PREVENTING THE COMPOSTING OF WESTERN CIVILIZATION

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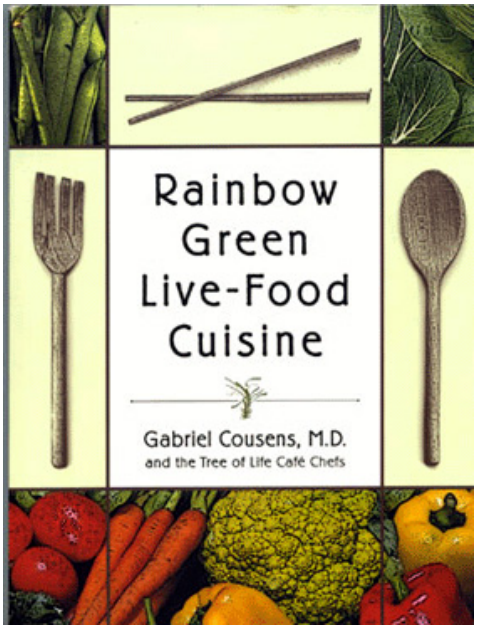


See also:

Books: ***Sick and Tired?* By Robert O. Young**
Rainbow Green Live-Food Cuisine

Articles:

Websites: www.treeoflife.nu/cafe.html

Audio/Video:

Publications:

Organizations: **The Tree of Life Foundation**, Patagonia, Arizona

People:
Antoine Bechamp
Louis Pasteur
Claude Bernard
Florence Nightingale

Integral Nutrition:
Lower Glycemic Index / High Nutrient Plant-Based Foods
Juice Feasting with Green Vegetable Juices
Raw/Live Foods
Garlic (or Allimax)
Pau D'Arco Tea
Oregano Oil
Lomatium Dissectum (LDM-100)
***Chanca Piedra* Tea (also known as Break-Stone Tea)**

Conventional:

Terms:

Pleomorphic Theory
Microzymas
Mycotoxins
Protits
Pleomorphism
Somatids
Subtle Organizing Energy Fields (SOEFs)
Terrain
Endotoxins and Exotoxins

TO COMPOST OR NOT: THE THEORY BEHIND THE RAINBOW GREEN LIVE-FOOD CUISINE

Source: *Rainbow Green Live Food Cuisine* by Gabriel Cousens, M.D. (Chapter 1)

The theory that I am sharing with you is what is presently known as the **pleomorphic theory**, developed over a period from the late 1800s to early 1900s by several people who have influenced my understanding of holistic health. The first is **Antoine Bechamp** (1816-1908), who was a master of pharmacy, doctor of science, doctor of medicine, professor of medical chemical pharmacy, professor of physics and toxicology, and professor of biological chemistry. What he discovered was the process of fermentation, which he described as the process of digestion by microscopic ferments or life forms. As a genius in his field, he saw that blood is not a liquid but a flowing tissue. In his work, he discovered what he called "**microzymas**" or ferments in the blood. The microzymas are living microscopic and colloidal elements capable of fermenting the sugar in our system. The microzyma is the smallest living unit in nature and in our bodies; it is much smaller than the cells.

The cornerstone of Bechamp's theory was that maintaining a healthy terrain and biological physiology is the key to health. When the biological terrain was disrupted, when people got too acid, then the natural fermentation process in the body was accelerated, and a morbid evolution of these microzymas would take place. They would coagulate and pleomorphically permutate into bacteria, yeast, fungus, and eventually mold. As these morbid pleomorphic forms from the microzymas developed, they fed on our vital body substances and produced more toxins, which we call **mycotoxins**. This toxic process resulted in a degenerative disease symptomology.

Another great researcher who came a bit later and based some of his work on Bechamp was a physician, Professor Gunther Enderlein (1872-1968). (I had the opportunity to study with one of Dr. Enderlein's German students, Dr. Maria Blecker.) Dr. Enderlein proved the pleomorphic theory postulated by Bechamp, through his sixty years of observations of living human blood. He also proved that the cell was not the smallest unit of life, and that within the cell are **protits**, which is the tiniest unit of life. Perhaps most important of all, he validated Bechamp's theory of **pleomorphism**, which states that these protit-microorganisms change in their form according to the conditions of the blood and its tenor in general. Instead of calling them microzymas, Dr. Enderlein referred to them as protits, but the principle is essentially the same. For the purpose of this book, I am choosing to use the word "protit," as that is the term I am accustomed to using. Dr. Gasten Naessens in Canada has also

discovered these pleomorphic forms, and he calls them **somatids**.

Fundamentally, what these researchers have discovered, which can be readily seen in a microscope, is that these protits, which are of very small size (.001 micron), form a colloidal energetic field, not only in our human system within the cells, but also in extra-cellular fluid and the lymph and the blood. This is, essentially, everywhere in the body. This colloidal field, if it is healthy, helps to create health. If the living colloid field is disrupted by toxic influences, then the energetic and physiologic electromagnetic field changes in the direction of pathology, and we move to progressively poorer health.

This theory was further developed by Dr. Robert Young. In my discussions with him, I added my theory of Tachyon energy and **subtle organizing energy fields (SOEF)** (as explained in *Spiritual Nutrition and the Rainbow Diet, Conscious Eating,* and *Tachyon Energy: A New Paradigm in Holistic Healing),* which he felt comfortable with. In essence, the combined Tachyon, SOEF, living colloid theory is key for understanding this new concept in nutrition. The subtle organizing energy field (SOEF), which is energized by the Tachyon energy (energy just faster than the speed of light), creates an energetic matrix from the protits' colloid suspension on the physical plane. This manifests first as a living colloidal field in the space between and within the cells. This protit colloidal field is affected by the environment, as well as by the normalizing SOEF matrix. Acid food, acid thoughts, low oxygen, environmental toxins, heavy metals, and a lack of exercise all have the power to distort this living protit colloidal field. They can shift it from a healthy, creative, energetic matrix for cells and tissues into a morbid pleomorphic expression: an unhealthy field. These negative environmental stresses create a morbid pleomorphic change from the healthy protit energetics of life to bacteria and higher forms of yeast, mold, and fungus, as the protits pleomorphically transmute and coagulate. These higher morbid pleomorphic forms give off mycotoxins, which tend to break down our living tissues. These morbid pleomorphic forms, for which I use the word “mycosis,” also eat the sugar in our systems, the DNA, the proteins, the enzymes, and the hormones. They live off our tissues and vital fluids, and as they increasingly give off mycotoxins (in essence, their fecal waste), they further imbalance and acidify the system and create favorable conditions for more of these pleomorphic organisms to grow and, therefore, increase the state of mycosis.

In an undisturbed, healthy state there is a clear and full expression of the vital subtle-organizing, high-energy fields into the colloidal field. Undisturbed by toxic influences, this energetic continuum-from Tachyon energy, to SOEF vital life pattern, to a healthy energetic protit colloidal system-is the foundation of optimum health. The living colloidal system is the first level of physical manifestation of life energies. This healthy protit colloidal field is needed for a healthy coagulation system and for proper building blocks for all cellular' lymph, blood, and intra-cellular structures. When this protit colloidal field, which is very sensitive to morbid effects, is energetically healthy, then we have a perfect, supportive field for a healthy matrix for the creation and life force of our cells and tissues. When the subtle organizing energy field matrix on the colloid field is disrupted by degenerative influences, then this protit colloidal field acts as a sensor to the physiological imbalance. It reacts to the environment and creates a morbid energetic field to compensate. This shift to a morbid field takes us toward degenerating health.

The protits—independent living elements—seem to have critical roles of being a builder as well as a recycler of organisms. In essence, "from dust to dust." This recycling is the dying and death process. As long as the subtle organizing energy field imprint of the colloidal matrix of the protits is not too significantly disturbed, then the protit colloidal system acts as a builder and restorer of life. When the colloidal energetic matrix is disturbed significantly, then the "recycling button" or "composting

button" is pushed and the protits begin their function as recyclers of whatever organism they are in. In essence, they begin to accelerate the rate of fermentation of the system. At the turn of the nineteenth century, candida was primarily seen in people who were dying of cancer or other very serious diseases. What was going on was that the recycle button had been pushed and they had already begun the cycle of degeneration.

The process of chronic disease is activated in a person who is toxic enough to push the "**composting button**." Depending on the degree of toxicity, this composting process leads to chronic disease, misery, and ultimately death. The key to restoring health is minimizing or eliminating the toxic conditions so that the composting button is turned off. **A low-sweet, live-food, non-acidic diet and a healthy mind are the key factors in turning off the composting button and re-establishing vibrant health.** These reverse the forces of entropy or composting. Activities that enhance the flow of the energetic continuum, from enhancing the flow of Tachyon energy, to energizing the SOEFs, to all forms of positive lifestyle habits, all help to reverse entropy or the aging-degeneration process.

> *This diet is designed to turn off the self-composting button. Today we have a great many more morbid influences on us including hybrid, high-sweet fruits, radiation, intense pollution, heavy metal toxicity, and an accelerated amount of stress in the environment and within our minds, as well as the use of genetically engineered food, irradiated food, processed food, fast food, junk food, refined white flour food, white sugar food, and canned foods. All of these foods specifically are morbid influences on the protit colloidal field as it attempts to express the pure subtle organizing energetic matrix in our cells and tissues. Whereas a diet high in fruit was considered an excellent diet fifty years ago, because of the greatly increased physical, emotional, mental, and spiritual toxicity in ourselves and the world, we now need to shift to a diet with lower sugar content. The purpose of this, of course, is to have less fermentation and therefore not feed the morbid pleomorphic evolving organisms. In addition, because of the conditions in our environment (and I see this as a global issue), I have had to look at adjusting the live-food diet to counterbalance the toxic conditions of our planet and the conditions that all of us human beings are facing. It is in this context that I am offering and explaining the Rainbow Green Live-Food Cuisine.*

As we delve deeper into this theory, which helps us more profoundly understand the process of disease, we enter into a debate that has been going on for the last hundred years, which is the theory that the terrain is of primary importance in establishing conditions that then create disease. This is, in essence, the pleomorphic theory**. Once the terrain becomes disease-inducing, the organisms that are in us (the protits) pleomorphically change into morbid forms and create the actual conditions of disease. The opposing theory is that we catch bacteria or viruses, and that they then become the cause of disease. Somewhere there is an in-between place that combines both concepts. However, there is an old statement that "The swamp breeds mosquitoes. Mosquitoes do not breed a swamp." If your terrain (your basic physiology) is strong and healthy and in proper pH from eating the right foods, you are less likely to get any exogenous acute disease, and you are likely to be better able to fight disease.** Chronic disease is more easily understood when one's framework is the pleomorphic theory. Most chronic diseases are not an acute invasion in an immunologically and pleomorphically weakened terrain, but a chronic breakdown that can degenerate or devolve all the way to cancer. **It is hard for any disease to invade a person who has a strong terrain.** That is why some people do not get sick when there is an epidemic going around, and why other people are always getting sick. Usually those people who do not get sick are those with a very strong physiology or basically strong biological terrain.

We are all hooked up by the subtle organizing energy fields to an optimal terrain. However, by disrupting the acid-alkaline balance (most usually by becoming too acid: eating acid-promoting foods, living an acid-promoting stressful lifestyle, and thinking acid thoughts), we shift the terrain. Another factor that shifts the terrain significantly is the level of toxicity to which we are exposed. Heavy-metal toxicity, environmental pollution, lack of oxygen, poor nutritional status, mineral depletion, poor lymphatic flow, loss of electrical charge in the cells, and exposure to electromagnetic pollution all increase toxicity. Drugs that encourage yeast and fungus, which imbalance the biological terrain, include steroids, antibiotics, birth control pills, alcohol, and cigarettes. Lack of exercise, lack of rest, flesh and dairy products, white sugar, and white flour have the same effect.

As a result of all these acid-producing conditions (or anyone of them, but usually it's collectively all), the red blood cells actually lose the normal, healthy negative charge that keeps them repelled from one another and prevents clumping. The cells living in these conditions become invaded by mold and fungus, lose their charges and turn positive, and begin to clump. They also clump to healthy cells, which have a negative charge, infecting them as well. As the electromagnetic field changes more and more, cells are disrupted. There is more and more clumping. **The bacteria-yeast-mold sequence beginning to take place because of a lack of oxygen also promotes clumping.** The more clumping you have, the less oxygen is getting to the tissues and cells in the terrain. This whole cycle can be easily identified with dark-field microscopy.

The fungal toxins that are given off are called **mycotoxins**. When people are very toxic as a result of fungal growth, their condition is called mycotoxicosis or mycosis. These mycotoxins further increase the acidity, acting as acids that eat away at the tissue. Symptoms are experienced as one's body attempts to deal with the poisons that result from the action of the acid toxins on the cells and tissues. They produce metabolic waste called **exotoxins**, as well as **endotoxins**, which are poisons within the organism.

One of the main mycotoxins is acid aldehyde, which converts to alcohol. The acid aldehyde causes the liver to increase the production of low-density lipoproteins, which are called LDL cholesterol. These low-density lipoproteins help bind and deactivate the mycotoxins. They also raise the cholesterol level. Acid aldehyde can decrease our strength and stamina, cloud our mind, decrease immunity, destroy neurotransmitters, and bind to red blood cells to make them less flexible and therefore decrease oxygenation of the tissues. Some of the other pathological results of excess acid aldehyde are pancreatitis, cardiomyopathy, general brain atrophy and dementia, atrophy of the interior spaces of the brain (called the ventricles), jaundice, splenomegaly (enlarged spleen), stomach ulcers, cirrhosis, and fetal edema. Acid aldehyde destroys essential enzymes and decreases cell energy.

Another powerful mycotoxin is called **cyclosporin**, which suppresses the immune system and can cause cancer. **Uric acid** is another mycotoxin. It can cause gout and also uses up the body minerals, particularly potassium, magnesium, sodium, zinc, and calcium, to neutralize uric acid. **Oxalic acid** is a mycotoxin associated with kidney stones.

There is another mycotoxin called **alloxan**, which is a metabolic breakdown by-product of uric acid. It directly destroys pancreatic cells. Some research shows that rats given high uric acid foods (a diet that had about 10% uric acid) all developed **diabetes**.

These mycotoxins and the breakdown they cause eventually exhaust the immune system. As this whole process continues, the biological terrain is increasingly and chronically changed to an abnormal

fermentative metabolic condition, which has often been identified as a pre-condition or condition of cancer. In many of my clients who have significant mycosis, their cancer profile (done at an outside laboratory) shows a pre-cancer condition. When the systemic condition localizes, like in a tumor, we call it cancer. In my theory, the tumors show up where the body is constitutionally the weakest.

Other results of a systemic mycosis (this is more than just candida), secondary to an exhausted immune system, are allergies, irritation and inflammation, eczema, runny nose (which are ways the body tries to eliminate the toxins), environmental sensitivities, fungal infections in the heart, lungs, and sinuses, fatigue, neurological problems, depression, anxiety, PMS, paranoia, panic attacks, headaches, poor concentration, poor memory, and mental confusion. These are just some of the effects. In children, we often see the mycotoxic symptoms appearing in autism, diaper rash, thrush, urinary infections, upper respiratory infections, colic, constipation, diarrhea, hyper-activities, and learning disabilities.

Additional problems that we see with mycosis are: weight problems, bloating, mycotoxic conditions of the colon and liver, a tendency towards parasites, rectal itch, urinary tract infections with itching and burning, vaginitis, increased colds and flu, cellulitis, fungus in the mouth, jock-itch, athlete's foot, and fungus of the skin. Other results of mycosis include: tendency to infection, fatigue, adrenal and thyroid weakness (which I see very often in my clients), indigestion, diarrhea, food cravings, intestinal pain, chronic fatigue syndrome, asthma, hemorrhoids, cold and flu, dry and itchy skin, receding gums, dizziness, joint pain, bad breath, diabetes, heartburn, dry mouth, PMS and menstrual problems, irritable nervous system, puffy eyes, decreased sex drive, vaginal yeast infections, hay fever, acne, gas and bloating, low blood-sugar imbalances, muscle aches and pains, and a general feeling of ill health. Mycotoxic stress and fermentation in the blood and lymph also increase free radicals in the system.

As part of the circle of degeneration, there is a collapse of the colloid system in the biological terrain that causes further aggravation of red blood cells and loss of charge of energy in the cells. We need to understand that the protits are the colloids of life, which we need to function appropriately. The living colloid system holds the state of balance, because it maintains the electrical charge in the system, and, therefore, stops excessive coagulation.

Excessive coagulation is not only more clumping but is merging together to create higher forms. The colloids of life, the protits, will sense any electrical compromise and be affected by it. We depend on our colloids for life force and health. By creating a proper alkaline balance in our biological terrain, via proper diet and lifestyle, we maintain a state of optimal health, because in this process we are maintaining an optimal living colloid or protit system.

Lack of harmony with the colloids creates a menu for disease. To grasp this, we just need to understand that the negative charge in the cells, especially the red blood cells, is the first line of defense, because it keeps the cells from clumping. When the charge is lost, the cells become susceptible to external organisms as well as infestation by yeast and fungus, which feed on the hemoglobin in the red blood cells.

Cycle of Chronic Disease

Self-Composting – "ashes to ashes, dust to dust"

Cell is put under stress from:

- Sugar
- Acid Diet
- Acid Thoughts & Emotions
- Polluted Environment
- Radiation
- Dehydration
- Low Oxygen

Healthy Cell
Protits

Creation of Acid Terrain

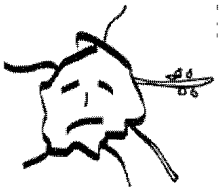
Recycle Button Pushed

Cycle of Cell-Rotting & Fermenting
begins as protits adapt to an acid environment

Cells Lose Healthy Electrical Charge
as they ferment & become electromagnetically disturbed and begin to clump

Slightly Unhealthy Cells Become More Unhealthy

Protits Pleomorphically Change to Viruses, Bacteria, Fungus, & Mold



Sick & Dying Cell

Fungus, Mold & Bacteria
give off waste products: acetaldehyde, uric acid, lactic acid, alcohol, oxalic acid—all of which disrupt cellular & organ function

Cells & Body
go to chronic disease state and/or die; & composting completes in the earth—"from dust to dust"

Most of the people I see in my clinical practice have had "their recycle button pushed" and are working on returning to health, which can take anywhere from two months to three years. It depends on being able to turn off the button. I would like to note that I am not an oncologist. It is increasingly common knowledge among natural healers who treat cancer that there is a connection between the degree of fungus in the blood and body and the increasing potential for cancer. This theoretical view established by Dr. Antoine Bechamp and Dr. Enderlein is not part of the educational system in allopathic medical schools, where the germ theory of Louis Pasteur, Antoine Bechamp's rival, prevails.

> It is interesting to note that on his deathbed, Louis Pasteur said, "Claude Bernard was right. The microbe is nothing. **The terrain is everything.**"
>
> (This is according to pleomorphic physicians I have studied with and Robert Young, Ph.D., in *Sick and Tired.)*

It is the biological terrain that is most important. Extreme pleomorphic mycosis may generate the conditions that manifest as cancer. This has not been proven, but there is strong theoretical evidence to support this idea.

SUMMARY

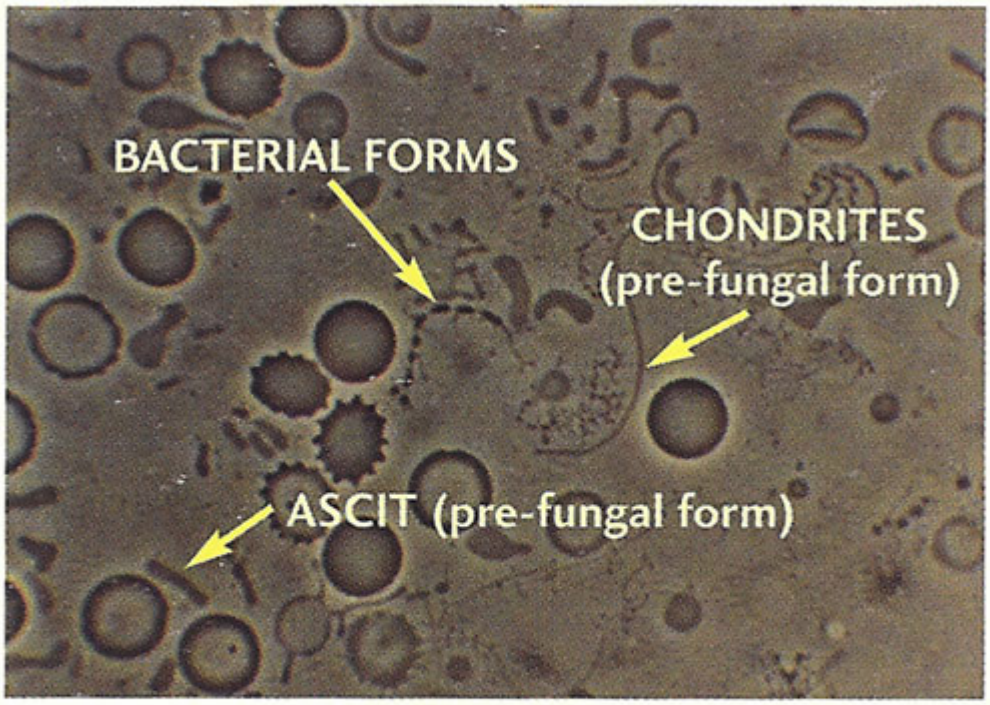
Based on her clinical observations, Florence Nightingale, a nurse known for her work during the American Civil War, asserted, "**There are no specific diseases, only specific disease conditions.**" In other words, in health the protits act harmoniously. In disease, they become disturbed. They change their form and function, and they evolve morbidly in a sequence that we can call coagulation, because they grow from a colloidal size (very, very small—.001 microns) and change to become viruses and then bacteria, and then yeast, and then fungus, and then mold. Everybody has a little bit of all this. Eventually it reaches a critical amount and your composting switch is turned on. This occurs when the terrain has enough deranged cells. This is the theoretical onset of chronic disease.

In summary, the role of the protits is either to keep us healthy, building us up, or to turn us to compost and recycle us. Because of all the complexities in the conditions of the world, in the generally poor diet-the very high-sugar, acidifying, and junk-food diet that people are on-as well as the use of specific allopathic drugs that seem to set this degenerative process off, there are more and more people in the compost process of being recycled. This manifests very clearly as chronic disease. At this point, the pro tits are just doing their job. The Rainbow Green Live-Food Cuisine shows us how to do our job of keeping healthy.

GERM THEORY (PASTEUR)	CELLULAR THEORY (BECHAMP)
1. Disease arises from micro-organisms outside the body.	Disease arises from micro-organisms within the cells of the body.
2. Micro-organisms are generally to be guarded against.	These intracellular micro-organisms normally function to build and assist in the metabolic processes of the body.
3. The function of micro-organisms is constant.	The function of these organisms changes to assist in the catabolic (disintegration) processes of the host organism when that organism dies or is injured, which may be chemical as well as mechanical.
4. The shapes and colors of micro-organisms are constant	Micro-organisms change their shapes and colors to reflect the medium
5. Every disease is associated with a particular micro-organism	Every disease is associated with a particular condition.
6. Micro-organisms are primary causal agents.	Micro-organisms become "pathogenic" as the health of the host organism deteriorates. Hence, the condition of the host organism is the primary causal agent.
7. Disease can "strike" anybody.	Disease is built by unhealthy conditions.
8. To prevent disease we have to "build defences".	To prevent disease we have to create health.

Chart source: http://www.whale.to/v/germ.htm

Please see the color section for microscope images of blood showing the pleomorphic theory in action.

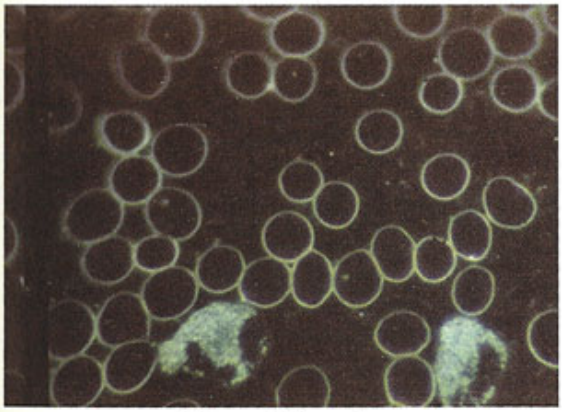


Highly Pleomorphic Blood

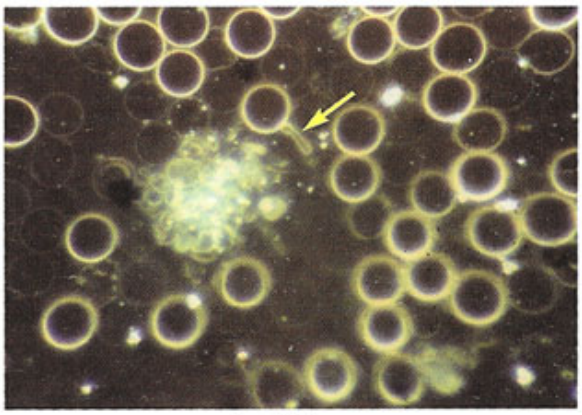
This slide shows many levels of fungal forms. The lines are: (1) The first stages of yeast. (2) Bumps on cells are fungal colonies on cell walls. (3) Free endobiotic yeast forms. (4) Ascite or higher fungal forms. (5) Bacterial pleomorphic forms. (Phase-Contrast Microscope)

A picture is worth a thousand words. The dark-field, dry-field, and phase-contrast slides reveal the pleomorphic transformation from normal healthy red blood cells and protits to degenerating red blood cells and mutating pro tits that have become pathogenic forms called **chondrites** and various stages of mycotic (fungal and possible pre-cancer) forms called **ascits**. These pictures illustrate what it really means to have the self-composting button pushed.

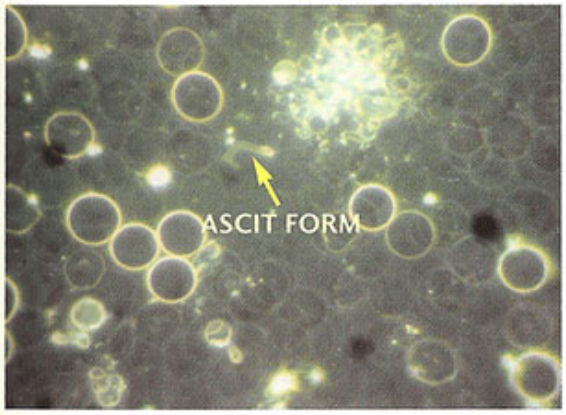
Through the healing power of the Rainbow Green Live-Food Cuisine, after three months we often see the return to a normal blood picture, as in the first slide, and the reversal of the pathogenic dry-field picture back to a healthy dry-field picture, as illustrated by the second picture in each of the dry-field sequences [NOT SHOWN HERE].



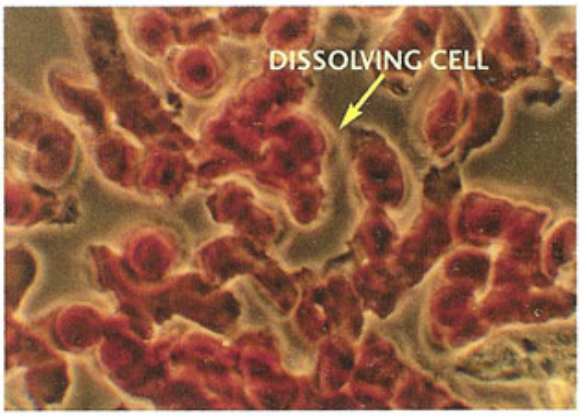
Normal Blood
(Dark-Field Microscope)



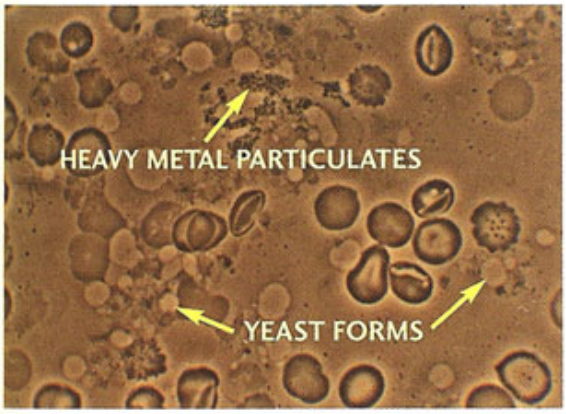
Ascit form
An ascit is a virulent bacteria, transitioning into a pre-fungal form, that has pleomorphed from healthy protits on its way to becoming a more toxic fungal and eventually a mold form.
(Dark-Field Microscope)



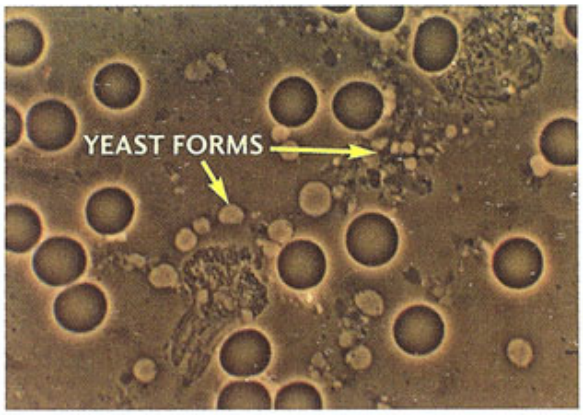
Ascit form
Note (1) ascites and (2) the endobiotic yeast load in the plasma.
(Dark-Field Microscope)



Destruction of Cell Membrane
With fungal infection, the red blood cells lose their negative charge and stick together. As the infection continues, they lose their cell membrane and literally melt into each other, losing both form and function. (Dark-Field Microscope)



Yeast Fungal Infection with Heavy-Metal Particulates
(Phase-Contrast Microscope)



Massive Endobiotic Load—Yeast Infection in Live Blood
The round forms are the endobiotic yeast forms in the infected blood. (Phase-Contrast Microscope)

PREVENTING THE COMPOSTING OF WESTERN CIVILIZATION

Source: *Rainbow Green Live Food Cuisine* by Gabriel Cousens, M.D. (Chapter 2)

Now that we have developed a theory to understand a major cause of chronic degenerative disease, that is, a deranged biological terrain, **we need to identify the specific foods that disrupt the biological terrain.**

Factors other than diet can contribute to an acid-producing lifestyle, and while they are obviously important as part of any holistic viewpoint, they are not the subject of this book. **A lifestyle that is overextended, filled with anxiety, fear, negativity, and stress; lacking adequate sleep; without proper exercise, breathing, and oxygenation, and proper work to move the lymph; and with the use of allopathic drugs as mentioned in the previous chapter that tend to disrupt the healthy balance—all of this certainly enhances the potential for deranging the biological terrain.** This book focuses on foods that disrupt the biological terrain—and the foods that heal it. The upcoming chapters are intended to motivate and prepare you for fully appreciating the incredibly tasty, gourmet Rainbow Green Live-Food Cuisine that awaits you.

We start our discussion with the foods that clearly disrupt the biological terrain and diminish the negative charge of the red blood cells. These are foods that are high in fungal forms and mycotoxins, high in sugar content, animal fats, mushrooms, commercial salt, saturated vegetable oils, margarine, butter, soy sauce, dairy products, pastries, creams, and commercial irradiated, genetically engineered, microwaved fast foods. In essence, these high-sugar, fatty, salty, pastry foods, although they taste good to many people, accelerate the process of rotting or the composting of all of Western civilization.

In my opinion, the number-one type of food that deranges the biological terrain is any food that is high in sugar. This sugar is not limited to white sugar but includes fruits that contain a high amount of sugar or have a high glycemic index. **A high-glycemic index food is one that converts rapidly to sugar in the blood.** In includes processed beet and corn sugar, sorbitol, fructose, maple syrup, dried and sweet fruits, melons, and all refined carbohydrates, such as white flour, white sugar, white rice, rice cakes, some grains, and white potatoes. It is absolutely essential to eliminate these from the diet in order to restore the biological terrain to normal and to decrease and eliminate the mycosis that most people have. Some questions have been raised about the herb stevia that is used to provide a sweet taste. It has no calories or carbohydrates, and according to a study in Brazil (*J. Medical Biological Res* 1986; 19(6):771-4), stevioside, the active ingredient, does not raise blood glucose. In all subjects in the study, it lowered blood glucose.

Because of this overall shift in our environment to one of **significant mycotoxic stress**, we have developed the Rainbow Green Live-Food Cuisine to provide a contemporary optimal diet: the diet of choice for the evolutionary healing of the individual and the planet, as well as for the awakening of consciousness in the twenty-first century. It has a minimum of fruits and only includes moderate- to low-glycemic fruits. Fruits tend to ferment very easily and to develop fungus, yeast, and mold. If you cut leafy greens and you cut open a fruit, there would be no question about which would ferment first; it would be the fruit. This is a minimal fruit diet which does not include any high-glycemic fruit juice. One of the worst offenders of all is apple juice, because it contains a mycotoxin called patulin, which has been shown to induce mammary tumors in mice according to the *British Journal of Cancer,* 1965. I am not saying that one should never have diluted apple juice on occasion, or when doing a juice fast,

but this is not something one should have on a regular basis, and absolutely not when one is in the first phase of the treatment program to undo the mycosis.

GRAINS

Grains constitute the next class of yeast/fungi/mold-stimulating foods after the high-sugar foods and fruits in particular. Research shows that stored grains ferment in ninety days. Within that time many mycotoxins are produced. In essence, stored grains are a mycotoxic hazard. A correlation was found between 112 patients with esophageal cancer and eating of stored grains *(Cancer,* 1987). There was a particular risk factor for stomach cancer among Scandinavian and German men eating stored grains reported in *The Fungal/Mycotoxin Etiology of Human Disease,* vol 2. Stored potatoes also represent a mycotoxic risk. The black spots on them are caused by the fungi aspergillus and fusarium, which produce the mycotoxins aflatoxin and fumosium. Some grains are *not* stored and therefore are not a mycotoxic hazard. These include spelt, amaranth, quinoa, millet, buckwheat, and wild rice. Buckwheat is often thought of as a seed, but it is actually classified as a grain. Buckwheat and quinoa are the only grain-like foods that we use on a regular basis at the Tree of Life Cafe because they can be sprouted and served live. Qur latest research shows that wild rice, widely believed to be raw, apparently is not. (See "The Secrets of Preparing Rainbow Green Live-Food Cuisine" for more on wild rice.)

In discussing this topic, I do not want to be in a position of going "against the grain" of society, but as I look closely at this issue, I need to point out the effect of grain on our society and our health. For five million years, humans thrived without using grains. Explorers have found that many societies worldwide never really used grains, including the Polynesians and early Africans. As we look at global food needs, it is clear that compared to meat-eating, switching to grains would meet our worldwide food problems. You can feed forty times more people on grains before the grains are eaten by livestock than once they have been converted to meat. Grain consumption is certainly better for the world and personal health than eating animals and dairy. However, eating grains does not take us to the highest octave of health that we can achieve.

Historical records suggest that humanity thrived on a diet primarily composed of vegetables, fruits, nuts, and seeds. Grains were not included in this. The only natural grain eaters are birds. In hard-core reality, bread does not exist in nature. To eat grains, we usually have to cook them._Some grains, however, can be sprouted, and we can make some adjustments to make the grains taste good-but the question is: *"Do we need* to *make adjustments* so *we can eat grains?*

Foods that require cooking to be consumed probably are not very good nutritionally for humans, even before cooking. By cooking them, we further compromise their nutritional value, because the vitamins, minerals, enzymes, co-enzymes, carbohydrates, proteins, and fats are damaged or destroyed by the heat of cooking. What we get with grains after they have been cooked is the maximum amount of calories with the minimum amount of nutrients.

Most grains create acidity except for buckwheat and millet. Grains contain very little calcium and are also low in sodium, chlorine, iodine, sulfur, and other minerals. In fact, vegetables as well as fruits contain from ten to a hundred times more calcium and other base minerals per calorie than grains. But grains do contain high amounts of acid-forming minerals. Grains are primarily acid-forming. We must remember that acidity is one of the main things that push the recycle or rotting button. **In order to neutralize some of the uric acid from grains, our bodies use up available calcium and must pull**

calcium from our bones to replace the loss. In order to deal with the poor or bland taste of cooked or even raw sprouted grains, we end up having to add flavoring agents such as salt, fats, oils, refined sugar, dried fruits, or other fruits and spices. Many of these condiments contribute to the pushing of the recycling button. **There is a tendency to balance the grains with fats in our diet, and again we run into a bit of a problem because many of these fats tend to support fungal growth.** We often see jelly or butter on toast, or sour cream on corn chips, or a cheese sandwich; all are things that we use to balance the taste of grain. So we find ourselves living through a high-grain and -fat diet. Neither is particularly good for health. Grains are especially noted for their high fiber content. However, humans have more sensitive systems, and we require what is given to us naturally in nature, which is the soft, soluble fiber found in fruits and vegetables. Grain fiber is coarse and sharp non-soluble fiber. While it helps to clear things out, it also acts as an irritant in our system and irritating the colon can actually worsen certain conditions, such as irritable bowel. The presence of non-soluble grain fiber in the intestines causes food to move from the bowels more rapidly than usual. This reduces nutrient absorption.

Grains do not rot like fruit, but they do ferment. This fermentation is the mixture of the starch, sugar, and sometimes the yeast. The result of these products is alcohol and gas. The alcohol is a mycotoxic by-product and can create what we refer to by the phrase "food drunk." Alcohol is a protoplasmic poison, which means that it has a negative effect on any cell in the body. Grains generally have been associated with a series of problems: **allergies**, **asthma**, **gluten and gliadin intolerance**, **digestive disturbances**, **yeast infections**, **various mucous and congestive conditions**, and several types of **arthritis**. These are, of course, linked with mycosis, either directly by eating grains, or indirectly through eating the animals that feed on them and drinking the animals' milk. A high percentage of my clients have **grain allergies** and get much better when they stop eating grains. Grain allergies not only cause the typical mucous membrane irritation, congestion, asthma, and sinusitis, but can have an effect on the mental state as well. Gluten, an ingredient in many grain products, has been associated with several forms of **mental and neurological disorders**. **Some research has found that gluten contains fifteen different opioid sequences (morphine -like molecules).** These can add to the addictiveness and neurotoxic effect of the grains. I believe that these opioids are in some way connected to the addictive eating patterns associated with grains, as well as to some learning disorders and to schizophrenic reactions in some people.

TOXIC CHEMICALS IN GRAIN PROCESSING

Not only do grains on their own create problems, but many toxic chemicals are used in the processing of grains. These include mercury, cyanide, ammonium, salt, chlorine, fluorine, mineral oil, alum, and aspartame.

In my experience as a psychiatrist and holistic physician, I see many people with eating disorders. Many have problems with starches, especially the white-flour, white-sugar starches that we call pastries. The eating of these foods seems to be very much connected with blood-sugar imbalances, depression, and short-term highs. It seems that most people do not binge on vegetables, but they do binge on starches. Starchy foods are the number-one choice to “calm and comfort.” One name for this addiction is “**starchaholic**.” Additional symptoms of starchaholics include an immediate clarity they feel when they have their sweet or starch, which moves to confusion; and changes in mental state from well-being to negativity and depression, from cooperative to uncooperative, from peaceful to aggressive, from a sensitive, tuned-in person to one who is numb, from energetic (which may happen initially for a few minutes to one-half hour or an hour) to lethargic. These symptoms are very common.

As people begin to withdraw from these starches there often is emotional pain associated with the withdrawal, which creates a tremendous drive to have that piece of cake or pizza in order to feel better. Sometimes after stuffing themselves with pastries, starchaholics fall asleep. The most common tip-off sign of being a starchaholic is the frequent use of and powerful cravings for starches. In America, people many be having starchy foods as often as three times a day, and then even more often as snacks**. There is also a tendency to overeat starchy foods such as pizza and pasta, because we get such a slow rise in the blood sugar that the appetite control is not turned off until we have already overeaten.** There is a tendency in starchaholics to put on a significant amount of weight.

From an ecological point of view, grain consumption is significantly better than consuming livestock, but when compared to fruit orchards and vegetable growth we see that almost 250% more people can be fed with an acre of orchard than with an acre of grain. So even though it is an improvement it is still not the most beneficial path. It is really the same with health: from the vegetarian and vegan point of view, clearly grains are a more healthy food than flesh and dairy. But compared to live, raw vegetables and a little bit of fruit, nuts, and seeds, grains are a very poor second choice. Not only are most grains stored, which is why we have the mycotoxin problem, but once the grains are harvested and milled, they lose a significant amount of their nutritive value. There is no such thing as "fresh bread." Most flour may be years old before it is used. Not only am I concerned about the mold and fungus in storage, but infestation of insects and rodents. The freshest foods are, of course, vegetables, nuts, fruits, and seeds that are picked directly from the garden.

> **The bottom line is simply this:** from the perspective of how to create a low-mycotoxic diet, stored grains feed the mycotoxicity and therefore create a highly mycotoxic diet. They do this because: (1) most grains create acidity, which further alters the biological terrain, and (2) most grains are kept in storage, giving them the chance to begin the fermentation process and, therefore, are filled with mold and fungus and a high amount of mycotoxins.

For these two reasons, the Rainbow Green Live-Food Cuisine does not include grains, except for a moderate amount of sprouted quinoa and sprouted buckwheat.

FLESH AND DAIRY FOODS

Flesh and dairy foods represent another class of foods that seem to be closely associated with mycotoxins. One of the main reasons is that these animals and their milk are heavily effected by their fungally infected feed-grains that have been kept in long-term storage. Meat and dairy are also acidifying to the system. I had an interesting experience discovering this with two live-food clients. I often observe people's blood with a dark-field microscope, and one of my clients who was on 100% live foods had very clean blood. **One day, however, when I looked at his blood, it was full of all kinds of yeast and fungal forms. I asked him, "What's going on?" He told me that for a few weeks he had been drinking raw goat's milk. Since that was the only change and because he wasn't particularly sick, I said, "Let's do an experiment. No raw goat's milk for a few weeks, and let me look at your blood again." After three weeks, I saw him again and his blood was back to normal. This was a very strong message to me because I had assumed that most of the mycotoxic evidence in the dark-field exam was from cattle and cow's milk. I don't know if this goat was being fed grain, but it makes me aware that all animal products—no matter how organic, raw, or**

homegrown—are likely to have this mycotoxic effect.

PATHOGENIC MICROORGANISM COUNTS IN FOODS

The Fungal/Mycotoxin Etiology of Human Disease, Vol. 2, 1994, lists the amounts of pathogenic microorganisms found in various foods. **Grade A pasteurized milk** has 5,000,000 microorganisms/pathogens per cup; **cheese** has 100,000,000 per serving; **a single egg** has 37,000,000; **beef, poultry, lamb, and seafood** have 336,000,000 per serving. **The average American meal** of animal products has approximately 750 million to 1 billion pleomorphic pathogenic microorganisms.

> **The average vegan meal (only plant foods) contains less than 500 pleomorphic pathogenic microorganisms. In other words, the average vegan meal has between one and two million times less pleomorphic pathogenic microorganisms than a dairy-, egg-, or flesh-based meal.**

When meat is aged, it is partially fermented and thus has many more mycotoxins in it. Actually, once an animal is killed, the recycling begins instantly. These protits do their job. They move from health to breaking the system down and composting it. One particularly strong piece of research to this effect that Robert Young cites in his book is that mutton (which is aged, fermented lamb) was found to be associated with "an epidemic" of juvenile diabetes in newborns following Christmas holidays. My theoretical explanation of this is that the uric acid, given off as part of the mycotoxins, breaks down to alloxan. Alloxan has been found to specifically destroy the beta cells, or insulin-producing cells, in the pancreas.

As far as I am concerned, almost any commercial meat is filled with mycotoxins, due to how the animals are fed, the storage of the meat, and because it is already in the rotting cycle. Research suggests that eggs from grain-fed chickens also contain much higher mycotoxin content. Many animal products contain fatty streaks, which tend to ferment more quickly and produce uric acid and other mycotoxins. There are many reasons not to eat dairy and meat, but from the point of view of this book, we are focusing on the mycotoxic aspect in particular. In terms of global and human ecology, the whole livestock industry is a significant disaster. In my book *Conscious Eating,* I go into great detail about the deleterious effects of eating meat and dairy.

Foods with a notably high mycotoxin and fungal count are corn, peanuts, cottonseed, cashews, barley, oats, wheat, and malted products.

PATHOGENIC MICROORGANISMS

Honey	5 million per cup
Milk	5 million per cup
Butter	7 million per cup
Eggs	37 million per egg
Cheese	100 million per serving
Ice Cream	225 million per serving
Beef, Poultry, Fish	336 million per serving
Average American Meal	750 million to 1 billion per meal
Average Plant-Based Meal	500 per meal

Source: *The Fungal/Mycotoxin Etiology of Human Disease*, Vol. 2, 1994

Peanuts on the average contain twenty-six different carcinogenic fungi, especially aflatoxin. Research presented in *Cancer* (1971) showed a connection with liver cancer and peanuts containing aflatoxins. Corn contains twenty-five mycotoxic fungi. Research reported in several published studies *(International Journal of Cancer)* shows that corn ingestion is associated with cancer of the esophagus and gastric cancer. Corn is a particularly difficult food to avoid because so many cultures use it, but in the context of the mycotoxic-free diet, corn is a hazard.

It is important to understand that most of these mycotoxins are heat-insensitive, and therefore are not affected or diminished by the heat of cooking.

YEASTS

One of the main foods to avoid is yeast—baker's yeast, nutritional yeast, and brewer's yeast. The classification we are talking about is *Saccharomyces cerevisiae*. As discussed earlier, wheat itself has a high mycotoxic level. Baked goods like bread, muffins, pies, cakes, and pastries increase the degree of mycotoxicosis, because now we have added the yeast content to it.

Regular consumption of brewer's yeast, according to Dr. Young's research, has been associated with **breast and prostate cancer** and **liver problems**, as well as **Crohn's disease**, **colitis**, **heart and kidney disease**, **cirrhosis**, and **osteoarthritis**. Japanese research has linked breast cancer with ingestion of baked goods. Researchers have also found that breast secretions in breast cancer patients are high in mycotoxins.

ALCOHOL AND SOY SAUCES

I strongly recommend avoiding **alcohol,** which is a primary mycotoxin, and it turns out that alcohol can also convert back into acid aldehyde. Soy sauce, which is fermented by *Aspergillus flavus,* is another food on the mycosis black list. In all soy products that are heated, MSG is naturally created as a by product. This includes nama shoyu, which is a cooked soy-wheat-barley combination that is then fermented, though not pasteurized. It is both an MSG and high-mycotoxin product.

EDIBLE MUSHROOMS

Edible mushrooms are another common food that is highly mycotic. Mushrooms are acid-forming and full of mycotoxins. All contain various levels of amanitin. Some are immediately poisonous and others with lower concentrations may cause slower-moving chronic diseases. One cancer researcher, Dr. B. Toth, found that the mycotoxins in mushrooms were associated with cancer in the lungs, liver, thyroid, nasal cavity, stomach, colon, and gallbladder in mice. According to *Sick and Tired,* all mushrooms contain a minimum of five active ingredients that have been shown to cause cancer in animals.

COFFEE, CAFFEINE, TOBACCO

Coffee and **caffeine** create acidification of the tissues. **Tobacco,** which for many reasons we do not advise using, is a problem if the tobacco is cured (fermented) because the commercial companies use sugar and yeast in the curing process. The tobacco then has very high levels of yeast, fungus, and mycotoxins which are taken directly into the lungs. Some people believe that cancer is not so much caused by the nicotine as by the fermented tobacco with the yeast and fungus and mycotoxins. In *Fungal/Mycotoxin Etiology of Human Disease,* Vol. 2, the mycotoxic fungi *Alternaria* and *Aspergillus niger* were found in six brands of commercial cigarettes. It is interesting to note that cigars, which are not cured, do not seem to cause cancer and do not seem to have much fungus. I am not recommending, however, that people take up cigar smoking.) Research in *Fungal/Mycotoxin Etiology of Human Disease,* Vol. 2, found that in some chewing tobacco, there are nine species of *Aspergillus,* providing a variety of cancer-producing mycotoxins including ochratoxin, patulin (also found in apple juice), aflatoxin, and sterigmatocystin. Research found that cigarette smokers also have a higher amount of fungi in their mouth; *Candida albicans* is especially increased.

HEATED OILS

Another food to be aware of is **heated oils** because they are disorganized from their original, biological, natural state and become loaded with mycotoxins. Non-heated, virgin olive oil does not seem to have mycotoxins in it.

ANTI-MYCOTIC FOODS

Foods that I consider anti-mycotic are primarily **vegetables**, **grasses**, **sea vegetables**, **nuts**, **seeds**, **low-glycemic fruits**, and **algae**. They are alkalinizing and do not have yeast in them. Greens are low-calorie, low-sugar, and high-nutrient-rich foods. The vegetables and grasses contain high fiber and no sugar.

In summary, in the anti-mycotic diet we have eliminated a great many foods. A part of my work at the Tree of Life has been to answer the following question:

> **How does the Tree of Life Cafe create a cuisine that gives us optimal health and optimal support to our natural living colloid system, and is a joy to eat?**

This is the magic of the recipes of the Rainbow Green Live-Food Cuisine.

Foods to Avoid for Prevention and Treatment of Mycosis

Essential for Phase I Rainbow Green Live-Food Cuisine

Sugar, Honey, Artificial sweeteners, Maple syrup, Fructose, Maltose, Malted products, Carob

Flesh food

Eggs and Dairy

All grains: wheat, barley, oats, etc.

Yeast

Corn

Peanuts / Cashews

Cottonseed

Alcohol

Soy sauce & Nama shoyu

Coffee

Caffeine

Tobacco

Heated oil – except coconut

Fermented foods

Mushrooms

High-glycemic fruits: banana, melons, papaya, mango, pineapple, carob, kiwi, apricots, dates, raisins, figs, sapote, rambutian, cherimoya, all dried fruits

Fruit juices and bottled juices

High-glycemic vegetables: cooked parsnips and white potatoes, pumpkin, squash, beets, and rutabaga

All processed foods – including: canned, microwaved, refined, GMO foods, white flour, white rice

Any cooked foods more than 24 hours old

THE PHASES OF RAINBOW GREEN LIVE-FOOD CUISINE

The Rainbow Green Live-Food Cuisine is divided into two major phases. **Phase I**, usually for the first three months, is for people who are highly mycotoxic. This phase is essentially greens, vegetables, nuts and seeds, and grasses. It includes sprouted foods, particularly if one sprouts them oneself and is careful to spray them with hydrogen peroxide in order to minimize the chance of fungal growth. It also includes high-colloidal foods that are rich in the super-colloid minerals: iridium, rhodium, and gold. These are aloe leaf, grape seeds, slippery elm, watercress, St. John's Wort, bloodroot, bilberry and sheep sorrel, as well as leafy greens in general. The Phase I diet does not include any fruits (except salad fruits such as tomato, avocado, and cucumber), grains, mushrooms, dairy, flesh foods, or any high-sugar foods.

A subphase of the diet called **Phase 1.5** is the primary phase of the diet for people with a mild to moderate mycosis. In addition to all of the Phase I foods, it includes low-glycemic fruits, fermented foods, and non-stored grains. Recent research has shown, surprisingly, that carrots have a relatively low glycemic index, contrary to the taste, which is often sweet. So we feel very good about using carrots in Phase 1.5.

We have included a sweetener that has been a breakthrough for us, which is coconut. Research shows that fresh coconut is high in caprylic acid and lauric acid. (This does not apply to dried coconut, which can tend to be mycotoxic like many things that are dried and stored.) Caprylic acid is extremely effective as an anti-fungal and anti-mycotic substance. Lauric acid is particularly good as an anti-viral substance. So, in this balance, coconut, which does have carbohydrate, also has caprylic acid, which minimizes its potential mycotoxic effect. I found that people are able to do very well on the diet with the addition of coconut pulp on Phase I and coconut water on Phase 1.5 because it adds a sense of sweetness and therefore the minimum of taste balancing for this cleansing diet.

PHASE I - Rainbow Green Live-Food Cuisine

Organic - Raw - Whole

Nuts and Seeds

Most Raw Vegetables
(those NOT on the high-glycemic list,
or Phase I.5 or Phase II list)

Vegetable Fruits
such as Avocados, Tomatoes,
Cucumbers, Summer Squashes,
Red Bell Pepper

Lemon & Lime

Sea Vegetables such as Nori,
Wakame, Kelp, Hijiki, Dulse

Oils:
Flax, Hemp, Olive,
Sesame, Coconut, Almond,
Sunflower

Coconut Pulp

Chlorella and Spirulina

Klamath Lake Algae

Legumes

Stevia

PHASE I.5 - Rainbow Green Live-Food Cuisine

Organic - Raw - Whole

Nuts and Seeds

Most Raw Vegetables
(those NOT on the high-glycemic list
or Phase II list)

Carrots (raw) & Hard Squash (raw)

Vegetable Fruits
such as Avocados, Tomatoes,
Cucumbers, Zucchini

Low-Glycemic Fruits:
Grapefruit, Raspberries, Blueberries,
Strawberries, Goji berries,
Cherries, Cranberries
(fresh, unsweetened)

Sea Vegetables
such as Nori, Wakame, Kelp,
Hijiki, Dulse

Non-stored Grains:
Wild Rice, Quinoa, Buckwheat,
Millet, Spelt, Amaranth

Oils:
Flax, Hemp, Olive, Sesame, Coconut,
Almond, Sunflower

Fermented Foods:
Miso, Apple Cider Vinegar, Sauerkraut,
Kim Chee, and Kefir

Coconut Pulp & Water

Chlorella and Spirulina

Klamath Lake Algae

Legumes

Tree of Life Mesquite Meal
(low-glycemic)

Stevia

Phase II of the Rainbow Green Live-Food Cuisine is what we offer at the Tree of Life Cafe as our normal diet, although Phase I is always available, too. Phase II of the Rainbow Green Live Food Cuisine is the life-long health maintenance and joy-cultivating diet. This, in essence, is a high life-force energy and mycotoxic prevention diet. For those of you who need to be on Phase I for three months, it is relatively easy to pick out the recipes in the book that are most appropriate for your needs, as they are marked as Phase I, Phase 1.5, or Phase II. (Entries listing the recipes according to phase may be found in the index.) The Phase II diet, which is predominately greens, grasses, nuts, and seeds and a moderate amount of low- and moderate-glycemic fruits, offers a very healthy, enjoyable, long-term health building and maintaining, delicious cuisine. This is a health breakthrough cuisine that one can enjoy and feel good about for the rest of one's life. Phase II does include a certain amount of low-glycemic fruits, including apples, pears, citrus (not orange juice, but whole citrus). These all seem to be low- to moderate-glycemic foods. My observation has been that once people have significantly diminished their mycotoxic load, they are able to handle this addition of low- and moderate-glycemic fruit to their diet.

PHASE II - Rainbow Green Live-Food Cuisine

Organic – Raw – Whole

Nuts and Seeds

All Raw Vegetables

Vegetable Fruits
such as Avocados, Tomatoes,
Cucumbers, Zucchini

High-Glycemic Vegetables
(in raw form only):
Yams, Sweet Potatoes, Beets, Parsnips,
Pumpkin, Squash, Rutabaga

Low-Glycemic Fruits:
Lemon, Lime, Grapefruit, Strawberries,
Cherries, Fresh Cranberries

Moderate-Glycemic Fruits:
Oranges, Apples, Pears, Peaches,
Plums, Pomegranates, Goji Berries,
Blackberries

High-Glycemic Fruits
(in strict moderation only)

Grapefruit & Orange Juice
(diluted)

Sea Vegetables
such as Nori, Wakame, Kelp,
Hijiki, Dulse

Non-stored Grains:
Quinoa, Buckwheat, Millet,
Amaranth, Spelt, Wild Rice

Oils:
Flax, Hemp, Olive, Sesame,
Coconut, Almond, Sunflower

Coconut Pulp & Coconut Water

Non-Fermented Soy Products
(as a transition food)

Fermented Foods:
Miso, Apple Cider Vinegar, Sauerkraut,
Kim Chee, and Kefir

Chlorella and Spirulina

Klamath Lake Algae

Tree of Life Mesquite & Raw Carob

Stevia

Bee Pollen

The following is a well-researched glycemic list that is based on several studies.

High-glycemic fruits may be used occasionally after the "composting switch" is turned off. Most vegetables are low-glycemic. Certain vegetables are high-glycemic when cooked—parsnips, rutabaga, pumpkin, squash, and beets—but they are part of the Phase II diet in moderate amounts in their raw form.

Glycemic Levels of Fruits and Vegetables

HIGH	MODERATE	LOW
Apricot	Carrots	Most Vegetables
Melons (all)	Oranges	Grapefruit
Kiwi	Peaches	Lemon
Mango	Pears	Lime
Papaya	Apples	Cherries
Pineapple	Pomegranate	Strawberries
Banana	Plums	Cranberries
Date	Some Berries	Raspberries
Fig	Peas	Gogi Berries
Raisins	Yams	Blueberries
Grapes	Sweet Potatoes	
Most Dried Fruits	Parsnip (raw)	
Parsnip (cooked)	Rutabaga (raw)	
Rutabaga (cooked)	Pumpkin & Squash (raw)	
Pumpkin & Squash (cooked)	Beet (raw)	
Beet (cooked)		
White Potato		

Good data are not yet available on berries, but I suspect most are low- to moderate-glycemic, depending on the berry. There are certain foods that one should avoid completely or use rarely. They are foods that deplete health, are too high in sugar, or high in molds and fungi. The following is a list of foods to avoid on Rainbow Green Live Food Cuisine.

For fast and easy reference, we have provided a summary table below of Phase I, Phase 1.5, and Phase II foods, as well as foods to avoid.

Foods to Avoid for Optimal Health

on Rainbow Green Live-Food Cuisine

all cooked foods	yeast
all processed foods including: canned, microwaved, refined, non-organic, GMO foods	alcohol
	coffee
	caffeine
all animal products: flesh, dairy, eggs	tobacco
	heated oil (except coconut)
grains: wheat, barley, oats, etc. (except non-stored grains)	all soy products including nama shoyu
corn	mushrooms
white potatoes, white rice, white flour	peanuts & cashews
sugar, honey, artificial sweeteners, maple syrup, fructose, maltose	cottonseed
	bottled fruit juices

TRANSITIONING TO RAINBOW GREEN LIVE-FOOD CUISINE

Transitioning to the Rainbow Green Live-Food Cuisine requires a certain level of thoughtfulness, patience, and trial and error. Phase I of the diet is meant for people who have a variety of chronic degenerative diseases and any form of significant mycosis including candida. Phase I is truly a low-glycemic diet that has the highest level of anti-mycosis effect. After a minimum of three months in Phase I, usually the candida or other levels of chronic disease improve so that one's sense of well-being and health grows. When this is so it is time to move to Phase 1.5 or Phase II. Phase II is a Maintenance diet. It is very important to distinguish between an intense anti-mycosis diet, which is Phase I, and the maintenance diet, which is easier to follow. The word "Phase" implies that if one really takes care of one's health and all the aspects of life, one will move from the first phase to the next phase of maintenance.

Phase II is a diet appropriate for the rest of one's life. Some people need to stay on Phase I or Phase 1.5 for as much as six months. If you are committed to the diet, it takes from three to six months for most chronic disease to become reversed enough that you can move to the maintenance phase. The idea of maintenance still includes a high-quality anti-mycosis diet, as explained already in this chapter. It does not mean you can slip back into sweets and junk food.

SUMMARY OF RAINBOW GREEN LIVE FOOD CUISINE PHASES

[Updated April 2006 by Dr. Gabriel Cousens, M.D.]

Phase 1	Phase 1.5	Phase 2	Phase 2 [Minimal Use]	Foods to Avoid
LOW GLYCEMIC INDEX ----------→ HIGH GLYCEMIC INDEX				
Most vegetables (excepted those listed elsewhere) **All Sea vegetables** **Non Sweet Fruits** tomatoes avocados cucumber red bell pepper lemons limes **Fats/ Oils** flax oil hemp oil olive oil sesame oil almond oil sunflower oil coconut oil (butter) avocado nuts & seeds coconut meat/pulp **Super Foods** Klamath Lake algae super green powders blue manna blue green algae spirulina **Sweetener** Stevia **Salt** Himalayan Celtic	**Vegetables** carrots (raw, whole) beets (raw, whole) hard squash (raw) **Fruits** grapefruit raspberries blueberries strawberries cherries cranberries (fresh, unsweetened) pomegranates goji berries **Condiments/ Sweeteners** Yacon low-glycemic Tree of Life mesquite meal raw carob **Super Foods** bee pollen (New Zealand) **Grains** quinoa buckwheat millet amaranth spelt **Fermented foods** apple cider vinegar miso sauerkraut probiotic drink	**Coconut water** (diluted with other ingredients) **Vegetables** yams (raw) sweet potatoes (raw) pumpkin (raw) parsnips (raw) rutabaga (raw) **Fruits** oranges apples pears peaches plums blackberries **Juice** grapefruit juice (diluted ½ with water) **Other** raw cacao	**Cooked Transition Veggies** yams (cooked) sweet potatoes (cooked) pumpkin (cooked) parsnips (cooked) beets (cooked) rutabaga (cooked) hard squash (cooked) summer squash (cooked) diluted ½ carrot juice diluted ½ orange juice **High-glycemic fruits:** apricots figs grapes raisins melons mangos bananas papaya pineapple kiwi sapote cherimoya rambutian durian dates **dried fruits** **fresh, raw, fruit juices diluted 1/2** **seed cheese** cooked, organic, whole foods **Sweeteners** Agave Nectar	all processed foods all animal products: flesh dairy eggs honey all grains (except those listed) corn white potatoes sugar alcohol coffee caffeine tobacco heated oil (except coconut oil) soy sauce & nama shoyu & braggs yeast brewer's yeast nutritional yeast mushrooms peanuts cashews cottonseed bottled juices

MAGIC PHASE NOTES:

1) Is it simple, no grains, not sweet or fermented = Phase 1
2) Is it fermented, have grain and low sweet fruits = Phase 1.5
3) Contains higher glycemic fruits, veggies, coconut water = Phase 2
4) High glycemic fruit and dried fruits, fruit juice, carrot juice – Phase 2 MINIMAL USE
4) A small amount of phase two fruit/ veggie in a large salad = Phase 1.5
5) A small amount of phase 1.5 fruit/ veggie in a large salad = Phase 1.0

During the transition to Phase I, which most people need to go on immediately because most people are actively composting, there is often an increase in food cravings and some detoxification experience. It is very important to understand that this is part of the process. Although some people have no trouble being on Phase I—comfortable and happy and feeling tremendously healthy on the diet—other people, because of their psychological attachment to foods or physical toxicity, really do suffer from tremendous food cravings or physical discomfort. Another cause of food cravings is the fact that fungus loves sugar and will subtly push you to eat sweets so it can survive. When you go on the Phase I diet, it is death to the fungi, and they do not like it. Part of the issue is mastering the basic will power it requires to stay on the Phase I diet when you have a strong mycosis infection, and you really want to turn off the compost button.

The "Foods to Avoid for Optimal Health on Rainbow Green Live-Food Cuisine" Table notes that **all cooked foods** should be avoided to attain *optimal health*. However, in the process of transitioning to a live-food diet we need to be gentle and peaceful with ourselves. During the transition it may be necessary to create a ratio of 80% live foods to 20% organic, whole, cooked foods. Most of these cooked foods may be non-stored grains.

One of the truly positive things about transitioning to the Rainbow Green Live- Food Cuisine is the quality of life experience that one begins to have.

There is an increase in joy, well-being, happiness, and energy; depression lifts, and the mind begins to open up to higher potentialities. This really helps to encourage and support the change. An important thing to remember is that it may not happen right away. **It may take three months or more.**

What is really helpful, if possible, is to get plenty of group support from the people around you. If that means joining a live-food group, connecting with the Tree of Life in some sort of supportive way, or working with loved ones who really care about you returning to the highest quality of life, do it. This can be the most important factor in making this step toward health. Other supportive lifestyle changes include moderate exercise, Yoga, meditation, and breathing exercises, all of which increase that feeling of well-being.

The choice to go on the Rainbow Green Live-Food Cuisine has to do with loving yourself and caring enough about yourself to go through the transition time of turning off the compost button so that you can live the life of joy and health and well-being.

There are really no other secrets to this, except to Do It. **This book is about how to do it.** It gives you

the technology and the reasoning, but ultimately, only you the reader can make that decision and develop the will power. One does not need to have a chronic disease and to be in a heavy state of composting to go on the Rainbow Green Live- Food Cuisine. It really applies to most everyone in Western civilization who has been eating a fungus-supporting, composting diet.

Phase I is explained as the phase that shuts off the composting button. **Phase II** is the part that keeps it shut off. Occasionally we slip on the maintenance program and need to go back to Phase I. It sometimes takes up to two years or more to permanently turn off the composting button. After three months we often shut it down, to permanently switch it off one needs to be very solid on the Phase II diet for at least two years. It seems to be the human condition to occasionally go back to the composting diet and turn the button on again. In that case, we simply go back to Phase I and then stay there for three months. Then, moving back to Phase II again, we maintain it for several years at least. After those several years are up, one really still needs to stay on Phase II, but when there is a slip, because the system has shifted its biological terrain back to relatively normal, we don't turn on the composting button again so readily. In other words, there is more of a buffer for occasional times of imbalance.

This is an important, subtle observation I have noticed in clients—once they were able to maintain a live-food diet for a period of time, when they went off it in periods of relapse, they were able to come back on it. They did not particularly undermine their health if they did not stay off a live-food diet for too long. *After* a body has re-equilibrated its biological terrain, one can vary from the Phase II Rainbow Green Live-Food Cuisine protocol for short periods of time without turning on the composting button. This is the good news.

> **But we need to remember that it takes between one and one-half to two years to firmly establish the turning off of the composting button, and a continually healthy life requires basic adherence to the live-food diet and lifestyle.**

The abundant joy, health, and quality of life that people experience on the Phase I and Phase II Rainbow Green Live-Food Cuisine is really worth the journey that you have the opportunity to begin.