymes are also very valuable. Digestive enzymes promote good bacteria in the digestive tract. They are particularly valuable if you have been on medication such as antibiotics, which are known to disrupt gut bacteria. Magnesium is a mineral which is often deficient in many people and is critical to many processes. Lack of magnesium can cause a host of problems including cramps and muscle pain.

All these supplements have no adverse effects and are simply excreted if taken to excess. Since the arrival of the C19 nonsense I have learned that zinc and copper are also valuable. These can be obtained combined in one tablet. Fulvic minerals are also recommended by some sources. Many people are also iodine deficient but it is wise to get your iodine level tested before taking a supplement as there is some evidence that an excess could be a problem, seaweed can be most beneficial in this respect. Fulvic minerals and zeolite are excellent additions to promote detoxification. Taken regularly the detoxification supplements will ensure that you are continuously getting rid of the bad stuff and are thus far less likely to suffer a major detoxifying event such as the common cold. See *Science* *27.

11. Gardening:-

This is a wonderful complement to a new mainly raw diet. There are few things more satisfying than growing your own food. If you can avoid them do not use any chemicals or fertilizers. Seaweed or farmyard manures are the best fertilizers. The exercise you get from serious gardening is very beneficial to health. The food you grow is likely to be far more nutritious than store bought food and definitely tastier. You can also grow herbs which have very many health benefits. That alone is a vast subject. Even if you don't have a garden you can do a lot in pots, especially if you live in a flat and have a balcony. It has often struck me how many people like to tend their beautiful lawns, lavishing endless labour, weed killers, fertilizers and so on to keep it beautiful. Lawns do nothing for the environment and if the supermarket shelves ever became empty what would they eat? If you have a lawn but no place for a vegetable garden I would advise you to start digging! If you have garden it is a good idea to also grow some of the common herbs. My own research into herbs indicates that there is considerable crossover between different herbs in terms of their medicinal value, many of which have the same abilities. This means that we do not need to consider vast numbers of different plants and can limit our interest to those that grow best in our particular environment. A relative few could meet all our health needs. The health benefits of many herbs are quite amazing. It appears that there is no ailment that cannot be healed or improved by a herb, assuming you already have a decent diet. Keep in mind that herbs, unlike pharmaceuticals, have a gradual and gentle effect on the body so do not expect a miraculous recovery! Also many herbs can be consumed on a regular basis as part of your diet and can be delicious. So here we have proof of Hippocrates' wisdom when he said "Let food be thy medicine and medicine be thy food". Coriander (cilantro in America) is a good example. It is not only a delicious addition to many dishes but is an extremely effective detoxifier of heavy metals, aluminium included. This is a vast and complicated subject that can take a lifetime of study.

12. Wild Food:-

Has it ever occurred to you how amazingly robust wild plants are compared with our conventional carefully cultivated vegetables which can only survive if looked after in ideal conditions. Consider how a dandelion can survive growing out of a crack in the concrete of your back yard. Dandelions and nettles are highly nutritious and medicinal, roots and leaves included.

I am quite sure that there is a correspondence between wildness, robustness and nutritional value. The wilder the plant the higher the nutritional value. Conversely the more a plant has been highly bred and hybridised the less the hardiness and the lower the nutritional value. This is not to say that all conventional vegetables are of low nutritional value, they are just less so than wild plants. It is interesting to know that all brassica vegetables, cabbage, kale, broccoli, cauliflower etc. are all derived from the original wild cabbage, just as all dogs were once wolves. There are now a number of opportunities to get educated on the subject of wild food and foraging.

I have a friend who can walk around any garden and can point at various "weeds" that can be eaten to advantage. The two books on wild food and foraging that are listed in the bibliography are well worth reading.

13. Pharmaceuticals:-

I would advise that anyone with an existing health issue who is taking pharmaceuticals be very careful before reducing or stopping them. Improve your diet gradually and you may find that the need for the chemicals gradually goes away. Discuss this with your doctor. If he is not open to new ideas I would consider finding another doctor. I recently said to my doctor:- *"In my opinion health is a function of what you Eat Drink and Think"* to his credit he agreed with me. Having said that I rarely see him except to check my eyes for the driving licence and sign the odd form!

14. Teeth and Dentistry:-

Thankfully the dental profession is slowly waking up to the fact that dental amalgam (mercury in disguise!) is highly toxic. Many people are now having all their amalgam fillings removed and replaced with ceramics. This procedure can be very expensive and traumatic. I would not subject my body to such a procedure but I have trained my dentist that any replacement fillings must be ceramic. It has been shown that amalgam fillings outgas mercury vapour even if they are many years old. Furthermore we now know that the teeth are intimately associated with various organs throughout the body and dental problems translate to other problems throughout the body. I never use fluoridated toothpaste. If you have amalgam fillings and cannot remove them the answer is to detoxify on a regular basis. The sad fact is that if we had all spent our lives eating raw natural food and had never eaten sugar and other processed foods we would probably never need dental fillings.

15. Cooking Equipment:-

If you have a microwave oven in your kitchen get rid of it. It damages your food more than you know and leaking radiation from it is dangerous to your health. Aluminium and Teflon coated cookware are toxic. Use stainless steel or cast iron. The latest idea of ceramic coating is also a possible option. If you adopt the raw food lifestyle to any degree you will find that some of the following devices are most useful:-

A food processor - many people already have one

A high speed blender - great for making sauces and smoothies and nut milk

A juicer - vegetable juices are alkalising and healing

A dehydrator - This is a luxury which enables you to make foods that look and even taste as if they were cooked but are still raw because they have never been heated above 42 degrees C. It is great for preserving especially for drying your own produce if you have too much.

A stone grinder - this is a real luxury as it enables you to make your own raw nut butter.

16. Dis-ease:-

One of the most descriptive words ever. However it has unfortunately been used for generations to deceive and abuse us. This goes back to the time of Louis Pasteur. When trying to isolate the cause of smallpox Pasteur decided that disease was caused by germs. His conclusions were adopted by the establishment and have been used ever since as a weapon against us. By comparison, Antoine Bechamp, who lived at the same time, took issue with Pasteur believing that the "terrain", referring to the general overall state of the human body, was much more important than the germs. I have read that Pasteur admitted on his death bed that he was wrong and Bechamp was correct. In my opinion it is now debatable whether germs actually cause disease or whether in fact they are simply opportunists that take advantage of an immune compromised body. Bacteria definitely exist but there are now many scientists and doctors who are saying that viruses are in fact just particles of waste genetic material that the body is excreting. These are being called "exosomes" and the simultaneous symptoms are in fact evidence of the body detoxifying. Whichever is correct we can be assured that the so called viruses do not exhibit the cunning intelligence that the establishment would have us believe! Deadly in barbour's shops and at private dinner parties but inactive in a supermarket! Viruses are not even alive in the normally accepted sense and cannot reproduce. Remember above all that your body has an immune system that can say "hi!" to any passing "disease", assuming of course that it is not in a compromised state. We just need to learn how to look after it!

17. Hybridisation of cereals:-

Cereal crops and particularly wheat have over the last 60/70 years been progressively hybridised to the degree that they no longer represent the original plant. The result is that wheat flour, which is in itself highly processed, is not recognised by the human body as a useable food and is almost completely devoid of nutrition other than empty calories. It causes inflammation, an invader response, in the digestive tract and is turned into sugar and ultimately unwanted fat which is stored away in the wrong places, resulting in that well known "pear shaped look". This leads to heart disease, diabetes and numerous other problems.

18. Beekeeping:-

There was a time when most homes had a beehive at the bottom of the garden. And at that time the beehive would have been the only source of sweetener. This occupation/hobby is not for everyone but by my own experience it is extremely rewarding. I would recommend it to anyone who lives in a suitable place and is interested. Honey bees are now an endangered species and desperately need our help. The honey bee is a wondrous creature to behold and gives me endless pleasure. The honey bees social structure is incredibly complicated and interesting. Mankind could learn a thing or two about democracy from the honeybee!

To become a successful beekeeper, even on your own account as a hobby, as opposed to commercially, you will need a mentor. If you live in Ireland and are interested please contact your local beekeeping association, attend their courses and take their advice. Do not go solo as some have done and import bees from a foreign country, not even UK. Ireland has an indigenous black honey bee, *apis mellifera mellifera*, this is well adapted to our cold and wet climate. If foreign bees are imported they can cross with the Irish black bee. Apart from diluting the indigenous stock the result is very problematical from a management point of view. The cross breed can be bad tempered and sting with little provocation.

19. Keep a journal:-

When I first changed my diet I was advised in a number of books to keep a daily record or journal so as to track my progress and help establish relationships of cause and effect. Much to my regret I never took this advice. Overconfidence, laziness or stupidity? I am not sure. Nevertheless I repeat this advice here. I think it would be doubly useful if you are on any pharmaceuticals.

20. Allergies:-

This is a common and ever increasing problem. Happily I have never suffered in this respect but I am aware of the great danger of peanuts to some people and my own sister develops severe headaches if she eats any chocolate. If you believe you might have an allergy to any substance but are not sure what is causing the trouble the best way to deal with it is to eliminate one thing at a time so homing in on the culprit by a process of elimination. A journal would be invaluable here.

21. The Flexner Report:-

Prior to the 1920's the western world was making great strides in natural health using herbs, electromagnetic devices, sound, vibration and numerous other protocols. This came to an end as a result of the Flexner Report (see https://en.wikipedia.org/wiki/Flexner_Report).

This spelled the death knell of all medicine that we would now refer to as natural or alternative. It enabled the oil industry, under John D. Rockefeller, to fund and hence control the universities so as to bring about a pharmaceutical monopoly. The current medical monopoly is the direct legacy of that. For more on this subject see the excellent documentaries by James Corbett at the corbettreport.com. How Big Oil... and Why Big Oil... Thankfully alternative therapies are now making a comeback and hopefully will one day largely replace pharmaceuticals and no longer be regarded as alternative.

22. The Raw Food Diet:-

This is better referred to as the Raw Food Lifestyle. Taken to extreme the raw food diet consists of a diet of exclusively raw, unprocessed food usually consisting solely of fruit, vegetables, nuts, seeds, sprouts, seaweed and various superfoods. Raw refers to the fact that nothing has been heated above 42 degrees C. It should also be organic as far as possible. The diet uses a number of preparation methods such as juicing, blending, dehydrating, soaking and sprouting. The raw food lifestyle also equates with what is increasingly being called a "High Vibration Diet" (see Magenta Pixie's books).

This refers to the fact that by improving our diet we don't just improve our health but also our consciousness. I can relate to this because by my own experience my state of mind has been greatly improved. However, what is equally important in the Raw Food Lifestyle is what is not eaten. This includes meat, fish, processed sugar, pasteurized dairy products and wheat particularly processed white flour and also, of course, all highly processed "factory" foods such as ready to eat meals found in the supermarkets. Strictly speaking all cooked foods, including home cooking, are excluded. When you eat a meal that is more than 50% cooked the body experiences a phenomenon called leukocytes. This is defined as a white blood cell storm. What you are effectively doing when you eat cooked food is "crying wolf" to your immune system and eventually it becomes tired and ceases to respond promptly to real threats. In addition the cooking of food depletes the digestive enzymes and vitamins present in the raw food. Heating food above 42C may create unnatural substances which are alien to the body and cannot be effectively processed by the digestive tract. It is said by some that when you eat any cooked food you should always eat some raw food with it. Meat in particular is not really suited to the human digestive tract which is long and tortuous. If your digestive system is slow meat may rot before being passed out resulting in the creation of excessive toxins. A carnivore by comparison has a short, fast and highly acidic digestive tract to facilitate rapid digestion. The excessive consumption of cooked food, in particular the high consumption of animal protein, rancid cooked fat, and processed carbohydrate will eventually cause excess weight, obesity and poor health in most people. Although the human body is extremely adaptable this will ultimately result in two problems:-

1. Toxicity – an alien toxic substances polluting your body.
2. Deficiency - something lacking.

These two factors together with stress of any sort, will ultimately cause cellular malfunction leading to disease.

A common question that arises is :-

"But where will I get my protein?"

Firstly many people consume too much protein. This can be the cause of a lot of disease. Believe it or not the best protein comes from green vegetable matter! Think on the fact that the largest and strongest animals in the world eat only plant matter (gorillas, elephants, cows etc!) and there is no animal that cooks its food!

A few reasons to follow the raw food lifestyle:-

1. When you eat raw food you gain life force. The life force in the plant adds to your own life force. Cooking food depletes this life force. See *Eating For Beauty* by David Wolfe.
2. Raw food retains all its water which is the purest water you will ever get.
3. Raw food contains its own digestive enzymes so it is quicker and easier to digest and requires less energy.
4. Raw food retains all its vitamins and minerals.
5. Raw food (with a few exceptions) does not contain any chemical compounds alien to the body so toxicity is minimized. Cooking food can create organic compounds alien to the human body.
6. Raw food requires less energy to produce so it is environmentally friendly.
7. Less cooking will reduce you energy bills.

While I have previously stated that I don't feel that a purely raw food diet is practical for those of us living in a northern country, especially in winter, I cannot deny that the arguments for an exclusively raw diet still stand. This is a question that each individual will have to research and decide for themselves. One problem I see with the exclusively raw diet is that there are some foods that simply cannot be consumed (potatoes) or are potentially dangerous to consume if not cooked (meat). I don't eat potatoes regularly and never meat, for reasons explained previously, but I would if there was nothing else available. Interestingly it is said by some authorities that legumes - peas, beans, peanuts, chickpeas etc, should be slightly cooked before being eaten. I conform to this advice except that the peas I grow in my garden rarely get as far as the kitchen! My own diet is around 80% to 90% raw, depending on the time of year and the weather. When I first changed my diet I found that I was initially ravenously hungry, consuming vast salads twice a day.

This was, I think, the result of the body finally getting the nutrition it wanted but without a lot of junk calories. As time went by the hunger became less intense and the craving for large meals was reduced. These days I rarely get very hungry and eat a lot less than I originally did while still having plenty of energy. Instead I just feel a subtle need to eat when the time is right. The feeling is unique. I have reduced my meals to only twice a day. That is a benefit in itself because I save a lot of time on food preparation.

23. Salads:-

Forget the boring old lettuce and tomato "bowl at the side with your steak" concept. A salad can be made from a huge variety of produce. It can be truly exiting to behold and even more exciting to taste. It can be a great meal all by itself. If you can't imagine this take a brief look at a few raw food websites. (see. www.therawchef.com)

You will be inspired! Before I started this journey I had always been fascinated by cooking and food preparation, ever since I learnt as a child to make chocolate cake with my mother. Discovering the raw food lifestyle was a revelation. Since then I have had endless enjoyment with recipes I have found or created with my own imagination. I even put on dinner parties for friends.

24. Oil and Fat:-

Most of the fat we eat is omega 6. We don't get enough omega 3. This balance is very important. You can get more omega 3 from the following foods:-

Hemp seeds, chia seeds, flax seeds, fish such as mackerel or sardines and fish or krill oil, walnuts and free range eggs. The worst sort of fat is in fact commercial processed cooking oil. Because this is unsaturated it damages easily when heated and becomes toxic in the body, leading to blocked arteries and contributing to heart disease. Do not use margarine or any of the "easy to spread" type of products. They are made from processed vegetable oil which has had hydrogen pumped through it in a process called hydrogenation. This is very harmful to your health. I do not want to think how much ill health has been caused by this evil substance. Do not even feed it to your pets or the compost critters. Flush it down the "you know what" Both coconut oil and butter are fully saturated so are more resistant to heat damage and far more healthy, not to mention very tasty. Even better than butter is clarified butter, called ghee in India. This is easy to make and more healthy than butter as it lacks the milk solids and is almost entirely butterfat. It tastes great and lasts longer without refrigeration. A quick internet search will reveal how to make it.

In my research I recently came across what is called the Ketogenic diet. The theory behind this is that you will be much healthier if you teach your body to burn fat for fuel rather than sugar. Simply stated it requires you to eat more fat and less sugary and starchy foods.

See the books by Dr Joseph Mercola.

Finally note of the following:-

Fat does *not* make you fat. The real culprit is processed carbohydrate. Weight Watchers, with their low fat diet, perpetrated one of the worst nutritional scams ever on the western world. This has had a devastating effect on the health of many people, not to mention their wallets. Finally a note on good fats:-

Avocados

Coconut oil/butter

Butter, preferably clarified

Olive Oil, preferably extra virgin and organic This should always be in a light proof container since it deteriorates in full light.

Eggs

Olives. Do not use black olives from tins or jars. These may be green olives that have been chemically blackened.

25. Super Foods:-

These are generally considered to be natural foods that have not been heavily commercialised or hybridised and are processed to a minimal degree. They are mostly foods that are unheard of by people who have eaten a conventional diet all their lives. They are characterised by being highly nutritious, being full of exceptional levels of vitamins, minerals and enzymes. The best ones are raw and organic. There has been an explosion in the availability of superfoods over the last 10 to 15 years, largely because they were promoted by the raw food community. When I originally started my diet journey I read about these but battled to find them. Even most health food shops had not heard of some. Now they are readily available from numerous websites, health food shops and even many supermarkets.

Some examples, not necessarily in order of importance, also including some items regarded as herbs:-

Goji berries

Raw Cacao (cocoa) powder and butter

Hemp seeds

Chia seeds

Flax seeds

MSM powder

Maca powder

Coconut butter

Chlorella

Spirulina

Moringa powder

Amla powder
Ashwaganda
Astragalus
Chaga (and many other medicinal mushrooms)
Bee Pollen

Aloe Vera (I grow these in pots around the house, extract the jell from the centre of the leaf and add it to a smoothy, but use very little as it is extremely bitter. It is also wonderful if rubbed into dry hands.

This list could be much longer and is a vast subject in itself. See the book *Superfoods* by David Wolfe.

26. Sweeteners:-

These should be as unprocessed and as natural as possible and preferably organic. The best sweetener has always been raw organic honey. Preferably obtain this direct from a beekeeper and as close to your location as possible. Honey has the most amazing medicinal benefits which I won't go into here. If it is from a location close to where you live it is said to give you protection to local pollen which is a problem for some people. Do not be fooled by the great marketing talk around Manuka Honey. It is just marketing propaganda. It is not worth the price and furthermore taste disgusting! Before it was hyped for its health benefits New Zealand beekeepers were feeding it to pigs because so few people liked the taste! Also be wary of supermarket bought honey as it usually imported and likely to be cut with sugar syrup. Other options are maple syrup or raw cane sugar, called jaggery, available in Indian and oriental food stores. As for commercial white or brown sugar get it out of your kitchen. It is very highly processed and dangerous to your health. Brown sugar may well be simple white sugar that has been dyed brown. There are low glycaemic sweeteners such as xylitol and stevia if you are overweight and really need to cut calories drastically.

27. Science:-

Currently we often hear the term "the science is fixed" with reference to climate change and other establishment agendas. The very term makes me cringe in horror. No science has ever been fixed except on very limited terms operating strictly within our current realm of understanding. Newton's laws of motion are an example. That is acceptable because we know they always work within our current reality. But the whole idea that any science is really fixed and permanent is anathema to me. Look what happened to Galileo when he proposed that the Earth revolved around the Sun and not the other way round! Considering the question of medical science we know that the human body is an incredibly complicated arrangement of cells, bacteria and other unknowns and is a vast chemical laboratory with magical abilities. We are hardly beginning to understand it. Speaking for myself I no longer believe that the common cold is the result of "catching a virus from whoever". I think it is simply the body undergoing a crisis detoxifying event. I never try to suppress the symptoms. I just take extra vitamins, drink lots of water and abstain from solid food. But I have not had one of these in quite a few years.

If the idea that science is fixed ever takes hold universally, as the establishment would, I've no doubt love, it will be the end of all progress and the end of all freedom.

One good current example of the science being supposedly fixed is the concept of vaccination against every possible disease. Something I utterly reject. Another example of scientific corruption in the pharmaceutical industry is the case of using ghost writers for medical journal reports. Very often these reviews are written by people who are hired, employed and paid by the industry. Well known figures in the academic medical industry, such as professors in university hospitals are then approached and paid to put their name to the work, although they may have had nothing to do with its writing!

28. *Coffee*:-

This is not a bad thing in moderation but 10 cups a day is asking for trouble! I used to "need" at least one cup a day by 10 or 11am but I now regard it as a treat and limit it to one or two a week. In any case this borderline addiction has diminished. Do not buy ready ground coffee. This could have been on the shelf for a long time. It will have lost some of its flavour and may even contain invisible mould that is harmful to your health. Buy roasted beans, get a coffee grinder, and only grind it immediately before use. There are many delicious alternatives that you can try to make a hot drink. These are also very nutritious. Try raw cacao powder, honey and maca powder blended in hot water.

29. *Fermented Foods*:-

It is worth noting that fermented foods in general are extremely beneficial to the digestive tract. This is because they contain bacteria that facilitate digestion and promote good gut health and that, of course, boosts your immune system. In fact almost any food is easier to digest if fermented. Fermented foods are easy to make yourself. As a child I was taught by my father to take a bowl of raw milk and leave it on the kitchen counter until it had fermented to a jelly like consistency, eaten with salt and pepper it was delicious! However, I never consume fresh milk as all milk is now pasteurised which kills all the beneficial bacteria. Milk also contains casein which is indigestible to humans. Note that this is removed from butter when you make it into ghee. Do not buy fermented foods in the supermarket such as sauerkraut because it is pasteurised after fermentation. This kills the beneficial bacteria. I also make water kefir using raw cane sugar. The culture to start the process is available in most health food shops and since it continues to grow you only need to buy it once. The Raw Chef website mentioned previously has some excellent video classes on how to make your own fermented foods.

30. Shedding:-

This word , until recently, referred only to a pet who shed its fur around the house or perhaps to a wayward spouse when dropped their “bits and pieces” all over the place! It is now used in context with a much more serious matter. It is being said by many doctors that the people who have had the “mRNA jab” are primed to manufacture a spike protein. This can be excreted and may infect others who are in close proximity such as a partner. There is evidence, albeit circumstantial, that this can cause adverse health reactions in others. My initial response to this was one of fear. “I would not have such a person in my house” etc.

Further research and thoughts on this subject have brought me to take a different stance. We need to support and have faith in our own immune system. If you have a strong immune system and have faith in it then you can most likely avoid any ill effects. The “faith” bit is important here. What we think and believe is most important! This is supported by the fact that we know that a person who is told by his doctor that he has cancer with three months to live and has faith and believes in his doctor will very often die in three months. Added to my opinion on this is the fact that I no longer believe that there is any such thing as an incurable ailment. We simply have not discovered the cure yet. There are also protocols that will probably be useful in this case. One example is the case of pine needle tea. Pine needles contain a substance called suramin and turpenes. See www.healthrangerreport.com and search “pine needle tea” and you will find an interesting report. Further research is needed on this subject.

Conclusions.

I hope you have found this interesting and of value. Perhaps it will inspire you to also "be your own doctor". I have had my allotted "three score and ten" plus quite a few extra and still enjoy an active healthy life, thanks to the truths I have discovered. I have no medical issues except for some osteoarthritis in a couple of fingers for which I still hunt for a cure. I much regret that I did not discover all this stuff years ago, but that's life!

Remember: do not blindly accept anything I or anyone else tells you. If you study this subject you will realise that there are many things that I will not have mentioned or covered in any detail. I am not trying to write a book here! Just a useful resource to hopefully start you on your own journey! Unfortunately there is no quick and easy solution to what we should and should not be eating. It is a question of research, research and more research! What I can say is that while this can sometimes seem hopeless and frustrating it can be fascinating and rewarding in the extreme. It has been said that you cannot cure one ailment in isolation, you can only cure the whole body, a holistic approach. Do your own research and make your own decisions. You will find it most rewarding!

Richard Colson
July 2021 (updated)

Bibliography

The following are books in my own library that I have found useful, some are treasure troves of health information,. The numbered ones are amongst my favourites:-

Books by David Wolfe:-

Eating For Beauty (1) - *(Don't be deterred by the title - It's good for boys too!)*

The Sunfood Diet Success System

Longevity Now (3)

Superfoods

Naked Chocolate

Amazing Grace

The Beauty Diet (8)

Chaga

Undoctored - Dr William Davis (4)

The Truth About Contagion - Dr Thomas S. Cowan & Sally Fallon Morell (5)

Chris Beat Cancer - Chris Wark (6)

Diet For A New America - John Robbins

Thriving In A Toxic World - Justin Zalewski (2)

Regenerate - Sayer Ji (7)

Lessons From a Living Lemuria balancing karma through nutrition for ascension -
- Magenta Pixie

Fire In The Belly - Dr Keith Scott-Mumby

Secrets Of An Alternative Doctor - Dr Keith Scott-Mumby

Ketofast - Dr Joseph Mercola

EMF*D - Dr Joseph Mercola

The Chronic Pain And Systemic Inflammation Diet - William Errol Prowse

Food For Consciousness - Holly Paige

Total Juicing - Elaine LeLanne

Health Through Gods Pharmacy - Maria Treben

Vitamin D3 Miracle - Jeff T Bowles

500 Of The Most Important Health Tips - Hazel Courteney

Raw Foods For Busy People - Jordan Merin

Juice Fast & Detox - Steve Meyerowitz

Return To The Brain Of Eden - Tony Wright & Graham Gynn

Books by Kevin Trudeau:-

Natural Cures They Don't Want You To Know About

The Weight Loss Cure

More Natural Cures Revealed

The Vitamin Bible - Earl Mindell

Why Germs Don't Make You Ill & Drugs Can't Cure You - Nor

The Immortality Edge - Fossel, Blackburn & Woynarowski

Books By Dr Robert D. Willix Jr.:-

How to Prevent or Even Reverse Heart Disease, Without Drugs or Surgery

Age Proofing - 7 Simple Steps to Super Vitality

The Rejuvenation Solution

The Wild Life a year of living on Wild Food – John Lewis-Stempel

Wild Food a complete guide for foragers – Roger Phillips

Web Sites That Are Valuable Resources:-

<https://thetruthaboutcancer.com>
<https://thetruthaboutvaccines.com>
mercola.com
therawchef.com
clivedecarle.com
<https://www.greenmedinfo.com>
<https://foodforconsciousness.co.uk>
<https://www.ancientpurity.com>
<http://www.doctoryourself.com>
Longevity Now - uTube
www.Gaia.com
www.naturalnews.com
www.healthranger.com
www.davidwolfe.com

Notes:-

Addendum

Just in case you thought that raw food was going to be boring here is a complete raw food three or four course dinner to try out on your nearest and dearest! With acknowledgements to various raw food chefs that have inspired me. I have served this to many people and they always enjoy it. The following serves two.

1. *Raw/Cold Tomato Soup with a Difference*

6 ripe tomatoes

½ red sweet pepper

a thumb sized piece of ginger root

a tsp of cinnamon powder

pinch of salt to taste

Throw all the ingredients in a high speed blender and blend until smooth. If it is a hot day add a few pieces of ice. Or you could warm it up after blending if it is winter. Blend until smooth just before serving. You may want to add water to get a consistency that appeals to you. Always use the taste test before serving!

2. *Main course – Sweet Potato with Basil Pesto and Mushrooms*

For the Pesto:-

Two handfuls of fresh basil

juice of half a lemon

2 cloves of garlic

cup full of cashew nuts, or pine nuts if you can afford them!

½ tsp salt

2 tbs nutritional yeast

Put all the above in a food processor and process until the basil and nuts are well broken down but not entirely creamed. You may have to add a little water as the cashew nuts are very absorbent.

For the balance:-

6 chestnut (or similar) mushrooms

Olive Oil

Tamari

Sweet potato or courgette/zucchini

Ripe avocado

Black Olives

Cherry tomatoes

Lettuce or baby leaf spinach

Slice the mushrooms into a bowl, sprinkle with olive oil and tamari. Mix well by hand and set aside to marinate. Cut the avocado in half and remove the pip. Remove the flesh with a spoon and cut into slices. Take a large dinner or platter and make an arrangement of your chosen leaves in the centre. Sprinkle with olive oil and lemon juice. Peel and spiralize the sweet potato. If you do not have a spiralizer you can cut it into ribbons with a potato peeler.

If you are using zucchini you do not need to peel it first. Place in a bowl and add sufficient of the pesto to mix well so all the veg is coated. Make a mound of the pesto/veg mix in the centre of the leaves. Around the side of the centrepiece arrange some of the marinated mushrooms, a few black olives, avocado slices and halved cherry tomatoes. Serve immediately.

Dessert - *Raw banana, dairy free, ice cream.*

4 ripe bananas

2 tbs raw organic tahini

honey or maple syrup to taste

a handful of goji berries, raisins or sultanas

Put all the ingredients, except the dried fruit, in the food processor and run it until you get a good creamy consistency. Mix in the dried fruit by hand and put in a suitable container for the freezer. Instead of, or in addition to, the dried fruit you could add raw cacao nibs (crushed cacao beans). This will never freeze really hard due to the fat in the tahini but it must be removed from the freezer at least half an hour before serving. If you would like chocolate ice cream you could add some raw organic cacao powder

The final course - *Nut cheese*

Have a look at:-

www.therawchef.com and find out how to make it!

This meal goes down well with a glass of red wine. I have yet to meet anyone who did not enjoy it!