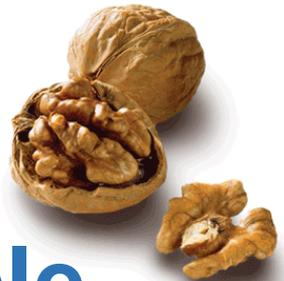


# *Live Food*



**For people  
who want  
to live!**



Live Food just sounds more appealing than Raw Food. Though both terms suggest uncooked foods, “raw” turns most people off as they imagine something cold and undone. But why? Raw could just as easily mean original, pure, natural. Mention *raw power* and we imagine unbridled brute force!

Actually, this *is* true for food as well. Perhaps we have allowed unfounded conceptions of dietary appropriateness to shape our view of normality. A piping hot bowl of stew: good; fresh corn soup made right of the cob: bad? Not bad at all!

Recent investigations have reported a much more favorable status for fresh foods. Not only are they promoted as superior sources of vital nutrients but they offer highly desirable advantages to inert victuals.

Why is there such widespread interest in live foods?

- 1. Higher bioavailability** of important nutritional elements like vitamins, digestive enzymes, anti-oxidants, amino and essential fatty acids that are vulnerable to the heat of cooking.
- 2. Non-toxic.** Avoids the obligatory ingestion of unhealthy substances created by the effects of heating foods such as caramelized carbohydrates and carcinogenic fatty residues.
- 3. Higher fiber** content improves intestinal transit and bowel regularity.
- 4. Less time** invested in meal preparation makes live food the ultimate fast food: no need to wait for anything to cook!
- 5. Low fat** content of raw food results in automatic body weight normalization.
- 6. Hypoallergenic.** Eliminating alien dairy and poultry proteins can cure a host of allergies.

Processing (which includes concentration, homogenization, pasteurization, cooking, freezing, dehydration, crystallization) too often means the elimination of important nutritional components as well as the unwelcome addition of artificial ingredients.

“Super nutritious young organic greens, power packed sprouted nuts, seeds and grains, fabulous fermented preparations and exciting dehydrated foods” is how Ann Wigmore describes her version of the ideal diet.



The book of Genesis in the Bible describes it this way: “...every herb bearing seed, which *is* upon the face of all the earth, and every tree, in the which *is* the fruit of a tree yielding seed” 1:29. Well, that opens up a tremendous selection of yummy instant live food! In the beginning the diet was divine, the menu marvelous, the food fabulous. But today, we cook and roast, broil, boil, and bake, fry and sauté our ingredients in ritual sacrifice until they are rendered fully, fatally and finally dead.



## The Scale of Decreasing Food Value

From best to bad, here in descending order are the foods that fit:

**Fresh, raw** sprouted grains/seeds/nuts are alive and growing.

**Raw fresh** fruit is living but has no growth potential.

**Dried** fruits have minimal nutrient losses.

**Unsprouted raw** seeds and nuts are still considered alive because of their dormant potential state, but are less desirable because of their enzyme inhibitors.

**Raw root** vegetables may resume growth if replanted.

The original Eden diet did not include vegetables, suggesting they may be inferior foods.

**Cooked** food is dead, it is not capable of growth. And it is softened because heat breaks down the structural proteins including enzymes.



## Digestive Enzymes

All processed food has been heated, thus destroying all natural enzymes. Enzymes present in live food allow the storage nutrients (proteins, fats, and starches) to be digested by the food itself. This relieves the body from the need to produce as many digestive enzymes, allowing energy to be used for other needs.

## Digestion Suggestions

Eating your food just isn't enough. Getting a meal in your mouth is barely the first step in a complicated process of making that morsel mean something to your body. The physiologic process of digestion is indeed a complicated one that begins with the ingestion of bulk food and ends with the metabolic disassembly of individual molecules deep within the core of your body.



## Starches-Carbohydrates

In between these two start and finish points is a string of critical stages. Proper mastication allows the enzyme known as *salivary amylase* to perform its important role as a pre-gastric starch-splitter. Gulping large boluses of partially chewed food short-cuts this oral opportunity and places an unnecessary and additional burden on the lower gastrointestinal service stations. Stomach ache, bloat or heartburn is the natural and predictable response. Slow down and enjoy—not only the roses—but the full flavor, the total taste, and everything to which you are entitled.

Washing it down with 16 ounces of your favorite fiz only worsens the matter. Diluted amylase concentrations render your salivary enzymes useless.



Excessive fluids in the stomach only delay the start of digestion by putting the whole business on hold until all that liquid can be absorbed and the pH can start dropping. The digestive machinery works much better if the skids are greased with water well *before* you start your meal. Tanking up ahead of time allows your saliva glands to deliver plenty of juice—all you'll really need to fully enjoy every bite.

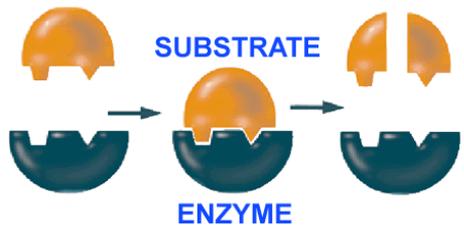
Some gastrophysiologists believe that this oral pre-digestion continues in the upper portion of the stomach. Fresh foods that have not been denatured by prolonged exposure to high temperatures contain their own supply of digestive enzymes: they're self-digesting!

Provided that seeds (including cereals and most nuts) have already begun their own germination-digestion process, their built-in enzyme inhibitors will no longer be around to interfere.

## Proteins

After about an hour, the lower gastric portion of the stomach has accumulated a sufficient supply of hydrochloric acid and enzymes like trypsin,

chymotrypsin and pepsin to begin the protein phase of digestion. Proteins are polymers, complex molecules composed of separate chains and sub-chains. The lower acid pH causes hydrolysis (breaking hydrogen bonds) of the bulky protein molecules into smaller amino-acid subunits.

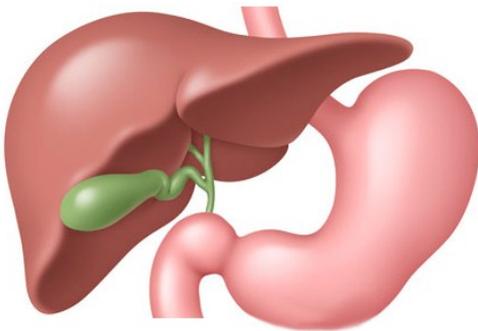


Enzymes are specialized protein molecules that also aid in the breakup of ingested protein. Then how can enzymes do anything at all in a bath of hydrochloric acid? Remember, they are *specialized* molecules. One measurable property of biochemical structures is the pH or acid concentration at which the molecule denatures or loses its atomic configuration. Some molecules are more “acid resistant” than others. This is evident when you consider that battery acid will burn holes in your cotton or wool clothing and even your skin, but doesn't seem to bother most plastics. All of these substances are hydrocarbons (as are enzymes), but they each have different

physical properties. So while the more simplified salivary enzymes are inactivated by the stomach's rising acid tide, the more durable proteinase (protein-cleaving) enzymes can continue to operate unaffected.

### Fats, Oils and Grease

Fat is the last food component to get digested. Acid won't do the trick. The body *does* produce lipase, the lipid-splitting enzyme, but not until the meal mixture, now called chyme, reaches the upper small intestine. The pancreas (more famous for its production of insulin) also produces amylase and lipase. Simultaneously, the liver provides a soapy syrup called bile to emulsify the oil-water concoction. Bile is stored in its own reservoir, the gall bladder.



It can squirt out an emergency supply of bile when a great greasy gourmet comes along. This explains the

symptoms, so characteristic of gall bladder disease: crampy, colic-like pain following a fatty feast.

Shortly after entering the upper small intestine, digestion should be complete. All the carbohydrate starches should now be reduced to an assortment of individual sugars: glucose, fructose, maltose, lactose and many others. All the proteins should be broken up into a slurry of individual amino acids: glycine, cysteine, methionine, lysine, arginine and over a dozen more. All the fat should be sliced into a herd of individual fatty-acids. Should be, but this rarely happens.

- **Too much starch** or not enough starch enzyme and the GI tract gets an unexpected load of undigested (and now, indigestible) carbohydrate. The result? Diarrhea, gas, and abdominal cramping.
- **Too much protein** or not enough protein enzyme and the intestinal bug brigade have a field day feasting on undigested protein that was never supposed to get this far down stream. The result? Gas, methane gas, and the bloating and discomfort that go along

with it. And, as a by-product, a slew of toxic fermentative waste compounds such as indoles that are absorbed into the circulation and cause nausea, headaches, mucosal irritation and potentially mutational change (cancer) in the lining of the lower colon and rectum.

- **Too much fat** or not enough fat enzyme and, once again, it's grease in the gut overload. The result? Steatorrhea. And if that sounds like diarrhea, it's because it is—smelly, floating liquid stools that shouldn't be.

## Fruits

The reproductive parts of a vine, bush, or tree, including the juicy pulp. Technically, fruits include such traditional vegetables as bean/pea pods, avocado, tomato, bell/sweet pepper, cucumbers, squash.

Fruits are the best tasting raw food. Fruits are the most cleansing food available. And they are the easiest to digest, allowing deposited toxic metabolic byproducts of cooked foods to be eliminated by the body. Often this results in a “crisis” reaction: headache,

nausea, vomiting, diarrhea. So, if you are not accustomed to eating fruit, go easy on them when you start out and work your way into a full featured fruit feast!



### Acid Fruits

*Citrus* (oranges, lemons, limes, grapefruit, tangerines)

*Berries* (strawberry, blueberry, raspberry, mulberry, loganberry, blackberry)

*Pomes* (peaches, plums, apples, pears, cherries)

### Vegetable Fruits

Melons (watermelon, cantaloupe, honey dew)

Tahitian Melon Squash (supposedly tastes like a sweet cantaloupe)

Tomatoes, Cucumbers, Squash, pumpkin, Bell Peppers, Okra

**Seeds & Nuts** (beans, peas, lentils, walnuts, pecans, almonds, sunflower seeds, filberts, chestnuts, peanuts)



## Sprouts

Sprouted seeds are one of the most complete and nutritional of all foods. They are the food of the future, as well as a food of the past. The Old Testament prophet Daniel proved the power of pulse in recovering from his malnourished state in only 10 days. You can read about it in Daniel chapter 1.

Sprouts are predigested food, exhibiting higher biological value than unsprouted whole seeds, raw or cooked. As a consequence, less food is required, yet more nutrients reach the blood and body tissues.

Unsprouted seeds, grains, cereals, and nuts not only have less nutritional value, but may not even be digestible in many cases. The presence of anti-nutritional factors such as enzyme inhibitors, saponins, and tannins in raw legume seeds and other vegetables that renders them indigestible has been considered as an expression of the chemical

warfare of plants against their predators.

## Sprouting Nuts?

Soaking walnuts is beneficial in two ways. First, tannins are leached out improving the nut's flavor appeal. Second, removal of the enzyme inhibitors allows the seed to begin germination activities which includes enzymatic digestion of the storage proteins. Since the offending allergen is a seed storage protein, it is biochemically altered by the enzymes into safe nonallergenic subcomponents.

## Vitamins

Some vitamins increase during sprouting by as much as 500%. In wheat, vitamin B-12 quadruples, other B vitamins increase 3 to 12 times, vitamin E content triples. Fiber content increases three to four times.

Dry seeds, grains, and legumes contain no vitamin C. But after sprouting, they contain around 6 milligrams per ounce. In fact, sprouts are the most reliable year-round source of vitamin C, carotenoid A, and many B vitamins (such as folacin).

For example, Vitamin A content (per calorie) of sprouted Mung beans is two-and-a-half times higher than the dry bean,

and compared to some other beans more than eight times more.

After harvesting sprouts and refrigerate them, they continue to grow slowly, and their vitamin content will actually increase. Store-bought fruits and vegetables start losing their vitamins as soon as they are picked.

When enzymes are in our food, the body is allowed to produce essential molecular structures instead of emergency digestive enzymes. When natural enzymes are missing in ingested food the body is forced to produce large amounts of digestive enzymes. Pancreas, thyroid, salivary glands hypertrophy in animals fed cooked foods. The same may explain diabetes in humans. Aging reduces the stomach's ability to produce hydrochloric acid. By age 65, nearly 35% don't produce any acid at all—depleted by a lifelong high protein diet.

## Legumes

You just can't discuss legumes without addressing the topic of flatulence. Beans are notorious for it. But gas may be reduced by rinsing sprouts just before eating to remove oligosaccharides, the surface sugars that

some have identified as at least one culprit.

Turmeric and ginger may be added to sprouts to assist in protein digestion. Add anti-gas fenugreek, cumin, dill, and coriander seeds to sprouting legumes. Fenugreek is best with fast growing mung beans.

Fennel seed 1 teaspoon of powder 15-30 minutes before a legume meal, taken with warm water. The Asian Indian custom of chewing the licorice tasting fennel seeds at the end of a meal is based on centuries of experience in the knowledge that this practice is an effect aid in protein digestion. Cardamom and caraway seeds can be added just before serving.

## Mung Beans

Easiest to digest, and produce a minimum amount of gas. Has carbohydrate content of a melon, vitamin A of a lemon, thiamin of an avocado, riboflavin of a dry apple, niacin of a banana, and ascorbic acid of a loganberry. But they have only 3 types of amino acids, while soybeans have 17.

## Soy Beans

Theoretically edible if sprouted long enough, but are difficult or unsafe to eat raw. Some live foods just must be cooked.

## Large Beans

Lima, pinto, navy (white), black have a very strong, unpleasant flavor when raw which is not improved by sprouting.

Kidney beans are actually toxic if eaten raw.

Cooking sprouted large legumes eliminates flatulence, produces a normal flavor, reduces cooking time.

## Seeds

### Sunflower

Raw hulled sunflower seeds can be sprouted: soak 12 hours, pour off hulls to avoid spoilage, and sprout for 1-2 days.

Unsprouted sunflower seeds are high in fat and protein. Sprouting activates the seed by leeching out enzyme inhibitors, increasing enzyme levels, converting seed fats to essential fatty acids and carbohydrates, and converting proteins to essential amino acids and/or sugars.

Sprouted sunflower seeds may be dehydrated to produce the familiar crunchy texture most of us are used to. Adding salt to the last water change will

produce a pleasant taste in the final dried sprouts.



Unhulled sunflower seeds are generally grown for 7 days to produce sunflower greens. Sunflower greens have a slightly salty taste like watercress. Rich in chlorophyll, enzymes, vitamins, proteins, lecithin and Vitamin D

### Fenugreek

Common in Indian cuisine, this seed aids in digestion. It sprouts readily and quickly but frequently contains rock hard seeds that won't sprout. These can be separated to the bottom by soaking in water.

### Pumpkin

'Lady Godiva' variety doesn't have the hard shell seen in most pumpkins. They will sprout but become rancid quickly (often in less than 2 days) unless they are dehydrated which is really preferred. If not dehydrated

they should be soaked and refrigerated.

### Sesame

Hulled seeds won't sprout. Unhulled seeds sprout easily in 1-2 days. Hulls contain oxylate (a bitter tasting anti-nutrient) than can be reduced significantly by soaking and rinsing. Sesame seed oil is heating when applied topically.

### Flax

Flax seed oil is very expensive and spoils quickly, so much be refrigerated. Flax is a rich source of omega-3 and -6 fatty acids.



### Nuts

Soaking nuts (even if they can't be sprouted) will remove some of the tannins in their skins, improving their flavor and digestability.



### Almonds

sprouted almonds are very delicious, and have much better flavor than dry, unsprouted almonds. Blanched almonds probably won't sprout: use only whole, unblanched almonds.

1 day suggested, after 2 days may turn rancid. Almond sprout is a "whole food." Eat the whole thing, including skin. Raw, unsoaked almond skins are high in tannins, hard to digest, and very astringent: peel the sprouts before eating. Easiest after soaking under-water. Peeled almond sprouts really taste wonderful.

Sprouts may be dehydrated from an optionally salted final rinse to produce marvelous, crunchy almonds very similar to the freeze-dried vacuum packed varieties.

### Peanuts

Raw, unblanched peanuts are sproutable and taste better than dry, unsprouted ones. Blanched nuts are treated with heat and/or chemicals, and don't sprout reliably. Can harbor carcinogenic toxic molds (aflatoxin).



### Pecans

Not sproutable. Shelled nuts are devitalized by processing

### Pistachios

Processing renders them non-viable, so not sproutable

### Walnuts

My favorite soaked nuts. Not sproutable, but can be soaked which improves flavor, removing bitter taste quality and softens nut. Dehydrating after soaking makes them wonderfully crisp and crunching.



### Brazil Nuts

Shelled nuts are devitalized by boiling process. Buy only in-shell, and shell manually



### Cashews

A tropical tree in the plant family Anacardiaceae (includes mango, pistachio, and poison ivy, poison oak, and poison sumac). The edible “nut” must be separated from the toxic shell through a process that involves immersion in a hot oil bath at 170-200 deg C. This renders it devitalized and, consequently, is not sproutable.

### Chestnuts

Most are imported from Europe (the European chestnut). Chestnuts have the lowest fat content of all major nuts (4-6%) which means they contain substantial amounts of carbohydrates (starch and sugar). As a result, they may spoil quickly, and should be refrigerated or frozen for storage. Usually sold in-shell.

### Filberts (Hazelnuts)

Not viable, soaking has little effect on shelled nut.

## Macadamia Nuts

Most are freeze dried and non-viable. Unprocessed nuts require 30-60+ days to sprout in-shell. This extremely protracted sprouting time means they might be rancid or rotten by the time the root sprout finally appears.

## Coconuts

If you think Macadamia nuts take a long time, coconuts take the cake. They require four or more months to sprout! Supermarket coconuts probably won't sprout because they are usually picked too green. You'll need a fresh, mature raw nut with its husk intact. But, if you are able to manage it, sprouted coconuts are edible, and considered a delicacy.

## Dead Food Withdrawal

Those who try a Live Food diet for the first time will almost invariably experience a sense of deprivation.

"I miss my dead food," they cry and abandon their quest for pure nutrition by promptly selling out like Esau for "a mess of pottage." I certainly suffered during my first few weeks. My wife was my only salvation—a constant, vigilant, encouraging partner in crime to

remind me of our lofty goals and aspirations.

Even after some months of experiencing the wonderful benefits of living high on live foods, the urge to "lust after the flesh pots of Egypt" would suddenly erupt. Fortunately, such temptations are short-lived, and will become progressively weaker as your satisfaction with Live Food grows and you expand your repertoire of live dishes. When you limit yourself to manna (as marvelous as it may be) meal after meal, you just might not manage to make it on that alone.

Discovering a significant number of delicious dishes that you really like and witnessing first-hand the results of Eden Eatin' in your own body are the two best safe-guards against falling off the raw food wagon. But for those who are still desperate for help in dealing with the fear of backsliding, here are few additional suggestions:

1. **Stop and Think.** Sure, that pizza or those french fries are going to *taste* good, but taste isn't everything. Just remind yourself how good they'll look *on* you. It's not worth the suffering that is sure to follow.

The problem with eating dead stuff routinely is that you don't recognize the ill feeling that comes from any particular food—it's *all* sub-optimal and you've been feeling the results for so long you've come to accept it as "normal." But give your body time to get rid of all the built-up toxic waste, enjoy a month or two of pain-free existence (no headaches, no constipation, no bloating, no heart-burn), and then indulge in your favorite forbidden food. You will be dramatically impressed by the reaction. Now, share your experience to one and all to reinforce your memory.

2. **Substitute live foods.** Fruit, especially dried fruits with their concentrated flavors, are super substitutes for candy. Tomatoes have a high concentration of sodium and will satisfy cravings for salty foods. Some who previously found tomatoes disagreeable, have reported that removing the seeds (and their associated anti-nutrients) solved their problem of indigestion. Avocados and nuts or seeds provide the satiety benefits to those who miss their cheese and fried foods.

3. **Avoid temptation.** Madison Avenue has conditioned us for most of our lives to salivate when we see or smell one of their tempting products, cleverly formulated to stimulate our addictive behaviors and promote repeat sales. If you feel a craving crawling over you when you see that particular morsel (candy, cookie, or cassarole) then don't look at it! As Pooh observed, you can get 'see sick' from seeing too much. I've delivered that kind of common sense advice to countless patients over many years of practice: if it hurts, don't do it. Today, I'd say, "Don't even go there."

4. **Eat slowly and sensibly.** Eat only a moderate amount of food at regular times with no distractions, chewing slowly to receive full benefit of your food's flavor. Savor all the taste and texture. This is only common sense, but it can remarkably reduce unwanted cravings.

5. **Eat with other raw fooders.** Enthusiasm loves company and mutual encouragement.

6. **Get regular exercise.** It reduces stress, improves circulation and elimination, is cleansing, and helps reduce cravings.

7. **Develop a spiritual or ethical foundation.** For the religious, this means being fully “grounded” in the Word, feeding on it as well.

8. **Consider modifications.** If you are following an extremely restricted diet and constant cravings continually stalk you, then seriously consider changing to a more diversified diet. Add more veggies, sprouts, and seeds or nuts to your diet. If you do backslide and eat something bad, simply resolve to avoid the mistake next time. Learn from your mistakes, but don't dwell on them unnecessarily, as guilt is a negative emotion. Cravings can be a major problem during the transition to a living food diet. But after you've been on it long enough, the cravings will usually dissipate. A pure raw food diet is not for everyone. Be kind to yourself; do what is best for your body, and enjoy our Creator's bounty.

## Living on Instant Food

The original recipe in Eden's garden starting day one was a right-off-the-tree, pick-n-peel (or not) no waiting food court. What we know today about live food and longevity may partially explain the long life spans of biblical proportions recorded in Scripture.

Adam	930 years
Methuselah	986 years

After Noah's flood, God introduced flesh food into man's diet. The result was a rapid decline in longevity. In less than 10 generations, Abraham peaked out at only 175 years.

To be sure, there's more to life than eating, but while you're at it (walking outside in the sunshine, breathing lots of fresh air, and drinking plenty of pure water) a live food Rx can go a long way to restore and prolong life as it was originally meant to be.

And finally, there's the future fresh-friendly fare of heaven! Starting with the tree of life with 12 kinds of fruit—a different flavor every month. And, of course, we know there will be no death there. It will be all live food on the menu.

## Gary Hullquist, MD

Life-long vegetarian still suffered seasonal hay fever, migraine headaches, and serious cat allergies until discovering that a totally vegan diet could cure them all! Eliminating dead food, emphasizing live food can change your life too. It's all in the Bible and it's Heaven's Plan for the future.



Talking Rock Sabbath Chapel Books  
1250 W. Price Creek Rd.  
Talking Rock, GA 30175  
706.692.9476

[www.talkingrocksabbathchapel.com](http://www.talkingrocksabbathchapel.com)