



POST-VEGAN

This is an ongoing list of Vegan advocates past and present who studied, wrote, taught, ate, and lived a Vegan and/or Raw/Live Vegan lifestyle, and chose after some years of doing so to skillfully re-integrate a degree of animal products into their diet.

That being said, many of the persons you will read about below still maintain what we call a *Center of Gravity* on a plant-based diet (*Center of Gravity* being a term from Ken Wilber's work on Integral Theory to designate an approximate stage of development one might be at in a particular developmental sequence.)

In future versions of this file, we will go into details on the nature of their evolutionary move into a Post-Vegan approach.

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**PaleoSister
G. Martin**

Integral Nutrition: **Move up the Spectrum of Diet as Far as Possible**
Local
Organic
Non-GMO
Small-Scale Agriculture
Know Your Farmer
Polyculture

Conventional: **Eat whatever you want, don't worry about how it was**
raised/prepared

Terms:

VEGETARIANS NO MORE: PEOPLE WHO WENT BACK TO EATING MEAT

Source: *Beyond Broccoli* by Susan Schenck, L.Ac. Chapter 5

DAVID RAINOSHEK, M.A. COMMENT: Susan Schenck says "Went Back" in the title to this chapter.

I do not see these folks as "going back" but rather "moving on" or "evolving forward." Their interior levels of development intellectually, morally, dietetically... have moved well beyond where they were as Vegans or Raw/Live Vegans. They are not eating meat with the same mentality or understanding as they did *prior to eating Vegan or Raw/Live Vegan*. This is a longer discussion that will be fully explored in an upcoming book on *The Spectrum of Diet*.

I was vegan for 16 years, and I truly believed I was doing the right thing for my health. But when I was vegan, I was super-weak. I love animals, and we should not support anything but ethical ranching, but when I eat meat, I feel more grounded. I have more energy.

—Mariel Hemingway, actress, model, and author of *Healthy Living from the Inside Out*

There is a saying in Buddhism, "First there is a mountain, then there is no mountain, then there is." Oftentimes in life, things come around full circle.

First a girl eats meat, and it's from factory-farmed animals, much of it from fast food restaurants. Then she gives it up for a time because her health is poor or she gains an understanding about the cruelty of factory farming. Years later she returns to eating it as a health necessity.

But she has been transformed by her vegetarian experience. She now eats meat consciously. She eats only the free range, the organically fed, and, if possible, the more compassionately raised and quickly slaughtered. She eats maybe only half as much meat as before and only meat which is healthful for her body, not the factory-farmed animal that led a tortured life, ate grains instead of its natural food, and was injected with steroids, hormones, vaccinations, and antibiotics.

She might even ingest it with a prayer of thanks to the animal's spirit for nourishing her, recognizing that this is the covenant among all living creatures.

I have found that most of the people who are outspoken about the dangers of vegan or even vegetarian diets are not meat enthusiasts anxious to defend their culinary preferences, but rather those who sincerely delved into a meatless diet themselves. After all, they know better than anyone, having had first-hand experience.

Certain popular media often make meat eaters feel guilty about not eating a "politically correct diet." They are held personally responsible for global warming and world starvation. It's their fault the world is running out of fresh water and the world's fish population is dying.

They bear the brunt of criticism that animals are ruthlessly factory farmed and heartlessly slaughtered. Sometimes they feel this so much that they become vegetarians or vegans until years later when their health has become compromised.

Now let's take a look at some people who reverted to their ancestral, meat-eating roots.

G. Martin

My friend G. Martin from Spain was vegan for three years, during which his six-foot frame got down to an emaciated 130 pounds (59 kg). He ate legumes, fruit, salad, steamed vegetables, and a little bread with olive oil on the bread and salad. His immune system crashed, and he developed all sorts of infections. In retrospect, he thinks his immune system was compromised by a protein deficiency. As a vegan, he especially lacked sufficient methionine, an amino acid important for immune cell production and proper nerve function.⁹⁶

G. was diagnosed with a B12 deficiency so severe that he suffered from paresthesia (a sensation of prickling, tingling, or creeping on the skin) and limb numbing, so he went in for a series of 10 intramuscular injections of 1000 mg each. He ended up having 10,000 mg of B12 injected. That is five million times the recommended daily allowance (RDA).

His triglycerides were so high, 375 mg/dl at one point, that the doctor thought he had pancreatitis. The maximum considered to be conducive to health is 150. He was also frequently bloated, describing himself as a "gorilla-like primate with a bulging belly on an otherwise rail-thin body." Added to the health issues were muscle atrophy, fatigue, lack of concentration, and depression.

I felt almost always depressed, in a blue mood, and life seemed not so beautiful as now. I even felt a lot less curiosity for learning, which is a decisive symptom for me not being at my optimum!

A few months after I started to eat fish again, I became a new man, more the one I used to be in my twenties. My muscle mass and my optimism returned, as did my desire to learn and satisfy my innate curiosity. I felt a lot less rigidity in my behavior than when I was vegan, when I tended to be a lot more inflexible and obsessive.

After much research, G. added meat and eggs to his diet. At first, he would sometimes eat over a pound of fish or meat a day. After a while, he didn't feel he needed that much. Now he eats only three or four ounces of animal food a day. He eats a 75 percent raw paleodiet of raw and steamed vegetables, meat (mainly small fish), fruit, nuts, and seeds. He weighs a much healthier 155 pounds (70 kg). He doesn't eat breakfast, just lunch and dinner, so he has a fasting period of 18 hours each day.

I feel really good. Maybe some people can thrive on a vegan diet in the long run. And I gave it a fair try; three years seem like enough to me. I loved it emotionally, and I also adored the textures, flavors, and tastes. But my health is not at its optimum if I go full vegan.

Ann Louise Gittleman

Nutritionist and best-selling author Ann Louise Gittleman relates her own experience as a vegan.

I too was once a committed vegetarian — a vegan who ate only plant foods. But it was not a healthy diet plan for me. I do believe that some people can be healthy on a vegetarian diet, but I do not advocate vegetarianism across the board.

When I was vegan, my body began the slow process of deterioration. For nearly a year, I ate natural, whole foods, avoided all types of animal protein, and worked hard at combining foods to ensure an adequate intake of amino acids. But I was slowly falling apart. My hair started falling out, and my skin erupted. I lost twenty pounds, and I couldn't tolerate any excess stimuli (I became especially sensitive to noise).

Yet I was committed to keeping my body free of animal products. After all, I knew the drill. I could automatically recite how the length of the human intestines and the number of molars versus incisors were physical proof that humans were not designed to be meat eaters. Unfortunately, I was wrong, and my body was protesting with unmistakable signs. ...

The proteins in meat and fish have been a critical part of the human diet for 40,000 years — an eternity for us, but for human genetics, a mere blip in the evolutionary timeline.⁹⁷

Gittleman discusses how she has seen countless women in her practice who prided themselves in being able to live on diets free of animal products, including eggs and dairy. They feel virtuous that they are vegans, yet by nightfall they are wrecks and eat high-carbohydrate snacks, often full of sugar. They experience mood swings, edginess, depression, and physical symptoms, such as water retention, hair loss, fatigue, and a slowed metabolism.

When she convinces them to return to healthful essential fats and animal protein, she notes within weeks their energy soaring, their muscle tone returning, and their metabolism increasing.

Jay Robb

Author and clinical sports nutritionist Jay Robb spent seven years as a vegetarian, occasionally including eggs and dairy with these results.

Not enough protein unless too many starches were consumed, which in turn caused me to become rather corpulent. ... I joyfully spent one year on a 100 percent raw food diet of only organic fruits, vegetables, nuts, and seeds. (Not enough protein, too many carbohydrates, no fat burning.)⁹⁸

He went on to write *The Fat Burning Diet* that promotes a low-carb diet.

Dr. Ben Kim, DC

Hygienic doctor and acupuncturist Dr. Ben Kim, DC, tells his story on his blog at: www.drbenkim.com.

I chose to adopt a 100 percent vegan diet in the summer of 1999 following a 14-day water fast. I stayed on this diet for close to four years, but I only felt like I was optimally supporting my health for the first two years. The last two years were marked by low energy, constant cravings for some animal foods, skin breakouts, and emotional lows that I had never previously experienced. ...

Why did I stick with this diet for the two years during which I suffered with health challenges? Because I had faith in the books that I had read on this topic and in the guidance that a few prominent physicians had given me.

Dr. Kim went on to find some online articles that confirmed that his health issues stemmed from deficiencies of nutrients found only in animal foods.

I added organic eggs from free-range birds, cod liver oil, and a small amount of fish to my diet. Over a period of about three months, this minor adjustment to my diet lifted the quality of my health in a significant way. My energy came back, my cravings disappeared, I stopped having skin breakouts, and most notably, I felt physically strong again.

Dr. Kim adds that he knows many very strict vegans who are following this diet for philosophical reasons. After decades on such diets, they have developed health problems.

He respects their choice but with reservations.

I believe that people who choose to be strict vegans for the welfare of animals need to consider this question: Is promoting a 100 percent vegan diet for the welfare of animals a correct moral path if it leads to significant health problems for humans? Personally, I feel bad about an animal being killed to be my food. But if there were no fishermen or farmers around, I believe

that I would gratefully sacrifice an animal with my own hands, since I believe that the health of my family requires eating small amounts of animal foods.

Lierre Keith

Author Lierre Keith was a vegan activist for 20 years. She developed a disc problem that she attributes to a lack of good saturated animal fats with vitamins D and A to absorb the calcium. Since she was not a raw fooder, she also included grains and legumes in her diet, foods high in mineral binding phytates. Sally Fallon offers an explanation.

One of the most common side effects of cholesterol lowering is crippling back pain. The muscles that support our spine require animal foods to maintain their integrity. And the bones in our spine need a good source of calcium, namely dairy products or bone broth, to remain strong.⁹⁹

Lierre's health improved, though she never recovered completely, after her doctor (an acupuncturist) advised her to resume eating meat. After doing five years of research, Lierre became passionately convinced that we were meant to eat meat and wrote about it in her book *The Vegetarian Myth*. In this book, she also covers in depth the issues of sustainability, nutrition, and ethics associated with meat eating.

The Westbrook Family

Gregory Westbrook and his family were 100 percent vegan and 85 percent raw for six years. After two years, health problems began to arise, but they had felt so great initially from the vegan diet that they couldn't imagine it was to blame.

His wife Judie experienced excessive weight loss, atrophied muscles, and six cavities. His daughter Sara got 14 cavities. Tim, his son, lost his robust health and grew depressed, with loss of mental capacity and physical coordination. His speech got slower and became slurred. Gregory's weight dropped to 120 pounds, too thin for his 5'7" frame. His cheeks were sunken, his face wrinkled, and he got 10 to 15 cavities per year.

Their health improved with eggs and raw goat cheese. It got even better with salmon and turkey, but dramatic improvements came with each family member when he or she worked up the nerve to try red meat despite all the bad press it gets. Red meat was consumed twice a week.

It seemed that there was more power in the red meat than in all the other dairy, eggs, turkey, and fish put together. ...

When I began eating red meat, I began to build serious muscle. I began to feel like doing hard physical work again. ... I was ecstatic to get my youthful vitality back.

It was the red meat that ended his wife's cravings. It was the red meat that brought his son out of depression, with mental capacity and coordination returning in full force.

In researching this phenomenon, we found that there are substances in the red meat that contribute to the brain's ability to process information.

Their story is detailed in the e-book *When Hallelujah Becomes "What Happened?"* The Westbrooks continue to eat a high-raw diet but now supplement it with eggs, dairy, and cooked meat from reputable sources.

Dr. Steve Monkiewicz, ND, PhD, CBT, EFT

My friend Dr. Steve Monkiewicz tells us his story in his own words.

My "journey to raw" was not a short one or an easy one. Being diagnosed with ulcerative colitis was not even enough to move me. No, it took years of experimenting with other things only to wind up in the raw food lifestyle. After almost all the alternative methodologies I tried had failed me, I found the two things that did work: raw food and stress reduction. Actually, it is much more than stress reduction, but in its simplest terms, that is the bottom line.

Emotional reprogramming set the stage for a whole bunch of things, including making the raw food lifestyle more effective. I have known several people who "went raw" without dealing with their emotional issues and came up short in terms of positive results going raw. For optimal effect, I have found both items need to be melded together. That realization got me to thinking: could cooked animal protein be added in modest amounts and be beneficial?

As I got older, I had a taste for the stuff. I have learned that cravings are telling you something. Pay attention. So, I incorporated small amounts of cooked and uncooked animal protein to my diet after being a raw vegetarian for five years. Like others, I noticed an improvement in both my energy and my health. I didn't overdo, but adding a little seemed to have a noticeably positive return.

So I now added some animal protein to my weekly diet. Not with every meal, but maybe three or four times a week. And if I am especially active, I find I have a taste for a little more, little meaning maybe a couple of ounces at a time. I am a bit more liberal with that idea if I can get some organic, grass-fed beef, or sushi-grade fish, even cage-free, organic eggs.

Being raw, I feel allowing myself a bit more is natural. Many indigenous people eat animal proteins and suffer little, if any, health problems from it. Then there's the idea of being an omnivore for survival's sake. I feel the wider my food range, the more sensible (from a survival point) and more historically accurate and authentic my food experience is.

There is one more consideration in my mind: By financially supporting the people who produce food that is healthy, natural, organic, and as pure as humanly possible, I am encouraging more people to do the same thing. Let's face it: like it or not, money is a huge motivator. Why not motivate good people to do good things? You vote with your dollar, so I choose to "vote" for those principles. I choose to ignore (as much as possible) the big factory-farming and food-growing conglomerates at the same time. We can follow the money to a healthy, wealthy, and happy life. This is my choice.

Aajonus Vonderplanitz

The story of author and diet consultant Aajonus Vonderplanitz is one of going from eating rabbit food to eating rabbits!

Vonderplanitz suffered cancer as a child. A vaccination also caused him to become dyslexic and autistic. Yet with great determination to restore his health, he recovered from all of these problems by means of a raw vegan diet, which he followed assiduously. He nonetheless still retained some health challenges.

After remaining raw vegetarian for quite a few years in California, Aajonus biked around North America for three years, living off the land, hoping to learn the truth about optimal health by living in the wild.

He eventually concluded that he'd prefer to starve to death rather than return to Los Angeles, with its pollution and the survival-of-the-fittest rat race. So he began to fast himself into starvation and then unto death.

Coyotes kept waking him up at night. This happened night after night. One night, a coyote rubbed his cold nose on Aajonus's leg and motioned with his head for him to follow. The coyote led him to the pack, and they all killed a rabbit in front of him. A female coyote placed the dead rabbit at Aajonus's feet.

He felt that the coyotes were helping him end his life faster, since at that time he believed that eating raw meat would be toxic. Although Aajonus had not eaten meat in years, it began to taste delicious after only five bites.

Aajonus woke up the next morning after what he describes as the best sleep of his life. He felt strong. He had found the missing link to his health recovery! He peddled back to Los Angeles to spread word of his great discovery. Everyone thought he was crazy. That was in 1976.

People who have seen Aajonus at work no longer think he is crazy. He is respected by medical doctors who have worked with him. He has touched many lives.

In his book *We Want to Live*, Aajonus relates that his teenage son was once brought to a hospital unconscious after a car wreck. Several doctors proclaimed he would probably die, but if he survived, he would be brain dead.

Vonderplanitz relates in mini-novel fashion that when no one was looking, he emptied the drug bottles of antiseizure medications and replaced them with nutritious raw animal foods: honey, eggs, and butter. His son came out of the coma within several days. Aajonus went on to feed him raw meat.

Eventually, his son regained speech and the use of his muscles and brain. Due to the raw meat, the son's muscles did not atrophy as commonly occurs among brain-damaged accident victims.

His son completely recovered and went on to study at a university. Eleven years after the accident, he remained free of any seizures or other complications following an accident from which doctors had condemned him to live the life of a vegetable.

Aajonus has worked with people having all kinds of ailments. In his book, he claims to have facilitated 236 cancer remissions out of 240 cases. He has educated people and assisted them in beating chronic fatigue syndrome, hepatitis C, heart disease, and more.

Ursula Horaitis

Chef Ursula Horaitis has been a partly raw vegan for about 30 years and was more intensely raw for 10 years during her time in California, during which time she ate about 60 to 85 percent raw but included eggs, fish, and occasional dairy. She ate meat, such as lamb, only twice a year for special occasions.

She went 100 percent raw vegan for 18 months, on a low-fat diet (80 percent carbs, 10 percent protein, 10 percent fat) out of curiosity. Her energy level remained high as she worked 14 hours a day at her Good Mood Food Café in California. Nonetheless, she endured many health challenges.

She experienced major hair loss. Her fingernails were not growing. They were constantly infected and sensitive to food acid, including lemon juice, when she prepared food. She lost the nails on her two large toes. She lost four teeth that were constantly infected and became loose after a few months, falling out. She gained 20 pounds from the carbs. She was eating all day long, always craving food.

Now Ursula has gone back to her previous diet and eats about 60 percent raw. She eats a more balanced diet now, including fish and eggs, sometimes cooked, sometimes raw. It took about eight months for her to restore her health (hair and nails) and lose the 20 pounds.

She was influenced by Prof. Brian Peskin, author of *The 24 Hour Diet*, who claims our pancreases are meant to work with a diet of only 20 percent carbs. Ursula now eats mostly that way and feels great: fit and healthy. She utters this warning.

If one wants to eat a raw vegan diet, it is great, especially for healing from sickness (especially if it is raw). But once well, stay away from too many carbs, and if one is not vegan for ethical reasons, include at least some eggs and fish. Raw eggs are the most perfect protein.

Though Ursula sold the Good Mood Food Café, she still works as a raw vegan chef and teaches classes on raw vegan health. She counsels people on health in her native Germany and worldwide online through Skype video conferences. She also helps restaurants with the new concept of including raw dishes in their menus. She wrote the booklet *The 7 Steps to Natural Health*. She holds lectures about these steps in Europe and America, as well as online through video conferences.

Vegan No More

Kevin Gianni, a high-profile raw fooder who hosts his Internet-based Renegade Health Show, went from raw vegan to incorporating dairy into his diet.

There have been two times when my vegan, high-raw lifestyle didn't work the way I wanted it to. First was when I encountered digestive issues brought on by a string of failed experiments with super foods and raw chocolate. The second was when I realized I wasn't making enough hormones to support my body's needs.

After the first instance, I used fermented goat milk to rebuild my gut flora and give me the energy that I needed after battling a gut infection. I tried fermented vegetable products, but none gave me the energy and the relief that I needed. The goat yogurt and kefir did. After a while, I didn't need it anymore and haven't had it in a while. This is relatively unscientific, but it worked. The second example is more science based.

The second instance came after some blood testing. I realized my cholesterol and pregnenolone [a hormone] were very low. My cholesterol was at 110, and my pregnenolone was at 6 (this is lower than that of an 85-year-old). My body was not producing enough cholesterol to produce my hormones!

I began supplementing with pregnenolone and krill oils (I had been using omega 3 oils before — plant based), and my cholesterol (as of last testing) shot up to 145, and my pregnenolone was increased to 70.100

These small additions to my diet worked when other vegan or raw options did not. I can't say either way what is good or bad, I just know what worked for me when I had these issues.101

The blogger Natasha was “a hardcore, self-righteous, and oh-so-judgmental vegangelical” who “never passed up an opportunity for some preaching.” But after 3.5 years of veganism, her health deteriorated. She experienced sugar crashes, mood swings, ravenous hunger, bloating, allergies, feeling cold even when it was very hot outside, depression, listlessness, lower back pain, and more. Her blood tests indicated certain deficiencies despite all the supplements she had taken. This all turned around in two months after reintroducing meat and eggs into her diet.102

Other bloggers who have found vegan diets didn't work for them include Raw Model, Debbie Does Raw, Daniel Vitalis, Sweetly Raw, Chicken Tender, the Non-Practicing Vegan, and PaleoSister.103

96 Hobbs and Haas, “Methionine: Amino Acid Support for Your Liver,” www.dummies.com/how-to/content/methionine-amino-acid-support-for-your-liver.html , accessed 12-3-10; Maroufyan et al., “The effect of methionine and threonine supplementations on immune responses of broiler chickens challenged with infectious bursal disease,” American Journal of Applied Sciences, 2010, 7 (1):44–50, www.scipub.org/fulltext/ajas/ajas714-50.pdf ; van Brummelen and du Toit, “L-methionine as immune supportive supplement: a clinical evaluation,” Tshwane University of Technology, Gezina, South Africa, Amino Acids, 29 Sep 2006, www.biomox.com/resources/publication%20amino%20acid%20journal.pdf

97 Gittleman, Eat Fat, Lose Weight, 63

98 Robb, Fat Burning Diet, 194

99 Fallon, “Twenty-Two Reason Not to Go Vegetarian,” www.westonaprice.org/twenty-two-reasons-not-to-go-vegetarian.html , accessed 1-26-10

100 Normal levels of the hormone pregnenolone range between 10 and 230 ng/ml.

101 Private e-mail, Sep 2010

102 According to “Former Vegan Confesses All,” www.truthaboutabs.com/vegan-confesses-health-problems.html, accessed 12-11-10. Natasha's website is www.voraciouseats.com , accessed 2.14-11

103 Ibid.

POST-VEGAN PRACTITIONERS AND ADVOCATES

Source: *David Rainoshek and Michael Sunspirit Research*

This is an ongoing list of Vegan advocates past and present who studied, wrote, taught, ate, and lived a Vegan and/or Raw/Live Vegan lifestyle, and chose after some years of doing so to skillfully re-integrate a degree of animal products into their diet.

That being said, many of the persons you will read about below still maintain what we call a *Center of Gravity* on a plant-based diet (*Center of Gravity* being a term from Ken Wilber's work on Integral Theory to designate an approximate stage of development one might be at in a particular developmental sequence.)

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Norman Walker

A strong advocate of fresh vegetable juice and regular colonics and enemas, Norman Walker stressed a predominantly raw plant-based dietary. Sensible man that he was, however, **Walker also encouraged the eating of moderate amounts of goat's milk, pure cream, Swiss cheese, and cottage cheese.**

Had Walker only gone a little further by recognizing the necessity of animal fats for the proper assimilation and use of fat-soluble vitamins and other factors, his program may well have become the answer to the disease problems of millions, as well as a long-term diet that maintained superior health.

Let's look at a couple of passages from two of Norman Walker's books:

The addition of some raw goat's milk or a little pure raw cream to the carrot juice gives it a somewhat exotic flavor and often serves to relieve the monotony when a reaction or distress many have a tendency to turn us against the plain juice. It is pertinent to remark that cream is a fat, pure and simple, while milk is definitely a concentrated protein food...

Source: ***Fresh Vegetable and Fruit Juices***, page 35

and

While milk is a concentrated protein, cream is a fat purely and simply, and its digestion is entirely different. While of course it still is somewhat mucus-forming, it is nevertheless a fairly good fat, provided it is used in limited quantities.

The stronger the cheese, the greater is its acid-forming effect on the body, and the more mucus-forming it is. Cottage cheese (preferably the home-made kind) is probably the least mucus-forming, while the seasoned Swiss cheese, the kind that is made in huge round pieces about 3 feet across, and 8 or 10 inches thick, with large holes all through it, is the next best.

Source: ***Diet and Salad***, page 43

Paul Bragg

Bragg listened to his body and, as he writes on page 78 of his book, ***The Miracle of Fasting***, has a lot to teach us:

“Over the years of following a program of fasting, and with a diet containing an abundance of raw fruit and raw vegetables, my body has become so keen that it practically tells me what to eat at every meal. Over the years on this diet, my body has lost the desire for meat and fish, and my diet is composed of raw fruits and vegetables, cooked fruit, and cooked vegetables with nuts, nut-butters, seeds, raw wheat germ, Brewer's yeast, and legumes.

This is what my body seems to thrive on, but as I said, I don't like the word 'Never,' because there are times when my body tells me to eat a piece of meat or a piece of fish, or to have some natural cheese or a few fertile eggs. In other words, my body has developed an instinct for the selection of foods.”

Chet Day's Commentary on Bragg

Well, my experience since 1993 has been that the serious health seeker's body will develop this same keen instinct for eating the right foods.

Instead of letting some ego-driven health guru tell you his/her system is the only system, why not listen to the voice that really knows what's right for your body, the voice within, the voice of desires for foods that speaks clearly once you learn to listen to it.

And Paul Bragg apparently ate more meat than he let on, as two readers of my newsletter reported in 2002:

PAUL BRAGG LIKED BURGERS

Chet, good article on the health gurus who have switched from vegan/vegetarian to adding meat to their diets. We were vegetarians in the 70's and changed in the 80's when we studied Dr. Ray Peat's work. We noticed our patients that took the longest to respond to treatment were the vegans and vegetarians.

Regarding Paul Bragg, we always saw him at a restaurant in the Ilikai Hotel in Waikiki. His favorite meal was a char-broiled hamburger according to the waitresses that served him. At that time, he professed to be a vegetarian. He was a nice man and ran a free exercise class on the beach.

He reminded me of my father-in-law who wrote a book called, "If Man Made It, Don't Eat It," and Haal always told people he was a vegetarian, but we knew he enjoyed a good steak 2-3 times a week.

Now if we could only get people of the polyunsaturated fats and soy.... Aloha. -- Sharie

And

PAUL BRAGG LIKED BURGERS CONFIRMED

Chet: A short note to let you know that the info on Paul Bragg that Sharie reported about eating burgers is correct. You know I live in Honolulu. I've run into a couple of older guys at the gym who used to exercise with Bragg at Fort DeRussy in Waikiki in the mornings. They told me the same thing about the burgers.

-- Dr. Stephen Brynes

Jack LaLanne

From Wikipedia:

- LaLanne blamed overly processed foods for many health problems. He advocated a mostly meatless diet but which included [fish](#) (see [Pescetarianism](#)),^{[18][19]} and took vitamin supplements.^{[20][21][22]} He ate two meals a day and avoided snacks. His breakfast, after working out for two hours, consisted of hard-boiled egg whites, a cup of broth, oatmeal with soy milk and seasonal fruit. For dinner he and his wife typically ate raw vegetables and egg whites along with fish. He did not drink coffee.^[5]

Jack LaLanne recently passed away at the age of 96 in 2011, and was working out just days before his death.

John Tilden

Dr. John Tilden of Denver was a mentor and health hero of **Dr. Herbert Shelton**, the naturopath who popularized **Natural Hygiene** (a strict vegan and raw food diet -- though Shelton apparently didn't follow it himself). Tilden is the author of the famous book *Toxemia Explained*.

Tilden was not a vegetarian or strict vegan, and he told his patients that animal foods were a necessary part of the human diet. I (Chet Day) like Tilden's work because, unlike many health gurus, he speaks from the altar of common sense rather than the pulpit of egotism.

Writing about meat, Tilden says:

“Those who labor should not eat meat oftener than once a day, and bread, potatoes, or other decidedly starchy foods once or twice a day. Those of sedentary habits should not eat meat oftener than once every other day, or moderate every day when the temperature is ten above zero or lower. When it is possible, meat should always be accompanied with a large plate of raw vegetable salad or a dish of slaw, and cooked non-starchy vegetables. (Source: **Food: Its Influence as a Factor in Disease and Health**, page 50)

Upton Sinclair (author of *The Jungle*)

A famous writer and ex-vegan by the name of Upton Sinclair, the activist who forced the meat-packing industry to clean up its act many decades ago when he wrote *The Jungle*, found he couldn't maintain his work levels on a vegan diet.

Writing sadly that he hated to give up veganism, Sinclair did so nonetheless because he found his brain just wouldn't function at an optimal level on fruits, vegetables, juice, nuts, and seeds. He turned to Salisbury steak as his answer. **Although Upton Sinclair was nearly crucified by his vegan friends** for changing his diet and writing about the positive results from the change, he maintained that he went where the truth led him.¹⁹⁴ *Beyond Broccoli*, page 65

Harvey Diamond

Co-author of the best-selling *Fit for Life* books, who, in his most recent book *The Fit For Life Solution*, rejects veganism as well as vegetarianism. The following is a section of a Harvey Diamond interview in the July/August 2000 issue of **Mind and Muscle Power**.

Question: "Assuming that today, we have a new generation of organic meats, chickens and eggs, and assuming that when I cook, I find a way to trim all the fat, is it still so bad?"

Diamond: "Oh, no. I don't know what has given you that impression. I make it very clear in the book *The Fit for Life Solution* that I myself am not a vegetarian any longer. I eat meat, chicken, fish and eggs. I eat everything. But it is as you say, I seek out pasture-grazed animals. I don't just put anything into my body. I try to find the very best, the very finest, the very cleanest. And, most importantly I don't eat it with the frequency that I did in my younger years, which is what I feel made me sick in the first place. I generally have meat, chicken or fish maybe two or three times a week. Sometimes more. But basically it's on an every-other-day basis."

Herbert Shelton

Chet's Commentary on Tilden and Shelton

In general, Tilden recommended having a piece of meat the size of a silver dollar. He stressed a moderate and balanced approach to life, and that's one of the things I like and admire about him. Unlike the supposedly strict vegan Herbert Shelton, who spent the last ten years of his life beridden and suffering the agonies of an undiagnosed disease that resembles Parkinson's, Dr. Tilden lived and worked healthfully well into his 90's before he passed away.

When people tell me, "Shelton died of overwork. His raw vegan diet of fruits, vegetables, nuts and seeds was not the culprit," I like to point out that Dr. Tilden, Shelton's mentor, worked just as hard as Shelton, if not harder, and didn't end up an invalid for his last decade.

The main health factor I've been able to unearth regarding Shelton and Tilden lies with the fact that Tilden ate and approved of meat while Shelton only ate some dairy:

Dr. Ralph Cinque, who worked closely with Shelton, says:

Shelton's diet really wasn't that strict. He was a lactovegetarian; he never could get past the milk products in his diet, including cheese, clabbered milk, and butter. I had a man come to me once who had fasted with Shelton in the early 60s and kept a diary of all the meals he was fed by Shelton afterwards. It consisted of fruit in the morning, salad and nuts or cheese for lunch, and in the evening either salad with cooked vegetables and a starch, or sweet fruit with clabbered milk.

Max Gerson

<http://chetday.com/healthgurus.htm>

Max Gerson, the originator of the famed Gerson Institute program, used liver extracts. After detox, Gerson added cottage cheese and other products derived from animal sources at one point or another in his protocol. His daughter, Charlotte, keeper of the Gerson flame, has a host of animal-derived substances in the current version of the Gerson program, for which in-patients now pay \$4900 a week.

Dr. T. Colin Campbell, PhD

Q: *Do you advocate a 100 percent plant-based diet?*

A: We eat that way, meaning my family, our five grown children and five grandchildren. We all eat this way now. **I say the closer we get to a plant-based diet the healthier we are going to be. . .**

It's not a religion with me, it's just that the closer we get to a 100 percent plant-based diet, the better off we're going to be.

And in *Healthy at 100*, John Robbins (author of *Diet for a New America*) writes:

*"In suggesting that animal-based foods should to a large degree be replaced by plant-based foods, doctors like Dr. T. Colin Campbell [author of *The China Study*], Dr. Dean Ornish, and Dr. Caldwell B. Esselstyn may seem to be on the margins of Western society, particularly in a day when so many have been drawn to the short-term promises of the Atkins diet and its low-carb relatives. But unlike Dr. Atkins, these doctors and their ideas are fully supported by the medical literature, and what they propose has been demonstrated to work over the long term.*

I've had the privilege of knowing each of these doctors (Ornish, Esselstyn, and Campbell) as a personal friend, and I know that each of them is lean and thriving on the plant-based whole-foods diets they espouse—diets which are strikingly similar to those on which the elder Okinawans, the Abkhasians, the Vilcabambans, and the Hunzas have long thrived. I also know that each of these doctors consumes at least occasional small amounts of wild fish. In this, they are in accord with traditional wisdom, for no society has ever, to my knowledge, sustained itself for long exclusively on plant foods."

Dr. Caldwell B. Esselstyn

And in *Healthy at 100*, John Robbins (author of *Diet for a New America*) writes:

*"In suggesting that animal-based foods should to a large degree be replaced by plant-based foods, doctors like Dr. T. Colin Campbell [author of *The China Study*], Dr. Dean Ornish, and **Dr. Caldwell B. Esselstyn** may seem to be on the margins of Western society, particularly in a day when so many have been drawn to the short-term promises of the Atkins diet and its low-carb relatives. But unlike Dr. Atkins, these doctors and their ideas are fully supported by the medical literature, and what they propose has been demonstrated to work over the long term.*

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Donna Gates

Susan Schenck

Author of *The Live Food Factor* and *Beyond Broccoli: Creating a Biologically Balanced Diet When a Vegetarian Diet Doesn't Work*

I have since learned it doesn't fit everyone. A six-year vegan experiment proved it didn't work in my body, and I have reason to believe I am far from alone. I then spent a year being raw vegetarian, adding raw eggs and just a bit of goat cheese to my diet. A year after that, I added just four ounces of clean, non-factory-farmed meat to my daily raw diet, and I cut back on the carbs. To my astonishment, my health really took off, my mental capacities even at times exceeding those of my youth.

As you know, I was a raw food vegan for many years. It didn't work for me, and many of the problems didn't show up for six years. This is because fat soluble vitamins can be stored in the body for many years. I took B-12 supplements, but they weren't being absorbed. Blood tests showed that I had severe vitamin B-12 and D-3 deficiencies. I was also losing my memory to the point where I couldn't recall phone numbers (even my husband's) and would go into a room and not remember why I went there. One time even my husband's name was on the tip of my tongue!

David Wolfe

Victoria Boutenko

John Robbins

Author of *Diet for a New America* and *Healthy at 100*. Here is what John Robbins says in his book, *Healthy At 100*:

"I've had the privilege of knowing each of these doctors (Ornish, Esselstyn, and Campbell) as a personal friend, and I know that each of them is lean and thriving on the plant-based whole-foods diets they espouse---diets which are strikingly similar to those on which the elder Okinawans, the Abkhasians, the Vilcabambans, and the Hunzans have long thrived. **I also know that each of these doctors consumes at least occasional small amounts of wild fish. In this, they are in accord with traditional wisdom, for no society has ever, to my knowledge, sustained itself for long exclusively on plant foods....."** (Page 141)

Dr. Stanley Bass

Al Sears

David Rainoshek, M.A. and Katrina Rainoshek

David Rainoshek, M.A. in Vegan/Live Food Nutrition under the guidance of 40-year Raw/Live Vegan advocate, author, and medical doctor Gabriel Cousens. From 2006-2008 David worked as Research Assistant to Dr. Cousens at the Tree of Life Rejuvenation Center in Patagonia Arizona. David also coached the fasts, and taught the academic nutrition portions of the Kitchen and Veganic Gardening Apprenticeships at the Tree of Life during that period. David researched and wrote *There is a Cure for Diabetes* with Dr. Cousens, released in 2008 as an efficacious Raw/Live Vegan, low-glycemic approach to healing diabetes.

David's Masters Thesis and largest project is the 92-Day Juice Feasting Program on www.JuiceFeasting.com

David moved to Canada from Arizona in 2008 with his wife, Katrina, just after Juice Feasts of 70 and 90 Days, respectively, during the 2008 Global Juice Feast. David and Katrina conceived their first child in Canada four months later.

David became progressively cold in Canada over a two-year period, consulting with multiple colleagues and practitioners of a Raw/Live Vegan approach, and found a 100% Raw/Live Plant-Based diet untenable in the cold, damp, largely sunless environment of the Canadian west coast. This was despite his years of personal and professional practice

Katrina recognized during her pregnancy that after 18 years experience with Vegetarianism, and 2 years experience with 100% Live/Raw Vegan, that her body was natively asking for animal products as her pregnancy progressed. The integration of local, whole, organic, raw animal dairy was a critical element in her pregnancy.

Both of these events – David being *extremely chronically cold* and Katrina's pregnancy - led to a new round of deep research into the Raw/Live Vegan approach.

David and Katrina now eat what David academically calls an "Integrated Diet," which he is writing about for an upcoming book on The Spectrum of Diet.

Dr. Joseph Mercola

Runs www.Mercola.com, one of the largest natural health sites on the internet.

Mike Adams (The Health Ranger)

Runs www.NaturalNews.com, a leading-edge site in the interest of raising awareness about natural health, politics and health, and current events in the realms of politics, business, medicine, and natural health. Mike is a prolific author and speaker, and is connected with many, many people in the plant-based Vegetarian and Vegan communities. Mike regularly Juice Feasts, and has done extended periods of Vegan and Raw Vegan diets.

Daniel Vitalis

Ate Raw/Live Vegan for 12 years prior to moving into a locavore diet with many wild foods, spring waters, and superfood elixirs. Runs www.Surthrival.com and www.FindASpring.com

Ann Louise Gittleman

Jay Robb

Chet Day

Webmaster of ChetDay.com

Mother who wrote in to go post-raw on pregnancy:

<http://www.chetday.com/meatandpg.htm>

Article: Strict Vegan Diets May Be Dangerous, Especially for Expectant Mothers and For Children

<http://www.chetday.com/vegandietdangers.htm>

Dr. Ben Kim, DC

Lierre Keith

Author of *The Vegetarian Myth*. She writes in Chapter 1: This Book:

"This was not an easy book to write. For many of you, it won't be an easy book to read. I know. I was Vegan for almost 20 years. I know the reasons that compelled me to embrace an extreme diet and they are honorable, ennobling even. Reasons like justice, compassion, a desperate and all-encompassing longing to set the world right. To save the planet—the last trees bearing witness to ages, the scraps of wilderness still nurturing fading species, silent in their fur and feathers. To protect the vulnerable, the voiceless. To feed the hungry. At the very least to refrain from participating in the horror of factory farming.

"Vegetarian isn't just what you eat or what you believe. It's *who you are*, and it's a totalizing identity. In presenting a fuller picture of food politics, I'm not just questioning a philosophy or a set of dietary habits. I'm threatening a vegetarian's sense of self."

"But I'm also writing this book as a cautionary tale. A vegetarian diet—especially a low-fat version, and most especially a Vegan one—is not sufficient nutrition for long-term maintenance and repair of the human body. To put it bluntly, it will damage you. I know. Two years into my Veganhood, my health failed, and it failed catastrophically. I developed a degenerative joint disease that I will have the rest of my life."

"You're allowed to learn from my mistakes. All the friends of my youth were radical, righteous, intense. Vegetarianism was the obvious path, with Veganism the high road alongside it. And those of us who did it long-term ended up damaged. If I'm questioning your lifestyle, your identity, you might feel confusion, fear, and anger while reading this book. But take my word: you don't want to end up like

me. I'm asking you to stay the course, read the book, and explore the resources in the Appendix. Please. Especially if you have children or want to."

Philip McClusky

The Raw Brahs:

Frank Giglio and Camille Rose-Giglio

Greg Westbrook and the Westbrook Family

Author of *When Hallelujah Becomes, "What Happened?"*

Article: "Crashing on the Vegan Diet"

<http://www.chetday.com/losingyourmind.htm>

Article: Hallelujah Acres Research Cast Doubt on "Ideal Diet"

<http://www.chetday.com/hallelujah-diet-dangers.htm>

Dr. Steve Monkiewicz, ND, PhD

Aajonus Vonderplanitz

Ursula Horaitis

Kevin Gianni and Annmarie Gianni

From *Beyond Broccoli* by Susan Schenck: "Kevin Gianni, a high-profile raw fooder who hosts his Internet-based Renegade Health Show, went from raw vegan to incorporating dairy into his diet.

There have been two times when my vegan, high-raw lifestyle didn't work the way I wanted it to. First was when I encountered digestive issues brought on by a string of failed experiments with super foods and raw chocolate. The second was when I realized I wasn't making enough hormones to support my body's needs.

After the first instance, I used fermented goat milk to rebuild my gut flora and give me the energy that I needed after battling a gut infection. I tried fermented vegetable products, but none gave me the energy and the relief that I needed. The goat yogurt and kefir did. After a while, I didn't need it anymore and haven't had it in a while. This is relatively unscientific, but it worked. The second example is more science based.

The second instance came after some blood testing. I realized my cholesterol and pregnenolone [a hormone] were very low. My cholesterol was at 110, and my pregnenolone was at 6 (this is

lower than that of an 85-year-old). My body was not producing enough cholesterol to produce my hormones!

I began supplementing with pregnenolone and krill oils (I had been using omega 3 oils before — plant based), and my cholesterol (as of last testing) shot up to 145, and my pregnenolone was increased to 70.100

These small additions to my diet worked when other vegan or raw options did not. I can't say either way what is good or bad, I just know what worked for me when I had these issues.”101

Sandy Warf

Roy Holman

Tom Billings

Runs www.BeyondVegetarianism.com

Anthony Anderson, A.K.A. “Raw Model”

Debbie Does Raw

Sweetly Raw

Chicken Tender

the Non-Practicing Vegan

PaleoSister

G. Martin