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**CAN WE PREVENT AND CURE MOST DISEASES BY NURITION?
A Discussion of Dr. Aajonus Vonderplantiz's Primal Diet**

This paper takes about 2 hours to read. Section I is written by me, D. Paul Cohen. I am the President of the Cohen Independent Research Group, a Wall Street research firm. Section II is a question and answer format I did with Dr. Aajonus Vonderplanitz, PhD, author of *We Want to Live* and *The Recipe for Living without Disease*. Aajonus' book contains many suggested recipes for various diseases. His website also expands on the book's nutritional suggestions. He is currently building a large data base of diseases and suggested nutritional remedies. Aajonus is considered by many to be the world's leading nutritional authority, This paper provides potentially life saving information, a roadmap to optimum health. I wrote the first 9 pages. If you want to turn directly to the interview with Aajonus, please start on page 9. Based on my information and belief, we present this paper for anyone interested in their own health.

There are societies in the world today where degenerative disease does not exist. These cultures essentially live disease free and include the Abkhasians from Georgia, Hunzas of Pakistan, Vilcabambas of Ecuador, Bamas of China, Azerbaijanians, Armenians, Tibetans, Titicacas of Peru, certain Okinawans of Japan, Samburu of Africa. Common to most of these cultures are the intake of significant amounts raw protein and raw fats and high amounts of natural absorbable calcium from water.

I am a Wall Street biotechnology analyst and a lifelong student of human health. Aajonus and I have written this paper for those who might be interested in degenerative disease prevention and Aajonus' suggested remedies as related to nutrition. This paper condenses my lifetime's years of research on human health and relies on Aajonus' information. Its conclusions may not be for everyone.

Most people live their lives in a plethora of misinformation, lack of education and ignorance regarding nutrition and human health. Those who are open minded to reading the following should find the content fascinating. Neither I nor Aajonus impose any of these views on anyone. They are difficult to comprehend for the average person who lives in a world of misunderstanding regarding nutrition. Most medical doctors have had about 0 to 16 hours of nutrition in pre medical school, or medical school with no requirements for continuing education. Most are ignorant of nutrition, yet these doctors give nutritional and medical advise to their patients. We present these views for people to make their own choices.

Most people's bodies are virtual human toxic garbage cans. Winning the game of health is all about removing from our bodies the accumulated toxins (poisons) over our lifetimes, including the toxins we take in each day. Today, we take in about 100 times more toxins than did our grandparents. It is these toxins that are creating disease and

killing us as a society. I know of no quick fix. Aajonus's believes his Primal Diet slowly removes the toxins and poisons from our bodies.

We all know people who ingest toxins on a daily basis: the garbage collector, the construction worker, the painter, the doctor, the lawyer, the bald anesthesiologist in a hospital, the smoker, the drinker, the home under high tension wires, the janitor, the mother using chemicals to clean her home, the husband spraying deodorant under his arms, the child eating hamburgers, French fries, and chips; and all of us in our daily lives. We are truly human toxin collectors. Our bodies were not designed to be poisoned every day of our lives.

I am not aware of a medical device that enables us to measure the exact amount of toxins collected in each of our organs, glands, muscles or in our entire body. Perhaps there is this technology somewhere, but I do not know of it. Thus, modern medicine has little visibility into the degree that our bodies are poisoned, other than biopsy. Aajonus is able to see the degree of toxins in all parts of our bodies. The Primal Diet over time, very slowly, removes these toxins in our bodies.

As adults, we live in a literal lottery. When are we going to get breast cancer or prostate cancer? Can we buy a get out of jail green ticket out of this terrifying lottery? We can, and it is available to us all.

Here in Marin County, California approximately 1 out of 7 or 8 women will contract breast cancer. The incidents for men's prostate cancer are similarly very high. We have the choice to exit this lottery via eating large amounts of raw fats, raw green juices and raw protein. After all, our bodies are made up of protein. I chose this approach many years ago. I believe that I am the third or fourth longest tenured person on the Primal Diet in the United States. Aajonus is first. Those of us on the diet have a wonderful opportunity to recreate the paradigm of longevity well past what we believe is possible. We can do so in this lifetime.

It made perfect sense to me many years ago to remove toxins daily from my body; not to ingest them daily. It makes the same sense today. Over the years my body has regenerated and detoxified about 25%. Not only to I believe that the diet has retarded significantly my ageing process; it is like buying a suit of armor to protect me and others against degenerative diseases, including cancer. This is available to and for all of us. I share the methodology with you all in this paper.

Please wipe your slate clean of what you think you know and understand about nutrition. Most of what you know and think you know is misinformation and ignorance. Let us together dismantle the myths of nutrition that are killing us as a society.

By: D. Paul Cohen and Aajonus Vonderplanitz

PART I

Can We Prevent and Cure Most Diseases via Nutrition?

Q: Can we prevent and cure most diseases via nutrition?

PAUL. Aajonus believes the technology exists today to prevent and cure most diseases. We can all live to be 100+ years old. We are conditioned to thinking that 90 years old is the end game. I believe that with a non-toxic body and advances with genomics and stem cells, we can live to be 120 years old. Longevity is a matter of creating a new thought paradigm. The technology is known today in the scientific community. The technology for detoxifying our bodies is outlined in this paper.

Q. Can you explain in layman's terms how can I detoxify my body to prevent and cure most diseases, and to extend my life span?

PAUL. We must detoxify our bodies by removing accumulated heavy metals, resins and toxins. Most people are full of poisons from eating cooked foods and other environmental pollution. The end game is to remove toxins daily via raw food eating, especially large amounts of raw fats and raw protein.

Q. How do we detoxify our bodies?

PAUL. Dr. Aajonus Vonderplanitz, PhD, who I believe is the world's leading nutritional expert, suggests that in general we eat diets very high in raw fat, raw protein, some raw fruit, and raw vegetable juices. Aajonus believes that cooking anything creates volatile toxins (poisons) that enter our bodies, thus building up toxins and heavy metals over the years. Cooked and processed food, combined with heavy metals and exposure to the electronic beast in which we all live, has created most of modern man's degenerative diseases. Over time, the raw fat gradually cleans out the toxic tissues, glands, muscles and areas in the human body, while the raw protein rebuilds our muscles and glandular system. Raw fat is like oil in a car. In part II of this paper, Aajonus answers most questions about his work,

Q. Has Aajonus's work been studied and verified scientifically.

PAUL. I know of know no funding that has questioned the ingestion of raw foods as a means to prevent and cure most degenerative diseases. However, there is a wealth of historical and empirical evidence that suggests that eating the Primal Diet will detoxify the human body with the purpose of preventing and curing most diseases.

Q. Can we create an alkaline environment in our body?

PAUL. Our bodies change from acid to alkaline on an hourly basis. Aajonus does not believe in supplements because they may deposit alkaloids (poisons) in the body that create toxic residue. The problem with calcium, an excellent supplement as an example, is finding a pure source of calcium that can be absorbed. I have not been able to find such a source.

Q. I'm confused. But what about the popular nutritional gurus: Dr. Atkins, Andrew Weil, Nathan Pritikin, Dr. Phil? Are their theories correct, or are we confused by them?

PAUL. Aajonus believes their diets are highly toxic because they do not remove toxins, resins and heavy metals from human body. On balance, I believe that none of them understand raw food eating or how cooking creates toxins within the human body.

Q. Why is this?

PAUL. My view is this. I would guess that each of these supposed nutritional guru's bodies are/were toxic, regardless of what they recommended. Atkins was close. In a nutshell, he said eat cooked protein and cooked fat to lose weight, but eliminate carbohydrates and sugars. He recommends eating cooked bacon, in Aajonus's view, a sure way to poison the body. Atkins knew Aajonus was right, and became an admirer of Aajonus in his later years. Atkins' problem was that his diet was conceived for the masses to make money for his business. In order for it to be commercially successful, he had to say eat cooked fats and proteins because very few people would eat raw protein. I believe he knew full well Aajonus was correct, and acknowledged Aajonus for the genius he is.

Q. Are there other methods that can remove toxins and heavy metals from the body that don't necessitate eating raw fats and raw protein?

PAUL. I've investigated most of them. Some believe that chelating therapy (pumping nutritionally treated water through the system) removes toxins and heavy metals. Aajonus believes that chelating dumps the garbage in the lymph system, re-depositing it throughout the body. There is no scientific evidence I know of that supports chelating working or not.

Q. What about other methods of removing toxins and heavy metals?

PAUL. There is an infra-red sauna recommended by Sherry Rodgers PhD that supposedly removes toxins and heavy metals. Aajonus believes that the body is deprived of vitamin D during the sauna. Infra-red is not a natural process for the body; minerals are removed (needing supplementation) and that without a diet high in fats, this process can be detrimental. I researched it and could not find one person who had a biopsy to determine its success or not; that is were certain toxins being dumped from one part of the body to another part. I could find no science that proved or disproved Dr. Rodgers' assertions. In Germany and Hungary, and some parts of health conscious America, there are various electrical and energetic devices that are purported to remove toxins and heavy metals by energy, magnetism and various electrical frequencies. There is no evidence I know of that any of them work without depositing and re-circulating the garbage back into the body. It is a tricky business. If these methods do work, fine. If not, they might be more dangerous than helpful.

Q. What about vegetarians who juice for cleansing?

PAUL. Juicing is excellent, especially green juices comprised of celery, cucumber and parsley. We have found that most vegetarians become unhealthy over a longer period of time because they do not ingest raw protein and raw fat. Our bodies are made up of protein. Protein feeds what we are. The human body has the ability to mutate and adapt to what is nourishing it. The body creates enzyme mutations to attempt to adjust to cooked foods and other processed intake. It can also adapt to vegetarianism in some cases. Some people mutate better than others. My experience is that a minority of vegetarians live their lives successfully because they are

nutritionally depleted. Many become ill over a longer period of time because they have deprived their bodies of raw fats and raw protein. Soy as an example is a manmade toxic and processed food.

Q. Are there cultures in the world that live without disease?

PAUL. Yes. Most of these cultures have diets high in raw fats and raw meats. Doctors Price and Pottinger during the 1930s could not find one long-lived society on our planet that was primarily vegetarian. All ingested protein and fat. There are other cultures that ingest large amounts of calcium from the water. Calcium has been extensively studied. The problem is finding pure sources of calcium. I have not been able to find one source. These following cultures essentially live disease free. They include the Abkhasians from Georgia, Hunzas of Pakistan, Vilcabambas of Ecuador, Bamas of China, Azerbaijanians, Armenians, Tibetans, Titicacas of Peru, Okinawans of Japan, Samburu of Africa. Common to most of these cultures are the intake of high amounts of absorbable calcium, including significant amounts raw protein and raw fats. We have a unique opportunity to live our lives borrowing from what has been successful throughout the history of humanity.

Q. What is Aajonus' view of cancer?

PAUL. Aajonus believes "cancer is basically the body's inability to discard dead cells. He believes cancer is a disease related to raw fat deficiency. The body gathers those cells in a particular area, called a tumor, until it can later dissolve those cells. Whether before or after a tumor forms, dead and degenerative toxic cells must be dissolved and neutralized. Then the waste must be excreted and secreted. The body has methods for dissolving those cells: the action of bacteria, parasites and/or fungus that can consume degenerated or dead cells quickly, and the volume of the waste products produced by their cleansing action which constitutes a mere fraction of the volume of the original toxic cells. It is then relatively easy for our bodies to eliminate that waste. Cancer occurs when the body is overwhelmed by dead cells and cannot eliminate the waste." Aajonus is currently writing another book that will discuss a variety of degenerative diseases. At the time Aajonus wrote *We Want to Live*, he reported that he facilitated approximately 236 out of 240 cases of cancer remissions via the Primal Diet targeted at specific cancers. On pages 184-188, in *We Want to Live*, Aajonus has a suggested diet for cancer patients. Aajonus believes that 'once the dead cells are isolated and if the body gets the nutrients it needs, the body can gradually dissolve the tumors and eliminate the by-products.'

Q. Can you give me an example of certain degenerative diseases?

PAUL. Lupus is an example. Aajonus's view of Lupus is this: "Normally, the lymphatic system dissolves and neutralizes toxins before it secretes or excretes those toxins from the body. Lupus is disease from a toxic and mal-functional lymphatic system. Volatile toxins are not properly neutralized by lymph glands and nodes when those toxins are discharged into the connective tissue for secretion through the skin and intestines. Those toxins damage cells that are in the range of destruction. The body responds by sending antibodies and bacteria but mainly virus to dissolve the effected cells. The result is that the connective tissue dissolves.'

Q What about Alzheimer's disease?

PAUL Aajonus describes Alzheimer's in his book as "mainly the result of low blood protein levels over long periods, such as in vegetarianism.....or in someone who lacks enzyme mutations for digesting and assimilating cooked or processed protein, or lacks enzyme mutations for

digesting and assimilating cooked or processed sugar, forming calcification along nerves, which erodes nerve tissue. “ Modern science has not found a way to dissolve the plaque on nerves. Aajonus believes that certain combinations of raw foods may dissolve such resins. However, in stages 3 and 4, it appears that the disease is too far advanced to be reversed via nutrition. He suggests blended raw coconut, raw eggs, raw honey, and raw berries (blue berries, black berries and raspberries). Aajonus believes this combination begins to dissolve the plaque and remove heavy metals from the brain.

Q What is your diet and health directed program?

A. I follow Aajonus’ diet carefully. In the morning I drink a glass of raw juice, 60% celery, 30% cucumber, 10% parsley. I make enough for 3 days and have the drink morning, noon and before dinner. I then will eat raw protein, ground beef or ground buffalo or tuna or salmon an hour later. At about 1:00 p.m. I have a shake comprised of 2-3 raw eggs, 3 large table spoons of coconut cream, (I juice 30 coconuts once a month, keeping the hardened cream in the refrigerator in glass jars) with one large cup of raspberries, blue berries or black berries. At mid afternoon I drink one glass after blending: chia seeds to help elimination and cleanse the colon, one half lemon, two large tablespoons of butter, 3 raw eggs, and a teaspoon of raw honey. This is Aajonus’ lubrication formula. The rest of the day I continue the raw juice, protein until bedtime when I will eat two raw eggs.

Q. What is your physical program?

A. I do 45 minutes of yoga each morning. Rodney Yee’s tape, Back Care for Beginners is very good. I also bounce on the trampoline for 20 – 30 minutes. My whole program is designed to detoxify and cleanse my body, cleanse the colon, and move the spine and lymph. I also swim and run.

Part II of our paper discusses in detail Aajonus’s roadmap for optimal health. Read it carefully, slowly and critically. It is a roadmap that separates misinformation from hope. It is the rampant misinformation that has imprisoned us to the degenerative diseases of this time in humanity’s history.

PART II

The purpose of this section of our paper is to understand in greater detail the possible causes, possible cures and prevention of disease, especially cancer, as it relates to nutrition. Perhaps one day we will redefine and restructure medicine, the monoliths of the FDA, AMA, and the Food and Drug Industries, to inquire and live without fear of disease. This information is vital and promising. It will need funding for scientific efficacy. It seeks to identify the cause of disease as related to nutrition.

About 40,000 years ago, our Paleolithic ancestors were approximately the same size and genetically similar to modern mankind. Their brains were similar in size to ours. Those who made it to old age lived virtually free of degenerative diseases such as heart disease, diabetes, high blood pressure, cancer, obesity etc. Today, these degenerative diseases are killing us as a society. Paleolithic man primarily ate raw foods and exercised as a way of life.

In *We Want to Live*, written by Aajonus, the book cited that in the 1930s, Doctors Weston Price

and Francis Pottinger did extraordinary research on raw foods and cultures that had little or no degenerative diseases. “Dr. Pottinger visited The Swiss people in high Alpine valleys, Gaels on islands of the Outer Hebrides, Eskimos in Alaska, Indians in the far northern, western and central parts of Canada and the Western United States and Florida; Melanesians and Polynesians in the South Pacific; Africans in eastern and central Africa; Aborigines in Australia, Malay tribes on islands north of Australia; Maori in New Zealand, and descendants of ancient civilizations in Peru. Price visited these cultures when they were still primarily indigenous. Most cultures lived on entirely local and mostly raw foods, had no tooth decay nor children with misshapen dental arches and crowded teeth.”

Dr. Pottinger was not able to identify one vegetarian society that created a quasi disease free environment. One doctor who lived with the Eskimo for 35 years stated that there was not one case of cancer during this period of time. The Eskimo ate primarily raw fats, raw meats and raw fish. When white man introduced cooked and processed foods into the Eskimo diet, the many degenerative diseases and tooth decay known to Western man occurred.

We live in a worldwide society that seeks means to cure the monsters of disease that we as a society have created. Our science does not understand, nor cares to understand where disease originates, what causes it, and how we can prevent it. Ours is an ignorant society based on the later premise. Modern medicine, including the biotechnology fields, suffers from a lack of the basic inquiry into disease – where does it originate? Where has been the necessary funding to understand disease prevention?

We must look at the origin of our focus to understand its roots. In the 1870’s, Louis Pasteur proved that heat-processing slowed food-spoilage and lengthened shelf-life. Consequently, he presumed that molds and bacteria cause disease. Pasteur speculated that all microbes, regardless of their type and species are unchangeable, and that each type produces only one specific disease, that bacteria and fungi do not spontaneously generate, and that basically human blood is sterile. Diseases, he surmised, have their origin from constant types of bacteria that attack the body from outside of the body. Like Pasteur, modern medicine holds that these are truths rather than speculation.

Contrary to Pasteur, his contemporary Dr. Antionne ‘Bernard’ Bechamp, 1816 – 1908 claimed that all animal and plant cells contain microzymas that do not perish at death of the organism. It was Bechamp’s contention that microzymes became alive and active at the time of cellular degeneration, causing fermentation and other forms of decomposition. Bechamp concluded that disease originates from within the body, not from outside of the body, because of the destruction of cellular integrity by toxic food, food-processing and/or pollution, creating a toxic internal environment.

We are a warring society by nature. We ignored Bechamp and accepted Pasteur. It was easier for us to believe that invading forces do battle rather than change our life-style. Regardless, modern medicine is the result of Pasteur’s speculations. Through Pasteur’s work the new medical scientists of the time gained respect and quickly seized the opportunity to root his views in academia. Pasteur was reported to have said on his deathbed, “Bernard was right,” rejecting his own work against microbes by stating that the *environment* that hosts microbes is the problem, not microbes. Medical men of that era, however, continued to discard Bechamp.

Consequently, we have a science that does not understand how disease develops. It does not care to understand disease prevention at a scientific level. We engage in a wholesale attack on the human body, treating the symptoms of disease with drugs, surgery, chemotherapy, radiation, and

machines. This treatment of symptoms, rather than disease-cause, has proved to imbalance body-chemistry. Humanity may be suffering enormously because medicine does not focus on prevention and cure except by inoculations that have risky dangerous side-effects.

The hub of modern medicine's inquiries is disease, not wellness or disease prevention. It may very well be a modern-day tragedy that Behamp's work has not been funded, tested, and proved scientifically correct or incorrect. Others and I believe that Bechamp was generally correct and Pasteur was only partially correct. To understand disease cause and Bechamp's observations, we must understand the human consumption of cooked food versus raw food, to learn from our Paleolithic predecessors. Cooked versus raw food is an important paradigm for understanding degenerative disease, especially cancer.

We have entire libraries based on Pasteur's point-of-view. Let us look at information that proves and supports Bechamp's work. Bacteria is alive and well in the human blood-stream and colon. Bears in the woods do not die of bacteria poisoning. Blood is a natural medium for many forms of bacteria, virus, fungus, micotoxins, worms, parasites and hundreds of other microorganisms – crudely termed the “bug factory”.

Live Blood Cell Analysis, an unproven and unfunded science, helps to identify disease and pre-disease conditions. During Live Blood Cell Analysis a few drops of human blood are extracted from a subject's finger, placed on a glass slide, and analyzed under a dark field microscope. Bechamp believed that healthy life balances the blood, creating a state of ‘eusymbiosis’. Pre-disease and disease conditions reflect a disturbed ‘symbiosis’. This science, known as Enderleinian Orthobiology, identifies certain forms of parasites, bacteria, fungus, worms, and other microbes within the human blood.

An entire development cycle of living forms of various microbes was identified in the 1800s by Antione Bechamp, and later expanded and catalogued by Dr. Gunther Enderlein in the year 1916. Enderlein observed in blood under a powerful dark-field microscope, hundreds of tiny moving beings, which entered into union with organized bacteria. Enderlein stated that there are living microorganisms in the serum of all people and warm-blooded animals. He named them endobionts, meaning internal life.

What we see under a dark field microscope, displayed on a monitor in multi color, is the “bug factory” in the human blood. Modern science holds that what we see does not exist because it has not been proven to exist; that is, the human blood is primarily sterile. It is not. It is what Bechamp knew. It is what Enderlein identified, catalogued, proved and saw with the naked eye. The question is not whether the bugs are there. They are. The questions that beg to be answered are: Are the “bugs” activated in a non-toxic environment? Are the “bugs” active because they are doing a beneficial job? If they are, aren't they supposed to be there? If we change a life-style to improve the internal environment will the “bugs” still become active?

One theory with volumes of supportive documentation is that we are poisoning ourselves into disease with pollution, environmentally, the electronic beast in which we are all effected, and with improper diet. This theory created the eco-movement and health-food industry. However, very little science has been funded to prove the extent of its truth. We all know that environmental pollution is hazardous and creates volatile toxins, resulting in disease. With diet, we know that cooking alters the chemical properties of food, destroying nutrients and creating volatile toxins.

It appears to me that we continually poison our bodies when we eat cooked foods because

cooking alters the molecular structure of anything we eat. The bug factory may be activated to prevent this poisoning; that is to do battle with that which is poisoning it. This observation has not been proven, but I suspect this is what happens. There will probably not be funding in our lifetimes to prove or disprove this observation. The FDA, AMA, food and agricultural industries have a lock on what they consider to be approved science. The end game is to 'fix', not to 'prevent'. It is to sell cooked and processed foods, not to educate us with life giving raw foods. It is to breed medical doctors who are ignorant of nutrition, yet give them the power to diagnose disease and tell us what they think we should eat. We live in an age when bio-availability from raw foods has been destroyed and compromised through cooking. The same is true with pills and supplements. Most have lost their bioavailability. When ingested, most become alkaloids (poisons) in our bodies. I believe our lack of information, understanding and ignorance is the tragedy of human health as we know it today.

What is the reason that the "bug factory" is activated, that is, how can we clean the degeneration that results from poisoning ourselves? The extent to which eating heat-processed food causes disease has been almost completely ignored by modern medicine. Medical doctors have been deprived of nutritional education. I mentioned that most medical doctors have studied a total of 0 to 16 hours of nutrition in premedical and medical school without any requirements for conditioning education. So, what do our doctors really know about toxicity as a result of cooking? I suspect very little. They are oriented to cutting, chemo, radiation, operating, pills, supplements and miracle cures; most of which appear to me to imbalance the body. We spend about \$900+ million for a drug to get approved by the FDA. Are most of these drugs band aids that imbalance the body? I suspect that over long periods of time they are.

Whether it is at Sloan Kettering, Mayo, Beth Israel, the Cleveland Clinic, the knowledge base of food and nutrition, its efficacy, funding and testing is virtually non-existent. I do not know of one oncologist in the USA (perhaps there is one), who has an impressive knowledge base of raw versus cooked food as applied to cancer and other disease prevention. Rather than change our life-styles we developed certain treatments and "cures" that perpetuate more disease and kill people in the process. That is the scientific inquiry.

Let's look at a "bug" that is considered deadly and harmful: salmonella. Regularly, we hear media-reports that salmonella caused disease and deaths, yet it has not been proved. However, it has been proved at Yale University that salmonella bacterium reduces solid cancerous tumors in mouse models. Current testing on human beings is being conducted by Vion Pharmaceuticals, a company that has developed an attenuated form of salmonella, called Tapet. There is evidence that salmonella naturally seeks to scavenge degenerative and toxic tissue. In addition, recent Phase I trials proved that Vion's attenuated salmonella is nontoxic. If salmonella is injected into the blood stream, it kills the host. If it is ingested, it scavenges toxic debris within the host. Cultures worldwide regularly eat salmonella as a medicinal cleansing of the human system.

Vion Pharmaceuticals is a biotechnology company that developed Tapet, the attenuated form of salmonella. Today's biotechnological field includes 791 anticancer agents. Vion has developed the only *bacterium* anticancer agent that it intends to market if successful in the FDA. Most anticancer agents are viral in nature. Although certain anticancer agents appear promising, they are not designed to eliminate cancer-cause.

If modern medicine does not understand the cause, how can they treat it? How can they 'cure' it? Can it be treated without compromising life-quality? Our bodies are toxic human garbage cans that have accumulated toxicity over the years. With billions of dollars spent on cancer, medicine has not invented cancer cures that do not have side-effects, some serious. Modern medical

therapies, for the most part, fail with cancer ‘cures’, producing unimpressive survival rates beyond 5 years.

Perhaps in 50 years, we will drink a Drano-equivalent that instantly detoxifies us, balances our pH perfectly, creating a rock solid immune system, including a disease free terrain in the human body. In today’s real world, that scenario is improbable. More likely, we will look back from that future-time at the human body’s poisoning by chemotherapy and radiation as ignorance of disease-cause, similar to the way we look back today at blood-letting. Blood-letting may be viewed as the lesser of the three evils. Science from that future generation will hopefully embrace Bechamp and condemn today’s paradigm of modern medicine’s purported cures and therapies for being exactly what they are: ignorance, lack of education, and non-funded research into disease-cause and prevention.

Interview with Aajonus Vonderplanitz

Aajonus Vonderplanitz, who is considered by many to be the world’s leading nutritional authority, has created the following paradigm from which I quote with his permission, including quotes from his book, *We Want to Live*

“Why does live food heal?”

“At birth we have a given supply of nutrients in our bodies to facilitate all bodily functions. Enzymes, vitamins, minerals, sugars, fats and protein are some of the known nutrients. As we grow, we require increasingly more of all nutrients. Enzymes are catalysts for every metabolic process. Raw foods contain myriads of live enzymes and have plentiful supplies of vitamins and other nutrients. Eating raw foods ensures optimal digestion, optimal functioning and replaces nutrients promoting excellent health.

“How do cooked and processed foods create disease?”

“I have found that ... sickness is rooted in malnutrition. This includes allergy-related conditions and genetic diseases. Malnutrition comes from a person not getting the nutrients or combination of balance of nutrients that his or her body needs. Cooking and processing foods destroy nutrition by altering their shape, size and chemistry. This causes biochemical confusion and toxicity in the body, including the accumulation of harmful substances, residues and debris.

Eating cooked and processed foods forces the body to leach enzymes from its own supply to digest, assimilate and utilize whatever is eaten, breathed and absorbed. Enzymes are not only the only nutrients that are leached. Our bodies leach cells, vitamins, minerals, protein and hormones from its own constitution, gradually weakening them. Leaching increases work that the body and enzymes must do. Gradually inert and volatile toxins accumulate. Cells weaken. Cellular function declines, causing bodily deterioration and disease. We call this aging.”

“Why are some people healthy even though they eat cooked and processed foods?”

The body as a whole and on a cellular level always strives towards good health. The changes in

shape, size and chemistry of nutrients from cooking forces the body to invent and manufacture unusual forms of enzymes to facilitate all metabolic processes. We will call these enzymes: ENZYME MUTATIONS. Some individuals have a full spectrum of enzyme mutations, and are better able to digest, assimilate and utilize the mutilated nutrients in cooked and processed foods, and to discard the enormous waste. Consequently they are healthier than those who do not. Each body handles nutrients and toxicity differently. Genetic illness is the same malnutrition carried on for generations. Habits are learned and followed from generation to generation.”

“Why are some people ill affected by cooked and processed foods?”

Some ailments are often a direct result of a lack of enzyme mutations for handling certain cooked foods. This causes the toxic resins and residues from those cooked and processed foods to accumulate. These ailments are basically allergies to those cooked and processed foods. Fat resins and protein residues from cooked and processed foods collect in the intestines, becoming impacted. Secondly, they collect as gummy resins in the glands, as in prostatitis, leading to prostate cancer. Thirdly, they collect as gummy resins in the brain as in Alzheimer’s disease. These resins and residues from cooked or process can also collect in the lymph and skin.”

“First, to discover how to live disease-free we must look to animals that lived their entire lives without degenerative disease.

In clinical tests by Dr. Francis M. Pottenger, Jr., M.D., animals fed raw foods had no degenerative disease, but animals fed cooked and processed food developed all of the diseases that plague mankind. We learned that cooked food forces the pancreases to send hormonal messages to every cell. The cells sacrifice their natural supply of vitamins and enzymes to be used to digest, process, assimilate and utilize the cooked food, and detoxify the resultant toxins. This leeching process causes cells to gradually weaken and deteriorate quicker. The result is that gradually the entire body weakens, develops disease and deteriorates quicker with age.

Nomadic North American natives, including the Eskimo, lived without degenerative disease. Before Germans and Britains colonized Alaska, the Eskimo did not have kettles in which to cook their food. They ate their food raw, which was 99% animal (fish, Caribou, seal, etc.), and did not know of breads or sugar. They lived free of degenerative diseases until the 1860’s, when dental decay first appeared. Dental decay occurred only in Eskimo who lived in white man’s colonies, eating breads and sugar. The first case of cancer among Eskimo was in 1934. Like dental decay, cancer appeared only among Eskimo who mainly ate breads, sugar and cooked food.

Vilhjalmur Stefansson in his book *Cancer:Disease Of Civilization?*, Chapter 14: “The Longevity Of ‘Primitive’ Eskimos,” stated that there was only one community of Eskimo reported to have had a short life-span. This report seems to have been used to propagandize that Eskimo lived short lives because of their predominately raw animal-food diet. In all other reports “primitive” Eskimo lived as long as we do, with the same percentage exceeding age 100 years. Eskimo who ate their normal raw diet enjoyed teeth so strong they chewed on bones during evening congregations. Osteoporosis only occurred in Eskimo who ate cooked refined foods.

In Medical Doctor William Campbell Douglass’ *The Milk Book*, Dr. Douglass states numerous scientific reports showing that raw milk helps the body develop strong bones free of osteoporosis. Dr. Francis Pottenger, M.D., demonstrated in his work with 900 cats over a

decade, that cats developed strong bones when fed raw dairy and raw meat without the consumption of bones, and that in sick cats osteoporosis reversed by eating raw meat and raw milk. The only records we have of animals that lived without degenerative disease ate their natural raw diet and enjoyed a nontoxic environment.

It is very likely that eating raw food is primary to living without disease and staying strong and energetic. However, we must acknowledge that some people who eat cooked food appear and feel healthy because they utilize cooked food better than most people. Other people who eat cooked food progressively deteriorate but do not realize it because they have great energy produced by overactive glands. This means they have an over-abundance of hormones. These hormones are often utilized to replace the destroyed nutrients in cooked food and to stimulate their energy levels. However, many of these people's glands become too toxic and/or hardened later in life, and/or become fatigued. Most often they do not realize it until it is too late to reverse the condition easily. Consequently, their glands do not produce enough hormones to carry on normal bodily functions much less utilize hormones as replacements for destroyed nutrients.

Secondly, we should assess: What is "raw" food?

Research throughout the world shows that heat-treatment of food alters, damages, or destroys many vitamins at the standard pasteurization-temperature of 161° F. (65° C.). All enzymes are destroyed at 122° F. (50° C.). Furthermore, the actual temperature that cripples some vitamins and enzymes is as low as 104° F. (39° C.) The loss of mineral-utilization due to cauterization (burn-sealed by heat or caustic substance) by heat-treatment is significant. Many scientists have proved that heat-processing renders toxins from proteins and fats which causes cancer in laboratory animals. Therefore pasteurization destroys many health-giving properties.

Cooking protein foods, including all meat, above 104° F. produces toxins, such as heterocyclic amines (an organic caustic compound formed from ammonia) that are carcinogenic. Digested cooked protein is difficult to utilize for cellular regeneration and healing. Cooking fat, that is, heating fat above 96° F. causes toxic alterations, including lipid peroxides (an oily oxidizing organic compound) that is carcinogenic. Cooked fats cannot exchange molecules properly. Consequently they often dry and harden over the years. An example: If the body forms, from cooked fats, an improper or incomplete lubricant to protect the arteries, the arteries become brittle after many years.

Pill, powder and liquid supplements, even if made from food and "raw", are only 2-12% properly utilized and are 88-98% waste to be eliminated using vital nutrients. Once a nutrient is isolated from its bioactive form and extracted it is no longer bioactive. Supplements may be used with humans as emergency medicine but they mostly decrease health rather than promote well-being. Most pill, powder and liquid supplements create a toxic high that gives unhealthy energy, as does caffeine. Our vitamin, enzyme and mineral supplementation should come from green vegetable juices.

Most often, diseased animals develop from being fed cooked and processed food, especially food-manufacturing byproducts and waste, hormones, antibiotics, vaccines and chemicals. If we were to become ill because of eating diseased meat, the blame should not issue on bacteria but cattlemen who feed us diseased animals, such as Mad Cow. Animals fed cooked and processed byproducts and wastes, chemicals and drugs cannot be considered raw even if we eat the meat uncooked.

All methods to eliminate bacteria and viruses and preserve food (pasteurization, irradiation, freezing, chemical additives and washes) rob us of nutrients and create more toxins. Research demonstrates that exposing food to high intensity gamma radiation affects the activity of key enzymes and causes the depletion of radiation-sensitive essential nutrients such as: the amino acids l-cysteine, l-histidine, and l-tryptophan. Other nutrients such as vitamins B1, B 2, B3, B6, B12, folic acid, vitamin C, E, K; the omega-3, 6 and 9 unsaturated essential fatty acids are affected. Some irradiated minerals in food actually become toxically radioactive. Irradiation destroys the health-giving properties of food, and poses public and environmental hazards. Ascorbic acid, whether as preservative or Vitamin C, robs the blood of fat and can cause irritability and depression causing nerve lesions throughout the body, including the areas of the brain and spinal cord. Hydrogen peroxide burns tissue and destroys bacteria and virus. All chemicals have proven side-effects, immediate or long-term. Chemical destruction of bacteria and virus in our food results in poisoning. Freezing food alters, damages, or destroys most enzymes and many vitamins. Therefore, food is not raw if it is heat-treated, chemically preserved or processed in any manner that destroys nutrients and creates toxins.

Third, our body's ability to digest and discard waste requires analysis.

We must discover which foods properly digest and transform into substances for building, growing, regenerating, lubricating, soothing, cleansing and fueling us. Our intestine is 2 1/2 times shorter than most herbivores (animals who mainly consume vegetation, such as cows, deer and sheep). We have only one stomach while herbivores have 2 - 4. Herbivores have nearly 60,000 times more enzymes than humans to disassemble cellulose (plant fiber) to obtain the fat and proteins from vegetation and grain. Vegetable fiber passes through an herbivores digestive system in about 48 hours. In humans it passes through in 24 hours with only 1/3-1/2 of the cellulose digested, leaving most of the protein and fat undigested. Basically, we don't digest raw whole vegetables and grain well. We cannot utilize that which we cannot digest.

Our gastrointestinal tract is very dissimilar to birds that eat a lot of grain (seeds) and have very short intestine. We also lack their gizzard. We cannot properly digest grain for regeneration and healing. Our intestinal shape is like some frugivores, some primates, who mainly eat fruit. However, when humans eat a lot of fruit they incur health problems. Unlike pure frugivores and herbivores, we mainly have an acidic digestive tract, including acidic bacteria that facilitate the prevention and reversal of cancer. More than a little raw fruit over-alkalinizes the intestines, as do whole raw vegetables, destroying proper protein- and fat-digestion. Intestinal over-alkalinity destroys our ability to combine many foods, and impairs the natural acid environment of our bowels.

The carnivore, such as cats and dogs, mainly eat meat. Our digestive juices are most similar to the carnivore. In their stomach the hydrochloric acid concentration is 15 times greater than in humans so that they digest meat in 10 hours accommodating their very short intestine. Humans produce an equal amount of hydrochloric acid throughout the stomach and intestine combined, allowing raw meat and other raw animal products to easily and efficiently digest in 16 hours in our much longer digestive tract. (Cooked meat digests poorly and takes 24-36 hours to digest, and then it never digests without putrefaction because of the toxic heterocyclic amines and lipid peroxides formed from cooking.) Our teeth are mainly cutting, appropriate for meat eating with the help of our dexterous tool-bearing hands.

Lastly, there is the omnivore, such as the pig, who eats everything. Our digestive tract is

similar in size and action to a pig's. As absurd as this may sound, the facts remain: I observed that pigs were the most squeamish and temperamental, when disturbed, of all the animals my grandparents raised, besides chickens, who were also omnivore. One morning I found the pigs devouring a large male sheep that had died during the night. By the time I discovered this, only some bones remained. For two days later, the pigs exhibited persistently uncharacteristic calm behavior. I have observed that man responds the same, calmly, when eating enough raw meat.

Fourth, we must consider the foods that our body assimilates and utilizes for proper growth, regeneration, lubrication, soothing, calming, cleansing and fueling.

RAW FAT: I have observed that large quantities of raw fat are paramount for optimal health. Fat is the most utilized nutrient in the human body. It helps stabilize and relax the body when eaten in combination with meat. Fats are formed into: 1) white blood cells (antibodies) to assist microbe activity, 2) lubricants to a) facilitate movement without frictional deterioration, b) protect cells from heat, cold, and caustic substances, 3) solvents, made in conjunction with 15% protein and 5% alcohol formed from fruit or other carbohydrate, to dissolve all sorts of toxic substances, 4) the greatest and strongest energy possible made in conjunction with 15% protein and 5% alcohol formed from fruit or other carbohydrate, and 5) hormones to regulate activity. The healthiest tribes, such as the Eskimo and Samburu, consumed fat as 60-80% of their caloric intake. The Eskimo endure the coldest temperatures. The Samburu tribe in Africa endure very hot temperatures. Neither Eskimo nor Samburu suffered any heart maladies as long as they ate their natural diet of raw meat and raw fat, without sugar or bread.

Most often a high-intake of raw fat lowers cholesterol levels in 6 weeks but in a few cases the high cholesterol levels continue for several months while health increases. Resultantly, I learned to ignore cholesterol levels when eating raw fat. Raw fats continue to exchange ions as long as they are in the body, remaining fluid at body-temperature.

RAW MEAT provides easily utilized proteins to build, rebuild and regenerate cells throughout the body. I have observed that raw meat is the only protein that facilitates the nerve-tissue regeneration. Although all meats help regenerate all types of cells, particular meats more readily help the regeneration of certain types of cells. Red meat - beef, buffalo, venison, lamb, etc. - helps regenerate and develop most glandular tissue, blood, and muscle. White meat - squirrel, rabbit, chicken, turkey and other fowl - helps build and regenerate connective tissue, nerves, lymph, skin, and tissue in general. Seafood - wild and nonfarmed - helps reconstitutes nerves including brain. I have seen that eating 1-2 pounds of raw meat per day helps regenerate and heal the body, reversing the common toxic-deterioration associated with aging and disease.

FRESH RAW NON-PASTEURIZED GREEN VEGETABLE JUICES are important for optimal health because they are the only nontoxic vitamin, enzyme and mineral supplement. Vegetable juices replace the vitamins, enzymes and minerals lost, and manage resultant toxicity, from years of eating cooked food. Fresh raw non-pasteurized vegetable juices alkalinize the blood without alkalizing the acid parts of our digestive tract. It is important to restrict the quantity of high carbohydrate vegetable juices, such as carrot and beet. As do fruits that are high in carbohydrate, carrot and beet juices raise the blood sugar level too high, making us emotional, only to drop and leave us mentally and emotionally fatigued, sleepy, irritable and depressed. A suggested, balanced unpasteurized fresh vegetable-juice mixture is 6 ounces celery juice, and 2 ounces parsley juice; another is 5 ounces celery, and 2 ounces parsley juice and 1 ounce of carrot juice.

Because we are constantly in accelerated detoxification, due to our toxically ill-condition, our blood tends to be too acidic in waste compounds. This acidic condition of the blood often causes loss of appetite, lethargy, irritability, repulsion toward acidic foods such as meat (all flesh food, especially red meat, such as beef), and cravings for too much fruit and cooked starches. Drinking green vegetable juices 4 times a day helps to neutralize the acid compounds in the blood without alkalizing the intestines, and most often eliminates the symptoms listed above. Besides those benefits, two cups of green vegetable juice a day ensures that any enzymes, vitamins and minerals that are lost because of deficient soils, and lost from field to dinner-plate, are replaced. Two more cups a day will help to gradually replace vitamins and enzymes leached from the body through years of eating cooked foods.

A LITTLE FRUIT provides carbohydrate needed to properly utilize fat for energy and solvents. Our bodies make a certain amount of alcohol from fruit or other carbohydrate, such as red onions, and carrot juice. However, when humans eat a lot of fruit they incur demineralization, including bone deterioration, and dental decay. If humans eat too much fruit and/or whole vegetables, they lose more and more the ability to digest food. Over-eating carbohydrate, such as fruit and starches, causes the blood-fat level to drop, the blood-sugar level to soar and the pancreas to overwork to lower the sugar level. Eating too much fruit, even when raw, often gives a manic-like energy and makes us emotional. Very often that energy drops quickly and leaves us mentally and emotionally fatigued, irritable, sleepy and depressed. It is wise to eat fruit with some form of fat to slow the fruit in digestion to prevent the manic and/or depressive reactions. For these reasons, I suggest also that it is wiser to eat the whole fruit (except citrus rind) and rarely or never consume fruit juices.

Archeologists have discerned that as Native Americans began cultivating instead of hunting, relying on grain and fruit, they developed bone diseases, including dental decay. Native Americans developed osteoporosis when they consumed more nuts and grains, according to Dr. Stuart Struever. It seems that Native Americans, as are all races, unable to properly eliminate carbohydrate-utilization wastes - glycotoxins. One of these glycotoxins, Advanced Glycation End-products (AGE's), was studied by New York City University Medical Center. Researchers found that even in a healthy body, AGE's store in the body at a rate of 70%, and in an unhealthy body at a rate of 90%, contaminating the body. When white man brought them processed and cooked breads, sugar and alcohol, compounding carbohydrate-contamination, Natives developed all of the diseases that "civilized" mankind suffers, including heart disease, cancer and diabetes. Therefore, a raw diet low in carbohydrate would be more likely to produce a disease-free life.

Fifth, we must consider food-combination for proper digestion and assimilation.

Vegetables and vegetable juices are alkaline, requiring an alkaline digestive environment for proper digestion. All animal products, nuts and seeds are acid, requiring an acidic digestive environment for proper digestion.. If we combine acid and alkaline food they neutralize digestibility, depriving us of the nutrients, and toxins may form. When drinking vegetable juices, one hour should pass before and after eating animal products and other food. A vegetable salad should not be eaten sooner than 1 hour after any other food. No other food should be eaten within four hours after eating a vegetable salad. Non-acidic fruits are alkaline and should not be consumed with meat, however, it may be consumed with other animal products, such as, unsalted raw butter, raw cream, no-salt-added raw cheese, raw eggs, and avocado no more than once a day. Acidic fruits may be consumed with fowl or chicken when in combination with an added fat, such as, raw cream, unsalted raw butter, no-salt-added raw

cheese and avocado. Combining sweet or acidic fruit with red meats often turns the protein into protein-sugar, pyruvate, and is as fuel instead of for regeneration that would normally restructure and heal us.

Considering all of the above, an optimal diet would be all organically grown raw food consisting daily of one handful of fruit, 1-2 pounds or more of raw meat (red meat, and/or seafood, and/or fowl), 1/2-2 lbs. of raw fat (cream, unsalted butter, unsalted cheese, eggs, coconut, coconut cream juiced from coconut meat, avocado, oils cold-pressed below 96° F.) especially raw eggs, and coconut, and 2-4 cups of raw green vegetable juices, and possibly one salad eaten as the last meal of a day once a week or once a month.

Today people eat mainly grain products (bread, pasta, cereal, etc.) and vegetables because they are less expensive than meat (all flesh food, including fish, fowl, beef, lamb), eggs and dairy products. Another reason is that for decades science and medicine have blamed many diseases on eating red meat, dairy, eggs and, generally, fats. However, fat-free diets have caused a startling increase in degenerative diseases in the past two decades according to Yale University. Non-meat diets slow healing and regeneration. Basically, food determines health. Science and medicine continue missing the bottom line regarding health and well-being: The media parrots the misinformation.

Why did we make the transition to eating mainly grains and vegetables? The most plausible explanation is that a major transition had to occur when nomadic man decided to settle in one place and overpopulated. After consuming most of the animal life around their dwellings they had to eat something else. Rather than leave their homes, migrate to where more meat was and rebuild a village, they found ways to utilize vegetation and grain. They learned that cooking broke down cellulose and allowed their digestive tract to utilize more substances from grains and vegetables. Cooking, however, eventuated serious health problems.

Sixth, do bacteria, virus and parasites create a problem for humans?

We continually wage an immeasurable war against bacteria and viruses in the name of "safety." Battles are fought in our kitchens, bedrooms, bathrooms, restaurants, schools, supermarkets, clinics, hospitals, pharmacies, and inside and outside of our bodies. Naming only a few, we use antibacterial mouthwashes, soaps, and douches. Air-fresheners, dishcloths, towels, diapers, treated toys, and rugs. Let us evaluate the results and cost of this continual, and continually escalating war. The estimated cost for antibacterial products per household is \$3,000 per year. In the battle against bacteria, federal, state and county agencies in the U.S.A. spend an estimated 4 trillion dollars per year (statistics derived from Center for Disease Control ("CDC"), state and county figures published currently on the Internet). That's approximately an astounding \$10,000 for every American household. This figure, combined with the average expenditure per household, raises the total household expenditure for social bacterial warfare to \$13,000 yearly. Many families could pay their mortgages in a few years with that money.

"Food-safety" is a major battlefield. In the broadest sense, is the ideal that food is not only health giving but also harmless. To health-officials it means food without "pathogens" (def: any agent capable of producing disease). Our present methods of annihilating microbes in food are pasteurization, irradiation, freezing, chemical additives and washes, such as soap, ascorbic acid, chlorine and hydrogen peroxide. All of these processes slow food-spoilage for particular foods and give them false appearances of freshness, but they destroy nutrients,

create toxic byproducts, and poison the body. We must measure which is the greater risk: the low-risk of developing bacterial food-contamination, or the risk from developing diseases from processed-food deficiencies and toxicity. The most basic question: **Is microbe-phobia a true response to a real threat?**

There are several astute scientists challenging the postulate that bacteria is a threat. Before the Los Angeles County Medical Milk Commission, Dr. Marc Harmon, a dentist, stated that in his medical education and career he was trained to blame disease and decay on bacteria and virus. He stated that the genocide of microbes has not reduced dental decay any more than it has disease in general. Disease continues to increase at an astounding rate. Science, medicine and technology have waged a fantastic war against microbes while tooth-decay and other diseases continue to overwhelm and devastate our lives. Dr. Harmon concluded that the war against microbes is futile toward eradicating disease.

Jon Monroe, Director, New Science, tried in a project “to avoid diseases caused by viruses. The assumption was that viruses were pathogens and should be avoided.” But each of the subjects became and remained depressed for one year. With the reintroduction of virus, the depression-symptoms disappeared along with the return of colds and flu. Monroe learned that “viruses can carry information from one individual to another and from one species to another. They are in reality, pathways within the environment for all living things to share critical information. They probably play a crucial role in...cross species symbiosis” (def: unlike organisms living harmoniously together).

Joel Weinstock, a gastroenterologist who heads a research team at University of Iowa, said, “We’re the first population never to experience [gut] worms. He asked six patients with intractable inflammatory bowel-disease to quaff worm-eggs in a liquid solution, specifically the eggs of *Trichuris suis*, a whipworm (parasite that looks like a whip) normally found in pigs. Within about two weeks, five of the six patients went into remission - for up to five months. The patients were begging for more parasites. Interestingly, Weinstock noted that intestinal problems are increasing in animals as well. Pigs, which are now raised in clean pens, are getting sick. So are some species of captive monkeys that are kept too clean.

The micro-science that studies “pathogens” is relatively new (50 years) and obviously flawed. New research (20 years) has been and is being performed proving that “pathogens” are responsible for reversal of cancer, and possibly for cancer prevention. Dr. K Brooks Low of Yale University reported that researchers used salmonella (a genus of bacteria believed to cause food-poisoning) to shrink tumors and reverse cancer. Vion Pharmaceuticals, Inc. developed its anticancer agent, Tapet, from that observation.

As part of her doctoral studies in Toronto, Canada, Dr. Sara Arab injected verotoxin (bacterial byproduct) from *E. coli* (a genus of bacteria found in bowels and feces also believed to cause food-poisoning) directly into human astrocytoma (malignant tumors of the brain) that had been grown in mice. After a single injection, within 7-15 days both the tumors and their blood vessels completely dissolved.

Robert and Michele Root-Bernstein cited in their book *Honey, Mud, Maggots and Other Medical Marvels*, that for hundreds of centuries, various worldwide cultures ingest bacteria for medicinal purposes. The Hunza (one of the world’s longest-lived people), certain Eskimo tribes, and the Samburu tribes of Africa regularly ingest “virulent” bacteria. The Hunza drink virulent salmonella daily in their milk. The Eskimo and Samburu tribes bury their meat in hides for one to six weeks. The bacteria-infested meat is ingested for the purpose of elevating

the mood and to eliminate aches and pains. The fact is that bacteria scavenges degenerative tissue within the human body, allowing the body to function more efficiently and feel better. It is a natural function of the bacterium. A number of raw food eaters in the USA and worldwide regularly ingest bacteria-infested food for those purposes. The Chinese successfully used “century” eggs, rotten eggs aged up to 25 years with high-bacteria and molds, for remedies and disease-prevention, and as an aphrodisiac.

There appears to be a false premise that the elderly, infants and the ill are more susceptible to harm from “pathogens.” Considering one individual's rights to absolute protection over the well being of others is poor social planning, especially if the protection for the minority harms the majority. The risk to these groups is scientific speculation. There have been a number of cases from these so-called risk-groups in which an amount of bacterial rich, aged (rotten) raw food was consumed and successfully utilized to regain health of bowels, digestion, liver and glands, sanity, and in many cases to reverse disease. It worked favorably in all situations with only 6 of 32 experiencing minor loose bowels, or nausea and/or vomiting. Those people considered their discomfort well worth the beneficial results.

Bacteria, virus and parasites are naturally present in the company of degenerative tissue but are not the cause of degenerative tissue. Overly simplified, they are elements of the cleanup-crew for degenerative tissue as are vultures, crows and worms scavenging dying carcasses they find and feed on. Vultures, crows and worms eat many dead and decaying creatures to help prevent the atmosphere from becoming a toxic gaseous cesspool. Eliminating them is dangerous to the environment for many life-forms. Eliminating microbes, such as, e-coli, salmonella, campylobacter, forces decaying tissue to remain in the body, and the body gets sicker over time.

Parasites are the most feared of microbes. The myth is that parasites are always pathogenic. Parasites, too, have a symbiotic relationship with our body toward better health. They consume and digest tremendous quantities of degenerative tissue in short periods. Parasites afford us the quickest process of detoxification. Parasites can be a problem if an individual does not regenerate cells and replace the tissue consumed by the parasites. Ulcers could result and fester. Consumption of raw meats prevents ulceration by providing the nutrients necessary for quick regeneration, resulting in the fact that parasites are tremendously beneficial. In experiments I failed to induce parasites by the ingestion of raw meat. If an individual eats foods or chemicals that cause destruction and decay - degenerative tissue - in his or her body, he or she is susceptible to parasites and bacterial detoxifications. If he or she eliminates destructive foods, chemicals and pollution, he or she will prevent adding to the problems that make parasites and bacterial detoxifications necessary.

Then what are all of the reports about food-poisoning?

There have been many medical reports that stated microbial food-poisoning as cause of death. In most cases, the reports described symptoms of anaphylaxis (severe allergic reaction) rather than food-poisoning. In a very rare case does a sufferer actually die of what might be termed food-poisoning. She or he dies from dehydration and/or excessive bleeding, caused by, in an infinitesimal number of cases, a ruptured stomach or bowel from violent vomiting or diarrhea. Any foreign substance that causes traumatic allergic reactions causes anaphylaxis. Anaphylaxis is very common with injected antibiotics and vaccines. Basically, those people reported as having died of bacterial food-poisoning actually died of the medical treatment with antibiotics and/or other medication. The moral is, if I contracted a detoxification in the form of vomiting or diarrhea my chances of living are great if I let it run its course, as with a cold or

flu, eat properly, and stay completely away from medical treatment and advice.

Los Angeles Times researcher Emily Green says, “My foray through salmonella literature going back to World War II did reveal a remarkable phenomenon. In the last 12 years, what was perfectly legitimate *speculation* by CDC doctors concerning the possible origin of *S. enteritis* somehow transmogrified into fact once it reached the pages of political reports. It should be stressed that CDC speculation concerning *S. enteritis* remains *unproved*. This is not surprising. Scientific and medical journals are not tablets of stone. Much of what appears in them is guesswork. A process of tossing up and shooting down guesses is how science works. This also explains the recent turnaround over cholesterol in eggs [now viewed by the scientific community as benign].”

Why the hysteria over bacteria and parasites?

The common assumption and false premise is that microbes labeled “pathogens” are only harmful and must be eradicated. Compound that with the common assumption and false premise that if a substance is toxic at some level, it is toxic at all levels. Consider insulin, for instance. At one level insulin allows excess carbohydrates to be converted to stored sugar (glycogen) for proper utilization at another time. Too much insulin causes all carbohydrates and blood sugar to be converted into glycogen, causing the body to suffer shock that resembles seizures, which may result in respiratory and/or heart failure and/or brain damage. Consequently, we are faced with a perspective of Nature, including our bodies, that is inherently endangered no matter what we do. And we must make war within ourselves to survive and thrive.

Government regulators are not responding to what is actually harming people. They pander to what merely frightens people and themselves. Health departments are overcrowded with individuals prejudiced against microorganisms labeled “pathogen,” and have based their raw food-restrictions on *speculative* scientific data. They are one-sided on the “pathogen” and bacterial food-poisoning controversies. With new existing contradictory data that tends to indicate that even pasteurization does not provide food-safety nor prevent diseases, but causes disease, their adherence to such a mind-set does not make rational sense, or good judgment. People and their fears have always been at the heart of the risk problem -- fears of loss, fears of injury, above all, fears of the unknown.

Zero exposure to “pathogens” cannot be proved, yet people believe in it. And, basically, zero exposure to “pathogens” is not possible because they are ubiquitous. Making threshold-extrapolations to generate quantitative risk estimates is pseudo science. Using the impossible criteria of zero-exposure to bacteria, to estimate risk, is pseudo science. Existing regulatory policy is based on a “better safe than sorry” premise. But in the real world of everyday practicalities where common sense decisions are needed, it is a morally bankrupt philosophy. There is nothing “better” about the illusion of “food-safety” when it results in people using scapegoats - “pathogens” - instead of scientifically verifiable causes of actual harm.

The use of antibiotics in the war against bacteria has borne another grave problem. Strains of bacteria and virus have developed that are immune to all known antibiotics. Medical science has discovered that bacteria and virus can mutate, becoming immune to existing antibiotics. We are in danger of creating a weak race of human beings. Basically, medical science creates a weak human race that will be highly susceptible to advanced bacteria and virus. This could result in a plague that would make any previous plague look minor.

To have passed laws against “pathogenic” existence in food is not only impractical, it is harmful. Over a period of decades this nutrient-destruction caused more disease than the possible rare incident of fatal bacterial food-contamination. By depriving people of fresh raw non-pasteurized and non-irradiated food, the government has condemned people to a higher risk of disease.

Finally on this subject, it is my experience of 24 years consuming large quantities of bacteria on a daily basis that I conclude: **Degenerative tissue appears prior to the detectable activity of bacteria and parasites, and is the reason that they are activated.**

The last equation in this problem, in all probability, is the vested money and corporate interests concerned with product shelf-life, fueling the microbe-hysteria. They want pasteurization and irradiation because their products will have longer shelf life, reducing costs by slowing spoilage. They care much more about their costs and profits than our health. So they encourage government officials to pass laws mandating compulsive pasteurization and irradiation. They can always blame the government-regulations for producing and supplying a less healthy and toxic product. It is devastating that we have virtually lost our raw-food supply which is our primal link to optimal health. Government regulators must be educated and laws outlawing raw food must be reversed immediately.

How does cancer fit into the above paradigm? From where does cancer originate? There are minorities of people who survive post cancer traditional therapies. Approximately 90% of those who receive these therapies do not do well. Surviving 5 years after treatment is unusual. Dr. Hardin B. Jones, emeritus professor of medical physics and physiology at Berkley testified that, during his decades-long research on cancer, people who were diagnosed with cancer and refused therapy lived an average of 12 1/2 years after diagnosis. Those who received one or more medical therapies - surgery, radiation, and chemotherapy - lived an average of only 3 years. According to Dr. Jone’s objective research, medical doctors misinform patients when they tell them that surgery, radiation, and chemotherapy will extend his/her life. Actually they shorten life by up to 76% because surgery, radiation and chemotherapy usually have serious side-effects.

Surgery cuts off billions of networks to the severed area, that is, blood, lymph and nerve supplies. It isolates the area severed from the probable healing of cancer and forces the body to heal a massive wound and reinvent the total body integrity. If an organ or gland is removed, reorientation is compounded. Dead cells amass throughout the system.

Radiation burns cells to the extent that they mutate and/or die, or cannot regenerate nor heal. Some irradiated cells cannot recover even if the radioactivity (that remains in the cells) is removed, especially bone. Eliminating radiation is more toxic an experience than when it was administered. People experience irritability, nausea, vomiting, feeling ultra sensitive and allergic, and spontaneous bleeding. Dead cells amass throughout the body.

Chemotherapy is literally poison designed to kill cancerous cells. Cancerous cells are a symptom not the cause. For every one cancerous cell poisoned to death, approximately 1 billion healthy cells are poisoned, most poisoned to death. Dead cells and chemo-poisons collect everywhere in the body. As with radiation, eliminating chemotherapy is a toxic experience. People experience nausea, vomiting, feeling ultra sensitive and allergic, spontaneous bleeding, and incontinence. Both radiation and chemo cause toxicity and mutations to and within cells preventing them from proper function and reproduction. People experience decreased sensuality, increased emotional and physical irritability, impaired

energy, impaired digestion, impaired healing and loss of strength, chronic fatigue, and retarded cells, reducing the quality and enjoyment of life.

These three therapies treat the symptoms of cancer, tumor(s), not the cause of cancer, which may be considered to be the body's inability to discard mutant, unrecoverable toxic, and dead cells. These therapies distract the body from doing the best it can to find a way of discarding mutant, unrecoverable toxic, and dead cells. Medical therapies destroy billions more cells that need to be dissolved and eliminated. Consequently, the dead cells that collect in the body will eventually result in reoccurrence and/or tremendous and spontaneous metastasis; that is, cancer appearing in other areas of the body. In reality, medical therapies create conditions where cancer blossoms.

Cancer, then, is much more difficult to reverse. I have observed that the more of these therapies that anyone endures, the less the chances that his/her cancer will reverse. With impaired function, the body must heal the extensive damage done by medical therapies, dissolve and remove scar tissue and decaying debris as a direct result of medical therapies, including radiation from X-rays, scans and radiation therapy, and chemotherapeutic poisonous drugs, reorient bodily functions as a whole, and finally, attend to the body's original problem of recouping its ability to discard mutant, unrecoverable toxic, and dead cells. Originally, usually the condition of cancer was merely a liver problem and/or fat deficiency. Regarding the toxic and dead cells that collect, an analogy can be drawn from the old story of sweeping the dirt under the rugs and furniture; the dirt remains, rugs are damaged, and eventually the dirt bellows from under the rugs and furniture.

The odds of recovery after these medical therapies are poor. The likelihood of reoccurrence and severe metastasis is great - 87% - within 5 years after medical treatment. Trying alternatives after enduring medical therapies has generally not worked. Research of Dr. Jones in such cases, leads me to believe that the likelihood of stopping development of tumors is about 40%. When and if reoccurrence happens, it is not the result of change in diet. It is the result of all of the mutant, unrecoverable toxic, and dead cells that have amassed before, during and after medical therapies, and mainly as a direct result of medical therapies. Reoccurrence should be expected.

Another view of cancer is that the body isolates an enormous quantity of mutant, unrecoverable toxic and dead cells – tumor. Tumors are a systemic detoxification wherein toxins are temporarily stored in preparation for dissolution and elimination. A rational therapy would be designed to dissolve and remove scar tissue and decaying debris, including radiation from X-rays, scans and radiation therapy and chemotherapeutic poisonous drugs, reorienting bodily functions as a whole, and attending to the body's original problem of recouping its ability to discard mutant, unrecoverable toxic and dead cells. This can be done by raw diet, taking in enormous amounts of raw fats, raw meats, unheated honey, fresh raw green vegetable juices, and a minimum amount of fruit. Toxins from cooked food may have caused the problem in the first place.

In my 26 years experimenting with humans eating various diets, the most relaxed, centered and mentally acute individual's were developed when they ate ALL RAW with a high-fat content, mainly meat, dairy, eggs, green vegetable juices, and minimal fruit. With time, all types of disease consistently reversed on that regime in 9 out of 10 cases..."

PAUL Aajonus suggests that we should not eat cooked food because our bodies leach the enzymes and other nutrients from itself, thereby weakening our bodies, our immune system and our ability to fight degenerative diseases that savages our society. Raw fats in quantity are the essential food for human health. Raw protein especially meat is the essential food for re-building muscle and our skeletal structure. Raw fish and raw chicken rebuild our glandular system and assist in healthy neuropathy. Sugar and cooked fats are poisons. Processed foods are poisons. Chemical additives are poisons. Freshly squeezed raw juices are vital to us all, as is raw honey, a rich source of enzymes, raw eggs, raw butter, raw vegetables especially raw avocados, raw olives, raw unprocessed, unheated oils, and raw fruits in moderation. Human beings were put on this planet to eat raw, not cooked. We have slowly over the years depleted our bodies, starving ourselves of optimum nutrition.

Raw fats act like oil in our cars. They transport nutrition to the cellular level while encapsulating and eliminating toxins our bodies accumulate. The raw food diet is a long-term commitment to optimal health. For many of us, it is a long-term commitment to the prevention of degenerative diseases. We need not stand in line to get our lottery tickets punched waiting to be told when we have prostate and/or breast cancer. We can do something about both diseases before the fact. We can do something about both diseases as well, after the fact.

There is new and promising information regarding fats and raw fats. Recent studies indicate that stem cells have the potential for restoring tissue in various parts of the body. Technology is available to solve rejection of cell therapies by a patient's immune system. Chronic diseases will be treatable with custom stem cell therapies. Cell therapies for immediate treatment of acute injuries will be available to everyone. It is a very exciting frontier. Imagine stem cell therapies in a non toxic body. There is no reason why a detoxified human being can not live into their 120s. Your local health food store should have a copy of *Fats That Heal, Fats That Kill*. It is excellent. Aajonus' book, *We Want To Live* can be purchased by calling: 800 266 5564. Aajonus's telephone number to reach him personally is: 310-589-0589.

The tragedy of our times is that our body politic has no idea whatsoever, no incentive, no knowledge base and no political agenda regarding prevention of disease. We need not fear the FDA, AMA, Big Pharma the Drug Industry, Big Brother, our peers, political, social pressures, or third party judgments when discussing this paradigm. The academic and medical communities have a way of sneering at the non-funded, the unproven, alternative health concepts; paradigms outside of established medical science. If it hasn't been proved in a laboratory on human subjects with multi millions of dollars financing the hypothesis it does not mean that the inquiry itself was not valid. Funding has not been made available to inquire about disease prevention as related to raw foods. Lack of funding does not mean that the efficacy of the information within this document is not valuable and valid.

There was recently a bill in California that proposed to turn over all nutritional consulting to the medical profession at the expense of highly qualified nutritional counselors. If it had passed, the AMA would have won another battle owning the business of nutritional counseling by turning over the field to medical doctors, who, on their record, training and education, know little or nothing about nutrition. The AMA already owns the words 'diagnose', 'cure' and others. These words have been stripped from all other bodies of health inquiry. We have no statistics on how many 'docs' wolf down Big Macs after a hard day at the office. Aajonus and his group exerted significant pressure, successfully deleting the provision of the proposed.

The information in this paper is vital to our individual and collective lives. Perhaps one day modern medicine can turn back to what Dr. Antionne 'Bernard' Bechamp taught us, and realize the enormous cost to humanity from an opportunity lost 100 years ago.

As Pasteur said on his death-bed, "Bernard was right".

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